

CROSSWORDS \$1

Feeling Blue? Act Green!



It seems that watching wildlife shows, exploring parks and gardens, looking at fabulous mountain and ocean views, and getting away from it all to the bush and Pacific island beaches are not only pleasurable, but are actually good for us!

Eminent biologists, psychologists and health professionals are showing that contact with nature — whether through parks, natural bush, pets or farm animals — helps us recover from stress and mental fatigue, helps us relax and puts us in a good frame of mind.

Of course, most of us know this intuitively and it's probably why we are drawn to nature instinctively. We all know that a walk on the beach, down a bush track or in a park is good to clear the head when we feel a little tired or stressed.

So, next time you are feeling like a lift, 'act green': do some gardening, pet the cat or dog, take a walk around the park or head down to the water for some time out.

Better still, don't wait until you're tired or feeling flat. Act green more often. Being in touch with nature makes us feel good, builds good mental health and helps beat the blues. And it's as easy as A-B-C!

Act: do some gardening; take a walk around the local park; watch a wildlife documentary; take time to watch the sun set; spend time with pets...

Belong: get a group together for a picnic in a natural setting; visit a wildlife sanctuary with friends; join a hiking group...

Commit: become a 'civic environmentalist'; join a tree planting group; volunteer to keep your local parks & gardens clean; take up orienteering; learn more about ecology; offer to take a home-bound person out to a park...

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

P: (08) 9266 4648

W: actbelongcommit.org.au



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.

Crosswords for

FREE?!

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

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

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

2018 Publishing Dates

Deadline 12 noon	Publishing Date
17/04/2018	19/04/2018
1/05/2018	3/05/2018
15/05/2018	17/05/2018
29/05/2018	31/05/2018
12/06/2018	14/06/2018
26/06/2018	28/06/2018
10/07/2018	12/07/2018
24/07/2018	26/07/2018
7/08/2018	9/08/2018
21/08/2018	23/08/2018
4/09/2018	6/09/2018
18/09/2018	20/09/2018
2/10/2018	4/10/2018
16/10/2018	18/10/2018
30/10/2018	1/11/2018
13/11/2018	15/11/2018
27/11/2018	29/11/2018
11/12/2018	13/12/2018

Church Notices

Uniting Church

Service held 1st Sunday of the month.

Contact:

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

Catholic Church

48 Altair Street, Southern Cross
 SX Presbytery 9049 1049 (Fri to Mon)
 Kalgoorlie Parish 9021 2100 (Tues to Thurs)

Email: kalgoorlie@perthcatholic.org.au

Service times

Mass Times

Saturday 6:00pm

Sunday 8:30am

Mon 9 April 9:00am - Mass for the Annunciation of the Lord

Fri 27 April 6:00pm - Mass for the Feast of Our Lady of Montserrat

Anglican Church

Antares Street, Southern Cross

All services held on a Saturday at 11.00am

21st April

19th May

16th June—with AGM after service

21st July

20th August

15th September

20th October

17th November

December TBA

Enquiries: Leonie Gethin

Ph.: (08) **9049 1222**

This is my last Crosswords during my tenure at Shire of Yilgarn as Acting CEO. My tenure concludes Thursday, 5th April 2018.

I'd like to take this opportunity to thank the Councillors, staff and members of the community who I've had the pleasure to meet for their welcome and support.

As from Monday, 9th April 2018 we will welcome Mr Peter Clarke back to Southern Cross. Peter has previously served as your CEO on two occasions, from 1999 to 2001 and then from 2003 to 2010. Peter will be Acting CEO for at least 7 months.

Pascoe Durtanovich

Free outdoor fitness centre induction – Tue 17 April, 5.30pm

Everyone is welcome to attend a free induction to the Outdoor Fitness Centre on Tuesday 17 April 2018 at 5.30pm.

Personal trainer Carolyn Stephen will give a demonstration on the equipment and answer questions during the session.

Yilgarn Ladies Day 2018

On Saturday 24 March 2018 around 70 Ladies attended the second Ladies Day held at the recreation centre. The ladies enjoyed a scrumptious morning tea and two course lunch, and listened to some great, inspiring and informative guest speakers.

In the generous lunch break the ladies had time to socialise and perform a bit of retail therapy at the various stalls offering jams, kitchen supplies, Tupperware and much more.

The crèche which was supervised by Anne and Kayla was attended by 12 children and we would like to express a sincere thank you to Anne and Kayla for volunteering their time and the HAY committee for their sponsorship.

Further thanks go to the stall holders that attended the day, the guest speakers that travelled to Southern Cross to speak to us, namely Anthea Hodgson, Karla Hooper, Brenden Nichols and Robina Crook.

We would also like to thank Onida for being the MC for the day, Monica for attendance and help where needed and of course our caterers who did as expected a great job.

We received very positive feedback through our forms and therefore will start planning the Yilgarn Ladies 2019 soon!

Anzac Day, Wednesday 25th April 2018

Southern Cross

Come along to one or both of the services held in town on Wednesday 25th April 2018. The Dawn Service at 6am & the 11am Service are both held at Memorial Hill on Antares Street.

Refreshments will be provided at the Senior Citizen Centre following the 11am service.

We would love to see you there. Please come and give a little of your time to remember and pay respect to those who gave and continue to give so much for us all.

Lest We Forget

ANZAC DAY Temporary Road Closure –Southern Cross

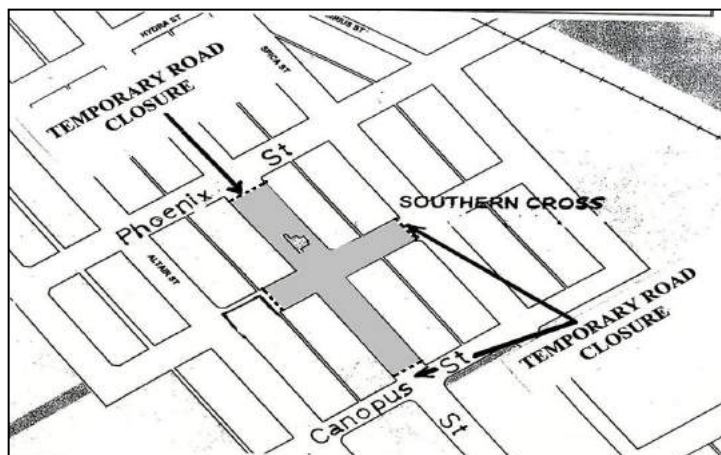
Residents are hereby advised that the following roads will be closed from **10.30am through to 12.00 noon on Wednesday 25th April 2018** during the Anzac Day Service.

Necessary road closure signage and markers will be in place to direct traffic during the above time.

ANTARES STREET will be closed between the Antares – Canopus Streets intersection and Antares – Phoenix streets intersection.

CENTAUR STREET will be closed between Spica and Antares Streets.

Details of the above road closures are illustrated below



Expressions of interest Who wants to go to “Menopause the musical”?

Where:	Cummins Theatre
When:	Friday 13 April 2018 7.00 for 7.30 start until - 9.30PM
Tickets:	Merredin Central Wheatbelt Visitors Centre Online at www.cumminstheatre.com.au Southern Cross CRC - cash deposit Adult tickets \$35 Concession \$30
Additional cost:	\$5 for bus, fuel and for ticket for volunteer driver
How to get there:	A lovely volunteer will drive you there and back in our community bus.
Seating:	Tables of 8 available - <u>be quick these are already 50% booked out!</u> Alternatively row seating.

About the Show:

Menopause the Musical – Women on Fire! follows the story of four women with seemingly nothing in common but a black lace bra on sale, come to find they have more to share than ever imagined including memory loss, night sweats, woeful hot flushes, forgetfulness, mood swings, wrinkles and chocolate binges!

A sisterhood is created between these diverse women as they realise that Menopause is no longer “the silent passage”, but a stage in every woman’s life. This hilarious celebration of women and “the change” is packed with musical parody of classic tunes right from the 60’s, 70’s and 80’s, having entertained over 11 million audience members the world over.

Menopause the Musical returns to the stage with new songs, new dance routines, new gags, and a new Producer. Celebrating all things menopausal, in the all-new Menopause the Musical – Women on Fire!

“It’s impossible not to laugh!” – New York Times

For further information visit:

<http://www.cumminstheatre.com.au/event/menopause-the-musical-women-on-fire/>

FAMILY COUNSELLING SERVICE

WHEATBELT AGCARE

COMMUNITY SUPPORT
SERVICES INC.



Shires Serviced:

- ♦ Kellerberrin
- ♦ Koorda
- ♦ Merredin
- ♦ Mount Marshall
- ♦ Mukinbudin
- ♦ Nungarin
- ♦ Tammin
- ♦ Trayning
- ♦ Westonia
- ♦ Wyalkatchem
- ♦ Yilgarn

FAMILY COUNSELLOR

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

Contact: Leana Musulin
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."

*For Complaints Resolution
Contact in writing
Chairman
Wheatbelt Agcare
PO Box 101
Nungarin WA 6490
Envelope marked Confidential*

Supported by the Shire of Yilgarn



Shire of
YILGARN

"good country for hardy people"

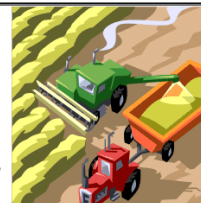
YLAG

Preventing Skeleton Weed Spread in the Yilgarn

Skeleton Weed meeting: **Today, Thursday 5th April, 7pm.**

Senior Citizen's Building, Arcturus Street.

Topic: Summer 17/18 wrap-up, hectares for winter treatment.



Winter Treatment:

Below are various chemical control options for Skeleton Weed in Wheat/barley and Pasture, information available from DPI&RD.

Control in wheat & barley:

Control in Wheat Barley and oats		
	Herbicides	Rate/ha
Pre Seeding	paraquat 135g/L + diquat 115g/L	1-2L
In Crop		
Early post emergence (4 leaf stage to early tillering)	clopyralid (300g/L) + MCPA amine (500g/L) or clopyralid (750g/kg) + MCPA amine (500g/L)	300mL + 500mL or 120g + 500mL
Late post emergence from first node to flag leaf just visible	clopyralid (300g/L) + MCPA amine/LV ester (500g/L) or clopyralid(750g/kg) + MCPA amine/LV ester (500g/L)	500mL + 1L or 200g + 1L

Control in pasture:

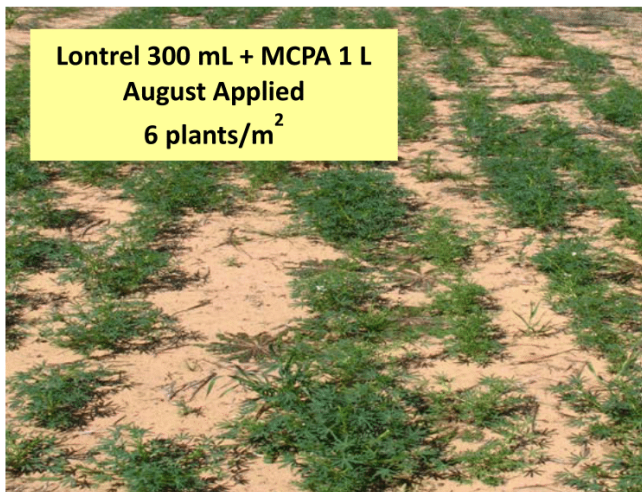
Winter	Herbicides	Rate/ha
Early treatment Clover at least 3 leaves	MCPA(250g/L) + diflufenican (25g/L) or diflufenican(500g/L)	1L or 200mL
Late treatment Clover having at least 6 leaves and skeleton weed still at rosette	2,4-D amine(500g/L) or clopyralid(300g/L) + MCPA(500g/L)# or clopyralid(750g/kg) + MCPA(500g/L)# # Will damage clovers	1.8L or 300mL + 1L or 120g + 1L



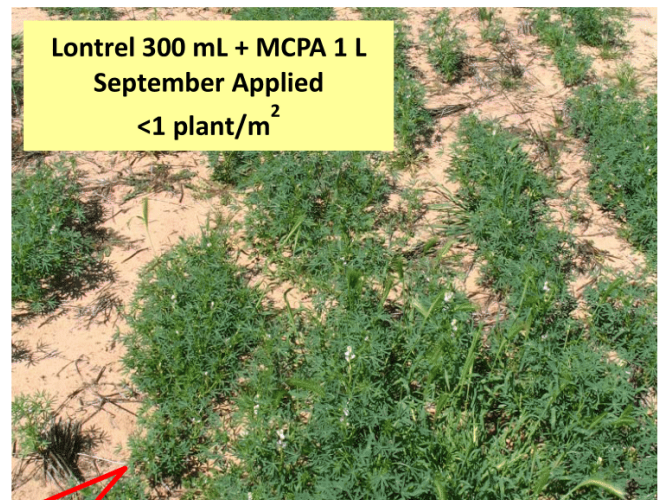
Skeleton Weed/Lupin Crop: Eastern States



Spray.Seed 2 L
76 plants /m²



Lontrel 300 mL + MCPA 1 L
August Applied
6 plants/m²



Lontrel 300 mL + MCPA 1 L
September Applied
<1 plant/m²

IF USING LONTREL (on whole paddock infestation): SEPTEMBER APPLICATION IS MOST EFFECTIVE. When crop is 5 leaf to late tillering & skeleton weed rosettes are less than 15cm in diameter

Community News

MOORINE ROCK P&C FOOTY TIPPING

SPONSORS

A huge thankyou to our Sponsors that kindly donated to the Overall Prize.

AIM MERREDIN

CAPELLI FAMILY

COCKYMART

EMERALD GRAIN

JM & AE EIFFLER

LANDMARK MERREDIN

MERREDIN SPORTS POWER

MDN PANEL & PAINT

MOORINE ROCK AG SUPPLIES

PASS & ASSOCIATES

POBKE FAMILY

SX TYRE & AUTO

WFI

YILGARN PLUMBING & GAS



RESULTS

Round 1 - Sponsored by Byfields Merredin with thanks to Craig Lane

Winner: Chrissie

Round 2 - Sponsored by Emerald Grain with thanks to Ben Panizza.

Winner: Evelyn Ward

Yilgarn Bowling Club

The Yilgarn Bowling club held its windup with the Southern Cross Tennis Club on Sunday 25th March. A most enjoyable hot dish dinner was held.

On Tuesday 27th the Ladies closed their season with some bowls (with a lot of laughter and some very good bowls) followed by a quick meeting and a very nice lunch.

Presentation of all championship trophies was held on Sunday and Tuesday.

MENS SINGLES CHAMPION FOR 2018 WAS David Auld Runner up Noel Teale, Plate winner Jim Symes from Josh Della Bosca

Pairs Winners Noel Teale and Mick Della Bosca, Fours Winners Robert Bosenberg, Rob Pownall, Rob Blackman and David Auld

Pennant player of the year for 2017/18 for the Horrie Della Bosca trophy was David Auld from Robert Bosenberg.

LADIES SINGLES CHAMPION was Cheryl Auld from Janet Hatch.

Ladies Pairs winner Cheryl Auld and Ethel Graham

Ladies Triples winners Cheryl Auld, Ethel Graham and Lorraine Smith.

Ladies Fours Winners Cheryl Auld Ethel Graham, Kaye Coward and Diane Della Bosca.

The winner of the Jim Martin trophy for 2017/18 was Ethel Graham from Cheryl Auld

The club will be holding its Annual General Meeting in the near future.

Southern Cross Golf Club

Southern Cross Golf Club will hold its open day on Sunday 8th April. Names in by 12 for some golf.

Bring your own barbeque with a salad to share will follow in the evening.

Everyone welcome.

~Expressions of Interest~

CRC IT Workshop
"Setting up your own blog" \$5.00
Friday 13th April
10.00AM

Please register your interest to the CRC on 9049 1688 or email crc@yilgarn.wa.gov.au by Thursday 12th April at 12.00 noon.

Southern Cross Football Club

Dates to remember:

Tuesday & Thursday (4.30pm-5.30pm):

Colts Training

Queries: Coach Declan Karra

Wednesday and Friday (6.00pm-7.30pm):

Seniors Training

Queries: Reserves Coach Rob Blackman

14th April:

Jumper Presentation Player Auction

21st April:

Round 1 Burracoppin v Southern Cross

@ Merredin (No Colts)

Please help

Please help -

I have lived in Southern Cross for the past 14 years and now for the first time I am feeling unsafe. I pride myself on telling anyone who asks, that we have a crime free town and you can walk the streets at night without hesitation. Not anymore.

We as a community are all aware that we have a huge meth/ice using culture in our town. We also know who these people are and where they live, watching the constant traffic going through these houses. Instead of talking about it in the supermarket, pubs etc, we should be talking to the Police. They need all of us as a community to help them rid this town of the scourge that this terrible drug is causing.

We can no longer ignore what is happening and we each and every one of us need to report all these people to the police who are aware of who they are but need information from us so as to pursue arrests and convictions.

Please help to bring back our crime free town and have a conversation with the police.

A Concerned Community Member

Meetings

Shire of Yilgarn

The Shire of Yilgarn council meetings are held on the 3rd Thursday of each month at 4.00pm in the council chambers.

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

Pioneers of Yilgarn

Stage 1.

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

Kennedy, John and Alice: John came to Southern Cross during the mid-1890's, his first venture being the lime leases on the edge of town, supplying the mines with lime to neutralise cyanide solution. In 1900 he married Alice Henry who ran a private hospital, the couple then taking on the Railway Hotel. The Kennedy's also took up 160 acres of farming land and grew wheat. They were a civic minded couple and when Council refused to plant trees on Railway Reserve, they did so at their own expense. After the death of her husband in 1913, Alice took over the Southern Cross hotel. When it was delicensed in 1923, she bought the Club Hotel. Alice was an astute business woman. As well as running pubs she grubstaked prospectors for a share in any gold found. She also owned several mines, the Warden commenting there was nothing wrong with a woman being a leaseholder. Alice died in 1929 and is buried alongside her husband in Southern Cross cemetery.

©Lance Stevens



YILGARN HISTORY MUSEUM SOUTHERN CROSS INC.

Aviators

Articles on famous flyers, Sir Charles Kingsford Smith and Amy Johnson in the West newspaper recently, brings to mind their association with our little town of Southern Cross.

Smithy became an Australian legend in aviation. He named his aeroplane 'Southern Cross' but the reason why is unclear. Delving into the Smith family history reveals that Smithy's father moved to Vancouver in Canada just prior to Smithy becoming a household name.

In Vancouver his father helped establish and became founding secretary of a Masonic Lodge which was named Southern Cross Lodge No 54, the very same name and number as our own Southern Cross Masonic lodge. The two lodge's corresponded over the years and became 'sister lodges.'

On one of Smithy's flying trips to Canada to see his father, he returned to Australia with a letter addressed to our lodge. Was this the first airmail letter? And did this family involvement lead to Smithy's famous plane being named the 'Southern Cross'? A fellow historian who was writing a book about Smithy a few years ago, asked me did I know why the plane was named 'Southern Cross.' I told him the same story I am telling you.

Amy Johnson flew into the history books by being the first female to fly solo from England to Australia, in April 1930. An aeroplane no bigger than a car, with only a huge and noisy engine for company, day after day. She flew over our township of Southern Cross, following the railway line for bearings. This was how pilots navigated in the days before instruments.

The local newspaper had this to say:

"Miss Amy Johnson, who flew solo from England to Australia, flew over Southern Cross about 8.55 am. 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."

We would like to think that Amy acknowledged the townspeople waving in the street by her impulse to deviate slightly from the railway line. It was a nice gesture.

© Lance Stevens



Find us on

Facebook

www.facebook.com/yilgarnhistorymuseumsoutherncross

Your advert or sporting news could appear in the Crosswords!

Contact the CRC to enquire how to advertise in the Crosswords or visit our website www.yilgarn.wa.gov.au

WATCH YOUR PORTION SIZE

To be a healthy weight, you need to watch the amount of food that you eat to make sure you aren't eating too much.

We may think bigger serves are better value for money, but they're actually costing our health a great deal more!



Bigger portions mean we consume more energy (kJ). This is an even bigger problem when we eat highly processed snack food, take away foods and sugary drinks.

Tips to eat healthy portion sizes:

- Use a smaller plate.
- Avoid going back for seconds and freeze leftovers straight away.
- Still hungry? Have a glass of water. If you're still hungry, try a healthy snack such as a piece of fruit.
- Eat at the table, not in front of the TV.
- Aim to fill half your plate with veg, one quarter with meat and alternatives (e.g. chicken, fish, legumes or tofu) and the last quarter with cereals and grains (e.g. rice, pasta, bread).

Packaged food, take-away food and restaurant meals have been getting bigger and bigger, and are now served in very large portions.



When eating out, try ordering an entree size or share a main meal with a friend.

Supported by



Government of Western Australia
Department of Health





Eastern Wheatbelt Primary Health Service Update

We hope you all have a relaxing Easter break with family and friends. Our team here at Eastern Wheatbelt Primary Health has a lot of exciting news to share this edition! Please share any feedback with us by calling 9041 0444 or emailing easternwheatbelt.phs@health.wa.gov.au.

Services Available for Southern Cross in 2018

Child Health: Weekly
Dietetics: On Request
Occupational Therapy: Monthly
Physiotherapy: Monthly

Social Worker: On Request
Speech Pathology: Monthly
Community Midwifery: On Request
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.

Our Services

We provide a range of free population health services for both children and adults residing in the Eastern Wheatbelt. These services are delivered through in-person consultations, outreach clinics, home visits, phone and telehealth (video conferencing).

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

Aboriginal Health	Child and Community Nursing	Child Development
Community Midwifery	Dietetics	Health promotion
Occupational Therapy	Physiotherapy	Podiatry
School Health Services	Social Work	Speech Pathology

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facebook.com/MyHealthyWheatbelt

Staff Update

We would like to welcome:

- Emma Riebe our new Physiotherapist
- Lucy Coates our Physiotherapist
- Shana Murray our new Occupational Therapist

Meet Jacinta!

This month we are featuring Jacinta Herbert!



Jacinta is a jack of all trades- our Speech Pathologist who is currently acting as our Primary Health Manager while Rochelle Hird is on maternity leave.

What brought you to Merredin? I have always had a passion for rural

health care and delivering services closer to home for rural families, so I took a job in Merredin and haven't looked back! Merredin is such a friendly place to live and work, and I enjoy getting around the Eastern Wheatbelt to help the communities in this great region.

What does your job entail? I coordinate and manage the services provided by Eastern Wheatbelt Primary Health, including Allied Health services, Child and Community Health services, and Aboriginal Health services. My role is very diverse from staff management, service management, facilities management and financial management, and much more!

What is an interesting fact about you? I am a true community person. I like to volunteer for lots of different things (usually too many things). And (according to some) I am a crazy cat lady- me and my best mate Mac are fairly inseparable!

Aboriginal Health

The next drop in Nyoongar Clinic will be on the 4th of April from 9-12 at Merredin Primary Health. This fortnightly clinic is supported by our Merredin Medical Centre GP Dr Femi Onikola and Practice Nurse, Kylie. There is also the strong supportive presence of the Aboriginal Health Team including our Child Health Nurse, No More Nyumree Tobacco Cessation Worker and Aboriginal Antenatal Care Nurse.

Community Midwifery



Michelle our local Community Midwife provides antenatal and postnatal care to women and their babies in their own home across the Eastern Wheatbelt.

Pictured above is new arrival in Merredin; Willow with community midwife Michelle Adamson along with Tosha and Troy and big sister Mackenzie Munroe. Willow was born 14/03/2018 same birth date as her community Midwife! Mum Tosha was able to access midwifery antenatal care during her Pregnancy and after the birth of baby Willow.

The Community Midwifery Program also offers culturally appropriate Aboriginal Antenatal Care Program as well as free Telehealth, Childbirth & Parenting Classes every Friday from 2-3pm.

Child Health Nursing

A FREE vaccination to protect against meningococcal strains ACWY is being offered to all children aged 1-5 years. The Meningococcal ACWY Vaccination for 15-19 year olds is still available.

Up take of this important Meningococcal ACWY vaccine has been slow however other immunisation rates are excellent in Wheatbelt region. If your child is due for a developmental check, immunisation or you have any other queries please contact us or your local clinic.

Occupational Therapy

We have recently had some staffing changes within our Occupational Therapy (OT) team. Ruth Johnson has relocated for a new chapter with the Western Wheatbelt Primary Health team. We would like to thank her for her hard work over the past 5 years. We are excited to welcome Shana Murray a new graduate to our team. Shana comes with some wonderful experience in aged care and disability support. Shana will soon be visiting Kellerberrin and some of the Northern towns within the Eastern Wheatbelt. Courtney and Sophie continue to work part-time as usual.

Social Work

Kate our Social Worker works with individuals and families to make positive change to physical and mental health as well as social or emotional situations. Her work includes:

- Palliative care assistance.
- Short-term counselling.
- Housing assistance.
- Family court assistance including linking with Aid and Aboriginal Legal Services.
- Assistance with referrals for emergency relief, financial counselling, and other support services.
- Aged care assistance and facilitating care, Enduring Power of Attorney and Advanced Care Directive.
- Working on reunification plans with Department of Child Protection and Family Support Services, clients and their families.
- Family violence and assisting clients to safety refuges.

All services are confidential. You can self-refer by phoning 9041 0444 or request your GP or Allied Health Professional to fax a referral through to the Eastern Wheatbelt Primary Health Service.

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



Government of Western Australia
WA Country Health Service

2018

FREE Telehealth Childbirth & Parenting Classes

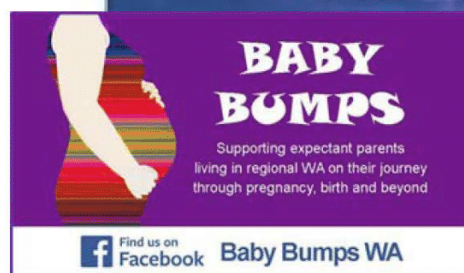
The six-week series of classes is led by a group of midwives from the WA Country Health Service. Expectant mums and their partners living regionally can attend these free videoconference classes without needing to travel!

Topics include early labour, pain relief options during birth, post-natal care, breastfeeding and early parenting.

The telehealth classes are held on Friday's from 2-3pm and the rolling program is flexible meaning you can join the program at any session.

To book visit: <http://www.wacountry.health.wa.gov.au/index.php?id=651>

Date & Time	Topic
Fri 19 th Jan	Preparing for labour/signs of labour
Fri 2 nd Feb	Labour & Birth
Fri 9 th Feb	Pain relief and birth interventions
Fri 16 th Feb	After you have your baby – post natal care
Fri 23 rd Feb	Breastfeeding
Fri 2 nd March	Early Parenting
Fri 23 rd March	Preparing for labour/signs of labour
Fri 6 th April	Labour & Birth
Fri 13 th April	Pain relief and birth interventions
Fri 20 th April	After you have your baby – post natal care
Fri 27 th April	Breastfeeding
Fri 4 th May	Early Parenting
Fri 25 th May	Preparing for labour/signs of labour
Fri 1 st June	Labour and birth
Fri 8 th June	Pain relief and birth interventions
15 th June	After you have your baby – postnatal care
22 nd June	Breastfeeding
29 th June	Early Parenting
Fri 20 th July	Preparing for labour/signs of labour
Fri 27 th July	Labour and birth
Fri 3 rd August	Pain relief and birth intervention
Fri 10 th Aug	After you have your baby
Fri 17 th Aug	Breastfeeding
Fri 24 th Aug	Early Parenting



Contact your Community Midwife: Michelle
Eastern Wheatbelt Primary Health Service
Phone: 9041 0444
Address: Corner of Mitchell and Queen Street, Merredin

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To provide feedback on this publication email wachscomms@health.wa.gov.au Alternative formats can be provided on request. | © WA Country Health Service.



Government of Western Australia
WA Country Health Service

Are you pregnant?

Would you like to receive more of your antenatal and postnatal care closer to home?

The Eastern Wheatbelt Community Midwifery service works in partnership with your doctor or birth hospital to provide antenatal and postnatal care to help you have a healthy pregnancy and baby.

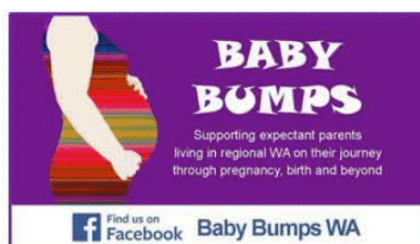
This FREE service includes:

- Antenatal care in partnership with your doctor or birth hospital
- Pregnancy and childbirth education
- Assistance with booking arrangements at your chosen birthing hospital
- Postnatal care and breastfeeding support
- Liaising with your local Child Health Nurse regarding ongoing care for your baby
- Help with referrals to other health care providers including social workers, dietitians, physiotherapists, specialist doctors, and the Patient Assisted Travel scheme
- Boodjari Yorga a culturally appropriate antenatal care program for Aboriginal Women in the Wheatbelt

There are also free telehealth services we can assist you with accessing;

- A 6 week Childbirth and Parenting Classes linking you to range specialists without having to travel. Occurs via videoconferencing on Fridays from 2-3pm
 - For more information email: sihi.childbirtheducation@health.wa.gov.au
- Videoconferencing with specialist midwives at King Edward Memorial Hospital and access to a lactation consultant for breastfeeding support
 - Ask your community midwife or call 9340 2222

For updates about our services and to connect with other expectant parents in the region like *Baby Bumps WA* on Facebook



**Contact your Community Midwife: Michelle Adamson
Eastern Wheatbelt Primary Health Service
Phone: 9041 0444**

Address: Corner of Mitchell and Queen Street, Merredin

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Meningococcal vaccine for 1-4 year olds

A FREE vaccination to protect against meningococcal strains ACWY is being offered to all children aged 12 months to less than five years.



Meningococcal disease is an uncommon, but sometimes life-threatening illness. At any one time, about 10 per cent of healthy people carry meningococcal bacteria harmlessly in their nose or throat and do not become ill. To reduce the incidence of meningococcal disease among this vulnerable age group, a free vaccine will be available throughout 2018.

Contact your local GP or Child Health Clinic to schedule an appointment for your child/children to receive the vaccine.

For more information:

www.healthywa.wa.gov.au

Eastern Wheatbelt Primary Health Service - Merredin

Phone: 9041 0444

E-mail: easternwheatbelt.phs@health.wa.gov.au

Wheatbelt Public Health Unit - Northam

Phone: 9622 4320

E-mail: wheatbelt.phu@health.wa.gov.au



LIKE US ON FACEBOOK

facebook.com/MyHealthyWheatbelt

FOR APPOINTMENTS, CONTACT:

Southern Cross Child Health on 90491321

Norma Brown Gardening



Would like to let all our clients and customers know that we are having two plants sales in the next couple of months.

The first of which will be held at the Yilgarn Ladies Day at the Recreation Centre on the 24th of March.

The other sale will be held at the St Joseph's School Swap Meet on Saturday 7th April.

5% of all plant sales will go to the school.

Most of the plants for sale on both days will be succulents and Petunias. There will also be a small amount of mature plants available.

ABN: 383 956 940 52

Phone: 0476 158 416

- Edging ●Posthole Digging
- Hedging ●Pruning ●Weeding
- Mowing ●Gift vouchers

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BULLFINCH
regular deliveries to
SOUTHERN CROSS

camel, roo, beef, rabbit, roo tails

Injured or un-stock removed!
Fencing contractor available.
Feral dog control.

NOW BUYING IN KANGAROO CARCASSES ONLY FROM LICENCED SHOOTERS WITH DEC

Kangaroos under 20kg not accepted.

Also buying in beef & horse for dog bait purposes.

Drop off by appointment only.

Encouraging local farmers to get on board.

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

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9049 5317



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Random Acts of Kindness

Being kind or helping someone can:

- reduce your stress levels
- boost your mood
- increase your life satisfaction
- encourage others to do the same
- create a positive community atmosphere
- brighten someone's day

actbelongcommit.org.au



Domestic and Commercial

- ~Pre-purchase Inspections
- ~Spiders
- ~Termite Control
- ~Ants
- ~Rodents
- ~Cockroaches
- ~Other Household Pests

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Phone Deon or Leah King
Phone/Fax: 9041 2018
Mobile: 0428 412 018
PO Box 313, MERREDIN WA 6415
PHD License No 311



OPSM will be
visiting Southern Cross on

**Monday
16 April 2018**

For appointments please call
the Southern Cross
Pharmacy on 90491056

**Appointments will be
seen at the Hospital.**



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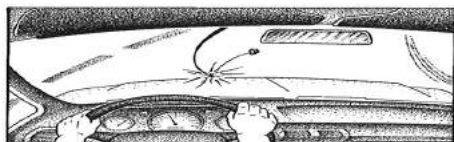
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E kristian@boronamechanical.com.au

W boronamechanical.com.au



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Motor Mart

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will be in **SOUTHERN CROSS** on the

April 18th, May 16th, June 20th, July 18th
Aug 15th, Sept 19th, Oct 17th, Nov 21st, Dec 12th

- Auto Glass—Front, Rear & Side for all Makes & Models
- All Fleet & Insurance Work with Direct Billing
- Trucks & Heavy Machinery
- Chip Repairs
- 24hr Tilt-Tray Towing



Eastern Districts Panel Beaters
PO Box 247, Barrack Street East
MERREDIN WA 6415
Email: edpb@bigpond.com

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

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Plus you can see GRANT for all your
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MOBILE VET

Dr Andrea Roberts

PO Box 543 MERREDIN WA 6415

Phone 0428212945 ABN 23036138418

ANDREA IS VISITING SOUTHERN
CROSS AREA ON FOLLOWING DATES

Thurs 12th April

Thurs 10th May Thurs 7th June

Fri 29th June Thurs 2nd August

Thurs 30th Aug Thurs 27th Sept

Thurs 25th Oct Thurs 22nd Nov

Tues 18th December

WESTONIA MAGNESITE (WM)

13% Magnesium 4%Ca, 7%Fe

+trace Co, Cu, Mn, Zn, K, P & S it fertilises!

Tested NV = 37 % That is 37% every year

not just the first year!

Please Let me explain!

WM is more than 2 billion years old
when it is mined it oxidises fast.

Oxidises means breakdown into
smaller bits. Every year releasing
more minerals AND more NV.

Limesand gives one bang => over!

WM will keep banging for years!

Do you want 1 bang or years of banging?

A Bull S..t lab test tube wont test 4 this!

Used for 20 + years with testimonials
IT'S LOCAL, NATURAL & IT WORKS

\$16/t inc GST P/U Wessie

RING ME - 0428 467 766

Edd Prumm BSc.AIMM, AIG

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FOR SALE

54 ALTAIR STREET, SOUTHERN CROSS

- * 4 Bedroom, 2 Bathroom
- * Open Kitchen/Dining/Lounge Area
- * Large Walk in Pantry, Dishwasher, Microwave
- * Brand New Wall Oven & Hot Plate
- * Large Self Cleaning Ducted Air-Con, Large Tile Fire with Fan
- * Brand New Instantaneous Hot Water System, Pink Batts
- * Outdoor Laundry with Toilet, Patio with Built in BBQ Connected to House Gas
- * Large Underground Salt Water Swimming Pool with Pool Cover and new Kreepy Krawley
- * Double Carport, Powered Workshop with Tile Fire, Rear Lane Access
- * Back Garden Shed, Wood Shed, Bird/Chook Cage, Cubby House, Rain Water tank.
- * Close to Shops and Schools, 1011msq Block. Currently Rented.

For pictures, find it on gumtree!

Price Negotiable

shane.kylie4@bigpond.com

SHANE 044 874 0527

House For Rent

4 Libra Place

- 4 Bedroom
- 2 Bathroom
- Double Carport
- Open plan Dining/Kitchen/Lounge areas
- New Air Conditioner
- Split system Heating and Air-con in Lounge
- Also Wood Heating
- Large Reticulated Yards
- Fruit Trees
- New flooring in dining/kitchen area
- Small vegetable patch
- Pets considered
- \$230 Per Week

**For any inquiries please phone Norma
on 0476 158 416**

House for Rent

3 Bedroom Comfortable House

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

\$190.00 per week

0418 915 652

...~*HOME FOR SALE*~...

12 LIBRA PLACE, STHN CROSS

- Neat and tidy 4 bedroom, 1 bathroom family home
- 2 x toilets
- Activity/toy room
- Large block with 2 x powered sheds (large garage/shed has aircon)
- Established lawn & gardens
- Situated in quiet part of town at the end of a cul-de-sac in family friendly street
- Open kitchen/Dining
- Tile fire, Ducted air con & reverse cycle aircon in Dining,
- Lounge & all 4 bedrooms
- Dryer in laundry & dishwasher in kitchen
- Good outdoor area for entertaining

\$185,000.00 neg

For genuine enquiries or further information call
Deanne 0418921223



Services Listing

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Rob Southall

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Mobile: 0487834002
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General Maintenance and repairs
Welding - mild steel, aluminium & plastic
Wool Pack Garden / Recycle Bins
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Police Clearance on request



We specialise in All Types Of Pests

Deon & Leah King
0428 412 018

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Merredin WA 6415 State Licence No. 4294
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Services Listing space available!

Please contact the CRC for
further information.

9049 1688

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Agriculture, Mining, Kalexpress Freight
Depo, BOC Gas & Elgas Agents,
Vehicle & Equipment Hire.**

Calendar of Events

Thu 5 Apr	Schoen Podiatry visit @ Senior Citizen's Centre
Thu 5 Apr	Skeleton Weed Meeting @ Senior Citizen's Centre 7pm
Sat 7 Apr	St Joseph's School Swap Meet 8.30am—2.00 pm
Sun 8 Apr	Southern Cross Golf Club Open Day
Thu 12 Apr	Pat & Chat Mobile Vet in town
Fri 13 Apr	"Create your own blog" CRC IT Workshop—register your interest now!
Sat 14 Apr	SXFC: Jumper Presentation & Player Auction
Mon 16 Apr	OPSM in town @ Hospital
Tue 17 Apr	Free Outdoor Fitness Centre Induction @ 5.30pm
Wed 18 Apr	Eastern Districts Panel Beaters in town @ Motor Mart
Wed 25 Apr	ANZAC Day—Dawn service @ 6.00am, Service @ 11.00am
Wed 2 May	Merredin Veterinary Clinic in town @ Southern Cross Oval
Thu 10 May	Pat & Chat Mobile Vet in town
Wed 16 May	Eastern Districts Panel Beaters in town @ Motor Mart
SXFC TRAINING NIGHTS: COLTS: Tuesday & Thursday 4.30—5.30pm SENIORS: Wednesday & Friday 6.00—7.30pm	

HACC activities are on Mondays & Wednesdays @ SX Hospital

Happening at the Senior Citizen's Centre:

Fancy Feet is on Tuesdays at 9.30am
 Art Group is on Tuesday at 11.00am
 Patch working 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 Friday

Recycling Days

April 13
 April 27
 May 11
 May 25
 June 8
 June 22
 July 6

Get Fuzzy by Darby Conley

