



JUNE 2024 **FREE**

Bush Telegraph



Cover image by Vickie McQuie

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

CONTENTS

Disclaimer	3
From the Desk of the CEO	4
Shire News	5
How sunflowers see the sun.....	6
Special Days in June	7
Star Gazing with Astro Tourism	8
Comments from visitors.....	9
Bowel cancer newsletter	10
Aurora Australis.....	12
Community Photo Feature Page.....	13
Outback nurses by Lana Lefroy	14
Perfect Timing	16
Recipe - Jaffles.. ..	17
Did you know?	18
Crossword	19
Poem-Its in the gravel by Dave Loat.....	21
Funnies.....	22
Sandstone Community Craft Group	23
Convenience store	24
Horizon Power / Sandstone Community Bus.	25
Sandstone Bushfire Brigade / St John Ambulance	26
Sandstone Nursing Post / Physiotherapy	27
RFDS Doctor Clinics / Meekatharra Dental Clinics	28
Health Services	29
Emergency Phone Numbers	31
Interesting Facts for Curious Minds.....	32
Public Notices.....	33
Directory of Services.....	34
Community Bulletin Board.....	36
Community Feedback.....	39
Crossword Solution.....	40
Beginners Core Exercises.....	41
Australia's biggest morning tea.....	42
June Calendar.....	44

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.

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 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 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

From the Desk of the CEO

Greetings to the people of Sandstone Shire and Visitors

The two accommodation units provided under the Local Roads and Community Infrastructure (LRCIP) grants have arrived and are in situ in the Caravan Park. And they look to be of an excellent quality and I'm sure will get plenty of use.

Council has set the fees for these units at \$150 per night or \$900 per week and can be rented for no more than two weeks at a time.

You will have noticed the roses are planted with more to come. The planting of the Kurrajong trees has commenced and will happen more so after the tree pruning has been completed around mid June.

There are some 40 citrus trees yet to be planted but unfortunately they are not in a great condition and will require some treatments before open planting can happen.

If you want your trees pruned please let the Shire office know the details—not just your address but what you want done with your tree/trees.

Administratively we are busy preparing the 2024/205 budget and the auditors chose this very busy time to carry out their interim audit. And with the flu that seems to be infecting the town, we are at times very short staffed. But we will continue to do our best to continue our high standard of customer service.

Council has approved a plan to apply to the Department of Lands seeking acquisition of or access to some industrial, light industrial and residential land for the future use by the Council.

This land is required to accommodate the increasing number of enquiries from companies wanting to locate their operations in and around Sandstone. It seems the pleasant ambience of Sandstone is attracting some development and even if it is only for a few years it is all good for the community as a whole.

This is a process that could take one or two years but the sooner we start the sooner it will happen.

And just a reminder—the new air pump at the bowser site will take a minute or so before it starts to pump, so don't give up.

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

Council meeting dates 2024

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

How Sunflowers "See" the Sun

Sunflowers (*Helianthus annuus*) are not only big and beautiful, but they also have an amazing biomechanism called heliotropism.

Dr. Jim Johnson stated - In fact, the sunflowers move during the daytime, in order to track the sun. That's because they're designed and bioengineered their physiologies for such continuous environmental tracking, so that they can photosynthetically maximize the sunlight's benefits.

"Young sunflower blossoms face east in the morning, then follow the sun as the Earth rotates throughout the day. This behavior, called heliotropism, even takes place on cloudy days and will continue until the stem stiffens to bear the heavy load of growing seeds. Mature flower heads often face east, and these plants can attract five times as many pollinators as westward-facing ones because they warm up more quickly."

Botanists have long wondered how heliotropism works. Though initially assumed to be a kind of phototropism, scientists at the University of California discovered heliotropism is its own distinct mechanism that is far more complex and detailed, involving the activation of a large number of genes and possible genetic rewiring.

Phototropism is the orientation of a plant in response to light. Specifically, phototropism is ruled by a molecule called phototropin and responds to light at the blue end of the visible light spectrum.

Plants sense blue light using photoproteins of two other sorts, phototropin and cryptochromes. Phototropin is associated with the plasma membrane and is partly responsible for phototropism, the tendency of plants to grow toward light. Phototropism occurs by directional cell elongation, which is stimulated by auxin, but the links between phototropin and auxin are unknown.

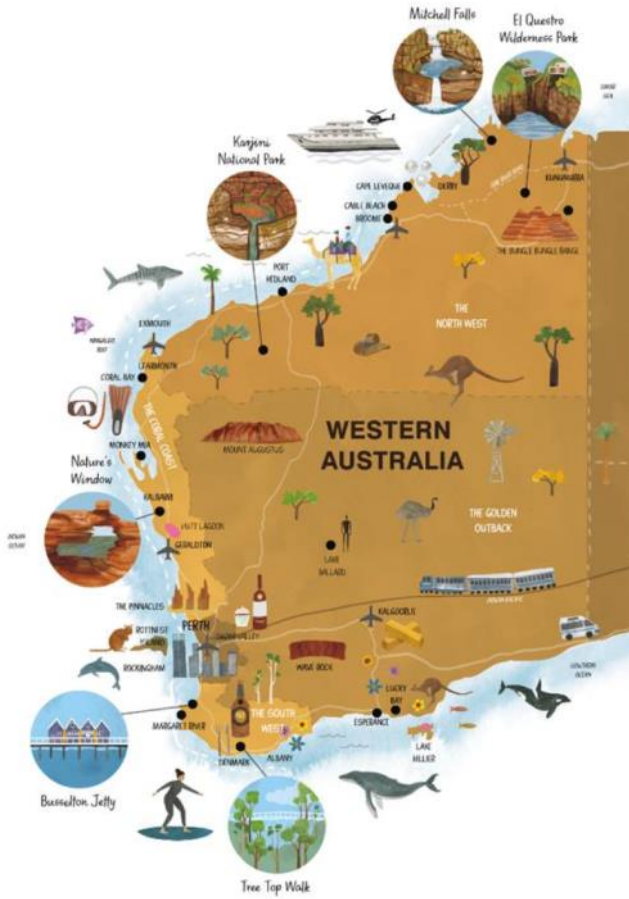
Heliotropism is the movement of a plant in response to sunlight during daytime or different seasons (diurnal). Heliotropic motion is a circadian rhythm where the plant has the ability to adapt to changes in its conditions. This circadian rhythm (or clock) is important in regulating sunflower metabolism. It was assumed for decades that heliotropism would be based on the same straightforward mechanism as phototropism. This is not the case.

In this new UC, Davis study, three biologists studied the activation of sunflower genes indoors and outdoors. [They] looked at which genes were switched on (transcribed) in sunflowers grown indoors in laboratory growth chambers, and in sunflowers growing in sunlight outdoors.

Indoors, sunflowers grew straight toward the light, activating genes associated with phototropin. But the plants grown outdoors, swinging their heads with the sun, showed a completely different pattern of gene expression. There was no apparent difference in phototropin between one side of the stem and another.

The researchers have not yet identified the genes involved in heliotropism. Blocking various wavelengths of light with shade boxes did not affect response. This led biologists to suggest investigating protein regulation in the sunflowers. They do know, for example, that moving the plants from indoors to outdoors resulted in "a burst of gene expression."

Furthermore, Stacey Harmer, professor of plant biology at UC, Davis, suggested that the sunflowers undergo a type of "rewiring." Such extensive genetic renovation clearly speaks against the evolutionary concepts of natural processes, chance, and time.



THE EARTH IS WHAT WE ALL HAVE IN COMMON.



3rd June – Western Australia Day

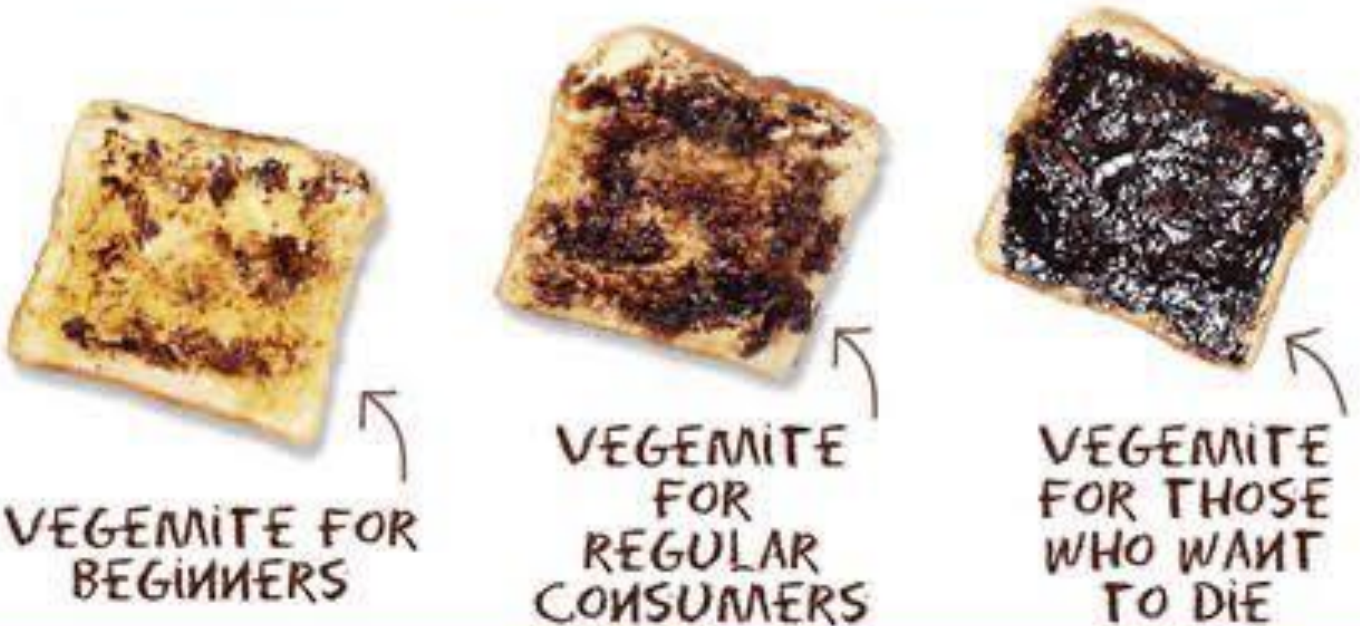
5th June – World Environment Day

14th – World knitting day

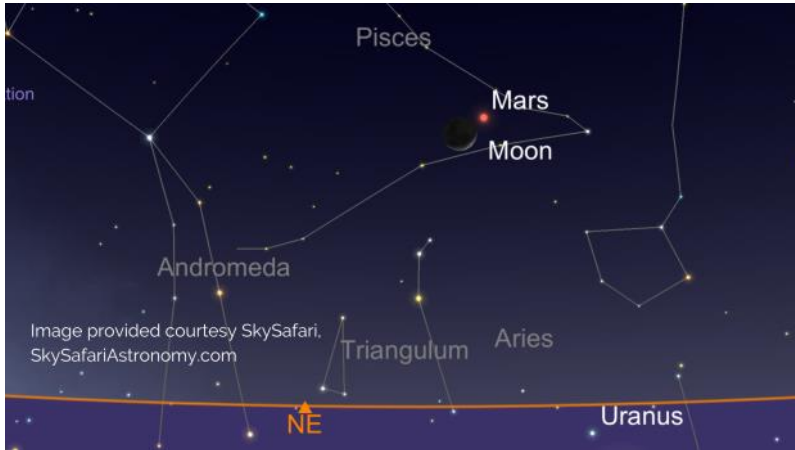
16th June – National Vegemite Day



By Karan from the Sandstone craft group



June Stargazing



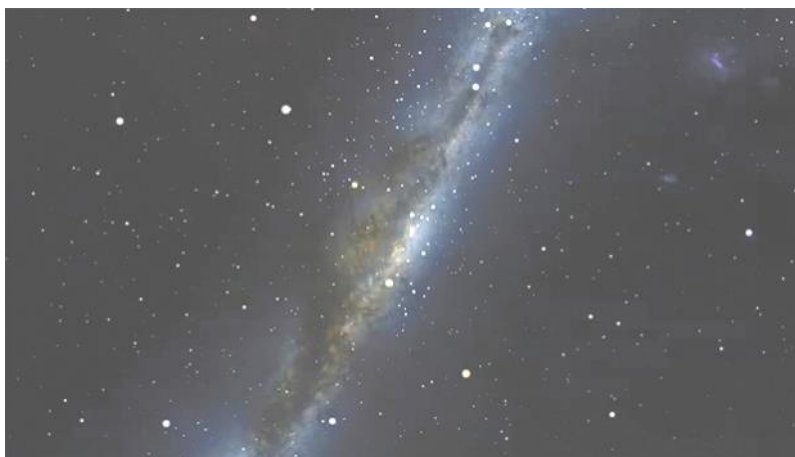
3rd June (5am)

The Moon & Mars Meet at Dawn



27th June

Saturn will look a picture sitting next to the dark limb of the Moon in late June. You will have to stay up a little late to see it, but it will be worth it!



Emu in the sky

The dark emu is a constellation common to many Aboriginal Astronomical people formed by the dark spaces between the milky ways stars.

Comments from visitors

Hi to all,

What an amazing little town.

One of the neatest and cleanest we have visited in 3 years on the road. A credit to the Shire. The ladies at the info centre extremely happy and knowledgeable about the town and surrounds, same at the PO Cafe, a pleasure to visit.

The caravan park managers doing a terrific job, everything immaculate and lovely people. The Shire can be very proud of their town and their staff. Highly recommend a stay here.

Cheers

-Wayne and Alana 3 May 2024

We stayed at the Sandstone caravan park last night (2 May 2024), the facilities were clean and well maintained, you scored 10/10.

Regards

-Val and Neil



So bloody good. Love Sandstone.

-Levi, Bridget and Sunny

Thank you !



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

1 in 15 Australians are diagnosed with Bowel Cancer every year.

Living a healthy and fulfilling life is important to us all. But ignoring our health and not seeing a doctor if we have unusual symptoms could have a serious impact on our life and wellbeing. It is important to be aware of cancer symptoms and get checked out by a doctor, clinic nurse or Aboriginal health worker if you notice anything unusual.

Bowel cancer is Australia's second biggest cancer killer, and many people don't realise it kills more Australians each year than breast, prostate, or skin cancer.

Common symptoms of bowel cancer may include blood in your poo (even just one time) or, for more than four weeks: a new pain, lump or swelling in your tummy; feeling tired; looking pale; losing weight without trying; and a change in normal bowel habits, such as runny poo, pooing more often or finding it hard to poo.

Almost half of all bowel cancers can be prevented by leading a healthy lifestyle, which includes:

Eating well – a diet high in fibre, fruit, vegetables and low in red and processed meat

Keeping at a healthy weight

Not smoking

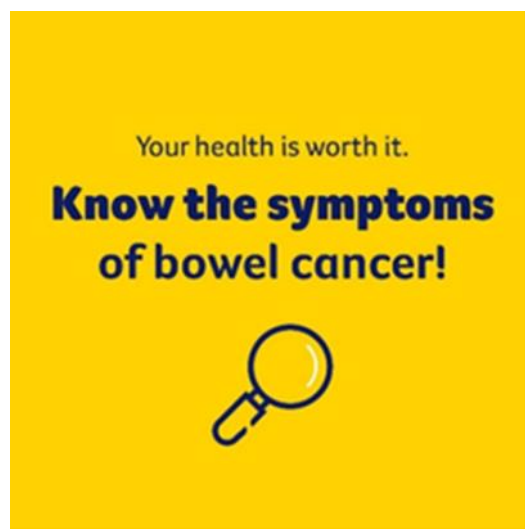
Consuming less alcohol

Moving more – be physically active

And of course, participating in the screening program if eligible

Find out how you can protect yourself and your loved ones by learning about the early symptoms of cancer on our website:

www.findcancerearly.com.au/cancer-symptoms/



Government of **Western Australia**
 Department of **Health**

Call us on 13 11 20
findcancerearly.com.au

Find Cancer Early: Tips when visiting your doctor about a possible symptom.

As we get older, many of us don't often think too much about a change to our body. This can result in us expecting and accepting changes over time as being normal.

But it is important to not be tempted to put something unusual down to 'getting older' before you've told your doctor, clinic nurse or Aboriginal health worker. Always have a chat and let them know what you've noticed, even if you're not concerned by it. Chances are it is nothing to worry about, but it's better to be on the safe side.

When you decide to make an appointment, lots of different questions and concerns can pass through your mind, such as:

The doctor is always too busy.

It's too hard to get an appointment.

When I get to my appointment my mind goes blank.

What could happen when I see the doctor or health worker?

I don't have a doctor.

I feel embarrassed or shame.

Tips when you are visiting your doctor/health professional:

Be clear about your symptoms.

Calling early in the morning is often the best time to arrange an appointment and if you feel it is urgent let the receptionist know this when you call.

If your usual health professional isn't available that day, ask for their earliest available appointment, or ask to see another doctor.

Write down why you've made the appointment and what you want to tell your health professional.

Keep a symptom diary of what's been happening, how long for, and how often it occurs – you can take this with you.

Health professionals are there to help you – don't be embarrassed to let them know about any unusual changes you've noticed in your body.

Take someone with you as a second pair of ears to listen & perhaps to take notes for you to clarify what is said at your appointment.

Become familiar with common cancer symptoms.

We encourage adults, especially those over 40 years of age, to be aware of some common symptoms of cancers. You can give yourself the best chance to **Find Cancer Early**, by going to see a doctor straight away if you have symptoms, so that treatment is easier, and you can be around longer to do the things you love doing with the people you love.

Where else can I get advice?

Cancer Council WA – Information and Support line - 13 11 20

Visit findcancerearly.com.au

GP, nurse practitioner or pharmacist



Have you had any of these...

... for more than 4 weeks?

- Problems peeing
- Runny poo
- Unexplained weight loss
- An unusual pain, lump or swelling anywhere in your body
- Becoming more short of breath
- A persistent cough
- A new or changed spot on your skin

... once or more?

- Blood in your poo
- Coughing up blood
- Blood in your pee

If you have and you are over 40...

Tell your doctor

The earlier cancer is found, the greater the chance of successful treatment.

Partner:  Department of Health
 Cancer Council WA

For more information visit findcancerearly.com.au or call 13 11 20

~ *Aurora Australis* ~

At approximately 8 pm on the evening of the 11th of May, I saw a Facebook post from my cousin who had posted aurora photographs from my childhood home, Teyon Station, approximately 360 km south of Alice Springs and immediately headed outside with my iPhone.

Whilst I couldn't really see anything apart from a faint glow, my iPhone picked up the aurora as intense red. As my eyes adjusted, I could see a distinct glow, so eventually I set up my Nikon with a tripod and took some shots. I played with the different settings until I got cold from sitting on the ground. I was hoping the next night to continue getting better shots but unfortunately we had overcast conditions.

What a fantastic once in a lifetime opportunity to see the aurora from my backdoor so far north!

- Vicki McQuie

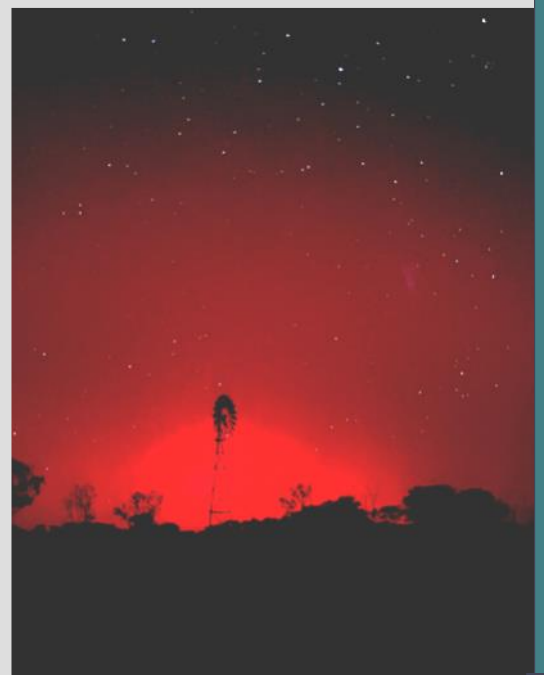
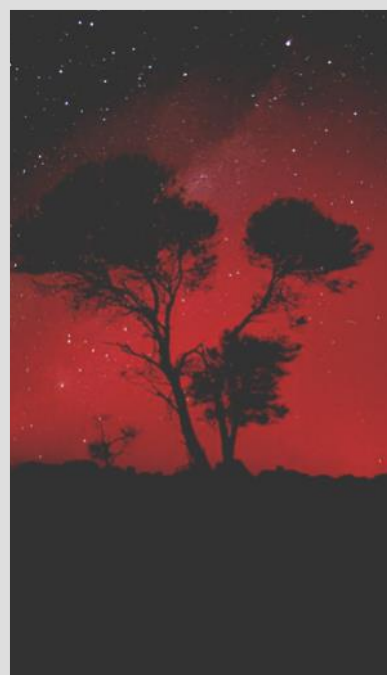


PHOTO FEATURE PAGE



Image by Tracey Weiss



Image by Tracey Weiss



Joanne Brown at camel camp - peace !



Mallee Fowl nest by Margaret Duhig



Moon by Tracey Weiss

Please send your photos to visitus@sandstone.wa.gov.au by **25 June** for publication in the **July Bush Telegraph** and don't forget to provide your name with your Photos.

The next theme is 'Edible' ! Anything from the dinner you cooked to native bush tucker or what's growing in your vege patch.

Outback nurses

Ann Blakely and Jean Murray are both members of the Esperance Royal Flying Doctor Service Auxiliary and have a special historical connection.

Ann, a retired nurse and Jean an ex pastoralist both recognize the importance of the Royal Flying Doctor Service and have been involved in fundraising for the Esperance RFDS Auxiliary since its inception in 1996.

RFDS Jandakot visited Esperance in Oct 2023, to acknowledge and thank them for the huge fundraising effort and support from the town and surrounding areas.

Both Ann and Jean's mothers were nursing sisters who personally knew Reverend John Flynn and they both worked for the Australian Inland Mission (AIM) which Rev. Flynn established in 1912.

Flynn oversaw the building of Hostels, not called hospitals as he wanted people to be able to socialize in them. The hostels were staffed by two nurses for two years at a time.



Gwen McCubbin



Centre - Florence Baldwin

The majority of these nurses were also midwives, but before going to their postings they had to do a dental course, extracting teeth being an essential skill. They also had to train in pharmacy skills, making up the medicines they needed to use. The workload was often heavy as they had to cook, clean and do the laundry. They alternated two weeks of nursing with two weeks of housework.

To add to their busy lives there was always much interest from the local men, as to what the new nurses looked like- both Florence and Gwen married young men from their respective towns.

Jean's mother Florence Baldwin, born in 1902, was approached to go to the remote post of Port Hedland (she was living in Qld). The final letter being sent by the AIM secretary Jean Baird, who some years later in 1932, married Rev. Flynn.

Florence worked in Port Hedland from 1929-1931. It was here she met her husband Rob Lukis and they married in 1933.

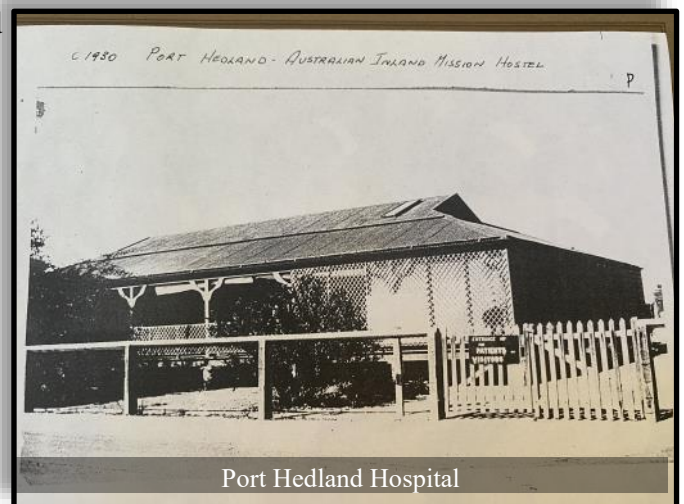
Dr Allan Vickers was the first permanent flying doctor and he delivered Jean in Port Hedland in 1936.

Florence told the story of performing an appendicectomy with the eminent Dr Gillespie on the kitchen table at Hillside Station,

out from Marble Bar, which he owned. The patient who was one of his staff, recovered fully.

In about 1943 when they were living on White Springs Station in the Pilbara, there was a dreadful accident where a stockman accidentally shot himself after throwing his swag containing a loaded 22 rifle, onto the back of his cart. Jean remembers her father Rob frantically pedalling their Pedal wireless (invented by Alf Traeger in 1926) to contact the Flying Doctor Service for help. When the plane (De Havilland DH83 Fox Moth VH-USJ) came in to land it overshot the runway and tore a hole in the wing! They used every bit of elastoplast Florence had to repair it and Jean and her sister were threatened not to scrape their knees in the near future!

Flynn established the Aerial Medical Service in 1928 and it became the Flying Doctor Service in 1938. The Royal was bestowed in 1955.



Port Hedland Hospital

Ann's mother Gwen McCubbin first met Rev. Flynn at a church camp in 1918, just as she was about to start her nursing training. He gave her an autograph with the words "Tho' the road be rough, And the way be steep, Ascend!" He told her about the outback hostels and she never forgot, so when her mother died, she left Sydney for Alice Springs. She nursed at Adelaide House, which is now a museum in Alice Springs, from 1930-1932. Gwen met her husband Philip Windle in Alice Springs and married him in 1932.

Ann says both Florence and Gwen had many interesting experiences but neither of them felt they had done anything remarkable, it was just their jobs. Florence and Gwen met when they were elderly and both living in Esperance. Gwen kept a diary and here are some extracts, courtesy of Ann.



Flynn, Ann, Gwen



Ann Blakely

Jean Murray

Sunday 5th April 1931- Sang "I know that my Redemption Liveth" (Ann- my mother had a magnificent soprano voice)

Wednesday 29th July 1931- 9pm Doreen McDonald died, suspected of eating oleander leaves.

Tuesday 22nd Sept 1931- Kingsford- Smith called in, he was on his way to England in his attempt to break the record. He only stayed about 15 minutes.

Tuesday 29th March 1932- Made 12lbs green tomato pickles.

Wednesday 30th March 1932- Gave general anaesthetic this am to Mr Purdy.

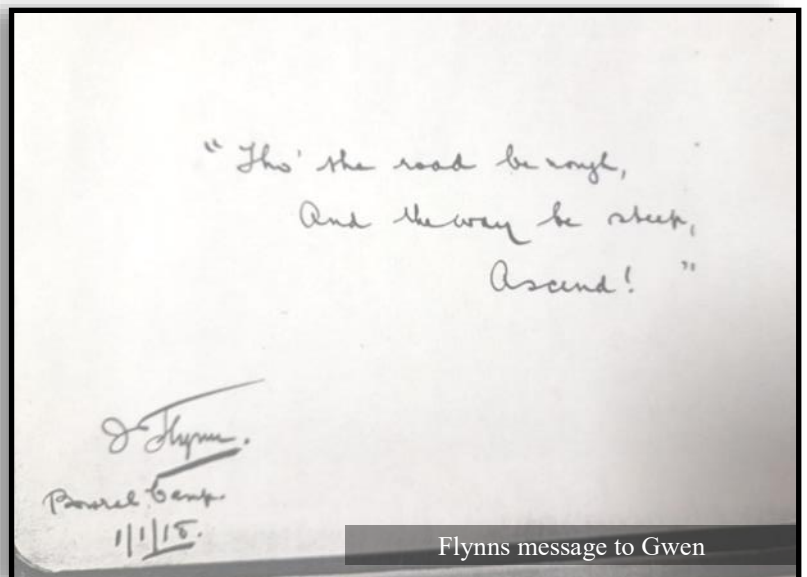
Monday 6th June 1932- Yesterday we had the Earl of Stafford's nephew in to have a tooth extracted- have very notable people in our district.

She also told the story of an inebriated patient coming in from the hotel, with an awful toothache, for which Gwen duly removed two teeth. He was so pleased with her efforts he said he knew of another man who also had a toothache and that he would fetch him from the pub. Shortly afterwards the next man arrived and happily let Gwen examine him. When he opened wide and she looked in, there was not a tooth to be seen!

In writing about their mothers, Jean and Ann wish to acknowledge the dedication of the outback nurses, who were so remote, in many cases without a doctor, working at a time before the Flying Doctor Service had yet to eventuate.

Another generation on, Jean's daughter and Florence's granddaughter, nurse Lana Lefroy works in conjunction with the RFDS running the clinics at the Sandstone Nursing Post. The AIM had close associations with the Federal Methodist Inland Mission which was formed in 1926. With the formation of the Uniting Church in 1977 in Australia, these two bodies amalgamated to form the Frontier Services. Lana was married to David Lefroy by John Mackenzie a Frontier Services padre from Meekatharra.

By Lana Lefroy



Flynn's message to Gwen

Perfect Timing



more funny stuff at FUNNYASDUCK.NET

*Time you enjoy wasting
is not wasted time*





Jaffles



Whether at home in an electric jaffle maker or out in the bush around a camp fire, there is something so satisfying about a good old fashioned baked bean jaffle.

Tip: Always heat your iron first & butter the outside of the bread for jaffle success!

Mix it up by adding cheese, bacon, spinach or jalapenos

Got leftover Bolognese? Chuck it in a jaffle with cheese and enjoy.

Tip: heat bolognese first when possible to avoid uneven heating

Mix it up with sliced tomato, shallots or pickles



After your savory jaffle its time for dessert jaffle!

So versatile, so easy, so delicious.

Combine some canned pie apples, cinnamon, sultanas & allspice (extra sugar if desired) and put it in a jaffle.

Serve with cream and maple syrup

Mix it up by adding different fruits.

One of my all time favourites, banana and chocolate.

You can use chopped up chocolate block, Nutella or even milo then just add sliced banana and toast

Mix it up by adding coconut or peanut butter



Life is like a jaffle.... You get back what you put in

DID YOU KNOW ...

Unbelievable-facts.com



Mark Twain was born in 1835, the same year the famous Halley's Comet was visible from Earth. He joked that he arrived with the comet and would leave when it came back. And in a strange twist, he died in 1910, right when Halley's Comet appeared again.

In 2018, footwear retailer Payless set up a fake luxury shoe store called Palessi. Their aim was to see if people would be willing to pay luxury prices for their discount footwear. It succeeded, with shoppers agreeing to pay up to about \$600 for footwear that would typically cost between \$19.99 and \$39.99.



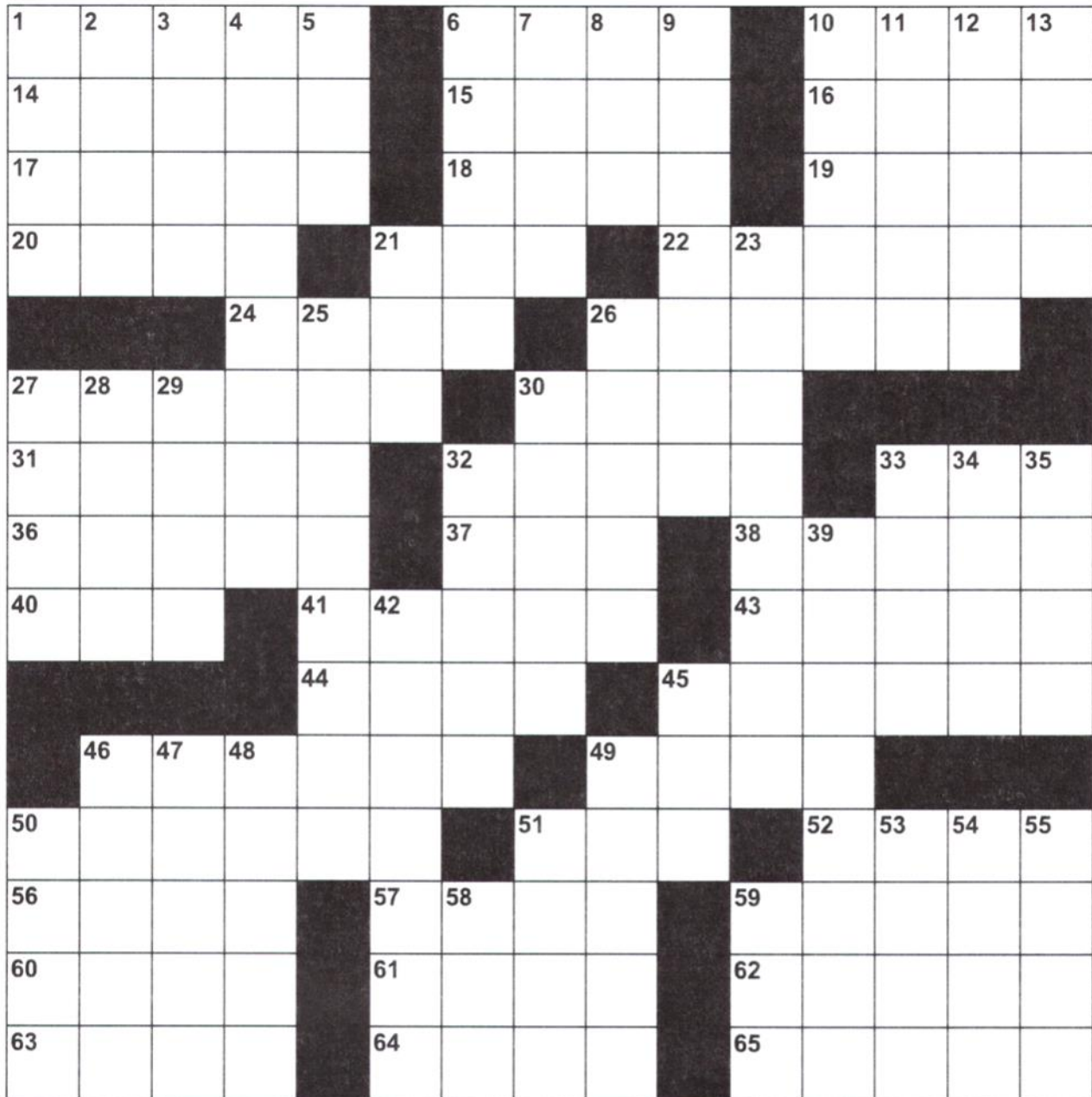
In September 2022, Brazil stated that it had banned the sale of iPhones without a power adapter and fined Apple, Inc. 12.275 million reais (\$2.38 million). This order was issued a day before the company was set to announce a new model of the iPhone.

The reason mechanical clocks run clockwise is that in the Northern Hemisphere, shadows move in the clockwise direction on sundials.

When the earliest mechanical clocks were built, they were designed to move the same way since that is what people were used to.



Cross word



Answers on page 40

Crossword Clues

ACROSS

- 1 Herbage suitable for grazing animals
- 6 A wager (2 wds.)
- 10 Unfreeze
- 14 Scoundrel
- 15 Brand of coffee alternative
- 16 Small particle
- 17 Tight at the top, flaring at the bottom (2 wds.)
- 18 "Mister" (German)
- 19 Cut of beef
- 20 Not women's
- 21 Peanut butter brand
- 22 Spot on the ground where rain gathers
- 24 Tinted
- 26 Scorn
- 27 Recruit
- 30 Surrender
- 31 Cowboy John
- 32 Moses' brother
- 33 Compass point
- 36 Goofed
- 37 Chest bone
- 38 Young fish
- 40 Grain

- 41 Towel cloth
- 43 Book by Homer
- 44 Asian nation
- 45 Short
- 46 Money magazine
- 49 Quick
- 50 Female parent
- 51 Head motion
- 52 Talk about, with "over"
- 56 Pretentious
- 57 City in Yemen
- 59 Mexican holiday "____ de Mayo"
- 60 Prow
- 61 Want
- 62 Frame
- 63 Dry
- 64 Points
- 65 Snips

DOWN

- 1 Metric weight unit
- 2 Position
- 3 Against
- 4 Sun's light
- 5 Encounter
- 6 Plant louse
- 7 Steak
- 8 Make a mistake
- 9 Sub's weapon
- 10 Typographic character
- 11 Head coverings
- 12 Tipped
- 13 Decrease
- 21 Air commuter's transportation
- 23 Dinner tools
- 25 Was (3 wds.)
- 26 Horse race
- 27 Water pitcher
- 28 Not one
- 29 Harp
- 30 Hiker's trail marker
- 32 Tapestry
- 33 Little Mermaid's love
- 34 Douse
- 35 Swirl

- 39 Clothe maker
- 42 Birthstone that means love and success
- 45 Not good
- 46 Skill
- 47 Swimming mammal
- 48 Sounds alike
- 49 Types of letters
- 50 Volume
- 51 Place where birds lay their eggs
- 53 Negative (prefix)
- 54 Water film
- 55 Jumps
- 58 Twosome
- 59 Time zone

It's In The Gravel

*As I walked through Sandstone the other Day
It's all around us I heard him say
Not in the quartz or up in the slate
or down in the washes, that's not for debate*

*Residing in Sandstone for forty or more
Gary knows all the tracks and knows where to score
But step on his patch or walk on his lease
And the friendship that was, is likely to cease*

*But don't get me wrong, he's decent and kind
When it comes to that stuff that's so hard to find
Sending us off to places of old
Where in the past he's found good gold*

*Round every bend it's likely to be
Neath every bush, beneath every tree
But to find the big ones you might have to travel
Though never forget it's down in the gravel*

By Dave Loat



FUNNIES



"Draw me like one of your French girls"



When you've got a deep rage burning inside you but you've got to act nice because you're at work...



Me in the shower waiting for the hot water



**Geology rocks
but geography is
where it's at**

<https://www.calpaclab.com/science-jokes/>

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 ***

Craft group has been cancelled for the 14th and 21st June.

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.



Sandstone convenience Store

Now open !

8:30am - 4pm
Everyday except Wednesday

A big thank you to Pilbara Resources Group and all those involved in the opening of the store.

They have meat, veg, take home meal packs & the basics
Check them out !





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

*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 or call St John Sandstone on 0458 452 364, or email 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

Sandstone Physiotherapy Visiting Dates 2024

To be Advised

The Physio is currently provided via Telehealth

To make an appointment, please phone
Geraldton Physiotherapy Reception

08 9956 2204

SANDSTONE NURSING POST

IRVINE ST SANDSTONE
Nurse - Lana Lefroy 9963 5808 or 9963 5831

Meekatharra RFDS Flying clinics 2024

June

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



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

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



SANDSTONE NURSING POST

IRVINE ST SANDSTONE

Nurse - Lana Lefroy 9963 5808 or 9963 5831



Health Services

Wiluna Medical Services Available

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

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

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

Dentist (Monthly)

Gynaecologist

Audiologist

Ear, Nose and Throat (ENT)

Mount Magnet Medical Services

Ph for appointment with the GP (08) 9940 3222

Specialist & Allied Health

Services include:

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

How do I see a visiting specialist?

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


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



SANDSTONE NURSING POST

IRVINE ST SANDSTONE

Nurse - Lana Lefroy 9963 5808 or 9963 5831



Health Services

TELEPHONE HELP LINES

[Mental Health Emergency Response Line](#)

(formerly Psychiatric Emergency Team)

Perth WA 6000 Tel: 08 9224 8888

[RuralLink](#)

Tel: 1800 552 002

4:30pm - 8:30am weeknights

24 hours on weekends and public holidays

**Emergency Number
Royal Flying Doctor Service**

1800 625 800

Police, Fire and Ambulance Dial

000

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

If you require **EMERGENCY MEDICAL ASSISTANCE** dial

1800 625 800

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

SANDSTONE NURSING POST

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

Nurse in attendance until 4:00pm

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

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

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

MOUNT MAGNET NURSING POST

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

Staff on call for emergencies (08) 9963 3100

MEEKATHARRA HOSPITAL

Savage Street, Meekatharra

24hour casualty service (08) 9961 0600

INTERESTING FACTS FOR CURIOUS MINDS



You've probably heard a musical saw but didn't know it. A musical saw is simply a flexible handsaw that is held between the knees and played with a bow.

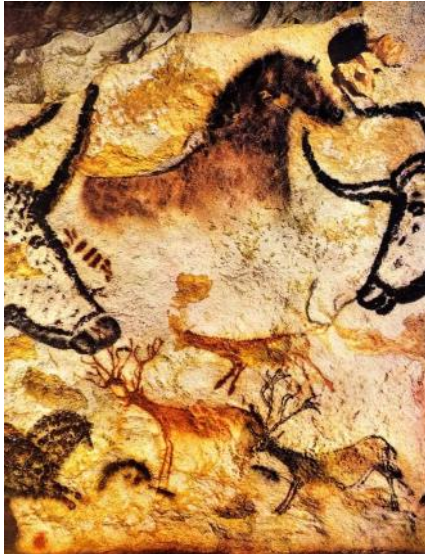
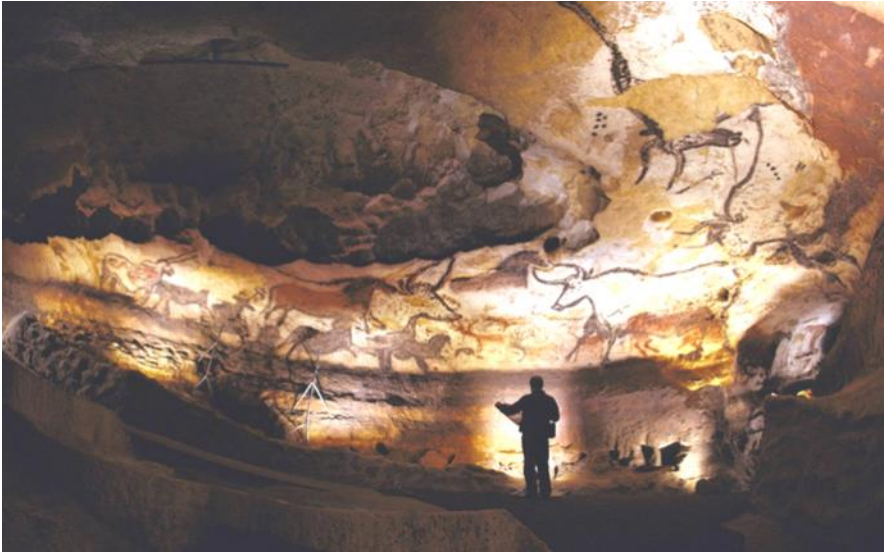


Paper money was invented in china's song dynasty in the 11th century CE. Despite its widespread use at the time, no samples of song paper money exist today.

Staying true to its roots, IKEA also sells meatballs. IKEA sells about 150million meatballs a year



After western countries placed sanctions on Russia for its February 2022 invasion of Ukraine, Russia responded by blocking Instagram and some other western based social media



From about 40000 years ago paleolithic people began developing extensive and intricate cave art. The best known example is the Lascaux cave in France.

PUBLIC NOTICES

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

Baits are on the ground ALL year round

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



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

Please clean up after your dog!!!!

All dogs **must** be registered.

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

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



Directory of Services to Sandstone



EC 006509

KARL IBBOTSON

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

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

JPB Contracting

Paul (Scruffy) Bennett

Ph: 0427 841 888

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



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

 **CAUTION**

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

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

LEGAL ACTION WILL BE TAKEN FOR NON-COMPLIANCE

Westcoast Seafood

Email: coral@westcoastseafood.com.au

Directory of Services to Sandstone

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 **27 JUNE** 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

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

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

visitus@sandstone.wa.gov.au

Solution:

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

BEGINNERS CORE EXERCISES

FIND NEUTRAL PELVIS



Flatten your lower back so that it is gently pressing into the floor. In this position, the pelvis is tilting **BACKWARDS**.



Now arch your lower back slightly to make a small gap with the floor. In this position, the pelvis is tilting **FORWARDS**.



Find a position between these two where your lower back is neither in contact with the floor nor arching. This is **NEUTRAL** pelvis.

LEG LOWERS



Lie on your back, hands by your side, with the legs raised, bent at the hips and knees as shown.



Using your core muscles to stay in neutral lower one leg down towards the floor. Return to the starting position and repeat with the other leg

AB HOLLOWING



Get onto your hands and knees, with your back flat



Pull your abdominal muscles in strongly to hollow the abdominal area

OPPOSITE ARM AND LEG RAISES



Start as for ab hollowing above.



Keeping the core muscles engaged so that the back stays flat (not arched), raise the right leg and left arm until parallel with the floor. Hold for a count of 3 then lower and repeat with the left leg and right arm.

free printable at My Fitness Planner



Karan Heath's Biggest Morning Tea !

\$5 per/person
price includes
raffle ticket



Saturday 29th June

10am-noon

In the community hall

Locally made products will also be on sale.

For more information call Karan on 0418905090

Join me at my Biggest Morning Tea to help me reach my fundraising goal!

Together, we can help Cancer Council raise much needed funds that go towards vital cancer research, support services, prevention programs, and advocacy.

Scan to donate online



Unique ID: 1052007597114224





Unique ID: 1052007597114224

JUNE 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 WA day	4 West coast seafood	5	6 Nurses Post	7 Craft day	8
9	10	11	12	13 Doctors Clinic	14 No craft	15
16	17	18	19	20 Nurses Post	21 No craft	22
23	24	25	26	27 Doctors Clinic Council meeting	28 Craft day	29 Karans - Biggest morning tea
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: dceo@sandstone.wa.gov.au