

CROSSWORDS \$1



Christmas Markets Saturday 7th December 2019

9.00am-12.00pm

*** doughnuts ** BBQ brunch ** stalls & swap meets **
** special visit from Santa! ***

STALLHOLDERS STILL WANTED!
Contact the CRC for more details!

Support your local businesses this Christmas!

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

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
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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
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.

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.



SX Hardware & News
and
The Shire of Yilgarn

DECK THE HOUSE
CHRISTMAS LIGHTS COMPETITION
2019

Tuesday 10th December 2019

Get decorating!

There are two (2) x \$100 gift vouchers to be won!

An invitation is extended to all residents in
Southern Cross.

*Registrations required for out of Southern Cross town site areas



THE BIGGEST, TALLEST, WACKIEST, WILDEST AND FUNNIEST SHOW

OUTBACK COMEDY FESTIVAL

DECEMBER 12

BYO
DRINKS &
NIBBLIES



**DOUG
CHAPPEL**

Footscray



IZZY ALI

Somalia/Victoria

STARRING



**Cameron
McLaren**

Midland

**AND
FEATURING**



**'Dools'
DOOLIEMAN**

Lost

**Southern Cross Recreation Centre Lounge
Doors open 6:30pm Show starts 7:00pm
Gold coin donation at the door for RFDS**

Your WA Pension Free Travel is going digital

From January 2020, Transwa will maintain digital Pensioner Free Travel entitlements for registered WA concession cardholders. Centrelink and the Department of Veterans' Affairs (DVA) will no longer send you WA Free Trip Vouchers with your new concession card.

Register now with Transwa

Please complete the registration form on the back of this leaflet and return to Transwa with a copy of both sides of your pensioner concession or DVA Gold card.

Mail the form and card copies to the address below (no stamp required):

**Transwa
Reply Paid 85335,
Locked Bag 7,
PERTH WA 6849**

Alternatively, scan and email the documents to concessions@transwa.wa.gov.au or visit transwa.wa.gov.au/Pensioner-Free-Travel to complete your registration online.

Register now to ensure you are ready for your 2020 WA Pensioner Free Travel

What am I entitled to under the WA Pensioner Free Travel scheme?

- All WA pensioner concession cardholders are entitled to one return or two single trips on Transwa services each calendar year.
- DVA Gold Health cardholders have additional free travel entitlements. Visit the Transwa website to find out more.
- WA residents living above the 26th parallel should contact the Department of Transport for details of their travel entitlement. Visit transport.wa.gov.au/aboutus/pensioner-free-trip-scheme.asp

How do I book my free travel?

Once registered, bookings on Transwa services can be made online, by visiting a Transwa Booking Centre, or one of our accredited ticketing agents, or by calling Transwa on 1300 662 205.

Registration and booking in advance of your intended travel date is required.

Where can I get more information?

More information is available from Transwa and the Department of Transport:

Transwa
1300 662 205
concessions@transwa.wa.gov.au

Department of Transport
1300 660 147
travelsubsidies@transport.wa.gov.au

Register Now!

1300 662 205 | transwa.wa.gov.au



COMMEMORATIVE PAVERS AND MEMORIAL GARDEN

ORDERS CLOSING SOON - 9TH DECEMBER 2019

St Joseph's School, in conjunction with our P&F Association, would like to invite you to be a part of an exciting initiative. As part of our new memorial garden, which is due for completion by the end of 2019, we would like to offer you the opportunity to purchase personalised engraved brick pavers to be placed at the entrance of the school and will link in with the memorial garden.

These pavers will be a timeless gesture, having your family remembered for years to come within the school grounds.

All orders and payments need to be received no later than Monday, 9th December 2019. The official opening of the commemorative pavers will take place during Term One 2020.

Please share this initiative with past families and staff who have been a part of the St Joseph's Southern Cross community.

Forms are available from the school website (look under 'News & Events' menu) to complete electronically and download, as well as from the school office. Please email all completed forms to admin@stjoessex.wa.edu.au or post order forms to PO Box 89, Southern Cross 6426.

If you have any questions, feel free to contact the school office on 9049 2100.

COMMEMORATIVE PAVERS AND MEMORIAL GARDEN PAVER FORM

St Joseph's Catholic Primary School Southern Cross

We are inviting our valued parents, staff and families of St Joseph's Catholic Primary School Southern Cross to purchase personalised engraved brick pavers to be placed at the entrance of the school as a connection to our new Memorial Garden. It will be a timeless gesture, having your family remembered for years to come within the school grounds.

OFFER 1: \$50
INDIVIDUAL PAVERS

Your donation of \$50 or more entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed next to our memorial garden.

OFFER 2: \$90
DOUBLE PAVERS

Your donation of \$90 or more entitles you to have your name engraved into two pavers as a lasting record of your valued support. The pavers will be permanently installed next to our memorial garden.

Simply fill out this form and return along with full payment by cheque, cash or direct transfer. 51 Altair Street, PO Box 89, Southern Cross 6426

BSB: 086 006 Account: 544597394

Payment Options Available:
Cash, Cheque
Direct Bank Transfer

Contact Name (First and Last) _____ Phone _____
Street Address _____
Email _____ Number of bricks _____ TOTAL PRICE _____
 Cash Cheque Direct Bank Transfer _____
Your Direct Debit Reference _____

All orders and payments to be received by Monday, December 9 2019
For engraving details please complete the form on the reverse.

Please copy and pass on to any friends & family WE NEED YOUR SUPPORT

Signature Engraving - www.signature-engraving.com.au v2.0

COMMEMORATIVE PAVERS AND MEMORIAL GARDEN FORM

St Joseph's Catholic Primary School Southern Cross

OPTION 1 – SINGLE PAVER \$50 – MAX 16 CHARACTERS PER LINE
Please print clearly using ALL CAPITAL LETTERS. Three lines per paver.
Each box represents a character (letter, number, punctuation mark or space). No hand drawings.

LINE 1 [Grid]
LINE 2 [Grid]
LINE 3 [Grid]

MULTIPLE PAVER – MAX 14 CHARACTERS PER LINE
Please print clearly using ALL CAPITAL LETTERS. Three lines MAX per paver.
Each box represents a character (letter, number, punctuation mark or space). No hand drawings.

PAVER 1
LINE 1 [Grid]
LINE 2 [Grid]
LINE 3 [Grid]

PAVER 2
LINE 1 [Grid]
LINE 2 [Grid]
LINE 3 [Grid]

IMPORTANT: Please fill out one order form for each individual brick option you are purchasing.
Example 1 – purchasing 3 x Option 1 – Fill in three separate order forms.
Example 2 – purchasing 1 x Option 1 and 1 x Option 2 – Fill in two separate order forms.

Post order forms to 51 Altair Street, PO Box 89, Southern Cross 6426
Email: admin@stjoessex.wa.edu.au

Office use only:
Date payment received: _____
Payment via: _____
Order no: _____

All orders and payments to be received by Monday, December 9 2019

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 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
- SAT 07/12/19 SOCIAL TENNIS
3PM START
BBQ TEA– SHARED SALADS
- SUN 15/12/19 HIGHSCHOOL TOURNAMENT
SPONSORED BY JRB INSURANCE
HAMBURGER TEA
ENTRIES TO LIB BY 13/12/18

Garage Sale 91a Antares Street Going Cheap or Free Sunday 17th November starting 8 a.m.

Garden Seat, Plants/pots/seeds/fertiliser, Geraldton Wax plants, Freesia bulbs, Wheelbarrow, Garden rake, 2 door brown wardrobe, Single old-fashioned mirror wardrobe, medium sized metal trunk, 2 x Recliner chairs, 240v table lamp, FridgeFreezer large, Soupmaker machine, Slow cooker, Tables, auto rear seats x 2, Kitchen stuff – bowls, mugs, rolling pin, jars.

1995 BMW 318i Sedan - Reliable car, Rego Feb 2020 \$1300 ono

Plus other stuff . .

Phone: 0449257492 Robyn

Yilgarn Bowling Club

- Mens
NOVEMBER
- 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

- DECEMBER
- Sun 1 Club Day
- Sat 7 Pennants—Westonia V Yilgarn, Westonia
- Sun 8 Club Day
- Sat 14 Pennants—Merredin Red v Yilgarn, Merredin

- Ladies
NOVEMBER
- Sun 17 Westonia Open Day
- Tue 19 Social Bowls
- Tue 26 Pairs Championships
- Sat 30 Champ Champ Fours Narembeen

- DECEMBER
- Tue 3 Singles Championships
- Fri 6 Corrigin Carnival
- Tue 10 Social Bowls
- Sat 14 Champ of Champ Singles @ Westonia

WANT TO PLACE A RENTAL OR HOUSE FOR SALE ADVERT?

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

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



A reminder to all seniors that have received an invitation to the 2019 Seniors' Luncheon to please RSVP by Friday 15th November to: **9049 1001** or

aso@yilgarn.wa.gov.au



Bayer CropScience Pty Ltd
ABN 87 000 226 022
Level 1, 8 Redfern Road
Hawthorn East Vic 3123
Australia
Tel. +61 3 9248 6888
crop.bayer.com.au

News Release

St John Ambulance in Southern Cross receives \$5,000 donation from Grow4Good Program

Australia, October 2019 – There were bright smiles all round as Yilgarn Agencies (Landmark Southern Cross) raised \$5,000 for St John Ambulance Southern Cross through the Bayer & Landmark Grow4Good program. Bayer supported Yilgarn Agencies by donating a dollar amount for every pack of Precept and Velocity sold during the fundraising period, raising \$5,000, with the challenge receiving amazing support from the community.

Pictured proudly displaying the cheque are Gary Kenward of Yilgarn Agencies/Landmark Southern Cross and Natalie Treadwell of St John Ambulance Southern Cross with Glen Bradley representing Bayer also in attendance.

Gary Kenward said: “The local St John Ambulance group in Southern Cross provides a fantastic emergency care service to sick and injured persons. They need donations like this to help maintain the service”.

Glen Bradley added: “Gary and the team are keen supporters of the local St John Ambulance and we’re happy to lend our support with the Grow4Good program”.

Ben Thompson, National Key Account Manager at Bayer, commented: “It is clear that our customers are committed to their communities and it’s great that the Grow4Good program has made a major contribution to the already fantastic fundraising efforts of dedicated locals”.

ENDS

Image (L to R): Gary Kenward (Yilgarn agencies/Landmark Southern Cross), Natalie Treadwell (St John Ambulance Southern Cross) and Glen Bradley (Bayer).



FAMILY COUNSELLING SERVICE

WHEATBELT AGCARE

COMMUNITY SUPPORT
SERVICES INC.



Shires Serviced:

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

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*

WHEATBELT AGCARE.

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

Supported by the Shire of Yilgarn



Shire of
YILGARN

"good country for hardy people"



WHEATBELT CANCER SUPPORT.

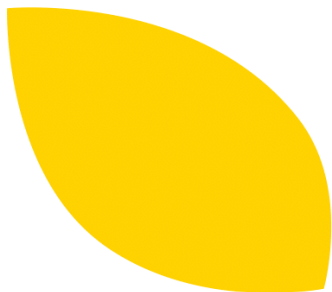
**Are you affected by cancer, or do you care for someone who is?
Would you like an opportunity to talk to someone about what
support is available?**

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

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

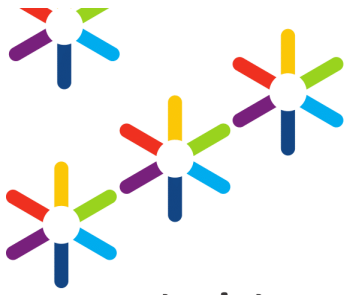
Please call **Barbara on 08 9621 1810** if you would like to discuss:

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

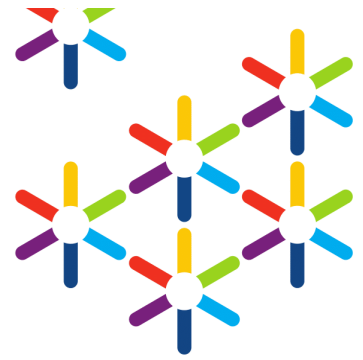


We're your compass through cancer
call us on 13 11 20





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



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



Perinatal Anxiety & Depression in Men

Pregnancy and the first year of parenthood (the perinatal period) is an exciting time that also brings many new challenges and responsibilities. It is now recognised that around 1 in 20 men¹ experience depression during pregnancy (antenatal) and up to 1 in 10 new dads² struggle with depression following the birth of their baby (postnatal). Anxiety is just as common and many men experience anxiety and depression at the same time. It is important to know that help is available and the earlier help is sought the better the outcome for dad and baby.

Symptoms of Anxiety and Depression

While it is normal to experience some anxiety about the arrival of a baby, for some men fatherhood brings unexpected and unwelcome thoughts and feelings that can interfere with their enjoyment of being a dad.

If you are worried or concerned about yourself or your partner, it is a good idea to talk to your GP or call PANDA's Helpline. Getting the right help early leads to a faster recovery. It is important not to ignore or 'brush off' symptoms as something you just 'have to live with', as left untreated the problem can get worse. As a general rule, seek help if symptoms last longer than two weeks.

Signs and symptoms of perinatal anxiety and depression can include:

- Constant tiredness or exhaustion
- Ongoing headache and high physical stress levels e.g. muscle tension
- Loss of interest in sex
- Changes in appetite
- Sleep problems (unrelated to baby's sleep)
- Ongoing irritability, anger or moodiness
- Emotional withdrawal from your partner, baby, family, friends

- Fear of caring for baby
- Not wanting to communicate with your partner, family and friends
- Feeling isolated
- Using alcohol or drugs to 'escape' or cope
- Suicide thoughts and behaviours.

What's it Like for Men?

People often think that depression is a form of extreme sadness, characterised by a low mood or constant crying. In fact, anxiety or depression can lead to a very agitated state of mind in some people. Men with depression may feel wound up, frustrated, or unable to relax – a feeling sometimes described as 'like being trapped', or 'pacing in a cage'. They can have outbursts of anger or rage that are 'not in character', leading to feelings of shame or guilt. It is important to recognise these symptoms as signs it may be time to get some help, and not let them simmer away or keep them bottled up.

Who Might be More at Risk?

Men from all walks of life, and all cultures, even those who generally feel confident and assured, can experience anxiety or depression as part of becoming a parent. However, men who feel unsupported or who lack information about what to expect with pregnancy or childbirth may be at increased risk³.

Up to 1 in 10 new dads struggle with postnatal depression.

¹ Deloitte Access Economics. The cost of perinatal depression in Australia Report. Post and Antenatal Depression Association 2012.

² Paulson, J.F. & Bazemore, S. D. (2010). Prenatal and postpartum depression in fathers and its association with maternal depression: A meta-analysis. *JAMA*, 303(19), 1961-1969. (doi:10.1001/jama.2010.605)

³ Boyce et. al. First-Time Fathers' Study: psychological distress in expectant fathers during pregnancy. *Australian and New Zealand Journal of Psychiatry* 2007; 41:718-725

Don't try to 'take on everything' or solve every problem.

Factors that contribute to risk include:

- A previous history of anxiety or depression
- A history of childhood trauma or family conflict
- Sleep deprivation and its impact on family and working life
- Relationship stress/problems: It is common for men's sex lives to change after having a baby, but men may not always anticipate or understand this change⁴. A new mother is often very emotionally involved with or focused on the baby. It is also a physically demanding time for her and this can reduce her desire or energy for sex. Men can experience feelings of resentment or anger towards their partner or the baby as a result of these changes⁵. They can also feel lonely and isolated
- Lack of available/ acceptable supports or networks
- Supporting a partner with perinatal anxiety or depression can trigger a range of difficult emotions, including confusion, fear and helplessness. These feelings can negatively impact men's own well-being.

(For more information, see the PANDA FACTSHEET **Caring for Someone with Perinatal Anxiety & Depression**)

Getting Help

The steps to getting help are:

- **Understand the problem:** recognise the risks, symptoms or signs. As a general rule, symptoms that last for more than two weeks should be checked out with a health professional.
- **Act on these early:** the longer the problem is left, the worse it can get. It is courageous and honest to admit that you need help.

Who You Can Talk To

- Your GP can assess your physical and mental health and refer you to a specialist or an appropriate service if needed. There are medical treatments for anxiety and depression such as medication and counselling and peer support (talking to other fathers). **If you do not get the support you need, seek a second opinion**

- The PANDA Helpline can provide support, information and referrals
- The **How is Dad Going?** website provides information specifically for men adjusting to fatherhood
- Mensline is a men's mental health service with 24 hour 7 day telephone support: 1300 78 99 78.

Tips for Looking After Yourself

- Recognise that having a baby brings many unexpected changes for you and your partner: give yourself time to adjust.
- Life might be different, but being a dad is also a wonderful experience. Take some time getting to know your baby.
- Don't try to 'take on everything' or solve every problem: you are part of a team.
- Keep in touch with your mates and helpful family members: good mates are especially important at this time.
- Keep well and fit, and look after your health with good food and exercise.
- You don't need to deal with this alone. If you think you need some help or support, don't be afraid or ashamed to ask. Your health and wellbeing is important to your baby.

⁴ Condon, J.T. et. al. The First-Time Fathers Study: a prospective study of the mental health and wellbeing of men during the transition to parenthood. *Australian and New Zealand Journal of Psychiatry* 2004; 38:56-64.

⁵ See e.g. Condon, J., 2006. What about dad? Psychosocial and mental health issues for new fathers. *Australian Family Physician* 35, 690-692.

PANDA
Perinatal Anxiety &
Depression Australia



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.

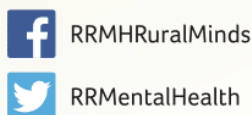
The workshop will:

- 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



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& PHYSICIANS

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PHONE: 9041 1734 FAX: 9041 2791

NEXT VISITING DATE **WEDNESDAY NOVEMBER 27**

PLEASE CONTACT OUR OFFICE ON
9041 1734 TO MAKE APPOINTMENTS

SOUTHERN CROSS CLINIC DATES 2019

LOCATION: Always Side Football Change Rooms Rec. Grounds



MOBILE VET

Dr Andrea Roberts

PO Box 543 MERREDIN WA 6415

Phone 0428212945 ABN 23036138418

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Tuesday 17th December

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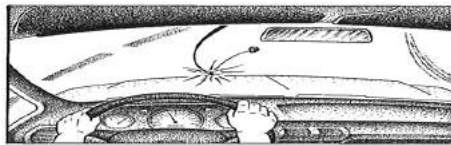
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Chris Hanretty mb: 0424071760

Mick Hanretty mb: 0437338608

Pioneers of Pilgarn

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

Vanzetti, Eugene: Vanzetti was a far-sighted entrepreneur of the mining industry who charmed Italy out of millions during the 1890's. He set up a syndicate which owned the Golden Pig mine at Southern Cross as well as a large gold treatment plant and battery at Seabrook on the Mortlock River near Northam. 'If unable to take water to the gold, then take the gold to water.' The battery crushed for mines all over the goldfields which did not have their own plant, including the Golden Pig. But freight charges were too high. The Golden Pig went broke and so did the battery. Remains of his private railway linking the Golden Pig to the government line are still visible. His next venture was taking over the abandoned Central mine. This also did not pay as the easily mined stone was gone and the rock at depth too hard for the machinery of the day. Another dream which did not see the light of day was building a private railway from Toodyay to Mount Jackson and Menzies. Vanzetti was a visionary before his time.

Ward, Mr and Mrs. The couple were experienced in running hospitals and were placed in charge of the government (tent) hospital on Memorial Hill during the early 1890's. They left after several years to start a private hospital on lot 696 Polaris Street. The typhoid epidemic was at its height and the position of the hospital being handy as it was close to the cemetery. We owe a debt to medical people of this era who nursed under trying conditions with primitive equipment.

©Lance Stevens

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Calendar of Events

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 10 Dec	Deck the House Christmas Lights Competition judging night
Thu 12 Dec	Outback Comedy @ Rec Centre Lounge—doors open 6:30pm, show starts 7pm
Tue 17 Dec	Pat & Chat Mobile Vet in town
Wed 18 Dec	Eastern Districts Panel Beaters in town
Wed 25 Dec	Christmas Day
Wed 1 Jan 20	New Year's Day

Regular activities

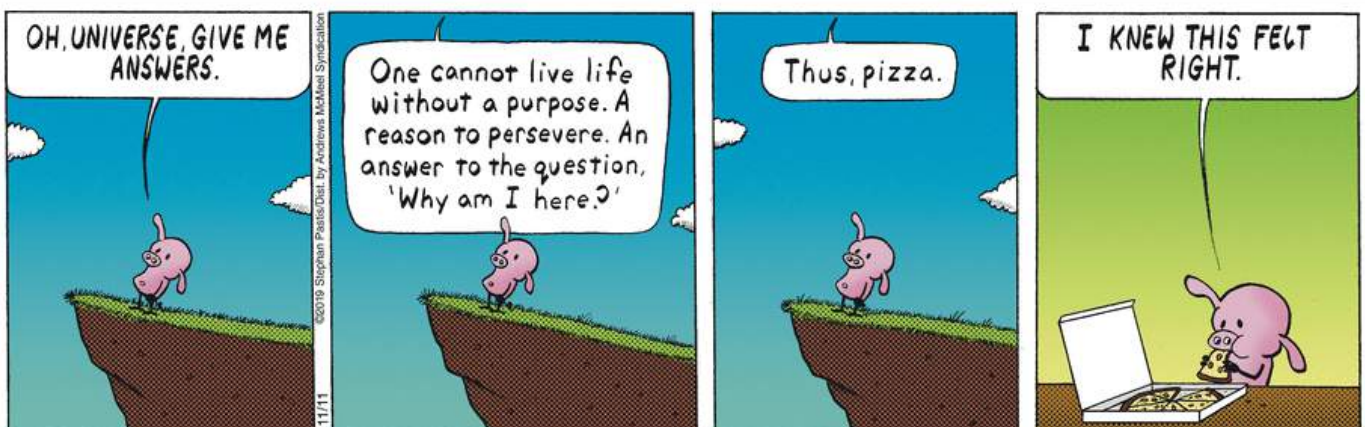
HACC activities Mondays & Wednesdays @ SX Hospital

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	12 December

Recycling Days

November 22
 December 13
 December 27
 January 10
 January 24



Pearls Before Swine by Stephan Pastis