CROSSWORDS 公 AND A HAPPY NEW YEAR!



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: <u>crc@yilgarn.wa.gov.au</u>

Crosswords Disclaimer:

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

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

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

Southern Cross Landfill Times

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

Crosswords Advertising Rates 2019/20 (as of 1 July 2019)

Business Advertisements (Business premises outside of the Shire	Black		Colour	
of Yilgarn)	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 vertical90mm x 120mm1/4 page horizontal180mm x 60mm1/2 page vertical90mm x 270mm1/2 page horizontal180mm x 120mmA4 Full page180mm 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
7/01/2020	9/01/2020
21/01/2020	23/01/2020
4/02/2020	6/02/2020
18/02/2020	20/02/2020
3/03/2020	5/03/2020
17/03/2020	19/03/2020
31/03/2020	2/04/2020
14/04/2020	16/04/2020
28/04/2020	30/04/2020
12/05/2020	14/05/2020
26/05/2020	28/05/2020
9/06/2020	11/06/2020
23/06/2020	25/06/2020
7/07/2020	9/07/2020
21/07/2020	23/07/2020
4/08/2020	6/08/2020
18/08/2020	20/08/2020
1/09/2020	3/09/2020
15/09/2020	17/09/2020
29/09/2020	1/10/2020
13/10/2020	15/10/2020
27/10/2020	29/10/2020
10/11/2020	12/11/2020
24/11/2020	26/11/2020
8/12/2020	10/12/2020

Church Notices



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



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

Christmas Mass Times

Tues 24 Dec 6:00pm Christmas Vigil Mass

Wed 25 Dec 8:30am Christmas Day Mass

Mass Times

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

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



"Christmas" service Saturday 21st December 11.00 am at Christ Church

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

Crosswords for

FREE?!

If you wish to receive the Crosswords for free via email, send an email to crc@yilgarn.wa.gov.au to register.





"good country for hardy people"

SHIRE OF YILGARN

2020 COUNCIL MEETING SCHEDULE

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

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

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

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

Peter Clarke **CHIEF EXECUTIVE OFFICER**



SHIRE OF YILGARN

2019/2020 CHRISTMAS/NEW YEAR SHIRE OFFICE AND COMMUNITY RESOURCE CENTRE CLOSURE

It is hereby notified for public information that the Shire Administration Office will be closed on the following dates over the 2019/2020 Christmas/New Year holiday period:

Monday	Tuesday	Wednesday	Thursday	Friday
16/12/19	17/12/19	18/12/19	19/12/19	20/12/19
Open	Open	Open	Open Council Meeting	Close office at 3.30pm for Xmas function
23/12/19	24/12/19	25/12/19	26/12/19	27/12/19
Closed	Closed	Closed Public Holiday	Closed Public Holiday	Closed
30/12/19	31/01/19	01/01/20	02/01/20	03/01/20
Closed	Closed	Closed Public Holiday	Open	Open

Motor Vehicle Licensing

All matters pertaining to Motor vehicle Registrations and Drivers Licences will be unable to be transacted during the above period and therefore residents are encouraged to have all their licensing requirements attended to prior to 3.00pm Friday, 20 December 2019.

Library Books

Users of the Shire of Yilgarn Library are requested to exchange their books prior to midday Friday, 20 December 2019 in order that they have adequate supplies over the Christmas/New Year Holiday period.

TRANSWA Tickets

Please ensure all TRANSWA tickets have been booked prior to 3.30pm Friday, 20 December 2019 at the Shire Administration Office. Alternatively you can call TRANSWA direct on 1300 662 205 or book online through https://bookings.transwa.wa.gov.au/dates.

Councillors and staff wish all residents a very Merry Christmas and a happy and prosperous New Year.

Peter Clarke

CHIEF EXECUTIVE OFFICER



SHIRE OF YILGARN

2019/2020 COMMUNITY FUNDING PROGRAM

Council at its Ordinary meeting held on Thursday, 21 November 2019 considered applications for funding from Community and Sporting Groups under the Shire of Yilgarn's annual Community Funding Program.

Council is pleased to advise that the following organisations were successful in their funding applications for the 2019/2020 financial year:-

Applicant	Equipment / item	Amount
Moorine Rock Tennis Club	Purchase of 16m of tubular fencing and lockable gate to fence playground area at Moorine Rock Tennis Club premises.	\$1,590.35
Yilgarn History Museum	Purchase of a lightweight upright stick vacuum cleaner, small microwave oven, new footpath entry flags and office shelf unit for lever arch folders (adjustable shelving).	\$847.95
Yilgarn Men's Shed	Purchase of a plasma cutter and a linisher with accessories.	\$2,000.00
Yilgarn Mixed Basketball Association	Purchase of an iPad for scoring games and record keeping.	\$779.00
Yilgarn Motoring Enthusiasts	Purchase and installation of split system air conditioner/heater in the club room (at old netball courts – shared with Amateur Basketball Club).	\$1,194.50

Council reminds all not-for-profit community and sporting groups that applications for the above funding are called annually and encourages funding applications that are within the Community Funding Guidelines.

Peter Clarke

Chief Executive Officer



Christmas & New Year Harvest & Vehicle Movement Bans

Please be advised that a Harvest and Vehicle Movement ban will be imposed over the Shire of Yilgarn on the following days:

Christmas Day - Wednesday 25th December 2019 - All Day **Boxing Day** - Thursday 26th December 2019 - All Day

New Year's Day - Wednesday 1st January 2020 - All Day

Harvest & Vehicle Bans

Information on Harvest and Vehicle Movement Bans within the Shire of Yilgarn can be heard on the Emergency Information Service Hotline: (08) 9487 8777.

The service is updated as necessary and also includes information on road and airport closures; and will be used to provide information in the event of an emergency so it is vital for everyone, not just farmers, to store this number in their phones or at home.

Whispir Alert System

The Shire of Yilgarn has an alert system for fires, road closures, harvest bans, airport closures, emergency information and community events. The alert system works via email and SMS.

If you would like to receive alerts from the Shire, please contact the Shire office by phone on 9049 1001 or by email reception@yilgarn.wa.gov.au with "Whispir" in the subject line and provide your preferred email and mobile phone number.

ABC Radio Harvest Ban Announcements

ABC Local Radio has advised on air harvest ban announcements will be conducted at the following times:

Weekdays: 10:05am, 12:35pm and 2:05pm

Weekends: 12.35pm and 2:05pm



OFF ROAD VEHICLE USE

The Shire is aware of concerns from Southern Cross residents, relating to off road vehicle use within Southern Cross town site, including the bushland up to Three Boys Road.

Due to potential conflicts with pedestrians and nuisances caused to nearby residents, off road vehicle users are asked to avoid this area.

What is an Off-Road Vehicle

The Control of Vehicles (Off-road Areas) Act 1978 (the Act), defines an off-road vehicle as:

"a vehicle which is not licensed, deemed to be licensed, or the subject of a permit granted, under the Road Traffic (Vehicles) Act 2012"

This includes but is not limited to motorbikes, quadbikes, some scooters and buggies.

Where can Off-Road Vehicles be Driven

The Act states off-road vehicles are only permitted to be driven/ridden:

- On privately owned land with the consent of the owners: and
- On land designated as a "permitted area" by the Minister of Local Government.

The Shire of Yilgarn has no "permitted areas" designated by the Minister, which means off-road vehicles should only be operated on private land, with the consent of the owner.

The Southern Cross Motorcycle Club is located on Southern Cross South Road. Visit their website for contact and membership details: http://www.sxmcc.com.au/

The Shire and Southern Cross Police will respond to nuisances around town sites and residences.

Nuisances

When riding, operators must do so in a responsible manner, such that noise and dust does not create a nuisance for residents.

Enforcement

Both the Shire of Yilgarn and WA Police can enforce the requirements of the Act.

The Shire has been in contact with Southern Cross Police, seeking assistance in policing nuisance riders of off-road vehicles within the vicinity of the Southern Cross town site and bushland between Three Boys Road. It should be noted penalties do apply and if caught on gazetted roads, your off-road vehicle may be seized.

For further information, please contact the Shire of Yilgarn on 9049 1001 or Southern Cross Police Station on 9081 2100.







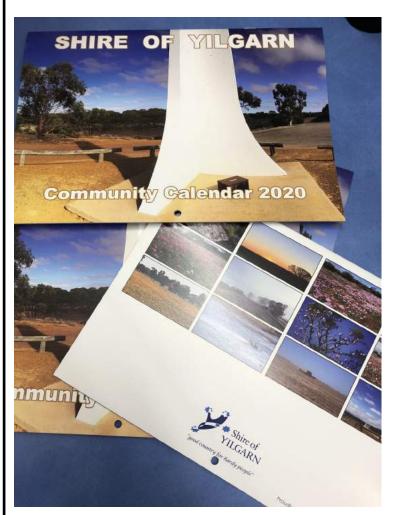
General Waste and Recycling Collection Christmas Week 2019



There will be NO CHANGE to the collection service for this Christmas period.

All services will be as normal for the New Year Week.

All Christmas run information will be posted on the Avon Waste website www.avonwaste.com.au



THE CALENDARS

ARE HERE!

Just in time for Christmas!

Grab your copy (or some for friends and family!) from the Shire admin office, CRC, or one of our local retailers in town!





Senior's Luncheon 2019



The 2019 Senior's Luncheon was a first for the Shire without the help of the Yilgarn Bowls and Tennis Club catering. Luckily the Railway Tavern were able to step into the big shoes and provide a meal that everyone was very happy with. Many thanks to Kerry, Garth and staff for helping to keep this annual tradition going.

Once again Mrs Judy Guerini made the Christmas cake that was enjoyed by those that had some space left after the delicious meal. Thank you so much Judy, each year you do this and we are very grateful for the time that goes into it. Thank you Mr Remo Lisignoli for the cutting of the cake on the day.

The meal and company was enjoyed along side an enjoyable performance by Pete Byfield, once again entertaining all with his brilliant impersonations of many artists.

The day would not have been possible without the many volunteers that helped with set up before hand and on the day with serving and clean up afterwards.

Thanks go to: Sue Bosenberg, Molly Philipps, Jodie Cobden, Lisa Boso, Monica Fairless and Laura Della Bosca for their amazing help.















Christmas Markets 2019



Thank you to all the stall holders and everyone that attended the 2019 Christmas Markets. The day saw many locals enjoy some retail therapy, helping to support local businesses and groups in the process.

This year the day coincided with a very special day, 2 years in the making, for the Paint the Yilgarn REaD crew. The reading egg finally hatched and Ellie the Echidna made her very first appearance as a new mascot! Luckily our local ambos were on hand to help with her arrival.

Thank you also to our local police for helping out Santa when one of his reindeers got a flat! I know that he very much appreciated the lift allowing him to get to the markets just in time to hand out lollies to all the children in the Yilgarn. They all must have made the nice list which is great to see.

























"good country for hardy people"

SX Hardware & News

R

The Shire of Yilgarn
DECK THE HOUSE
CHRISTMAS LIGHTS COMPETITION
2019

Winners are:

Adam & Leonie Coutis and Brittany Snell (both receiving \$100 gift vouchers)

Congratulations!!

Honourable mentions: Karen Price, Leonie Gethin, Shandy Laws & David Norton Jnr, Andrew & Donna Crafter, Jenny & Roger McLean, Jodie Dawson & Malcolm McDonald, Darryl & Hayley Krauss, Sara & Colin Loader, Natalie Treadwell & Steve McLellan, the Boso family and Pauline & Nick Eiffler.











Table bookings available on request by calling the CRC on 9049 1688 or Shire admin office on 9049 1001

WINDOW TO THE REGIONS PROJECT
- SOUTHERN CROSS-



FOLLOW - UP WORKSHOP





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





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

EXPRESSIONS OF INTEREST WANTED!

BUSINESS TRAINING & HELP

Next year we want to help our local businesses, or people wanting to start new businesses!

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

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

TRAINING OPPORTUNITIES

Along with helping our businesses, the CRC would love to assist people to learn news skills and knowledge to help them gain employment or improve on their current skills. Some courses we may be able to get facilitators for are: new to computers, Microsoft Office training, bookkeeping and more. Please let the CRC know if this is something you'd be interested in.

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



Yilgarn Local Action Group: Skeleton Weed

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

Plants are out and flowering so watch out!

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

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

For any further information please contact:

Robbie Della: 0427 791 135

Bec Maddock: 9049 2007

(Wed mornings in the DAFWA office)

Email: rebecca.maddock@dpird.wa.gov.au (fax no longer connected, please email or snail mail returns.)

PO BOX 179, Southern Cross, WA 6426.

Mutated plant.



Community News

Moorine Rock Tennis Club

SUN 15/12/19 HIGHSCHOOL TOURNAMENT

SPONSORED BY JRB INSURANCE

HAMBURGER TEA

ENTRIES TO LIB BY 13/12/18

SAT 21/12/19 MRTC CHRISTMAS PARTY

OPEN INVITATION

FUN CLOCK TOURNAMENT

SPONSORED BY MOORINE ROCK

AG SUPPLIES

3PM START. BBQ TEA

SHARED SALADS

RECESS FOR JANUARY

SAT 08/02/20 SOCIAL TENNIS

3PM START PIZZA TEA

SAT 15/02/20 MENS & LADIES DOUBLES

OWN PARTNERS.

ENTRIES TO LIB BY 13/02/18

SPONSORED BY APAL STEAK BURGERS

Scheme water cannot be guaranteed during a bushfire

Water Corporation is prepared for bushfire season. However, we cannot guarantee that water pressure or water supply will be maintained in the event of a bushfire. Extreme demand, fire damage and power cuts can all result in a total loss of water.

If you plan to stay and defend your property during a bushfire, you must have your own independent water supply and pumping capability, and must not rely on scheme water.

Full details about how to prepare for the bushfire season can be found at **firechat.wa.gov.au**

Yilgarn Bowling Club

Mens

DECEMBER

Sat 14 Pennants—Merredin Red v Yilgarn,

Merredin

Sun 15 Club Day

Sun 22 Club Day

Sun 29 Club Day

January

Sun 5 Club Day

Tue 7 SEBL Ralph Bolton/Tyre-power Fours

Corrigin

10-12 League Round Robin Kalgoorlie

Sun 12 Club Day

18-19 Pairs Championships

25-26 SEBL Australia Day Open 4's Narembeen

Sun 26 Australia Day to be decided

Ladies

Sat 14 Champ of Champ Singles @ Westonia

Tue 17 Social Bowls
Tue 24 No Bowls

No Bowls

Tuc 24 No bowls

January

Tue 31

Tue 7 Social Bowls
Tue 14 Social Bowls
Tue 21 Social Bowls

Tue 28 Social Bowls

Laura Black Primary Health Nurse Practitioner

Fortnightly clinics at Southern Cross Hospital From Wednesday 20 November

Please call Southern Cross Hospital during business hours for an appointment.

Community News

Southern Cross Hospital Auxiliary Raffle Winners Drawn 29/11/2019

Prize	Name Ticke	t number
1.	L Guerini	X79
2.	Rory	W40 Orange
3.	Bob Blair	Blue 01
4.	G Kenward	X06
5.	P Dal Busco	X08
6.	L Watts	O30 Green
7.	Kayla	B03
8.	Gary Stewart	B08
9.	Eleanor	Q93
10.	Lisa	C73
11.	Eleanor	81
12.	Leonie	D51 Yellow
13.	Grant	Q43 Apricot
14.	D Auld	X11
15.	M Day	Q55

Congratulations and thanks again to all the donors.

Merry Christmas and all the best for 2020.

PLEASE NOTE

The CRC will be closed for about an hour between 10am and 11am on Thursday 19th December.

We apologise for any inconvenience caused.

Happy 55th Birthday Andrew Robert Cuffe 17.12.2019

Dear Andrew, we wish you a very happy 55th birthday for Tuesday 17th December 2019. Hope all your dreams come true and here's to many more birthdays to come. All our love and best wishes from Ursula, Colin & Kayla

Merry Christmas

We would like to wish everyone in the Yilgarn a wonderful & Merry Christmas and to have a very safe, awesome & happy New Year for 2020

From Ursula, Colin & Kayla Cuffe

FAMILY COUNSELLING SERVICE

WHEATBELT AGCARE

COMMUNITY SUPPORT

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



PO Box 101 Nungarin WA 6490 Phone: (08) 9046 5091

Contact: Kaye Bell

Fax: (08) 9046 5063 Mobile: 0488 465 081

Email: 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 Hello to all our volunteers, Shire Council members and staff who have given help during the year. Many thanks, and a very happy Christmas to you all. Without your help and support the Community's museum couldn't survive.

We've appreciated all you have done to help in every way, particularly in all the preparation for the Annual Regional Meeting which was held here in September. Unfortunately, the number of delegates attending was smaller than we had been led to believe would be attending, but those who did attend were very impressed with every aspect of our museum: the beautiful old building; the space and layout; the diversity of "objects"; the cleanliness of the whole museum; the varied displays and particularly the "signage".

The delegates were so impressed at the quality of preservation our museum has maintained: and the support and help we receive from our Shire Councillors and Staff. When we heard how little the majority received, we were so glad we belonged to the Yilgarn Shire.

I would like to give special thanks for all the extra help you have all so willingly given:

Leonie, Josephine, Albert, Floss, Ethel, Elsen, Glenice, Kaye, Malcolm, Lance, Rolie, Robyn, Nick, Ann, Buddy for his donation of a reverse cycle air conditioner for the office, and Bob for the donation of his extensive rock collection—these make a spectacular display around the foundations of the new storage shed. Last but not least—the Shire Council and staff. We very much appreciate the new kitchen and help we've been given over the last 12 months.

It was decided at last Wednesday's meeting, the Museum would close on Sunday 15 December. Opening again Monday 13 January 2020.

Thank you again and a Happy and Healthy Christmas and New Year. Hopefully 2020 will be an interesting year also. Looking forward to seeing you all then.

On behalf of the Museum's Committee Robin



December 2019

Melissa Pickering

CCWA Regional Education Officer - Wheatbelt

T: 9574 5392 M: 0427 876 946 75 York Rd Northam WA 6401

Ongoing exposure to UV can be deadly: summer campaign 'Don't Let The Sun See Your DNA'

Cancer Council WA has launched it's 2019/20 summer skin cancer campaign 'Don't Let The Sun See Your DNA' - a State-wide campaign to increase knowledge of the dangers of ongoing UV exposure - as figures reveal treatment of skin cancer is estimated to cost WA more than \$90 million per year. While many people are now aware of the link between excessive UV radiation and skin cancer, many are unaware of the cumulative effect of UV and do not routinely use sun protection during daily activities.

CCWA Wheatbelt Regional Education Officer said "The UV in sunlight penetrates our skin to the cells beneath the surface, so each time the sun sees our skin cells (when the UV is 3 or above), it's doing damage to the DNA in them that can keep building up, until one day it causes a skin cancer. The stronger the UV radiation, the faster the DNA damage occurs and that can happen in as little as 10 minutes on a summer day in WA."

The campaign uses a UV camera to emphasise the cumulative skin damage caused by UV that the human eye

can't see. The UV camera uses ultraviolet light to show skin damage, caused by UV radiation, which is normally hidden. Half of all sunburns in Australia occur during passive recreation such as watching sport, gardening or picnicking, or during chores around the house.

Cancer Council data shows that while only 11% of Aussie adults deliberately attempt to tan their skin, 64% of adults actually do have tanned skin. A tan is a sign of damaged skin and a risk factor for skin cancer. The fact that so many people have an unintentional tan is an indicator that we need to improve everyday sun protection.

"No matter where you are, or what you're doing, when exposed to UV levels of three or above, your skin is being damaged, even if you don't get burnt. This damage adds up over time and increases your risk of skin cancer. The key to avoiding skin damage is to integrate SunSmart measures into your daily routine." Ms Pickering said.

"Make it easy for yourself to slip, slop, slap, seek and slide when the UV is three or above: keep a broadbrim hat in the car or at work for when you duck out for lunch; apply sunscreen in the morning before you leave the house; don't forget to wear long sleeves and sunnies; and seek shade when the UV is forecast to reach three."

Visit www.myUV.com.au for UV index and sun protection tips

For cancer information and support call 13 11 20



Imagine Life Without an Ambulance

o, you have a heart attack	
Or a car accident	
Or a fall	
Or maybe bitten by a snake ???	?

Who do you call ?? 000

And then ??

Hopefully there is a volunteer who will selflessly stop what they are doing (working, sleeping, enjoying a meal with their family etc) and come to your aid.

But – What if there is no one available ????

Our numbers are extremely low (critical in fact) and we cannot guarantee we will always be able to have a crew available to turn out. Our well trained crew are not always in town, or may be out on another job, or transferring a patient to Merredin or Kalgoorlie. We urgently need more volunteers, it is your community.......Help must come from within. We may not have a service available during the Christmas break or in the near future.

If you think you may be able to help, then phone

Gary 0427 491 500

Nat 0427 491 713, or

Sara 0429 190 882



H.A.Y. COMMITTEE/ ROADWISE/SHIRE OF YILGARN

Once again it is our intention to operate the **DRIVER REVIVER VAN** during **CHRISTMAS**

The times involved are:

MONDAY 23RD DECEMBER - BETWEEN 10AM & 4PM

CHRISTMAS EVE 24TH DECEMBER - BETWEEN 10 AM & 4 PM

THURSDAY 2ND JANUARY - BETWEEN 10 AM & 4 PM

If you can help we would be very grateful if you would sign your name on the roster which is inside the SOUTHERN CROSS HARDWARE & NEWSAGENCY now! Thank you!







CHRISTMAS / NEW YEAR PRACTICE CLOSURE

The practice will be **CLOSED** from 4.00pm Friday 20th December **Re-opening** 8.00am Monday 6th January 2020.

Please check your medications and allow yourself plenty of time to book an appointment if you require prescriptions, along with any referrals you may need BEFORE we close for the festive break.

If you require urgent medical attention please contact the Southern Cross hospital on 9081 2222.

REMEMBER – if your health is a medical emergency **DIAL 000 IMMEDIATELY**.

Dr Nwoko, Stephanie, Helen, Steph (Smylie) and Josie would like to wish everyone a Merry Christmas and a safe and healthy New Year.

Take care and best wishes.

Southern Cross Pharmacy

Christmas Hours:

Monday 23rd December – Open

Tuesday 24th Dec – Open

Wednesday 25th Dec – Closed

Thursday 26th Dec – Closed

Friday 27th Dec – Closed

Saturday 28th Dec - Closed

Sunday 29th Dec – Closed

Monday 30th Dec – Closed

Tuesday 31st Dec - Closed

Wednesday 1st Jan – Closed

Thursday 2nd Jan – Open

Please ensure you have enough Medication over the Christmas period.

Have a great Christmas and New Year!



Southern Cross Community Workshop

Wednesday 18th December 2019 4.30pm – 7.30pm Community Resource Centre (Canopus St, SC)

Come hear from UWA and ECU researchers as they present preliminary findings from the project *Valuing Where We Live in WA*.

We will discuss what residents value about living in Southern Cross, how these values compare to other communities in WA, and explore with you how a changing climate may impact what is valued now and in the future.

RSVP: Dr Neville Ellis e: neville.ellis@uwa.edu.au;

ph: 6488 2704





Australian Research Council (ARC) - Locating loss from climate change in everyday places

Did you know the average rate of metabolism of alcohol in an adult is about one standard drink per hour?

This information, combined with other key factors, dispels the common "she'll be right" rural myths surrounding drink driving.

- In an adult, the average rate of metabolism of alcohol is about one standard drink per hour. (However, there is significant variation in this rate between individuals)
- Your Blood Alcohol Concentration (BAC) will continue to rise after you have consumed your last drink

In Western Australia around 4,000 drivers commit high end drink driving offences, repeat drink driving offences or refuse to undertake breath, blood or urine sample when required by Western Australia Police to do so. These offenders place themselves and every other road user at risk every time they get behind the wheel with an illegal amount of alcohol in their system.

Alcohol-related road trauma costs the State \$460 million worth of unnecessary death, injury, pain and suffering.

Don't let your night end in the emergency department. If you choose to drink, then choose <u>not</u> to drive.

If you choose to have a drink, WA Road Safety Commission suggest 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

For anyone concerned about their own or another person's alcohol or drug use call the 24 hour a day Alcohol and Drug Support Line on 1800 198 024 or Parent and Family Drug Support Line on 1800 653 203





Hon Mia Davies MLA

MEDIA RELEASE

Member for the Central Wheatbelt

04 December 2019

Road users in driver's seat of Ribbon for Road Safety campaign

Road safety over the Christmas period is top of mind for local MP Mia Davies who is urging everyone to slow down and stay safe.

Ms Davies said she was getting behind the RoadWise and WALGA Road Ribbon for Road Safety campaign, which runs from 17 November 2019 to 3 January 2020.

In 2019 to date 17 fatalities had occurred in the Wheatbelt, a figure that was lower than previous years but still too high.

"Despite road fatalities decreasing over the past few decades, one death is too many,' she said.

"There needs to be a concerted effort by all to put safety first at a time regional roads are at their busiest for the year.

"To lose loved ones, friends and community members for an avoidable reason is a tragedy and the ripple effects of a death or serious incident go far beyond the immediate family."

Ms Davies said she wanted all road users in the Central Wheatbelt to arrive safely and in one piece this festive season.

The Nationals WA road safety spokesperson Martin Aldridge said all road users had a shared responsibility to obey road rules, manage fatigue and driver distraction to ensure everyone arrives at their destination safely.

"Road Safety Commission statistics show in 2019 to date there have been more than 80 fatalities in regional Western Australia," Mr Aldridge said.

"Unfortunately these account for more than half of all deaths recorded on our State's roads.

"Despite being on track for a reduction in road fatalities this year, there is never a moment for complacency.

"By making safe choices we can save lives and prevent serious injuries or death on our roads, so join us getting behind the Ribbon for Road Safety campaign in 2019-20.

Over the course of the 'Toward Zero' road safety strategy introduced in 2008, WA has recorded a 27 per cent drop in people killed or seriously injured on WA roads.

The strategy's goal is to reach a 40 per cent decline by the end of 2020.

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



Pioneers of Pilgarn

Stage 1. Citizens who built this district between years 1887 and 1914

Wilson, Archie: Came to Southern Cross in 1894 and did contract work for the mines. Wilson soon developed a reputation for his mining knowledge and handling of men. He managed mines such as Fraser's and Hopes Hill with large workforces during their hey-day, and became known as 'Yilgarn's boss mining magnate.'

In 1905 he bought into the Greenmount and Transvaal and managed to turn these difficult mines into paying propositions. His civic involvement included being a Justice of the Peace. He was also Chairman of Yilgarn Road Board for nine years. Many of today's roads and wells owe their existence to Wilson. At 52 he became ill and died in Perth.

©Lance Stevens



MOBILE VET

Dr Andrea Roberts
PO Box 543 MERREDIN WA 6415
Phone 0428212945 ABN 23036138418

2019 SOUTHERN CROSS MOBILE VETERINARIAN VISIT DATES

Tuesday 17th December
Please ring or text Andrea on 0428212945 for an
appointment





Managing dry conditions

Support services directory 2019

- Financial
- Water
- Wellbeing

We're working for Western Australia.

Farm Water Supply Planning Scheme

(agricultural and pastoral regions)

Rebates of up to \$1000 for commercial broadacre and pastoral region farmers experiencing water shortages to fund an audit of farm water supply and potential improvements

- 1800 780 300
- water.wa.gov.au/planning-for-the-future/ rural-water-support/farm-water-supplyplanning-scheme
- ruralwater@dwer.wa.gov.au

Wellbeing

Lifeline

24-hour crisis support, suicide prevention and mental health support services

- 13 11 14
- · lifeline.org.au

Regional Counselling

Counselling for individuals, couples and families experiencing challenges to help them cope, improve wellbeing and identify options

agric.wa.gov.au/regional-counselling

Regional Men's Health Initiative

Provides support and education services to regional men, communities and health services

- · 9690 2277 (office hours)
- · regionalmenshealth.org.au
- menshealth@4blokes.com.au

Women's Information Service

Provides information and referrals regarding health, finances, legal matters, counselling and domestic crisis

- 1800 199 174
- dlgc.communities.wa.gov.au/AdviceSupport/ Pages/Womens-Information-Service.aspx
- wis@dlgc.wa.gov.au

Other information

Western Australia's rural health, financial & information services support directory

Contacts for a range of 24-hour support, financial and family counselling, health, emergency and ancillary services

 agric.wa.gov.au/climate-land-water/westernaustralia%E2%80%99s-rural-healthfinancial-information-services-supportdirectory

If you cannot find the assistance or support you require, please contact your local DPIRD office or call (08) 9368 3334 or email enquiries@dpird.wa.gov.au

Important disclaimer

The Chief Executive Officer of the Department of Primary Industries and Regional Development and the State of Western Australia accept no liability whatsoever by reason of negligence or otherwise arising from the use or release of this information or any part of it.

agric.wa.gov.au

Financial support

Farm Hub

A website that harnesses information about Commonwealth and State/Territory assistance (includes Drought Loans, Farm Investment Loans, Farm Household Allowance)

farmhub.org.au/

Farm Household Allowance

Assists farming families experiencing financial hardship with income to maintain their household

- 13 23 16 or 1800 612 004
- agriculture.gov.au/ag-farm-food/drought/ assistance/farm-household-allowance

Drought Loans & Farm Investment Loans

Low-interest loans for businesses to improve the strength, resilience and profitability of their businesses (provided by the Regional Investment Corporation)

- 1800 875 675
- farmhub.org.au/listing/drought-loan/
- · loans@service.ric.gov.au

Rural Financial Counselling Service WA

Free financial counselling service to assist primary producers

- 1800 612 044
- rfcswa.com.au/
- · admin@rfcswa.com.au

Farm Debt Mediation Scheme

Assists farm and pastoral businesses and financial institutions to resolve disputes about business financial arrangements, through a low-cost and non-legal form of mediation

- · 1800 198 231
- agric.wa.gov.au/grains/farm-debt-mediationwa-scheme
- · rbdu.loans@agric.wa.gov.au

Farmer Assistance Hotline

Income support programs for farmers and rural small businesses

- 13 23 16
- humanservices.gov.au/individuals/contactus/phone-us#farmers

CWA of WA Drought Assistance

Funds for household expenses

- 9321 6041
- cwaofwa.asn.au/projects/education-andwelfare/
- info@cwaofwa.asn.au

Water support

National On-farm Emergency Water Infrastructure Rebate Scheme

Rebates of 25% up to a maximum of \$25,000 for the purchase and installation of new water infrastructure and equipment to eligible commercial livestock farmers and pastoralists

- · 1800 780 300
- water.wa.gov.au/planning-for-the-future/ rural-water-support/on-farm-emergencywater-infrastructure-rebate
- ruralwater@dwer.wa.gov.au

Community Water Supply Program (agricultural regions)

Grants of up to \$100,000 available for community water supply development and improvements in dryland agricultural areas receiving <600mm average annual rainfall

- 1800 780 300
- water.wa.gov.au/planning-for-the-future/ rural-water-support/community-watersupply-program
- ruralwater@dwer.wa.gov.au

Management of Strategic Community Water Supplies (agricultural regions)

Network of strategic community water supplies in WA dryland agricultural areas to provide emergency stock water

- 1800 780 300
- water.wa.gov.au/planning-for-the-future/ rural-water-support/management-ofstrategic-community-water-supplies
- · ruralwater@dwer.wa.gov.au

Water Deficiency Declarations (agricultural regions)

Emergency water for livestock provided by the State government carted to a central point, coordinated via local shires

- 1800 780 300
- water.wa.gov.au/wateringWA/emergencyfarm-water-arrangements
- ruralwater@dwer.wa.gov.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

To find out about a Rural Minds workshop for your area, contact Jo Drayton email: JDrayton Holyoake.org.au phone: 0436 000 514



RRMHRuralMinds



RRMentalHealth





rrmh.com.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





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



KEEP ACTIVE & EAT WELL

TAKE TIME OUT & ENJOY

YOUR HOBBIES



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.



MENTAL HEALTH

For more information visit thinkmentalhealthwa.com.au



REGIONAL COLUMN - Know Your Rights

Consumer Protection Cnr of Hunter and Broadwood Street, Kalgoorlie WA 6430 Tel: (08) 9021 9452 Fax: (08) 9091 2428 Email: mark.ing@dmirs.wa.gov.au

www.dmirs.wa.gov.au www.wa.gov.au

With Senior Regional Officer Mark Ing

Renters have new rights to protect kids

It has been Consumer Protection's position for a number of years that a small amount of damage to a wall, which can easily be repaired, is a small price to pay for ensuring the safety of children living in a rental home. Since 2001, on average, one child a year has died in Australia from toppling furniture with many more suffering serious injuries.

I'm really pleased to say that we've now changed the law, so renters in Western Australia can attach furniture or TVs to walls to prevent a child, or person with a disability, being injured or killed. And landlords can only deny requests in certain circumstances, such as when fixing something to the wall would disturb asbestos, or if the property is heritage listed.

The catalyst for the amendments to WA's Residential Tenancies Act was the death of 21-month-old Reef Kite who was crushed by a chest of drawers in his family's Yokine rental home in 2015. The inquest into his death heard that the landlord had refused a request to secure the furniture and the Coroner recommended the law be changed.

What's become known as "the toppling furniture Bill' passed Parliament in November 2019 and commenced at the start of December.

Previously, tenants could only anchor furniture to the wall if they had the landlord's permission. Now, tenants simply submit a request form and landlords can only say no in very limited circumstances. Tenants should let Consumer Protection know if their request is being denied, so we can check if the property owner's refusal is justified. We will take a dim view of property owners or agents that do not comply with this new law and they may face prosecution or disciplinary action.

If you live in a rental home and want to anchor furniture to walls to protect someone with a disability, or children, the request form to use is on our website: www.consumerprotection.wa.gov.au.

The trade-off is that tenants are required to restore the wall at the end of their tenancy by patching holes and repainting if necessary.

<ENDS>

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Pineapple Fritters	\$2.50 each
Seafood Basket	\$20.00

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- Daily communication with Havcon head office
- Administration duties

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Sally Campbell – HR Manager sally@havconeng.com.au

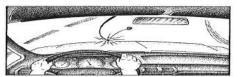


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Ca	lendar of Events
Thu 12 Dec	Outback Comedy @ Rec Centre Lounge—doors open 6.30pm, show starts 7pm
Tue 17 Dec	Pat & Chat Mobile Vet in town
Wed 18 Dec	Eastern Districts Panel Beaters in town
Thu 19 Dec	Shire of Yilgarn Council Meeting @ Council Chambers 4.00pm
Fri 20 Dec	Shire of Yilgarn and CRC close 3.30pm for 2019
Wed 25 Dec	Christmas Day
Wed 1 Jan 20	New Year's Day
Thu 2 Jan	Shire of Yilgarn and CRC open 8.30am for 2020
Sun 26 Jan	Australia Day
Tue 11 Feb	Windows to the Regions follow-up workshop @ CRC 5pm—7pm
Sat 7 Mar	Ladies Day 2020

Regular activities

HACC activities Mondays & Wednesdays @ SX Hospital

Happening at the Senior Citizen's Centre:

Art Group Tuesday, 11.00am

Carpet bowls Wednesday & Friday, 10.00am

Fancy Feet Tuesday, 9.30am
Movers & Groovers Thursday, 9.30am
Patchworking Tuesday, 6pm
Forenhanking Thursday, 10am

Scrapbooking Thursday, 10am—3pm Singing Wednesday, 7.30pm

CWA Meetings Third Friday night of every month

Schoen Podiatry 12 December

Recycling Days

December 27 January 10 January 24 February 14 February 28

Looking to get involved in a group or club?

There are many local groups you can join!

Art Group Southern Cross Singers Sporting groups including:

Country Women's Association Southern Cross St John Ambulance Basketball

H.A.Y. Committee Southern Cross Vol. Fire & Rescue Darts
P & C Organisations Volunteer Bush Fire Brigade Football
P & F Organisation Yilgarn Agricultural Society Golf

P & F Organisation Yilgarn Agricultural Society Golf
Scrapbooking Yilgarn Entertainers Lawn Bowls
Senior Citizen's Centre activities Yilgarn History Museum Motorcycle Club

Sh8pes Gym & Fitness Centre Yilgarn Men's Shed Netball
Southern Cross Gardening Club Yilgarn Motoring Enthusiasts Shooting
Southern Cross Hospital Auxiliary Tennis