

FREE



BUSH TELEGRAPH

April 2024 Edition



Cover Picture: Vicki McQuie

The Shire of Sandstone
Hack St, Sandstone WA 6639
Ph: (08) 9963 5802 | Email: reception@sandstone.wa.gov.au

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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.

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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 our staff time 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
EMAIL: reception@sandstone.wa.gov.au

From the Desk of the CEO

Greetings to the citizens of Sandstone Shire

You may have noticed that some of the trees in the townsite have red marks on them. This is the commencement of the tree pruning/removal program. We have brought a professional arborist to inspect and evaluate the trees and they have provided a detailed report which Council has adopted.

As professional arborists they do abide by a code of conduct and do not remove trees without reason and will not even prune trees without reason.

There are trees that need pruning and this is part of the Shire's duty of care to ensure the trees are not a pedestrian and/or traffic hazard.

Some trees and shrubs will be removed as they are dead, dying, damaging roads, invading septic systems or have been deemed potentially unsafe.

I ask people not to panic as there 50 new native Kurrajong trees (*Brachychiton Bella Pink*) already on standby which will be replacements and much more.

There will also be planting of new colourful shrubs in the median strips to replace the tired existing shrubs.

Ultimately there will be a much better outcome and it will be an overall beautification program

It was remiss of me to not welcome Councillor Mark Kevill who was elected unopposed in the recent Extraordinary Election. Councillor Kevill will serve a three year term.

The Visitors Centre will be reopening in mid April and the Post Office Café will be opening 7 days a week.

It seems the whole town knows about the demise of the hotel and there is some discussion about acquiring a liquor licence for the Community Centre and running a club licence with volunteers (except for a licensee and approved servers of alcohol). The Council is looking at various options and I am confident that they will make the best decision for this community.

PETER MONEY

Chief Executive Officer



SHIRE NEWS

SHIRE OF SANDSTONE
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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.





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 or call St John Sandstone on 0458 452 364, or email cp.midwesteast@stjohnrwa.com.au

 search St John Volunteer





SHIRE NEWS

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

Council meeting dates 2024

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

**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

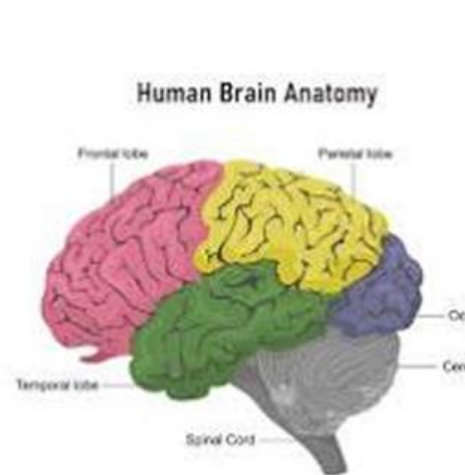
Email eho@mtmagnet.wa.gov.au

The Brain's Amazing Ability of Visual Perception

As neurological research continues, it will only reveal more detailed questions to ask regarding every aspect of this incredibly designed structure.

Recently, researchers from the University of Sydney, University of Queensland, and University of Cambridge “have confirmed that human brains are naturally wired to perform advanced calculations, much like a high-powered computer, to make sense of the world through a process known as Bayesian inference.”

Bayesian inference is a statistical method that combines prior knowledge with updated evidence to make an intelligent guess regarding a hypothesis. Put another way, it’s a method to assess how new information influences the chances that a current belief (hypothesis) continues to be correct. For example, if a person knows what an airplane looks like and sees a flying metallic object with two wings, they might use their prior knowledge to guess it's an airplane.



The research team, led by Dr William Harrison, made the discovery by recording brain activity from volunteers while they passively viewed displays, engineered to elicit specific neural signals related to visual processing. They then devised mathematical models to compare a spectrum of competing hypotheses about how the human brain perceives vision.

In their formal paper in *Nature*, Harrison et al. said, “We found that the tuning of the human visual system is highly conditional on stimulus-specific variations in a way that is not predicted by previous proposals.”

Co-author of the *Nature* paper, Dr. Reuben Rideaux of the University of Sydney stated, “What makes this finding significant is the confirmation that our brains have an inherent design that allows this advanced form of processing, enabling us to interpret our surroundings more effectively.”

Indeed, when evolution is mentioned in the *Nature* article, it is only in reference to timescales, “Sensory representations are thought to be tuned to behaviourally relevant statistics of natural environments over evolutionary and developmental timescales.”

And,

It is interesting to note that the sum of the tuning curves provides a relatively poor approximation of the statistics of constructed scenes, raising the possibility that the default tuning of sensory systems depends more on statistics accumulated over evolutionary time scales than developmental time scales.

There was no evolutionary description—detailed or otherwise—as to how the human brain processes visual information. This causes one to ask why the title of the University of Sydney’s article is, “Evolution wired human brains to act like supercomputers”

Special Days in April

3 April - Fan Dance Day

Fan Dance Day celebrates the long history of the traditional fan dance in Asia. With brightly coloured kimonos and fans, it acknowledges the important art form that has been around for centuries. Performances typically have live traditional music and are enjoyed by people from all around the world.



15 April - World Art Day

World Art Day promotes the creativity, curiosity and cultural diversity of fine arts. It celebrates the creative means in which humanity has expressed themselves. Through sharing history, experiences and stories, World Art Day acknowledges how art has transformed the world.

Cultural Infusion promotes the world of art through our vast range of programs that explore culture, art, storytelling, history and language. With programs available from kinder to Year 12, students of all ages can participate in our immersive and riveting programs.

21 April - World Creativity and Innovation Day



World Creativity and Innovation Day highlights the importance of the creative arts industry to the sustainable development of our world. It brings awareness to the importance and need for artistic expression. Creativity leads to the emergence of new possibilities and solutions and without innovative ideas, the world cannot develop and progress as it needs to. The arts industry has allowed for the cultivation and development of many communities by presenting the diverse artistic fields of theatre, fashion, design and dance from all around the world.

30 April - International Jazz Day

Uniting teachers, musicians, communities, International Jazz Day shares the wonders of jazz music.

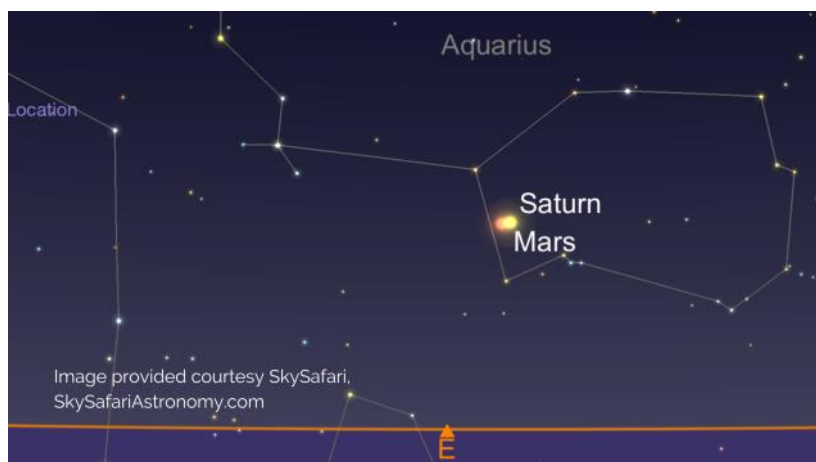
Originating from African American communities, jazz music has played a big role in expression of human experience. This day provides insight to the evolution, history and practice of jazz music around the world. Through upbeat melodies, a greater intercultural understanding is gained as International Jazz Day reinforces peace, cultural acceptance, harmony, respect and tolerance for all.



Source: Cultural Infusion

Dawn in April is a fascinating time for stargazers. There are a lot of planet conjunctions to see. A *conjunction* is where two astronomical objects, like planets, appear close together in the sky.

It's all about Mercury, Venus, Mars and Saturn. Over the month you'll see them appear to move towards and away from each other. Below are some of the highlights. If you watch regularly, you'll be marveling at the motion of our amazing solar system.



Use the image as a guide to see the conjunction between Mars and Saturn. Astronomical images provided by SkySafari, a Simulation Curriculum Company, All rights reserved www.simulationcurriculum.com.

Lyrids Meteor Shower | 22nd-23rd April

The Lyrids Meteor Shower is known for its fast and bright meteors, with occasional fireballs. Unfortunately, the bright Moon will make it difficult to view the Lyrids this year.

Meteor showers are named after the constellation where the “shooting stars” appear to be coming from. In the case of the Lyrids, the meteors come from the direction of the constellation of Lyra. If you have a handy smartphone app that helps you identify objects in the night sky, search for Lyra, and you'll be looking in the right location.

Lyra is under the horizon for most of the night and low to the horizon for the remainder. This means that the meteors are also very low to the horizon, which makes viewing them difficult. If you're in the north of WA, you have a far better chance of seeing meteors from the Lyrids. The Lyrids are forecast to produce up to 18 meteors per hour with rare surges.

When and where to look:

From midnight until early morning, 22nd and 23rd April. Low to the north eastern and northern horizon.

Magellanic Clouds | 2nd - 12th April from 19H30



Visiting and staying in country WA gives you an excellent opportunity to see the Magellanic Clouds, normally made invisible by bright city lights.

The Large and Small Magellanic Clouds (often abbreviated to LMC and SMC) are galaxies near our own Milky Way Galaxy. From Earth, they look like two faint clouds in the southern night sky, one larger than the other, and form a splendid spectacle. The Magellanic Clouds are only seen from the Southern Hemisphere.

The best time to see the Magellanic Clouds is when they are highest in the night sky and on a

new moon when the sky is lovely and dark.

Source: *astrotourismwa*

Shrimp That Live in Trees!

During the summer of 2023, members of a scientific expedition into the densely tropical Cyclops mountains in Indonesian New Guinea were shocked to discover shrimp living in trees. A 2021 report on land cruising shrimp in Thailand had stated, “Shrimp—unlike some crustaceans—cannot survive on land.” Well, that’s old news now.

The science group, named “Expedition Cyclops,” found this unique land shrimp in the soil as well as trees. Some specimens were collected hundreds of feet up the steep mountainsides. The group’s expedition website noted similarity between the newfound shrimp and a family of shrimp that inhabits seashores.

While the expedition’s scientists do the painstaking work of sorting through and identifying all the new critters they found, one wonders how these strange shrimp manage life on land and what powers their pioneering potential.



Shrimp have two features that make land life unlikely. First, and unlike insects, they lack a waxy cuticle on their exoskeletons to hold water in. As soon as their surroundings dry out, so do the shrimp. Second, water needs to be in contact with their gill tissues to allow for respiration—the exchange of the vital gases oxygen and carbon dioxide.

Apparently, the humidity along these lush slopes keeps the shrimp gills and bodies wet enough for the shrimp to live. One would also think shrimp are sitting ducks on land, but these can actually use their hind legs to jump away from predators. Now, what would compel these critters to mimic fish out of water?

Well, consider the land-traveling shrimp from Thailand that migrate at night. They can’t swim up their streams’ cascades, so they crawl up the rocks alongside them. All that risk and work is done to find a new home upstream that’s less crowded. Like those in Thailand, these Indonesian tree shrimps have also pioneered upon land.

What traits do pioneers need? First, they must have built-in sensors. They sense crowdedness and humidity, for example. Second, they would need built-in systems to interpret those inputs. Last, any creature that lacks the power to think critically, like shrimp, must have some automated activation of an appropriate response to the interpreted data.

If further research confirms these pioneer features in shrimp and other animals, then the curious biologist would wonder where all three coordinated traits came from?

Leslie John (Snow) Lewis, Gunner WX 4021

A Brief History of his Army Service During World War II

The 9th Division of the Australian Army was formed to serve in World War II as part of the Second Australian Imperial Force.

One of the units that made up the 9th Division AIF was the 2/7th Field Regiment, Royal Australian Artillery which was raised in Western Australia.

Snow Lewis service as a gunner after joining the 2/7th in May 1940 when he was 20 years of age. He left Australia in November 1940 with the second contingent of recruits to the Regiment. The first contingent of the 2/7th sent overseas had mostly been killed in Crete or taken prisoner and sent to Prisoner of War camps in Europe.

Within 6 weeks of arriving in Palestine, Snow and 71 other soldiers contracted lymphocytic meningitis. It was a life threatening and very painful illness for him and his fellow soldiers, particularly when several times he was held down while the doctors drained off excess spinal fluid to reduce pressure on his brain. Snow was one of only two men who survived this horrific ordeal. Although considered small in stature for a soldier, Snow had been very fit before leaving Australia and had been training as a contender to go to the Olympic Games as a cyclist. His fitness was what probably helped him recover.



Snow served in Lebanon, Turkey and Syria before being sent to North Africa and the experiences of desert warfare. In Egypt, Snow remembers the beauty of places such as Mersametu but also the unnerving experience of lying in foxholes at night with fleas crawling over him and listening to the enemy planes, the horrible sounds of the bombs falling and of his mates dying.

Snow's unit was involved in many skirmishes and battles though the most famous was the battle of El Alamein. It was over a period of several months during the later half of 1942 that Allied forces, including the Australian 2/7th defeated the Deutches Afrika Korps under General Rommel.

Sir Winston Churchill was convinced that the battle of El Alamein marked the turning point in the war and ordered the ringing of church bells all over Britain. He said later, "Before Alamein we never had a victory, after Alamein we never had a defeat."

In December 1941 the American fleet was sunk when Pearl Harbour was bombed and on 15th February 1942, Singapore fell to the Japanese. Australian forces were needed to defend Australia. The 2/7th returned home where the men had 3 weeks leave before being sent to the Atherton Tablelands for training in jungle warfare.

Snow later saw combat in the SW Pacific. His regiment was sent to Morotai and he served in Borneo and in May 1945, was part of the battle for Tarakan Island to take control of the oil fields from the Japanese. The end of the war was drawing near. The war in Europe ended on 8th May 1945.

On 15th August 1945 it became known that the Japanese intended to surrender. It was Snow's 26th birthday and is the date celebrated as Victory in the Pacific or VP Day.

At the end of the war, not all the soldiers serving overseas could return to Australia immediately. It was a slow process, so the sick and wounded, then married men with families, followed by married men with no children and finally the single men were brought home. While waiting to get back, provisions were scarce and the men learned to live on their wits. Snow and a couple of other diggers caught baby crocodiles and used that as bait to catch mud crabs which is what they lived on for 6 months along with green coconuts.

Of the 1000 men who made up the 2nd contingent of the 2/7th, only 128 returned home at the end of the war and Snow was fortunate to be one of them.

In the ANZAC traditions, Leslie John "Snow" Lewis serviced his country valiantly and it is an honour to tell his story here today, the 90th Anniversary of the landing at Gallipoli and the year of the 60th Anniversary of the end of World War II.

Snow's favourite saying is ... "Every day is a lovely day and only I can make it so" which is good advice for us all.

Snow was a long-time resident of Sandstone - 15/08/1919 - 01/01/2008

Written by Marilyn Davies, information supplied by Snow Lewis and from historical and official war records. (2005).



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

MEEKATHARRA DENTAL CLINIC AND MOBILE TRAVEL DATES 2024

Cue	20 March - 29 March
Meekatharra	17 April - 26 April
Mount Magnet	20 May - 26 May
Sandstone	27 May - 31 May
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



**Please join us for the Service
at the ANZAC Service Park
on Thursday 25th of April at 11:00am.**

Morning Tea will be provided.

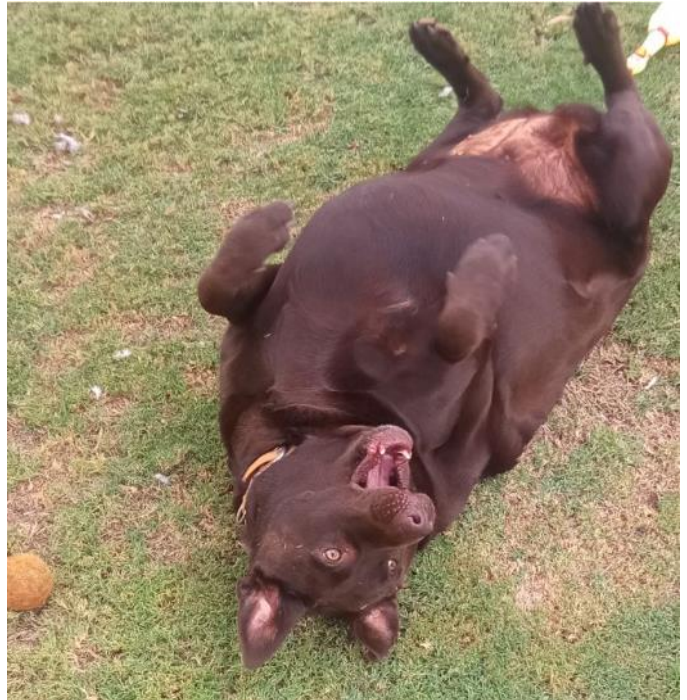
We look forward to seeing you there.

PHOTO FEATURE PAGE

anything 'animal'



Vicki McQuie - frogs after rain



Daryl - Winnie enjoying the cool weather



Tegan - HUGE Fly



Please send your photos to dceo@sandstone.wa.gov.au **by 25 April** for publication in the **MAY** Bush Telegraph and don't forget to provide your name with your photos. **The theme will be anything flowering!**

PHOTO FEATURE PAGE (2)

anything 'animal'



Tracey - Venus De Milo pondering



Tegan - Narla with attitude



Jo and Billy taking a drive



Tracey - A Gorgeous hopping mouse

Perfect Timing



RECIPE

MICROWAVE BROWNIE

Ingredients

- * 1/4 cup self-raising flour
- * 1/4 cup caster sugar
- * 2 Tbs cocoa
- * 2 Tbs vegetable oil
- * 3 Tbs water
- * 1/2 tsp icing sugar to sprinkle
- * Ice cream (optional)



Method

Put all dry ingredients into your cup.

Add oil and water to your cup.

Mix until smooth.

Place cup into microwave on high for 1 minute and 40 seconds - you can test if the inside is done with a cake tester.

Dust with a little icing sugar and EAT.

If you like, add a dollop of ice cream on top.

It is quick and easy and very tasty!

Recipe: Jennifer Cheung

DID YOU KNOW ...

Each insect is a host to ten bacterial species?

There are around 2 billion species on Earth - with 6.8 million likely to be species of insects. And up to 10 types of bacteria lives inside of each of these insects.

Trees can communicate?

Trees talk. Their roots are connected through an underground network of fungi, nicknamed the “wood wide web”, that allows them to share resources with each other. They ‘talk’ by transmitting nutrients to one another through the fungi. For instance, a mother tree, or oldest and strongest tree in the forest will share some of her sugars with smaller nearby trees.

There is a 50,000-word novel without the letter “E”?

Gadsby is a lipogram, or a novel written without using a letter or letters. In the case of Gadsby, written by Ernest Vincent Wright in 1939, that letter is “E”.

Why we yawn?

The most popular, but likely wrong, theory is that yawning increases levels of oxygen to the brain. A more plausible theory: Yawning cools the brain down. A study conducted on mice found that as mice sucked in air, their jaws stretched - this increases blood flow to the brain. This combination of cooler air intake when yawning mixed with the blood flowing to the brain is thought to eventually cool the brain down.

Viruses are not alive?

Viruses are not living things - they are inanimate and do not have cells. This means they “cannot turn food into energy, and without a host, they are just inert packets of chemicals”, according to Discover Magazine.

Crossword - Solution on Page 43

1	2	3		4	5	6	7		8	9	10	11	12	13
14				15					16					
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67	68	69						70					71	
72								73					74	
75								76					77	

By Jimmy and Evelyn Johnson - www.qets.com

Crossword Clues

ACROSS

- 1 That girl
- 4 Loot
- 8 American Indian tribe member
- 14 Summer skin color
- 15 Sugar plant
- 16 Loathes
- 17 Electric spark
- 18 Molecule
- 19 Evening party
- 20 Coated with flour
- 22 Possessive pronoun
- 23 Plant life
- 24 Representatives
- 27 Rubbish
- 31 Plateau
- 33 Scorching
- 35 Central processing unit
- 36 Mixture of gasses that surrounds earth
- 38 Director (abbr.)
- 39 Rebuff
- 40 5th Greek letter
- 44 Rock growths
- 46 Atmosphere
- 47 Night bird

- 49 Paddle
- 50 Note of debt
- 51 Federal Bureau of Investigation
- 52 Nix
- 55 Ache
- 58 Northeast by east
- 61 One of Columbus' ships
- 63 What a cow chews
- 65 Servants
- 67 Category
- 70 Socialism's Marx
- 71 Crest
- 72 Capital of New York
- 73 Not out of
- 74 East northeast
- 75 Most have leaves, roots, stems, flowers
- 76 Feverish
- 77 Lair

DOWN

- 1 Man
- 2 New York City Upper Manhattan neighborhood
- 3 End of performance cheer
- 4 Pock
- 5 Clear liquid with no taste or color
- 6 Positive electrode
- 7 Rock
- 8 El __ (Texas city)
- 9 Around
- 10 Whizz
- 11 Neither's partner
- 12 Bard's before
- 13 Compass point
- 21 Unspoken
- 25 Doctoral degree
- 26 Top layer of the earth's surface
- 28 Inflammatory disease
- 29 Made thread
- 30 Middles
- 32 Cause of sickness
- 34 Three
- 37 House top
- 39 Got smaller
- 40 Give off
- 41 Winnie the __
- 42 Tangy
- 43 Northwest by north
- 45 Metal container for food or other products
- 48 Palter
- 53 Tried to lose weight
- 54 Any person
- 56 Body of water covering three quarters of earth
- 57 Charred
- 59 Mont __
- 60 Fifth largest planet in solar system
- 62 Quaking tree
- 64 24 hour periods
- 66 Satiated
- 67 Retail clothing store
- 68 Building addition
- 69 Basketball association
- 70 Central Intelligence Agency

Notice

Product and postage product prices

On 3 April 2024, there is an expected increase to domestic letter prices* (including the basic postage rate from \$1.20 to \$1.50 and domestic letter services.

Details are available online at auspost.com.au/pricingupdates.

The revised postage charges booklet will be available on request at the counter from mid April.

*Subject to regulatory processes





Sandstone Community Craft Group

Opening Friday 26 April 2024



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.



All are welcome

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

3 April

and

17 April





**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

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

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 once common dog name FIDO came from the Romans. The name is derived from the Latin word, *fidelis*, which means 'loyal'



An Australian cattle dog from Rochester, Victoria, named Bluey is the longest-lived dog on record. Bluey lived 29 years, 160 days (7 June, 1910 - 14 November, 1939) before her owners had to euthanise her.

Each person's fingerprints are unique, but for dogs it's their nose prints. The furless part of a dog's nose that contains the print is known as the *rhinarium*.



An average dog's hearing is four times better than a human, but the part of the brain devoted to their sense of smell is about 40 times larger than ours!



Dogs are considered one of the most intelligent animals, but their degree of intelligence varies by breed. The border collie often tops most lists for intelligence while beagles and basset hounds tend to be a bit on the slow side.



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
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 .



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

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 **24 April 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

Scheduled to open 11th April 2024



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

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




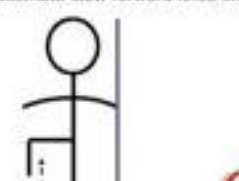




If you have a story, photo,
birthday, or something else you
would like to see in the Bush
Telegraph, please email the
Shire Office at

reception@sandstone.wa.gov.au

Solution:

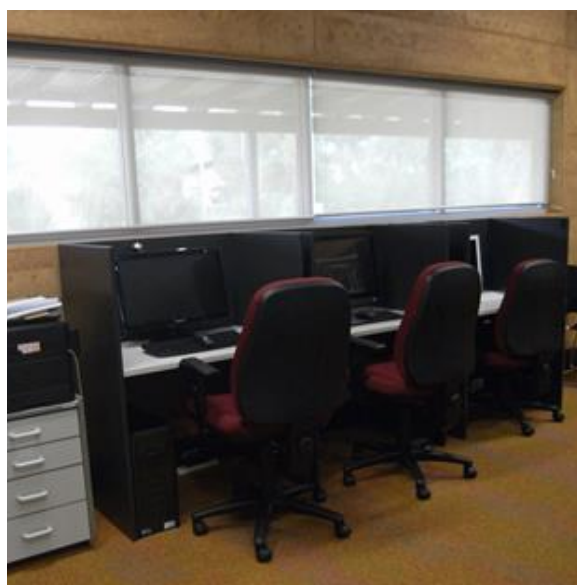
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40	E	41	P	42	S	I	L	O	43	N			44	L	45	I	C	H	E	N	S						
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50	I	O	U				51	F	B	I				52	N	A	D	53	A								
55	T	H	R	56	O	57	B			58	N	E	59	B	60	E			61	N	I	N	62	A			
				63	C	U	64	D					65	L	A	66	C	K	E	Y	S						
67	G	68	E	69	N	E	R	A			70	C	A	R	L				71	T	O	P					
72	A	L	B	A	N	Y				73	I	N	T	O					74	E	N	E					
75	P	L	A	N	T	S				76	A	C	H	Y					77	D	E	N					

WALL PILATES

<p>WALL SIT</p> <p>Sit down against wall, with shoulders back, and knees square in front.</p> 	<p>SIDE LEG RAISE</p> <p>Alternate left and right side leg raise with a straight leg, keeping toe pointing forwards.</p> 
<p>ARM CIRCLES</p> <p>With back to the wall, keep shoulders on the wall, slide arms up overhead and back down.</p> 	<p>KNEE LIFT</p> <p>Holding wall, alternate slow forward knee lifts.</p> 
<p>TRICEP PUSH-UP</p> <p>With hands close together on the wall at chest height, lower body in to the wall and out.</p> 	<p>LEG CURL</p> <p>Facing wall, raise alternate foot up behind with flexed foot.</p> 
<p>BACK LEG RAISE</p> <p>Facing wall, alternate left and right leg raises back, with straight leg.</p> 	<p>PUSH-UP</p> <p>Facing wall, hands out wide at chest height, lower chest in to wall and back out.</p> 

April 2024

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