

\$1

Crosswords

Volume 24 Issue 18 31 August 2023

THE PALACE HOTEL SOUTHERN CROSS PRESENTS

A Taste of Brazil

SATURDAY 02 SEPTEMBER

FREE BRAZILIAN DANCE LESSON & PARTY AT 4PM. ALL WELCOME



IN CONJUNCTION WITH OUR
SPECIAL GUESTS FROM PERTH
FORRÓ-SAMBA GROUP



KIDS COLOURING COMPETITION FROM 3PM
FREE KIDS NUGGETS AFTER LESSON

OPTIONAL 3 COURSE MENU "CHURRASCO" BRAZILIAN BBQ:
A SELECTION OF FLAME COOKED MEATS CARVED IN FRONT
OF YOU, TASTY ENTREES AND CLASSIC BRAZILIAN DESERTS.

PRE BOOKING ESSENTIAL

FULL MENU AND DETAILS ON OUR FACEBOOK PAGE

IDEAL FATHERS DAY GIFT !



PROFESSIONAL BRAZILIAN DANCE SHOW
THROUGHOUT EVENING. FOLLOWED BY
DANCE PARTY FINALE



EST. 1911
PALACE HOTEL
PUB & ACCOMMODATION

0890491555, INFO@PALACESOUTHERNCROSS.COM.AU
6 ORION STREET SOUTHERN CROSS, 6426 WA





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

**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. EFTPOS available for fee payment at Shire admin office.

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

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.

Crosswords Advertising Rates 2023/24 (as of 1 July 2023)

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

2023 Publishing Dates

Deadline 12 noon	Publishing Date
12/09/2023	14/09/2023
26/09/2023	28/09/2023
10/10/2023	12/10/2023
24/10/2023	26/10/2023
7/11/2023	9/11/2023
21/11/2023	23/11/2023
5/12/2023	7/12/2023

2024 Publishing Dates

Deadline 12 noon	Publishing Date
16/01/2024	18/01/2024
30/01/2024	1/02/2024
13/02/2024	15/02/2024
27/02/2024	29/02/2024
12/03/2024	14/03/2024
26/03/2024	28/03/2024
9/04/2024	11/04/2024
23/04/2024	26/04/2024
7/05/2024	9/05/2024
21/05/2024	23/05/2024

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.

Church Notices / Updates

Catholic Church

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
CBH Grain Donations (SX): 40564452

Sun 29 Oct - Southern Cross Community Mass @
Our Lady of Montserrat Church, 11.00am

Mass Times

Saturday 6:00pm @ Bruce Rock Parish(**live-stream**)
Sunday 5:30pm @ OLM church

Uniting Church

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

Contact:

Cheryl Auld 9049 8026
Diane Della Bosca 9049 1149

Anglican Church

Antares Street, Southern Cross
Enquiries: Leonie Gethin
Ph.: 0429 498 035

2023 Christ Church Southern Cross
Anglican Services

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

21st October
16th December ("Christmas" Service)

SX SPEEDWAY

MEETS 1ST WEDNESDAY EVERY SECOND MONTH AT
SENIORS CENTRE, 6PM—ALL WELCOME
COME AND SEE WHAT IS HAPPENING WITH THE
SPEEDWAY AND ANY NEW IDEAS ARE
WELCOME

6th September,
8th November



LOCAL GOVERNMENT ORDINARY ELECTION CALL FOR NOMINATIONS Shire of Yilgarn

An Ordinary Postal Election will be held on Saturday, 21 October 2023 in the Shire of Yilgarn to fill the following vacancies:

District

3 Councillors

4 year terms

Nominations Open on Thursday, 31 August 2023

Nominations Close at 4:00pm Thursday, 7 September 2023

Nominations must be lodged with the Returning Officer:

- at any time during the above period by arrangement; or
- between 2:00pm and 4:00pm Thursday, 7 September 2023 (close of nominations) at the Shire of Yilgarn, 23 Antares St, SOUTHERN CROSS.

Nominations Requirements

Candidates are required to lodge with the Returning Officer:

- a completed nomination in the prescribed form, signed and witnessed. This form is available from the Returning Officer or the Western Australian Electoral Commission (www.elections.wa.gov.au);
- a single A4 page profile of not more than 1,000 characters (including spaces) containing information about the candidate;
- a nomination deposit of \$100 (cash, EFT, bank cheque or postal order);
- a recent passport-sized photograph (optional);
- every candidate must have completed the online course titled *Local Government Candidate Induction*, available at www.dlgsc.wa.gov.au, prior to nominating; and
- (optional) in addition to your A4 profile, you may provide additional information that you consider to be relevant to your candidature. This written statement must be not more than 2,000 characters (including spaces), must be in the English language and is for publication on the local government's official website.

The Commission has developed an online system called Nomination Builder to assist candidates to complete their nomination form which includes the candidate profile. This is the preferred method of completing the nomination form and profile for elections conducted by the Commission. Candidates complete their nomination details and profile, print the completed form which has a reference number allocated and lodge it with the Returning Officer. The nomination builder can be accessed via www.elections.wa.gov.au.

You cannot use Nomination Builder to prepare the additional information.

Where an agent lodges a nomination on a candidate's behalf, it must be in the prescribed form with a written authorisation signed by the candidate.

The documents may be hand delivered or posted to the Returning Officer and must be received by the close of nominations.

Information

Full details about eligibility and nomination procedures for prospective candidates can be obtained by contacting the Returning Officer, **Lisa BOSO** on 0488 296 680 or the Western Australian Electoral Commission on 13 63 06.

ROBERT KENNEDY
ELECTORAL COMMISSIONER





PUBLIC NOTICE
SHIRE OF YILGARN

PROPOSED NEW TRANSPORTABLE DWELLING
LOT 599 (NO 36) ALLEN STREET, BULLFINCH

The Shire has received a planning application proposing a new transportable dwelling on the abovementioned lot.

Prior to determining this application, the Shire would like to provide an opportunity for public comment on the proposal. The development plans can be viewed at the Shire of Yilgarn, 23 Antares Street in Southern Cross or on the Shire website.

Should you wish to make a submission on the proposal, your comments (in writing) will need to be lodged with Council within 28 days by **20 September 2023**.

Please note, if no comments are received by the closure date, we will assume that you have no comment you wish to make and the application will be assessed and determined on its merits and without any further consultation.

Nic Warren
CHIEF EXECUTIVE OFFICER

Date: 23 August 2023



Local Government Reform

Voting in the October 2023 Local Government Elections

The State Government is putting into action the most significant reforms to the local government sector in 25 years. The reforms will increase the transparency, accountability and efficiency of local government in WA.

One of the key reforms is the change from 'first past the post' system of voting to optional preferential voting (OPV).

This change will be introduced for the October 2023 local government elections which will now be in line with state and federal elections.

OPV will strengthen democracy by giving ratepayers a greater choice of candidates.

You can find more information about the reforms to the local government sector on the DLGSC website at www.dlgsc.wa.gov.au/lg-act-reform or use this QR code.



How to vote under the optional preferential voting system

It is really easy and it is all about choices – your choices. Just imagine there are three candidates. You can:

1 Vote for just one candidate

Just put a number 1 next to the name of that candidate.

- SMITH, John
- 1 DOE, Jane
- CITIZEN, Neville

2 Vote for some

Just put a 1 next to the name of the candidate you like best and a 2 next to your second choice.

- SMITH, John
- 1 DOE, Jane
- 2 CITIZEN, Neville

3 Vote for all

Put a 1 in the box for the candidate you like best and then a 2 for your second choice and a 3 for your third choice. If there are more candidates you just keep numbering if you want.

- 3 SMITH, John
- 1 DOE, Jane
- 2 CITIZEN, Neville

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 2023 and thereafter to keep these firebreaks clear of all flammable material until 31 March 2024. 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.

MINIMUM REQUIREMENTS DURING HARVEST AND RELATED ACTIVITIES

- (a) A minimum of 600 litres of water to be kept onsite at all times during harvest or related activities; and
- (b) By the 2024/2025 summer fire season, all minimum water requirements are to be carried by a motorised vehicle **OR** a trailer that is connected to a motorised vehicle at all times and is able to be deployed immediately

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 2023.

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 2023 to 31 October 2023 and 16 February 2024 to 31 March 2024

(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 2023 to 15 February 2024

(Note: Permits to burn stubble from the previous seasons crop will not be issued until 1 March 2024)

By order of the Council

Nic Warren

Chief Executive Officer



Firewood

The Shire has been in receipt of a number of complaints relating to the illegal collection of firewood for sale. The collection and sale of firewood is governed by the Department of Biosecurity, Conservation and Attractions (DBCA) and the Forest Products Commission (FPC).

In relation to collection of firewood:

- You must have the landowners approval;
- Taking firewood from national parks, nature reserves and conservation parks is not allowed;
- Only take fallen timber. You cannot cut down any standing tree, either dead or alive, or cut or break off any part of a standing tree for firewood. Felling trees can damage nearby vegetation.

For more information on collecting firewood, contact the DBCA via 08 9219 9000.

In relation to the sale of firewood you must have a licence from the FPC. For more information, contact 08 9363 4600.



Proudly sponsored by:



Hosted by:



BLOKE'S BUSINESS

It's time to end the stigma and talk about what's important AND have a laugh!

An invitation goes out to all men in the Yilgarn community for a mens only night of laughs and information. Enjoy a free feed, comedy show and hear from a representative of Regional Men's Health.

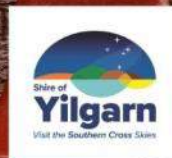
COMEDY

BYO DRINKS

Saturday 7th October 2023

Southern Cross Sports Complex Lounge 6.30pm

*Please RSVP for catering purposes by 29th September to:
yilgarn@yilgarn.wa.gov.au or 9049 1688 or 9049 1001





Southern Cross
Community Resource Centre
Your local connection

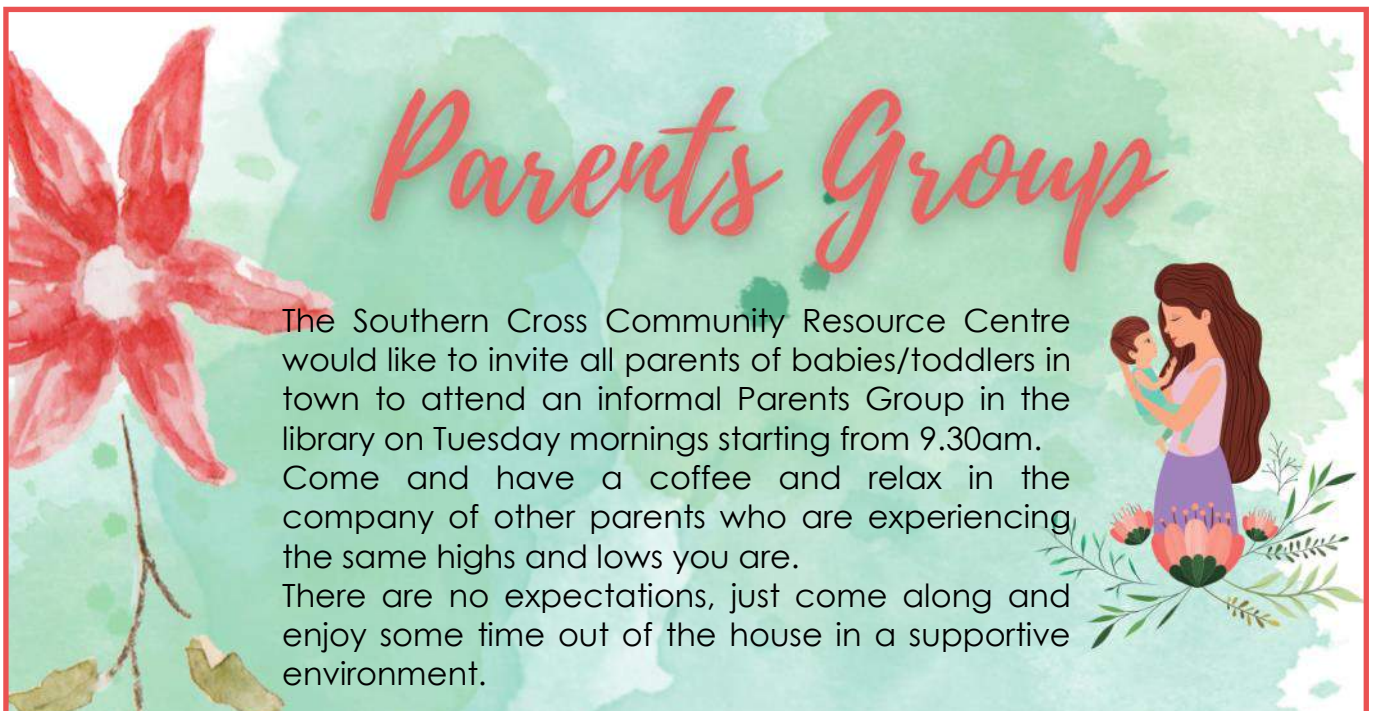
2024 Calendar—Request for photos

We're starting the collection of photos to feature in our 2024 calendar, and would love to see your pics!

Please note we only accept photos taken in the Yilgarn, and prefer photos to not include people in them (unless we receive permission from the person at the time of photo lodgement). Please include the location of the photo when submitting, and only submit photos for publicly accessible locations (no approvals required to get to the location).

Sometimes we get a lot of photo submissions, so unfortunately not every photo received will be featured.

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



Parents Group

The Southern Cross Community Resource Centre would like to invite all parents of babies/toddlers in town to attend an informal Parents Group in the library on Tuesday mornings starting from 9.30am. Come and have a coffee and relax in the company of other parents who are experiencing the same highs and lows you are. There are no expectations, just come along and enjoy some time out of the house in a supportive environment.

AFTER SCHOOL LEGO® CLUB

MONDAYS

(SCHOOL DAYS ONLY)

3:15 PM - 4:30 PM

FREE!



CAN YOU BUILD THE WEEKLY LEGO® CHALLENGE?

***complete it each week to get an entry into a monthly prize draw!! Four chances each month!**



SOUTHERN CROSS CRC

PARENTS/GUARDIANS ARE REQUIRED TO STAY WITH THEIR CHILD/CHILDREN

ATTENDING THE AFTER SCHOOL LEGO® CLUB.

TEA AND COFFEE (FOR THE ADULTS!) AND JUICE BOXES WILL BE PROVIDED.



October SCHOOL HOLIDAYS at the CRC



PAINT YOUR OWN MUG!

WEDNESDAY 4TH OCTOBER, 9.30AM

BOOKINGS ESSENTIAL BY 18 SEPTEMBER.
RECOMMENDED FOR AGES 8+, CHILDREN
UNDER 10 MUST BE ACCOMPANIED BY AN
ADULT.

COST: \$5.00



LEGO CHAMPIONS

THURSDAY 5TH OCTOBER, 9.30AM

ALL AGES, CHILDREN UNDER 10 MUST BE
ACCOMPANIED BY AN ADULT.

FREE

TO BOOK FOR THE ABOVE SESSIONS, PLEASE EMAIL THE CRC ON
CRC@YILGARN.WA.GOV.AU OR CALL 9049 1688.



Country Womens Association of WA Southern Cross Branch

Apr

May

5th - Cocoa & Comfort

Jun

9th - Earring Jewellery Workshop

24th - SXFC Arvo Tea Fundraiser

Jul

21st - Retro Music Bingo

Aug

6th - 'A Winters Day in the Wheatbelt' bus tour

Sep

16th - Yilgarn Ladies Day

Oct

20th - Ink Pot craft activity

Nov

Dec

3rd - Community Christmas Tree

2023 EXECUTIVE COMMITTEE

PRESIDENT: JESS STEPHEN
V/PRESIDENT: ONIDA TRURAN
SECRETARY: CARLY BURTON
TREASURER: EMMA WARREN

New members are always welcome. If you would like to join or re-join, please contact one of our executive committee members or reach out via email & we will happily assist you!

cwa.sxbranch@outlook.com

Community News

Southern Cross Golf Club

Draw 4 winners

Draw date 20/8/2023

Ticket No 25 Pom & Kaye Coward

Ticket No 75 Peter Craig

Ticket No 88 Peter Rowe

Draw 5 winners

Draw date 27/8/23

Ticket No 10 Vera Carlson

Ticket No 26 Trinity Della Bosca

Ticket No 33 Brodie Roberts

A handwritten-style 'Thank You' message in black ink, with 'Thank' on the top line and 'You' on the bottom line, both written in a cursive script.

St John Ambulance Southern Cross Sub Branch would like to give a massive thanks to Liz and the Staff at the Palace Hotel for the fundraising night they hosted on the 22nd July and their very generous donation. It is much appreciated and certainly does not go unnoticed.

Government services—closer than you think!

At the Southern Cross CRC you can access Centrelink, Medicare and other government programs and services.

We are an Australian Government Agency of Services Australia Access Point.

Using our computer, you can log in to your MyGov account and do your business on the spot.

There is a phone for you to access phone self-service or speak to an agency service officer.

If you would rather use your mobile phone or tablet, we have free Wi-Fi available 24/7.

You do not need a password so you can get online straight away.

You can also use the Wi-Fi to download and install the Express Plus mobile apps.

Our staff will even certify your identity documents for you.

So next time you need to do some government business, drop in and see us.

We are open Monday & Tuesday 8.15am-12.30pm, and 1.30pm–4.30pm, and Wednesday to Friday 8.15am-12.30pm at the CRC building on Canopus Street, Southern Cross.



Department of
Education

Shaping the future

VacSwim

**Enrolments now open!
Places are limited, so get in early.**

Help keep your child safe in the water.
Enrol now for the school holidays.



education.wa.edu.au/vacswim



FREE RABBIT BAITS - EOI

The EWBG are calling for EOI's to hold bait mixing days for the landholders in the Shire's of Kondinin, Kulin, Lake Grace, Mt Marshall, Merredin, Mukinbudin, Narembeen, Nungarin, Trayning, Westonia & Yilgarn.

EWBG WILL PROVIDE:

- Assistance with and pay the cost of obtaining a Restricted Chemical Product (RCP) Permit.
- The supply of poison one shot 1080 oats that will be mixed with the landholders oats (you supply) for the landholders to trail out on your property.
- A LPMT on-site at a pre-arranged bait mix day near you.

REGISTER EOI NOW

✉ admin@ewbg.com.au

☎ 04 55 724 848

EWBG EASTERN WHEATBELT
BIOSECURITY GROUP



*Mixing days are dependent on level of interest from landholders.

Stop Puppy Farming consultation open

The draft regulations are the next stage in achieving the objectives of the **Dog Amendment (Stop Puppy Farming) Act 2021** which also includes implementing a centralised registration system for cats and dogs (CRS).



The CRS will bring all local government pet registration data together for the first time and provide a more convenient, online system for pet owners and local governments.

Feedback is invited on the CRS' implementation and topics including:

- the sterilisation of dogs
- pet shops
- the supply of dogs by refuges or dog management facilities to approved pet shops
- approval to breed
- microchipping
- dog and cat registrations.

Responses will help inform the development of new regulations; specifications and functionality in the CRS; and resources needed by local government to implement and enforce legislative requirements.

A consultation paper has been developed to guide feedback on each topic.

The consultation period closes on 17 November 2023.

HAVE YOUR SAY:

<https://www.dlgsc.wa.gov.au/department/news/news-article/2023/08/17/stop-puppy-farming-consultation-open>



Position Vacant

A casual position is available at SX Hardware & News in Southern Cross for a friendly, well presented and multi skilled person to work in our store. We are a family-owned business that offers many different services to our small community. Our store is a Hardware, Licensed Post Office, News Agency and Lottery west retailer all in one.

Duties will include but not limited to:

- Post Office duties
- Lottery west counter
- News agency services
- Hardware computer program
- General cleaning
- Stocking shelves
- Customer service

Requirements

- Applicant must be able to pass a National Police Clearance.
- Hardware knowledge would be preferred, although not a must.

For further information enquire within on (08) 9049 1014.

APPLICATIONS CLOSE ON 30 SEPTEMBER 2023



The Online Hub for Family and Local History in the Central Goldfields of Western Australia



Discover more about people's lives in the Central Goldfields of Western Australia or explore more about the history of places in this vast region. FREE resources and information for all family and local history researchers.

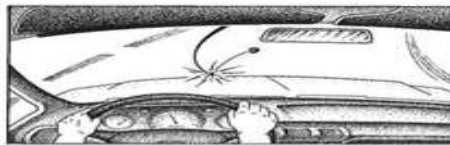
An online place where the men and women of Western Australia who have lost their lives in the mining industry, can be remembered and honoured for their supreme sacrifice.

The Outback Family History website:
www.outbackfamilyhistory.com.au
 Our library of information and photographs

The Outback Family History blog:
www.outbackfamilyhistoryblog.com
 Stories of people and places

WA Virtual Miners Memorial website:
www.wavmm.com
 A profile page for every person

@OutbackFamilyHistory | Email: moyasharp@westnet.com.au



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

**Contact us for a booking!
 9041 1592**

- Auto Glass—Front, Rear & Side for all Makes & Models
- All Fleet & Insurance Work with Direct Billing
- Trucks & Heavy Machinery
- Chip Repairs
- 24hr Tilt-Tray Towing



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

PH: 08 9041 1592
 MBL: 0407 020 413
 PH: 08 9041 1539

FOR ALL BOOKINGS PHONE GRANT DIRECT ON 9041 1592
 Plus you can see GRANT for all your
 Smash Repair Quotes, either Insurance or Private.



RICK WILSON MP

FEDERAL MEMBER FOR O'CONNOR

Working hard for Yilgarn



345 Hannan Street (PO Box 10415), Kalgoorlie WA 6430 90212044

rick.wilson.mp@aph.gov.au rickwilson.com.au RickWilsonMP

Authorised by Rick Wilson MP, Liberal Party of Australia, 101 Albany Highway, Albany WA 6330.

OLD APRELIA

EST. 1954

POLL MERINO STUd

FRIDAY THE 1ST OF SEPTEMBER

Poll Merino Reg. 1542

Inspection from 12:00pm, Sale Commencing at 2:00pm.



If you would like any further information please contact:

James Panizza: 0428 316 174

Isaac Panizza: 0487 788 008

Eastern Districts Petfood BULLFINCH

regular deliveries to
SOUTHERN CROSS

camel, roo, beef, rabbit, roo tails

Injured or un-stock removed!
Fencing contractor available.
Feral dog control.

NOW BUYING IN KANGAROO CARCASSES ONLY FROM LICENCED SHOOTERS WITH DEC

Kangaroos under 20kg not accepted.

Also buying in beef & horse for dog bait purposes.

Drop off by appointment only.

Encouraging local farmers to get on board.

PROFESSIONAL. Police clearances available on request. **LICENSED and INSURED.**

Phone Andrew or Tyler Now

9049 5317

Give yourself the best chance regional campaign

Our **Find Cancer Early** campaign encourages those over 40 years of age in regional Western Australia to give ourselves the best chance of finding cancer early by going to see a doctor, clinic nurse or Aboriginal health worker straight away if any unusual symptoms are noticed.

In August, Cancer Council WA launched the **“Give yourself the best chance”** phase of the campaign. This campaign features 2 regional champions, generously and bravely sharing their real stories to raise awareness of the importance of early diagnosis, and the three most urgent possible symptoms of cancer:

- Blood in pee
- Blood in poo
- Coughing up blood

The campaign will be on our TV screens (regional stations, catch up TV), radio networks, regional newspapers, digital audio, Facebook and YouTube, between 20 August 2023 and 31 March 2024.

For more information:

Visit: www.findcancerearly.com.au to learn more about cancer symptoms.

Contact myself to arrange presentations or educational strategies most appropriate to you or your group.

Phone **13 11 20** - our Cancer Support line to speak with an experienced cancer support nurse.

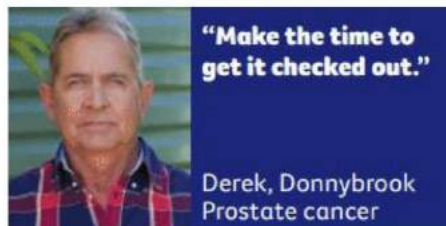
(The Find Cancer Early campaign is an initiative of Cancer Council WA & is funded by Department of Health WA)

September is National Prostate Cancer Awareness Month

Prostate cancer is the most commonly diagnosed cancer in Australia, and it is estimated that one in six males will be diagnosed by the time they are 85. So, it's important for men to get to know the symptoms of prostate cancer. If you experience any of them or have any concerns, please visit your doctor straight away.

For more information visit www.findcancerearly.com.au/prostate-cancer and www.cancer.org.au/prostate-cancer

Support at Cancer Council WA is always available, please call **13 11 20**.



Derek, Donnybrook
Prostate cancer

Prostate cancer

Common symptoms:

- blood in your pee or semen

Or, for more than four weeks:

- problems starting or stopping peeing
- slow or weak flow when peeing
- dribbling at the end of peeing
- sudden or urgent need to pee
- waking a lot at night to pee
- needing to pee a lot
- losing weight without trying
- pain when you pee
- problems controlling peeing
- bladder not feeling empty after peeing



THE UNIVERSITY OF
MELBOURNE

BETTER MAN PROJECT

Are you worried about your partner's behaviour towards you?

BETTER MAN is a project aimed at helping men improve their behaviours in relationships. Follow the link or QR and see if BETTER MAN is right for the person you care about.

**Before sharing this information with your partner
please follow the link below-**

www.saferfamilies.org.au/betterman-partners



This project has ethics approval from the University of Melbourne (HREC 22745)



Providing Health & Wellbeing Solutions

Integrated Primary Mental Health Care Program

Amity Health will be offering a brief intervention individual counselling service to the following rural communities:

+ Beacon & Bencubbin

Frequency: Fortnightly on Wednesdays

+ Kellerberrin

Frequency: Fortnightly on Tuesdays

+ Mukinbudin

Frequency: Fortnightly on Mondays

+ Southern Cross

Frequency: Weekly on Thursdays

Please continue to send GP or Allied Health referrals to:

Amity Health
PO Box 5294
ALBANY WA 6332
f: 9842 2798
e: query@amityhealth.com.au

For more information please contact:

Visiting Mental Health Clinician - Nicola Granich
m: 0437 588 890
or
Amity Health on 9842 2797

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0457 001 264

Pioneers of Dilgarn

Stage 1.

Citizens who built this district between years 1887
and 1914

Garrett, Jack: Made his money gold mining at
Mount Jackson during the early 1900's.

Jack then moved to Southern Cross where he
took up a pastoral lease 6 miles west of town
and stocked it. Wild dogs were a problem.

A portion of the lease he turned into a farm
where he lived for the next 20 years. After the
First World War his pastoral lease was resumed
by the government and surveyed into 1,000-acre
farms for returning soldiers.

The district was then known as Doongin. In later
years the name was changed to Garrett in
honour of the original settler.

©Lance Stevens



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

Services Listing

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Registration No. 311

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- ◆ Trayning
- ◆ Westonia
- ◆ Yilgarn



Supported by the
Shire of Yilgarn

Contact: Melanie Meier

PO Box 101

Nungarin WA 6490

Phone: (08) 9046 5091

Mobile: 0488 465 081

Email:

wheatbeltagcare@hotmail.com

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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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Calendar of Events

Thu 31 Aug	Pat & Chat Mobile Vet in town
Wed 6 Sep	SX Speedway meeting @ Senior Centre 6pm
Sat 16 Sep	Yilgarn Ladies Long Lunch
Thu 21 Sep	Shire of Yilgarn Council Meeting @ 5pm, Council Chambers
Thu 28 Sep	Pat & Chat Mobile Vet in town
Sat 7 Oct	Bloke's Business @ Complex Lounge 6.30pm—RSVP required
Thu 26 Oct	Pat & Chat Mobile Vet in town
Sun 29 Oct	Southern Cross Community Mass @ Our Lady of Montserrat Church, 11.00am
Sat 4 Nov	Visit the Southern Cross Skies Stargazing Event @ Golf Club
Wed 8 Nov	SX Speedway meeting @ Senior Centre 6pm
Thu 23 Nov	Pat & Chat Mobile Vet in town
Sun 3 Dec	Yilgarn Community Christmas Tree, Lighting of the Tree and Carols by Candlelight—SAVE THE DATE!
Wed 6 Dec	St Joseph's Primary School End of Year Concert and Picnic
Fri 8 Dec	SCDHS Presentation Night—SAVE THE DATE!
Mon 11 Dec	Pat & Chat Mobile Vet in town

Shire of Yilgarn Tourism Committee Meetings are held every 1st Wednesday of each month—please come along to share ideas and input to help support our towns of the Yilgarn!

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 Entertainers | ✓ Golf |
| ✓ Scrapbooking | ✓ Yilgarn History Museum | ✓ Lawn Bowls |
| ✓ Senior Citizen's Centre activities | ✓ Yilgarn Men's Shed | ✓ Motorcycle Club |
| ✓ Southern Cross Gardening Club | ✓ Yilgarn Motoring Enthusiasts | ✓ Netball |
| ✓ Southern Cross Hospital Auxiliary | | ✓ Shooting |
| | | ✓ Tennis |

Recycling Days 2023

Sept 8

Sept 22

Oct 13

Oct 27

