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# CROSSWORDS \$1

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# COMMUNITY COLOURS FUN RUN

**SATURDAY  
12 OCTOBER 2019**

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**SOUTHERN CROSS OVAL  
9 AM REGISTRATIONS 10 AM START**

**FREE ENTRY - SAUSAGE SIZZLE LUNCH AFTERWARDS  
REGISTRATION FORMS AVAILABLE FROM THE CRC  
CRC@YILGARN.WA.GOV.AU**





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)

**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 2019/20 (as of 1 July 2019)**

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
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

**2020 Publishing Dates**

Deadline 12 noon	Publishing Date
7/01/2020	9/01/2020
21/01/2020	23/01/2020
4/02/2020	6/02/2020
18/02/2020	20/02/2020
3/03/2020	5/03/2020
17/03/2020	19/03/2020
31/03/2020	2/04/2020
14/04/2020	16/04/2020
28/04/2020	30/04/2020
12/05/2020	14/05/2020
26/05/2020	28/05/2020
9/06/2020	11/06/2020
23/06/2020	25/06/2020
7/07/2020	9/07/2020
21/07/2020	23/07/2020
4/08/2020	6/08/2020
18/08/2020	20/08/2020
1/09/2020	3/09/2020
15/09/2020	17/09/2020
29/09/2020	1/10/2020
13/10/2020	15/10/2020
27/10/2020	29/10/2020
10/11/2020	12/11/2020
24/11/2020	26/11/2020
8/12/2020	10/12/2020

**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](mailto:kalgoorlie@perthcatholic.org.au)

On Sunday 27 October at 10:30am we will gather for our annual Community Mass. Refreshments will be offered immediately after Mass. This is always a fun day with people travelling from Kalgoorlie and Merredin to be part of the occasion. All are welcome.

**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
October	Saturday 19 <sup>th</sup> 11.00am
November	Saturday 16 <sup>th</sup> 11.00am
December	TBA- weekend of Carols by Candlelight

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

**Crosswords for**

**FREE?!**

If you wish to receive the Crosswords for free via email, send an email to [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) to register.

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## CARAVAN PARK CARETAKER (RELIEF)

The Shire of Yilgarn is seeking a Relief Caretaker for the Southern Cross Caravan Park, to carry out the duties of the Caravan Park operations whilst the permanent Caravan Park Caretakers are on leave or break – four consecutive days per fortnight or as required.

The successful applicant should have good customer service skills, good personal presentation and being fit & healthy is essential. The role will require undertaking all activities to run the operations of the park and tourist accommodation, including; reception and bookings, reporting to Shire, amenities and onsite accommodation cleaning, general maintenance and upkeep of gardens.

The successful applicant must be well presented, honest, hard-working, have a positive attitude, be self-motivated and have a passion for excellence in the park.

Employment terms and salary package will depend on experience and be negotiated with individuals upon application and interview. For those applicants that do not reside in Southern Cross, there is the opportunity of free accommodation at the park during the relief periods.

Applicants are asked to address the selection criteria contained in the Position Description. Interested candidates are requested to obtain an application pack from:

- office at 23 Antares Street, Southern Cross, or
- telephone 08 9049 1001, or
- email [ea@yilgarn.wa.gov.au](mailto:ea@yilgarn.wa.gov.au) or
- Website [www.yilgarn.wa.gov.au](http://www.yilgarn.wa.gov.au).

Applications must be received by **4:00pm on Wednesday, 9 October 2019** and should be marked "Confidential Application – Chief Executive Officer" are to be addressed to:

**"Relief Caravan Park Caretaker"**

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 including Drug & Alcohol Screening and further random screening on employment. The applicant must be physically fit as this position requires manual work.

Peter Clarke  
**Chief Executive Officer**

## ASSET MANAGEMENT OFFICER (FULL TIME POSITION)

The Shire of Yilgarn invites applications for the position of Asset Management Officer. The primary responsibilities of the position are:

- Assisting Managers and the Shire builder with the Building Maintenance and Capital program, including scheduling works and budget preparation;
- Engaging and monitoring external contractors;
- Assist with the inspection and reporting on Shire assets;
- Managing the Shire's tenancies, including agreements and inspections;
- Assisting with the management of Road infrastructure;
- Assist with the management of depot operations; and
- Manage the Shire's domestic staff.

A full list of responsibilities is included in the Position Description.

The position operates out of the depot office located on Arcturus Street, Southern Cross under the supervision of the Executive Manager Infrastructure and Executive Manager Regulatory Services.

An information package is available at [www.yilgarn.wa.gov.au](http://www.yilgarn.wa.gov.au). Further information can be obtained by contacting Executive Manager Infrastructure – Robert Bosenberg on 0409 791 135.

Written applications, addressed to the CEO and marked confidential, will be received up to **4:00pm** on the **18<sup>th</sup> October 2019**.

**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 and a National Police Clearance.

**Peter Clarke**  
**Chief Executive Officer**

Shire of Yilgarn  
PO Box 86  
SOUTHERN CROSS WA 6426



## SHIRE OF YILGARN

### NOTICE OF SPECIAL MEETING OF COUNCIL

In accordance with Regulation 12(3) of the *Local Government (Administration) Regulations 1996*, notice is hereby given that a Special Meeting of Council will be held on **Tuesday, 22 October 2019** commencing at **5.00pm** in the Council Chambers.

The purpose of this meeting is to conduct the Swearing-in of newly elected and returned Councillors, election of the Shire President and Deputy Shire President positions and appointments of Committees and representatives to external Committees of Council.

The above meeting is open to members of the public and a copy of the Agenda will be publically available on Council's website 72 hours prior to the meeting date.

*Peter Clarke*  
*Chief Executive Officer*

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## SOUTHERN CROSS SWIMMING POOL UPDATE

### SHORTENED 2019 SWIMMING SEASON

Due to delays in the development of drawings and designs for the new Swimming Pool, Council has now approved for the existing Pool to be opened for a shortened swimming season in 2019.

The Pool will now be open from 2nd October to late December 2019. Following this period, the Pool will be closed and early in the New Year, contractors will commence demolition of the existing infrastructure to make way for the construction of the new Pool.

On the advice of Council's Architects, at this stage programming will see the construction completed in mid-October 2020 with an opening of the new facility by 1 November of 2020.

*Peter Clarke*  
*Chief Executive Officer*

The Shire of Yilgarn has some second hand items of varying ages for sale via Expressions of Interest.

Items for sale include:

1. Corner desk – lightweight laminate with keyboard slide-out
2. Electric Oil-filled Column Heater - 7 column Heller
3. Electric Oil-filled Column Heater – 11 column Heller (6 x)
4. Electric Oil-filled Column Heater – 11 column DeLonghi
5. Timber & Metal bedside table with drawer – 8 units. Good condition
6. Metal file cabinet – EliteBuilt 2 drawers (no key)
7. Solid large coffee table – surface needs re-painting

Photos of the Items are attached, as no Public viewing is available.

The items on offer will be sold in 'as is' condition with no on-going support to be provided by Council. Reasonable offers in writing will be considered if received at the Shire office reception before

**12 midday Monday 7<sup>th</sup> October 2019.**

Enquires should be directed to Robyn Downes, Asset Management Officer - Phone 0429593586 or email: [asset@yilgarn.wa.gov.au](mailto:asset@yilgarn.wa.gov.au)

## ITEMS FOR SALE:

Item 1



Item 2



Item 3



Item 4



Item 7



Item 5



Item 6



## **Community Funding Program 2019 / 2020**

The **"Community Funding Program"** will open on Monday 7 October 2019.

Objectives of the funding project are:

- To provide a source of funding for non-profit community organisations operating within the district.
- To assist community organisations in maximising their future development.
- To provide an impartial means by which community organisations can access Council funds.

**Applications for the following categories are invited:**

### **A - Essential equipment/capital items (up to \$2,000)**

Types of equipment:

- Ground maintenance equipment
- Sporting equipment
- Office equipment
- Minor plant equipment

### **B - Training & Travel Assistance for local officials/office bearers (up to \$500)**

Funding is available to officials and/or office bearers of community organisations who are required to attend regional / state association organised seminars / courses / meetings as part of their duties. Knowledge gained at these activities must then be used to assist the local community organisation in its continued development.

### **Eligibility**

To be eligible the applicant must be based in the Shire of Yilgarn and meet the following criteria:

- Funding is available for activities which will provide benefits directly to the people of the Shire of Yilgarn.
- Only non-profit community organisations operating within the Shire of Yilgarn are eligible to apply.
- Organisations that have failed to acquit funding from the last round by 30 June 2019 will not be eligible for this round of the funding program.

For further information and to obtain the "Guidelines and Application form" please visit  
[www.yilgarn.wa.gov.au](http://www.yilgarn.wa.gov.au).

Applications must be received no later than Friday 25 October 2019 by 12.00pm.





## Australia Day Active Citizenship Award

Nominate an inspiring local community member or group for one of three following awards, fostering community pride and spirit:

- Australia Day Active Citizenship Award
- Australia Day Active Citizenship Award  
for a person under 25 years
- Australia Day Active Citizenship Award  
for a Community group or event

Nomination forms are available from the Shire of Yilgarn, CRC or online: [www.yilgarn.wa.gov.au](http://www.yilgarn.wa.gov.au)

**Please note nominations close: COB Friday, 1st November 2019**



## Expressions of interest wanted!

### ***Business workshops / information sessions***

The CRC are looking into organising a facilitator to run a workshop/information session on general business running, bookkeeping or social media toward the end of the year. If you are a business, or looking to start a business, please let the CRC know what your business would like/need! Call 9049 1688 or email [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) to register your interest. This session will likely be after hours during the week.

### ***Basic computer skills workshop***

Want to learn the basics in using a computer? Got your own laptop that you'd like to understand? Register your interest to the CRC on 9049 1688.

### ***Resume writing / interview skills workshops***

The CRC has been in contact with Northam Job & Skills Centre to visit Southern Cross and run workshops to assist people in the Yilgarn with resume writing and interview skills.

If this is something you would be interested in attending, please register your interest to the CRC— 9049 1688 or [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) by 18th October 2019.

## Upcoming at the CRC

- Community Colours Fun Run
- Christmas Markets

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## 2020 Calendar

Business advertising closes on 22nd October 2019 with all forms and adverts to be received by this date. Emails have been forwarded out with booking forms and information—if you did not receive your email, or would like further information, please contact the CRC on 9049 1688 or [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au).



**Christmas Markets**  
**Saturday 23rd November 2019**  
9.00 am—12.00 pm  
*Stallholders wanted! Contact the CRC to book your stall!*  
9049 1688 or [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au)

**Held at the Southern Cross Senior Citizens Centre**



## YILGARN SKELETON WEED LOCAL ACTION GROUP

### FACTS YOU MAY NOT KNOW:

- Skeleton Weed is a **declared** plant in the Yilgarn
- You **CAN NOT** seed through code 1 squares
- All plants need reporting, the program is **still active**
- Our AGM will be held on **Wednesday 9th October 2019 6pm** at the Shire of Yilgarn Council Chambers. Landholders are encouraged to attend.

Robbie Della Bosca, LAG Co-ordinator: 0427-791-135

To RSVP/receive an Agenda: Kim Crisp, LAG Admin on 9049 2007 or email [rebecca.maddock@dpird.wa.gov.au](mailto:rebecca.maddock@dpird.wa.gov.au)







## Skeleton Weed Program 2019/20

# Landholder Quick Reference Guide



Find us at:  
agric.wa.gov.au/skeletonweed  
'Skeleton weed in Western Australia: Management Guide'

### Searching and landholder requirements

#### Search paddock codes: what do they mean?

- Code 1 - skeleton weed plants found
- Code 2 - first clear search
- Code 3 - second clear search
- Code 4 - third clear search-released from infested list
- Code 5 - surveillance search

#### Search Protocols

##### Full Search

- 1 person in vehicle, maximum swath of 5m
- 2 people in vehicle, maximum swath of 15m
- 3 people including driver using search boom, maximum swath of 20m

##### Surveillance Search

- 1 person in vehicle, maximum swath of 20m
- 2 people in vehicle, maximum swath of 30m
- 3 people including driver using search boom, maximum swath of 40m

#### Search Assistance Payments

##### Landholder Search Assistance payments

- sign LAA and return to DPIRD or LAG
- make sure paddock is "eligible"
- notify DPIRD or LAG 24 hrs prior to searching your infested paddocks
- conduct the search according to "full" search protocols
- provide a map with infestations clearly marked
- complete a Search Declaration
- must provide a tax invoice (GST inclusive) if claiming search assistance

##### Contractor Search Assistance payments

- complete and sign the Search Declaration
- before signing the Search Declaration, you must be satisfied with the Contractor searching

**Always recheck paddocks during summer and after rain for new germinations**

### Important dates

10 Dec 19	<b>Signed LAAs</b> To be returned to DPIRD or LAG.
31 Dec 19	<b>Code 1 Paddocks</b> Full searches to be completed.
31 Jan 20	<b>All other Full and Surveillance Searches</b> To be completed. Notify your local Biosecurity Officer or LAG Coordinator to audit Code 4 paddocks which are ready for release.
15 Feb 20	<b>Paddock Records</b> Return completed records of your searched paddocks to your local Biosecurity Officer or LAG Coordinator.
31 Mar 20	<b>Tax Invoice and Search Declarations</b> To claim payment for search assistance, these must be received before this date.

**Report skeleton weed sightings to your nearest Department or LAG Office**

### Department of Primary Industries and Regional Development

#### Local District Offices

Albany	9892 8444
Esperance	9083 1111
Geraldton	9956 8555
Merredin	9081 3111
Moora	9651 0555
Narembeen	9064 7131
Narrogin	9881 0222
Northam	9690 2000

#### Pest and Disease Information Service

9368 3080

#### Local Action Groups

Bruce Rock-Corrigin-Kellerberrin	0438 392 460
Avon North	0427 291 705
Avon South	0427 986 302
Lakes	9865 2816
Narembeen	9064 7131
Nungarin-Mukinbudin-Trayning-Mt Marshall	90475006
Yilgarn	9049 2007

## Code 1

**Landholder Acknowledgement for Assistance**  
Landholder must sign and submit before 10 December 2019



Full searches by 31 December 2019

## Code 2

**Landholder Acknowledgement for Assistance**  
Landholder must sign and submit before 10 December 2019



Surveillance searches by 31 January 2020

## Code 3

**Landholder Acknowledgement for Assistance**  
Landholder must sign and submit before 10 December 2019



Full searches by 31 January 2020

### Remove stock at least 4 weeks prior to searching

Contractor search rate \$9.00 p/ha + GST  
Landholder search rate \$6.00 p/ha + GST

#### Plants found

Mark 20m buffer from outside plants to make square/s\*  
Treat plants to prevent seed set

\*Infested areas greater than 10% of the paddock area are deemed 'Heavily Infested Paddocks' and will require whole paddock treatment in Winter

#### Clear search

Paddock moves to Code 2



**Paddock Records**  
Submit to Biosecurity Officer or LAG before 15 February 2020



**Tax Invoice - Search Declaration**  
To claim search assistance, submit to Biosecurity Officer or LAG before 31 March 2020



#### Plants found

Mark 20m buffer from outside plants to make square/s\*  
Treat plants to prevent seed set

Complete search using the 'Full Search' protocol  
Paddock reverts back to Code 1 and is eligible for search assistance in 2019/20

**Paddock Records**  
Submit to Biosecurity Officer or LAG before 15 February 2020



#### Clear search

Paddock moves to Code 3



Contractor search rate \$9.00 p/ha + GST  
Landholder search rate \$6.00 p/ha + GST

#### Plants found

Mark 20m buffer from outside plants to make square/s\*  
Treat plants to prevent seed set

Complete search using the 'Full Search' protocol  
Paddock reverts back to Code 1 for next season

**Paddock Records**  
Submit to Biosecurity Officer or LAG before 15 February 2020



#### Clear search

Paddock moves to Code 4 upon an **Audit Inspection** by Biosecurity Officer or LAG



**Note:** for ongoing eligibility for summer search and winter spray treatment assistance, landholders must sign an LAA every year with the Skeleton Weed Program until the property is removed from the infested list. **Return of Property Paddock Records** is also a requirement.





# Thank you

Staff and Students from St Joseph's School would like to sincerely thank the Yilgarn community for its support of our Ring Pull Collection. Ring Pulls collected were donated to Wheelchair for Kids during school camp in August. Each ring pull collected raises funds to be able to purchase materials to manufacture wheelchairs for kids in need.







**St Joseph's School  
Swap Meet**

**Saturday 19th October 2019**

**to be held on the school grounds**

**8:30am to 12:30pm**

**Sellers be there from 8:00am to set up. BYO tables.**

**Car Boot Sale on basketball court area.**

**Entry via bottom double gate.**

**Stall fee \$5**

**Bookings are requested to secure your spot -  
please call the school on 9049 2100.**

**Gold coin entry fee for chance to win a prize.**

**Devonshire Tea, Face Painting, Popcorn, Donuts,  
Sausage Sizzle, Drinks, Hair Braiding & Colour Spray,  
Candy Stall, Door Prizes.**



# Community News

## Meetings

### SXFC AGM

Tuesday 15 October 2019  
7.00pm Complex Lounge

All positions will be declared vacant

If you love the footy and would like to make a difference by being part of the 2020 Committee or hold another position please come along or alternatively send an email to

[southerncrossfc@icloud.com](mailto:southerncrossfc@icloud.com)

### Men's Shed AGM

17<sup>th</sup> October 2019

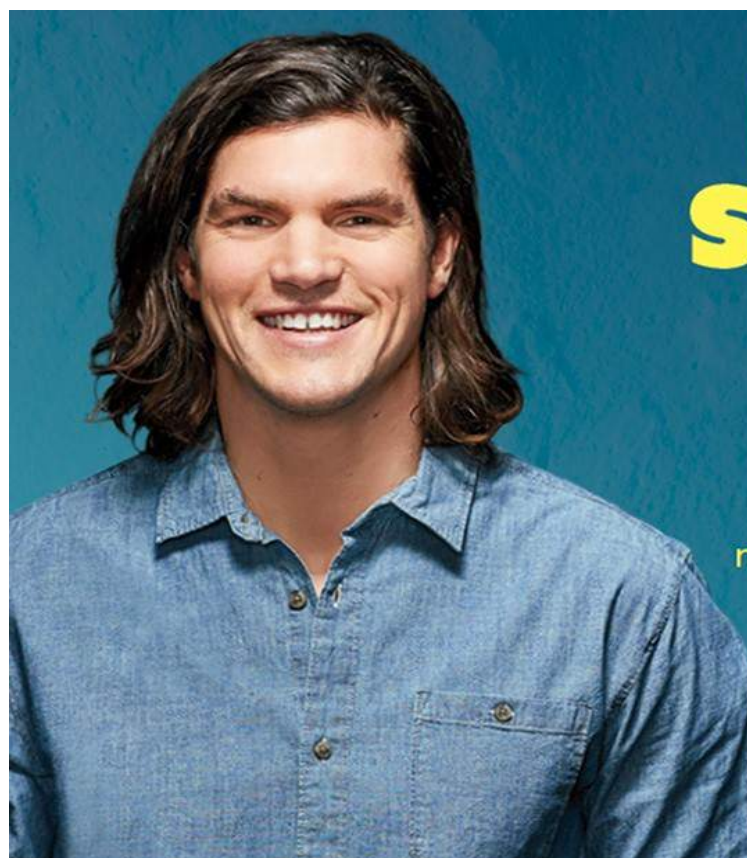
10am

All welcome

### Looking to get involved in a group or club?

There are many local groups you can join!

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



**DO YOU SEE WHAT I SEE?**

See beyond the stigma and make mental health more visible.

**VISIT 1010.ORG.AU**

**10 OCT**  
WORLD MENTAL HEALTH DAY

Mental Health Australia



# 2019 Local Government Election

## Yilgarn Local Council Elections

Vote 1..... Linda Rose

By now you will have received your “voting forms” for the local government elections.

I would like to introduce myself as a candidate for council. My name is Linda Rose, married to Steve Rose who is a 3<sup>rd</sup> generation farmer from Mt Hampton. We have 2 children, Patrick 14 and Amy 12, both who are at boarding school.



I have been in the Yilgarn for 20 years, arriving as a police officer, stationed in Southern Cross for 4 years. Since then getting involved with local farming groups has enabled me to be aware of issues affecting the rural sector. Theft on farms has been on the increase, which led me to start up the Eastern Wheatbelt Rural Watch Facebook page. This has kept the community up to date and aware of what is happening in the district. Neighbours, looking out for each other!

My interest is focused on farming, I enjoy the entire aspect of the farm life but the sheep industry is my main passion!

I have recently taken on an active committee role in our local FEAR (Far Eastern Agriculture Research) group. I enjoy being part of an active, forward thinking group that look towards the future. This has also given me amazing opportunities to travel to the Eastern States and overseas on different farming study tours, which has given us renewed confidence in the farming industry and bringing ideas back that have proven successful in other areas.

Addressing the issues of health, engagement of our youth, road and personal safety, employment and education are important.

I wish to bring forward some exciting new ideas to revitalize our area, bringing together community members to promote the growth and continued success of our shire.

Our community is only as strong as the effort that the collective individuals are willing to put in.

Written and authorised by Linda Rose,  
Loc 532 Sandalwood Rock Rd, Mount Hampton WA 6426  
0437 530 848

## FACTS ABOUT JUNK FOOD

<p><b>ONE MEAT PIE</b> = 3 SERVES OF JUNK FOOD AND 4 TEASPOONS OF FAT</p>	<p><b>A PIZZA AND A SOFT DRINK FOR DINNER?</b></p> <p><b>THAT'S DOUBLE AN ADULT'S MAXIMUM DAILY SALT LIMIT.</b> And an adult's entire daily energy (kilojoule) needs.</p>	<p>If you had one sundae for dessert every night over a year you will eat</p> <p><b>18 KILOS OF SUGAR</b></p>	<p>One cafe style muffin can contain 10 teaspoons of sugar and 1/4 of your daily energy requirements</p>
<p><b>34%</b> of the average household food budget is spent on fast food and eating out</p> <p><b>ON AVERAGE AUSTRALIANS EAT FAST FOOD OR DINE OUT 2-3 times per week</b> That's 2.5 billion meals eaten out each year</p>	<p><b>16 TEASPOONS OF SUGAR IN A 600mL BOTTLE OF REGULAR SOFT DRINK</b></p>	<p><b>17 TEASPOONS OF FAT</b> in one serve of fish and chips</p>	<p><b>\$900+</b> The amount you will spend in one year if you buy one chocolate bar every day</p>
<p><b>35% OF ADULT'S AND 39% OF CHILDREN'S DAILY ENERGY INTAKE COMES FROM JUNK FOOD</b> For most people, there is no room for junk food in a healthy diet</p>			

1 teaspoon sugar = approximately 4 grams  
1 teaspoon fat = approximately 5 grams  
\*One junk food serve is equivalent to 600kJ, as per the discretionary food category in the Australian Dietary Guidelines. These foods should only be consumed occasionally and in small amounts for good health

# 2019 Local Government Election

Vote 1— Jodie Cobden

My name is Jodie Cobden and I have nominated for a position as Councillor on the Shire of Yilgarn in the upcoming election.

I feel very strongly about our shire and the direction that it is taking in the future, and I think I would be a strong link between the community and council. I am a good listener, will bring a fresh perspective and believe everyone has a right to actively participate and contribute to our community.



Having been born, raised and educated in Southern Cross, I am very aware of the issues that rural communities are encountering with declining populations.

I am a volunteer for local sporting organisations and recently took on the position of Secretary of the CWA. I believe we all have a part to play to enable our community to not only survive but thrive.

I am a staunch advocate of promoting the growth of our region for its long term sustainability and I believe by actively promoting our town, the regions history and the incredible natural attractions that are on our doorstep, we could not only encourage but increase tourism which would have a positive effect on our economy.

By positively promoting the Shire of Yilgarn and its facilities we can also encourage new families and businesses to the area.

Thank you for taking the time to acknowledge my nomination. I am very proud to call Southern Cross and the Shire of Yilgarn home, and want only the best for our region and its residents.

Written and authorised by Jodie Cobden  
105 Altair St, Southern Cross WA 6426  
0448 890 433

**LIVELIGHTER®**

## FACTS ABOUT SUGARY DRINKS

<p><b>16 TEASPOONS OF SUGAR</b> IN A 600ML BOTTLE OF REGULAR SOFT DRINK</p>	<p><b>6.5KG WEIGHT GAIN</b> IN ONE YEAR</p> <p>Drinking one can of soft drink each day could lead to a weight gain of 6.5kg in one year (if these drinks are consumed in addition to the food your body needs and you don't increase your physical activity)</p>	<p><b>1.43 BILLION LITRES</b></p> <p>THE AMOUNT OF SUGARY DRINKS CONSUMED BY AUSTRALIANS EACH YEAR</p>	<p><b>9 TEASPOONS OF SUGAR</b> IN A 600ML SPORTS DRINK</p>
<p><b>47% OF CHILDREN</b> consume sugary drinks each day</p>	<p>If you drink a 600ml bottle of orange fruit drink every day for a year you will consume <b>23 KILOS OF SUGAR</b></p>	<p><b>7 TEASPOONS OF SUGAR</b> IN A 250ML ENERGY DRINK</p>	<p><b>\$1095</b> THE AMOUNT YOU WILL SPEND IN A YEAR IF YOU DRINK ONE 375ML CAN OF SOFT DRINK A DAY</p>
<p><b>DRINKING SUGARY DRINKS EACH DAY</b> increases your risk of <b>TOOTH DECAY AND EROSION</b></p>	<p><b>AUSTRALIA IS THE 11<sup>TH</sup> LARGEST PURCHASER OF SUGARY DRINKS IN THE WORLD</b></p>		

1 Teaspoon = 4 grams of sugar  
Kathink Sugary Drink 2013. Reproduced with permission. Kathink Sugary Drink is a partnership between Concor Council, Livelighter and Diabetes Australia.





# Mental health in Western Australia



## What's happening?

In Western Australia:

One person dies every day by suicide. That's more than the road toll.

Nearly 3 out of 4 deaths by suicide are male.

WA's suicide rate was approx 20 per cent higher than the national average in 2016.

A big risk factor for suicide and self-harm is having a mental health issue.

We can reduce the risk of suicide by treating mental health issues early, by building resilience, and improving the overall mental health and wellbeing of Western Australians.



**1 IN 5 AUSTRALIANS WILL HAVE A MENTAL HEALTH ISSUE EACH YEAR**

**\$9.0 BILLION**

**WAS SPENT ON MENTAL HEALTH SERVICES IN AUSTRALIA IN 2015-2016**



## Where to get help?

If you or someone you know is in a life threatening situation, or is at risk of harm to themselves or others, call 000.

Getting help early can make a difference. A good place to start is:

- Talk to your GP or someone you trust.
- Call a support line.
- Contact a support service.
- Try the Think Mental Health check-up tool.

## Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health.

It's normal to have ups and downs in life, it happens to all of us. Looking after your mental health enables you to function well and be able to cope when things aren't going so well.

Little things you can do include:



**SPEND TIME WITH FRIENDS, LOVED ONES & PEOPLE YOU TRUST**



**GET ENOUGH SLEEP**



**TAKE TIME OUT & ENJOY YOUR HOBBIES**



**KEEP ACTIVE & EAT WELL**



**TALK ABOUT OR EXPRESS YOUR FEELINGS REGULARLY**



**REDUCE ALCOHOL CONSUMPTION**



**AVOID ILLICIT DRUG USE**



## Signs and symptoms of mental health issues

- Noticeable change in usual behaviour.
- Feeling down for some time and not getting better.
- Problems sleeping.
- Lack of energy and motivation to do everyday things.
- Major changes in eating habits.
- Withdrawal from friends and activities.
- Increased use of alcohol or other drugs.

# think

**MENTAL HEALTH**

For more information visit [thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)



# RECONNECTING LIVES

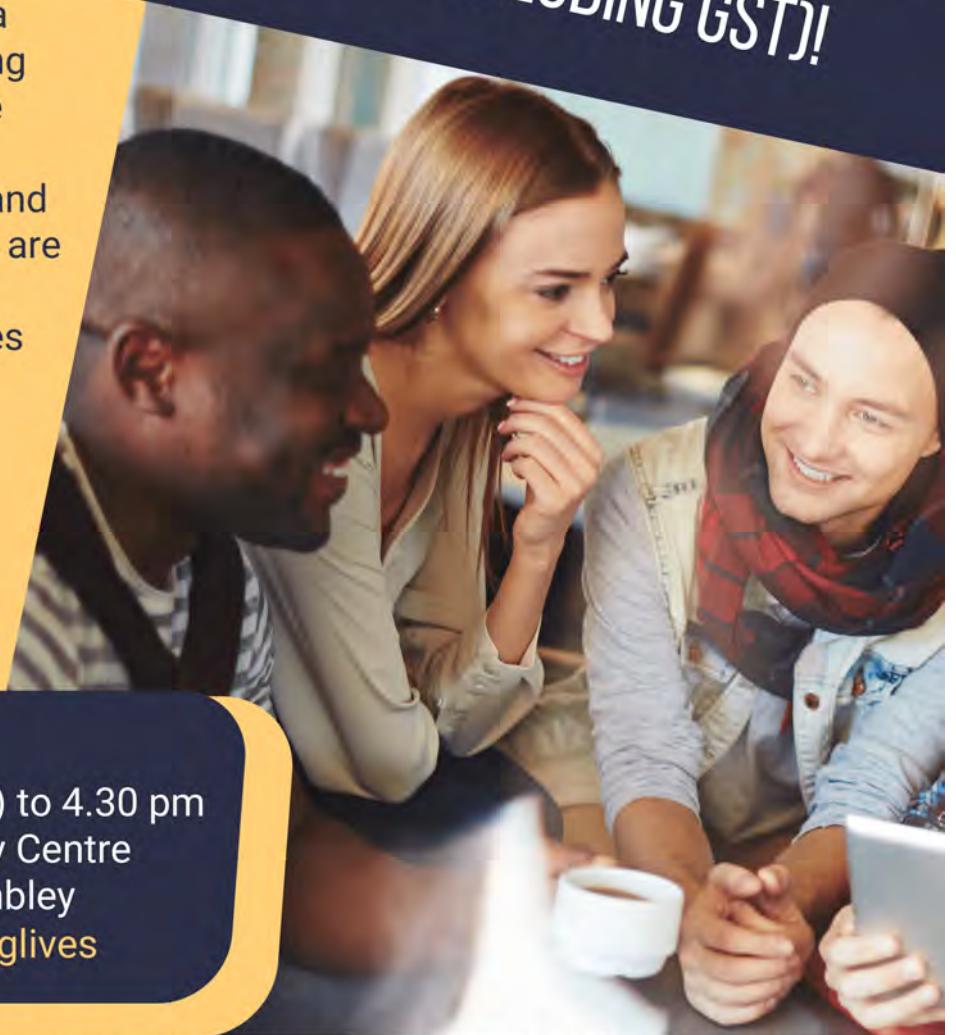
EXPLORING THE INNOVATIVE WAYS COMMUNITIES ARE ADDRESSING LONELINESS

RANGE OF SPEAKERS FROM ACROSS WA!  
REGISTRATION \$198 (INCLUDING GST)!

**RECONNECTING LIVES** is a one-day forum that will bring together and showcase the stories and initiatives of community organisations and individuals across WA who are using fresh and locally relevant ideas and initiatives to address loneliness, reconnect lives and grow healthy individuals and communities.

**Program to be released soon!**

Date: 22 October 2019  
Time: 8.30 am (9 am start) to 4.30 pm  
Venue: Bendat Community Centre  
Address: 36 Dodd Pl, Wembley  
RSVP: [tiny.cc/reconnectinglives](http://tiny.cc/reconnectinglives)



FOR MORE INFO: MARIA D' SOUZA | 0404 957 780 | [MD@BANKOFIDEAS.COM.AU](mailto:MD@BANKOFIDEAS.COM.AU)

This event is brought to you by Inclusion Solutions, Befriend and Bank of Ideas.





Enjoy ultimate convenience with wireless rechargeable hearing aids!

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Want to upgrade to rechargeable? Ask to book your **FREE** trial!

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- ✓ Convenient **wireless rechargeability** - no need to change your hearing aid batteries again!
- ✓ **Wireless streaming** of phone calls, music and TV direct to your hearing aids.

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for the joy of hearing

**Phone: 08 6161 3937**

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MERRIDIN COMMUNITY RESOURCES  
CENTRE (CRC)  
110 BARRACK STREET MERRIDIN, WA 6415  
NARROGIN HOSPITAL  
WILLIAMS ROAD NARROGIN, WA 6312**  
**[www.waveshearing.com.au](http://www.waveshearing.com.au)**

TA5555523



# BLAST NOTICE

## Battler Pit for Indus Mining Services

Please be advised that due to the proximity of the Battler Mine to the Southern Cross/Marvel Loch Road, Unkovich Road and Glendower Road, these roads will be closed during the upcoming blasting activities. These activities will commence in approximately 1 month and will continue for up to 12 months.

Blasting signs will be displayed throughout the year.

The road will only be closed during the advertised times below and traffic will be controlled as per the approved Traffic Management Plan by Main Roads WA and the Yilgarn Shire. An email will be sent prior to each blast and if you want to be included in the distribution list please respond to the contact below.

<b>BLASTING TIMES:</b>	<b>4:00pm – 6:00pm</b>
------------------------	------------------------

<b>INDUS CONTACT:</b>	<b>Lee Powell</b>
<b>CONTACT DETAILS:</b>	Mobile: 0428458272 Email: lpowell@indusmining.com.au

<b>DATES FROM:</b>	<b>15/10/2019 - 30/09/2020</b>
--------------------	--------------------------------

<b>LOCATION:</b>	<b>Battler Gold Mine, Southern Cross</b> <b>Marvel Loch Rd, SLK 12.73 to SLK15.39</b> <b>Unkovich Rd, SLK 0.67</b> <b>Glendower Rd, SLK 7.88</b>
------------------	---





**CLEARANCE**  
**SALE**

**Spring has Sprung  
at SOUTHERN CROSS TYRE & AUTO SERVICES!  
ALL Echo products in stock slashed to cost!  
Prices will NEVER be this low again!**

**CHAINSAWS  
BRUSHCUTTERS  
HEDGE TRIMMERS  
POWER BLOWERS**

**Only While Stocks Last.**

# Southern Cross Tyre & Auto Services

License No: MRB5934 ARC Lic No: AU37376

8-10 Spica Street, Southern Cross WA 6426

Ph: 9049 1172 Email: [info@sxtas.com.au](mailto:info@sxtas.com.au)

Website: [www.sxtas.com.au](http://www.sxtas.com.au)

We are now Stockists for the following Power Equipment Brands!



For all parts & equipment, come in and see our friendly staff ☺





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
- ◆ Tammin
- ◆ Trayning
- ◆ Westonia
- ◆ Yilgarn

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](mailto:wheatbeltfamily@wn.com.au)

### WHEATBELT AGCARE.

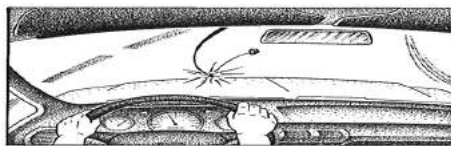
.. "providing free, independent and  
confidential family counselling for the Wheatbelt."

*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*



**Coming to Southern Cross  
Motor Mart**

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

will be in **SOUTHERN CROSS** on the

16th October, 20th November and 18th December.

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



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

PH: 08 9041 1592  
MBL: 0407 020 413  
FAX: 08 9041 1149

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Contact Kristian today: T 0429 498 492  
E kristian@boronamechanical.com.au  
W boronamechanical.com.au



**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  
Phone/Fax: 9041 2018  
Mobile: 0428 412 018  
PO Box 313, MERREDIN WA 6415  
PHD License No 311

# 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

## SOUTHERN CROSS

1,011m<sup>2</sup>



### Potential Plus

- Spacious three bedroom home
- Appealing weather board exterior
- Located close to the local school and within 2kms to the shops, rec centre and pool.
- Open plan dining and lounge area with tile fire
- The kitchen is separate and spacious with plenty of cupboards.
- Single carport, rear lane access and garden shed

**VIEW:** [www.landmarkharcourts.com.au/LEP29775](http://www.landmarkharcourts.com.au/LEP29775)

**\$75,000 – 56 Altair Street, Southern Cross**

Contact local area real estate specialist:

**Jessica Scott 0406 466 800**

[jessica.scott1@landmark.com.au](mailto:jessica.scott1@landmark.com.au)



**Landmark Harcourts WA**



## SOUTHERN CROSS

1,012m<sup>2</sup>



### Appealing Altair

- 3 bedroom, 1 bathroom fibro and tile home
- Located on a good size block with large powered shed.
- Open plan kitchen/dining/lounge area
- Modern bathroom
- Laundry and separate toilet to the rear of the home
- Undercover carport
- Garden shed
- Located close to the town centre

**VIEW:** [www.landmarkharcourts.com.au/LEP29679](http://www.landmarkharcourts.com.au/LEP29679)

**\$59,000 – 109 Altair Street, Southern Cross**

Contact local area real estate specialist:

**Jessica Scott 0406 466 800**

[jessica.scott1@landmark.com.au](mailto:jessica.scott1@landmark.com.au)



**Landmark Harcourts WA**

## SOUTHERN CROSS

3,011m<sup>2</sup>



### Spacious Block

- 3 bedroom, 1 bathroom fibro and tin home
- Located on a large block with shed and solar hot water system
- The home has a large open plan kitchen/dining/lounge area with three bedrooms off of these areas
- To the rear of the home is the laundry and spacious bathroom with spa bath and separate shower
- The property is located close to the town center and it is ideal for buyers wanting a home to renovate to their tastes.

**VIEW:** [www.landmarkharcourts.com.au/LEP29697](http://www.landmarkharcourts.com.au/LEP29697)

**\$70,000 – 47 Polaris Street, Southern Cross**

Contact local area real estate specialist:

**Jessica Scott 0406 466 800**

[jessica.scott1@landmark.com.au](mailto:jessica.scott1@landmark.com.au)



**Landmark Harcourts WA**



## 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](mailto: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>

### Pioneers of Dilgarn

**Stage 1. Citizens who built this district  
between years 1887 and 1914**

**Svenson, Otto:** Took up a mineral lease at Mount Clara near Karalee around 1900 and transformed it into a thing of beauty. He dammed up a ravine half way up the rock to create a lake of fresh water, which he used to irrigate vegetables and fruit trees and wheat.

He became known as the hermit of Karalee. He was totally self-sufficient and could not understand the government pestering him for rent on his lease. He had no need for money.

After ten years the government had enough and told him to leave. This unhinged him, the rabbits eating his crops being the final straw. He was carted off to sunset home where he died. His oasis at Mount Clara still stands.

©Lance Stevens



Mentally Healthy WA

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

# Real Estate

## WANT TO PLACE A RENTAL OR HOUSE FOR SALE ADVERT?

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



## For Sale \$98K/Rent \$180 per week Quaint 3 x 1 Duplex

Come and take a look at this little Gem!  
All you need to do is move in!

- Large Patio
- Built in BBQ
- Garden shed
- Huge shaded garden area
- Evap Air-con throughout
- Gas Instant Hot Water
- Gas Stove
- Fire Heater
- New Zinc alum Roof
- 526m2 secure block

Contact:

Chris Hanretty mb: 0424071760

Mick Hanretty mb: 0437338608

## House for sale 8 Altair Street

2 Bedrooms & 3rd bedroom is fully enclosed sleepout with new W/C & D/Bowl sink with H/C water & separate entry.

New kitchen

3 R/C A/C

Large family room

New woodgrain lino

\$79,000 or offers

**MUST BE SOLD**

Enquiries ring Gloria

9581 6718

0437 050 486

## House for Rent

3 Bedroom comfortable  
House

- ★ Well located
- ★ Air Con
- ★ Clean and tidy
- ★ Partially Furnished

\$170.00 per week,  
+ 1 weeks free rent

**0418 915 652**

# Services Listing

## R.J.S Labour Services

**Rob Southall**

Home: 9049 5313

Mobile: 0487 834 002

[www.rjslabourservices.com](http://www.rjslabourservices.com)

Gardening Services

Handyman Services

And other services

Reasonable rates

7 days a week

8am—5.30pm

## LOCAL PEST CONTROL

We specialise in All Types Of Pests

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**0428 412 018**

PO Box 313

Merredin WA 6415

Phone/Fax: 9041 2018

State Licence No. 4294

Registration No. 311

Services Listing space available!

Please contact the CRC for  
further information.

9049 1688

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

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GENERAL MECHANICAL REPAIRS

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BELTS~BRAKES~SUSPENSION~EXHAUST~FILTERS~OILS

STIHL DEALER

24 HOUR

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ALL INSURANCE TOWING

LIC. MRB1159

RAC CONTRACTOR

ROADSIDE / BREAKDOWN ASSISTANCE

Phone 90491590

After Hours 0428491590

14 Orion St. Southern Cross  
(On the Highway)



## Southern Cross Tyre & Auto Services

License No: MRB5934 ARC Lic No: AU37376

8-10 Spica Street,

Southern Cross WA 6426

Ph: 9049 1172 Email: [info@sxtas.com.au](mailto:info@sxtas.com.au)

Website: [www.sxtas.com.au](http://www.sxtas.com.au)

Tyres; Car, 4WD, Truck, Agricultural &  
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Agriculture, Mining, Kalexpress Freight  
Depo, BOC Gas & Elgas Agents, Vehicle  
& Equipment Hire.

Find Us on Facebook!

# Calendar of Events

Thu 3 Oct	FEAR Group Spring Field Walk—meet at Moorine Rock Hotel @ 12.15pm
Thu 3 Oct	Yilgarn Mixed Basketball grading night
Mon 7 Oct	Community Funding Program opens
Thu 10 Oct	Yilgarn Mixed Basketball grading night
Sat 12 Oct	Community Colours Fun Run @ Southern Cross Oval 9am
Tue 15 Oct	AGM: SXFC @ Complex Lounge 7pm
Wed 16 Oct	Eastern Districts Panel Beaters in town @ Motor Mart car park
Thu 17 Oct	AGM: Men's Shed @ Men's Shed 10am
Thu 17 Oct	Shire Council Meeting @ Council Chambers 4pm
Sat 19 Oct	Local Government Election
Sat 19 Oct	St Joseph's School Swap Meet @ St Joseph's school grounds 9am—1pm
Thu 24 Oct	Pat & Chat Mobile Vet in town
Fri 25 Oct	Community Funding Program closes 12pm

## 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
CWA Meetings	Third Friday night of every month
Schoen Podiatry	24 October & 12 December

## Recycling Days

October 11  
October 25  
November 8  
November 22



Calvin & Hobbes by Bill Watterson—18th Nov 1985