



BUSH TELEGRAPH

February 2024 Edition



Cover Picture: Courtesy <https://www.linkedin.com/pulse/leap-year-myths>

The Shire of Sandstone
Hack St, Sandstone WA 6639
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Disclaimer

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The opinions expressed have been published in good faith on the request of the person requesting publication, and are not those of the Shire of Sandstone.

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Contributions

Please contact the Shire of Sandstone Administration Office if you wish to contribute to the Bush Telegraph and take part in a chance to win a \$50.00 cash prize.

You can email your contributions to reception@sandstone.wa.gov.au or drop it into the Shire Administration Building.

If you wish to stay anonymous, you can put your contribution in an envelope, write Bush Telegraph on the front and drop it in the red mailbox at the Shire Administration building.

Cut-off time for all contributions is the 25th of every month which will allow time for staff to include your contribution. Contributions made after the 25th will be included in the next edition.

Feedback

Tell us what you liked, what you didn't like, what could be improved and what you like to see.

Cut out and drop your feedback form in the Shire office at Reception or email to reception@sandstone.wa.gov.au



SHIRE NEWS

SHIRE OF SANDSTONE
HACK STREET SANDSTONE WA 6639
PHONE: 08 9963 5802

From the Desk of the CEO

Greetings to the people of Sandstone Shire

We've seen a few changes in the Shire staff in very recent times:

DCEO Selina Sergeant has left us—Selina was an excellent member of the team, very knowledgeable, always willing to help and overall, a dedicated employee.

Tracey Weiss who has a local government and administration background, will be acting DCEO for the time being.

Caravan Park Manager Margaret Dixon has left for retirement after 9 years of excellent and patient management of the Park. Nine years is a very long time for any Caravan Park Manager in what can be a very tiring job. Happy retirement Margaret.

Shane Burrows has tendered his resignation and decided to move on to further adventures. Good luck Shane.

I welcome Yok Whitfield to the administration staff. Yok has previously been a teacher of English and worked in administration roles previously. Though local government is very different, she is already demonstrating great potential.

Recently appointed Works Manager Paddy O'Brien brings with him a wealth of experience and local knowledge. There is a significant catch up list of work for Paddy and he has already hit the ground running.

The positions for the Caravan Park Managers has been advertised and closes in early February. The review of applications will commence immediately after closure and an appointment made as soon as practicable.

On another matter, the Shire is negotiating to bring a tree cutting service to Sandstone.

The Shire will pay the travel and accommodation costs and property owners will pay only for the cutting at their property.

If you want to participate, please give all your details to the Shire's administration office. I expect the contractors will come sometime around April or May.

PETER MONEY

Chief Executive Officer



SHIRE NEWS

SHIRE OF SANDSTONE
HACK STREET SANDSTONE WA 6639
PHONE: 08 9963 5802
EMAIL: reception@sandstone.wa.gov.au

Bush Fire Brigade Secretary

We are looking for a Bush Fire Brigade Secretary who will be responsible for managing the Bush Fire Brigade's administration, including meeting preparation, Brigade correspondence and working with Shire representatives.

This is a volunteer based position.

Please call the Shire Office on (08) 9963 5802 for further information.



The Environmental Health Officer for the Shire of Sandstone
is
David Hadden.

David's contact details are:

Principal EHO/Building Surveyor

Mobile 0483 350 133

Email eho@mtmagnet.wa.gov.au



SHIRE NEWS

SHIRE OF SANDSTONE
HACK STREET SANDSTONE WA 6639
PHONE: 08 9963 5802
EMAIL: reception@sandstone.wa.gov.au

Council meeting dates 2024

February	22nd
March	21st
April	24th
May	23rd
June	27th
July	25th
August	22nd
September	26th
October	24th
November	28th
December	18th

Meetings commence at 1:00pm in Council Chambers located at the rear of the Shire Administration Centre

Meetings are open to the public

Community Christmas Party

Here are a few more photos of some of the youngsters meeting Father Christmas and receiving a gift at the Community Christmas Part held on **Saturday 16th December**



Important Snake Bite Advice

When bitten, the venom has been injected into this lymph fluid (which makes up the bulk of the water in your tissues).

The only way that the venom can get into your blood stream is to be moved from the bite site in the lymphatic vessels. The only way to do this is to physically move the limbs that were bitten.

Stay still!!! Venom can't move if the victim doesn't move.

Stay still!!

Remember people are not bitten into their blood stream.

In the 1980s a technique called Pressure immobilisation bandaging was developed to further retard venom movement. It completely stops venom /lymph transport toward the blood stream.

A firm roll bandage is applied directly over the bite site (don't wash the area).

Technique:

Three steps: keep them still

Step 1

Apply a bandage over the bite site, to an area about 10cm above and below the bite.

Step 2

Then using another elastic roller bandage, apply a firm wrap from Fingers/toes all the way to the armpit/groin.

The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white. About the tension of a sprain bandage.

Step 3

Splint the limb so the patient can't walk or bend the limb.

In hospital we NO LONGER NEED to know the type of snake; it doesn't change treatment.

Important Snake Bite Advice

Do nots:

Do not cut, incise or suck the venom.

Do not EVER use a tourniquet

Don't remove the shirt or pants - just bandage over the top of clothing.

Remember movement (like wriggling out of a shirt or pants) causes venom movement.

DO NOT try to catch, kill or identify the snake!!! This is important.

5 years ago we would do a test on the bite, blood or urine to identify the snake so the correct anti venom can be used.

BUT NOW...

we don't do this. Our new Antivenom neutralises the venoms of all the 5 listed snake genus, so it doesn't matter what snake bit the patient.

Read that again- one injection for all snakes!

Polyvalent is our one shot wonder, stocked in all hospitals, so most hospitals no longer stock specific Antivenins.

Australian snakes tend to have 3 main effects in differing degrees.

Bleeding - internally and bruising.

Muscles paralysed causing difficulty talking, moving & breathing.

Pain

In some snakes severe muscle pain in the limb, and days later the bite site can break down forming a nasty wound.

Allergy to snakes is rarer than winning lotto twice.

Final tips: not all bitten people are envenomated and only those starting to show symptoms above are given antivenom.

Did I mention to stay still.

~Rob Timmings

Kingston/Robe Health Advisory

#vrarecue #snakebite

Special Days in February

1st February - Lunar New Year

Lunar New Year also known as Chinese New Year is celebrated at the beginning of every February. Holding great historical significance, it is a festivity that brings the whole family together. Particularly celebrated in East Asia, Lunar New Year presents a unique set of traditions dating back for centuries. Common traditions include decorating, reuniting with family, fireworks, red envelopes with money and gifts. Lots of festive activities take place where communities gather for dragon and lion dances and fireworks. Lunar New Year symbolises a time of unity where families reunite with each other.



2nd February - World Wetlands Day

Every year on the 2nd of February World Wetlands Day is celebrated on a global level. It is organized to make our environment safe by saving the wetlands. The day 2nd February adoption of the Convention on Wetlands on 2 February 1971, in Ramsar, Iran. It was first celebrated in the year 1997.

4th February - World Cancer Day

World Cancer Day is celebrated on 5th February every year. It is organized to make awareness, treatment, prevention, and its causes. It was initiated by the Union of International Cancer Control (UICC) to support the goals of the World Cancer Declaration, 2008. World Cancer Day was established on 4 February 2000 at the World Cancer Summit Against Cancer for the New Millenium, held in Paris (France). This day is celebrated to reduce illness and reduce the death ratio from the dangerous diseases Cancer.

11th February - International Day of Women and Girls in Science

This day is observed on 11 February to recognize the role of women and girls in science, not only as beneficiaries but also as agents of change. Therefore, the day focuses on achieving full and equal access to and participation in science for women and girls. Also, to achieve gender equality and make the empowerment of women and girls.

12th February - Darwin Day

Darwin Day is a celebration to commemorate the birthday of Charles Darwin on 12 February 1809. The day is used to highlight Darwin's contributions to science and to promote science in general. Darwin Day is celebrated around the world .

Special Days in February

14th February - Valentine's Day

Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Christian feast day honoring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in the whole world.



21st February - International Mother Language Day

International Mother Language Day recognizes that languages and multilingualism can advance inclusion, and the Sustainable Development Goals' focus on leaving no one behind. UNESCO encourages and promotes multilingual education based on mother tongue or first language. It is a type of education that begins in the language that the learner masters most and then gradually introduces other languages. This approach enables learners whose mother tongue is different from the language of instruction to bridge the gap between home and school, to discover the school environment in a familiar language, and thus, learn better.

22nd February - World Thinking Day

World Thinking Day, formerly Thinking Day, is celebrated annually on 22 February by all Girl Guides and Girl Scouts. It is also celebrated by Scout and Guide organizations around the world. It is a day when they think about their "sisters" (and "brothers") in all the countries of the world, the meaning of Guiding, and its global impact.

28th February - National Science Day

National Science Day is celebrated in India on February 28 each year to mark the discovery of the Raman effect by Indian physicist Sir C. V. Raman on 28 February 1928. For his discovery, Sir C.V. Raman was awarded the Nobel Prize in Physics in 1930.

29th February - Leap Year

A leap year is a calendar year that contains an additional day compared to a common year. The calendar was created by Pope Gregory XIII in 1582 and is known as the Gregorian calendar. It included a 366th day which was added to keep the calendar year synchronized with the astronomical year or seasonal year.



2024
February Conjunctions & Occultations!

with Carol Redford and Donna Vanzetti, Astrotourism WA

Just as our daylight skies are ever-changing, with new sunsets and shifting cloud formations, our evening skies are constantly changing too, with the Moon, stars and planets providing a smorgasbord of stunning views. During their orbits we see lunar *occultations* (when the Moon, appears to move in front of another, blocking it from view) and *conjunctions* (when two astronomical objects, like planets, appear close together in the sky). And let's not forget the spectacle of meteor showers, there's plenty to see in our night skies!

The Alpha Centaurids meteor shower returns to WA's night skies from 28th January – 21st February, peaking around 8th February. This year's Alpha Centaurids are forecast to produce about 6 meteors per hour. With the shower reaching its highest point after dawn, your best viewing will be in the hours up to around 4am.

When and where to look: Early morning, 8th and 9th February in the south-eastern sky.



On 15th February, the moon is a beautiful waxing crescent — and it's visible in conjunction with the king of the planets, Jupiter, all evening. This conjunction is a good one for naked-eye stargazing or viewing with binoculars. You'll be able to follow the conjunction until the moon sets at 10.29pm and Jupiter follows a few minutes behind.

When and where to look: 7.40pm, 15th February in the north-western sky.

Pop these dates into your cosmic diary and have a star-filled 2024!

For more stargazing tips, visit www.astrotourismwa.com.au.

Australia Day 2024

Another fun Australia day with around 30 people turning up at 7:30 for a good Aussie breakfast of bacon, sausages, tomatoes and eggs expertly cooked by chefs Karan Heath, Margaret Duhig and Freda.

After a yummy breakfast, it was time for some games to test everyone's skills. The demographics are changing in Sandstone with everyone getting older, and it was a bit of task getting willing participants to throw the Trap and Toss the Rolling Pin, as most had problems with their shoulders. Perhaps next year we can have some games like, "who can put their socks on the fastest" for those getting a bit long in the tooth. It was fun watching those with good throwing arms competing, some much better than others!

There were some very clear winners on the day. Congratulations to:

*Rabbit Trap: Sheilas- 1st Dot Hargraves; 2nd Tracey Weiss
Rabbit trap: Blokes- 1st David McQuie; 2nd Callum McQuie
Rolling Pin: Sheilas- 1st Dot Hargraves; 2nd Karan Heath
Rolling Pin: Blokes- 1^s Callum McQuie; 2nd Matt Fitzgerald*

Thank you to everyone who came along to celebrate Australia Day and a big thanks to all helpers whether it was preparing breakfast, cooking, washing dishes, clearing up or helping out with the games. It is this generous Aussie spirit that makes these events a great successful day.

Beth Walton



Australia Day 2024



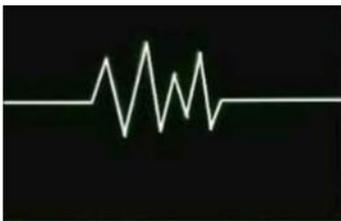
Australia Day 2024



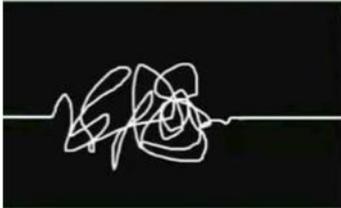
Funny Memes



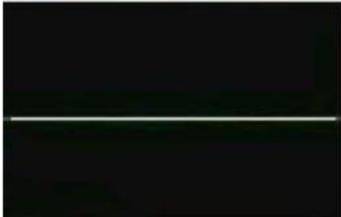
My housekeeping style is best described as "there appears to have been a struggle".



When you see a
cockroach



When the
cockroach flies



When the cockroach
lands on you

**INSTEAD OF
CLEANING MY
HOUSE' I JUST
WATCH AN
EPISODE OF
HOARDERS AND
THINK WOW MY
HOUSE LOOK 'S
GREAT!!**

Growing Older



If you haven't grown up
by age 50,
You don't have to.



I REMEMBER BEING
ABLE TO GET UP
WITHOUT MAKING
SOUND EFFECTS...

GOOD TIMES.

NUDE SELFIE IN THE DARK JUST
FOR YOU..

YOU'RE WELCOME

I'VE REACHED THAT AGE
WHERE MY BRAIN GOES
FROM "YOU PROBABLY
SHOULDN'T SAY THAT." TO
"WHAT THE HELL, LET'S SEE
WHAT HAPPENS."

If things get
better with
age then
I must be
getting close
to freakin'
magnificent.



105 year old woman's remedies to her health



"For better digestion – I drink beer. In the case of appetite loss, I drink white wine. In the case of low blood pressure, I drink red wine. In the case of high blood pressure, I drink scotch. And when I have a cold, I drink Schnapps."

"When do you drink water?"
"I've never been that sick."

Via LoveThisPic.com



Someday
we old folks
will use cursive
writing as a
Secret
Code!
☺



Twin Tanks Murals Named One of Australia's Best Street Art Drawcards

Artwork in Sandstone created to attract visitors and dazzle residents has been named as one of the best public art experiences in the nation.

The Twin Tanks Murals, by Mural Nomad Patrycja Hannagan, has been shortlisted for the 2023 Australian Street Art Awards' Best External Mural gong.

The Australian Street Art Awards, established in 2018, recognise destinations like Sandstone that are using public art in its many forms to entertain visitors and engage their community.

Awards Director Liz Rivers said "The Awards provide a platform where trailblazing destinations – cities, regional towns and precincts – can be recognised for their contribution to both the world of street art and art tourism.

"Each of the communities acknowledged through these Awards have made their mark as a must-see destination for art lovers," she said.

The Australian Street Art Awards was the tourism industry's first, and remains the largest, recognition program for excellence and innovation in art tourism.

"Being shortlisted in these Awards cements the reputation of Sandstone as an aspirational destination for everyone who loves visually stunning experiences," Ms Rivers said.

With rigorous judging of submissions by tourism leaders now complete, plus second-tier auditing and due diligence in progress, this finalist success has the credence of the tourism sector.

The 2023 Awards incorporated 12 categories, including a new one: Best Community Art for any form of permanent artwork that was worked upon by members of the wider community not typically engaged in public art.

Ms Liz said, "All finalists will also have the chance of being named as the 'Best Street Art Experience' in their state for the first time in these 2023 Awards".

National Gold, Silver and Bronze winners in all categories plus each state champion will be announced at a gala dinner celebration on Friday 8 March as part of the Art of Attraction Tourism Summit on Queensland's Sunshine Coast.

With the highest number of entries ever received, judges commented that the 2023 entries were also of a very high calibre, demonstrating the nominee's determination to improve their community through the adoption of creative projects.

Judges' feedback to nominees will include ways to finesse their offering and attract more visitors through their public art.

2023
AUSTRALIAN
STREET ART
AWARDS

FINALIST

BEST EXTERNAL MURAL

Twin Tanks Murals

Shire of Sandstone



Kim Morgan, Awards Director

Australian Street Art Awards



CONGRATULATIONS TO ALL FINALISTS

RECIPE

Bacon & Beef Pasta Bake

Source: Bestrecipes.com.au

Ingredients

- 1 tbs olive oil
 - 1 onion finely chopped
 - 2 garlic cloves crushed
 - 4 bacon rashers chopped
 - 500g beef mince
 - 550g Leggo's pasta sauce with red wine
 - 2 cups Massel* Beef Style Liquid Stock
 - 1 cup mixed vegetables
 - 250g spiral pasta
 - 1 1/2 cups cheese grated
 - 1/2 tsp salt and pepper *to taste
- *Massel is recommended by Australia's Best Recipes

Method

1. Grease a 12-cup capacity ovenproof dish with a lid.
2. Heat oil in large saucepan and add bacon, onion and garlic. Cook until onion is soft.
3. Add mince, stirring occasionally for 5 minutes, or until beef changes colour.
4. Add pasta sauce, stock, vegetables, salt and pepper. Bring to the boil. Simmer for 5 minutes.
5. Add uncooked spiral pasta. Stir to combine and pour into an oven proof dish.
6. Bake, covered, at 180C for 30 minutes. Remove from oven, stir, sprinkle with cheese and bake, uncovered, for a further 30 minutes.



Crossword - Solution on Page 43

1	2	3	4			5	6	7	8		9	10	11	12
13					14						15			
16					17						18			
19				20					21	22				
			23					24						
25	26	27					28					29	30	
31					32	33					34			35
36						37						38		
39			40		41				42		43			
	44			45					46	47				
			48					49						
50	51	52					53					54	55	56
57					58	59					60			
61					62						63			
64					65						66			

By Jimmy and Evelyn Johnson - www.qets.com

Source: https://www.qets.com/crossword_puzzles.htm

Crossword Clues

Across

- 1 Carbonated Drink
- 5 Wire projection
- 9 Small ground plot
- 13 Among
- 14 Keyed
- 15 Air (prefix)
- 16 Seed
- 17 Japanese Car
- 18 Shallow area
- 19 Love to loneliness
- 21 Capital of the Bahamas
- 23 Professional football team
- 24 Similar
- 25 Tropical fruit
- 28 Person from Flanders
- 31 Not fake
- 32 Shoot clay pigeons
- 34 Popular American desserts
- 36 Make a mistake
- 37 Neither's partner
- 38 Spiritedness
- 39 Large freshwater fish
- 41 After fourth
- 43 Recess
- 44 Protective covering for ears
- 46 Minded
- 48 Not well cooked
- 49 Engage in a boxing match
- 50 Bach's first name
- 53 Group of Protestant
- 57 Iraq's neighbour
- 58 Lessen
- 60 Billions of years
- 61 Allow to borrow
- 62 Chest wood
- 63 Comedian Jay
- 64 Duds
- 65 Paradise
- 66 Alter

Down

- 1 Soap opera
- 2 Bode
- 3 Mud
- 4 Navy Rank
- 5 Coverings for the feet worn for protection
- 6 Green Gables dweller
- 7 Radiation dose
- 8 Used on bed for warmth
- 9 Edible white root
- 10 Dregs
- 11 Region
- 12 Meat alternative
- 14 Doubting _____ (an apostle)
- 20 New Year's _____
- 22 Place
- 24 Warn
- 25 Secondary
- 26 Eagle's nest
- 27 Warm outer jacket (often with hood)
- 29 Sharp cold
- 30 Birds that make a gaggle
- 33 Sharp weapon
- 35 Rushed
- 40 Missions
- 41 Apparatus in which heat is generated
- 42 Receptacle
- 43 In the air (pl.)
- 45 Woman's partner
- 47 Cave dweller
- 49 Devil
- 50 Break up
- 51 Dunking cookies
- 52 Execute
- 53 Ordered
- 54 Look for
- 55 Firm up muscles
- 56 Frozen form of precipitation

Did You Know

Australia is wider than the moon - the moon sits at 3,475km in diameter while Australia's diameter from East to West is almost 4,000km.



Supermarket apples can be a year old - Farmers often pick apples in Autumn, cover them in wax, hot-air dry them and then put them in cold storage. This keeps them edible and ready to sell for 6 - 12 months!

Nutmeg is a hallucinogen - because it contains myristicin, a natural compound that has 'mind-altering' effects. You can experience hallucinations if you ingest large quantities of nutmeg!

The Australian Alps get more snow than the Swiss Alps - While many people visit Australia for its brilliant beaches and year-round sunshine, the Australian Alps, straddling New South Wales and Victoria, are a mecca for skiing enthusiasts. Snow usually falls between June and September, meaning Australia is the perfect place to get your skiing fix during the northern hemisphere summer.

Thredbo and Perisher are two large resorts near Canberra, the latter being the largest ski resort in the southern hemisphere. Blue Cow

Mountain is one of the most popular areas, with a vast range of accommodation and runs as well as stunning views across the Alps.



Tasmania has the cleanest air in the world - The island of Tasmania is the ideal spot to experience the great outdoors - with air as clean as Antarctica, around one-third of the state is a national park or World Heritage protected. It is a walkers paradise, with trails and walkways winding over the whole island, where the coastal paths reveal impressive views over Wineglass Bay and the Bay of Fires.

If walking isn't your cup of tea, enjoy kayaking, mountain biking and exploring the island's caves. The wildlife is an extension of the unique animals of Australia, where the Eastern Quoll, now considered extinct on the mainland are commonly sighted in the fertile farmland of Tasmania.

Did You Know



The Spanish National Anthem has no words - The ‘Marcha Real” is one of only four national anthems in the world (along with those of Bosnia and Herzegovina, Kosovo and San Marino) to have no official lyrics.

The Statue of Liberty was once a lighthouse - about a month after the statue’s 1886 dedication it became a working lighthouse for 16 years, with its torch visible from 24 miles away.

British military tanks are equipped to make tea - if the crew needs a hot tea or coffee, they can just reach for the boiling vessel inside the tank.

A blue whale’s heartbeat can be detected up to 2 miles away - and it’s heart weighs almost 400 pounds.

There is a fruit that tastes like chocolate pudding - native to Central and South America, the fruit is called black sapote and tastes like a combination of sweet custard and chocolate. (I may have to relocate!)



The real name for a hashtag (#) is octothorpe - we know that ‘octo’ refers to the symbols eight points but even Merriam-Webster is unsure about the ‘Thorpe’ part.

The moon has moonquakes - they occur due to tidal stresses connected to the distance between the Earth and the Moon.

There are more than 200 Kit Kat flavours in Japan - Japan loves Kit Kats and creates unique flavours for different cities, regions and even seasons. (relocation is looking better and better!).



TREE PRUNING/REMOVAL

The Shire is pursuing the services of approved tree pruning/cutting services to attend to various trees that need to be either pruned or removed.

As most people are aware, this is an expensive service and the Shire is inviting residents who may want some tree servicing done on their properties to advise the Shire administration and take the opportunity at the same time.

Council will absorb the cost of travel and accommodation for the contractors and residents will only need to pay for the work on their properties.

Arrangements are still being made to have contractors come to Sandstone and residents will be advised as soon as this is known.



Fitness is important!

You can do these exercises with just a chair in your own home while you're watching TV!

Remember, move slowly and smoothly to avoid risk of injury.

Chair Yoga Exercises

Helicopter



Half-Forward Fold



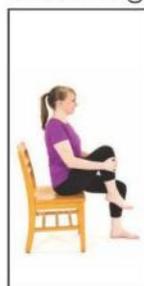
Mountain



Side Bend



Knee Hug



Cow/Cat



Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch



Reverse Chair



Warrior Series



Source: <https://www.artofit.org/>

Sandstone Community Craft Group

Our group meets Tuesdays and Fridays from 10am to 2:30pm in the Sandstone Community Hall, Hack Street, from April to October, primarily to Knit/ Crochet (and all other types of craft) for Charity.

Came along and learn new skills or pick up old ones. Free and easy patterns are available and we have some donated wool.



Needles and hooks are also available to get you started.

Bring your own project or if Knitting and Crocheting isn't your forte but Needlework, Tapestry, etc. is, still come along and join us for the day.

Tea and coffee will be provided. Bring a small plate for morning tea / light lunch to share.

All are welcome 😊

For further information, please feel free to contact Karan on **0418 905 090**.



Lawn Bowls

Sandstone Community Rec Centre



**2 sets of Lawn Bowls are available
at the Visitor Centre, however,
anyone wanting to play
can arrange to collect the key
from the Shire Office
Monday to Friday
between 08:00 and 17:00**

Sandstone Community Bus

travels to Mount Magnet for Shire business

The bus leaves from the Shire Office at **10:00 am** and from Mount Magnet at **1.30 pm** for the return trip home.

The Community Bus is a free service provided by the Shire
Limited seats are available and bookings are essential

**Please book your seat by visiting the Shire Office
in person or by phoning (08) 9963 5802**

We require a minimum of 3 people to guarantee a trip

The next trips will be Wednesday

7 February

21 February



Food or drinks may not be consumed on the bus



The Sandstone Bush Fire Brigade is looking for volunteers

We are looking for new volunteers or anyone willing to
lend a hand and participate if required.

Meetings are held regularly
at the Bush Fire Brigade Station
Lot 73, Rowe Street

For more information, please call

The Shire Office on

(08) 9963 5802





Before attending the nursing post on Doctor days,
please contact Lana to make an appointment.

Lana can be contacted at home on 08 9963 5831
or
at the nursing post on Thursdays on 08 9963 5808

Thank You

**Sandstone Physiotherapy
Visiting Dates 2024 to be advised**

The Physio is currently provided via Telehealth

To make an appointment, please phone
Geraldton Physiotherapy Reception

08 9956 2204



SANDSTONE NURSING POST

IRVINE ST SANDSTONE

Nurse - Lana Lefroy 9963 5808 or 9963 5831



Meekatharra RFDS Flying clinics 2024

February

Thursday 8th	Sandstone	Dr John Terry
Thursday 22nd	Sandstone	Dr Phil King

March

Thursday 7th	Sandstone	Dr Di Comley
Thursday 21st	Sandstone	Dr John Terry

April

Thursday 4th	Sandstone	to be confirmed
Thursday 18th	Sandstone	Dr Di Comley

May

Thursday 2nd	Sandstone	Dr John Terry
Thursday 16th	Sandstone	Dr John Terry
Thursday 30th	Sandstone	Dr Di Comley

June

Thursday 13th	Sandstone	Dr Phil King
Thursday 27th	Sandstone	Dr Phil King



SANDSTONE NURSING POST

IRVINE ST SANDSTONE

Nurse - Lana Lefroy 9963 5808 or 9963 5831



Health Services

Wiluna Medical Services Available

The following medical services are available from visiting specialists through the Wiluna Medical Centre.

These services are provided free of charge to Sandstone residents and the travelling public.

To make an appointment with visiting specialists, contact Wiluna Medical Centre on **(08) 9981 8600**

Dentist (Monthly)

Gynaecologist

Audiologist

Ear, Nose and Throat (ENT)

Mount Magnet Medical Services

Ph for appointment with the GP (08) 9940 3222

Specialist & Allied Health

Services include:

- Cardiologist
- Sonographer
- Respiratory Physician
- Clinical Nurse Specialist
- General Physician
- Dietician
- Diabetes Education
- Podiatrist
- Audiologist
- Physiotherapy
- Renal Education
- Palliative Support Team

How do I see a visiting specialist?

To see the visiting specialists at Murchison Outreach Service (Mt Magnet) you must see the GP who will refer you to the appropriate specialist.

Need to know more? Contact our Specialist Clerk or specialist Nurse for further information on



SANDSTONE NURSING POST

IRVINE ST SANDSTONE

Nurse - Lana Lefroy 9963 5808 or 9963 5831



Health Services

TELEPHONE HELP LINES

[Mental Health Emergency Response Line](#)

(formerly Psychiatric Emergency Team)

Perth WA 6000 Tel: 08 9224 8888

[RuralLink](#)

Tel: 1800 552 002

4:30pm - 8:30am weeknights

24 hours on weekends and public holidays

Emergency Number
Royal Flying Doctor Service

1800 625 800

Police, Fire and Ambulance Dial

000

Sandstone is a remote township which currently has
NO EMERGENCY MEDICAL HEALTH SERVICE

If you require **EMERGENCY MEDICAL ASSISTANCE** dial

1800 625 800

This will put you in contact with the **Royal Flying Doctor Service**,
who will provide immediate advice to you.

SANDSTONE NURSING POST

Irvine Street, Sandstone
RFDS Doctor in attendance every second week
9:00am - 11:30am.

Nurse in attendance until 4:00pm

Nurse in attendance every Thursday 9:00am - 4:00pm

Phone Number	(08) 9963 5808
After Hours	(08) 9963 5831
Contact person	Lana Lefroy

Should you be traveling and require medical assistance,
24 hour / 7 day services are provided at :

MOUNT MAGNET NURSING POST

Corner of Criddle and Welcome Street, Mt Magnet
Monday - Friday 8:30am - 4:00pm. Closed for lunch

Staff on call for emergencies (08) 9963 3100

MEEKATHARRA HOSPITAL

Savage Street, Meekatharra

24hour casualty service (08) 9961 0600

PUBLIC NOTICES

Pastoralists and D.E.C. in Sandstone and surrounding Shires have an ongoing wild dog bait programme.

Baits are on the ground
ALL year round

Dogs are **NOT PERMITTED** on a pastoral lease unless permission has been given



To avoid being penalised all dogs and cats must be kept in your yard **OR** on a leash at all times.

Please clean up after your dog!!!!

All dogs **must** be registered.

If your dog is not registered or you are unsure, please contact the Shire office.

Dog registrations are due at the end of October each year.



Directory of Services to Sandstone



EC 006509

KARL IBBOTSON

Phone: (08) 9963 4004
Fax: (08) 9963 4074
Mob: 0427 991 893
Email: murchisonpower@bigpond.com.au
karlibbotson@bigpond.com.au
Web: www.murchisonpower.com.au
Lot 483 Criddle Street
PO Box 204 Mt Magnet WA 6638

- Construction & Maintenance of all Power Systems
- Licensed Shotfirer
- HV and LV Cable Jointing
- Crane/Borer and Pole Jinker Hire
- Elevated Work Platform
- Switching Operator
- Tree Lopping
- All Electrical Applications (Domestic / Commercial / Industrial)

JPB Contracting

Paul (Scruffy)
Bennett

Ph: 0427 841 888

IF YOU REQUIRE THE
SERVICES OF A
JUSTICE OF THE PEACE
PLEASE CALL
MARGARET DUHIG ON
0412 652 835 FOR AN
APPOINTMENT.
THIS IS A FREE AND
CONFIDENTIAL
SERVICE.



Please note this is NOT a service provided at the Shire of Sandstone so please call for an appointment .

 **CAUTION**

YOU MUST CONTACT THE SHIRE OF SANDSTONE PRIOR TO DISPOSAL OF ANY ASBESTOS MATERIALS

Phone (08) 9963 5802
Mondays - Fridays
8:30 - 4:00pm

LEGAL ACTION WILL BE TAKEN FOR NON-COMPLIANCE

Westcoast Seafood

Email: coral@westcoastseafood.com.au

Directory of Services to Sandstone

PL9934 | GF6916 | BF7329



PLUMBING & GAS

SERVICING MID WEST & GOLDFIELDS REGIONS

MINING | COMMERCIAL | RESIDENTIAL | INDUSTRIAL

24/7 EMERGENCY

PH : 0416 307 843 | ADMIN@LEISKHYDRAULICS.COM.AU

Community Bulletin Board



Ordinary Meeting of Council

The next Ordinary Meeting of Council
is Thursday 22nd February 2024
from 1:00pm in Council Chambers

When prepared, the Agenda can be viewed online
at www.sandstone.wa.gov.au or at the Sandstone Library



Heritage Museum & Visitor Centre

Is closed for the summer



Community Bulletin Board

Useful Sandstone Telephone Numbers

Shire of Sandstone Office & Post Office	08 9963 5802
Sandstone Museum & Visitor Information Centre	08 9963 5061
Alice Atkinson Caravan Park	08 9963 5859
Sandstone Nursing Post	08 9963 5808
Justice of the Peace	0412 652 835
Main Roads - Road Conditions (24 Hr Customer Contact Centre)	13 81 38
Mt Magnet Police	08 9963 3222

ROTARY CLUB

We are the very first Rotary Club that is based purely online in WA. This enables people living in remote/regional areas the option to still provide a service to their local community by joining Rotary E club of E.WA. It's a new and vital Rotary Experience.

We meet via online webinars and the use of Facebook, both open to the public and private sessions.

Name: E-WA Rotary

Address: www.ewarotary.org.au

www.facebook.com/ewarotary
Ph 0408 802 490

Community Group Name:

E-WA Rotary—Kerry O'Shea
rotaryewa@gmail.com

We'd love to hear from you :)

Community Bulletin Board

Mount Magnet Post & Lotteries

Gifts, cards, stationery, art supplies.
Passport photos and much more
Drop in and browse

Check out the website www.mtmagnetpost.com

**Sandstone Library is located within the
Shire Administration Building
Monday - Friday 8.00am - 4.30pm**

- Interlibrary Loans
- Audio Books
- Internet access
- DVDs
- Fiction and non Fiction books



Looking for Gold? Want to Prospect near Sandstone?

Please contact the
Department of Mines and Petroleum,
Cr Hepburn and Richardson Streets,
Mount Magnet

Telephone (08) 9963 4509
Fax (08) 9963 4488

If you have a story, photo,
birthday, or something else you
would like to see in the Bush
Telegraph, please email the
Shire Office at

reception@sandstone.wa.gov.au

Crossword Puzzle Solution

Solution:

1	S	2	O	3	D	4	A			5	B	6	A	7	R	8	B		9	P	10	L	11	A	12	T
13	A	M	I	D				14	T	O	N	A	L						15	A	E	R	O			
16	G	E	R	M				17	H	O	N	D	A						18	R	E	E	F			
19	A	N	T	I	20	D	O	T	E					21	N	22	A	S	S	A	U					
				23	R	A	M	S						24	A	K	I	N								
25	P	26	A	27	P	A	Y	A			28	F	L	E	M	I	N	30	G							
31	R	E	A	L					32	S	33	K	E	E	T				34	P	I	E	35	S		
36	E	R	R							37	N	O	R						38	P	E	P				
39	P	I	K	40	E				41	F	I	F	T	42	H				43	A	P	S	E			
		44	E	A	R	45	M	U	F	F				46	O	47	B	E	Y	E	D					
				48	R	A	R	E						49	S	P	A	R								
50	J	51	O	52	H	A	N	N			53	B	A	P	T	I	54	S	55	T	56	S				
57	I	R	A	N					58	A	59	B	A	T	E				60	A	E	O	N			
61	L	E	N	D					62	C	E	D	A	R					63	L	E	N	O			
64	T	O	G	S					65	E	D	E	N						66	S	K	E	W			

MISSING

Missing from the top of Hack Street since the evening of Thursday 25th January. Stripe is blind and terrified of everything. If you see or hear him, please call 0498 020 372

Thank you!



February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Nurses Post	2	3
4	5	6	7 Bus to Mt Magnet	8 Doctors Clinic	9	10
11	12	13	14	15 Nurses Post	16	17
18	19	20	21 Bus to Mt Magnet	22 Doctors Clinic	23	24
25	26	27	28	29 Nurses Post		



Internet access is available at Sandstone Library in the Shire Administration Building using our computers

**Monday - Friday
8.00am - 4.30pm**

Please note :
We don't have public WIFI

If you would like your event to appear on the Community Planner please contact the Shire of Sandstone - Phone: 08 9963 5802 Email: reception@sandstone.wa.gov.au