

**FREE**



# **BUSH TELEGRAPH**

November 2023 Edition



Cover Picture: Shire Staff

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)



# CONTENTS

- Disclaimer .....3
- From the Desk of the CEO .....4
- To the Desk of the CEO .....5
- First Aid training / Bush Fire Brigade Secretary.....6
- Council Meeting Dates / EHO Contact Details.....7
- Christmas Lights Competition.....8
- Christmas Party.....9
- Cisco and Compliments .....10
- Melbourne Cup .....11
- Remembrance Day .....12
- Important Snake Bite Information.....13
- Special Days in November .....16
- Karma.....17
- Country Stargazing - Here comes Astrofest! .....18
- Public Consultation - Fee for Objections under the Mining Act 1978.....19
- Natural Remedies .....20
- Funnies.....21
- Growing Older .....22
- Recipe .....23
- Summer Crossword Puzzle .....24
- Melbourne Cup - Did you know... .....25
- Community Crafts .....26
- Bowls.....27
- Community Bus.....28
- The Sandstone Bush Fire Brigade .....29
- Vaccination Clinic.....30
- Sandstone Nursing Post.....31
- Emergency Numbers .....35
- Public Notices .....36
- Directory .....37
- Community Bulletin Board .....39
- Community Feedback.....42
- Summer Crossword Puzzle - Answers .....43
- November 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.

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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 time for staff to include your contribution. Contributions made after the 25<sup>th</sup> will be included in the next edition.**

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## Feedback

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

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



# SHIRE NEWS

SHIRE OF SANDSTONE  
HACK STREET SANDSTONE WA 6639  
PHONE: 08 9963 5802

## From the Desk of the CEO

After nearly three years this will be my final BT notes as I ride off into the sunset. Retirement first then maybe some contract work.

But enough of me, Council's October meeting.

The meeting commenced with the swearing in of the recently re-elected members. Beth Walton has been a councillor since 1992. Vicki McQuie, has been a councillor since 2018, and James Allison, since 2022.

Elections were also held for President and Deputy President with Councillor Walton re-elected president, a position she has held since 1997 and Vicki McQuie elected Deputy President.

### **Policy Manual.**

Continued the review of the policy manual with our Finance and Bushfire policies being reviewed.

### **Reserves within Townsite.**

Council has agreed to approach Department of Planning, Lands & Heritage to review some of the existing reserves within the townsite, changing the vesting to Shire of Sandstone with Power to lease.

### **Council Membership.**

Council has held discussion over the number of members and have agreed to approach the minister for local government to review these numbers with a view of reducing from 6 to 5 members.

### **Appointment of Acting CEO.**

With my departure Council have agreed to appoint Mr Mike Fitz Gerald as Acting CEO until the 3<sup>rd</sup> December, then Mr Peter Money to the position of Acting Chief Executive Officer from the 4<sup>th</sup> December onwards.

### **November Council Meeting**

Council have agreed, due to my departure and the commencing of the Acting CEO to defer the November Meeting to the 14<sup>th</sup> December.

### **Christmas Party/BBQ**

Council Community Christmas party will be held on Saturday 16<sup>th</sup> December at the Recreation Centre, unfortunately I won't be there to cook the Lamb, but I am sure it will be nearly as nice.

### **CHARLIE BROWN**

Chief Executive Officer



# SHIRE NEWS

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## To the Desk of the CEO

Most of you might be aware that our CEO, Charlie Brown, is retiring on the 17<sup>th</sup> November.

Therefore, on behalf of Councillors, Shire Staff and the Community, we would like to say thank you for the past 3 years at the Shire of Sandstone.

We are grateful for the great ideas put forward to improve our Council and the late hours and weekend assistance at the fuel bowser. We received a lot of positive feedback regarding the fact that staff is available during the weekend to fuel up vehicles stating "This is the only Shire I know who assists with fuel over the weekend. Most Shires would let us wait till Monday."



Let's not forget the helping hand given to people who were stranded on the dirt roads, towing them back into town during the late evening hours, chasing down the mail man with the bag of forgotten mail, making sure mail got delivered on time, and the manning of the BBQ on Council get togethers etc.

And last but not least, thank you for your continued support of the community and staff under sometimes trying circumstances.

Wishing you all the best for the future and enjoy your well-deserved retirement!



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## First Aid Training



We are organising first aid training for Council Staff in November.

If you are interested in attaining or refreshing your first aid training certificate, please let us know by Friday 10<sup>th</sup> November and we will add your name to the list of participants.

Please be advised that the Shire is paying for staff training only.

**Members of the Community are responsible for the cost of their own training which is \$190.00 per person.**

Training dates will be confirmed in the last week of November.

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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.





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## Council meeting dates 2023

November	Cancelled
December	14 <sup>th</sup>

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)**

## Christmas Lights Competition

Hold on to your green and red pointy hats



because Christmas is just around the corner and approaching fast.

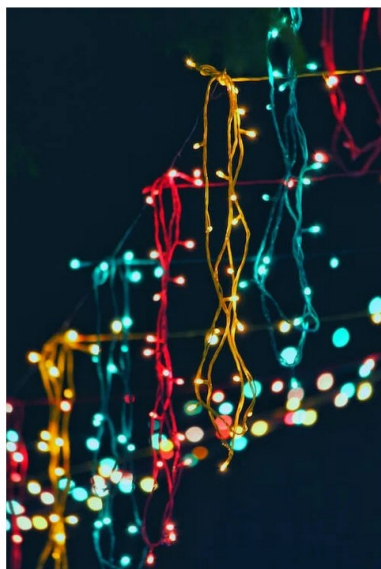
And yes, we are organising a Christmas Lights Competition!

Have your check list ready and tick off those wonderful decorations,  
making sure all is untangled and in working order.

One of our staff will drive around town with an anonymous judge to pick  
a winner and a runner-up.

The lucky winner will win a \$100 cash prize,  
Runner-up \$50.00.

We look forward to seeing your wonderful decorations in December.





## **Community Christmas Party**

Yet another year has almost passed and  
we are approaching Christmas... fast!

With the festive season approaching,  
so too does the Shire Christmas Party.

You are hereby invited to our Christmas Party where we will  
announce the winner of our Christmas Lights Competition  
and  
we will pick a name from the Bush Telegraph contribution jar  
for the \$50 cash prize.

So join us at  
the Shire Recreation Centre on  
**Saturday 16<sup>th</sup> December**

Save the date, we look forward to seeing you there.



## Cisco

Hi!

Just wondering if you would be able to put this picture up somewhere in the office for those who know 'Cisco' to see that he is happy and very loved in his new life!

Kind regards,

Belinda

### **'CISCO'**

**Now known as 'Li'l Scruff'  
and living his best life by the beach  
in Ocean Reef**



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## Compliments

To Members of the Sandstone Shire

Congratulations on having the courage to open a café in Sandstone. The ladies are doing a wonderful job, they were very pleasant and the food was excellent. The scones some of the best we've had and to find them in an outback town was a real treat.

Keep up the good work in your very tidy town.

Joe and Kathy Albany WA





**Rec Centre – Tuesday 7 November  
from 11:00am**

**Bring a plate to share and BYO drinks.**



**The fashion for the day is the roaring  
1920's so dress up and join in the fun.**

**There will be a Sweep and games  
on the day!**

## Remembrance Day

Remembrance Day or Armistice Day falls on the 11<sup>th</sup> November. On this day we commemorate the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month, when guns on the Western Front fell silent, marking the end of the First World War in 1918.

This was formalized by the signing of the Armistice, an agreement made between the Allied Powers and the Central Powers to end all military operations and hostilities.

On this day, we pause for a minute of silence to remember all those who have served and those who have lost their lives.

### Did you Know?

- There was a Women's Auxiliary Australian Air Force (WAAAF)

During the Second World War, a considerable number of women wanted to serve, and the RAAF wanted to release male personnel for overseas service. This led to the formation of the WAAAF in March 1941.

The WAAAF grew to be the largest women's service of the Second World War, with around 27,000 women serving as mechanics, drivers, wireless operators, clerks, and intelligence officers.

During the war, 57 WAAAF servicewomen lost their lives.

Disbanding after the war, it reformed in 1950 as the Women's Royal Australian Air Force before being integrated into the RAAF in 1977.

- The Australian Flying Corps was established in 1914. As planes were a new technology, there had not been an air force in Australia before the First World War. The AFC was part of the Australian Imperial force
- Australia was the only Dominion of the British Empire to form its own flying corps during the First World War
- Despite fighting in a daily life-and-death struggle, Australian and German aviators had a lot of respect for one another. They started communicating by dropping messages on each other's airfields. They let each other know how captured comrades were going, wrote letters, and even exchanged gifts on Christmas day. In some cases, they dropped wreaths when a well-known pilot had lost his life, and on one occasion, the Australians organised and attended a funeral for a German pilot they had shot down.

## Important Snake Bite Information

That bite of summer has well and truly come early this year and with that heat, comes snakes.

This article was written by Rob Timmings. Rob runs a medical/nursing education business, teaching nurses, doctors and paramedics. It's well worth the read #ECT4Health

3000 bites are reported annually.

300-500 hospitalisations

2-3 deaths annually.

Average time to death is 12 hours. The urban myth that you are bitten in the yard and die before you can walk from your chook pen back to the house is a load of rubbish.

While not new, the management of snake bites (like a flood/fire evacuation plan or CPR) should be refreshed each season.

Let's start with a Basic overview.

There are five genus of snakes that will harm us (seriously) Browns, Blacks, Adders, Tigers and Taipans.

All snake venom is made up of huge proteins (like egg white). When bitten, a snake injects some venom into the meat of your limb (NOT into your blood).

This venom can not be absorbed into the blood stream from the bite site.

It travels in a fluid transport system in your body called the lymphatic system (not the blood stream).

Now this fluid (lymph) is moved differently to blood.

Your heart pumps blood around, so even when you are lying dead still, your blood still circulates around the body. Lymph fluid is different. It moves around with physical muscle movement like bending your arm, bending knees, wriggling fingers and toes, walking/exercise etc.

Now here is the thing. Lymph fluid becomes blood after these lymph vessels converge to form one of two large vessels (lymphatic trunks) which are connected to veins at the base of the neck.

## Important Snake Bite Advice

Back to the snake bite site.

When bitten, the venom has been injected into this lymph fluid (which makes up the bulk of the water in your tissues).

The only way that the venom can get into your blood stream is to be moved from the bite site in the lymphatic vessels. The only way to do this is to physically move the limbs that were bitten.

**Stay still!!!** Venom can't move if the victim doesn't move.

**Stay still!!**

Remember people are not bitten into their blood stream.

In the 1980s a technique called Pressure immobilisation bandaging was developed to further retard venom movement. It completely stops venom /lymph transport toward the blood stream.

A firm roll bandage is applied directly over the bite site (don't wash the area).

Technique:

Three steps: keep them still

Step 1

Apply a bandage over the bite site, to an area about 10cm above and below the bite.

Step 2

Then using another elastic roller bandage, apply a firm wrap from Fingers/toes all the way to the armpit/groin.

The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white. About the tension of a sprain bandage.

Step 3

Splint the limb so the patient can't walk or bend the limb.

In hospital we NO LONGER NEED to know the type of snake; it doesn't change treatment.

## Important Snake Bite Advice

Do nots:

Do not cut, incise or suck the venom.

Do not EVER use a tourniquet

Don't remove the shirt or pants - just bandage over the top of clothing.

Remember movement (like wriggling out of a shirt or pants) causes venom movement.

DO NOT try to catch, kill or identify the snake!!! This is important.

5 years ago we would do a test on the bite, blood or urine to identify the snake so the correct anti venom can be used.

BUT NOW...

we don't do this. Our new Antivenom neutralises the venoms of all the 5 listed snake genus, so it doesn't matter what snake bit the patient.

Read that again- one injection for all snakes!

Polyvalent is our one shot wonder, stocked in all hospitals, so most hospitals no longer stock specific Antivenins.

Australian snakes tend to have 3 main effects in differing degrees.

Bleeding - internally and bruising.

Muscles paralysed causing difficulty talking, moving & breathing.

Pain

In some snakes severe muscle pain in the limb, and days later the bite site can break down forming a nasty wound.

Allergy to snakes is rarer than winning lotto twice.

Final tips: not all bitten people are envenomated and only those starting to show symptoms above are given antivenom.

Did I mention to stay still.

~Rob Timmings

Kingston/Robe Health Advisory

#vrarecue #snakebite

## Special Days in November

### 1<sup>st</sup> November - All Saints' Day

All Saint's Day is also known as All Hallows' Day. This is a Christian solemnity celebrated in honor of all the saints of the Church, known or unknown, deemed to have attained heaven.

### 5<sup>th</sup> November - Guy Fawkes Night

This day is also known as Bonfire Night or Fireworks Night and commemorates a failed assassination attempt from more than 400 years ago. On November 5<sup>th</sup> 1605, there was a plot to blow up Parliament House of Lords in the United Kingdom because of the heavy repression of Catholicism in England.

The plan was to stock and blow up gunpowder barrels under Parliament House during the opening of a new session of Parliament. An anonymous letter, however, was sent advising Catholic sympathisers to avoid the State Opening of Parliament which alerted the authorities to the existence of a plot. This in turn led to the arrest of Fawkes who was in the basement next to the gunpowder with matches.

### 7<sup>th</sup> November - Melbourne Cup Day

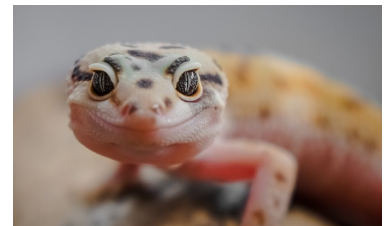
Melbourne Cup falls on the first Tuesday of November which is the 7<sup>th</sup> November this year. The Melbourne Cup Carnival runs over 4 non-consecutive days with Melbourne Cup on the first Tuesday of November, Derby Day is the Saturday beforehand and Oaks Day is the following Thursday.

### 13<sup>th</sup> November - World Kindness Day

A global day to promote the importance of being kind to each other, yourself and to the world. The purpose of this day is to reinforce that it is compassion that links us together.

Lets celebrate this day with promoting and celebrating acts of kindness, remembering the positive impact kindness can have on individuals, communities and the world at large.

So turn that frown upside down!



### 19<sup>th</sup> November - World Toilet Day

The hummingbird is the symbol of World Toilet Day. There is an ancient story that speaks of a great fire which the hummingbird tried to fight by carrying droplets of water in her beak. Even though her actions were small, she still helped to solve the problem.

The hummingbird is used to inspire people to take personal action to help improve toilets and sanitation systems because toilets are a foundation stone of public health and play a critical role in protecting personal health and the environment.



## Karma

Karma, we use the word when others have done us harm through actions, words etc., but what does karma actually represent?

We tend to use the term more with a negative connotation, using it when someone's actions are causing a negative effect. It's a bit of a blow softener to say Karma will catch up with someone sooner or later.

It is also a term used for good deeds, which in turn produce good results.

Karma, otherwise known as the principle or cycle of cause and effect, is a Hindi, Jain, Sikh and Buddhist philosophy.

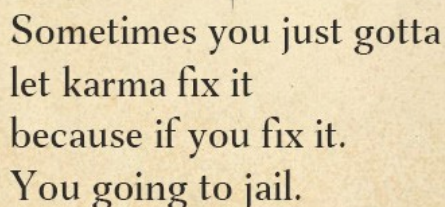
It originated in the Rig Veda, which is the oldest Hindu philosophical and religious text collection. According to Vedic mythology, the Law of Karma was revealed to the rishis (a Hindu sage or saint) by the gods and written into the Rig Veda during the Bronze Age around 1500BCE.

According to the texts, in each life cycle, one carries past karma and begins fresh karma. Hence, if one is carrying bad karma from a previous life, it might reflect in negative consequences in their current life.

Karma ends when a person has finished their final life cycle and is released. The big question is, when is the final life cycle?

Is karma real? This is a personal question as some have seen karma in action, others are left disappointed to see that someone who has done them wrong gets mysteriously rewarded.

One thing is for sure though, people who believe in karma can often have stronger friendships and happiness because they believe that doing good will give something good in return and that bad situations are just balancing out karma.



Sometimes you just gotta  
let karma fix it  
because if you fix it.  
You going to jail.

- Jorge Ivan | TheMindsJournal

MINDJOURNAL



**DEAR KARMA,**  
**I HAVE A LIST  
OF PEOPLE YOU MISSED.**



with Carol Redford and Donna Vanzetti, Astrotourism WA

November has a bumper line-up of fabulous stargazing treats and the big-ticket item is this year's WA Astrofest! Held on Saturday 18<sup>th</sup> November, this free and family friendly event will have dozens of big telescopes to look through, astronomy talks, children's space activities, astrophotography and much more to overload your cosmic senses! [For more information](#)

For early risers, dazzling Venus will make a close approach to the lovely thin slither of the Moon on November 10<sup>th</sup>. The best time to see this stunning duo is one hour before sunrise, looking low towards the east.

Adding to this month's stellar diary, stargazers will be treated to a special display from the Leonids Meteor Shower. The Leonids meteor shower is generated from comet Tempel-Tuttle. The shower peaks on the night of the 17th/18th of November but can be viewed several days either side of the peak. The best views will be under dark skies, after midnight.

This shower emanates from the constellation Leo, which is visible just about everywhere on Earth. For those in northern WA, Orion will be higher in the sky, and may produce clearer meteors.

**When to look:** From midnight to early morning, 17th/18th November.

**Which direction to look:** Toward the northern horizon



Meteor showers happen when our planet Earth crosses the orbital path of a comet. As comets pass by the sun, the extreme temperatures heat up some of the nucleus and cause debris particles to spread out along the comet's orbit creating a comet tail. As Earth passes through this debris cloud, we have the opportunity of viewing the fiery spectacle of a meteor shower.

Enjoy the views and happy stargazing.

For more stargazing tips, visit [www.astrotourismwa.com.au](http://www.astrotourismwa.com.au).

## **Public Consultation - Fee for Objections under the Mining Act 1978**

The Department of Mines, Industry Regulation and Safety (DMIRS) is inviting public submissions on the proposed amendment to the Mining Regulations 1981 to introduce a prescribed fee for lodgement of objections under the *Mining Act 1978*.

### **Background**

Amendments to the *Mining Act 1978* to enable a fee to be prescribed for lodgement of objections were made as part of the *Mining Amendment Act (No.2) 2022* which came into effect on 2 November 2022.

The amendments provide that an objection under the Mining Act must be accompanied by a prescribed fee. The act provides the legislative authority for a fee to be prescribed for objections. To prescribe a fee, the Mining Regulations 1981 need to be amended. DMIRS has drafted a “Consultation Paper – Fee for Objections under the *Mining Act 1978*” to provide more details on the proposed amendment.

### **Consultation**

The Consultation Paper is available on the DMIRS website [Open consultations | Department of Mines, Industry Regulation and Safety \(dmirs.wa.gov.au\)](https://www.dmirs.wa.gov.au)

The proposed amendment to the Regulations is to introduce a \$859 fee for objections. It is expected the fee will be included in the annual review of fees and charges for the 2024/2025 financial year and will come into effect on 1 July 2024.

If you wish to engage with DMIRS regarding the proposed fee you can request a meeting by emailing [RTD.Consultation@dmirs.wa.gov.au](mailto:RTD.Consultation@dmirs.wa.gov.au)

If you wish to make a submission on the proposed amendment to the Mining Regulations to introduce a fee, please send your written submission to [RTD.Consultation@dmirs.wa.gov.au](mailto:RTD.Consultation@dmirs.wa.gov.au) before the close of the public consultation period at 5pm on 21 November 2023.

All submissions are public. Following the consultation period DMIRS will collate all submissions in a report, provide a response and publish the response to submissions report on the closed consultations website.

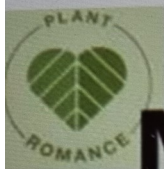
Kind Regards

### **Resource Tenure Division Consultation**

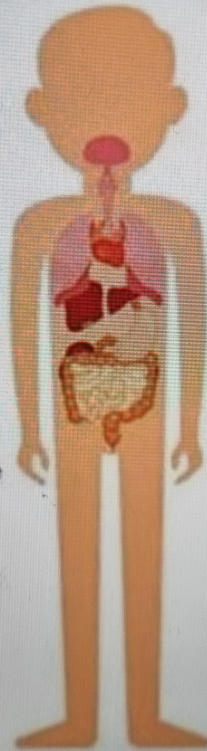
**Department of Mines, Industry Regulation and Safety**

100 Plain Street East Perth WA 6004

[RTD.Consultation@dmirs.wa.gov.au](mailto:RTD.Consultation@dmirs.wa.gov.au) | [www.dmirs.wa.gov.au](http://www.dmirs.wa.gov.au)



# Plants Used As Natural Remedies



**ASTHMA: RED ONIONS**  
Eating onion eases bronchial tube's constriction

**ARTHRITIS: TURMERIC**  
A potent anti-inflammatory

**BLADDER INFECTIONS: CRANBERRIES**  
Cranberries prevent bacteria from adhering to walls of bladder

**BLOOD PRESSURE: CELERY**  
Celery contains phthalides which help lower blood pressure

**BLOOD SUGAR: BROCCOLI**  
Chromium in broccoli helps regulate insulin and blood sugar

**BONES: PINEAPPLE**  
Pineapples prevent bone fracture and osteoporosis

**BREAST CANCER: CABBAGE**  
Maintain healthy estrogen levels

**CLOGGED ARTERIES: AVOCADOS**  
Mono-unsaturated fat in avocados lowers cholesterol

**COUGH: MULLEIN TEA**  
Loosens trapped mucus and soothes sore throats.

**HEADACHES: CAYENNE**  
Cayenne pepper relieves headaches by depleting a neurotransmitter that helps send pain signals.

**INSOMNIA: CHAMOMILE TEA**  
Relaxes the mind and body

**ULCERS: Cabbage** contains ample fiber which helps heal both types of ulcers

**STOMACH: GINGER**  
Ginger relieves nausea and morning sickness.

## NATURAL REMEDY REFERENCE GUIDE

[www.greentidings.org](http://www.greentidings.org)  
[www.facebook.com/GreenTidings](http://www.facebook.com/GreenTidings)

### Cold/Flu

- Probiotics
- Garlic
- Elderberry syrup
- Apple cider vinegar
- Vitamin C
- Hydrogen Peroxide in cars
- Oil of Oregano
- Eucalyptus Oil (external)
- Peppermint
- Vitamin D

### Anxiety/Stress

- L-Theanine
- Cherries
- Chamomile
- Skullcap
- Kava Kava
- Passion Flower
- Valerian
- Lemon Balm
- Rescue Remedy
- 5-HTP
- GABA
- Magnesium

### Arthritis

- Turmeric
- Omega-3 Fatty Acids
- Epsom salts (external)
- Alfalfa seeds
- Cinnamon
- Ginger
- Vitamins C and D
- Olive oil
- Green tea
- Glucosamine
- Selenium
- Onions and leeks
- Tart cherries, black raspberries, grapes, and eggplant

### Digestive Issues/Ulcers

- Probiotics
- DGL
- Vitamins A, C, E
- Co-Q10
- Zinc
- Silica
- L-Glutamine
- Cabbage Juice
- Linoleic Acid
- Celery
- Cucumber
- Kale
- Peppermint
- Ginger

### Heartburn/GERD

- Probiotics
- DGL (Deglycyrrhizinated Licorice)
- Co-Q10
- L-Glutamine
- Silica
- Peppermint
- Ginger

### Seasonal Allergies

- Probiotics
- Quercetin
- Apple cider vinegar
- Turmeric
- Honey
- Saline nasal rinse
- Omega-3 Fatty Acids
- Stinging Nettle
- Butterbar
- Peppermint

### High Blood Pressure

- Apple cider vinegar
- Celery
- Cucumber
- Co-Q10
- L-Glutamine
- Calcium/magnesium
- Garlic
- Primrose oil
- Cinnamon

## Funnies

- A young executive is leaving the office late one evening, when he finds the CEO standing in front of a shredder with a piece of paper in his hand.

"Listen," says the CEO, "this is a very sensitive and important document here, and my secretary has gone for the night. Can you make this thing work for me?"

"Sure," the young executive says. He turns the machine on, inserts the paper, and presses the start button.

"Excellent, excellent!" says the CEO as his paper disappears inside the machine. "I just need one copy."

- When I was about 9 years old, I accompanied my father to a funeral of a friend of his. When we got there, I stayed in the corner waiting for the time to pass. A man approached me and said, "Enjoy life son, be happy because time flies, look at me now, I didn't enjoy it".

Then he passed his hand over my head and left.

My father before leaving forced me to say goodbye to the dead person. When I looked into the coffin, I was horrified to see the man in the coffin was the man that had spoken to me.

I was traumatized, I couldn't sleep properly, I had terrible nightmares. I was terrified of being alone. I couldn't sleep without a night light for many years.

I saw many psychologists, endured much turmoil throughout my adolescent years, it got better as I aged, but I would still occasionally wake up in screaming fear.

Years later, I discovered something incredible that changed my life.

The dead bastard had a twin.

- After having dug to a depth of 10 feet last year outside of Buffalo, New York, scientists found traces of copper cable dating back 120 years. They came to the conclusion that their ancestors already had a telephone network more than 100 years ago.

Not to be outdone by the New Yorkers, in the weeks that followed, a Wheeling WV archaeologist dug to a depth of 20 feet somewhere just outside Woodsdale. Shortly after, a story in the The Intelligencer read, "WV archaeologists, reporting a finding of 200 year old copper cable, have concluded that their ancestors already had an advanced high-tech communications network a hundred years earlier than the New Yorkers.

One week later, a local newspaper in Barton Ohio reported the following: "After digging down about 30 feet deep in his pasture near the community of Hell's Kitchen, Pete Riley, a hell of an engineer and a self-taught archaeologist and geneologist reported that he found absolutely nothing.

Riley has therefore concluded that 300 years ago, Ohio had already gone wireless."

### Growing Older



If you haven't grown up  
by age 50,  
You don't have to.



I'VE REACHED THAT AGE WHERE MY BRAIN GOES FROM "YOU PROBABLY SHOULDN'T SAY THAT." TO "WHAT THE HELL, LET'S SEE WHAT HAPPENS."



I REMEMBER BEING ABLE TO GET UP WITHOUT MAKING SOUND EFFECTS...  
GOOD TIMES.

105 year old woman's remedies to her health



"For better digestion – I drink beer. In the case of appetite loss, I drink white wine. In the case of low blood pressure, I drink red wine. In the case of high blood pressure, I drink scotch. And when I have a cold, I drink Schnapps."  
"When do you drink water?"  
"I've never been that sick."

If things get better with age then I must be getting close to freakin' magnificent.



NUDE SELFIE IN THE DARK JUST FOR YOU..  
YOU'RE WELCOME



Someday we old folks will use cursive writing as a Secret Code!  
☺

Via LoveThisPic.com

# RECIPE

## Vegetarian Haloumi Hash Burgers with Kale Aioli

### Ingredients:

- 200 potatoes, peeled, grated, excess water squeezed out
- 250g haloumi, grated
- 1tbsp plain flour
- 1 egg
- 1 red onion, cut into round slices
- 1 tomato, cut into round slices
- Extra virgin olive oil to drizzle
- 1 cup garlic aioli
- 2 cups chopped kale leaves, blanched
- 4 rye bread rolls, split and lightly toasted
- Few rocket leaves

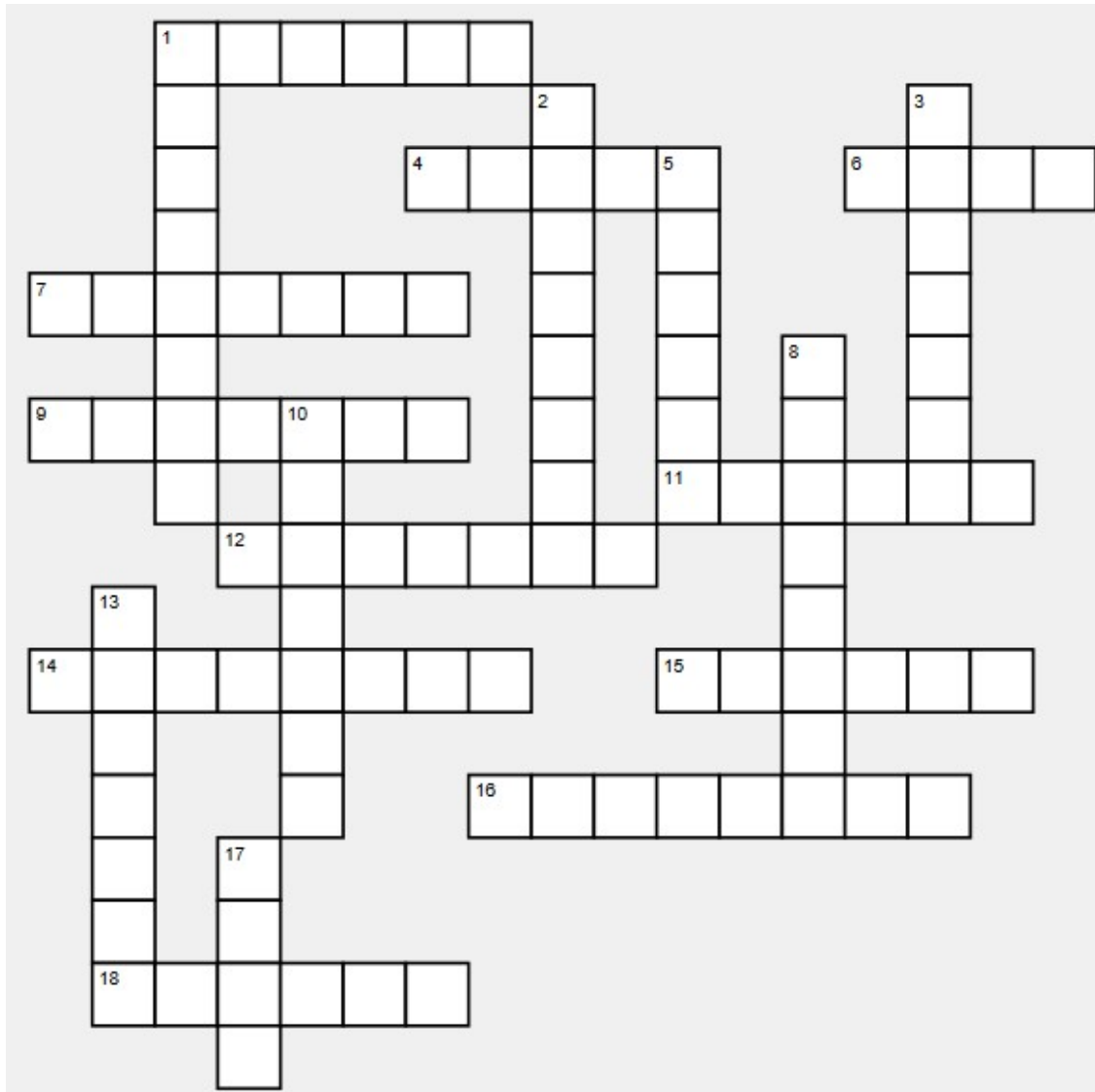


### Method:

- Preheat oven at 22°C for 10 minutes
- Combine potato, haloumi, flour and egg in a bowl. Season with pepper
- Divide mixture in four rounds and form them into patties. Place them on a baking tray
- Place the tray on the top shelf of the oven and bake for 30 min, turning halfway.
- Add the aioli and kale in a small food processor and whiz until green and combined.
- Spread the bread roll bases with kale aioli, and add a slice of onion and tomato.
- Place the patty and top it up with rocket leaves and sauce of your choice.
- Cover it with the top of the bread roll half and enjoy!

## Summer Crossword - Answer on Page 43

<https://www.memory-improvement-tips.com/support-files/summer-crossword-puzzle.pdf>



### ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda \_\_\_\_\_

### DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler



## MELBOURNE CUP - DID YOU KNOW ...

It wasn't until 1865 that a trophy was awarded for winning "The Cup". The first trophy was in fact deemed so unattractive that it was sold by the winner, and eventually re-presented as a prize at the local Hunt Club.

The fastest time which the 3200m race has been run was 3:16.3 minutes, set by Kingston Rule in 1990 .

Bart Cummings, the Cup King, has trained the most winners, with 12 titles.  
Gai Waterhouse, the Queen of Australian Racing, trained Fiorente to top glory in 2013

Ever heard of Melbourne Cup winner Briseis? Briseis won the 1876 running, as a 3yo filly. Within the same week though, she also ran in, and won, the Victorian Derby and the Oaks! To top it all off, she was jockeyed by the youngest winner in the race's history, almost 13yo Peter St Albans.

- No horse has ever won from barrier 18, nor won with the number 18 Saddlecloth;
- Barrier 5 has been most successful;
- Brew in 2000 was the last horse to win from the outermost barrier, jumping from gate 22;
- Numbers 4 and 12 share the record for most wins, with 11 each.

- Vintage Crop, in 1993, was the first Northern Hemisphere trained horse to salute for the cup.
- Internationals have dominated the field. Of the past 5 running's, 4 winners. have come from abroad. In 2020 the first 4 past the post were all bred outside of Australia.
- Vow and Declare (2019) was the first Australian bred and trained horse to win since Shocking (2009) .

## Sandstone Community Craft Group

Our group meets Tuesdays and Fridays from 10am to 2:30pm in the Sandstone Community Hall, Hack Street, from April to October, primarily to Knit/ Crochet (and all other types of craft) for Charity.

Came along and learn new skills or pick up old ones. Free and easy patterns are available and we have some donated wool.



Needles and hooks are also available to get you started.

Bring your own project or if Knitting and Crocheting isn't your forte but Needlework, Tapestry, etc. is, still come along and join us for the day.

Tea and coffee will be proved. Bring a small plate for morning tea / light lunch to share.



All are welcome 😊

For further information, please feel free to contact Karan on **0418 905 090**.



## Lawn Bowls

### Sandstone Community Rec Centre



**2 sets of Lawn Bowls are available  
at the Visitor Centre, however,  
anyone wanting to play  
can arrange to collect the key  
from the Shire Office  
Monday to Friday  
between 08:00 and 17:00**

# Sandstone Community Bus

travels to Mount Magnet for Shire business

The bus leaves from the Shire Office at **10:00 am** and from Mount Magnet at **1.30 pm** for the return trip home.

**The Community Bus is a free service provided by the Shire**  
*Limited seats are available and bookings are essential*

**Please book your seat by visiting the Shire Office  
in person or by phoning (08) 9963 5802**

**We require a minimum of 3 people to guarantee a trip**

**The next trips will be Wednesday**

**1<sup>st</sup> November,**

**15<sup>th</sup> November**

**and**

**29<sup>th</sup> November**





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

We are looking for new volunteers or anyone willing to  
lend a hand and participate if required.

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

**For more information, please call**

**The Shire Office on**

**(08) 9963 5802**





## **WA Country Health Service**

### **Mount Magnet Community Vaccination Clinic 2023**

**Mount Magnet Nursing Post  
Welcome Street**

**27<sup>th</sup> November - 9:30AM - 3:00PM**

**To book an appointment call (08) 9956 1985 or email  
CommunityhealthReception.WACHS-Midwest@health.wa.gov.au  
Walk-in appointments welcome.**

Child and adult COVID-19 vaccines available, people aged 5 years + are eligible.

Child and adult vaccines available, as eligible on the WA Immunisation Schedule.

#### **Get in touch**

**WA Country Health Service**  
Midwest Community Health

Telephone: (08) 9956 1985  
[www.wacountry.health.wa.gov.au](http://www.wacountry.health.wa.gov.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 2023**

December 11<sup>th</sup>

The Physio is currently provided via Telehealth

To make an appointment, please phone  
Geraldton Physiotherapy Reception

08 9956 2204



## Meekatharra RFDS Flying clinics 2023

### November

<b>Thursday 2<sup>nd</sup></b>	<b>Sandstone</b>	<b>Dr Di Comely</b>
Wednesday 01 <sup>st</sup>	Yalgoo	Dr Phil King
<b>Thursday 16<sup>th</sup></b>	<b>Sandstone</b>	<b>Dr Phil King</b>
Wednesday 15 <sup>th</sup>	Paynes Find/Yalgoo	Dr Di Comely
<b>Thursday 30<sup>th</sup></b>	<b>Sandstone</b>	<b>Dr Di Comely</b>

### December

<b>Thursday 14<sup>th</sup></b>	<b>Sandstone</b>	<b>Dr.</b>
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**This is the last one for the year.**

**4 weeks until the next RFDS Clinic**

### January

<b>Thursday 11<sup>th</sup></b>	<b>Sandstone</b>	<b>Dr.</b>
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## 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

# 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

EC 006509

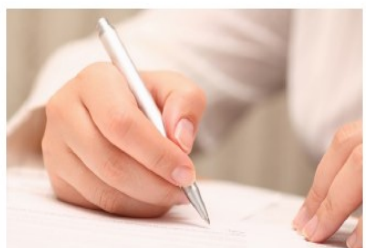
- Construction & Maintenance of all Power Systems
- Licensed Shotfirer
- HV and LV Cable Jointing
- Crane/Borer and Pole Jinker Hire
- Elevated Work Platform
- Switching Operator
- Tree Lopping
- All Electrical Applications (Domestic / Commercial / Industrial)

**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

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 14<sup>th</sup> December 2023  
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

**Is now Closed**



# 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
Justice of the Peace	0412 652 835
Main Roads - Road Conditions (24 Hr Customer Contact Centre )	13 81 38
National Hotel	08 9963 5801
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)

## Community Feedback

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

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

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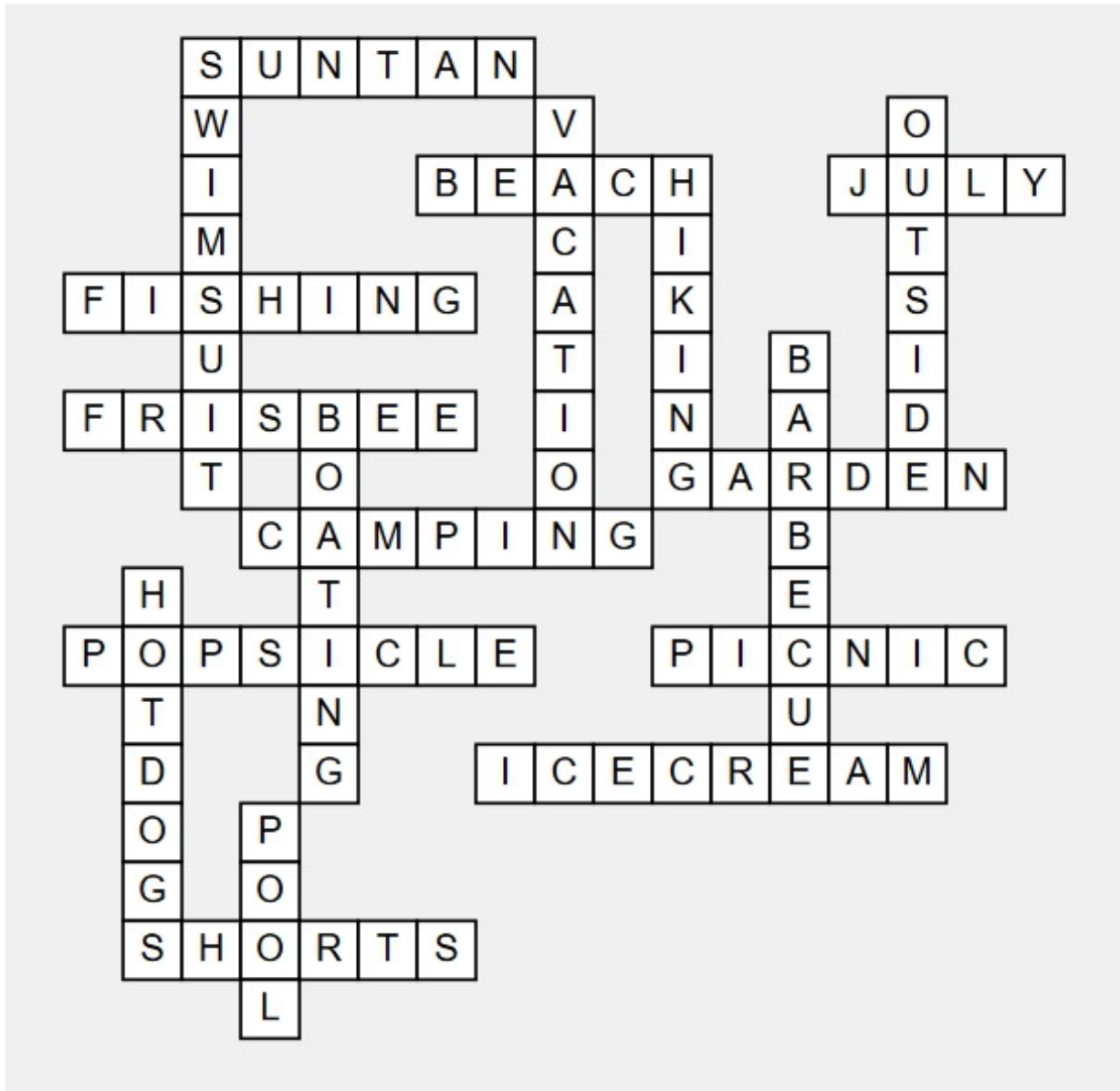
### **Do you know where the DEFIBRILATORS are in town?**

They can be found at the following locations:

1. Shire Administration Office.
2. The Caravan Park Office.
3. The Sandstone National Hotel.

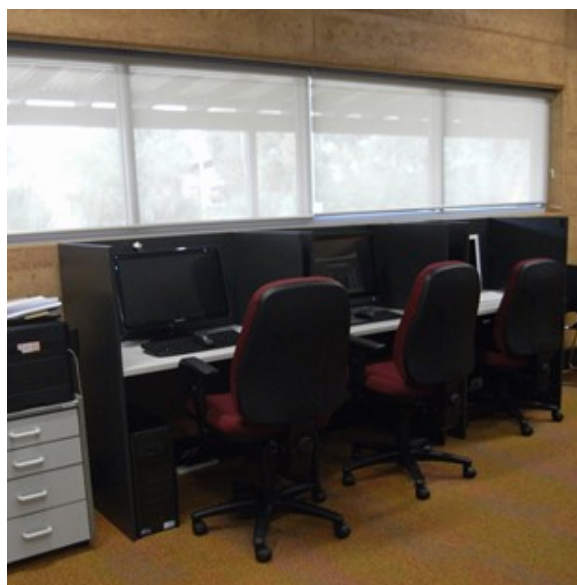
Please take note of their location—just in case!

## Summer Crossword Puzzle - Answers



# November 2023

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



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)