

FREE



BUSH TELEGRAPH

January 2019 Edition

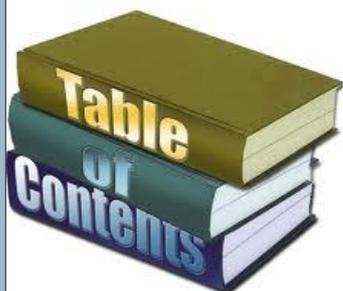


Cows near the old Blackhill homestead

The Shire of Sandstone
Hack St, Sandstone WA 6639
Ph: 08 9963 5802 Fax 08 9963 5852

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Cover photo by Sandy Jubb—thanks Sandy.

Note. The opinions expressed in this publication are not necessarily those of the Shire of Sandstone

Sandstone Emergency Numbers for Police and Fire 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 doctor on call, who will provide immediate advice to you.

SANDSTONE NURSING POST

Irvine St, 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 travelling and require medical assistance,
24 hour / 7 day services are provided at:

MOUNT MAGNET NURSING POST

Cnr Criddle and Welcome St, Mt Magnet

Monday - Friday 8:30am - 4:00pm, closed for lunch

Staff on call for emergencies

Phone Number: (08) 9963 3100

MEEKATHARRA HOSPITAL

Savage St, Meekatharra

24hour casualty service

Phone Number: (08) 9981 0600

For local voluntary ambulance service (limited)
in severe cases dial

000



SHIRE NEWS

SHIRE OF SANDSTONE
HACK STREET SANDSTONE WA 6639
PHONE: 08 9963 5802 FAX: 08 9663 5852
EMAIL: reception@sandstone.wa.gov.au

From the Desk of the CEO

Happy New Year to all residents and visitors to Sandstone, I hope that you have a great 2019.

Deputy Bush Fire Control Officer

Robert (Banjo) Paterson has resigned from the position of Deputy Bushfire Control Officer after a number of years in the role and has been temporarily replaced by Vic Taylor until a meeting of the brigade can be held to elect a permanent replacement. Banjo's experience and willingness to take on and perform the role to a high standard is appreciated and he will be missed. While I am sorry to see Banjo give the position away it is a good opportunity for the changing of the guard and for new younger members of the brigade to receive training from DFES to upgrade their skills.

December Council Meeting

At the December 2018 Council meeting the Annual Report for the 2017-2018 year was accepted and the date for the Annual Meeting of Electors was set for Thursday 31st January 2019 at a time to be advised. The annual electors meeting is the time when members of the Sandstone community get to come and have their say on the performance of the shire and its Council and I encourage anyone with an interest in the governing of the district to come and have your say. More details on the time of the meeting and the agenda will be posted on notice boards and the shire website in due course so keep an eye out for that.

Also, at the meeting Council endorsed the formation of a joint Local Emergency Management Committee with Mount Magnet shire which will allow the sharing of emergency management ideas and cut down on the amount of meetings Police, DFES and other state government agencies will have to attend. The risk profile of both shires is similar with likely emergency scenarios common to both shires. Meetings will be held alternately in Sandstone and Mount Magnet town sites.

An administrative change in the limits for issuing purchase orders for fuel purchases was also passed along with the usual finance items and the acceptance of the Works Supervisors monthly report.

Road Works

The seemingly ongoing flood damage repairs of recent years is coming to an end with contractors Alltrack finishing up final work on the Lake Barlee Road this month to complete repairs to roads damaged in heavy rainfall events in January and February 2017. Shire workers when they return to work will be camping out in Paynes Find and working on the southern sections of the Paynes Find-Sandstone Road, so please be aware and obey speed restrictions that will be in place to keep staff and yourselves safe during roadworks.

Harry Hawkins
Chief Executive Officer



SHIRE NEWS

SHIRE OF SANDSTONE
HACK STREET SANDSTONE WA 6639
PHONE: 08 9963 5802 FAX: 08 9663 5852
EMAIL: reception@sandstone.wa.gov.au

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

Dave's contact details are:-

Principal EHO/Building Surveyor
Shires of Leonora, Laverton, Menzies & Sandstone.

Phone- 9037 6044
Mobile- 0428376044

Email- healthbuilding@leonora.wa.gov.au

After the pump at the Caravan park decided to turn up its toes at the hottest time of the year, the issue arose that the gardens in the streets also drew from that water supply, and were at risk of dying. To prevent that from happening, the Fire Truck was utilised to keep the gardens around town and in the caravan park alive until the pump could be replaced.

Great work team !



BreastScreen WA

The Breast Screen bus will be in
Mount Magnet from 22nd—26th
February 2019

Please let either Lana or the girls in
the Shire office know if you are
intending to have a mammogram so
we can add you to the list and make a
group booking.

The bus will be travelling over, please
let us know if you would like to book a
seat.

Thanks.

20 Reasons to Start Your Morning with Eggs

When it comes to eggs, it seems we've been given scrambled messages. Many of us opt for egg whites over whole eggs because word on the street is that the yolk contains too much cholesterol and raises the risk of heart disease. The thing is, nutrition scientists now know that isn't really the case.

Now that we've expunged eggs' unhealthy record, we have to rebuild their reputation. And Eat This, Not That! is here to help. That's why we've rounded up the best reasons why you should add the mighty egg to your breakfast menu—beyond the fact that eggs are extremely convenient and versatile. Read on to learn more about the health benefits of eggs, and to blast fat fast—and live your healthiest, happiest life.

1. You'll Boost Your Immune System

If you don't want to play chicken with infections, viruses, and diseases, add an egg or two to your diet daily. Just one large egg contains almost a quarter (22%) of your RDA of selenium, a nutrient that helps support your immune system and regulate thyroid hormones. Kids should eat eggs, especially. If children and adolescents don't get enough selenium, they could develop Keshan disease and Kashin-Beck disease, two conditions that can affect the heart, bones, and joints.

2. You'll Improve Your Cholesterol Profile

There are three ideas about cholesterol that practically everyone knows: 1) High cholesterol is a bad thing; 2) There are good and bad kinds of cholesterol; 3) Eggs contain plenty of it. Doctors are generally most concerned with the ratio of "good" cholesterol (HDL) to bad cholesterol (LDL). One large egg contains 212 mg of cholesterol, but this doesn't mean that eggs will raise the "bad" kind in the blood. The body constantly produces cholesterol on its own, and a large body of evidence indicates that eggs can actually improve your cholesterol profile. How? Eggs seem to raise HDL (good) cholesterol while increasing the size of LDL particles (which are thought to be less dangerous than small particles).

3. You'll Reduce Your Risk of Heart Disease

Not only have eggs been found to not increase risk of coronary heart disease, but they might actually *decrease* your risk. LDL cholesterol became known as "bad" cholesterol because LDL particles transport their fat molecules into artery walls, and drive atherosclerosis: basically, the gumming up of the arteries. (HDL particles, by contrast, can *remove* fat molecules from artery walls.) But not all LDL particles are made equal, and there are various subtypes that differ in size. Bigger is definitely better — many studies have shown that people who have predominantly small, dense LDL particles have a higher risk of heart disease than people who have mostly large LDL particles. Here's the best part: Even if eggs tend to raise LDL cholesterol in some people, studies show that the LDL particles change from small and dense to large, slashing the risk of cardiovascular problems

4. You'll Have More Get-up-and-go

Just one egg contains about 15% of your RDA of vitamin B2, also called riboflavin. It's just one of eight B vitamins, which all help the body to convert food into fuel, which in turn is used to produce energy.

5. Your Skin and Hair Will Improve

B-complex vitamins are also necessary for healthy skin, hair, eyes, and liver. (In addition to vitamin B2, eggs are also rich in B5 and B12.) They also help to ensure the proper function of the nervous system.

6. You'll Protect Your Brain

Eggs are brain food. That's largely because of an essential nutrient called choline. It's a component of cell membranes and is required to synthesize acetylcholine: a neurotransmitter. Studies show that a lack of choline has been linked to neurological disorders and decreased cognitive function. Shockingly,



more than 90% of Americans eat less than the daily recommended amount of choline, according to a U.S. dietary survey.

7. You'll Save Your Life

Among the lesser-known amazing things the body can do: It can make 11 essential amino acids, which are necessary to sustain life. Thing is, there are 20 essential amino acids that your body needs. Guess where the other 9 can be found? That's right. A lack of those 9 amino acids can lead to muscle wasting, decreased immune response, weakness, fatigue, and changes to the texture of your skin and hair.

8. You'll Have Less Stress and Anxiety

If you're deficient in the 9 amino acids that can be found in an egg, it can have mental effects. A 2004 study published in *Proceedings of the National Academy of Sciences* described how supplementing a population's diet with lysine significantly reduced anxiety and stress levels, possibly by modulating serotonin in the nervous system.

9. You'll Protect Your Peepers

Two antioxidants found in eggs — lutein and zeaxanthin — have powerful protective effects on the eyes. You won't find them in a carton of Egg Beaters — they only exist in the yolk. The antioxidants significantly reduce the risk of macular degeneration and cataracts, which are among the leading causes of vision impairment and blindness in the elderly. In a study published in the *American Journal of Clinical Nutrition*, participants who ate 1.3 egg yolks per day for four-and-a-half weeks saw increased blood levels of zeaxanthin by 114-142% and lutein by 28-50%!

10. You'll Improve Your Bones and Teeth

Eggs are one of the few natural sources of Vitamin D, which is important for the health and strength of bones and teeth. It does this primarily by aiding the absorption of calcium. (Calcium, incidentally, is important for a healthy heart, colon and metabolism.)

11. You'll Feel Fuller and Eat Less

Eggs are such a good source of quality protein that all other sources of protein are measured against them. (Eggs get a perfect score of 100.) Many studies have demonstrated the effect of high-protein foods on appetite. Simply put, they take the edge off. You might not be surprised to learn that eggs score high on a scale called the Satiety Index: a measure of how much foods contribute to the feeling of fullness.

12. You'll Lose Fat

Largely because of their satiating power, eggs have been linked with fat loss. A study on this produced some remarkable results: Over an eight-week period, people ate a breakfast of either two eggs or a bagel, which contained the same amount of calories. The egg group lost 65% more body weight, 16% more body fat, experienced a 61% greater reduction in BMI and saw a 34% greater reduction in waist circumference!

13. You'll Protect Your Liver

B-vitamins aren't the only ovular micronutrients that contribute to eggs' beneficial effects on liver health. Eggs are also rich in the nutrient choline. (One large egg contains between 117 and 147 milligrams of the nutrient, depending on your cooking method of choice). A recent review explained that choline deficiency is linked to the accumulation of hepatic lipid, which can cause non-alcoholic fatty liver disease. Luckily, a *Journal of Nutrition* study found that a higher dietary choline intake may be associated with a lower risk of non-alcoholic fatty liver in women.

14. You'll Lower Risk of Type 2 Diabetes

Another side effect of choline deficiency and the subsequent accumulation of hepatic lipid is an increase in your risk of insulin resistance and type 2 diabetes

15. You'll Lower Inflammation

Eggs are a major source of dietary phospholipids: bioactive compounds which studies show have widespread effects on inflammation. A recent review published in the journal *Nutrients* connected dietary intake of egg phospholipids and choline with a reduction in countless biomarkers of inflammation. Lowering inflammation has widespread health benefits that range from lowering risk of cardiovascular disease to improving the body's ability to break down fat.

16. You'll Grow Stronger Nails

Are your nails brittle and break off easily? Consider incorporating more eggs into your diet. Why? They're an excellent source of biotin, a type of B vitamin which research suggests can help strengthen nails. The yolks have the largest concentration of biotin, so don't skimp on the yellow centre!

17. You'll Boost Your Brain Health

There are approximately 225 milligrams of omega-3 fatty acids in each egg. Omega-3 fatty acids are one of the most important healthy fats to have in your diet because they help prevent heart disease, arthritis, and osteoporosis. Research has also shown that omega-3s are beneficial for protecting against Alzheimer's disease and improving cognitive function.

18. You'll Raise Your HDL Cholesterol

Eating eggs is one of the best ways to increase your HDL "good" cholesterol levels. People with higher levels of HDL cholesterol have a lower risk for heart disease, stroke, and other health conditions. According to a 2008 study in the *Journal of Nutrition*, increasing your intake of dietary cholesterol from eggs can also help reduce the risk of metabolic syndrome, a precursor to type 2 diabetes.

19. You'll Maintain Good Sight

Aside from omega-3s and vitamin D, eggs are an excellent source of vitamin A and carotenoids, which has been shown to help prevent macular degeneration, the main cause of blindness in older adults. Vitamin A is also essential for boosting your immune system, promoting healthy hair and skin, and supporting a healthy gut.

20. You'll Build Lean Muscle

When you work out, your body needs protein to repair the tears in your muscle tissue from exercising. Eggs are a great post-workout snack or meal because just one has about six grams of the muscle-building macro. Whisk two into a scramble or an omelette with some veggies, and you have the perfect dish for getting lean and toned.



SANDSTONE REUNION 2019



PAST & PRESENT RESIDENTS

*Come and enjoy a relaxing day reminiscing
with old friends from Sandstone*

SUNDAY 3 March 2019

AT WHITEMAN PARK

Lord Street, Whiteman

MEET AT E2 SHELTER FROM 11.00 AM

COVER CHARGE Gold Coin donation

BYO - chairs, drinks, food

BBQ facilities available

Food available from the Park kiosk

Tea and coffee will be provided.

Don't Forget: your photos and short line or two of Sandstone times to share

Any queries contact: Lionel & Helen Heath

Phone: 08 9561 2221 Mobile: 0407 983 900

Email: lhelen@iinet.net.au

Address: 34 Tenggara Ave Two Rocks 6037

PLEASE PASS INFORMATION ONTO FAMILY & FRIENDS



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The Outback Shack

0474 102 474



**THE
DECADENT AND
DEPRAVED**



MEDIA RELEASE
For Immediate Release

1st December 2018

**Internationally acclaimed Western Australian film
The Decadent and The Depraved set for Telethon Fundraiser event.**

Multi-award-winning independent film *The Decadent and Depraved* is set to launch a public Telethon Community Screening event at Burswood outdoor cinema after its successful Australian and international theatrical season.

The debut feature length production from 21 year old Western Australian director and producer Jordon Prince-Wright has already taken the international film festival market by storm, **winning Best Independent Feature Film** along with 4 other awards at the Los Angeles Film Awards, **plus multiple others at festivals around the world including several Best Picture awards.**

Recently Jordon was the recipient of one of 15 international honourable mentions for the 'Hollywood New Directors' from the Director Guild of America.

The success enjoyed by *The Decadent and Depraved* has led to Jordon take the film back to the various communities it was filmed in as a thankyou and an additional way to support the communities outside of the production stage.

Jordon is now pleased to have the privilege of his film being shown as part of a Telethon fundraiser screening in association with the Telethon Community Cinemas; which is run by volunteers, raised over \$8.3 million and is now in it's 18th season. **This screening will be one very close to Jordon & the Prince-Wright Family's heart given his background with Princess Margret Hospital as a child.**

The screening will **include a red carpet meet & greet, plus a Q&A**, with Jordon and the leading cast of the film that includes stars from 'A Country Practice', 'McLeods Daughters', 'Home and Away', 'Cleverman', 'Latana', 'Hounds of Love' and more!

Where – Telethon Community Cinemas Burswood
Off Resort Drive, Burswood Parklands, Burswood WA 6100

When - Wednesday January 16th, 2019 @ 6:30pm

Tickets for the screening can be purchased online via the following link:
www.communitycinemas.com.au
or at the door.

More about the film

Made on a shoe-string budget of less than \$100,000, *The Decadent and the Depraved* was completed with no significant industry funding and was instead funded by various organisations such as Lotterywest, Western Australia's Business' and Country Shires. The production is the result of a

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collaboration of dozens of local creative's who came together to bring Prince-Wright's vision to cinematic reality. The result is a visually stunning film telling a gritty, old western tale about a game of cat and mouse set in colonial outback Western Australia.

Prince-Wright said "It has been a long journey from pre-production to now. We set out to transform Western Australia's gritty western-style past into a feature film. Watching the original western flicks as kids, our aim was to preserve the traditional filmmaking approach as much as possible," he explained.

"Whilst *The Decadent and Depraved* pays homage to both the traditional Western film and the true history of our state in the 1880s, it also pushes the boundaries of both the genre and 'historical accuracy' to create something unique and riveting."

For more information on the Telethon Screening of *The Decadent and Depraved* please contact:

Jordon Prince-Wright

Prince-Wright Productions

E: princewrightproductions@gmail.com

M: 0431 710 923

For Publicity Materials:

Press Kit, Publicity Stills and Poster can be found [here](#)

Direct Link: <https://www.dropbox.com/sh/at55yuxrxplb6ql/AADoD9zVUHGgnmrwiUL3DWQ1a?dl=0>

Special Shoot Imagery by Frances Andrijich can be found [here](#)

Direct Link: https://drive.google.com/open?id=1JbSNBS830hEHxvTNBnFfCzdmj_vtrZYA



MERRY CHRISTMAS

Brad and I wish you and your family a Merry Christmas and happy New Year!

Please stay safe on the roads this festive season.

I look forward to representing you all again next year.



Warm regards,

Melissa



Shark Bay and Sandstone successful with Stronger Communities funding

12 December 2018

Federal Member for Durack and Minister for the Environment Melissa Price is delighted to announce the successful recipients of the Stronger Communities Program Round 4.

"The Stronger Communities Program is a wonderful initiative for community organisations that have a project which could benefit from funding," Ms Price said.

"I'm delighted to announce that 14 organisations in my electorate of Durack have been successful for a variety of projects with a tourism focus, including one in the Gascoyne and one in the Murchison.

"These projects will increase tourism and will add economic benefit to the towns that have received the funding."

The Shire of Shark Bay in the Gascoyne received \$20,000 towards the design of a range of interpretive trails and lookout shelters to enhance visitors' appreciation of local marine, flora and fauna environments.

The Murchison Shire of Sandstone was given a boost of \$9,825 towards converting the old Sandstone school into an accommodation venue for interest groups that would potentially not use traditional or caravan park accommodation.

About the Stronger Communities Grants Program

The Stronger Communities Grants Program will deliver \$150,000 to fund small capital projects in the electorate of Durack over the 2018/2019 financial year.

Eligible applicants can apply for funding of at least \$2,500 and up to a maximum of \$20,000. Applicants must be able to demonstrate matched funding for the project, in cash or in-kind.

The co-funding grants will be available for capital expenditure on projects that deliver social benefits and improve community participation and cohesion.

The next round of the Stronger Communities Program will open in the New Year.

ENDS

Media contact: Sue Chiera (08) 9964 2195 | Mob: 0427 587 395 | Email: Susan.Chiera@aph.gov.au

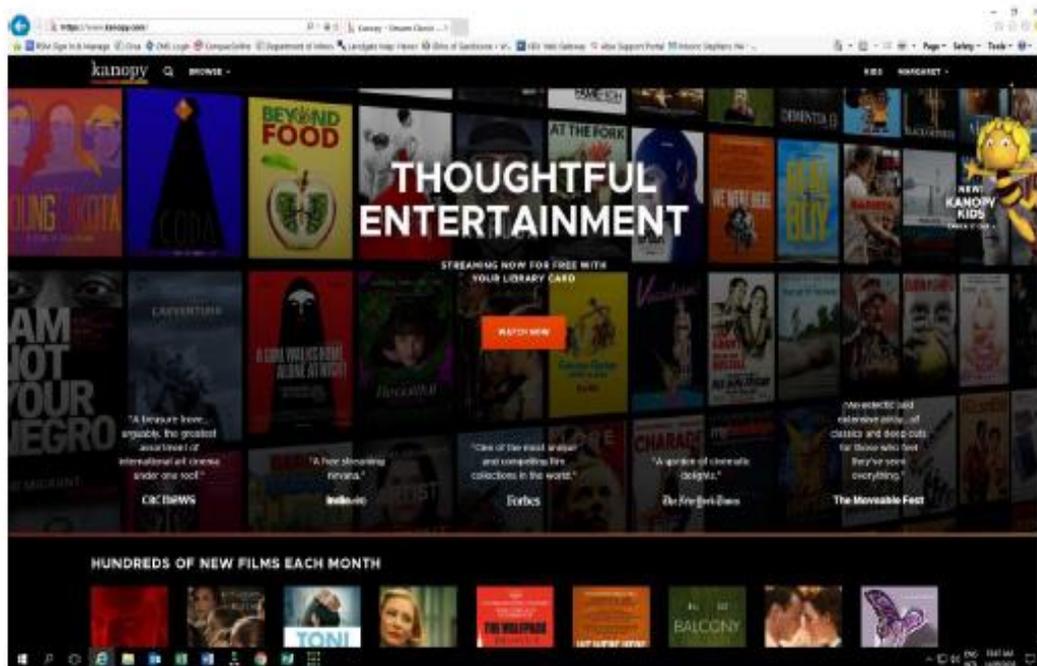
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 [Melissa4Durack](https://twitter.com/Melissa4Durack)

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HISTORY CORNER— An excerpt from the book

“Sandstone—from Gold to Wool and Back Again” by Sally L Senior

ACCIDENTS AND ILLNESS, continued —pg 159

House fires were always dreaded, with kitchen fires more frequent than others. This was largely due to the fact that long pieces of wood were often burned in the fire or stove, in the latter case with the end of the log propped on a box or chair, and fed into the fire as it burned. This was reasonably safe when the fire was attended, but when left, the wood frequently fell out onto the floor, scattering sparks and embers onto the walls, which were often made of dry brush and burned easily. Bough shed additions on houses were banned within the townsite of Sandstone, but at the camps out of town there were no such regulations. Mr and Mrs Woodall lived between the town and the mines. Their kitchen caught fire and was seen by neighbours, who fought it and put out the alarm. Fortunately, the kitchen was separate from the rest of the house: the former was completely destroyed while the latter remained unharmed.

Another reasonably common cause of burning was the carbide used to fuel acetylene gas lamps, which could catch fire after being accidentally wet. Mrs. E H Rowe was badly burned this way in 1910. Carbide was supplied in solid form, and had to be kept dry. Once any water came into contact with it, a chemical reaction took place very rapidly, which resulted in the highly inflammable gas, acetylene, forming. Any naked flame could ignite this, resulting in a very hot flame.

Another common type of burning accident was when Aborigines rolled or fell into the fires they used to keep themselves warm during the long, cold winter nights, especially when they were affected by alcohol supplied by Europeans. Women were more frequently burned this way than men. In 1913, an aboriginal woman named Tharra, alias Biddy, aged approx. 23 years, was severely burned while sleeping by a campfire. Her clothes caught alight and she ran into the bush, so it was some time before her friends could catch her and put out the fire. By this time, she had severe burns to her lower body, and died later in the Sandstone Hospital. Had she been wearing not clothes but the kangaroo skins that her forefathers would have worn before the coming of the Europeans, she would probably have only sustained minor burns.

Children were playing with crackers after the Guy Fawkes night bonfire opposite the hotel in the late 1920s, when one of the Sorensen boys put a lighted cracker down the shirt of little Arthur Stonehouse. It went off, badly burning Arthur's back. His mother rushed him to the hospital, where the matron ripped off his shirt, taking a lot of his back's skin with it. He screamed, naturally, and the matron reprimanded him for making a fuss. Needless to say, Mrs. Stonehouse could never get that child near the hospital again.

In more recent times, a man was severely burned when he was pouring petrol into the carburettor of a truck and it backfired, causing him to start back and spill the petrol all over himself, especially his cotton T-shirt. This caught fire, burning his head, neck and torso. There was no nurse in the town at that time, so he was driven by car to Yarrabubba Station, wrapped in wet sheets, and the doctor and a plane met them there. Up until that time, he had received no pain relief, so the pain must have been very severe. Sally Senior, who was not employed by the nursing post at that time but was a registered nurse, drove 17 miles to try to intercept the vehicle and give the patient some pain relief, but arrived at the crossroads to see their dust disappearing in the distance. They were driving much faster than she had been.

Even in the early days of the goldfields, communities had their 'identities' who lived, mostly alone in camps, on the outskirts of the small mining towns. These old men were very independent, and could only be taken to hospital when they were too ill to resist.

Thomas Simms, the night watchman for the Black Range Co. mill, was removed to hospital in late January 1908 on a Monday and died on the Wednesday. He was buried at Nungarra. John McGough (a pensioner commonly known as "Post Hole Jack") was found ill in his camp at Rafferty's Patch, 14 miles north-east of Sandstone, in January 1914 and taken to the Sandstone Hospital.

Industrial Accidents

Industrial accidents were by far and away the most common thing treated by the doctor or hospital, with most being related to mining in some form, and usually involving either the men falling down a mine shaft, or some piece of equipment falling on them. When it is considered that many of the mine shafts were over 100 feet deep, it is not hard to calculate the velocity of any missile that accidentally fell down them, and not surprising that so much damage was done. However, many shafts were not deep, being in the 20-60 feet range, where most of the higher grade ore was found, which may explain why some miners escaped serious injury following falls.

...../ to be continued



ARTABBY SCENTS
AROMATIC SOY CANDLES WITH
ATTITUDE 0400 778 501





SHIRE OF SANDSTONE
SERVE THE PEOPLE

COMMUNITY BUS TAKING PASSENGERS TO MT MAGNET

The Sandstone Community Bus will be travelling to Mt Magnet every four weeks for Shire business.

If anyone needs to travel to Mt Magnet, we usually have available seats. We can take a maximum of **6 passengers** so please book - please be aware that we adhere to a strict time schedule.

The bus will leave from the Sandstone Shire Administration office at **10am** and will leave Mt. Magnet opposite the IGA at **1.30pm** for the return trip home.

Please book your seat by contacting either Rhonda or Margaret at the Shire office ph. 9963 5802

The next bus will be Wednesday 30th January 2019



**A ham sandwich
walks into a bar
and orders a beer,**

**bartender says
"sorry, we don't
serve food here."**

**I JUST STEPPED
ON A
CORNFLAKE.
NOW I AM
OFFICIALLY
A CEREAL
KILLER.**



I saved him from ur Easter basket.



I saw what you did to chocolate bunny.

**I got expelled from school
on pajama day.
It's not my fault
I sleep naked.**



gapbagap.com



NATIONAL HOTEL—SANDSTONE

Lunch Menu

7 days a week 12pm—2pm

Ham and Salad Sandwich / Toasted \$7.50

Ham, cheese, tomato, lettuce, carrot, onion and mayo

All meals below are served with chips:

Extras—egg, cheese or bacon are \$1.50 each

Bacon and Egg Burger \$15.00

Bread roll, fried egg, bacon and sauce

Prospector Beef Burger \$15.00

Bread roll, beef patty, cheese, fried onion, salad and BBQ sauce

Chicken Burger \$15.00

Chicken patty, lettuce and Mayo

Steak Sandwich \$17.00

Steak, fried onion, salad and BBQ sauce

Fish and Chips \$17.00

Battered or Crumbed

Seafood Basket \$17.00

Whiting fillet, prawn cutlets, squid rings, scallop, crab bites, lemon & tartare sauce

Extras

Chips—Small: \$6.50 or Large: \$9.00

Gravy: \$3.50

NATIONAL HOTEL—SANDSTONE

Dinner Menu

7 days a week 6pm—8pm

Porter House / Rib Eye / T-Bone / Scotch Fillet

Steak, served with chips and salad or vegetables (add reef and beef \$7)
\$38.00

Chicken Schnitzel (Parma, Hollandaise or Plain)

Chicken Schnitzel served with chips and salad or vegetables
\$28.00

Chicken Kiev

Chicken Kiev, served with chips and salad or vegetables
\$24

Seafood Basket

Whiting Fillet, prawn cutlets, squid rings, scallops, crab bites, lemon & tartare
sauce,
Served with chips and salad
\$24.00

Red Emperor

Beer battered Red Emperor served with chips and salad or vegetables
\$25.00

Pizza

Meat Lovers, Bar B Q Chicken & Hawaiian + Garlic Bread (please allow cooking time)
\$25.00

Extras

Gravy—Beef, Mushroom or Pepper \$3.50
Fried Egg \$2.50

Kids Meals

Chicken Nuggets and Chips \$12.00 (comes with Busy Nippers Bag)

Please check out our Daily Specials on the specials board \$25 with dessert

Dessert

See Specials Board.....

Served with Icecream or Custard \$8.50



Recipe



Cheesy Bacon & Zucchini Fritters



Ingredients

- 8 shortcut bacon rashers
- 1 tablespoon extra virgin olive oil, plus extra, for shallow-frying
- 2 green onions, chopped
- 1 garlic clove, crushed
- 1 large (250g) zucchini, grated
- 200g orange sweet potato, peeled, grated
- 1 cup grated tasty cheese
- 1 1/2 cups self-raising flour
- 1 cup milk
- 2 eggs, lightly beaten
- Mixed salad, to serve
- Plain Greek-style yoghurt, to serve

Method

Step 1

Finely chop half the bacon. Heat oil in a small frying pan over medium heat. Cook chopped bacon, stirring occasionally, for 5 minutes or until just starting to turn golden. Add onion and garlic. Cook, stirring, for 2 minutes or until onion softens. Remove from heat. Set aside to cool.

Step 2

Combine zucchini, sweet potato and cheese in a large bowl. Add cooled bacon mixture and flour. Mix well. Add milk and egg. Season well with salt and pepper. Mix well to combine.

Step 3

Add enough extra oil to a large frying pan to reach 5mm up side of pan. Heat over medium heat. Spoon 1/4 cup batter into pan, spreading to form a round. Repeat 3 more times to make 4 fritters. Cook for 4 to 5 minutes each side or until golden brown and cooked through. Transfer to a tray lined with paper towel. Cover loosely to keep warm. Repeat with remaining batter, adding extra oil to pan when necessary.

Step 4

Meanwhile, reheat the small frying pan over medium-high heat. Add remaining bacon to pan. Cook, turning for 5 minutes or until golden and crisp. Drain on paper towel. Serve fritters with bacon, salad and yoghurt



Recipe



Healthy take on Ice Cream



Ingredients/Method

A healthy take on ice-cream – yes you read that right! To prepare this creamy (yet dairy-free!) treat, simply blend 2 large bananas, 1/4 cup pure cacao powder, 1 cup frozen raspberries and 1/2 cup coconut cream.

If you're a super sweet tooth, add an optional tablespoon of maple syrup or honey, then blend until smooth. Freeze, then serve between four bowls with some fresh raspberries on top.

FOR SALE IN SANDSTONE



12 - 14 Hack Street

2208sqm with 20x8 mtr shed and 6x4 extension with a 4 mtr veranda going the whole way along the front and side of the building, giving you excellent shade and protection.

Power, Bore (unlimited FREE water) mains is there if you wish.

Hot and cold water from gas heater. The quality of our bore water is excellent, no skin dryness, no smell and plenty of it.

Aircons, Large Pot belly fire, Toilet, Shower, Laundry with washer (used to be laundromat)

All been insulated with the standards required for insulation, windows, 4 entry and exits.

Loads of potential with an empty canvas inside and out.

Do what you want, be it business or pleasure and go gold detecting in this unique little town.

There are many old abandoned mines shafts around and hunting for old relics is so much enjoyment.

This property used to be the old fuel depot so it comes with the old bowser, diesel and ULP tanks the Dangerous goods licence is transferable so if you do decide to open the fuel again you can or not.

This also comes with VACANT Lots 804 + 805 Hack St sandstone - 1582 sqm

\$150,000

All enquiries to blackrangeservo@hotmail.com

Or phone : 0448 866 643

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Cue

Yalgoo

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Sandstone

PUBLIC NOTICE

Pastoralists and D.E.C. in the Sandstone and surrounding Shire's have an ongoing wild dog bait programme. Please be advised
BAITS WILL BE ON THE GROUND ALL YEAR ROUND

Also just a friendly reminder to keep your dogs locked up, or on a leash if out walking.

To avoid being penalised all dogs and cats must be kept in your yards or **on leads at all times.**
Please clean up after your dog!!!!

All dogs must be registered. If your dog is not registered, or if you are unsure when the registration expires, please contact the Shire office.

The RANGER is making more and more frequent visits to Sandstone.



When was the last time you visited your local library?

We don't just have books, there are DVDs and Audio books as well, so next time you are passing the office, pop in and have a look.

Directory of Services to Sandstone



OUTBACK ACCOMMODATION SANDSTONE

Luxury Motel Style Units
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Continental breakfast included

Chris & Mickey Evans

P/F 9963 5869
A 532 Thaduna St, Sandstone WA 6639
E outbackaccom@bigpond.com
UHF Channel 28





KARL IBBOTSON

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 Fax: (08) 9963 4074
 Mob: 0427 991 893
 Email: murchisonpower@bigpond.com.au
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Paul (Scruffy) Bennett

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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.



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



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

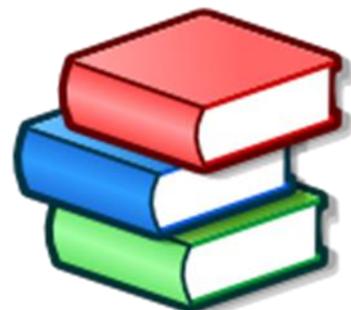
Please check your dog's registration or contact the Shire office to check if your dog's registration needs renewal

SANDSTONE LIBRARY

Open Monday—Friday 8.30am—4.30pm

Casual memberships welcome

- Interlibrary Loans
- Audio Books
- Internet access
- DVDs
- Fiction and non Fiction books



Community Bulletin Board



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

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

LEGAL ACTION WILL BE TAKEN FOR NON-COMPLIANCE

We are always after articles for the Bush Telegraph so if you have a story, a photo or maybe a birthday, or perhaps there is something you would like to see in your newsletter please contact Rhonda at the Shire office on email -

finance@sandstone.wa.gov.au

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 :)

Westcoast Seafood

Email: sjoppo@katel.net.au
Contact Stan to see when he will be in Sandstone next

Community Bulletin Board

Looking for Gold? Want to Prospect near Sandstone?

Please contact the Mt Magnet
Office of the Department of
Mines and Petroleum,
Cnr Hepburn and Richardson
St

Telephone (08) 9963 4509

Useful Sandstone Phone Numbers

Alice Atkinson Caravan Park 08 9963 5859
Main Roads - Road Conditions 13 81 38
(24 Hr Customer Contact Centre)

Mt Magnet Police 08 9963 3222

National Hotel 08 9963 5801

Outback Accommodation 08 9963 5869

**Sandstone Museum &
Visitor Information Centre** 08 9963 5061

Sandstone Nursing Post 08 9963 5808

**Shire of Sandstone Office
and Post Office** 08 9963 5802



SHIRE OF SANDSTONE
SERVE THE PEOPLE

Heritage Museum & Visitor Centre

**CLOSED UNTIL
EASTER
2019**



Ordinary Meeting of Council

The next meeting of Council will be held on **THURSDAY 28th February 2019** at 11.00 a.m.

The Agenda is viewable at the Sandstone Public Library and on-line at www.sandstone.wa.gov.au , once prepared.



SANDSTONE NURSING POST

IRVINE ST SANDSTONE

Nurse - Lana Lefroy 9963 5808 or 9963 5831

Health Services

MEDICAL SERVICES AVAILABLE IN WILUNA

The following medical services are available from visiting specialists through the Wiluna Medical Centre. These services are free of charge and are available to Sandstone residents and the travelling public.

To make an appointment for visiting specialists, contact Wiluna Medical Centre **9981 8600**

**Dental (Monthly)
Gynaecologist
Audiologist
Ear, Nose and Throat (ENT)
Cardiologist
Respiratory**

**Health and Well being services
Child Health Services,
Paediatrician**

SANDSTONE NURSING POST

IRVINE ST SANDSTONE

GP CARE BY PHONE IN RURAL WESTERN AUSTRALIA

Need to talk a GP and your regular doctor isn't available? A ReadyCare GP is just a phone call away.

1800 225 523

QUALITY GP CARE BY PHONE OR VIDEO

Sometimes you just can't get to your regular GP – such as when it's late at night, on weekends or when there is no GP in town.

That's why the WA Primary Health Alliance are working with Telstra ReadyCare® to offer GP care via phone or video for residents and visitors in [regional and remote communities](#) in WA's Great Southern, Wheatbelt, South West, Midwest and Goldfields regions.

A friendly and experienced Australian based GP can provide advice, diagnosis, treatment and prescriptions for a range of conditions including fever, vomiting, dehydration, cold and flu, pain and infections.

Just call 1800 225 523. It's as simple as that.

ReadyCare® cannot be used in emergencies or for life-threatening illnesses or injuries. If you require emergency assistance, call 000 for immediate help.

GP CARE IN JUST THREE EASY STEPS



Call ReadyCare on
1800 225 523



Share details and a summary of your
condition



ReadyCare GP will call you at your
appointment time

35



SANDSTONE NURSING POST

IRVINE ST SANDSTONE

Nurse - Lana Lefroy 9963 5808 or 9963 5831

Health Services

TELEPHONE HELP LINES

[Mental Health Emergency Response Line](#)

(formerly Psychiatric Emergency Team)

Perth WA 6000 Tel: 08 9224 8888

[RuralLink](#)

Tel: 1800 552 002

Emergency Numbers
RFDS
1800 625 800

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

RFDS DATES TO BE ADVISED



SANDSTONE NURSING POST

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

Physiotherapy Murchison Clinics 2019

Highlighted – To be confirmed/arranged

DATES	DESTINATION
Mon 14/01/19	Sandstone
Mon 11/02/19	Sandstone
Mon 11/03/19	Sandstone
Mon 8/04/19	Sandstone
Mon 13/05/19	Sandstone
Mon 10/06/19	Sandstone
Mon 8/07/19	Sandstone
Mon 12/08/19	Sandstone
Mon 9/09/19	Sandstone
Mon 14/10/19	Sandstone
Mon 11/11/19	Sandstone
Mon 9/12/19	Sandstone

JANUARY 2019

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
		1 Public Holiday	2 Shire office reopens	3 Nurse	4	5
6	7	8	9	10 Doctor	11	12
13	14	15	16	17 Nurse	18	19
20	21	22	23	24 Doctor	25 Shire RDO	26
27	28 Public Holiday	29	30 Bus to Mt Magnet	31 Nurse		

PLEASE NOTE: At the time of publication the Nursing Post roster is unconfirmed

Internet is available at Sandstone Library in the Shire building



**Monday—Friday
8.30am—4.30pm**

We don't have public WIFI but you can use our computers to access the internet

If you would like your event to appear on the Community Planner please contact the Shire of Sandstone Phone: 9963 5802 Fax: 9963 5852 Email: finance@sandstone.wa.gov.au