

**FREE**



# BUSH TELEGRAPH

March 2024 Edition



Cover Picture: Tim Sargent

**The Shire of Sandstone**  
**Hack St, Sandstone WA 6639**  
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## Disclaimer

The Bush Telegraph is published by the Shire of Sandstone as a public service for the community.

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.

All articles, comments, advice and other material contained in this publication are by way of general comment or advice only and are not intended, nor do they purport to be correct advice on any particular matter or subject referred to.

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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](mailto: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 25<sup>th</sup> of every month which will allow our staff time to include your contribution. Contributions made after the 25<sup>th</sup> will be included in the next edition.**

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## Feedback

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

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Cut out and drop your feedback form in the Shire office at Reception or email to [reception@sandstone.wa.gov.au](mailto:reception@sandstone.wa.gov.au)



# SHIRE NEWS

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

## From the Desk of the CEO

Hello people of Sandstone Shire

Firstly I'd like to welcome Patrick (Paddy) O'Brien as the Works Manager of the Shire. Paddy is an experienced and knowledgeable manager and you have probably already seen him out and about and hard at work.

I also welcome Yok Whitfield to our administration staff. Yok has qualifications as a teacher and in administration, a fairly easy transition to local government.

This is a busy time of the year in local government as we finalise reports on the previous financial year and also on the previous calendar year. These reports keep the Department of Local government busy down in Perth.

The Council will hold its Annual Electors Meeting in the Council Chambers on Thursday 24th April 2024. All are welcome to attend and ask questions of the Council.

We also start working on the budget for 2024-2025 so please if you have your own personal wish list, talk to your elected members about what you'd like to see happen. They will convey your desires to the Council and if agreed, make allowances in the coming budget.

Our staff have been working diligently in the upkeep of gardens, despite some issues with our bore water supplies. We are working to overcome this problem.

Our roads work crew are finishing up work on the Paynes Find Road and will soon commence works on the Meekatharra Road and others.

The Council has accepted a tender to construct two new 2 x 1 accommodation units and a new staff house. Work will be commencing in the near future though the buildings will likely not arrive until later in the year. Half of the funds for this project comes from grants and the other half is Council funding.

**PETER MONEY**

Chief Executive Officer



# SHIRE NEWS

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## 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.





# SHIRE NEWS

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EMAIL: [reception@sandstone.wa.gov.au](mailto:reception@sandstone.wa.gov.au)

## Council meeting dates 2024

|           |      |
|-----------|------|
| 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

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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](mailto:eho@mtmagnet.wa.gov.au)**

## Special Days in March

### 1st March - Maha Shivaratri

Maha Shivaratri is a sacred festival honouring the Hindu god of Shiva. It is a day of remembrance in overcoming darkness and ignorance in the world. This celebration is about finding compassion out of emptiness. Through performances, meditation, and prayers at night individuals seek to find a spiritual awakening. It is a day that emphasises the need for holistic wellbeing including both spiritual and physical. Maha Shivaratri is most celebrated in India as it has the biggest Hindu population in the world.



### 3rd March - World Wildlife Day

World Wildlife Day highlights the significance of forest species and ecosystems to sustain environments and societies. In the past few decades, the world has seen an alarming rapid decline in our wildlife populations which is incredibly concerning. Our ecosystems and all species contribute an innumerable amount of benefits, protection and advantage to our world, and without it, humanity's future will be endangered. The long

term conservation of forests is highly important as well as adopting methods practised by Indigenous communities all around the world. This day signifies the role of forests and wildlife to the world and aims to educate younger generations of this great importance.

### 8th March - International Women's Day

International Women's Day is a day that recognises the incredible contribution that women have made in history. Working towards building spaces that increase visibility for women, this day acknowledges the achievements of women as they have been so often overlooked within history. International Women's Day aims to form support and solidarity for women and reduce gender disparity by promoting gender equal spaces. By promoting and advocating for women with clear action-oriented goals we can work towards creating a more gender equal world today.

*Courtesy: Cultural Infusion - building Harmony and Wellbeing*



## Special Days in March

### 14th March - Nyepi or Day of Silence - Balinese New Year

Balinese New Year, also known as Nyepi or Day of Silence, is an important and significant day that symbolises the beginning of a new year. With restrictions on electricity, working, travelling and entertainment the streets become an empty but serene setting. This Hindu celebration is a day where worldly tasks stop and reflection, contemplation and introspection begin. Reviewing the past year and making higher expectations for oneself, many often seek forgiveness from people they have wronged in the past.



### 17th March - St Patrick's Day



St Patrick's Day is a cultural and religious celebration signifying the introduction of Christianity in Ireland by Saint Patrick. Mainly celebrated in Ireland, there are great festivities that take place with public parades, festivals, performances and activities for children. It is a day that celebrates Irish culture and heritage. St Patrick's Day is commonly known to be associated with the colour green, thus adults and children get dressed up from head to toe in green outfits. These celebrations have spread around the world and have even found their way to Australia with parades and festivities taking place in Melbourne and Sydney.

*Courtesy: Cultural Infusion - building Harmony and Wellbeing*



The waxing crescent moon makes a close approach to the Pleiades star cluster below the constellation of Taurus in the north-western sky from sunset. Until about 9.30pm, the moon and the Pleiades (also known as the Seven Sisters) are close enough to fit within the view of binoculars, or observe with the naked eye.

Make sure to keep an eye out for Jupiter as well. Jupiter is the brighter star-like object further towards the west.

When and where to look:

Sunset to 9:30pm, 15th March in the north-western sky.



Something Interesting:

The pretty open star cluster is more commonly known as the Seven Sisters, and is actually formed of more than 800 stars; however, most people manage only to see 5 or 6 stars under dark skies. It lies just to the left of Taurus the Bull.

Use the Stellarium images above as a guide or visit [Stellarium.com](https://www.stellarium.com). Grab a copy of the latest Astronomy Australia almanac from [Stargazers Club WA](https://stargazersclubwa.com.au) and learn all you need to know about what to see in our night sky.



This Easter weekend, step outside on the early morning of Good Friday, and treat yourself to a celestial spectacle. As dawn approaches, the night sky unveils the waning Moon positioned below Scorpius, and in the constellation of Libra. The Southern Hemisphere offers a privileged view of Scorpius, its distinct shape resembling a celestial scorpion poised in the vastness of space. As the night fades away and the first light of dawn emerges, take a moment to appreciate the beauty of the cosmic ballet playing out above.

This Good Friday, embrace the tranquility of the predawn hours, where the Moon and Scorpius collaborate to create a

serene and enchanting scene in the canvas of the Southern night sky.

When and where to look:

From 4.30am until 5.30am it will be dark enough before the Sun rises around 6.30am on Good Friday, 29th March. You'll find Scorpius in the western sky.

## Ever wondered why the Easter date changes each year?

Sometimes the Easter date is in early April. Sometimes it's in late April. There are other times the Easter date changes to late March.

Believe it or not, the reason the Easter date changes every year has a lot to do with astronomy!

It's got nothing to do with a decision made churches, public holiday makers or governments.

Quite simply, Easter Sunday is deemed to be the first Sunday after the full Moon, following the March Equinox. Just so you now, the March Equinox is always on or around 22nd March each year.

Courtesy <https://stargazersclubwa.com.au/>

SunSmart relaunches graphic campaign **Two sides of the Sun** to educate people living in the Midwest/Gascoyne regions that it is UV not hot weather that causes skin damage.

**When the UV is 3 or above, protect yourself!**

Australia has the highest rate of skin cancer in the world, yet it is highly preventable by using sun protection. There were nearly 200 deaths from skin cancer in Western Australia in 2020 and more than 117,000 skin cancer treatments in 2023.

Diagnosis and treatment of skin cancer is estimated to cost the WA health system approximately \$172 million per year.

Two sides of the sun was originally launched during the summer of 2021/2022 and the latest phase of this campaign has just been launched and shows us that there are two sides of the sun; a pleasant and nurturing side, and a dangerous side which can lead to skin damage and skin cancer.

This campaign hopes to motivate people to use multiple sun protection strategies during outdoor activities when UV levels reach 3 or above. UV not heat causes skin damage and UV can still be high on cool or cloudy days – it is different to heat and can't be felt. Protect your skin in five ways – Slop, Slop, Slap, Seek & Slide.

The campaign will run from **February – May 2024** on radio (including digital audio), out-of-home and online channels (including social media and search activity).

To find out more visit [myUV.com.au](http://myUV.com.au) to check the UV level and guide their sun protection behaviour.:  
[sunsmart@cancerwa.asn.au](mailto:sunsmart@cancerwa.asn.au)



### **Find Skin Cancer Early**

Common skin cancer symptoms:

- A new spot or mole on your skin that is red, pale or pearly in colour
- A spot that is different from other spots on your skin
- Any crusty or non-healing sores
- Any spots, freckles or any moles changing in size (width), thickness (height), colour, or shape

Get to know your skin and what's normal for you, particularly if you're over 40 years of age. If you notice any of these symptoms or any other unusual changes, tell you doctor without delay.

If it's skin cancer, the earlier it's found, the greater the chance of successful treatment.



Sunday 3 March is  Day!

It's the biggest day of practical environmental action and a great way to help improve our local area or a place that needs some TLC.

Although 3 March is the specified day, in the spirit of *cleaning up*, the Shire of Sandstone is offering a FREE verge pick of any items placed on your verge by **06:00am on Monday 11 March 2024**.

This includes old furniture, scrap metal, car bodies, white goods - anything you have lying around that you no longer want in your garden!

***Let's join the rest of our nation in cleaning up our properties and our town and make this the biggest CLEAN UP AUSTRALIA day yet!***





## Community BBQ - Friday 23 February

A Community BBQ was held on Friday 23rd February at the Recreational Centre for everyone to come along and enjoy an evening of socialising, eating and being merry. It must have been a pretty good evening because I didn't go home until around 11:00pm .... a pretty late night for an "old gal" like me. Little baby Erika was of course the star of the evening.

We look forward to the next get together.





Notice of the

**ANNUAL ELECTORS MEETING**

to be held on

**THURSDAY 21 MARCH 2024**

Commencing 2:30pm

in the Council Chambers

Questions on the Annual Report may be taken on notice to the CEO or at the meeting.

The Annual Report is available on the Shire Website.

**Please note the following information from Shire of Cue regarding Road Reports:**

**Sent:** Tuesday, February 27, 2024 10:25 AM

**Subject:** LIVE ROAD REPORTS ON WEBSITE

Hi Everyone,

Please be advised the Shire of Cue has a new website (same address) on which our Road Reports are now live at <https://www.cue.wa.gov.au/roadreport/>

No road reports will be emailed out forthwith.

**John Curtin (J.C)**

**Manager Works & Services**

37 Marshall Street

PO Box 84 Cue WA 6640

**m:**0472 805 005

**p:**(08) 9963 1500 | **f:**(08) 9963 1085

**e:**[depot@cue.wa.gov.au](mailto:depot@cue.wa.gov.au) | **w:**[cue.wa.gov.au](http://cue.wa.gov.au)



Please consider the environment before printing this email 🌱



## Rocks are Major Contributors to Atmospheric CO<sub>2</sub>

Most of us have heard about the steady increase in CO<sub>2</sub> in the earth's atmosphere, sometimes called the Keeling Curve. Many have tied this current upswing to climate change, and many have blamed the burning of fossil fuels for this increase. But is it that simple?

A new study published in *Nature* has found that the weathering of certain rocks can be a major contributor to atmospheric CO<sub>2</sub>. The team led by scientists at Oxford University found that exposed organic-rich shale rock releases 68 megatons of CO<sub>2</sub> annually. This is close to the volume of CO<sub>2</sub> released each year by volcanic degassing, which totals about 80 megatons.

Of course, some scientists were quick to point out that humans still purportedly produce a lot more CO<sub>2</sub> than the amount contributed by shale-rich rocks. Robert Hilton, one of the co-authors of the *Nature* paper, said, "This [68 megatons] is about 100 times less than present day human CO<sub>2</sub> emissions by burning fossil fuels, but it is similar to how much CO<sub>2</sub> is released by volcanoes around the world, meaning it is a key player in Earth's natural carbon cycle."

But prior to this study, scientists thought that shale rock weathering was a CO<sub>2</sub> sink. The belief was that chemical weathering of rocks by weak acids in rainwater sequestered CO<sub>2</sub>. The Oxford study showed that was completely wrong.

Their methods employed a proxy element called rhenium that is released into waterways as organic carbon when organic-rich shale rocks weather. By measuring the amount of rhenium in river systems across the globe, the scientists were able to estimate the volume of CO<sub>2</sub> released from organic shales.

They found "hot spots" of highest CO<sub>2</sub> release near mountain uplifts where the shale rocks are exposed, such as the Rocky Mountains and the Andes Mountains.

The results of this study make one wonder what other "key players" are out there that may be contributing to the increase in CO<sub>2</sub>. Recall, the Keeling Curve shows a *steady* increase. A steady increase demands a steady source. Burning of fossil fuels is an unlikely steady source.

One potential steady source of CO<sub>2</sub> that may play a big part in the overall CO<sub>2</sub> level could be weathering of exposed carbonate rocks, such as limestone and dolomite. Carbonate rocks total about 23% of the sedimentary rock record. The Oxford team did not assess them in their study, yet these rocks are essentially pure CaCO<sub>3</sub> and CaMg (CaCO<sub>3</sub>)<sub>2</sub>, making them another likely "key player" in the explanation of the Keeling Curve.

When weak acid hits these rocks, CO<sub>2</sub> is released directly into the atmosphere, and thick carbonates, sometimes many hundreds of feet thick, are exposed on mountains all over the globe. In addition, carbonate rocks are exposed at the surface across vast regions of the continents, including central North America, northern Africa, and the Middle East.

The deposition of thick carbonates during the Flood year must have sequestered tremendous volumes of CO<sub>2</sub>. Now, their continuous erosion is likely causing a fairly uniform release of CO<sub>2</sub> back into the atmosphere. This could be another, and even greater, unforeseen "key player" in the steady increase of CO<sub>2</sub> in the atmosphere. Until this factor is quantified, we should be cautious in making premature conclusions about the cause of the Keeling Curve.



## PHOTO FEATURE PAGE

We thought it would be fun to have a 'photo feature page' in the Bush Telegraph. We will make each month a theme and invite the community to submit their photos for publication in the next month's Bush Telegraph.

Last month we were given a few photos from community members which are featured below ***but for this month, lets get out there and take photos of anything 'animal'*** - it could be a bird, a gecko, your pet, an ant nest, a snake ... anything animal!

Please send your photos to [dceo@sandstone.wa.gov.au](mailto:dceo@sandstone.wa.gov.au) **by 25 March** for publication in the APRIL Bush Telegraph and don't forget to provide your name with your photos.



Rainbow in Sandstone - Tracey



Lightening in Sandstone - Kathy



Lightening in Sandstone - Kathy

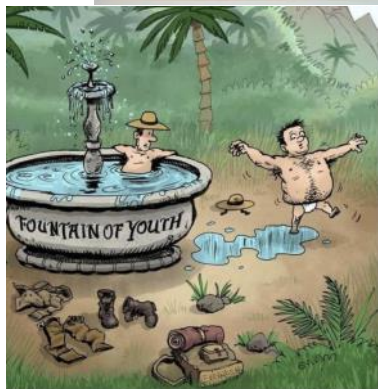
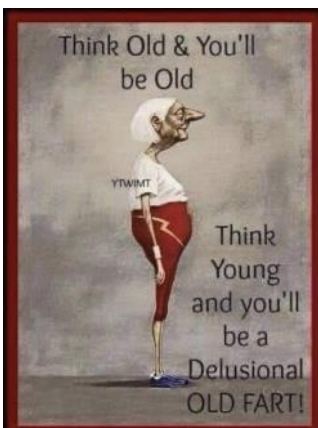


# Funnies



I have found the end of the world

We never worried about our TV being stolen in the '80s...



My wife thinks it's weird that I stare at the window during a heavy rainstorm.



It would be a lot less weird if she would just let me in.



This farm owner was denied a council permit to build a horse shelter. Fortunately, you don't need a permit to build a table and chairs.



This is what babies see when you wanna kiss them and that's why they cry.



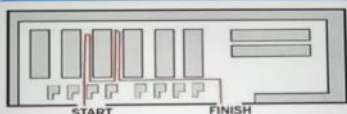
I mean ... How fast was that kid going 🤔



Dont wait until retirement to travel!



How Men Do Shopping

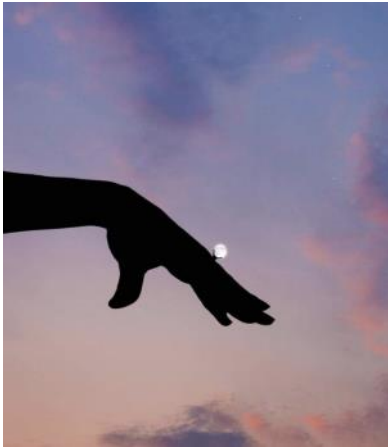


How Women Do Shopping





# Perfect Timing



# RECIPE

## SWEET POTATO BAKE

### Ingredients:

- 50g butter chopped
- 2 red onions thinly sliced
- 2 tsp thyme finely chopped
- 2 cloves garlic crushed
- 1 pinch ground nutmeg
- 1kg sweet potato peeled and finely sliced
- 80g gruyere cheese finely grated
- 1 cup liquid stock vegetable style
- 1/3 cup pecans finely chopped
- 1 Tbs maple syrup
- 1 cup mozzarella grated



### Method:

1. Preheat oven to 200 C or 180 C fan-forced. Grease a 5 cup oven-proof baking dish 16cm x 26cm x 5cm.
2. Melt butter in a large frying pan over medium-high heat. Cook onion and thyme, stirring, for 5 minutes. Reduce heat to medium and cook, stirring, for 5 minutes or until softened (but not coloured). Stir through garlic and nutmeg and cook for 1 minute or until fragrant. Season.
3. Arrange sweet potato in prepared dish, in flat layers, interspersing with onion mixture and half of gruyere. Press down. Pour over liquid stock. Cover with foil and bake for 1 hour. Remove foil and bake for another 15 minutes or until golden and tender.
4. Meanwhile, line a plate with baking paper. Heat a medium frying pan over medium heat. Add pecans, maple syrup and extra butter and cook, stirring, for 2-3 minutes or until toasted and caramelized. Transfer to prepared plate and set aside to cool.
5. Switch over to grill. Combine mozzarella and remaining gruyere. Sprinkle cheese over bake and cook under grill for 5 minutes or until golden.
6. Serve sweet potato bake sprinkled with glazed pecans.

## DID YOU KNOW ...

### The word orange

The colour orange was named after oranges. Before oranges arrived in England in the late 15<sup>th</sup> Century, the colour was referred to as *geolucrog* (yellow-saffron), or *geolurēad* (yellow-red) depending on the shade.

### Snakes can predict earthquakes

Many animals can predict earthquakes by varying levels of success but snakes are the most reliable. They can sense an earthquake from as far as 121km and five days before it actually occurs.

### Crows can hold grudges

Crows are excellent at recognizing people's faces and are able to remember them for a long time. Hence if you do a crow wrong, it will remember.

### The Pinocchio's paradox

The paradox was thought of in 2001 by an 11-year-old called Veronique Eldridge-Smith. Basically, when Pinocchio tells a lie, his nose will grow. If Pinocchio says, "My nose will grow now", if his nose grows, he wasn't telling a lie, but if he wasn't lying, his nose wouldn't grow. But then the statement would be a lie, so his nose would grow.

### Average Did You Knows

Did you know the average person has over 1,460 dreams a year?

Did you know the average cow produces 40 glasses of milk a day?

Did you know on the average there are 8 peas in a pod?

Did you know the average Americans diet consists of 55% junk food?

Did you know it takes 110 silkworm cocoons to make an average tie?

Did you know the average mature oak tree sheds over 700,000 leaves in Autumn?

Did you know the average age of a polar bear in the wild is 17 years?



## 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 |    |    |    |    |    | 67 |    |    |    |    |    | 68 |    |    |

By Jimmy and Evelyn Johnson - [www.qets.com](http://www.qets.com)

## Crossword Clues

### Across

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 Association (abbr.)          | 40 Joke                         |
| 5 Continent                    | 41 Shade tree                   |
| 9 Green legumes                | 42 Jeers                        |
| 13 Run easily                  | 43 Wood                         |
| 14 Jaw                         | 44 Rio de Janeiro               |
| 15 Device for measuring time   | 45 Fewer                        |
| 16 Big hairdo                  | 46 Tot                          |
| 17 Drops of water from the sky | 47 Plant shoot or Bud           |
| 18 Rasping                     | 49 She                          |
| 19 Coloured arch in sky        | 50 Charged particle             |
| 21 Black                       | 53 Eye infection                |
| 23 Chinese seasoning           | 55 Cooled until chewy (2 words) |
| 24 Sign language               | 57 Chop into small pieces       |
| 25 Dry skin need               | 60 Tel ____                     |
| 29 Abdominal muscles (abbr.)   | 62 Wager                        |
| 30 Wild                        | 63 City                         |
| 32 Snoop                       | 64 Carved Polynesian pendant    |
| 33 Recreate                    | 65 Origination                  |
| 36 Sandwich Cookies brand      | 66 Stag                         |
| 37 Short-term memory           | 67 Reeled                       |
| 38 European Monetary unit      | 68 Goofs                        |
| 39 Rainbow maker               |                                 |

### Down

- |   |                              |
|---|------------------------------|
| 1 Appall                                  | 33 Dreamers                  |
| 2 Couches                                 | 34 Spring flower             |
| 3 Small bunch of flowers                  | 35 Protective Clothing       |
| 4 Ne                                      | 36 Globes                    |
| 5 Not down                                | 39 Devotion                  |
| 6 Shoulder covering                       | 40 Proof ending              |
| 7 Caesar's three                          | 42 Flour component           |
| 8 Green Gables dweller                    | 43 Animal with feathers      |
| 9 Put seeds in ground                     | 46 K                         |
| 10 Aurora                                 | 48 Movie award               |
| 11 American College of Physicians (abbr.) | 49 Japanese Poem             |
| 12 Welkin                                 | 50 Outer's opposite          |
| 15 Outlaws                                | 51 Swimming mammal           |
| 20 Baby                                   | 52 Requires                  |
| 22 Start to grow                          | 54 Grub                      |
| 26 Publish                                | 56 Relive                    |
| 27 Visual                                 | 57 Wet earth soft and sticky |
| 28 Dryad                                  | 58 Wrath                     |
| 29 Past                                   | 59 Compass Point             |
| 30 Sign of the zodiac                     | 61 Important person          |
| 31 What children make                     |                              |

## 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 proved. 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**

**The next trips will be Wednesday**

**6 March**

**and**

**20 March**





## **The Sandstone Bush Fire Brigade is looking for volunteers**

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

New volunteers are needed or anyone willing to  
lend a hand and participate if required.

**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

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## **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



## Meekatharra RFDS Flying clinics 2024

### 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





# 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

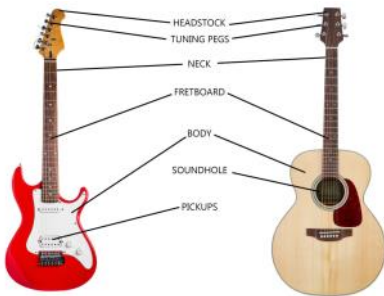
24hour casualty service (08) 9961 0600

## INTERESTING FACTS FOR CURIOUS MINDS



The harmonica is the world's top-selling instrument, with about 3,000,000 of the free-reed wind instruments sold globally each year. Its popularity is based on the fact that it is small, lightweight and affordable.

*Spoons have been used as musical instruments for centuries. Former UB40 singer Duncan Campbell was once a registered spoon player with the United Kingdom's Musician's Union.*



A Luthier is a person who makes a string instrument that has a neck and a sound box, which includes members of the violin family, guitars, banjos and even the 42-string pikasso guitar with four necks, two sound holes and 42 strings.

*Equine jaw bones make popular percussion instruments in some parts of Latin America. Known as the Quijada or Charrasca in Spanish, or simply the jawbone in English, the instrument was originally brought to the America's by African slaves.*



The harpsicord and piano may look like similar instruments, but they're actually in different instrument classes. The harpsicord functions by the strings being plucked, like other stringed instruments, while the piano works by hammers hitting the strings, making it a percussion instrument.

# 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](mailto:murchisonpower@bigpond.com.au)  
[karlibbotson@bigpond.com.au](mailto:karlibbotson@bigpond.com.au)  
Web: [www.murchisonpower.com.au](http://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](mailto:coral@westcoastseafood.com.au)

# Directory of Services to Sandstone

## OUTBACK ACCOMMODATION SANDSTONE

(08) 9963 5869  
outbacksandstone@gmail.com



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 **21st March** 2024  
from 1:00pm in Council Chambers

When prepared, the Agenda can be viewed online  
at [www.sandstone.wa.gov.au](http://www.sandstone.wa.gov.au) or at the Sandstone Library



## Heritage Museum & Visitor Centre

**Scheduled to open the first week of April**





# 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 |
| Outback Accommodation  | 08 9963 5869 |
| Justice of the Peace   | 0412 652 835 |
| Main Roads - Road Conditions<br>(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](http://www.ewarotary.org.au)

[www.facebook.com/ewarotary](http://www.facebook.com/ewarotary)  
Ph 0408 802 490

Community Group Name:

E-WA Rotary—Kerry O'Shea  
[rotaryewa@gmail.com](mailto: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](http://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](mailto:reception@sandstone.wa.gov.au)



## Solution:

|    |   |    |   |    |    |   |   |    |    |    |   |    |   |    |   |    |    |    |   |    |   |    |   |    |   |
|----|---|----|---|----|----|---|---|----|----|----|---|----|---|----|---|----|----|----|---|----|---|----|---|----|---|
| 1  | A | 2  | S | 3  | S  | 4 | N |    | 5  | A  | 6 | S  | 7 | I  | 8 | A  |    | 9  | P | 10 | E | 11 | A | 12 | S |
| 13 | L | O  | P | E  |    |   |   |    | 14 | C  | H | I  | N |    |   |    |    | 15 | C | L  | O | C  | K |    |   |
| 16 | A | F  | R | O  |    |   |   |    | 17 | R  | A | I  | N |    |   |    |    | 18 | R | A  | S | P  | Y |    |   |
| 19 | R | A  | I | N  | 20 | B | O | W  |    |    |   |    |   | 21 | E | 22 | B  | O  | N |    |   |    |   |    |   |
| 23 | M | S  | G |    | 24 | A | S | L  |    |    |   |    |   | 25 | L | O  | T  | 26 | I | 27 | O | 28 | N |    |   |
|    |   |    |   | 29 | A  | B | S |    |    | 30 | A | 31 | M | O  | K |    |    | 32 | S | P  | Y |    |   |    |   |
| 33 | S | 34 | T | 35 | A  | G | E |    |    | 36 | O | R  | E | O  | S |    |    | 37 | S | T  | M |    |   |    |   |
| 38 | E | U  | R | O  |    |   |   |    | 39 | P  | R | I  | S | M  |   |    | 40 | Q  | U | I  | P |    |   |    |   |
| 41 | E | L  | M |    | 42 | G | I | B  | E  | S  |   |    |   | 43 | B | E  | E  | C  | H |    |   |    |   |    |   |
| 44 | R | I  | O |    | 45 | L | E | S  | S  |    |   |    |   | 46 | K | I  | D  |    |   |    |   |    |   |    |   |
| 47 | S | P  | R | 48 | O  | U | T |    |    |    |   |    |   | 49 | H | E  | R  |    |   | 50 | I | 51 | O | 52 | N |
|    |   |    |   | 53 | S  | T | Y | 54 | E  |    |   |    |   | 55 | A | L  | D  | 56 | E | N  | T | E  |   |    |   |
| 57 | M | 58 | I | 59 | N  | C | E |    |    | 60 | A | 61 | V | I  | V |    |    | 62 | A | N  | T | E  |   |    |   |
| 63 | U | R  | B | A  | N  |   |   |    |    | 64 | T | I  | K | I  |   |    |    | 65 | S | E  | E | D  |   |    |   |
| 66 | D | E  | E | R  |    |   |   |    |    | 67 | S | P  | U | N  |   |    |    | 68 | E | R  | R | S  |   |    |   |

# ★ 10 EXERCISES YOU CAN TRY IN YOUR BED ★

1. LEG CIRCLES



2. BUTT-SCULPTING HIP ROTATION



3. THE PILATES CLAM



4. KNEE-IN LEG LIFTS



5. ARM EXTENSION TO SHOULDER TAP



6. THE HALF BRIDGE



7. MARCHING HIP RAISES



8. JACKKNIFE SIT-UPS



9. TABLE TOP HIGH FIVES



10. ANKLE ROLLS





# March 2024

| Sun | Mon | Tue | Wed                    | Thu                                     | Fri | Sat |
|-----|-----|-----|------------------------|---|-----|-----|
|     |     |     |                        |   | 1   | 2   |
| 3   | 4   | 5   | 6<br>Bus to Mt Magnet  | 7<br>Doctors Clinic                     | 8   | 9   |
| 10  | 11  | 12  | 13                     | 14<br>Nurses Post                       | 15  | 16  |
| 17  | 18  | 19  | 20<br>Bus to Mt Magnet | 21<br>Doctors Clinic<br>Council Meeting | 22  | 23  |
| 24  | 25  | 26  | 27                     | 28<br>Nurses Post                       | 29  | 30  |



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](mailto:reception@sandstone.wa.gov.au)