CROSSWORDS \$1



Southern Cross Car & Bike Show Sunday 24 September 2017

Everyone welcome! \$20 per car entry

SATURDAY 23rd September 2017 Rotary Park: Point to point event 2pm

SUNDAY 24th September 2017
Southern Cross Oval: Car & Bike Show
Stalls & Swap Meet
Vintage to modern cars
4WD trucks & motorcycles

GATE PRICE:

GOLD COIN!

4WD, trucks & motorcycles Free children's entertainment

Kids "Pimp my pushbike" competition & motorbike section

Gates open to the public at 10am

Dinner from 6pm in the Complex Lounge

Everyone welcome! Come on down for a two course meal for \$20.00!

** Stalls & Swap meets ** FREE camping behind the oval ** ** FREE children's entertainment ** Food and drinks **

Old, new and custom cars & bikes, 4WDs and trucks, barn finds & restorations, off road vehicles—all welcome!

Register online at www.yilgarnmotoringenthusiasts.com or on the day!

Prize money on offer

Best car \$700

Best bike \$400

Plus other trophies and prizes!

See you at the Car & Bike Show!





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.

Local Weather Update



Southern Cross AP year to date

Average rainfall to Sep	263.1mm	68.5 days
Total for 2017	248.0mm	54 days
Total to this day 2016	283.6mm	73 days
Wettest day	31.0mm	Jan 31
Lowest temperature	-2.3°C	Jun 30
Highest temperature	44.6°C	Jan 5

Moon Phases			
Last Quarter	New Moon	First Quarter	Full Moon
Thu Oct 12	Wed Sep 20	Thu Sep 28	Fri Oct 6

Crosswords Advertising Rates 2017/18 (as of 1 July 2017)

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 horizontal190mm 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

2017 Publishing Dates

Deadline 12 noon	Publishing Date
3/10/2017	5/10/2017
17/10/2017	19/10/2017
31/10/2017	2/11/2017
14/11/2017	16/11/2017
28/11/2017	30/11/2017
12/12/2017	14/12/2017

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.

Crosswords for



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

Church Notices



Uniting Church Notice:

Sunday 29th October 2017.

There will be a combined parish service at Southern Cross.

10.30am

Bring and share lunch to follow in Rotary Park. 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

Service times

Saturday 6:00pm

Sunday 8:30am

Monday 9:00am (school days only)



Antares Street, Southern Cross Service Dates at 11am

Saturday 21st October (instead of the 14th)

Saturday 11th of November

Enquiries: Leonie Gethin Ph: (08) **9049 1222**



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



"good country for hardy people"

2017 LOCAL GOVERNMENT ELECTION RESULTS

On Thursday 14 September 2017, at the close of nominations, Returning Officer, Sue Bosenberg, declared the following candidates elected unopposed as Councillors of the Yilgarn Shire Council, for a four year term:

> Bryan Close Wayne Della Bosca Gary Guerini Susan Shaw

The newly elected Councillors commence on the day following the ordinary election day (Saturday 21 October 2017) and will be sworn in shortly after this date.

Gary Guerini and Susan Shaw will replace Cr Julie Della Bosca and Cr Kim Chrisp who did not seek re-election. The Shire would like to recognise and thank Julie (eight years) and Kim (four years) for their contribution as elected members of Council.

Brian Jones Chief Executive Officer



"good country for hardy people"

Shire of Yilgarn

Bushfires Act 1954

Notice to all Owners & Occupiers of Land within the Shire of Yilgarn

Requirements to Clear Firebreaks

Pursuant to the powers contained in Section 33(1) of the Bush Fires Act you are hereby required to plough, cultivate, scarify, burn or other-wise clear firebreaks on all land owned or occupied by you by 1 November 2017 and thereafter to keep these firebreaks clear of all flammable material until 31 March 2018. Firebreaks are required in locations and to the specifications detailed below.

LAND WITHIN TOWNSITES

- a) On land not exceeding 2023 square metres in area, all flammable material shall be removed.
- b) On land exceeding 2023 square metres in area, a firebreak 3 metres wide shall be constructed inside and immediately adjoining all external boundaries.
- c) Firebreaks 3 metres wide shall be constructed immediately surrounding all buildings.
- d) Haystacks must not be located more than 20 metres to an external boundary. They shall be surrounded by a 10 metre wide firebreak situated between 10 and 20 metres distance from stack.
- e) Stored fuel, oil and flammable materials shall be protected from fire as prescribed in the Explosives and Dangerous Goods Act 1961 and the Flammable Liquids Regulations 1967.

RURAL LAND

- a) Firebreaks 3 metres wide shall be constructed immediately inside and adjoining all property boundaries.
- b) Firebreaks 3 metres wide shall be constructed immediately surrounding all buildings.
- c) Firebreaks 3 metres wide shall be constructed between 10 and 20 metres distance from and surrounding all haystacks
- d) Stored fuel, oil and flammable materials shall be protected from fire as prescribed in the Explosives and Dangerous Goods Act 1961 and the Flammable Liquids Regulations 1967 and which include that a firebreak 6 metres wide will be provided immediately surrounding storage areas.

GENERAL

If for any reason it is considered by the owner or occupier of land that it is impractical to comply with the requirements of this notice, a request may be made to Council to approve alternative fire protection measure. Such application shall be accompanied by a sketch or drawing of the proposed variations and should be lodged at the Council offices no later than 31 October 2017.

Where approval of a proposed variation is not granted by Council you shall comply with the requirements of this notice. The penalty for non-compliance with this notice is a maximum of \$5,000 and notwithstanding prosecution; Council may enter on the land and carry out the requisite works at the owner / occupiers expense.

RESTRICTED AND PROHIBITED BURNING TIMES

Restricted Burning Period: 19 September 2017 to 31 October 2017 and 16 February 2018 to 31 March 2018 (Note: Permits to burn during this period are required. Permits must be obtained from your nearest Bush Fire Control Officer)

Prohibited Burning Period: 1 November 2017 to 15 February 2018

(Note: Permits to burn stubble from the previous seasons crop will not be issued until 1 March 2018)

By order of the Council Brian Jones Chief Executive Officer





"good country for hardy people"

CAT & DOG REGISTRATION RENEWALS

Renewals for dog & cat registrations will be sent out in October. If within the last 12 months your pet has passed away, you have adopted a new dog or cat or moved house, please contact the Shire to update your information. This will ensure the renewals go to the right person with the correct information on them.















STAY ON YOUR FEET®

Move

Improve

Remove

Move Your Body!

If you are 65 years or over, you are at increased risk of falling. Falling is not a normal part of aging, yet one in three people aged 65 years and over will fall each year.

Eastern Wheatbelt Primary Health's Zoe Ashby-Deering will be visiting Southern Cross to talk about strengthening your legs and improving your balance to prevent a fall.

On Thursday the 26th October at 10:30.

Please come down for a fun morning, cuppa and chat at the Southern Cross Senior Citizen's Centre.

Everyone is welcome!





www.stayonyourfeet.com.au



September 2017 School Holiday Activities

Movie Morning - \$2.00 *

Friday 29th September 2017 9.30am - 11.00am

Finding Dory



Craft Afternoon - \$2.00 *

Thursday 5th October 2017 2.30pm - 4.00pm



"Hangout afternoons" Ages 12+

Tuesday 3rd October 2017 2.00pm - 4.00pm

Friday 6th October 2017 2.00pm - 4.00pm

Board games & TV/Movies, Music

Please register your child/ren no later than Tuesday, 26th September 2017

The programs will be run by staff with "Working With Children Check" cards.

All activities will be held at the Southern Cross Community Resource Centre, Canopus Street.

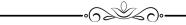
*We need parent helpers to assist with these activities, if you are interested in helping please contact the CRC on 9049 1688 or crc@yilgarn.wa.gov.au.

At the end of each activity, time permitting, children will be allowed to play outside. Please provide a hat and water bottle.

Community News

Condolences

On behalf of the Bullfinch Shooting Club we would like to extend our deepest condolences to the Firkins Family for the passing of Paddy. Our hearts go out to Lorraine and Kyle.



Wanted

Household furniture wanted

Beds, dining room table, lounge room chairs etc. Must be in good condition. 0418915652



Merredin Zone AGM

When: Thursday, 28 September

Time: 4:00pm meeting, followed by sun

downer and 'Bring your Ding'

competition

Narembeen Recreation Centre Where:

Please forward motions via email to Felicity Cowan prior to the meeting:

felicity.cowan@crichtonvale.com

A full agenda will be emailed out to WAFarmers members prior to AGM.

The meeting will include an updated overview on Grain on rail/Tier 3.

Bring your Ding

'Bring your Ding' competition requires entrants to supply at least one homemade 'ding snag' to be taste tested by a panel of local expert judges. For further information please contact Tim Cusack on 0427 330 120.

Babysitting will be arranged if required, please contact Felicity Cowan on 0428 191 083

Zone President: Tim Cusack, 0427 330 120 Zone Coordinator: Felicity Cowan, 0428 191 083

Meetings

Shire of Yilgarn

Council meetings are held on the third Thursday of each month at 4.00pm in the council chamber in the Shire office.

Local Emergency Management Committee

Please see website for details. www.yilgarn.wa.gov.au

CWA Meetings

Held on the third Wednesday each month. Contact Judy Guerini 0427 904 912

Yilgarn Agricultural Society Meeting

First Thursday every month at 7.30pm All welcome.

Contact the Secretary 0428 491 315.

Yilgarn History Museum

Please be advised the Annual General Meeting will be held at the Museum on Wednesday 27th September 2017 commencing at 5.15pm.

All are welcome to attend. To ensure your Vote is valid, please ensure your subscription (\$10.00) is paid before the meeting.

Robyn Downes Secretary

Uniting Church Notice

Sunday 29th October 2017. There will be a combined parish service at Southern Cross. 10.30am

Bring and share lunch to follow in Rotary Park.

Yilgarn Men's Shed AGM

12th October 2017 11.00am Yilgarn Men's Shed All welcome.





YOUR SAY: SHAPING NRM IN THE WHEATBELT

Have your say on the region's future management of waterways, bushland, farms and towns.

Wheatbelt NRM invite you to submit your idea online and plan with us as we pitch your ideas to the Australian Government. This could help to secure up to \$12 million in funding for a range of diverse projects - from feral animal control to soil health.

But - you only have 100 days to have your say!

Head to: https://oursay.org/wheatbelt to vote, and to tell us how you would create a vibrant environment and livelihood in the Avon River Basin.

Your Emergency Services at the Car & Bike Show, 24th September 2017 Volunteers needed drastically!

If you are interested in becoming a volunteer for the SXVFRS or St John's Ambulance, or would like some more information, both St John Ambulance and The Fire Brigade will be at the Car & Bike Show between 10am-2pm.

Come down and see us and have a chat!





Laubman&Pank

Eyecare • Eyewear



Laubman & Pank will be visiting Southern Cross on

Monday 16 October 2017

For appointments please call the Southern Cross Pharmacy on 90491056

Appointments will be seen at the Hospital.

Pioneers of Pilgarn

Yilgarn timeline (continued)

1946

Employment Bureau set up in SX by the RSL to place returning soldiers.

Re-establishing servicemen and women back into civil life is in full swing.

The golf course has been graded and ready to play after five years.

Heavy rain has turned the main street into a quagmire. One wag placed a sign on a light post 'Road Board Experimental Plot.'

1947

Australian made stockings are now available. Customers are not allowed to finger them

Cars on the road are now over ten years old. Replacement parts are scarce.

This year's ration books are available at the Court House.

Road Board loan has paid for a new loader and two trucks. A new grader is next.

©Lance Stevens

Home safety for baby

Takeaway tips





Curtains and blinds:

- Cords are secured with tensioners or wall cleats
- O Cords have no loops 1.6 m or less from the floor
- O Cots, furniture and climbable items are situated away from any cords, including electrical cords



Safe sleeping:

- O Cot complies with the current mandatory standard*
- Mattress is tight fitting and firm
- O No items like toys, pillows or loose blankets are in the cot
- O Cot wheels are locked into place
- No padded cot bumpers



Button batteries:

- Items with button batteries are out of sight and reach of children
- O Battery compartments can't be opened by a child, even with rough play



Falling furniture:

- All potentially hazardous furniture is secured with straps, angle braces or anchors
- TVs are secured to the wall or TV cabinets using specially designed safety fasteners



Toys:

- Toys don't have small parts that a child can pull off and inhale, ingest or insert
- O Babies and toddlers can't access toys for older children



Car seats:

- Car seat is age and height appropriate
- O Car seat has been fitted correctly
- O Car seat was made within the last 10 years and hasn't been in a crash



Pools and spas:

- O Pool or spa deeper than 30 cm is fenced off
- O Gate closes properly from any position
- O Children taught not to swim or bathe without an adult

^{*}Details of the standard are available at: www.productsafety.gov.au/standards/household-cots

Southern Cross Golf Club

Southern Cross Golf Club Inc Raffle Permit Holder: Cheryl Anne Auld Permit Number: LS209961217

Final Draw \$1000
Ticket Number 50: Karin Wesley.

SOUTHERN CROSS GOLF CLUB ANNUAL GENERAL MEETING TUESDAY 24TH OCTOBER 7.30PM AT THE CLUB. EVERYONE WELCOME

The Southern Cross Golf Club would like to thank the community for supporting our annual raffle once again. This is our only fund raising that we do and it certainly means a lot to the club to have the support.

Thanks also to the members who sold the tickets. We look forward to holding the raffle again next season.

The club held its annual closing day and windup on Sunday 17th September. Numbers have been down of late but a good day was had by all who attended. Thanks to John and Alan Nicholson of Moorine Rock Ag Supplies for their very generous sponsorship once again.

Congratulations to John Nicholson on a great round of golf. John finished plus 3.

Winners on the Day where Robbie Della Bosca and Libby Irving.

All championship trophies where presented, congratulations to the following:

Club Champion Scott Della Bosca, Runner Up Shaun Chrisp 54 Hole Nett Shane Freestone, Runner Up Adam Della Bosca

4's Championships Robbie Della Bosca and Shaun Chrisp, Runners Up David Auld and Mark Byrne

Mixed Fours Champions: David and Cheryl Auld

Points and Eclectic Shaun Chrisp

Ladies Champion Cheryl Auld, Runner Up Lyn Price
54 Hole Nett Cheryl Auld, Runner Up Karin Wesley

Points and Eclectic Lyn Price

Look forward to seeing as many members and new members at the AGM and for the start of next season.

Yilgarn Bowling Club

YILGARN BOWLING CLUB NOTES

FRIDAY NIGHT BOWLS 6PM START

FRIDAY 22ND SEPTEMBER FRIDAY 29TH SEPTEMBER

Anyone interested in a game of bowls, come along. If you don't have bowls still come along because there are bowls at the club that you can use.

OPENING DAY FOR THE CLUB WILL BE SUNDAY 1ST OCTOBER. NAMES IN BY 1PM TO START AT 1.30PM.
All members new and old welcome.

Barbeque tea will follow, bring your own meat and a salad to share.

LADIES OPEN DAY WILL BE TUESDAY 3RD OCTOBER. NAMES IN BY 8.45 AM START AT 9AM. EVERYONE WELCOME.

FOR FURTHER INFORMATION ON BOWLS PLEASE CONTACT CHERYL AULD 90498026 OR 0427900051.

Southern Cross Football Club

Southern Cross Football Club Inc

Thank you to all who contributed to our 2017 season.

We certainly appreciate the work of all of the volunteers who helped out with the many jobs that are required to coordinate the footy club.

To our sponsors who contribute financially to ensure we are able to offer the services of a football club, sustainably in the Yilgarn.

To the Shire of Yilgarn who allow us to use a well maintained oval including lighting and facility in the time keepers box, changerooms and complex with the cool room and kitchen facilities that we are able to do most of our fundraising through. Your support of sport and the youth is appreciated.

Busy Bee 5.00pm, Tuesday 17 October 2017

Please note we will be having a busy bee at 5.00pm on Tuesday 17 October before the AGM, at the complex to sort through the gym equipment owned by the club. Anyone who would like to help is asked to contact Julie or Nat.

Notice of AGM 7.00pm, Tuesday 17 October 2017 at the Complex Lounge

Calling for nominations for the following:

President

Vice President

Secretary

Treasurer

EDFL Delegate

Crop Manager

Canteen Manager

Bar Manager

Gate Keeper (7 home games)

Team Manager Seniors

Trainers

Colts Delegate/Team Manager

Reserves Umpire

Expressions of Interest for the following Coaching Positions:

League Coach Reserves Coach Colts Coach

If you have an interest in filling any of these positions please email Southerncrossfc@icloud.com or alternatively post your nomination or expression of interest to Southern Cross Football Club Inc. P.O. Box 111 Southern Cross WA 6426. Please have all correspondence in by Monday 16 October 2017.

Southern Cross Football Club Inc

Home of the BOMBERS

Sponsors



Est. 1966

Sponsors

Our Sponsors are a very important factor in regard to our finances and we appreciate the contributions received in 2017. If you can support these businesses, you support the club. Our Cropping sponsor ship is also appreciated by the club, without you <u>all</u> we would not be in the position we are in! Thankyou.

GOLD SPONSORS



FOODWORKS

BLACKWAN FABRICATION

Bernie's
Mobile
Mechanical
Services

P&D STEPHEN TRANSPORT



SILVER SPONSORS





P&PD GUERINI & SONS



Southern Cross
Tyre & Auto
Service



SPORTSPOWER

GRANICH CONTRACTORS



DUNBAR SEED SERVICES



BRONZE SPONSORS







SOUTHERN CROSS MOTEL



CROPPING SPONSORS

W & D Della Bosca & Son

Alan Nicholson

Danny Quadrio

Kim Stephen

Justin Eiffler

Carlo Guerini

Michael Della Bosca

P & PD Guerini & Sons

Rodney & Josh Della Bosca

SOUTHERN CROSS FOOTBALL CLUB Inc.



HOME OF THE BOMBERS

PRESENTS

TROPHY DONORS & WINNERS 2017



LEAGUE

Fairest & Best: Tom Shadbolt *DONATED by Malcom Teale*

Runner Up Fairest & Best: Josh Della Bosca

Peter Guerini Senior Memorial DONATED by P&PD Guerini & Sons

Most Votes EDFL: Tom Shadbolt & Ryan Redfern

DONATED by Nick & Pauline Eiffler Leading Goal Kicker: Tom Shadbolt

Rod Rafferty Memorial

DONATED by Scott Rafferty & Lisa Della Bosca

Best Positional Player: Rob Blackman *DONATED by Anthony & Bev Guerini*

Coaches Award: Hayden Watts

DONATED by Yilgarn Plumbing & Gas
Most Dedicated Player: Brodie Roberts

Alf Nelson Memorial Award DONATED by SXFC Inc.

COACH ~ CHAYCE CREEDY

LANDMARK CARNIVAL

Chris Nind ~ Tom Shadbolt _ Josh Della Bosca Dane Stephen ~ Declan Karra ~ Sam Goodhill

RESERVES

Fairest & Best: Jason Liddle
DONATED by Joe & Jo Anne Guerini
Runner Up Fairest & Best: Stuart Anthony
DONATED by Michael & Sonya Dunbar

Most Votes EDFL: Jason Liddle DONATED by Nick & Pauline Eiffler

Leading Goal Kicker: James Steel
Rod Rafferty Memorial

DONATED by Scott Rafferty & Lisa Della Bosca

Best Positional Player: Clint Della Bosca
DONATED by Rodney Della Bosca

Most Improved: Dale Sharp
DONATED by Malcom Teale
Coaches Award: James Steel
DONATED by Yilgarn Plumbing & Gas

COACH ~ RON GOODHILL

MILESTONES

100 Games ~ Matt Beaton 100 Games ~ Sam Goodhill 150 Games ~ Ben Panizza 150 Games ~ Chayce Creedy

COLTS

Fairest & Best: Harry Sharp DONATED by Pat & Dot Stephen Runner Up Fairest & Best: Shandy Laws DONATED by Sh8pes Gym & Fitness Most Votes EDFL: Roy Ash-Foster Wayne Collins Memorial DONATED by Rebekah Muncey & Paula Rafferty **Most Consistent Player: Shandy Laws** DONATED by Kevin & Irene Collins Best Positional Player: Marcus Hodson DONATED by Paul & Judy Guerini Most Improved Player: Harlem Hepi DONATED by John & Sandra Ciabarri **Best First Year Player:** Dustin Luke DONATED by Dave & Michelle Calderbank Coaches Award: Molly Marinkovich DONATED by Chris Martin

COACH~ CHRIS MARTIN

GREAT SOUTHERN COLTS CARNIVAL

Declan Karra ~ Jamison Watts

Aviation at Southern Cross (Part 1)

Although the First World War gave impetus to the aviation craze, it was not until 1920 that Southern Cross experienced first-hand the wonders of the aeroplane.

On 2nd December 1920 a feeling of expectancy pervaded Southern Cross. Crowds of people lined the fences of a paddock between Forrester's homestead and the railway station. At strategic spots in the paddock white single bed sheets were spread. All eyes gazed into the sky to the east.

Presently a faint droning sound was heard. Louder and louder it grew, eyes strained, necks ached, before the cry was heard 'there it is.' At last, amidst great excitement, the first plane to ever land at Southern Cross slowly taxied to a standstill.

It was a two-seater by-plane with a four blade propeller, and from it stepped the pilot and his passenger. The pilot was Percy Briggs an ex-First World War pilot, and his passenger was C J DeGaris, who was on his way to Kendenup where he was promoting an ambitious land development scheme. They had stopped to re-fuel before resuming their flight from Melbourne to Perth. Mr DeGaris added that Southern Cross was an ideal landing ground and would often be visited by aviators.

Southern Cross then had to wait seven years before being revisited by aircraft. During September 1927 Captain Norman Brearley of Air Surveys Ltd held a flying carnival, with flight seats secured through Mr Worthing the local greengrocer. Two aeroplanes arrived from Kalgoorlie to land in Forrester's paddock and for three hours made flights at regular intervals over the town, carrying four passengers on each occasion. There was keen interest with over 50 being carried.

Southern Cross shared in the celebrations when aviatrix, Mrs Keith Miller accompanied by Captain Lancaster, put up a record as a woman flying from England to Australia during April 1928. She was born in Southern Cross where her father was a bank manager.

By this stage there was regular air traffic over Southern Cross with mail and passenger planes enroute to Kalgoorlie and the eastern states. Pilots followed the railway line as their beacon.

Increased air traffic also increased the need for emergency landing strips along the way. One hundred and sixty acres of land adjacent to Forrester's homestead was set aside as an emergency landing ground, under jurisdiction of Civil Aviation Dept. Phone calls, transport into town, and other facilities were willingly provided by the Forrester family. A wind indicator (sock) was erected and became a familiar sight.

In October 1929 the mail plane was forced to land in Forrester's paddock and telephone the local dealer for petrol and oil, especially stocked for the purpose.

A month later the town had another visit with the Perth to Adelaide mail plane hovering over the town with the starboard propeller out of action. The Hercules machine landed in a fallowed paddock belonging to Clarkson Brothers to the south of town, the landing necessary to affect repairs to the starboard engine which was leaking oil. Then began an exodus as townspeople went to inspect the giant aeroplane, the first time such a large aircraft had landed at Southern Cross. A tiger moth was then despatched from Maylands with a mechanic and landed in darkness on Forrester's farm with the aid of flares placed at intervals. Repairs went on throughout the night without success, resulting in a second Hercules arriving to pick up the seven passengers and mails for Adelaide. The damaged Hercules returned to Perth using only two engines, along with the tiger moth.

Southern Cross was now seen as an important link for aviation enroute to the eastern states. In December 1929 a beacon light known as No 6 light was erected alongside the local powerhouse to guide the east/west mail planes. The revolving light mounted on a 25-foot iron tower was capable of

being spotted by mail aircraft before they lost sight of the Merredin light. Another light was installed at No 7 Pump. WA Airways Ltd asked that the beacon be kept facing south when not in use.

Local interest was further stimulated during the same month when an aeroplane owned by Snook and Nesbit spent the afternoon in giving residents joyrides. About 50 adults and children went up for a flight over the town with Mr Nesbit as pilot.

Many famous names associated with aviation used Forrester's landing ground. During February 1930 Mr Stan Brearley flew in from Perth and landed as usual on Mr Forrester's property, taking off at 6am for Cook on the Trans line.

There was excitement when Miss Amy Johnson, flying solo from England to Australia, flew over the town during July 1930. She was flying low and in bright sunshine. Scores of people rushed into the street and waved and cheered. The plane turned gracefully, passed over the post office, and then resumed its course west.

In October 1930 a gliding club was formed in Southern Cross. 'The construction of a glider will commence as soon as funds are available for materials with £40 required for a sailplane and launching device.' As funds were short the project got no further.

In the same year, Ron Holmwood and George Madin did an excellent job of fabricating an aeroplane on a farm eight miles NE of town. The completed structure was sound in design and construction with large amounts of piano wire among the materials used. Unfortunately their attempt to achieve lightness was carried too far. When Captain Snook flew to the Holmwood property he reluctantly judged the plane as not being rugged enough to stand the stresses of flying. It was more in the glider class. Consequently the plane was never airborne.

Captain Snook, the founder of Airlines WA, ran a school for aeronautics known as Wings Ltd. He visited Southern Cross periodically to give flying instruction to a group of enthusiasts. On one occasion he landed for fuel with one of his pupils before resuming his flight to Kalgoorlie, landing again on his return journey to Perth. Southern Cross was an occasional stopping place to pick up passengers as well as a fuelling stop for those in need.

In August 1932 Major Brearley the Managing Director of Airways Ltd arrived to supervise the refitting of an engine to a mail plane which made a forced landing on Forrester's farm due to a seized engine. Norm and Stan Brearley and Harry Baker went on to become famous names in the aviation business; all being familiar figures at Forrester's landing ground.

Probably the most regular visitor was George Lewis who founded Goldfields Airways. He had been a pilot in World War One and operated an air taxi and charter service from Kalgoorlie, flying mining magnates to Southern Cross by plane then travel by car to inspect various likely shows throughout the district.

George Lewis' planes were also used in conjunction with the early Flying Doctor service in the goldfields. Frequently planes would land on Forrester's landing ground while enroute to Perth. While refuelling was in progress the pilot and nurse and patient would be regaled with a cup of tea. An unexpected visitor to be regaled with a cup of tea - to help him overcome air sickness- was English test captain 'Goog' Allen.

In December 1933 a dragon moth called 'The Golden West' hovered over Southern Cross during its flight from Perth to Kalgoorlie. It was one of two planes owned by Western Mining for use in aerial prospecting using cameras.

When the weather was unsuitable for refuelling at Kalgoorlie the big east/west planes, the Hercules and Hudson's, landed at Southern Cross for refuelling. On these occasions the townspeople would hasten to Forrester's farm to view the planes, which were still more or less a novelty.

Among the passengers who took the opportunity of stretching their legs on one occasion was the world famous singer Lawrence Tibbett. He was only one of many celebrities.





Eastern Wheatbelt Primary Health Service Update

We are excited to deliver more information about the full range of services we provide. This newsletter has been developed to help showcase our services and programs available to your community. We have also created an interactive e-newsletter! If you would like to sign up to the distribution list please email easternwheatbelt.phs@health.wa.gov.au.

Services available for Southern Cross in July 2017

Child Health: Weekly

Dietetics: On Request

Occupational Therapy: Fortnightly

Physiotherapy: Monthly

Social Worker: On Request

Speech Pathology: Monthly

Community Midwifery: Fortnightly

Aboriginal Health: On Request

Please note: This information is a guide and is subject to change. You require an appointment to be seen. Child Health appointments can be made by calling Southern Cross Child Health Clinic on 9049 1321. Appointments for all other services can be made by phoning Primary Health on 9041 0444.

Who are we?

Eastern Wheatbelt Primary Health Service are a team of dedicated health professionals, primarily based at the Merredin hub. Services are FREE for all Medicare or concession card holders residing in the Eastern Wheatbelt.

Our Services



Staff travel across the district to deliver services. Some services offer home visits or telehealth appointments. Outreach days vary for each discipline and the frequency of visits are based on local need.

Referral Process

You can self-refer to the majority of our services or receive a referral from your GP.

Once received, the information in your referral is used to prioritise your appointment. This process ensures clients receive equitable access to our health services based on the severity and complexity of their assessed health needs. Prioritisation of referrals allows us to continue to provide the best possible care in a timely manner.

Staff Update:

We would also like to extend a big thank you to Cath Kirby who has done a superb job as the acting Primary Health Manager while Rochelle Hird is on maternity leave. We now welcome Jacinta Herbert our Speech Pathologist who will be acting in the role.

Meet Connie Yarran, our Aboriginal Health Promotion Officer!



- Where are you from? I am from Kellerberrin.
- What do you do? I am a Tackling Indigenous smoking/Aboriginal Health Promotion officer I work within the Wheatbelt Aboriginal Health Service Team. I run the Kellerberrin No More Nyumree Women's Group.
- What is favourite thing about your job? I love helping people! Especially helping my family and Aboriginal community become healthier!
- Where did you work before this? I worked at Community Arts Network for four years as a Youth Arts Officer. I used to work around the Wheatbelt helping deliver arts programs and projects within the community.
- What is an interesting fact about you? I am also a certified Dance Teacher! I taught dance around the Wheatbelt within my previous job:)

Healthier country communities through partnerships and innovation

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NEWS: Free Meningococcal Vaccines for Teenagers



A vaccination to protect against meningococcal strains A, C, W and Y will be offered to 15-19 year olds in an Australian-first, state-wide program.

The school-based vaccination program for the Wheatbelt will be in Term 3 and the program will provide immunisations in school to year 10, 11, and 12 students. Additional vaccinations will be conducted at community health clinics to capture 18-19 year olds and other age-eligible persons not attending high school.

Young adults who are no longer attending high school are encouraged to contact their local child and community health clinic for an appointment or phone Primary Health.

Did you know: We have a Diabetes Educator!



You can book an appointment to meet with both the Diabetes Educator and Dietitian to discuss strategies to help manage your Diabetes. Please contact Primary Health for appointments.

If you are unable to travel to Merredin,

Diabetes WA offer appointments via video-conferencing, call 1300 136 856.

August Wrap Up:

It has been a busy month with Primary Health supporting a range of great events out in the community. Our Child Development Clinicians attended Playgroups; School Health Nurses delivered the 'Mr Germ' Program and Triple P Parenting Seminars and Zoe our Health Promotion Officer even went to Dowerin Field Days!



Zoe now delivers the Stay on Your Feet and Food Sensations Programs. Contact Primary Health to discuss a session in your community.

week nutrition education and hands on cooking program. It was very well received at Kellerberrin No More Nyumree Women's Group and Mukinbudin Seniors Group!

STAY ON YOUR FEET

Stay on Your Feet is low

intensity exercise or education session to learn strategies to reduce your risk of falls. We all had a fun morning 'Strengthening out Legs' at the Bencubbin Luncheon!

Coming Up... Mental Health Week!

Mental Health Week is an annual event, and this year it falls on the 7-14th of October. The theme is: Connect with nature, connect with community and connect with self for mental well-being.

We are encouraging all community groups to hold an event! Please contact Zoe at Primary Health to see how we can work together on an event!





Eastern Wheatbelt Primary Health: Phone: 9041 0444 Email: easternwheatbelt.phs@health.wa.gov.au
Address: Corner Mitchell & Queen Streets, Merredin WA 6415 Opening hours: Monday - Friday, 8:30am - 4:30pm
Southern Cross Child Health Clinic: Phone: 9049 1321 Address: Cnr Altair and Achernar Streets, Southern Cross





Excess weight and cancer

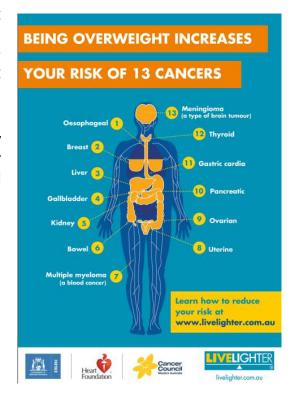
Almost 2 in 3 Australians adults are either overweight or obese. Excess body fat is associated with a number of chronic diseases including diabetes and heart disease.

About one third of cancers are preventable by making simple lifestyle changes. Regardless of weight, eating well and being active reduces your risk not only of heart disease and type 2 diabetes but also 13 types of cancer including common cancers, breast and bowel.

Poor food and drink choices and not enough physical activity often lead to weight gain. Good nutrition and regular physical activity help you to maintain a healthy weight, and reduce your risk of cancer.

LiveLighter's 5 Tips to Reduce Risk

- 1. Avoid sugary drinks
- 2. Limit junk food
- 3. Eat more vegetables and fruit
- 4. Be active everyday
- 5. Avoid alcohol



How do I know if I am overweight or obese?

One way is to measure your waist circumference. This indicates how much fat you have around the middle of your body or abdomen (stomach). Having weight around your middle is more of a health risk than the weight on your hips or thighs.

Use a measuring tape to measure your waist circumference around the narrowest point of your body. Measure at the end of a normal breath, and ensure that the tape is firm; not too tight or too loose.

You may be at a higher risk of developing cancer if your waist circumference is above the healthy range.

Women should aim for a waist circumference of <u>80cm or less</u> and men <u>94cm or less</u>. A circumference of 88cm or more in women substantially increases risk and in men it is <u>102cm</u> or more.

For more information and/or to book a talk about the prevention of cancer for your community please ring 9574 5392

Karen Hansen, | Regional Education Officer Wheatbelt | Cancer Council WA khansen@cancerwa.asn.au

Rural in Reach Training & Support Services Calendar, 2017



Training Events and Packages

Cost/ Access

Training can be offered individually or at a discounted group rate. Please contact to discuss further

Community Mental Health 1st Response (CMH1R) Training Package

- Designed for non-health professionals to incorporate mental health information and suggested strategies for responding when people present with mental health challenges or illnesses.
- Developed through regional community consultation and trialling.

 The content is trauma informed and recovery focused using the latest information and research.
- Includes 5 interactive modules: 1. Basic Mental Health and 1st Responses, 2. Common Mental Health Illnesses and 1st Responses, 3. Communication, Boundaries, Debriefing and 1st Responses, 4. Trauma, Crisis and 1st Responses, and 5. Self-Care and 1st Responses.
- Includes a Reflection Session covering exploring experiences to apply CMH1R skills and Certificate of Completion.
- Completion time varies from 2 weeks self-paced and 1 day with prior material review.

Introductory cost: \$100 per person or discounted group rate.

Access: Online self-paced with one video conference or phone session or 1 day group format at your Service with three video conferencing consult sessions.

Trauma Informed Practice (TIP) Training Package

- The TIP training package is designed for rural and remote professionals working in a support, advocacy or counselling role with people who have experienced trauma and are using alcohol and other drugs.
- The training includes a practitioners manual and combines remote learning modules, alongside interactive reflective video conferencing sessions with a highly qualified facilitator.
- Completion time 6 weekly 60 minute sessions with prior material review.

Cost: \$240 per person. Discounts offered for WHFS members or large group rates.

> Access: Via video conference.

Rural in Reach Support Services

Rural in Reach offers the following private and confidential remote support services:

- Counselling responding to general mental and physical health concerns and situational stressors such as relationship challenges, dietary and exercise queries, moving house, parenting, depression, anxiety, family/domestic violence, grief and loss, suicidal ideation and traumatic experiences.
- Professional supervision and debriefing focussing on client support discussions, organisational change and/or exploring strategies to respond to life/work balance.

Cost/ Access

Counselling Cost: Free.

Counselling Access: Via video conference, phone or email.

Supervision Cost: \$120 per individual or group.

Supervision Access: Via video conference or phone.

For queries regarding the Rural in Reach Training and Support Calendar please email ruralinreach@whfs.org.au or call on 1800 998 399



Southern Cross Coffee Lounge

Please note: date brought forward due to Car & Bike Show

Friday 22nd September

3pm—5pm

Devonshire Tea

\$8.50 pp

(Cup of coffee, tea or hot choc + scone, jam & cream)

5pm—8pm

Fish & Chips

\$14.50

(Australian caught Barramundi) (1 serve = 2 x fish & 1 x chips)

Extras available

Chiko Rolls
Crab Sticks
Squid Rings
Crumbed Prawns
Seafood Basket
Pineapple Fritters

Phone orders: please ring 9049 1434



Southern Cross Coffee Lounge

Saturday 23rd September

9am—12pm

Devonshire Tea \$8.50 pp

(Cup of coffee, tea or hot choc + scone, jam & cream)



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- ~Spiders
- ~Termite Control
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NEXT VISITING DATE WEDNESDAY OCTOBER 4

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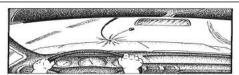
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lendar of Events
Friday Night Bowls @ Tennis and Bowls club 6pm
Point to Point Car Rally , starting at Rotary Park 2pm
Southern Cross Car & Bike Show and Swap Meet. Gates open to public at 10am
Yilgarn History Museum AGM @ Museum 5.15pm
Friday Night Bowls @ Tennis and Bowls club 6pm
Yilgarn Bowling Club opening day. Names in by 1pm, 1.30pm start
Community Funding Program opens
Yilgarn Bowling Club Ladies Open Day. Names in by 8.45am, 9am start
Merredin Veterinary Clinic in town @ Southern Cross Oval
Yilgarn Men's Shed AGM @ Yilgarn Men's Shed 11am
Pat & Chat Mobile Vet in town
Laubman & Pank in town @ Hospital
SXFC: Busy Bee 5pm & AGM 7pm @ Complex
Eastern District Panel Beaters in town @ Motor Mart
Shire of Yilgarn Council Meeting @ Council Chambers 4pm
E-Waste collection @ Old Main Roads Depot, Beaton Road from 9am-11am
Southern Cross Golf Club AGM @ Golf Club 7.30pm
Stay on your feet presentation @ Senior Citizen's Centre 10.30am
Schoen Podiatry in town
Yilgarn Occasional Child Care Centre AGM @ Child Care Centre 7.30pm
Shire of Yilgarn Council Meeting @ Council Chambers 4pm
Shire of Yilgarn Council Meeting @ Council Chambers 10.30am
SAVE THE DATE! Carols by Candlelight

HACC activities are on Mondays & Wednesdays @ SX Hospital

Happening at the Senior Citizen's Centre:

Happening at the Senior Citizen's Centre:

Fancy Feet is on Tuesdays at 9.30am
Art Group is on Tuesday at 11.00am
Patchworking is on Tuesday at 6pm
Carpet bowls is on Wednesday at 10.00am
Singing is on Wednesday at 7.30pm
Movers & Groovers is on Thursdays at 9.30am
Scrapbooking is on Thursdays 10am—3pm
Carpet bowls every 2nd & 4th Friday

Recycling Days

September 22 October 13 October 27 November 10 November 24

