CROSSWORDS \$1









Table bookings available on request by calling the CRC on 9049 1688 or Shire admin office on 9049 1001



The Crosswords is produced by the Southern Cross CRC,
PO Box 178, Canopus St,
Southern Cross WA 6426
Phone: 08 9049 1688 Fax: 08 9049 1686

Email: crc@yilgarn.wa.gov.au

Crosswords Disclaimer:

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

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

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

Southern Cross Landfill Times

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

Crosswords Advertising Rates 2019/20 (as of 1 July 2019)

Business Advertisements (Business premises outside of the Shire	Black No Typesetting Typesetting		Colour	
of Yilgarn)			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

2019 Publishing Dates

Deadline 12 noon	Publishing Date
10/12/2019	12/12/2019

2020 Publishing Dates

Deadline 12 noon	Publishing Date
7/01/2020	9/01/2020
21/01/2020	23/01/2020
4/02/2020	6/02/2020
18/02/2020	20/02/2020
3/03/2020	5/03/2020
17/03/2020	19/03/2020
31/03/2020	2/04/2020
14/04/2020	16/04/2020
28/04/2020	30/04/2020
12/05/2020	14/05/2020
26/05/2020	28/05/2020
9/06/2020	11/06/2020
23/06/2020	25/06/2020
7/07/2020	9/07/2020
21/07/2020	23/07/2020
4/08/2020	6/08/2020
18/08/2020	20/08/2020
1/09/2020	3/09/2020
15/09/2020	17/09/2020
29/09/2020	1/10/2020
13/10/2020	15/10/2020
27/10/2020	29/10/2020
10/11/2020	12/11/2020
24/11/2020	26/11/2020
8/12/2020	10/12/2020

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

Christmas Mass Times

Tues 24 Dec 6:00pm Christmas Vigil Mass

Wed 25 Dec 8:30am Christmas Day Mass

Mass Times

From 1st Nov to 30th Apr From 1st May to 31st Oct Saturday 6:00pm Sunday 8:30am Sunday 9:30am



Antares Street, Southern Cross Enquiries: Leonie Gethin Ph.: (08) **9049 1222**

Crosswords for



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





"good country for hardy people"

FINANCE OFFICER

The Shire of Yilgarn invites applications from suitably qualified persons for the position of Finance Officer. The primary responsibilities of the position are:

- Maintaining the Creditors and Stock Ledger;
- Reconciling Bank accounts;
- Providing Customer Service; and
- Assisting the Finance Manager with various duties.

A full list of responsibilities is included in the Position Description.

Subsidised housing or a housing allowance will be negotiated with the successful applicant.

An information package is available at www.yilgarn.wa.gov.au. Further information can be obtained by contacting Executive Manager Corporate Services – Cameron Watson on 0428 775 325.

Written applications, addressed to the CEO and marked confidential, will be received up to **4:00pm Friday 6 December 2019**.

Peter Clarke
Chief Executive Officer

Shire of Yilgarn PO Box 86 SOUTHERN CROSS WA 6426

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



SHIRE OF YILGARN

2019/2020 CHRISTMAS/NEW YEAR SHIRE OFFICE AND COMMUNITY RESOURCE CENTRE CLOSURE

It is hereby notified for public information that the Shire Administration Office will be closed on the following dates over the 2019/2020 Christmas/New Year holiday period:

Monday	Tuesday	Wednesday	Thursday	Friday
16/12/19	17/12/19	18/12/19	19/12/19	20/12/19
Open	Open	Open	Open Council Meeting	Close office at 3.30pm for Xmas function
23/12/19	24/12/19	25/12/19	26/12/19	27/12/19
Closed	Closed	Closed Public Holiday	Closed Public Holiday	Closed
30/12/19	31/01/19	01/01/20	02/01/20	03/01/20
Closed	Closed	Closed Public Holiday	Open	Open

Motor Vehicle Licensing

All matters pertaining to Motor vehicle Registrations and Drivers Licences will be unable to be transacted during the above period and therefore residents are encouraged to have all their licensing requirements attended to prior to 3.00pm Friday, 20 December 2019.

Library Books

Users of the Shire of Yilgarn Library are requested to exchange their books prior to midday Friday, 20 December 2019 in order that they have adequate supplies over the Christmas/New Year Holiday period.

TRANSWA Tickets

Please ensure all TRANSWA tickets have been booked prior to 3.30pm Friday, 20 December 2019 at the Shire Administration Office. Alternatively you can call TRANSWA direct on 1300 662 205 or book online through https://bookings.transwa.wa.gov.au/dates.

Councillors and staff wish all residents a very Merry Christmas and a happy and prosperous New Year.

Peter Clarke

CHIEF EXECUTIVE OFFICER



SHIRE OF YILGARN

2020 COUNCIL MEETING SCHEDULE

In accordance with Section 12 of the Local Government (Administration) Regulations 1996, it is hereby notified for public information that the following dates and times have been set for the Shire of Yilgarn's 2020 Ordinary meetings of Council:-

January 2020	No Meeting Scheduled	
Thursday, 20 th	February 2020	Council Chambers Southern Cross
Thursday, 19 th	March 2020	Council Chambers Southern Cross
Thursday, 16 th	April 2020	Council Chambers Southern Cross
Thursday, 21 st	May 2020	Council Chambers Southern Cross
Thursday, 18 th	June 2020	Council Chambers Southern Cross
Thursday, 16 th	July 2020	Council Chambers Southern Cross
Thursday, 20 th	August 2020	Council Chambers Southern Cross
Thursday, 17 th	September 2020	Council Chambers Southern Cross
Thursday, 15 th	October 2020	Mt. Hampton Hall
Thursday, 19 th	November 2020	Council Chambers Southern Cross
Thursday, 17 th	December 2020	Council Chambers Southern Cross

The above meetings are open to the public and commence at **4.00pm**. A 15 minute Public Question Time is allocated at the commencement of each meeting where residents are welcome to ask questions, with or without notice, or raise an issue considered relevant to the operations of Council. In some cases prior notification of a proposed question is considered prudent, particularly if the matter requires some research. Residents are also welcome to attend the whole meeting however, they are not permitted to speak (unless directed by the Shire President) or take part in debate on any agenda item.

Other meetings such as the Annual Meeting of Electors and Special Meetings of Council called for a specific issue are advertised separately.

Peter Clarke

CHIEF EXECUTIVE OFFICER



SHIRE OF YILGARN

RURAL NUMBERING SYSTEM UPDATE

The Rural Street Numbering (RSN) System for the Shire of Yilgarn has been commenced with Council's Contractor out and about allocating property numbers for the new address system.

Once all properties have been allocated their new identified rural street number, the Contractor will then erect the new property identifier numbers at the entrance to rural properties. Owners are <u>not</u> to commence use of the RSN until they receive written notification from the Shire confirming the <u>"live"</u> date.

HOW IT WORKS – Property numbers are based on the distance from the start of the road to the property entrance. Odd numbers are on the left, even numbers on the right. For example, the number 327 refers to a property on the left side of the road 3.27km from the road's beginning. Number 1026 is 10.26km from the beginning of the road and on the right side, and number 2253 is on the left 22.53km from where the road started. **IT'S THAT SIMPLE**.

Where a property uses a main driveway off a road frontage which is not currently the official address, this must be changed to give a new street address to correlate with the RSN and main driveway.

A Lot Number on Plan address is now only used for legal purposes in regard to the land itself. The RSN is to be used for all other purposes, including on the State Electoral Roll. The address must include the RSN, the road name and the "Locality". Relevant Authorities will be notified of your new address.

Where neighbouring Shire's with adjoining roads have already allocated RSN's to properties within their boundaries, the Shire of Yilgarn must continue the numbering in the same direction. Emergency Service personnel are trained to read the RSN's in the reverse direction.

The new address identifier number remains the property of the Shire of Yilgarn and should not be removed or repositioned.

Peter Clarke

CHIEF EXECUTIVE OFFICER



General Waste and Recycling Collection Christmas Week 2019



There will be NO CHANGE to the collection service for this Christmas period.

All services will be as normal for the New Year Week.

All Christmas run information will be posted on the Avon Waste website www.avonwaste.com.au

A reminder to all seniors who have RSVP'd to the Senior's Luncheon Sunday, 1st December that the venue has changed this year, returning to the

Southern Cross Community Centre (Town Hall) and starts at 12.30pm.





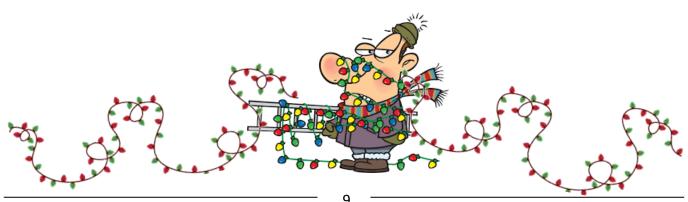
SX Hardware & News and The Shire of Yilgarn

PECK THE HOUSE CHRISTMAS LIGHTS COMPETITION 2019

Tuesday 10th December 2019

Get decorating! There are two (2) x \$100 gift vouchers to be won! An invitation is extended to all residents in Southern Cross.

*Registrations required for out of Southern Cross town site areas





Christmas Markets Saturday 7th December 2019

9.00am-12.00pm

** Doughnuts ** BBQ brunch ** Cakes ** Jams & relishes **

** ENVY Jewellery ** Stalls & swap meets **

** Paint the Yilgarn REaD egg hatching! **

** special visit from Santa! **

STALLHOLDERS STILL WANTED!

Contact the CRC to book before Wednesday 4th December. Support your local businesses this Christmas!

Held at the Southern Cross Community Centre (Town Hall)



PAINT THE YILGARN REaD



For two years now, the Reading Egg has been doing the rounds of the Yilgarn and has been talked, read, sung and rhymed to as well as played with by many of our young people and GUESS WHAT???



OUR EGG IS READY TO HATCH!!!

On Saturday the 7th December at the Yilgarn Community Christmas Markets our egg will hatch and we will FINALLY meet our fabulous mascot. Who will hatch out of our egg??? Come down and find out

and be among the first to meet the very special addition to our Paint the Yilgarn REaD family. We will have activities for the kids including colouring, singing and of course, lots and lots of books!!







WINDOW TO THE REGIONS PROJECT
- SOUTHERN CROSS-



FOLLOW - UP WORKSHOP







Tuesday 11th February 5pm - 7pm Southern Cross CRC





Please bring small prints of your photo story and also your high resolution images on thumbdrive

EXPRESSIONS OF INTEREST WANTED!

BUSINESS TRAINING & HELP

Next year we want to help our local businesses, or people wanting to start new businesses!

The CRC is able to get facilitators in to assist with information for new business start ups, social media for business, bookkeeping and administration workshops and more!

Please let the CRC know if this is something you'd be interested in with a few suggestions of what would help YOUR business!

TRAINING OPPORTUNITIES

Along with helping our businesses, the CRC would love to assist people to learn news skills and knowledge to help them gain employment or improve on their current skills. Some courses we may be able to get facilitators for are: new to computers, Microsoft Office training, bookkeeping and more. Please let the CRC know if this is something you'd be interested in.

crc@yilgarn.wa.gov.au or 9049 1688





November 2019

Skeleton weed summer surveillance

As part of the Skeleton Weed Program, the Department of Primary Industries and Regional Development (DPIRD) will be carrying out Random Surveillance within grain growing areas between December 2019 and March 2020.

Part of this surveillance will use unmanned aerial vehicles (UAV) to complement traditional targeted surveillance. We have scheduled UAV surveillance for the Shires of **York**, **Quairading**, **Beverley and Brookton** between **2 and 10 January 2020** for non-infested properties.

Inspecting paddocks

We are seeking landholder cooperation to nominate properties to undertake UAV surveillance searching if they meet the criteria:

- crop (preferable) or pasture paddocks
- minimum of 3 paddocks (150-300ha)
- paddocks to be stock-free for at least 4 weeks
- paddocks not sprayed within the last 4-6 weeks

Reporting options

We encourage all landholders in grain growing areas to search their own paddocks, and report any suspect sightings. Surveillance guidelines are available from your local DPIRD office. Report suspect sightings to your local biosecurity officer at the Narrogin office, Brian Kimber on 0427 986 302 or brian.kimber@dpird.wa.gov.au or via the options below:

- Pest and Disease Information Service (08) 9368 3080 or padis@dpird.wa.gov.au
- MyPestGuideTM Reporter App
- · or report online mypestguide.agric.wa.gov.au

For more information on skeleton weed visit agric.wa.gov.au/skeletonweed



Skeleton weed (Chondrilla juncea L.) is a declared pest in Western Australia (WA) under the Biosecurity and Agriculture Management Act 2007. Landholders are responsible for the management and reporting of any suspect sightings.

Skeleton weed flowers from early summer to mid-autumn

Skeleton weed

Early detection is the best prevention

Grants



Smart Farms Small Grants

15 November 2019

Farmers in Durack with clever, sustainable agriculture ideas can turn them into reality by applying for grants of up to \$50,000 under Round 3 of the **Smart Farms Small Grants** program.

Federal Member for Durack Melissa Price said Australian farmers had a long history of early adoption of innovations.

"We want to hear about clever projects that improve natural resource management and benefit the environment, community and economy," Ms Price said.

Smart Farms Small Grants is one way our Government is encouraging the uptake of new knowledge and skills and increasing the capacity of farming, forestry and fishing communities to adopt best practice sustainable agriculture systems.

"Farmers and pastoralists have always looked after the land and through these grants we can give them a helping hand with that task, so I encourage them to apply. The Liebe Group, Mingenew Irwin Group, Environs Kimberley and the Merredin and Districts Farm Improvement Group are previous successful applicants from my Durack Electorate," Melissa Price said.

Up to \$5 million will be provided under Round 3 of Smart Farms Small Grants, with funding of between \$5,000 and \$50,000 available. Projects may be delivered locally and regionally and must be completed by 30 June 2022.

The Smart Farms program is the key agriculture initiative under phase two of the National Landcare Program.

Round 3 Smart Farms Small Grants applications are open until 19 December 2019. For more information and to apply, visit the Community Grants Hub website www.communitygrants.gov.au.

Ends.

Media Contact Rose Crane 0427 587 395, Rosemea.Crane@aph.gov.au





COMMEMORATIVE PAVERS AND MEMORIAL GARDEN

ORDERS CLOSING SOON - 9TH DECEMBER 2019

St Joseph's School, in conjunction with our P&F Association, would like to invite you to be a part of an exciting initiative. As part of our new memorial garden, which is due for completion by the end of 2019, we would like to offer you the opportunity to purchase personalised engraved brick pavers to be placed at the entrance of the school and will link in with the memorial garden.

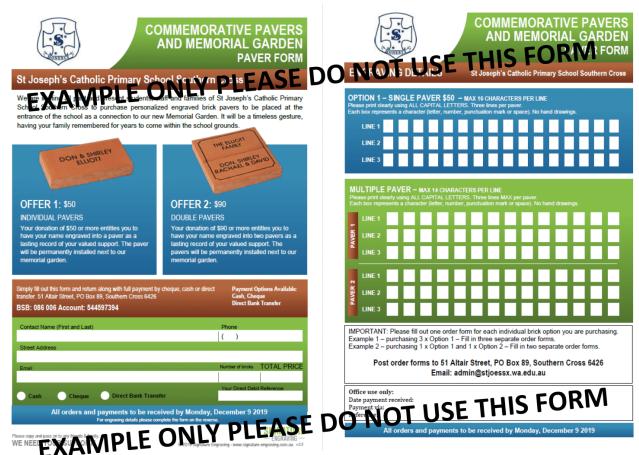
These pavers will be a timeless gesture, having your family remembered for years to come within the school grounds.

All orders and payments need to be received no later than Monday, 9th December 2019. The official opening of the commemorative payers will take place during Term One 2020.

Please share this initiative with past families and staff who have been a part of the St Joseph's Southern Cross community.

Forms are available from the school website (look under 'News & Events' menu) to complete electronically and download, as well as from the school office. Please email all completed forms to admin@stjoessx.wa.edu.au or post order forms to PO Box 89, Southern Cross 6426.

If you have any questions, feel free to contact the school office on 9049 2100.





H.A.Y. COMMITTEE/ ROADWISE/SHIRE OF YILGARN

Once again it is our intention to operate the **DRIVER REVIVER VAN** during **CHRISTMAS**

The times involved are:

MONDAY 23RD DECEMBER - BETWEEN 10AM & 4PM

CHRISTMAS EVE 24TH DECEMBER - BETWEEN 10 AM & 4 PM

THURSDAY 2ND JANUARY - BETWEEN 10 AM & 4 PM

If you can help we would be very grateful if you would sign your name on the roster which is inside the SOUTHERN CROSS HARDWARE & NEWSAGENCY now! Thank you!



Community News

Moorine Rock Tennis Club

SAT 30/11/19 SOCIAL TENNIS 3PM START

PIZZA TEA

SAT 07/12/19 SOCIAL TENNIS

3PM START

BBQ TEA- SHARED SALADS

SUN 15/12/19 HIGHSCHOOL TOURNAMENT

SPONSORED BY JRB INSURANCE

HAMBURGER TEA

ENTRIES TO LIB BY 13/12/18

Laura Black
Primary Health Nurse Practitioner

Fortnightly clinics at Southern Cross Hospital From Wednesday 20 November

Please call Southern Cross Hospital during business hours for an appointment.

Yilgarn Bowling Club

Mens

DECEMBER

Sun 1 Club Day

Sat 7 Pennants—Westonia V Yilgarn, Westonia

Sun 8 Club Day

Sat 14 Pennants—Merredin Red v Yilgarn,

Merredin

Ladies

NOVEMBER

Sat 30 Champ Champ Fours Narembeen

DECEMBER

Tue 3 Singles Championships

Fri 6 Corrigin Carnival
Tue 10 Social Bowls

Sat 14 Champ of Champ Singles @ Westonia

CAROLS BY CANDLELIGHT

NOVEMBER 29TH ROTARY PARK AT 7PM

BRING A CHAIR AND A SINGING VOICE RAFFLE TICKETS ON SALE \$2.00



LOLLYPOP FOR THE KIDS SUPPER PROVIDED



Community News

Many thanks to all on this list for your fantastic donations:

- * Yilgarn Shire Council
- Newtons Furniture
- Yilgarn Agencies
- Railway Hotel
- * Floss Giblett
- * Mululu Gifts & Homeware
- * SX News & Hardware
- * SX Pharmacy
- Club Hotel
- SX Coffee Shop
- * Lisa Boso
- * SHAC Electrical
- WA Salt Koolyanobbing
- Hutton & Northey
- Merredin Post Office
- Edgecombe Jewellers
- * Go Mad
- * Target
- Jay Car
- * IGA Merredin

From Southern Cross Hospital Auxiliary

Cancer Council WA urging teens to slip, slop, slap, seek and slide

Half a million Australian teenagers sunburnt on summer weekends

Cancer Council WA is encouraging teens to be SunSmart this National Skin Cancer Action Week and Leavers Week, with new research released today showing 1 in 4 (26 per cent) teenagers are getting sunburnt on summer weekends. Cancer Council's National Sun Protection Survey compared sun protection habits of teenagers aged 12-17 over time to form a picture of how well Australian teens are protecting themselves from harmful UV (ultraviolet) radiation. The latest survey results show there has been no significant decrease in teenage sunburn rates in the last 12 years. This data shows that urgent action is needed to do more to reinforce the "slip, slop, slap, seek and slide" message.

National Skin Cancer Action week runs from 17-23 November and is a partnership between Cancer Council and the Australasian College of Dermatologists to encourage people to use skin protection and drive awareness of the importance of early skin cancer detection.

More information on National Skin Cancer Action Week here

https://www.cancer.org.au/preventing-cancer/sun-protection/campaigns-and-events/national-skin-cancer-action-week.html







CHRISTMAS / NEW YEAR PRACTICE CLOSURE

The practice will be **CLOSED** from 4.00pm Friday 20th December **Re-opening** 8.00am Monday 6th January 2020.

Please check your medications and allow yourself plenty of time to book an appointment if you require prescriptions, along with any referrals you may need BEFORE we close for the festive break.

If you require urgent medical attention please contact the Southern Cross hospital on 9081 2222.

REMEMBER – if your health is a medical emergency **DIAL 000 IMMEDIATELY**.

Dr Nwoko, Stephanie, Helen, Steph (Smylie) and Josie would like to wish everyone a Merry Christmas and a safe and healthy New Year.

Take care and best wishes.

Pioneers of Pilgarn

Stage 1. Citizens who built this district between years 1887 and 1914

Williams, Evan: Constable Evan Williams was the first policeman in Southern Cross, arriving with his assistant in May 1889. He built his own police station with bush timber, where the primary school now stands. Police work was mundane at first – drunk and disorderly, assault charges, checking miner's rights, and searching for lost persons. Stealing cases involving natives were a concern. Prisoners were chained to a log. Williams' most famous case was arresting Frederick Deeming the murderer at Southern Cross, then accompanying him to Melbourne where he was tried and hung. Deeming was suspected of being Jack the Ripper. Williams was also involved with the miners' strike of 1892, which took tact and authority to keep under control. The discovery of Coolgardie meant sleepy Southern Cross was gone forever as the criminal element moved in. When Kalgoorlie was discovered, an experienced Williams was transferred to the new find, and Southern Cross lost a good man.

Williams, J: Managed the State battery when it was installed in 1903. The battery was the first in WA to be owned by the State and gave much needed impetus to the mining industry. Beforehand the smaller mines had nowhere to crush their ore and the industry had reached a point of stagnation. The State Battery and arrival of the goldfields water were a godsend for a struggling Yilgarn. Residues from the battery can still be seen along the South Yilgarn road.

©Lance Stevens

FAMILY COUNSELLING SERVICE

WHEATBELT AGCARE

COMMUNITY SUPPORT SERVICES INC.

FAMILY COUNSELLOR

...helping rural people meet the challenges of change



Shires Serviced:

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

Contact: Kaye Bell PO Box 101

Nungarin WA 6490 Phone: (08) 9046 5091

Fax: (08) 9046 5063 Mobile: 0488 465 081

Email: wheatbeltfamily@wn.com.au

WHEATBELT AGCARE.

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

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



Supported by the Shire of Yilgarn



Eastern Wheatbelt Primary Health Service Kitchener Road, Merredin, WA, 6415 Monday- Friday 8:30-4:30 Phone: 9081 3222

Eastern Wheatbelt Primary Health Service Update

What do We Do?

We provide free adult and paediatric services for Medicare and concession card holders who live in the Eastern Wheatbelt. These services are delivered through in-person consultations, outreach clinics, home visits, phone and telehealth. You can self-refer to the majority of our services by calling 9081 3222 or receive a referral from your GP or health professional.

We strive to provide the best quality of care, closer to home for our community and welcome your feedback at any time. You can provide it via Patient Opinion, phone us or complete a feedback form (available at all sites).







Services Available for the Southern Cross Community in 2019

Aboriginal Health: On Request Physiotherapy: Monthly **Dietetics**: On Request

Child Health: Weekly Health Promotion: Monthly Social Work: Monthly

Community Midwife: Monthly **Occupational Therapy:** Fortnightly Speech Pathology: Monthly

Please note: This information is a guide and is subject to change. You require a referral and appointment to be seen. Child Health appointments can be made by calling Southern Cross Child Health Clinic on 9049 1321. Appointments for all services can be made by phoning Primary Health on 9081 3222.

HEALTHIER COUNTRY COMMUNITIES THROUGH PARTNERSHIPS AND INNOVATION

COMMUNITY | COMPASSION | QUALITY | INTEGRITY | JUSTICE





"I live in Northam, just down the road and moved here from McLaren Vale, in South Australia three and a half years ago to work as a Dietitian. I've made it my home and am now settled here, with many friends, and a partner. We have a puppy named Soxie.

"Mostly clients say they love my approach to a balanced lifestyle and moderation with foods. I often say to people "all foods are good foods, we just need to consider portions and frequency of consumption in relation to health outcome/goals".

If you require support from a DT call 9081 3222 or request a referral from your GP.



We asked Dr Anna ... "What exactly is a Paediatrician?"

She said "Paediatricians are specialists... and while "paeds" is a very general specialty, it is like being a GP just for kids. Seeing a paediatrician can save you lots of time, travel and having to set up a range of appointments. Paeds can take care of most of your children's health needs because they specialise in children's health.

We see kids in relation to general medical problems. And due to specialising in children's health, we can work with various medical and developmental problems eliminating the need to refer them to another "Specialist". "

To make a paediatric booking see your GP or call 9081 3222.



2019 Telehealth childbirth and parenting classes

Upcoming classes - 2.00-3.00pm

01 November - Labour & birth
08 November - Pain relief & birth interventions
15 November - Postnatal care & early parenting
22 November - Breastfeeding



Meet Sha-May, our new Physiotherapist (PT)!

Sha-May, Eastern Wheatbelt Physiotherapist, joined the Allied Health Professional team earlier this year and has been travelling around the region since then. As physiotherapist, we are in the business of caring for people from a holistic perspective. Contrary to popular belief, physios don't just do massage. In the outpatient clinic, we have clients from all core physio areas.

Please contact us at Merredin Hospital on 9081 3222 to make a referral in your area!



What is ear health?

Did you know that we define your ear or your child's ear as a healthy ear by how it looks and how it functions?

Hearing develops around the sixth week of pregnancy and helps humans interact with each other and their environment. Not surprisingly, not being able to hear or having reduced hearing ability can adversely affect your child's growth and development.

If you have a query or want some more information about our amazing service don't hesitate to contact Rebecca, our Child and Community Health Nurse, on 9081 3222.



Western Australia's Rural health, financial & information support directory



Contact numbers for support & assistance

Updated July 2019

24 hour support

Dept of Communities Child Protection &

Family Support Division -

Crisis Care free call 1800 199 008 Men's Domestic

Violence Helpline free call 1800 000 599

Non-judgment phone line for men.

Women's Domestic

Violence Helpline free call 1800 007 339

Support and counselling for women experiencing

domestic violence.

131 114

Provides access to crisis support, suicide prevention & mental health support services.

Beyond Blue 1300 224 636

Mensline Australia 1300 789 978

Offers information, support and referral.

free call 1800 551 800 Kids Helpline

(Ages 5-25)

Samaritans Crisis 135 247

National Sexual Assault, Family & Domestic

free call 1800 737 732

Suicide Callback Service 1300 659 467

Mental Health Emergency

Response Line 1300 555 788

Alcohol & Drug Support Line

9442 5000 / 1800 198 024

Parent & Family Drug Support Line

9442 5050 / 1800 653 203

NOTE: Some numbers will have options to select from when first NUIE: Some numbers will have options to select from when first dialed. Delays may be experienced at times, when waiting for your call to be answered. There may be times where you're redirected to message bank if the line is in use, the operator will return your call as soon as possible. Remember to leave your name and contact number.

General health

Health Direct free call 1800 022 222 24 hour health advice

Free health advice you can count on, talk to a registered

Information services

Department of Primary Industries and Regional Development

Rural Business Development Unit

free call 1800 198 231

The RBDC has support schemes including farm debt mediation and business management training.

Department of Agriculture and Water Resources

Drought & Rural assistance

free call 1800 900 090

Regional Investment Corporation

Loans for farm investment, preparation for drought or affected by drought and water infrastructure.

free call 1800 875 675

Australian Taxation Office Emergency Support free call 1800 806 218

Farm household allowance, concessional loan schemes farm management deposits, tax measures, managing farm risk program.

Wheatbelt Commonwealth Carer Respite Service free call 1800 052 222

Support for caring relationships, information, respite care and support for carers and the people they care for

Department of Communities

free call 1800 176 888

Provides a range of child safety & family support services to WA individuals, children and their families

WA Elder Abuse Helpline 1300 724 679

Cancer Council of WA 131 120 Information & Support Line

Counselling & support

Family counsellors - rural

Confidential counselling and personal support.

9063 2037 **Central Aggare** Corrgin, Wickepin, Pingelly, Kulin, Brookton, Quairading, Narembeen, Kondinin, Bruce Rock &

Southern Agcare 9827 1552

 Noongar counselling: Darkan, Arthur River, Wagin, Dumbleyung, Lake Grace, Nyabing, Pingrup 0427 192 155

• Noongar counselling: Broomehill, Woodanilling, Gnowangerup, Ongerup, Jerramungup

0427 241 381

• Katanning, Kojonup, Wagin, Tambellup

0427 441 459

Wheatbelt Agcare Nungarin 9046 5091 0488 465 081 & Districts

Family Relationship

AdviceLine free call 1800 050 321

CentreCare 9325 6644

Ngala Parenting Line free call 1800 111 546

Northern Districts Support Counselling

9971 1030

1300 364 277 Relationships Australia (WA)

Women's Health & Family Services

free call 1800 998 399 free support and counselling

Carers WA 1300 227 377

Amity Health 9842 2797 Mental health counselling - Wheatbelt & Great Southern

Referral from GP or allied health required

Disability Services Commission

General enquiries free call 1800 998 214

TTY 9426 9315

131 249

Women's Information Service

free call 1800 199 174

The service provides information & referrals about issues such as health, finances, legal matters, counselling and domestic violence

Regional Men's Health Initiative 9690 2277

Education and support for rural and regional WA.

Small Business Development Corporation

National Drought Map

https://map.drought.gov.au

FarmHub https://farmhub.org.au

Your doctor Local hospital

Emergencies

=	
Police, Fire, Ambulance	000 TTY106
Police assistance	131 444
State Emergency Service	132 500
Poisons Information Centre	131 126

Important disclaimer: The Director General of the Department of Primary Industries and Regional Development and the State of Western Australia accepts no liability whatsoever by reason of negligence or otherwise arising from the use or release of this information or any part of it.

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Ancillary services

Avon Youth Services 9622 2612 (Areas from Northam, Merredin, Moora to Narrogin)

Community Drug Service Team

Great Southern	9892 2100
MidWest / Murchison	9956 2424
Narrogin	9881 1999
Northam & Moora	9621 1055
South West	9721 9256
Merredin	9081 3396
Goldfields	1300 664 137

Community Mental Health Services

inty internal ricaltiff Scrvices		
Albany	9892	2440
Esperance	9071	0444
Kalgoorlie	9088	6200
Geraldton	9956	2424
Narrogin	9881	0700
Wheatbelt	9621	0999

Rural Link free call 1800 552 002

Share & Care Community Services

9622 2828 Northam

Emergency relief, family assistance, financial counselling, home support service, women's refuge. Available to the people of the Coastal, Wheatbelt and Upper Great Southern regions

Financial support services

Department of Human Services -

132 468

Farmer Assistance Hotline - Income support programs 132 316 for farmers & rural small businesses

ATO Debt Information Line 131 142

Rural Financial Counselling

free call 1800 612 004 Services of WA

National Debt Helpline free call 1800 007 007



YILGARN

DAYCARE

Now open





Tuesday-Friday 8am - 4pm

The Centre now has CCS (Child Care Subsidy) approval, this may reduce your out of pocket childcare costs

Please call in to take a look at the new centre and see what benefits childcare may offer your family and pick up an enrolment pack



Join us to have a chat about mental health and wellbeing in rural Australia

A Rural Minds Workshop is a relaxed way to learn about mental wellbeing and resilience for your community, your family, friends, and yourself. Designed for rural and remote communities, and delivered by people who know what it's like out here, Rural Minds is just good, solid, practical, information without all the bull...dust.

The workshop will:

- Improve your awareness and understanding of mental health issues
- Make the connection between mental health and personal safety
- Give you the confidence, strategies and pathways to supports to help you preserve your mental health and that of your family and friends.

Topics covered will include:

- Stigma around mental illhealth
- Risks to mental health
- Anxiety and Depression
- Destructive Thinking
- Acute Stress and PTSD
- Dementia
- Suicide
- Alcohol, drugs and mental health
- Relationships
- Financial Stress and Succession
- Strategies to build and maintain mental health
- Mental health supports

To find out about a Rural Minds workshop for your area, contact Jo Drayton email: JDrayton Holyoake.org.au phone: 0436 000 514



RRMHRuralMinds



RRMentalHealth





rrmh.com.au

Recovery from Perinatal Anxiety & Depression



If you are experiencing perinatal (during pregnancy or after birth) anxiety or depression you may have many questions:

- · Why is this happening to me?
- · Who can help me through this?
- What would be the best sort of treatment or support for me?
- Will I get better and how long will it take?
- What if I want to have another baby in the future?

A range of physical, psychological and external factors can contribute to the development of perinatal anxiety and depression. Recovery depends on addressing all of these factors and often accessing professional help and support. Help is available and getting the right support early leads to a faster recovery.

Who can Help?

Asking for help is the first and most difficult step. It is important to know that there are many informed and compassionate health professionals who are experienced in helping parents overcome perinatal anxiety and depression. An understanding health professional can be a great ally throughout your recovery process. You could talk to anyone of these: General Practitioner (GP); obstetrician; midwife; Child Health Nurse; PANDA; psychologist; psychiatrist; social worker; counsellor or other trusted health professional.

The discussion you have may cover:

- How long you have been feeling anxious or depressed
- · How distressing your thoughts and feelings are
- Whether your thoughts and feelings are affecting your daily life i.e., sleep disturbance; change in appetite; or inability to function as you normally would
- Any scary thoughts or feelings that are difficult to share like thoughts of harming yourself or your baby/children.

If you feel that you are not heard, or that the concerns you raise are not taken seriously, seek an alternative opinion.

PANDA is a good place to start if you are unsure who to approach. The PANDA Helpline staff will listen and help you identify ways to obtain support and treatment if needed.

Treatment Options

Recovery from perinatal anxiety or depression can involve more than one kind of approach.

Medication

Sometimes medication is recommended. It is important to know that there are medications that can be safely used in pregnancy or during breastfeeding¹. Before prescribing medication, however, your doctor should discuss with you:

- · How long you have been feeling this way
- · The severity of your symptoms
- The safety of the medication
- How long you might need to take it
- Why they are recommending this treatment and how they expect it to help
- If there are any side effects and whether these can be reduced
- If there are effective alternatives to medication.

 $^{^1\}mathrm{Patkar}$ A, et. al. Pharmacotherapy of Depression in Pregnancy. Annals of Clinical Psychiatry. 2004; 16:87–100.

If you feel that you are not getting the support and understanding you need from your doctor when discussing whether to take medication, get a second opinion.

Counselling

Counselling can be useful if you are ready to speak about your challenges and vulnerabilities with a trained professional. In counselling, feelings and beliefs can be explored and supported which can help you feel cared for and understood. You can also learn strategies to help manage distress during these difficult times:

- Your GP can make a referral and work closely with other health professionals, such as a psychologist or a psychiatrist, who may be providing care
- The PANDA Helpline is free and confidential and can put you in touch with counsellors experienced in providing support to people during pregnancy or after birth.

General Strategies for Recovery

Caring for a baby can be an isolating and exhausting experience, particularly if you are the primary caregiver. Anxiety and depression can heighten these feelings. The following strategies may help:

- Seek company when you're feeling low (even though this might be the last thing you want to do, being alone can make everything seem bigger and less manageable)
- Share your experience with other parents who have experienced or are experiencing anxiety or depression
- Join a supported playgroup or support group
- Call PANDA to talk about your thoughts and feelings and explore options for support
- · Talk to a trusted family member or friend
- Prioritise rest. Talk to your Child Health Nurse about support available in the community or ask family members or friends for practical support
- Look after your own health by eating well and getting some gentle exercise (walking is a great starting point!)
 - Limit alcohol and other drugs that can work against your wellbeing
 - Be gentle with yourself. Recovery can take time. It is a journey that often involves taking a few steps. forward and then a step back.





Having another baby

If you've experienced a mental health concern during pregnancy or after childbirth you may be thinking about whether or not you will have any more children. These are difficult questions, and ones that you will most probably want to discuss with your family, as well as a medical practitioner who knows your history and circumstances.

Be gentle

with yourself.

Chance of recurrence: the statistics

Your chance of experiencing depression with future births is thought to be up to 40%. However, with understanding of your experience, including knowing when to get help and having a strong support network, the risk or severity can be reduced. If you have experienced very severe depression, or postnatal psychosis, it is particularly important to get advice from a doctor and consider all your options before becoming pregnant again.

It can be difficult to decide whether or not to have another baby. Ultimately, this is something that only you can decide.

Things you can do:

- Give yourself time to recover emotionally after your baby is born. It can be difficult to notice when the time is right. A good indicator might be when you are enjoying parenthood and feeling engaged with your baby.
- Talk about having another baby with the important people in your life. While the decision is yours, you are likely to need their support.
- Talk to your GP or mental health professional about what you should consider when planning to have another baby. Have a good network of health care professionals to support you.
- Know the symptoms of anxiety and depression.
 Have some agreed 'signs' for when it's time to seek help (these might be things like changes in sleep or increased irritability).

With planning and support, knowing the signs and symptoms and using strategies developed in your previous recovery period, you will be better prepared to take action early and deal with any recurrence.









WHEATBELT CANCER SUPPORT.

Are you affected by cancer, or do you care for someone who is? Would you like an opportunity to talk to someone about what support is available?

Barbara Brennan from Cancer Council WA is an experienced health professional who is the Cancer Support Coordinator for the Wheatbelt Region.

Barbara can connect you and your family to Cancer Council WA and other community services available in your area.

Please call **Barbara on 08 9621 1810** if you would like to discuss:

- information on all aspects of cancer
- accommodation during treatment in Perth
- practical and financial assistance
- emotional support



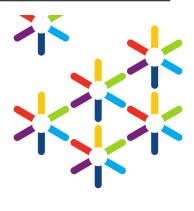
We're your compass through cancer call us on 13 11 20





Mental health

in Western Australia



What's happening?

In Western Australia:

One person dies every day by suicide. That's more than the road toll. Nearly 3 out of 4 deaths by suicide are male.

WA's suicide rate was approx 20 per cent higher than the national average in 2016.

A big risk factor for suicide and self-harm is having a mental health issue.

We can reduce the risk of suicide by treating mental health issues early, by building resilience, and improving the overall mental health and wellbeing of Western Australians.







1 IN 5 AUSTRALIANS WILL HAVE A MENTAL HEALTH ISSUE EACH YEAR





WAS SPENT ON MENTAL HEALTH

SERVICES IN AUSTRALIA IN 2015-2016

Where to get help?

If you or someone you know is in a life threatening situation, or is at risk of harm to themselves or others, call 000.

Getting help early can make a difference. A good place to start is:

- Talk to your GP or someone you trust.
- · Call a support line.
- · Contact a support service.
- Try the Think Mental Health check-up tool.

Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health.

It's normal to have ups and downs in life, it happens to all of us. Looking after your mental health enables you to function well and be able to cope when things aren't going so well.

Little things you can do include:



SPEND TIME WITH FRIENDS, LOVED **ONES & PEOPLE** YOU TRUST

TALK ABOUT

OR EXPRESS

REGULARLY

YOUR FEELINGS



GET ENOUGH SLEEP





TAKE TIME OUT & ENJOY YOUR HOBBIES



KEEP ACTIVE & EAT WELL



AVOID ILLICIT **DRUG USE**



Signs and symptoms of mental health issues

- 🄽 Noticeable change in usual behaviour.
- 🔀 Feeling down for some time and not getting better.
- 🔽 Problems sleeping.
- 🔽 Lack of energy and motivation to do everyday things.
- a Major changes in eating habits.
- Withdrawal from friends and activities.
- Increased use of alcohol or other drugs.



MENTAL HEALTH

For more information visit thinkmentalhealthwa.com.au



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Looking to subdivide your rural property?

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With offices in Perth, Broome and Northam, RM Surveys have a strong focus on servicing regional areas, and we passionately believe in providing superior customer service to our clients in the Wheatbelt.

*From RM Surveys receipt of all required documentation.



Contact RM Surveys



Provide Documentation



Authorise WAPC Lodgment

PHONE: STREET ADDRESS: 08 9670 3124 269 FITZGERALD 5

269 FITZGERALD ST NORTHAM WA 6401

EMAIL:

QUOTES@RMSURVEYS.COM.AU

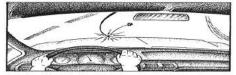
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Samudra Sarubin 0439 382 649

Samudra is a Licensed Surveyor with a farming background and is a graduate of Ag School in the Wheatbelt.





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W boronamechanical.com.au



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Real Estate



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3 x 1 Home

Ring Dave for further details
0459 452 393

For Sale \$98K/Rent \$180 per week Quaint 3 x 1 Duplex

Come and take a look at this little Gem! All you need to do is move in!

- Large Patio
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- 526m2 secure block

Contact:

Chris Hanretty mb: 0424071760 Mick Hanretty mb: 0437338608

WANT TO PLACE A RENTAL OR HOUSE FOR SALE ADVERT?

Contact the CRC on 9049 1688 or crc@yilgarn.wa.gov.au to organise your ad to appear in our next edition!



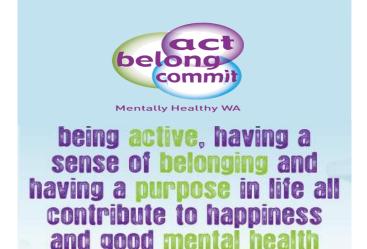
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3x1 fully renovated house in Scorpio Street.

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Johan: 0447163693



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Find Us on Facebook!

Ca	lendar of Events
Fri 29 Nov	Carols by Candlelight @ Rotary Park 7pm
Sun 1 Dec	Shire of Yilgarn Seniors' Luncheon
Sat 7 Dec	Christmas Markets at Community Centre 9am—12pm
Tue 10 Dec	Deck the House Christmas Lights Competition judging night
Thu 12 Dec	Outback Comedy @ Rec Centre Lounge—doors open 6.30pm, show starts 7pm
Tue 17 Dec	Pat & Chat Mobile Vet in town
Wed 18 Dec	Eastern Districts Panel Beaters in town
Thu 19 Dec	Shire of Yilgarn Council Meeting @ Council Chambers 4.00pm
Fri 20 Dec	Shire of Yilgarn and CRC close 3.30pm for 2019
Wed 25 Dec	Christmas Day
Wed 1 Jan 20	New Year's Day
Thu 2 Jan	Shire of Yilgarn and CRC open 8.30am for 2020
Sun 26 Jan	Australia Day
Tue 11 Feb	Windows to the Regions follow-up workshop @ CRC 5pm—7pm
Sat 7 Mar	Ladies Day 2020

Regular activities

HACC activities Mondays & Wednesdays @ SX Hospital

Happening at the Senior Citizen's Centre:

Art Group Tuesday, 11.00am

Carpet bowls Wednesday & Friday, 10.00am

Fancy Feet Tuesday, 9.30am
Movers & Groovers Thursday, 9.30am
Patchworking Tuesday, 6pm
Scraphooking Thursday, 10am—

Scrapbooking Thursday, 10am—3pm Singing Wednesday, 7.30pm

CWA Meetings Third Friday night of every month

Schoen Podiatry 12 December

Recycling Days

December 13 December 27 January 10 January 24 February 14 February 28







Garfield by Jim Davis