

JULY 2024 **FREE**

# Bush Telegraph



Cover image by Lana Lefroy

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.

No person should act on the basis of any matter, comment or advice contained in this publication without first considering, and if necessary taking appropriate professional advice upon the applicability to their particular circumstances. Accordingly, no responsibility is accepted or taken by the Shire of Sandstone, or the authors and editors of the Bush Telegraph, for any damage or loss suffered by any party acting in reliance on any matter, comment or advice contained herein.

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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 [visitus@sandstone.wa.gov.au](mailto:visitus@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 [visitus@sandstone.wa.gov.au](mailto:visitus@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

Greetings to the people of Sandstone Shire and Visitors

The pruning and removal of trees has been completed and as expected there were mixed reactions. Some people find the streets much tidier, road visibility is better and there are others who rue the loss of trees.

Some trees were removed as they interfere with power lines, they were too close to the power poles, they were disrupting the roads or footpaths and there were others that were interfering with the water services and were removed to prevent future water outages.

In the near future the replacement trees will be planted and the outcome will be a more orderly and attractive main street and this will include the Hack Street garden opposite the community hall.

The Council budget is close to finalisation and is subject to Council review. There are delays as we wait for data from government agencies and also satisfy the requirements of the government bureaucracy. I'll have more information on the Council's proposed major works after the budget has been approved, hopefully in late July.

I'm happy to see that finally the public bowser is operating much more effectively with no outages for more than one month. The bowser no longer operates on a Telstra link but from Starlink which is more reliable. There are still some issues with people who use debit cards which in some instances, the machine will not accept.

It was disappointing that the new roadside Café signs were much smaller than expected. This will be rectified in the near future as there are plans to rectify this, especially as its important to advertise the Café which is such a popular venue.

Caravan Park Managers Leanne and Garry have been appointed permanently to the position following a very satisfactory probation period. Leanne and Garry have received many compliments about how they manage the park – it's great to have good feedback.

Hopefully we are in for some clear skies so the numbers attending the star gazing will increase.

PETER MONEY

Chief Executive Officer

# SHIRE NEWS

SHIRE OF SANDSTONE  
HACK STREET SANDSTONE WA 6639  
PHONE: 08 9963 5802  
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## NOTICE OF INTENTION TO LEVY DIFFERENTIAL RATES

Pursuant to 6.36 of the *Local Government Act 1995*, Notice is hereby given to ratepayers of the intention by the Shire of Sandstone to levy the following differential rates for the 2024/2025 financial year noting an increase of 2.5% from 2023/2024.

### General Rates

GRV Townsite (Residential/ Commercial)	\$0.07801
GRV Mining/ Transient Workforce Accommodation	\$0.40006
UV Pastoral	\$0.06560
UV Mining	\$0.28958

### Minimum Payments

GRV Residential/ Commercial	\$200.00
GRV Mining & Transient Workforce Facilities	\$200.00
UV Pastoral	\$400.00
UV Mining	\$400.00

All submissions in writing with reference to the proposed differential rates or minimum payments should be forwarded to the Shire of Sandstone by 4pm on Friday July 19<sup>th</sup> 2024.

Once the Council has considered the submissions, the differential rates and minimum payments (with or without modification) will be adopted by Council.

The objects of and reasons for, each proposed rate and minimum payment can be inspected at the Shire Administration office at 23 Hack Street, Sandstone, between 8.30am and 4.00pm on any working day.

Should you require any further information regarding the above please contact Peter Money on 9963 5802.

**Peter Money**  
Chief Executive Officer



# SHIRE NEWS

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

## Council meeting dates 2024

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)**



# Hello from Jax!

Hello Sandstonians!

I don't know if many remember me but my name is Jax and I used to be a resident of Sandstone. For those who have never seen me, I am sure you would have heard me. I am a good guard dog and I let my family know whenever someone passes the boundary. I even bark at birds and chase them around, both when they are on the ground and in the air.

In my new home, I am free to bark and run around as much as I like, night and day. I absolutely love it! Sometimes however, I hear my name from the house during the night when I carry on for too long but luckily that doesn't happen too often. I also let my new family know when there are people at the gate with my special bark. I am good at my job because mom and pop tell me so.



Love you mum!

I am always on guard, especially when mom comes out. I stand by her side wherever she goes. I patrol the area around her when she stands still and I am on a vigilant watch when we are on the move. I tend to nip her on her legs and arms, which is my way of telling her that I love her. She however doesn't like it and taught me not to do it because it hurts her. I am a bit of a stubborn dog though so once and a while I sneak one in anyway and then run away really, really fast. I think it's a fun game. She doesn't...

Anyway, I have settled in nicely over these past 6 months. I love my new home and my new mom. My new pop can be a bit grumpy though, especially when I jump up on him and lick him to bits. Pop growls at me when I do this but mom has a gentler way of telling me not to jump and lick. Hence I listen more to her than pop, which annoys pop...

I've learnt a new skill too. I can juggle a fresh egg between my big teeth and play with it, without breaking it. Mom was impressed...

We play every day. Mom throws a ball as far away as she can with this thingy-ma-jingy and I go and chase after it and bring it back. I can run really fast and mom always laughs when I try and catch the ball because sometimes I get too excited and roll over in the sand, or skid away clumsily while chasing. She especially laughs when the ball bounces up and I jump up for it. She says I look like a fish because while I'm in the air, my body is straight and my tail wiggles really fast. She sometimes throws this squeaky sausage and she laughs really hard when I go and burry it in the sand. She then yells out at pop "Look, Jax is hiding the sausage again!" I don't see why this is funny but she seems to think it's hilarious...

I've also met other fur babies. They shy away from me and I have learnt to give them their space. Mom and pop always tell me that they are family and to leave them alone. I think they are serious so I just stay away. In the beginning I ran after them but soon learnt not to do this as it upsets mom and I don't want her to be upset. And pop had this marvelous idea to put some jingle bells on my collar so the other fur babies know when I'm around, giving them a heads up, letting them know that I'm just around the corner.

I am getting gourmet meals on a daily basis too. Mom and pop make this big pot of food where they combine rice, meat (which can be camel, kangaroo, pork, beef, emu or donkey), stock and a combination of vegetables. They boil it up real nice and put some in the freezer for later. I am very excited when mom comes out in the morning with my delicious breakfast. In the evening I get yummy biscuits.

When mom and pop go out driving and hit a bunny, I get that one too! But sometimes I have to share with the other fury family.

Anyway, last but not least, I want to let my previous pop know that I love my new home and my new family and I've adjusted well so don't worry about me.  
Nips, slobbery licks and jumping hugs for everyone!  
Wishing everyone a glorious car chasing barking day!

Always on guard,  
Jax Chase McBarklots



Tuckered out and ready for a nanna nap.



On guard next to mum....what was that!?



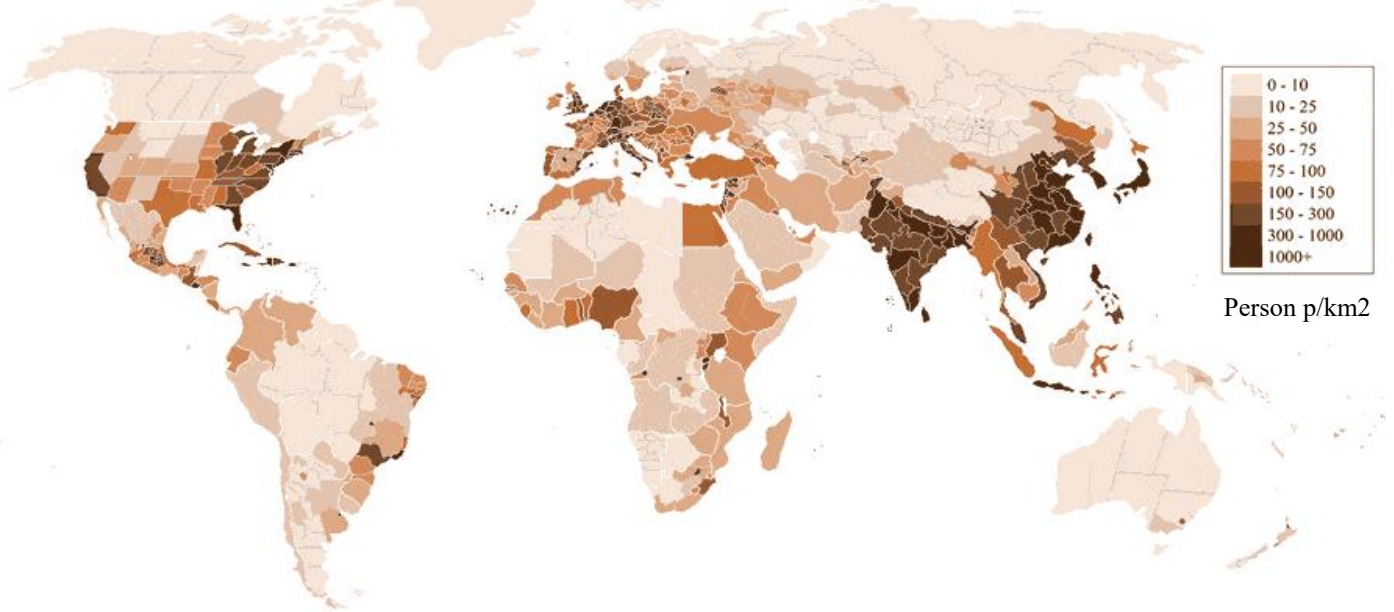
# JULY dates of interest



**KEEP THE FIRE  
BURNING!  
BLAK, LOUD  
AND PROUD**  
7-14 JULY 2024



World Population day 11th July



## 21st JULY full moon aka buck moon

During the month of July, male deer (bucks) have new antlers pushing out of their foreheads with coatings of velvety fur.

Deer lose their antlers yearly, and each part of the antler grows from time to time. In the mid-summer, it reaches its full size with pointed tips and is considered to be a significant part of the annual cycle.

Therefore, the Native American Algonquin people from the east of the Mississippi River (a region where deer were widespread) coined the term 'Buck Moon'.

Celebrate an extra Christmas on the 25th July

*Christmas in*



# July Stargazing



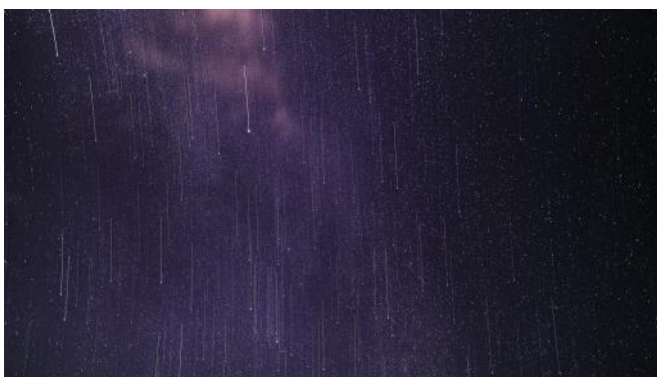
If you're up early on 3rd July, you're in for a special sight in the pre-dawn sky. Jupiter appears in the constellation of Taurus and becomes the second eye of the bull!

**6am, 3rd July low on the Eastern horizon.**



Throughout the last half of July, keep an eye to the Western horizon just after sunset for a performance by the planets! Venus will appear low on the Western horizon. Mercury is the next brighter star like object a little higher above. Over subsequent evenings, you'll be able to see the distance between Venus and Mercury get less and less. Both planets appear to be getting higher with Venus slowly catching up to Mercury!

**From 6pm, 19th to 31st July. Look towards the low Western horizon.**



The Southern delta-Aquariids are usually faint meteors, and observing meteor showers can already be tough at the best of times. Getting the best out of a meteor shower requires late nights, dark skies, a little luck, and lots of patience. The Southern Delta Aquariids meteor shower **peaks on 31st July, with the best viewing around 2:00am AWST.**



Noongar people are the traditional owners of the South-West of Western Australia and have been for over 45,000 years. In the Noongar calendar, the months of June and July bring the season of Makuru.

- ◆ **Birak** (December-January)
- ◆ **Bunuru** (February-March)
- ◆ **Djeran** (April-May)
- ◆ **Makuru** (June-July)
- ◆ **Djilba** (August-September)
- ◆ **Kambarang** (October-November)



## **MICHAEL QUAIN OF SANDSTONE**

**February 16, 2021 — Author: Vivienne Sinclair**

*Michael Quain was born c1870 in Ireland and emigrated to Victoria before joining the gold rush in the Murchison. In 1903 at the age of 33 years he was a cordial maker in Leonora.*

*The goldfields town of Nungarra saw a downturn in mining so the nearby "show" at Sandstone saw that town gazetted in 1906. In April 1907 he became a member of the Mt Sir Samuel Board of Health.*

*Quain moved from Leonora to the new premises in Sandstone in May 1907 to commence Sandstone Aerated Water Works & Cordial factory. He soon became one of the leading citizens in the fast growing town. The factory was situated in Griffith Street, two blocks from the Black Range Bottling Company run by Messrs Hay & Wallace. They sold cordials, aerated waters, bottled ale stout, wine & spirits, so he had some opposition in town.*

*He was a foundation member of the Sandstone Race club & also Chairman of the Hospital board for seven years & a staunch supporter of the Catholic church.*

*He married Mrs Catherine Coffey, the Proprietress of the Sandstone Hotel in 1910. She had come from NSW after her marriage to Edward Coffey & after his death in 1906, she ran the Shamrock Hotel in Mount Sir Samuel, before coming to Sandstone. The Sandstone hotel was opposite the railway station on the corner of Irving & Hack Streets.*

*In 1912, Quain sold the Cordial factory to Edwin Duesbury, probably to concentrate his efforts on the hotel business.*

*Sandstone continued to prosper until the advent of WW1 when the rising cost of the gold production & the departure of many miners for war service, saw a decline in its fortunes.*

*The hotel license expired in July 1915 & Michael & Catherine decided to move to Geraldton to take over the Commonwealth Hotel from Doug Green. Quain also became a Director of the Globe Brewery Ltd in Geraldton but declined a place on the board in 1917.*

*Catherine Quain died at Geraldton in 1920 & in February 1921 he transferred the Commonwealth Hotel licence to Oracle Stuart Green. However, Green transferred it back to Quain in July and Quain and Mrs Maley who had been involved in the lease for 11 years, invited all their patrons to have parting drinks on 3 July 1926. Michael Quain then became a labourer at Three Springs. Catherine's sons had settled here, so he settled into a different way of life.*

*However, cordial making was in his blood and by 1936 he was in Henty Street, Yalgoo, using his skills to quench the thirst of the small mining community.*

*He retired in 1940 whilst living in Yalgoo & died in 1942 & is buried in the Utaarra cemetery in Geraldton.*

*The M Quain codd bottle is dated between 1907-1912. The marble bottle with the horizontal lettering was made by the company of Cannington & Shaw, St Helens, England. The other two bottles with vertical lettering were made by Melbourne Glass Works.*



<https://findersofrelicswa.com/michael-quain-of-sandstone/>

# Comments from visitors

We would like to thank you for keeping a cafe open in Sandstone. We travel through every second year and love your town.  
Thanks.

Bill and Julie

To whom it may concern

Visited the Post Office Cafe for lunch and coffee and what a delight. Great friendly staff and good food on offer.

Thank you  
Heather & Stephen

We did enjoy our brief stay at Sandstone. The town is so neat and clean and the caravan park excellent, and Gary was very helpful.

Kind regards  
Neil

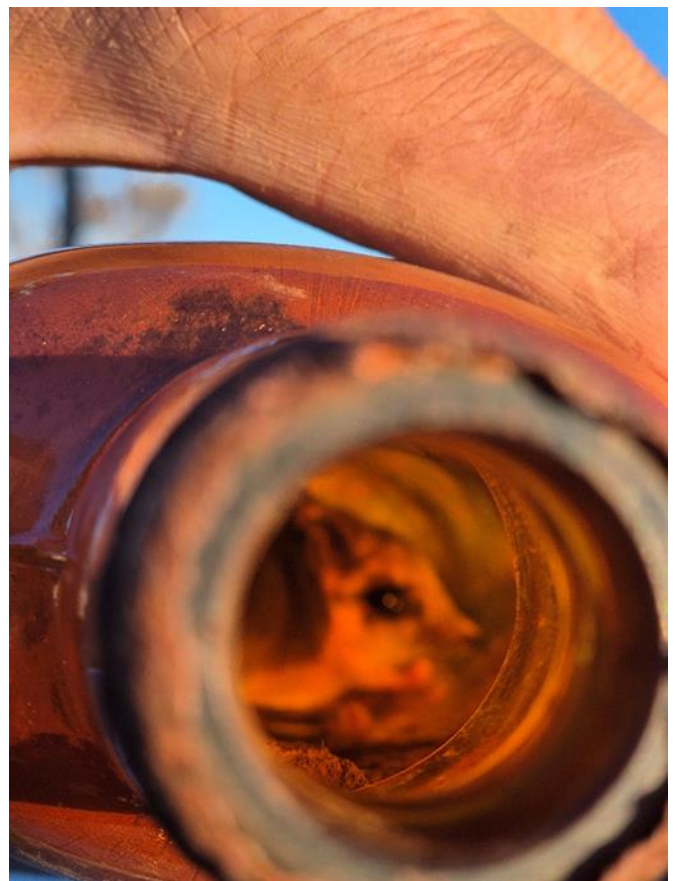
## Thank you !

# Spinifex hopping mouse

Brad & Elbert were camping at ex Lake Mason Station when Brad found an old bottle; without thinking too much about it he collected it up to add to the bottles already at the station. He then saw a 'feather' poking out the top and went to grab it.... but then this feather pulled itself back into the bottle!

This cute little fella had made its home in the bottle and seemed quite content to stay inside. The guys returned the bottle to the ground after taking a few adorable photos.

Looks to be a native spinifex hopping mouse





# Big Blue Table



**OCT  
2024**



Cook up a conversation for mental health.

Receive a free host kit!  
[bigbluetable.com.au](http://bigbluetable.com.au)





**Big  
Blue  
Table**

### **Newsletter copy**

This October, Mental Health Month, Beyond Blue is inviting you to fight the stigma of mental health one meal at a time. Host your guests, share a meal, start meaningful conversations and help raise funds for those facing anxiety, depression and suicide.

Getting together for a meal with friends, family and co-workers can do wonders for your mental health - and now, it can help people all across Australia! Nearly half of us will experience a mental health condition in our lifetime — so let's ensure that no one struggles alone.

Whether hosting a pot-luck lunch at home, decking your office out in blue, or having a picnic in the park, each meal you have can lead to life-saving conversations.

Receive a free host kit with conversation starters, decorations and more to help you host a Big Blue Table.

Register yourself, workplace or school at [bigbluetable.com.au](http://bigbluetable.com.au)





Sunset by Jim Gamble

New signs around Sandstone - Paddy O'Brien



# PHOTO FEATURE PAGE

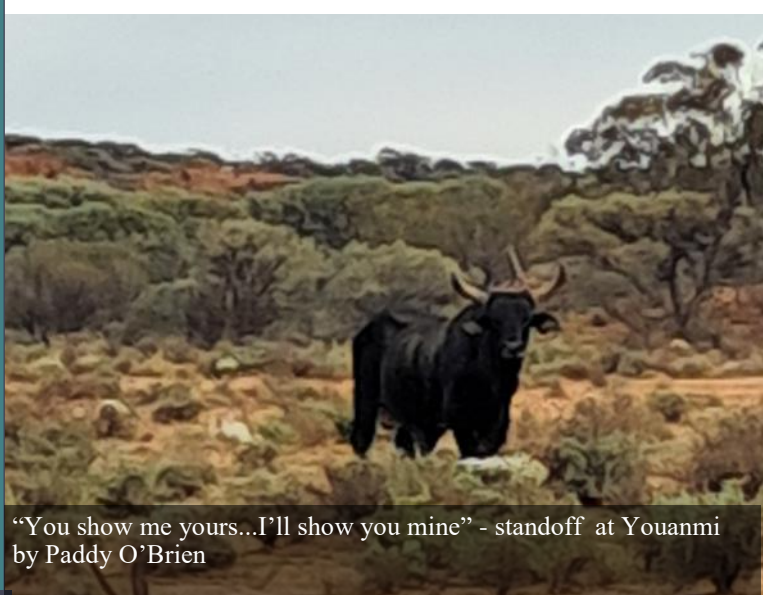
Please send your photos to [visitus@sandstone.wa.gov.au](mailto:visitus@sandstone.wa.gov.au) by **25 July** for publication in the next Bush Telegraph and don't forget to provide your name with your Photos.



Sunrise by Karan Heath



Foggy scene by Lana Lefroy



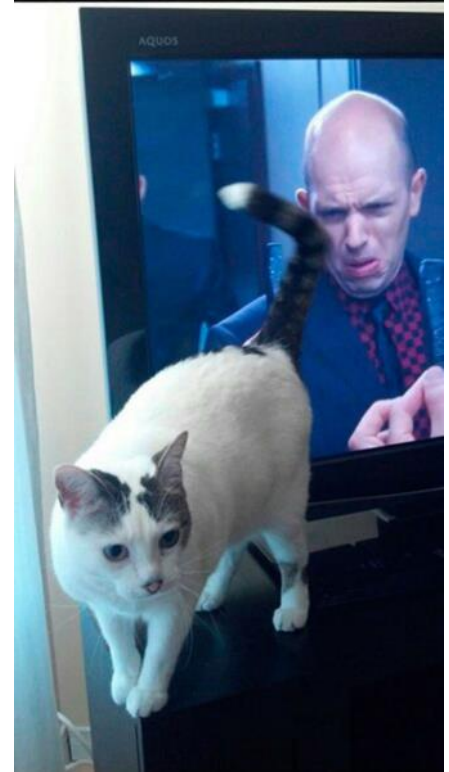
"You show me yours...I'll show you mine" - standoff at Youanmi by Paddy O'Brien



Giant moon rise by Tania Kevill



# Perfect Timing



*Time you enjoy wasting  
is not wasted time*



- 2 tablespoons of olive oil
- 2 red capsicum, chopped small
- 1 brown onion, chopped small
- 4 cloves garlic, finely chopped
- 1 long red chilli, chopped, to taste
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 tablespoon sweet paprika
- 400g can chopped tomatoes, undrained
- Salt and freshly ground black pepper, to taste
- 4 eggs (more or less as desired)
- ½ cup feta cheese (optional)
- Tahini as desired
- 2 tablespoons chopped coriander and/or parsley

1. Heat the olive oil in a large frying pan over a medium heat. Add the chopped capsicum and onion and cook, stirring until soft. Add garlic, cumin and paprika and cook (stirring frequently until garlic is soft)
2. Add the tomatoes and bring to a simmer for 5 minutes. Taste and season with salt and pepper. If the sauce is too thick, you can add a splash of water.
3. Make four indents in the simmering sauce with the back of a spoon to create a little hole for the eggs. Gently break an egg into each. Cover with a lid and gently simmer for 3-4 minutes or until the egg whites are set but the yolks are still slightly runny (cook for an extra 2 minutes if you like well-cooked eggs). If the eggs look undercooked, you can gently spoon some of the tomato sauce over the top of the eggs to baste them, being careful not to disturb the yolk.
4. Add the feta cheese and small dollops of tahini throughout for the last 2 minutes.

Sprinkle chopped coriander and/or parsley on top and serve with toasted pita bread, if desired.

A splash of lemon juice also goes nicely!

You could always make it beefier by browning some mince between step 1&2



Eggs are among the most nutritious foods on the planet.

A whole egg contains all the nutrients required to turn a single cell into a baby chicken.

A single large boiled egg contains

- Vitamin A: 8% of the DV (daily value)
- Folate: 6% of the DV
- Pantothenic acid (vitamin B5): 14% of the DV
- Vitamin B12: 23% of the DV
- Riboflavin (vitamin B2): 20% of the DV
- Phosphorus: 7% of the DV
- Selenium: 28% of the DV

Eggs also contain decent amounts of vitamin D, vitamin E, vitamin B6, calcium and zinc. This comes with 78 calories, 6 grams of protein and 5 grams of fat.

Eggs also contain various trace nutrients that are important for health.

In fact, eggs are pretty much the perfect food. They contain a little bit of almost every nutrient you need.







**Leigh Bright**  
Regional Education Officer  
Midwest/Gascoyne  
Cancer Council Western Australia  
Leigh.Bright@cancerwa.asn.au

**Midwest and Gascoyne community encouraged to ditch the booze in July to help those affected by cancer.**

Cancer Council WA is encouraging people living in the Midwest and Gascoyne region to sign up to Dry July 2024 and quit alcohol for the month, in a bid to raise much-needed funds for the 13 11 20 Cancer Information and Support Line; a free service for all Australians affected by cancer. The Dry July campaign is run by the Dry July Foundation to support cancer charities, including Cancer Council.

Our **13 11 20** Information and Support Line is a confidential service run by experienced cancer nurses and is available to those affected by or concerned about cancer. This service is not government funded – it is funded through the generosity of donors and fundraisers.

Those seeking cancer advice can speak to a health professional about anything to do with cancer including emotional support, how to reduce your risk, questions about early detection, dealing with a cancer diagnosis, how to cope with treatment and its side effects, practical support that is available to anyone affected by cancer, and end of life issues. Last year the service provided support to almost 5800 West Australians.

Going dry for July is a great opportunity to look at how you can reduce your overall alcohol use and in turn benefit your health. Alcohol is a cause of cancer; research shows that every year more than 3,500 cases of cancer can be attributed to alcohol use, such as mouth, pharynx, larynx, oesophagus, liver, bowel and breast cancer in women.

There is no safe level of alcohol use, as any level increases the risk of developing an alcohol-caused cancer. The more you drink, and the more often you drink, the greater your risk.

**To reduce your cancer risk, reduce your drinking.**

To sign up to Dry July visit <https://www.dryjuly.com/cancercouncil>

For more information about Cancer Council’s support services, visit [cancerwa.asn.au](https://cancerwa.asn.au) or call 13 11 20.

**Crunch&Sip® *Crunch Bites Podcast***  
***Bite sized children’s nutrition info***

***Aiming to provide parents with practical ideas around boosting children’s nutrition in an easily accessible, grab and go format.***

**Crunch Bites** is the newest ‘grab and go’ podcast for parents who want to learn how to feed their family well whilst saving on time, money, and stress. Brought to you by qualified nutritionists, each episode bites off a topic that will help you build those healthy habits in the home. From packing healthy lunchboxes, to building a positive body image, to reaching for rainbow foods in the home, join us as we chat about practical ways to feed your family healthy food.

Available on streaming services such as Spotify, Apple podcasts plus so many more  
To find out more:

<https://www.crunchandsip.com.au/podcast>



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	<a href="https://www.instagram.com/crunchandsip">@crunchandsip</a>



Government of **Western Australia**  
Department of Health

**Call us on 13 11 20**  
[findcancerearly.com.au](https://findcancerearly.com.au)

# DID YOU KNOW ...

[FactRetriever.com](http://FactRetriever.com)

Shoes that were specific to left and right were not made until the civil war



At their closest points, the U.S and the Soviet Union are over 2 miles (3km) apart.



The term "lawn mullet" means having a neatly manicured front yard and an unmowed mess in the back.



< Moonmoon  
< Moon

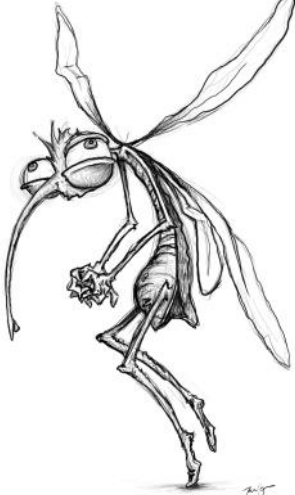


Moons can have moons, and they are called "moonmoons."

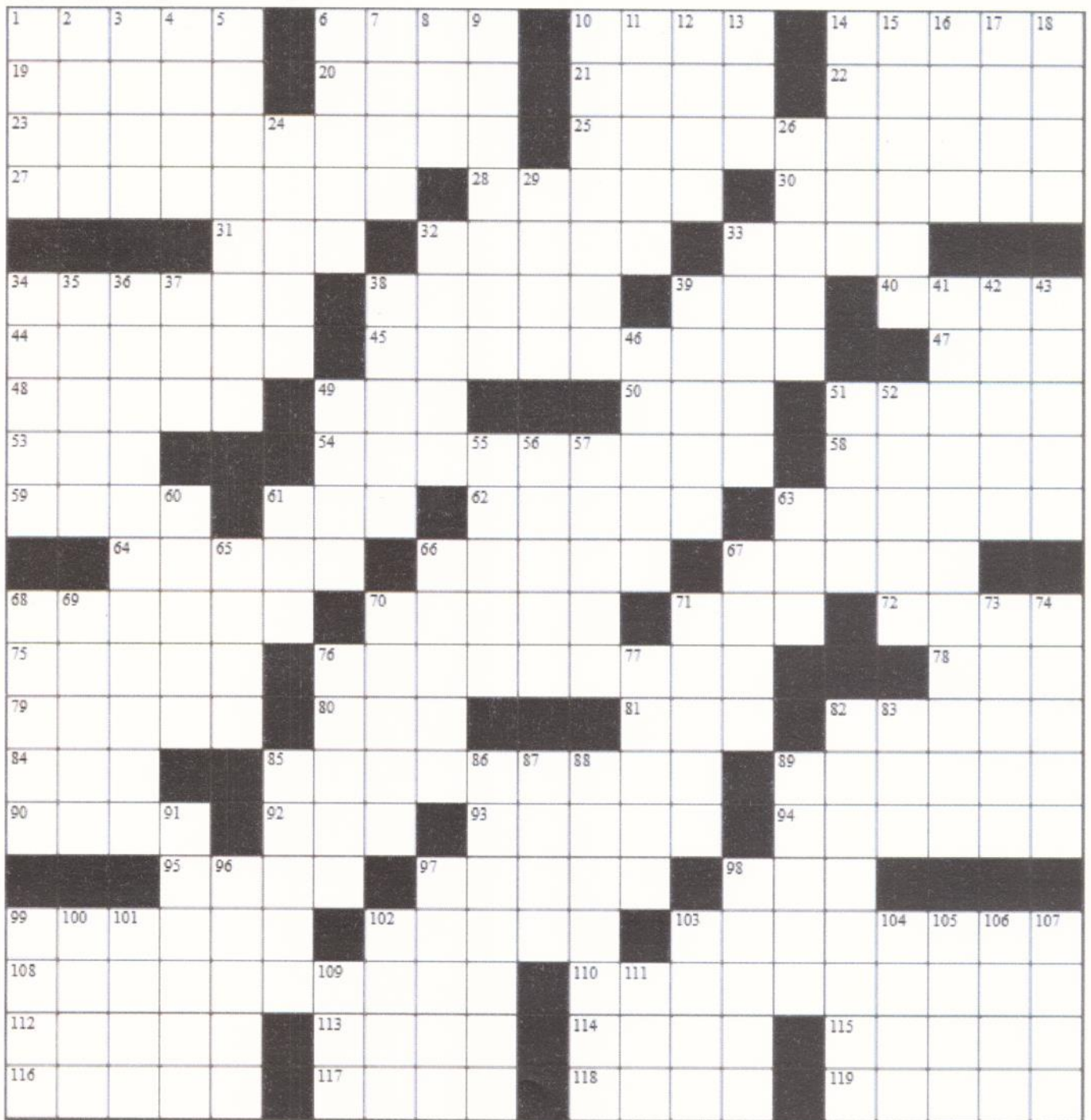
New Yorkers bite 10 times more people than sharks do worldwide each year.



The Greek name for the mosquito is "anopheles," which means "good for nothing."



# Cross word



From Dictionary.com

| by Fred Piscop, edited by Stanley Newman

Answers on page 42



## Crossword Clues

### ACROSS

1. Dieter's dessert
6. Letters like PDQ
10. Moonshiner's mixture
14. Knee or elbow
19. Poland Spring competitor
20. "Lady" of pop
21. Rights org.
22. Knight clothes
23. Some bakery loaves
25. Ruth nickname
27. Board members
28. Took a shot at
30. Held in check
31. Soccer stadium shout
32. Service club
33. Orient
34. Walk a beat
38. How change may come to the British
39. Ad follower
40. Agile
44. Decks out
45. Dice roll
47. Kauai keepsake
48. Awaken
49. Letter after epsilon
50. Miss Piggy pronoun
51. Give a paddling to
53. Bobble the ball
54. Nation with the world's oldest constitution
58. Check endorser
59. TV rooms
61. Barrister's field
62. Assists at a heist
63. Muscle-bone connectors
64. Bother persistently
66. Van Gogh hangout
67. Bowl left for Bowser
68. Sneaky one
70. Fan mags
71. JFK's party
72. Washer cycle
75. Everest's locale, in part
76. 2011 NL batting champ
78. Altar affirmation

79. Vast chasm
80. "You've got mail" co.
81. Amb. driver, often
82. Oil source
84. General in gray
85. Head honcho
89. French fashion house
90. Different
92. Nav. rank
93. Dates with drs.
94. Pays tribute to
95. Use a letter opener
97. Gaucho's rope
98. Mongrel
99. GI's ID
102. Ma's instrument
103. "Shut up!"
108. Oscar winner for the "Shaft" theme
110. Endangered pachyderm
112. Select few
113. Carol syllables
114. Part of a melody
115. Navel type
116. Did a planning commission job
117. Research facility: Abbr.
118. Prophet
119. Marina occupants

### DOWN

1. Joke around
2. At any time
3. Stead
4. Little shavers
5. Perfectly matched
6. Think alike
7. "\_\_ who?"
8. Epoch
9. Minuscule macaroni
10. Early show
11. Aspirin targets
12. Snow coaster
13. Transportation center
14. Elizabeth I successor
15. Satellite paths
16. Poker declaration
17. \_\_ of the above

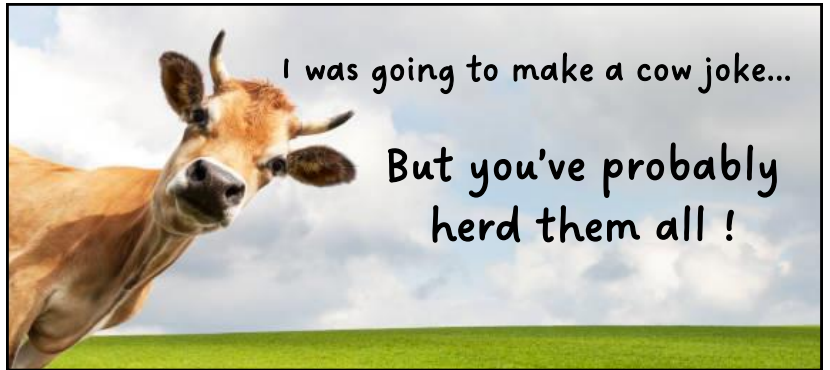
18. Crushed underfoot
24. Secluded valleys
26. Sheik's subjects
29. Sway to and fro
32. Bolshevik leader
33. Children's song refrain
34. Trimmed down
35. Be wild about
36. Breaks for top seeds
37. Monopoly quartet: Abbr.
38. Quaint oath
39. French silk center
41. Place for a music roll
42. Extend a contract
43. "Good heavens!"
46. Gives off
49. HS jr.'s exam
51. Barbecue bar
52. Window pieces
55. River to the Seine
56. Better trained
57. Actress Wither-  
spoon
60. Hotel amenities
61. Far from stern
63. American uncle
65. Day-care attendees
66. Airline seat selection
67. Rapper Kanye
68. Past the shelf date
69. Defamatory text
70. Goes in a hurry
71. Floor models
73. Do-nothing
74. December songs
76. Quick trip
77. Gossipy one
82. Part of a beef slab
83. Solo of "Star Wars"
85. Equine sound
86. Lays into
87. October birthstone
88. Some urban areas
89. Coal channel
91. Mogul's home
96. Spiked, as punch
97. Anglers' gear
98. More huggable
99. "Cinco" doubled
100. Scandinavian capital
101. Acquisition
102. Greenish blue
103. Small taste
104. "Good heavens!"
105. Vessel of 1492
106. "What's \_\_ for me?"
107. The "ten" in "hang ten"
109. "Aladdin" prince
111. Ground breaker

		6	1				5	
	7	1		3			4	2
5								3
6	5		7		8			4
		4		6		3		
7			5		3		8	6
1								8
2	9			7		6	3	
	4				6	5		

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.



**FUNNIES**



# Sandstone Community Craft Group

Our group meets Fridays from 9am to 1pm in the Sandstone Community Hall, Hack Street, from April to October, primarily to Knit/Crochet (and all other types of craft) for Charity.

Come 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.

**\* Please note \***

**From the 2nd July the craft group will be running 2 days a week TUES and FRI.**



## ***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**



# Looking for guaranteed ways to save on your energy bills?

With Sunshine Saver™ you're guaranteed to start saving immediately.\*

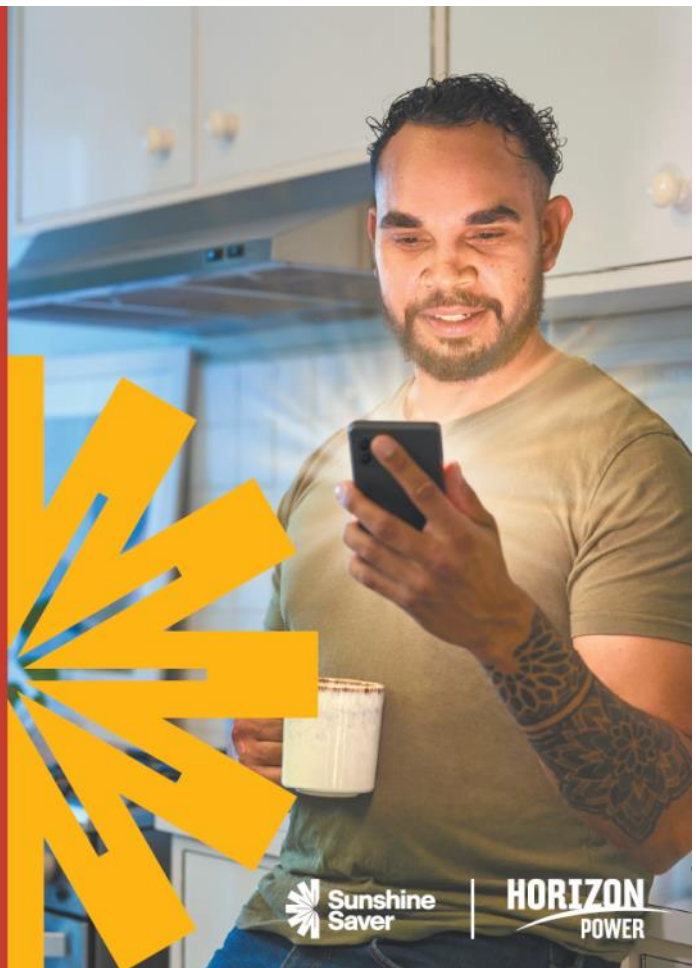
Sunshine Saver is made especially for renters or people who can't access the bill saving benefits of rooftop solar.

This simple subscription gives you five units of energy credited to your account daily, regardless of how and when energy is used. And you can enjoy more savings with a 10% discount on all energy used between 6am and 6pm. All for only \$1 a day.

Be quick to start saving immediately.

Visit [horizonpower.com.au/SunshineSaver](http://horizonpower.com.au/SunshineSaver)

\*Estimated savings of \$219 is based on the average consumption of a residential A2 tariff customer in eligible towns. Total individual customer savings will vary depending on energy used during 6am and 6pm.



## Sandstone Community Bus will be temporarily out of service

### Watch this space for further news!





## 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



**St John**

**Make a difference for your community.**  
**Become an ambulance *volunteer*.**

Supporting your Sandstone community is one of the best ways to get to know it. Join a social, inclusive and committed team, and you'll be surprised by the friendships you'll make, which can be as rewarding as the good you're doing for your town.

- Full training provided in a friendly, supportive environment.
- No medical experience required – all you need to get started is a police check, a clean driver's licence, and a can-do attitude.
- Not all callouts are emergencies – help with routine patient transport.
- Commit to shifts to suit your schedule – a minimum of 60 hours per annum.
- Uniforms and ambulance cover provided free of charge.

### Your next move.

If this sounds like something you'd like to explore, visit [stjohnchangelives.com.au](http://stjohnchangelives.com.au) or call St John Sandstone on 0458 452 364, or email [cp.midwesteast@stjohnrwa.com.au](mailto:cp.midwesteast@stjohnrwa.com.au)





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

### July

<b>Thursday 11th</b>	<b>Sandstone</b>	<b>Dr Di Comley</b>
<b>Thursday 25th</b>	<b>Sandstone</b>	<b>Dr John Terry</b>

### August

<b>Thursday 8th</b>	<b>Sandstone</b>	<b>Dr Phil King</b>
<b>Thursday 22nd</b>	<b>Sandstone</b>	<b>Dr Di Comley</b>

### September

<b>Thursday 5th</b>	<b>Sandstone</b>	<b>Dr Tim Lipscombe</b>
<b>Thursday 19th</b>	<b>Sandstone</b>	<b>Dr Phil King</b>



Government of **Western Australia**  
**North Metropolitan Health Service**  
**Dental Health Services**

**MEEKATHARRA DENTAL CLINIC AND MOBILE**  
**TRAVEL DATES 2024**

**Sandstone Dental Visit will be organised for later in the year**

<del>Sandstone</del>	<del>27 May - 31 May</del>
Meekatharra	18 June - 28 June
Yalgoo	17 July - 26 July
Mount Magnet	14 August - 23 August
Meekatharra	11 September - 20 September
Mount Magnet	9 October - 18 October
Meekatharra	6 November - 15 November
Mount Magnet	4 December - 12 December



## 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 mystery meat Spam is made in the heartland of the Midwest in Austin, Minnesota, but it's most popular in island locales. Spam is so popular in Hawaii it's served at McDonalds.



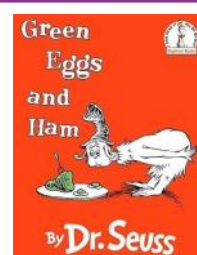
*Herbert and Zelmyre Fisher were married for a record 86 years before Herbert passed away in 2011 at the age of 106*

Flamingos are known for their distinct pink colour and warm climates they inhabit. But flamingos are also known for their unique courtship rituals and usually mating for life.



*In 2011, a Georgia convenience store sold a powerball lottery ticket worth \$77 Million. No one ever came forward to claim the prize.*

The Dr. Seuss book *Green Eggs & Ham* uses only 50 unique words. Seuss's publisher bet him that he couldn't write a book with only 50 words.





# 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



**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 .



**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 **25 JULY 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

Open everyday 9am—4pm (April –Oct)



# 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 (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

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



## Community Feedback

If you have any ideas that could benefit our community, please feel free to let us know, whether it's activities, workshops or something you would like to see in the near future.

Cut out and drop your feedback form in the Shire office at Reception, post to Shire of Sandstone, Hack Street Sandstone WA 6639 or email to [dceo@sandstone.wa.gov.au](mailto:dceo@sandstone.wa.gov.au)

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### **Do you know where the DEFIBRILATORS are in town?**

They can be found at the following locations:

1. Shire Administration Office.
2. The Caravan Park Office.
3. Outback Accommodation.

Please take note of their location—just in case!

# Crossword solution

1	J	E	L	L	O		6	A	S	A	P		10	M	A	S	H		14	J	O	I	N	T		
19	E	V	I	A	N		20	G	A	G	A		21	A	C	L	U		22	A	R	M	O	R		
23	S	E	E	D	E		24	D	R	Y	E	S		25	T	H	E	B		26	A	M	B	I	N	O
27	T	R	U	S	T	E	E	S		28	T	R	I	E	D		30	R	E	I	N	E	D			
				31	O	L	E		32	L	I	O	N	S		33	E	A	S	T						
34	P	A	T	R	O	L		38	P	E	N	C	E		39	L	I	B		40	S	P	R	Y		
44	A	D	O	R	N	S		45	S	N	A	K	E		46	E	Y	E	S		47	L	E	I		
48	R	O	U	S	E		49	P	H	I				50	M	O	I		51	S	P	A	N	K		
53	E	R	R				54	S	A	N	M	A	R	I	N	O		58	P	A	Y	E	E			
59	D	E	N	S		60		61	L	A	W		62	A	B	E	T	S		63	S	I	N	E	W	S
			64	E	A	T	A	T		66	A	R	L	E	S		67	W	A	T	E	R				
68	S	L	Y	F	O	X		70	Z	I	N	E	S		71	D	E	M		72	S	P	I	N		
75	T	I	B	E	T		76	J	O	S	E	R	E	Y	E	S				78	I	D	O			
79	A	B	Y	S	S		80	A	O	L				81	E	M	T		82	S	H	A	L	E		
84	L	E	E				85	N	U	M	E	R	O	U	N	O		89	C	H	A	N	E	L		
90	E	L	S	E		91		92	E	N	S		93	A	P	P	T	S		94	H	O	N	O	R	S
				95	S	L	I	T		97	R	I	A	T	A		98	C	U	R						
99	D	O	G	T	A	G		102	C	E	L	L	O		103	B	U	T	T	104	O	N	I	T		
108	I	S	A	A	C	H		109	A	Y	E	S		110	W	H	I	T	E	111	R	H	I	N	O	
112	E	L	I	T	E		113	L	A	L	A		114	N	O	T	E		115	I	N	N	I	E		
116	Z	O	N	E	D		117	I	N	S	T		118	S	E	E	R		119	B	O	A	T	S		

# Chair Yoga Exercises

Helicopter



Half-Forward Fold



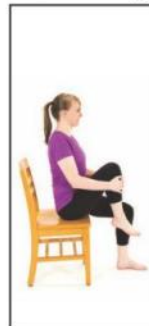
Mountain



Side Bend



Knee Hug



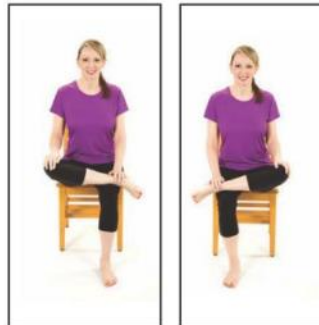
Cow/Cat



Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch



Reverse Chair



Warrior Series





# JULY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Craft group	3	4 Nurses post	5 Craft group	6
7	8	9 Craft Group	10	11 Doctors clinic	12 Craft Group	13
14	15	16 Craft Group	17	18 Nurses post	19 Craft Group	20
21	22	23 Craft Group	24	25 Doctors clinic Council meeting	26 Craft Group	27
28	29	30 Craft Group	31			



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