



BUSH TELEGRAPH

October 2024 **FREE**



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

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Disclaimer

The Bush Telegraph is published by the Shire of Sandstone as a public service for the community.

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

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Contributions

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

You can email your contributions to 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

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

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

Gold-coated fungi are the new gold diggers

Australian scientists have discovered gold-coated fungi near Boddington in Western Australia.

The thread-like fungi attach gold to their strands by dissolving and precipitating particles from their surroundings, in a process that could offer clues for finding new gold deposits.

There may be a biological advantage in doing so too, as the gold-coated fungi were found to grow larger and spread faster than those that don't interact with gold and play a central role in a bio-diverse soil community.

"Fungi can oxidise tiny particles of gold and precipitate it on their strands – this cycling process may contribute to how gold and other elements are distributed around the Earth's surface," CSIRO lead author Dr Tsing Bohu said.

"Fungi are well-known for playing an essential role in the degradation and recycling of organic material, such as leaves and bark, as well as for the cycling of other metals, including aluminium, iron, manganese and calcium.

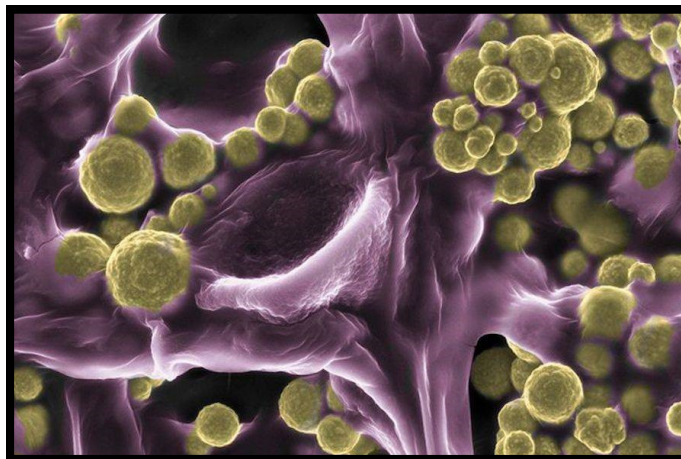
"But gold is so chemically inactive that this interaction is both unusual and surprising – it had to be seen to be believed."

"We want to understand if the fungi we studied, known as *fusarium oxsporum* – and their functional genes – can be used in combination with these exploration tools to help industry to target prospective areas in a way that's less impactful and more cost-effective than drilling."

The researchers also highlight the potential to use fungi as a bioremediation tool to recover gold from waste.

While *Fusarium oxsporum* is commonly found in soils around the world and produce a pink mycelium or "flower" – it's not something prospectors should go foraging for, as the particles of gold can only be seen under a microscope.

The discovery was made possible thanks to collaboration between CSIRO, the University of Western Australia, Murdoch University and Curtin University.



I'm a gold digger!

This page is an excerpt from the 2019 online article by CSIRO by the same title. I would recommend watching the little video attached to the article as well — <https://www.csiro.au/en/news/All/News/2019/May/Gold-coated-fungi-are-the-new-gold-diggers>

Dates of interest in October



1ST-INTERNATIONAL COFFEE DAY

1ST-INTERNATIONAL DAY OF OLDER PERSONS



9TH-INTERNATIONAL BEER AND PIZZA DAY



10TH-WORLD MENTAL HEALTH DAY



10TH-JULIANS BIRTHDAY

15TH-NALAS ADOPTION DAY (19r ago)



25TH-INTERNATIONAL ARTIST DAY



29TH-WORLD STROKE DAY

**Recognize a stroke.
BE FAST.**



Balancing trouble



Eyes: blurred vision



Face drooping



Arm weakness



Speech difficulty

Call 000

31ST-HALLOWEEN



October Stargazing

24-10-2024
02:00



On this night, the Moon makes a close approach to bright orange-hued star Pollux. Together with the star Castor, this pair of twins are how the Gemini constellation gets its name. Keen stargazers will enjoy seeing Mars as well which sits off above and to the right of the Moon. The Gemini constellation, Moon and Mars will all have risen by 1am, and will make a lovely view.

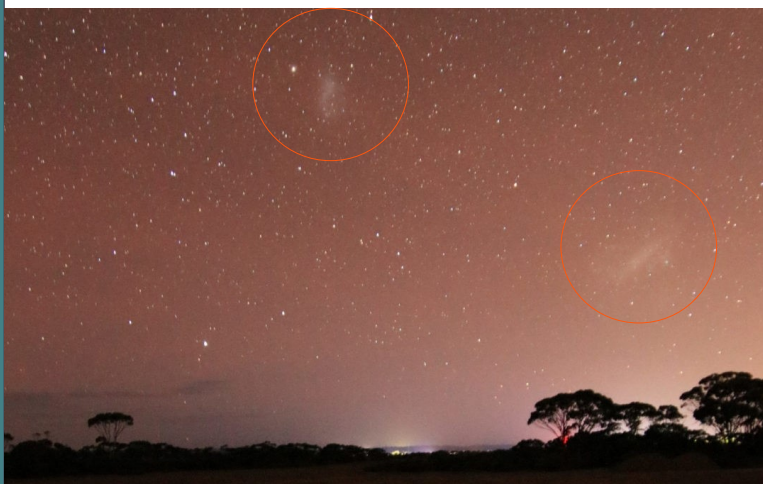
When and where to look: After 2am, 24th October above the north-eastern horizon.

Will you be trick and treating this Halloween? If you are, you're in for treats of a cosmic kind.

After the sun sets at 6.40pm, keep an eye out for Mercury which will be visible briefly on the western horizon. It will appear below brighter Venus. The two planets are on either side of the constellation of Scorpius. As dusk turns into darkness you'll find Saturn high in the sky in the north.

If you happen to still be out stargazing after 9.45pm, you'll see Jupiter rising in the east and appearing as a bright star.

When and where to look: Sunset onwards, 31st October in the west for Mercury and Venus, overhead for Saturn and in the east for Jupiter.



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

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

When to look: Here are our top picks for early evening times to see the Magellanic Clouds this year!

- From 8pm, between 4th –14th January
- From 8pm, between 3rd –13th February
- From 7.30pm, between 4th –13th March
- From 7.30pm, between 2nd – 12th April
- From 8pm, between 25th September – 6th October
- From 8pm, between 24th October– 4th November
- From 8pm, between 23rd November– 4th December

Which direction to look: South. Look for two very bright stars (Canopus and Achernar). The Magellanic Clouds appear roughly between these two stars and will look like small fuzzy clouds.



Interesting facts for curious minds

WASH is an acronym for “water, sanitation, and hygiene” it was developed by the World Health Organization (WHO) to identify regions lacking basic services.

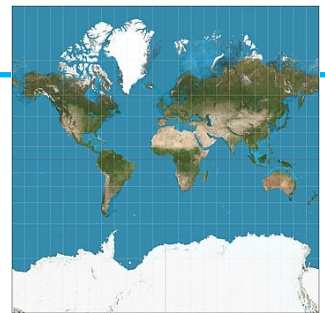


World Health Organization



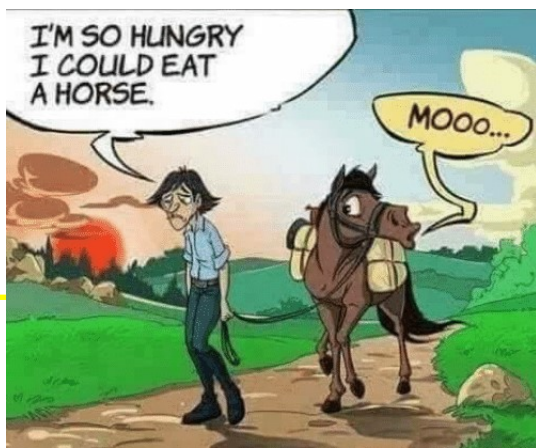
The Maine Coon is the largest cat breed in the world. These shaggy kitties can grow to a length of 38 inches and males can weigh up to 18 pounds!

Since the Earth is a sphere, depictions of it on flat maps result in the poles being depicted abnormally large. This type of map is called the Mercator projection.



Lassie was the most popular dog of the baby boomer generation. There were at least a dozen different lassies, all males, that appeared in film and TV from the 1940s into the 1990s.

Roulette is a French word that means “little wheel”



If you are in Japan, you may want to rethink ordering the “cherry blossom meat”.

It is the English translation of *sakuraniku*, which is raw horse meat.

You're Invited

Community garden



Have you heard?!
Sandstone is starting a community garden!

Do you want to be involved?...Do you have some ideas?
Or do you just want to find out what's happening?...Come on down!

Contact Jamie Turner for more information: PH: 0427934620

WHEN: Sunday, 13th October at 4:30pm

WHERE: On site. The corner of Oroya and Payne Street,
diagonally opposite the National Hotel





COUNTRY MUSIC AT IT'S BEST
NANSON SHOWGROUNDS
 CHAPMAN VALLEY, WA

18-20 OCTOBER 2024
CAMPOUT & MUSIC
 (BYO CHAIRS)

TICKET PRICES
 FROM \$50-\$125 PER PERSON
 CHILDREN U/18 FREE
 BOOKING FEES APPLY

ARTISTS:
 ELIAS & JJ, KATE HINDLE, CODEE LEE, RAY JONES,
 RED OCHRE, TERRY BENNETTS, GINGER COX,
 CONNIE KIS ANDERSEN...PLUS MORE TBA

TICKETS ONLY AVAILABLE AT WWW.TRYBOOKING.COM/CSMCA

Comments from visitors !

Good morning,

We recently had the pleasure of spending five days in Sandstone, a first for both of us, and we wanted to let you know our impressions of your tiny town.

The managers of the caravan park (Gary and Leane) were extremely efficient while being friendly and very welcoming and making every effort to locate us into a site where we could comfortably carry out some vehicle repairs. The overall park was clean and tidy, the ablutions spotless and it was very obvious that the managers took great pride in their workplace with signs of improvement and maintenance being carried out daily.

That pride was obvious throughout the township, Sandstone would have to be one of the cleanest and tidiest towns we have had the pleasure of visiting (and we travel around our state frequently, from the far Kimberley region to the Great Southern). From the information Centre (and the informative and friendly lady) to the cafe with fresh, well-prepared meals - and the milkshakes which my husband has emphatically declared the best he has had for a very long time. We thoroughly enjoyed our visit.

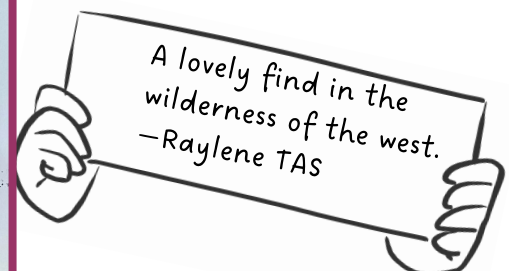
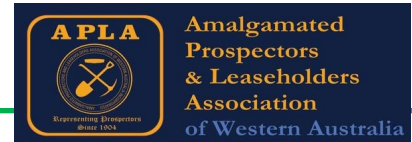
The town is an absolute credit to the people who live and work here. And we commend you and your team. I would appreciate if you could pass these comments along to both Gary and Leane.


Kind regards

Karrie Farmer (no relation to Mr Gary Farmer)

It has been 40yrs since my last visit. The town is a credit to the shire and the locals.
In my travels of WA it comes up number 1! - Paul Johnson

APLA members recently visited Sandstone and were impressed with the wonderful caravan park and park managers. They also had some refreshments at the Post Office Cafe - everyone passed on their compliments regarding the service and quality experienced at our Cafe.





Feedback

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

We found a copy of this magazine in the bundy at a Bussellon caravan park which inspired us to visit. Certainly not disappointed, such an interesting town and very friendly locals. Thankyou Sandstone - Heather & Alby Copeland alberttheather@hotmail.com

Cut out and drop your feedback form in the Shire office at Reception or email to visitus@sandstone.wa.gov.au

3

Big Blue Table

Share a treat you love about yourself.

TT

OCT 2024

Receive a free host kit!
bigbluetable.com.au

Cook up a conversation for mental health.

Beyond Blue

Sunshine Saver

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.

Sunshine Saver | **HORIZON POWER**



SEPTEMBER GROUND BAITING 2024

Preparations for the September DBCA and GNRBA Ground Baiting program is under way, within the Shires of Sandstone, Coolgardie, City of Kalgoorlie – Boulder, Menzies and parts of the MRVC Fence. Licensed Pest Management Technician, Peter Neil White, holds the RP Permits for DBCA lands in your Shires. GNRBA manage the program which occurs twice per year on behalf of DBCA in March/ April and September/ October.

The LPMT will operate on tracks within the DBCA locations as approved by DBCA. All tracks, scats, Wild Dog Baits, CPE and Large Feral Herbivore locations are noted on the datalogger carried by the LPMT. Signage as placed by DBCA on their lands with maintenance and upkeep or replacement by the LPMT on his run. DBCA maintains their locations and upkeep of tracks.

This operation commences on 10.09.2024 and should be completed by 10.10.2024 if not before.

If location details are required, please contact as follows for maps and locations.

Kind Regards

Amanda Day

Chief Executive Officer GNRBA

0487 108 255

ceo@gnrba.com.au



WARNING

1080 POISON

BAITS LAID HERE

**DOMESTIC DOGS, PETS & ANIMALS MAY BE
AFFECTED IF THEY EAT BAITS OR DEAD ANIMALS
PROTECT BY RESTRAINING OR MUZZLING**

**BAITS LAID FOR:
FOXES / WILD DOGS / FERAL PIGS**

Please note that the majority of the land surrounding the Sandstone Town site and the areas between towns, is Station land owned by private individuals and is, therefore, private property.

Station owners are permitted, by law, to lay baits on their land to control predatory animals in order to protect their cattle / calves.

Please be aware that birds do pick up these baits and drop them close to the roads and within the town site.

It is in your best interests to keep your dogs on leashes at all times and to place muzzles (without tongue gaps) on your dogs while out and about to prevent accidental exposure to poisons.

PHOTO FEATURE PAGE

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



Wildflowers by Paddy Obrien



Planning has begun at the new community garden—Jamie Turner



Peter Money looking through the historic photo display in the community hall. If you would like to look through just pop into the visitor centre for more information.



Footy grand final day



Lachlan Brown and Malcolm chilling at the cafe



The Sandstone Visitor Centre and Heritage Museum closes at the end of October

It has been another great season in the Visitor Centre and Heritage Museum. We have had many friendly travellers coming through with lots of positive words for Sandstone and its people. Im sure this month (OCT) will be the same.



Thank you to everyone who helped make the dream work, including those who shared their family history and photographs with us, our invaluable volunteers and to all our visitors, I hope to see you in our little oasis again one day!

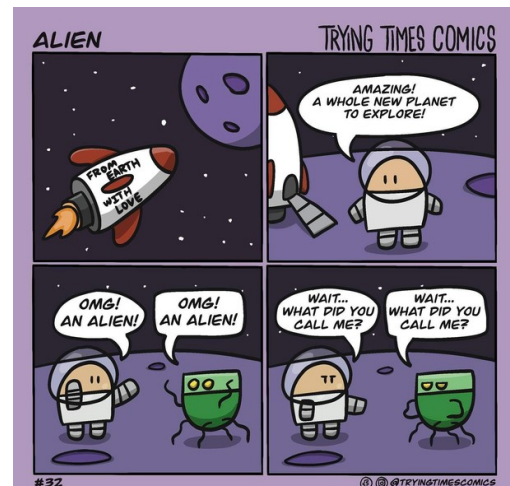
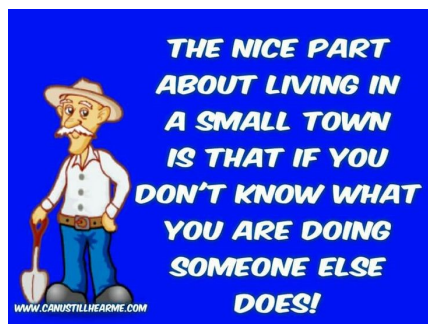
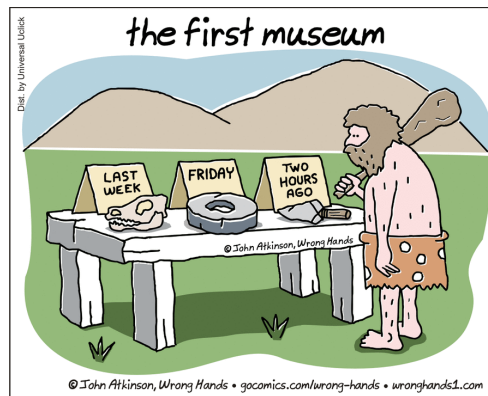
Its that time of year when things slow down and the temperature rises. The centres last open day will be the 31st and we will open again April next year. Our email and Facebook messages will still be monitored occasionally however please call the shire for anything urgent. (our phone will not be monitored)

For those with items for sale wishing to collect please let me know. If not, I will pack them away at the end of the month.

And lastly, here's some museum/visitor centre jokes



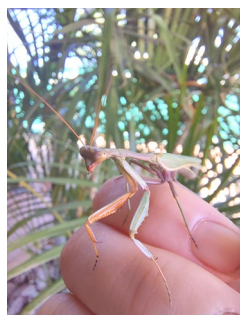
When the sign in the museum says "Do not touch"





JUST ADD WATER

Sandstone Gardening tips, tricks and interesting facts



NEWS

The streetscape gardens are coming together with the roses at the shire office looking happy and more natives sinking their roots in along Oroya street.

The mulch added to the gardens was created from the removed branches and trees when the arborist team was in town. No waste here!

Some of the new plants include kurrajongs, eremophila, proteas, grevillea, purple fanfare, desert flame, cascade of stars... lots of beautiful flowering plants well suited to our climate.

The everlastings in the pots by the Visitor Centre are slowly on their way out. We will let these dry out and collect the seeds for next year.

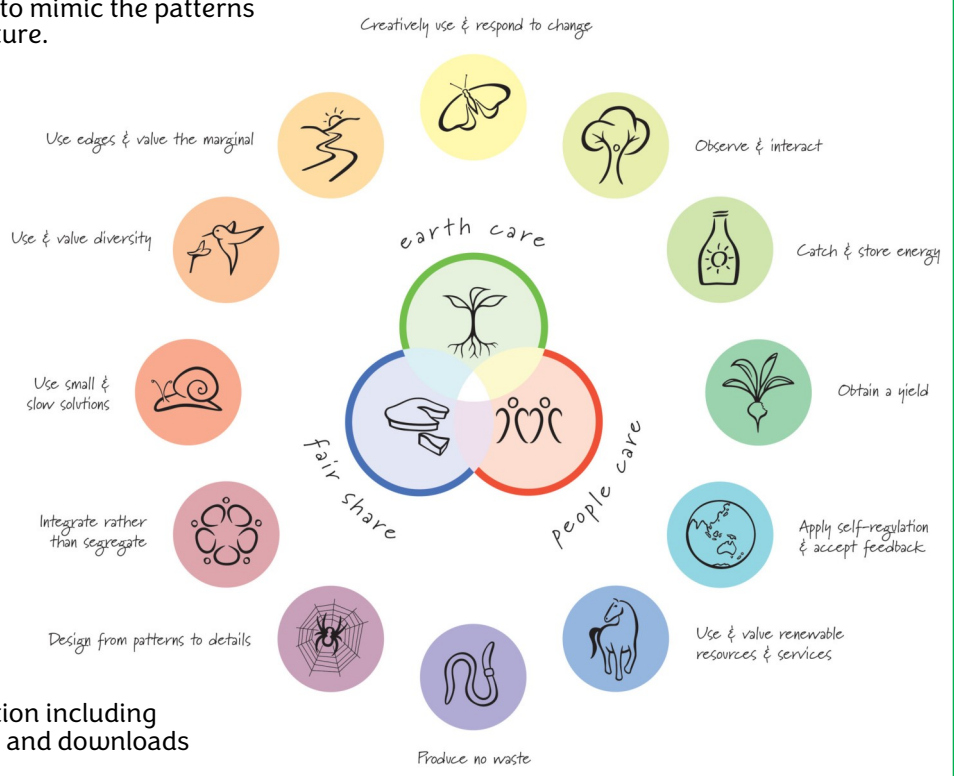
A community garden is on its way! Stay tuned for news and attend the community meet up on the 12th (invite on page 10)



WHAT IS PERMACULTURE?

Permaculture is a creative design process based on whole-systems thinking informed by ethics and design principles. This approach guides us to mimic the patterns and relationships we can find in nature.

- Some examples of permaculture gardening**
- Composting food and plant waste for use in your garden.
 - Supporting pollination by planting flowering plants such as marigolds.
 - Saving seeds, especially the seeds from your most successful plants.



Visit this website for more information including lots of free permaculture resources and downloads www.permacultureprinciples.com

And thank you to Julian (Sandstones Gardener) for sharing this information Please send me your gardening Photos or tips/tricks/facts to include in the next bush telegraph visitus@sandstone.wa.gov.au

easy no-bake Apricot Slice

Ingredients

- 250g plain sweet biscuits, crushed (I use Arnott's milk arrowroot)
- 250g chopped dried apricot
- 80g shredded coconut
- Note: Rough measurements - Depending on your personal preference, add more or less.
- 1 can sweetened condense milk
- 150g butter
- 1 teaspoon vanilla extract



Topping - shredded coconut or melted white chocolate

Method

- 1) Lined a baking-tray or other suitable container with paper (this recipe is no bake so doesn't need to be oven proof)
- 2) Chop apricots & crush biscuits
- 3) Melt sweetened condensed milk and butter together
- 4) Add the apricots, biscuits, coconut, and vanilla - mix well to combine
- 5) Tip into the lined tray/container and compact down well
- 6) Top with shredded coconut or melted white chocolate
- 7) Cover and place in the fridge to set
- 8) Once set you can cut into squares



Enjoy!

Tidy Towns judges come to Sandstone

Sending out a big thank you to Jo and Teresa who came to Sandstone for this years tidy towns judging visit.

Keep
Australia
Beautiful®



Also a big shout out to all those involved in welcoming the judges to town.

My fellow tidy towns committee member Beth providing a lot of valuable information and the delicious salads for the community BBQ.

Karan, Maggie and Jan who put on a delicious morning tea.

John for the quick fix of the shower system where they were staying .

Tracey and Paddy for a lot of behind-the-scenes work as well as setting up the BBQ area and manning the tongs on the night.

Thank you to everyone that joined us for a snag!

And to everyone in Sandstone who continually help to keep our home beautiful and tidy.

Last year Sandstone was a finalist in the 'General Appearance' category, one of the most competitive categories there is! It is certainly something to be proud of.

This year we entered six categories and will have to wait and see if we make the cut again, stay tuned!

(General appearance, Community action and wellbeing, Environmental sustainability, Litter action, Waste management, Heritage and culture)

Tegan Brown

Coordinator

Comments from judges in visitor book:

Jo: Thank you for inviting us to visit as part of tidy towns. What an amazing community. Will definitely be back one day!

Teresa: Wonderful town, lovely locals! Will be back for more adventures.



Morning tea put on by the craft group



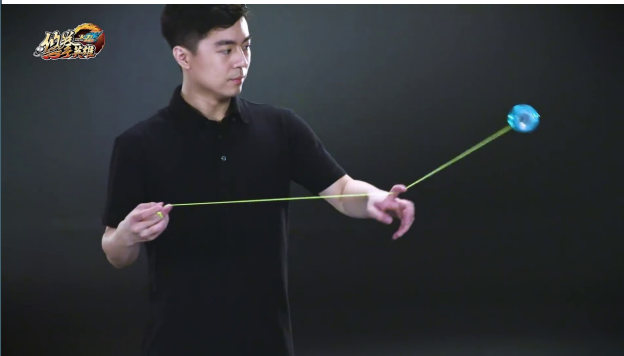
DID YOU KNOW ...

FactRetriever.com



New Zealand has more cats per person than any other country in the world.

The ideal popping temperature for popcorn is 400-460° Fahrenheit. A kernel will pop, on average, when it reaches 347° Fahrenheit.



The yo-yo was originally a weapon used in the Philippine jungle.

Lightning kills about 10,000 people a year worldwide, more people than tornadoes or flooding.

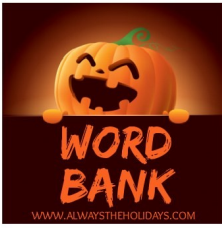


Every year, about 100 billion servings of instant ramen are sold each year, or about 14 bowls per person.

HALLOWEEN

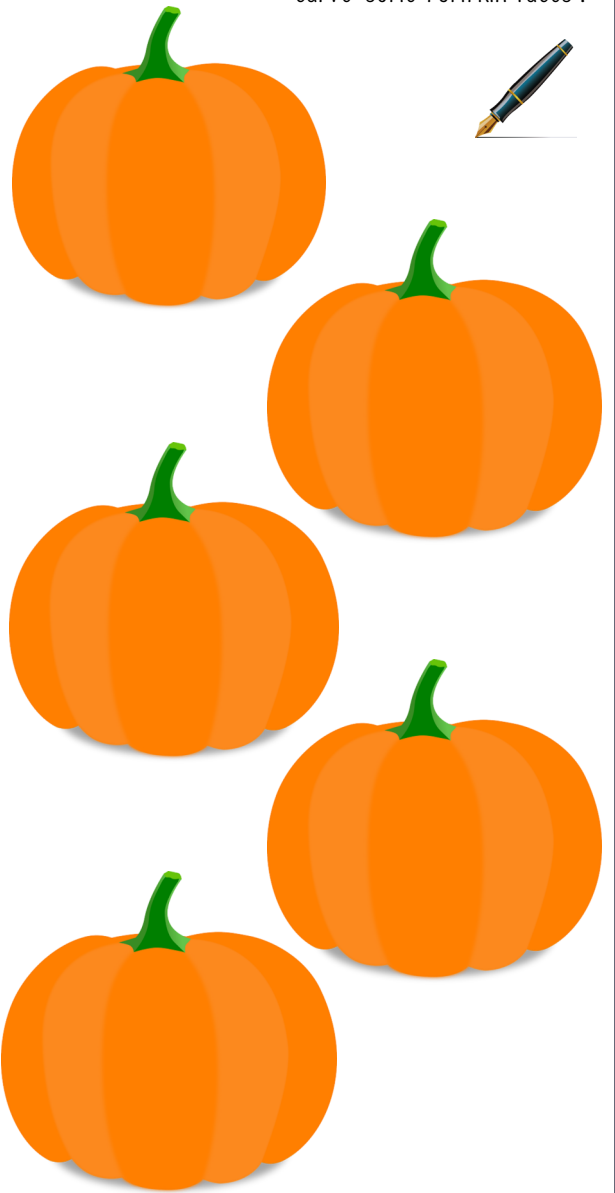
WORD SEARCH

K H A L L O W E E N P A R T Y W I
 E C L A R A M E L T U H D I P S T
 L A L J A C K O W E M O Y D N A C
 E N H A U N T E D H O U S E P M A
 T H A L S A M H A U A S O C A H P
 N E L P P A L E M A R A C O R A P
 G D L A I B P O D S K T A R Y I L
 H Y O R D L I B L A C K C A T N E
 O C W T E A C A K M A E R T E R T
 S A S R R A P T C H D R W I T C H
 T A E R T R O K C I R T U O R O O
 H O V E S W O L A N S O K N I S N
 N R E T N A L O K C A J S S C T V
 H A L L O P A R C A O L A C K U A
 O N I K P M U P E M C Y M M U M M
 R G M A S A N D M U M P U M P E P
 A E R I P M A V N O T E L E K S E



- | | | |
|-----------------|-----------------|----------------|
| ALL HALLOWS EVE | GHOST | PUMPKIN |
| BAT | HALLOWEEN PARTY | SAMHAIN |
| BLACK CAT | HAUNTED HOUSE | SKELETON |
| CANDY | JACK O LANTERN | SPIDER |
| CARAMEL APPLE | MASK | TRICK OR TREAT |
| COSTUMES | MUMMY | VAMPIRE |
| DECORATIONS | ORANGE | WITCH |

"Carve" some pumpkin faces!



COLOUR ME IN!



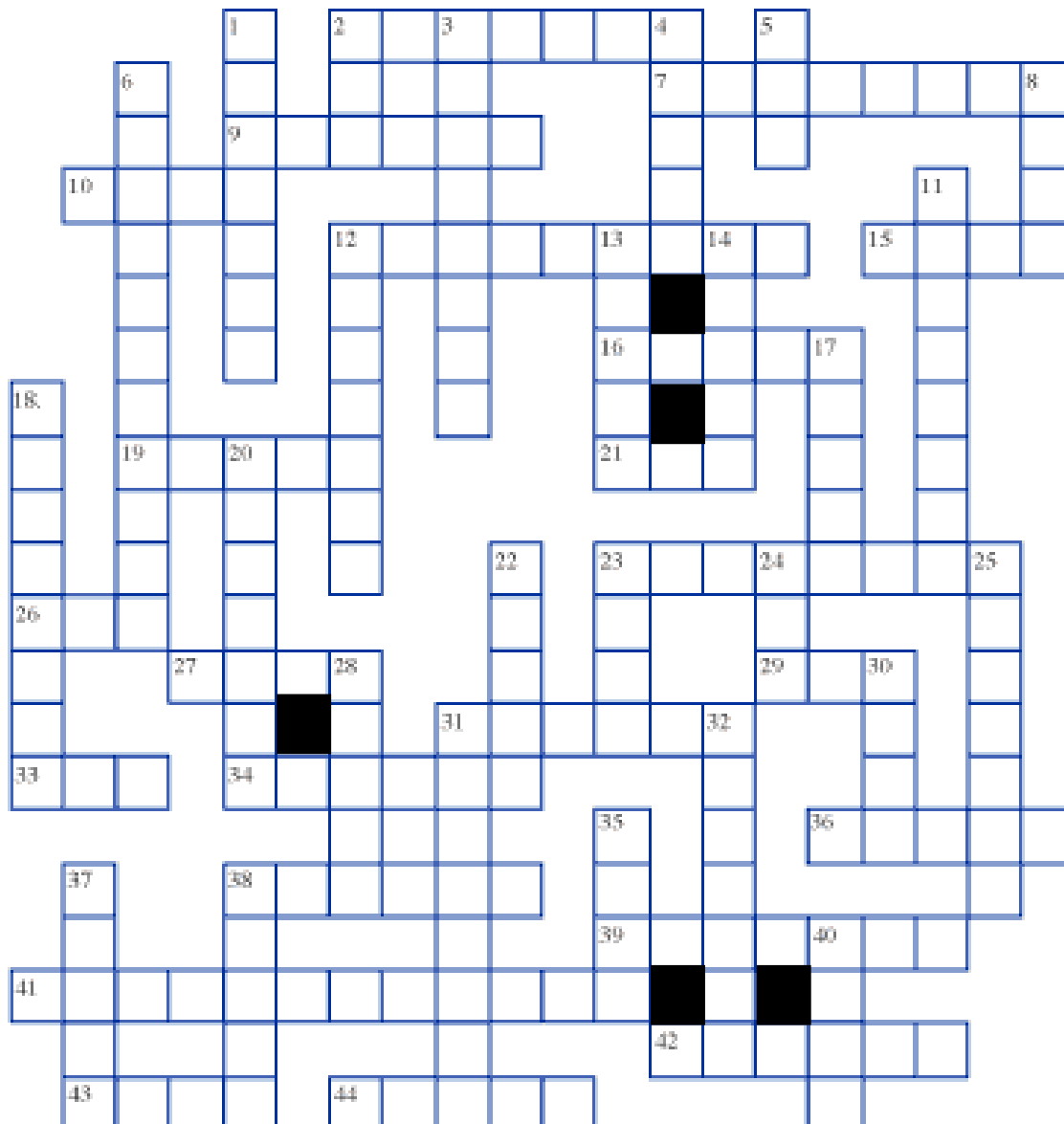
Halloween Fun

WORD SCRAMBLE



1. LAPPE _____
2. ATB _____
3. ABLKC _____
4. OBO _____
5. ROMOB _____
6. ADLNCE _____
7. YADCN _____
8. CNYADNORC _____
9. AINCARLV _____
10. RECVA _____
11. CMEUOTS _____
12. REOTCADE _____
13. ACDRLUA _____
14. GLFHTHILAS _____
15. NTNREIASFEK _____

Squigly's Halloween Crossword



Across

2. Disguise
 7. Nights
 9. Female parent
 10. Halting motion when walking
 12. October 31
 15. Face covering
 16. Trick or _____
 19. Opposite of day
 21. Worn on head
 23. Large orange fruits
 26. Hair piece
 27. Worn on finger
 29. Short for 7 A

31. Grins
 33. Enjoyable
 34. Eerie
 36. Halloween colour
 38. Spin the _____
 39. Halloween month
 41. Carved pumpkin
 42. Halloween colour
 43. Stalk of a plant
 44. Halloween treat

Down

1. Blood sucker?
 2. Witches pet
 3. "_____ the witches are out"
 4. Spooky

5. An even number
 6. Very terrifying
 8. Not well
 11. Witches pot
 12. _____ house
 13. Travels on broom?
 14. Occasion
 17. _____ or treat
 18. Hairy monster
 20. Evil dwarfs
 22. Opposite of friend
 23. Remove skin from
 24. Pumpkin _____
 25. Shriill cry
 28. Invisible spirit
 30. Wicked
 31. Framework of bones
 32. Beginner
 35. King of the jungle
 37. _____ & stripes
 38. Witches vehicle?
 40. Dog treat

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www.SquiglysPlayhouse.com



2024 MELBOURNE CUP

TUESDAY 5TH NOVEMBER 2024

JOIN US FOR THE RACE THAT STOPS THE NATION

WHERE: RECREATION CENTRE ON ROWE STREET

WHEN: TUES 5TH NOV — 11AM ONWARDS

WHO: EVERYONE !



This free event is open to all locals and visitors

Sweeps will be available on the day

BYO drinks and please bring a plate of food to share if able

This years theme:

**HOBBY HORSE OR
JOCKEY COSTUME**



There are cheap hobby horse toys available online and plenty of online tutorials on how to make your own, however, we have included a simple template to make a paper stick horse on the next page.
All you will need is some scissors, colouring pencils, glue and a suitable stick (such as a broom)



- Cut out this template and the one on page 43 so you have two of each section
- Colour in each section however you wish
- Glue on the 2 mane pieces as shown in picture
- Then connect the two sides by glueing the edges together leaving a space along the neck for the stick
- Find a suitable stick and you are done!



Sandstone Community Craft Group

Our group meets Tuesday & Friday 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.





THE SANDSTONE CONVENIENCE STORE

New opening hours: 10am to 2pm

The store will be having a slight remodelling of its business into more of a deli style service and moving away from general groceries. They will also be bringing back their meal packs !

Located on the corner of Oroya street and Hack street

They will be open every day except Wednesdays from 10am to 2pm.



OUTBACK ACCOMMODATION

Outback Accommodation offer a selection of heat-and-eat meals plus basic pantry needs, canned goods, toiletries, fresh milk, eggs and ice.

They are located on the corner of Oroya street and Thaduna street.

phone: (08) 99635869

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



The Community Bus

Take a day trip over to Mt Magnet for shopping, prescription pick ups etc



Dates for October are:

Wednesday - 2nd
 Wednesday - 16th
 Wednesday - 30th

Please contact the shire office to book as spots are limited.

(08) 9963 5802





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



SANDSTONE NURSING POST



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

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 on 08 9956 2204

TELEPHONE HELP LINES

[Mental Health Emergency Response Line](#) : Tel: 08 9224 8888

(formerly Psychiatric Emergency Team) Perth WA 6000

[Rural Link](#) : 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



SANDSTONE NURSING POST

IRVINE ST SANDSTONE

Nurse - Lana Lefroy 9963 5808 or 9963 5831



Meekatharra RFDS Flying clinics 2024

October

Thursday 3rd	Sandstone	Dr Di Comley
Thursday 17th	Sandstone	Dr John Terry
Thursday 31st	Sandstone	Dr Phil King

November

Thursday 14th	Sandstone	Dr Di Comley
Thursday 28th	Sandstone	Dr John Terry

December

Thursday 12th	Sandstone	Dr Phil King
Thursday 26th		CANCELLED

MEEKATHARRA DENTAL CLINIC AND MOBILE TRAVEL DATES 2024

Mount Magnet	9 October - 18 October
Meekatharra	6 November - 15 November
Mount Magnet	4 December - 12 December



Government of Western Australia
North Metropolitan Health Service
Dental Health Services



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

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

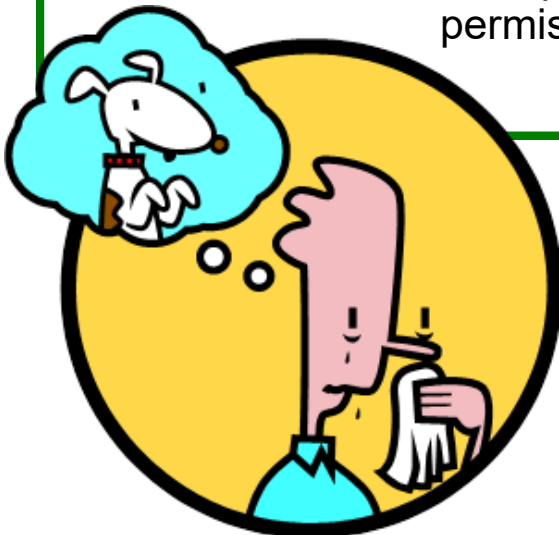
24hour casualty service (08) 9961 0600

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
karlibbotson@bigpond.com.au
 Web: 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

Directory of Services to Sandstone

OUTBACK ACCOMMODATION SANDSTONE

(08) 9963 5869
outbacksandstone@gmail.com

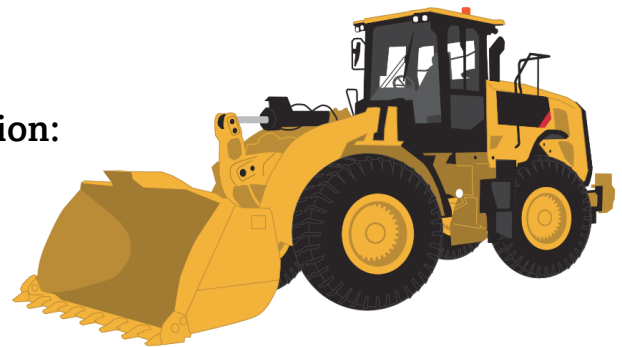


GOLDEN EARTHWORKS

Contract front end loader work available.

Contact Lachlan Brown for more information:

PH: 0487 366 360



PL9934 | GF6916 | BF7329



PLUMBING & GAS

SERVICING MID WEST & GOLDFIELDS REGIONS

MINING | COMMERCIAL | RESIDENTIAL | INDUSTRIAL

24/7 EMERGENCY

PH : 0416 307 843 | ADMIN@LEISKHYDRAULICS.COM.AU

Community Bulletin Board



Ordinary Meeting of Council

The next Ordinary Meeting of Council
is Thursday **24 OCT** 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



Coming soon!

Sandstone is receiving a computer for health consults with Geraldton Hospital. We don't have all the details as yet but will likely be set up in the town hall.

Stay tuned for more information.



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
Phone: 0419 968 514
(Please text with parcel enquiries)

**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



Heritage Museum & Visitor Centre

Open everyday
9am—4pm
(April—Oct)
Closes at the end of this month



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

visitus@sandstone.wa.gov.au

Squigly's Halloween Crossword

HALLOWEEN WORD SEARCH

K H A L L O W E E N P A R T Y W I
 E C L A R A M E L T U H D I P S T
 L A L J A C K O W E M O Y D N A C
 E N H A U N T E D H O U S E P M A
 T H A L S A M H A U A S O C A H P
 N E L P P A L E M A R A C O R A P
 G D L A B P O D S K T A R Y I L
 H Y O R D L I B L A C K C A T I N E
 O C W T E A C A K M A E R T E R T
 S A S R R A P T C H D R W T C H
 T A E R T R O K C I R T U O R O O
 H O V E S W O L A N S O K N I S N
 N R E T N A L O K G A J S S C T V
 H A L L O P A R C A O L A C K U A
 O N I K P M U P E M C Y M M U M
 R G M A S A N D M U M P U M P E P
 A E R I P M A V N O T E L E K S E

Halloween Fun WORD SCRAMBLE

1. LAPPE	APPLE
2. ATB	BAT
3. ABLKC	BLACK
4. OBO	BOO
5. ROMOB	BROOM
6. ADLNCE	CANDLE
7. YADCN	CANDY
8. CNYADNORC	CANDYCORN
9. AINCARLV	CARNIVAL
10. RECVA	CARVE
11. CMEUOTS	COSTUME
12. REOTCADE	DECORATE
13. ACDRLUA	DRUCULA
14. GLFHTHILAS	FLASHLIGHT
15. NTNREIASFEK	FRANKENSTEIN

30 DAY WORKOUT CHALLENGE

1 20 squats 25 second plank 10 reverse crunch 15 lunges 10 push ups 15 crunches 15 sec wall sits	2 20 squats 25 second plank 10 reverse crunch 15 lunges 10 push ups 15 crunches 15 sec wall sits	3 25 squats 30 second plank 15 reverse crunch 20 lunges 15 push ups 20 crunches 20 sec wall sits	4 25 squats 35 second plank 20 reverse crunch 25 lunges 20 push ups 35 crunches 25 sec wall sits	5 25 squats 35 second plank 20 reverse crunch 25 lunges 20 push ups 35 crunches 25 sec wall sits
6 30 squats 40 second plank 25 reverse crunch 30 lunges 30 push ups 40 crunches 30 sec wall sits	7 30 squats 40 second plank 25 reverse crunch 30 lunges 30 push ups 40 crunches 30 sec wall sits	8 35 squats 45 second plank 30 reverse crunch 35 lunges 35 push ups 45 crunches 35 sec wall sits	9 35 squats 45 second plank 35 reverse crunch 40 lunges 40 push ups 45 crunches 40 sec wall sits	10 35 squats 45 second plank 35 reverse crunch 40 lunges 40 push ups 45 crunches 40 sec wall sits
11 40 squats 50 second plank 40 reverse crunch 45 lunges 45 push ups 50 crunches 45 sec wall sits	12 40 squats 50 second plank 40 reverse crunch 45 lunges 45 push ups 50 crunches 45 sec wall sits	13 45 squats 55 second plank 45 reverse crunch 50 lunges 50 push ups 55 crunches 50 sec wall sits	14 45 squats 55 second plank 50 reverse crunch 55 lunges 55 push ups 55 crunches 55 sec wall sits	15 45 squats 55 second plank 55 reverse crunch 55 lunges 55 push ups 55 crunches 55 sec wall sits
16 50 squats 60 second plank 60 reverse crunch 60 lunges 60 push ups 65 crunches 60 sec wall sits	17 50 squats 60 second plank 60 reverse crunch 60 lunges 60 push ups 65 crunches 60 sec wall sits	18 55 squats 65 second plank 65 reverse crunch 65 lunges 65 push ups 70 crunches 65 sec wall sits	19 55 squats 65 second plank 70 reverse crunch 70 lunges 70 push ups 75 crunches 70 sec wall sits	20 55 squats 65 second plank 70 reverse crunch 70 lunges 70 push ups 75 crunches 70 sec wall sits
21 60 squats 70 second plank 75 reverse crunch 75 lunges 75 push ups 80 crunches 75 sec wall sits	22 60 squats 70 second plank 75 reverse crunch 75 lunges 75 push ups 80 crunches 75 sec wall sits	23 65 squats 75 second plank 80 reverse crunch 80 lunges 80 push ups 85 crunches 80 sec wall sits	24 65 squats 75 second plank 85 reverse crunch 80 lunges 80 push ups 85 crunches 80 sec wall sits	25 65 squats 75 second plank 85 reverse crunch 80 lunges 80 push ups 85 crunches 80 sec wall sits
26 70 squats 90 second plank 95 reverse crunch 95 lunges 90 push ups 95 crunches 90 sec wall sits	27 70 squats 90 second plank 95 reverse crunch 95 lunges 90 push ups 95 crunches 90 sec wall sits	28 75 squats 95 second plank 100 reverse crunch 100 lunges 95 push ups 100 crunches 90 sec wall sits	29 75 squats 95 second plank 105 reverse crunch 105 lunges 100 push ups 105 crunches 95 sec wall sits	30 75 squats 95 second plank 105 reverse crunch 105 lunges 100 push ups 105 crunches 95 sec wall sits



October 2024

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



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