

FREE

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**LOCAL
NEWS**

EDITION 003, SEPTEMBER 2025

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Fresh ideas for Nanango building

By ANNE CLARKE

IN this day and techno age it is refreshing to sit down with a group of articulate young students and hear them express the ideas, some quite surprising, they would like to see implemented in Nanango.

South Burnett Regional Council Councillor Jane Erkens explains why the Nanango State High School students have come up with these suggestions.

"The centre of their attention is the Nanango Blue Light facility which was originally built on Council land through fundraising efforts of our very active community," Councillor Erkens explained.

"Over the years, it was hired by various organisations for fundraising activities and many local residents have celebrated special occasions such as birthday parties and engagements there.

"However the committee managing the facility faced ongoing challenges, and the impact of COVID-19 eventually forced

them to close and the committee disbanded and was taken over by Blue Light Queensland and the shed stood vacant.

"A couple of years ago I was approached by a local person who was interested in leasing the building and with council assistance we put them in contact with Blue Light Qld and assisted with the lease.

"They operated for twelve months and although extremely popular with the community high insurance costs, Blue Light limitations and rent made this an unsustainable arrangement they did not continue.

"Council has approached Blue Light Queensland as we are keen to see the facility operating again and we have been in discussions with them.

"It is important to see this up and running as a community asset as it is an important part of Nanango's future.

"We need to do more consultation with our region's youth to see what they want to see it used for and to explore funding opportunities for it," Cr Erkens concluded.

So what do the youth of Nanango see as the future of the building?

One very sensible suggestion was that

the building be used for multiple purposes and not just once a week.

One or two days during the week it could become a quiet study haven for seniors, with study nooks, wifi, beanbags and group discussion tables. It would offer a point of difference for seniors and serious study students.

CONTINUED ON PAGE 3



**COLLECTIVE
ISSUE ...**

Cricket pavillion stay, go or change?

LAST month we introduced the Yarraman Collective a gathering of like-minded community groups, businesses and individuals banding together for strength in solving local issues.

The Collective meets 3pm on the first Friday of the month at the Yarraman Bowls Club, it is an open meeting to all who are interested in the future of our community.

To keep the general public informed about what the Collective is striving to achieve, each month they will provide us with information of an issue they are currently undertaking, action that has been taken or will be undertaken to address this issue and the present status of the situation.

ISSUE: Cricket shed/pavillion in Errol Munt Park

ACTION: Demolition/replacement

STATUS: Council investigating

DETAILS: The issue was raised by Stevie Ackerman, Community Development Officer, North Community Development, Facilities and Tourism (TRC).

Stevie advised that Toowoomba Regional Council (TRC) is looking at demolition/replacement of the cricket shed.

For more details about the cricket shed and Pudd Park sign and how you can have your say go to Page 2.



STORIES, PHOTOS, ADVERTISEMENTS AND DEADLINES

YES, you can submit stories and photos, in fact we would love to hear from our community.

Stories should be approximately 200 words. Please provide a contact phone number in case we need more details.

Photos should be high resolution and come with details of who is in the photo, what the event was, when and where it was held, plus the name of the person who owns the photo. Photos must belong to the person submitting them and it is assumed that permission has been given to this person by the subjects of the photo for general publication. Submit stories and photos via email to either admin@wildhorsefm.com or annewhfm@yahoo.com

Advertising for the October edition must be received prior to September 29. Please submit in either PDF or png format CMYK for full colour reproduction. Email to annewhfm@yahoo.com

OCTOBER deadline - September 29

THE ROYAL HOTEL YARRAMAN

Mark your Calendars because exciting things are happening this September at the Royal!



13/09 BUS TO NANANGO RACES - BOOK NOW TO SECURE YOUR SPOT!

FRIDAY NIGHT MEAT TRAY RAFFLES

20/09 ROYAL PIG OUT + KARAOKE

24/9 WEDNESDAY NIGHT RAFFLES RETURN

WWW.ROYALHOTELYARRAMAN.COM

(07) 4163 8219

18 TOOMEY ST, YARRAMAN QLD 4614

A MONTHLY NEWSPAPER PRODUCED BY VOLUNTEERS AT WILD HORSE FM COMMUNITY RADIO YARRAMAN. PROUDLY SUPPORTED BY TARONG POWER STATIONS AND MEANDU MINE.

Nanango facility should be social hub for youth

FROM PAGE 1

Another weekday possibility would be a kiddies gym and activity centre.

Then on Friday or weekends the building would emerge as an entertainment venue including alternate weeks of skating (maybe themed nights to spike interest), dances and other nights such as movies, board games or karaoke nights.

The group elaborated on the comments about dances by saying they have watched the ‘oldies’ with their rock ‘n’ roll, line dancing and ballroom dancing and would like to join in.

They are hoping some older people or

groups with the skills could come along once a month to show the youngsters how it’s done.

It came across loud and clear that this building needs to be available in some form or other for the whole family.

All the Friday and weekend suggestions revolved around activities all ages could enjoy and participate in.

The other notable theme that kept emerging was the importance for this building to become a social hub for the youth of Nanango.

Yes, a lot have their ‘P’ licences and can go into Kingaroy but the message is they

would rather stay in Nanango.

While some of their hopes and dreams for the building may be out of reach they are willing to pitch in and help.

With the awareness that volunteers are thin on the ground it was suggested that students could volunteer at the centre, especially those doing the Duke of Edinburgh Award.

One thing the group was adamant about is that whatever activity is planned for the building it has to be consistent with regular times and opening hours plus it needs to be publicised so that those who use it are aware of upcoming events.

Limousin bulls making a charge at annual auction

GRAZING and lazing in lush paddocks robust Limousin cattle are making their impact on the meat market.

Brad and Jodie Frohloff recently hosted their 9th annual Limousin bull sale and are pleased that the breed’s popularity is on the incline.

“About nine years ago there would have been 70 Limousin bulls at auction in Australia, now we are seeing numbers of up to 300,” Brad said.

Of his own sale, which was an invitation sale, the Frohloffs owned 25 of the 70 bulls on offer.

The quality bulls will go on to ensure the robust bloodlines of the Limousin.

“Buyers came from Clermont in the north to New South Wales in the south, and although no record prices were set we were pleased with the outcome,” Brad continued.

Originating in France, the Limousin is a tough breed with a placid nature.

“The quality of the breeding bulls in Australia now has improved the reputation of the Limousin and it is growing in popularity and numbers.”

As well as breeding cattle the Frohloffs have operated Frohlie’s Meats in Yarraman since 2004 and have built an excellent reputation for provid-

ing their own home grown high quality Limousin meat with great customer service.

NEW VENTURE

But what’s next for the Frohloffs?

If you have ever driven along Toomey Street in Yarraman you could not help but notice the activity going on near Frohlie’s Meats.

“Frohlie’s Grill started from an idea we had to provide for the next generation. There were other ideas before this one, but when the opportunity presented itself we ran with it,” Brad explained.

“We would not be as strong a business without the help of Mitchel, our butcher, and our daughter Isabel.

“Both are brilliant workers and now shareholders in the business, so this is an opportunity for them to expand the business with this new venture.

“Starting from the ground up will be exciting and challenging for them,” Brad said.

When asked when the Grill will be opening Brad cautiously mused.

“Let’s say we are hoping mid to late September.”

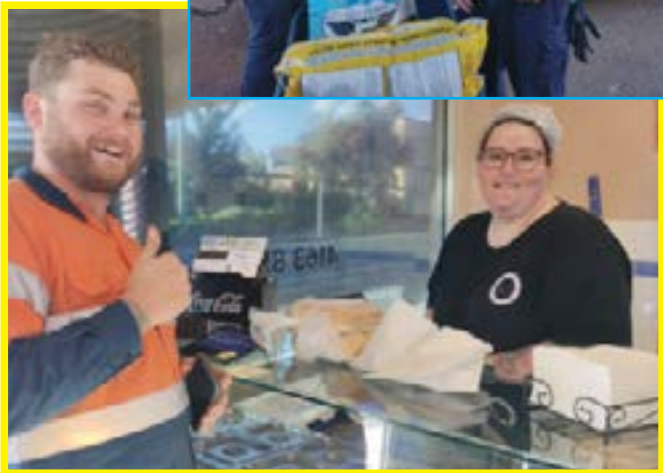
So it won’t be long before we are sinking our teeth into a juicy steak or succulent burger, pass the sauce please.

Community catch up

Carol from the Royal Hotel Yarraman chats with customers Judy, Dave and Shannon.



Daniel from Berry Vintage stocks up on supplies from Shaun at JBH Rural



Emerson gives a thumbs up to the Yarraman Bakery as he buys lunch from Jordan.

WHAT’S ON

YARRAMAN

Chattering Roses: coffee and chat group, FB Yarraman Community Notices.

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

Cuppa n Chat: QCWA 65 Coulson Street, Monday from 9.30 to 11.30am. BYO craft.

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.

First Minutes Matter workshop by LifeFlight - learn to be the difference

SURVIVAL starts on the ground with First Minutes Matter workshops.

The Regional Community Development team and Millmerran Community Support Services have teamed up with LifeFlight to deliver a regional roadshow of workshops in *First Minutes Matter - Workshops - LifeFlight* The workshop will be held on October 18 at the Cooyar Hall.

LifeFlight connects all Queenslanders to

the best possible medical care. In the first critical minutes after an emergency, that care will come from you.

It’s about knowing what to do while we’re on our way. Our emergency trauma training gives you practical skills to manage life-threatening events. In the first minutes after an incident we all have a part to play. Arming yourself with this knowledge is the best protection you can

offer your loved ones and community.

Our educators will empower you to make a difference in the moment: personal, road & aircraft safety; burns; bleeding; snake bites; choking & anaphylaxis; strokes, seizures & febrile convulsions; CPR & AEDs; emergency equipment; wellbeing.

To attend, register on the Lifeflight website or contact Leah Harrison 0409 636 001 or leah.harrison@lifeflight.org.au



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theyarramanshed.com

FREE Sausage Sizzle

SATURDAY
27th September
10am-1pm

BBQ TIME

STOCKIST OF

PORTWEST
WORKWEAR, BOOTS, JACKETS AND PPE

PILBARA COLLECTION

FASTAID
First Aid...for life

BARMAH HATS
FROM \$50

Ask it often, ask it early

THE most important conversation you may ever have could start with a simple question: Are you okay?

Nanango resident Jo Hassan has been a Community Ambassador for R U OK? since 2018 in this article she provides us with just how important this simple question can be.

BY JO HASSAN

R U OK? is a harm prevention charity that encourages us – everyone – to stay connected and have conversations.

These conversations are especially important when people are going through hard times.

Sometimes we know that things may be tough because of something extra or unexpected going on such as a relationship breakdown, death of someone close or illness.

It could also be stress around the cost of living, moving house or challenges at work. The list is endless.

Taking an extra interest in someone's wellbeing is especially important at these times so they don't fall into a downward spiral of sadness, loneliness and helplessness.

It's important to remember too though that just because someone

seems to be OK, it doesn't mean you don't need to check in on them also.

Now that the R U OK? campaign is encouraging us to ask R U OK? ANY day and not just one day of the year, the message revolves around checking in with those in our world "early and often".

If you'd like more information and ideas on how to do this, check out the website <https://ruok.org.au/>

Around Australia there are about a hundred R U OK? Community Ambassadors who speak to organisations and groups, giving the audience extra confidence to check in on one another.

Earlier this year, in June, I attended the Ambassadors Summit which was held in Sydney, where I had the opportunity to meet and talk to Maz Larkin.

Maz is the widow of the late Gavin Larkin who started R U OK? back in 2009 after his father died by suicide.

In the next few weeks, we hope to host a local event where I will be speaking about this very important subject. Look out for details in our local paper 99.7% LOCAL NEWS and on Wild Horse FM 99.7 community radio.



Local R U OK? Community Ambassador Jo Hassan with Maz Larkin at the Sydney summit. Jo will be organising a local event in our area soon. Keep an eye and ear out for details.

No tick of approval



AS the warm weather approaches so do ticks. The Queensland Government website has this advice on ticks.

Common bush or scrub ticks often attach to people. Ticks bury themselves in the skin and scalp.

If a tick attaches, you may have swelling, redness and pain in the area.

Other symptoms may take a few days to develop, including: blurred vision, a headache, weak legs and arms, unsteady walking. In rare cases ticks can carry bacteria which may cause illness.

If a tick attaches to you, kill it before you remove it to make sure it doesn't inject more toxin. Call us on 13 11 26 or see your doctor if you have severe symptoms or develop an infection.

To safely remove a tick, you'll need to remove the whole tick. Don't apply kerosene or methylated spirits.

We don't recommend using tweezers. This can increase toxin release and the tick head may stay in the skin.

To remove the tick either: freeze adult ticks with a spray that contains ether or apply a cream that contains permethrin to small ticks. You can buy both of these from pharmacies. Wait 10 minutes for the tick to die then carefully brush it off. Be careful not to squeeze the body of the tick. After you've brushed off the dead tick: wash the area with soap and water and apply antiseptic, apply an icepack to reduce local pain and swelling

FOR MORE INFORMATION GO TO THE QUEENSLAND GOVERNMENT WEBSITE.

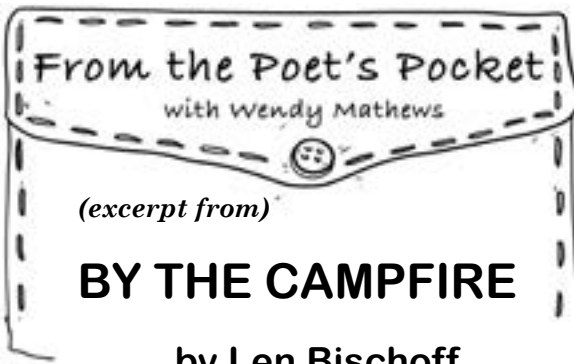
Ballads, Tucker and Chuckles

THIS month's poem is from a book I picked up from the markets, and I consider the poem a great example of Australian Bush Poetry.

The book titled 'Ballads, Tucker and Chuckles', was a project by the Boonah Lions Club, and contains poems, recipes and jokes. Apart from raising funds for a community hydrotherapy pool, this book aimed to provide two of the essentials of life – food and laughter (according to the Boonah Lions Club president at the time).

The author of this Aussie poem was local Boonah/Beau-desert bush poet, Len Bischoff.

Now to get your local bush poetry fix, head on out to the Maidenwell Music Mix, poetry will be on Sunday morning September 21.



(excerpt from)

BY THE CAMPFIRE

by Len Bischoff

There's something about a campfire,
as you watch its friendly glow
That's special to the outback,
that few city folks would know.

To the stockman or the drover,
it was a welcome sight,
To sit beside the campfire
when they pulled up for the night.

As they ate freshly baked
damper with a cup of billy tea,
There wasn't another place,
that they would rather be.

For they had driven mobs of
cattle on the overlander trail,
Or from the outback stations,
into the nearest rail.

As they sat around the campfire,
weary and saddle sore,
They told each other stories,
they'd never heard before.

As they camped beside a
waterhole, underneath the stars,
With only the sound of a dingo howl,
or the screeching of galahs.

Tourists from the cities
travel far into the night,
To sit beside a campfire,
with the fire burning bright.

But they never can recapture,
the thrill of the dancing flame,
Or the mateship of
the stockmen,
way out on the red soil plain.

QUICK CROSS #3

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	
28						29		

ACROSS

- Aussie movie Red ...
- Mother
- Company who produces super-heroes .. Comics
- This is Australia's largest music coporation (UMA)
- Senator Bonner
- Hit by Roy Orbison The Lonely
- Host of Young Talent Time, Johnny
- Go to a .. (party or gathering)
- A woomera is used to throw this
- Yeah nah
- Highway to Hell group ..DC
- Madonna hit Like A
- Father
- Archibald, Wynne and Glover award this type of prize
- Home of NBA Lakers
- Fair dinkum
- Xavier Herbert novel Poor Fellow .. Country
- star of Mad Max
- Singer Guthrie
- Police song De Do Do Do, De Da, Da, ..
- Pottery requirement
- Roman numerals for 6
- 70s hit for Judy Collins In The Clowns
- Bee Gees hit Days
- Peter Finch and Russell Crowe have won this award
- Country where 8 out of the 10 highest mountains in the world are, including Mt Everest
- Norman Gunstan actor MacDonald
- Bush, Swamp and Water are all types of this rodent
- Singer Rita ...
- Rose's number one song with Bruno Mars ...

AUGUST SOLUTION Quick Cross 2:
ACROSS: 1.Slim 5.Wood 9.Tones and I 11.Rodney 12.Dr 14.Adam 17.Disc 19.Mine 20.Salt 21.Ossy 22.Aaron 25.CD 26.Phone 27.We DOWN: 1.Stream 2.Loo 3.Indian 4.Men 5.Way 6.On 7.Odd 8Directed 10.Sex 13.Bias 15.Dinah 16.Me 17.DSS 18.Slice 21.One 22.AP 23.RO 24.On

DOWN

- Outside toilet
- Change to our national anthem instead of 'young and free' ...
- Chuck it in
- Aussie/USA actor ... Gibson

Storytelling Workshop – Share Your Story

Find your voice. Spark your creativity. Capture your memories.

Join us for a relaxed day led by a professional storyteller.

Morning – engaging presentation on the art of storytelling

Afternoon – interactive workshop where you'll practise, explore, and begin shaping your own story

This workshop is about you, your memories, and your life – or the lives of loved ones. You'll learn simple ways to bring those stories to life, build confidence, and discover how sharing them can connect us as a community.

Stories may be shared and become part of: local newspaper features, the Yarraman Heritage Centre collection, audio pieces for community radio, student-led storytelling projects - or keep them in your private family collection.

Thurs 9th Oct
9am - 3pm
Yarraman Heritage Centre

Free session - Morning Tea & Lunch provided

Free event – bookings essential.
Reserve your spot: <https://www.trybooking.com/DEYTK>
Phone Jane: 0408 988 100

Made possible by a grant from Council of the Ageing (COTA)

	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	1-2pm
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 with Ash	3-4pm
4-5pm			Addy's Music Hits	Interviews				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	Saturday Night	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		through the night



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

What is AMRAP?

AMRAP is the Australian Music Radio Airplay Project, it is an initiative that distributes and promotes contemporary Australian music to community radio stations nationwide.

Amrap helps get new Australian music airplay and supports community radio broadcasters to promote new Australian music on air and online.

It offers services for signed and unsigned Aussie musicians, major and independent record labels, music business enterprises and all Australian community radio stations and program makers.

Greg promotes this initiative for Aussie artists through his show Amrap Wrap-Up.

99.7% LOCAL NEWS - PUBLISHER'S DISCLAIMER

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From player to presenter Greg loves Aussie music

Hi, I'm Greg and I have been a member of the fabulous Wild Horse FM community radio team for over a year now as a broadcaster with my own three radio shows each week, as well as working as a technical assistant for our Wild Horse FM Outdoor Broadcasts at various South Burnett events and functions.

I have been involved in the live music industry as a performer all over Australia for many years, and radio has always held a fascination for me, being involved in promo interviews and advertisements for my live shows.

After a decade of travelling Australia in my Toyota Coaster bus I pulled into Nanango for a night, that was four years ago and I am still here, loving it and now proudly call the area my home.

When the opportunity arose to volunteer as a radio presenter at Wild Horse FM, I jumped at the chance to give my dream a go.

So after some fantastic training and workshops provided by Wild Horse FM, and legendary ABC radio presenter Spencer Howson, I found myself behind the microphone promoting our fantastic homegrown talent on "Grego's Aussie Music Show".

I have now progressed to having another two radio shows as well, supporting Aussie Independent artists, as well as a One Hit Wonders & Nostalgia Music Show.

So if anyone would like to be involved in any role at our Community Radio Station, then I encourage and highly recommend the experience and skills you will obtain by volunteering to be part of the awesome and fun Wild Horse FM radio team.

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,
Saturday 6pm
and Sunday 6pm,
for a journey of
musical hits,
fun facts
and jokes.



Addy's Music Hits



Listen to the young sound on WHFM
Wednesday 4-5pm

AUSTRALIAN ARIA CHARTS

AUGUST on the Aussie Aria singles charts saw the rise of the cast of *KPop Demon Hunters* as they peppered the top 50 with their songs.

Golden hit number one while *Soda Pop*, *Your Idol*, *How It's Done*, *What It Sounds Like* and *Free* all landed in the Top 10 at the same time.

Wedge inbetween were hits by Alex Warren *Ordinary*, Disco Lines *No Broke Boys*, Justin Bieber *Daisies* and Sombr with *Back To Friends*.

The world-wide sensation *KPop Demon Hunters* is a 2025 American animated musical urban fantasy film produced by Sony Pictures Animation and released on Netflix.

It follows a KPop girl group, Huntr/x, who lead double lives as demon hunters.

They face off with a boy band, the Saja Boys, who are secretly the demons which the girls fight.

Sony knew what they were doing as they have not only produced an extremely popular movie, the catchy soundtrack keeps rising up on charts all around the globe.

You can hear Aria hit singles on Past & Present with Anne, Thursday 2-3pm.



By our guest columnist,
local resident and
avid gardener -
MICHELLE NAYLOR

AFTER moving to Yarraman last year with my husband Steve to retire, I've found myself busier—and happier—than ever.

We've settled on nearly two acres and transformed our yard into a flourishing retreat of colour, scent and fresh produce.

My passion for orchids has travelled with me, and I now have three greenhouses brimming with vibrant blooms and delicate ferns.

Beyond orchids, I enjoy growing herbs and vegetables, experimenting with seasonal crops and learning about the medicinal uses of plants.

Fruit and nut trees are also starting to establish, adding to our little patch of paradise.

Yarraman is a special place. It's peaceful and welcoming, and it's been wonderful meeting others through local groups and events. Many of us are newcomers, choosing this lovely country town for a quieter, richer lifestyle.

NEXT MONTH: I'll be sharing tips and ideas to help you prepare your garden for spring—whether you're starting from scratch or just looking for inspiration. I hope it brings you joy, or at least a restful moment with a cup of tea.

Coming soon: Michelle's new Wild Horse FM gardening program *How You Growing?*



READER'S QUESTION

Hi Michelle, my citrus trees, especially the lemon, have got yellow spots on the leaves and are starting to curl at the edges. They have had plenty of water and are somewhat protected from the wind and cold, have a good sunny place and get fertilised regularly. What should I do about the spots and curls. Someone has suggested urine but what do you suggest?

It sounds like your citrus trees might have two issues at once: a nutrient deficiency and possibly a pest or disease problem.

Yellow spots often point to a nutrient imbalance, most commonly nitrogen, magnesium, or manganese deficiency in citrus.

Curling can also be caused by sap-sucking pests such as citrus leaf miner or aphids.

Fresh urine is high in nitrogen, but it can burn roots if used undiluted. If you do want to try it, dilute it at least 10:1 with water and only apply to the soil—not the leaves.

A safer and more balanced option is a complete citrus fertiliser (with nitrogen, phosphorus, potassium, magnesium, and trace elements).

Steps I'd recommend

Check for pests: uncurl a leaf and look for tiny trails (leaf miner) or clusters of insects (aphids, scale). If present, prune affected leaves and/or use an oil spray like eco-oil or white oil.

Feed properly: apply a good-quality citrus fertiliser now, then again every 6–8 weeks during the growing season. Include a dose of Epsom salts (magnesium sulfate)—about 1 tablespoon in 4 litres of water per tree, poured around the dripline.

Mulch and water well, keep soil evenly moist but not waterlogged, and mulch to maintain root health.

Happy gardening, regards Michelle

A passion to fashion wood

MEET A
LOCAL

HOW do people get their nicknames? Well for Lyle it was because his dad preferred the name Sandy.

"When I was born my dad called me Sandy and it stuck with me ever since," said local resident Sandy Peter.

Starting life in Newcastle then Armidale, New South Wales, Sandy soon found his passion when he became a joinery shop apprentice.

"Wood is my passion, I love working and creating with it.

"I came through the old school ways of handmaking joins but now machinery has made it simpler.

Sandy became an architectural joiner which means he can read architecturally drawn plans and make bespoke pieces.

He has worked at the University of New England, owned his own business as a licenced builder and became a fill-in teacher at TAFE.

"I was the kind of Mr Fixit at the TAFE as well.

"Now I am retired and living in Yarraman I like to spend time at the Men's



Shed working with wood and teaching others.

"Just quietly I think my wife likes me spending time at the Men's Shed too," Sandy joked.

So the big question: born in New South Wales, living in Queensland what

happens on State of Origin night?

"You have to support where you live," Sandy wisely concluded.

You can see some of Sandy's beautiful woodwork on display at the Yarraman Men's Shed.

SANDY'S SANGA (Open Grill Toastie)

2 slices of bread
1-2 slices of ham
1 slice of cheese
3 slices of tomato
Salt and pepper to taste
Butter to spread

Toast the bread in the toaster, spread lightly with butter (optional), place the

slice or slices of ham on the toast, arrange the slices of tomatoes (season with salt and pepper) on top followed by either sliced or grated cheese (whatever is in the fridge).

Place under the grill until cheese is melted, you can leave it in a little longer if you like the cheese to turn golden brown.

Great to enjoy with a cuppa.

To market, to market

OUR region is lucky to have communities and volunteers who work hard at establishing and continuing to grow the ever popular markets.

Yarraman Country Markets are in full swing every second Saturday of the month from 8am to noon.

Stalls are located outside the Yarraman Memorial Hall in Browne Street and although it is a small market you can find many things there from fruit and vegetables, hand made goods, plants, timber work, pre-loved household items and clothing.

For more information or to have a stall phone Joe on 0459 638 282 and leave a message with your name and phone number, so he can get back to you.

Yarraman is also lucky to have Neil the fruit and veg man at the same location every Saturday from 8am to noon.

You can send Neil an order by phoning or a message to 0417 198 673 by Tuesday 10am for pick-up on Saturday.



Now's Your Chance to Get Involved

Yarraman & District Progress Association, founded in 1934, now needs a whole new team!

We're in great shape—with funds in the bank and a proud history behind us. What we lack is the next wave of volunteers to step into key roles: Secretary, Treasurer, President. If you're new to town, a young parent, working full-time—or just someone who wants to make a difference—this is your moment.

- ★ You don't need experience — just enthusiasm and a willingness to learn.
- ★ Those who know the ropes are happy to support you, but they'll also step aside and give you the space to do things your way.
- ★ There's money to work with and plenty of room for your new ideas.

It's a real opportunity to build something meaningful that lasts — just like we've done, together, for nearly a century.

**Let's keep Yarraman moving forward.
Step up, speak up, get involved.**

Interested or curious? Drop us a message:
YarramanProgress@hotmail.com

⚠ Important: The AGM is in October. If no one steps forward into these roles, the Progress Association will have no choice but to fold.

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.

Homoeopathy uses a gentle approach to heal the body

By **NICKY ILIFFE**
Homoeopath

I AM sure you noticed that cutting up an onion makes your eyes watery.

If you visited a homoeopath for your watery eyes, the homoeopath may prescribe the 'onion' (or allium cepa) medicine for you.

This process of matching your symptoms to a similar homoeopathic medicine is called the 'Law of Similars' or 'Like cures Like'.

Similar homoeopathic medicine acts like a catalyst in your body and stimulates your body to take over the healing.

The body is so amazing; it has an innate capacity to heal itself and return to balance.

Obviously, the earlier the imbalance is addressed, the easier the process.

This is just one of the Laws that

homoeopathy follows to restore balance in the body.

Homoeopath history

Homoeopathy has been in use for well over 200 years and is a gentle, restorative healing art.

Dr Samuel Hahnemann, a German physician and scholar (1755–1843), is widely recognized as the founder of homoeopathy.

Disillusioned by the aggressive and often harmful medical treatments of his time, he sought a more rational and gentle approach to healing.

Through extensive research and clinical observation, he formulated the principle of "similia similibus curentur" (like cures like) and developed a method of preparing medicines through serial dilution and succussion.

Hahnemann's work established a systematic, holistic form of medicine aimed at stimulating the body's

innate healing mechanisms.

His contributions continue to influence integrative and complementary medical practices worldwide.



Nicky has been a homoeopath for 11 years and has recently opened a clinic at 75 Coulson Street, Blackbutt (behind the chiropractors room). Contact 0412095655.

Mental health challenges can touch anyone

By **Greenhill Counselling**
www.greenhillcounselling.com.au

MENTAL health is often silent. It doesn't always look like tears, breakdowns, or loud cries for help.

Sometimes it is a quiet smile hiding exhaustion, sometimes it is a friend saying 'I'm fine' when they are anything but.

It does not discriminate, mental health challenges can touch anyone no matter age, background, success or circumstances.

It is not a fashion statement or a trend, it is real, it is raw, and it can be life-altering.

There is rarely a quick fix.

Healing isn't as simple as 'cheer up' or 'think positive', it is often

slow, layered and deeply personal.

If you are struggling, you are not weak, you are human.

If someone you know seems 'fine', check in anyway you might be the lifeline they need today.

Let's keep talking, listening and reminding each other: no one has to face this alone.



Project FOGO is not talking rubbish

Information taken from the website of the
Queensland Government

ORGANIC WASTE makes up around half of what we throw away each week in our wheelie bins.

Organic material includes garden, food, food processing, biosolids and agricultural waste and is one of the main types of waste sent to landfill.

Although this material is often seen as 'natural', when it breaks down it releases methane, a greenhouse gas that is at least 28 times more potent than carbon dioxide.

Collecting and reprocessing this waste not only reduces greenhouse emissions and the amount of waste disposed to landfill, but also retains the organic material in circulation at its highest possible value.

Some of this material is already being converted into new products including soil, potting mix and mulch.

It can also be used for other purposes, including the production of animal feed and feedstock for technologies that create biofuels or bioenergy.

However, further work is required to make the most of this important and valuable resource.

In Queensland, about 300,000 households have an organic waste bin, with most of these used only for garden waste. By 2030 we want to see more than 1.6 million households collecting both food and garden waste to assist in meeting national and state targets.

Results of Lockyer Valley Regional Council trial

Some councils have been taking part in the Food Organics and Garden Organics (FOGO) waste collection trial which was launched in 2021.

The Lockyer Valley Regional Council undertook a

kerbside organics collection trial across two suburbs.

Food organics and garden organics were collected from both suburbs weekly, and the general waste collection service was reduced to fortnightly.

Accepted FO items included vegetables, coffee, tea, fruit, nuts, shells and eggshells.

Due to the distance to commercial organics processing facilities, council established a pilot composting facility in the council-owned Gatton Landfill Resource Recovery Centre. The system was installed within an engineered landfill cell and was solar powered.

At the facility, FOGO material was handpicked for contamination and was then loaded on to the aeration pipes for composting. Forced aeration and static piling (HEAPS) technology in windrows was used to process the FOGO material collected. Processing time was 12 weeks from collection to the finished compost product.

Around 61 tonnes of compost was produced and used as a soil conditioner in council owned parks and gardens, and in a creek bank resilience remediation project.

Pros and Cons of the new bins

The cons uncovered by the trial included the fact that participants were reluctant to empty food from old containers into the FOGO bin due to the smell and 'yuck factor', suggesting education around the benefits vs costs of recycling food waste may be important.

Contamination: the average FOGO contamination rate was 2.9% with common contaminants included packaged food and bagged bread.

The pros for the project were that 85% of participants used the FOGO service at least once during the trial and 70% of participants indicated they did not have any issues with a fortnightly general waste collection.

YARRAMAN Wellness Centre

corner D'Aguilar Hwy & Browne Street



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75 Coulson Street, Blackbutt

<https://dynamichealthhomoeopathy.com.au>

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DATE CLAIMERS

Events & Happenings

Heritage Nanango Country Muster September 11, 12, 13 and 14 Nanango Showgrounds

THURSDAY: People's choice walk-up concert 2.30 to 6.30pm
FRIDAY: 7am to 10am Bush Poet's brekky
11.30am to noon Official Welcome
Noon to 10pm Main Stage
SATURDAY: 9am to 10pm Main Stage
SUNDAY: 7am to 9.30am Bush Poet's brekky
9.30am to noon Gospel Morning

Blackbutt Avocado Festival September 13 Blackbutt Showgrounds

Family friendly event with lots of avocado themed fun, food and entertainment. Live music starts on the main stage at 8.30am

Maidenwell Music Mix September 19, 20 and 21 Maidenwell Hotel

A great line up of artists, promoting local talent, free camping, outdoor open air event, Day Passes or Weekend Pass, local market stalls, entertainment all weekend, great food and beverages.

Limited EFTPOS facilities, bring your cash and your favourite chair.

Ticket bookings www.trybooking.com
Phone 0408 765 516 for more info.

Comedy for a Cause Saturday, November 1 Blackbutt Memorial Hall

The BBAC Assn present Comedy for a Cause night and official launch of the Greenhills Villas Project.

A night of fun and games plus entertainment by professional comedians.

Traditional auction, a Silent Auction and a Stuffed Toy Auction, raffles including Money Tree, 100 Board, and Monster Raffle, Lucky Spots; Lucky Door; Lucky Number, Heads and Tails

Costume Competition come dressed as your favourite "old person" from movies, TV, nursery rhymes, stories or theatre. Prizes for best costumes will be judged by Mayor Cr Kathy Duff.

Songs from Stage & Screen Yarraman Memorial Hall November 2, at 2pm

Presented by Blackbutt Singers

COME ON ... GET ACTIVE

TENNIS: Wednesday Social tennis, Blackbutt Tennis Club, 61 Hart Street, from 7.30am.

LINE DANCING: Monday night and Wednesday morning. Blackbutt Memorial Hall, Bowman Road.

PARKRUN: 5km run/walk Ros Gregor Trail, Tipperary Flat, Nanango. Saturday 7am.

WALKING CLUB: Monday meet at 7am BBQ hut Errol Munt Oval Yarraman.

DARTS: Nanango Darts Club, Elk/George Sts. 6.30pm.

DARTS: Blackbutt Darts Club, the Lion's Den, Showgrounds. Tuesday from 5.30pm.

CHAIR YOGA: Nanango Community Centre, Monday 9.30am.

YOGA: Yarraman Memorial Hall, Wednesday 6.30pm.

YOGA: Yarraman Memorial Hall, Thursday 9am.

CARDIO TENNIS: For adults, Blackbutt Tennis Club, Monday 7-7.30pm.

INDOOR BOWLS: Nanango Cultural Centre, George Street, Tuesday 12.45pm.

INDOOR BOWLS: Yarraman Indoor Bowls, at the Lutheran Church Hall, McDaniel Street, Tuesday 9am.

SPORTS REPORT

Aussie maps grown in Benarkin made in Yarraman



Woodworking products such as toys, trophies and more, crafted by the men of the Men's Shed can be seen when the Yarraman Holistic Health and Community Market is held at the Yarraman Men's Shed in Mill Street on the last Saturday of the month, 8am to noon.

THESE tiny wooden ambassadors are headed overseas as gifts and symbols of Australian grown, Australian made.

The beautiful silky oak tree which began life in Benarkin was milled in Yarraman and has now been skillfully turned into the maps pictured in the hands of their creators.

John Nicholls, Jeff Malcomson, Sandy Peter and David Purcell have crafted these special gifts which were commissioned by the Australian Futsal Association (AFA).

Yarraman and District Men's Shed has had a close connection with the AFA over the last few years having made timber shields for the end of season club presentations.

This year the group were tasked with making 100 small maps of Australia (Tasmania included) to be given as gifts when teams were competing overseas.

"Futsal Australia wanted to give a gift that was totally Australian," Allister Miller, CEO of Futsal Australia said.

By using a locally grown and milled tree the men of the Men's Shed have achieved just that.

Projects such as this gives the men at the shed an opportunity to develop or refresh skills in working with timber as well as the wellness and companionship benefits.

FUTSAL is the indoor version of football played between two teams of five players, with unlimited substitutions permitted. The confined space, hard court surface and smaller ball create an emphasis on improvisation, creativity and technique.

More than a walk in the park

WHAT is it about a Parkrun that has people getting up early on a freezing morning to go join in? And they don't just do it once they come back week after week, compelled to put on those joggers and jumpers and get going, but why?

Maybe Blackbutt's Brisbane Valley Rail Trail parkrun has the answer ... it's free, fun, and friendly.

It is a weekly 5k community event where you can walk, jog, run, volunteer or spectate – it's up to you.

Held every Saturday at 7:00am the event takes place at Brisbane Valley Rail Trail, adjacent to Roy Emerson Museum, Bowman Road, Blackbutt.

Something else that makes it very appealing is that it is free.

However you do have to register before you first come along but only ever register with parkrun once then bring a scannable copy of your barcode (request a reminder). If you forget it, you won't get a time.

Time? Yes you get a time. Could this be the secret that keeps you returning week after week, to better your time?

But if I get a time, how fast do I have to be?

Organisers suggest that you can join in whatever your pace, you are taking part for our own enjoyment.

Running or walking is not for everyone but you can still join in by becoming a volunteer.

Parkrun is entirely organised by volunteers and if this interests you then email brisbanevalleyrailtrail@parkrun.com for more information.

Every week those who like to socialise grab a post parkrun coffee at Hotel Radnor Blackbutt, The Bunya Nut Cafe or the Blackbutt Bakery.

Whether it's the speed battle with yourself, the social connection or the coffee, Parkrun gets into your system and has you running for more.



Path to stronger body and mind

PIT (P=professional I=Instructional T=tuition) Kwon Bop Do Taekwondo offers valuable benefits for children, teens, and adults, making it a well-rounded martial art for personal growth and physical development.

For children, it builds discipline, focus, and respect while improving balance, coordination, and motor skills. These qualities often translate into better performance at school and increased confidence in social settings.

For teenagers, KBD TKD provides a healthy outlet for stress and energy. It teaches resilience, self-control, and perseverance, important traits during a time of rapid emotional and physical change.

Teens also gain self-defence skills and learn to channel aggression into structured practice, helping them build positive self-esteem and leadership qualities.

Adults benefit through enhanced fitness, flexibility, and stress relief. The training improves cardiovascular health, strength, and endurance while sharpening mental clarity.

It also provides a supportive community, fostering friendships and accountability.

For busy adults, classes serve as both exercise and meditation in motion, promoting long-term well-being.

Across all ages, Kwon Bop Do Taekwondo instils discipline, respect, and confidence, while encouraging commitment to health, safety, and personal growth. Its blend of physical training and mental development makes it more than just a martial art, it is a path to a stronger body and a stronger mind.

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