
CROSSWORDS \$1

EST. 1911

PALACE HOTEL

PUB & ACCOMMODATION

Melbourne Cup Tuesday 5th November



• Prize for best dressed Lady & Gent •

- **Special Degustation Menu & bottle of Bubbles** •
(or choose from a selection of alternative drinks)

\$55 per person, or \$50 per person for groups of 6.

For bookings and queries either:

- **Pop in to see us**
- **Call on 90491555**
- **Email info@palacesoutherncross.com.au**

Doors open 11am • Food services commences 12h15pm

Minors Must be accompanied by a responsible adult

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 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
---	--------

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
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

An RCIA program will run here in Southern Cross Catholic Parish in 2020. The program is for those who would like to become Catholic at an Easter Vigil Mass in April 2020. RCIA sessions will commence early in the New Year. To register your interest, please make contact with the Kalgoorlie Catholic Parish Office.

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
November	Saturday 16 th 11.00am
"Christmas" service Saturday 21 st December 11.00 am at Christ Church	

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 to register.



"good country for hardy people"

**LOCAL GOVERNMENT ORDINARY POSTAL ELECTION
NOTICE OF RESULTS
Shire of Yilgarn**

The result of the Ordinary Election conducted as a postal vote on Saturday, 19 October 2019 is as follows:

Ward	Position	Candidates	Votes	Term of Office
District	3 Councillors	NOLAN, Phil	260	4 year term
		COBDEN, Jodie	337	4 year term
		GRANT-WILLIAMS, Neil	87	
		ROSE, Linda	301	4 year term

Jodie Maree COBDEN is elected as Councillor for the Yilgarn Ward and will hold office until 21 October 2023.

Linda Louise ROSE is elected as Councillor for the Yilgarn Ward and will hold office until 21 October 2023.

Philip Spencer NOLAN is elected as Councillor for the Yilgarn Ward and will hold office until 21 October 2023.

Susann BOSENBERG
RETURNING OFFICER
0409 049 112



WESTERN AUSTRALIAN
Electoral Commission

SHIRE OF YILGARN COUNCIL

ELECTS NEW SHIRE PRESIDENT & DEPUTY SHIRE PRESIDENT

Following the 2019 Local Government Elections, Council at a Special Meeting held on Tuesday, 29 October 2019 elected its new Shire President, Deputy Shire President and appointed Councillors to various Committees.

I am pleased to inform the community that Cr Wayne Della Bosca was elected to the position of Shire President and will hold this position for a period of 2 years. Cr Della Bosca in accepting the unanimous support of the Council, paid tribute to the previous work undertaken by Onida Truran during her 6 year term as Shire President. Cr Della Bosca steps into the Presidency position after having served as Onida Truran's deputy over her 6 year term.

Following Cr Della Bosca's appointment, the election for the Deputy Shire President position was held, with Cr Bryan Close being the successful candidate with his term as Deputy President also being for a 2 year period. Cr Close has served on Council for 6 years and as he indicated, is keen to support and act as Cr Della Bosca's deputy.

At the above meeting, the successful candidates in the 2019 Elections, Crs Linda Rose and Jodie Cobden, were sworn in as Councillors by Mrs Susann Bosenberg JP. Returned Cr Phil Nolan was also sworn in at this meeting. Council welcomed newly appointed Crs Rose and Cobden and wished them well in their new roles.

On behalf of sitting Councillors, staff and residents of the community, we congratulate the above persons on their appointments to these important positions with the Shire of Yilgarn.

Peter Clarke
Chief Executive Officer

Apprentice Mechanic (Certificate III Mobile Plant Technology)

The Shire of Yilgarn invites applications for the position of Apprentice Plant Mechanic. The primary responsibilities of the position is the applicant must be self-motivated and work well in a team environment maintaining Council's fleet of well-maintained and near new road construction plant, light vehicles and numerous small plant items under the guidance of Council's Plant Mechanic. The applicant must commit to a full 3½ year contract to complete the apprenticeship.

Students who are about to complete or have completed Year 10 and above are encouraged to apply. The successful applicant will undertake Certificate III Mobile Plant Technology through on-the-job and TAFE training.

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

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

Applications must be received by **4:00pm** on **Friday 22 November 2019** marked "Confidential" and addressed to:

"Apprentice Plant Mechanic Position"

Mr 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 will be 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.

Shire of Yilgarn

Bushfires Act 1954

Notice to all Owners & Occupiers of Land within the Shire of Yilgarn Requirements to Clear Firebreaks

Pursuant to the powers contained in Section 33(1) of the Bush Fires Act you are hereby required to plough, cultivate, scarify, burn or other-wise clear firebreaks on all land owned or occupied by you by 1 November 2019 and thereafter to keep these firebreaks clear of all flammable material until 31 March 2020. Firebreaks are required in locations and to the specifications detailed below.

LAND WITHIN TOWNSITES

- a) On land not exceeding 2023 square metres in area, all flammable material shall be removed.
- b) On land exceeding 2023 square metres in area, a firebreak 3 metres wide shall be constructed inside and immediately adjoining all external boundaries.
- c) Firebreaks 3 metres wide shall be constructed immediately surrounding all buildings.
- d) Haystacks must not be located more than 20 metres to an external boundary. They shall be surrounded by a 10 metre wide firebreak situated between 10 and 20 metres distance from stack.
- e) Stored fuel, oil and flammable materials shall be protected from fire as prescribed in the Explosives and Dangerous Goods Act 1961 and the Flammable Liquids Regulations 1967.

RURAL LAND

- a) Firebreaks 3 metres wide shall be constructed immediately inside and adjoining all property boundaries.
- b) Firebreaks 3 metres wide shall be constructed immediately surrounding all buildings.
- c) Firebreaks 3 metres wide shall be constructed between 10 and 20 metres distance from and surrounding all haystacks.
- d) Stored fuel, oil and flammable materials shall be protected from fire as prescribed in the Explosives and Dangerous Goods Act 1961 and the Flammable Liquids Regulations 1967 and which include that a firebreak 6 metres wide will be provided immediately surrounding storage areas.

GENERAL

If for any reason it is considered by the owner or occupier of land that it is impractical to comply with the requirements of this notice, a request may be made to Council to approve alternative fire protection measures. Such application shall be accompanied by a sketch or drawing of the proposed variations and should be lodged at the Council offices no later than 31 October 2019.

Where approval of a proposed variation is not granted by Council you shall comply with the requirements of this notice. The penalty for non-compliance with this notice is a maximum of \$5,000 and notwithstanding prosecution; Council may enter on the land and carry out the requisite works at the owner / occupiers expense.

RESTRICTED AND PROHIBITED BURNING TIMES

Restricted Burning Period: 19 September 2019 to 31 October 2019 and 16 February 2020 to 31 March 2020

(Note: Permits to burn during this period are required. Permits must be obtained from your nearest Bush Fire Control Officer)

Prohibited Burning Period: 1 November 2019 to 15 February 2020

(Note: Permits to burn stubble from the previous seasons crop will not be issued until 1 March 2020)

By order of the Council
Peter Clarke
Chief Executive Officer



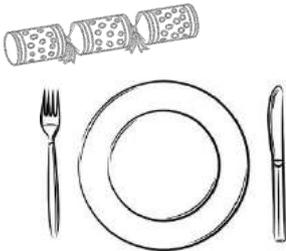
Senior Citizen's Christmas Luncheon Sunday 1st December 2019

Any residents who have recently turned 60 and wish to attend the Annual Senior Citizen's Christmas Luncheon, please contact the Shire on 9049 1001 or aso@yilgarn.wa.gov.au

by no later than

8th of November 2019

to ensure you are sent an invitation.



Cat & Dog Registration Renewals

A reminder that renewals for dog & cat registrations have been sent out and are due October 31st 2019

- * All dogs aged 3 months and older must be microchipped and registered with the Shire.
- * All cats 6 months and older must be microchipped, sterilized and registered with the Shire.

Failure to do so is an offence.

Please ensure all the information on your renewal is up to date and make sure you contact the Shire with any changes.





Christmas Markets

Saturday 7th December 2019

*****New date & venue!*****

9.00am-12.00pm

STALLHOLDERS WANTED! Contact the CRC for more details!

Support your local businesses this Christmas!

***Held at the Southern Cross
Community Centre (Town Hall)***

WHEATBELT AGCARE
COMMUNITY SUPPORT
SERVICES INC.



FREE INFORMATION SESSIONS

SOUTHERN CROSS CRC

7TH November 2019

INFO SESSION FOR PARENTS:

Emotional Well-being for Young People - How to help your children gain skills for an emotionally healthy attitude to life!

2pm—3pm

INFO SESSION FOR YOUTH:

Emotional Well-being for Young People - Skills and tips to keep emotionally well!

3.30pm—4.30pm

Presenter: Kaye Bell, Wheatbelt Agcare Family Counsellor - qualified Social Worker, with additional qualifications in Family Studies and Counselling.



Unable to attend the sessions above? Contact the CRC on crc@yilgarn.wa.gov.au to register your preferred day/time as we are investigating holding another session before the end of the year.



YOGA CLASS

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

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

Date: Tuesday nights

Time: 5.30pm

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?"

The following roadworks will be commencing on Monday 14 October 2019.

- Construction of a new westbound passing lane between Carrabin and Bodallin
- Widening and overlay of a 5.5km section of road between Walgoolan and Carrabin and improvements to the intersection with Lindley Road

Widen and overlay a 4.3 km section and a 1km realignment between Carrabin and Bodallin

Works are due to be completed by April 2020.

There will be lane closures and speed restrictions. Please allow additional time for your journey and follow all signs and signals.

For further information on the project check out the Main Roads website or contact us on 138 138.



2020-21 REGIONAL EVENTS SCHEME FUNDING OPENS

The \$1 million funding pool for the 2020-21 Regional Events Scheme has opened which supports smaller and emerging regional events across the State.

The funding is open to submissions for events to be held in the 2020-21 financial year for amounts between \$5,000 and \$40,000. A separate funding pool of \$150,000 has also been allocated to the Regional Aboriginal Events Scheme.

Applications close at 5pm on Wednesday, December 11, 2019. For more information or to apply, visit <http://www.tourism.wa.gov.au/res>

Employment

Part Time Education Assistant at St Joseph's Catholic Primary School

Commencing January 1 2020 and concluding 31 December 2020

Selection Criteria:

- Support and model the objectives and ethos of Catholic Education.
- Maintain a high degree of confidentiality
- Have a minimum of Cert III in Children's Services or Education/Teacher Assistant or equivalent (**or be willing to actively work towards certification**).
- Can work cooperatively and collaboratively as part of an enthusiastic and committed team
- Have excellent communication skills and be able to identify and support the learning needs of children
- Display a high degree of professionalism with excellent interpersonal and organisational skills
- Understanding of a variety of strategies for supporting the needs of students
- Have a willingness to be fully involved in the School's activities. Applicants are expected to take a supportive role in the life of the school
- Understanding of contemporary early childhood practices (desirable)

Qualifications required:

- Have or be willing to attain, the appropriate accreditation to work in a Catholic school

Applicants must be fully supportive of the objectives and ethos of Catholic education.

A current National Police History Check as issued by the Department of Education Western Australia must also be included. The appropriate Criminal History Record Check form is available from the Department of Education [website](#).

On appointment successful applicants will require a Working with Children Check.

Please forward a cover letter and resume to admin@stjoessx.wa.edu.au by Monday November 18.

For further information please contact the school office to speak to the Principal, Rika Andres on 9049 2100.

Community News

Moorine Rock Tennis Club

- SAT 02/11/19 EMERALD TEAMS DAY
3PM START
BBQ TEA- SHARED SALADS
SPONSORED BY EMERALD
- SAT 09/11/19 FUN CLOCK TOURNAMENT
3PM START
BBQ TEA-SHARED SALADS
SPONSORED BY MCINTOSH & SON
- SAT 16/11/19 SOCIAL TENNIS
3PM START
PIZZA TEA
- SAT 23/11/19 SOCIAL TENNIS
3PM START
BBQ TEA- SHARED SALADS
- SAT 30/11/19 SOCIAL TENNIS
3PM START
PIZZA TEA

Yilgarn Bowling Club

- Mens
NOVEMBER
- Sun 3 Club Fours Championships SX
Sat 9 Pennants—Yilgarn V Merredin Blue SX
Sun 10 Errol Pustkuchen Triples Merredin
Sun 10 Club Day
Sat 16 Pennants—Yilgarn V Narembeen Maroon SX
Sun 17 Club Day
Sat 23 Pennants—Bruce Rock Gold V Yilgarn Bruce Rock
Sun 24 Club Day
Sun 24 SEBL Combined Sponsors 4's Bruce Rock
- Ladies
NOVEMBER
- Tue 5 Social Bowls
Fri 8 Narembeen Carnival
Tue 12 Social Bowls
Sun 17 Westonia Open Day
Tue 19 Social Bowls
Tue 26 Pairs Championships
Sat 30 Champ Champ Fours Narembeen

Cultural Focus leads to NAIDOC Medal of Excellence

Emilyn James from St Joseph's School was selected as one of 20 students in the State to be presented with a NAIDOC Medal of Excellence. Miss Ameer Coles, Emilyn's Pre-Primary Teacher and Aboriginal Learning Co-ordinator for the school, is a strong promoter of cultural acceptance and understanding. As part of NAIDOC planning for 2019 the school received an invite from Koori Kids and the Department of Education to participate in a colouring-in competition. Emilyn's awareness of colours and Aboriginal art led to her selection. "By participating in the competition it further embedded the value we place in acknowledging the first people of Australia," Ameer said. "If we start teaching children from an early age to accept and understand, we hope to make the world a better place," Ameer continued.

Emilyn received the Medal of Excellence at our End of Term Three Assembly which was presented by Senior Constable Larry Garlett who was also influential in our community NAIDOC experiences. Congratulations to Emilyn.



Happening around the area

CHANGING LANES A SWIM FOCUS



AUSTSWIM TEACHER – TOWARDS COMPETITIVE STOKES™

The first step towards coaching. Focus on the early steps to transition students to competitive swimming.

COURSE INFO

VENUE: Bruce Rock Aquatic Centre
1 Railway Parade, Bruce Rock WA

DATE & TIME: 2 Nov 2019

8:30am - 5pm

COST: \$218.00

For more information please contact:
AUSTSWIM WA Business Centre
PHONE 9328 2115 or 1300 885 666
EMAIL wa@austswim.com.au



RTD No:
104975

ENROL TODAY AT AUSTSWIM.COM.AU

EXPAND HORIZONS IMPACT YOUNG LIVES



CREATE POSITIVE AQUATIC BEGINNINGS BECOME A TEACHER FOR INFANTS

Train as an AUSTSWIM Teacher of Infant Aquatics – gaining knowledge and skill for aquatic development in children 6 months to 4 years old.

COURSE INFO

VENUE: Bruce Rock Aquatic Centre
1 Railway Parade, Bruce Rock WA

DATE & TIME: 3 Nov 2019

8:30am - 5pm

COST: \$280.00

For more information please contact:
AUSTSWIM WA Business Centre
PHONE 1300 885 666 or 9328 2115
EMAIL wa@austswim.com.au



RTD No:
104975

ENROL TODAY AT AUSTSWIM.COM.AU

CAROLS BY CANDLELIGHT

NOVEMBER 29TH

ROTARY PARK

AT 7PM

BRING A CHAIR AND A SINGING VOICE
RAFFLE TICKETS ON SALE

\$2.00

LOLLYPOP FOR THE KIDS
SUPPER PROVIDED



DEVELOPING CAREERS
SAVING LIVES



BECOME AN AUSTSWIM TEACHER OF SWIMMING AND WATER SAFETY™

AUSTSWIM Teachers are in high demand. Develop essential knowledge, skill and understanding to teach vital swimming and water safety education.

COURSE INFO

VENUE: Bruce Rock Aquatic Centre
1 Railway Parade, Bruce Rock

DATE & TIME: 16 & 17 Nov 2019

COST: \$385.00

8:30am - 5:30pm

For more information please contact:
AUSTSWIM WA Business Centre
PHONE 1300 885 666 or 08 9328 2115
EMAIL wa@austswim.com.au

PROUDLY SUPPORTED BY
 Australian Government

RTO No:
104975

ENROL TODAY AT AUSTSWIM.COM.AU

OPSM



OPSM will be
visiting Southern Cross on

Monday 4 November 2019

For appointments please call
the Southern Cross
Pharmacy on 90491056

Appointments will be seen at the Hospital.

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



Supported by the
Shire of Yilgarn

The **H.A.Y. COMMITTEE** is hoping to hold its'
AGM & GENERAL MEETING ON THE 5TH NOVEMBER

and this seemed a good time to explain our operation and our focus on our rural and remote community.

We have never been responsible for the provision of primary health services, although we have very limited funds available for people in a one off emergency situation. Primary health services are made available through other agencies or are trained professionals who have their own funding or budgets provided. There seems to be a misconception as to our role because of the name "Health Agencies of the Yilgarn". We are currently looking into amending the name of this volunteer group, due to the change of it's role since inception over 30 years ago.



We are again looking this year to offer the opportunity to take part in the LEEUWIN SAILING VOYAGE to a young person who is from our community. Also for State Events in Perth we have been able to support the JUNIOR FIRIES when they go. These are 2 areas we have been involved with for several years and provided opportunities for many young to take place in positive experiences not available to them here.



It is our intention to operate the DRIVER REVIVER VAN over the Christmas break. So once again we will be relying on some of you to volunteer your help during this time to provide a very worth while service to the motor public using Great Eastern Highway. The van has been operated by us with the assistance of the Shire for many years at Easter and Christmas and the support from everyone when asked for help is always exceptional.

This committee were very happy to be able to support the hard working YILGARN MOTORING ENTHUSIASTS this year, and congratulate them on a job very well done on September 29. In previous times we have added our support to the Ladies Health Day, a First Aid Course and a visit from Constable Care, both initiated by the local Police, a Bush Fire Appeal function organised by the Volunteer Fire Brigade and for many years organised and ran a Youth Camp, sometimes to Harvey and sometimes to Albany

We hope this gives a broad picture of our role and our aim to provide opportunities not covered by other organisations or primary health service providers, and encourage anyone who is interested to come along to our AGM and learn more.



REED - YILGARN GRAND RE-OPENING

Face Painting

Bouncy Castle

Sausage Sizzle

Meet & Greet

Family Fun Day

Come on down to Yilgarn's Grand Re-opening! Come and meet the team and see what services we can provide for you and your family. Our team will be on hand to help you with any queries, enrolments and Child Care Subsidy.

4th
November
2019

43
Spica
Street

1pm
To
6pm

All Community Welcome!

reed

Regional Early Education
and Development Inc



11 – 17 NOVEMBER 2019



GET INVOLVED

AT SCHOOL

SCHOOLS RECYCLE
RIGHT CHALLENGE

AT WORK

MONDAY MUSTER

AT HOME

RECYCLE RIGHT QUIZ
OR BUY IT BACK DAY

BE A RECYCLING MYTHBUSTER

Find out more at RecyclingWeek.PlanetArk.org #NationalRecyclingWeek



Major
Sponsor



Associate
Sponsors





Wellbeing and self-care

Having a baby is life-changing. It can deliver a lot of love, joy and fulfilment but it can also create demands and responsibilities that feel relentless, difficult and scary. Sometimes, parents have difficulty adjusting to the many physical, emotional, psychological and social challenges of parenting.

On the helpline, we hear from parents who are consumed by caring for their children and doing a wonderful job of it. But self-care has become a low priority.

We know that the stress, interrupted sleep and 24-hour demands can take their toll. But they become more manageable when we are able to care for and nurture ourselves too. Some aspects of self-care are covered here, including sleep, diet, exercise, time out and social supports.

Sleep

For many parents, the interrupted sleep can take a mental, physical and emotional toll. Some general rules for sleep hygiene include:

- Go to bed at the same time each day
- Avoid exercise before bed
- Make the bedroom as restful an environment as possible
- Avoid screentime or other stimulating activities just before bed
- Avoid caffeine and other stimulants in the evening
- Try a warm bath or shower two hours before bed to regulate your body temperature for sleep
- Avoid a nap in the evening
- If you can't sleep, get up and do something quiet in another room.

Quick naps can improve your alertness and help in decision-making, creativity and sensory perception. Short naps, such as 20 minutes, are less likely to disrupt your sleep at night.

Eating

Many new parents' diet and appetite are affected. Time constraints, hormonal and mood changes all play a part in this. In turn, diet and appetite can impact on our mood, on our energy levels and our capacity to get through the day.

If you struggle to find time to prepare food for yourself during the day, having some small, protein-based snacks such as yoghurt or nuts on hand can help. Keeping a bottle of water handy is also useful as dehydration can make you feel irritable and tired.

Some parents find themselves snacking on convenience food. We know that setting realistic goals helps. Healthy, home-cooked food for every meal may not be an achievable goal so make sure to cut yourself some slack.

Set goals for your family that are manageable and allow for something easier, such as eggs on toast or toasted sandwiches, on difficult days.

Exercise

For some people, regular physical exercise is highly beneficial. We know that it can increase serotonin levels - a hormone that contributes to general happiness and wellbeing. We also know that getting out of the house into fresh air and sunshine can lift mood and boost vitamin D.

However, setting achievable goals is important. These goals depend on personal circumstances, previous exercise history and physical recovery from birth.

It can be helpful to schedule in exercise time. When your baby is small, this could be as simple as aiming for a short walk in the morning with the baby in the pram.

For some mums, childbirth impacts on pelvic floor function. Physiotherapists can help with assessment, treatment and strengthening exercises if this is an issue. If you have any concerns about your physical recovery, it is important to consult a doctor before you undertake any strenuous exercise after birth.

Exercise may also mean something gentler to some people, such as breathing exercises, meditation or a yoga class. Some people find these beneficial.

Many websites and phone apps provide short guided meditations or relaxation exercises, some specifically for new parents.

Social network

Being at home with a baby after years of being in a busy workplace can be an isolating experience for some parents. New and existing social networks can help you feel connected to other adults.

New mothers' groups and playgroups are one avenue. Others include free activities, such as story time at the local library, while other people seek connection through online groups, such as supportive Facebook pages. If you are struggling with postnatal mental health issues, there might be a supported playgroup you may be able to attend in your area. These are often run by a health worker or social worker and attended by other parents who have been struggling.

Time out

Time out means different things to everyone. But in general, it is important that parents who are primary carers have a break from the caring role at times. We speak to many parents who experience barriers to this. Sometimes the barrier is a time constraint, sometimes it is driven by a parent feeling guilty or feeling like they shouldn't need time out from their family.

Some families find the best way to create time out is to structure it i.e. a set time or activity each week for the primary carer.

The additional benefit is that the other parent or carer gets one-on-one time with the baby or child, which can also help with their bonding and confidence.

Generally, a parent needing time to themselves gets most benefit if the rest of the family is out of the house, or if the parent can go out themselves. Some ideas for nurturing time out are:

- A class or activity outside the home
 - Engaging in a hobby/craft that is enjoyable
 - Taking a relaxing bath
 - Going for a walk
 - Going shopping
 - Listening to music
 - Reading a book/magazine
 - Watching a movie

- Meeting friends for a coffee/lunch/dinner/drink
- Having a massage or pedicure.

Self-compassion

Finding the space for self-compassion and gentleness can be hard for parents who are irritable, tired and under pressure. We hear from parents who have set high standards for themselves and carry that attitude into parenthood. This might leave little room for mistakes or self-compassion when things don't go to plan. Some people refer to this as perfectionism.

In addition, many parents have certain expectations of how parenting will be. If and when the realities are different, it can trigger feelings of frustration, fear and even grief for what might have been. When we practise self-compassion, we allow these feelings and reactions to come up and create room for acceptance of them without harsh judgement or criticism. In essence, we give ourselves the same kindness and care we would offer a good friend if they were struggling.

Mental health/professional support

For parents, recognising that you are struggling is the first step. For some, this may manifest as obvious symptoms of anxiety, depression or other issues such as obsessive compulsive disorder. For others, it may be more subtle, just a sense of not quite coping, feeling low in energy or not feeling yourself.

Callers to the helpline often comment on their relief at being able to talk about what is on their mind. For some people, it is helpful to talk to family or friends. But often, for varied reasons, this is not helpful or possible.

Discussing your concerns with a mental health professional or a helpline such as PANDA is a good option in these cases. It is helpful, if possible, to build a positive relationship with a local GP. New parents with babies often visit their GP for the baby's sake but we encourage callers to connect for their own sake too. GPs are often the first point of professional contact for mental health concerns.

Self-care is partly about reaching out to others when we need it. There are other options for professional support beyond a GP – facilitated playgroups, psychologists and counsellors – that your GP or PANDA can help you access.



PANDA National Helpline
1300 726 306
M-F 9am - 7.30pm AEST/AEDT



info@panda.org.au



panda.org.au
howisdadgoing.org.au



Join us to have a chat about mental health and wellbeing in rural Australia

A Rural Minds Workshop is a relaxed way to learn about mental wellbeing and resilience for your community, your family, friends, and yourself. Designed for rural and remote communities, and delivered by people who know what it's like out here, Rural Minds is just good, solid, practical, information without all the bull...dust.

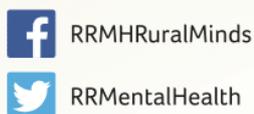
The workshop will:

- Improve your awareness and understanding of mental health issues
- Make the connection between mental health and personal safety
- Give you the confidence, strategies and pathways to supports to help you preserve your mental health and that of your family and friends.

Topics covered will include:

- Stigma around mental illhealth
- Risks to mental health
- Anxiety and Depression
- Destructive Thinking
- Acute Stress and PTSD
- Dementia
- Suicide
- Alcohol, drugs and mental health
- Relationships
- Financial Stress and Succession
- Strategies to build and maintain mental health
- Mental health supports

To find out about a Rural Minds workshop for your area, contact Jo Drayton
email: JDrayton@Holyoake.org.au phone: 0436 000 514



Southern Cross Coffee Lounge

Friday 8th November

4pm—8pm

Fish & Chips

\$16.50

(Australian caught Barramundi)

(1 serve = 2 x fish & 1 x chips)

Extras available

Chicken Nuggets	\$1.00 each
Chiko Rolls	\$3.80 each
Crab Sticks	\$2.80 each
Squid Rings	\$1.20 each
Crumbed Prawns	\$2.00 each
Pineapple Fritters	\$2.50 each
Potato Scallops	\$1.50 each
Seafood Basket	\$20.00

Phone orders: please ring 0475 190 350





STUART ANTHONY

9049 1324
0438 088 728

stuart@shacelectrical.com.au

PO Box 126 Southern Cross WA 6426

**DOMESTIC • COMMERCIAL • INDUSTRIAL
MAINTENANCE • AIR CONDITIONING**

Summer is coming!!!!

For all your air conditioning needs contact:

SHAC Electrical Services

**Over 15 years experience in Servicing and maintenance
of all brands of evaporative air conditioning
Supply / install, service and maintenance of
split air conditioners**

Get In now before it gets too hot





SHAC
ELECTRICAL SERVICES
EC008101 AU40285

ABN: 60119819490

Stuart: 0438088728 Heather: 0438088721

stuart@shacelectrical.com.au OR admin@shacelectrical.com.au

*** DOMESTIC * COMMERCIAL * INDUSTRIAL * MAINTENANCE**
*** MINING * AIR CONDITIONING * TV ANTENNAS**

Stoves, Ovens, Hot water Systems and household appliance installation and repairs

Energy saving and LED lighting solutions

TV antennas and vast system installations

Data, phone and communications,

Bore Pumps and Reticulation

Electrical safety, tagging and RCD checks

Supply and install of split Air Conditioning

Service and repair of evaporative air conditioning

All Rural electrical installations and maintenance

Pool and spa equipment install, service and repair

Generators, mobile electrical plant and power supplies

Trenching, Lighting Tower and Genset

RCD's, Smoke alarms, Rewires, Earthing and switchboard upgrades

A locally owned business in

SOUTHERN CROSS

Committed to supporting local businesses and organisations



Morrison Government standing by Australia's farmers

18 October 2019

Improvements to the Farm Household Allowance (FHA) introduced by the Australian Government will help more Durack farmers and pastoralists through tough times including drought.

Member for Durack Melissa Price said the government had listened, and was increasing support through the FHA, recognising that in a country of extremes access to FHA maybe required more than once in their lives.

"Minister for Agriculture, Bridget McKenzie, has listened to the concerns of our community and is extending farming families' access to the FHA to four years in every 10," Ms Price said.

Other changes will lift the amount families can earn off-farm to \$100,000 a year in recognition of the reality that much of the income earned off-farm goes straight to servicing debt as well as allow farmers to count income from agistment against their losses.

"A one-off drought relief payment of up to \$13,000 for a farming family, and up to \$7500 for an individual, is designed to help people with decisions about whether they will be sustainable, should look at succession options or, in some instances choose to sell," the member for Durack said.

"We don't want our local farmers to have to worry about how they're going to pay the next bill, we want them to be able to focus on what they do best which is producing fantastic, clean, green product," Ms Price said.

The Morrison Government is standing by Australia's farmers. We're delivering these improvements as soon as possible to make sure our farming families and pastoralists in Durack can access much needed support.

The FHA has been supporting Australian farmers since July 2014. It has paid more than \$365 million to around 12,700 recipients in that time.

The Bill introduced to the House of Representatives amends the *Farm Household Support Act 2014* and the *Farm Household Support Minister's Rule 2014*.

Ends:

Media contact:
Rose Crane; 0427 587 395, rosemea.crane@aph.gov.au



New grants available for swimming programs in Durack

18th October 2019

The Federal Member for Durack Melissa Price is encouraging local community groups to apply for new swimming grants.

The grants will enable or improve opportunities for organisations with the capability to provide or facilitate the provision of swimming and aquatics activities including but not limited to learn to swim, water safety, aquatics fitness or play and competitive swimming programs and activities. The grants may, for example, assist people with disabilities and or from diverse backgrounds, to enjoy this great Aussie past-time.

Working in partnership with Swimming Australia, the Community Swimming Grants Program allows organisations the opportunity to apply for grants of up to \$10,000 and has been delivered as part of the Morrison Government's \$28.9 million **Move It AUS – Participation Grants Program**.

"Swimming is a big part of our way of life in Durack and is a great way to stay active and healthy at any age," Ms Price said.

"However, some people in our community need a bit of extra support to be able to enjoy the benefits of swimming, particularly if they have a disability or don't have a strong swimming culture in their family. These new Community Swimming Grants provide a great opportunity for local community groups to get funding to share the love of swimming with more people in Durack," Ms Price said.

This Morrison Government initiative is aiming to make swimming as accessible as possible so more Australians could benefit from sport and physical activity. Within this program, grants may be used to subsidise the costs associated with delivering swimming and aquatic activities such as entry fees, lane hire or membership fees.

The Move It AUS Participation Grant Program is already delivering 62 projects across the country to provide great new ways to get more Australians moving.

For more information and to apply for Swimming Australia's Community Swimming Grants Program, go to www.swimming.org.au/community-swimming-grants.

Ends.

Media Contact:

Ms Price – Rose Crane 0427 587 395

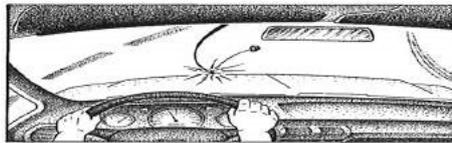
Make the most from your fertilizer investment



As your local Area Manager, Kobus Marais is keen to assist you with all of your fertilizer decisions this season.

So whether it's soil testing, nutritional advice, fuel gauges, or simply an on-farm appointment to discuss your requirements, give Kobus a call today.

Mobile: 0427 766 508 Email: kmarais@summitfertz.com.au



Coming to Southern Cross

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

will be in **SOUTHERN CROSS** on the

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

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

FOR ALL BOOKINGS PHONE GRANT DIRECT ON 9041 1592

Plus you can see GRANT for all your
Smash Repair Quotes, either Insurance or Private.



For all your Maintenance & Repairs

Harvester / Tractor
Chaser / Field Bin
Truck / Trailer
Mechanical / Hydraulic / Electrical

Located in the Yilgarn – We Come to You

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

Real Estate

House for Sale

**11 Omega Street, SX - \$120,000.00 neg
(all offers considered)**

A neat and tidy three bedroom, one bathroom home waiting for its new owners.

Built in 1987, this well-loved home features:

- Large sunroom / enclosed verandah with tile fire on the southern side of the house
- Ducted evaporative air conditioning
- Electric HWS
- Single car garage
- Large established trees in backyard
- Landscaped gardens at the front
- Near new stove
- Immaculate lounge room

A great house that would suit first home buyers, retirees, employee accommodation and young families.

Currently rented.

Enquiries – Karen Teale:

(08) 90491 078

or

0428 491 079

**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

Pioneers of Yilgarn

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

Tonkin, Lily: Lily had the misfortune to lose her husband in a mining accident during 1905. She wrote a heartfelt letter in the local newspaper and donated his tools to his workmates so they could remember him. Lily then obtained employment as school teacher at Southern Cross State School to support herself and two children in the days before social security. She was frequently under notice from the Education Dept for her efficiency and condition of the classes under her charge. In 1912 she transferred to Mount Erin School and later remarried. We wish her well.

Toomey, Michael: Part of the Phoenix party which discovered gold at Southern Cross. Toomey was the bushman and guide for Tom Riseley. He was the actual finder of the first gold at Southern Cross but had to share equal billing in history with his leader, Tom Riseley. A marvellous bushman, Toomey also discovered gold at Toomey Hills in South Yilgarn. He went on to discover the Mount Ida goldfield north of Kalgoorlie, where he committed suicide while on a bender.

Tron, Adam: Adam was an early arrival at Southern Cross and set up a boot-making shop. His trade was important in the days when everyone walked. He made boots for ten years, starting from scratch to build each boot meticulously. He died at a young age in 1902 and is buried in our local cemetery.

©Lance Stevens

Services Listing

R.J.S Labour Services

Rob Southall

Home: 9049 5313

Mobile: 0487 834 002

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

Deon & Leah King

0428 412 018

PO Box 313

Merredin WA 6415

State Licence No. 4294

Phone/Fax: 9041 2018

Registration No. 311

Services Listing space available!

Please contact the CRC for
further information.

9049 1688

crc@yilgarn.wa.gov.au

SOUTHERN CROSS MOTOR MART

VEHICLE SERVICING
GENERAL MECHANICAL REPAIRS

AUTO ACCESSORY SHOP

BELTS~BRAKES~SUSPENSION~EXHAUST~FILTERS~OILS

STIHL DEALER

24 HOUR

TILT TRAY TOWING SERVICE

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

Website: www.sxtas.com.au

Tyres; Car, 4WD, Truck, Agricultural &
Earthmoving

Hydraulics, Automotive Parts & Servicing,
Agriculture, Mining, Kalexpress Freight
Depo, BOC Gas & Elgas Agents, Vehicle
& Equipment Hire.

Find Us on Facebook!

Calendar of Events

Wed 30 Oct	Merredin Veterinary Clinic visiting in Sports Complex changerooms
Mon 4 Nov	OPSM in town @ Southern Cross Hospital
Mon 4 Nov	REED–Yilgarn reopening @ 43 Spica Street, 1–6pm
Tue 5 Nov	HAY AGM & General Meeting
Thu 7 Nov	Free Emotional Wellbeing for Youth info sessions @ CRC (see page 10 for details)
Wed 20 Nov	Eastern Districts Panel Beaters in town
Thu 21 Nov	Pat & Chat Mobile Vet in town
Wed 27 Nov	Merredin Veterinary Clinic visiting in Sports Complex changerooms
Fri 29 Nov	Carols by Candlelight @ Rotary Park 7pm
Sun 1 Dec	Shire of Yilgarn Seniors' Luncheon
Sat 7 Dec	Christmas Markets at Community Centre 9am–12pm
Tue 17 Dec	Pat & Chat Mobile Vet in town
Wed 18 Dec	Eastern Districts Panel Beaters in town

Regular activities

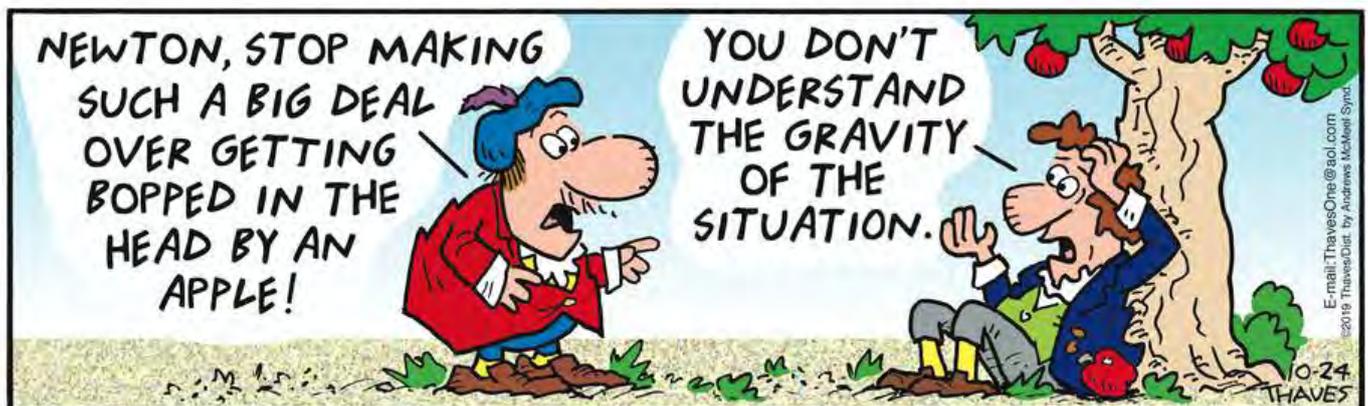
HACC activities Mondays & Wednesdays @ SX Hospital
 Yoga Tuesdays at the Complex Lounge 5:30pm

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	12 December

Recycling Days

November 8
 November 22
 December 13
 December 27
 January 10
 January 24



Frank and Ernest by Thaves