

Collective strength

INDUSTRIALIST and pioneer Henry Ford once said: Coming together is a beginning; keeping together is progress; working together is success.

This appears to be the catchphrase adopted by Yarraman organisations who have realised there is strength and power in a combined force.

The Yarraman Collective (YC) is a new focus in town. It is not a group but rather a collective of groups who sit informally around a table at an open meeting and share information.

The purpose of the Collective is to be a hub of networking, resource sharing, ideas and solutions.

"As a small community resources such as volunteers is thin, that is where the Collective can help," said YC spokesperson Frank Hodgkinson.

"People can't help if they don't know you need help so we provide the opportunity to do so."

Michael Apperley (SES) added that there are issues needed to be addressed in the area but one voice is not strong enough to get anything done.



"If we combine our resources but keep our individuality then we can create something important and empowering for our town," Michael added.

It is hoped that the Collective will become a central point for communication with government bodies and a supportive force for all groups, businesses and individuals striving for the betterment of our community.

Representatives of groups taking the opportunity presented by the Collective include Brad Little, Yarraman Bowls Club; Jane and Frank Hodgkinson, Yarraman Heritage Centre; Prue Lewis, Bailey Pine Centre; Carol Verden, Driver Reviver; Stevie Ackerman, Community Development Officer TRC; Michael Apperley, SES; and (absent from the photo) Caine Wager, Wild Horse FM community radio.

Open door meetings are on the first Friday of the month 3pm at the Yarraman Bowls Club.

Join in the fun

By AMANDA GORDON

Manager Wild Horse FM Community Radio

Welcome to the second edition of your community paper 99.7% LOCAL NEWS.

The team at Wild Horse has been delighted at the positive response received from the community for our first edition and hope you will enjoy the many editions to come.

Wild Horse FM is your community, not-for-profit association dedicated to connecting, informing, and entertaining our community.

We are always ready to welcome new volunteers and there are many and varying roles that are on offer.

No matter what your skill level is we provide full training with our friendly, supportive team.

We are always on the look out for folks wanting to lend a hand both on air, in print, and behind the scenes.

There are so many different aspects that you can volunteer for from audio editing, helping to coordinate events, giving out information and balloons at events or just come in and help maintain the office/studios.

You do not have to commit to a set number of hours, even an hour here and there is so helpful to us.

Check out page 5 to learn more about our volunteers and the wonderful work they do.

From Nanango to Benarkin, this is Wild Horse FM, 99.7 your Community Radio Station.



A new bench mark for Yarraman
 Bromine and Helen from the Yarraman Pharmacy admire the new seat outside their store. But why and who put it there? See page 4 for the full story.

Workshop to show how your story matters

GRANDPA tell me 'bout the good old days, that is how the song by The Judds goes. Well now residents in our region will have the chance to tell their story at a special workshop.

If you have ever wanted to tell some of your stories but didn't know where to start or perhaps you know someone whose stories should be shared and celebrated then this special workshop can give you the tools.

Your Stories Matter: Oral History Storytelling Workshop

This October, the Yarraman Heritage Centre, in partnership with Wild Horse FM, invite you to join a free storytelling workshop led by professional storyteller Daryll Bellingham.

Thanks to a successful Seniors Week grant from COTA Queensland, this engaging workshop will be held right here in Yarraman — and everyone is welcome.

Whether you are a senior wanting to share memories or simply curious about oral history storytelling, this workshop is for you.

It is a relaxed and open session designed to spark creativity, build confidence, and help you to start capturing and sharing your oral history.

The workshop is ideal if you:

- Want to tell one of your own stories but don't know where to begin

- Would like to help someone else tell or record their story
- Are simply interested in the craft of storytelling.

Daryll Bellingham is a Brisbane-based storyteller and facilitator who has worked with communities across Australia to help people find their voice and share their stories in engaging and meaningful ways.

Everyone is welcome — no matter your background. There'll be time for a yarn and a chance to share stories about life, work and family, in a friendly and inclusive space.

The day will begin with a morning presentation and catch-up, followed by an interactive afternoon workshop. All participants will receive printed workshop notes. Morning tea and lunch are provided.

This one-off workshop is all about getting the stories flowing — and who knows where it might lead? Perhaps story sessions and preservation at the Yarraman Heritage Centre, audio interviews on your community radio station, Wild Horse FM, or a student-led storytelling project at the school.

Your stories matter — and we're here to help you tell them.

DETAILS: Location: Yarraman Heritage Centre, 26 Millar Street, Yarraman. Date TBA. Open to all ages and levels of experience. Assisted access to the building via the chair lift. Work at your own pace — no pressure, just inspiration. Morning tea and lunch provided. Phone Jane 0408 988 110. Email: yarramanheritagecentrejane@gmail.com

THE ROYAL HOTEL YARRAMAN

Loyal to the Royal - Serving the community since 1912



COLD BEERS ON TAP & BOTTLE SHOP ATTACHED

ACCOMODATION

PUB STYLE HEARTY MEALS

TAB, KENO, POKIES + MORE

WWW.ROYALHOTELYARRAMAN.COM

(07) 4163 8219

18 TOOMEY ST, YARRAMAN QLD 4614



COMMUNITY VOLUNTEERS WANTED

Do you love music but don't want to be a presenter? You may have skills that can help us out or perhaps we can help you develop the skills you want. Your community radio station Wild Horse FM is always looking for volunteers to join our friendly team to help promote our community.

Julie is wild about volunteering

Hi, I'm Jules the newest member of the Wild Horse FM team.

That's me pictured sitting in front of the computer screens working on program scheduling with the manager Amanda Gordon.

The days I volunteer you will find me on the keyboard assisting Amanda with all the admin "stuff", including emails, programming, broadcast event organising.

Usually I am more at home in the kitchen cooking and baking, but I am loving stretching my brain cells and remembering all the things I used

to do on a computer keyboard.

Originally a beach girl from Newcastle I have done a tree change and now love living the country life.

I have lived in Blackbutt for the past three years and could never dream of going back to the city now.

Volunteering at the station has made me realise what a fantastic community asset Wild Horse FM is, so I am looking forward to becoming more involved behind the scenes and getting to know more lovely local people here.

Bag a bargain at YCI Op Shop sale

ONE good thing about small towns is that when one door closes there are volunteers and forward thinking people willing to step in and open another.

Such is the case when Yarraman lost one of its op shops recently.

The members of Yarraman Cares identified the need for a community run op shop and set the wheels in motion.

As Yarraman is such a community minded town it was no surprise that response from volunteers to work at this op shop was positive.

"This response has shown us a need in the community for a safe space for people of all walks of life to drop in, have a chat, buy quality goods at reasonable prices," said YCI Op Shops coordinator Jenny Walker.

"This also enables us to raise money for other projects.

"We would like to thank all our community members who have donated a variety of items and our dedicated volunteers for all their hard work."

Establishing the shop has been a huge effort on everyone's part and the continued running of the operation will also take a lot of volunteer power but Jenny and her team are up to the task.

Everyone is welcome and they would love to see you so feel free to drop in, have a browse and a chat.



Volunteers at the YCI Op Shop show how easy it is to fill a bag full of quality clothing. Don't miss your chance to do the same on Wednesday, August 20.

NANANGO PLAYFEST
5 - 7 TH SEPTEMBER 2025

3 DAYS OF ENTERTAINMENT
LIVE PLAYS
NANANGO CULTURAL CENTRE

SATURDAY NIGHT
3 COURSE MEAL \$30 PP | BOOK ONLINE
FULL BAR SERVICE
CATERING AND BAR AVAILABLE ON SITE ALL WEEK END

TICKETS AVAILABLE ON TRYBOOKING.COM

Proudly Sponsored By...
Heritage Nanango, Yarraman, etc.

3 DAY PASS \$40 PP | FAMILY PASS \$100

Click the link to book your tickets

DO YOU NEED . . .

FARRIER

FARRIER

KEVIN 0475255584

HAIR DRESSER

Men's, Women's, Children's cuts & styles, colour, perms, foils
Walk-in or appointments welcome
Phone Morgan on 0428 388 585

OPEN: Mon: 9am-5.30pm Tues: 9am-3pm
Wed: by appointment Thurs: 9am-7pm
Fri: 9am-5.30pm Sat: 9am-1pm
next to the laundromat YARRAMAN

STOCK SUPPLIES

We stock a great range of feed for your feathered friends, including some premium feeds.
So head into JBH Rural Yarraman and CHOOK it out!!!

JBH Rural - Produce
corner Emmert St and D'Aguilar Highway
Yarraman
Ph 4163 8830
admin@jbhrural.com.au

YCI Community Op Shop
OPEN weekdays from 9am to 3pm
and Saturday 9am to midday

SALE

**Fill a Bag*
from \$5**

Wednesday, August 20, 2025

*average shopping bag size, clothing only. One day only

15 Margaret Street, Yarraman

Phone enquiries:
Jenny 0419 483 651 or Diana 0484 587 356

99.7% LOCAL NEWS - PUBLISHER'S DISCLAIMER

Opinions expressed are not necessarily those of the publisher.

No responsibility is accepted by the publisher for any information in text, illustration or advertisements, and disclaim any liability arising from any person acting on the material in this publication.

Reproduction of any part of this newspaper in any form is not permitted without the written permission of the publisher.

The publisher reserves the right to refuse any article or photograph it deems as unsuitable or unacceptable to the principles and values of the publisher or may infringe copyright laws.

Old But Interesting

Exploring history at the Yarraman Heritage Centre

The Yarraman & District Historical Society Inc manages and administers the Yarraman Heritage Centre. For any enquiries or to help out and volunteer please phone 07 41638111 and leave a message.

The Memorial Plaque

The Memorial Plaque, sometimes referred to as the 'Dead Man's Penny', 'Death Penny', or the 'Widow's Penny', was a 120mm round bronze plaque that was presented to the next-of-kin of soldiers who died during the First World War.

The name of the fallen soldier was engraved on the right-hand side of the plaque. Australia's first Memorial Plaques were distributed in 1922 and approximately 60,000 were issued.

A significant artifact in the Yarraman Heritage Centre's military collection is the Frank Arthur Wortley's *Dead Man's Penny*. It was presented to his widowed wife May Gertrude Wortley.

Frank was born in Croydon, Surrey, England in 1891. He married May in 1910 in Alberta, Canada. They arrived in Sydney, Australia in 1912, and settled in Queensland.

Lance Corporal Wortley, serial number 5775, enlisted in the AIF in Brisbane on 14 January 1915 aged 34 years and 10 months.

He served in the 15th Battalion and was killed in action on 27 September 1917 in Belgium, aged 36 years, and is buried in Croydon, Greater London, England.

In 1918 May remarried to Arthur John Norris. She died in Kingaroy in 1980, aged 91 years.

The Yarraman Heritage Centre is fortunate to have been entrusted with this iconic museum item. The Memorial Plaque serves as a reminder to museum visitors of the devastation of the First World War and the impact that it had on the Australian historical landscape.



LEFT: Usually it's all about the blokes when it comes to the Men's Shed but once a month the ladies get to join them for coffee and cake. This month they all met up at the Farmhouse Coffee Lounge in Yarraman.

Community catch up



RIGHT: The Blackbutt Christmas in July Dance 2025 was a roaring success. The Memorial Hall was beautifully decorated and filled with a jovial crowd dressed in Rock'n'Roll gear for this year's theme. Visiting patrons came from Yarraman, Nanango, Kingaroy and even the Sunshine Coast.

LEFT: Christmas in July spirit was alive and celebrating in Yarraman when the Gold Wing Fraser Coast chapter enjoyed dinner at the Yarraman Heritage Centre.



If you measure success by smiles then this year's Yarraman Festival was a huge success. Fun for all the family, a big crowd and fantastic weather. Perfect.

Yarraman Festival photography by Kimberley Anne



WHAT'S ON

BUNYA MOUNTAINS
Play Music on Nature's Porch Day,
August 30

BLACKBUTT
AVOCADO FESTIVAL
September 13

YARRAMAN
Chattering Roses: coffee and chat group, FB Yarraman Community Notices.
Self Defence/Fitness: Yarraman Memorial Hall, 6.30-7.30pm Tuesday, Thursday.
Meal Night: Yarraman Heritage Centre, last Friday of the month, all welcome but must book Ph 07 41638111.
Yarraman Country Markets: 8.00am to noon, Yarraman Memorial Hall, Browne Street, second Saturday of every month.
Yarraman Holistic Markets: 8.00am to noon, Yarraman Men's Shed, Mill Street, held on last Saturday of every month.
Yarraman Men's Shed: Mill Street, Yarraman, 8am to noon Mondays, Wednesdays and Saturdays.

NANANGO
Cuppa and Chat: Neighbourhood Centre, Wednesday 10-11am.
Gather and Grow: Craft activities, Neighbourhood Centre, Thursday 10am-noon.
Taras Hall Bingo: next to Nanango RSL Club in Henry Street, Thursday eyes down at 9.30am sharp.
Tai Chi: Thursday 8am, Ringsfield House's gardens, 41-45 Alfred Street, (or at Nanango Showgrounds if it's raining).
Crafty Get Together: Community Centre, a fun craft session every Wednesday from 9.30am.
Storytime In The Park: family event from 10am to 11am on the first Wednesday of every month at Butter Factory Park in Drayton Street, Nanango.
Tuesday Night Blackjack & Poker: Commercial Hotel in Drayton Street, Tuesday from 6pm.
Churchyard Op Shop Markets: Anglican Churchyard, Drayton and Burnett Streets, 7.30am to 11.30am, markets are held on the 4th Saturday of every month.
Nanango Men's Shed: cnr Mt Stanley Road and Heathermore Lane, 8.30am to noon Saturday, Monday, Wednesday.
South Burnett Community Share: Nanango Cultural Centre, George Street, 9.30am, third Sunday of every month.
Alcoholics Anonymous: every Wednesday 10am to 11am, Catholic Church hall at the corner of Alfred and Gipps Street.

BLACKBUTT
QCWA Devonshire Tea: 65 Coulson Street, Wednesday 10am-noon.
Blackbutt Country Markets: the third Sunday of every month, Les Muller Park in Hart Street, 7am until noon.
Blackbutt Camera Club: meets on the first and third Wednesdays of every month except December and January. Phone 0458-638-241 for times.
Self Defence/Fitness: Blackbutt State School Hall, Wednesday 6.30-7.30pm.

MAIDENWELL
Maidenwell QCWA: 9.30am branch meets on the first Wednesday of every month (except January).
Library Day: A library day is held in the Maidenwell Hall in Pool Street every Wednesday and Saturday.

The
Yarraman
Shed



11924 D'Aguiar Hwy Yarraman
theyarramanshed.com

Stockist of

PORTWEST
WORKWEAR, BOOTS, JACKETS
AND PPE

BARMAH
HATS
FROM \$50

PILBARA
COLLECTION
COUNTRY SHIRTS

\$39.95
3 FOR \$110

‘Boof’ sets the benchmark for Yarraman

WHAT started out as a good idea has ended as a touching tribute to a mate.

One day while Peter ‘Boof’ Beaton was waiting in his car on Margaret Street, Yarraman he noticed something that set his creative wheels in motion.

“I saw a couple of old fellas on walking sticks waiting outside the chemist,” Boof said.

“That got me thinking ‘there’s nowhere to sit outside on the street’. So I decided to put my skills to work at the Men’s Shed and built a bench seat.

“I asked the pharmacy for permission to place it outside and they kindly obliged.”

Boof dedicated the bench to the memory of his mate, Derek (Dick) Winsor a fellow member of the Men’s Shed, who passed away ealier this year.

Maureen Winsor, Dick’s widow, expressed her gratitude for Boof’s work and friendship.

“They were the long and short of it as Boof is tall and Dick was small but they were the best of mates and Boof has done Dick’s memory proud with this beautiful bench,” Maureen said.

The bench was constructed at the Yarraman and District Men’s Shed Inc in Mill Street, Yarraman.

The Men’s Shed is open to all men in the area where the primary activity is to provide a safe, friendly and healing environment where men can work on meaningful projects with other men.

Shed activities include woodwork, metalwork and small engines workshops and is open Monday, Wednesday and Saturday from 8am to midday.

“New members are always welcome and we would like to see men of all ages take the opportunity to join in. You make some good mates I can swear to that,” Boof said.



Peter ‘Boof’ Beaton and Maureen Winsor share a moment on the Dick Winsor memorial bench seat outside the Yarraman Pharmacy in Margaret Street.

Is a Poet’s Breakfast bacon & eggs?

By WENDY MATHEWS

FOR THOSE who are unfamiliar with the term, a Poets Breakfast refers to a community gathering where a cooked breakfast is served as poetry is presented in an often relaxed and informal atmosphere.

While most events will have a schedule of invited Bush Poets, they often include a ‘walk-up’ opportunity for all-comers who wish to share their recitations.

Many festivals will have a Poets Breakfast on their program, including the Heritage Nanango Country Muster (Sunday, Sept 14).

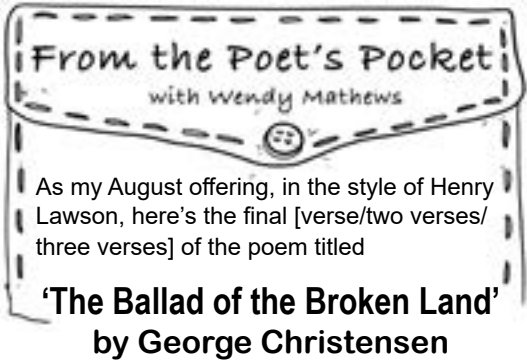
Even the Australian Celtic Festival, held in Glen

Innes NSW in early May, hosts a Bush Poets Breakfast.

Another event on the calendar is Banjo (Paterson) Night. It is held in February on the private property of Harry Pickering, of the Porters Gap/Bell area.

Located near Moore the Stonehouse Historic Open Days (last weekend in July) also hold a Poets Breakfast on the Sunday morning.

If you missed the Stonehouse this year then coming up is the Maidenwell Music Mix, which will be featuring bush poetry on its final day, Sunday, September 21. A variety of traditional verse, yarn spinning and even some bush ballads will fill the morning from 8am. See you there for a dose of good Aussie culture.



But in the bush, the fire still burns -
In hearts not yet betrayed.
In quiet pubs and cattle yards,
Where still the oath is made:
To stand for faith, for flesh and blood,
For land and home and kin.
And take the country back again
From those who sold our skin.

They think the fight is over now,
They laugh behind the glass -
But out beyond the urban sprawl,
The old truths still will pass.
We’ll rise again, as once we did,
With calloused hand and voice.
Australia is not dead just yet-
But it must make a choice.

So raise the flag, remember well
The stock from which you came.
This soil is yours -
this sky, this shore -
The oath remains the same.
A nation born of sweat and flame
Will not be lost to theft.
We were one people once before -
And that can’t be all that’s left.

QUICK CROSS #2

1	2	3	4		5	6	7	8
9				10				
11							12	
						13		
14	15		16		17		18	
19					20			
				21				
22		23	24				25	
26						27		

ACROSS

- Country singer Dusty
- Blackbutt is one
- Cloudy Day and Never Seen The Rain singer (Aussie)
- Cricketers Marsh and Hogg
- Abbreviation for doctor
- Aussie country singers Brand or Harvey
- Music carrier Compact
- Mt Isa has a large copper one
- Lake Eyre’s bed is mostly this
- Puppet ostrich on Hey, Hey It’s Saturday
- Aussie actor Pedersen
- After vinyl and cassettes came this music device
- Jimmy Little song Tele..... to Glory
- Classic Aussie novel .. Of The Never Never

DOWN

- Barry Gibb wrote this song for Kenny Rogers/Dolly Parton Islands in the
- Aussie name for toilet
- Aussie train The Pacific
- 70s Aussie group Uncanny X...
- The Church hit Under The Milky ... Tonight

- Classic song Friday .. My Mind
- Aussie movie set in Vietnam The ... Angry Shot
- What Baz Luhrmann did to Strictly Ballroom
- Computer Games group Mi...
- Sewing material binding
- NZ singer of the 60s Lee, Don’t You Know Yockomo?
- Moving Pictures and Shannon Noll hit What About ..?
- Centrelink was previously known by these initials
- Morning tea favourite for Aussies Vanilla or Custard
- Early John Farnham hit ...
- Initials of a place you send or pick up mail
- Abbreviation of a term to dismiss a batsman in cricket
- Dad and Dave’s .. Our Selection

JULY SOLUTION:
ACROSS: 1. Dew 4. Urban 8. Emerson 9. Pub 10. Bert 11. Babe 14. Real 16. To 17. Tots 18. Hugh 19. Tie 21. eg 22. Ugg 24. Hero 25. Men. DOWN: 1. Depp 2. Emu 3. Webb 4. Us 5. Robert 6. BNE 7. Natalie 12. Arthur 13. rough 15. EST 16. The 20. Ice 23. go.

YOUR BUSINESS CAN BE A COMMUNITY SPONSOR

Place your ad here for \$50

Reach your local market and sponsor your community radio station Wild Horse FM or your community newspaper 99.7% LOCAL NEWS

Phone 41638 997
to book your ad

Explore Queensland’s History

Visit the Roy Emerson Museum in Blackbutt and learn about our local tennis legend. In the era of Australian champion tennis players such as Rod Laver, Ken Rosewell and Neil Fraser, Roy won 12 tennis Grand Slams.

LOCAL HISTORY

See the collection of local stories, oral history, photos and more from the days of local timber getting, early schooling, farming and the building of the railway.



Roy Emerson Museum
Bowman Road
BLACKBUTT
Phone 07 41630146



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5-6am	Aussie Music Weekly	Continental Drift	It's Time	The Folk Show	Dirt Music	Blues, Roots, n Boots	Let The Bands Play	5-6am
6-7am	Karen's Classic Collection	Start the Morning with Maya	Start the Morning with Maya	Start the Morning with Maya	Start the Morning with Maya	In The Groove with Heidi	Music Mix	6-7am
7-8am							It's My Country Radio Show	7-8am
8-9am								8-9am
9-10am	Let the Sun Shine In	Karen's Classic Collection	Midweek Music	Grego's One Hit Wonders	Aust Music is Bloody Great	It's Time	Shoot The Breeze (arch)	9-10am
10-11am			Dirt Music	A Breath of Fresh Air	In The Groove with Heidi	YOU COULD BE HERE	The Local Source	10-11am
11-12am	The Folk Show	Rock The Kazbar	Grego's AMRAP wrap	Grego's			Happy Hour 2	11-12am
Noon-1pm	Monday Melodies with Kathy	Tuesday Tunes with Kathy	Shoot The Breeze	Aussie Music			Heidi's Hour	Noon-1pm
1-2pm			Music Mix	Anne's 'On This Day'				Aussie Music Weekly
2-3pm			Happy Hour	Anne's 'Past & Present'	Music Mix	2-3pm		
3-4pm	Drive Home with Dan	YOU COULD BE HERE	Pop Heads	Peter's Music Legend	Friday Feel Goods with Kathy	Stafford's World	Sunday Session	3-4pm
4-5pm			Addy's Music Hits	Interviews			with Ash	4-5pm
5-6pm			YSS Radio Club	Music Mix				5-6pm
6-7pm	Evening with Maya	Evening with Maya	Evening with Maya	Shoot The Breeze (rpt)	On Rock	Rock The Kazbar	Karen's Featured Favs	6-7pm
7-8pm				Anne's 'Movie Music'		Music Room w Brian Avery	Shoot The Breeze (arch)	7-8pm
8-9pm	Music Mix through the night	The Music Room	Music Mix through the night	Music Mix through the night	Deadly Beats	House Party with Dan	Music Mix through the night	8-9pm
9-10pm		Karen's Featured Favs			Heidi's Airways	Music Mix		9-10pm
10-11pm		Music Mix			Music Mix	Music Mix		10-11pm

Meet the team at Wild Horse FM your community radio station 99.7



JANE

Find out what's going on in our area every Monday with Jane 9am to 11am
Let The Sun Shine In



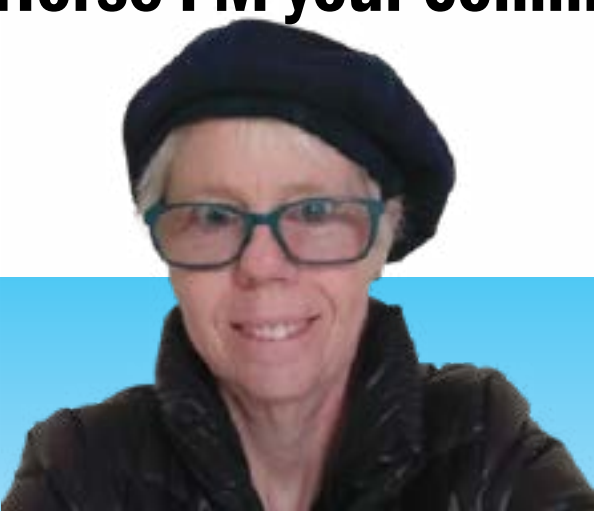
ANNE

Thursday
On This Day 1-2pm
Past & Present 2-3pm
Movie Music 7-8pm



GREGO

AMRAP Wrap-Up, hear all the latest Australian tracks **Wednesday 11 - noon;**
One Hit Wonders, **Thursday 9-10am**
Aussie Music **Thursdays 11am-1pm**



KAREN

Rock the Kazbar and Karen's Classic Collections
Karen has an eclectic love of music, however she is very much stuck in the 80's when Kiss wore more make-up than a clown convention, Michael Jackson still had a nose and Madonna thought she was Like a Virgin.
Join Karen Mon 6-9am, Tues 9am-noon and 9-10pm, Sat and Sun 6pm, for a journey of musical hits facts and jokes.



FRANK and JON

Who will they talk to next?
Shoot The Breeze **Wednesday noon-1pm**
Thurs 6-7pm (rpt)
from the archives Sun 9-10am, 7-8pm

KATHY

Monday Melodies, Tuesday Tunes, Friday Feel Goods
I absolutely love volunteering for Wild Horse FM. From an early age music was in my blood. Learning the piano and guitar as a child my love for music has always been strong. I have fun dancing around the house to my favourite tunes when no one is looking, you should try it sometime. Music brings joy and takes you back in time to so many memories. I grew up in the 60s 70s BEST music ever!





ADDY

Addy's Music Hits
Listen to the young sound on WHFM **Wednesday 4-5pm**

WIN ALL-YOU-CAN-EAT BUFFET

This is your last chance to go into the draw for two all-you-can-eat buffet meals at the Farmhouse Coffee Lounge. Just fill in the survey below and put your entry into the boxes at Yarraman Pharmacy, Farmhouse Coffee Lounge or Yarraman Wellness Centre. Winner will be notified by phone. All answers are confidential.

What event would you like to see held in Yarraman?

Do you attend any festivals or events held in Yarraman? Yes..... No.....

If not why not?.....

If yes were you satisfied with the event?.....

What business/facility would make your life easier if it were to open in Yarraman?

If entering the competition: YOUR PHONE:.....

Blooms & Buzz



Introducing our guest columnist,
local resident and avid gardener
MICHELLE NAYLOR



phyllums and dendrobiums to flamboyant cymbidiums and fragrant cattleyas as well as many other beautiful varieties, stood proudly on display — each one more dazzling than the last.

Judging was tight, with local growers outdoing themselves in a friendly battle of the blooms.

The coveted Champion Specimen Orchid title went to a grower from the Sunshine Coast with a spectacular white Cymbidium that had everyone stopping for a photo.

Yarraman's own Michelle Naylor entered the competition and walked away with awards in the orchid classes as well as in foliage, and floral art.

"It was such a thrill," Michelle said. "The encouragement from experienced growers was amazing — I've definitely caught the orchid bug."

Michelle is already planning her entries for the next show in spring.

Visitors were treated to expert talks, potting demonstrations, thriving plant sales, abundant raffles, and home-baked treats from the always-popular café corner.

Smiles were as plentiful as the petals, with many going home inspired (and a little obsessed) with starting their own orchid collections.

If you have a gardening question for Michelle send it to admin@wildhorsefm.com and she will answer it next month.

Her article will feature gardening tips and hints for local gardens.

WHEN 99.7% LOCAL NEWS wanted to feature a gardening column we didn't hesitate in contacting Michelle Naylor a local resident who understands local conditions and what works in her garden.

In a way of introducing Michelle to our readers we have decided to tell you a little bit about her recent gardening success.

The recent Caboolture Orchid Society's Winter Show was a riot of colour, fragrance and floral delight, drawing garden lovers, green thumbs and curious newcomers from far and wide across the region.

Held at the Morayfield Community Centre in July, the event was nothing short of blooming marvellous.

Hundreds of orchids, from dainty bulbo-

Ponies and the Post

MEET A
LOCAL

ALMOST everyone in town would recognise Alexa Courtney, the friendly face behind the Australia Post counter but do you know that she once was feed master for a Melbourne Cup winning trainer?

She also has an Advanced Diploma in Applied Sciences Equine Management and brought her love of horses with her when she and husband Butch relocated to Yarraman in 2015.

"I guess you could say we needed a tree change and we landed here in this beautiful, quiet little town," Alexa said.

Alexa has had a variety of jobs including being a feed master at Darren Weir's stable when he trained She's Archie, a 40-1 shot who came second in the cup to the mighty Makybe Diva.

Despite her fond memories of thoroughbreds under her care her true equine passion is ponies.

"I had two beautiful ponies which I would drive in harness around town".

She has also taken part in driving competitions (pictured below) including the State Championships.



In 2017 Alex and Butch took over the responsibility of running the post office.

"I would describe my customers as glorious characters, all displaying country resilience and hospitality."

When asked for a recipe Alexa quickly offered her 'famous' Zucchini Relish which she has shared many times before.



ALEXA'S ZUCCHINI RELISH

1.8kg zucchini thinly sliced
5 large onions thinly sliced
Into big pot cover with water with 2tsp salt

Stand for 2hrs

Drain well

Zucchini and onion back into big pot
4cups sugar
2tsp mustard powder
2tsp curry powder
2tsp turmeric powder
4cups white vinegar
Bring to boil stirring simmer till cooked remove from heat

3/4cup Corn flour in paste to thicken at end of cook before bottling in warm sterile bottles.

Comedy for a Cause set to spark project

By JEFF CONNOR - Blackbutt and Benarkin Aged Care AUSTRALIA is in the grips of a housing crisis and Blackbutt in the South Burnett Region is also feeling the pinch.

Blackbutt and Benarkin Aged Care (BBAC) Assn Inc has decided to tackle the growing need of our aging community, who want, demand and deserve self-determined and meaningful options for their lives in their own homes in the town that they call home — Blackbutt.

Our association's mission has always been to provide quality, safe, and affordable independent living facilities for the elderly, respecting their privacy and dignity.

We emphasize the importance of community cohesion and the retention of older residents' skills and knowledge.

The Blackbutt Benarkin community perceived the need for aged facilities in Blackbutt and surrounding areas as early as 2000.

Driven by a lack of suitable housing options older residents have been forced to look elsewhere for housing.

The BBAC Association have already completed several stages of our master plan, including: the purchase of vacant land within comfortable walking distance from the Blackbutt CBD; renovation and leasing of four one-bedroom units from the South Burnett Regional Council; the construction of two two-bedroom units; and the purchase of a two bedroom house.

We are now seeking support and funding for the next

stage, which will see as many as 15 to 16 two-bedroom units/villas built on the five acre block on Greenhills Drive Blackbutt.

The project aims to deliver economic growth, create jobs, use local suppliers, and enhance community facilities.

It also seeks to improve social integration and health outcomes for older residents, allowing them to remain in their community.

The region faces socio-economic challenges, including high unemployment and both drought and flood conditions, which have impacted local industries and the community's ability to support not-for-profit organizations.

As a result the BBAC Assn are working on their forth coming *Comedy for a Cause* night and official launch of the Greenhills Villas Project.

We would like to invite everyone to this special night on Saturday, November 1 at the Blackbutt Memorial Hall.

It will be a night of fun and games with a prize for best costume, crazy cash auction, plus professional comedians will tackle the theme "old people" so we can all enjoy a good long laugh at ourselves.

The Greenhills Villas Project is a gutsy local initiative to bring much needed accommodation and housing to the ageing communities of Blackbutt and Benarkin and the broader South Burnett.

See page 8 for more event details.

Blackbutt & Benarkin
Bringing quality, safe, affordable, independent aged living facilities to Blackbutt via
Greenhills Villas Project

PRESENTS:
Comedy for a Cause

Featuring comedians from
Sydney & Melbourne International Comedy Festivals

SATURDAY 1 NOVEMBER
Doors: 6pm / Show: 7pm / 12+
Venue: Blackbutt Memorial Hall

TICKET: \$25

TICKET + (Picnic Box Meal Pack + Drinks Voucher + Lucky Spot + Lucky Door + 5 Tickets): \$55

Pay online and send email to secretary@bbac.org.au to choose your Picnic Box Meal Pack. They will be made to order with a choice of salads and a vegetarian/vegan option.

BOOK NOW at:
comedyforacause.net/event/GVP25

All the proceeds from the event go to Greenhills Villas Project

Body ~ Mind ~ Earth

The views and advice given are those of the credited authors. We advise that before following any health advice contained in these columns you check with your physician.

Live in a healthy light

By **CHRIS HENDERSON**
a professional health coach

SINCE the beginning of human history, people have lived and worked outdoors during the light of day, active and vibrant, absorbing light energy from the sky.

An average of 10 hours each day, 70 hours weekly, was common.

With the advent of Edison's long-lasting light bulb, over the last 100 years people have moved indoors, away from the natural light that so faithfully regulated our circadian rhythms and energised our brain cells and bodies.

Today we spend an average of less than 30 minutes a day or a mere three hours per week in daylight and often much less according to a study by Daniel Kripke, MD, Professor of Psychiatry, UC San Diego.

Do you think this meets our bod-



ies' minimum daylight requirements?

Scientific research has proven that our circadian rhythms are dependent upon light entering our eyes to regulate our body's master clock.

According to the quality and quantity of light received, key hormones and neurotransmitters like serotonin and melatonin are released in the brain to set our daily rhythms.

Today, most people suffer greatly from mal-illumination (a lack of enough daily natural sunlight and too much indoor artificial light, especially at night) and combined with the advent of the modern LED light we are now exposed to more unnatural spectrums of lighting 24/7.

Is it any wonder we experience many of the symptoms of being out of rhythm?

For a free 30 minute consultation and advice on how you can make changes to your indoor living and/or working environment that are more supportive to health and wellness contact Chris through the website www.harmonisedhomehealth.com

How our nervous system affects our emotions

By **JILL BOUCHER**
Couch Conversations
0475435989

POLYVAGAL theory, developed by Dr Stephen Porges, explains how our nervous system affects our emotions and social behaviour.

Simply put, it shows how our body reacts to stress and helps us connect with others.

The Nervous System Basics

Our nervous system is like a communication network for the body, sending signals to all parts.

The autonomic nervous system (ANS) controls things we do without thinking, like heart rate, digestion, and breathing.

It has two main parts: the sympathetic nervous system, which gets us ready for action, and the parasympathetic nervous system, which calms us down.

The Vagus Nerve

The vagus nerve is central to polyvagal theory.



It is one of the longest nerves in the body, running from the brainstem down through the neck to the chest and abdomen.

It helps control the heart, lungs, and digestive system, and is key to relaxation and social engagement.

Three States of the Vagus Nerve

Polyvagal theory describes three states of the vagus nerve:

~ Social Engagement: this state is linked to feeling happy and connected.

~ Fight or Flight: when we sense danger, we become alert, ready to defend ourselves or run away.

~ Freeze or Shutdown: when danger feels overwhelming, the vagus nerve can cause the body to shut down.

Tips for Activating the Vagus Nerve

Here are some simple ways to activate the vagus nerve and help you relax:

~ Deep Breathing: slow, deep breaths tell your body to relax and engage the parasympathetic nervous system.

~ Hum or Sing: these activities stimulate the vagus nerve and can improve feelings of connection and well-being.

~ Social Interaction: being with loved ones can trigger the social engagement state, making you feel safe and connected.

~ Physical Activity: gentle exercises like yoga or walking can help balance the nervous system and reduce stress.

~ Meditation: mindfulness practices calm the mind and body, promoting a relaxed state.

Mustering up mobiles and e-waste

From the website of the Toowoomba Council

ELECTRICAL and electronic waste (e-waste) includes household electrical appliances and electronic items such as desktop computers, monitors, mobile phones, printers, televisions, scanners and video game consoles.

To avoid sending electrical and electronic waste to landfill, please recycle at our waste facilities or go to a retailer participating in a recycling program.

MobileMuster is an official recycling program that promotes and encourages the community to recycle mobile phones that will in turn, significantly reduce the number of phones, mobile broadband USBs, batteries and accessories ending up in our local landfills.



Items can be disposed at our Customer Service Centres in Clifton, Crows Nest, Goombungee, Greenmount, Highfields, Oakey, Pittsworth and Toowoomba as well as the Yarraman library or the MobileMuster bins in the Resource Recovery Area at the Greater Toowoomba Waste Management Facility.

Residents can drop their used inkjet and toner cartridges and toner bottles at one of the following locations: Office-works, Australia Post, Harvey Norman, The Good Guys and JB Hi-Fi.

YARRAMAN Wellness Centre

corner D'Aguilar Hwy & Browne Street



'Home is where your health is'

In our modern world we can be exposed to toxic air, water, chemicals and EMFs that can affect our health in many ways. I will help guide you through the process of identifying these toxicities in your living and working environments and offer the best products and services to mitigate and reduce these.

www.harmonisedhomehealth.com

Ph 0431 193 181



Nicky Iliffe HOMOEOPATH

Ph 0412 095 655

nickyiliffe@bigpond.com

75 Coulson Street, Blackbutt

<https://dynamichealthhomoeopathy.com.au>

Dynamic Health & Homoeopathy

CONNECTED * AUTHENTIC * VIBRANT * HEALTHY



Tonia Louise

Holistic Nutritional Consultant

Assisting you with healthier food choices for a healthier you

Mobile 0438 715 573

Email: tonialbice@gmail.com

Buy your Thermomix at <https://tinyurl.com/BuyTM7withTonia>



◆ Aroma Body Balance

◆ Emmett Practitioner treats pain and discomfort

◆ Spinal Flow Practitioner for overall health transformation

Phone Annie on 0415 437 899 to make an appointment

Kelli MacAlpine

- ◆ Spirit Artist
- ◆ Spiritual Medium
- ◆ Spiritual Counselling
- ◆ Holistic Spiritual Healer
- ◆ Transpersonal Art Therapist

Instagram @kelli.spiritartmedium

kelli.macalpine@gmail.com



Phone 0407 690 093



Hi, I'm Kerrie an Ayurveda Practitioner. Therapeutic Massage ~ 60 or 90 mins.

I offer full body steam post massage, consultations, iridology, lifestyle related issues, sinus, digestive, women's health, eye and ear issues including ear ringing.

I am at the Yarraman Wellness Centre on Wednesdays.

Phone 0478 414 469 for appointments or enquiries

Matt Gibson

Sound and frequency healing facilitator

Frequency imprinted pendants and stickers
Helping people find balance through sound, music and frequency

For appointments Phone 0420 669 337

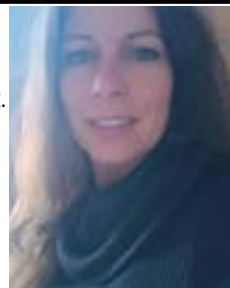


BIANCA ROSE SMITH

Holistic counselling, natural therapies, spiritual healing and kinesiology jaw reset. I support people on their journey to better health: physically, mentally, emotionally and spiritually.

Phone 0447 343 641

biancarose9385@outlook.com



Body ~ Mind ~ Earth

The views and advice given are those of the credited authors. We advise that before following any health advice contained in these columns you check with your physician.

Live in a healthy light

By **CHRIS HENDERSON**
a professional health coach

SINCE the beginning of human history, people have lived and worked outdoors during the light of day, active and vibrant, absorbing light energy from the sky.

An average of 10 hours each day, 70 hours weekly, was common.

With the advent of Edison's long-lasting light bulb, over the last 100 years people have moved indoors, away from the natural light that so faithfully regulated our circadian rhythms and energised our brain cells and bodies.

Today we spend an average of less than 30 minutes a day or a mere three hours per week in daylight and often much less according to a study by Daniel Kripke, MD, Professor of Psychiatry, UC San Diego.

Do you think this meets our bod-



ies' minimum daylight requirements?

Scientific research has proven that our circadian rhythms are dependent upon light entering our eyes to regulate our body's master clock.

According to the quality and quantity of light received, key hormones and neurotransmitters like serotonin and melatonin are released in the brain to set our daily rhythms.

Today, most people suffer greatly from mal-illumination (a lack of enough daily natural sunlight and too much indoor artificial light, especially at night) and combined with the advent of the modern LED light we are now exposed to more unnatural spectrums of lighting 24/7.

Is it any wonder we experience many of the symptoms of being out of rhythm!

For a free 30 minute consultation and advice on how you can make changes to your indoor living and/or working environment that are more supportive to health and wellness contact Chris through the website www.harmonisedhomehealth.com

How our nervous system affects our emotions

By **JILL BOUCHER**
Couch Conversations
0475435989

POLYVAGAL theory, developed by Dr Stephen Porges, explains how our nervous system affects our emotions and social behaviour.

Simply put, it shows how our body reacts to stress and helps us connect with others.

The Nervous System Basics

Our nervous system is like a communication network for the body, sending signals to all parts.

The autonomic nervous system (ANS) controls things we do without thinking, like heart rate, digestion, and breathing.

It has two main parts: the sympathetic nervous system, which gets us ready for action, and the parasympathetic nervous system, which calms us down.

The Vagus Nerve

The vagus nerve is central to polyvagal theory.



It is one of the longest nerves in the body, running from the brainstem down through the neck to the chest and abdomen.

It helps control the heart, lungs, and digestive system, and is key to relaxation and social engagement.

Three States of the Vagus Nerve

Polyvagal theory describes three states of the vagus nerve:

~ Social Engagement: this state is linked to feeling happy and connected.

~ Fight or Flight: when we sense danger, we become alert, ready to defend ourselves or run away.

~ Freeze or Shutdown: when danger feels overwhelming, the vagus nerve can cause the body to shut down.

Tips for Activating the Vagus Nerve

Here are some simple ways to activate the vagus nerve and help you relax:

~ Deep Breathing: slow, deep breaths tell your body to relax and engage the parasympathetic nervous system.

~ Hum or Sing: these activities stimulate the vagus nerve and can improve feelings of connection and well-being.

~ Social Interaction: being with loved ones can trigger the social engagement state, making you feel safe and connected.

~ Physical Activity: gentle exercises like yoga or walking can help balance the nervous system and reduce stress.

~ Meditation: mindfulness practices calm the mind and body, promoting a relaxed state.

Mustering up mobiles and e-waste

From the website of the Toowoomba Council

ELECTRICAL and electronic waste (e-waste) includes household electrical appliances and electronic items such as desktop computers, monitors, mobile phones, printers, televisions, scanners and video game consoles.

To avoid sending electrical and electronic waste to landfill, please recycle at our waste facilities or go to a retailer participating in a recycling program.

MobileMuster is an official recycling program that promotes and encourages the community to recycle mobile phones that will in turn, significantly reduce the number of phones, mobile broadband USBs, batteries and accessories ending up in our local landfills.



Items can be disposed at our Customer Service Centres in Clifton, Crows Nest, Goombungee, Greenmount, Highfields, Oakey, Pittsworth and Toowoomba as well as the Yarraman library or the MobileMuster bins in the Resource Recovery Area at the Greater Toowoomba Waste Management Facility.

Residents can drop their used inkjet and toner cartridges and toner bottles at one of the following locations: Officeworks, Australia Post, Harvey Norman, The Good Guys and JB Hi-Fi.

YARRAMAN Wellness Centre

corner D'Aguilar Hwy & Browne Street



'Home is where your health is'

In our modern world we can be exposed to toxic air, water, chemicals and EMFs that can affect our health in many ways. I will help guide you through the process of identifying these toxicities in your living and working environments and offer the best products and services to mitigate and reduce these.

www.harmonisedhomehealth.com

Ph 0431 193 181



Nicky Iliffe HOMOEOPATH

Ph 0412 095 655

nickyiliffe@bigpond.com

75 Coulson Street, Blackbutt

<https://dynamichealthhomoeopathy.com.au>

Dynamic Health & Homoeopathy

CONNECTED * AUTHENTIC * VIBRANT * HEALTHY



Tonia Louise

Holistic Nutritional Consultant

Assisting you with healthier food choices for a healthier you

Mobile 0438 715 573

Email: tonialbice@gmail.com

Buy your Thermomix at

<https://tinyurl.com/BuyTM7withTonia>



◆ Aroma Body Balance

◆ Emmett Practitioner treats pain and discomfort

◆ Spinal Flow Practitioner for overall health transformation

Phone Annie on 0415 437 899 to make an appointment

Kelli MacAlpine

☯ Spirit Artist

☯ Spiritual Medium

☯ Spiritual Counselling

☯ Holistic Spiritual Healer

☯ Transpersonal Art Therapist

Instagram @kelli.spiritartmedium

kelli.macalpine@gmail.com



Phone 0407 690 093



Hi, I'm Kerrie an Ayurveda Practitioner. Therapeutic Massage ~ 60 or 90 mins.

I offer full body steam post massage, consultations, iridology, lifestyle related issues, sinus, digestive, women's health, eye and ear issues including ear ringing.

I am at the Yarraman Wellness Centre on Wednesdays.

Phone 0478 414 469 for appointments or enquiries

Matt Gibson

Sound and frequency healing facilitator

Frequency imprinted pendants and stickers

Helping people find balance through sound, music and frequency

For appointments Phone 0420 669 337



BIANCA ROSE SMITH

Holistic counselling, natural therapies, spiritual healing and kinesiology jaw reset. I support people on their journey to better health: physically, mentally, emotionally and spiritually.

Phone 0447 343 641

biancarose9385@outlook.com

