

CROSSWORDS \$1

Factsheet

MOVE YOUR BODY

AND GET ACTIVE



Sit less and get more exercise into your day including:

Activities that increase your heartrate



Walking



Running



Team sports



Cycling



Swimming



Housework

Activities that strengthen your muscles



Carrying kids or groceries



Yoga or pilates



Using weights



Body weight exercises



Rock climbing

Doing some is better than none, and more is better!

WAYS TO GET MOVING



▲ Walk, ride or take public transport to work or school.



▲ Reduce screen time.



▲ Always take the stairs.



▲ Do some gardening.



▲ Be active with friends.



▲ Play at the park with your kids.

12/2019 LL3036d

Partner:



Government of Western Australia
Department of Health



The Crosswords is produced by the
Southern Cross CRC,
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Southern Cross WA 6426

Phone: 08 9049 1688 Fax: 08 9049 1686

Email: crc@yilgarn.wa.gov.au

Crosswords Disclaimer:

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

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

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

Southern Cross Landfill Times

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

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

Crosswords Advertising Rates 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
24/11/2020	26/11/2020
8/12/2020	10/12/2020

2021 Publishing Dates

Deadline 12 noon	Publishing Date
5/01/2021	7/01/2021
19/01/2021	21/01/2021
2/02/2021	4/02/2021
16/02/2021	18/02/2021
2/03/2021	4/03/2021
16/03/2021	18/03/2021
30/03/2021	1/04/2021
13/04/2021	15/04/2021
27/04/2021	29/04/2021
11/05/2021	13/05/2021
25/05/2021	27/05/2021
8/06/2021	10/06/2021
22/06/2021	24/06/2021
6/07/2021	8/07/2021
20/07/2021	22/07/2021
3/08/2021	5/08/2021
17/08/2021	19/08/2021
31/08/2021	2/09/2021
14/09/2021	16/09/2021
28/09/2021	30/09/2021
12/10/2021	14/10/2021
26/10/2021	28/10/2021
9/11/2021	11/11/2021
23/11/2021	25/11/2021
7/12/2021	9/12/2021

Church Notices / Updates



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

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

Mass Times

Saturday 6:30pm*
 Sunday 8:30am

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

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



Antares Street, Southern Cross

Enquiries: Leonie Gethin

Ph.: (08) 9049 1222

November	No Anglican service
December	"Christmas" service, Saturday the 12 th of December, 11.00am – all welcome.

Shire of Yilgarn

It is with great pleasure that the
Shire President and Councillors

Extend a community-wide invitation to the

Official Opening

of the newly constructed

SOUTHERN CROSS AQUATIC CENTRE

by the

HON. MICHAEL (MICK) MURRAY MLA
Minister for Sport and Recreation

on

Saturday, 28 November 2020 commencing at
3.00pm

Following the Official Opening the Pool will be open for regular swimming and the community can enjoy this fantastic facility until 8.00pm (weather permitting)

The Shire of Yilgarn will be providing a community sausage sizzle at 6.00pm for all in attendance.



Attention Yilgarn Seniors

The Shire of Yilgarn would like to announce that unfortunately due to the uncertainty caused by Covid-19

there will be no Senior's Luncheon held in 2020.

However, the Shire would still like to express their thanks to our seniors by offering a gift voucher to be redeemed at participating local businesses.

If you are 60 or over and are unsure if you are on our current list please contact **Jodie Karra** at the Shire Office on:

9049 1001 or at: **aso@yilgarn.wa.gov.au**

before Monday 30th November 2020

It is essential that we be notified because we are not mind readers! Feel free to "dob in a mate" too!

Keeping Of Chickens

Residents are permitted to keep chickens on their property in the Shire of Yilgarn. They do not need to inform the Shire that they keep chickens but there are Local Laws that set the conditions in which the poultry may be kept.

How Many Chickens Are Permitted on a Single Property?

Other than a rural zone, the occupier of the property can keep up to 20 poultry.

How Many Roosters Are Permitted?

If the property is not in a rural zone - no roosters are permitted. Geese, peafowl, guinea fowl and turkeys are also not permitted on a non-rural property.

Conditions for Keeping Poultry

A person who keeps or permits poultry to be kept must follow these conditions.

No poultry to be able to approach within ten (10) metres from:

- any dwelling
- public building/premises where people are employed



FAMILY COUNSELLING SERVICE

WHEATBELT AGCARE

COMMUNITY SUPPORT
SERVICES INC.

Shires Serviced:

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

FAMILY COUNSELLOR

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

Contact: Kaye Bell

PO Box 101

Nungarin WA 6490

Phone: (08) 9046 5091

Fax: (08) 9046 5063

Mobile: 0488 465 081

Email: wheatbeltfamily@wn.com.au



WHEATBELT AGCARE...

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



Supported by the
Shire of Yilgarn



CEACA

Supporting Age Friendly Communities

Private Accommodation *Now Available*

CEACA Inc are a charitable organisation who own and manage 71 private rentals across 11 shires in the Central East Wheatbelt Region. The primary focus for CEACA Inc is to ensure that those who are living in the shire can continue to do so for as long as possible and to welcome others from outside of the region.

MAKE THAT LIFESTYLE CHANGE!

- **Unable to manage your current property and are looking for a home that is easy care?**
- **Would you benefit from being closer to doctor's and other services?**
- **Would you like to be closer to family, friends or relocate to the region?**
- **Do you work in the area and are struggling to find suitable accommodation?**
- **Would you like to live in a community setting?**

CEACA units are situated in Bruce Rock, Beacon, Bencubbin, Kellerberrin, Koorda, Kununoppin, Merredin, Mukinbudin, Nungarin, Southern Cross, Westonia and Wyalkatchem and current vacancies are in Bruce Rock, Beacon, Kununoppin, Merredin and Southern Cross. We welcome requests to be added to the CEACA waiting list.

The rent is affordable and you can even bring your pet!
A maximum of two people per unit permitted.

Refer a friend, family member or acquaintance to our units and if the person they referred is successful, the referrer will be paid a one-off sum of **\$250!**



CEACA Inc do give priority to those over 65 years and those living with a disability, however we also consider applications from all ages who may own or rent a house currently, who are living in the region or would like to relocate to the region to start a new life or just to be close to family and friends. As this is private accommodation, tenants will be subject to references.

If unsure, please contact us 9441 4815 or send an email to info@ceaca.org.au and we will be in touch!

SCDHS Country Week 2020

On Sunday 20 September, we took 25 Year 7-10 SCDHS to Country Week 2020. This was the first time in many years and the school community was very excited at the opportunity. We had a quick stop over at the Chocolate Factory, before arriving in Perth. After settling in to our accommodation at Karrinyup Waters Resort, we visited Hillarys Boat Marina for dinner.

The following day, the sporting carnival commenced with the opening ceremony. Our school Sport Captains, Dane and Brydee, represented the school and took part in the official opening of the games. Four of our students, April, Brock, Josh and Cheree, were also presented an 'Active Achievers' awards for portraying positive images about health and well-being and being actively involved in school and/or community activities. Monday also saw our first few rounds of fixtured games. We had one girls Netball team in 'D' division and two boys Basketball teams, one in 'B' and the other 'C' division. We still managed to fit in lots of site seeing as we visited Elizabeth Quay and the Bell Tower and finishing the evening with dinner at Sizzlers, the movies and Timezone.

On Tuesday, the students participated in the last of the grading games and the divisions and fixtures were finalised. The 'B' division basketball team won their game by 1 point against Dalwallinu. We were on the edge of our seats, with the opposition having the opportunity to win the game with penalty shots after the buzzer. Unfortunately, the 'C' division basketball team went down by 12 points and the netball girls also lost their game by 10 goals. After our games, we travelled to Optus Stadium and walked across Matagarup Bridge and around the stadium. We also enjoyed two games of laser tag, with the teachers definitely being clear stand outs! We finished the night off by dining in an Italian-style restaurant for dinner and dessert pizza.

The games continued on Wednesday with some mixed results. The boys' teams played two games each, with the 'C' division team managing to grab their first win against Boddington. The 'B' division Basketball team unfortunately lost both their games. The netball girls had a close game against Wyalkatchem and was their best of the week, but didn't manage to come away with the win. After a busy week, we had scheduled some relaxing time at the resort by the pool, before making our way to ten pin bowling. The winners of our inaugural super bowl comp were as follows:

Mr Brown - 138
Mrs Stephen - 137
Flynn Chrisp - 124

Students enjoyed Domino's pizza back at the accommodation for dinner with a movie & games night. After a big few days, everyone was feeling a little rested and ready to finish the week off on a high!

Thursday was our last day of fixtures, with each of the teams having two games each. The students were eager to see if they would be playing-off in any of the finals scheduled for the Friday. The 'C' division boys' basketball team made an epic come back in their second game from 21 points down against Dalwallinu. They ended up losing by 6 points but definitely had the opposition rattled! Unfortunately, Geraldton Grammar were too strong in the first game. The 'B' division Basketball team had two close matches. They won their first game against Northampton, but unfortunately lost the second against Boyup Brook which meant they had lost their chance to play off in the 1v2 final. It was still a fantastic effort to be in the running for 3rd place in their division. The Netball girls had tried their hardest throughout the whole week and demonstrated lots of positive team work and sportsmanship. Unfortunately, they were not able to come away with a win but they were better for the experience! They enjoyed having the opportunity to cheer on the boys during their finals games.

One of the highlights of the trip was visiting Latitude. Latitude is a giant arena with everything you could imagine ranging from dodgeball, trampolines, basketball, rock climbing, abseiling as well as low and high obstacle courses, just to name a few! By all accounts, this was one of the favourites of the trip and, along with some Late night shopping, it was a great way to finish off the week!

Just when we thought it was all over, to top off a great week, the 'B' division boys had an epic final against Dongara. They came so close to taking out 3rd place in their division, only going down by two points.

At the closing ceremony, the 'C' division basketball boys and the netball girls were awarded the top sportsmanship award for their respective divisions. This is a credit to the way they carried themselves throughout the week and it was well deserved! Congratulations - we are so proud of you all!

It was a fantastic camp with the students and the staff having made lots of special and life-long memories along the way! One of the most rewarding things for me, was to see the students making lots of new friends from the other schools and having the opportunity to mingle with them by chance at some of our scheduled activities as well as also during the days at the sporting venues. We also had lots of positive comments from the organisers and other schools about our students in terms of their mannerisms, sportsmanship and how professional they looked in the playing uniforms and jackets. If you haven't already done so, pop over to our school Facebook page to see our daily wrap updates and more photos from the week.

A special thanks to Miss Jones and Mr Brown for their help and support throughout the camp week itself and in the lead up. We would also like to thank all the staff and students from SCDHS for their encouragement in getting the event off the ground. We would also like to thank the following community members and groups for their contributions and financial support towards the camp. Without many of you, the wonderful week that we had would not have been possible. We can't express our thanks and appreciation enough and are so lucky to be part of such a supportive community.

- *The secondary students and their families* for their fundraising efforts
- *All community members* who supported our fundraising initiatives
- *The Shire of Yilgarn* for waiving the cost of hiring the community bus
- *Thomson Drilling Pty Ltd* for their generous donation
- *Barto (Minjar) Gold Mining* for their generous donation
- *Southern Cross Football Club* for allowing us to run fundraisers at their home games
- *Yilgarn Netball Association* for the donations of uniforms for our students to wear
- *Yilgarn Basketball Association* for the donations of uniforms for our students to wear
- *Southern Cross District High School P&C* for their generous donation and provision of shirts to be worn at the opening and closing ceremonies.

THANK YOU 😊



Kind regards,

Mrs Jess Stephen
Deputy Principal







Community News

Birthday

Happy Birthday Mum,
We love you very much!
I hope you have a great day!
Much love, Colin & Kayla

YILGARN HISTORY MUSEUM

VOLUNTEER/S CURATOR POSITION

The Yilgarn History Museum Committee, which is an Advisory Committee of the Shire of Yilgarn, is seeking the services of a Volunteer/s interested in undertaking the duties of Curator at the Museum.

The position involves the collating of local historical artefacts at the Museum and recording of these items on a specific software program. Knowledge of computers would be an advantage and it is envisaged that approximately one day per week of volunteered time would be required to undertake these duties. These duties could be shared by two like-minded people interested in recording our local history.

If you believe that you could devote this valuable time to enable our local history to be recorded and held in perpetuity for the future residents of the Yilgarn district, training will be offered by the Museum's current Volunteer Curator.

Please contact the undersigned to register your interest.

Robin Stevens

Curator

Yilgarn Historical Museum Committee

Yilgarn Bowling Club

Mens

- Sat 14 Club 4's Championships
Sun 15 Club 4's Championships
Sat 21 Pennants: Naremben Gold v Yilgarn
Sun 22 Club Day
SEBL Combined Sponsors 4s Bruce Rock
Sat 28 Pennants: Yilgarn v Westonia
Sun 29 Club Day

Ladies

- Fri 13 Naremben Carnival
Sun 15 Westonia Carnival
Tue 17 Social Bowls
Fri 24 Pairs Championships

- Tue 1 Dec Social Bowls
Fri 4 Corrigin Carnival

Moorine Rock Tennis Club

- Thu 12 Nov Junior Tennis Coaching
3.30—4.30pm
Sat 14 Nov Social Tennis
3pm start
BBQ tea pooled salads
Thu 19 Nov Junior Tennis Coaching
3.30—4.30pm
Sat 21 Nov Social Tennis
3pm start
Pizza tea
Sat 28 Nov Social Tennis
3pm start
BBQ tea pooled salads
Sat 5 Dec Social Tennis
3pm start
Pizza tea

Employment



HavCon Engineering is a leading provider for Fabrication, Maintenance and Construction services supporting the mining and industrial sectors in Western Australia. Due to increasing demand, we are looking for an enthusiastic and flexible person to join our team on a casual basis in Southern Cross.

The duties that be required for this role will include:

- Cleaning of accommodation rooms
- Maintain cleanliness of common areas at accommodation facility
- Maintain cleanliness of workshop lunch rooms and office building
- Daily communication with Havcon head office
- Be part of a roster for weekend check in requirements

If you would like to be part of a loyal and growing company then we want to hear from you.

To register your interest please send a detailed cover letter and resume outlining your skills and experience to:

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

Yilgarn History Museum

Retirees!!!! Don't sit home and wait to die, come down to the Museum for a couple of hours a week. You will be pleasantly surprised at what our Museum has to offer, and the enjoyment you get when visitors comment about our great Museum. Please give us a thought when we open again in January, 2021.

School Children – if you're school asks you to do Community Service as part of your school criteria, why not give the Museum some time and come to us and find out how we work and run a Museum. You will be very welcome.



Right at Home Kalgoorlie Wheatbelt is an in-home care and assistance provider dedicated to supporting our older Australians, and people living with a disability and recovering from surgery or disease.

Our mission is to improve the quality of life for those we serve. We live and breathe this mission everyday and are focused on making sure you and your loved one receive the right care, whenever and wherever it's needed.

We provide the support our clients and their families want, when they want it, and how they want it so that they can continue living independently in their homes.

If you require home care assistance but are unsure what kind of help you need or how care would fit within your homecare package, we strongly recommend contacting us about our free in-home care consultation.

Our experienced care co-ordinator will visit your home and assess your needs and provide a care plan that you can use to decide what would best suit you.

We offer:

- Free, no obligation 30-minute consultation by a health professional.
- Get an individualised care plan that you can use with our carers.
- We do not have any administration fees, care management or package management fees.

This means we can offer more hours of care and support to you or your loved one.

- We work with home care packages, NDIS or we provide private pay.

Feel the difference and experience the Right at Home approach by contacting our office on (08) 9035 0417.

AIMING FOR MORE THAN 38,000 HANDMADE, HEARTFELT CHRISTMAS MESSAGE

Rural Aid on track to deliver record number of festive messages to farmers

Following an emotional response from farmers in previous years, Rural Aid is repeating its Christmas Cards 4 Farmers campaign in 2020 with an aim to distribute more than 38,000 cards.

The organisation is once again asking school children to help bring some much-needed cheer into the lives of our farmers by creating homemade cards.

CEO of Rural Aid, John Walters, said that in the lead up to Christmas over recent years, Rural Aid had asked school children to write letters and cards to farmers and the response was huge.

"We received 38,000 cards that year: some were written in crayon, others covered in glitter, but all of them had the same heartfelt messages from city kids to farmers and their families," Mr Walters said.

"Little did we know what impact these letters would have on the farmers reading them; coming from children they didn't know, saying that they cared."

"To say the response from the farmers was emotionally charged would be an understatement."

Mr Walters said the organisation is hoping to get even more cards in 2020, beating the record 38,000 handmade cards sent in 2019.

Over 700 schools and community groups participated last year, and nearly 200 volunteers were involved in mailing out Christmas cards and letters to almost 11,000 farmers and their families. (Note: Farmers received more than one card and letter.)

The cards cannot be larger than 120mm x 170mm, though they can be folded down to this size, and should not be placed in an individual envelope. Instead, cards should be grouped together and placed in a bigger envelope before being mailed to Rural Aid - PO Box 1342, Sunnybank Hills QLD 4109.

Rural Aid explained that, in addition to the anguish caused by the COVID pandemic that has affected all Australians, farmers across the country have endured years of record-breaking droughts, devastating floods and catastrophic bushfires.

"After such a difficult year, we want to put a smile on the faces of Aussie farmers. Students can make this possible by getting their school involved in our Christmas Cards 4 Farmers initiative."

Help Rural Aid continue this tradition by creating your homemade card and sending it in before November 19.

Rural Aid will have thousands of envelopes here ready to put your card in and send onto an Aussie farmer.

Visit: www.ruralaid.org.au/christmascards4farmers/

NATIONAL PSYCHOLOGY WEEK: ISOLATION THE FOCUS

Rural Aid invites primary producers to November webinar on loneliness

During National Psychology Week, one of Australia's largest rural charities is inviting farmers and rural residents across the country to attend this month's edition of the popular "On The Couch" webinar series.

Hosted each month by one of Rural Aid's specialist counsellors, this month's edition focuses on the topics of isolation, loneliness and being alone.

CEO of Rural Aid John Walters says that the challenges of living a solo life are common in the agricultural sector and in rural communities.

"There is a distinction between loneliness and being alone, and it's important to note that many people choose isolation," Mr Walters said.

"Solo living is common in our remote and rural communities, but loneliness needs to be managed. In next week's webinar we'll look at the 'why' and 'when' of loneliness and how to create the best of both worlds."

Counsellor Gary Bentley will host the webinar which will be held at 6pm AEDT, 5pm AEST on 18 November.

"There are times in our lives when we crave isolation; times when we want to remove ourselves from society; times when we want to close the door and keep the world at bay. "Me time" is important," Mr Bentley explained.

"We can use "Me time" to reassess and regroup, recharge our emotional resources and refresh our spiritual strength. The problem is that isolation can become a prison of our own creation and can interfere with perspective altering the way we view our lives and the people around us."

"The answer lies in balance: determining when isolation can tip over from self-protection to self-harm, when something that can be good for us becomes destructive."

Any members of rural communities are welcome to attend. Attendance and comments made using the chat functionality of the webinar is strictly private and confidential.

Register here (<https://my.demio.com/ref/AEP48BZuWaHHjBI>) to attend the webinar: "Isolation, loneliness and being alone: The challenges of living a solo life."



Assisting Older Western Australians who are at risk of or are experiencing Elder Abuse

Team of Lawyers and Client Advocates



Future planning

Powers of attorney and guardianship

Assets for care

Granny flats,
Children moving back in



Loans and Debts

Agreements
Negotiation

nsclegal.org.au

9440 1663

info@nsclegal.org.au

10 Cobbler Place Mirrabooka



Connect + Inform + Support + Empower



How alcohol increases your risk of cancer

Alcohol is classified as a Group 1 carcinogen, which means there is no doubt it causes cancer, just like tobacco and asbestos.

Five ways alcohol can cause cancer.

1. Alcohol is broken down in the body and forms acetaldehyde. Acetaldehyde is a cell poison and human carcinogen (cancer-causing agent), and damages cells by disrupting our DNA.
2. Alcohol can cause direct tissue damage and increases the ability of other carcinogens (such as tobacco) to cause damage to cells, in the mouth, pharynx, oesophagus, colon and liver.
3. Alcohol can influence hormone levels, increasing cancer risk, particularly in the breast.
4. Alcohol can reduce folate absorption, which can result in changes in the cell, potentially making it more likely to become cancerous.
5. Alcohol and many of the mixers (e.g. soft drink) we add are high in calories, which can contribute to weight gain and obesity. Being above a healthy weight increases the risk of 13 different cancers.

Did you know that alcohol causes cancer in 7 sites of the body?

There is strong evidence that drinking any type of alcohol (wine, beer and spirits) is a cause of cancer in seven sites of the body, including mouth, throat, breast, liver and bowel.

Mouth, throat and oesophagus

Alcohol damages the cells lining the mouth, throat (pharynx and larynx) and oesophagus as it enters the mouth and is swallowed, causing cancer in these parts of the body

Female breast

There are a number of potential ways that alcohol causes breast cancer in females, including by increasing the levels of hormones in the blood.

Liver

The liver is responsible for breaking down alcohol in the body, which results in the conversion of alcohol to acetaldehyde. The liver breakdowns alcohol in three different ways, and all three ways lead to the conversion of alcohol into acetaldehyde.

Alcohol damages the liver by causing a build-up of fat, inflammation and scarring, which can lead to liver cancer.

Colon and rectum

Alcohol can cause cancer in the colon and rectum by multiple pathways, including by acetaldehyde damaging DNA and stopping cells from repairing this damage.

How can you reduce your risk of alcohol-caused cancer?

Making small changes to your drinking can help reduce your risk. Try reducing how often and how much you drink by:

Having a few alcohol-free days each week.

Having alcohol-free days each week will help you stay healthy and break bad habits. If you're already having alcohol-free days each week, try to add another. Head online to alcoholthinkagain.com.au to see the benefits of reducing how often you drink.

Keeping track of your drinking by counting your drinks.

Actively counting how many drinks you have each drinking occasion can contribute to reduced alcohol use overall.

Swap to low or no alcohol alternatives.

Low and no alcohol products are a good alternative for people who want to reduce their drinking – they have the same or similar taste but contain less alcohol.

Limit how much alcohol you keep in the house.

If it's not there, you can't drink it! If you're not ready to make your house a drink-free zone, avoid stocking up on alcohol at the next trip to the bottle shop. The more alcohol we buy, the more likely we are to drink it sooner than we had intended.

Finding ways to change your routine.

If your routine includes relaxing with a drink, change it up by going outside to get some fresh air and exercise.

Are you at-risk of alcohol-caused cancer?



Almost 1 in 5 Western Australian's reported drinking more than two standard drinks on any day in 2019, placing them at-risk of long-term health harms.

The risk of developing an alcohol-caused cancer increases with the amount and frequency of alcohol use.

For more information and ways to reduce your risk, head to alcoholthinkagain.com.au

Reduce your drinking to reduce your risk.

alcoholthinkagain

SUPPORT SERVICES

000 (emergency)

Rural Link: 1800 552 002

Mental Health Emergency Response Line: 1300 555 788

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

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

Beyond Blue: 1300 224 636

Kids Helpline: 1800 551 800

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

Samaritans Crisis Line: 135 247

The Salvation Army: 1300 363 622

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

Reachout: www.reachout.com

Mensline: 1300 789 978

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

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

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

Narrogin & Upper Great Southern Domestic Violence Helpline 1800 007 570

Wheatbelt Domestic Violence Helpline 1800 353 122

Women's Domestic Violence Helpline: 1800 007 339

Men's Domestic Violence Helpline: 1800 000 599

1800 RESPECT: 1800 737 732

Elder Abuse Helpline WA - 1300 724 679

Suicide Bereavement Service: 0474 076 849

Sexual Assault Referral Centre: 1800 199 888

HealthDirect: 1800 022 222

Holyoake

Northam: (08) 9621 1055

Narrogin: (08) 9881 1999

Merredin: (08) 9081 3396

Victoria Park: (08) 9416 4444

Midland: (08) 9274 7055

Freecall: 1800 447 172

WACHS Wheatbelt Mental Health Service – (08) 9621 0999



Call to keep up with cervical screening

Cervical Cancer Awareness Week: 16-22 November 2020

Cancer Council WA's Wheatbelt Regional Education Officer, Melissa Pickering, said Cervical Cancer Awareness Week 16th – 22nd November was a timely reminder for women to make sure they are up to date with their cervical cancer screening.

"We know cancer screening helps find cancer earlier so treatment can start before the cancer reaches a more advanced stage, giving people a better chance of survival," she said.

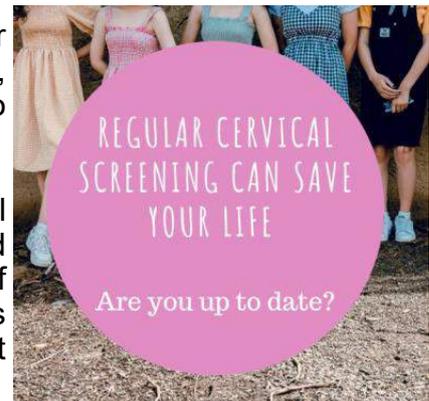
Ms Pickering said anyone with a cervix between the age of 25 and 74 years (regardless of whether or not they have been vaccinated for HPV) living in the Wheatbelt region should have regular Cervical Screening Tests as part of their ongoing health and wellbeing checks.

"If people with a cervix delay their cervical screening, there is a chance a pre-cancerous abnormality may develop into cancer or an early cancer may develop to a stage that is more difficult to treat," she said.

"If it has been sometime since they have had a cervical screening or if they have never had one, it is important to make a time to speak to your GP."

Those who have previously had the Pap test should have their HPV cervical screening test two years after their last Pap test, after which point if they have a normal result, they can move to five-yearly screening.

Australia transitioned to a new five-yearly HPV cervical screening test for those aged 25-74 in 2017, replacing the old two-yearly Pap test. The new test looks for the presence of HPV, the virus that causes almost all cervical cancers, and is expected to lower cervical cancer cases and mortality by at least 20 per cent.¹



For information about **cervical cancer** (<https://www.cancerwa.asn.au/resources/specific-cancers/gynaecological-cancers/cervical-cancer/>)

For cancer related information and support call 13 11 20
or go to www.cancerwa.asn.au

¹ <https://www.cancerwa.asn.au/articles/news-2018/australia-set-to-eliminate-cervical-cancer-by-2035/>

More than 90 people a month are being diagnosed with lung cancer in WA

Cancer Council WA is using November's Lung Cancer Awareness Month to remind Wheatbelt residents of the symptoms of lung cancer and what to do if they notice any unusual changes to their body.

Cancer Council WA's Wheatbelt Regional Education Officer, Melissa Pickering said many people don't realise a cough which lasts for three weeks or more needs to be investigated.

"If you have a long standing cough that worsens or changes for three weeks or more, it needs to be investigated," she said.

"If you have repeated chest infections, you notice you are becoming more short of breath or lacking energy, and have had any of these symptoms for more than four weeks, they should be investigated too.

"If you cough up blood - even once - it's really important to visit your doctor, clinic nurse or Aboriginal health worker right away to find out the cause.

"It doesn't mean you've got cancer, often it turns out to be something less serious, though it's critical to have the symptoms investigated early to be sure."

Find Cancer Early champion Terry Keane from Toodyay, who has experienced lung cancer first-hand, echoes Cancer Council WA's advice to Wheatbelt residents.

Terry's advice

"You're not bulletproof. Go see your doctor if something's not right".

"Never smoke. It was part of our culture in those days. These days' people catch up over a cup of coffee, in our day it was a cigarette" he said.

**"You're not bulletproof.
Go see your doctor if
something's not right."**

Terry, Toodyay
Lung cancer



Lung cancer remains the fourth most commonly diagnosed cancer in Australia and the most common cause of cancer death according to Australian Institute of Health and Welfare data.

In the Wheatbelt in 2017, 54 people were diagnosed with lung cancer with 35 deaths.

Smoking is linked to as many as 80 percent of lung cancers with current smokers almost nine times more likely to develop lung cancer than people who have never smoked.

Other known causes of lung cancer include occupational carcinogens such as silica dust and diesel engine exhaust and if a person has a family history of lung cancer or previous lung disease their risk of lung cancer is also increased.

"Remember, the chances of successful treatment are much higher when cancer is found early," Ms Pickering said.

For more information about lung cancer symptoms and to read the stories and advice of regional Western Australians who have had cancer, visit www.findcancerearly.com.au

For cancer related information and support call 13 11 20 or go to www.cancerwa.asn.au



Coordinator/Manager - Full time position located in Westonia, WA

The Management Committee of the Westonia Community Resource is looking for an enthusiastic and committed person with great customer focus and initiative to be responsible for the day to day leadership, management and development of Westonia Community Resource Centre.

Westonia Community Resource is an independent, Not-For-Profit provider of various services and initiatives that support recreational, educational, employment, training and business purposes in the community.

This position offers the opportunity to manage a variety of projects and services, build community relations and work autonomously in a flexible environment with the support of the management committee.

Applicants should include: A cover letter and resume.

Essential Criteria

- Excellent interpersonal skills with a strong community focus
- Proficient level of computing skills, including proven experience of Microsoft Office applications
- Proven use of financial management knowledge
- Ability to lead and develop staff
- Highly organised, with decision making and project management skills
- Self-motivated with strong integrity and work ethics

Salary negotiable and applicable to the applicant's skills and experience.

We are a flexible workplace and will negotiate with the right applicant on work hours, selection of traineeship subject and salary.

For information on the role and to obtain the Job Description, contact Terri Blake at the Westonia Community Resource Centre on 90467077.

Applications close on: Monday 16th November 2020

Applications in writing are to be marked as **CONFIDENTIAL** and sent to:

Terri Blake - Manager

Westonia Community Resource Centre

33 Wolfram Street

WESTONIA WA 6423

or via email to

manager@westonia.org.au

Applications will be strictly confidential.



MEDIA RELEASE MEDIA RELEASE MEDIA RELEASE

DO YOU KNOW AN INSPIRATIONAL YOUNG ACHIEVER?

Nominations for the 7NEWS Young Achiever Awards are now open and the search has begun for incredible young people under 29 from Western Australia.

We need to give thanks, and now you can by nominating them into one or more of these categories:

- Masonic Care WA / Freemasons WA **Community Service and Volunteering Award**
- Catholic Education Western Australia **Young Leadership Award**
- Surge Fitness **Sports Award**
- First National Real Estate **Innovation Award**
- Town of Victoria Park **Arts and Culture Award**
- Awards Australia **Regional Service Award**
- Qoin **Small Business Achiever Award**
- Totally Smiles Dental Group **Health and Wellbeing Award**

One of the category winners will be named the 2020 Western Australian Young Achiever of the Year.

Category winners will each receive \$1,000 cash, a \$500 Bartercard account, a \$500 Qoin account and a trophy. The Western Australian Young Achiever of the Year will receive an additional state trophy.

To submit a nomination, simply go online to www.youngachieverawards.com select 'WA' and then click the gold 'Nominate Now'. Alternatively, make the process that much easier by calling us on 9201 1155 and passing on their details and we will take it from there.

Nominations close Wednesday 27th January 2021. For assistance please feel free to call the Awards Office or email wayaa@awardsaustralia.com

End

The Young Achiever Awards began in 2016, with the aim to acknowledge, encourage and most importantly promote the positive achievements of all young people up to and including 29 years of age. The Awards showcase the achievements of young Western Australians, and pays tribute to their vision, innovation and commitment.

RAILWAY

AVAILABLE
WED-SAT - 5.30-8PM
SUN - 5PM-7.30PM

TAVERN

PIZZA MENU

OFF THE RAILS - \$20

Everything on the bench

BURNING CABOOSE - \$18

Jalapeno, Pepperoni, Cacciatore,
Mushroom, Cheese, Sauce

PROSPECTOR - \$18

Ham, Bacon, Egg, Cheese, Sauce

MEAT LOVERS - \$18

Ham, Cacciatore, Pepperoni, Bacon,
Chicken, Cheese, Sauce

SUPREME - \$18

Ham, Bacon, Mushroom, Onion,
Pineapple, Capsicum, Cheese, Sauce

PEPPERONI - \$18

Pepperoni, Cheese, Sauce

HAWAIIAN - \$18

Ham, Pineapple, Cheese, Sauce

ITALIAN - \$18

Cacciatore, Onion, Fresh Basil, Cheese,
Sauce

CHICKEN EXPRESS - \$20

Chicken, Red Onion, Baby Spinach,
Camembert Cheese, Cranberry Sauce,
Cheese

MARGARITA - \$18

Fresh Tomato, Basil, Cheese, Sauce

BBQ CHICKEN - \$18

Chicken, Capsicum, Cheese, BBQ Sauce

VEGETARIAN - \$18

Mushroom, Pineapple, Fresh Tomato,
Capsicum, Basil, Cheese, Sauce

GARLIC DRAWN - \$20

Prawns, Garlic Sauce, Cheese

MEXICAN - \$18

Pepperoni, Ham, Jalapeno, Capsicum,
Cheese, Sauce

CHICKEN PESTO - \$18

Chicken, Basil Pesto, Fresh Tomato,
Cheese, Sauce

TIJUANA CHICKEN - \$18

Chicken, Jalapeno, Tomato, Capsicum,
Onion, Cheese, Sauce, Sour Cream,
Spring Onion

SATAY CHICKEN - \$18

Chicken, Onion, Capsicum, Pineapple,
Cheese, Satay Sauce

HAM AND CHEESE - \$18

Ham, Cheese, Sauce



DINE IN OR TAKE AWAY AVAILABLE - 9049 1030

Mia DAVIES MLA

Leader of The Nationals WA

CENTRAL WHEATBELT



Northam Office
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Northam WA 6401
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Fax 08 9622 1688

Merredin Office
The Old Town Hall, Mitchell St
Merredin WA 6415
Ph 08 9041 1702
Fax 08 9041 2554
Freecall 1800 673 914

mia.davies@mp.wa.gov.au
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THE NATIONALS for Regional WA

Authorised by M. Davies, Northam Boulevard Shopping Centre, Fitzgerald Street, Northam.

Did You Know?

Did you know the following ditty is true?

The horse and cow live thirty years
And nothing know of wine and beers
The goat and sheep at twenty die
And never know of scotch and rye
The sow drinks water by the ton
And, at eighteen, is nearly done
The dog, at fifteen, cashes in
Without the need of rum or gin
The cat in milk and water soaks
And then, in twelve short years, it croaks
The modest, sober, bone dry hen
Lays eggs for years and dies at ten
All animals are strictly dry
And sinless live and quickly die
But sinful, ginful, rum soaked men
Survive for three score years and ten
And some of us, but mighty few
Stay pickled till we're ninety two

©Lance Stevens



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

SOUTHERN CROSS 2020 MOBILE VET VISIT
DATES

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Wed 16th Dec

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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.

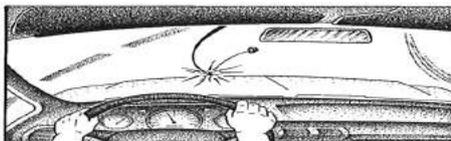
Drop off by appointment only.

Encouraging local farmers to get on board.

PROFESSIONAL. Police clearances available on request. **LICENSED** and **INSURED.**

Phone Andrew or Tyler Now

9049 5317



Coming to Southern Cross

Eastern Districts Panel Beaters **Merredin's Windscreens O'Brien Authorized Dealer**

will be in **SOUTHERN CROSS** on the

November 18, December 16

January 20, February 17, March 17, April 21, May 19, June 16

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Eastern Districts Panel Beaters
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Email: edpb@bigpond.com

PH: 08 9041 1592

MBL: 0407 020 413

FAX: 08 9041 1149

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WANT TO PLACE A FOR RENT OR HOUSE FOR SALE ADVERT?

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crc@yilgarn.wa.gov.au to
organise your ad to appear in
our next edition!



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Contact:

Mick Hanretty mb: 0437338608

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Calendar of Events

Wed 18 Nov	Eastern District Panel Beaters in town
Thu 19 Nov	Shire of Yilgarn Council Meeting @ 4:00pm
Thu 26 Nov	Pat & Chat Mobile Vet in town
Sat 28 Nov	Southern Cross Aquatic Centre official opening 3pm
Tue 8 Dec	SCDHS end of year concert @ 6.30pm, Community Centre (Town Hall)
Wed 9 Dec	Merredin Veterinary Clinic in town @ oval (change rooms)
Wed 16 Dec	Eastern District Panel Beaters in town
Wed 16 Dec	Pat & Chat Mobile Vet in town
Thu 17 Dec	Shire of Yilgarn Council Meeting @ 4:00pm
Fri 25 Dec	Christmas Day
Sat 26 Dec	Boxing Day
Fri 1 Jan 21	Happy New Year!
Mon 4 Jan	Shire & CRC reopen for 2021
Thu 7 Jan	First Crosswords published for the year

Recycling Days

November 13
November 27
December 11

December 25
January 8
January 22