



\$1

Crosswords

Volume 25 Issue 12 20 June 2024



DRIVE

TODAY,

CYCLE

TOMORROW?

Get more movement into your day by cycling, walking or taking public transport to work or school. It's good for you and good for the planet!



Government of Western Australia
Department of Health



2024



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

Church Notices / Updates



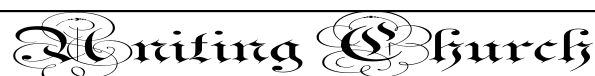
48 Altair Street, Southern Cross
 SX Presbytery: 9049 1049 (Sun to Mon)
 Bruce Rock Presbytery: 9061 1094 (Tues to Sat)
 Email: yilgarnwestoniacatholic@gmail.com
 Facebook: Yilgarn/Westonia Catholic Community
 YouTube: Yilgarn Westonia Catholic
CBH Grain Donations (SX): 40564452

Mass Times

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

2024 Publishing Dates

Deadline 12 noon	Publishing Date
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

2025 Publishing Dates

Deadline 12 noon	Publishing Date
14/01/2025	16/01/2025
28/01/2025	30/01/2025
11/02/2025	13/02/2025
25/02/2025	27/02/2025
11/03/2025	13/03/2025
25/03/2025	27/03/2025
8/04/2025	10/04/2025
22/04/2025	24/04/2025
6/05/2025	8/05/2025
20/05/2025	22/05/2025
3/06/2025	5/06/2025
17/06/2025	19/06/2025
1/07/2025	3/07/2025
15/07/2025	17/07/2025
29/07/2025	31/07/2025
12/08/2025	14/08/2025
26/08/2025	28/08/2025
9/09/2025	11/09/2025



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 17th August 2024
 Saturday 18th October 2024
 Saturday 14th December 2024 ("Christmas" service)

SX SPEEDWAY

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

July 2nd
 September 3rd
 November 5th



Shire of Yilgarn Recycle Calendar 2024-2025

July 2024

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2024

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2024

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2024

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2025

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- Marvel Loch, Bodallin Moorine Rock Rubbish Only
- Southern Cross Rubbish Only
- Southern Cross Rubbish & Recycle. Marvel Loch, Bodallin and Moorine Rock recycle
- Christmas Day



WHAT CAN GO INTO YOUR RECYCLE BIN

- **Glass** - All glass and ceramics, whole and broken
- **Plastic** - All plastic containers and plastic wraps (empty with lids off)
- **Paper** - All paper, junk mail and glossy magazines
- **Cardboard** - All cardboard products
- **Aluminium & Steel** - All metals, steel & aluminium excluding aerosol cans
- **Liquid Paperboard** - Milk, juice and laundry detergent cartons.

There will be no changes to the service over the Christmas Period.



INVITATIONS TO THE SHIRE OF YILGARN

2024 SENIOR'S LUNCHEON HAVE BEEN SENT OUT.

IF YOU HAVE NOT RECEIVED YOUR INVITATION, ARE 60+ YEARS OF AGE
AND WOULD LIKE TO ATTEND PLEASE CONTACT THE SHIRE BEFORE
20TH JUNE 2024.

*TO RSVP TO THE EVENT PLEASE CONTACT JODIE AT THE CRC
BY NO LATER THAN 21ST JUNE 2024

PHONE: 9049 1688

OR

ASO@YILGARN.WA.GOV.AU





YILGARN TOWN TEAM

COMMUNITY IDEAS WORKSHOP

Monday 22nd July 2024 at 6:00 pm
Southern Cross Senior Citizen's Centre

All members of the Yilgarn community are invited to attend the Yilgarn Town Team community ideas workshop.

The session, run by the Town Team Movement, will provide information on establishing a Yilgarn Town Team and will also seek ideas on possible community-driven projects.

If you are interested in joining the Yilgarn Town Team and have some project ideas, please come along to the session.

Light refreshments will be provided for attendees.

Please RSVP and direct any questions about this workshop to yilgarn@yilgarn.wa.gov.au.





Southern Cross
Community Resource Centre


LEGO

CLUB

**AVAILABLE AT THE CRC
DURING OPENING HOURS
ALL JULY SCHOOL
HOLIDAYS!**



**REMEMBER: CHILDREN UNDER
10 YEARS OLD MUST BE
ACCOMPANIED BY AN ADULT.**



SAVE THE DATE

2024 YILGARN

Ladies Long Lunch

14.09.2024



Country Womens Association of WA Southern Cross Branch

Apr

19th - Meeting @
The Club Hotel

May

18th - SXFC Afternoon
Tea

Jun

23rd - An Italian
Cooking Experience
with Julie Nicoletti

Jul

26th - Swap Meet @
The Moorine Rock
Hotel

Aug

16th - CWA Cook Book
Tasting Evening @
The Senior Citizens
Centre

Sep

14th - Yilgarn Ladies
Long Lunch

Oct

13th - Pots &
Tangles
Macrame
Workshop

Nov

Dec

1st - Community
Christmas Tree
@ Rotary Park

2024 EXECUTIVE COMMITTEE

PRESIDENT: JESS STEPHEN
V/PRESIDENT: LISA POWELL
SECRETARY: LEAH GALE
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

Thank you

A big thank you to Red Dog Mining & Civil for my lovely load of wood delivered to me recently.

Thank you again
Anne Carnicelli



Thanks - RED DOG Mining

A big thank you to Brad Reynolds, Red Dog Mining for your kind donation of a few tonnes of firewood again this year for some of our elderly in Southern Cross.

Thank you also to your 2 truck drivers ex Perth and especially the Red Dog Cornishman crew who happily unloaded and stacked at the properties.

The wood was donated "to make sure these people stay warm" - a lovely gesture, and on behalf of the 4 recipients, I say thank you very much. Milly

Southern Cross Golf Club

JUNE 2024

Sun 23rd	Old Aprelia Day Own Partners	2 Person Ambrose
Sun 30th	3SIXT Auto	Stroke

JULY 2024

Sun 7th	Westonia Della Bosca Cup	Club Day
Sun 14th	Nokaning Cup	Club Day
Sun 21st	J & L Symes Trophy	Stroke
Sun 28th	SX Coffee Lounge	Stableford

Containers for Change

We have a large amount of returned customer bags at the CRC ready for collection—if you have picked up bags from other outlets (not from the CRC), please visit the CRC to see if any of your bags have been returned.

Alternatively you can call the CRC on 9049 1688, and we will look through the pile for you to let you know.

Southern Cross Football Club & Yilgarn Netball Association



SOUTHERN CROSS COMBINED WINTER SPORTS FIXTURES 2024



DATE	COMPETITION	VENUE	OPPOSITE	NETBALL	NETBALL	NETBALL	NETBALL	NETBALL
TIME				VENUE	TIME	VENUE	TIME	VENUE
27/06/24 ROUND 9	WALSLEY	AWAY (CLUB)		10:00AM SOUTHERN CROSS 1 V KONDINE LOOPM SOUTHERN CROSS 2 V ELLER	11:30AM V KULLIN KONDINE	12:45PM V ELLIN KONDINE	11:00AM V KULLIN	2:35PM V ELLIN KONDINE
28/06/24 ROUND 10	PALACE HOTEL	AWAY		10:00AM V NAREMBEEN (ROUND ROBIN)	11:30AM V NAREMBEEN	12:45PM V NAREMBEEN	1:00PM V NAREMBEEN	2:35PM V NAREMBEEN
05/07/24 ROUND 11	FOODWORKS	AWAY		10:00AM V COBRIGN (ROUND ROBIN)	11:30AM V COBRIGN	12:45PM V COBRIGN	1:00PM V COBRIGN	2:35PM V COBRIGN
13/07/24	BYE - COUNTRY WEEK FOOTBALL							
20/07/24 ROUND 12	OLD APRELIA POLL MERINO STUD	HOME		10:00AM V NAREMBEEN (ROUND ROBIN)	BYE		2:00PM V NAREMBEEN	BYE
23/07/24 ROUND 13	DELLA BOSCA TRANSPORT	HOME		10:00AM V NAREMBEEN (ROUND ROBIN)	11:30AM V NAREMBEEN	12:45PM V NAREMBEEN	1:00PM V NAREMBEEN	2:35PM V NAREMBEEN
02/08/24 ROUND 14	PORTACRETE	HOME	BEER PONS COMP	10:00AM SOUTHERN CROSS 2 V KULLIN 1:00PM SOUTHERN CROSS 1 V KONDINE	11:30AM V KULLIN KONDINE	12:45PM V ELLIN KONDINE	11:00AM V KULLIN	2:35PM V ELLIN KONDINE
11/08/24 FOOTBALL ROUND 15 NETBALL GRAND FINAL	OLD APRELIA POLL MERINO STUD	FOOTBALL HOME NETBALL TBA	2024 RESERVES GRAND FINAL RETURN	N/A	BYE	12:45PM V NAREMBEEN	TBA	2:35PM V NAREMBEEN
17/08/2024 FOOTBALL 3RD FINAL NETBALL GRAND FINAL	N/A	TBE	N/A	N/A	N/A	TBA	TBA	TBA
23/08/24 FOOTBALL 4TH FINAL NETBALL GRAND FINAL	N/A	TBE	N/A	N/A	N/A	TBA	TBA	TBA
01/09/24 FOOTBALL GRAND FINAL	N/A	BURRACOPPER	N/A	N/A	N/A	TBA	TBA	TBA

SOUTHERN CROSS GOLF CLUB NEWS

Saturday 1st June: The Southern Cross Golf Club hosted the Eastern Dist Mens 4s Champion ship.

Players visited from other Golf Clubs in the Eastern Golf Association

Gross Winners: Rob Gearing & Shane Avery- Merredin Golf Club

R/ups: Justin Watts & Brian Bush-Merredin Golf Club

Nett Winners: Shaun Chrisp & Dave Pasini-Southern Cross Golf Club

Nett R/ups : Pom Coward & John Nicholson-Southern Cross Golf Club

Combined with this event Southern Cross Club played their Club Fours. Golf Balls sponsored By BARTO Gold Mining were given out for the 18 hole Novelty winners.

The Golf Club would like to thank Barto Gold Mining Ltd for the supporting the Golf Club with Sponsorship towards this event and enabling the printing of New Score Cards.

Sunday 9th: SX Hardware & News Sponsored the 1st round of the Championships.

Winner Nett: Jason Guerini, Nett R/up: Shaun Chrisp. 3rd Noel Teale.

A putting competition was combined in the game and winner was Robbie Della Bosca.

Many thanks to Nicole & Peter for their support again this year.

Saturday 15th June: Rhys Della Bosca Memorial day was held.

Approx 40 players played a 2 person Ambrose event and many others attended the evening till late.

Winners; Dave & Matthew Pasini & R/up: Rob Gearing & A Flannagan.

The day was sponsored by Greg & Ana Della Bosca.



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) 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.



04' PREMIERSHIP REUNION

20TH ANNIVERSARY

10TH AUGUST

LAST HOME GAME OF THE 24' SEASON
DETAILS TO FOLLOW

RSVP to Holly: 0488 688 333 or
southerncrossfc@icloud.com

Crunch&Sip® *Crunch Bites Podcast*

Bite sized children's nutrition info

Aiming to provide parents with practical ideas around boosting children's nutrition in an easily accessible, grab and go format.

Crunch Bites is the newest 'grab and go' podcast for parents who want to learn how to feed their family well whilst saving on time, money and stress. Brought to you by qualified nutritionists, each episode bites off a topic that will help you build those healthy habits in the home. From packing healthy lunchboxes, to building a positive body image, to reaching for rainbow foods in the home, join us as we chat about practical ways to feed your family healthy food.



Crunch Bites Episodes

[Listen now:](#)

- Episode 1: The lunchbox troubleshooting guide: packing lunches that actually get eaten
- Episode 2: Developing positive relationships with food and body image in children with Dr Stephanie Damiano
- Episode 3: From fussy eating to adventurous appetites
- Episode 4: Reaching for rainbow foods with Dr Preeya: making healthy food in the home fun
- Episode 5: Wholegrain wonders: nourishing kids' bodies and minds, one bite at a time
- Episode 6: How to create little veggie lovers
- Episode 7: Meat and greet: the low down on meat and meat alternatives
- Episode 8: Easily influenced? Overexposure to junk food advertising and how it's impacting our kids with Emma Groves
- Episode 9: Daily dairy: building strong bones and healthy teeth

Available on streaming services such as Spotify, Apple podcasts plus so many more
To find out more:

<https://www.crunchandsip.com.au/podcast>



[@crunchandsipbreak](#)



[@crunch&sip](#)

For more information about cancer symptoms, visit www.findcancerearly.com.au or call the Cancer Council Information and Support Line on 13 11 20.



Department of
Health

**Free influenza
vaccines in
May and June**

**Book your
appointment
now**



The influenza vaccine is free in May and June in 2024 for everyone in Western Australia – book your appointment now.

Southern Cross General Practice
90491147

Southern Cross Community

As you may be aware the Pharmacy has been on the market for the past 12 months due to John's health.

As there has been no interested buyers the unfortunate decision has been made to permanently close the business.

This decision has not been made lightly and understand the community is most at loss.

I would like to personally thank Maureen and team for their service along with the entire community for their support.

The Pharmacy will continue to trade until the end of the financial year **30th June 2024**.

Sincere apologies.

Jordan Hall.



Yilgarn Agricultural Society

SAVE THE DATE!

**The Yilgarn Agricultural Show is on
Saturday, 31st August 2024.
Entertainment, food and fun galore!**

We need your support to keep our show going!

**Want to show off your pride and joy old car or
motorbike? Display it in the Show Parade!**

Text 0429401045 or email yilagpresident@outlook.com
to let us know to save you a space.

Photographers!

Have you got a photo you want to enter in the show promoting tourism in the Yilgarn? Your photo entry could win in not only our photography section, but it could be featured on the new tourist bins that will be put up around town.

Your artwork could be featured on the front cover of the Schedule!



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

GET YOUR ENTRIES IN BY THE END OF THIS WEEK (SATURDAY 22ND)!

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



Yilgarn Agricultural Society

To help you prepare your entries for this year's show, we will be publishing some of the sections you can enter into the Crosswords over the coming weeks.

SECTION L – CRAFTS

Exhibitors Please Note

- ★ All Exhibits MUST be the work of the exhibitor
- ★ Every exhibit MUST have a removable label affixed, with the exhibitor's name, section & class
- ★ Any work that has previously won a prize at the Yilgarn Show may not be entered for judging - they are to be labelled "for display only"

Please Note: for classes 21-24 (Art)

Only 2 entries per class

Original work preferred- please tag if work is original or a copy

All names must be covered

All art exhibits must be suitably ready for hanging or may not be judged

Class:

1. Coat Hanger, 1 decorated
2. Any article made from leather
3. Any Ceramics Article
4. Decorated Commercial Photo Frame
5. Tissue Box Cover, any medium
6. Any article made from wood
7. Any beaded article
8. Handmade Christmas decoration
9. Bag, any medium
10. Any tie-dyed article
11. Any tube or fabric painted article
12. Dressed Doll
13. Any article made from recycled material
14. Handmade Jewellery, any article
15. Stuffed toy
16. Glass hand-painted, any article
17. Hand-painted Article, any other
18. Mosaic Article
19. Candle making
20. Most useful and inexpensive article

21. Leadlight article
22. Macrame article
23. Diamond dots, must be framed
24. Model Mechano, Lego, exhibitors design
25. Any Article not already specified

Art

Class:

26. Oil/Acrylic, any subject
27. Water Colour, any subject
28. Drawing, any media & subject
29. Drawing, charcoal or pencil

Pottery

Class:

30. Hand made article,
31. Wheel Work article

Crafted Paper

Class:

32. Paper Quilled item
33. Paper Tolle item
34. Origami Item
35. Decorative Folded Napkin

SECTION M- COOKERY

Exhibitors Please Note

- ★ All exhibits MUST be the work of the exhibitor
- ★ **NO PLASTIC WRAP**, please
- ★ Cakes NOT to be made on the day of judging.
- ★ All exhibits MUST be in clear Oven bags, except class 1. (decorated cake)
- ★ All exhibits MUST be on paper plates or similar
- ★ Orange cake, class 8 MUST be cooked in a loaf tin
- ★ NOTE: items of cookery are not to be iced/decorated unless specified

Cakes

Class:

1. Decorated Cake
2. Fruit Cake, light or dark
3. Boiled Fruit Cake
4. Fruit & Nut, roll or loaf
5. Schedule Cake - Vi's Jubilee Cake
6. Sponge Sandwich, (custard powder allowed)
7. Poppy Seed Cake
8. Orange Cake, loaf tin
9. Chocolate Cake
10. Marble Cake
11. Sultana Cake
12. Banana Cake
13. Carrot Cake
14. Swiss Roll, jam filled, not trimmed

Afternoon Tea Cookery

Class:

15. Scones, plain, plate of 6
16. Pikelets, plate of 6
17. Jam Tarts, made with short pastry, plate of 6
18. Muffins, sweet 6
19. Muffins, Savoury, 6
20. Biscuits, homemade, 6
21. Shortbread, in 1 piece
22. Meringues, 6
23. Lamingtons, 6
24. Small Cakes, decorated, collection of 6
25. Slice, Plate of 6 pieces
26. Fruit Mince Pies, 6 (may use bought mince)
27. Rocky Road, 6 pieces
28. Rum Balls, 6
29. Bread, white or wholemeal, machine made

Schedule Cake

Taken from the 2006 Show Schedule

Vi's Jubilee Cake

Preparation Time: 15 minutes

Cooking Time: 35 minutes (190°C - 200°C)

Ingredients:

Cake:

- | | |
|---------------------------|------------------|
| 2 tablespoons white sugar | 1/2 cup milk |
| 1 & 1/2 cups SR flour | 1/2 cup currants |
| 1 egg | 1/2 cup sultanas |
| lemon peel | |

Icing:

- Icing Sugar
- Milk
- Coconut (sprinkled on top)

Method:

Mix all dry ingredients. Add beaten egg and milk to make it moist (a little more milk may need to be added if it is too dry). Put in a 20cm tin and bake for 35 minutes on 190°C - 200°C. While cake is still warm, ice with icing sugar mixed with milk and sprinkle with coconut.

Recipe kindly donated by Rena Roberts - as per 2006 schedule.



Qualified Educator

We are currently seeking a dedicated and passionate Qualified Educator for our REED Yilgarn Service. The role will include planning and leading programs based on children's developmental needs, fostering positive relationships with children and families, ensuring health and safety, and maintaining regulatory compliance.

Essential Skills

- Diploma in Children's Services
- Knowledge of Licensing and Legislation for ECEC.
- Current Working with Children's Check
- Current Police Clearance

Desirable Skills

- Current First Aid, Anaphylaxis and Asthma Management Certificates.
- Cultural awareness

Remuneration & Benefits

Salary levels are dependent on qualifications and experience and all conditions are in-line with the Children Services Award 2010. With the added benefits of a relocation and accommodation package of up to \$12,500.

For the opportunity to grow your professional skills and experience along with REED Yilgarn, please lodge your Resume and cover letter via email to hr.admin@reedwa.org.au

WESTPAC REMOTE SERVICES



Our **Community Engagement Team** will be visiting Southern Cross to help with your banking needs.

Tuesday 25 June

9:30am - 12:00pm

Southern Cross Community Resource Centre

No cash will be available. If you have any questions, contact the Indigenous Call Centre on **1800 230 144**.

We're looking forward to seeing you.



Agriculture & Agri-Business Wellbeing Factsheet

A resource for farmers, shearers, livestock transporters, as well as those involved in agribusiness.

HOLYOAKE

At Holyoake, we recognise that people involved in the agriculture and agri-business are amongst the most resilient, hard working and resourceful in our regions. This resource is a guide to provide a better understanding of stress and situational distress caused by uncertainty and challenging circumstances. It also provides tips and strategies to help navigate these challenges. It is important to talk to family members, neighbours, friends, or health professionals if you are feeling overwhelmed or find yourself struggling or in crisis.

HELP IS ALWAYS AVAILABLE.

MENTAL HEALTH & WELLBEING CONTINUUM:



THRIVING

HEALTHY

SURVIVING

STRUGGLING

CRISIS

THRIVING	HEALTHY	SURVIVING	STRUGGLING	CRISIS
<i>"I don't have any stressors in my life"</i>	<i>"I have minimal stressors in my life and can easily manage them"</i>	<i>"I'm managing the stressors of life"</i>	<i>"I don't know if I can continue to manage the stressors"</i>	<i>"I feel like I can no longer manage the stressors"</i>
<ul style="list-style-type: none"> Growth mindset High levels of performance Fully realising potential Actively seeking connections Solution focused Confident and curious Clear and energised Optimal self-awareness High levels of motivation Energised by challenges 	<ul style="list-style-type: none"> Calm and steady with minor mood fluctuations Able to manage stressors in life Consistent performance Able to take advice and to adjust to changes and plans Able to communicate effectively Normal sleep patterns and appetite Good impulse control Mood recovers quickly from stress Good self-awareness 	<ul style="list-style-type: none"> Nervousness, sadness, increased mood fluctuations Inconsistent performance More easily overwhelmed or irritated Increased need for control and difficulty adjusting to changes Disrupted sleep and eating Activities and relationships you use to enjoy seem less interesting or even stressful Muscle tension, low energy & headaches Low motivation and energy 	<ul style="list-style-type: none"> Persistent fear, panic, anxiety, anger, sadness and hopelessness Exhaustion Poor performance and difficulty making decisions or concentrating Avoiding interaction with family, friends and colleagues Fatigue, aches and pains Restless and disturbed sleep Self-medicating with alcohol and/or other drugs or food Inability to problem solve 	<ul style="list-style-type: none"> Disabling distress and loss of function Panic attacks, nightmares or flashbacks Unable to fall or stay asleep Intrusive thoughts Thoughts of self-harm or suicide Easily enraged or aggressive Careless mistakes and inability to focus Feeling numb and lost Withdrawing from relationships Dependance on alcohol, other drugs, food or other numbing activities to cope. Physical and emotional exhaustion

MENTAL HEALTH AND WELLBEING TIPS:



GET ENOUGH SLEEP AND REST

Sleep affects our physical and mental health and can be the first thing we trade in when we get busy or stressed.



SCHEDULE TIME FOR THINGS YOU ENJOY

Balance in life is important, so taking time out for things you enjoy can make a difference to how you think and feel.



BE ACTIVE AND EAT WELL

Our physical and mental health are closely linked, so ensure that you are exercising and eating nutritious food.



NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS

Our connection to others is what keeps us strong, especially during challenging times. Ensure you have people to connect with (face-to-face, over the phone or virtually).



ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS

If you are having trouble relaxing or managing intrusive thoughts, the websites below provide an array of tips and tools that can assist you.



MAKE A 'TASKS LIST'

Break large tasks into smaller, more manageable tasks which can be prioritised in order of importance.



FOCUS ON WHAT YOU CAN CONTROL

Direct your time, energy, and resources towards things you have direct influence over, rather than things outside of your control (weather/climate, government regulations, commodity markets).



BRING OTHERS TO THE TABLE

Another set of ears and a logical brain can help with processing and retaining information.



KEEP THE LINES OF COMMUNICATION OPEN

Schedule regular farm business meetings and don't avoid making decisions.



KEEP IN REGULAR CONTACT WITH INDUSTRY PEERS, GROWER GROUPS AND CONSULTANTS

They are sources of trusted and valuable information and can also be a good social connection.



PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



BE AWARE OF THE RISKS ASSOCIATED WITH BEHAVIOURS OR COPING STRATEGIES THAT ARE UNSAFE AND PUT YOURSELF AND OTHERS AT RISK

Unsafe alcohol consumption, misuse of prescription medication and use of illicit drugs.



TAKE TIME TO PAUSE, BREATHE AND REFLECT

A simple moment of reflection helps us connect our minds with our feelings. It enables us to connect what's happening around us with what's going on in our heads and hearts. Taking the time to ask the right questions of ourselves, and time to get a thoughtful answer, gives us perspective, direction and clarity. By taking time to pause and slow down our breathing (deep circular breaths), we slow down a racing heart, reducing the symptoms of stress headaches and muscle tension.



PARTAKE IN HELP SEEKING BEHAVIOURS

Please see below for information on Support Services and Helplines available.



ORGANISE AN INFORMATION SESSION OR WORKSHOP:

Increasing your own and others understanding of the risks, protective factors, unsafe/risky behaviours, coping strategies, wellbeing, and community resilience is a powerful tool in improving empathy, connections and the overall safety within a community. Please contact Holyoake's Prevention Team if you would like to organise an information session or workshop for your community. Email JDrayton@holyoake.org.au or Jordyn.Drayton@holyoake.org.au



CRISIS LINES

<p>Lifeline</p> <p>Lifeline WA provides all Western Australians experiencing a personal crisis or thinking about suicide with access to 24-hour crisis support and suicide prevention services.</p>	<p>13 11 14</p> <p>Lifeline WA</p>
<p>Suicide Call Back Service</p> <p>Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.</p>	<p>1300 659 467</p>
<p>Beyond Blue</p> <p>Beyond Blue as a reliable source of mental health information, support, and hope.</p>	<p>1300 224 636</p> <p>Beyond Blue</p>
<p>MensLine Australia</p> <p>MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.</p>	<p>1300 789 978</p> <p>MensLine Australia</p>
<p>Drought Response Hotline</p> <p>The Drought response hotline is available 24/7 hotline for farmers to speak to a trained operator who will be able to connect callers with grant information and services most relevant to their needs.</p>	<p>1300 489 832</p> <p>Drought Response WA</p>
<p>Kids Helpline</p> <p>Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.</p>	<p>1800 551 800</p> <p>Kids Helpline</p>

PLACE-BASED SUPPORTS

<p>Holyoake</p> <p>Holyoake give Western Australians impacted by alcohol, drugs and mental ill health the support, hope and confidence they need to live the life they choose.</p>	<p>9621 1055</p> <p>Holyoake</p>
<p>Head to Health (co-located with Holyoake)</p> <p>Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.</p>	<p>6383 8040</p> <p>Head to Health Northam</p>
<p>Rural Aid</p> <p>Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance.</p>	<p>1300 327 624</p> <p>Rural Aid</p>
<p>The Regional Men's Health Initiative</p> <p>The Regional Men's Health Initiative is a team of people who are passionate about raising awareness of men's health and wellbeing in regional, rural, and remote communities throughout WA.</p>	<p>9314 1436</p> <p>The Regional Mens Health Initiative</p>

Rural West

Rural West provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.

1800 612 004

[Rural West](#)

Wheatbelt Mental Health

Including: Adult Mental Health Service, Child & Adolescent Mental Health Service, Aboriginal Mental Health Service & Seniors Mental Health Service.

9621 0999

[WA Country Health Service](#)

Amity Health

Amity Health provide a range of funded health and community programs across the Wheatbelt region.

9842 2797

[Amity Health](#)

Headspace

headspace Northam is a free and confidential service for young people aged 12-25. Their service is designed to make it as easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing.

9621 5000

[Headspace Northam](#)

WEBSITES FOR INFORMATION & RESOURCES

ifarmwell

ifarmwell is a free online tool kit to help farmers cope effectively with life's challenges and get the most out of every day, regardless of the circumstances they face.

[ifarmwell](#)

National Centre for Farmer Health

The National Centre for Farmer Health supports farmer mental health through research; education; prevention-focused mental health resources including Managing Stress on the Farm, Steering Straight and Campfire; and support services including a farmer health trained online psychology platform.

[National Centre for Farmer Health](#)

Managing Stress on the Farm walks farmers, farming families, farm workers, and farming communities through the common causes of stressors on farms and offers practical ways to deal with them. It also includes the Steering Straight plan, which helps individuals manage their mental health with practical, valuable steps.

Free to download via: [Managing Stress on the Farm Booklet](#)

TIACS

TIACS is a free, confidential phone and text counselling service offering mental health support to farmers, blue-collar workers and those that care about them Australia-wide.

0488 846 988 (Mon-Fri 8am-10pm AEST)
[TIACS](#)

Head to Health

Head to Health helps everyone access the mental health and wellbeing services that are right for them. It makes it easier to navigate and choose the most suitable care options, whether that's face-to-face, via phone, or online.

[Head to Health](#)

For more information
Scan the barcode
or **CALL 9416 4444**

Find us on social media @holyoake  





Know someone who has cancer?

Sadly, most of us know someone that has been touched by cancer, whether it be personally, a family member, a friend or even a neighbour.

At Comfort Quilts Against Cancer, we send a 'hug' in a parcel made by our network of volunteers, who work tirelessly to create something beautiful to bring comfort, love and support to those going through a tough time in their lives.

"Piece by piece we aim to make an impact."

Each care package is made up of a beautifully handmade lap-quilt, with a hand-knitted beanie and scarf for women, and a beanie for men and children, all wrapped in a ribbon.

These anonymous packages are sent directly to the nominated person and there are no limits on gender, age, or the location of the recipient, we deliver anywhere within Australia free of charge.

One of our many testimonials:

"I just wanted to send a message to say I received my quilt today, and honestly it brought me to tears.

I've been struggling the past few days with my treatment and it was just the pick me up I needed."



If you would like to nominate someone you know, or make a donation to help us continue our Mission, please scan the QR code, or go to our website www.comfortquilts.org.au



Comfort Quilts Against Cancer Inc. is a registered not-for-profit charity.





Providing Health & Wellbeing Solutions

Your Mental Health Care is Important!

Amity Health Merredin is providing a visiting mental health counselling service to the following rural communities:

- + Beacon & Bencubbin**
Frequency: Fortnightly on Mondays
1 pm - 3 pm
- + Kellerberrin**
Frequency: Fortnightly on Tuesdays
10 am - 3 pm
- + Mukinbudin**
Frequency: Fortnightly on Mondays
9 am - 12 pm
- + Southern Cross**
Frequency: Fortnightly on Thursdays
10 am - 3 pm

If you have mild to moderate mental health challenges, please talk to your GP or health provider who can refer you to see our visiting mental health clinician, Nicola Granich.

For GPs and Health Providers, please forward patient 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

AH_0223

Amity Health acknowledges WA Primary Health Alliance (WAPHA) for providing funding in its role as the operator of the Country WA PHN.



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The objectives of the RED Grants are:

- Sustainable jobs
- Developing skills or capabilities
- Attracting new investment in the region
- Expanding or diversifying industry
- Increasing productivity

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www.wheatbelt.wa.gov.au.





Department of
Primary Industries and
Regional Development



Wheatbelt
Development
Commission



MIA DAVIES MLA
MEMBER FOR CENTRAL WHEATBELT

Northam Office	Merredin Office	mia.davies@mp.wa.gov.au
171 Fitzgerald St (PO Box 92) Northam WA 6401 PH 08 9622 2871	Old Town Hall 16 Mitchell St Merredin WA 6415 PH 08 9041 1702	 Facebook.com/MiaDaviesMLA  @miadaviesMLA  @miadaviesmia

Authorized by M. Davies, Northern Suburban Electorate, Fitzgerald Street, Northam

Pioneers of Yilgarn

Stage 1.

Citizens who built this district between years
1887 and 1914

Mackey, Edmond: Came to Southern Cross in 1896 to work as accountant for Frasers mine. He left 2 years later to become part owner the Transvaal mine. He also part owned the Eclipse mine at Marvel Loch and held an interest in Hopes Hill mine. For a number of years he was a councillor on the Municipality, serving a term as mayor. He was also a member of Yilgarn Road Board. His civic involvement led to him being appointed a Justice of the Peace. A good sportsman in his day, he kept up his interests, his favorite being the Racing Club. During the Bullfinch boom he wrote mining articles for the Melbourne Argus. In 1916 he married local girl Anne Fairclough and moved to Perth. His business of consulting engineer saw him back in Southern Cross regularly. In 1934 he was appointed manager of Australian Mines and Secretariat Ltd, a branch of the Mines Dept and was a regular visitor to Southern Cross warden's court. He was well known in mining circles. Mackey died in 1952 aged 78.

©Lance Stevens



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 27 Jun, Thu 8 Aug, Thu 5 Sep, Thu 3 Oct, Thu 31 Oct, Thu 28 Nov	Fri 26 Jul, Fri 23 Aug, Thu 19 Sep, Fri 18 Oct, Fri 15 Nov, Fri 13 Dec

Please contact Dr Andrea Roberts on 0428212945
for a booking via text or phone call.
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The Yilgarn Community Support Group are a non-profit entity relying entirely on donations to provide services to our local community that may not be always readily available. One way for us to collect donations is through the Containers for Change Program.

Our Scheme ID is:

C10321638

All donations received go back into the community to support the community at large. If you would like to help us, please use our Scheme Id to donate your recycle bottles and know that your donation is going towards the greater good.



**Big
Blue
Table**

**OCT
2024**

**Cook up a
conversation
for mental
health.**

**Receive a free host kit!
bigbluetable.com.au**



This October, Mental Health Month, Beyond Blue is inviting you to fight the stigma of mental health one meal at a time. Host your guests, share a meal, start meaningful conversations and help raise funds for those facing anxiety, depression and suicide.

Getting together for a meal with friends, family and co-workers can do wonders for your mental health - and now, it can help people all across Australia! Nearly half of us will experience a mental health condition in our lifetime — so let's ensure that no one struggles alone.

Whether hosting a pot-luck lunch at home, decking your office out in blue, or having a picnic in the park, each meal you have can lead to life-saving conversations.

Receive a free host kit with conversation starters, decorations and more to help you host a Big Blue Table.

Register yourself, workplace or school at bigbluetable.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.




Western Australian Virtual Miners Memorial

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.waymm.com
 A profile page for every person


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



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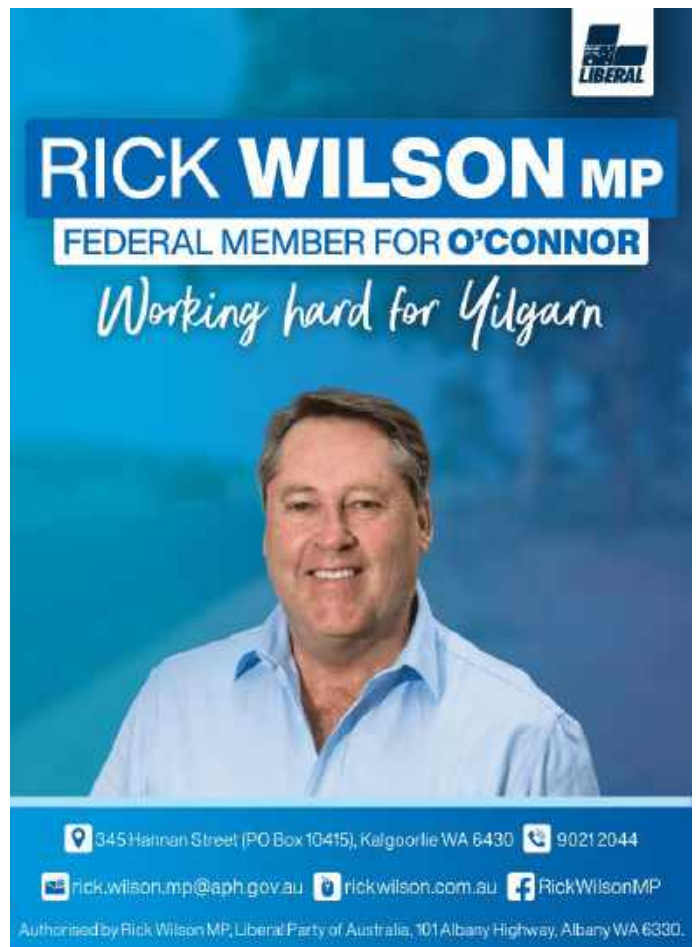
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Authorised by Rick Wilson MP, Liberal Party of Australia, 101 Albany Highway, Albany WA 6330.

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Contact: Melanie Meier

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Nungarin WA 6490

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Calendar of Events

Thu 20 Jun	Shire of Yilgarn Council Meeting @ Council Chambers, 5.00pm
Thu 27 Jun	Pat & Chat Mobile Vet in town—consulting day
Sat 6 Jul	Senior's Luncheon @ Southern Cross Community Centre, 11.30am
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
Thu 15 Aug	Shire of Yilgarn Council Meeting @ Council Chambers, 5.00pm
Fri 23 Aug	Pat & Chat Mobile Vet in town—surgery day
Thu 5 Sep	Pat & Chat Mobile Vet in town—consulting day
Thu 19 Sep	Shire of Yilgarn Council Meeting @ Council Chambers, 5.00pm
SAVE THE DATE: Yilgarn Agricultural Show— Saturday, 31st August 2024!	
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"> ✓ Art Group ✓ Country Women's Association ✓ P & C / P & F Organisations ✓ Patchworking ✓ Progress Associations ✓ Scrapbooking ✓ Senior Citizen's Centre activities ✓ Southern Cross Gardening Club | <ul style="list-style-type: none"> ✓ Southern Cross Hospital Auxiliary ✓ Southern Cross St John Ambulance ✓ Southern Cross Vol. Fire & Rescue ✓ Volunteer Bush Fire Brigade ✓ Yilgarn Agricultural Society ✓ Yilgarn Community Support Group ✓ Yilgarn History Museum | <ul style="list-style-type: none"> ✓ Yilgarn Men's Shed ✓ Yilgarn Motoring Enthusiasts <p><i>Sporting groups including:</i></p> <ul style="list-style-type: none"> ✓ Basketball ✓ Darts ✓ Football ✓ Golf ✓ Lawn Bowls ✓ Motorcycle Club ✓ Netball ✓ Shooting |
|---|--|---|

Recycling Days 2024

Jun 28

Jul 12

Jul 26

