



BUSH TELEGRAPH

January 2025

FREE



Little roo sleeping with one eye open... looking forward to the new year—By Tracey Weiss

Happy New Year Everyone!

The Shire of Sandstone

Hack St, Sandstone WA 6639

Ph: (08) 9963 5802 | Email: dceo@sandstone.wa.gov.au

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Disclaimer

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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 cso@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 cso@sandstone.wa.gov.au

SHIRE NEWS

SHIRE OF SANDSTONE
HACK STREET SANDSTONE WA 6639

From the Desk of the CEO

Greetings to the residents of and visitors to Sandstone.

I wish everyone a happy, healthy and prosperous 2025.

The Shire's auditors completed their work late in December and I am pleased to say that the final report was pleasing with only a couple of minor issues that needed correction. These reports go through the Ministers office and having a good report helps towards ensuring the stability, viability and hopefully ensure the longevity of this local government.

Voting in 2025:

I have noted that according to the 2021 census, the Shire's population is 107 people. The *My Council* website says our population is 78 and people in the Shire are of voting age.

But we have only 55 registered voters and if we used the lowest population estimate, there are at least 23 people in the Shire who are not registered to vote. I understand that some people may not be eligible to vote for various reasons. However having as many registered voters as possible also contributes to relevance and longevity of the Shire as its own entity.

Therefore if you are eligible to enroll to vote, I encourage you to do so especially with Local, State and Federal elections due in 2025.

I am pleased to advise that Deputy CEO Tracey Weiss has decided to stay on in her position with the Shire. Tracey is an integral part of the Shire management team.

In 2025 it is planned to carry out some work on the town roads, bitumen sealing around the median strips to cover water damage, increase the café parking area and sealing the carpark at the community centre. We have received funding for this work and its timing will depend on when we can get a contractor to town to complete the works.

We also have some funding to install some new children's play equipment at the Community Centre and Lefroy Park and possibly the Caravan Park.

The **new website** is now live and many thanks to Tegan Brown for bringing this project to its conclusion. The site is fully revived, much brighter, interactive and easy to search.

A new government regulation requires local governments to record Council Meetings and make them available on their websites. This takes effect from 1st January 2025. It will provide an opportunity for many interested persons to go to the website and listen to Council decision making processes.

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 2025

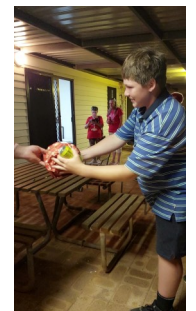
Meetings commence at 1:00pm in Council Chambers located
at the rear of the Shire Administration Centre

Meetings are open to the public

January	no meeting
February	27th
March	27th
April	24th
May	22nd
June	26th
July	24th
August	28th
September	25th
October	23rd
November	27th
December	18th

**The Environmental Health Officer
for the Shire of Sandstone
is no longer David Hadden.**

Community Christmas Party Photos



Dates of interest in January

2nd—Joannes birthday
4th—Pauls birthday

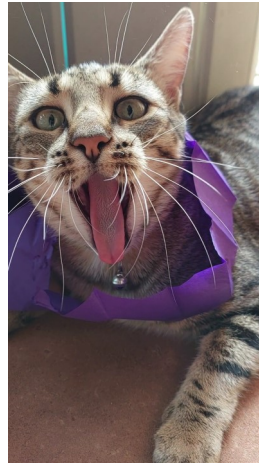
1st - New years day!



26th—Australia Day



14th—Dress up your pet day



22nd— national answer your cats questions day

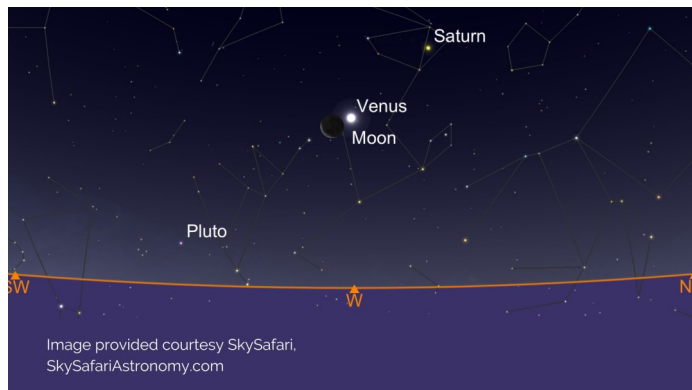


21st— national hugging day

29th— Chinese lunar new year



January Stargazing



On these beautiful nights, take the time to be outside after sunset to see a stunning view of Venus and Saturn close to the crescent Moon. If you keep watching the pair over the coming fortnight, you'll see the planets appear very close to each other on 18th January.

When to look: After sunset, 3rd and 4th January

Which direction to look: West

Something Interesting:

Saturn's rings are enormous — great rings of dust, ice, and rock stretching almost 300,000km from the gas giant — but they're also surprisingly thin in places. Because of a quirk of how the rings orbit Saturn's equator, on a tilt with the planet, every few years the rings appear to disappear because from our viewpoint on Earth we're seeing them edge-on. Then, slowly but surely, over a course of months they come back into view again.

Orion the Hunter is a famous summer constellation, and it is up in the early evening for you to see now. First thing in the evening, look directly to the east. The brightest star you'll see is Sirius.

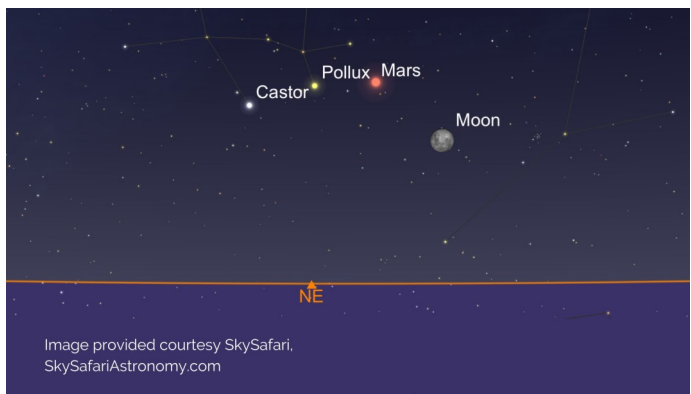
Directly to the left of Sirius is what is often referred to as 'the Saucepan', and it's part of the Orion constellation. There are three bright stars in a reasonably straight line that make up the base of the saucepan, and a handle sticks out at the top right.

Orion has been known since ancient times. In Greek mythology, Orion is a mighty hunter, but his image is upside down in the southern hemisphere. The three bright stars of the base are Orion's belt, and the saucepan handle form Orion's sword.

With lovely summer evenings ahead, take an opportunity to marvel at the incredible constellation of Orion.

When to look: Early to late evening

Which direction to look: East



Have you noticed Mars rising in the east yet? It rises after 8pm and the red planet is at its brilliant best this month because it will be close to Earth.

Every 26 months, Mars is at "opposition". What this means is that Mars is as close to Earth it gets during the 26 months and appears brighter in our night sky. Why every 26 months? The key to understanding this is to know that Earth goes around the Sun faster than Mars and it takes 26 months for us to catch up and be close together again!

Mars is as close as it gets to Earth all year and it won't be close again until February 2027. This year, Mars has its closest approach to Earth on 12th January and the red planet will be at opposition on the 16th.

The distance between Earth and Mars varies when we catch up to each other in orbit. That's because we both have elliptical (or oval shaped) orbits around the Sun. Sometimes we're closer to each other than other times. The last time Mars was particularly close was in 2020. It's not until 2033 that it will be that close again.



Around Black Range.

DEAR "Non-Com."—In the following I have endeavored to take followers of The Dolly Pot for a stroll around and in Black Range township (Nungarra) during the year 1906 (33 years ago). In doing so I sincerely trust that most of those whose names I mention are still on the surface, and that Dame Fortune has been kind to them through the years. To them I pen a very hearty and sincere cheerio.

The time is early November—hot and dry. On Howie's Patch, about 1½ miles south-west of the town, we meet Tom Sampey and Alec Quinn working the Golden Acre; next to them are Jim O'Donnell and Bill Andersen (a Swede), while a little south of the claims named is Morris Solomon (of "Solomons Solution" fame) engaged on a huge white quartz reef. Leaving them on our way through the mulga scrub to the township, Tom McHarry and Alf. Holmes are seen cooking the midday meal, the while having a breezy chat.

The first building we encounter on hitting the town is Cobb and Co.'s coach exchange and fodder premises. Jimmy Matthews, Charlie Chick or Mick Ridge is met with, and Magnet or Lawlers news is eagerly sought. Across the street Bill Pearce's boarding house is busy catering well for the inner man, while Don Hay and Ike Wallace are seeing to the orders placed with their bottling works. At the post office we are handed our mail in true goldfields fashion by Jack Kenny, Syd Pound, Billy Cock, or Albert Gare, and then a visit is paid to the photographic studios of Amos Flegeltaub and Jim O'Malley, who did excellent work in those days. Wrensteds, the chemist, we next call upon, and here we have dispensed the best of mixtures (he says "I drink 'em myself, so they must be good.") Over to Bob Leslie's bakery, where we purchase a loaf of bran bread for a bob (and damned glad to get it, too), and then into Jimmy Donnellan's store for a couple of tins of "dog." Be-

store for a couple of tins of "dog." Before going further north we drop into Alf. Foden's hairdressing and billiard saloon, where there are gathered the sports of the town perusing newspapers spread over the billiard tables and where, whilst reading is going on, "Woodsie," the "Toe-bighter King," is "practising his "art," which results in many heated words—and toes.

Next door is Billy Cock's big general store, which supplies prospectors and miners engaged over a very wide area. Here we observe Jack Kenny, Albert Gare and Billy Sampey going for their lives behind the counter packing orders for their delivery carts. On to the W.A. Bank, of which the jovial and capable Chris. Lowry is manager, assisted by George Barrow. Chris. is the right man in the right place, while on Sunday he gives a hand to carry "dead meat" off the football field, where the Reefers meet the Towns. Just over the road Jim McNamara is O.I.C. of the police station, attached to which are Bert Sampson, Chris. McArthur (afterwards in charge), Bill Overend and Jim Whatman. A little chin wagging here, and we meet Dick Roe in the courthouse premises. Being thirsty, we go straight into the front bar of Arthur Mose's Black Range Hotel and quickly sink a few pots, then going in and making a purchase at J. W. D. Robinson's fine drapery store (Robbie, the Draper's, as it is popularly known). Round the corner we go casually along to Billy Fairchild's cordial factory, where Bill and Bob Kelly (the carrier) are arguing the point on the quality of drink (but not that produced by William). Coming towards the main street again we contact the famous J. A. McDonald (famed for his enthusiasm for rifle shooting), who shows us a new Westley-Richards rifle which has just arrived by coach for him, and he then tells us he has to "make a box for a fellow who was killed at Ber-

rigan, 68 miles north of the Range. To the Bank of Australasia to have a yarn to Cruickshank and Hill about solo whist or bridge and then we see Dr. Nutting ride by on his white charger. Near by George Pile is busily engaged making a tank (and a splendid plumber he is). Billy Martin is standing at the front door of his Club Hotel and invites us to "try one." It has just arrived by team. We "try" one; we "try" another and then we have several.

Lurching across the street we listen to Harry Lauder singing "I Love a Lassie," "Stop Your Ticklin', Jock," and several others on Jim Spence's gramophone. Thence we go into Frank Evan's bike shop, where Frank and his youthful assistant are relating to a number of listeners how they have struck an Eldorado, but not a word as to locality. To stretch our "ham and eggs" (legs) we stroll quietly to Jack Stephenson's general store and here, too, we are well served

by the genial old proprietor himself, his able assistants being Clayton Crawford and Tom Keegan, and after learning what the road is like between Hog Well and White Well (on the Black Range-Magnet-road) we find our way to the Palace Hotel, the splendid house so well conducted by the bold John McManaway. Having quenched our thirst we have a yarn to Charlie Wight at his produce store over the way. A visit to Dick Mahoney's (Frank Turney, manager)

store next to the Palace satisfies our needs. From here O. V. Briner is seen sorting out his cases and "dissing" type in preparation of establishing "The Black Range Courier," which was destined to serve the district splendidly for several years.

As we enter Eli Jonas's hairdresser's shop we hear Eli loudly proclaim that "Poseidon will not win the Cup" (which he did, of course). In Dave Knott's butcher's shop there is excitement, as Doc. Clarson has just informed Dave that his (Clarson's) home has been burnt to the ground.

Finally we will call on Sam Jeavons, the town's only solicitor, for advice concerning matters legal and otherwise and then have a couple with him at Arthur Mose's pub before we go home.

I hope the old-timers of the Range have travelled with me up and down and across Gregory-street, Nungarra, away back 33 years ago.

Cheerio to you all, old-timers.

NUNGARRA, Dalwallinu.

J. Walker, Cottesloe.—Many thanks for ace of interesting items.

"The Lizard," Toolibin.—Very interesting indeed. It will appear shortly.

"Nungarra," Dalwallinu.—To hand th many thanks.

Western Mail Thursday 23 November 1939, page 9, continued on page 11

Comment from visitors

TO WHOM IT MAY CONCERN

My name is Cecilia and I've been travelling this wonderful country of ours since 12th June 2024 and I still have a long time to see, experience and enjoy more with my husband Rob. I keep a record of our travels via a travel blog, which my friends are enjoying and giving me positive feedback about. This is what I've written about your fabulous town & community, which we only got to experience a brief amount of. I'm confident that if we had spent a few more days in Sandstone we would have met some of the locals and enjoyed some activities / events first hand. Oh well, we have already started a list of places to return to and Sandstone is on that list (along with Westonia). We especially enjoyed the friendly service, neat facilities and grounds of the Alice Atkinson Caravan Park. Yours most sincerely, Cecilia & Rob Wright (all the way from Victoria)

"My impression of Sandstone (when we visited and stayed on 21st November) was that it is a neat, tidy, community minded, colourful, historical and interesting town. Additionally it is a finalist in three categories for the 2024 Tidy Towns awards (1. Overall State Award, 2. Litter Action & 3. Environmental Sustainability), which was obvious as I walked around each and every street of this spotless, remote town. The Shire of Sandstone produces a comprehensive 40-page "Bush Telegraph" community newsletter, complete with recipes, puzzles, craft, medical, emergency & pet information, advertising for local businesses, dates of interest, stargazing information and some "funnies" (to name a few), which they should be very proud of, especially considering the population is only 109 people with a median age of 60 years, mostly servicing surrounding pastoral leases and a stop for 4WD explorers and other travelers. We mainly wanted to stop in Sandstone to visit the popular London Bridge, which is part of a larger rock formation about 800 metres long and varying in height between 3 & 10 metres. The weathered basalt ridge is thought to be about 350 million years old and the "bridge" is the result of different rates of erosion in hard & soft rock. Unfortunately "London Bridge" is falling down, progressively growing thinner and thinner. Sadly, because of the road closures of all dirt roads, we weren't able to visit London Bridge, so a photo will have to suffice. We weren't in a hurry to leave Sandstone, so we visited the Post & Telegraph Office Cafe for breakfast and also to enjoy the small museum there as well and were on the road by about 9.30."



Invitation

Join us for a day filled with laughter, good vibes, and quintessential Aussie spirit.

We'll kick off the festivities with a delicious big Aussie breakfast then after we've fueled up, get ready for some fun and games that are sure to get the giggles going.

So grab your hat, slip on your sunnies, and come join us for a day to remember.

Lets celebrate this beautiful country we live in! Cheers!

Date : 26th January 2025

Time: 7.30am onwards

Who: Everyone!



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.

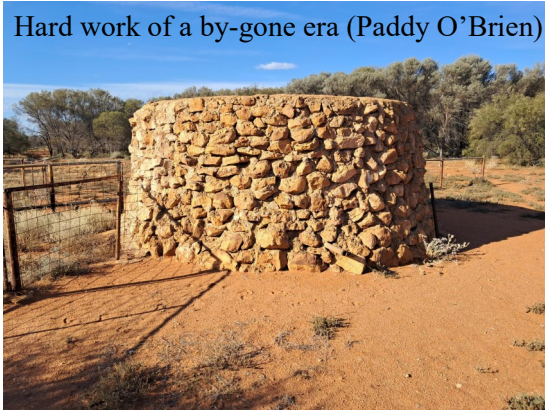
Please be aware that birds do pick up these baits and drop them close to the roads and within the town site.

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.

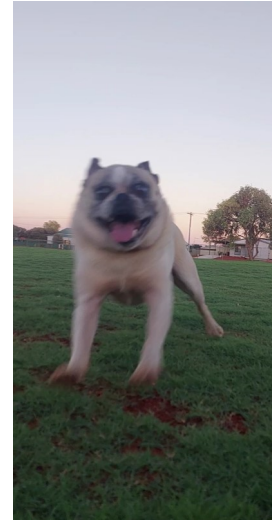
Community Photos

Please send your photos to cso@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.

Hard work of a by-gone era (Paddy O'Brien)



Full moon photo taken on a phone!
(Tracey Weiss)

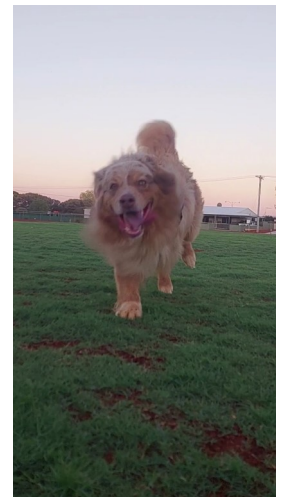


Billy opening his Christmas gift!

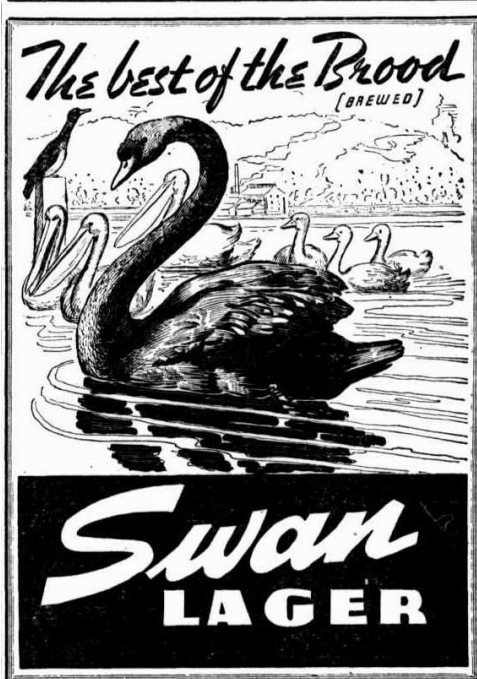
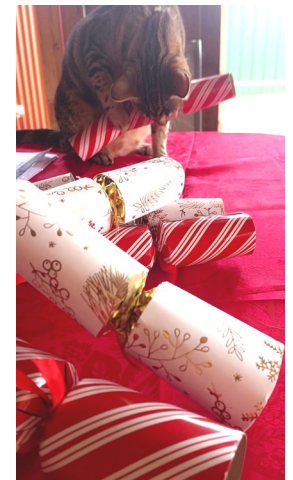


Traceys Baby

Billy and Rascal



Nala with a bon bon



Clever play on words used in this advertisement from 1939



Winner of the Christmas light competition



Wasp building a nest

FUNNIES

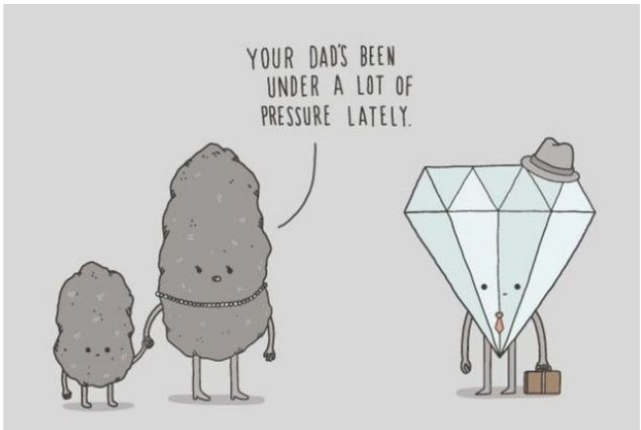


What did one plate say to his friend?

Tonight, dinner's on me!

Did you hear about the two people who stole a calendar?

They each got six months.





JUST ADD Water

Sandstone Gardening news, tips, tricks and interesting facts

Send me your garden photos! cso@sandstone.wa.gov.au

Unusual tomato trestle



Yellow zucchini



Vege Muster



Zucchini Match-making in Sandstone

My Zucchini plants grew amazingly. Just about every seed sprouted and became very healthy looking plants with big Green leaves and lots of flowers ... however...I did not get any zucchini!

As most garden enthusiast in Sandstone know, if you plan on growing zucchini you will probably have to pollinate it yourself!

Become a matchmaker by taking some pollen from the male flower and giving it to the female flower.

Sometimes we can rely on the ants in the area but like many, I had to get out there with a spare paintbrush and create some zucchini art.

I was enjoying making the stuffed zucchini flowers (absolutely delicious) but was glad to see something bigger after giving the plants a helping hand.

There's been awesome zucchini from lots of people over the last couple months including some massive ones from Jaimie—This picture shows one of his turned into schnitzels!

Make these just as you would a chicken schnitzly. Flour, egg, crumbs and whatever spices you like. I use S&P , onion powder, garlic powder and paprika.

Yum!

female flower male flower



Lemon Salmon Bake

Ingredients

serves 4

305g (1 ½ cups) dried risoni pasta
500ml (2 cups) chicken or vegetable stock
160ml (2/3 cup) pouring cream
1 teaspoon finely grated lemon rind
4 x 200g skinless salmon portions
2 zucchini, trimmed, peeled into ribbons
1 bunch asparagus, trimmed, halved
150g (1 cup) frozen peas, slightly thawed
2 green shallots, thinly sliced
Fresh mint leaves, to serve
Lemon slices, to serve



Method

Preheat oven to 190C/170C fan forced. Spread the risoni evenly over the base of a 5cm-deep, 20 x 30cm baking dish. Add the stock, cream and lemon rind and stir to combine. Cover tightly with foil and bake for 20 minutes.

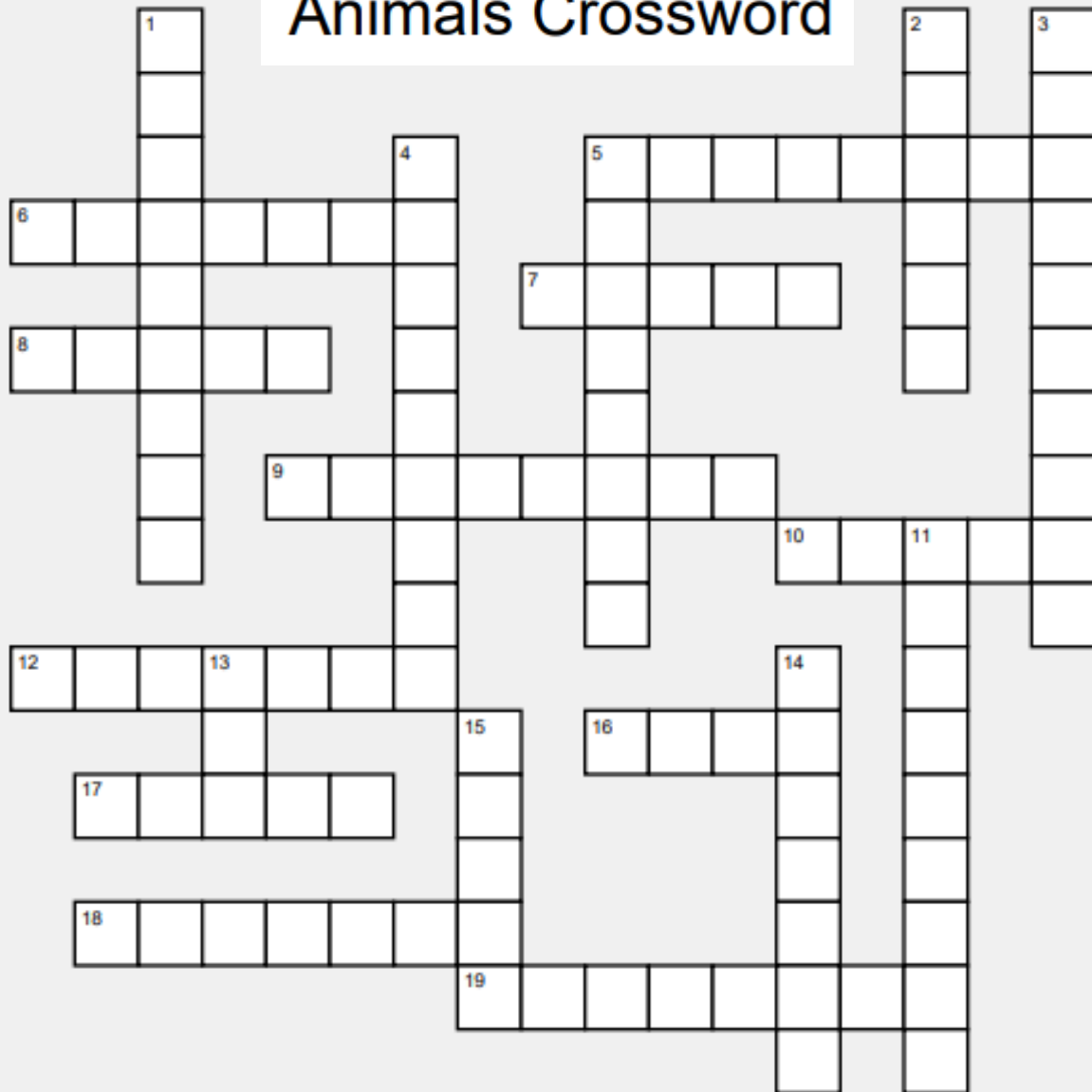
Heat a large frying pan over medium-high heat. Cook the salmon, top side down, for 2 minutes or until golden. Transfer to a plate. Set aside.

Carefully remove the foil from the baking dish (beware of steam escaping). Stir the risoni and place the salmon, cooked side up, on top, pressing gently into the risoni. Arrange the zucchini, asparagus and peas around the salmon. Cook, uncovered, for 10 minutes or until the vegetables are tender. Set aside for 5 minutes to rest.

Scatter with the shallot and mint leaves and serve with lemon slices.

(*for a healthy option try using Greek yoghurt instead of cream)

Animals Crossword



ACROSS

- 5) Nut collector
- 6) Emu's cousin
- 7) Bullwinkle, for one
- 8) Centaur, in part
- 9) Aquarium favorite
- 10) Sea spouter
- 12) Barnyard bird
- 16) Fox's prey
- 17) Furry swimmer
- 18) Bird with flippers
- 19) Aussie hopper

DOWN

- 1) Monarch, e.g.
- 2) Slowpoke
- 3) Lizard's relative
- 4) Quick change artist?
- 5) Desert stinger
- 11) Everglades denizen
- 13) Alley ____
- 14) Spotted stalker
- 15) Odor emitter

4		6		2				
	8		4				9	3
3				8	5			2
7		9						8
	5			7			4	
6						7		1
9			2	4				5
2	6				8		7	
				3		1		9

1		8			6	4		
		6		9		8		7
5								
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			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

Sandstone Community Craft Group

CAN YOU HELP ?

The Sandstone Community Craft Group is looking for donations of old jeans for a new project they are working on.

They don't mind if they are faded, worn or torn but please nothing covered in grease.
Any Size! Any Style!

For further information,
please contact Karan on
0418 905 090.



TELSTRA PRIORITY ASSIST SERVICE

I don't know how effective this service is in Sandstone but considering the number of lengthy outages we have and that there are vulnerable people in the community, it might be beneficial to contact Telstra and ask about this service. The web address is:

<https://www.telstra.com.au/consumer-advice/customer-service/priority-assist>

What's Priority Assistance?

Priority Assistance is a priority fault repair and connection service we offer customers who depend on a working home phone due to a life-threatening medical condition. If you or someone living with you may be at risk without access to a working home phone, you could be eligible for Priority Assistance. Read our [Priority Assistance Policy \(PDF, 135KB\)](#) for more information.

Who's eligible?

If you or someone who's living at the same address has a diagnosed life-threatening medical condition and relies on a fixed home phone service you may be eligible for Priority Assistance.

If you're not a current Telstra account holder, you'll need to order a new home phone service to receive Priority Assistance. Call us on [13 22 00](tel:132200) and say 'Priority Assistance' to place your order.

Examples of eligible medical conditions or circumstances include:

- At high risk of respiratory emergencies
- At high risk of cardiovascular emergencies
- At risk of life-threatening hypoglycaemia or epilepsy
- At high risk of obstetric and neonatal emergencies
- At high-risk with mental health disorders
- Technology-dependent who are at high risk.

You're also eligible for Priority Assistance if you have other dependent medical conditions and live alone without support or in a remote location.



THE POST OFFICE CAFE



Open
7am—2pm

Closed Jan 1st

THE SANDSTONE CONVENIENCE STORE



Opening again after the holiday break on the 9th January 2025

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 between 08:00 and 17:00



The Community Bus

Day trip to Mt Magnet and back — Running fortnightly



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

(08) 9963 5802

First run of 2025 is **8th of January**
Then the **22nd of January** and so forth every fortnight as available.





The Sandstone Bush Fire Brigade is looking for volunteers

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

New volunteers are needed or anyone willing to
lend a hand and participate if required.

For more information, please call The Shire Office on (08) 9963 5802



St John

Make a difference for your community.
Become an ambulance *volunteer*.

Supporting your Sandstone community is one of the best ways to get to know it. Join a social, inclusive and committed team, and you'll be surprised by the friendships you'll make, which can be as rewarding as the good you're doing for your town.

- Full training provided in a friendly, supportive environment.
- No medical experience required – all you need to get started is a police check, a clean driver's licence, and a can-do attitude.
- Not all callouts are emergencies – help with routine patient transport.
- Commit to shifts to suit your schedule – a minimum of 60 hours per annum.
- Uniforms and ambulance cover provided free of charge.

Your next move.

If this sounds like something you'd like to explore, visit stjohnchangelives.com.au or call St John Sandstone on 0458 452 364, or email cp.midwesteast@stjohnrwa.com.au



Before attending the nursing post on Doctor days,
please contact Lana to make an appointment.

Lana can be contacted at home on 08 9963 5831
or
at the nursing post on Thursdays on 08 9963 5808

Thank You

Sandstone Physiotherapy Visiting Dates 2024

To be Advised

The Physio is currently provided via Telehealth
To make an appointment, please phone Geraldton
Physiotherapy Reception 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 2025

January	Thursday 9th	Sandstone	Dr Elena Ghergori
	Thursday 23rd	Sandstone	Dr Phil King
February	Thursday 6th	Sandstone	Dr John Terry
	Thursday 20th	Sandstone	Dr Phil King
March	Thursday 6th	Sandstone	Dr Di Comley
	Thursday 20th	Sandstone	Dr John Terry
April	Thursday 3rd	Sandstone	Dr John Terry
	Thursday 17th	Sandstone	Dr Di Comley
	Thursday 1st	Sandstone	Dr Phil King
May	Thursday 15th	Sandstone	Dr Phil King
	Thursday 29th	Sandstone	Dr Di Comley
June	Thursday 12th	Sandstone	Dr John Terry
	Thursday 26th	Sandstone	Dr Phil King

Dental TBA



Government of Western Australia
North Metropolitan Health Service
Dental Health Services



SANDSTONE NURSING POST

IRVINE ST SANDSTONE



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)

Cardiologist

Respiratory

Health and Well being services

Child Health Services,

Paediatrician

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

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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

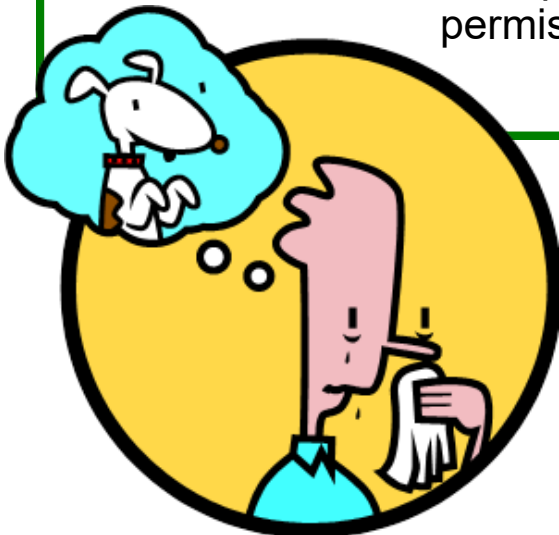
24hour casualty service (08) 9961 0600

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

No January Meeting

The next Ordinary Meeting of Council
is Thursday **27th FEBRUARY 2025**
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



Telehealth is Here!

Sandstone has received a computer for telehealth consults using the Avaya website (video conferencing system).

Community members will now be able to have face-to-face consults with their medical practitioners in a private room in the Sandstone Community Hall.

Appointment dates and times for the use of these facilities must be booked in with the Shire on 9963 5802



Community Bulletin Board

ATTN. RESIDENTS OF SANDSTONE

If you would like your details listed in the next Sandstone Directory please email stating so with your full name, number and any other details you would like included.

Email: cso@sandstone.wa.gov.au





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.






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

cso@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 dceo@sandstone.wa.gov.au

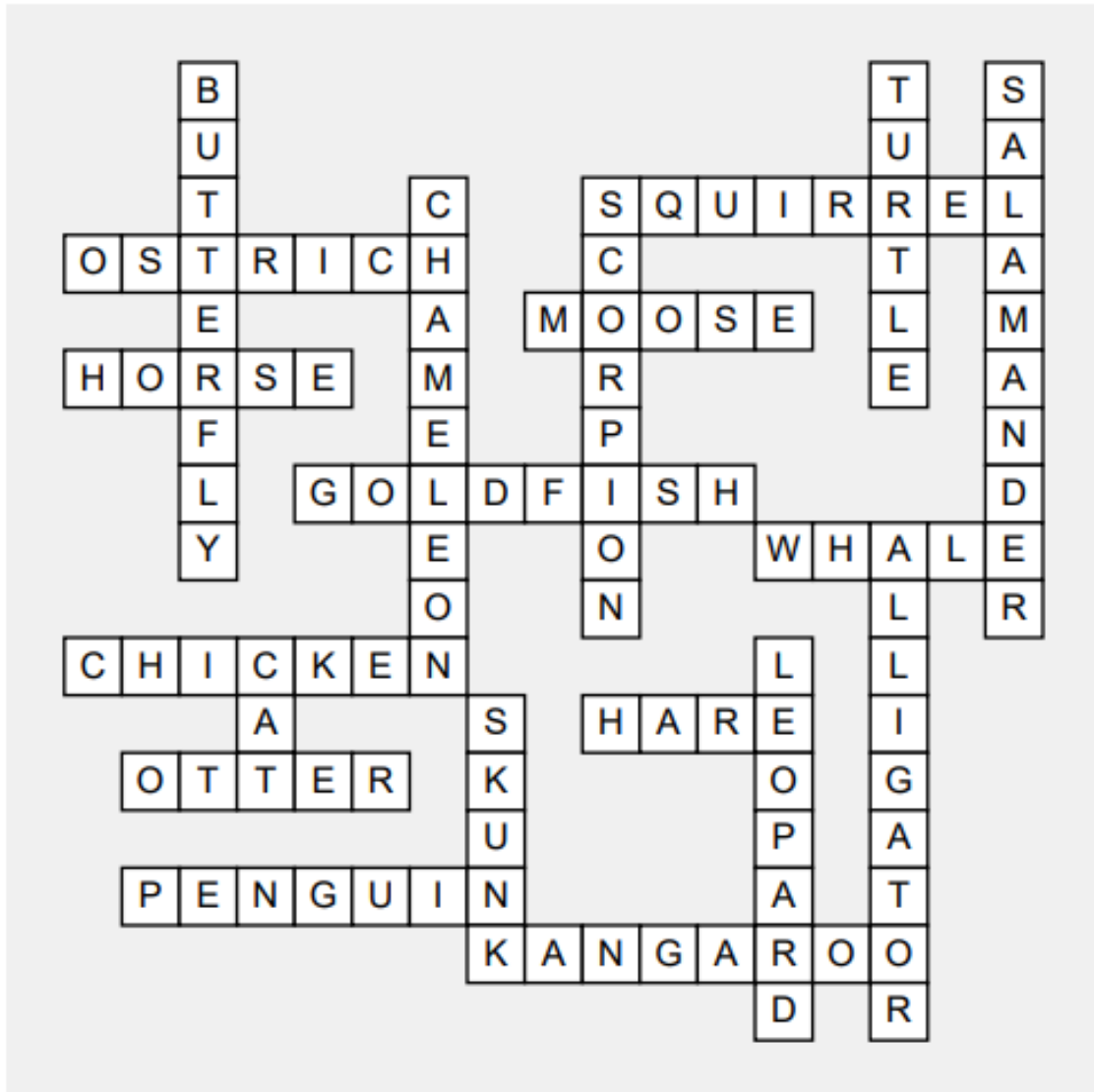
Do you know where the DEFIBRILATORS are in town?

They can be found at the following locations:

1. Shire Administration Office.
2. The Caravan Park Office.
3. Outback Accommodation.

Please take note of their location—just in case!

SOLUTION



1	9	8	7	5	6	4	3	
3	2	6	1	9	4	8	5	7
5	4	7	3	2	8	1	6	9
2	6	9	5	1	7	3	8	4
7	1	3	4	8	9	5	2	6
4	8	5	6	3	2	7	9	1
9	3	2	8	4	1	6	7	5
6	5	4	9	7	3	2	1	8
8	7	1	2	6	5	9	4	3

4	1	6	9	2	3	5	8	7
5	8	2	4	1	7	6	9	3
3	9	7	6	8	5	4	1	2
7	3	9	1	6	4	2	5	8
1	5	8	3	7	2	9	4	6
6	2	4	8	5	9	7	3	1
9	7	3	2	4	1	8	6	5
2	6	1	5	9	8	3	7	4
8	4	5	7	3	6	1	2	9

30 DAY WORKOUT CHALLENGE



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
20 Sit-ups 12 Squats 30sec Plank 10 Push-ups	23 Sit-ups 14 Squats 30sec Plank 12 Push-ups	25 Sit-ups 16 Squats 30sec Plank 14 Push-ups	27 Sit-ups 18 Squats 30sec Plank 16 Push-ups	30 Sit-ups 20 Squats 30sec Plank 18 Push-ups
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
REST DAY	32 Sit-ups 22 Squats 35sec Plank 20 Push-ups	34 Sit-ups 22 Squats 35sec Plank 22 Push-ups	36 Sit-ups 24 Squats 35sec Plank 24 Push-ups	38 Sit-ups 26 Squats 35sec Plank 26 Push-ups
DAY 12	DAY 13	DAY 14	DAY 15	DAY 16
40 Sit-ups 28 Squats 37sec Plank 28 Push-ups	REST DAY	42 Sit-ups 30 Squats 37sec Plank 30 Push-ups	44 Sit-ups 32 Squats 37sec Plank 32 Push-ups	46 Sit-ups 34 Squats 37sec Plank 34 Push-ups
DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
48 Sit-ups 36 Squats 37sec Plank 36 Push-ups	50 Sit-ups 38 Squats 37sec Plank 38 Push-ups	REST DAY	52 Sit-ups 40 Squats 40sec Plank 40 Push-ups	54 Sit-ups 42 Squats 40sec Plank 42 Push-ups
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26
56 Sit-ups 44 Squats 40sec Plank 44 Push-ups	58 Sit-ups 46 Squats 40sec Plank 46 Push-ups	60 Sit-ups 48 Squats 40sec Plank 48 Push-ups	REST DAY	62 Sit-ups 50 Squats 45sec Plank 50 Push-ups
DAY 27	DAY 28	DAY 29	DAY 30	
64 Sit-ups 52 Squats 45sec Plank 52 Push-ups	66 Sit-ups 54 Squats 45sec Plank 54 Push-ups	68 Sit-ups 56 Squats 45sec Plank 56 Push-ups	70 Sit-ups 58 Squats 45sec Plank 58 Push-ups	YOU DID IT

VALBACH

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 No clinic Shire office opens	3	4
5	6	7	8 Bus	9 Doctors clinic	10	11
12	13	14	15	16 Nurses post	17	18
19	20	21	22 Bus	23 Doctors Clinic	24	25
26 Australia Day 	27	28	29	30 Nurses Post	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: dceo@sandstone.wa.gov.au