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# Crosswords

Volume 22

Issue 8

15 April 2021

## Anzac Day, Sunday, 25th April 2021

### Southern Cross

Come along to one or both of the services held in town on Sunday, 25th April 2021. The Dawn Service at 6am & the 11am Service are both held at Memorial Hill on Antares Street.

We would love to see you there. Please come and give a little of your time to remember and pay respect to those who gave and continue to give so much for us all.

Due to the day falling on a long weekend Council has made the decision this year to forego refreshments afterwards.

### *Lest We Forget*

#### **ANZAC DAY Temporary Road Closure –Southern Cross**

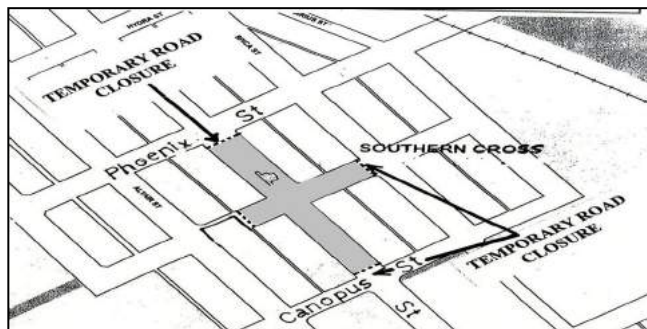
Residents are hereby advised that the following roads will be closed from **10.30am through to 12.00 noon on Sunday 25<sup>th</sup> April 2021** during the Anzac Day Service.

Necessary road closure signage and markers will be in place to direct traffic during the above time.

**ANTARES STREET** will be closed between the Antares – Canopus Streets intersection and Antares – Phoenix streets intersection.

**CENTAUR STREET** will be closed between Spica and Antares Streets.

*Details of the above road closures are illustrated below*





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)**

<b>Business Advertisements</b> (Business premises outside of the Shire of Yilgarn)	<b>Black</b>		<b>Colour</b>	
	<b>No Typesetting</b>	<b>With Typesetting</b>	<b>No Typesetting</b>	<b>With Typesetting</b>
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

## 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.



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

### Contact:

Cheryl Auld 9049 8026  
 Diane Della Bosca 9049 1149



Antares Street, Southern Cross  
 Enquiries: Leonie Gethin  
 Ph.: (08) 9049 1222

Anglican services at Christ Church Southern Cross for 2021

All services are held on Saturday at 11.00am  
 Everyone is warmly invited to come along

19th June  
 (Annual Meeting follows)

21st August

16th October

11th December  
 (Christmas service)

## 2021 Publishing Dates

Deadline 12 noon	Publishing Date
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

### 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.

## Southern Cross Aquatic Centre opening hours

The Southern Cross Aquatic Centre season has been extended to at least the 18th April 2021 and may be further extended depending on patronage and weather permitting, with normal operating hours being 11:00am to 6:00pm.

Please note that from 22nd March 2021 until the end of the season the Southern Cross Swimming Pool will be closed on Thursdays.



## Yilgarn Community Information Directory

We are currently starting to update details for the Yilgarn Community Information Directory.

To update your information, please email [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) with your listing information, collect a form from the CRC, or use the form on the next page and drop into the CRC or Shire admin.

We will be collecting:

- Name (both personal and business listings)
- Phone numbers (both mobile and landline)
- 2-Way number
- Address
- Email address

If your listing is for a business please give us a classification so we can list it in the appropriate section of the directory.

If you require any further information, or assistance with any of the above, please call the CRC on 9049 1688 or send us an email to the above address.



**Active April 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 Eat healthy and natural food today and drink lots of water	6 Turn a regular activity into a playful game today	7 Do a body-scan meditation and really notice how your body feels	1 Commit to being more active this month, starting today	2 Listen to your body and be grateful for what it can do	3 Spend as much time as possible outdoors today	4 Have a day free from TV or screens and get moving instead
12 Set yourself an exercise goal or sign up to an activity challenge	13 Move as much as possible, even if you're stuck inside	14 Make sleep a priority and go to bed in good time	8 Get natural light early in the day. Dim the lights in the evening	9 Give your body a boost by laughing or making someone laugh	10 Turn your housework or chores into a fun form of exercise	11 Be active outside. Dig up weeds or plant some seeds
19 Have a 'no screens' night and take time to recharge yourself	20 Spend less time sitting today. Get up and move more often	21 Focus on 'eating a rainbow' of multi-coloured vegetables today	15 Relax your body & mind with yoga, tai chi or meditation	16 Get active by singing today (even if you think you can't sing!)	17 Go exploring around your local area and notice new things	18 Make time to run, swim, dance, cycle or stretch today
26 Try a new online exercise, activity or dance class	27 Take an extra break in your day and walk outside for 15 minutes	28 Find a fun exercise to do while waiting for the kettle to boil	22 Regularly pause to stretch and breathe during the day	23 Enjoy moving to your favourite music. Really go for it	24 Go out and do an errand for a loved one or neighbour	25 Get active in nature. Feed the birds or go wildlife-spotting

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**



# Community Directory

## Information request form

If your details are not currently in the directory, or if you wish to alter the information already in the directory please complete the form and return to us by **30<sup>th</sup> June 2021**. Completed forms can be dropped at the Community Resource Centre or at the Shire of Yilgarn offices during normal business hours. Alternatively the information can be emailed or posted.

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

PO Box 178, Southern Cross 6426

**Verbal and faxed submissions will NOT be accepted.**

If you are happy with your details as they currently appear you do not need to send your form back.  
If you are a business owner and would like to advertise in the directory please contact Monica on 90491688.

### PLEASE USE BLOCK LETTERS

#### RESIDENTIAL LISTINGS

Family Name: \_\_\_\_\_ Initials: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Fax: \_\_\_\_\_

Mobile: \_\_\_\_\_ 2 Way: \_\_\_\_\_

Email: \_\_\_\_\_

Name of person submitting information: \_\_\_\_\_

#### BUSINESS LISTINGS

Business Name: \_\_\_\_\_

Business Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Mobile: \_\_\_\_\_ 2 Way: \_\_\_\_\_

Email: \_\_\_\_\_

Name of person submitting information: \_\_\_\_\_

#### GROUPS & CLUBS

Organisation Name: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name of person submitting information: \_\_\_\_\_

#### REMOVE INFORMATION

Name and address to be removed: \_\_\_\_\_

Name of person giving information: \_\_\_\_\_

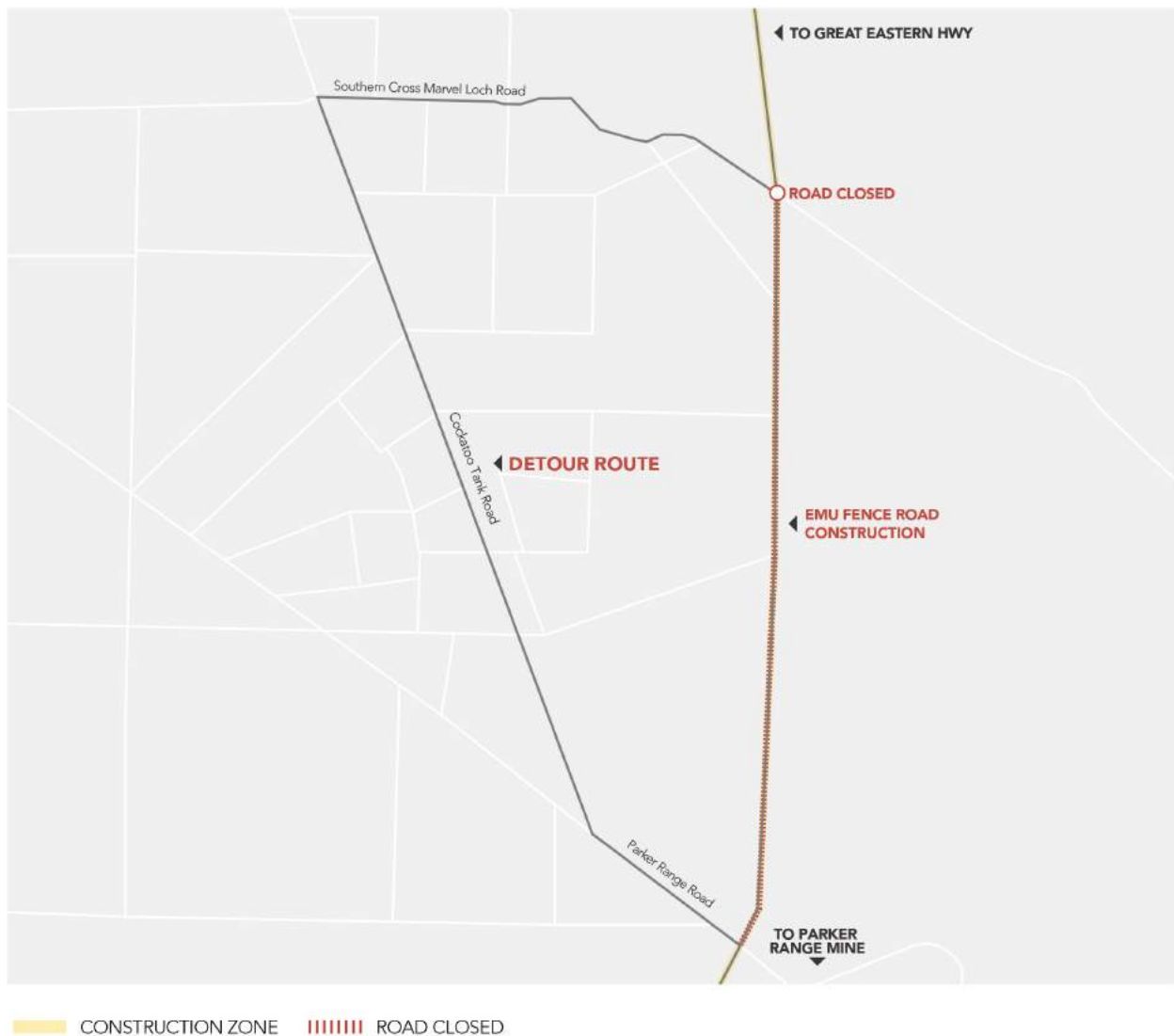
## TEMPORARY ROAD CLOSURE

# PUBLIC NOTICE

## ROAD UPGRADES UNDERWAY

Construction of the Parker Range Diversion Road and the Emu Fence Road Upgrade works commenced in late January 2021. The Parker Range Diversion Road is expected to be completed by early May 2021 and the Emu Fence Road works are expected to be completed by the end of May 2021.

With the approval of the Shire of Yilgarn, a detour will be implemented between the Parker Range Road / Emu Fence (EF) Road intersection through to Marvel Loch Forrester Road / EF Road intersection for a period of approximately one month effective mid April to mid May 2021



T: 9329 3600

E: [reception@mrl.com.au](mailto:reception@mrl.com.au)



# Join us to have a chat about mental health and wellbeing in rural Australia

A Rural Minds Workshop is a relaxed way to learn about mental wellbeing and resilience for your community, your family, friends, and yourself. Designed for rural and remote communities, and delivered by people who know what it's like out here, Rural Minds is just good, solid, practical, information without all the bull...dust.

#### The workshop will:

- Improve your awareness and understanding of mental health issues
- Make the connection between mental health and personal safety
- Give you the confidence, strategies and pathways to supports to help you preserve your mental health and that of your family and friends.

#### Topics covered will include:

- Stigma around mental illhealth
- Risks to mental health
- Anxiety and Depression
- Destructive Thinking
- Acute Stress and PTSD
- Dementia
- Suicide
- Alcohol, drugs and mental health
- Relationships
- Financial Stress and Succession
- Strategies to build and maintain mental health
- Mental health supports

**EXPRESSIONS OF INTEREST WANTED! What month, day and time suits you?**  
Contact Monica at the CRC on [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) to register your interest.

 RRMHRuralMinds

 RRMentalHealth



 Rural & Remote  
Mental Health

[rrmh.com.au](http://rrmh.com.au)



# HELP SOMEONE WHEN THEY NEED IT MOST

## Suicide alertness for everyone

**safeTALK prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.**

Join us for a FREE half-day workshop to learn:

- how to identify the signs of people who may have thoughts of suicide
- the simple yet effective TALK steps: Tell, Ask, Listen, and Keep Safe
- how to connect people to life-saving resources and supports.

**When:** 12.00pm—4:00pm, Thursday 3 June 2021

**Where:** Southern Cross CRC  
Canopus St, Southern Cross

**Cost:** Free - Afternoon tea provided

**Contact:** For further information and to register, email [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) or call 9049 1688.

Proudly supported by:





# Community News

## Thank you

The Yilgarn Men's Shed Inc wishes to thank St Fire Ball for their recent generous donation to our club.

We would also like to thank Garth & Kerry at the The Railway Tavern for their continued support of the Men's Shed, through their fortnightly Friday cooked chook raffles at the hotel. Thanks also to Foodworks for their support in the raffles as well.

We truly appreciate the support we get from our community!

We would also like to give a huge thank you to our member Bill Towse, who not only sells the chook raffle tickets but also collects "The Containers for Change" for the Men's Shed. Bill's outstanding efforts have raised the club over \$800 so far!

Thank you from all our YMS members.

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A huge thank you to St Fire Ball for their continued support of our Car Club.

We appreciate your generous donation, which we will be able to use towards children's entertainment at the Car & Bike Show.  
Yilgarn Motoring Enthusiasts Inc

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Southern Cross Golf Club would like to thank St Fire Ball for their generous donation.

We greatly appreciate what they do for the community.

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Southern Cross Tennis Club would like to thank St Fire Ball for their kind donation to our club, it is very much appreciated.

## Southern Cross Tennis Club

**On Saturday 24 April 2021 Southern Cross Tennis Club** will be holding all of the following on this day:

\*\* AGM - will start at 2:00pm

\*\* Opening/Closing Day - will start at 3:00pm

Moorine Rock & Mt Hampton Tennis Clubs have been invited to attend the Opening/Closing Day. Depending on numbers we may hold a mini tournament.

Also, depending on numbers, we will have either BBQ or beef & gravy rolls for tea, this will be advised at a later date.

Could you please reply to Sue Bosenberg (Captain on 0409 049 112) by no later than **Friday 16 April** as to whether you will be available to:


\* play and stay for tea

\* just play

\* just come for tea

so numbers can be gauged.

Hope to see you there with all three courts in

action.....

## Southern Cross Football Club

### HOME GAMES

Sat 17 Apr Southern Cross v Bruce Rock

Sat 1 May Southern Cross v Kulin/Kondinin

Seeding Bye 8th May

## Southern Cross Golf Club

April

	Mens	Ladies
Sunday 18th	Neil Hassett Day	Club Day
Sunday 25th	ANZAC Day, Club Day	

## MOORINE ROCK P & C FOOTY TIPPING

### RESULTS

**Round 3 - Sponsored by Sports Power**  
**Merredin with thanks to Anne-Marie Peters.**  
**Winner:** Regan2009

**Round 4 - Sponsored by Tupperware with**  
**thanks to Marie Bartlett.**  
**Winner:** Lucy009

### **Overall Competition Ladder-**

1<sup>st</sup> - BL Suttie/Mikayla2005 - 25pts

2<sup>nd</sup> - Lucy009/seanmichael/bruce  
harvey/Karen Section/Quokka  
Docker - 24pts



## Bullfinch Biggest Morning Tea

Sunday 2nd May 2021

More information to come!

## Southern Cross Biggest Morning Tea

Our Morning Tea is to be held on Sunday 23rd May.

The venue is still to be decided and will be announced soon.

All donations of cakes will be greatly appreciated as will donations towards our raffle.  
Hope to see you there



## DRIVER REVIVER – EASTER 2021

Over the Easter long-weekend the Driver Reviver Van operated from the Pioneer Cemetery (near the Caravan Park). We continued to receive positive feedback about our new location which is always nice to hear.

The Van was in operation for a total of 24 hours with having 29 vehicles stop and providing refreshments for 44 Drivers and Passengers. This is an amazing result and with figures like this, it makes these activities worthwhile.

On behalf of the Yilgarn Community Support Group, I wish to thank Robert Bosenberg and the Shire Workers for getting the Van in place for us and for organising our signage, SX Hardware & News for allowing us to leave the Roster, the Water Corp for the bottles of water, the CRC for the advertising in the Crosswords and special thanks to Yilgarn Plumbing & Gas for donating the cost and supplying a portable toilet for the volunteers to use. If I have left anyone out, I apologise however, we are very thankful to you as well.

Most importantly, the Driver Reviver wouldn't be successful without the generous time given from our Volunteers. I wish to thank Pauline Eiffler, Robin Stevens, Colin Cuffe, Jenny, Laurita Symes, Jodie & Ginge Cobden and Pat & Lisa Boso.

Thank you Everyone and hope we can count on your support again for Christmas 2021.



## YILGARN AGRICULTURAL SOCIETY

### DRAWING COMPETITION !

**Do you love to Draw?** Then enter here!

Category 1 2-7 Years Old

Category 2 8-12 Years Old

The winner of each category will have their art featured inside the Show Schedule Book! Over all winner will have their art be our front cover!

1st wins \$50 Dollars, 2nd wins \$30 Dollars and 3rd wins \$20 Dollars

All Art must be something that represents the Yilgarn Area.

Make sure to put your Name and Age on the back of your Masterpiece!

Entries can be handed in at Southern Cross Hardware & News

**Entries Close 1st of May!**

T&C's: No late Entries and all Art Entered becomes the property of the Yilgarn Agricultural Society



April 2021



Melissa Pickering

CCWA Regional Education Officer - Wheatbelt

T: 9574 5392 M: 0427 876 946

75 York Rd Northam WA 6401

Melissa.Pickering@cancerwa.asn.au

## Australia's Biggest Morning Tea hopes to reconnect the nation

**With many Australians still feeling the impacts of COVID-19, Australia's Biggest Morning Tea has never been so important.**

Following the tumultuous year that was 2020, distress and isolation challenges have been heightened, especially for people affected by cancer. Australia's Biggest Morning Tea is a chance for people to come together this May to reconnect and support those affected by cancer.

Whether it is virtually or from across the table, the official day to host a 2021 morning tea is Thursday, 27 May, however, you can register to host at any time throughout May or June. Cancer Council WA's Wheatbelt Regional Education Officer, Melissa Pickering, said it is crucial the community rally behind those in the region affected by cancer and encourages everyone to check in with friends, family and colleagues over a Biggest Morning Tea event.

Ms Pickering said Cancer Council WA is fortunate to receive support from the Wheatbelt community through events like Australia's Biggest Morning Tea and hopes this year's fundraiser lifts the nation's spirits. "Since Australia's Biggest Morning Tea began in 1994, millions of Australians have come together over a cuppa and a bite to eat in support of those affected by cancer," Ms Pickering said. "We have hosts across the State who have supported us for more than 28 years. This generosity enables us to continue our work in cancer research, prevention programs, advocacy and support services."

Participants are encouraged to host Australia's Biggest Morning Tea their way – whether it's at home with friends or family, a simple morning tea with workmates, virtually (COVID-19 style) or a gathering in a local community or at school.

This year, Cancer Council hopes to recruit more than 20,000 generous morning tea hosts and raise more than \$7 million nationally to help all affected by cancer right across Australia. All donations fund Cancer Council's life-saving cancer research, prevention programs, advocacy and support services.

Host or join an Australia's Biggest Morning Tea this May/June to raise funds for Cancer Council's life-saving cancer research, prevention programs, advocacy and support services. For more information or to register/donate please visit [biggestmorningtea.com.au](http://biggestmorningtea.com.au) or call 1300 65 65 85.

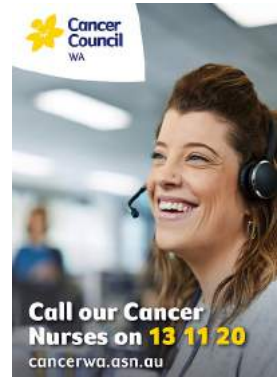
If you or a loved one needs support following a cancer diagnosis, please call 13 11 20 or visit [www.cancerwa.org.au](http://www.cancerwa.org.au)



## Life Now Program – Free Online Meditation course

The Life Now Program is offering a free online meditation course starting Wednesday 5<sup>th</sup> May for six weeks, to support cancer patients and their carers. We invite people affected by cancer and their primary carer to take part in this free course, which is funded through generous community donations. Registration is essential.

To register or obtain further information call 13 11 20 and select “speak to a nurse” or visit [www.cancerwa.asn.au](http://www.cancerwa.asn.au) and enter ‘Life Now’ in the search field.



## Bowel cancer: An important message

Bowel cancer is the second biggest cancer killer in Australia, and often has no symptoms in its early stages.

But some good news is, if found early, over 90% of people diagnosed with bowel cancer will beat it. That’s why the National Bowel Cancer Screening Program is so important! Eligible Australians aged 50 to 74 receive the free at-home bowel cancer screening test every two years. The kit is the best way to detect bowel cancer early because in its early stages, there are often no symptoms or warning signs. This was the case for Brian Pearcey, below. Brian was diagnosed with bowel cancer at 72 after experiencing no symptoms at all. Luckily for Brian, the cancer was picked up by the National Bowel Cancer Screening Program’s home test kit. [Brian’s story](#) is a powerful reminder to participate in the program if eligible.

Do the test - it’s quick, simple, and convenient. And it might just save your life!

Screening is for people with **NO** symptoms. If you **DO** have symptoms, such as blood in your poo even just once or changes to your usual bowel habits that go on for more than 3 weeks - visit a GP, clinic nurse, or Aboriginal health worker straight away to have the symptom investigated early on.



*To check your eligibility, order a replacement kit, or update your mailing address, call the program Infoline on 1800 627 701.*

Your bowel cancer home screening test

**Aged 50-74?**  
**A simple bowel test could save your life.**

Home Test Kit

The home test kit sent in the mail is free, easy to do and can detect early signs of **bowel cancer**.

Talk to your doctor or visit [www.bowelcancer.org.au](http://www.bowelcancer.org.au)

Supported by the Australian Government

NATIONAL BOWEL Cancer Screening Program

Cancer Council

[www.bowelcancer.org.au](http://www.bowelcancer.org.au)



# My Aged Care

## A guide to accessing aged care services

As you get older, living independently in your own home can become more challenging. If you are finding it harder to do the things you used to, ask for help from My Aged Care! Asking for help does not mean losing your independence. Getting support with your daily activities means you can stay independent in your own home for longer. Your GP or local health service can assist you with this process, if needed.

### Step one: Learn about the different services available

- meals and other food services
- personal care services
- nursing care services
- Allied Health/therapy services
- short-term care
- domestic assistance
- home and garden maintenance
- home modifications/goods, equipment and assistive technology
- transport services
- social support services.

### Step two: Apply for an assessment

Contact **My Aged Care** either online at [myagedcare.gov.au](http://myagedcare.gov.au) or over the phone on 1800 200 422. You will need your Medicare number for this. They will confirm your eligibility for an assessment.

Once your eligibility and needs have been confirmed, you may receive an in-person assessment from:

**Low Care** - Regional Assessment Service (RAS) for services provided through the Commonwealth Home Support Program (CHSP).

**Higher Care** - Aged Care Assessment Team for a Home Care Package or residential aged care. You will be notified of your assessment outcome by letter.

### Step three: Find a provider that is right for you and arrange your services

If you are approved for CHSP services, your local CHSP provider will contact you to commence services. The services that CHSP can provide will depend on their funding and staff availability.

If you are approved for a Home Care Package, you will be placed on a waiting list and contacted by letter when a package becomes available in your area. CHSP services will be put in place and will continue until a package is made available to you. If you are having difficulty finding a package provider, contact the Wheatbelt Aged Care Unit on 9690 1318 or email [WACHS-WheatbeltACAT@health.wa.gov.au](mailto:WACHS-WheatbeltACAT@health.wa.gov.au).

### Step four: Manage your services

Once you are receiving services, there may be times when you need to make some changes to them. Your care needs may increase, or you may have regained some aspect of your independence and no longer need a particular service. If these changes occur, please discuss this with your service provider.



## **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**





# You don't have to get behind the wheel to help.

Responding to emergency calls is only one part of volunteering. St John volunteers perform other routine roles that don't involve driving an ambulance.

**Southern Cross needs volunteers who can help behind the scenes.**

Volunteering with St John is easier than you might think. Our volunteers choose their own hours, because we know your spare time is important too. Non-clinical roles require a minimum commitment of only one hour per month!

There are a lot of roles that keep St John going, and a few of them are probably things you are already good at. If you would rather help out with the books, wash vans or look after supplies, we'd love to hear from you.

**See how you can help save a life without leaving the St John centre.**

<b>Ordering medical supplies and medications</b>	<b>1 hr/month</b>
<b>Events assistance</b> – arranging equipment and rostering officers	<b>1 hr/month</b>
<b>Vehicle maintenance</b> – cleaning, servicing parts, testing batteries	<b>2 hrs/month</b>
<b>General cleaning of centre premises</b>	<b>2 hrs/month &amp; after events</b>
<b>Building &amp; grounds maintenance</b> – bins out, blower cleaning the shed, minor maintenance	<b>2 hrs/month</b>
<b>Public Relations</b> – social media, advertising, photography support	<b>2 hrs/month</b>
<b>Ambulance stocking, expiry checking and replenishment</b>	<b>3 hrs/month</b>

Email [southerncross@stjohnwa.com.au](mailto:southerncross@stjohnwa.com.au), visit [stjohnchangelives.com.au](http://stjohnchangelives.com.au) or call us on **0429 190 882**.

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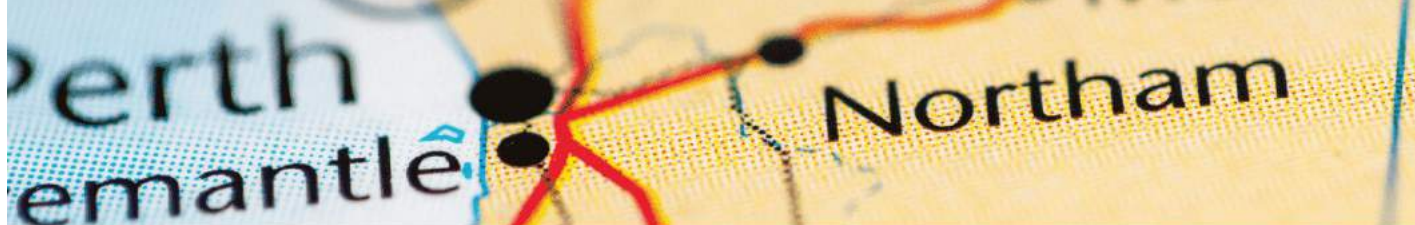
**14 ORION ST (on the highway) MRB1159**





# Valenti Lawyers Are Now In Northam

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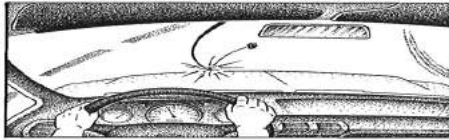


Valenti Lawyers is a boutique law firm which prides itself on providing a personalised quality legal service. We specialise in eight core services for leading businesses and individuals, each led by one of our experienced senior lawyers; Business Growth & Protection, Dispute Resolution & Commercial Litigation, Finance & Security Services, Insolvency, Land Reservation, Resumption & Compensation, Property & Town Planning, Rural Assets & Succession Planning, and Wills, Probate & Inheritance. You can now find us at the below address in Northam every fortnight!

**Open fortnightly from the 12th February 2021.**

Please head to [valentilawyers.com.au](http://valentilawyers.com.au) to view our Northam office dates, and to book an appointment with one of our staff.

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Northam WA 6401**



Coming to Southern Cross

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

will be in SOUTHERN CROSS on the

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- Auto Glass—Front, Rear & Side for all Makes & Models
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- Chip Repairs
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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

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# Eastern Districts Petfood BULLFINCH regular deliveries to SOUTHERN CROSS

camel, roo, beef, rabbit, roo tails

**Injured or un-stock removed!**  
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**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.*

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# 9049 5317



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- ~Other Household Pests

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**\$185,000**

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- ✓ Split system air conditioners throughout main living area
- ✓ Windows have either blinds and/or curtains
- ✓ Electric HWS
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- ✓ Heaps of storage
- ✓ Great NBN internet connection
- ✓ Carport
- ✓ 3 sheds, one with two roller doors and powered workshop
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- ✓ Raised garden beds
- ✓ Chicken coop
- ✓ Rainwater tank
- ✓ Rear access
- ✓ Reticulated garden and lawn

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Simply move in and unpack.

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organise your ad to appear in our next edition!



# Services Listing



We specialise in All Types Of Pests

**Deon & Leah King**  
**0428 412 018**

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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)

## Did You Know?

**Did you know** that Sydney Atkinson, founder of the well-known motor firm, was a pioneer of Yilgarn? He was the proud owner of one of the first motor vehicles in town. In the early days Atkinson held a mail contact between Southern Cross and Mount Jackson, a distance of 100 miles.

At first a horse drawn vehicle was used but as the journey was slow a motor buggy was introduced. It raised public interest in this revolutionary means of transport. But it did not come up to expectations of its owner, the iron wheels having trouble with sandy tracks in summer, and with bogs in winter. The wheels lost traction and would spin, so horses were brought back onto the run.

Sydney Atkinson married the daughter of Frank Snook, who had recently built the Palace Hotel. Atkinson then moved to Perth to establish a motor firm, which later became Perth's largest Holden dealership.

©Lance Stevens

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Agriculture, Mining, Kalexpress Freight  
Depo, BOC Gas & Elgas Agents, Vehicle  
& Equipment Hire.

Find Us on Facebook!



# Calendar of Events

Thu 15 Apr	Shire Council Meeting @ Council Chambers 4pm
Wed 21 Apr	Eastern District Panel Beaters in town
Thu 22 Apr	Pat & Chat Mobile Vet in town
Thu 22 Apr	Yilgarn Agricultural Society meeting @ 7pm
Sun 25 Apr	ANZAC Day—Dawn service 6am, 11am service @ Memorial, Antares St
Mon 26 Apr	Public Holiday (ANZAC Day)
Wed 12 May	Merredin Veterinary Clinic in town @ changerooms at the Oval
Wed 19 May	Eastern District Panel Beaters in town
Thu 20 May	Pat & Chat Mobile Vet in town
Thu 20 May	Shire Council Meeting @ Council Chambers 4pm
Thu 3 Jun	safeTALK workshop @ CRC 12pm—4pm *Please register to the CRC*
↓↓↓↓ <b>SAVE THE DATE! HAPPENING LATER THIS YEAR! SAVE THE DATE!</b> ↓↓↓↓	
Fri 10 Dec	SCDHS End of Year Presentation Night

## Recycling Days

April 23 May 14	May 28 June 11	June 25 July 9
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# We're local and we'd love to chat.

For over 50 years we've been working with people in Aged Care, Mental Health and Disability and we now have support workers in the Southern Cross Area.

If you want to learn more about working for us or getting the right support for you or your family, come and chat with us over a cuppa.

**Meet with Joanna and Trish**

Southern Cross Community Resource Centre  
this Thursday April 22nd. 10am - 2pm.



**avivo**

For more info about getting support or working for Avivo call Trish 0400 375 474