

CROSSWORDS \$1



AUSTRALIA DAY 2020 SUNDOWNER



Sunday, 26th January 2020

Southern Cross Oval

- *Start activities: 4.00pm*
- *Ceremony: 5.00pm*
- *Continue activities*
- *Sausage Sizzle: 6.00pm*
- *Movie: 7.30pm (or when dark)*



****Everyone that attends will be entered into a raffle to win one of 2 x \$100 vouchers to spend at a local business of their choice, donated by Shire of Yilgarn - drawn after award ceremony.**

No Bar—BYO for the movie!

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

2020 Publishing Dates

Deadline 12 noon	Publishing Date
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

If your child does not attend St Joseph's Primary School and you would like them to receive a Sacrament in our parish in 2020, please register your interest with the Kalgoorlie Parish Office (preferably before the end of February). All other things being equal, children typically receive the following Sacraments at the following school year levels:

Year 3: 1st Reconciliation
 Year 4: 1st Holy Communion
 Year 6: Confirmation

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

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.

SHIRE OF YILGARN

2020 COUNCIL MEETING SCHEDULE

In accordance with Section 12 of the *Local Government (Administration) Regulations 1996*, it is hereby notified for public information that the following dates and times have been set for the Shire of Yilgarn's 2020 Ordinary meetings of Council:-

January 2020	No Meeting Scheduled	
Thursday, 20 th	February 2020	Council Chambers Southern Cross
Thursday, 19 th	March 2020	Council Chambers Southern Cross
Thursday, 16 th	April 2020	Council Chambers Southern Cross
Thursday, 21 st	May 2020	Council Chambers Southern Cross
Thursday, 18 th	June 2020	Council Chambers Southern Cross
Thursday, 16 th	July 2020	Council Chambers Southern Cross
Thursday, 20 th	August 2020	Council Chambers Southern Cross
Thursday, 17 th	September 2020	Council Chambers Southern Cross
Thursday, 15 th	October 2020	Mt. Hampton Hall
Thursday, 19 th	November 2020	Council Chambers Southern Cross
Thursday, 17 th	December 2020	Council Chambers Southern Cross

The above meetings are open to the public and commence at **4.00pm**. A 15 minute Public Question Time is allocated at the commencement of each meeting where residents are welcome to ask questions, with or without notice, or raise an issue considered relevant to the operations of Council. In some cases prior notification of a proposed question is considered prudent, particularly if the matter requires some research. Residents are also welcome to attend the whole meeting however, they are not permitted to speak (unless directed by the Shire President) or take part in debate on any agenda item.

Other meetings such as the Annual Meeting of Electors and Special Meetings of Council called for a specific issue are advertised separately.

Peter Clarke
CHIEF EXECUTIVE OFFICER

SHIRE OF YILGARN COMMUNITY STRATEGIC PLAN

REVIEW OF SHIRE VISION

Prior to the conduct of the Community Strategic Planning Workshop, scheduled to be held on Wednesday, 19 February 2020, Council seeks community input into the review of the Shire of Yilgarn's Vision, which will form part of the new Plan.

For resident's information, below is the current Vision and some suggestions that could be considered. Alternatively, Council encourages residents to provide some wording that will state the current and future objectives of the Shire over a 10 year period.

Please submit your ideas to the undersigned prior to the Community Workshop on 19 February 2020.

CURRENT VISION

The Shire of Yilgarn is a strong farming and mining community. We are a progressive Shire where people of all ages love to call home. Tourism is a key industry and local businesses thrive.

PROPOSED VISIONS

We are a resilient community best described by our motto "Good Country for Hardy People". The community and Council will work cohesively to maintain our strong community spirit and build a more vibrant place so that we are a Shire that people want to live, work and invest in.

We acknowledge our strong farming and mining background and will continue to focus on these important industries within our Shire but in doing so, we recognise that our community and people are of significant value to the continued vibrancy and sustainable lifestyle for us all to enjoy.

In recognising our strong history, we also look to the future to ensure that our community remains a vibrant one, where we have the confidence in our ability to build on opportunities for the economic and social wellbeing of our Shire.

The Yilgarn district has a proud agricultural and mining based economy and from this, we celebrate our past achievements and continue to provide opportunities for our residents that will build an inclusive and prosperous community in the future.

Peter Clarke
CHIEF EXECUTIVE OFFICER

REVIEW OF SHIRE OF YILGARN'S COMMUNITY STRATEGIC PLAN

COMMUNITY SURVEY RESULTS

Following the conduct of the Community Survey as part of the review of the Shire of Yilgarn's Community Strategic Plan, the results of the survey have now been compiled and are available in hard copy from the Shire office or can be accessed via Council's webpage www.yilgarn.wa.gov.au.

The results of the survey will be formally presented at the Community Strategic Planning Workshop to be conducted Wednesday, 19th February 2020.

Council encourages residents to view the survey results in order that they are aware of the outcomes prior to attending the Planning Workshops.

Peter Clarke
Chief Executive Officer

REVIEW OF SHIRE OF YILGARN'S COMMUNITY STRATEGIC PLAN

PUBLIC WORKSHOP

WEDNESDAY, 19 FEBRUARY 2020

As part of the review process for the Shire of Yilgarn's new Community Strategic Plan 2020 - 2030, a Public Workshop has been scheduled for **Wednesday, 19 February 2020** commencing at **6.00pm** in the **Shire Council Chambers**, Antares Street, Southern Cross

At this Workshop, the results of the Community Survey conducted in late 2019 will be presented and further feedback will be sought from the community as Council develops its planning for the period 2020 – 2030. Following the outcomes of this Workshop, Council will develop a Draft Community Strategic Plan and present it to the community for further feedback.

Council is required to adopt this Plan and other associated documents prior to 30 June 2020. Council looks forward to residents input into the development of the Plan.

At the conclusion of the Workshop a light supper and refreshments will be provided.

Peter Clarke
Chief Executive Officer

ANNUAL ELECTORS MEETING 2018/2019 FINANCIAL YEAR

Pursuant to section 5.29(1)(a) of the Local Government Act 1995, notice is hereby given that the Annual Meeting of Electors of the Shire of Yilgarn will be held on **Tuesday, 11 February 2020** in the Council Chambers, Antares Street, Southern Cross commencing at **6.00pm**.

The Order of Business will be as follows:-

1. Attendance and Apologies
2. Confirmation of Previous Minutes

Minutes of Annual Electors meeting held on Thursday, 21 March 2019.
3. Adoption of the Annual Report and Financial Statements for the 2018/2019 Financial Year.
4. Adoption of the 2018/2019 Auditor's Report
5. Adoption of the Shire President's Report
6. Adoption of the CEO's Report
7. General Business or Other Business at the Discretion of the Shire President or as approved

by the Electors present.
8. Closure

A copy of the Annual Report is available on the Shire of Yilgarn's website www.yilgarn.wa.gov.au.

Electors wishing to ask questions that require research are asked to submit same in writing by **Wednesday, 5 February 2020**.

Peter Clarke
Chief Executive Officer



The students visited the Bruce Rock Health Centre to chat with local GP, Dr Caleb Chow, and find out more about practising in a country town.

Attracting future doctors to rural practice

Wheatbelt Medical Student Immersion Program TUESDAY 10 TO FRIDAY 13 MARCH 2020

Opportunity to billet medical students

From Tuesday 10 to Friday 13 March 2020, 200 medical students from Curtin Medical School and The University of Notre Dame Australia Fremantle School of Medicine will participate in a rural immersion experience in Bruce Rock, Cunderdin, Corrigin, Kellerberrin, Merredin, Moora, Narrogin, Southern Cross and Westonia.

Students will be billeted with local residents who can provide them with valuable first-hand experience of rural life and issues. During their stay, students will experience a farm safety course and visit local general practices, hospitals and schools. On their final night in your town, the students will host a community dinner to say thank you for your generosity and support.

If you live within 20 kilometres of the listed towns, would like to be part of this unique experience and can billet two or more medical students from Tuesday 10 to Friday 13 March 2020, please contact your local shire.

For further information about the program, please contact:

Betony Dawson

Project Officer – Workforce Solutions
Rural Health West

T 08 6389 4567

E betony.dawson@ruralhw.com.au



THE UNIVERSITY OF
NOTRE DAME
AUSTRALIA



WAPHA
WA Primary Health Alliance



Coming up this year....

**WINDOW TO THE REGIONS PROJECT
- SOUTHERN CROSS -**



**FOLLOW - UP
WORKSHOP**



*Tuesday 11th February
5pm - 7pm
Southern Cross CRC*



Please bring small prints of your photo story and also
your high resolution images on thumbdrive

EXPRESSIONS OF INTEREST WANTED!

BUSINESS TRAINING & HELP

This year we want to help our local businesses, or people wanting to start new businesses.

The CRC is able to get facilitators in to assist with information for new business start ups, social media for business, bookkeeping and administration workshops and more.

Please let the CRC know if this is something you'd be interested in with a few suggestions of what would help YOUR business!

TRAINING OPPORTUNITIES

Along with helping our businesses, the CRC would love to assist people to learn new skills and knowledge to help them gain employment or improve on their current skills. Some courses we may be able to get facilitators for are: new to computers, Microsoft Office training, bookkeeping and more.

Please let the CRC know if this is something you'd be interested in.

crc@yilgarn.wa.gov.au or 9049 1688



Wheatbelt Agcare



Southern Cross
Community
Resource
Centre

Mindfulness Workshop

COME ALONG AND EXPERIENCE THE BENEFITS OF MINDFULNESS.
LEARN SKILLS TO USE IN EVERYDAY LIFE.

Benefits to the community:

Mindfulness has been implicated in improved emotional regulation and wellbeing. It can assist with your sleep and help you manage stress and anxiety. Interestingly it has also been shown to assist people with various medical conditions such as high blood pressure, chronic pain and some gastrointestinal difficulties.

Other:

This is a fully immersive workshop so please wear comfortable clothes, leave your phone turned off, and be prepared to "get involved".

Presenter:

Wheatbelt Agcare provides a counselling and support service throughout the Wheatbelt (11 shires). The organisation provides responsive counselling to clients with a range of needs. On occasion it may also provide talks, information sessions, or workshops that build skills in the community.

Wheatbelt Agcare's counsellor, Kaye Bell, has undertaken mindfulness practitioner training and has an interest in the benefits of being mindful. Mindfulness can change busy minds into calm ones!

We invite you to take part in this free interactive workshop
which will help you build skills in mindfulness.

Friday 14th February 2020

10:00 am - 12:00 pm

includes exercises, handouts and light refreshments

Southern Cross CRC

Open to all community members - limit of 12 participants due to nature of the workshop.

Please RSVP to CRC by Wednesday 12th February.



FREE 1-ON-1 ADVICE ▶

With Willy Regan
Business Advisor - Wheatbelt

Book a **FREE** small business consultation in **Southern Cross**

Whether you're just starting out with a great business idea or looking to grow or solve a specific business challenge, our experienced small business advisor Willy Regan can help you on your journey to success. Willy will be available for consultations to assist with all aspects of business including:

- Planning for your business
- Marketing your products or services
- Selling or buying a business
- Growing sales online
- Negotiating a lease
- Taxation, funding and finance matters
- Staffing and HR issues and more.

BOOKINGS



www.rsmbusinesslocal.com.au/wheatbelt

Phone: 0439 634 566



Wednesday
29 January 2020
9am to 4pm



Yilgarn Ladies Day 2020

SATURDAY 7 MARCH

9:00am doors open & morning tea
9:30am start, finishing around 3:00pm

Southern Cross Senior Citizen's Centre

Tickets \$25 incl morning tea & lunch
available from CRC, Shire or online
<https://www.trybooking.com/BHWPV>
(please note \$0.50 per ticket booking
fee applies for online bookings)

NO DOOR SALES

Further details to follow including
guest speakers and stalls available.

This event is supported and sponsored by
Southern Cross CRC/Shire of Yilgarn



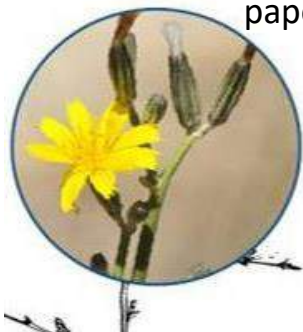
Yilgarn Local Action Group: Skeleton Weed

The Yilgarn Local Action Group would like to wish all its landholders well for this years harvest and festive period.

Plants are out and flowering so watch out!

There have been a few changes to the Skeleton Weed program for the 19/20 season as directed by the Department of Primary Industry & Regional Development:

- **New Finds, Code 1 & Code 3** paddocks are eligible for search assistance (\$6/ha, up from last year.)
- Code 2 paddocks: If you find plants, it immediately becomes a Code 1 and eligible for search assistance after a FULL search is carried out.
- All **code one** paddocks needed to be searched by the **31st of December 2019**. All **other codes** need to be searched by the **31st of January 2020**.
- All property and **paddock records** to be sent in by the **15th February 2020**.
- Whilst invoices need to be sent in by March 15th, the sooner you complete paperwork, the sooner you'll be paid.



For any further information please contact:

Robbie Della: 0427 791 135

Bec Maddock: 9049 2007

(Wed mornings in the DAFWA office)

Email: rebecca.maddock@dpird.wa.gov.au

(fax no longer connected, please email or snail mail returns.)

PO BOX 179, Southern Cross, WA 6426.



Mutated plant.



Shire of
YILGARN

Environmental Projects E.O.I. 2020

The Shire of Yilgarn is seeking expressions of interest from landholders who are interested in planting saltbush on poor productive farming areas or purchasing pasture seed.

Your Contact details:

Name:

Your referred option amount of Oldman Saltbush (farmer contribute \$0.20/seedling, approx.:

(Please number 1=1st choice, 2=2nd choice etc.):

- ☐ 2 hectares (2,000 seedlings, approx. \$400 + GST)
- ☐ 3 hectares (3,000 seedlings, approx. \$600 + GST)
- ☐ 4 hectares (4,000 seedlings approx. \$800+GST)
- ☐ \$1 matched \$1 up to \$500 for pasture seed purchase

Property waterpoint location (where seedlings are to be delivered to, must have a water source):

Mobile:

Phone:

Email:

Declaration and Signature:

I declare that the information provided on this application is true and accurate and I have read the assessment criteria.

Signed: _____

Name: _____

Date: _____



Assessment Criteria:

Preference will be given to landholders who haven't received many/any Shire projects in the past.

- Species must be planted to tackle poor production areas (issues such as salinity, wind erosion, or other 'land degradation matters').
- Saltbush Seedlings will be delivered on-farm during late June/early July 2020. Applicants **must** be able to accept, water daily and plant seedlings at any time within this period.
- Stock **must** be kept off saltbush seedlings for the first 12 months.

Planting information:

Seedlings should be planted in blocks or belts at 1000 stems/ha depending on soil capacity and layout. There should be barley grass present as indicator that the species will survive on intended site.

Seedling Information:

The Shire of Yilgarn is proposing that a subsidy of 20 cents per seedling be paid by the receiving landholder to help offset the costs involved (each Oldman seedling costs 50 cents). Oldman Saltbush is native to the semi-arid areas of Australia and is well adapted to conditions.

For further information please contact:

rebeccamaddock@hotmail.com or ph: 0438 068 439.

Please return the application by email (as above)

Leave with the Shire of Yilgarn, 23 Antares St, SX.

Due: Friday 28th February 2020



**The Moorine Rock Hotel
5pm Saturday 15th February**

- **Live Music •**
- **Dinner Available •**
- **Surprise Raffle •**
- **\$5 Entry •**

**Come join us for a special evening to show
community support for two valued Moorine locals
who recently lost their house to fire**



Community News

Meetings

SOUTHERN CROSS GOLF CLUB

ANNUAL GENERAL MEETING

Current and prospective new members are advised that the Annual General Meeting of the Southern Cross Golf Club will be held at the Clubrooms on **Tuesday, 18 February 2020** commencing at **7.30pm**.

Order of Business:-

1. Adoption of previous AGM Minutes held on 3 October 2018.
2. Financial Report
3. Reports – President, Captains, Course Supervisor, Bar Manager etc.
4. Election of Office Bearers
5. Election of Patron
6. General Business

Peter Clarke
Secretary

Southern Cross CWA AGM

Friday February 14th
CWA Meeting rooms
Senior Citizen's Centre
6:00pm start

All old and new members welcome.
Following the AGM will be our annual wine & cheese night.
Hope to see you all there!

For Sale

FOR SALE

2 x Diesel storage tanks.
1 x 20,000 litre tank, c/w 1" petrol pump.
1 x 5,000 litre gravity feed diesel tank.
\$5,000 ono
Ph 90493114

Yilgarn Bowling Club

Mens

January

25-26 SEBL Australia Day Open 4's Narembreen
Sun 26 Australia Day to be decided

February

Sat 1 SEBL Yilgarn Pairs Open
Sun 2 SEBL Yilgarn Fours Open
1-2 Zone Round Robin Kellerberrin
Sat 8 Pennants—Yilgarn v Civic Blue
Sun 9 Club Day

Ladies

January

Tue 21 Social Bowls
Tue 28 Social Bowls

February

Tue 4 Triples Championships
Tue 11 Social Bowls
Sun 16 Bruce Rock Carnival

Moorine Rock Tennis Club

RECESS FOR JANUARY

SAT 08/02/20 SOCIAL TENNIS
3PM START
PIZZA TEA

SAT 15/02/20 MENS & LADIES DOUBLES
OWN PARTNERS.
ENTRIES TO LIB BY 13/02/18
SPONSORED BY APAL
STEAK BURGERS

Senior Exercises and Senior Games Practice

Senior Exercises are back on!
Starting Tuesday February 4th
9:30 – 10:30

Senior Games Practice
Wednesday February 5th at 1pm



DRIVER REVIVER – CHRISTMAS 2019

The Driver Reviver Van was back in business over the Christmas break. This year the Van was in operation for a total of 19 hours with having 5 vehicles stopped and providing refreshments for 8 Drivers and Passengers.

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

Most importantly, the Driver Reviver wouldn't be successful without the generous time given from our Volunteers. I wish to thank Glenice Divitini, Josephine Pollard, Vera Carlson, Minjar Gold, Robin Stevens, Pauline Eiffler, Colin & Ursula Cuffe, Shelley & Rolie Blair and Pat & Lisa Boso.

Thank you Everyone and hope we can count on your support again for Easter 2020.

SOUTHERN CROSS BOOTSCOOTING

Restarts Monday 3rd February
2020 and will continue each
Monday evening
6pm @ Senior Citizens Centre
Everyone is welcome to come



SOUTHERN CROSS SINGERS

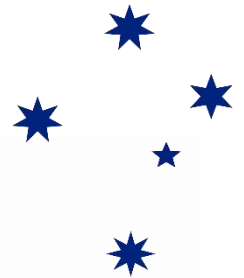
Restarts Wednesday 5th
February 2020
and will continue each
Wednesday evening
7:30pm @ Senior
Citizens Centre

Everyone is welcome to
attend





YILGARN AGRICULTURAL SOCIETY INC
P.O BOX 124
SOUTHERN CROSS WA 6426
yilagpresident@outlook.com yilagsecretary@outlook.com



The Yilgarn Agricultural Society Committee is proud to announce that we will again be holding a Show on the 29th of August 2020!!

We are looking forward to bringing you an even bigger and better Show!

We hope you continue to support us this year in our fundraising efforts to help make it a big success!

The next General Meeting will be on the 12th of February at 7pm in the Ag Society Room at the complex, please come along and give us your ideas!

Did You Know?

Did you know the first school in Southern Cross was run by the Wesleyan Church? It operated from 1891 to 1894 and was situated opposite the two-story cafe in the main street. The first State School opened in 1895, alongside the present medical centre. The rented building was made of hessian and canvas, but did the job for a year. The old stone State School, which still stands, opened in 1896. The builder started erecting it on the present football oval which had more room, but the people kicked up such a fuss that it was moved to its present position. This building was earmarked for demolition during the 1970's but was saved by the Historical Society led by Mrs Forrester. The first teacher, John McKie, died of a heart attack in 1898 and is buried in the local cemetery.

©Lance Stevens

WHEATBELT CANCER SUPPORT.

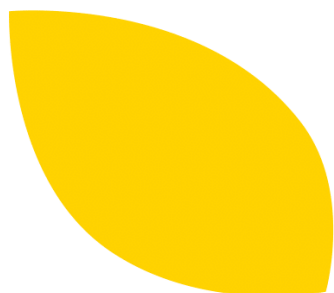
**Are you affected by cancer, or do you care for someone who is?
Would you like an opportunity to talk to someone about what
support is available?**

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.

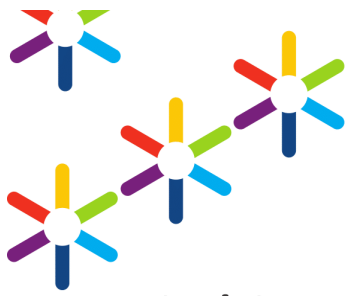
Please call **Barbara on 08 9621 1810** if you would like to discuss:

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

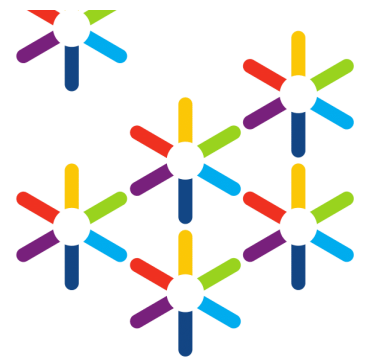


We're your compass through cancer
call us on 13 11 20





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



\$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**



"The best never rest!!"

GOLDEN CITY
MOTORS

MERV 0438 161 750
PAUL 0418 800 318

CRAIG 0407 351 619

There's never been a better time to get behind the wheel of the trusted and proven **COLORADO**

Now with 7 years free scheduled servicing across the 4x4 range

Colorado is powerful

At the heart of every Colorado, beats the 2.8L Duramax diesel engine, delivering 500Nm[^] of torque and 147kW of power.

Colorado is trusted and proven

The perfect combination of form and function, the imposing design of the Colorado reflects its outgoing nature. And it's refined on the inside with all the smartest tech.

Colorado is reliable

Whether you're crossing a river or navigating the worksite, you can rely on the Colorado to get the job done. From Duramax to DuraGrip Traction Control, the Colorado is engineered and locally tuned, to handle our countries toughest environments.

and **Colorado** has more **power** and **torque** than **Toyota Hilux**
147kw V 130kw
500nm torque V 455nm torque (auto)



Ring, call in or we'll come to you!



Holden

| 118 BOULDER ROAD, KALGOORLIE | 9021 1699 |

www.goldencitymotors.com.au D/L 11893 MRB 8637



Holden

MERREDIN VETERINARY CLINIC AND HOSPITAL

Louise French Pty. Ltd. ABN 46 661 403 944



Dr. LOUISE FRENCH B.V.Sc.(Hons)
& ASSOCIATES
Veterinary Surgeons
& Physicians

Po Box 388
29 Todd Street
Merredin WA 6415

Telephone (08) 9041 1734
Facsimile (08) 9041 2791

Southern Cross Clinic Dates 2020

Location: Away Side Football Change Rooms Rec Grounds

February 5th
March 4th
April 1st
April 29th

May 27th
June 24th
July 22nd
August 19th

September 16th
October 14th
November 11th
December 9th

Please contact 90411734 to make an appointment

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



Mentally Healthy WA

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

LOCAL PEST & CONTROL

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

Real Estate

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 Rent

**3 Bedroom comfortable
House**

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

\$180.00 per week

0418 915 652

4 Bedroom family home for rent.

House features include; -Evaporative cooling -
Air conditioning in mater bedroom and living
area -large powered shed - large fenced back-
yard - large kitchen with updated appliances

For all enquiries please call 0418483311

**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!



We are
now an
Agent and
Stockist
of Gleeman
Truck Parts

Fuwa K-Hitch, Fruehauf, BPW, brakes,
bearings, seals, air fittings and much more

Providing Mobile Maintenance and Repairs for your
Agricultural and Heavy Transport Equipment

Speak to Kristian T 0429 498 492

E kristian@boronamechanical.com.au

W www.boronamechanical.com.au

Now
accepting:



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



We specialise in All Types Of Pests

Deon & Leah King

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

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

Sun 26 Jan	Australia Day Sundowner @ Oval, starting at 4pm
Mon 27 Jan	Public Holiday for Australia Day
Wed 29 Jan	RSM Business Local visit—one-on-one advice @ CRC—please book, details page 11.
Mon 3 Feb	Bootscooting start for 2020 @ Senior Citizen's Centre 6pm
Tue 4 Feb	Senior's Exercises start for 2020 @ Senior Citizen's Centre 9:30am
Wed 5 Feb	Merredin Veterinary Clinic in town @ oval change rooms
Wed 5 Feb	Senior's Games Practice starts @ 1pm
Wed 5 Feb	Singing Group starts for 2020 @ Senior Citizen's Centre 7:30pm
Tue 11 Feb	Windows to the Regions follow-up workshop @ CRC 5pm—7pm
Tue 11 Feb	Annual Electors Meeting @ Council Chambers 6pm
Fri 14 Feb	Mindfulness Workshop @ CRC 10am—RSVP by Wednesday 12th Feb
Fri 14 Feb	CWA AGM @ CWA Meeting Room, Senior Citizen's Centre 6pm Followed by annual wine & cheese night
Sat 15 Feb	Under the Stars @ Moorine Rock Hotel 5pm
Tue 18 Feb	Southern Cross Golf Club AGM @ Southern Cross Golf Club 7:30pm
Wed 19 Feb	Community Strategic Plan Public Workshop @ Shire Council Chambers 6pm
Thu 20 Feb	Shire of Yilgarn Council Meeting @ Shire Council Chambers 4pm
Sat 7 Mar	Ladies Day 2020

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 (restarting in February)
Movers & Groovers	Thursday, 9.30am (restarting in February)
Patchworking	Tuesday, 6pm
Scrapbooking	Thursday, 10am—3pm
Singing	Wednesday, 7.30pm (restarting in February)
CWA Meetings	Third Friday night of every month

Recycling Days

January 24
February 14
February 28
March 13

Looking to get involved in a group or club?

There are many local groups you can join!

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