

CROSSWORDS \$1

Beginners Macrame Necklace Workshop

BY FOREVER PENDULUMS WITH MEL TAYLOR



@foreverpendulums



@foreverpendulums

TWO SESSIONS AVAILABLE
Monday 6th April 2020
Monday 20th April 2020
10:00 am - 12:00 pm

If you can tie a knot (and I know you can) then this workshop is for you! Once you see it's all about 'knots' you'll be so glad you did it! Perfect for beginners, we'll have you creating a masterpiece in no time!

What you get:

- Waxed cord & crystal to make a necklace, plus enough cord to take home to practice.
- All the tea & coffee you can drink plus light snack
- Continued support in case you get stuck!

RSVP TO THE CRC ON 9049 1688 OR
CRC@YILGARN.WA.GOV.AU OR CLICK
GOING ON THE FACEBOOK EVENTS!



BOOKINGS ESSENTIAL

BOTH SESSIONS HELD AT THE
SOUTHERN CROSS CRC

The Crosswords is produced by the

Southern Cross CRC,

PO Box 178, Canopus St,

Southern Cross WA 6426

Phone: 08 9049 1688 Fax: 08 9049 1686

Email: crc@yilgarn.wa.gov.au

Crosswords Disclaimer:

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

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

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

Southern Cross Landfill Times

The Tip Shop will also be open during the below hours.

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 of Yilgarn)

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

Local Business and Non-Profit Organisations Advertisements

(Business premises within the Shire of Yilgarn)

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

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

1/4 page vertical	90mm x 120mm
1/4 page horizontal	180mm x 60mm
1/2 page vertical	90mm x 270mm
1/2 page horizontal	180mm x 120mm
A4 Full page	180mm x 270mm

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

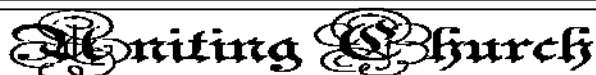


DON'T FORGET!
Crosswords' submissions
close every 2nd Tuesday at 12.00 noon

2020 Publishing Dates

Deadline 12 noon	Publishing Date
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

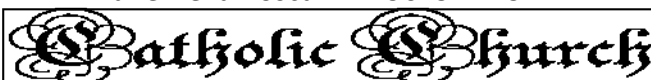
Church Notices



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

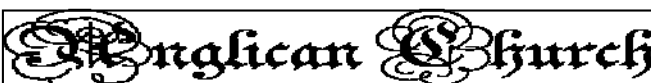
As part of the official response of the Catholic Archdiocese of Perth to the COVID-19 pandemic, all public Masses at Our Lady of Montserrat church will be temporarily suspended. This temporary suspension of public Masses will be for an initial period of two weeks between Wednesday 18 March and Wednesday 1 April 2020. Subsequent revisions and advice will be given in the 2 April edition of Crosswords.

Two items on our Lent/Easter Schedule are not Mass and therefore they can go ahead as originally planned:

Fri 20 March 6:30pm - Parish Lenten Stations of the Cross

Sat 4 April 5:30pm - Parish 1st Rite of Reconciliation

Please also note the change of date for the Stations of the Cross service.



March	Saturday 21 st 11.00am
April	Saturday 18 th 11.00am
May	Saturday 16 th 11.00am
June	Saturday 20 th 11.00am Annual Meeting with Bishop Jeremy James
July	No Anglican service
August	Saturday 15 th 11.00am

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

SHIRE OF YILGARN

COVID-19 (Coronavirus Disease) UPDATE

Residents would have been receiving regular updates via the media and Federal and State Governments regarding the COVID-19.

Council urges all residents to keep abreast of these updates and take the necessary precautions as advised by our health professionals.

On a local level, the Shire of Yilgarn will be convening a meeting of its Local Emergency Management Committee (LEMC), which is made up of representatives from all emergency authorities to ensure that locally, the Shire is also ready to respond where necessary to COVID-19 should an outbreak occur within the district.

The Shire of Yilgarn has a responsibility under the Western Australian Government's Pandemic Plan to:-

Local Emergency Management Committees – s.39 of the EM Act

- Advise and assist the relevant local government in ensuring that local emergency management arrangements are established for its district
- Liaise with public authorities and other persons in the development, review and testing of local emergency management arrangements
- Carry out other emergency management activities as directed by the SEMC or prescribed by the regulations.

Local government authorities

- Ensure that effective local emergency management arrangements are prepared and maintained for their districts
- Manage recovery following an emergency affecting the community in their districts
- Ensure continuity of essential local government services
- Work with the WA Government in supporting national arrangements outlined in the [National CD Plan](#).

Regular updates will now be provided in "Crosswords" for residents information.

Cr Wayne Della Bosca
Shire President and Chair
Shire of Yilgarn
Local Emergency Management Committee

Peter Clarke
Chief Executive Officer



CEACA
Supporting Age Friendly Communities

CEACA Units Available Now!



Introducing new CEACA Referral Program!

Refer a friend, family member or acquaintance to our units and if the person they referred is successful, the referrer will be paid a one-off sum of **\$250!**

Available units

Central East Aged Care Alliance Inc (CEACA) aims to provide affordable housing in the wheatbelt region.

The following CEACA sites are now fully occupied: Koorda, Westonia, Mukinbudin, Nungarin, Bencubbin.

Two bedroom units are available in the following Shires and we invite expressions of interest to be sent to us at info@ceaca.org.au: Merredin, Kellerberrin, Beacon, Yilgarn, Bruce Rock, Trayning.

All units come with a split system air-conditioner in the main living area and ceiling fans in the bedrooms.

The interior of the units are furnished with good quality carpet and blinds.

The tenants are all settling in well and are enjoying their new home. If you have someone in mind who would be interested in renting one of our units, but need to know more or are unsure of whether they would be eligible, please let us know.



Tenant feedback

The following are some comments from some of our happy tenants!

Lorraine & Laurie

Really like our new unit, very spacious and roomy. Love how we have a small community of people here who are helpful and neighbourly but also respectful of each other's privacy.

Graeme & Judith

We love our unit here in Kellerberrin. It is rather spacious and has heaps of storage. Living in a village community makes you feel quite safe everyone looks out for each other. And we are within walking distance of the shops. That gives us some exercise.

Rose & Terry

Life at the Kellerberrin units is great, everyone is friendly and we have get together for special occasions. New Year's Eve the tenants got together, we took our tables and chairs out under the tree and it was a great night for all. I would fully recommend living at these units.

Get in touch
for any inquiries

☎ (08) 9441 4800
📠 0414 136 687

✉ info@ceaca.org.au
www.ceaca.org.au



Australian Government
Department of Health

CORONAVIRUS (COVID-19)

Updated advice from your Federal Member of Parliament and Senator

For the latest advice, information and resources, go to www.health.gov.au

Your primary source of COVID-19 information specific to your state or territory is your **state and territory health department**. For information or to get in contact, click on the relevant website link below.

Australian Capital Territory Department of Health
www.health.act.gov.au

New South Wales Department of Health
www.health.nsw.gov.au

Northern Territory Department of Health
www.health.nt.gov.au

Queensland Department of Health
www.health.qld.gov.au

South Australian Department of Health
www.sahealth.sa.gov.au

Tasmanian Department of Health
www.dhhs.tas.gov.au

Victorian Department of Health
www.dhhs.vic.gov.au

Western Australian Department of Health
www.health.wa.gov.au

If you require further information you can also call the National Coronavirus Health Information Line on **1800 020 080**. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call **131 450**.

What you need to know

If you are a traveller from mainland China or Iran or another high risk country/region, or think you may have been in close contact with a confirmed case of coronavirus, special restrictions apply to you. You must isolate yourself, which means you stay at home and do not attend public places, including work, school, childcare or university. For the latest advice on who needs to isolate, go to www.health.gov.au

While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness—not coronavirus.

What is a coronavirus and COVID-19?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East respiratory syndrome (MERS). This new coronavirus originated in Hubei Province, China and the disease outbreak is named COVID-19.

How is this coronavirus spread?

The coronavirus is most likely to spread from person-to-person through:

- direct close contact with a person while they are infectious
- close contact with a person with a confirmed infection who coughs or sneezes, or
- touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

Most infections are only transmitted by people when they have symptoms. These can include fever, a cough, sore throat, tiredness and shortness of breath.

How can we help prevent the spread of coronavirus?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses.

You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet

CORONAVIRUS (COVID-19)

Updated advice from your Federal Member of Parliament and Senator

- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- and; if unwell or you have travelled to a high risk area, avoid contact with others (touching, kissing, hugging, and other intimate contact).

If you have returned from a country or region that is at higher risk for COVID-19, monitor your health for the next 14 days. You can attend work unless you work in a setting with vulnerable people.

Who needs to isolate?

To help limit the spread of coronavirus, you must isolate yourself in the following circumstances:

- If you have left, or transited through, mainland China or Iran or another high risk country/region in the last 14 days you must isolate yourself for 14 days from the date of leaving.
- If you have been in close contact with a confirmed case of coronavirus, you must isolate yourself for 14 days from the date of last contact with the confirmed case.

What does isolate in your home mean?

People who must isolate need to stay at home and must not attend public places, in particular work, school, childcare or university. Only people who usually live in the household should be in the home.

Do not allow visitors into the home. Where possible, get others such as friends or family who are not required to be isolated to get food or other necessities for you. If you must leave the home, such as to seek medical care, wear a surgical mask if you have one.

What do I do if I develop symptoms?

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within 14 days of leaving mainland China or Iran or another high risk country/region, or within 14 days of last contact of a confirmed case, you should arrange to see your doctor for urgent assessment.

You should telephone the health clinic or hospital before you arrive and tell them your travel history or that you may have been in contact with a potential case of coronavirus. If you would prefer to speak by phone to a Health Professional call Health Direct on 1800 020 080.

You must remain isolated either in your home or a healthcare setting until public health authorities inform you it is safe for you to return to your usual activities.

Who is most at risk of a serious illness?

Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly. From previous experience with other coronaviruses, the people at most risk of serious infection are:

- people with compromised immune systems, such as people with cancer
- elderly people
- Aboriginal and Torres Strait Islander people, and
- people with diagnosed chronic medical conditions.

How is the virus treated?

There is no specific treatment for coronaviruses. Antibiotics are not effective against viruses. Most of the symptoms can be treated with supportive medical care.

Should I wear a face mask?

You do not need to wear a mask if you are healthy. While the use of masks can help to prevent transmission of disease from infected patients to others, masks are not currently recommended for use by healthy members of the public for the prevention of infections like coronavirus.

More information

There is a collection of resources for the general public, health professionals and industry about coronavirus (COVID-19). This includes:

- For parents of school aged children
- For aged care residents and families
- For childcare, schools and higher education
- Resources in Simplified or Traditional Chinese
- Resources in Farsi



@healthgovau



On Saturday 7th March, the Yilgarn Ladies Day was held at the Southern Cross Senior Citizen's Centre.

The day started with a morning tea, and Toni McKenzie from Peter J Jackson Funeral Directors speaking first about how she got into the business and the things that lead her family back to Merredin. Sarah Kristy from Minjar Gold followed after discussing her story in how she ended up in mining, her 'side hustle' business and the importance of remembering to be kind.



Fleur McDonald was the last speaker before lunch, which included a reading of one of her junior fiction books, getting published and how she started writing.



Lunch was then had with a HUGE range of delicious options that everyone enjoyed. Once you'd had your fill of lunch, the cakes and other sweet things came out—talk about needing a second stomach to enjoy everything!

After lunch our final guest speaker Kerry Billstein discussed some ways you can change your mindset to be more positive and ways you can set yourself up to succeed daily. There was something there for every woman who attended, and all feedback received was very positive.



Thank you to our guest speakers, Onida our wonderful MC, Pauline & Di for the delicious food, Jodie from Mululu Gifts & Homewares for the centrepieces, stallholders for their stalls of books, kokedamas, jams/relishes and jewellery, Shire of Yilgarn/CRC for the organisation and lastly, to all the ladies who attended—without you all, we'd not have a ladies day.





OPSM will be
visiting Southern Cross on

**Monday
6 April 2020**

For appointments please call
the Southern Cross
Pharmacy on 90491056

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



Southern Cross Community Workshop

FRIDAY 3rd April 2020

4.30pm – 7.30pm

Community Resource Centre (Canopus St, SC)

Come hear from UWA and ECU researchers as they present preliminary findings from the project *Valuing Where We Live in WA*. We will discuss what residents value about living in Southern Cross, how these values compare to other communities in WA, and explore with you how a changing climate may impact what is valued now and in the future.

We will also be conducting interviews on these themes on 4th and 5th April. We'd love to hear your views! Contact details below.

RSVP: Dr Neville Ellis
e: neville.ellis@uwa.edu.au
ph: 6488 2704



Australian Research Council (ARC) – Locating loss from climate change in everyday places

Community News

Yilgarn Bowling Club

Mens

Sat 21 Pennants Final 1st v 2nd, 3rd v 4th @ Civic

Sun 22 (morning) loser 1st and 2nd plays winner
3rd and 4th @ Civic
(afternoon) Pennant Grand Final @ Civic

Sun 22 Club Day

Sat 28 Closing Day Presidents Day

April 4 & 5 SEBL Champion of Champion Singles @
Bruce Rock

Ladies

Tue 24 Social Bowls / Closing Day / Meeting

Moorine Rock Tennis Club

SAT 21/03/20 CASH BUILDER TEAM EVENT
3PM START
PORK 'N' SLAW TEA
SPONSORED BY SUMMIT

SAT 28/03/20 SOCIAL TENNIS
3PM START
BBQ TEA—SHARED SALADS

SAT 04/04/20 CLOSING DAY
FUN CLOCK TOURNAMENT
3PM START
TEA TBA
SPONSORED BY ATLEX STOCK YARDS

Crosswords for

FREE?!

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

Southern Cross Golf Club

SOUTHERN CROSS GOLF CLUB

2020 GOLF SEASON

The Club recently conducted its AGM with the following Office Bearers being elected:-

President – Cheryl Auld
Vice President - David Auld
Secretary – Peter Clarke
Treasurer – Kim Chrisp
Men's Captain – Shaun Chrisp
Ladies Captain – Karin Wesley
Men's Vice Captain – Shane Freestone
Ladies Vice Captain – Lyn Price

Opening Day for the 2020 Season will be held on **Sunday, 19 April.**

2020 Membership Fees

Full Membership	\$125.00
Juniors	\$30.00
Green Fees	\$5.00

Existing or prospective new members are encouraged to contact any of the above Office Bearers for information relating to the upcoming season.

Expressions of interest wanted for future courses/training at the CRC!

The CRC are seeking expressions of interest for the following courses/training.

If we get enough numbers, we will look into organising training within the next few months.

- Forklift ticket
- Lunch & learn: Bookkeeping 101
- Afternoon session: Getting Paid on Time (business)
- Facebook Essentials for Small Business
- Microsoft Office training

If you have any other suggestions of training you might want to see offered in our area, or wish to register interest in the above training, please contact the CRC on crc@yilgarn.wa.gov.au or 9049 1688.

Our Commitment to You

We believe that partnerships with the community are integral to our success.

This commitment is supported by us seeking your input into our business through surveys, customer feedback and our advisory groups who represent the community, specific interest groups and industry bodies.

For all concerns, suggestions or complaints regarding Great Eastern Highway, Marvel Loch Road and Bullfinch Road contact Main Roads.

Your suggestions... how can we improve?

We welcome any feedback you may have, including suggestions on how we can improve our services to you and your feedback on what we are doing well. Call 138 138 or email us at enquiries@mainroads.wa.gov.au.

We are also committed to an accessible, fair and equitable complaints handling process where we work together with you, our customers, to drive business decisions and improvements.

For more information on how to make a **complaint online** please visit <https://www.mainroads.wa.gov.au/Pages/complaintsFeedback.aspx>

NAVIGATING THROUGH CANCER.



This series of eight weekly support and awareness presentations is delivered through the WA Telehealth system straight to your own electronic device or computer.

The program will be hosted by expert guest speakers on topics relevant to those impacted by cancer living in rural and remote Western Australia.

These sessions offer the opportunity for people impacted by cancer to learn relevant evidence-based information and to ask questions on the day. You may want to join every session or choose sessions relevant to your particular situation.

Sessions will explore:

- Cancer, It's Treatments and You
- Emotions, Communication and Cancer
- The Financial Impact
- Wills, Legalities and Work Rights
- Nutrition and Cancer
- Sexuality and Intimacy
- Living Well
- Cancer Council WA Support



Date and Time

Sessions will be held every Thursday, 11am to 12pm from 30 April, 2020 to 18 June, 2020

Places are limited so registrations are required.

Cost

Free

Online Registration

https://navigating_through_cancer.eventbrite.com.au

For further information please contact:
Monica Graham - Program Coordinator
on (08) 9382 9328 or email
monica.graham@cancerwa.asn.au



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



Morning Tea

Please join us on for morning tea at the Reed Yilgarn Day Care, everyone is welcome.

We have two special visitors for the morning; Jayden from Ag Implements who is presenting the Centre with a generous donation of farming toys. And Jillian from Inclusion Support who has some fun activities lined up for the children. Jillian will also be available for any questions parents may have regarding inclusion and child development. We also look forward to sharing with you some of the fantastic new resources the Center has purchased through the funding, and ideas that are in the pipeline.



Wednesday 1st April at 10am
Reed Yilgarn Daycare Centre,
43 Spicer St Southern Cross

RSVP: Tania 0447 516 434 or Hardeep 90320710



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

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

The dates & times include :

THURSDAY 9TH APRIL - BETWEEN 12PM & 6PM

GOOD FRIDAY 10TH APRIL - BETWEEN 8AM & 12PM

EASTER MONDAY 13TH APRIL - BETWEEN 10AM & 6PM

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!



MORE THAN JUST A GAME

**MOORINE ROCK
PRIMARY SCHOOL
P & C**



\$60 ENTRY \$50 WEEKLY PRIZE

CONTACT: LISA JACKSON

0428993408 or lisamjackson1974@gmail.com

ENTRIES BY MONDAY 16TH MARCH

PRIZES

1ST - \$500

2ND - \$250

3RD - \$100

FOOTBALL

FOOTBALL

MORE THAN JUST A GAME

A BIG Thanks to our Sponsors!

MOORINE ROCK P&C FOOTY TIPPING COMPETITION



BRADELLI FARMS



ACHIEVE WEST PTY LTD



BERNIE'S MOBILE MECHANICAL SERVICE



BSS Agspray

For all your Spraying, Spreading and Bulk Haulage Requirements

TRANS-PLUS PTY LTD

CARTAGE CONTRACTORS
Your Grain / Fertiliser / Stock Specialists

LINDA WARREN



MARVEL LOCH GENERAL STORE



McCRAE FAMILY

R2K Contracting
Hydraulics Sales & Service



SOUTHERN CROSS TYRE & AUTO SERVICES

ABN: 48 041 068 255

8-10 SPICA STREET

SOUTHERN CROSS, WA, 6426



Merredin Toyota



GRANICH CONTRACTORS

Did You Know?

Did you know that the Wesley Church was the first in Southern Cross? During September 1890 Rev George (based in York) preached in Cohn's billiard room opposite the present two-story cafe. Seats were arranged around the room and the billiard table did duty as a pulpit desk. The first resident minister was Rev W Carmichael who held weekly services in Cohn's billiard room. The building was also used as a school and he gave education to those who could afford to pay.

By this stage the Wesleyans had full use of the building as Cohn moved his billiard tables to the recently built Club Hotel which he part owned. In October 1894 the Wesleyans built their own church at the corner of Spica and Archernar Streets. In terms of community effort the Wesleyans were prominent in Southern Cross with the Methodist Ladies Guild one of the most active of the women's groups. They were instrumental in getting the Sisters of the People to come to Southern Cross and nurse typhoid victims during the mid 1890's. The Sisters set up their tent hospital near the present war memorial, alongside the government tent hospital. Both hospitals were overflowing.

Meanwhile the Methodist church in Archernar Street gave sterling service until 1936, when a terrific storm collapsed the building during a church service. Only the pews prevented the walls from collapsing completely. No one was injured. The opportunity was then taken to build a new church on Memorial Hill in 1937. In recent years this building has been pulled down, having done its job. For the record Southern Cross Methodist Church was reduced to a 'home mission station' in 1908. From 1916 to 1922 Bullfinch was added. Between 1921 and 1926 both Merredin and Westonia were also added to the parish.

There was no minister during the war years, leading to Southern Cross being placed under the jurisdiction of Merredin in 1946. Over the coming years more territory was added to the Merredin/Yilgarn circuit. Today it is known as the Eastern Wheatbelt parish.

©Lance Stevens



SAVE THE DATE

BLESSING & OPENING OF

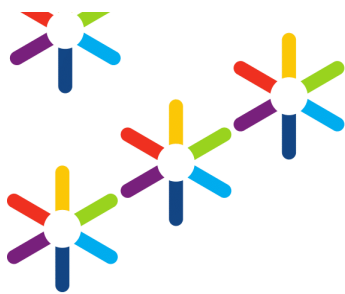
ST JOSEPH'S SCHOOL

MEMORIAL GARDEN

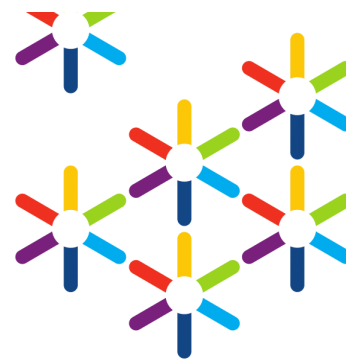
AND COMMEMORATIVE PAVERS

THURSDAY 9TH APRIL 2020 – 10:30AM

MORE DETAILS TO FOLLOW



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



\$9.0 BILLION

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



GET ENOUGH SLEEP



TAKE TIME OUT & ENJOY YOUR HOBBIES



KEEP ACTIVE & EAT WELL



TALK ABOUT OR EXPRESS YOUR FEELINGS REGULARLY



REDUCE ALCOHOL CONSUMPTION



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.
- ✱ Major changes in eating habits.
- ✱ Withdrawal from friends and activities.
- ✱ Increased use of alcohol or other drugs.

think
MENTAL HEALTH

For more information visit
thinkmentalhealthwa.com.au



We want you ... and your woodlands

Do you have a Eucalypt Woodland* in the Wheatbelt you would like to protect? It may be on your property or a local community reserve or creekline

These unique woodlands are listed as critically endangered and need your help!

We can provide support to

- control feral animals impacting the woodlands
- create and improve habitat for the birds and animals that call these woodlands home

Get your application to us by Thursday 26 March 2020 to be in the first round of projects

* The Eucalypt Woodland will need to meet a range of specific criteria

Find out how you can protect your Wheatbelt Woodlands. **Register your interest now!**

If you have any questions, or would like to discuss your project, please contact Anika Dent at adent@wheatbeltnrm.org.au or 9670 3104

www.wheatbeltnrm.org.au/funding

PLS

PHOENIX LANDSCAPING SERVICES

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We are Rob and Craig Ball, we are the directors of a Perth based Landscaping Company, Phoenix Landscaping Services Pty Ltd.

We are coming to town to work for about 4 weeks so if you would like a free quote please call me.

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Email - phoenixls@live.com.au

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Facsimile (08) 9041 2791

Southern Cross Clinic Dates 2020

Location: Away Side Football Change Rooms Rec Grounds (March & April dates to be held in netball clubroom)

	May 27th	September 16th
	June 24th	October 14th
April 1st	July 22nd	November 11th
April 29th	August 19th	December 9th

Please contact 90411734 to make an appointment

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Phone/Fax: 9041 2018

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All you need to do is move in!

- Large Patio
- Built in BBQ
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Contact:

Chris Hanretty mb: 0424071760

Mick Hanretty mb: 0437338608

Flat for Rent Southern Cross
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Rent \$150 per week

Please call 0411449512

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Built in 1987, this well-loved home features:

- Large sunroom / enclosed verandah with tile fire
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Calendar of Events

Thu 19 Mar	Pat & Chat Mobile Vet in town
Thu 19 Mar	Shire of Yilgarn Council Meeting @ Shire Council Chambers 4pm
Wed 1 Apr	Merredin Veterinary Clinic in town @ netball clubrooms
Wed 1 Apr	Reed Yilgarn Day Care Morning Tea @ 10:30am
Fri 3 Apr	Southern Cross Community Workshop @ CRC 4:30pm—7:30pm
Sat 4 April	Yilgarn Young Entertainers performance
Mon 6 Apr	OPSM in town @ Hospital—bookings through Southern Cross Pharmacy
Mon 6 Apr	Beginners Macrame Necklace Workshop @ CRC 10am—12pm
Thu 9 Apr	Blessing & Opening of St Joseph's School Memorial Garden/Commemorative pavers 10:30
Fri 10 Apr	Good Friday
Sun 12 Apr	Easter Sunday
Mon 13 Apr	Easter Monday
Thu 16 Apr	Shire of Yilgarn Council Meeting @ Shire Council Chambers 4pm
Fri 17 Apr	Pat & Chat Mobile Vet in town
Mon 20 Apr	Beginners Macrame Necklace Workshop @ CRC 10am—12pm
Sat 25 Apr	ANZAC Day
Mon 27 Apr	ANZAC Day Public Holiday
Wed 29 Apr	Merredin Veterinary Clinic in town @ netball clubrooms
Thu 14 May	Pat & Chat Mobile Vet in town
Thu 21 May	Shire of Yilgarn Council Meeting @ Shire Council Chambers 4pm

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
Scrapbooking	Thursday, 10am—3pm
Singing	Wednesday, 7.30pm
CWA Meetings	Third Friday night of every month, 6:30pm

Recycling Days

March 27
April 10
April 24
May 8

Looking to get involved in a group or club?

There are many local groups you can join!

Art Group	Southern Cross Singers	<i>Sporting groups including:</i>
Country Women's Association	Southern Cross St John Ambulance	Basketball
H.A.Y. Committee	Southern Cross Vol. Fire & Rescue	Darts
P & C Organisations	Volunteer Bush Fire Brigade	Football
P & F Organisation	Yilgarn Agricultural Society	Golf
Scrapbooking	Yilgarn Entertainers	Lawn Bowls
Senior Citizen's Centre activities	Yilgarn History Museum	Motorcycle Club
Sh8pes Gym & Fitness Centre	Yilgarn Men's Shed	Netball
Southern Cross Gardening Club	Yilgarn Motoring Enthusiasts	Shooting
Southern Cross Hospital Auxiliary		Tennis