

# CROSSWORDS \$1

SCRIBBLERS  
FESTIVAL

WIN  
**\$500!**  
in prizes

*New Competition*  
**Connecting Through  
Creativity**

ENTRIES DUE 19 JULY 2020

Use any method of visual storytelling to explore the topic of **CONNECTIVITY** during the global pandemic and beyond.



**Cristy Burne**



**James Foley**



**Beci Orpin**



**Remy Lai**

To inspire you, we've recruited these four top notch Creative Mentors to share some tricks of their trades through a series of video and blog posts. Head over to **@scribblersfest** on **Facebook** and **Instagram**, where they'll guide you on your artistic journey with inside peeks to their own creative processes, how-tos, and answers to your burning questions.

To learn more about how you could win \$500 in prizes, visit [scribblersfestival.com.au](http://scribblersfestival.com.au)

Thank you to our competition partner



Scribblers Festival is an initiative of FORM: Building A State of Creativity.

**FORM.**  
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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 2020/21 (as of 1 July 2020)

#### 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
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



Mentally Healthy WA

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

## 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



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

## RE-ESTABLISHMENT OF TOURISM ADVISORY COMMITTEE

### EXPRESSIONS OF INTEREST FOR COMMUNITY COMMITTEE MEMBERS

Council at its June 2020 Ordinary meeting adopted its Community Strategic Plan 2020-2030. During the community consultation process in developing this Plan, one of the priorities identified was the need to increase tourism and to promote the Shire and its attractions more positively.

Based on the feedback received and identification that the Shire of Yilgarn should be more strategically promoting tourism in the district, Council will be re-establishing its Tourism Advisory Committee. To ensure that the community has input into future tourism projects, Council is calling for expressions of interest from enthusiastic community members who have a passion for tourism to become members of this re-formed Committee. It will be the Committee's responsibility to develop strategies and projects for presentation to Council for adoption.

It is therefore requested that community members express their interest in being involved in this Committee to the undersigned prior to **Friday, 17 July 2019**.

*Peter Clarke*  
*Chief Executive Officer*





## What is illegal dumping?

Illegal dumping refers to the placement of waste onto private or public land where no licence or approval exists to accept such waste. It varies from small bags of rubbish in an urban environment to larger scale dumping of materials in isolated areas. Hazardous waste can be especially dangerous and toxic to the environment and population.

In Western Australia littering infringements can be issued by authorised officers including police and local government officers and Rangers. The [Department of Water and Environment Regulation \(DWER\)](#) is responsible for the investigation and prosecution of illegal dumping under the [Environmental Protection Act 1986 \(EP Act\)](#).

Illegal dumping is the unauthorised discharging or abandonment of large amounts of waste and is an offence under Section 49A of the EP Act.

## What happens if I see illegal dumping?

If you see anybody dumping illegally or spot illegal waste you can report it via:

- The Department of Water and Environmental Regulation's 24-hour Pollution Watch hotline on 1300 784 782
- Shire of Yilgarn on 9049 1001, or [yilgarn@yilgarn.wa.gov.au](mailto:yilgarn@yilgarn.wa.gov.au)

## Litter

Throwing, dropping or dumping rubbish may it be intentional or not is an offence under the [Litter Act 1979](#).

In Western Australia littering infringements can be issued by authorised officers including police and local government officers and Rangers.

Residents can become actively involved in community spaces, bushlands, reserves, school and business by contacting [Keep Australia Beautiful WA](#) (KABC). KABC Provide leadership in the field of litter prevention and reduction in Western Australia through community awareness and engagement, education, legislation and enforcement strategies.

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## Future of Bodallin Hall - Request for Comment

For a number of years now, the Bodallin Hall has not been used at all by the Bodallin community and due to the lack of usage and ownership by the community, it has fallen into disrepair. Whilst the Hall served the community well in its heyday, the lack of usage in recent years has forced Council to seriously consider the Hall's future.

Therefore, in response to the above, Council is seeking public comment from the Bodallin community on the future of the Bodallin Hall. It is important all residents of the Bodallin community have the opportunity to have their say on the Hall's future as this will enable Council to determine whether the building is retained or demolished. Council can see no purpose in allocating funding to this building on a yearly basis when there is no benefit to the community.

An assessment of the buildings immediate to long-term maintenance requirements will be undertaken as well as public comment sought prior to Council decision on the Hall's viability.

Council is encouraging people to forward any comments by the **close of business on Friday 31<sup>st</sup> July 2020.**

Should you wish to discuss this matter further please contact the undersigned on 9049 1001.

Grayson Hindmarsh  
**Executive Manager Regulatory Services**

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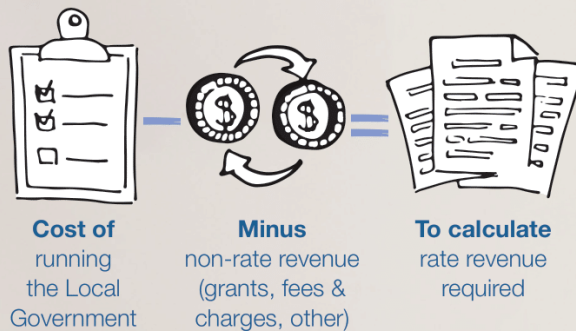
## Swimming Pool photo update



# YOUR COUNCIL RATES EXPLAINED

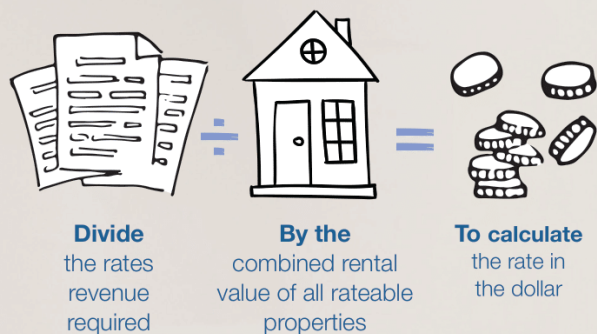
## Step 1

Total rates required to run the Local Government



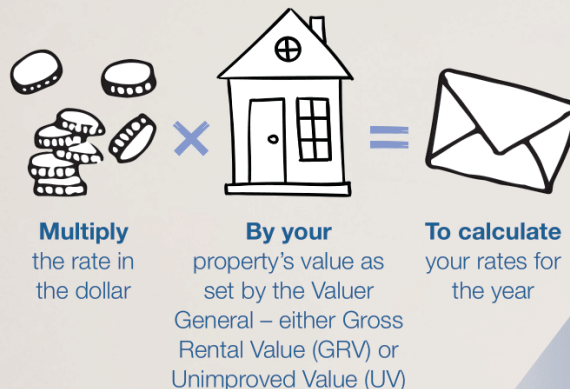
## Step 2

Rate in dollar calculated



## Step 3

What you pay





Anthony Lamond Productions Presents



# COMEDY GOLD

Friday 14th August



SAVE THE DATE

# 2020

SAVE THE DATE



**Peter Rowsthorn**

Kath & Kim  
Thank God Your Here



**Cameron McLaren**  
Winner

Fringe World  
Best Comedy  
Weekly Award



**Emma Krause**

A.G.T Semi Finalist  
Mum Of Twins



**Frankie**

On Debut  
Star Of The Future

## FAMILY COUNSELLING SERVICE

### WHEATBELT AGCARE

COMMUNITY SUPPORT SERVICES INC.

#### Shires Serviced:

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

#### WHEATBELT AGCARE.

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

## FAMILY COUNSELLOR

*...helping rural people meet the challenges of change*



Contact: Kaye Bell  
PO Box 101  
Nungarin WA 6490  
Phone: (08) 9046 5091  
Fax: (08) 9046 5063  
Mobile: 0488 465 081  
Email: [wheatbeltfamily@wn.com.au](mailto:wheatbeltfamily@wn.com.au)

For Complaints Resolution  
Contact in writing  
Chairman  
Wheatbelt Agcare  
PO Box 101  
Nungarin WA 6490  
Envelope marked Confidential



Supported by the  
Shire of Yilgarn



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# Hon Mia Davies MLA

Member for Central Wheatbelt

# MEDIA RELEASE

30 June 2020

## MIA'S LOCAL HERO GRANTS HELPING TO MAKE A DIFFERENCE

Forty Four community groups across the Central Wheatbelt electorate are set to benefit from grants awarded under *Mia's Local Hero Grants*.

Local Member for Central Wheatbelt Mia Davies MLA recently launched the 'Local Hero Grants' to help support local community groups based across her electorate.

Ms Davies said that in her role as the local State Member she was always pleased to support groups and the new program would offer small but meaningful grants to the community.

"I am always keen to support community groups throughout the Central Wheatbelt, especially those who support and enrich our local communities," Ms Davies said.

"My new *Mia's Local Hero Grants* program provided \$250 grants and we received some fantastic applications."

"The impacts of COVID-19 have been felt throughout the electorate and this was a way for me to acknowledge and support the many groups that do great work in my electorate."

Ms Davies said the grants provided an opportunity to show her support, thanks and appreciation for the hardworking volunteer and not-for-profit organisations that make such a difference in our community.

"There will be another round announced later in the year, so if you missed this round I'd encourage you to apply when we re-open another down the track."

"The process isn't onerous, but it is competitive so make sure you explain clearly how the money will be used and why it will benefit the community or people you support," she said.

Funding can be used to support or sponsor a local event, contribute toward the purchase of new equipment or materials, or to assist a group to better support their members or community.

ENDS

**For media enquiries please contact Mia Davies on 9041 1702 (Merredin office), 9622 2871 (Northam office) or email [mia.davies@mp.wa.gov.au](mailto:mia.davies@mp.wa.gov.au).**



[mia.davies@mp.wa.gov.au](mailto:mia.davies@mp.wa.gov.au)

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

Leader; Spokesperson for Regional Development, State Development, Public Sector Management, Jobs and Trade, Federal-State Relations

**THE NATIONALS** for Regional WA

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## **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](http://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**



# Community News

## PLEASE NOTE

The Department of Transport Licensing at the Shire of Yilgarn will be closed between 12—1pm on Monday 13th July.

We apologise for any inconvenience.

## 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.

## Expressions of interest wanted for future courses/training at the CRC!

The CRC are seeking expressions of interest for the following courses/training.

If we get enough numbers, we will look into organising training later this year.

- Forklift ticket
- Lunch & learn: Bookkeeping 101
- Afternoon session: Getting Paid on Time (business)
- Facebook Essentials for Small Business
- Microsoft Office training

If you have any other suggestions of training you might want to see offered in our area, or wish to register interest in the above training, please contact the CRC on [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au)

## Did You Know?

**Did you know** that the first WA State Rodeo Championship was held at Southern Cross? It took place in November 1955. Southern Cross Rough Riders Association had its nucleus members drawn from the Ambulance Association and the RSL. Apart from the thrills and spills of the rodeo the function raised funds for both organisations. The event was unique in the history of Yilgarn and proved to be an outstanding success. Held on Forrester's farm, it recaptured the spirit of fifty years earlier, when the farm was carved out of virgin bush. Organisers praised Bill Forrester who worked indefatigably for the success of the rodeo. Photos of this event can be viewed at the museum. I remember the occasion. Proceedings began with a down town parade headed by a mobile public address system.

The show got off to a good start at Forrester's with novice events. The stock gate opened and out dashed a mounted steer, with the rider mounted for four seconds before being thrown. The crowd clapped and cheered. More events followed as event after event was 'ridden off.' Open men's buck jumping championship was won by Norm Woods of Victoria. Open ladies buck jumping was secured by Miss Kitty Gill. The most exciting contest was Norm Wood's ride in open men's buckjumping. He rode superbly. Horse and rider seemed as one, twisting, turning bucking. Through a cloud of dust it seemed the young Victorian and horse was moulded as one. Wood's equestrian skill was only matched by Kitty Gill, her riding incomparable for skill, charm, and grace.

Fine performances were also put up by Jim McLean, Bill Ornsby, Gilbert and Jim Forrester, and their sister Margaret. Of the novices it was generally conceded that the youngsters put up the best show of all. The rodeo closed with a giant barbecue and square dancing around a bon-fire. A footnote to this story is the drama surrounding Kitty Gill, who had no mount for the official parade. Enter Mrs Bessie Nunn, who remembered that her brother, Latham Wesley, was doing his milk round around town in a horse and cart. 'Come on, Kitty' she called out and the pair went in search of Latham, who yielded to his sister's cajoling and agreed to lend Kitty the horse. The horse was taken out of the shafts but the saddle cloth was missing. They were outside Bessie's parent's house and a brightly coloured towel was procured. The horse was saddled and Kitty joined the parade at the rear, in case gun shots from the lead rider spooked her horse. All went well, we are pleased to say, and Latham completed his milk round using his van.

©Lance Stevens



## Free online meditation and yoga courses on offer to help improve the lives of people living with cancer



Cancer Council WA, through the Life Now program, is offering free online meditation and yoga courses, specifically designed for people living with cancer and their carers. Online courses begin in July 2020 and are free of charge thanks to generous community donations.

Life Now Meditation is a six week online course which guides participants through simple techniques to relax the body and calm the mind. Practicing meditation can help improve quality of life for people affected by cancer and assist in reducing anxiety, stress and blood pressure.

Life Now Yoga is a six week online course which guides participants through gentle stretching to help improve fitness, flexibility and overall wellbeing. Studies have found that regular yoga practice can improve mood, sleep quality and decrease cancer-related stress.

Please note the following dates and times:

### **Life Now Weekly Online Meditation**

- Tuesday classes commence 21 July for six weeks – 5.30pm – 6.30pm
  - Wednesday classes commence 29 July for six weeks – 1.30pm – 2.30pm
- Thursday classes commence 23 July for six weeks – 10.00am – 11.00am

### **Life Now Weekly Online Yoga**

- Wednesday classes commence 22 July for six weeks – 10.30am – 11.30am
- Friday classes commence 24 July for six weeks – 11.30am – 12.30pm

Participants will need access to a steady internet connection and smart device such as a Laptop, iPad, Smart Phone (iPhone, Android) or Smart TV.

Some eligibility criteria apply. Registrations are essential as spaces are limited – apply now to secure your place.

To register, visit the Cancer Council WA website at [www.cancerwa.asn.au](http://www.cancerwa.asn.au) and search 'Life Now' or call a cancer nurse on 13 11 20.

**Cancer Council WA Life Now Contact:** Jessamie Skinner – (08) 6389 7819

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## ABC Radio host goes dry for July to help those affected by cancer



Popular ABC Goldfields Breakfast and Saturday State-wide presenter, Ivo da Silva, is calling on the Wheatbelt community to join him for a month off the booze to help those with cancer, after being named Cancer Council WA's regional Ambassador for Dry July 2020.

Mr da Silva said he was looking forward to the challenge and hopes to lose between five to 10kgs while raising much-needed funds for Cancer Council WA's 13 11 20 Cancer Information and Support Line.

"I moved to the Goldfields about 10 years ago and during that time have put on about 25kgs," Mr da Silva said.

"When I got here I joined the soccer club which has its own bar and I became the bar manager. I know there's probably a lot of people who think I won't be able to do it as I am always the last to leave the clubrooms. I think my biggest challenge is more of a timing thing – I like to have a glass of wine at night when making dinner and on the weekends would always go to pubs and have a couple of pints while reading the paper. I get a lot of my stories from talking to people in the pub, so I still plan to do that but just drink water."

Cancer Council WA Wheatbelt Regional Education Officer Melissa Pickering said committing to the Dry July fundraiser was a great way to raise funds for an important cause.

"By going dry this July and fundraising on behalf of Cancer Council WA you'll help us continue to provide our vital 13 11 20 Cancer Information and Support Line for all West Australians affected by cancer," Ms Pickering said. "Our 13 11 20 Cancer Information and Support Line is a confidential service run by experienced cancer nurses and is available to those affected by or concerned about cancer. This service is not government funded – it is funded through the generosity of donors and fundraisers."

Ms Pickering said that participating in Dry July also yielded a range of health benefits. "Going dry for July is a great opportunity to look at how you can reduce your overall alcohol consumption," said Ms Pickering

"Alcohol is a cause of cancer; research shows that every year more than 3,200 cases of cancer can be attributed to alcohol consumption, such as mouth, pharynx, larynx, oesophagus, liver, bowel and breast cancer in women."

"There is no safe level of alcohol use, as any level increases the risk of developing an alcohol-related cancer; with studies showing that the risk of cancer increases with increasing consumption of alcohol on a regular basis. To reduce your cancer risk and improve your health and wellbeing, we recommend you limit how much alcohol you drink or better still, avoid drinking alcohol altogether. If you choose to drink, limit your intake to a maximum of two standard drinks a day and make sure you have alcohol-free days."

**People wanting to participate in Dry July and help Cancer Council WA to continue supporting thousands of West Australians affected by cancer via their 13 11 20 Cancer Information and Support Line can sign up at [dryjuly.com/cancercouncil](https://www.dryjuly.com/cancercouncil)**

**To support Ivo da Silva click [here](#) or go to: <https://www.dryjuly.com/users/ivo-da-silva?fbclid=IwAR0bLzTA-mzNg6BNQT7uxA2WdCA18NI99JqujdnKbOO1tWwdy2ucT1JjOG8>**

**For cancer information or support call Cancer Council WA 13 11 20 or visit [cancerwa.asn.au](https://www.cancerwa.asn.au)**



# Community Sport and Active Recreation COVID-19 Phase 4 Factsheet

Sport and active recreation plays an important role in community development, connectiveness, physical and mental health. On 22 June 2020, the WA State Government announced further cautious easing of restrictions, by removing existing gathering limits and permitting unstaffed gyms to open, following the encouraging response to COVID-19 in WA.

## What does this mean for community sport and active recreation in WA?



Complete or update your [COVID Safety Plan](#).  
You are no longer required to keep a contact register as part of your plan.



A venue's maximum capacity will be subject to the 2 square metre rule or 50 per cent capacity rule for Optus Stadium, HBF Park and RAC Arena. This includes both indoor and outdoor venues. Exemptions for large sporting venues over 300 people are no longer required.



All sport and physical activity that involves close or physical contact with another person is allowed. This includes dancing and ballet.



You can share sporting, fitness and gym equipment provided it is cleaned between each training session or class. Continue to encourage people to bring their own equipment. Gym patrons should be encouraged to wipe down the equipment after each use and the gym supervisor will ensure regular cleaning is carried out.



Gyms, health clubs, indoor sports centres (including the use of all gym equipment) can open provided there is regular cleaning.



Change rooms and shower facilities can continue to open.

## What should sport and active recreation organisations do before commencing any activities?



Familiarise yourself with the State Government's [State of Emergency Directions](#) and [FAQs](#).



Discuss your plans with your governing body, the State Sporting Association or National Sporting Organisation, as there may be insurance implications.



Complete your [COVID-19 Safety Plan](#) in conjunction with your local government and / or land manager.



Understand your hygiene policies and procedures - see over for more information.



Encourage everyone to download the COVID-Safe App as part of 'return to sport' protocols.



Ensure coaches / instructors understand the importance of a safe environment, including how to modify activities and manage risks.

Current 26 June 2020



Cleaning is an essential part of the removal of germs such as the COVID-19 virus. These tips are a guide for general cleaning of some common areas and items used by sport and active recreation clubs.



## Wash your hands

- Regularly washing your hands is a great way to prevent the spread of germs and virus.
- **If cleaning your hands with soap and water;**
  - Lather for at least 20 seconds. Pay attention to the backs of hands and fingers, fingernails and the webbing between fingers.
  - Rinse hands under running water and dry hands with a clean towel, or fresh paper towel.
- **If cleaning your hands with an alcohol-based hand rub (hand sanitiser);**
  - Apply enough product to cover both hands.
  - Rub all surfaces of both hands until they are dry.



## Washing equipment

- Equipment should be cleaned and disinfected following use and prior to being used again.
- Use products that are antiviral, meaning it can kill the virus, such as chlorine-based disinfectants or freshly made diluted bleach solution in accordance with Department of Health guidelines available the link below.
- Always follow the manufacturers guidelines for the correct mixture when working with chemicals.
- Wash equipment (such as balls, weights, dumbbells) in the cleaning mixture, leaving it on for at least ten minutes, before rinsing and drying.



## During training and competition

- Coaches / instructors to reiterate social distancing at the start of each session
- Wash your hands before and after training and competition.
- All players and support staff must bring their own water bottle and hand towel.
- No spitting.



## Toilets

- Toilets and changerooms can open.
- They should be frequently cleaned and ensure 2sqm of space per person.
- For high use areas this may be a few times per day. For low use this may mean a daily clean.
- Always follow the manufacturers guidelines for the correct mixture when working with chemicals.
- Always refer to your land manager to ensure you are compliant with any other requirements.



More information can be found at: <https://www.health.gov.au/sites/default/files/documents/2020/03/environmental-cleaning-and-disinfection-principles-for-covid-19.pdf>



For the latest information on COVID-19 visit <https://www.wa.gov.au/government/covid-19-coronavirus>

Current 26 June 2020





# MEDIA RELEASE

29 June 2020

## **Crop estimates vital for harvest planning**

The CBH Group is calling on growers to help with vital harvest planning by providing crop estimates for the 2020-21 season as we improve the functionality of our online estimates technology, Paddock Planner.

The annual call for crop estimates signals the commencement of harvest preparations for CBH, with the information assisting with planning that will ultimately benefit growers with services and segregations that match the crops grown in their local area.

CBH Chief Operating Officer Ben Macnamara said understanding the commodity and size of crops being grown in each area helped CBH make the best decisions about what services to offer at receival sites during harvest.

“It is vital growers let us know what their plans are so we can estimate how much grain may be produced in a region and provide growers with the storage and handling services they expect at harvest,” Mr Macnamara said.

“Estimates are particularly important this season given that some growers may have adjusted their barley cropping plans, and if so, we need to make sure that we’re accommodating for those changes.

“We’ve also had examples in the past where estimates haven’t been returned to us which means we weren’t aware of additional volumes delivered to particular sites and this has impacted our service during harvest.

“As a result, this can cause frustration for growers and transporters during a really busy period and the potential for additional costs for both CBH and other growers.”

This season, growers will have the option of submitting their estimates through Paddock Planner or the estimates form, both of which are accessed through our secure online portal LoadNet.

Mr Macnamara said CBH encouraged growers to use Paddock Planner because the technology enables growers to manage their cropping plans and submit estimates for each paddock delivered to CBH.

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“We have added even more features to Paddock Planner this year including the ability to transfer property or paddock information to another account or to another grower, and the option to download information so growers can use this with other software,” he said.

With growers estimates in Paddock Planner, CBH’s planning capability is boosted so growers are provided with:

- segregations that match the grain types grown in their local area
- quicker deliveries at harvest, and
- additional storage, if it’s needed

“Overall, Paddock Planner helps us provide growers with a more efficient network from paddock to port,” he said.

Mr Macnamara said CBH would not offer an incentive to growers who use Paddock Planner this year.

“The incentive was offered last year to encourage growers to participate in the new technology and we subsequently achieved a high participation rate with over 70 per cent of hectares sown inputted into Paddock Planner,” Mr Macnamara said.

“The information we were provided by growers in Paddock Planner helped greatly with our planning for last year’s harvest and provided us with insights into where investment is needed in the network for the long-term.

“I can’t emphasize enough how much our planning depends on the information that growers provide us in their estimates. I encourage all growers to please take the time to do theirs this year.”

CBH is encouraging growers to submit their estimates before 31 July 2020. Growers who would like assistance with their Paddock Planner estimates are encouraged to call our Grower Service Centre on 1800 199 083.

**\*\*ENDS\*\***

**Media contact:**

**M:** 0419 773 283

**E:** [corporateaffairs@cbh.com.au](mailto:corporateaffairs@cbh.com.au)

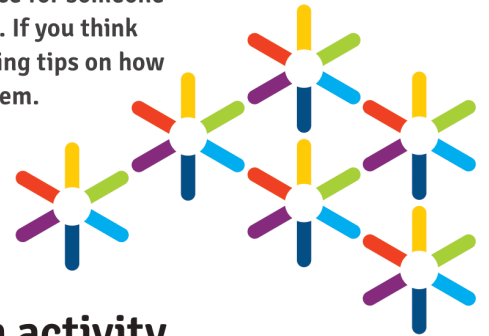
**About CBH Group:**

CBH Group is Australia’s largest co-operative and a leader in the Australian grain industry, with operations extending along the supply chain from storage, handling and transport to marketing, shipping and processing. Owned and controlled by approximately 3,900 Western Australian grain growing businesses, CBH is Australia’s largest exporter of grain, with a market share of approximately 30 per cent of aggregated bulk exports.



# How to check in on someone

Helping others and providing support can make a difference for someone who is having problems and going through a tough time. If you think someone you care about isn't going so well, try the following tips on how to support them and continue to check in on them.



## Talk

For most people, just asking if they are okay and listening can make a difference.

By simply being there for someone, they can feel less alone and more supported to open up and talk about how they are really feeling.

Asking open ended questions that require a response is a good way to start the conversation.

### FOR EXAMPLE:

- How are you going? What's been happening in your life lately?
- You don't seem quite yourself lately, is something bothering you?
- You seem upset or worried, what's going on? Can I help with something?
- I've noticed you're not going out much lately, anything going on?



## Do an activity together

Activities create conversation. Find an opportunity during everyday life activities to start the conversation and ask them how they are really feeling. Try doing activities together such as:



GOING FOR A WALK



GOING TO AN EVENT TOGETHER



GOING FOR A COFFEE OR A MEAL



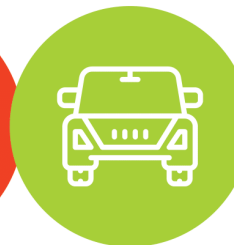
## Listen

Just being there for someone and offering a listening ear can make a difference.

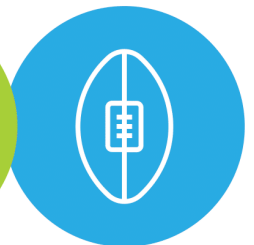
1. Show them that you care and are here to listen to them.
2. Have patience, let others talk and don't judge.
3. Be reflective by repeating what they have said.
4. Keep calm and accept that they may disagree with you.



KICKING THE FOOTY, PLAYING A GAME, SURFING ETC



GOING FOR A DRIVE



ANYTHING THAT ENCOURAGES OR PROVIDES AN OPPORTUNITY TO HAVE A CHAT



## Provide support

If the person you're concerned about 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.

They may also need your support while they look for professional help.

  
**think**  
MENTAL HEALTH

For more information visit  
[thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)

## Happening at the Senior Citizen's Centre:

Art Group	Tuesday, 11.00am
Carpet bowls	Wednesday & Friday, 10.00am
Fancy Feet	Tuesday, 9.30am
Movers & Groovers	Thursday, 9.30am
Patchworking	Tuesday, 6pm
Scrapbooking	Thursday, 10am—3pm
Singing	Wednesday, 7.30pm
CWA Meetings	Third Friday night of every month, 6:30pm

\*Please confirm with each group regarding times and recommencement after COVID-19



## CBH GROUP HARVEST CASUAL WORK 2020

Applications are now open - get in quick!

**We are looking for hard working, safety-conscious people to work at our receival points across the WA grain growing region during harvest this year.**

We are inviting applications for the following casual positions:

- Receival Point Operators, including grain sampling, and
- Plant Operators at selected port terminals

Depending on weather conditions, the season will commence around October and generally lasts up to six weeks.

**No experience? No worries! Full training is provided - no need for qualifications or experience, just a great attitude.**

To find out more about the CBH Group, what harvest is like and where to apply, visit:

**CAREERS.CBH.COM.AU**

[cbh.com.au](http://cbh.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

July 22nd  
August 19th  
September 16th

October 14th  
November 11th  
December 9th

Please contact 90411734 to make an appointment

## The Epilepsy Nurse Line

People with epilepsy can speak with a qualified epilepsy nurse on the Epilepsy Nurse Line by calling 1300 EPILEPSY (37 45 37) or emailing [epilepsy@epilepsy.org.au](mailto:epilepsy@epilepsy.org.au).

- Calls made to the Epilepsy Nurse Line will be answered with a rapid response time, and emails will be responded to within 24 hours.
- The Epilepsy Nurse Line is staffed from 9am to 5pm seven days a week in all states and territories of Australia.

Available in all Australian states and territories



## EPILEPSY NURSE LINE

Available from 9am to 5pm seven days a week

[https://www.epilepsy.org.au/our\\_services/epilepsy-nurse-line/](https://www.epilepsy.org.au/our_services/epilepsy-nurse-line/)



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

**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

# FOR RENT

1 bedroom  
Self Contained  
Modern Unit  
Air Conditioned  
Partly Furnished

Phone Bryan  
0457001264

## WANT TO PLACE A RENTAL OR HOUSE FOR SALE ADVERT?

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

## HOUSE FOR SALE

61 Spica Street Southern Cross  
\$195,000

- ✓ 4 bedrooms all with built-in wardrobes and split system air conditioners
- ✓ 1 bathroom with bath and shower
- ✓ 2 toilets
- ✓ Linen cupboard
- ✓ HUGE family room
- ✓ User friendly kitchen with heaps of overhead cupboards, natural light, dishwasher and walk-in pantry. 5 burner gas cooktop, electric oven
- ✓ Split system air conditioners throughout main living area
- ✓ Windows have either blinds and/or curtains
- ✓ Electric HWS
- ✓ Large decking
- ✓ Heaps of storage
- ✓ Great NBN internet connection
- ✓ Carport
- ✓ 3 sheds, one with two roller doors and powered workshop
- ✓ Citrus trees
- ✓ Raised garden beds
- ✓ Chicken coop
- ✓ Rainwater tank
- ✓ Rear access
- ✓ Reticulated garden and lawn

Walking distance to shops, schools and most sporting facilities.

Simply move in and unpack.

**Genuine enquiries only on 0409 049 112**

## 2021 Calendar—WE WANT YOUR 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)**

# 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

Thu 16 Jul	Shire of Yilgarn Council Meeting @ 4:00pm
Wed 22 Jul	Merredin Veterinary Clinic in town
Thu 6 Aug	Pat & Chat Mobile Vet in town
6, 7, 8 Aug	H & R Block in town—call 6278 6500 for an appointment.
Fri 14 Aug	Comedy Gold *SAVE THE DATE!*
Thu 20 Aug	Shire of Yilgarn Council Meeting @ 4:00pm

**RESILIENCE CALENDAR: JUMP BACK JULY 2020**

**SUNDAY** **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

**We can't control what happens to us, but we can choose how we respond**

- Be willing to ask for help when you need it today (and always)
- Make a list of things that you're looking forward to
- Adopt a growth mindset. Change "I can't" into "I can't... yet"
- Find an action you can take to overcome a problem or worry
- Avoid saying "must" or "should" to yourself today
- Put a problem in perspective and see the bigger picture
- Shift your mood by doing something you really enjoy
- Get the basics right: eat well, exercise and go to bed on time
- Help someone in need and notice how that gives you a boost too
- Don't be so hard on yourself. It's ok not to be ok
- Reach out to someone you trust and share your feelings with them
- When things go wrong, be compassionate to yourself
- Challenge negative thoughts. Find an alternative interpretation
- Set yourself an achievable goal and make it happen
- Go for a walk to clear your head when you feel overwhelmed
- When things get tough, say to yourself "this too shall pass"
- Write your worries down and save them for a specific 'worry time'
- Let go of the small stuff and focus on the things that matter
- Notice something positive to come out of a difficult situation
- Ask yourself: What's the best thing that can happen?
- If you can't change it, change the way you think about it
- Make a list of 3 things that you can feel hopeful about
- Remember that all feelings and situations pass in time
- Choose to see something good about what has gone wrong
- Notice when you are feeling judgemental and be kind instead
- Get back in touch with a supportive friend and have a chat
- Write down 3 things you're grateful for (even if today was hard)
- Catch yourself over-reacting and take a deep breath
- Think about what you can learn from a recent challenge
- Ask for help from a loved one or colleague. Be specific
- Remember that you are not alone, we all struggle at times

**ACTION FOR HAPPINESS**

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

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

Keep Calm · Stay Wise · Be Kind

## Recycling Days

July 10	October 9
July 24	October 23
August 14	November 13
August 28	November 27
September 11	December 11
September 25	December 25