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# Crosswords

Volume 25 Issue 8 26 April 2024

# Little Red in the Hood



By A.J. Bailey



JALLY  
ENTERTAINMENT

A FAMILY FRIENDLY INTERACTIVE PERFORMANCE

Southern Cross Community Centre

Sunday 5th May 2024 at 2.00pm

Gold Coin entry



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)

**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.

<b>Monday</b>	<b>1:00pm to 4:00pm</b>
<b>Tuesday</b>	<b>1:00pm to 4:00pm</b>
<b>Wednesday and 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 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)**

<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 (Sun to Mon)  
 Bruce Rock Presbytery: 9061 1094 (Tues to Sat)  
 Email: [yilgarnwestoniacatholic@gmail.com](mailto:yilgarnwestoniacatholic@gmail.com)  
 Facebook: Yilgarn/Westonia Catholic Community  
 YouTube: Yilgarn Westonia Catholic  
**CBH Grain Donations (SX): 40564452**

### Mass Times

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

## 2024 Publishing Dates

Deadline 12 noon	Publishing Date
7/05/2024	9/05/2024
21/05/2024	23/05/2024
4/06/2024	6/06/2024
18/06/2024	20/06/2024
2/07/2024	4/07/2024
16/07/2024	18/07/2024
30/07/2024	01/08/2024
13/08/2024	15/08/2024
27/08/2024	29/08/2024
10/09/2024	12/09/2024
24/09/2024	26/09/2024
8/10/2024	10/10/2024
22/10/2024	24/10/2024
5/11/2024	7/11/2024
19/11/2024	21/11/2024
3/12/2024	5/12/2024
17/12/2024	19/12/2024



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.: 0429 498 035

2024 Anglican Services Christ Church Southern Cross  
 All services are held at 11.00am on Saturdays  
 Everyone is invited

Saturday 18th May 2024 ("Pentecost")

Saturday 16th June 2024 (Annual Meeting follows)

Saturday 17th August 2024

Saturday 18th October 2024

Saturday 14th December 2024 ("Christmas" service)

## SX SPEEDWAY

MEETING TO BE HELD

MAY 1<sup>ST</sup> AT THE

SENIOR CITIZENS CENTRE, 6PM

ALL WELCOME

# 40+ FABULOUS



"COMEDIC GENIUS"  
"ABSOLUTELY AMAZING"

FRINGEFEEED



**15  
MINUTE  
SQUATS**

COZ YOUR ASS  
IS MASSIVE

**CHOCOLATE  
CHEESECAKE**

COZ YOU  
DESERVE IT

**WORLD  
PEACE**

ARE YOU DOING  
ENOUGH?

"LAUGHED SO HARD" "BRILLIANT" "MUST-SEE SHOW!" "LAUGHTER+THERAPY SESSION"

## Southern Cross

THURSDAY, 2ND MAY

SOUTHERN CROSS COMMUNITY CENTRE (TOWN HALL)

6.30 PM

TICKETS \$10.00 - AVAILABLE ONLINE, SHIRE OR CRC  
BYO DRINKS & NIBBLIES

TICKETS



EMMAKRAUSE.COM.AU



"A NATURAL TALENT. I LAUGHED ALL EVENING" "REAL LIFE, RELATABLE, HILARIOUS COMEDY"

# Are you over 60 or turning 60 this year?

The Shire will be sending out  
invitations to this year's Senior's  
Function soon!

Call Jodie on 9049 1001  
or email [aso@yilgarn.wa.gov.au](mailto:aso@yilgarn.wa.gov.au)  
to check if you're on our current  
list or to have your name added to  
our list to ensure you receive your  
invitation.



## The Wheatbelt Corella Collective

### Who we Are

The Corella Collective is a collaboration between Wheatbelt NRM, Cooperative Bulk Handling (CBH) and 12 Wheatbelt local councils who have come together to develop a coordinated approach to corella management.

We have an Advisory Committee of leaders in pest bird research and management, bird welfare and interest groups, plus regulatory bodies in place to ensure that control strategies are best practice.

Our work is underpinned by a report commissioned from Edith Cowan University 'Research and Management Priorities for Corellas in the shires of Goomalling, Northam, Toodyay, Victoria Plains and York' Micheal D. Craig and Robert A. Davis 2022.

### Why we Exist

In the Western Australian Wheatbelt, white corellas have reached plague proportions on the back of our nation's largest export grain producing region. The ready availability of grain has expanded both the geographical range and population of the birds, with devastating consequences for their endangered black cockatoo cousins.

Flocking in their hundreds, sometimes even thousands, these long-lived rapacious, raucous birds strip trees, damage buildings, electrical wires, sports fields and community facilities. They foul waterways, damage crops and drive away tourists with the noise they make. They have even been known, not just to steal precious black cockatoo nest sites, but to evict chicks and eggs to take the nests for themselves.





The agricultural industry, small businesses, the tourism industry, local governments and the community at large are becoming increasingly desperate to find solutions to a problem that is growing year by year. Only by acting collaboratively can we hope to make an impact

### **What we Seek to Achieve**

As damaging as the birds are, and as true as it is that they are outside their traditional habitats, white corellas are native to this country. As a consequence, any control program needs to be approached with sensitivity. Public education and citizen science is therefore a crucial to the Collective, ensuring that the partners maintain their social license to operate among the local community.

Control options are currently limited with most designed to move the birds to alternative sites. The only legal culling option is to shoot the birds, but this method is problematical in urban landscapes and to date has had no discernable impact on bird numbers. Many of our Councils report that for them, shooting is not an option, leaving them powerless to reduce bird numbers.

Advocacy is an important part of the Collective’s activities. We advocate for the approval of new culling and control methods, for local governments struggling to fund repairs on damaged public infrastructure, and other matters as they arise.

We are using citizen science to baseline the effect of the birds on our communities, this will be used as a monitoring tool to measure the success of coordinated management activities.

Ultimately, the Corella Collective aims to reduce the negative impact of the birds in the region in which we operate.



**AROC**

# nbn™ Local

## SCAMS AWARENESS WORKSHOP

**WED 5 JUNE, 10AM  
SOUTHERN CROSS CRC**

Join Justine from nbn Local in learning all about scams - how to identify them, and what you can do to stay safe online.

### Scams - topics include:

- ✓ A close look at online scams
- ✓ How to detect common scams
- ✓ What to expect from nbn
- ✓ Tips to stay safe - Become Scam Fit
- ✓ Helpful links

**PLEASE RSVP TO THE CRC FOR CATERING PURPOSES  
BY TUESDAY 4 JUNE 2024.**

 9049 1688

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

INFORMATION FOR CUSTOMERS

# Australian Government Mobile Service Centre



## Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

## Wednesday, 8 May 2024

10:30 am to 4:00 pm

In front of the community centre, Antares Street

SOUTHERN CROSS

For more information, go to [servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)

SE156-2103



Services  
Australia

[servicesaustralia.gov.au/mobileoffice](https://servicesaustralia.gov.au/mobileoffice)



SAVE THE DATE

2024 YILGARN

*Ladies Long Lunch*

14.09.2024

# Community News

## SOUTHERN CROSS GOLF CLUB NEWS

Sunday 21st April: On a Hot & dry day with plenty of flies for company Members Played Stableford for the Pedrin Building Sponsorship.

Winner of the day was David Pasini 36 points.

Runner up: James Panizza 33 points.

Other Winners: Shaun Chrisp, Jason Guerini, Kayne Pasini & Noel Teale.

Many thanks to Fredo for his continued Support to the Golf Club.

Sunday 28th is Stephen Transport fixture.

## Southern Cross Golf Club

### APRIL 2024

Sun 28th Stephen Transport Stableford

### MAY 2024

Sun 5th SX Tyre & Auto Par

Sun 12th C & K. Mechanical Solutions (Mother's Day) 2 Person Ambrose

Sun 19th Portacrete Stableford

Sun 26th McIntosh & Sons Bisque Par

## Yilgarn Bowling Club

WE WOULD LIKE TO THANK ST FIRE BALL FOR THEIR VERY GENEROUS DONATION TOWARDS OUR CLUB FUNDS.

IT IS VERY MUCH APPRECIATED MEMBERS OF THE YILGARN BOWLING CLUB.

## Southern Cross Football Club & Yilgarn Netball Association



### SOUTHERN CROSS COMBINED WINTER SPORTS FIXTURES 2024



DATE/ ROUND	SPONSOR	HOME/ AWAY	EVENT	NETBALL -JUNIORS	FOOTBALL -COLTS	FOOTBALL RESERVES	NETBALL A GRADE	FOOTBALL LEAGUE	
27/04/24 ROUND 3	SX HARDWARE	AWAY		10:00AM V HYDEN (ROUND ROBIN)	11:30AM V HYDEN KARLGARIN	12:45PM V HYDEN KARLGARIN	1:00PM V HYDEN	2:15PM V HYDEN KARLGARIN	
04/05/24 ROUND 4	GRANICH CONTRACTORS	AWAY		10:00AM V NUKARNI (ROUND ROBIN)	11:30AM V NUKARNI	12:45PM V NUKARNI	1:00PM V NUKARNI	2:15PM V NUKARNI	
11/05/24 ROUND 5	GOLDEN VALLEY PASTORAL COMPANY	HOME	BREAST CANCER PINK DAY MOTHERS DAY RAFFLE	10:00AM V CORRIGIN (ROUND ROBIN)	11:30AM V CORRIGIN	12:45PM V CORRIGIN	1:00PM V CORRIGIN	2:15PM V CORRIGIN	
18/05/24 ROUND 6	DANNY QUADRIO	HOME	SONG SHUFFLE	10:00AM V HYDEN (ROUND ROBIN)	11:30AM V HYDEN KARLGARIN	12:45PM V HYDEN KARLGARIN	1:00PM V HYDEN	2:15PM V HYDEN KARLGARIN	
25/05/24 ROUND 7	APACHE INVESTMENTS	AWAY		10:00AM V BURRACOPPIN (ROUND ROBIN)	11:30AM V BURRACOPPIN	12:45PM V BURRACOPPIN	1:00PM V BURRACOPPIN	2:15PM V BURRACOPPIN	
01/06/24	BYE - NETBALL ASSOCIATION CHAMPIONSHIPS								
08/06/24 ROUND 8	STEPHEN TRANSPORT	HOME	RACES NIGHT	10:00AM V BRUCE ROCK (ROUND ROBIN)	11:30AM V BRUCE ROCK	12:45PM V BRUCE ROCK	1:00PM V BRUCE ROCK	2:15PM V BRUCE ROCK	
15/06/24	BYE (LONG WEEKEND) - GREAT SOUTHERN COLTS CARNIVAL & NETBALL ASSOCIATION CHAMPIONSHIPS								
22/06/24 ROUND 9	WA SALT	AWAY (KULIN)		10:00AM SOUTHERN CROSS 1 V KULIN SOUTHERN CROSS 2 V KONDININ	11:30AM V KULIN KONDININ	12:45PM V KULIN KONDININ	1:00PM V KULIN	2:15PM V KULIN KONDININ	
29/06/24 ROUND 10	PALACE HOTEL	AWAY		10:00AM SOUTHERN CROSS 1 V NAREMBEEN 1 SOUTHERN CROSS 2 V NAREMBEEN 2	11:30AM V NAREMBEEN	12:45PM V NAREMBEEN	1:00PM V NAREMBEEN	2:15PM V NAREMBEEN	
06/07/24 ROUND 11	FOODWORKS	AWAY		10:00AM V CORRIGIN (ROUND ROBIN)	11:30AM V CORRIGIN	12:45PM V CORRIGIN	1:00PM V CORRIGIN	2:15PM V CORRIGIN	
13/07/24	BYE - COUNTRY WEEK FOOTBALL								
20/07/24 ROUND 12	OLD APRELIA POLL MERINO STUD	HOME		10:00AM V NUKARNI (ROUND ROBIN)	BYE			1:00PM V NUKARNI	BYE
27/07/24 ROUND 13	DELLA BOSCA TRANSPORT	HOME		10:00AM SOUTHERN CROSS 1 V NAREMBEEN 1 SOUTHERN CROSS 2 V NAREMBEEN 2	11:30AM V NAREMBEEN	12:45PM V NAREMBEEN	1:00PM V NAREMBEEN	2:15PM V NAREMBEEN	
03/08/24 ROUND 14	PORTACRETE	HOME	BEER PONG COMP	10:00AM SOUTHERN CROSS 1 V KULIN SOUTHERN CROSS 2 V KONDININ	11:30AM V KULIN KONDININ	11:30AM V KULIN KONDININ	1:00PM V KULIN	2:15PM V KULIN KONDININ	
10/08/24 FOOTBALL ROUND 12 MAKE-UP ROUND & NETBALL SEMI FINAL	OLD APRELIA POLL MERINO STUD	FOOTBALL HOME NETBALL TBA	2004 RESERVES GRAND FINAL REUNION	N/A	11:30AM V NUKARNI	12:45PM V NUKARNI	TBA	2:15PM V NUKARNI	
18/08/2024 FOOTBALL SEMI FINAL NETBALL PRELIMINARY FINAL	N/A	TBA	N/A	N/A	N/A	TBA	TBA	TBA	
25/08/24 FOOTBALL PRELIMINARY FINAL NETBALL GRAND FINAL	N/A	TBA	N/A	N/A	N/A	TBA	TBA	TBA	
01/09/24 FOOTBALL GRAND FINAL	N/A	BURRACOPPIN	N/A	N/A	N/A	TBA	TBA	TBA	



# At St Josephs we offer an Inclusive Early Years Experience

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**Mum's and Bub's Playgroup** is for babies and toddlers (siblings welcome). Mum's and Bub's provides an opportunity for Mums, Dads and bubs to socialise in an informal setting in our school library on a Wednesday. Dates are advertised on our FaceBook page.

**Our Three Year Old Program** is every Monday and Friday morning for children who have turned 3 years of age. This is ideal play based preparation for Kindy.

**Our Kindy Program** is for children who have turned 4 by the 30th June of the current year. Kindy runs continuously on Tuesday, Wednesday and Thursdays during the school year.

*Please contact the school for further information about any of our Early Years Programmes.*

Visit us at: [www.stjoessx.wa.edu.au](http://www.stjoessx.wa.edu.au) or by  
contacting our office on 90492100  
or by email at [admin@stjoessx.wa.edu.au](mailto:admin@stjoessx.wa.edu.au)

# ST JOSEPH'S PS

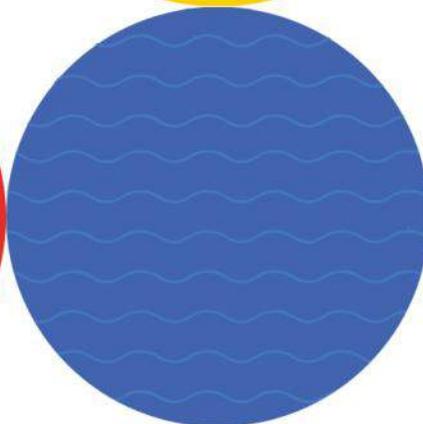
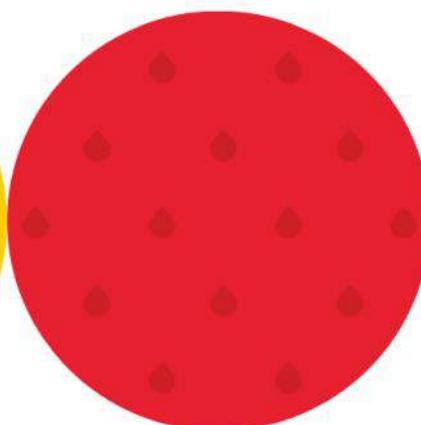


*Mums, Dads & Bubs*

## PLAYGROUP



Come and join us for a cuppa and a catch up. Siblings are more than welcome!



**IN THE SCHOOL LIBRARY**

**9:00AM - 10:30AM ON THE FOLLOWING**

**WEDNESDAY'S:**

**24TH APRIL**

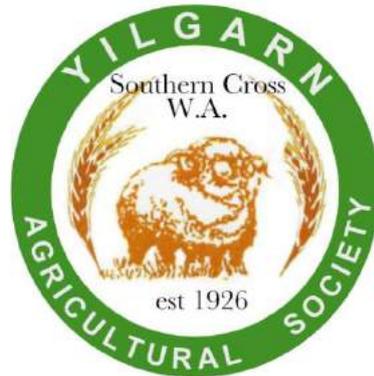
**8TH MAY**

**22ND MAY**

**5TH JUNE**

**LAST ONE FOR THE TERM - 19TH JUNE**





## 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, 2nd wins \$30 and 3rd wins \$20

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 June!**

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

*You're invited to*  
**Bullfinch Biggest Morning Tea**  
*Sunday 5<sup>th</sup> May*



*Bullfinch Town Hall (old school site) from 9:30*  
*Lots of raffle prizes, door prizes, lucky \$100 note, on-the-spot*  
*cash prizes, sausage sizzle and lots more!!*

*Any donations greatly appreciated.*  
*Merchandise and Eftpos also available at the venue.*



*Contact Alyson 0428316807 for any information*

Time to get  
immunised  
for influenza

Book your  
appointment  
now



## **INFLUENZA VACCINES AVAILABLE AT SOUTHERN CROSS GENERAL PRACTICE FROM 16<sup>TH</sup> APRIL 2024**

Influenza season is coming.

Influenza is a common viral infection that affects people of all ages. While it may be a mild disease for some, it can also cause serious illness and even lead to hospitalisation in otherwise healthy people. Vaccination, administered annually by a health professional is the safest means of protection from influenza. The strains of the virus circulating can change yearly, prompting updates to the vaccines based on expert advice. That's why it is important to get vaccinated every year. Timing is important – get the influenza vaccine in the cooler months (from April/May) and prior to the winter influenza peak (normally in June–August).

**\*\*WA Health will be offering FREE flu vaccinations for all people aged over 5 during the months of  
MAY and JUNE\*\***

### **The NIP offers free Influenza vaccines to the below groups all year round:**

- children aged 6 months to less than 5 years
- pregnant women at any stage of pregnancy
- First Nations people aged 6 months and over
- people aged 65 years and over
- people aged 6 months and over with certain medical conditions that increase their risk of severe influenza and its complications.

**Please call Southern Cross General Practice on 90491147 to make an  
appointment.**

## Styles' locket – the sequel



Last issue of Crosswords we left readers to ponder the history of a hundred-year-old locket found on the rubbish tip at Kalbarri. It is engraved on one side with the name and army number of Cecil Styles, a former resident of Southern Cross, and on the other side with the name and army number of his daughter, Lesley.

Due to the passage of time we will never know the full story, but the most likely scenario is the locket was presented to Cecil by his parents before he departed Southern Cross to fight in the First World War. In turn, Cecil presented it to his daughter when she departed for the Second World War. The engraving on either side is different.

After the war ended, Lesley led an interesting life full of travel and indulgence for her passion of writing and painting. She never married. For a while she lived at Alice Springs, but finally opted to move to Wittenoom where the scenery was even more spectacular for painting. She opened her own gallery there as well as exhibiting in Perth.

When the government closed Wittenoom because of asbestos contamination, Lesley moved to Kalbarri where she saw out the remainder of her life, doing what she did best: painting. She became a recluse. Lesley obviously treasured her family locket and kept it until the day she died. Her treasure then became someone else's junk, and it finished on the rubbish tip.

Fortune smiled when the Good Samaritan finder posted it on Facebook, where our own Ronice Blair made the connection and arranged for it to be donated to the Yilgarn History Museum.

Now you know the story, come along and see it in our museum, and let your imagination visualise the life and times of Styles' locket.

# Lesley's Hut

This is the story of Lesley Styles' hut. Lesley was born and bred in Southern Cross during the 1920's, Styles Drapery shop being where the chemist shop is today. So this story will resonate with Southern Cross citizens.

Lesley eventually moved to Kalbarri in her twilight years. An old hut stood in her backyard, and Lesley used the hut as her Studio when painting, being an artist and exhibitor throughout WA.

Local Kalbarri resident, Jack Carrott, takes up the story, stating most locals knew about the small edifice called 'Lesley's Hut' in Rushton Street Kalbarri. (Mind you, the sign of the other end of the street calls it Ruston Street)

The hut had once been part of Ralph's Caravan Park, and in its day was considered very good tourist accommodation. It was lined, louvered, and had a cement base with lino. Two rooms were furnished as bedroom and kitchen/dining. It was a shelter with electricity and water.

As the years rolled on, visitors often dropped in to tell Lesley they had rented said hut in the old days, when Kalbarri was called 'Mouth of the Murch.' The hut had favourable memories.

However due frenetic activity by white ants, the hut eventually became unsafe and had to be demolished, thereby removing a small but interesting part of Kalbarri history.

After it was demolished, grieving friends burnt a collection of a few odds and ends left, and collected sufficient ashes to fill a dear little urn.

To mark the end of a sadly lost era, the urn was duly presented to Lesley at a gathering, along with a poem written by Jack Carrott. And this is it:

*Rushton Street is a short street off Grey  
A street which was named in the first survey  
There's not many houses. But one that's to mind  
Had a small hut tucked in behind*

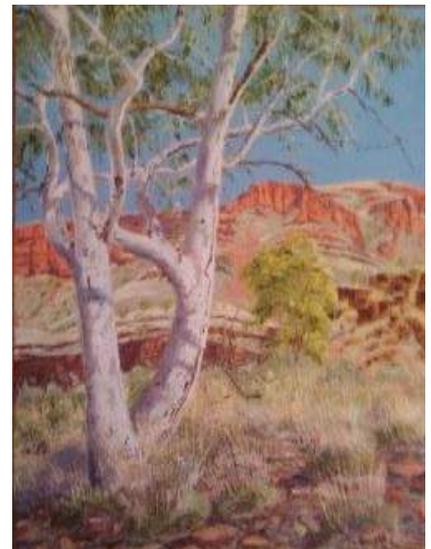
*Now this small hut was a treasure at heart  
Where Lesley created her painting and art.  
Now this poor little hut, so we have all learnt  
Has been demolished, heaped up and burnt*

*Now this transaction has brought sorrow and grief  
To one of our town's artists, is our belief-  
But everyone knows that things have to depart  
To make way for progress - even for art*

*So some of your friends, dear Lesley Styles  
Have thought up this gimmick to keep up your smiles  
We have filled up this small chest - we'll call it an urn  
With some of the ashes from the hut's sorrowful burn*

*We trust you will cherish it and remember each day  
That the ashes, and thoughts of your friends  
Are not far away*

*(Lesley Styles now lies in Kalbarri cemetery lawn section. RIP)*



*Painting believed to be of Wittenoom, by  
Lesley Styles*

# ADHD



## About Rachel Russell Quite Frankly Coaching

Rachel is a coach, educator, speaker, author, wife, and mother who has worked with families for the past 27 years. She holds Bachelor's degrees in Teaching and Arts as well as a Master's degree in Education in Early Childhood. She is the founder of Quite Frankly Coaching where she utilises practical application of neuroscience to foster children's wellbeing.

Rachel coaches children and families, consults in education, facilitates group workshops and online courses, and presents at speaking events. Her passion lies in helping kids and families reconnect with who they really are.

## ADHD Parenting Workshop

This is a face-to-face, interactive workshop running over 2 consecutive weeks, covering the 4 areas of ADHD:

- ADHD and the brain
- ADHD and learning
- ADHD and emotions
- ADHD and strategies to help in the classroom and the home.

Rachel will discuss:

- How ADHD affects the brain and its function
- How it shows up and affects daily life
- Possible causes of disruption and difficulty
- Many practical, hands-on and effective strategies that will help your child.

### When & Where

Sunday 12noon - 3pm  
19 May & 26 May 2024  
Wanslea, 20 Gairdner St, Northam  
Light lunch provided.  
For parents & caregivers only.

**Free event. Bookings essential.**

**[WheatbeltPCWA@wanslea.org.au](mailto:WheatbeltPCWA@wanslea.org.au)**

Supported by





## My Aged Care

If you need some help around the house or think it's time to look into aged care homes, My Aged Care is here to help.

Visit the My Aged Care website ([www.myagedcare.gov.au](http://www.myagedcare.gov.au)) to find information about how to access aged care services.

You can apply for an assessment online and search for local aged care providers that meet your needs.

You can also call 1800 200 422 Monday to Friday, 8 am to 8 pm, and Saturday, 10 am to 2 pm.

For assistance please contact Donna Newbury at Southern Cross Hospital on 0417921884 or 90812222.

## WE ARE LOOKING FOR VOLUNTEERS!

*Are you interested in volunteering at the Yilgarn History Museum?  
We're looking for regular volunteers to open the Museum on Friday mornings, and on Saturdays.*

*Please contact Monica at the Shire if you're interested.*

### An amazing opportunity for young people blazing a trail in regional Australia.

Are you aged 18-28 and working on a project that strengthens your community? Apply to receive this incredible package of support.

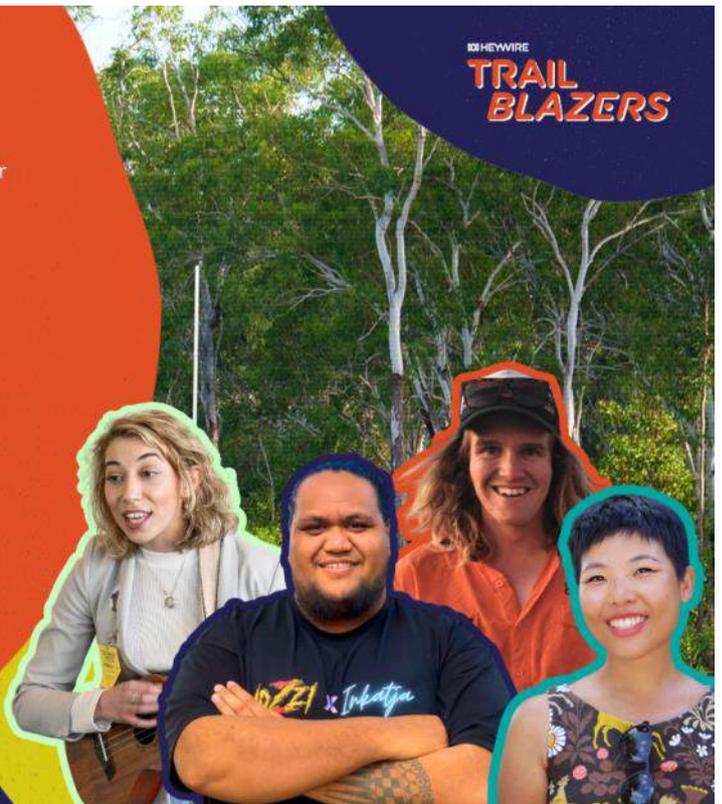
#### What do Trailblazers receive?

- Your story featured on the ABC
- An all-expenses-paid trip to Canberra, ACT for the Heywire Regional Youth Summit
- Workshops and masterclasses to help build your project
- Networking, media, mentorship and exclusive funding opportunities
- The chance to meet other young people passionate about making change

Applicants can be individuals or groups of up to three.

[abc.net.au/trailblazers](http://abc.net.au/trailblazers)  
[abcheywire@abc.net.au](mailto:abcheywire@abc.net.au)

HEYWIRE  
**TRAIL  
BLAZERS**



## Find Cancer Early: Tips when visiting your doctor about a possible symptom!

As we get older, many of us don't often think too much about a change to our body. This can result in us expecting and accepting changes over time as being normal.

But it is important to not be tempted to put something unusual down to 'getting older' before you've told your doctor, clinic nurse or Aboriginal health worker. Always have a chat and let them know what you've noticed, even if you're not concerned by it. Chances are it is nothing to worry about, but it's better to be on the safe side.

When you decide to make an appointment, lots of different questions and concerns can pass through your mind, such as:

- The doctor is always too busy.
- It's too hard to get an appointment.
- When I get to my appointment my mind goes blank.
- What could happen when I see the doctor or health worker?
- I don't have a doctor.
- I feel embarrassed or shame.

### Tips when you are visiting your doctor/health professional

- Be clear about your symptoms.
- Calling early in the morning is often the best time to arrange an appointment.
- If your usual health professional isn't available that day, ask for an appointment in a few days time, or ask to see another doctor.
- If you feel you need to speak to a health professional straight away, tell the receptionist it is urgent when you call.
- Write down why you've made the appointment and what you want to tell your health professional.
- Keep a symptom diary of what's been happening, how long for, and how often it occurs – you can take this with you.
- Health professionals are there to help you – don't be embarrassed to let them know about any unusual changes you've noticed in your body.
- Take someone with you as a second pair of ears to listen & perhaps to take notes for you to clarify what is said at your appointment.

### Become familiar with common cancer symptoms

We encourage adults, especially those over 40 years of age, to be aware of some common symptoms of cancers. You can give yourself the best chance to **Find Cancer Early**, by going to see a doctor straight away if you have symptoms, so that treatment is easier, and you can be around longer to do the things you love doing with the people you love.

### Where else can I get advice?

- Cancer Council WA – Information and Support line - **13 11 20**
- Visit [findcancerearly.com.au](http://findcancerearly.com.au)
- GP, nurse practitioner or pharmacist

### Have you had any of these...

#### ... for more than 4 weeks?

- Problems peeing
- Runny poo
- Unexplained weight loss
- An unusual pain, lump or swelling anywhere in your body
- Becoming more short of breath
- A persistent cough
- A new or changed spot on your skin

#### ... once or more?

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



If you have and you are over 40...

## Tell your doctor

The earlier cancer is found, the greater the chance of successful treatment.



For more information visit [findcancerearly.com.au](http://findcancerearly.com.au) or call **13 11 20**

# Navigating The Transition

WHAT YOU NEED TO KNOW



## FREQUENTLY ASKED QUESTIONS

### How can I check my device network settings?

#### *Android devices*

1. Go to **Settings**
2. Go to **Network and internet**
3. Go to **Mobile Network**
4. Go to **Preferred network type**
5. Select **automatic** or **4G** if preferred

#### *Apple devices*

1. Go to **Settings**
2. Go to **Network and internet**
3. Go to **Mobile Data options**
4. Go to **Voice and Data**
5. Select **automatic** or **4G** if preferred



### Why shouldn't I rely on the bars on my phone to determine service availability?



The bars on your phone represent signal strength, not necessarily the availability of service or network quality. Every device uses and displays signal bars differently, and fewer bars don't necessarily indicate less service.

### How can I improve my mobile network coverage?

If you're still experiencing weak signal strength consider using antennas or cel-fi systems to boost your coverage.



### Where can I find help?

- Visit your service provider's website.
- Telstra 3G SMS Checker Tool - **text '3' to 3498**
- Give the Regional Tech Hub a call on **1300 081 029**.

[WWW.REGIONALTECHHUB.ORG.AU](http://WWW.REGIONALTECHHUB.ORG.AU)



**Hon Mia DAVIES MLA**  
Member for Central Wheatbelt

<b>Northam Office</b> 171 Fitzgerald Street (PO Box 92) Northam WA 6401 PH 08 9622 2871	<b>Merredin Office</b> Old Town Hall 16 Mitchell Street Merredin WA 6415 PH 08 9041 1702	<b>mia.davies@mp.wa.gov.au</b>  facebook.com/MiaDaviesMLA @miadaviesMLA @miadaviesmla
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Authorised by M Davies, Northam Boulevard Shopping Centre, Fitzgerald Street, Northam

# Pioneers of Pilgarn

## Stage 1.

**Citizens who built this district between years 1887 and 1914**

**LeBreton. Tom:** Owned and operated a shop in Railway Town during the 1890's, specialising in English lines. He was also agent for the Swan Brewery. Interests included horse racing where he was treasurer of the racing club. He also dabbled in mining shares, particularly around the Koolyanobbing area. In 1910 he built the first hotel at Marvel Loch, using the liquor license from recently burnt down pub at Nevoria. A year later he was forced to move his new hotel to a newly surveyed Marvel Loch, the original townsite deemed unsuitable. It became a much travelled license as time unfolded: Nevoria, Marvel Loch old town, Marvel Loch new town, Burbidge, and finally to Moorine Rock where it has remained to this day. LeBreton's original pub forms the nucleus of Moorine Hotel. LeBreton also put in time as a town councillor and can be termed a true pioneer of the district. ©Lance Stevens



**Eye Tests**  
**Katie Jorgensen**  
**from West Specs**  
**Kalgoorlie**

will be visiting  
Southern Cross on  
**Monday 13 May 2024**

**Eye tests will be at the Southern Cross Hospital.**

For appointments please call the Southern Cross Pharmacy on 90491056



Dr Andrea Roberts BVMS,  
PO Box 543, MERREDIN WA 6415  
Ph: 0428212945 ABN: 99774533081

**Southern Cross 2024 MOBILE VET**  
**Visiting Dates**

<u>Consulting</u>	<u>Surgery</u>
Thu 2 May, Thu 30 May,	Fri 17 May, Fri 14 Jun,
Thu 27 Jun, Thu 8 Aug,	Fri 26 Jul,
Thu 5 Sep, Thu 3 Oct,	Fri 23 Aug, Thu 19 Sep,
Thu 31 Oct, Thu 28 Nov	Fri 18 Oct, Fri 15 Nov,
	Fri 13 Dec

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.

Coodanup Clontarf Academy



clontarf  
foundation

# All Star Game

Coodanup Clontarf

VS

Southern Cross All-Stars

Thursday 12th September

7:00pm

Southern Cross Outdoor Basketball Courts



BARTO GOLD MINING

## **Barto Gold**

### **Community Sponsorship and Feedback**

As a key member of the community of Southern Cross and Marvel Loch, Barto Gold takes our responsibilities to undertake safe and reliable operations while responsibly managing our community impacts seriously.

As part of this commitment, we welcome feedback to improve what we do and are keen to support local sponsorship of community events.

You can obtain feedback and sponsorship forms from the front desk at the Shire of Yilgarn offices, 23 Antares Street, Southern Cross.

You can also request electronic forms by contacting us directly using the details below.

We look forward to hearing from you!

For further details please contact:

Site Administration: 9081 1302

[sxadmin@bartogold.com.au](mailto:sxadmin@bartogold.com.au)



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](http://www.outbackfamilyhistory.com.au)  
 Our library of information and photographs

The Outback Family History blog:  
[www.outbackfamilyhistoryblog.com](http://www.outbackfamilyhistoryblog.com)  
 Stories of people and places

WA Virtual Miners Memorial website:  
[www.wavmm.com](http://www.wavmm.com)  
 A profile page for every person







 @OutbackFamilyHistory | Email: [moyasharp@westnet.com.au](mailto:moyasharp@westnet.com.au)



**SHIRE EMERGENCY INFORMATION SENT STRAIGHT TO YOUR PHONE**

**DO YOU WANT TO REGISTER FOR WHISPIR SMS?**



**TEXT THE WORD JOIN TO 0428 160 716.**  
 YOU WILL BE ADDED TO THE SMS LIST TO RECEIVE HARVEST & VEHICLE MOVEMENT BAN AND ROAD CLOSURE INFORMATION FOR THE SHIRE OF YILGARN.

\*YOU WILL RECEIVE A SMS WITH A LINK TO COMPLETE YOUR REGISTRATION (BY PROVIDING YOUR NAME AND EMAIL DETAILS). THIS IS NOT ESSENTIAL (YOUR REGISTRATION WILL STILL BE REGISTERED) BUT MAKES IT EASIER FOR US TO UPDATE DETAILS IF NEEDED.

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**COME IN AND SEE US**

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

# LOCAL PEST CONTROL

## Domestic and Commercial

- ~Pre-purchase Inspections
- ~Spiders
- ~Termite Control
- ~Ants
- ~Rodents
- ~Cockroaches
- ~Other Household Pests

**LOCALLY OWNED AND OPERATED  
SERVICING THE WHEATBELT**

Phone Deon or Leah King  
Mobile: 0428 412 018  
PO Box 313, MERREDIN WA 6415  
PHD License No 311



## 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.

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regular deliveries to  
SOUTHERN CROSS

camel, roo, beef, rabbit, roo tails

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

**NOW BUYING IN KANGAROO CARCASSES ONLY FROM LICENCED SHOOTERS WITH DEC**

Kangaroos under 20kg not accepted.

Also buying in beef & horse for dog bait purposes.

**Drop off by appointment only.**

Encouraging local farmers to get on board.

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

Phone Andrew or Tyler Now

# 9049 5317

# Services Listing

## LOCAL PEST CONTROL

We specialise in All Types Of Pests

**Deon & Leah King**

**0428 412 018**

PO Box 313

Merredin WA 6415

State Licence No. 4294

Registration No. 311

### FAMILY COUNSELLING SERVICE

## WHEATBELT AGCARE

COMMUNITY SUPPORT SERVICES INC.



## FAMILY COUNSELLOR

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

### Shires Serviced:

- ◆ Kellerberrin
- ◆ Merredin
- ◆ Mount Marshall
- ◆ Mukinbudin
- ◆ Nungarin
- ◆ 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

## WHEATBELT AGCARE...

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

**MOORINE ROCK BUILDERS**



### Quality Work at Reasonable Prices

- 15 Year's Experience
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- Renovations
- Maintenance
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- Call for an estimate

**Nick Walsh**

Owner

Mobile - 0499 465 351

Address - 68 McInnes Street, Moorine Rock

Email - nick.mrbuilder@gmail.com



## Southern Cross Tyre & Auto Services

1a Antares Street, Southern Cross, W.A. 90491172

[info@sxtas.com.au](mailto:info@sxtas.com.au)

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Filters, Bearing's, Chain's, Cam loc's,

Trailer Parts, Tools, Suspension parts,

Swap&go BBQ gas, Moore Gas,

Hydraulic Hose & Fitting's

# Calendar of Events

Wed 1 May	Speedway Meeting @ Seniors Centre, 6pm
Thu 2 May	Pat & Chat Mobile Vet in town—consulting day
Thu 2 May	40+ Fabulous Comedy Show—tickets available now!
Sun 5 May	Bullfinch Biggest Morning Tea @ Bullfinch Hall from 9.30am
Sun 5 May	Little Red in the Hood interactive family show @ Town Hall, 2pm
Thu 16 May	Shire of Yilgarn Council Meeting @ Council Chambers, 5.00pm
Fri 17 May	Pat & Chat Mobile Vet in town—surgery day
Thu 30 May	Pat & Chat Mobile Vet in town—consulting day
Fri 14 Jun	Pat & Chat Mobile Vet in town—surgery day
Thu 20 Jun	Shire of Yilgarn Council Meeting @ Council Chambers, 5.00pm
Thu 27 Jun	Pat & Chat Mobile Vet in town—consulting day
Thu 18 Jul	Shire of Yilgarn Council Meeting @ Council Chambers, 5.00pm
Fri 26 Jul	Pat & Chat Mobile Vet in town—surgery day
Sun 4 Aug	Brush & Bubbles @ Senior Centre, 5:30 pm
Thu 8 Aug	Pat & Chat Mobile Vet in town—consulting day
SAVE THE DATE: Yilgarn Ladies Long Lunch—Saturday, 14th September 2024	
SAVE THE DATE: Coodanup Clontarf vs Southern Cross All-Stars Basketball Game @ Outdoor Basketball Courts—Thursday, 12th September, 7pm	
SAVE THE DATE: Community Xmas Tree, Lighting of the Christmas Tree & Carols by Candlelight @ Rotary Park, Sunday 1st December.	
TBA	A Night under the Southern Cross Skies Concert in the Park—POSTPONED

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

- |  |  |  |
|--|--|--|
| <ul style="list-style-type: none"> <li>✓ Art Group</li> <li>✓ Country Women's Association</li> <li>✓ P &amp; C / P &amp; F Organisations</li> <li>✓ Patchworking</li> <li>✓ Progress Associations</li> <li>✓ Scrapbooking</li> <li>✓ Senior Citizen's Centre activities</li> <li>✓ Southern Cross Gardening Club</li> <li>✓ Southern Cross Hospital</li> </ul> | <ul style="list-style-type: none"> <li>Auxiliary</li> <li>✓ Southern Cross St John Ambulance</li> <li>✓ Southern Cross Vol. Fire &amp; Rescue</li> <li>✓ Volunteer Bush Fire Brigade</li> <li>✓ Yilgarn Agricultural Society</li> <li>✓ Yilgarn Community Support Group</li> <li>✓ Yilgarn History Museum</li> <li>✓ Yilgarn Men's Shed</li> <li>✓ Yilgarn Motoring Enthusiasts</li> </ul> | <p><i>Sporting groups including:</i></p> <ul style="list-style-type: none"> <li>✓ Basketball</li> <li>✓ Darts</li> <li>✓ Football</li> <li>✓ Golf</li> <li>✓ Lawn Bowls</li> <li>✓ Motorcycle Club</li> <li>✓ Netball</li> <li>✓ Shooting</li> <li>✓ Tennis</li> </ul> |
|--|--|--|

## Recycling Days 2024

May 10

May 24

Jun 14

Jun 28

