

# CROSSWORDS \$1



has come a long way...



Years ago  
the Telecentre opened  
in Southern Cross...



Years ago the building  
was officially opened...

Help us celebrate!!

WOOHOO!



Come join us at the CRC for an information session on what we do, how far we've grown and morning tea to help us celebrate this milestone...



When: Friday, 26th July 2019  
Where: CRC Building, Canopus St, Southern Cross  
Time: 9.30am



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

<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**

## 2019 Publishing Dates

Deadline 12 noon	Publishing Date
23/07/2019	25/07/2019
6/08/2019	8/08/2019
20/08/2019	22/08/2019
3/09/2019	5/09/2019
17/09/2019	19/09/2019
1/10/2019	3/10/2019
15/10/2019	17/10/2019
29/10/2019	31/10/2019
12/11/2019	14/11/2019
26/11/2019	28/11/2019
10/12/2019	12/12/2019

**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

**Uniting Church**

Service held 1st Sunday of the month.

Contact:

John McKane	9041 1117
Mobile	0435 507 606
Cheryl Auld	9049 8026
Diane Della Bosca	9049 1149

**Catholic Church**

48 Altair Street, Southern Cross  
 SX Presbytery 9049 1049 (Fri to Mon)  
 Kalgoorlie Parish 9021 2100 (Tues to Thurs)  
 Email: [kalgoorlie@perthcatholic.org.au](mailto:kalgoorlie@perthcatholic.org.au)

On Sunday 27 October at 10:30am we will gather for our annual Community Mass. Refreshments will be offered immediately after Mass. This is always a fun day with people travelling from Kalgoorlie and Merredin to be part of the occasion. All are welcome.

### Mass Times

From 1st Nov to 30th Apr	From 1st May to 31st Oct
Saturday 6:00pm	Saturday 6:00pm
Sunday 8:30am	Sunday 9:30am

**Anglican Church**

2019 Month	Date
July	Saturday 20 <sup>th</sup> 11.00am
August	Saturday 17 <sup>th</sup> 11.00am
September	Saturday 21 <sup>st</sup> 11.00am
October	Saturday 19 <sup>th</sup> 11.00am
November	Saturday 16 <sup>th</sup> 11.00am
December	TBA- weekend of Carols by Candlelight

Antares Street, Southern Cross  
 Enquiries: Leonie Gethin  
 Ph.: (08) **9049 1222**



COUNTRY ARTS WA &  
ACT-BELONG-COMMIT PRESENT

**erth's**  
**DINOSAUR**  
**ZOO™**

lotterywest  
SHOWS  
ON THE  
GO  
VOTED

"THIS LIVE ACTION SHOW IS ABSOLUTELY  
FABULOUS AND A MUST SEE FOR FAMILIES"  
- PLAY AND GO

CAUTION:  
CONTENTS MAY BE  
HUNGRY!

GET UP CLOSE TO  
**GIANT**  
DINOSAURS!

**SATURDAY 24 AUGUST, 2:00 PM**  
**SOUTHERN CROSS COMMUNITY CENTRE**  
**INFORMATION: SHIRE OF YILGARN 9049 1001**  
**ENTRY: GOLD COIN DONATION AT THE DOOR**  
**LOCALLY PRESENTED BY SHIRE OF YILGARN**

 Department of  
Local Government, Sport  
and Cultural Industries

lotterywest  
supported

COUNTRY  
ARTS WA

act  
belong  
commit

healthway

GWN7

**erth**  
Visual & Physical Inc.

TOUR COORDINATED BY COUNTRY ARTS WA



Southern Cross  
Community Resource Centre

# Beeswax Wraps

How to make them, and why you should  
use them information session



Wednesday 17th July 2019  
Senior Citizen's Centre  
2:00pm  
\$5.00



Please express your interest in attending to the Southern Cross CRC  
on [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) or 9049 1688.

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## CRC IT WORKSHOPS

### “Facebook basics”

Learn how to start a facebook, add friends and how you can  
communicate with them!



Southern Cross CRC  
Friday 19 July 2019  
10:00am  
\$5.00







**FREE SKIN CANCER SCREENING**  
Southern Cross Community Resource Centre

*As a joint project with*

**The Lions Cancer Institute Inc.**

The team will conduct a **Free** Skin Cancer Screening in

Southern Cross  
On Saturday 27<sup>th</sup> July 2019

At Rotary Park, Antares Street, Southern Cross

*If you are 20 years or older and can answer  
‘YES’ to three (3) of the following you may be at risk.*

- A family member who has had a malignant melanoma. (Mother, Brother, Sister or Grandparents)
- Five or more moles (not freckles) on your forearms.
- Previously had moles removed that were not cancers
- Previously had skin cancer.
- A mole or freckle, which is changing, size, colour or shape
- Fair skin that always burns rather than tans
- Had blistering sunburn as a child enough to stay off school
- Any inflamed skin sores that do not heal

**Please telephone 9049 1688 for an appointment.**

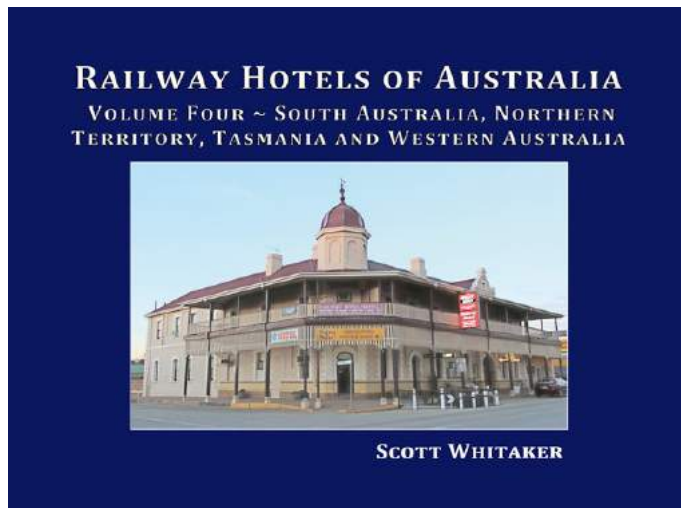
Contact: Southern Cross Community Resource Centre



Southern Cross  
Community Resource Centre  
*your local connection*

# AUTHOR TALK

## SCOTT WHITAKER



SRW  
PUBLISHING

**Held at the Southern Cross Public Library**

**Monday 12th August 2019 at 2:00pm**

**Contact the CRC 9049 1688 or [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) for more information.**

### **About the Railway Hotels of Australia Author, Scott Whitaker**

#### ***Scott Whitaker***

Scott Whitaker grew up in Melbourne in the 1960s and 1970s before being transferred to Queensland with his employer Airservices, then Department of Aviation. After working in Air Traffic Control for over 30 years, he retired a few years ago.

Scott returned to Melbourne but has recently returned to QLD to soak up the sunshine at Bowen (northern region of the Whitsundays). He has two adult children.

His interests include railways, probably kindled by the stories told by his grandfather who was a locomotive fireman on steam engines during the Second World War, Australian history and travel.

It is these interests that Scott collectively seized upon at retirement as he entered the world of authorship, travelling around Australia, to explore the history of the Railway Hotels of Australia.

This all-ages talk lasts about an hour and covers many topics such as the coming of the railway, pub life, general history of the state – social, political and economic - over the past 170 years. Scott will also cover topics such as self-publishing and researching.

## EXPRESSIONS OF INTEREST WANTED!

### “Window to the Regions Project”

Are you interested in photography (pro and amateurs welcome!) and want to take part in a project to capture a “Photo Story”?

For more information, or to register your interest, please contact the CRC on [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) or phone 9049 1688.

### BE INSPIRED TO CAPTURE A PHOTO STORY.

This 3 hour workshop will give you the tools and inspiration you need to go out and start a photography project. By creating a photo story, you have the opportunity to put into practice different photography genres such as portraiture, documentary, capturing action and detail plus you will learn to edit and order your images into a coherent story.

Create a photo story to vividly capture events in your life or to take customers behind the scenes of your business or simply to learn a new skill. Take the focus off the technical and onto the content of your images.

How can you capture atmosphere and real emotion?

How does lighting effect the mood of your photos?

What types of images help make a coherent story?

What are some helpful tips for photographing people?

Apps and creative programs and much more.

No prior photography experience is necessary. Expensive camera equipment is optional. If you would like to use your smart phone go ahead! You will probably surprise yourself.

One of the aims of this workshop is to bring community together in a focused way. People living in rural and remote communities have different levels of photography experience. There are a range of ages, male and female from all walks of life.

It doesn't matter whether you are shooting on a DSLR, a compact camera or smartphone you can all capture memorable images that tell a story. This workshop is all about learning by doing and having a creative project with an end result. Put into practice what you learn but more importantly learn while you do it... and have fun!

Be part of our online community 'Our PhotoStories' and share your stories for guidance, feedback and inspiration.

*Astrid Volzke loves to capture stories and real emotion. The character and atmosphere of people and place. Working as a press photographer for 9 years at the West Australian Newspaper shaped her documentary style of photography. Astrid uses her knowledge of visually capturing stories plus her versatility in documenting people from all walks of life and all situations to inspire others to push the boundaries of their photography skills and experience.*



**OUR  
PHOTO  
STORIES**  
Capture the story.

Email: [astrid@ourphotostories.com.au](mailto:astrid@ourphotostories.com.au) Tel: 0417 788 578  
Facebook & Instagram: Our PhotoStories / [www.ourphotostories.com.au](http://www.ourphotostories.com.au)





## Join us to have a chat about mental health and wellbeing in rural Australia

A Rural Minds Workshop is a relaxed way to learn about mental wellbeing and resilience for your community, your family, friends, and yourself. Designed for rural and remote communities, and delivered by people who know what it's like out here, Rural Minds is just good, solid, practical, information without all the bull...dust.

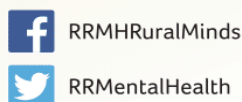
**The workshop will:**

- Improve your awareness and understanding of mental health issues
- Make the connection between mental health and personal safety
- Give you the confidence, strategies and pathways to supports to help you preserve your mental health and that of your family and friends.

**Topics covered will include:**

- Stigma around mental illhealth
- Risks to mental health
- Anxiety and Depression
- Destructive Thinking
- Acute Stress and PTSD
- Dementia
- Suicide
- Alcohol, drugs and mental health
- Relationships
- Financial Stress and Succession
- Strategies to build and maintain mental health
- Mental health supports

Expressions of Interest to hold a Rural Minds workshop in Southern Cross can be forwarded to [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) or call the Southern Cross CRC on 9049 1688.





# 2020 Calendar

Submit your photos for our 2020 calendar!

If you've taken a great landscape picture, snapped a photo of a little animal or colourful wildflowers, we'd love to see them.

Email high-res copies to the CRC on [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au)

*Please note: we can't accept photos featuring people, and all photos must be sent with information of locations they were taken so it can be included in the calendar.*

*Due to the number of photos we receive for calendar submissions, please be aware that not all photos received will be featured in the 2020 calendar.*

## OPPORTUNITY TO ADVERTISE

### *Shire of Yilgarn Community Calendar*

Emails to businesses wishing to advertise in the next community calendar will be sent in late August with information on how to advertise, the cost and deadline for advertising to be received by.

If you have not advertised in the calendar previously, and would like to receive the information pack in August, please email [crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au) or call 9049 1688 to be added to the mailing list.

## COMMUNITY EVENTS

### *Request for annual event dates and upcoming events*

As a part of producing the calendar, the CRC collects the dates for any annual events in the Yilgarn for 2020, and will include them in the Calendar and on the Shire's website events calendar.

Please provide any event dates/times to the CRC by 18 October 2019 to ensure we can publish them in next year's Calendar.

# Community News

## MOORINE ROCK P&C FOOTY TIPPING RESULTS

**Round 15 - Sponsored by Granich Contractors with thanks to Joe & Lisa Granich**

**Winner: Thackers**

**Overall Competition Leaderboard:**

**1st – JARVA 84pts**

**2nd- RRJ 83pts**

**3rd- Moe/David/Sarah 82pts**



**Round 16 - Sponsored by Landmark Merredin with thanks to Robert Alderton**

**Winner: 1938Colin**

**Overall Competition Leaderboard:**

**1st – JARVA/Moe 88pts**

**2nd- RRJ/Pags/David/Sarah/1938Colin 87pts**

**3rd - sean 86pts**

## **Southern Cross Football Club**

### **HOME GAMES 2019**

Hannaford Round 11

Saturday 27th July

Southern Cross v Corrigin

Elders Round 13

Saturday 10th August

Southern Cross v Narembeen

## **Southern Cross Golf Club**

### **Mens**

Sat 13	J & L Symes Trophy Day 18 Hole 4BBB
Sun 14	Cusack Cup Narembeen
Sat 20	Club Day 18 Hole Stableford
Sun 21	Nokaning Cup
Sat 27	SX Motel Trophy 18 Hole Stroke 2nd Round Championships
Sun 28	Nungarin Masters

### **Ladies**

Sat 13	J & L Symes Trophy Day 18 Hole 4BBB
13/14	Provincial Tournament Northam
Sat 20	Mululu Gifts & Homewares Trophy 18 Hole Stroke 3rd Round Championships
Sat 27	SX Motel Trophy 18 Hole Stroke 4th Round Championships

## **Looking to get involved in a group or club?**

There are many local groups you can join!

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

## **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!





**YILGARN AGRICULTURAL SOCIETY INC**

P.O BOX 124

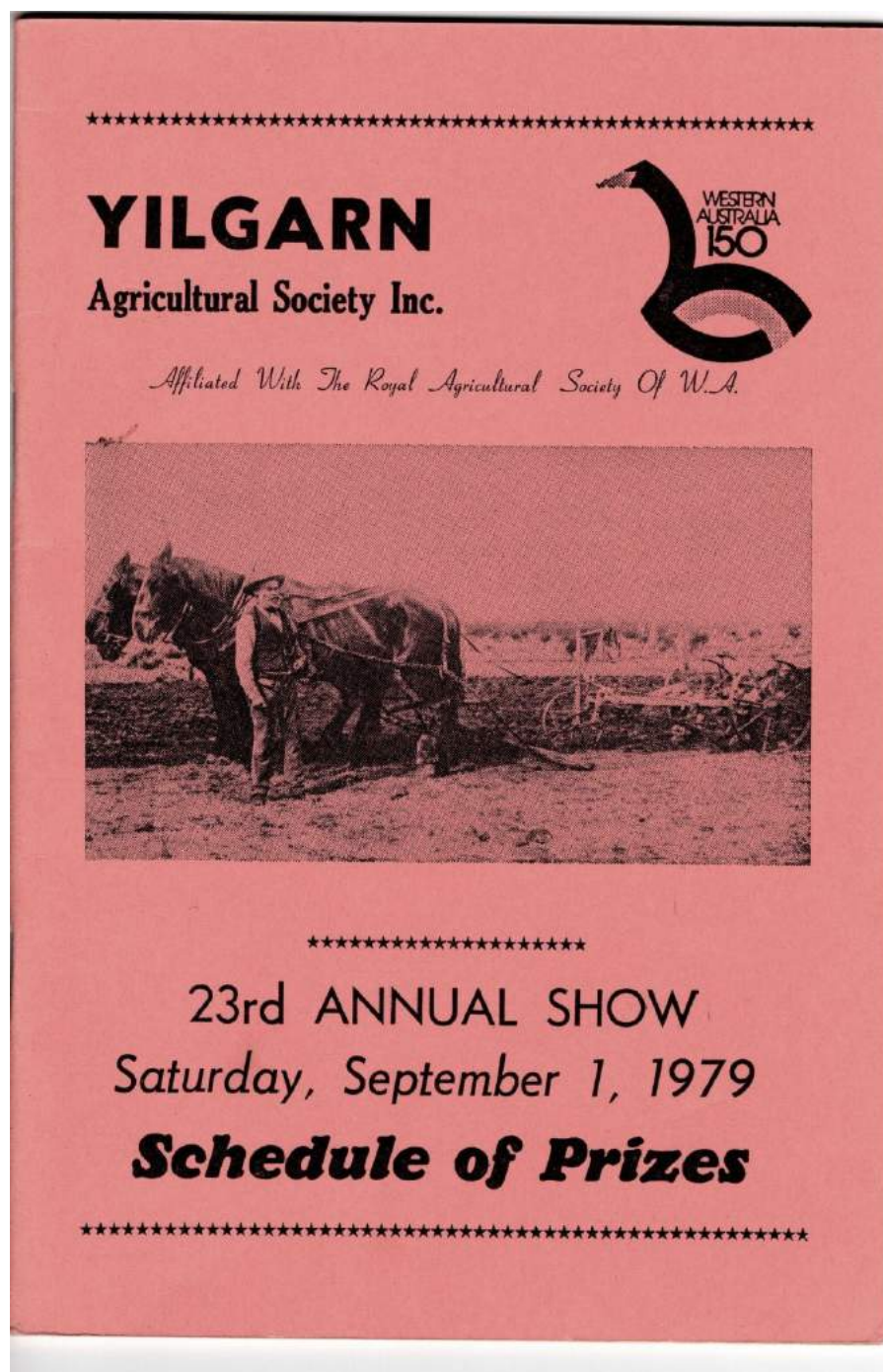
SOUTHERN CROSS WA 6426

yilagpresident@outlook.com yilagsecretary@outlook.com



## **Flash Back to 1979, with the cover of our Schedule** **Book 40 Years ago!**

Thankyou to: Peter Jackson Funerals, Pit N Portal, Trevino, Shire of Yilgarn, Steel Family and WA Salt for your Generous Sponsorships to our 2019 Show



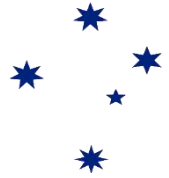


**YILGARN AGRICULTURAL SOCIETY INC**

P.O BOX 124

SOUTHERN CROSS WA 6426

yilagpresident@outlook.com yilagsecretary@outlook.com



**If you have an overdue Memberships can you  
please pay ASAP**

**To Woolgrowers Get your Fleece organised for  
entry in the Wool Sections!**

**Start getting your Entries ready, the Show  
Schedule is out soon!**

**Congratulations to our Raffle Winners!**

**1<sup>st</sup> Prize: Andrew Zweck  
\$200 Reloadable Mastercard**

**2<sup>nd</sup> Prize Christian Hogan  
\$100 Bunnings Gift Card**

# DRINK AND DRUG DRIVING

[www.rsc.wa.gov.au](http://www.rsc.wa.gov.au)

22%

of fatalities in 2017  
where alcohol was a  
factor

80%

of alcohol related  
fatalities in 2017  
occurred in regional WA

22%

of fatally injured  
drivers and riders tested  
positive to one or more  
illicit substances

## KNOW YOUR LIMIT



Pre-mixed drinks

5% Alc/Vol  
1.5 standard drink  
per 300ml



Wine

10-14% Alc/Vol  
1 standard drink  
per 100ml



Champagne

11.5% Alc/Vol  
1.5 standard drink  
per 170ml



Spirits

37-43% Alc/Vol  
1 standard drink  
per 30ml

Mid Strength Beer



Middy  
3-4% Alc/Vol  
0.8 standard drink  
per 285ml

Can  
3-4% Alc/Vol  
1 standard drink  
per 375ml



Full Strength Beer

Middy  
4-6% Alc/Vol  
1 standard drink  
per 285ml

Can  
4-6% Alc/Vol  
1.5 standard drink  
per 375ml

## DID YOU KNOW?

0.00%

BAC\* at all times for L-platers, P-platers,  
certain heavy vehicle drivers and on  
demand transport drivers

\*Blood Alcohol Concentration (BAC)

## FACTORS AFFECTING BAC



AMOUNT OF ALCOHOL  
CONSUMED



PERIOD OF ALCOHOL  
CONSUMPTION



BODY MASS



AMOUNT OF FOOD  
CONSUMED



FITNESS LEVEL



HEALTH OF LIVER

## STAYING UNDER 0.05

It is best if you don't drink anything before driving.  
However, if you do drink, as a guide:

- men should not drink more than 2 standard drinks in the first hour and 1 standard drink every following hour.
- women should not drink more than 1 standard drink every hour.





# CBH GROUP

## HARVEST CASUAL WORK 2019

Applications now open at **[careers.cbh.com.au](https://careers.cbh.com.au)**

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

Casual positions available will commence from October:

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

**Full training 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](https://careers.cbh.com.au)**

**[cbh.com.au](https://cbh.com.au)**





# Adjusting to the Challenges of Parenthood

First-time pregnancy and parenthood is a time of great change. It is common for new parents to experience a range of emotions, both positive and negative, in response to these changes. Many people find that pregnancy or having a baby is more challenging than they anticipated – this is a common experience of re-adjustment.

For some however, the challenges become overwhelming. When this occurs, it is important to seek help. There are a range of health and community services that can assist you and there are many things that can be done, on a personal level, to reduce stress.

## Challenges Faced by New Parents

- Exhaustion while adapting to a demanding sleep/feed schedule
- Physical demands of breastfeeding – pain associated with latching-on, cracked nipples and mastitis
- Recovery from birth whilst caring for a newborn
- The demands of running a household while managing your own and baby's needs
- Lack of confidence in your ability to understand baby's needs
- Navigating the expectations and advice of family and friends
- Change to your personal identity – this can include loss of your work role and status; loss of social life, loss of sense of freedom
- Change in your relationship with your partner – this can include negotiating differing ideas on how to care for baby; changes in attitude and needs towards physical intimacy
- Change in family dynamics with the addition of another baby.

## Asking for Help

Many people have trouble asking for help. They may feel shame because they are not coping with their new baby, or guilt because they feel frustrated and resentful. At PANDA we recognise that the arrival of a baby can trigger many complex thoughts and feelings including a sense of loss for your 'old' self or life. We encourage new parents to recognise and acknowledge both the joy and distress that can be experienced; and we help new parents and their families work through the more difficult emotions.

It is common for new parents to experience a range of emotions, both positive and negative, in response to the challenges of new parenthood.

## What can Help

- Keep realistic expectations – resist media representations of parenting
- Try not to be swamped by parenting information. Trust that you are learning how to best look after your baby. This takes time
- Allow yourself time to learn through experience. Don't judge yourself harshly against others' expectations
- Have one or two trusted sources of independent information – a GP, a child health nurse, a supportive and non-judgemental friend or family member
- Take care of your own health; it is just as important as your baby's
- Try to arrange some time out for yourself.

## Support in the Community

You can find information about health services, support services and networks, and activities for new parents through the PANDA website or Helpline. These include:

- Local playgroups
- Parenting skills and support programs
- Counselling services
- Mental health services
- In-home support services
- Home assistance and nanny services
- Complementary health services
- Maternal and child health clinics
- Support, information and peer services for the LGBTIQ community
- Young parents' support groups
- Information for new parents from diverse cultural backgrounds
- Aboriginal or Torres Strait Islander services.

## PANDA Helpline

The PANDA Helpline provides counselling, referrals and peer support from parents who have been through similar challenges. When you call the Helpline you will speak with a counsellor who understands the challenges of early parenting. They will listen with compassion and kindness and together you can explore a way forward.

For those concerned about their mental health or safety, Helpline staff can provide access to appropriate specialist services. For more information on perinatal mental health issues please see the PANDA FACTSHEET **Anxiety & Depression in Pregnancy & Early Parenthood.**

## The Bottom Line

- Parenthood can be a wonderful experience, but it also comes with unexpected challenges.
- There is no need to suffer alone. If you feel scared or overwhelmed as a new parent it is important to know that help is available.
- Providing the best care for your baby also means remembering your own wellbeing. You need to eat well, rest and have breaks.
- Most of the difficulties faced by new parents can be resolved or alleviated with the right care, information and support.



**PANDA National Helpline**  
**1300 726 306**  
M-F 9am-7.30pm AEST/AEDT



**info@panda.org.au**



**panda.org.au**  
**howisdadgoing.org.au**



# WHEATBELT CANCER SUPPORT.

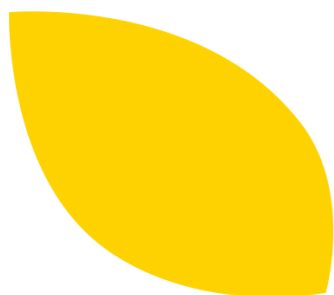
**Are you affected by cancer, or do you care for someone who is?  
Would you like an opportunity to talk to someone about what  
support is available?**

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

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

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

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



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





Government of Western Australia  
Mental Health Commission

*We're working for  
Western Australia.*

**The Mental Health Commission invites you to  
contribute to the development of the  
Western Australian  
Suicide Prevention Action Plan (2021-25)**

**Please join us to discuss the priority programs, activities  
and needs to prevent suicide in your community**

**MERREDIN RECREATION CENTRE  
FUNCTION ROOM**

**THURSDAY 18<sup>th</sup> JULY 2019**

**1:00 pm through till 3:00 pm**

**If you would like to discuss this workshop or arrange an alternative way to  
contribute to the development of the Suicide Prevention Action Plan,  
please email**

**[hello@tunablue.com.au](mailto:hello@tunablue.com.au)**

**An online survey is also available, should you wish to provide your feedback  
this way, please go to**

**[www.surveymonkey.com/r/SP2025](http://www.surveymonkey.com/r/SP2025)**

**Jo Drayton  
Wheatbelt Suicide Prevention Coordinator**

# Accidental Counsellor

## (1 day course)

This one day workshop provides non-counsellors with basic skills to assist people dealing with difficult situations or who may be angry or distressed.

It introduces a variety of methods, from active listening to assisting someone in crisis. It also explores issues participants may face when helping others.

What you will learn:

- A brief introduction to counselling theory
- How to identify a problem
- How to respond to difficult situations and/or strong emotions
- Roles that people play in difficult situations
- Core skills and strategies to promote change
- How to deal with particular personalities or scenarios
- Learn self care and boundaries

Who is this course for?

This course is for people with no counselling experience who may find from time to time they are required to deal with people facing difficult issues or people with challenging behaviours.

**25 July 2019, 9am to 4pm**

**Merredin Community Resource Centre**

**To register, please visit**

**<https://www.trybooking.com/BCNFA>**

**For information, call 08 9261 444 or email [reception@lifelinewa.org.au](mailto:reception@lifelinewa.org.au)**

*"Loved the session! Laura kept us all engaged and is a natural and knowledgeable presenter. The course helped give me confidence dealing with families and a range of complex situations. Great to pick up tips and useful strategies. I look forward to attending more courses and will recommend to my co-workers." - Accidental Counsellor participant*

**No one needs to face their problems alone. Call 13 11 14 available 24/7.**







Workshops & Training

# MANAGING CONFLICT & CHALLENGING BEHAVIOUR

## UPCOMING WORKSHOP:

**When:** Tuesday 6th August, 9.30am–2.00pm

**Where:** Merredin CRC 110 Barrack Street, Merredin  
(Conference Room)

**Cost:** FREE

**RSVP:** [www.mifwa1.eventbrite.com.au](http://www.mifwa1.eventbrite.com.au)

**For more info:** call 9237 8900



**maybo**  
LEADERS IN  
CONFLICT MANAGEMENT TRAINING



FAMILY COUNSELLING SERVICE  
**WHEATBELT AGCARE**  
COMMUNITY SUPPORT  
SERVICES INC.

## FAMILY COUNSELLOR

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



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

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)

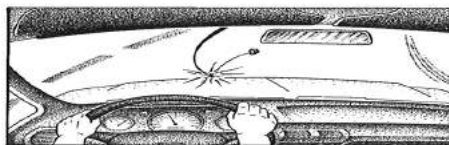
### WHEATBELT AGCARE.

.. "providing free, independent and  
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Contact in writing  
Chairman  
Wheatbelt Agcare  
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Nungarin WA 6490  
Envelope marked Confidential*



*"good country for hardy people"*  
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Shire of Yilgarn



**Coming to Southern Cross  
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## Eastern Districts Panel Beaters Merredin's Windscreens O'Brien Authorized Dealer

will be in **SOUTHERN CROSS** on the

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- Auto Glass—Front, Rear & Side for all Makes & Models
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Eastern Districts Panel Beaters  
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MERREDIN WA 6415  
Email: [edpb@bigpond.com](mailto:edpb@bigpond.com)

**PH: 08 9041 1592**  
**MBL: 0407 020 413**  
**FAX: 08 9041 1149**

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*Like Mululu on Facebook and follow  
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*"When you buy  
from a small  
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an actual person  
does a little  
happy dance"*

## 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

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Mobile: 0428 412 018

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PHD License No 311

## MAKE THE MOST FROM YOUR FERTILIZER INVESTMENT



Fuel Gauge strips provide real-time, specific and local response information for in-season nutrient decisions.

Talk to me about the use of N, P and K strips to monitor crop nutrient usage and availability.

Make sure your crops make the best of every season.

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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**

**Fencing Contractor**  
Based in Moorine Rock  
Available for work

**Ph 0427 843 963**

Please leave message

**Ken G M Love**

## **Pioneers of Pilgarn**

**Stage 1.**

**Citizens who built this district between  
years 1887 and 1914**

**Ryan, Laurence:** Head Master at Southern Cross  
State School from 1899 to 1905.

Of particular interest was the School Cadets who  
he drilled and taught to shoot. He was also  
noted for helping the Presentation Nuns at the  
Catholic School by supplying them water from his  
own tank.

He even moved out of his house for two weeks  
so they had accommodation when they first  
arrived.

A strict disciplinarian he helped shape the next  
generation.

©Lance Stevens



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W [boronamechanical.com.au](http://boronamechanical.com.au)



**Thurs 1, Fri 2 and  
Sat 3 August 2019 ONLY  
at the Southern Cross CRC**

**Phone 6278 6500  
for appointments  
or email**

**[midland@hrblock.com.au](mailto:midland@hrblock.com.au)**

***All Tax Return Types Prepared***

**Maximum Refund with Maximum Confidence**



**YOUR SURVEYOR IN  
THE WHEATBELT**

**[RMSURVEYS.COM.AU](http://RMSURVEYS.COM.AU)**

## **RURAL PROPERTY SUBDIVISION APPLICATION 14-DAY GUARANTEE\***

### ***Looking to subdivide your rural property?***

We understand WA Planning Commission (WAPC) subdivision applications can be complex and time consuming. When you work with us, we take care of the application process and guarantee WAPC application lodgment within 14 days with our three step process.

With offices in Perth, Broome and Northam, RM Surveys have a strong focus on servicing regional areas, and we passionately believe in providing superior customer service to our clients in the Wheatbelt.

\*From RM Surveys receipt of all required documentation.

**STEP 1**

**Contact  
RM Surveys**

**STEP 2**

**Provide  
Documentation**

**STEP 3**

**Authorise  
WAPC Lodgment**

PHONE:  
**08 9670 3124**

STREET ADDRESS:  
**269 FITZGERALD ST NORTHAM WA 6401**

EMAIL:  
**[QUOTES@RMSURVEYS.COM.AU](mailto:QUOTES@RMSURVEYS.COM.AU)**

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**Samudra Sarubin**  
**0439 382 649**

Samudra is a Licensed Surveyor with a farming background and is a graduate of Ag School in the Wheatbelt.



## Real Estate

### **\*\*FOR SALE\*\***

Neat and tidy 4 Bedroom, 1 Bathroom, 2 toilet home on a large block with open kitchen/dining and kids' activity/office area. Ducted air-conditioning throughout as well as reverse cycle air-conditioning units in kitchen/dining, lounge area and all 4 bedrooms. Home also includes tile fire, 2 x powered sheds (large shed includes reverse cycle air-conditioning). Large outdoor areas with established lawn & gardens. Back area includes lawn as well as paving and kid's cubby house. Home situated at the end of a cul-de-sac in a safe, family friendly street in the quiet part of town.

House is currently rented.

For further information and more photo's please either contact owner on 0418 921 223 or see advert on Gumtree.

\$168,000.00 neg. All reasonable offers considered!!

### **FOR RENT**

**Self Contained  
Modern Unit  
Air Conditioned  
Partly Furnished**

**Phone Bryan  
0457001264**

### **To Rent: \$200 per week**

111A Altair St 3 x 1 duplex.  
Gas cooking and hot water.  
Evap A/C  
Woodfire heater  
Large back yard with garden shed  
Large back patio and BBQ  
Carport  
Available End of February

Contact Chris Hanretty mb:  
0424071760

### **House for Rent**

**3 Bedroom comfortable  
House**

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

**\$180.00 per week  
0418 915 652**



# Services Listing

## 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



We specialise in All Types Of Pests

**Deon & Leah King**

**0428 412 018**

PO Box 313

Merredin WA 6415

Phone/Fax: 9041 2018

State Licence No. 4294

Registration No. 311

Services Listing space available!

Please contact the CRC for  
further information.

9049 1688

[crc@yilgarn.wa.gov.au](mailto:crc@yilgarn.wa.gov.au)

## SOUTHERN CROSS MOTOR MART

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**24 HOUR**

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**After Hours 0428491590**

**14 Orion St. Southern Cross  
(On the Highway)**



## Southern Cross Tyre & Auto Services

License No: MRB5934 ARC Lic No: AU37376

8-10 Spica Street,

Southern Cross WA 6426

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

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

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& Equipment Hire.

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# Calendar of Events

Wed 17 Jul	Eastern Districts Panel Beaters in town @ Motor Mart carpark
Wed 17 Jul	Beeswax wraps info session @ Senior Citizen's Centre 2pm
Thu 18 Jul	Shire Council Meeting @ Council Chambers 4pm
Fri 19 Jul	Facebook Basics IT Workshop @ CRC 10am
Fri 26 Jul	CRC Anniversary Celebrations @ CRC 9:30am
Sat 27 Jul	Lions Skin Cancer Screening Van in town—Bookings made through the CRC
Thu 1 Aug	Pat & Chat Mobile Vet in town
1, 2, 3 Aug	H & R Block @ CRC—contact 6278 6500 for appointments
Wed 7 Aug	Merredin Veterinary Clinic in town @ Southern Cross Oval change rooms
Mon 12 Aug	Author Talk @ the Library: Scott Whitaker—Railway Hotels of Australia V4 book - 2pm
Thu 15 Aug	Shire Council Meeting @ Council Chambers 4pm
Mon 19 Aug	OPSM in town @ Southern Cross Hospital
Wed 21 Aug	Eastern Districts Panel Beaters in town @ Motor Mart carpark
Sat 24 Aug	Erth's Dinosaur Zoo @ Community Centre (Hall) 2:00pm
Sat 31 Aug	Yilgarn Agricultural Show

## Regular activities

HACC activities Mondays & Wednesdays @ SX Hospital

## Happening at the Senior Citizen's Centre:

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

## Recycling Days

July 12  
 July 26  
 August 9  
 August 23

Wizard of Id by Parker & Hart

