

**FREE**

HAPPY  
*Mother's Day*

# BUSH TELEGRAPH

May 2024 Edition



Cover Picture: Beth Walton

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

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## Disclaimer

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

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## Contributions

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

You can email your contributions to [reception@sandstone.wa.gov.au](mailto:reception@sandstone.wa.gov.au) or drop it into the Shire Administration Building.

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

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

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## Feedback

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

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



# SHIRE NEWS

SHIRE OF SANDSTONE  
HACK STREET SANDSTONE WA 6639

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## From the Desk of the CEO

Greetings to the people of Sandstone Shire and Visitors

The Council has set its rates for 2024/2025 financial year and has decided on a very modest 2.5% increase which is below the State CPI which for the year is about 3.4%. This is currently subject to advertising as required by Regulations.

Some might ask why have a rate increase at all? A rate increase is necessary to keep some parity with the cost of living increases and unless a local government has a new source of revenue, it will be unable to meet its financial commitments such as maintenance of assets and service delivery.

The Council has approved the purchase of two accommodation units for the Caravan Park which will arrive on site about mid-May. These are funded by the Federal government from under its Local Roads and Community Infrastructure Program (LRCIP).

The tree management program will commence on Monday 10<sup>th</sup> June when Aussie Tree Services will arrive in Sandstone. They will be here for two weeks carrying out pruning of many trees and removal of some trees.

If people want tree servicing carried out on private property please leave the details of what you want at the Shire office.

There will be 50 Kurrajong trees arriving this month along with rose bushes and citrus trees. Some of these will be used to replace trees which are to be removed plus many new plantings. Additional plantings will be used to further beautify the town. Overall, there will be far more trees and smaller plants than are here at present. This project is also funded under the LRCIP grant.

Council has discussed various options on how best it can serve the community with the hotel being closed. The former shop will be opened and operated privately and the owners plan on acquiring a take-away liquor licence.

More work has been carried out on the public fuel bowser to have this working as it should – reliably. We recently changed the internet from Telstra, which is unreliable, to Starlink. Unfortunately, the owners of the electronic card system did not correctly align their system with that in the bowser. The recent correction seems to be functioning as it should.

A new air pump has been installed at the bowser site. When using the pump it may take a minute or so before it starts to pump, so don't give up.

**PETER MONEY**

Chief Executive Officer

## A beautiful poem by Mary Mulumby, Outback Grave Markers

### SANDSTONE

Some 600 kilometers northeast of Perth  
Upon sunbaked, red, dry coloured earth  
To Sandstone town is given birth  
A flurry of activity; gold unearth  
A precious metal of unequalled worth!

Through word of mouth, papers read  
News of gold quickly spread  
All roads, tracks to Sandstone led  
Excitement everybody's hunger fed  
Unknown, what may lay ahead?

Strike it rich! This the aim.

Prospectors, miners, hopeful came  
Too few were to benefit or gain  
Many experienced hardships and pain  
Extinguished a dream, life's living flame

History created; written, so it be  
In Sandstone Shire, there to see  
Of many souls lying burden free  
In their pioneer cemeteries, they number three  
Sandstone, Nungarra, Youanmi.

Barrambie, is a fourth site found  
Ungazetted, this burial ground  
No fence does mark its surround  
Three people lie ever earth bound  
Forlorn, in a distant burial mound

Two places more, so akin  
Maninga Marley and Birrigrin  
Unforgiving, this land they toiled in  
Uncertain return, death not a win!

A thought for those buried within

Long, hard, were journeys made  
Recall history for memories fade  
A tribute to our pioneers paid  
Upon a grave a plaque is laid  
Tell a story, their life displayed.



# SHIRE NEWS

SHIRE OF SANDSTONE  
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## Council meeting dates 2024

May	23rd
June	27th
July	25th
August	22nd
September	26th
October	24th
November	28th
December	18th

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

Meetings are open to the public

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

David's contact details are: **Principal EHO/Building Surveyor**

**Mobile 0483 350 133**

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

## Can Moths Sense Earth's Magnetic Field?

In the late 1960s, a scientist named Ronald Lockley wrote, "How do animals find their way over apparently trackless country, through pathless forests, across empty deserts, over and under featureless seas?...They do so, of course, without any visible compass, sextant, chronometer, or chart..."

Indeed, it has long been known that nearly all types of creatures, from bacteria to foxes, have some type of internal magnetic compass.

Professor Eric Warrant, a biologist at Lund University in Sweden, has been conducting navigation research on gray-brown bogong moths in Australia. In addition, other research regarding moth navigation has also been recently done on the death's-head hawkmoth.

Professor Warrant has found that gray-brown bogong moths fly over 620 miles (1,000 kilometers) from the plains in eastern Australia to the caves in the southeastern Australian Alps to escape the oppressive summer. They enter a dormant state until the fall, when they fly back to procreate, lay eggs, and die.

It was suspected that the little moths were possibly using Earth's magnetic field as a navigational aid, so the team set up an experiment, "[tethering] migrating bogong moths in an outdoor flight simulator. In doing so, the researchers confirmed that the moths did indeed use the Earth's magnetic field to navigate."

But there were—and are—more questions to further unlock this unique navigational mystery:



While it has been known that insects, birds, turtles and fish can navigate using the Earth's magnetic field, the specific mechanisms employed to activate this "sixth sense" have remained mysterious. So too has the connection with other potential sensory cues.

As investigation continued, there were surprises for the team. Specifically, the moths evidently use the stars to aid in their flight plans.

Warrant said the ability to use sky cues to navigate in a specific compass direction was previously found only in humans and in some species of nocturnally migrating birds. The moths possess it while having a much smaller head.

The moths seem able to travel in their inherited migratory direction under a starry night sky even if we remove Earth's magnetic field, Warrant said. If you have this tiny insect with a brain a tenth the volume of a grain of rice and eyes smaller than a pinhead, that they can do this is surprising.

Yes, incredibly surprising. Chance, time, and natural processes are not able to explain this amazing navigational ability packed in a tiny section of an insect brain.

There is evidence that, like these little moths, birds also use a complex protein in their eyes called cryptochromes to sense magnetic fields. Cryptochromes are flavin-containing blue-light photoreceptors, are unevolved, and have always been cryptochromes. They appear fully functional in plants and animals such as bogong moths. But evolution desperately appeals to cryptochromes evolving, and, therefore, appeal to convergent evolution, believing the cryptochrome proteins repeatedly evolved new functions in different creatures.

The scientists think that a good candidate for a magnetic-sensing function in the bogong moth is cryptochrome 4a, also known as Cry4a. This amazing protein is evidence that moths (and migrating birds) may sense or actually see magnetic fields, "This cryptochrome seems to have the right properties to be the basis of the birds' magnetic compass," said chemist Peter Hore, a professor at the University of Oxford, UK.

## Special Days in May

### 3 May - World Press Freedom Day

In 2024, World Press Freedom Day is dedicated to the importance of journalism and freedom of expression in the context of the current global environmental crisis.

Awareness of all aspects of the global environmental crisis and its consequences is essential to build democratic societies. Journalistic work is indispensable for this purpose.

### 5 May - World Laughter Day

The first "World Laughter Day" gathering took place in Mumbai, India, on 11th of January 1998. 12,000 members from local and international Laughter Clubs joined together in a mega laughter session (the number is valid because that's how many meals were served.)

"HAPPY-DEMIC" was the first World Laughter Day gathering outside India. It took place on 9th January 2000, in Copenhagen, Denmark and more than 10,000 people gathered in the Town Hall Square . The event went into the Guinness Book of World records.



World Laughter Day is now celebrated on the first Sunday of May every year in most large cities around the world. Hundreds of people (oftentimes thousands) gather worldwide on that day to laugh together.

### 12 May - International Nurses Day

IND is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. ICN commemorates this important day each year with the production and distribution of the International Nurses' Day (IND) resources and evidence.

### 19 May - Endangered Species Day



Every year on the third Friday in May, thousands of people around the world participate in Endangered Species Day by celebrating, learning about, and taking action to protect threatened and endangered species. This global day of action and celebration was created and founded by David Robinson and the Endangered Species Coalition in 2006, and has continued ever since.

On Endangered Species Day 2024, wildlife refuges, gardens, schools, libraries, museums, community groups, nonprofits, and individuals will hold special programs or events. People around the world participate in these activities and others.

### 21 May - International Tea Day

Tea is a beverage made from the Camellia sinensis plant. Tea is the world's most consumed drink, after water. It is believed that tea originated in northeast India, north Myanmar and southwest China, but the exact place where the plant first grew is not known. Tea has been with us for a long time. There is evidence that tea was consumed in China 5,000 years ago.

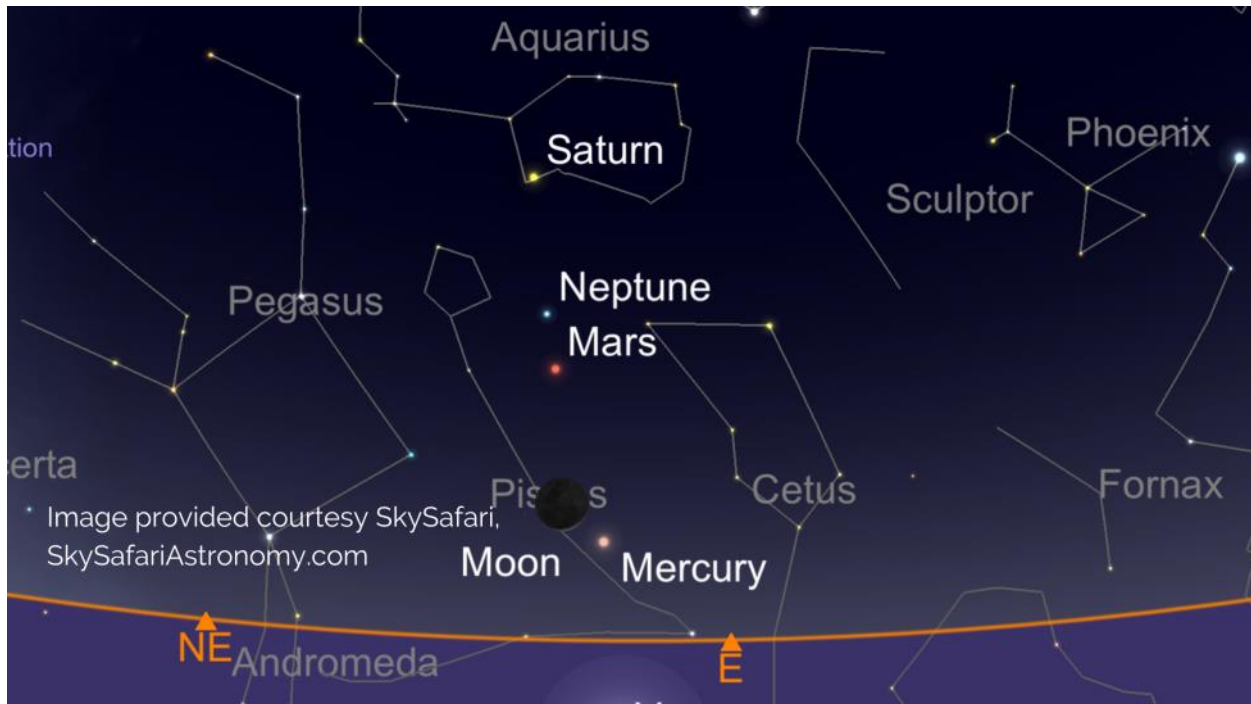
Tea production and processing constitutes a main source of livelihoods for millions of families in developing countries and is the main means of subsistence for millions of poor families, who live in a number of least developed countries.



Source: Phoenix Support for educators



May's planets are lining up for their close approaches with the Moon this month, with Saturn, Mars, and Mercury getting up close and personal with our planet's only natural satellite.



### Close approach of Saturn and the Moon | 4th May

The Moon and Saturn are the first conjunction (a *conjunction* is where two astronomical objects, like planets, appear close together in the sky), appearing in the early morning of 4th May. The pair are rising together in the early morning sky, the Moon first at 2.10am followed by Saturn just after 2.20am.

**When to look:** From around 2.30am, 4th May

**Which direction to look:** Look to the eastern horizon: Saturn and the moon are in the constellation of Aquarius.

### Close approach of Mars and the Moon | 5th May

The Moon and Mars take the opportunity on 5th May to make a close approach in the hours before daybreak. The moon comes up around 3.20am, and the red planet is close behind at around 3.35am.

**When to look:** From around 3.45am, 5th May

**Which direction to look:** Look to the eastern horizon: Mars and the moon are in the constellation of Pisces.

### Close approach of Mercury and the Moon | 6th May

Not to be outdone by the others, the Moon and Mercury, will make their own close approach in the early morning of 6th May. The Moon is rising just before 4.30am, and Mercury, messenger of the gods, follows about 20 minutes later.

**When to look:** From just before dawn, around 5.15am, 6th May

**Which direction to look:** Look to the eastern horizon: Mercury and the moon are in the constellation of Pisces.

Source: *Astrotourismwa*

## Fire Sensory Capabilities of the Venus Flytrap

Fascinating discoveries have been made regarding the amazing Venus flytrap (*Dionaea muscipula*).<sup>1</sup> For example, all parts of this amazing plant must work together to maintain its carnivorous function. ICR's Brian Thomas said:

...the Venus flytrap is irreducibly complex, which is to say that if one part is removed, the whole system is rendered useless. For example, if snap-trap plants could not discern insects from inedible items, random debris would trigger the doors but provide no nutrients. The plant can only reload three or four times before it must reap some benefits from its labour.



Fires are a constant threat in the wild, but God has designed plants and animals to sense heat and respond. Obviously, plants cannot flee from the flames, but in the case of the Venus flytrap, it has an amazing system to protect the vital snap traps and sensory hairs from fire.

Recently, biophysicists at the University of Würzburg in Germany found that this remarkable plant of North Carolina can be surrounded by dry grass in the summer, but they recognize a difficulty with the discovery.

Without natural fire, the *Dionaea* populations would decline. How does *Dionaea* survive and even thrive after swamp fires? Here, we ask whether flytraps recognize heat waves at the forefront of swamp fires and demonstrate that a heat-sensor-based alarm may provide a fire survival strategy for them. In this study, we show that flytraps become electrically excited and close in response to a heat wave.

"[A] heat-sensor-based alarm" certainly doesn't sound like it's a result of chance, time, and natural processes. In addition, the flytrap evidently can sense the wave of heat which comes ahead of the fire itself. "The JMU [Julius-Maximilians-University] researchers were correct in their assumption: a hot air blower directed at the trap was sufficient to cause the trap to close."

The plant has a number of critical signalling systems inside cells using the element calcium. Calcium ions ( $\text{Ca}^{2+}$ ) can enter the plant cell through receptor-gated or voltage-gated calcium channels in the cell's membrane. The Science Daily article reports,

...[The researchers] are pursuing the hypothesis that a calcium channel is an integral part of the heat sensor, or even the sensor itself. If this is true, a type of membrane-bound temperature sensor would have been discovered that is still completely unknown in plants. So far, research knows calcium channels from the so-called OSCA family [calcium-permeable channel], which can be activated mechanically and osmotically [fluid passing through a semipermeable membrane from an area of low solute concentration to a higher solute concentration]."

One of the more amazing discoveries in this research was a heat sensor in the flytrap leaf that activates at 37 and 55 degrees Celsius, producing specific action potentials. This taps into what biochemists have described as the depolarization of the membrane called the all-or-nothing law.

[Dr. Shouguang Huang] found that when a local leaf temperature of 37 degrees Celsius was exceeded, the heated area of the trap produced an electrical impulse, an action potential that spread across both halves of the trap. "When the temperature increased further to 55 degrees Celsius, a second action potential was triggered and the trap snapped shut," Shouguang said. But the trap's reaction at 37 and 55 degrees Celsius *only kicked in when temperatures increased abruptly, as in a rapid heat wave.*

Thus, not only does this plant have a thermometer to measure preset temperatures, but it also has a stopwatch of sorts that measures the speed of temperature change—and both functions come fully integrated with each other and with the plant—just like they were put there on purpose. Scientists have been developing a model called Continuous Environmental Tracking (CET). It purports that animals and plants are equipped with sensors, logic, and outputs.<sup>6</sup> The discovery of exactly these features in the flytrap adds to the growing list of examples of CET in action. To conclude, Huang and Hedrich said in *Current Biology* "We propose that by sensing the temperature differential, flytraps can recognize the heat of an approaching fire, thus closing before the trigger hairs are burned, while they can continue to catch prey throughout hot summers.

# ANZAC DAY 2024





**Here is your chance to design your very own sticker to be displayed on the bins around Sandstone.**

**Last years designs turned out fantastic!**

**Thank you to those who sent in their artwork.**

On the next page you will find the [template](#) or you can email for a digital copy.

The designs can be a drawing, painting, digital art...

anything creative that can be turned into a picture fitting within the template.

The theme must be Related to Sandstone and/or litter prevention.

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



# Design a Bin Sticker

Small remote and regional communities can have their artwork printed on 12 bin stickers

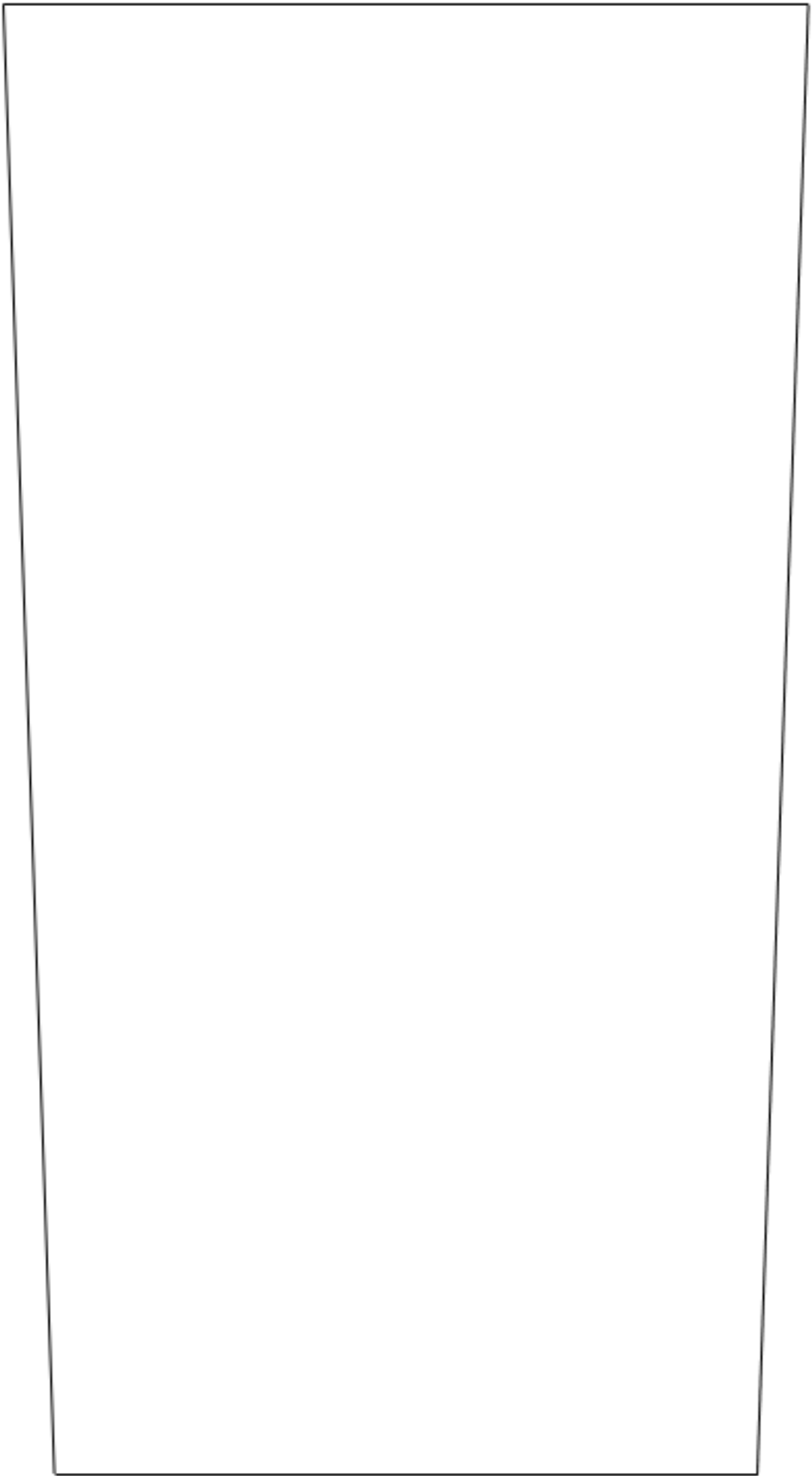
**THIS WAY UP**

Name \_\_\_\_\_  
Community \_\_\_\_\_  
email \_\_\_\_\_

Post designs to

Tidy Towns  
Keep Australia Beautiful WA  
Locked Bag 10  
JOONDALUP DC  
WA 6919

[tidytowns@kabc.wa.gov.au](mailto:tidytowns@kabc.wa.gov.au)



# Tidy Towns 2024!

## The Categories are:

- General Appearance.
- **Community Action and wellbeing.**
- Heritage and culture.
- **Waste management.**
- Litter prevention.
- **Community containers for change.**
- Young legends.
- **Environmental sustainability.**
- Environmental education.
- **Leadership award (judges discretion).**

Contact the visitor centre:

visitus@sandstone.wa.gov.au

9963 5061

Or come in for a chat!



Last Year Sandstone entered the Keep Australia Beautiful Tidy Towns award competition where we showcased all the amazing things about our home. It was a great experience where we learnt a lot about the awards as well as all the other interesting things happening in towns around WA.

I want to give a big thank you to everyone who supported it through clean up days, coming out to meet the judges and hosting or joining us for the community BBQ.

**We are again working towards entering and would love your help!**

We are looking for a couple of keen people to become committee members where we will discuss what categories to enter and what projects to focus on. As well as write up submissions and meet the judges to show them around when they arrive.

Alternatively, if you don't want to be a committee member but have some ideas, insights, or positive comments about things in Sandstone please let me know!

If you haven't already, check out the 2023 awards booklet on display in the café. It has pictures and testimony from all the finalists last year.



2023 awards day

# PHOTO FEATURE PAGE

*anything 'growing'*



Mushrooms loving the moist weather



Our beautiful gardens in Sandstone

Please send your photos to [dceo@sandstone.wa.gov.au](mailto:dceo@sandstone.wa.gov.au) **by 25 May** for publication in the **JUNE** Bush Telegraph and don't forget to provide your name with your Photos. **The theme for June is 'open' so just send in your favourite pictures!**



This beauty was caught by Tanya last month but just missed the deadline so we thought we'd share it with you this month!



This cutie was caught by Garry at the caravan Park - he turned into a huge Moth soon after this was taken.

## Feedback from our Clean Up Day on 11 March

*Thank you to everyone who participated in our*



We had a very successful day and cleared two truck loads of steel from the townsite.





# Perfect Timing



# RECIPE

## MICROWAVE STEAMED PUDDING

### Ingredients

- \* 28g / 1oz margarine
- \* 28g / 1 oz sugar
- \* 1 egg, beaten
- \* 56g / 2 oz self-raising flour
- \* 2 Tbs syrup or jam



### Method

Place the jam in the bottom of a small microwave bowl (550ml).

In a separate bowl, beat all the other ingredients together until smooth.

Spoon the smooth mixture over the jam.

Cover the dish with a microwaveable lid or cling wrap (pierce it).

Place in the microwave and cook on medium for 2.5 to 3 minutes.

Leave to stand for 3 minutes before turning out into a bowl.

Serve immediately with custard or cream / ice cream.

Tip: you can also microwave a couple of tablespoons of your topping syrup mixed with a tablespoon of boiling water which you can pour over the pudding to serve.

Recipe: Delishably

## 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 41

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18						19				
20			21		22				23			24		
			25	26					27		28			
	29	30				31		32				33	34	
35				36			37			38				39
40			41		42				43		44			
45				46		47				48		49		
	50				51			52			53			
			54						55					
56	57	58		59		60	61	62			63	64	65	66
67			68			69				70		71		
72						73						74		
75						76						77		

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

## Crossword Clues

### ACROSS

- 1 Advertisements
- 4 Unit of electric capacitance
- 9 What you shift
- 14 Prisoner of War
- 15 Florida City
- 16 Electronic communication
- 17 Note of debt
- 18 Dirt
- 19 RN
- 20 Large group of soldiers trained to fight on land
- 22 Dress
- 24 Church bench
- 25 April (abbr.)
- 27 Lode yield
- 29 Plea
- 32 Sailor
- 35 \_\_\_\_\_ Force: Branch of a nation's armed forces that fights using aircraft
- 36 In progress
- 38 Baited
- 40 False god graven image
- 42 English architecture style
- 44 Look for
- 45 Heavy cloth

- 47 Expression
- 49 Admiral (abbr.)
- 50 Form flower calyx
- 52 Bob
- 54 \_\_\_ Lanka
- 55 South southwest
- 56 Time of armed fighting between countries, states, or groups of people
- 59 Utopian ideas
- 63 Mined metals
- 67 Twice
- 69 Aries the Ram
- 71 Hotel
- 72 Loot
- 73 Moses' mountain
- 74 Food and drug administration (abbr.)
- 75 Grabs
- 76 Devour (2 wds.)
- 77 Sixth sense

### DOWN

- 1 Capital of Western Samoa
- 2 Entry
- 3 Moved through the water
- 4 Madagascar franc (abbr.)
- 5 Any machine that can fly through the air
- 6 Vilify
- 7 Ammunition
- 8 Follow a regimen
- 9 Officer of high military rank
- 10 Flightless bird
- 11 Retired persons association (abbr.)
- 12 Ascend
- 13 Killed
- 21 Talk incessantly
- 23 Garden tool
- 26 Pod vegetable
- 28 Flightless birds
- 29 Assistants
- 30 Prostrate
- 31 France's "Sun King"
- 32 Unblinking
- 33 Regions
- 34 Poor
- 35 Succor

- 37 Unmatched
- 39 Dekameter
- 41 Mouth parts
- 43 The Social Contract author
- 46 Military group that fights on land and sea
- 48 Married woman
- 51 Top
- 53 Pair
- 56 Mr. Disney
- 57 Water (Spanish)
- 58 \_\_\_ and ruin
- 60 Alleviate
- 61 Opera solo
- 62 Pocket fiber
- 64 Abundant
- 65 Tails
- 66 Join together
- 68 Anger
- 70 Drink slowly

## FUNNIES

**Well, today my neighbors spoke to me. So I did what I had to do. I strapped a monitor on my ankle, went outside with my shirt on inside out, and argued with a pine tree. That should hold them off for a while.**

**Bankteller: Mamm your account is overdrawn.**

**Me: Well so are your eyebrows, but here we are.**

Before facebook this is how we used to unfriend people



**MY MOM TEXTED ME YESTERDAY:**

**MOM: "What does IDK, LY, TTYL mean?"**

**ME: "I don't know, love you, talk to you later."**

**MOM "Ok then! I will ask your sister!!"**

**WOMENAFTER50/FACEBOOK**

**I HAVE A SMART PHONE, SMART TV, SMART FRIDGE AND A SMART THERMOSTAT... I'M ESSENTIALLY THE DUMBEST THING IN MY HOUSE.**

*Courtesy Gramma's Funnies*

## PLANNED POWER OUTAGE NOTIFICATION

Horizon Power have scheduled the following power outage in your area so maintenance on the network can be carried out safely.

- **Sunday 5<sup>th</sup> of May 2024**
- 10am to 2pm
- Streets affected: Oroya St, Greene St, Irvine St, ~~Thaduna St~~ and ~~Mingah St~~ - Sandstone

If you would like to discuss this outage further, please call our Camarvon office on 9941 6299. To stay up to date on outages in your area, visit [horizonpower.com.au/outages](https://horizonpower.com.au/outages).

At times, we are required to plan power interruptions to enable us to upgrade the electricity network, perform planned maintenance or respond to an emergency. This work is necessary to improve and ensure the safety and reliability of the power supply.

We always aim to minimise the length of these outages, but sometimes unexpected issues mean the crew will need to keep your power off for longer than planned.

There are also times when we need to reschedule a planned outage because of extreme weather or for another network priority. We will endeavour to contact you if the outage is cancelled.

If you are interested in learning more about why power outages happen, including helpful tips on what to do before and after an outage please [visit our website](#).

Thank you for your patience while we carry out this work.

Best regards,  
Horizon Power Camarvon



## 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.

### ***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



# SANDSTONE NURSING POST

IRVINE ST SANDSTONE

Nurse - Lana Lefroy 9963 5808 or 9963 5831

## Meekatharra RFDS Flying clinics 2024

### 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



Government of Western Australia  
North Metropolitan Health Service  
Dental Health Services

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

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



# 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**

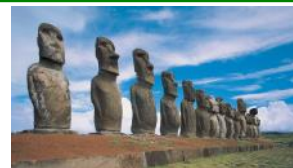
Savage Street, Meekatharra

24hour casualty service (08) 9961 0600



## INTERESTING FACTS FOR CURIOUS MINDS

The legendary Easter Island is technically part of the nation of Chile, but it's a 3,700 km trip from Santiago.



*If you're interested in a truly remote vacation, contact White Desert Ltd. The British company offers five-star accommodations in Antarctica starting at \$62,500 ranging up to \$98,500 per vacation.*

After Mount Everest, Mount Aconcagua in Argentina is the most topographically isolated mountain in the world. The next highest peak after it is 16,519km away at Tirich Mir in Pakistan.



*Tristan da Cunha is the most remote, inhabited archipelago in the world. The British Overseas Territory only has 250 permanent residents and is about 2,788km from Cape Town, South Africa, the closest major city.*

The national capital that is located the farthest from the next closest national capital is actually a tie between Wellington, New Zealand and Canberra, Australia. It just so happens that they are also each other's nearest national capitals at 2,325km.



# 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 **23 May 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



# 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

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





## Solution:

1	A	2	D	3	S		4	F	5	A	6	R	7	A	8	D		9	G	10	E	11	A	12	R	13	S			
14	P	O	W				15	M	I	A	M	I						16	E	M	A	I	L							
17	I	O	U				18	G	R	I	M	E						19	N	U	R	S	E							
20	A	R	M	21	Y			22	C	L	O	T	23	H	E			24	P	E	W									
				25	A	26	P	R					27	O	R	E														
		29	A	30	P	P	E	A	31	L			32	S	E	A	M	33	A	34	N									
35	A	I	R				36	A	F	O	O	T			38	L	U	R	E	39	D									
40	I	D	O	41	L			42	T	U	D	O	43	R			44	S	E	E	K									
45	D	E	N	I	46	M			47	I	D	I	O	48	M			49	A	D	M									
		50	S	E	P	A	51	L	S				52	C	U	R	T	53	S	Y										
				54	S	R	I							55	S	S	W													
56	W	57	A	58	R			59	I	D	60	E	61	A	62	L	S			63	O	64	R	65	E	66	S			
67	A	G	A	68	I	N				69	A	R	I	E	70	S				71	I	N	N							
72	L	U	C	R	E					73	S	I	N	A	I					74	F	D	A							
75	T	A	K	E	S					76	E	A	T	U	P					77	E	S	P							

# sofa abs

DAREBEE WORKOUT © darebee.com

**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



**20** leg swings



**20-count** raised knees hold



**20** knee to elbows



**20** flutter kicks

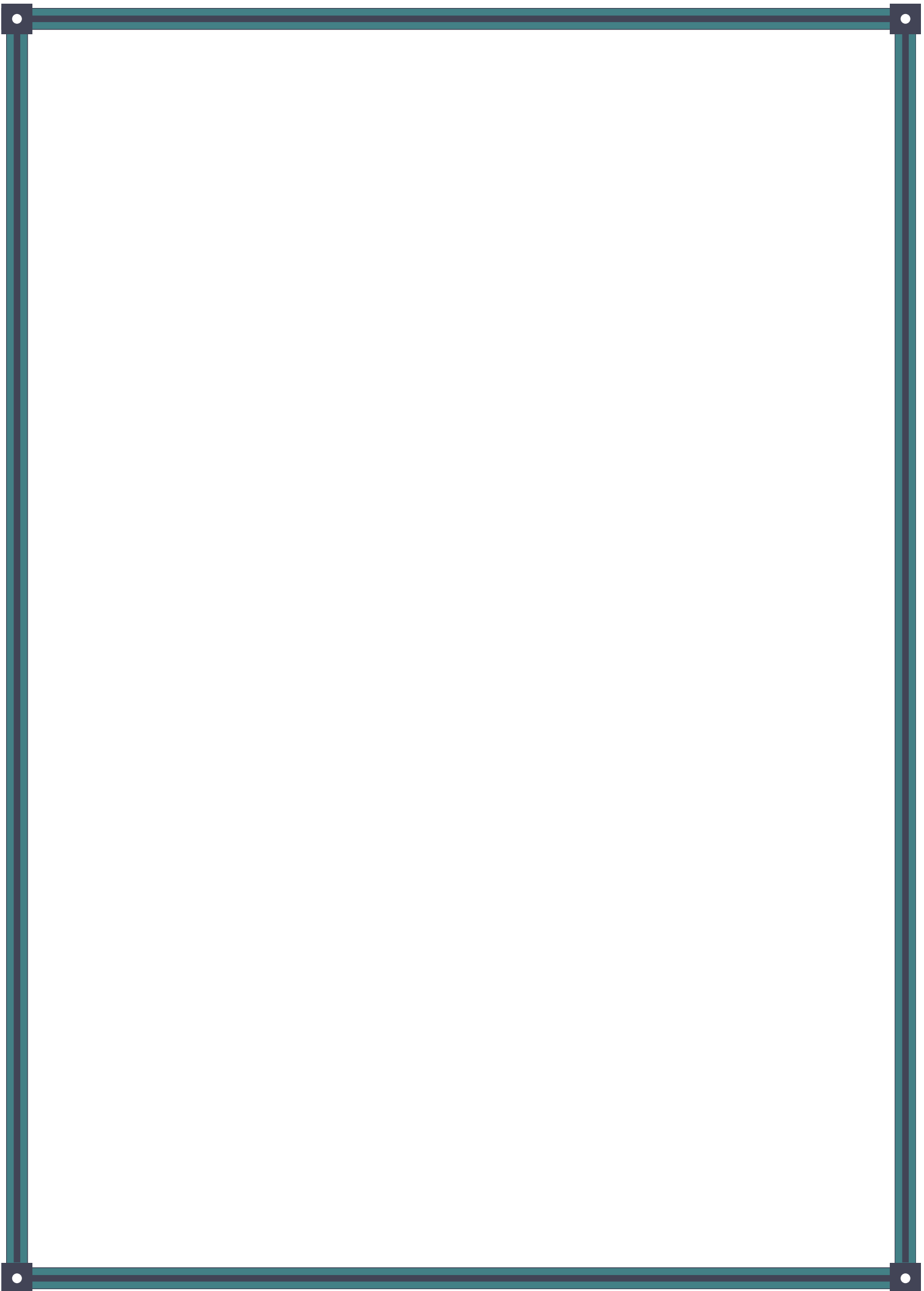


**10** raised legs twists



**10** scissors

Please remember to move slowly and gently. Don't continue if you are experiencing pain.



# May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Doctors Clinic	3	4
5	6	7	8	9 Nurses Post	10	11
12	13	14	15	16 Doctors Clinic	17	18
19	20	21	22	23 Nurses Post	24	25
26	27	28	29	30 Doctors Clinic	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: [reception@sandstone.wa.gov.au](mailto:reception@sandstone.wa.gov.au)