
CROSSWORDS \$1

MARKYT Community Resilience Scorecard

Dear residents

Our community has been invited to take part in a state-wide collaboration.

This collaboration sees State Government and 139 Local Governments across Western Australia moving forward together. The study will gather and share baseline and informing data to help local communities like ours to recover and thrive following the COVID-19 outbreak in Australia.

- This study will provide **direct benefit** to our community.
- We will get **robust data** to share with you that lets us know how we're coping, as a community.
- We will prioritise our key focus areas to **decide on our next steps, together**.

Importantly, we will be able to see how we're going compared to other local governments – to share our experiences and to learn from one another.

- Where are we strong, and can help others?
- Where are we having challenges, and who can help us?

With limited resources available to conduct studies like this, we are grateful to the following organisations for providing funding and pro-bono support to make this possible.



Department of
Local Government, Sport
and Cultural Industries



Project Leader

Pro-bono supporter

State Government Partner

Funding provider

Industry Partner

Pro-bono supporter

Remarkable times call for remarkable collaboration. We are stronger when we work together.

This is where we need your help.

1. Please complete a confidential **MARKYT Community Resilience Scorecard** by **3 July 2020**.
To care for the environment and manage costs, please consider submitting your response online.
Estimated completion time = 6-7 minutes.
2. Share with your family and friends. We'd like to hear from all residents aged 18+ years.



Complete a scorecard online:
www.research.net/r/MARKYT



Contact your Local Government
to request a printed scorecard

If you have any questions about this study, please contact your Local Government.

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

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

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

2020 Publishing Dates

Deadline 12 noon	Publishing Date
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 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
 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 th 11.00am Annual Meeting with Bishop Jeremy James
July	No Anglican service
August	Saturday 15 th 11.00am
September	No Anglican service
October	Saturday 17 th 11.00am
November	No Anglican service
December	Saturday 19 th 11.00am "Christmas" service

Shire news



Shire of
YILGARN

"good country for hardy people"

AVON WASTE Shire of Yilgarn Recycling Calendar 2020/2021

July 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2020						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2020						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2020						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2021						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2021						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2021						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2021						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2021						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- Marvel Loch, Moorine Rock & Bodallin Rubbish Only
- Southern Cross Rubbish only
- Southern cross rubbish and recycling, Marvel Loch, Moorine Rock & Bodallin RC



WHAT CAN GO INTO YOUR RECYCLE BIN

- **Glass** - All glass and ceramics, whole and broken
- **Plastic** - All plastic containers and plastic wraps (empty with lids off)
- **Paper** - All paper, junk mail and glossy magazines
- **Cardboard** - All cardboard products
- **Aluminium & Steel** - All metals, steel & aluminium including aerosol cans
- **Liquid Paperboard** - Milk, juice and laundry detergent cartons.

There will be changes to the service over the Christmas Period.

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

Community News

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 number 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.

Senior's Exercises

Seniors Exercises have restarted at the Senior Citizen's Centre.

9:30am Tuesdays and Thursdays

Condolences

DELLA BOSCA, Carla

Our deepest sympathy to the Della Bosca family for their sad loss. The CWA of Nungarin wishes to acknowledge her many years of service to the CWA and her community.

The CWA of Nungarin.

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!

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

Did You Know?

Did you know that Southern Cross was a busy town in the mid 1930's? Gold mining was booming and many small shows reopened to take advantage of the increased gold price.

The biggest and best was Mount Palmer where anyone could work the alluvial leases near the lake. Nuggets could be won from sieving the dirt and panning off. The population of Yilgarn grew rapidly, as men sought work on the mines during the depression years.

Farmers, in particular, owe a vote of thanks to the mining industry for providing employment when times were tough on the farm. These were the days of weekend crowds, fun, and mischief. Business boomed and on Saturdays the footpaths at Southern Cross were so crowded that people walked on the road.

Late shopping was the order of the day on Saturday nights, and shops remained open till 9pm. People crowded into the cafes for supper, and it was not uncommon to hear singing to the tune of a piano-accordion. Most motor vehicles were old. Motor bikes and bicycles and the occasional horse drawn vehicle made up a busy town. The fun loving doctor would ride with a group of youngsters in an open utility minus the bonnet, just for the fun of it.

Farmers without money to license their vehicles parked them on the town boundary and then walked. These were depression times and money was not plentiful. Young men batching away from home soon learnt to wash and press their clothes by sticking them under the mattress. Clothing come out complete with wire ring impressions caused by stretcher beds.

Anyhow, who cared, a brisk walk along the dusty road and everyone's clothing was the same. Yilgarn was a good place to be during the depression years.

©Lance Stevens



Have your say on Mobile Black Spot Program

31 May 2020

Durack residents and organisations are encouraged to have their say on the design of the next round of the Government's highly successful Mobile Black Spot Program (MBSP) to ensure it continues to improve coverage for regional communities.

Federal member for Durack, the Honourable Melissa Price is encouraging you to have your say.

"I understand the importance of connectivity for Durack regional communities, so we're getting on with the job of building more phone towers to deliver more coverage. The Morrison Government is committed to delivering improved coverage and choice for Australians in regional and remote areas," Melissa Price said.

The Morrison Government has released a discussion paper on design options for Round 5A, to test a range of new approaches to the delivery of the Mobile Black Spot Program to ensure it continues to be fit-for-purpose.

The release of the discussion paper is a great opportunity for regional Australians to have their say on how the program can best deliver the mobile coverage they need into the future.

There is \$46 million on the table for Round 5A and a further \$80 million committed for Round 6, of the MBSP.

"In order to deliver this, it is vital we receive feedback on proposed changes from a broad regional audience," Ms Price said.

The discussion paper proposes a series of changes to the eligibility guidelines for the program so that it continues to deliver high-value outcomes to regional and remote Australia.

The paper proposes three main objectives for round 5A; to:

- Improve coverage in areas prone to natural disasters including bushfires;
- Improve coverage along major regional and remote transport corridors; and to
- Trial new technology solutions in areas where low population densities have discouraged applications in previous rounds.

To have your say, visit: <https://bit.ly/2yUkJk4>

<https://www.communications.gov.au/have-your-say/consultation-design-options-round-5a-mobile-black-spot-program>

Ends;

Media contact

Rose Crane; 0427 587385; Rosemea.Crane@aph.gov.au

It's Official 2020 Nominations are Open!

The **Western Australian Regional Achievement and Community Awards** are designed to encourage, acknowledge and reward the valuable contributions individuals, communities and businesses are making throughout regional and rural Western Australia.

Do you know an individual, group, business or organisation who deserves to be recognised? We would love for you to enter them into the Awards!

Please below for a list of categories that are now open:

- **Insurance Commission of Western Australia** – Regional Safety Award
- **RAC** – Volunteering Award
- **Ricoh Australia** – Customer Service Award
- **Rinehart** - Development of Northern Regional WA Award
- **Curtin University, School of Education** Teaching Excellence Award
- **Prime Super** – Employer Excellence in Aged Care Award
- **Woolworths** – Community Group of the Year Award
- **Prime Super** - Business Achievement Award
- **Department of Local Government, Sport and Cultural Industries** – Making a Difference Award
- **Department of Primary Industries and Regional Development** - Economic Development Award

Category winners will be receive a share in amazing prizes and a magnificent trophy. Plus, we will send out a media release to each of the nominee's local papers encouraging them to write a story, and every nominee will receive a certificate of achievement.

The Awards are free to enter – And completing a nomination online is easy! If you are ready to start your nomination please go to our [online portal](#) and select the category from the dropdown nomination award menu.

Want to recognise someone but don't have the time? No problem, we are more than willing to help! Simply [Refer Someone](#) to us - It takes only 2 minutes to complete the form and our team does the rest! We'll get in contact with them and have them complete the questions. It's that easy!

To find out more about the Awards please see our website (<https://awardsaustralia.com/regional-achievement-community-awards/wa/>)

Nominations close **Friday 7th August 2020.**

MEDIA RELEASE

29 May 2020

WBN launches NEW COVID19 Hotline for Wheatbelt businesses

The Wheatbelt Business Network with financial support from RDA Wheatbelt Inc and the Wheatbelt Development Commission have launched a new COVID-19 Hotline to assist and support businesses throughout the Wheatbelt region.

"The hotline and support services will operate until October and are separate to our membership" said Caroline Robinson, WBN CEO.

"RDA Wheatbelt, the Wheatbelt Development Commission and the WBN recognised the need to provide businesses with clarity in interpreting Federal and State Government information and restrictions, as well as support that considers the rural business and community context in which they operate"

"Wheatbelt businesses can register on the WBN website, with the services and information we provide tailored to operating out here" she said.

The Hotline will give businesses access to the WBN team to help interpret COVID19 restrictions and guidelines as well as referrals to other Wheatbelt support services.

Businesses will also have the opportunity to update their contact details on the online Wheatbelt Business Directory, a digital footprint review, and assistance with registering on VendorPanel which is used by local governments for their procurement needs.

"In recognition of the impact that COVID19 has had, the Wheatbelt Development Commission is supporting the Wheatbelt Business Network to expand its services and customer base to small businesses across the region. This will be especially important as restrictions on travel and gatherings are lifted" said Rob Cossatt, CEO of the Wheatbelt Development Commission.

Mandy Walker, Director of RDA Wheatbelt said she was pleased to be able to join forces with the Wheatbelt Development Commission to support the region's businesses.

"Surviving and then thriving in recovery post COVID19 restrictions will be made all the more possible by accessing a reliable, up to date central point of advice and support. We encourage all Wheatbelt businesses, especially those who haven't used the WBN before to reach out and access this important resource" said Mandy.

This year the Wheatbelt Business Network marks its 10th anniversary.

During the COVID19 pandemic, the Board and staff have kept abreast of the latest Government support packages, funding and schemes, and are able to point people in the right direction to benefit their business and give them a better chance of recovering.

"We want to see a vibrant, strong business community come out of the back of this crisis and are doing everything we can to make sure that happens. We hope businesses throughout the Wheatbelt will take advantage of this opportunity and register for this service." said Business Manager, Rachael Thomas.

Businesses can register at www.wheatbeltbusinessnetwork.com.au/covid-19-support/

The Wheatbelt Development Commission has also provided financial assistance to other Chambers of Commerce in the Wheatbelt who are members of the Regional Chambers of Commerce and Industry WA.

For further information, please contact:

Rachael Thomas

Business Manager

042 8855 224

r.thomas@wheatbeltbusinessnetwork.com.au

SUPPORT SERVICES

000 (emergency)

Rural Link: 1800 552 002

Mental Health Emergency Response Line: 1300 555 788

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

Lifeline Text Service: 0477 13 11 14 (only available 6:00 pm to 10:00 pm EST)

Beyond Blue: 1300 224 636

Kids Helpline: 1800 551 800

headspace (9am till 1am EST): 1800 650 890

Samaritans Crisis Line: 135 247

The Salvation Army: 1300 363 622

Crisis Care (Child Protection & Family Support): 1800 199 008

Reachout: www.reachout.com

Mensline: 1300 789 978

Grief Line (midday to 3am EST): 1300 845 745

Alcohol & Drug Support Line: 1800 198 024 or 9442 5000

Parent and Family Drug Support Line: 1800 653 203 or 9442 5050

Narrogin & Upper Great Southern Domestic Violence Helpline 1800 007 570

Wheatbelt Domestic Violence Helpline 1800 353 122

Women's Domestic Violence Helpline: 1800 007 339

Men's Domestic Violence Helpline: 1800 000 599

1800 RESPECT: 1800 737 732

Elder Abuse Helpline WA - 1300 724 679

Suicide Bereavement Service: 0474 076 849

Sexual Assault Referral Centre: 1800 199 888

HealthDirect: 1800 022 222

Holyoake

Northam: (08) 9621 1055

Narrogin: (08) 9881 1999

Merredin: (08) 9081 3396

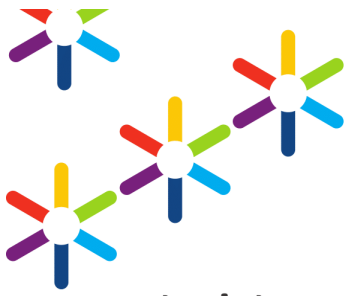
Victoria Park: (08) 9416 4444

Midland: (08) 9274 7055

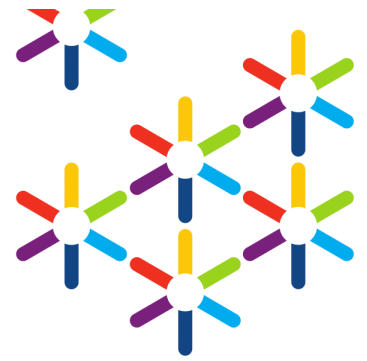
Freecall: 1800 447 172

WACHS Wheatbelt Mental Health Service – (08) 9621 0999





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

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

June 24th

October 14th

July 22nd

November 11th

August 19th

December 9th

September 16th

Please contact 90411734 to make an appointment

Make the most from your fertilizer investment



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

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

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



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

EOFYS **10% Off Canvas Covers**



**CANVAS OR HEAVY DUTY CLOTH
CUSTOM SEAT COVERS**



- Vehicle & Machinery seat covers
- Water resistant 12oz. canvas
- Custom made for a great fit

**Made in Esperance
WA**

**10% OFF
IN JUNE**

PLUS - FREE DELIVERY

P: 1300 103 103

E: admin@sandgropercovers.com.au

W: sandgropercovers.com.au



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 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



Mentally Healthy WA

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

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

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

SOUTHERN CROSS MOTOR MART

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Calendar of Events

Thu 18 Jun	Shire of Yilgarn Council Meeting
Wed 24 Jun	Merredin Veterinary Clinic in Southern Cross
Thu 9 Jul	Pat & Chat Mobile Vet in town



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

1 Decide to look for what's good, even on the difficult days

8 Write a letter to thank someone for what they did

15 Rediscover a fun childhood activity that you can enjoy today

22 Share a happy memory with someone who means a lot to you

29 Take time to do something that makes you happy today

TUESDAY

2 Re-frame a worry and try to find a positive way to respond

9 Find the joy in music today: sing, play, dance or listen

16 Ask a loved one what they feel grateful for at the moment

23 Look for something to be thankful for where you least expect it

30 Make a list of the joys in your life (and keep adding to them)

WEDNESDAY

3 Think of 3 things you're grateful for and write them down

10 Take a photo of something that brings you joy and share it

17 Be kind to you. Treat yourself the way you would treat a friend

24 Thank a friend for the joy they bring into your life

THURSDAY

4 Show your appreciation to those who are helping others

11 Say positive things in your conversations with others today

18 Send a positive note to a friend who needs encouragement

25 Eat food that makes you feel good and really savour it

FRIDAY

5 Smile and be friendly, even while you're social distancing

12 Make a plan with friends to do something fun together

19 Create a list of favourite memories you feel grateful for

26 See the upside in a difficult situation you learnt from

SATURDAY

6 Notice the upsides during the lockdown, however small

13 Appreciate the joy of nature and the beauty in the world around

20 Make time to do something playful today, just for the fun of it

27 Watch something funny and enjoy how it feels to laugh

SUNDAY

7 Find a joyful way of being physically active (indoors or out)

14 Do three things to bring joy to other people today

21 Enjoy trying a new recipe or cooking your favourite food

28 Create a playlist of your favourite songs and enjoy them



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle



ACTION FOR HAPPINESS



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30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Recycling Days

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