

\$1

Crosswords

Volume 23

Issue 5

3 March 2022

Southern Cross COVID-19 vaccination clinic

Roll up
for WA

COVID-19 Vaccination

Southern Cross
Community Centre
25 Antares Street

10 March 11am - 5pm

11 March 8:30am - 12pm

Bookings
encouraged.
Walk-ins
welcomed.

This clinic provides child and adult COVID-19 vaccine. People aged 5 years+ are eligible.

Receive your FREE COVID-19 Pfizer vaccine 1st, 2nd or Booster dose (Boosters 16 years+).

Register at rollup.wa.gov.au



We acknowledge the traditional owners of the land and pay our respects to their Elders, past, present and emerging.



Government of Western Australia
WA Country Health Service



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 2021/22 (as of 1 July 2021)

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

Church Notices / Updates



48 Altair Street, Southern Cross
 SX Presbytery: 9049 1049 (Sun to Mon)
 Bruce Rock Presbytery: 9061 1094 (Tues to Sat)
 Email: yilgarnwestoniacatholic@gmail.com
 Facebook: Yilgarn/Westonia Catholic Community
 YouTube: Yilgarn Westonia Catholic

2022 Publishing Dates

Deadline 12 noon	Publishing Date
15/03/2022	17/03/2022
29/03/2022	31/03/2022
12/04/2022	14/04/2022
26/04/2022	28/04/2022
10/05/2022	12/05/2022
24/05/2022	26/05/2022
7/06/2022	9/06/2022
21/06/2022	23/06/2022
5/07/2022	7/07/2022
19/07/2022	21/07/2022
2/08/2022	4/08/2022
16/08/2022	18/08/2022
30/08/2022	1/09/2022
13/09/2022	15/09/2022
27/09/2022	29/09/2022
11/10/2022	13/10/2022
25/10/2022	27/10/2022
8/11/2022	10/11/2022
22/11/2022	24/11/2022
6/12/2022	8/12/2022

As at publication, Our Lady of Montserrat church is operating at 100% capacity. Please check the parish Facebook page for any updates. COVID-19 protocols are posted as a notice on the front door of the church. Please read this notice carefully before entering.

Mass Times

Saturday 6:00pm @ Bruce Rock parish
 Sunday 5:30pm @ OLM church

Saturday evening Mass will be live-streamed from Bruce Rock parish each weekend. The live-stream is for those for whom getting to OLM church on Sunday evening 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

2022 Christ Church Southern Cross

Anglican Services

All services are held at 11.00am on Saturdays

Everyone is warmly invited to come along

9th April (Palm Sunday Service)

19th June (Annual Meeting follows)

20th August

15th October

17th December (Christmas Service)

SX SPEEDWAY

MEETS 1ST WEDNESDAY EVERY MONTH

AT SENIORS CENTRE, 6PM

ALL WELCOME

COME AND SEE WHAT IS HAPPENING

WITH THE SPEEDWAY AND ANY NEW

IDEAS ARE WELCOME

ANNUAL ELECTORS MEETING 2020/2021 FINANCIAL YEAR

Pursuant to section 5.29(1)(a) of the Local Government Act 1995, notice is hereby given that the Annual Meeting of Electors of the Shire of Yilgarn will be held on **Thursday 17 March 2022** in the Council Chambers, Antares Street, Southern Cross commencing at **6.00pm**.

The Order of Business will be as follows:-

- 1) Attendance and Apologies
- 2) Confirmation of Previous Minutes
Minutes of Annual Electors meeting held on Tuesday, 9 February 2021.
- 3) Adoption of the Annual Report and Financial Statements for the 2020/2021 Financial Year.
- 4) Adoption of the 2020/2021 Auditor's Report.
- 5) Adoption of the Shire President's Report.
- 6) Adoption of the CEO's Report.
- 7) General Business or Other Business at the Discretion of the Shire President or as approved by the Electors present.
- 8) Closure

A copy of the Annual Report is available on the Shire of Yilgarn's website www.yilgarn.wa.gov.au.

Electors wishing to ask questions that require research are asked to submit same in writing by **Monday, 14 March 2022**.

Nic Warren
Chief Executive Officer

EFTPOS FACILITY AT SOUTHERN CROSS LANDFILL SITE

At the request of several businesses, the Shire of Yilgarn has installed an eftpos machine at the Southern Cross Landfill Site to streamline the payment process. Commercial customers will be required to pay by eftpos on site when using the facility from the **22nd March 2022** onwards.

Commercial entities who are ratepayers or have a permanent, long term presence within the Shire of Yilgarn may request to remain on a credit account, all other commercial transactions will be via eftpos. The facility will remain a cashless site in the interest of public safety and the safety of staff working on site.

Residential ratepayers and residents depositing waste of a domestic nature will still be able to do so at no charge.

TIPPING FEES

Commercial entities wanting to deposit waste at the Shire's facilities are required to pay a fee. The fees for the 2021/2022 financial period are as follows:

Controlled Liquid Waste (K210, K110)	\$0.13 / Litre*
Asbestos Containing Material	\$65.00 / m ³
Commercial Waste	\$35.00 / m ³
Commercial Green Waste	\$10.00 / m ³
Tyres-Small-Passenger/Motorbike	\$5.00 / tyre
Tyres-Medium-4WD, SUV	\$10.00 / tyre
Tyres-Large-Truck	\$20.00 / tyre
Tyres-Tractor	\$50.00 / tyre

*Septage waste (K210) and grease trap waste (K110) only accepted. Controlled waste tracking forms to be provided onsite. Access is conditional to sullage trench capacity at time of request.

LANDFILL OPENING 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

Out-of-Hours access to the landfill site is \$65.00 per opening, upon availability of landfill attendant.

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 **31st March 2022**. 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

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: _____

Move toward a career or new venture creation in STEM

Calling all passionate, driven young regional women (18 – 35) – we can help propel you into a brilliant STEM career, and beyond. It’s easy, simply bring your smarts and an open mind and in return we’ll guide you through all the foundational skills and capacity building you’ll need to succeed.

This Program will push you, but you wouldn’t sign up for any other reason, right? It’s your journey - yours to own - and we’re there for you at every step. We’ll jump straight into an immersive Bootcamp - two days of learning, focused on growing your confidence, mindset and resilience you need to really thrive.

We’ll mentor you on your communication and leadership skills so you can confidently stand up in any context or situation, be it negotiation or networking, as well as financial and change management. Then, we’ll throw a spotlight on all the STEM opportunities out there including agtech and agriculture, food production, research, natural resources, environmental science, information/digital technology – all the important sectors for regional growth, innovation, economic recovery and job creation.

The idea is you leave knowing all the opportunities you can chase; all the pathways you can forge, with a great network of like-minded young women, all ready to confidently knock on doors and start shaping their futures and the futures of those around them.

Value Creators are partnering with the Rural Regional Remote Women's Network for this specialised program, funded by the Office for Women, Department of Prime Minister and Cabinet.

COURSE DETAILS

Dates: March 15-16, 2022

Time: 8.30am – 5.00pm

Venue: Muresk Institute, Northam Rd, Northam

Cost: FREE (valued at \$5,000 per person)

Catering: Provided

Accommodation: Please contact us if you require accommodation

What to bring: Yourself and a read-to-learn attitude

CONTACT

Email: Info@valuecreators.com.au

Ann Maree O’Callaghan: 0408 603 126

Maree Gooch: 0438 374 136

REGISTRATION

Book now at <https://www.trybooking.com/BXOTI>



Community News

Southern Cross Motorcycle Club

Key Dates and information for 2022

June 18th—100 Mile

September 10 & 11—2 Day

Next meeting: March 10th at 7:30pm

1st Busy Bee: March 12th

Our committee for 2022 is:

President: Gary Guerini
Vice President: Fredo Pedrin
Secretary: Lynda Della Bosca
Treasurer: Josie Kent
Captain: Paul Della Bosca

If you need to contact the club for any reason please contact Gary or Lynda on:

Gary 0429 010 147

Lynda 0429 491 578

AGM

Yilgarn Motoring Enthusiasts Inc.

We will be holding our AGM on Sunday 3rd of April 2022.

The meeting will be held at our club room at 10am.

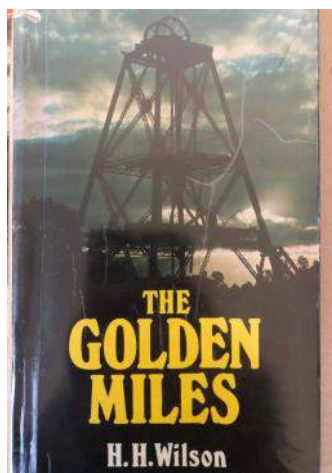
REQUEST FOR INFORMATION— PLEASE HELP!

The photo appears on the cover of “The Golden Miles” by HH Wilson written in 1977 and features a steel poppet head with tubular steel legs, with distinctive lattice bracing.

The book describes the photo as being “an old poppet head, Southern Cross” and the photo was taken by Ivan O’Riley.

Would anyone know which mine is in the photo, or whether there are/were any more similar poppet heads in Western Australia as opposed to the more modern headframes?

Please email or let the CRC know!



Yilgarn Bowling Club

Mens

4-11 Country Week
Sun 6 Club Day
Sun 14 Pennants: Yilgarn v Narembeen Maroon, Southern Cross
Sat 19 Pennants: Yilgarn v Merredin Red
Sun 20 Club Day
Sat 26 Closing Day, Bob Clarke Memorial Day Pennants 1st 3rd, TBA
Sun 27 Pennant Grand Final, Westonia
April 9-10 Champ of Champ Singles Narembeen

Ladies

Fri 4 Champ of Champ Pairs
Tue 8 Social Bowls
Tue 15 Social Bowls
Fri 18 Champ of Champ Singles, Corrigin
Tue 22 Social Bowls / Closing Day / Meeting

Moorine Rock Tennis Club

Sat 5 Mar Open Invitation Day
Handicapped Mixed Doubles
Sponsored by Apal, 3pm start
Entries to Lib by 03/03/22
Tea—beef & gravy rolls

Sat 12 Mar Secretary vs Treasurer team event
3pm start, taco tea.
Sponsored by Summit

Sat 19 Mar Social Tennis, sponsored by Agvise
3pm start
BBQ tea & pooled salads

Sat 26 Mar Social Tennis
3pm start, Pizza tea

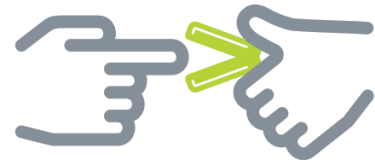
Sat 2 Apr Closing Day
Captains vs Presidents
Teams event
Sponsored by Barto Gold
3pm start, Pasta tea



Pulse oximeter

What you need to know!

- Are you non-Aboriginal and over 65?
- Are you Aboriginal and over 50?
- Are you pregnant?



If you answered YES to any of the above – collect a free pulse oximeter from the Southern Cross CRC today!

What is a pulse oximeter?

It is a small, peg-like device that clips onto your fingertip to read your heart rate and blood oxygen level. It takes only one minute to work, is reusable and can be shared between other people in your household.



Why do I need one?

If you become COVID-19 positive, you may need to be remotely monitored through the WA COVID Care at Home program. By having a pulse oximeter already in your home, a health professional can assess you and provide health advice from the comfort of your home.

Visit [WA COVID Care at Home](#) for more information.

Where do I get one?

Visit the CRC to collect a free pulse oximeter for you and your household (each eligible household can receive one pulse oximeter but supplies are limited).

Do **not** pick up a pulse oximeter if you are already COVID-19 positive. If you have already received a positive COVID-19 test result, the Department of Health will contact you and provide further information.

Visit [COVID-19 \(coronavirus\) \(healthywa.wa.gov.au\)](#) for more information.

This document can be made available in alternative formats on request for a person with disability.

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healthywa.wa.gov.au



COVID-19: Testing and isolation protocols



I have tested positive for COVID-19

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you know when and how long you need to isolate for if you are COVID-19 positive.

If you return a positive Rapid Antigen Test (RAT), you must register your result with the Department of Health.

Isolate at home for 7 days.



No symptoms after 7 days
No further test is required.



Symptoms develop
Remain in isolation until symptoms cease.



OR

You can leave home. Wear a mask indoors and outdoors for the next 7 days.



You are cleared by a medical professional.



Symptoms include:



Fever



Sore/scratchy throat



Runny nose



Fatigue



Shortness of breath



Dry cough

WA.gov.au

We're all in this *together.*



COVID-19: Testing and isolation protocols



I am a close contact and have no symptoms

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you know what to do if you are a close contact but have no symptoms.

Isolate for 7 days from date of contact.



Take a PCR or RAT on day 1.



Symptoms

Refer to 'I am a close contact who develops symptoms' protocol.



Test negative

Continue to isolate. If you took a RAT on day 1, take another RAT 24 hours later and continue to isolate if negative. Take another PCR on day 6 or RAT on day 7.



Test positive

Refer to the 'I have tested positive to COVID-19' protocol.



Test negative

If you have no symptoms on day 7, you can leave your home providing there are no new cases in your household. For the next 7 days, wear a mask indoor and outdoors and don't visit high risk settings (exemptions apply).



If someone in your household tests positive, isolate for 7 days (start this process again).





COVID-19: Testing and isolation protocols



I am a close contact who develops symptoms

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you if you have symptoms and are a symptomatic close contact of someone who has tested positive for COVID-19.

Isolate for 7 days from date of contact.

Take a PCR or RAT on day 1.

Test positive
Refer to the 'I have tested positive to COVID-19' protocol.

Test negative
Continue to isolate. If you took a RAT on day 1, take another 24 hours later and continue to isolate if negative. Take another PCR on day 6 or RAT on day 7.

For the next 7 days, wear a mask indoors and outdoors, and don't visit high risk settings (exemptions apply).

Test negative
You can leave your home after day 7 of isolation, providing your day 6 PCR or day 7 RAT was negative and there are no new cases in your household.

Symptoms include:

Fever	Runny nose
Fatigue	Sore/scratchy throat
Dry cough	Shortness of breath



COVID-19: Testing and isolation protocols



I am a close contact and a critical worker

This protocol is for critical workers who are close contacts of someone who tests positive for COVID-19. This will come into effect with very high caseloads and when required, based on health advice.

Contact your employer
You may be exempt from isolation requirements in order to attend work but only if it is necessary for continuity of critical operations, and other options have been exhausted.



Symptoms

Refer to 'I am a close contact who develops symptoms' protocol.



No symptoms

To go to work, you must take a RAT every day for 7 days.



Test positive

Refer to the 'I have tested positive to COVID-19' protocol.



If you test negative and you are going to work:

- you must isolate outside of work for 7 days
- wear a surgical mask outside home
- follow workplace safety requirements
- if possible, travel alone to work
- if not possible, wear a mask while car-pooling or using public transport



Symptoms include:

- | | |
|-----------|----------------------|
| Fever | Runny nose |
| Fatigue | Sore/scratchy throat |
| Dry cough | Shortness of breath |



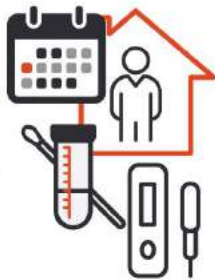
COVID-19: Testing and isolation protocols



I am not a close contact and I have symptoms

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you know what to do if you have symptoms.

Get a PCR or RAT on day 1 and isolate until your results come back.



Test negative

You are not required to isolate. But you should stay home where possible, until your symptoms clear.



Test positive

Refer to the 'I have tested positive to COVID-19' protocol.



Symptoms include:



Fever



Sore/scratchy throat



Runny nose



Fatigue



Shortness of breath



Dry cough



SAFEFARMSWA
SINCE 1994



Work Health & Safety Seminar

The workshop content includes:

- WHS Legislation inc Industrial Manslaughter
- Inductions – who, when, why including employees and contractors
- Roles and responsibilities of employers & workers
- How to prepare for a farm audit with WorkSafe
- Documentation and working towards compliance
- The workshop will be practical, comprehensive and will help you to improve your awareness and increase efficiencies in your business leading to improved profits
- Covid19 and your workforce

SafeFarms WA is the leading NFP group for the farming industry in Western Australia, providing tools and information to assist with working towards compliance with work, health and safety legislation.

DATE :
23rd March
2-5pm

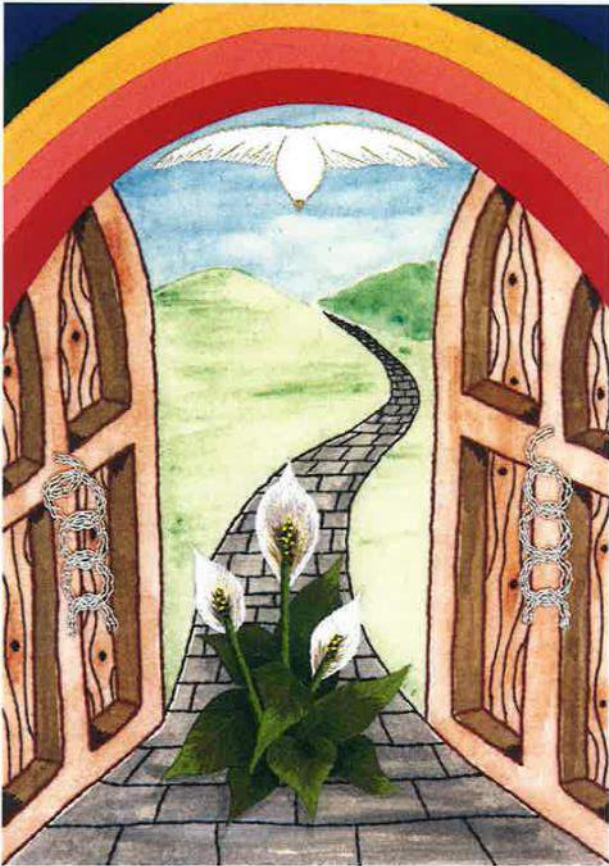
Venue:
Moorine Rock
Tennis Club

Cost: Nil

RSVP: to
Linda Rose
0437530848 by Monday
21st March

Hamburger Tea
provided

Bar Facilities available



World Day of Prayer 2022

England, Wales and
Northern Ireland

Date and time:

11. 3. 22 7pm

Location:

Anglican Church

Contact person:

Janet Hatch
0439931415

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.

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>



MOORINE ROCK P & C

FOOTY TIPPING COMP 2022



★ **BEGINS 16TH MARCH** ★

\$60
to register

(Closes 14th March)

\$50 Weekly Prize

Overall Prizes:

1st - \$500

2nd - \$250

3rd - \$100

For more information contact Lisa

lisamjackson1974@gmail.com or 0428993408

MARCH 2022

Bowel Cancer

Bowel cancer is the growth of abnormal cells in the large bowel (the colon or rectum). Bowel cancer is one of the top cancers affecting men and women in Western Australia. In 2017, 1307 people were diagnosed with bowel cancer and 390 died from bowel cancer. The chances of getting bowel cancer by the time you are aged 85 (lifetime risk) is 1 in 13.

Risk factors

The exact cause of bowel cancer is not known however, there are a number of factors that are known to increase the risk of developing bowel cancer. Your risk is increased if you:

- smoke
- use alcohol
- have a poor diet, including inadequate fibre or too much red and processed meat
- don't exercise
- are above a healthy weight

Other risk facts that you cannot control but that increase your risk:

- age - most people with bowel cancer are over 50, and the risk increases with age
- having a previous history of bowel cancer or polyps
- a strong family history of bowel cancer
- chronic inflammatory bowel disease (ulcerative colitis and Crohn's disease)
- a rare inherited genetic disorder, such as Familial Adenomatous Polyposis (FAP) and Lynch syndrome

Symptoms

Symptoms of bowel cancer may include one or more of the following:

- Bleeding from your back passage (anus) or any sign of blood after a poo/bowel motion (this could be red to black)
- A change in bowel habit, for example, straining to go to the toilet (constipation) and/or looser bowel motions (diarrhoea)
- Abdominal pain and bloating
- Loss of weight for no obvious reason
- Loss of appetite
- Symptoms of anaemia, including unexplained tiredness, weakness or breathlessness

If any of these symptoms are unusual for you, and they persist for more than 4 weeks, it's important to see your doctor right away.

The **National Bowel Cancer Screening Program** invites eligible people starting at age 50 and continuing to age 74 (without symptoms) to screen for bowel cancer using a free, simple test at home. Do the home test when you receive it in the mail – it could save your life!

For more information about The National Bowel Cancer Screening Program or general cancer information and support, please call Cancer Council WA on 13 11 20 or visit cancerwa.asn.au



Your bowel cancer home screening test

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

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

Supported by the Australian Government

NATIONAL BOWEL CANCER SCREENING PROGRAM

Cancer Council

For cancer information and support call 13 11 20

HEALTHY CAULIFLOWER & BROCCOLI CHEESE RECIPE



☰ Prep: 10 mins
 ⌚ Cook: 25 mins
 🍴 Serves: 4
 ★ ★ ★ ★ ☆

Ingredients

- ▲ 1/2 head cauliflower, cut into florets
- ▲ 1 head broccoli, cut into florets
- ▲ 1/3 cup water
- ▲ 2 tbs plain flour
- ▲ 2 cups reduced-fat milk
- ▲ pepper, to taste
- ▲ 1/2 cup reduced-fat cheese

Nutrition Information

	per serving	per 100g
Energy	661 kJ	254 kJ
Protein	14.9 g	5.7 g
Fat, total	4.2 g	1.6 g
— saturated	2.6 g	1 g
Carbohydrate	12.6 g	4.8 g
— sugars	8.5 g	3.3 g
Sodium	177 mg	67.9 mg
Fibre	4.3 g	1.6 g

Method

1. Preheat the oven to 180°C.
2. Place cauliflower, broccoli florets and water into a microwave safe and ovenproof dish. Microwave on HIGH (100%) for 5 minutes. Carefully drain off the water and set aside.
3. Put flour into a tall microwave safe jug. Add 2 tablespoons of milk and whisk to a smooth paste with no lumps. Season with pepper. Add the remainder of the milk and stir.
4. Microwave the milk mixture on HIGH (100%) for 1 minute. Stir. Heat again for 1 minute and stir. If needed, heat again for 30 seconds intervals and stir until thick and creamy.
5. Add grated cheese and stir until melted through.
6. Top cauliflower and broccoli with cheese sauce.
7. Bake in oven for 15 minutes or serve immediately.

Visit livelighter.com.au to find more recipes

For cancer information and support call 13 11 20

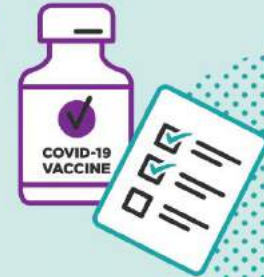




Roll up
for WA

COVID-19 Vaccination

Get the facts on the vax



The COVID-19 vaccines are new, and it is very normal for people to have questions. There is so much information – and misinformation – it can be overwhelming. Together, we need to build vaccine confidence because each and every vaccinated person helps us move past the pandemic.

TRUTH



MYTH



The vaccines are safe

Many people around the world worked together to create the COVID-19 vaccine, sharing money and scientists to get it done in just months, without missing any steps. Vaccines are only allowed in Australia after being tested and found to be safe and effective. All vaccines continue to be quality tested and monitored for safety.



The COVID-19 vaccines do not contain live virus and cannot give you COVID-19

The vaccines pretend to be the real virus and teach your body how to defend itself. This will help stop you from getting really sick and going to hospital or even dying.



The vaccine was approved too quickly to be safe.



The vaccine could give you COVID-19.

Get the facts on the vax

TRUTH



MYTH



We do know every ingredient that is in the vaccines

The vaccines are mostly water, with salt, sugar and fats. There is no graphene oxide, gluten, egg, wheat, bee venom, latex or animal products in the vaccines.



The vaccines are providing good protection against the new strains

Two doses of the Pfizer or AstraZeneca vaccine are very effective in protecting people from becoming seriously ill with the new variants, including the Delta strain.



You can choose to be vaccinated

You can make your own decision. Make sure you ask trusted people to help you find facts. False news can be very misleading and dangerous.



A microchip would not fit through the vaccine needle

This myth is based on a fake video circulating on social media.



COVID-19 vaccines can't change your DNA

The vaccines deliver instructions to your cells to build protection (immunity) against the coronavirus. This does not happen in the part of your cells where your DNA is.



Receiving a COVID-19 vaccine does not make you magnetic – anywhere on your body

COVID-19 vaccines do not contain any magnetic ingredients that could do this. You would need a lot of metal to attract a magnet. For example, people take multi vitamins which often contain iron. This doesn't make them magnetic because they are so diluted and spread through your body.



We don't know what's in these vaccines.



There's no point in getting vaccinated due to the new COVID strains.



Doctors want to force people to be vaccinated.



The vaccine contains a microchip to track me.



The vaccine will change my DNA.



The vaccine can make a magnet stick to your arm.

Register and book your COVID-19 vaccination

rollupforwa.com.au



13COVID
(13 26843)

Press *
for interpreter





Department of
Primary Industries and
Regional Development

*We're working for
Western Australia.*

Access \$10 000 to support your carbon farming future

Carbon Farming Voucher Program – now open

If you're a farmer interested in learning more about carbon farming, take advantage of this unique opportunity and apply for a voucher.



The program will support farmers in the South West Land Division:

- ✓ **Make the right investment decisions**
around integrating carbon sequestration activities into their business.
- ✓ **Seek advice to develop a soil or vegetation Land Management Strategy**
advisors may include agronomists, natural resource, carbon or other specialist areas.
- ✓ **Access vouchers valued up to \$10 000**
with participants to contribute one tenth of the value (\$1000).

Apply now
scan the QR code



agric.wa.gov.au/CF-VP

PF006-22

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



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

**Southern Cross 2022 MOBILE VET
Visiting Dates**

Thursday 17th March Thursday 7th April
Thursday 12th May Friday 10th June
Wednesday 6th July Thursday 4th August
Thursday 1st September
Thursday 29th September
Thursday 27th October Thursday 24th November
Wednesday 14th December

Please contact Dr Andrea Roberts on 0428212945
for a booking via text or phone call.
Appointments for your pets and livestock right to
your front door.

Did you know?

Did you know there is a water reservoir near the look-out on top of Wimmera Hill (sometimes called Three Boys hill). Its purpose was to provide water pressure for reticulating the town. Also to act as a reserve of a quarter of a million gallons. The basin was excavated out of solid rock and the spoil heaped around the reservoir. It was officially opened with much fanfare in October 1904, after being delayed for months on account of Council not having the money to connect it up. The reservoir still stands as a monument to good workmanship but poor engineering. The tank was built across an ironstone reef, which caused the floor to crack and leak. The tank also failed its intended purpose of giving good pressure, matters coming to a head when it took eight minutes for water to start coming out of the fire hose during a fire. The reservoir was then by-passed, with water taken direct from the main which had better pressure, the method still used today. The old tank stood empty for many years but during the Second World War it was refilled for emergency purposes. It was never needed and according to reports it made a good swimming pool for the local lads. Afterwards it stood empty for many more years. Recently a smaller iron tank has been erected inside the empty reservoir by Tidy Towns Committee, for reticulating shire gardens.

©Lance Stevens

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

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- The living area features a large tile fire the home is also serviced by an evaporative ducted air conditioner and reverse cycle air conditioner in the master bedroom
- Hallway connects all bedrooms, family bathroom and laundry whilst also having a large linen cupboard.
- Laundry has a separate storage room and separate toilet
- Large backyard with established luscious lawn and low maintenance flower beds
- This home is the whole package, viewings recommended.

Genuine Enquiries Only

P.O.A

Phone: 0409 825 317
0427 990 591

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Crosswords for free via email, send
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to register.

Services Listing

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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

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Email - nick.mrbuilder@gmail.com



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Calendar of Events

Thu 10 Mar	SXMCC Meeting @ club house 7:30pm
Fri 11 Mar	World Day of Prayer @ Anglican Church, 7pm
Sat 12 Mar	SXMCC Busy Bee
Thu 17 Mar	Shire of Yilgarn Council Meeting @ Council Chambers, 4pm
Thu 17 Mar	Pat & Chat Mobile Vet in town
Wed 23 Mar	SafeFarmsWA workshop @ Moorine Rock Tennis Club—page 7 for details
Wed 30 Mar	Merredin Veterinary Clinic in town @ oval changerooms
Sun 3 Apr	Yilgarn Motoring Enthusiasts AGM @ clubroom 10am
Wed 6 Apr	SX Speedway meeting @ Senior Centre 6pm
Thu 7 Apr	Pat & Chat Mobile Vet in town
Thu 21 Apr	Shire of Yilgarn Council Meeting @ Council Chambers, 4pm
Mon 25 Apr	ANZAC Day
Wed 27 Apr	Merredin Veterinary Clinic in town @ oval changerooms
Wed 4 May	SX Speedway meeting @ Senior Centre 6pm
Sat 18 Jun	SXMCC 100 Mile
10 & 11 Sep	SXMCC 2 Day

ATTENTION CLUBS AND GROUPS!

Send through your annual club/group events, important dates and opening/closing days to crc@yilgarn.wa.gov.au to have them featured on the calendar of events for 2022!

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

- | | | |
|--------------------------------------|-------------------------------------|-----------------------------------|
| ✓ Art Group | ✓ Southern Cross St John Ambulance | <i>Sporting groups including:</i> |
| ✓ Country Women's Association | ✓ Southern Cross Vol. Fire & Rescue | ✓ Basketball |
| ✓ P & C / P & F Organisations | ✓ Volunteer Bush Fire Brigade | ✓ Darts |
| ✓ Patchworking | ✓ Yilgarn Agricultural Society | ✓ Football |
| ✓ Progress Associations | ✓ Yilgarn Community Support Group | ✓ Golf |
| ✓ Scrapbooking | ✓ Yilgarn Entertainers | ✓ Lawn Bowls |
| ✓ Senior Citizen's Centre activities | ✓ Yilgarn History Museum | ✓ Motorcycle Club |
| ✓ Southern Cross Gardening Club | ✓ Yilgarn Men's Shed | ✓ Netball |
| ✓ Southern Cross Hospital Auxiliary | ✓ Yilgarn Motoring Enthusiasts | ✓ Shooting |
| | | ✓ Tennis |

Recycling Days 2022

Mar 11

Mar 25

Apr 8

Apr 22

May 13

May 27

Jun 10

Jun 24

