

\$1

Crosswords

Volume 25

Issue 22 7 November 2024



**SOUTHERN CROSS
AQUATIC CENTRE
POOL SEASON 24/25**

**pool
now
open**

**7 days a week
11.00 am – 7.00 pm***

*unless otherwise advertised.



The Crosswords is produced by the
Southern Cross CRC,
PO Box 178, Canopus St,
Southern Cross WA 6426
Phone: 08 9049 1688 Fax: 08 9049 1686
Email: crc@yilgarn.wa.gov.au

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

Shire of Yilgarn Emergency information hotline

Call (08) 9487 8777

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

Southern Cross Landfill Times

The Tip Shop will also be open during the below hours. EFTPOS available for fee payment at Shire admin office.

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

Crosswords Advertising Rates 2024/25 (as of 1 July 2024)

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

2024 Publishing Dates

Deadline 12 noon	Publishing Date
19/11/2024	21/11/2024
3/12/2024	5/12/2024
17/12/2024	19/12/2024

2025 Publishing Dates

Deadline 12 noon	Publishing Date
14/01/2025	16/01/2025
28/01/2025	30/01/2025
11/02/2025	13/02/2025
25/02/2025	27/02/2025
11/03/2025	13/03/2025
25/03/2025	27/03/2025
8/04/2025	10/04/2025
22/04/2025	24/04/2025
6/05/2025	8/05/2025
20/05/2025	22/05/2025
3/06/2025	5/06/2025
17/06/2025	19/06/2025
1/07/2025	3/07/2025
15/07/2025	17/07/2025
29/07/2025	31/07/2025
12/08/2025	14/08/2025
26/08/2025	28/08/2025
9/09/2025	11/09/2025
23/09/2025	25/09/2025
7/10/2025	9/10/2025
21/10/2025	23/10/2025
4/11/2025	6/11/2025
18/11/2025	20/11/2025
2/12/2025	4/12/2025
16/12/2025	18/12/2025

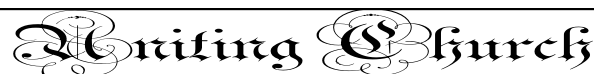
Church Notices / Updates



48 Altair Street, Southern Cross
 SX Presbytery: 9049 1049 (Sun to Mon)
 Bruce Rock Presbytery: 9061 1094 (Tues to Sat)
 Email: yilgarnwestoniacatholic@gmail.com
 Facebook: Yilgarn/Westonia Catholic Community
 YouTube: Yilgarn Westonia Catholic
CBH Grain Donations (SX): 40564452

Mass Times

Saturday 6:00pm @ Bruce Rock Parish(live-stream)
 Sunday 5:30pm @ OLM church



Services for the Uniting Church are held on the
 first Sunday of each month.

Contact:

Cheryl Auld 9049 8026
 Diane Della Bosca 9049 1149



Antares Street, Southern Cross

Enquiries: Leonie Gethin
 Ph.: 0429 498 035

2024 Anglican Services Christ Church Southern Cross
 All services are held at 11.00am on Saturdays
 Everyone is invited

Saturday 21st December 2024
("Christmas" service)

SX SPEEDWAY

MEETS 1ST TUESDAY EVERY SECOND
 MONTH AT SENIORS CENTRE,
 6PM—ALL WELCOME
 COME AND SEE WHAT IS HAPPENING
 WITH THE SPEEDWAY AND ANY NEW
 IDEAS ARE WELCOME

General Hand Road Construction and Maintenance

The Position

The Shire of Yilgarn is seeking applications from suitably qualified persons for the position of General Hand Road Construction and Maintenance. The successful applicant must be self-motivated and work well in a team environment, primary responsibilities of the position are maintaining Councils Road network within the Shire.

About Us

Located along the Great Eastern Highway, 380km from Perth the Shire of Yilgarn is known as the gateway to the Wheatbelt and the Goldfields with Southern Cross being the major town centre. Working with the Shire of Yilgarn will offer the successful applicant an exceptional base from which to enjoy the best of regional living.

What we are Offering

Full time position paying above award level rates

Benefits including

- up to 19% superannuation contribution
- housing allowance
- adverse working conditions allowance
- relocation expenses in accordance with Shire Policy
- uniform allowance
- service pay
- a Rostered Day Off every 19 days and overtime.

What we are looking for

The applicant must be physically fit as this position requires work outdoors in all kinds of weather. Some of the work is physically demanding as it involves bending, lifting and handling various types of tools and equipment and the operation of road maintenance equipment, a HR manual drivers' licence is required.

How to Apply

An application package is available on our website

<https://www.yilgarn.wa.gov.au/council/administration/careers.aspx>

or by contacting Wes Furney on 08 90491001 or payroll@yilgarn.wa.gov.au. Further position information can be obtained by contacting Glen Brigg, Executive Manager Infrastructure, on 0409 791 135.

Written applications, addressed to the CEO and marked confidential, will be received up to **4:00pm** on **18 November 2024**. Refer to the application pack for further information on how to apply.

Nic Warren
Chief Executive Officer

PLEASE NOTE: Canvassing of Councillors will disqualify. The successful applicant is required to obtain relevant police checks, and to provide evidence of all claimed qualifications prior to commencing employment. This position is subject to a Pre-Employment Medical and a National Police Clearance.

EXPRESSIONS OF INTEREST CASUAL CLEANER

The Shire of Yilgarn currently has an opportunity for a reliable person to join our team on a casual basis. The primary responsibilities of the position are the cleaning of Shire owned premises.

The applicant must be:

- Responsible
- Have a strong work ethic
- Have good personal presentation
- Attention to detail
- Capable of working alone
- Physically able to undertake manual work including lifting, carrying and kneeling
- Excellent communication skills
- Self-motivated

What we offer:

- Flexible working hours
- Casual loading of 25%
- Option to progress to permanent employment for the right employee
- Full training

Cleaning equipment and products provided.

Interested candidates are requested to obtain an application pack from:

- administration office at 23 Antares Street, Southern Cross, or
- telephone Payroll/HR 08 9049 1001, or
- payroll@yilgarn.wa.gov.au , or
- website www.yilgarn.wa.gov.au.

Applications should be marked "Confidential Application – Casual Cleaner".

Nic Warren

Chief Executive Officer

Shire of Yilgarn

PO Box 86

SOUTHERN CROSS WA 6426

PLEASE NOTE: Canvassing of Councillors will disqualify. The successful applicant is required to obtain relevant police checks, and to provide evidence of all claimed qualifications prior to commencing employment. This position is subject to a Pre-Employment Medical and a National Police Clearance.

Harvest and Vehicle Movement Bans *Operations Policy*

Upon the implementation of a Harvest and Vehicle Movement Ban by the Shire of Yilgarn, the following applies:

1.1 The use or operation of any engine, vehicle, plant, equipment or machinery is prohibited within a paddock or lot, if the paddock or lot contains crop or pasture. This includes driving on roads/tracks that pass through such paddocks or lots;

1.2 The use or operation of any engine, vehicle, plant, equipment or machinery within 5 metres of a paddock or lot referred to in item 1.1 of this policy is prohibited;

1.3 Off-road activity is prohibited.

Definitions

- *Off-road Activity: Has the meaning applied under the Bush Fires Regulations 1954, and generally means, the use or operation of any engine, vehicle, plant, equipment or machinery on land on which there is bush or which is under crop or pasture or stubble.*
- *Engine, vehicle, plant, equipment or machinery: means any engine, motor vehicle, plant, equipment or machinery that is, or that is activated by, an internal combustion engine.*
- *Crop: means a plant that is grown in large quantities, especially as food.*
- *Pasture: means land covered with grass or other vegetation that is suitable for feeding animals on.*



EXEMPTIONS

- ✓ Vehicles carting water for stock is exempt, on the provision it is in the best interests of animal welfare, and a minimum of 600L remains in the vessel at all times and is able to be readily applied in the event of a fire;
- ✓ The use or operation of any engine, vehicle, plant, equipment or machinery within road reserves are exempt, on the provision the use is not likely to cause a fire;

Please note, the provisions for a declared Total Fire Ban take precedence over these exemptions.

RESTRICTED & PROHIBITED BURNING PERIODS

FACT SHEET

Can I have a campfire during Restricted Burning Periods?



You can have a small camp fire for camping and cooking purposes during the **Restricted Burning Period**, however you must ensure that the campfire is completely extinguished prior to leaving your camp site and please monitor the camp fire to ensure it is controlled while it is lit.

Enclosed gas appliances are permitted during both **Restricted and Prohibited Burning Periods**, as long as they are used as per manufacturers instructions, and are used in a safe manner.

Harvest & Vehicle Movement Bans and Total Fire Bans

Harvest & Vehicle Movement Bans are imposed by each individual Local Government Area. Notifications are sent out via the Shire's Whispir SMS system, and available on the Emergency Information Hotline 9487 8777.



Total Fire Bans are imposed by DFES, and the provisions for a declared Total Fire Ban take precedence over any Harvest & Vehicle Movement Ban Exemptions.

Total Fire Bans can restrict use of certain machinery and/or equipment - make sure you know what you can use, visit: www.dfes.wa.gov.au/hazard-information/bushfire/total-fire-ban

Can I burn garden refuse?



The burning of garden refuse on the ground is **NOT PERMITTED** during the **Restricted and Prohibited Burning Times**, being from the 19th September through to 31st March, throughout the Yilgarn District.

Am I able to burn off?

Burning is **NOT PERMITTED** on any Sunday during the **Restricted Burning Period**.

- Permits to burn during the **Restricted Burning Period** are required, and must be obtained from a Fire Control Officer.
- Permits to burn stubble from the previous seasons crop will not be issued until 1 March.



Burning is **NOT PERMITTED** any time during the **Prohibited Burning Period**.

Can I have a campfire during Prohibited Burning Periods?



The lighting or use of fire in the open air for camping and cooking purposes is **NOT PERMITTED** during the **Prohibited Burning Period**, being 1st November to 15th February, throughout the Yilgarn district.

Enclosed gas appliances are permitted during both **Restricted and Prohibited Burning Periods**, as long as they are used as per manufacturers instructions, and are used in a safe manner.

THE GAZETTED RESTRICTED AND PROHIBITED BURNING TIMES FOR EACH YEAR ARE AS FOLLOWS:

Restricted Burning Period: 19 September to 31 October and 16 February to 31 March

Prohibited Burning Period: 1 November to 15 February

Seasonal conditions

In accordance with Sections 17 and 18 of the Bush Fires Act 1954, Council may, if it considers that seasonal conditions warrant a variation of the prohibited or restricted burning times in its district, vary the prohibited or restricted burning times in respect of that year in the district or a part of the district by –

- shortening, extending, suspending or reimposing a period of prohibited or restricted burning times; or
- imposing a further period of prohibited or restricted burning times.

This variation cannot exceed more than 14 successive days.

In accordance with Sections 17 (10) and 18 (5) (c) of the Bush Fires Act 1954, Council delegates to the Shire President and the Chief Bush Fire Control Officer, jointly its powers and duties to vary Prohibited and Restricted Burning Times, in accordance with the Bush Fires Act 1954, as highlighted in this Policy.





Request for Community Feedback

The Shire of Yilgarn Tourism Committee are seeking community feedback on the design of a mural on the Foodworks building facing Achernar St.

The design would need to represent the Yilgarn and be something that evokes the pride that we have in our amazing community.

To have your say in what should be incorporated into this mural please complete this very quick survey: via this link:

<https://www.surveymonkey.com/r/6KRRH89>

or by scanning the QR code above by Wed 8th January 2025.



EXPRESSIONS OF INTEREST

The Shire of Yilgarn is seeking expressions of interest from individuals and organisations seeking industrial land in Southern Cross.

There are a number of industrial zoned lots located in the industrial area of Southern Cross, of which are currently held by the Crown.

Should sufficient interest be identified, the Shire of Yilgarn will approach the Department of Planning, Lands and Heritage to indicate the interest and request the Department consider developing and releasing the land.

Anyone seeking to express an interest, please forward the following details to ceo@yilgarn.wa.gov.au

- Name
- Business Name
- Contact Number
- Email Address
- Purpose for land (ie, business type)
- Area of land required
- Expected workforce
- Any additional information





Search & Find Tourism Project

Recently locals may have noticed some "gold nuggets" appearing around town. This is a Shire of Yilgarn Tourism Committee project aimed at tourists to encourage them to spend a little extra time in our beautiful town.

We have created a "search & find" activity for families to enjoy whilst taking a break from travelling.

Digital brochures and information can be found at visit.yilgarn.wa.gov.au including a map and clues to help in the search for the "Prospector's Lost Gold". Brochures can also be found at several businesses listed on the website.

The nuggets are located down the Main Street, Rotary Park, Wimmera Hill and Constellation Park. The nuggets are permanently in place and can not be removed from these locations, so that many people can enjoy the thrill of the treasure hunt!

We hope that the visitors will take photos and use the hashtag **#visityilgarn** and promote our town!

Many thanks go to Will Winch-Buist for donating the rocks, the seniors at Carinaville for painting them gold and the depot guys for securing them in place!



Community Info Session on NDIS

Join us in Southern Cross



Wednesday 4 December 2024



9:30am - 12:30pm



**Community Resources Centre,
Canopus Street, Southern Cross**



www.moorditjkoort.com.au



info@mkac.com.au



Southern Cross
Community
Resource
Centre



CHRISTMAS LATE NIGHT SHOPPING

FRI 6TH DEC

'SHOPPING DISTRICT' ANTARES STREET FROM 5.30PM
ROAD CLOSURE ACTIVE FROM 5.15PM
GREAT EASTERN HIGHWAY TO ACHERNAR ST ROUNDABOUT

SPECIAL VISIT BY SANTA 6.30PM

DAREN REID & THE SOUL CITY GROOVE
SPONSORED BY THE CLUB HOTEL LIVE MUSIC

SOME STALLS ATTENDING SO FAR:

MULULU, FLAVOURISTA, TJT PHOTOGRAPHY, SOUTHERN STAR CAFE, SPUD & J@X DOG TREATS, ST JOSEPH'S P&F, THERMOMIX, CROCS & JIBBITS, PLUS SEVERAL ART PIECES AND ALL SORTS STALLS.

STALLS/SWAPMEETS STILL WANTED!

STALLS ARE FREE, BUT TABLES AND CHAIRS ARE NOT PROVIDED.
BOOKINGS: CONTACT THE CRC 9049 1688
OR CRC@YILGARN.WA.GOV.AU BY 12.30PM, THURSDAY 5TH DECEMBER.

SHIRE EMERGENCY INFORMATION SENT STRAIGHT TO YOUR PHONE

**DO YOU WANT TO
REGISTER FOR
WHISPIR SMS?**



TEXT THE WORD **JOIN TO 0428 160 716.**
**YOU WILL BE ADDED TO THE SMS LIST TO RECEIVE HARVEST & VEHICLE MOVEMENT
BAN AND ROAD CLOSURE INFORMATION FOR THE SHIRE OF YILGARN.**

*YOU WILL RECEIVE A SMS WITH A LINK TO COMPLETE YOUR REGISTRATION (BY PROVIDING YOUR NAME AND EMAIL DETAILS).
THIS IS NOT ESSENTIAL (YOUR REGISTRATION WILL STILL BE REGISTERED) BUT MAKES IT EASIER FOR US TO UPDATE DETAILS IF NEEDED.



Main Roads will commence further upgrades on Great Eastern Highway in the following locations in early November 2024:

- 4.4km between Carrabin and Bodallin
- 4.6km between Nulla Nulla South Road and approximately 700m west of Liddell Road (west of Moorine Rock)
- 2.4km between Liddell Road and Granich Road (west of Moorine Rock)

The upgrades include reconstruction, widening, sealing, intersection upgrades and audible edge lines and wide centre line road markings.

Works will commence west of Moorine Rock and move westbound. Works are due for completion in late 2025. The staged upgrade program will continue along the highway until 2028.

There will be lane closures and speed restrictions in place, so please allow extra travel time.

Should you have any enquiries, please contact Main Roads via our website www.mainroads.wa.gov.au or by phone on 138 138.

REGIONAL DROUGHT RESILIENCE PLANNING CONSULTATION

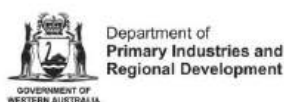
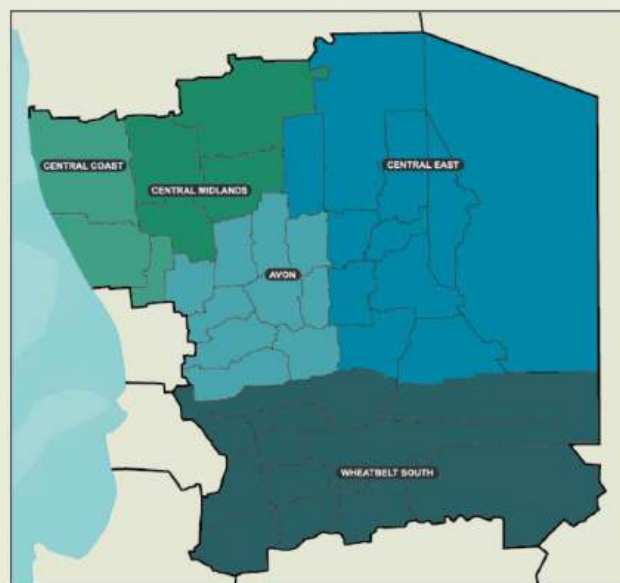
in the Wheatbelt

The Regional Drought Resilience Planning Program has been established and funded under the Australian Government's \$5 billion Future Drought Fund (FDF).


This fund is allocating \$100M annually to projects that support farmers and communities in becoming more prepared for and resilient to the impacts of drought.

The Department of Primary Industries and Regional Development and the Wheatbelt Development Commission (WDC) have joined forces to deliver a Regional Drought Resilience Plan (RDRP) for the Wheatbelt.

The WDC participated in the pilot year of the program, completing a plan for the Southern Wheatbelt (Shires of Dumbleyung, Kondinin, Kulin, Lake Grace and Wagin). An extension of the RDRP was announced in 2023 for the remaining 37 shires of the Wheatbelt. The pilot identified five key themes of resilience: Community, Agriculture, Economy, Water and Landscape, which form the foundation for the vision of a resilient Wheatbelt.



The Regional Drought Resilience Planning Program is jointly funded through the Australian Government's Future Drought Fund and the WA Department of Primary Industries and Regional Development.



The objective of this programme is to develop comprehensive co-designed drought resilience plans that identify priority actions to equip the region with the necessary strategies and resources to effectively prepare for and manage potential future drought risks. The Wheatbelt RDRP is intended to support funding applications from regional communities and/or organisations that will help them prepare for and respond to drought.

The plans are to be regionally led and owned, with a focus on innovative ways to build regional drought resilience across the region through the agricultural sector and supporting industries (regional economies), communities, landscape and water, using a triple bottom line, collaborative approach.

STAKEHOLDER ENGAGEMENT

Over the coming months, a stakeholder engagement and consultation phase will be conducted with a wide range of Wheatbelt individuals and organisations across water, agriculture, community, regional economy, and landscape to draw out desired resilience outcomes, vision, goals, and objectives, and to identify strengths and gaps, enablers, and actions.

IDENTIFY CHALLENGES AND OPPORTUNITIES

During the consultation phase, we will speak with technical and subject matter experts to identify opportunities for projects and innovations that could be progressed to support drought resilience.

Our subject matter and technical experts can provide input into the development of project briefs in the five key themes that form the foundation for the vision of drought resilience in Wheatbelt communities. This includes identifying a drought resilience pathway, addressing barriers and opportunities, assessing preliminary feasibility (including costs and impacts), and ensuring alignment with existing programmes.

INVOLVEMENT

If you are interested in being involved during the stakeholder engagement phase then please reach out to our RDRP team at resilience.plan@wheatbelt.wa.gov.au



Alternatively you may prefer to provide input via an online survey or keep up to date with what we are doing by visiting our website via the QR code.

We respectfully acknowledge the Traditional Owners of Country across the Wheatbelt region. We recognise the connection of Aboriginal peoples to the land, waters and community. We pay our respects to the their Elders and leaders, past, present and emerging.



THE YILGARN COMMUNITY CHRISTMAS TREE — 2024 —

ROTARY PARK, SOUTHERN CROSS

SUNDAY

1

DECEMBER

5PM - LATE

BYO PICNIC CHAIRS,
NIBBLES & DRINKS

GIFTS PROVIDED TO CHILDREN UP TO YEAR 6

\$15 PER CHILD

INCLUDES PRESENT, JUICE BOX & LOLLY BAG

PLEASE RSVP BY **12 NOVEMBER**
WITH **NAMES** AND **AGES** OF CHILDREN
to cwa.sxbranch@outlook.com

CWA PAYMENT DETAILS

BSB: 036 128

ACC: 280026



LIVE MUSIC FROM 5PM



6PM SANTA ARRIVES



6:30PM CAROLS BY CANDLELIGHT WITH ERIN POPE



7PM

LIGHTING OF THE TREE



7:15PM FREE SAUSAGE SIZZLE



Community News

AGM

**YILGARN BOWLS AND TENNIS CLUBS:
ANNUAL GENERAL MEETING
TUESDAY 12TH NOVEMBER 2024
7PM.**

ALL WELCOME.



YILGARN HISTORY MUSEUM



Find us on
Facebook

[www.facebook.com/
yilgarnhistorymuseumsoutherncross](https://www.facebook.com/yilgarnhistorymuseumsoutherncross)

VOLUNTEERS WANTED

Are you interested in volunteering for a few
hours per week?
Are you interested in local history?

The Yilgarn History Museum would like
interested people wanting to volunteer 2—3
hours a week to keep our Museum open every
day of the week!

If you'd like to discuss what days are available,
hours you could volunteer or what is required to
volunteer at our Museum, please see Monica at
the Shire office, email crc@yilgarn.wa.gov.au or
call 9049 1001.



Containers for Change

We have a large amount of returned
customer bags at the CRC ready for
collection — please visit the CRC to
see if any of your bags have been
returned.

Alternatively you can call the CRC on
9049 1688, and we will look through
the pile for you to let you know.

SNAKE BITE KITS

The warmer weather is well on its way and unfortunately with that
comes our reptilian friends. Living in a rural area we are all too
familiar with snakes!

Whether you like to go out bush, camping, or even have a
backyard that is a little overgrown it is important to be prepared for
the worst.

Yilgarn Community Support Group have Snake Bite Kits available for sale at \$20.00
each. If you are interested in purchasing a kit or want more information please
contact Lisa by phone: 0499 167 321 or email at: ycsg.inc@gmail.com or check out
our Facebook Page www.facebook.com/YCSG.inc



Community News

Moorine Rock Tennis Club

Thur 07/11/24	JUNIOR TENNIS COACHING 3.30—4.30PM
Sun 10/11/24	SOCIAL TENNIS 3PM START BBQ TEA & POOLED SALADS
Thur 14/11/24	JUNIOR TENNIS COACHING 3.30—4.30PM
Sat 16/11/24	SOCIAL TENNIS 3PM START PIZZA TEA
Sun 24/11/24	FUN CLOCK TOURNAMENT SPONSORED BY MOORINE ROCK BUILDERS, 3PM START. BBQ TEA & POOLED SALADS
Sat 30/11/24	SOCIAL TENNIS 3PM START PIZZA TEA

Yilgarn Bowling Club

Mens—November 2024

Sat 2	Pennants Merredin Club v Yilgarn	Merredin
Sun 3	Merredin Open Fours	Merredin
Sun 3	Club Day	Southern Cross
Sun 10	Club Day	Southern Cross
Sat 16	Yilgarn v Civic	Southern
Sun 17	Club Day	Southern
Sun 17	Bruce Rock Fours	Bruce Rock
Sat 23	Pennants Corrigin v Yilgarn	Corrigin
Sun 24	Yilgarn Ladies Day	
Sat 30	Pennants Yilgarn v Bruce	Yilgarn

Ladies—November 2024

Tue 5	Championship 4's	Southern Cross
Fri 8	Narembeen Carnival	Narembeen
Tue 12	Social Bowls	Southern Cross
Tue 19	Social Bowls	Southern Cross
Sun 24	Yilgarn Ladies Open Day	Southern Cross
Tue 26	Social Bowls	Southern Cross

SOUTHERN CROSS

Brush & Bubbles

6.30pm Saturday 23rd November 2024

Join us for some painting, and socialising! Choose your own paint by numbers canvas, or bring your own project, BYO drinks (tea & coffee provided) and enjoy some nibbles at the Senior Citizen's Centre.

Bookings are essential by 21st November 2024 to the CRC on 9049 1688 or crcc@yilgarn.wa.gov.au

Cost: \$20 for new canvas purchase, or \$5 for your own project (or existing canvas)



Southern Cross
Community Resource Centre
Your local connection



MATCH MUSIC APP

Trialling a mobile app that helps carers of people with dementia living at home and during transition to residential aged care



OVERVIEW

**Do you care for a person living with dementia?
Do you have access to the internet and a device?**

We are currently seeking participants to trial MATCH – a music therapy informed training program and mobile app designed to guide carers in the strategic use of music to support care for people living with dementia.

WHO CAN TAKE PART?

- Carers and people with dementia living at home in Australia.
- Access to the internet and a device.

WHAT DOES IT INVOLVE?

- Using the MATCH music app on your personal device over a 12-week period
- Answering questions about yourself and the person you care for (before, during and after the trial)

Spring 2024

12 WEEK TRIAL



MATCH

Music Attuned
Technology -
Care via eHealth



Medical Research
Future Fund



This study has ethical approval from the University of Melbourne: 2024-29201-52999-3

CONTACT US

For more information and to register, please email:

MATCH-studies@unimelb.edu.au

www.musicattunedcare.com



Spotlight on lung cancer – know the symptoms

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

In the Wheatbelt in 2019, 57 people were diagnosed with lung cancer and 27 people lost their lives to it.

Symptoms to look out for include:

- Coughing or spitting up blood (once or more)
- Or, for more than four weeks:
- A new cough or change to your usual cough
 - A lot of chest infections
 - Finding it hard to breathe
 - Losing weight without trying
 - Not feeling hungry
 - Pain in your chest and/or shoulder
 - Feeling tired or lacking energy
 - Changes to your voice, such as hoarseness or croaky voice

If you have had any of these symptoms, tell your doctor, clinic nurse or Aboriginal health worker as soon as possible. It doesn't mean you've got cancer – often, it turns out to be something less serious. The benefit to finding cancer early is that you can be around longer to do the things you love doing with the people you love, such as caravanning, holidaying, camping, seeing your children get married, or spending more time with your grandchildren.



Let's Ditch Sugary Drinks & Drink Healthier!



We are bombarded with huge amounts of sugary drink marketing every day. What these companies don't advertise is the serious damage that having sugary drinks regularly can do to our health.

Too many sugary drinks can cause cavities and contribute to weight gain, increasing the risk of heart disease, type 2 diabetes, fatty liver disease and at least 13 different types of cancer.

Our latest sugary drinks media campaign runs from mid October to 21 December 2024, across TV media, online and social media, including Facebook, Instagram, TikTok, and YouTube.

Want to drink healthier, but not sure where to start? Check our website for some low-sugar drink ideas:

<https://livelighter.com.au/recipe/filter/2?CsvKeywords=Drink%20>

Cancer Information and Support

For more information about cancer symptoms, visit: www.findcancerearly.com.au or call the Cancer Council Information and Support Line on **13 11 20**.

The Find Cancer Early campaign is an initiative of Cancer Council WA & is funded by Department of Health WA.

Lung Cancer Symptoms

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 A H I S S E N S S E L H T A E R B
 H S A F X J V N I U S G D H D E B
 G H P A R P B X Y U C S H N V V Z
 U O T V R G I F P L S G G B S P S
 O U S A L S S A J O U N N K W T N
 C L E C T H S J L O M R U W N N O
 G D H Y B R I T C S T G L T D B I
 N E C R U P H D J V B V Q A S N T
 I R W M M G E N Y O K I D S L B C
 O P Z L I G E S N M L O E O Y V E
 G A Q E N H U W K Q O N S F U O F
 N I W A S H U W D L D B T E M B N
 O N H D F B W B B E S G G I D P I
 G C N O V U W Q R P J K D K E E L
 N J Q E T N R I K L H I H Q P V T
 D G A M D J T X M H G U O C W E N

Blood Lung Weight Loss Changed Cough
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 Cough Tiredness Chest Pain Infection
 Shoulder Ongoing Breathlessness
 Pain Cough

Partner:



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Department of Health

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For Bookings: Contact Amity Health

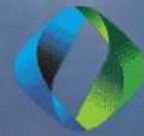
E: kashwin@amityhealth.com.au

Limited Spaces Available. Register Early.

**When: Thurs 9:00 - 12:30pm
14 November 2024
Where: Amity Health
Woolgar Ave, Merredin**

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Community Sponsorship and Feedback

As a key member of the community of Southern Cross and Marvel Loch, Barto Gold takes our responsibilities to undertake safe and reliable operations while responsibly managing our community impacts seriously.

As part of this commitment, we welcome feedback to improve what we do and are keen to support local sponsorship of community events.

You can obtain feedback and sponsorship forms from the front desk at the Shire of Yilgarn offices, 23 Antares Street, Southern Cross.

You can also request electronic forms by contacting us directly using the details below.

We look forward to hearing from you!

For further details please contact:

Site Administration: 9081 1302

sxadmin@bartogold.com.au

Pioneers of Pilgarn

Stage 1.

Citizens who built this district between years 1887 and 1914

Montgomery, William: Came to Southern Cross during mid 1890's to help his brother run a drapery shop. William was an astute businessman and good citizen who was elected mayor of Southern Cross on four occasions. The town prospered under his leadership.

His biggest critic was McIntyre the newspaper proprietor who criticised him at every opportunity. William moved to Kalgoorlie in 1906 to run the highly successful Montgomery Bros Emporium, afterwards retiring to Fremantle where he became Lord Mayor.

For his involvement in civic affairs, Montgomery was awarded an OBE.

©Lance Stevens



My Aged Care

If you need some help around the house or think it's time to look into aged care homes, My Aged Care is here to help.

Visit the My Aged Care website (www.myagedcare.gov.au) to find information about how to access aged care services.

You can apply for an assessment online and search for local aged care providers that meet your needs.

You can also call 1800 200 422 Monday to Friday, 8 am to 8 pm, and Saturday, 10 am to 2 pm.

For assistance please contact Donna Newbury at Southern Cross Hospital on 0417921884 or 90812222.



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If you'd like to meet up please get in touch. The election is on 8th March, so let's get ready.

Dr Peter Lines

One Nation candidate Central Wheatbelt District
WA Legislative Assembly



**One Vote
One Voice
One Goal**



wa.onenation.org.au

peter.lines@wa.onenation.org.au

Authorised by R Caddies - Pauline Hanson's One Nation WA, 28 Pinjarrah Rd, Mandurah, WA 6210

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16 Mitchell St
Merredin WA 6415
PH 08 9041 1702

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Calendar of Events

Fri 15 Nov	Pat & Chat Mobile Vet in town—surgery day
Thu 21 Nov	Shire of Yilgarn Council Meeting @ Council Chambers, 5.00pm
Thu 28 Nov	Pat & Chat Mobile Vet in town—consulting day
Sun 1 Dec	Community Xmas Tree, Lighting of the Christmas Tree & Carols by Candlelight @ Rotary Park
Wed 4 Dec	Community Info Session on NDIS @ CRC, 9.30am—12.30pm
Thu 5 Dec	St Joseph's Primary School Awards Night & Concert
Fri 6 Dec	Christmas Late Night Shopping—starting from 5.30pm, Shopping District
Sat 7 Dec	Moorine Rock Primary School End of Year Award Night & Concert
Mon 9 Dec	Southern Cross District High School Presentation Night
Fri 13 Dec	Pat & Chat Mobile Vet in town—surgery day
Thu 19 Dec	Shire of Yilgarn Council Meeting @ Council Chambers, 5.00pm
22 Feb 25	"Rockin Under the Stars" Concert in the Park—SAVE THE DATE!
TBA	Colour Blast Fun Run 2025—Stay tuned for more info!



Recycling Days 2024

Nov 8

Nov 22

Dec 13

Dec 27



Looking to get involved in a group or club? There are many local groups you can join!

- ✓ Art Group
- ✓ Country Women's Association
- ✓ P & C / P & F Organisations
- ✓ Patchworking
- ✓ Progress Associations
- ✓ Scrapbooking
- ✓ Senior Citizen's Centre activities
- ✓ Southern Cross Gardening Club
- ✓ Southern Cross Hospital Auxiliary

- ✓ Southern Cross St John Ambulance
- ✓ Southern Cross Vol. Fire & Rescue
- ✓ Volunteer Bush Fire Brigade
- ✓ Yilgarn Agricultural Society
- ✓ Yilgarn Community Support Group
- ✓ Yilgarn History Museum
- ✓ Yilgarn Men's Shed
- ✓ Yilgarn Motoring Enthusiasts

Sporting groups including:

- ✓ Basketball
- ✓ Darts
- ✓ Football
- ✓ Golf
- ✓ Lawn Bowls
- ✓ Motorcycle Club
- ✓ Netball
- ✓ Shooting
- ✓ Tennis