
CROSSWORDS \$1

You're invited to...

*Cancer Council's
Bullfinch Biggest Morning Tea
(and sausage sizzle)*



Sunday May 5th

Bullfinch Old School Site 9:00 am

*Lots of prizes up for grabs, so get your raffle tickets!
Help us raise money to fight Cancer, have a cuppa, and
also a snag in a bun!
(BBQ starts 10:00 am)*

Any queries contact Alyson on 9049 5209 or 0428 316 807

Any donations are greatly appreciated.

The Crosswords is produced by the
Southern Cross CRC,
PO Box 178, Canopus St,
Southern Cross WA 6426
Phone: 08 9049 1688 Fax: 08 9049 1686
Email: crc@yilgarn.wa.gov.au

Crosswords Disclaimer:

The Shire of Yilgarn supports the production of this community newsletter the content of which will include articles or comments from advertisers and contributors. The Shire does not accept responsibility for the content or accuracy of any of the information supplied by advertisers or contributors.

**Shire of Yilgarn
Emergency information hotline
Call (08) 9487 8777**

for information relating to bushfire issues including vehicle movement & harvest bans, road closures, flood or other local emergency matters.

Southern Cross Landfill Times

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

Crosswords Advertising Rates 2018/19 (as of 1 July 2018)

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

2019 Publishing Dates

Deadline 12 noon	Publishing Date
14/05/2019	16/05/2019
28/05/2019	30/05/2019
11/06/2019	13/06/2019
25/06/2019	27/06/2019
9/07/2019	11/07/2019
23/07/2019	25/07/2019
6/08/2019	8/08/2019
20/08/2019	22/08/2019
3/09/2019	5/09/2019
17/09/2019	19/09/2019
1/10/2019	3/10/2019
15/10/2019	17/10/2019
29/10/2019	31/10/2019
12/11/2019	14/11/2019
26/11/2019	28/11/2019
10/12/2019	12/12/2019

Church Notices

Uniting Church

Service held 1st Sunday of the month.

Contact:

John McKane 9041 1117
 Mobile 0435 507 606
 Cheryl Auld 9049 8026
 Diane Della Bosca 9049 1149

Catholic Church

48 Altair Street, Southern Cross
 SX Presbytery 9049 1049 (Fri to Mon)
 Kalgoorlie Parish 9021 2100 (Tues to Thurs)
 Email: kalgoorlie@perthcatholic.org.au

Canonical Visitation

It is customary that approximately every 5 years each parish in our diocese receives a visit from the Archbishop or his Assistant Bishop. The next Southern Cross visitation will occur this year on the weekend of 25/26 May when Bishop Don Sproxtton comes to our parish. For those interested, Bishop Don will be the principal celebrant at both the Saturday evening Mass and the Sunday morning Mass on that weekend.

Mass Times

From 1st Nov to 30th Apr	From 1st May to 31st Oct
Saturday 6:00pm	Saturday 6:00pm
Sunday 8:30am	Sunday 9:30am

Anglican Church

2019 Month	Date
May	Saturday 18 th 11.00am
June	Saturday 15 th 11.00am
Annual Meeting of Southern Cross Local Committee after June church service	
July	Saturday 20 th 11.00am
August	Saturday 17 th 11.00am
September	Saturday 21 st 11.00am
October	Saturday 19 th 11.00am
November	Saturday 16 th 11.00am
December	TBA- weekend of Carols by Candlelight

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

NOTICE OF INTENTION TO IMPOSE DIFFERENTIAL RATES

Section 6.36 Local Government Act 1995

The Shire of Yilgarn, at the March 2019 Ordinary Council Meeting, resolved to adopt the 2019/2020 Rate Objects & Reasons which included the Differential and Minimums Rating model expected to be imposed as part of the 2019/2020 Budget. The 2019/2020 Rate Objects & Reasons recommended the following differential and minimum rates:

<i>Land Category</i>	<i>Rate (Cents in the \$)</i>	<i>Minimum Rate</i>
UV - Mining	17.5653	\$400
UV - Rural	1.7749	\$400
GRV - Mine Sites	15.9722	\$400
GRV - Single Persons Quarters	15.9722	\$400
GRV - Residential / Industrial	11.3449	\$500
GRV - Commercial	7.9861	\$400

A Statement describing the Objectives and Reasons for the proposed differential rates is available for inspection at the Council's Administration Centre during normal office hours or on Councils website.

Electors and ratepayers are invited to make submissions on the proposed differential and minimum rates for Councils consideration. Submissions are to be addressed to, Chief Executive Officer, Shire of Yilgarn, P O Box 86, Southern Cross, 6426.

No submissions will be considered after **4pm, Thursday 23th May 2019.**

For further information please contact Mr. Cameron Watson, Executive Manager Corporate Services on 9049 1001 or emcs@yilgarn.wa.gov.au.

Peter Clarke
Chief Executive Officer

NOTICE OF SPECIAL MEETINGS OF COUNCIL

In accordance with regulation 12(3) of the *Local Government (Administration) Regulations 1996*, notice is hereby given of the following Special Meetings of Council:

1. To be held on **Thursday 30th May 2019, commencing at 4.00pm** in the Council Chamber at the Shire Administration Centre, 23 Antares Street, Southern Cross.

The purpose of the meeting is to consider submissions received and determine appropriate level of differential rates and to decide to seek ministerial approval for imposition of differential general rates.

2. To be held on **Friday 5th July 2019, commencing at 4:00pm** in the Council Chamber at the Shire Administration Centre, 23 Antares Street, Southern Cross.

The purpose of the meeting is to finalise the draft 2019/2020 budget.

These meetings will be open to members of the public and the agenda's will be publicly available on Council's website 72 hours prior to the meeting date.

Peter Clarke
Chief Executive Officer

TRAINEE CUSTOMER SERVICE OFFICER

(Certificate III in Business)

The Shire of Yilgarn invites applications for the position of Trainee Customer Service Officer.

The primary responsibilities of the position are:

- initial point of contact to the public;
- providing tourism information;
- receipting monies;
- providing secretarial and word processing services;
- actively engaging in multi-skilling development program with other Administration staff

The Traineeship will be a 12-month contract. Students who are about to complete or have completed Year 10 and above are encouraged to apply. The successful applicant will undertake Certificate III in Business through on-the-job training.

The Trainee will be required to perform duties at the Shire Administration Office and the Community Resource Centre. **This position will commence Monday 10 June 2019.**

An information package is available at www.yilgarn.wa.gov.au. Further information can be obtained by contacting Manager Community Services – Jenny Gemund on 0491 217 156.

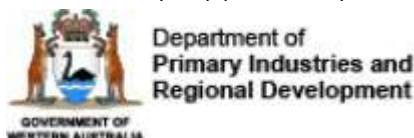
Written applications, addressed to the CEO and marked confidential, will be received up to **3:00pm** on **Wednesday 29 May 2019.**

Peter Clarke
Chief Executive Officer

Shire of Yilgarn
PO Box 86
SOUTHERN CROSS WA 6426

PLEASE NOTE: Canvassing of Councillors will disqualify. The successful applicant is required to obtain relevant police checks, and to provide evidence of all claimed qualifications prior to commencing employment. This position is subject to a Pre-Employment Medical.

Proudly supported by





YOGA CLASS

Have you been curious about yoga but don't know where to start?

Why don't you come on Wednesday night and check it out with Shelby Nicholson.

Date: Wednesday nights

Time: 6.00pm

Location: Southern Cross Rec Centre lounge

Cost: \$10 per session

Wear: Comfortable clothes that allow you to move, hair tied up

Bring: Yoga or exercise mat, towel & water bottle

Everyone and all levels experience welcome!



"First yoga class?"



ANZAC Day



The 2019 Dawn Service saw a large number of attendees, with plenty of shift change workers in Hi-Vis paying their respects.

Thank you to the Deputy Shire President, Cr Wayne Della Bosca and Mr Rob Pownall who oversaw the Dawn Service.

With ANZAC Day again falling during school holidays the numbers were down a little from last year's 11am service but all who did attend to pay respects were treated to beautiful weather.

Thank you to the Shire President, Cr Onida Truran for a wonderful job of emceeing the service.

The student representatives did an amazing job this year reading beautifully and once again helping by handing out the order of

services and rosemary boutonnières on the day.

The address regarding the contribution of nurses during the wars has been commented on by several community members who found it of particular interest. For those that may have had trouble hearing it on the day, it has been added to the Crosswords for you to read.

A special thanks goes to Southern Cross District High School Student Councillors, Felicity & Alexa Watts and Brydee Karra for their invaluable help after the ceremony. They helped with cleaning and serving at the reception without being asked. They are a credit to their school and parents.

Lest We Forget



25th April 2019



ANZAC Day Address 2019

WWI

Often overlooked, the nurses who volunteered for active service during World War I do not feature prominently in accounts of that bloody and tragic war, but if it were not for their dedication, care and sacrifice, the casualty rate would have been much higher.

Nurses embarked on the first convey of ships that sailed to Egypt in November 1914.

On board hospital ships off Gallipoli, inundated by hundreds of wounded men or in the spartan and dangerous casualty clearing stations of the Western Front, Anzac nurses worked in extraordinary conditions to save lives.

Some, like Sister Alice Ross King received awards for their bravery.

While stationed at a Casualty Clearing Station (CCS) at Trois Arbres in France, Sister Ross King put her safety aside to ensure her patients were rescued during a bombing raid on the hospital.

Matron Grace Wilson established a primitive hospital on a barren island with barely any supplies and rife with disease, yet kept the mortality rate minimal.

Matron Wilson and 96 nurses were sent to the Greek island of Lemnos to set up a hospital caring for soldiers from the August Offensive in 1915.

Other than on hospital ships, Lemnos Island was the closest the women would be to Gallipoli, just 60 kilometres away.

They arrived on the windswept, arid island to be greeted by a bagpiper and no hospital, no supplies and conditions that were barely liveable.

The island was swarming with flies, there was little water and provisions were so scarce the nurses were forced to tear up their petticoats to create makeshift bandages.

The nurses were forced to treat their patients in the open, as wounded men lay on the rocky ground begging for water. Their tents and other supplies would not arrive for another three weeks.

With little water for bathing, many nurses cut their hair short, thereby preventing infestations. Poor sanitation led to an outbreak of dysentery, which became a devastating problem for those on the island, nurses included.

Winter brought soldiers suffering gangrene and frostbite while icy winds and rains blew down tents and turned the ground to mud.

Within the month, Matron Wilson's hospital was treating 900 men and despite the hardships, the hospital had a mortality rate of only 2 per cent.

Three operating tables were occupied 24 hours a day as 14 nurses, together with surgeons and medics, attempted to treat the thousands of wounded troops.

In July and August of 1917, the small unit performed more than 2,000 surgeries with staff working 16 hours shifts, or until they were incapable of carrying on.

Located so close to the front lines, the clearing stations were extremely vulnerable to attack and it was during one such episode that Sister Ross King earned the prestigious Military Medal for the courage she and other nurses displayed in rescuing injured soldiers.

It was the night of July 22, 1917 when the 2ACCS was bombarded by German aircraft, a bomb landing right on the clearing station.

Sister Ross King immediately ran into the wards calling out: "Are you all right boys?" She continued to the pneumonia wards, but not before falling into a blood-soaked crater in the dark.

She could find no-one to help and soon learned that many orderlies and patients had been killed.

These nurses made a significant contribution to the war effort and their statistics are noteworthy:

- 2139 served overseas
- 423 served in Australia
- 25 died
- 388 were decorated
- 8 military medals were awarded for bravery and courage.

WWII

During World War II (1939-45) Australian nurses served at field and base hospitals in Australia as well as in Egypt, England, France, Belgium, Greece, Palestine, India and Singapore.

WWII nurses had to be between the ages of 21 and 40, with no children under 14. Before 1943, they didn't need formal training, but by July of that year, commissioned Army nurses needed specific training. WWII nurses were trained in field sanitation, mental health, and the administration of anaesthetics.

Following the fall of Singapore 65 nurses were evacuated aboard a ship called the Vyner Brooke. 12 of them lost their lives when it was sunk 2 days after leaving Singapore. Vivian Bullwinkle was one of 22 nurses and a large group of men that washed ashore at Radji Beach, Banka Island. There they surrendered themselves to Japanese soldiers believing they would be given protection. Instead the men were killed immediately and the nurses were ordered into the water and fired upon from behind. Vivian was the only survivor having been struck by a bullet that passed straight through her, missing her vital organs. She feigned death until the Japanese soldiers left. Wounded and left for dead she was recaptured 12 days later and was reunited with other survivors of the Vyner Brooke that had washed ashore at other places.

For the next three and a half years, they were kept as prisoners of war under appalling conditions with eight of them dying in captivity.

Of the 65 nurses that boarded the Vyner Brooke, only 24 returned to Australia.

KOREA

A total of one hundred and fifty-three Australian nurses served in Commonwealth hospital units during the Korean War.

They tended to battle-casualties, general health problems and the transportation of patients. Australian nurses, usually no more than 30 at any time, were based mainly in Japan but also served in Korea.

In Korea, nurses of the Royal Australian Air Force Nursing Service and the Royal Australian Army Nursing Service worked at the British Commonwealth Medical Zone Mobile Surgical Hospital in Seoul.

Apart from the wounded, nurses treated a wide variety of ailments brought on by the summer heat and harsh winters, remote mountain fighting and trench warfare. Trench foot, incapacitated many front line troops and minor skin complaints could quickly become serious in the prevailing conditions. The nurses placed a strong emphasis on patient's personal hygiene and obtaining for them fresh food and water supplies.

The nurses were trained civilian nurses who joined the Australian Army and the Royal Australian Air Force for a four-year enlistment.

All nursing personnel in Korea did rifle and pistol training because there was a fear that they may have to defend themselves if North Korean and Chinese troops did not respect the Red Cross or the Geneva Conventions.

The nurses in Korea were often placed in primitive and harsh conditions. Basic supplies like medicines, boots, socks and blankets were hard to acquire. Improvisation was essential to maintain even basic levels of sanitation and small elements of comfort.

Australian nurses served a one-year tour of duty in Korea or Japan. The last nurses departed in 1956.

VIETNAM

The trauma of the Vietnam War was experienced by over 200 civilian nurses, 100 Royal Air Force Nurses and 43 Royal Australian Army nursing sisters who served between 1967 and 1971. Their tour of duty could last up to twelve months.

The nurses were mostly in their 20s when they were sent away to Vietnam, all relatively new to their profession. They had no experience of dealing with gunshot wounds, patients with limbs torn off in explosions or Third World diseases. The pressure of their jobs was worsened by heavy workloads, extremely long shifts appalling conditions and limited medical supplies.

More importantly, they had next to no idea of what they were getting into. They arrived in the stifling tropical heat in their grey uniforms, nylon stockings, gloves and starched white veils. But they soon became used to doing far more than they would ever have been allowed to do back home: cleaning out and stitching up wounds, and trying to keep their critically injured charges alive, often against terrible odds.

ANZAC Day Address 2019 cont

Janet Ross, an Australian nurse volunteer, recounts how she and many others often worked up to 32 hours shifts and how it became common practice for nurses to spray on perfume just before the wounded arrived. This was so that even if the injured troops could not see because of their wounds, they could smell them and know they were now safe and being looked after.

Those who served in Vietnam, soldiers and nurses alike, came home to Australia to bitter hostility from thousands protesting one of the nation's most unpopular wars. For many years they were not able to talk of their experiences and many suffered from Post Traumatic Stress Disorder and depression.

PRESENT DAY

In many ways, modern service nursing is unrecognisable from the horrific experiences of last century. Gone are the starched cuffs and veils, and the "unmarried females only" requirement. Military nurses, now members of the Australian Defence Force (ADF) and with a high level of specialist training and improved technology at their disposal, continue to provide essential medical treatment to those wounded in war. Nurses are also deployed in peacekeeping and humanitarian operations, providing care to local military personnel and civilians in countries ravaged by war or natural disasters.


Currently, there are more than 600 nurses attached to Joint Health Command in the ADF and male nurses make up 40 per cent. Today nursing officers have completed a university degree and have at least two years' experience on entry to the service of their choice. As officers they take responsibility for command, and carry weapons in combat zones, "for last resort protection of their patients and themselves".


The notions of patient care and comfort, and "getting on with it" despite unfamiliar and often hostile surroundings, remain at the core of professional military nursing.


Note: Information was sourced from the Department of Veterans Affairs ANZAC Portal website: <https://anzacportal.dva.gov.au/>

LIVELIGHTER


FACTS ABOUT PHYSICAL ACTIVITY


 **OVER 1/3**
of Western Australians do not do enough moderate or vigorous intensity physical activity for good health.

MOVEMENT IS THE BEST MEDICINE = 
Being active reduces your risk of heart disease, some cancers and type 2 diabetes. It also strengthens your muscles and bones, helps to maintain body weight and can reduce symptoms of depression.


To stay healthy, do strength exercises on at least 2 DAYS EACH WEEK 
Calf raises, squats, push-ups, yoga, pilates and weights all count.


SOME IS BETTER THAN NONE, AND MORE IS BETTER THAN LESS!


 **For good health, each week aim for:**
2h30min-5h of moderate physical activity; or
1h15min-2h30min of vigorous physical activity;
OR an equivalent combination of both.
The more intense your activity, the greater the benefits!


 **BOUNCE, PASS AND THROW!**
People who participate in sports and organised recreational activities enjoy better mental health, are more alert, and less stressed.

GET MOVING AFTER MEALS
Doing light-intensity activity like walking after you eat improves blood sugar control.

WATCHING OVER 5 HOURS OF TV EACH DAY 
is linked to weight gain and higher body fat, even if you are doing moderate exercise.

SIT LESS 43% 
of Western Australian adults spend most of their day sitting.
Even if you meet physical activity guidelines, you should aim to break up long periods of sitting – as often as possible!

 **GET ON THE HEALTH TRAIN**
Using public transport can boost your physical activity level by around **12 to 15 minutes per day**, which is almost half way to meeting the minimum level recommended for good health!
For more information, visit www.livellighter.com.au

DID YOU KNOW? 
Climbing stairs is a similar intensity to cycling or jogging, which uses around eight times the amount of energy the body uses when resting.

Community News

MOORINE ROCK P&C FOOTY TIPPING RESULTS

Round 5 - Sponsored by Byfields Merredin with thanks to Craig Lane
Winner: Nannabelle

Round 6 - Sponsored by Bradelli Farms with thanks to the Auld Family.
Winner: David

Leader Board :

1st - Cowpatch 34pts
2nd - JARVA/Pags 33pts
3rd - David/Nannabelle 32pts



Expressions of Interest

We are seeking expressions of interest from any clubs that are interested in hosting a campers breakfast at the Car & Bike Show.

Breakfast from 7am-9am on Sunday 29th of September 2019.

Please email Kerry on yilgarnmotoringenthusiasts@outlook.com for more details.

Yilgarn Motoring Enthusiasts Inc

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.

Southern Cross Golf Club

Mens

Sun 5 John Coward Patron's Trophy
18 Hole Stableford
Sun 12 Mixed 4's Championships
18 Hole Canadian, Own Partners,
Hot Dish Tea
Sat 18 Ag Implements Mukinbudin
Play TBA
Sun 19 SX Tyre & Auto Service Trophy
18 Hole Stableford
Sun 26 D & C Trophy
18 Hole Stableford

Ladies

Sun 5 John Coward Patron's Trophy
18 Hole Stableford
Sun 12 Mixed 4's Championships
18 Hole Canadian, Own Partners,
Hot Dish Tea
Sat 18 Ag Implements Mukinbudin
Play TBA
Sun 19 Leonie Coutis Hairdressing Trophy
18 Hole Stableford
Sun 26 D & C Trophy
18 Hole Stableford

Southern Cross Football Club

HOME GAMES

CSBP Round 3
Saturday 11th May
Southern Cross v Kulin/Kondinin

Belt Up Round 5
Saturday 25th May
Southern Cross v Nukarni

Think Mental Health Round 7
Saturday 22nd June
Southern Cross v Hyden/Karlgarin

Meetings

Yilgarn Motoring Enthusiasts

AGM

Saturday the 4th of May 2019 at 9.30am

****NOTE: DATE CHANGE****

At the Club House at the rear of the oval near the bitumen netball courts.

CWA Southern Cross

will be holding a night meeting on May 15th beginning at 7pm, at the CWA meeting rooms of the Senior Citizen Centre.

This meeting will decide the future of the Southern Cross Branch.

If we are unable to increase our membership, the Southern Cross Branch of CWA will disband after 84 years of service to our community.



Mentally Healthy WA

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

WANT TO PLACE A RENTAL OR HOUSE FOR SALE ADVERT?

Contact the CRC on 9049 1688 or
crc@yilgarn.wa.gov.au to organise your ad
to appear in our next
edition!

Pioneers of Yilgarn

Stage 1.

Citizens who built this district between years 1887 and 1914

Raeside, Allan: First government official at Golden Valley in 1887, sent to establish water supplies after gold was discovered.

Raeside was then sent to Southern Cross in 1888 as foreman in charge of roads and water. He set up camp in the present school ground, leading to this block being allocated for government buildings.

Most dams and wells in Yilgarn were built by Raeside and his men, many still exist. He is also noted for building a properly formed road between York and Southern Cross.

When Coolgardie was discovered in 1892, Raeside was tasked with providing water along the track and at the new find. In 1900 he accidentally drowned at Esperance.

Rankin, John: Publican and leading citizen at Parkers Road (Moorine) from 1898. He also took up a pastoral lease around Moorine Rocks and ran Angora goats.

For 20 years John was the leading light at Moorine and his pub the central point for the local population.

Over the years Rankin had been a shearer, horse breaker, station manager, and squatter in turn.

Mrs Rankin caused some excitement in 1910 when she got lost in the bush and had to be rescued. John died in 1922.

Mrs Rankin was unable to sell the hotel which eventually fell down, maps showing 'hotel ruins.'

©Lance Stevens

On the 30th May 1969, the present

SOUTHERN CROSS HOSPITAL

was officially opened.

Please join us to celebrate the 50th anniversary

of the building on

SATURDAY 1 JUNE 2019

SOUTHERN CROSS HOSPITAL GARDEN

(Coolgardie Road)

10.30AM to 12.30PM

ALL past employees & community members are invited to

join us for a sausage sizzle & birthday cake

Please RSVP by 27 May 2019 to 90812222

Looking to get involved in a group or club?

There are many local groups you can join!

Art Group	Southern Cross Singers	<i>Sporting groups including:</i>
Country Women's Association	Southern Cross St John Ambulance	Basketball
H.A.Y. Committee	Southern Cross Vol. Fire & Rescue	Darts
P & C Organisations	Volunteer Bush Fire Brigade	Football
P & F Organisation	Yilgarn Agricultural Society	Golf
Scrapbooking	Yilgarn Entertainers	Lawn Bowls
Senior Citizen's Centre activities	Yilgarn History Museum	Motorcycle Club
Sh8pes Gym & Fitness Centre	Yilgarn Men's Shed	Netball
Southern Cross Gardening Club	Yilgarn Motoring Enthusiasts	Shooting
Southern Cross Hospital Auxiliary		Tennis

Beaton Road Closure



Arc Infrastructure (formerly Brookfield Rail) plan to undertake work upgrading the Beaton Road rail crossing and associated infrastructure. The proposed work is planned to be completed over two days, the 8th of May for 12 hours and the 15th of May for 8 hours starting at 0630 on both days.

Beaton Road will be closed for the period of the works and a detour will be in place directing traffic through Garratt Road and Threeboys Road.

Arc Infrastructure apologizes for any inconvenience caused as a result of this road closure.

PRESS RELEASE

#bluetreeproject



Blue Tree Project: spreading the paint and spreading the mental health message

Paint a tree blue to help raise awareness around mental wellbeing.

Perth, February 25, 2019 – Blue Tree Project, a grass roots awareness movement that encourages people to start difficult conversations and open up if they are suffering from depression and/or anxiety, is spreading its important message by giving dead trees a ‘blue’ lease on life. The movement was inspired by a story told at Jayden Whyte’s funeral after he tragically took his own life in November last year. The story of the blue tree was shared by Tjarda Tiedeken, who joined him in painting the now well-known tree in 2014.

One night on his family farm in Mukinbudin, Western Australia, Jayden and Tjarda snuck off, with blue paint in hand, to paint a tree. The pair wondered just how long it would be before anyone noticed the striking tree on the horizon. What a shock it would be when his dad came across the tree – standing proud and blue – in the middle of the paddock, Jayden had thought.

After Jayden’s passing, his father, Grant Whyte, suggested painting a tree blue in memory of Jayden and to serve as a visual cue for others to check in with their loved ones. With this, the project was born.

Since its inception in January, the Blue Tree Project has inspired people across the nation and overseas to paint upwards of 40 trees, with the number growing daily.

Jayden’s sister and one of the project’s coordinators, Kendall Whyte, said; “The first tree was painted out of love, mischief and friendship. The blue tree now holds a new meaning. We aim to spread a message of hope by having people paint a tree in need of a ‘blue’ lease on life.”

“We believe these blue trees popping up across the Australia and in the UK can act as a visual reminder to check in with loved ones and friends that are having a rough time or a “blue” day,” Ms Whyte added.

“Raising awareness through this platform is just one of the many ways in which we can collectively break down the stigmas surrounding mental health and, ultimately, save lives.”

Jayden was a young man who was close with his family and friends, he was highly intelligent and driven. He had a promising future ahead of him, was extremely loved and anyone would have been there in a heartbeat if he needed. Unfortunately, his loved ones weren’t aware of the extent of his mental health issues and did not have the opportunity to support him in a time that would prove critical.

Jayden presented himself to hospital twice in one day, fearing what he might do. He initially called 000, and a police officer attended the scene until an ambulance arrived. He was then taken to hospital and discharged after two hours. Later that evening, he presented himself to the same hospital, where he was once again released – this time into the dark at 11pm. Left to find his own way home, Jayden’s night ended in tragic circumstances.

Ms Whyte said; “Jayden was overlooked in an overwhelmed system, a system that was not built for modern society’s mental health issues. With this project, we hope to raise awareness, as well as becoming part of the change. We want to help better inform our health system of gaps and where people are being let down.”

“We need to raise the alarm – currently, health departments are not equipped to deal with the complexity of mental health issues and serious action is needed. Problems can be fixed, but people can’t be replaced,” Ms Whyte added.

“By spreading the paint and spreading the message that it’s OK to not be OK, we can help break down the stigma that’s still largely attached to mental health and to inform people that we all have blue days, but there will always be someone who you can talk to and someone who will listen.”

-ENDS-

Contact:

Anthea Comerford, Coordinator

message_anthea@hotmail.com

Kendall Whyte, Coordinator

kendall.whyte@gmail.com

The Blue Tree Project’s goal is to help raise awareness around mental wellbeing. For support from professional organisations visit the 'seek support' page on our website (www.bluetreeproject.com.au) for more info.

For news and to follow the Blue Tree Project, follow us on Facebook: **Blue Tree Project** and Instagram: **@bluetreeproject**.

Employment

SOUTHERN CROSS
GENERAL PRACTICE

Southern Cross General Practice
Achernar St, Southern Cross WA 6426
Ph: (08) 9049 1147 & 9049 1094
Fax: (08) 9049 1174
Email: pracmanager@sxgp.com.au

Vacancy Part-time Medical Receptionist

We are seeking a motivated and enthusiastic person to join our team.

Applicant Criteria:

Flexibility
Reliability
Previous administrative skills essential
Computer literacy essential (Ms Word & Excel, and able to learn medical software)
Compassion
Ability to compromise and work as part of a team
Capability to multi-task and prioritise is a **MUST**
Strong written & verbal communication skills
Attend to administration needs of our Doctor and clinical staff
Attention to detail
Reception experience preferred but not essential as training will be given
Ability to ensure medical records are managed confidentially and efficiently

If you feel you meet the above criteria please forward a covering letter outlining your experience of our key points along with your resume to the Practice Manager:

pracmanager@sxgp.com.au

Applications must be received by the **COB Friday 10th of May**

FAMILY COUNSELLING SERVICE

WHEATBELT AGCARE

COMMUNITY SUPPORT
SERVICES INC.

Shires Serviced:

- ◆ Kellerberrin
- ◆ Merredin
- ◆ Mount Marshall
- ◆ Mukinbudin
- ◆ Nungarin
- ◆ Tammin
- ◆ Trayning
- ◆ Westonia
- ◆ Yilgarn

WHEATBELT AGCARE.

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

FAMILY COUNSELLOR

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

Contact: Kaye Bell
PO Box 101
Nungarin WA 6490
Phone: (08) 9046 5091
Fax: (08) 9046 5063
Mobile: 0488 465 081
Email: wheatbeltfamily@wn.com.au

*For Complaints Resolution
Contact in writing
Chairman
Wheatbelt Agcare
PO Box 101
Nungarin WA 6490
Envelope marked Confidential*



"good country for hardy people"

*Supported by the
Shire of Yilgarn*

REED Info Session for Families

Regional Early Education and Development Inc. (REED) is committed to making sure that the best quality early childhood education and care services are provided to Wheatbelt children, families and communities.

REED is currently working closely with Yilgarn Occasional Care to transition the service into the REED family.

We would like to invite all current and prospective Yilgarn Occasional Care families to an information session where we will explain;

- REED's background and vision
- What changes will occur and what will stay the same
- The enrolment process with REED
- Fees
- Child Care Subsidy (CCS)

We look forward to seeing you at the info session on:

Thursday 9th May 2019
4:00pm
at Yilgarn Occasional Care

If you would like to find out more about REED in the meantime, please visit our website, www.reedwa.org.au



DRIVER REVIVER – EASTER 2019

The Driver Reviver Van was back in business over the Easter break. This year the Van was in operation for a total of 18 hours with having 33 vehicles stopped and providing refreshments for 57 Drivers and Passengers. One of our most successful Driver Reviver operations yet!

On behalf of the HAY Committee, I wish to thank Robert Bosenberg and the Shire Workers for getting the Van in place for us and for organising our signage, Bernie's Mobile Mechanical Service for allowing us to use their power and water, SX Hardware & News for allowing us to leave the Roster, the Water Corp for the bottles of water, the CRC for the advertising in the Crosswords and if I have left anyone out I apologise but we are very thankful to you as well.

Most importantly, the Driver Reviver wouldn't be successful without the generous time given from our Volunteers. I wish to thank Glenice Divitini, Laurita Symes, Robin & Lance Stevens, Sarah Easton & Carey from Minjar Gold, John Sen, Colin Cuffe, Pauline Eiffler, Diane Della Bosca, Pat Dal Busco and Pat & Lisa Boso. It was pleasing to see some new faces volunteering their time.

Thank you Everyone and hope we can count on your support again for Christmas 2019.



Our Commitment to You

We believe that partnerships with the community are integral to our success.

This commitment is supported by us seeking your input into our business through surveys, customer feedback and our advisory groups who represent the community, specific interest groups and industry bodies.

For all concerns, suggestions or complaints regarding Great Eastern Highway, Marvel Loch Road and Bullfinch Road contact Main Roads.

Your suggestions... how can we improve?

We welcome any feedback you may have, including suggestions on how we can improve our services to you and your feedback on what we are doing well. Call 138 138 or email us at enquiries@mainroads.wa.gov.au.

We are also committed to an accessible, fair and equitable complaints handling process where we work together with you, our customers, to drive business decisions and improvements.

For more information on how to make a **complaint online** please visit <https://www.mainroads.wa.gov.au/Pages/complaintsFeedback.aspx>



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!

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



Photography Competition!

Do you want your Photo on the front page of our Schedule Book?

We are looking for the Perfect Photos to grace the cover of our Schedule Book for the 2019 Show!

Photos to be of the Yilgarn Area

Ages 16 and over

Entries Open 15th of April and

Entries Close 1st of June!

Entries to be handed into SX Hardware and News

Name to be printed on the back

T&C's : NO late Entries, all Entries become the Property of The Yilgarn Agricultural Society

SH8PE UP BOXING PROGRAMME FOR MEN AND WOMEN

BENEFITS OF BOXING –

- ✓ *Fat Burning*
- ✓ *Increased Muscle Tone*
- ✓ *Build Strong Bones and Ligaments*
- ✓ *Increased Cardiovascular Fitness*
- ✓ *Better Muscular Endurance*
- ✓ *Improved Core Stability*
- ✓ *Increased Strength and Power*
- ✓ *Stress Relief*



**Commencing Monday May 6th 6.30PM TO 7.30PM
at the Sporting Complex Lounge**

Each participant will receive their own set of Hand Wraps at first session

Gloves and Pads will be provided.

If you are interested in this program please contact me on the following for further details

Email sancia4@bigpond.com Ph: 0448017727 and you will be sent a registration form.

If you have any current Medical issue/injury you will be required to supply me with a medical certificate stating you are fit to participate in the program.

Come along for some Fitness and Fun

WHEATBELT CANCER SUPPORT.

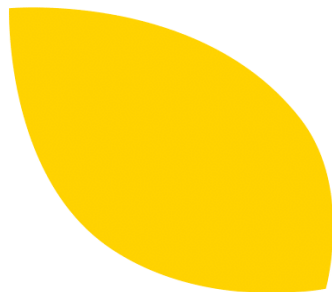
**Are you affected by cancer, or do you care for someone who is?
Would you like an opportunity to talk to someone about what
support is available?**

Barbara Brennan from Cancer Council WA is an experienced health professional who is the Cancer Support Coordinator for the Wheatbelt Region.

Barbara can connect you and your family to Cancer Council WA and other community services available in your area.

Please call **Barbara on 08 9621 1810** if you would like to discuss:

- information on all aspects of cancer
- accommodation during treatment in Perth
- practical and financial assistance
- emotional support



We're your compass through cancer
call us on 13 11 20





MIFWA

Workshops & Training
FOR EVERYONE

WELL TOGETHER WORKSHOP

Well together workshops allow people to explore how mental health issues impact their own local communities and plan ways to improve inclusion for everyone. Workshops run for 3 hours, and a key component is a lived experience presentation.

Date Tuesday 7th May

Time 9.30am to 12.30pm

Venue Merredin CRC Conference room

RSVP Uli Schoen, uli.schoen@mifwa.org.au or 9237 8900

Booking is essential

wellways

Well
Together





MAKING YOUR HOME A BUILD UP ZONE

Presented by Nurture Works Founder and Children's Author, Steve Heron, OAM

1. Agro and Emo 9.00am – 10.30am

- Helping kids to handle their feelings. (Emotional competence and self-regulation)
- Includes: Good, Bad, Mad, Sad – understanding feelings, the Brain in the Hand, Anger Management, the BUZ Feelings Management Creed

2. Child Whispering – Handling School Refusals and other tricky business 11.00am – 12.30pm

- How to get kids to talk and open-up on their cares, concerns, anxieties, problems and celebrations in their lives. The art of pastoral questioning.

3. Restoring the Power Balance (Bully Proofing) 1.00pm – 2.30pm

- All the hype about bullying could be making things worse. Understanding bullying, dispelling the myths, building respectful communities, introducing the Gimme 5 Tactics for bully proofing and the Marshmallow Man.

Where: Merredin
When: 7th May 2019
Venue: Merredin Regional Community and Leisure Centre
Time: 9.00am – 2.30 pm
Registration: Jeni Pages 0447 622 736 jpgages@wanslea.asn.au

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 Phone/Fax: 9041 2018
 Mobile: 0428 412 018
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 PHD License No 311

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LOUISE FRENCH PTY. LTD. ABN 46 661 403 944



DR LOUISE FRENCH B.V.SC (HONS)
 & ASSOCIATES
 VETERINARY SURGEONS
 & PHYSICIANS

PO Box 388,
 29 TODD STREET MERREDIN 6415
 PHONE: 9041 1734 FAX: 9041 2791

NEXT VISITING DATE
WEDNESDAY MAY 15

PLEASE CONTACT OUR OFFICE ON
9041 1734 TO MAKE APPOINTMENTS

SOUTHERN CROSS CLINIC DATES 2019

LOCATION: Always Side Football Change Rooms Rec. Grounds

June 12th
 July 10th

August 7th
 September 4th

October 2nd
 October 30th
 November 27th

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



POSITION VACANT ADMINISTRATION OFFICER

The Merredin and Districts Farm Improvement Group (MADFIG) are seeking a suitable person to fill the part-time position of Administration Officer.

MADFIG was formed in 2015 in response to the need for addressing research issues in the eastern Wheatbelt. MADFIG is a progressive grower member group that works closely with government agencies and agribusiness service providers, and is focused on the R, D & E needs of the eastern Wheatbelt.

As Administration Officer you will be responsible for managing a range of administrative duties such as:

- Provide Secretarial and Treasury services
- Attend all MADFIG Committee Meetings and steering committee meetings
- Develop and distribute meeting agenda
- Record minutes and distribute to MADFIG Committee
- Follow up and manage action items from meetings and the groups correspondence
- Manage the MADFIG admin email's
- Advertising and promotion of MADFIG events and activities
- Collating and distribution of three newsletters per annum
- Managing sponsorship agreements
- Organising MADFIG events
- Maintain membership records and group associate contact lists

Please email admin@madfig.com.au for a copy of the position description and application process. Applications close 4:00pm Friday 10th May 2019. Please submit a copy of your resume, cover letter and maximum of three pages addressing the selection criteria outlined in the position description. Contract chairperson Andrew Crook on 0429 412 141 for and questions on the position.



MOBILE VET

Dr Andrea Roberts

PO Box 543 MERREDIN WA 6415

Phone 0428212945 ABN 23036138418

2019 SOUTHERN CROSS

MOBILE VETERINARIAN VISIT DATES

Friday 3rd May

Thursday 6th June

Tuesday 2nd July

Thursday 1st August

Tuesday 27th August

Thursday 26th September

Tuesday 22nd October

Thursday 21st November

Tuesday 17th December

Please ring or text Andrea on 0428212945 for an appointment

****FOR SALE****

Neat and tidy 4 Bedroom, 1 Bathroom, 2 toilet home on a large block with open kitchen/dining and kids' activity/office area. Ducted air-conditioning throughout as well as reverse cycle air-conditioning units in kitchen/dining, lounge area and all 4 bedrooms. Home also includes tile fire, 2 x powered sheds (large shed includes reverse cycle air-conditioning). Large outdoor areas with established lawn & gardens. Back area includes lawn as well as paving and kid's cubby house. Home situated at the end of a cul-de-sac in a safe, family friendly street in the quiet part of town.

House is currently rented.

For further information and photos please contact owner on 0418 921 223.

\$168,000.00neg.

All reasonable offers considered!!

Real Estate

To Rent: \$200 per week

111A Altair St 3 x 1 duplex.

Gas cooking and hot water.

Evap A/C

Woodfire heater

Large back yard with garden shed

Large back patio and BBQ

Carport

Available End of February

Contact Chris Hanretty mb:
0424071760

FOR SALE

\$239.000 neg

3x2 Modern home

Approx. 8 years old, freshly painted, new flooring, double blinds, all bedrooms are double with built in double robes.

Reverse cycle ducted air conditioning plus log burner.

Large outdoor area with timber decking, ceiling fans with built in bar. Dble carport.

New shed and established garden, only a short walk to town.

Please call for more information.
Ph 0428844282.

Services Listing

R.J.S Labour Services

Rob Southall

Home: 9049 5313

Mobile: 0487 834 002

www.rjslabourservices.com

Gardening Services

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And other services

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Merredin WA 6415

Phone/Fax: 9041 2018

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Registration No. 311

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Please contact the CRC for
further information.

9049 1688

crc@yilgarn.wa.gov.au

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Calendar of Events

Fri 3 May	Pat & Chat Mobile Vet in town
Sat 4 May	Yilgarn Motoring Enthusiasts AGM @ Clubhouse 9:30am
Sun 5 May	Bullfinch Biggest Morning Tea @ Bullfinch Old School Site 9am
Wed 15 May	Eastern Districts Panel Beaters in town @ Motor Mart carpark
Wed 15 May	Merredin Veterinary Clinic in town @ change rooms at oval
Wed 15 May	CWA Meeting @ CWA meeting room, Senior Citizen's Centre, 7pm (Night Meeting)
Thu 16 May	Schoen Podiatry in town
Thu 30 May	Special Meeting of Council @ Council Chambers 4pm
Thu 6 Jun	Pat & Chat Mobile Vet in town
Wed 12 Jun	Merredin Veterinary Clinic in town @ change rooms at oval
Wed 19 Jun	Eastern Districts Panel Beaters in town @ Motor Mart carpark
Fri 5 Jul	Special Meeting of Council @ Council Chambers 4pm
Mon 12 Aug	Author Talk @ the Library: Scott Whitaker—Railway Hotels of Australia V4 book - 2pm

Regular activities

HACC activities Mondays & Wednesdays @ SX Hospital

Happening at the Senior Citizen's Centre:

Art Group Tuesday, 11.00am
 Carpet bowls Wednesday & Friday, 10.00am
 Fancy Feet Tuesday, 9.30am
 Movers & Groovers Thursday, 9.30am
 Patchworking Tuesday, 6pm
 Scrapbooking Thursday, 10am—3pm
 Singing Wednesday, 7.30pm

Recycling Days

May 10
 May 24
 June 14
 June 28

Garfield by Jim Davis

