CROSSWORDS \$1







The Crosswords is produced by the Southern Cross CRC, PO Box 178, Canopus St, Southern Cross WA 6426 Phone: 08 9049 1688

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



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	Bla	ack	Colour	
of Yilgarn)	No Typesetting	With Typesetting	No Typesetting	With Typesetting
Full Page (A4)	\$35.00	\$55.00	\$160.00	\$180.00
1/2 Page (A5)	\$20.00	\$30.00	\$90.00	\$100.00
1/4 Page	\$15.00	\$25.00	\$50.00	\$60.00

Local Business and Non-Profit Organisations Advertisements

(Business premises within the Shire of Yilgarn)

Full Page (A4)	\$30.00	\$50.00	\$130.00	\$160.00
1/2 Page (A5)	\$15.00	\$18.00	\$70.00	\$90.00
1/4 Page	\$10.00	\$15.00	\$35.00	\$40.00

Lineage (Employment, Real Estate, Garage Sales maximum 6 lines)	\$8.00
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Advert size specifications for Crosswords (W x H)

1/4 page vertical90mm x 120mm1/4 page horizontal180mm x 60mm1/2 page vertical90mm x 270mm1/2 page horizontal180mm x 120mmA4 Full page180mm x 270mm



A5 adverts which are not horizontal will be displayed in print on their side to ensure no modification to advertisements.

DON'T FORGET!

Crosswords' submissions close every 2nd Tuesday at 12.00 noon

2018 Publishing Dates

Deadline 12 noon	Publishing Date
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



Mentally Healthy WA

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

Church Notices



Service held 1st Sunday of the month.

Contact:

 John McKane
 9041 1117

 Mobile
 0435 507 606

 Cheryl Auld
 9049 8026

 Diane Della Bosca
 9049 1149



48 Altair Street, Southern Cross

SX Presbytery 9049 1049 (Fri to Mon)

Kalgoorlie Parish 9021 2100 (Tues to Thurs)

Email: kalgoorlie@perthcatholic.org.au

Mass Times

Saturday 6:00pm

Sunday 8:30am

Please note that there will be no 8:30am Mass on Sunday 17 June. The 6:00pm Mass on Saturday 16 June will be the only Catholic Mass in Southern Cross on that weekend.



Antares Street, Southern Cross

All services held on a Saturday at 11.00am

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

Shire news



SHIRE OF YILGARN

CENTRAL EASTERN AGED CARE ALLIANCE (CEACA) INC. INDEPENDENT LIVING UNITS

EXPRESSIONS OF INTEREST

The Shire of Yilgarn is a member of CEACA, which is a partnership of eleven (11) Wheatbelt Shires consisting of Bruce Rock, Kellerberrin, Koorda, Merredin, Mt. Marshall, Mukinbudin, Nungarin, Trayning, Westonia, Wyalkatchem and Yilgarn.

The purpose of CEACA is to build a total of 75 Independent Living Units within the 11 member Shires, which will see an additional two new two (2) bedroom units constructed in Antares Street, Southern Cross in close proximity to the existing four units already constructed.

The CEACA project has been developed to allow for our aging population to remain in the towns they call home often with the support and assistance from family and friends, which wouldn't otherwise be available when relocating to larger centres such as Perth.

If you are potentially interested in going on a waiting list to reside in one of these new units please contact the Shire Office on 90 491 001 to make your <u>no obligation</u> registration.

If you register your interest and your circumstances change your name will simply be removed from the waiting list when the time comes to allocate housing once the dwellings are complete, which is due in late 2018 early 2019.

To register your interest or to obtain additional information please contact the Shire Office.

Peter Clarke

ACTING CHIEF EXECUTIVE OFFICER

SHIRE OF YILGARN PROPOSED REGIONAL PRICE PREFERENCE POLICY

Notice is hereby given that at its ordinary meeting held on Thursday, 19 April 2018 Council resolved to implement a Regional Price Preference Policy for the Shire of Yilgarn as a means of supporting local and regional businesses. It is intended that the Policy will support all suppliers located in the Yilgarn District and also suppliers in the Wheatbelt and Goldfields Regions to a lesser degree.

A copy of the proposed Policy can be obtained by contacting Laura Della Bosca on 90491001 or by email at ea@yilgarn.wa.gov.au.

Submissions in relation to the proposed Policy are invited and can be submitted to the undersigned at P.O, Box 86 Southern Cross, prior to the close of business on Friday, 29 June 2018.

PR Clarke A/Chief Executive Officer



The Elephant in the Wheatbelt

The RAC Elephant in the Wheatbelt has been travelling across the region since March 2015. The life-sized African elephant sculpture made from wrecked cars was built to represent the 'elephant in the room' and the silence that surrounds the disproportionately high number of road fatalities in the region.

The Elephant has made many friends on his travels and most people know him and the road safety message he represents.

Since the elephant himself is getting tired from travel, weather, lifting and moving and maintenance is costly and becoming frequent, an alternative way to keep the elephant present across the region, in form of murals was sought.

Expressions of interest were invited from all Wheatbelt towns.

The CRC approached Annette and Steve from the Coffee Lounge, as their side wall was the only suitable wall facing the highway and they were most supportive of the idea.

The CRC applied for a mural with a road safety message concerning fatigue and was successful in its application.

In preparation of the installation of the mural and to maximise the outcome of the art, the RAC covered all of the expenses associated with the enhancement of the wall with new corrugated iron.

As you might have seen, on the weekend of 9 and 10th of June 2018, professional artist Paul Deej painted the mural portraying the Elephant stopping people to take a break.

The actual Elephant visited the site on Monday and Tuesday to oversee the project and deliver his book "We travel safe or not all" to the schools. The CRC has spare copies of the free book available.

The Shire of Yilgarn would like to thank Annette and Steve for their open mind and support, the SC Police for their letter of support and especially the RAC for choosing Southern Cross for this great opportunity to share an important road safety message as well as enhancing our town with a large talking point.



ANNUAL ELECTORS MEETING 2016/2017 FINANCIAL YEAR

Notice is hereby given that the Annual Meeting of Electors of the Shire of Yilgarn will be held on **Thursday, 21 June 2018** in the Council Chambers, Antares Street, Southern Cross commencing at **6.00pm**.

The Order of Business will be as follows:-

- 1. Attendance and Apologies
- Confirmation of Previous Minutes
 Minutes of Annual Electors meeting held on Thursday, 2 February 2017.
- Adoption of the Annual Report and Financial Statements for the 2016/2017
 Financial Year.
- 4. Adoption of the 2016/2017 Auditor's Report
- 5. Adoption of the Shire President's Report
- 6. Adoption of the CEO's Report
- 7. General Business or Other Business at the Discretion of the Shire President or as approved by the Electors present.
- 8. Closure

A copy of the Annual Report is available on the Shire of Yilgarn's website www.yilgarn.wa.gov.au.

Electors wishing to ask questions that require research are asked to submit same in writing by **Monday, 18 June 2018.**

Peter Clarke
Acting Chief Executive Officer



NOTICE OF SPECIAL MEETING OF COUNCIL

In accordance with regulation 12(3) of the *Local Government (Administration) Regulations 1996, notice* is hereby given of the following Special Meeting of Council:

To be held on **Friday 6th July 2018, commencing at 4:00pm** in the Council Chamber at the Shire Administration Centre, 23 Antares Street, Southern Cross.

The purpose of the meeting is to finalise the draft 2018/2019 budget.

The meeting will be open to members of the public and the agenda will be publicly available on Council's website 72 hours prior to the meeting date.

Peter Clarke

Acting Chief Executive Officer

FAMILY COUNSELLING SERVICE

WHEATBELT AGCARE

COMMUNITY SUPPORT SERVICES INC.

Shires Serviced:

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

WHEATBELT AGCARE.

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

FAMILY COUNSELLOR



...helping rural people meet the

Contact: Melanie Meier

PO Box 101

Nungarin WA 6490 Phone: (08) 9046 5091 Fax: (08) 9046 5063

Mobile: 0488 465 081

Email: wheatbeltfamily@wn.com.au

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



Supported by the Shire of Yilgarn



FOR SALE OR LEASE



11 ANTARES STREET, SOUTHERN CROSS

The Shire of Yilgarn is inviting expressions of interest for the outright sale, outright lease, or portioned lease of 11 Antares Street, Southern Cross.

The property is 708m² of commercially zoned land with a retail/office building of 248m² containing 4 separate offices/shops and a 3x1 residential dwelling (89m²) to the rear.

To obtain an information pack, arrange a viewing or for enquiries please contact the Shire of Yilgarn's Manager Regulatory Services, Mr Nic Warren on 9049 1001; 0407 491 027 or email mrs@yilgarn.wa.gov.au

P Clarke

ACTING CHIEF EXECUTIVE OFFICER





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Marvel Loch, Moorine Rock
& Bodallin Rubbish Only

Only

Southern Cross Rubbish Only

Southern Cross Rubbish & Recycling, Marvel Loch,

Moorine Rock & Bodallin Recycling

WHAT CAN GO INTO YOUR RECYCLE BIN

- Glass All glass and ceramics, whole and broken
- Plastic All plastic containers and plastic wraps (empty with lids off)
- Paper All paper, junk mail and glossy magazines
- Cardboard All cardboard products
- · Aluminium & Steel All metals, steel & aluminium including aerosol cans
- Liquid Paperboard Milk, juice and laundry detergent cartons.

Community News

Thank you

Thank You to the Shire of Yilgarn for the Shire Community Funding Program's assistance with purchasing Quality Archival materials for the conservation and display of Museum artefacts, it is very much appreciated.

Yilgarn History Museum

Pioneers of Pilgarn

Stage 1.

Citizens who built this district between years 1887 and 1914

Lenneburg, Jack: Lenneburg was the most successful prospector in Yilgarn's history. His most famous find was the Marvel Loch which he named after a racehorse that won the Caulfield Cup. Lenneburg also discovered the Never-Never, Francis Furnace, Iron Duke, Democrat, and Sandfly. He had the knack of finding gold. It is likely the south area would have languished for years if not for Lenneburg's gift of locating reefs and lodes covered with topsoil and absence of any outcrop. Tall and good looking, Jack died of an incurable disease in 1923 and is buried in the local cemetery.

Liddle, Fred: Came to Southern Cross in 1895 and worked on the mines. In the early 1900's in partnership with his brother-in-law Bill Domney, took up the May Queen mine 13 miles south of town. The partnership lasted 18 years. Fred was a good footballer and frequently under notice in the local newspaper. Other sports included cricket and rifle shooting. Afterwards he helped his son in running a garage. In retirement Fred spent so much time sitting on the corner step of the present Supermarket, that it become known as 'Liddle's Corner.' Fred died in 1948 and his wife in 1967. Descendants of the Liddle family still reside in Southern Cross. They have all been champion footballers who went on to represent Yilgarn with distinction.

©Lance Stevens

Do you sell food? New food labels mandatory from 1 July

The Australian government has introduced new country of origin labelling requirements for most foods intended for retail sale.

From 1 July 2018, foods must be labelled according to the requirements of the *Country of Origin Food Labelling Information Standard* 2016.

If your business is required to adopt the new labels, we remind you to consider:

- identifying whether your products are 'priority' or 'non-priority' foods
- confirming if you need any information from your suppliers to work out the percentage of Australian ingredients in your foods
- determining the types of claims you can make about your products – are they grown, produced, made or packed in Australia or overseas?

For more information to help you understand the new requirements, visit:

https://www.accc.gov.au/business/advertising-promoting-your-business/country-of-origin-claims/country-of-origin-food-labelling

PLEASE NOTE DEPARTMENT OF TRANSPORT LICENSING

will be unavailable between 1.00pm and 2.00pm

on Friday 22nd June 2018.

We apologise for any inconvenience.

BUSY BEE

Museum Busy-Bee to be held 16th June at the Museum commencing 9am.

All welcome

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



Digital Media Resources for Business

Learn about the different ways to create digital branding materials and social media for your business.

Monday 9th July 2018
10.00 am
Southern Cross Community Resource
Centre
\$5.00

If you would like to attend, please RSVP to the CRC by emailing crc@yilgarn.wa.gov.au or call 9049 1688 by Thursday 5th July 2018.

Southern Cross Golf Club

Mens & Ladies

Sat 16 Rhys Della Bosca Memorial Shield 18 Holes, 2 person Ambrose 20-22 Women's Rural Bronze Katanning Sun 24 Tasman Shearing Day 18 Hole Combined Stableford Own Partners

July

Sun 1 Sweeptstakes 18 Hole Stableford (Mens)
Della Bosca Cup—Westonia

Leonie Coutis Trophy 18 Hole Par (Ladies)

SOUTHERN CROSS GOLF CLUB
RHYS DELLA BOSCA MEMORIAL DAY
2 PERSON AMBROSE
Saturday 16th June 2018.

Names in by 11.30am start time at 12 noon.

Partners can be arranged on the day.
All Welcome.

MOORINE ROCK P&C FOOTY TIPPING RESULTS

Round 11 - Sponsored thanks to Linda Warren Winner: Thackers

Overall Competition Leaderboard:

1st - Thackers 75pts

2nd - Nannabelle/Pags - 73pts

3rd - Cowpatch/Hodgee/Matt/Adelle 72pts

Round 12 – Sponsored with thanks to J & A Eiffler

Winner: B & M

Overall Competition Leaderboard:

1st - Thackers 80pts

2nd - Nannabelle 78pts

3rd - Cowpatch/Pags 77pts.



Southern Cross Golf Club

Southern Cross Golf Club News:

<u>Sunday May 20th</u>: Members played the 1st Round Championships with the Railway Tavern trophy for the Nett event.

Men's Winner: Robbie Della Bosca 70 Nett, R/up David Auld on a C/b from Noel Teale 71 Nett.

Ladies winner: Donna Newbury 71 Nett, R/up Cheryl Auld 77 Nett

Sunday May 27th: Stableford Competition for the D & C Auld Trophy

Men's winner: Shane Freestone 39 pts, R/up Peter Clarke 34 pts

<u>Ladies</u>: Donna Newbury 33pts, R/up Libby Irving 27pts.

Sunday June 3rd: 2nd Round Championships with the Toll Ipec Trophy for Nett event.

Men's winner: John (Pom) Coward 64 Nett, R/up Scott Della Bosca 68 Nett.

Ladies: Cheryl Auld 77 Nett R/up Lyn Price 80 Nett.

Many thanks to Railway Tavern, David & Cheryl Auld, Kaye & Russell Crafter for their support once again with Trophies for the Club it is much appreciated.

The Southern Cross Ladies Golf members hosted the Eastern Dist Ladies Golf Championships on 8/9/10th June 2018.

Clubs represented were from Merredin, Kellerberrin, Bruce Rock, Ardath, Westonia, Narembeen & Kalgoorlie.

The weather was not so kind on Sunday but everyone enjoyed the weekend.

Congratulations to our members that were successful in winning Trophies on the weekend.

Gross Plate winner 19-45 Handicap: Lin Clarke with a playoff with Cheryl Auld.

Gross R/up 19-45 Handicap: Cheryl Auld.

Nichols Tray 36 Hole open Nett: Donna Newbury

<u>Sunday Nett Trophy</u>: Karin Wesley.

The ladies would like to thank everyone that contributed to the catering, David Auld for running the Bar, Noel Teale for keeping the Greens up to standard and Peter Clarke for his help, Wilma Della Bosca, Pauline Eiffler, Diane Della Bosca for their help in the Kitchen thankyou all.

To the following Sponsors, EDLGA, WA Salt, Foodworks, Mululu Gifts & Home wares, Southern Cross Pharmacy, Cheryl Auld, Lyn Price, Karin Wesley, Di Della Bosca, Nick Eiffler thank you for your support.

Employment



Minjar Gold Pty Ltd is an Australian Gold explorer, developer and producer who has been operating since 2009 and is focused on gold exploration and production in both Western Australia and Queensland. Due to exciting growth in one of our Western Australian operations, we are seeking to recruit several entry level roles for residential based workers.

The positions available at our Southern Cross Gold operation are on a casual basis, with the possibility of permanent employment for the right candidate.

Process Technician – Entry level

We are looking for motivated, reliable team players with a strong safety focus, who want to start a career in the mining industry. You must have the desire to learn how to safely operate a range of equipment in our mine. You will be working in a hands-on role where you will be required to work day and night shift, 12-hour days.

Pit Technician - Entry level

The Pit Technician role is a hands-on position suited to those who enjoy working outdoors. We are looking for motivated, reliable team players with a strong safety focus, who want to start a career in the mining industry. You will assist the Geology team with their day to day tasks and driving a manual vehicle in remote areas will be required.

Ideally, we are looking for people with the following:

- Some experience in a manual labour environment
- C Class driver's licence
- Current First Aid
- Enthusiastic with positive attitude to problem solving
- Have a strong commitment to safe working practices
- Good listening and communication skills
- Ability to work though obstacles to find appropriate solutions

If you are a positive, motivated individual who is keen to start a career in an expanding gold mining company, please forward your resume to recruitment@minjargold.com.au Please include a cover letter outlining why you are the person for the job!

You will need to undergo a pre-employment medical including drug and alcohol screening, police clearance and have the right to work in Australia.

Due to the high volume of applications we will only contact the most suitable candidates, however, we thank everyone in advance for taking the time to apply.

YILGARN NETBALL ASSOCIATION



at the Complex Lounge! Friday 15th June 2018



FROM 6pm ONWARDS!

16 games for \$10

DOOR ENTRY FREE

Bar facilities of 8-10 or available, walk in on the night!

RAFFLES &

PRIZES TO BE

WON

Crèche facilities

BYO FOOD & SNACKS

THROUGHOUT

THE NIGHT!!

Please contact **Ashlee Freestone for more Information** on 0437 705 674

Pizza Night with Live Music (BYO)



Friday 15th June 6pm Moorine Rock Tennis Club (BYO Pizza + Beverages)

Let's come together on a **BRIGHTER** note wearing a beanie or bright coloured socks to enjoy some tasty tucker and live tunes!

Featuring (insert drum roll) ...

THE MUSICALLY MINDED MOBILE MECHANIC, Kristian and THE WONDER MUM SINGING SENSATION, Juanita! Some say he plays smoother than the sound of your heavy diesel vehicle after a service. And others say his song list is more diverse than the contents of an old farm shed! While rumour has it Juanita's voice can tame the kids and touch your heart... all in the same breath!

And

THE FLY IN/FLY OUT, PART TIME FARMER, Erin Pope! Her laid back acoustic folk style will melt away all your rain worries. Word around the bush is that her creative songwriting skills are a lot better than her navigational skills...

There will be 2 pizza ovens on the go, so bring in your favourite pizza to cook up and share! It can be a home crafted masterpiece... or a frozen edition from IGA... there's no pizza discrimination here! Take a night off the tractor, bring your family and friends, dress brightly and let's gather for a good night!

Any questions? Give Erin Pope a ring on 0488137015

Biosecurity funding schemes to tackle pest threats

More than 99% of Western Australian cattle, sheep and goat producers and grain, seed and hay growers actively support the biosecurity of their industries by making financial contributions to WA's Industry Funding Schemes. (https://www.agric.wa.gov.au/bam/industry-funding-schemes)

Farmer contributions to Industry Funding Schemes will support a range of priority animal disease and pest control programs next financial year.

Executive Officer for the schemes, Rebecca Heath, said three-horned bedstraw, skeleton weed, virulent footrot and several cattle diseases were among the key issues to be targeted by the schemes in 2018/19.

"Industry-based management committees have determined which pest priorities are to be addressed, the scheme's areas of operation and the producer contribution rates," Ms Heath said.

The schemes are an integral part of the State's biosecurity system, helping to maintain access to domestic and international markets and supporting the viability and profitability of agricultural industries.

For the 2018/19 financial year the contribution rates remain unchanged.

Cattle: Producers pay a 20 cent contribution on the sale of each animal/carcase to fund surveillance programs for bovine tuberculosis, enzootic bovine leucosis and Johne's disease in cattle.

Sheep and goats: Producers pay a 10 cent contribution on the sale of each animal/carcase produced within the State, to fund a program to control virulent footrot. The Sheep and Goat Industry Funding Scheme management committee also anticipates funding a new program to address the impact of wild dogs on the industry. More information will be provided over the coming months.

Grains and seed: Growers pay a 25 cent contribution on the first sale of every tonne of grain and seed grown within the South West Land Division, to fund continuing programs to control skeleton weed and eradicate three-horned bedstraw.

Hay: Growers pay 12.5 cents per tonne on the first sale of hay grown within the South West Land Division, to fund the skeleton weed and three-horned bedstraw programs.

Producers/growers who wish to opt out of the scheme/s must submit a 2018/19 Notice of Opt Out form (https://www.agric.wa.gov.au/bam/opting-out) by 30 June 2018. Producers that opt out lose all entitlements to assistance and compensation via the scheme.

The continued support of producers for the schemes enables the WA livestock and grain/hay industries to identify and invest in biosecurity activities that help maintain our market advantage and the sustainability of the industries in Western Australia.

More information on the Industry Funding Schemes is available from the DPIRD website or email IFS@dpird.wa.gov.au

Do You Want Help to Manage Your Cholesterol, Weight, Diabetes or Blood Pressure?



HEALTHY EATING ACTIVITY & LIFESTYLE

Our FREE 8 week HEAL[™] Program is coming to Southern Cross in June. Spots are limited.

Call Eastern Wheatbelt Primary Health on 9041 0444 today!

WACHS acknowledges WA Primary Health Alliance (WAPHA) for providing funding in its role as the operator of the Country WA PHN







Government of Western Australia
WA Country Health Service

Eastern Wheatbelt Primary Health Service Update

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).

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

You can self-refer to the majority of our services on 9041 0444 or receive a referral from the GP.

Update from the Manager

Ambulatory Care is Open for Business!



During May, our Physiotherapists, Occupational therapists and Speech Pathologists moved into the new Ambulatory Care Facility at Merredin Hospital. Clients with Allied Health appointments at the hospital will continue to enter through the Emergency Department and make their way to the main ward reception. Here they will inform reception staff of their appointment and be directed to wait at the Radiology waiting area until they are collected by our staff and taken up to Ambulatory Care. Thank you for being patient with us while we work around the building and redevelopment of the hospital.

Moorditj Djinda Awards

On the 29th May the Wheatbelt Aboriginal Health Service came together for a night of celebration for the annual Moorditj Djinda awards, recognising staff and service partners doing fantastic work in Aboriginal Health. A special mention goes to Connie Yarran, Eastern's Tackling Indigenous Smoking Health

Promotion Officer who won the award for the Best Event for the Womens' Group she coordinated in Kellerberrin as a part of the 'No More Nyumree' program. Pictured



is Sean Conlan the Wheatbelt Regional Director presenting the award to Connie. Well Done Connie!

Meet Priscilla!

This month we are featuring Priscilla Wass! Priscilla is our wonderful Customer Service Officer who works with Liana at the front desk at Primary Health in Merredin.

What bought you to Merredin?

I am a born and bred Moora girl. After living in Kununurra for 14 years I wanted to come back to the Wheatbelt. I was with Commonwealth Bank at that stage and a job in Merredin came up... 10 years later and I'm still here!

What is an interesting fact about you?



I am studying to be a Registered Nurse through Charles Darwin University. Working at Primary Health is giving me great awareness to all services and facilities that are available for clients living in rural WA.

What does your job entail?

I look after the admin side of Primary Health which includes day to day clerical work. I also deal with accounts, booking clinics for visiting specialists and cooing over all the babies that come in to see the Child Health Nurses!

Healthy Country Kids

Flu season is here. The influenza vaccination is recommended for all individuals over 6 months of age. Adults can see their GP for the vaccination, while our Child and Community Health Nurse offer this and the ACWY Meningococcal Vaccinations for specific ages:

- Free Influenza Vaccination available for 6 month-5 year olds.
- Free Meningococcal ACWY Vaccination available for 1- 5 year olds.
- Free Meningococcal ACWY Vaccination still available for 15-19 year olds.

Please contact your local child and community health nurse or call 9041 0444 today to ensure your child receives these free vaccinations.



Health Promotion

The 31st of May marked World No Tobacco Day (WNTD) and the Wheatbelt Tobacco Control Network ran a campaign on our My Healthy Wheatbelt Facebook Page.

The theme of WNTD for 2018 was 'Tobacco Breaks Hearts' which aimed to increase awareness between tobacco and heart and other cardiovascular diseases which combined are the world's leading cause of death.

- Over 10,000 Wheatbelt Residents are smokers.
- The Wheatbelt has high rates of heart disease, lung cancer, smoking during pregnancy and respiratory problems.

The Wheatbelt Tobacco Control Network aims to create a 'Smoke Free Wheatbelt' and offers free help to quit smoking!

The Wheatbelt Quit Smoking Program offers



one on one nonjudgemental support, advice around nicotine replacement therapy, quitting methods and medications as well as stress management and weight control.

We also offer the culturally appropriate **No More Nyumree** (No More Smokes) which is led by our wonderful Tackling Indigenous Smoking Health Worker Connie. For both programs clients can self-refer on 9041 0444 or request a referral from their GP.

Podiatry

We have a visiting podiatrist that attends Primary Health in Merredin to provide foot care. Clients can request a referral from a health care professional. Referrals are prioritised according to referral information, and services include ongoing routine foot care provided to those at intermediate or high risk, annual diabetic foot screening and wound care.

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



Quit Smoking Options in the Wheatbelt

Wheatbelt Quit Smoking Program

Free local support and tailored advice on quitting methods, medications and strategies to manage withdrawals. Call Wheatbelt Public Health Unit on 9622 4320.



No More Nyumree Program



'No More Smokes' is a culturally appropriate program that provides support and free nicotine replacement therapy. Call Wheatbelt Aboriginal Health Service on 9690 2888.

Wheatbelt Community Alcohol and Drug Service

Free counselling programs to help people who are affected directly or indirectly by alcohol, drugs or related issues. Call Holyoake on 1800 447 172.



Quitline Telephone Counselling and Support



Speak to trained advisor as many times as you need, or use the call back service to receive advice to help quit smoking. Call Quitline on 13 78 48.

Developed by the Wheatbelt Tobacco Control Network 2018.



Tobacco and Stroke



Di Hull (Coordinator, Stroke Program) with Graeme (client)

'Smoking is a major contributor to stroke, but 5 to 15 years after quitting your risk becomes similar to someone who has never smoked. It's never too late to stop smoking, and there is plenty of support available in the Wheatbelt' Di Hull





Developed by the Wheatbelt Tobacco Control Network 2018.





Physical health effects of methamphetamine

Methamphetamine (meth) use is linked with a number of health problems which could lead to poor physical health. This includes a range of possible short-term and long-term effects.

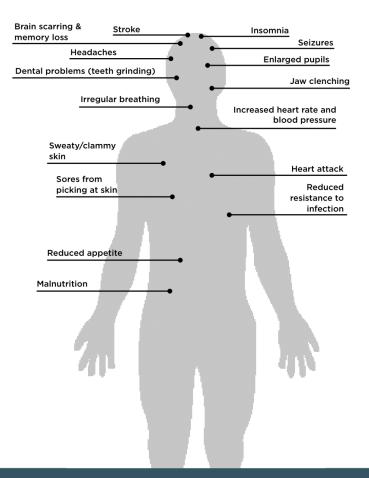
Methamphetamine and stroke

Long term use of meth can lead to an increased risk of heart failure and stroke. Meth use can effect blood circulation in the brain. Meth can increase the risk of ischaemic stroke because it can narrow blood vessels in the brain and this can result in blood flow being cut off. Meth use can also increase the risk of haemorrhagic strokes because it can weaken blood vessels in the brain causing them to burst.

"On a big weekend my head really started to hurt, my face went numb and my heart was racing.

I was so scared! The ambos told me my blood pressure was really high, and they tried to calm me down.

When I got to hospital, I found out I'd had a stroke. The doctors don't know the full extent of the damage yet."





METH CAN TAKE CONTROL

FOR FREE PROFESSIONAL COUNSELLING AND ADVICE
CALL THE METH HELPLINE ON 1800 874 878 OR VISIT DRUGAWARE.COM.AU



Methamphetamine and mental health

There is a strong correlation between the use of methamphetamine (meth) and mental health issues. Meth use can cause anxiety, depression, paranoia and psychosis in those people who have a vulnerability to mental health problems.

Depression

People who already experience depression may find that using meth makes their depression worse in the long term, as it depletes serotonin, the feel good chemical in the brain. Depression is most often felt when the person is not using the drug, which makes them want to go back for more.

Anxiety

When using meth people often feel nervous and agitated. Meth can increase heart rate and leave a person short of breath. Feelings of paranoia can occur triggering panic attacks, causing users to feel suddenly afraid or anxious.

"I was getting really anxious. I thought my friends were talking about me behind my back. It felt like everyone was against me and that freaked me out. I thought I was losing control of my life."

Reference

National Drug and Alcohol Research Centre 2014. Methamphetamine: What you need to know about speed, ice, crystal, base and meth.

Psychosis

Meth use can lead to psychotic symptoms especially in individuals who have used meth for a long time and in large amounts. After a person stops using, symptoms can go away within a few hours to days. However, for a small number of people the problems can continue for a longer period of time and may be related to underlying mental health conditions.

Common symptoms of methamphetamine psychosis:

- Seeing shadows or lights in the corner of their eye.
- Hearing someone calling their name when nobody is around.
- Feeling self conscious as though people are watching them.
- Feeling like ordinary everyday things have special importance or meaning.
- Imagining things are changing shape or moving when they're not.
- Having unusual thoughts (e.g. the user may feel that other people are reading their mind).
- Feeling suspicious (e.g. the user may feel as though people are 'out to get' them).
- Hallucinations (hearing or seeing things that aren't there).

Other symptoms of methamphetamine psychosis:

- Repetitive compulsive behaviour.
- Tactile hallucinations (e.g. feeling things that aren't there).
- Olfactory hallucinations (e.g. smelling things that aren't there).
- Muddled thoughts, incoherent speech and going off on tangents.



METH CAN TAKE CONTROL

FOR FREE PROFESSIONAL COUNSELLING AND ADVICE CALL THE METH HELPLINE ON 1800 874 878 OR VISIT DRUGAWARE.COM.AU





Community Information Session

Venue: Community Resource Centre

Date: Thursday, 21 June 2018

Time: 9:00am – 10:30am

Address: 110 Barrack St, Merredin

RSVP: https://www.eventbrite.com.au/e/community-information-

session-merredin-tickets-46643077701

On Tuesday 12 December 2017, the Commonwealth and WA Governments announced their agreement to adopt a nationally-delivered NDIS in WA.

From 1 July 2018, the NDIA will assume responsibility for delivering the NDIS in WA.

NDIS is running a general community information session for any interested people in the township of Merredin on 21/06/2018.

We invite you to come along and find out more about the NDIS. We would welcome people with disability, families, carers, providers, businesses, government and non-government organisations.

The format will be a half hour presentation followed by a half hour Q & A session.

Please advise of any accessibility requirements such as the need for interpreters.

For more information email: EngagementWA@ndis.gov.au or phone 9235 7383.

We look forward to seeing you on the day.



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PO Box 543 MERREDIN WA 6415
Phone 0428212945 ABN 23036138418

ANDREA IS VISITING SOUTHERN CROSS AREA ON FOLLOWING DATES

Fri 29th June Thurs 2nd August

Thurs 30^{th} Aug Thurs 27^{th} Sept

Thurs 25th Oct Thurs 22nd Nov

Tues 18th December



REPORT WILD DOG SIGHTINGS AND ATTACKS

Please report any wild dog sightings, signs or tracks and any stock attacks to the EWBG Executive Officer. Your input will ensure a coordinated control across the Eastern Wheatbelt.

> Lisa O'Neill Executive Officer 0455 724 848 ewbg@outlook.com



Scott's 5th Marathon for Telethon

When: Saturday June 23rd

Where: 42.195km down the Koolyanobbing Road

to the Southern Cross Oval

Time: starting at approximately 7am

You can make a donation at https://give.everydayhero.com/au/scottsgreatwalkfortelethon2018

SCHOENPODIATR

Schoen Podiatry in Southern Cross at the Senior Citizen

Centre on the Schoen Podiatry visiting Southern Cross, please call Deb on

0405 390 063 for an appointment

12 July, 30 Aug, 18 Oct, 6 Dec

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DR LOUISE FRENCH B.V.SC (HONS) & ASSOCIATES VETERINARY SURGEONS & PHYSICIANS PO Box 388, 29 Todd Street Merredin 6415 Phone: 9041 1734 Fax: 9041 2791

NEXT VISITING DATE WEDNESDAY JUNE 27TH

PLEASE CONTACT OUR OFFICE ON **9041 1734 TO MAKE APPOINTMENTS**

SOUTHERN CROSS CLINIC DATES 2018

LOCATION: Always Side Football Change Rooms Rec. Grounds

July 25th August 22nd September 19th October 17th November 14th December 12th



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Under-Body Impact Protection, 2-Speed rain-sensing
function wipers, Bluetooth hands-free phone &
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Central Locking, Locking Rear Differential, Trailer
Sway Control & so much more.





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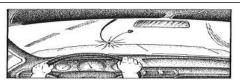
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- Kitchen features gas burner, electric wall oven as well as an original functional Meters No.2 stove
- · Large back veranda with ceiling fans and outdoor heater
- Three car carport with power as well as a single lock up powered garage currently used as a workshop
- Extra accommodation with a cedar cabin in the rear garden with a reverse cycle air conditioner, television, kitchenette and double bed
- With an abundance of established plants and fruit trees all reticulated from two 16,500 ltr water tanks
- Located meters from the Merredin Medical Center as well as the hospital and just a walk to the local schools and main street

Listing details and photos available at landmarkwa.harcourts.com.au/LEP27479





LANDMARK HARCOURTS WA Licensed Real Estate & Business Agency. Licensee: Landmark Realty (WA) Pty Ltd ABN 70 009 238 993. Principal: Glenn McTaggart Level 1, 66 Belgravia Street, Belmont WA 6104 PO Box 7467, Cloisters Square WA 6850 T 08 9318 8260 F 08 9318 8126 admin.wa@landmarkharcourts.com.au



Your For Sale advert can appear in the Crosswords!

contact the CRC on 9049 1688 or crc@yilgarn.wa.gov.au for more information or to place an ad.

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17a. 3x1 with split system aircon. Lge undercover entertaining area. Single garage. \$170 pw. Available 18/6.

17b. 1x1 unit with own entry, power meter. Air con. \$100 pw.

Both available to view Sat 16/6.

Bond required and contactable references.

Call Lisa 0409089924.

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Separate Games room

2 sheds, covered pergola

Access to rear, 1000sqm block

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...~*HOME FOR SALE*~... 12 LIBRA PLACE, STHN CROSS

- Neat and tidy 4 bedroom, 1 bathroom family home
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- Situated in quiet part of town at the end of a cul-desac 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, all offers considered

For genuine enquiries or further information call Deanne 0418921223



House for Sale

11 Omega Street, SX - \$120,000.00 neg (all offers considered)

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Built in 1987, this well-loved home features:

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- Single car garage
- Large established trees in backyard
- Landscaped gardens at the front
- Near new stove
- Immaculate lounge room

A great house that would suit first home buyers, retirees, employee accommodation and young families.

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Ca	lendar of Events				
Fri 15 Jun	YNA Bingo Night @ Complex Lounge from 6pm				
Fri 15 Jun	Pizza Night with Live Music @ Moorine Rock Tennis Club 6pm				
Sat 16 Jun	Museum Busy-Bee @ Museum 9am				
Sat 16 Jun	GOLF: Rhys Della Bosca Memorial Day				
Wed 20 Jun	Eastern Districts Panel Beaters in town @ Motor Mart				
Thu 21 Jun	Annual Electors Meeting @ Council Chambers, 6pm				
Sat 23 Jun	Scott's Great Walk For Telethon—5th Marathon starting 7am				
Sat 23 Jun	Yilgarn Young Entertainers: Brats in Space @ Community Centre, doors open 6:30 pm				
Wed 27 Jun	Merredin Veterinary Clinic in town @ Southern Cross Oval				
Fri 29 Jun	Pat & Chat Mobile Vet in town				
Fri 6 Jul	Special Meeting of Council @ Council Chambers, 4pm				
Mon 9 Jul	CRC IT course: Digital Media Resources for Business @ 10am—RSVPs required				
Thu 12 Jul	Schoen Podiatry in town				
Sat 14 Jul	First Aid Course—St John Southern Cross Sub Centre. See upcoming editions of Crosswords for further details				
SXFC TRAINING NIGHTS: COLTS: Tuesday & Thursday 4.30—5.30pm SENIORS: Wednesday & Friday 6.00—7.00pm					

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

June 22

July 13

July 27

August 10

August 24

September 14

September 28

Garfield by Jim Davis





