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# CROSSWORDS \$1

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## We're reopening WA's regions

### **This Friday (29 May):**

Travel permitted between all regions except the Commonwealth Biosecurity Areas (Kimberley, East Pilbara, Ngaanyatjarraku)

### **Next Friday (5 June):**

Travel permitted throughout Western Australia, except to remote Aboriginal communities

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

**Crosswords Disclaimer:**

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

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

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

**Southern Cross Landfill Times**

The Tip Shop will also be open during the below hours.

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

**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**

## 2020 Publishing Dates

Deadline 12 noon	Publishing Date
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

**Crosswords for**

**FREE?!**

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

## Church Notices / Updates



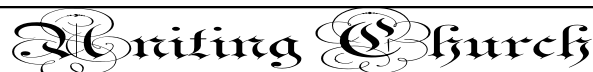
48 Altair Street, Southern Cross  
 SX Presbytery: 9049 1049 (Fri to Sun)  
 Kalgoorlie Presbytery: 9021 2100 (Mon to Thurs)  
 Email: [kalgoorlie@perthcatholic.org.au](mailto:kalgoorlie@perthcatholic.org.au)  
 Facebook: Lucy Montserrat  
 YouTube: Yilgarn Westonia Catholic

Public Mass re-commenced at Our Lady of Montserrat church on the weekend of 23/24 May. COVID-19 protocols are posted as a notice on the front door of the church. Please read this notice carefully before entering the church.

### Mass Times

Saturday 6:30pm\*  
 Sunday 8:30am

\* As well as being open to the public, Saturday evening Mass will be live-streamed each weekend. The live-stream is for those for whom getting to OLM church on the weekend is impractical. Live-streamed Masses will continue to be available in "Catch-up" mode via the parish YouTube channel.



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



June	Saturday 20 <sup>th</sup> 11.00am Annual Meeting with Bishop Jeremy James
July	No Anglican service
August	Saturday 15 <sup>th</sup> 11.00am
September	No Anglican service
October	Saturday 17 <sup>th</sup> 11.00am
November	No Anglican service
December	Saturday 19 <sup>th</sup> 11.00am "Christmas" service

## SHIRE OF YILGARN

### AUSTRALIAN GOVERNMENT ANNOUNCEMENT

#### LOCAL ROADS AND COMMUNITY INFRASTRUCTURE PROGRAM

The Australian Government, as part of a range of COVID-19 stimulus packages, announced on Friday, 22 May 2020 that Local Governments in Western Australia would receive a share of \$500M allocated nation-wide.

The Shire of Yilgarn has been advised that its share of the above stimulus package will be \$943,522. The Australian Government has been advised that the funding has been allocated in a similar way to how the Roads to Recovery Program and the road component of the Financial Assistance Grants works.

The Shire of Yilgarn will be able to select the projects to be funded in its district according to priorities at the local level. Similar to the Roads to Recovery Program, Council will need to submit a Work Schedule that outlines the project(s) that it plans to undertake. As long as these projects are eligible local road or community infrastructure projects, they will receive funding. Council will need to complete all project works by 30 June 2021 to receive its full nominal share of funding and will also need to demonstrate that projects are additional to their pre-COVID-19 work program for 2020-2021.

Council now seeks feedback from ratepayers and residents of potential projects that could be undertaken in the next 12 months. Your feedback will assist Council in determining which projects to put forward to the Australian Government for approval.

Please provide feedback to the undersigned prior to **Friday, 19 June 2020**.

Peter Clarke  
Chief Executive Officer

## SHIRE OF YILGARN

### DRAFT COMMUNITY STRATEGIC PLAN 2020-2030

Following the conduct of a Community Survey, Key Stakeholder Interviews and a Community Workshop, the Shire of Yilgarn's Draft Community Strategic Plan 2020-2030 has now been prepared.

Council at its Ordinary meeting held on Thursday, 16 April 2020 resolved the following in respect to the Draft Plan:-

***Moved Cr Rose Seconded Cr Shaw***

***That Council endorses the content of the Draft Community Strategic Plan 2020-2030 and advertises the Plan calling for public comment prior to it being re-presented to Council for final adoption at the June 2020 Ordinary meeting.***

As per the above resolution of Council, public comment on the Draft Plan's content is being sought. The Plan is available on Council's web page [www.yilgarn.wa.gov.au](http://www.yilgarn.wa.gov.au) or alternatively, a hard copy can be obtained by contacting the undersigned on 90 491 001.

Residents are encouraged to review the Draft Plan and provide submissions/ comments which will close on **Friday, 5 June 2020 at 4.00pm.**

Peter Clarke  
**CHIEF EXECUTIVE OFFICER**

## SHIRE OF YILGARN RURAL NUMBERING SYSTEM – UPDATE

### SYSTEM TO GO LIVE ON 30 JUNE 2020

Rural landholders will soon receive correspondence from Council advising of their new Rural Address number and advice that the system **will go live on 30 June 2020**. Rural numbers have now been erected at the entrance of all driveways to residences and sheds/structures within the district.

The Shire has been working with Landgate regarding the implementation of the Rural Numbering and Landgate will be notifying Australia Post, WA Electoral Commission, Police and Department of Fire and Emergency Services of the new addresses. It will be up to each resident/owner to notify Telstra, Synergy, Western Power etc., themselves as these bodies will only alter their records upon notification of the owner/resident. This will be an inconvenience to residents/owners, but in the long term the benefits will outweigh the negatives, particularly in the case of emergencies when identification of properties is required.

Residents/owners Post Office Box addresses will remain unchanged, if that is your current form of receiving mail. It is only the physical address that needs to be changed.

Council appreciates the patience of landholders during the implementation of this new system.

Peter Clarke  
**Chief Executive Officer**

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](mailto: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"*

# Community News

## Condolences

**BEATON, Stan**

### STAN BEATON

Condolences to all his family: Jack, Lib, Leanne and David and their extended families.  
A gentleman of the Yilgarn at rest. Will miss his sense of humour.

Gary, Josie Kent and family.

Deepest sympathy to the Beaton families with the passing of Stan. When the Men's Shed started in Southern Cross, Stan was our first President.

From the past and present members of the Yilgarn Men's Shed.

Sincere condolences to Stan's family with his recent passing. Stan was always full of humour when helping on the BBQ at the Car Show. Our thoughts are with you all.

From the members of the Yilgarn Motoring Enthusiasts.

It is with sadness, members and volunteers of the Yilgarn History Museum learnt of the passing of our long time member and willing volunteer, Stan.

To Jack, David, Leanne, Lib and their families, our deepest sympathy.

Rest easy now our friend.

## Southern Cross Golf Club

**Southern Cross Golf Club  
2020 Season Opening Day**

The Golf Club will be holding its Opening Day on  
Sunday, 7 June.

Names in by 12 noon for a 12.30pm tee off.

New Members welcome.

See you all there.

## Driving Tests

Department of Transport Practical Driving Assessments are reopening in many Shires in the Wheatbelt.

Please note that PDA tests will only be available for people who live in the Wheatbelt, and some Shires have minimum requirements for tests to be held.

For further information or to enquire about tests in Southern Cross or surrounding areas, please contact the Shire of Yilgarn on 9049 1001.

## Thank you

Thank you

Our sincere thanks to everyone who helped us in moving the contents of the Op-Shop over the two weekends. Your assistance was invaluable, without all the muscle power we would still be going.

The Op-Shop is now ready and opened for business in the mornings so please come in for a look around. We are just past the ANZ bank building, look for the flag out the front.

Thanks again  
Leonie Gethin

## 2021 Calendar—Request for photos

**We're starting the collection early this year, and would love to see your photos!**

Please note we only accept photos taken in the Yilgarn, and prefer photos to not include people in them (unless we receive permission from the person at the time of photo lodgement).

Sometimes we get a lot of photo submissions, so unfortunately not every photo received will be featured.

Please email photos to [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au)





With regional travel restrictions lifted from Monday 18<sup>th</sup> May, we will see increased travel between the Wheatbelt and the city. During the lockdown period, driving was a very different experience, with little traffic on the Highway. Drivers are reminded that we may see a spike in numbers of vehicles heading to Perth in the coming weeks, and caution is advised. Also, we have become used to local travel at lower speeds and fewer trips.

With cars parked up, there might even be some flat batteries! Don't forget to check the roadworthiness of your vehicles, be mindful of the effects of driver fatigue with longer distances.

The national road toll has declined by 12.5% compared to the same period last year, yet some Police regions report increased speeding, particularly in the higher ranges, drink-driving and mobile phone use behind the wheel. Traffic enforcement will still be very active during the transition to normal conditions. Road rules still apply.

Now that FOGO (fear of going out!) is decreasing, please remember all your safe driving skills and take extra care on Wheatbelt roads. Although restrictions have been eased, the social/physical distancing rules are still in place when you arrive at a destination or a roadhouse.

This message was brought to you by the Shire of Northam RoadWise Committee

## Did You Know?

**Did you know** that in the early days the only source of milk in Southern Cross was from goats? Nearly everyone owned a few goats. When these families moved away during a mining slump, the goats remained to become a nuisance. They bred and Southern Cross became known as the town of a thousand goats.

At times the main street was so packed with goats that a horse and sulky had to be driven slow to get through. Goats would eat anything including washing on the line. They wandered into shops to eat off the shelves.

As fast as circus agents erected advertising posters, goats ate them. Strong fences were needed to keep them out of town gardens, and imagine the frustration of growing wheat within a mile of town.

Farmers were given permission to shoot wandering goats with the blessing of the Magistrate. Eventually laws were passed to limit the number of goats in town.

©Lance Stevens

### WANTED

House to rent in Southern Cross or nearby farm land.

Reliable professional couple with references.  
Minimum term 1 year from July 2020

Phone Chris – 0448 887 524



## UPCOMING WEBINARS

### 9th June at 10am (AWST) - Online Safety Demonstration House Guided Tour

Ideal for parents, grandparents, carers, or anyone interested in child safety within the home. Contact [Kristen@kidsafewa.com.au](mailto:Kristen@kidsafewa.com.au) for more information

**Registration Link:** <https://tinyurl.com/kidsafewa-sdh>

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## Grants

### McGowan Government fast tracks community sport grants to assist with COVID-19 recovery

- \$12 million in Community Sporting and Recreation Facilities Fund (CSRFF) grants brought forward to allow projects to commence sooner
- Funding available for local governments, not-for-profit sport, recreation or community groups to improve local sporting facilities
- Applications for grants of up to \$2 million will now open on May 25
- Regional and remote Aboriginal communities can now apply for up to 100 per cent of the cost of eligible project

The McGowan Government will fast-track \$12 million in funding applications for community sport and recreation projects to expedite the projects and support Western Australia's economy as part of the COVID-19 recovery.

Applications for Community Sporting and Recreation Facilities Fund's (CSRFF) Annual and Forward Planning grants of up to \$2 million will now open on Monday, May 25, 2020, and close on Friday, September 11, 2020.

The grants will allow local not-for-profit sport, recreation or community groups and local governments to develop basic, sustainable infrastructure to increase participation in sport and recreation, while supporting the economy and creating jobs.

Examples of projects that will be considered include new playing surfaces, floodlighting, upgrades to change rooms and ablutions and improvements to clubrooms.

Small grants will be brought forward four to six weeks and Annual and Forward Planning grants will be expedited by three months.

Successful projects will be announced in late 2020, allowing them to commence sooner than would have otherwise been possible.

Additionally, the July 2020 small grants round (for grants up to \$100,000) will now open on Tuesday, June 2, 2020, and close on Friday, August 14, 2020. This will allow the successful applicants to be announced in October 2020.

The State Government administers the Community Sporting and Recreation Facilities Fund (CSRFF) program through the Department of Local Government, Sport and Cultural Industries.

The program provides financial assistance to community groups and local governments to develop basic, sustainable infrastructure to increase participation in sport and recreation.

#### **Comments attributed to Premier Mark McGowan:**

"The CSRFF program will assist local governments and not-for-profit sport, recreation or community groups to get on with the job of upgrading local infrastructure as part of WA's economic recovery.

"By fast tracking the next funding round, we can get these projects off the ground much faster, to provide better facilities for local sport participants and create local jobs sooner.

"Community sport is a vital part of the social fabric of many local communities. As COVID-19 restrictions continue to be eased in a phased process, we want to make sure these organisations have a high standard of facilities, while supporting the State's economy.

## Grants

"My Government is focused on the use of local contractors to complete these projects where possible, including the use of Aboriginal-owned businesses where possible."

**Comments attributed to Sport and Recreation Minister Mick Murray:**

"The CSRFF program has already helped fund scores of infrastructure projects around Western Australia over many years and these changes will expedite projects that are in the pipeline.

"I'm pleased to announce a new initiative through which regional and remote Aboriginal communities can apply for up to 100 per cent of the eligible project cost.

"I also encourage the use of waste reduction strategies in infrastructure development."

Premier's office - 6552 5000

Sport and Recreation Minister's office - 6552 6400

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### Round Three Regional Economic Development Grants now open

The McGowan Government is investing up to \$6 million in regional projects to sustain jobs and build business resilience, opening round three of the Regional Economic Development (RED) Grants program today.

The RED Grants program supports locally driven projects that contribute to the economic growth and development of regional Western Australia.

The McGowan Government has committed \$28.8 million over five years towards the regional grants program.

Round three RED grants will have a particular focus on projects which help sustain jobs, expand or diversify industry, build skills and capacity, attract new investment and maximise the recovery from the COVID-19 pandemic impacts.

Applications are now open and close on 7 July 2020. Grant funding of up to \$100,000 per project will be available in the Wheatbelt.

For more information on RED Grants, guidelines, FAQs and application forms, please visit the Wheatbelt Development Commission website (<https://www.wheatbelt.wa.gov.au/funding/regional-economic-development-scheme/>) or call (08) 9622 7222.

**Comments attributed to Regional Development Minister Alannah MacTiernan:**

"The McGowan Government is investing in regional WA to support regional jobs, growth and sustainability, particularly now as we all manage the economic and social impacts of the COVID-19 pandemic.

"This is an important time for Government to get behind our regional communities to help stimulate long-lasting economic growth.

"Through the first two rounds of RED grants we have provided funding of \$13.39 million to 137 projects focused on agriculture and mining manufacturing, infrastructure construction, tourism and professional skills development.

"We encourage everyone in the regions to consider how RED grant funding could be used to support or enhance their business or community project.

"Securing the future sustainability of our regions is key to encouraging people to live and work in regional WA."



# Eastern Wheatbelt Biosecurity Group NEWSLETTER

Edition 7 May 2020

## UPDATES

- With the onset of Covid 19, the 18th Australasian Vertebrate Pest Conference has been postponed to May 2021. The EWBG is looking forward to having participants at this conference.
- The next Committee of Management (COM) Meeting will be in late June. The COM will discuss agenda items for the AGM and also continue planning for the 2021/22 Operational Plan.
- The next full meeting will be in October 2020 for the EWBG Annual General Meeting, if you would like to attend please send us an email.
- Please visit the EWBG website to complete the priority survey for the EWGB. This will help the Committee plan for 2021/22.
- The EWBG would like to thank the Committee for their continuing support and for volunteering to attend and present at a number of Industry events throughout 2019/2020 on behalf of the EWBG.
- EWBG have a new look website. Check it out and see updates in the industry [www.ewbg.com.au](http://www.ewbg.com.au) and follow us on Facebook.

*If you have a Wild Dog sighting or attack please report as soon as possible to [ewbg@outlook.com](mailto:ewbg@outlook.com) or 0455 724 848.*

### Committee of Management:

Chair - Stuart Putt Deputy Chair - Steve Palm

Committee: Jim Sullivan, Helen Shemeld, Bill Cowan, Cyril Smith, Mark Crees, Steve Hunt, Dean Sinclair, Ross Della Bosca, Kent Mouritz.

### Shire Representatives for EWBG

Merredin	Mal Willis	Mukinbudin	Steve Palm
Narembeen	Bill Cowan	Westonia	Ross Della Bosca
Trayning	Marlon Hudson	Nungarin	Gary Coumbe
Mt Marshall	Stuart Putt	Lake Grace	Len Armstrong
Kulin	Brad Taylor	Kondinin	Tom Mulcahy
Yilgarn	Gary Guerini		

### Goodbye and Thankyou

Glenice Batchelor from DPIRD is moving on to new pastures and EWBG wishes her all the best in her future endeavours. Glenice has added significant value to EWBG over the past few years and her ongoing input will be missed.

### Grants

EWBG were successful in an Industry Funding Scheme Grant. The funds will be used in collaboration with the Central Wheatbelt Biosecurity Association to undertake an aerial baiting program targeting areas that are difficult to access by ground.

“The Wild Dog Eradication Program is an industry-funded program delivered via the Sheep and Goat Industry Funding Scheme (IFS). The aim of the Program is to deliver clear benefits to the Western Australian sheep and goat industry by reducing the impact of wild dogs.”\*

### Workshops

In August 2019, EWBG successfully ran Restricted Chemical Permits (RCP) workshops in Trayning, Mukinbudin, Kulin and Westonia. Thank you to those who attended and to Jim Miller and Dylan Copeland for conducting the workshops.

### Evanston Road Grid

Thank you to Ramelius Resources, Shire of Yilgarn and DPIRD for funding and completing the new Evanston Rd Grid.

\*<https://www.agric.wa.gov.au/bam/sheep-and-goat-ifs-wild-dog-eradication-program-grants>



[www.ewbg.com.au](http://www.ewbg.com.au)

[ewbg@outlook.com](mailto:ewbg@outlook.com)

0455 724 848

Supported by: Kondinin, Kulin, Lake Grace, Merredin, Mt Marshall, Mukinbudin, Narembeen, Trayning, Westonia, Yilgarn and Nungarin (hereafter known as the Shires).



Australian Wool Innovation Limited



Department of Primary Industries and Regional Development



Department of Biodiversity, Conservation and Attractions





# REPORT WILD DOG SIGHTINGS AND ATTACKS

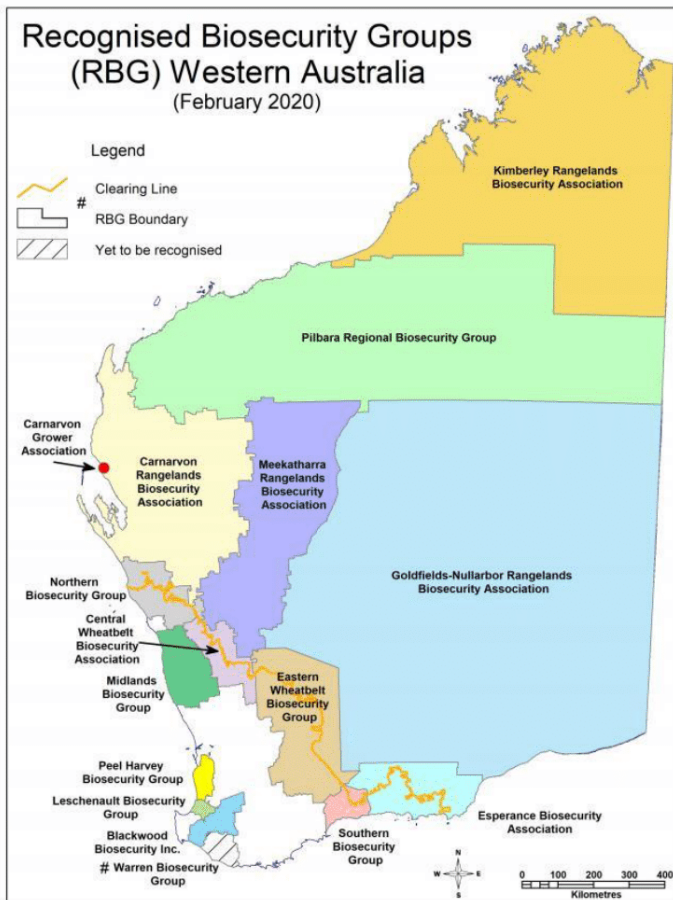
Please report any wild dog sightings, signs or tracks and any stock attacks to the EWBG Executive Officer. Your input will ensure a coordinated control across the Eastern Wheatbelt.

Lisa O'Neill  
Executive Officer  
0455 724 848  
ewbg@outlook.com



Find us on Facebook  
or go to our website  
<https://ewbg.com.au>

Dogging Data: July 2019-March 2020				
Dogs Killed	Baits Laid	Foxes	Cats	Stock Attacks
23	21700	48	4	3
<b>Baited dogs are estimated to be 20 for every 1000 baits laid.</b>				





The **Food Sensations<sup>®</sup> for Adults Program** is now a FREE Online Nutrition program that is interactive, fun and provides a safe environment to learn how to make healthier choices. All you need is access to the internet and a computer, phone or tablet. The program goes for 1.5 hours each week, for 3 weeks. We highly recommend you attend all three to get the most out of the program.

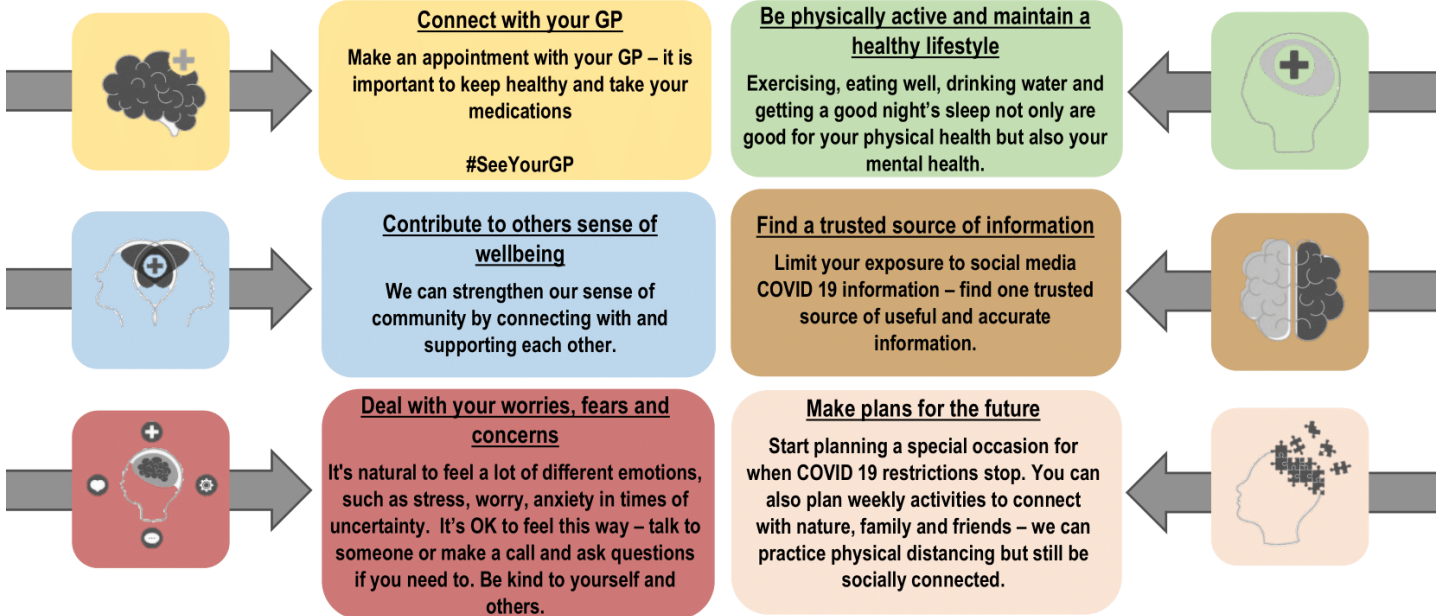
**Food Sensations<sup>®</sup> for Adults Program** covers the following topics:

- Healthy eating
- Label reading
- Budgeting & Meal planning
- Food safety

<https://www.foodbank.org.au/WA/food-sensations-for-adults/?state=wa>

# WHEATBELT

## "TIPS FOR A HEALTHY AND CONNECTED COMMUNITY"



### WHEATBELT ORGANISATIONS

### CRISIS LINES

Wheatbelt Mental Health  
(including the Aboriginal Mental Health Program)  
(08) 9621 0999

Amity Health – Primary Mental Health Service  
(08) 9842 2797

Wheatbelt Aboriginal Health Service  
(08) 9690 2888

Wheatbelt Health Network  
(08) 9621 4444

Youth Focus  
(08) 6266 4333

Share and Care – Community Support Service  
(08) 9622 2828

Holyoake – Wheatbelt Community Alcohol & Drug Service  
(08) 9621 1055

In the case of an emergency call 000

Lifeline  
13 11 14

Kids Helpline  
1800 55 1800

Beyond Blue  
1800 512 348

Mensline Australia  
1800 457 870

Think! Mental Health

<https://www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/>

Head to Health

<https://headtohealth.gov.au/covid-19-support/covid-19>

Australian Government - Coronavirus Updates: <https://www.australia.gov.au/>

### LOCAL CONTACTS AND ADDITIONAL INFORMATION

GP: Southern Cross General Practice

: 08 9049 1147

Police: Southern Cross Police Station

: 08 9081 2100 (not for emergencies)

# BETTER HEALTH PROGRAM



Be fitter, healthier and happier!

The Better Health Program is a **free**, online, healthy lifestyle program for 7-13 year olds who are above a healthy weight and their families.



Government of Western Australia  
WA Country Health Service

online  
betterhealth  
program





## Is your child...

- » Aged 7-13 years old?
- » Above a healthy weight?
- » In need of support to improve eating and activity habits?

The Better Health Program is a FREE, 10-week, online program for children and families. There are weekly online sessions, free resources (+fitness tracker!) and weekly coaching calls with a trained and qualified health coach to help keep you on track.

*Get involved and start collecting your weekly tokens and prizes!*

### To register or find out more:

1300 822 953

[betterhealthprogram.org](http://betterhealthprogram.org)

Better Health Company



@betterhealthcompany



The Better Health Program is funded  
by WA Country Health Service.

# PLS

## PHOENIX LANDSCAPING SERVICES

**Mobile: 0417 950 096**

We are Rob and Craig Ball, we are the directors of a Perth based Landscaping Company, Phoenix Landscaping Services Pty Ltd.

We are still in town to work for about 4 weeks so if you would like a free quote please call me.

Registered in 1987

ABN - 16 166 772 390

Phone number - 0417 950 096 Rob Ball

Email - [phoenixls@live.com.au](mailto:phoenixls@live.com.au)

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

### Works in which the company carry out:

- ◆ Planting—Qualified Horticulturist
- ◆ Reticulation
- ◆ Brick paving
- ◆ Bitumen
- ◆ Concrete
- ◆ Kerbing (roads and gardens)
- ◆ Roll on turf
- ◆ Limestone (both retaining and feature)
- ◆ Stone pitching
- ◆ Maintenance
- ◆ Site works (earthworks)
- ◆ Demolition
- ◆ Soils/mulches
- ◆ Temp fencing supply and install (250m linear available)
- ◆ Experienced in both commercial and domestic contracts
- ◆ Rural area experience



# **PLS**

## **PHOENIX LANDSCAPING SERVICES**

**Mobile: 0417 950 096**

Hi everyone in Southern Cross,

My team Rob, Craig and Pete, would like to send out a big thank you to the Shire and to our local clients who engaged our services, as well as to the local services, suppliers, shops and pubs who provided what we needed, including good company.

The whole town has been great to us. We've really appreciated the hospitality everyone has shown us, making us feel welcome and part of the community.

Sadly however, our contracts have concluded for now and we are again Perth bound.

Kind regards,  
Rob Ball  
Phoenix Landscaping Services Pty Ltd

P.S.  
We're still here for 1 more week  
For free quotes call 0417 950 096



# Southern Cross Tyre & Auto Services

License No: MRB5934 ARC Lic No: AU37376

8-10 Spica Street, Southern Cross WA 6426

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

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

We are now Stockists for the following Power Equipment Brands!



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



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**

**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



Dr Andrea Roberts BVMS,  
PO Box 543 MERREDIN WA 6415  
Ph:0428212945  
ABN 23036138418

**SOUTHERN CROSS 2020 MOBILE VET VISIT  
DATES**

Thurs 11<sup>th</sup> June  
Thurs 9<sup>th</sup> July      Thurs 6<sup>th</sup> Aug  
Thurs 3<sup>rd</sup> Sept      Fri 2<sup>nd</sup> Oct  
Thurs 29<sup>th</sup> Oct      Thurs 26<sup>th</sup> Nov  
Wed 16<sup>th</sup> Dec

## 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

## FOR RENT

Self Contained  
Modern Unit  
Air Conditioned  
Partly Furnished

Phone Bryan  
0457001264

## House for Sale

**11 Omega Street, SX - \$100,000.00 or  
nearest offer.**

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

## R.J.S Labour Services

**Rob Southall**

Home: 9049 5313

Mobile: 0487 834 002

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

Gardening Services

Handyman Services

And other services

Reasonable rates

7 days a week

8am—5.30pm

# Services Listing

## 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](mailto: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)



MOORINE ROCK  
BUILDERS



### Quality Work at Reasonable Prices

- 15 Year's Experience
- Repairs
- Renovations
- Maintenance
- Additions and Alterations
- Call for an estimate

**Nick Walsh**

Owner

Mobile - 0499 465 351

Address - 68 McInnes Street, Moorine Rock

Email - [nick.mrbuilder@gmail.com](mailto:nick.mrbuilder@gmail.com)



## Southern Cross Tyre & Auto Services

License No: MRB5934 ARC Lic No: AU37376

8-10 Spica Street,

Southern Cross WA 6426

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

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

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

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

Find Us on Facebook!

# Calendar of Events

Mon 1 Jun	WA Day (Public Holiday)
Thu 11 Jun	Pat & Chat Mobile Vet in Southern Cross
Thu 18 Jun	Shire of Yilgarn Council Meeting
Wed 24 Jun	Merredin Veterinary Clinic in Southern Cross

## Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

It's normal and understandable to feel concerned about the Coronavirus; maintaining a regular routine each day helps.

Looking after your mental health enables you to function well and be able to cope when things aren't going so well. Some little things you can do include:



STAY CONNECTED WITH FAMILY AND FRIENDS THROUGH SOCIAL MEDIA AND BY PHONE



GET ENOUGH SLEEP



KEEP ACTIVE & GET OUT IN THE FRESH AIR BY EXERCISING IN YOUR GARDEN OR ON YOUR BALCONY



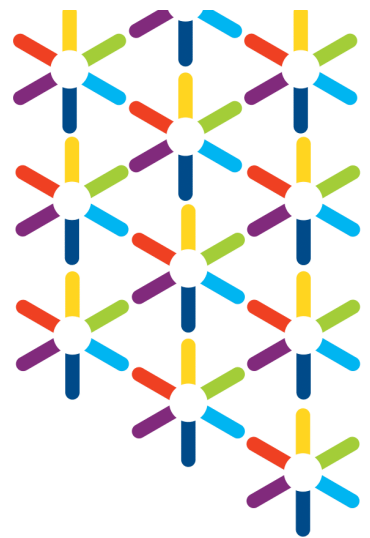
TALK ABOUT HOW YOU ARE FEELING WITH YOUR FRIENDS AND FAMILY REGULARLY



REDUCE ALCOHOL INTAKE



GET YOUR HOBBIES OUT TO KEEP BUSY



**think**  
MENTAL HEALTH

## Recycling Days

June 12  
June 26  
July 10  
July 24  
August 14  
August 28  
September 11

September 25  
October 9  
October 23  
November 13  
November 27  
December 11  
December 25