



BUSH TELEGRAPH

February 2026

FREE

The Shire of Sandstone
Hack St, Sandstone WA 6639
Ph: (08) 9963 5802 | Email: cso@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 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

FIRST AID

The Council has sponsored one-day first aid training to be held on **19 and 20 February**. It is essential that bookings are made. This is a great opportunity to learn or refresh basic knowledge in first aid. You may save the life of a loved one with what you can learn.



Welcome

I welcome new Deputy CEO Helen Cooper to the Sandstone Shire office. Helen has extensive knowledge of local government in many roles and in many different local governments, especially rural local governments. Helen also worked for a time in the former Sandstone Shire office, now the town hall.

Helen will be busy managing a variety of (government) compliance matters, strategic planning, auditing, reporting and more reporting to keep the government bureaucracy employed.

COMING UP

In the next month or two residents will be asked to partake in the review of the Sandstone Community Plan. This process gives residents the opportunity to put their ideas to the Council and have them considered. I advise though to be realistic as what you may want, may not be possible or practical.

Local Government Elections

The State Government is considering introducing 4year elections for Councillors, that is every 4 years all elected members go to election at the same time, rather than half and half that we have at present.

The government is also considering imposing compulsory voting in local government elections to give the illusion of democratic participation.

Will fines be imposed if you don't vote?
That's yet unknown.



Peter Money
Chief Executive Officer



Council meeting dates 2026

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

Meetings are open to the public.

2026

January	Special Meeting 15th
February	26th
March	26th
April	23rd
May	28th
June	25th
July	23rd
August	27th
September	24th
October	22nd
November	26th
December	16th



The Environmental Health Officer for the Shire of Sandstone is

Bill Atyeo

eho@mtmagnet.wa.gov.au

0483 350 133

IMPORTANT DATES

February 2026

 World Cancer Day	4th	
 World Radio Day	13th	
 Valentines Day	14th	
 Singles Awareness Day <i>LOVE YOURSELF</i>	15th	
 Chinese New Year	17th	
 Love Your Pet Day	20th	
 Mardi Gras	feb 20 - Mar 8	
 Be Humble Day	22nd	
 I Hate Coriander Day	24th	
Tongue Twister Day	26th	

Tongue Twisters !

- She sells seashells by the seashore.
- Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't very fuzzy, was he?
- Peter Piper picked a peck of pickled peppers. How many pickled peppers did Peter Piper pick?
- How much wood would a woodchuck chuck if a woodchuck could chuck wood?
- Supercalifragilisticexpialidocious!
- Billy Bob blabbered boldly.
- Near an ear, a nearer ear, a nearly eerie ear.
- Thirty-three thousand feathers on a thrush's throat.
- Selfish shellfish.
- Roberta ran rings around the Roman ruins.
- If a dog chews shoes, whose shoes does he choose?
- A happy hippo hopped and hiccupped.
- Top chopstick shops stock top chopsticks.
- How many yaks could a yak pack pack if a yak pack could pack yaks?
- The great Greek grape growers grow great Greek grapes.
- Betty Botter bought some butter, but she said, "The butter's bitter. If I put it in my batter, it will make my batter bitter."
- How can a clam cram in a clean cream can?
- No need to light a night-light on a light night like tonight.
- Mr. See owned a saw, and Mr. Soar owned a seesaw. Now, See's saw sawed Soar's seesaw before Soar saw See, which made Soar sore. Had Soar seen See's saw before See sawed Soar's seesaw, See's saw would not have sawed Soar's seesaw.
- To sit in solemn silence in a dull, dark dock, in a pestilential prison, with a life-long lock, awaiting the sensation of a short, sharp shock, from a cheap and chippy chopper on a big black block!
- One-one was a racehorse. Two-two was one, too. One-one won one race. Two-two won one, too.
- Luke's duck likes lakes. Luke Luck licks lakes. Luke's duck licks lakes. Duck takes licks in lakes Luke Luck likes.
- Of all the felt I ever felt, I never felt a piece of felt which felt as fine as that felt felt, when first I felt that felt hat's felt.
- Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?
- Silly Sally swiftly shooed seven silly sheep. The seven silly sheep Silly Sally shooed shilly-shallied south. These sheep shouldn't sleep in a shack; sheep should sleep in a shed.
- I'm a mother pheasant plucker, I pluck mother pheasants. I'm the most pleasant mother pheasant plucker to ever pluck a mother pheasant. I'm not the pheasant plucker, I'm the pheasant plucker's wife; I've been plucking mother pheasants my whole pheasant plucking life. I'm not the pheasant plucker, I'm the pheasant plucker's mate; I'm only plucking pheasants 'cause the pheasant plucker's late.
- Crouching cautiously, Carmen collected curious crickets.
- Brisk, brave brigadiers brandished broad, bright blades, blunderbusses, and bludgeons, balancing them badly.
- How much caramel can a canny cannonball cram in a camel if a canny cannonball can cram caramel in a camel?
- Violet vixens viciously vow to vex the vexation in Valencia.
- The seething sea ceaseth, and thus the seething sea sufficeth us.
- Pad kid poured curd-pulled cod.
- Imagine an imaginary menagerie manager managing an imaginary menagerie.
- Which wristwatches are Swiss wristwatches?
- The sixth sick sheik's sixth sheep's sick.
- Six shy shysters, shyly shy six shy oysters.
- Lesser leather never weathered wetter weather better.
- Eddie edited it.
- Sheena leads, Sheila needs.
- Toy boat. Toy boat. Toy boat. (Keep repeating)
- He threw three free throws.
- Smelly shoes and socks shock sisters.
- Tie twine to three tree twigs.
- Kitty caught the kitten in the kitchen.
- Eleven benevolent elephants.
- I wish to wash my Irish wristwatch.
- Pick six beaks, seek big peaks.
- Betty loves the velvet vest best.
- Blue blob, black blob.
- Quaint quails quietly quiver and quake.
- Four furious friends fought for the phone.

For more information on each event visit the amazing website: www.astrotourismwa.com.au

February Stargazing

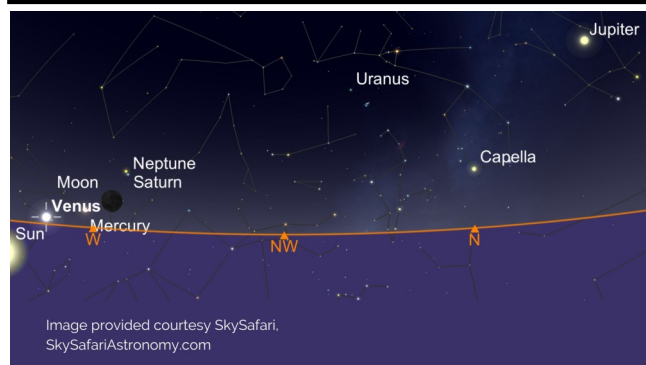


The Alpha Centaurids Meteor Shower gets its name from the apparent origin of the meteors, in this case, the constellation of Centaurus, which rises in the south eastern sky at this time of year. This means that the meteors will appear to come from a south easterly direction. It is a result of Earth passing through the debris left by an unknown celestial object. Usually it's the trail of debris left behind by a comet or other celestial body that has come into our solar system. In the case of the Alpha Centaurids, it's not currently known what body it was.

The Alpha Centaurids Meteor Shower usually produces about 6 meteors per hour, and the higher the meteor shower gets in the sky, the higher the number of potentially visible meteors. Most of the Alpha Centaurid meteors will be quite faint, so darker surroundings makes it easier to see them.

When and where to look:

The peak of about 6 meteors per hour is from 7th-8th February. Look towards the south east and below the Southern Cross. The Alpha Centaurids Meteor Shower is active from 28th January to 21th February.



If you've dreamed of ticking multiple planets off your bucket list in the one night, here's a great chance! The Sun will have only just set, but you should still be able to catch a glimpse of Venus and Mercury very low on the western horizon before they disappear from view. As the sky darkens, Saturn and Jupiter will be visible to the naked eye. To see Neptune and Uranus, you'll need a pair of high magnification binoculars or a medium sized telescope.

When and where to look:

7.30pm, 19th February. Look to the western horizon and higher up in the north west, northern and north eastern sky.

Something Interesting:

Planetary alignments, when multiple planets are visible across the night sky in the one evening, happen on a fairly regular basis. There's always a bit of excitement when it occurs. Planetary alignments of seven planets is rarer than an alignment of six. It's much rarer still to witness many planets grouping together in the same area of sky. You might have a conjunction or grouping of two planets together, but when five get together, it's breathtaking! It's been calculated that a planetary quintuplet will occur on the evening of 8th September 2040! Venus, Jupiter, Saturn, Mars and Mercury, all naked-eye visible planets, will appear near a very thin crescent Moon after sunset. The bright star of Spica will top of the impressive lineup!



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.

Congratulations to the winners of the Christmas Lights Competition !

1st prize went to Keith and Freda May.

2nd prize to Karan Heath.

Well done Keith, Freda and Karan, your displays looked amazing.

Thank you to everyone who put up lights making Christmas in our community that extra bit special for residents and visitors to enjoy.

Beth Walton



Great Food Great Company Great Fun

The town Christmas Party held on the 13th December was a great night with around 45 people coming along to enjoy the festivities.

Thank you to Karan Heath, Karen O'Keefe, Bobby, and Bill for helping decorate the Rec Centre, creating Christmas cheer for all to enjoy. Big thanks also to everyone who helped with food preparation, providing sweets and cleaning up at the end of the evening.

Our community may be small, but it's magic when we all get together to make things happen.

Thanks everyone.

Beth Walton





NOTICE (updated)

Local Law Review Recommendations and Background

The Shire is required to complete a periodic review of its local laws to determine whether or not they should be repealed or amended.

The following local laws will be reviewed at the ordinary meeting of Council in April 2026:

1. Shire of Sandstone Local Government Property Local Law
2. Shire of Sandstone Activities in Thoroughfares and Public Places and Trading Local Law
3. Shire of Sandstone Bush Fire Brigades Local Law 2015
4. Shire of Sandstone Extractive Industries Local Law
5. Shire of Sandstone Meeting Procedures Local Law 2015
6. Sandstone Public Cemetery Local Law 2003
7. Shire Of Sandstone Health Local Law 2003
8. Shire od Sandstone Dogs Local Law 2016

Copies of the local laws are available for download under the 'Document Library'. Alternatively, copies of the local laws to be inspected at the Shire of Sandstone: Administration Centre 23 Hack Street Sandstone, Monday to Friday 8am - 5pm

Public submissions close: Wednesday 25 March 2026 at 4pm.

Following the close of the submission period, your feedback will be reviewed and presented to Council, who will decide whether to retain, repeal or amend each local law.

**Shire of Sandstone
Deputy Chief Executive Officer
28/01/2026**



NOTICE

ANNUAL GENERAL MEETING OF ELECTORS

The Annual General Meeting of Electors will be held in the Council Chambers, Hack Street, Sandstone on **Thursday, 26 February 2026 at 3.00pm**

Order of Business

- 1) Opening
- 2) Attendance and apologies;
- 3) Confirmation of the minutes of the General Meeting of Electors held on 27th February 2025;
- 4) General Business
- 5) Closure

In order that the relevant information may be readily available at the meeting, it would be appreciated if questions could be submitted in writing by Thursday 19th February 2026.

The 2024/2025 Annual Report

is now available for inspection on the Shire of Sandstone website or at the Shire Administration Office/Library.

Peter Money
Chief Executive Officer
Shire of Sandstone



First Aid Training Opportunity

20th February 2026

8:30am to 4:30pm

At the Sandstone Recreation Centre

The Shire of Sandstone invites community members to attend basic first aid training provided by St John.

This one-day course is **free** to residents with fees covered by the Council.

Please contact the Shire Offices for all information and to book your spot asap.

Bookings are essential.

Please phone (08) 9963 5802 or;

Email cso@sandstone.wa.gov.au or;

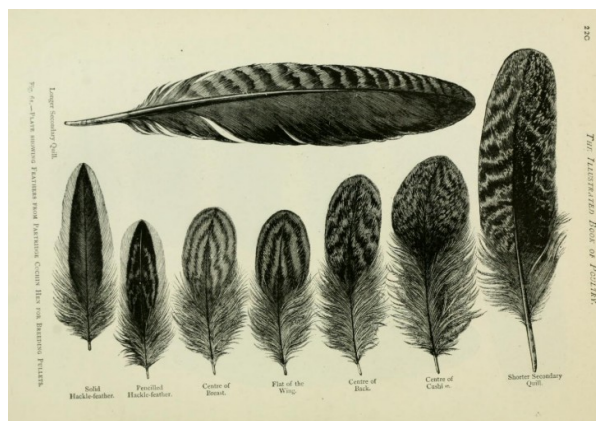
Come into the Office.



QUEEN VICTORIA AND HER CHICKENS

Queen Victoria was captivated by watching her seven chickens in their custom enclosure. While royalty are not known for admiring poultry as do farmers, in 1842 Queen Victoria started what would become an international craze for fancy chickens, just because they were beautiful to look at. (This craze was named ‘Hen Fever’)

One of her favorite were Cochin chickens or “Cochin China Fowl.” They’re attractive birds, weighing up to a hefty 11 pounds with soft and voluminous plumage with long and loose feathers. The feathers on its legs are one of the most distinctive features. Males are multi-colored, with patches of saturated copper and black feathers that extend down to their feet. Long, iridescent tail feathers set off the rest of the attractive bird, especially for Europeans in the 1800s who had never seen such a creature before, and of course never thought to own one.



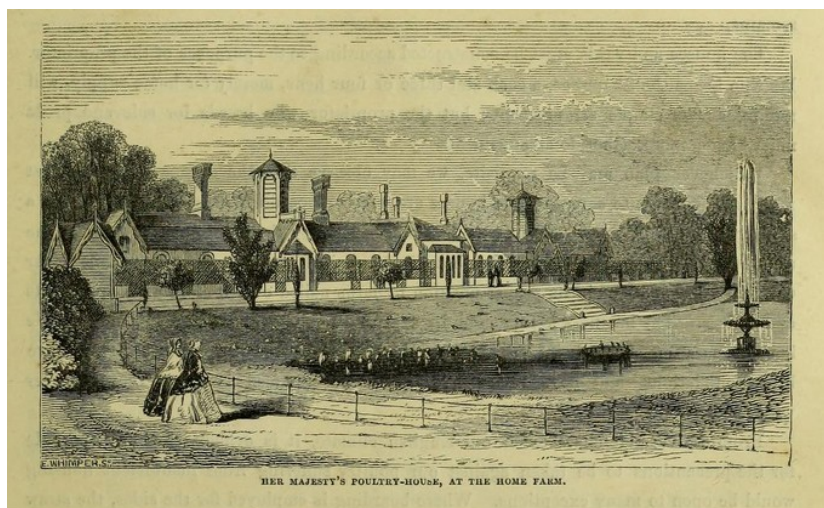
Queen Victoria was inspired to increase her collection and show it off. Since she lacked a convenient way to blog about her pets, she mailed eggs to the members of the royal family. Word spread to Europe’s upper classes that chickens were the thing to have and soon everyone was clamoring for exotic fowl to show off to their peers. **HEN FEVER!**

Did You Know: Domesticated chickens are descended from the red junglefowl. Genomic studies estimate that the chicken was domesticated 8,000 years ago in Southeast Asia and spread to China and India 2000–3000 years later and dispersed around the world. Through natural and selective breeding, a wide variety of breeds now exist, perhaps 500 worldwide.

Queen Victoria and Her Chickens - Ornithology

ornithology.com

Partridge Cochins



Queen Victorias Poultry House, circa 1850s

The Butterfly Effect:

In his landmark work, *On the Origin of Species*, Charles Darwin used the domesticated chickens he acquired after the collapse of “hen fever” in 1855 to help make his case for his theory of natural selection.

NOTICE - Nurse Post and RFDS Clinic

The Sandstone Nurse (Lana Lefroy) will be away for the following dates:

19th March - Dr Phil King still attending.

26th March - Post Closed

2nd April - No Dr scheduled yet, depends if they can get one.

Appointments will be on a first-in first-served basis as bookings are unable to be made while the nurse is on leave.

Congratulations to Lana who will be welcoming a new grandbaby into the world ! Enjoy this special time with your family.

Nurse Contact:

Lana Lefroy

Registered General Nurse

WA Country Health Service Midwest

Payne St, Sandstone. WA. 6639

T: (08) (08) 9963 5808 | F: (08) 9963 5808 |

Join our Talent Community



Census

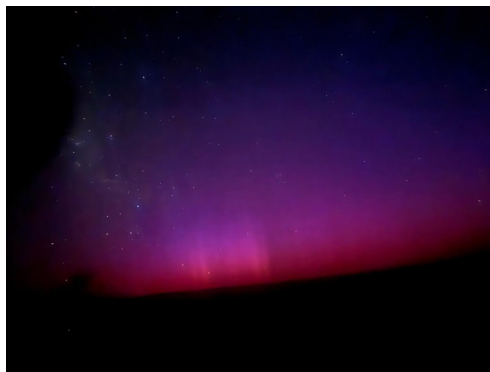
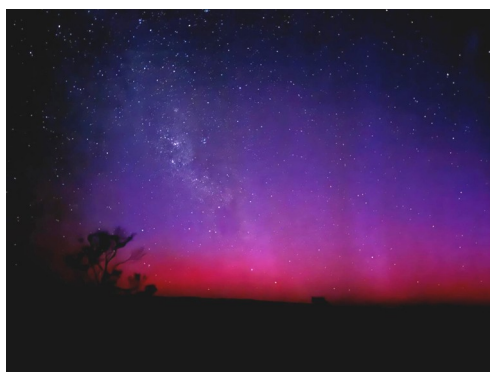
- ✓ 30,000 Census jobs available
- ✓ Temporary, flexible work close to home
- ✓ Get notified when jobs open

Let the jobs come to you at
census.abs.gov.au/jobs



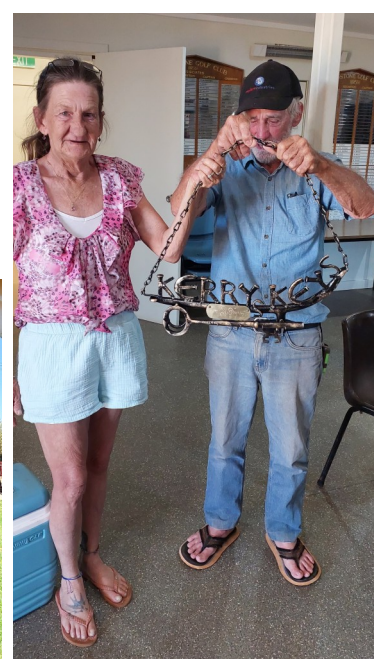
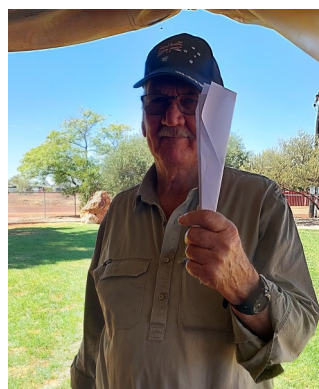
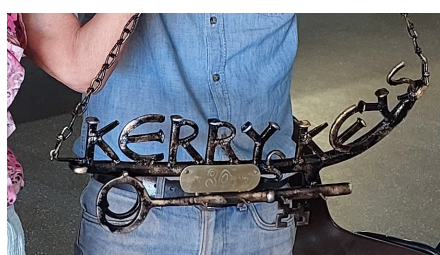
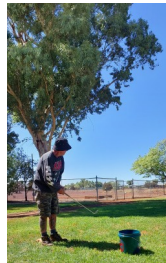
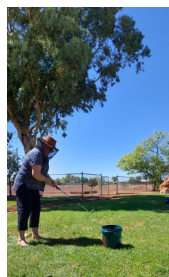
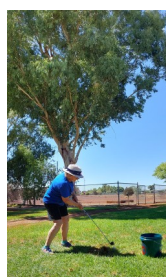
Community Photos

Please send your photos to cso@sandstone.wa.gov.au by the 25th for publication in the next Bush Telegraph



Left: Australis Borealis near London Bridge by Lachlan Brown

Below: Australia Day Photos - Chip into the bucket, paper plane throw, games, emu, Kerry Keys 80th Birthday Gift made by local Andy



Community Photos

Please send your photos to cso@sandstone.wa.gov.au by the 25th for publication in the next Bush Telegraph

Australia Day

The community came together to celebrate Australian Day starting with a good Aussie breakfast followed by some outdoor games.

Huge thank you to Karan Heath who was up at the crack of dawn to help cook breakfast.

What a trooper you are Karan!

Game Winners below:

Rabbit Trap Throw

Blokes 1st Todd Murat
2nd David Lefroy

Sheila's 1st Tegan Brown
2nd Steph Brown

Rolling Pin Toss

Blokes. 1st Nathan
2nd Lachlan Brown

Sheila's. 1st Tegan Brown
2nd. Karan Heath

Chip into Bucket.

Karan Heath

Paper plane Throw

1st Eva Johnstone
2nd. Brett Newman

When We Were Young- Guess Who?

Lana and Steph

Kerry Key also celebrated his 80th Birthday on Australia Day with cakes made by Jules and Margaret, and a photo display on TV provided by Margaret. Happy Birthday Kerry.

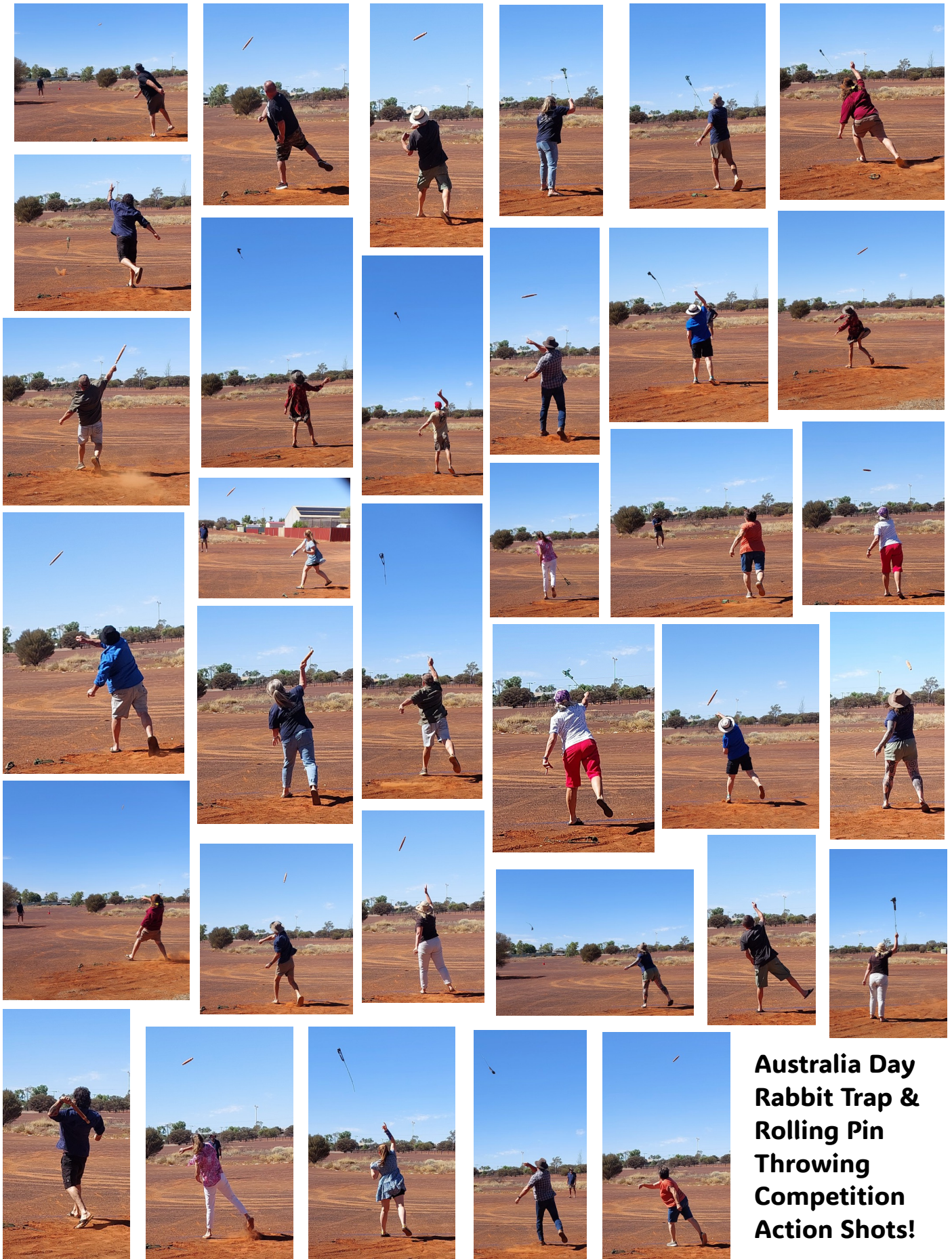
Great turnout and good fun had by all.

Beth Walton
Shire President



Community Photos

Please send your photos to cso@sandstone.wa.gov.au by the 25th for publication in the next Bush Telegraph



**Australia Day
Rabbit Trap &
Rolling Pin
Throwing
Competition
Action Shots!**

BUILD YOUR OWN SALAD

Use the chart below to build your own salad and find your favourite combinations!

1

Green Base

Spinach, kale, lettuce, rocket.



2

Toppings

Fruits or vegetables.



3

Proteins

Chicken, tuna, chickpeas, brown rice.



4

Variety

Nuts, seeds, avocado, cheese.



5

Dressing

Keep your salad light by adding an olive oil based dressing. Mix olive oil and balsamic vinegar or lemon juice together.



HealthbyDesign



More great salad building ideas!

Greens

Used individually, combined or a store bought blend.

- Lettuce
- Rocket
- Parsley
- Spinach
- Cabbage
- Herbs: (fresh or dried) basil, oregano, dill, parsley, coriander)

Toppings

Fruits and vegetables, raw or cooked.

- Capsicum
- Cucumbers
- Carrots
- Celery
- Avocado
- Tomato
- Butternut pumpkin (cooked)
- Mushrooms
- Zucchini (cooked)
- Cauliflower
- Green beans (cooked)
- Broccoli
- Beetroot
- Berries
- Sliced apple or pear

Proteins

Used individually or in combination.

- Chicken (prepared in a variety of ways)
- Steak / Beef (prepared in a variety of ways)
- Fish (tuna, salmon, prawns, whiting)
- Tofu
- Eggs
- Legumes: black beans, kidney beans, lentils, chickpeas.

Variety

Use to add flavour and variety to your salads.

- Seeds: sunflower, pumpkin, chia, flax.
- Fruit: berries, apples, pears, cherries, oranges or mandarins.
- Picked vegetables: pickles, peppers, beetroot, red onion.
- Nuts: cashews, walnuts, pecans, almonds.

Favorite Salad Combinations:

Sweet & Spicy:

- Rocket
- Strawberries, sliced
- Fresh jalapenos, chopped
- Blueberries
- Cucumber
- Green capsicum
- Red onion, sliced

Root Veg & Apples:

- Shredded beetroot
- Shredded carrots
- Cubed granny smith apples
- Unsweetened apple juice

Powerful Protein:

- Cos lettuce, chopped
- Baby spinach
- Grilled or canned salmon
- Sliced avocado
- Cucumber
- Red onion, sliced
- Sunflower seeds
- Optional: quinoa or grilled chicken

Roasted veggie & greens:

- Chopped kale (massage with oil)
- Chopped parsley
- Tomatoes
- Chick peas
- Cooked quinoa
- Roasted sweet potato & cauliflower
- Cooked capsicum & carrots
- Optional: feta cheese & grilled chicken

Amounts vary based on desired servings.



WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



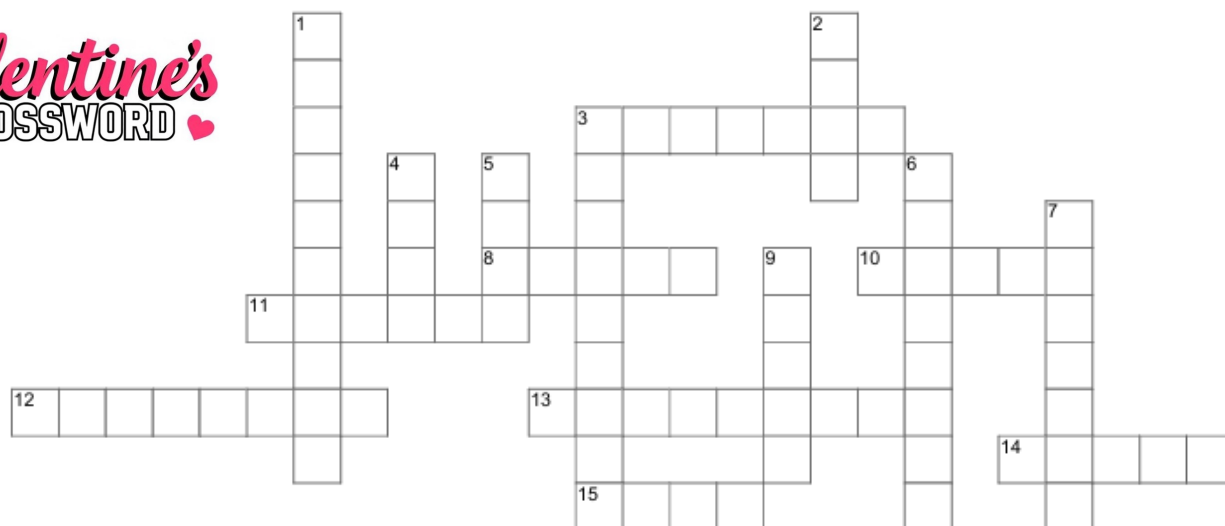
ADORE
AFFECTION
ARROW
CANDY
CARD
CHOCOLATE
CUPID
DATE
DAY

FLOWERS
FRIENDS
GIFTS
HAPPY

HEART
HUG
JEWELRY
KISS

LOVE
NICE
PINK
POEM
PRESENT
RED
ROMANCE
ROSE
SWEETHEART

Valentine's CROSSWORD



HORIZONTAL

3. A present to show our love and appreciation.
8. Having a pleasing flavor; not sour or bitter.
10. Uses arrows to make people fall in love.
11. Closest confidant.
12. The month of love and winter's embrace.
13. Favorite type of candy.
14. Symbol of love.
15. A pale shade of red.

VERTICAL

1. A affectionate nickname for someone you cherish.
2. A simple expression of affection.
3. A special bond between two individuals.
4. Something given to celebrate a special occasion.
5. Symbol of love, delicate and fragrant.
6. A number.
7. A person who considers another individual to be exceptional.
9. Can actually contribute to feel happier.

Mosquitos driving you crazy?

The Shire provides residents with free mosquito treatment sachets.
Come into the Administration Office to collect yours!

It is suggested to flush them down the toilet on a semi-regular basis.

SumiLarv®

SumiLarv™ 0.5G | Vector Control

www.sumivector.com/sumilarv-05g

STORYTOWNS

Sandstone has collaborated with StoryTowns to produce an audio town tour showcasing seven sites of interest.

The app is free to download and listen ! There are some paid audio guides further afield but all Sandstone and most of our nearby towns have completely free access so everyone can enjoy.

Go on, give it a listen!



DOWNLOAD APP



Told by locals

Whether you're driving through scenic routes, strolling down bustling city streets, or using public transport, let Storytowns audio guides narrate the sites and towns around you. Storytowns collaborates with communities to craft immersive audio guides, offering authentic travel tales from the heart of each neighborhood. Simply download our app and explore the world with Storytowns.

Lawn Bowls

Sandstone Community Rec Centre

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 — Now running monthly



Please contact the shire office to confirm times/dates and to book .

(08) 9963 5802

The monthly runs are subject to booking numbers (minimum of 3) and availability of drivers.





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



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 drivers license, 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 hrs. 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@stjohnwa.com.au

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



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

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



Meekatharra RFDS Flying clinics 2026

FEBRUARY

Thursday 5TH SANDSTONE Dr. Phil King

Thursday 19TH SANDSTONE Dr. TBC

MARCH

Thursday 5TH SANDSTONE Dr. Rebecca Warren

Thursday 19TH SANDSTONE Dr. Phil King

NOTICE

The nurse (Lana) will be away on the 19th March - Dr. Phil King will still attend, however, it will be on a first-come-first-served basis as bookings are unable to be made.

Also, please note that the nurse post will be closed on the 26th March.

Also, please note that at this time the clinic on the 2nd April has no Dr. scheduled.

Dental TBA



Government of **Western Australia**
North Metropolitan Health Service
Dental Health Services

Health Services



SANDSTONE NURSING POST

IRVINE ST SANDSTONE

Nurse - Lana Lefroy 9963 5808 or 9963 5831



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

Phone 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

(08) 9940 3222

For the Police, Fire and Ambulance call:

000

Sandstone is a remote township which currently has
NO EMERGENCY MEDICAL HEALTH SERVICE

If you require EMERGENCY MEDICAL ASSISTANCE call:

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 on Thursday
9:00am - 11:30am.

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

POST OFFICE SERVICES

Australia Post (Regular Mail)

Delivered Tuesday & Thursday - Pick-up after 12noon

Freight (Toll)

Delivered Wednesday & Friday - Times vary

Sandstone Shire Burning Periods



Restricted: Burning Permits are needed during this time.

1st October - 14th December (inclusive) & 1st April - 30th April (inclusive)

Prohibited: Burning is not permitted during this time.

15th December - 31st March (inclusive)



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 and are fatal to dogs

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



EC 006509

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

Gas bottles available through the Shire of Sandstone Office. (8.5 and 45kg - Exchange only)



JPB Contracting

Paul (Scruffy)
Bennett

Ph: 0427 841 888



CAUTION

**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**

**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 .

Westcoast Seafood

Email: coral@westcoastseafood.com.au

Directory of Services

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

Midwest Mental Health and Community Alcohol and Drug Service

1800 051 999

www.wacountry.health.wa.gov.au



Meekatharra

Mental Health Meekatharra Hospital
Savage Street
Meekatharra WA 6642
Telephone: 1800 051 999
Facsimile: 9956 1998

Midwest, Murchison and Gascoyne
Regional visits are conducted regularly
Telephone: 1800 051 999
Facsimile: 9956 1998

Directory of Services

ACCOMMODATION

OUTBACK ACCOMMODATION SANDSTONE

(08) 9963 5869

outbacksandstone@gmail.com



THE BREAKAWAY

**SHORT AND LONG TERM
ACCOMMODATION**

Phone 0419 910 310
or book direct on Airbnb



The National Hotel

Rooms can be booked by
calling: **(08) 9963 5801**

Please note that no food or bar
services are available at this time.



FOOD IN SANDSTONE

THE SANDSTONE GENERAL STORE AND CAFE



Monday to Friday 8AM - 4PM / Saturday 8AM - 2PM / Closed Sundays

A wide range of pantry and grocery items including fresh fruit, vegetables, dairy, meat, snacks, drinks and tobacco. Under new management by locals, Jamie and Siobhan, it has been wonderfully renovated and decorated with interesting curiosities.

Please note: opening times and days vary throughout the year

OUTBACK ACCOMMODATION



Outback Accommodation has an on site shop offering a selection of heat-and-eat meals plus basic pantry needs, canned goods, toiletries, fresh milk, eggs and ice.

Located on the corner of Oroya St and Thaduna St.

Open 7 days - phone: (08) 9963 5869



THE POST OFFICE CAFE

CLOSED

Please note: opening times and days vary throughout the year

Community Bulletin Board

Ordinary Meeting of Council

**The next Ordinary Meeting of Council is
Thursday 26th 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

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

Email: cso@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

Website: www.ewarotary.org.au

Facebook: www.facebook.com/ewarotary

Phone: 0408 802 490

Community Group Name:

E-WA Rotary—Kerry O'Shea
rotaryewa@gmail.com

We'd love to hear from you :)

TELSTRA PRIORITY ASSIST SERVICE

<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.

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.

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



HERITAGE MUSEUM & VISITOR CENTRE

Closed for the season

Opens seasonally from around April to October

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
General Store and Café	0427 934 620
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



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

Heritage Museum & Visitor Centre

Closed for the season .

(Runs seasonally April –Oct)



**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



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)

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 cso@sandstone.wa.gov.au

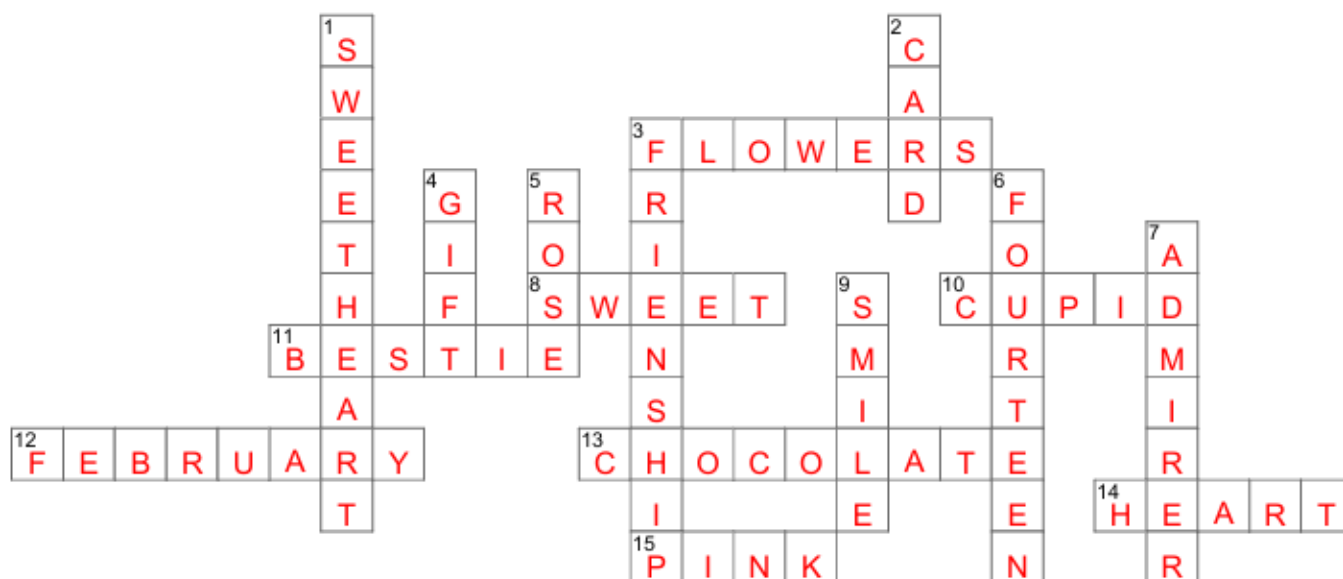
Do you know where the DEFIBRILATORS are in town?

They can be found at the following locations:

1. Out the front of the Shire Administration Office.
2. Out the front of the Caravan Park Office.
3. Out the front of the General Store.
4. Inside Outback Accommodations Office.
5. On the West side wall of the Recreation Centre.

Please take note of their location—just in case!

Puzzle Solutions



HOW WALKING SHAPES YOUR ENERGY SYSTEMS.

➔ Cellular Health



Regular walking stimulates the production of new mitochondria - your cellular power plants. It also helps existing cells to work more efficiently.

Mitochondria are where glucose and fat are converted into usable energy, and walking directly enhances your ability to generate energy at the cellular level.

➔ Support Circulation



Walking raises heart rate and the muscles contracting in your legs act like a pump, pushing blood back towards your heart. This increases circulation.

Better circulation means improved delivery of oxygen and nutrients to every part of your body - fuelling the oxidative energy system and ensuring waste products are removed efficiently from your body.

➔ Active Recovery



When you slow down with gentle walking, it allows energy stores (phosphocreatine stores) to be replenished and lactate in the muscles to be cleared.

When you start moving, even by simply standing up, your body immediately uses energy from your supply. Replenishing these energy stores is crucial so your muscles are ready for the next time you need quick energy. Active recovery gives your body the opportunity it needs to recharge.



MORE THAN JUST EXERCISE.

Walking is often underestimated, but it plays a foundational role in how your body manages, produces, and conserves energy across multiple systems. When you walk (or perform any other form of cardio exercise) at a brisk pace it strengthens your aerobic energy system, which improves endurance and ensures the body can sustain activity without fatigue. It assists the body's ability to efficiently use oxygen as fuel. In addition, it enhances circulation by improving heart strength and blood vessel flexibility, ensuring oxygen and nutrients are delivered efficiently to working muscles.

When you take a brisk walk after meals it improves how your body processes glucose and encourages the body to tap into fat as an energy source. Both of these processes are important for your overall health and they promote metabolic flexibility, meaning the ability to switch between fuel sources for energy. Walking after eating also reduces large spikes in blood sugar, protecting against insulin resistance (Diabetes) over time. It also helps clear triglycerides from the bloodstream, improving lipid metabolism and supporting long-term cardiovascular health.

Gentle rhythmic walking assists in lowering cortisol and brings balance to the nervous system. It can calm the sympathetic response (fight or flight response) which promotes repair and recovery. Alternating between light walking and short bursts of speed walking improves both energy use and energy restoration, becoming a vital tool in maintaining steady energy throughout the day.

In short, walking is a low-intensity, high-return practice that supports metabolic health, balances stress, and improves recovery. It is one of the simplest and most powerful ways to keep energy flowing efficiently across every system in the body.

The Bush Telegraph is available digitally on the Shire of Sandstones website

www.sandstone.wa.gov.au/community/the-bush-telegraph

Send Me An Email!



Do you have a picture to share?

A story to tell?

An event to promote?

Or just a question?

Send me an email at cso@sandstone.wa.gov.au

Shire Website



Visit the Shire of Sandstone website for information on Town Services, Council, Community, Tourism, Events and News.

www.sandstone.wa.gov.au

Road Conditions



Road conditions are published on the Shire of Sandstone website.

The bitumen road between Mt Magnet and Leinster is maintained by Main Roads.

Our Road condition report includes the following sections within the Sandstone Shire Boundary only:

Sandstone—Youanmi—Paynes Find (Via Gravel)

Youanmi—Mt/Magnet (Via Gravel)

Sandstone—Menzies (Via Gravel)

Sandstone—Meekatharra (Via Gravel)

Sandstone—Wiluna and Gidgee (via Gravel)

Sandstone—Yeelirrie (Via Gravel)

Heritage Trail (Gravel)

The website also has the contacts for nearby shires where you can check on the condition of connecting segments

COLOURING PAGE



Design: @cdaviesart (Instagram) using Piktochart

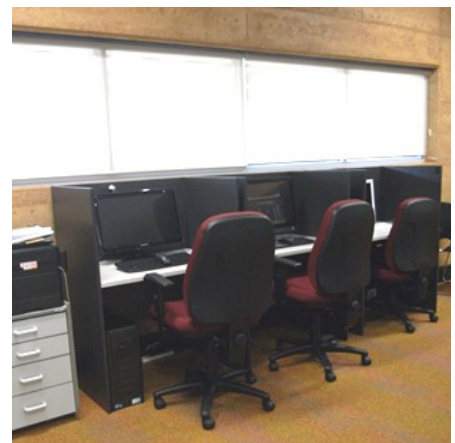
February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 RFDS Doctor Visit	6	7
8	9	10	11	12 Nurse at post	13	14 Valentines Day 
15	16	17	18	19 RFDS Doctor Visit	20 Bobbys birthday 	21
22	23	24	25	26 Nurses Post Council Meeting	27	28

Internet access is available at the Sandstone Library in the Shire Administration Building, using our computers.

Monday - Friday
8.00am - 4.30pm

Please note :
The Shire Administration building
does not have WIFI



If you would like your event to appear on the Community Planner please contact the Shire of Sandstone - Phone: 08 9963 5802 Email: cso@sandstone.wa.gov.au