

**YARRAMAN
COOYAR
NANANGO
BLACKBUTT
MAIDENWELL**



FREE

**LOCAL
NEWS**

EDITION 005, NOVEMBER 2025

EMAIL: news@wildhorsefm.com

PH: 41638 997



New YPA team set sites on Christmas fun in Yarraman

CHRISTMAS In The Park will be the first 'big' challenge for the new executive committee of the Yarraman Progress Association.

Bianca Smith, president, said the committee had not fully settled in but had to hit the ground running as Christmas is just around the corner.

Matthew Gibson, treasurer, explained that the funding for this year's event would enable new and exciting fun activities for all the family.

"Suggestions we are working on are dodgems, jumping castle and fireworks," Matthew said.

Amanda Canniford, secretary, said the help of the Christmas in the Park sub-committee, which was formed with members of the Yarraman Collective, was invaluable to the new board.

"This year's Christmas event will be bigger and better thanks to the magnificent ideas and assistance of the members of the Collective.

"We are planning for rides for tots to teens, market stalls, the Kindy will be doing their famous tasty hot chips, the RSL bar will be open and their new popcorn machine will prove popular, the Heritage Centre barbecue will be sizzling, plus music and entertainment," Amanda said.

While this is a big task to tackle, the bigger picture for the YPA is the future of the town.

"We need more people to become involved with YPA to keep it viable and to bring fresh ideas and volunteer help," Bianca said.

"Membership is open to all residents of Yarraman, business owners and interested parties. This is our town and it is up to us to see it progress so that everyone's lifestyle improves," she said.

For more information or to become a member of the YPA email [yarra\\$4614@gmail.com](mailto:yarra$4614@gmail.com)

Membership is \$10 per person per year.



Yarraman springs into action

By AMANDA GORDON
WHFM Station Manager

SPRING is well and truly underway, and there's a lot happening across our region.

For more events and activities around town, be sure to check the **What's On** section on page 3 of this

month's paper or visit the Wild Horse FM website for updates.

If you've ever considered stepping behind the microphone, Wild Horse FM is offering Presenter Training this November for those interested in becoming volunteer presenters.

No prior experience is necessary — just a genuine interest in local stories and community connection. To express interest or learn more, please contact admin@wildhorsefm.com.

A special mention this month goes to the dedicated volunteers at Yarraman Heritage Centre, who are currently seeking donations of used books for their upcoming Book Fair Fundraiser in December. If you have books to spare, your contribution would be greatly appreciated.

As always, we hope you are enjoying your local news — let us know your feedback or share a story by calling the station on 07 4163 8997 or emailing news@wildhorsefm.com

COLLECTIVE ISSUE

Yarraman Collective is a group of organisations, clubs, businesses and individuals who come together to brainstorm and help each other to progress Yarraman and district. Meetings are open to all, 3pm, first Friday of the month.

Yarraman - survey results

Earlier this year YPA published a survey in the paper to see what Yarraman residents would like in their town.

The 'average' respondent was older (70+) a couple who has moved to Yarraman.

Some of the things people would like to see include more businesses, doctor, community nurse, lower speed limits through town, clean up shop facades, more things for teenagers to do, old age accommodation, and a community vegetable garden.

Suggested shops include doctor, newsagent/gift, variety shop, and fresh produce.

Events suggested included health expo, music events, creative spaces, sports, Christmas, food or dining expo, garden show, and woodchopping.

The majority surveyed would be willing to attend a town meeting once a year and to volunteer if not on a permanent basis.



The Royal Hotel

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18 TOOMEY ST. YARRAMAN QLD 4614

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.

ADVERTISING for the December edition must be received prior to November 23. Please submit in either PDF or PNG format CMYK colour.

DECEMBER deadline - November 23

NOTE: 99.7% LOCAL NEWS reserves the right not to publish any story, item or photo which does not meet our criteria or standard of practice.

Christmas parcel posting deadline

AUSTRALIA Post has announced the all-important last sending dates to help ensure deliveries within Australia and overseas arrive in time for Christmas.

Within Australia:

Parcel Post parcels to be sent by Monday 22 December (same state) and Friday 19 December (interstate)

Express Post parcels to be sent by Tuesday 23 December

Letters and cards to be sent by Thursday 18 December (same state) and Tuesday 16 December (interstate)

Sending to and from Western Australia, Northern Territory, Tasmania, or regional and remote locations should allow a few extra days.

International (depending on the location):

Economy Air: 21 November – 5 December

International Standard: 28 November – 12 December

International Express: 5 – 18 December



MEET A LOCAL

“It was through these experiences I discovered the power of mentoring young people and fostering a sense of pride and discipline through the arts and sport,” Caine said.

In 2012, he relocated to Charters Towers, to serve as Director of Music at Blackheath and Thornburgh College, and later as Instrumental Music Coordinator at Columba Catholic College.

Caine’s move to the South Burnett in 2019 marked the beginning of a new chapter, working at Our Lady of the Southern Cross College in Dalby and St Mary’s Catholic College in Kingaroy.

“Throughout my time in education, my dedication to community involvement has only grown stronger. I have proudly performed The Last Post at ANZAC Day ceremonies since the age of nine and continue to support local RSL sub-branches in honouring our veterans and upholding community spirit,” Caine said.

In 2022, he began working in Yarraman and later was able to take on the role of Chairperson of Wild Horse FM.

Despite his long background in the arts, this was his first opportunity to be involved in community radio.

“Through this platform, I’ve met many passionate and dedicated locals, including Tania Paul and Jane Hodgkinson, whose drive and commitment have inspired me.

“My experiences across education, music, and community service have reinforced my belief in the importance of collaboration, community involvement, and a strong work ethic. These values are at the heart of everything I do, whether it’s leading a classroom, supporting a local initiative, or strengthening connections between schools, families, and community organisations. I take great pride in contributing to a community that values resilience, connection, and shared success.

“It’s my hope and determination to watch Wild Horse FM grow well beyond where it is today and look forward to my continued work within the community,” Caine concluded.

CAINE Wager is a familiar sight to those who attend Anzac and Remembrance Day services in Yarraman as he skillfully delivers an emotional rendition of the Last Post on his beloved bugle.

He moved to the South Burnett area in 2019 but credits growing up on the Gold Coast for the foundation of his lifelong passion for music and sport.

“After finishing school, I was accepted into the Queensland Conservatorium of Music and secured my first part-time position at Pindara Private Hospital.

“My mother, a nurse, helped me gain experience working in the operating theatres, a role that taught me the value of teamwork, attention to detail, and maintaining composure in high-pressure environments,” Caine recalls.

While studying at university, he worked at A.B. Paterson College as a brass tutor, an experience which sparked his love of teaching.

“My role expanded over time to include conducting the junior concert bands and assisting with coaching the junior secondary cricket teams.

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Old But Interesting

Exploring history at the Yarraman Heritage Centre

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 11th month, 11th day, 11th hour, remember them

What are the origins of Remembrance Day?

Why is Remembrance Day honoured?

When did Remembrance Day become special to Australians?

On 11 November 1918, at 11:00 hours, the guns of the First World War fell silent, after four years of conflict.

Approximately 70 million people were mobilised during the First World War conflict and approximately 13 million people were killed during the conflict.

In the post-war years the significance of 11 November gained importance, owing to the date hostilities ceased on the Western Front and the remembrance of those who died in the conflict.

Originally known as Armistice Day, the day was first commemorated in 1919 at the Cenotaph in

London. King George V requested that the people of the British Empire defer activities for two minutes silence on the hour (11:00 hours) to mark the armistice of the First World War conflict.

After the Second World War, Armistice Day was renamed Remembrance Day, where the dead of all wars is commemorated.

In Commonwealth countries a two-minute silence is observed, except in Australia, where one minute silence is observed.

In Australia, Remembrance Day is commemorated on November 11, at 11:00 hours, and a minute silence is observed – the 11th month, 11th day and 11th hour.

As Remembrance Day 2025 approaches, the Yarraman community has the opportunity to pause and remember the Yarraman men and women who have served and those who continue to serve in the Australian Defence Forces.

Lest we forget.

Deb **FRECKLINGTON** MP

MEMBER FOR NANANGO

Policing Agriculture Congratulatory letters (birthdays / wedding anniversary)

Main Roads Health Seniors Cards

nanango@parliament.qld.gov.au
4190 7100
DebFrecklingtonMP

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Field Day helps producers explore opportunities after pasture dieback

DESPITE the hot, dry conditions, a strong crowd of producers gathered at the Upper Yarraman Farmers Hall on October 11 for the Pasture Development Field Day, organised by local grazier, Ashlee McCoist.

Working in partnership with the Department of Primary Industries' Sown Pastures and Beef Extension teams and supported by Healthy Land and Water, Ashlee delivered a workshop focused on practical solutions to move forward from pasture dieback.

"With kikuyu and other grasses failing,

many producers face difficult decisions.

"Producers need access to the latest research on pasture dieback, before they can shift their focus to 'what's next', and start establishing resilient grass and legume options, suited to our local soils and climate," Ashlee explained.

The workshop presenters highlighted how combining tropical and temperate legumes with tolerant grasses, can match kikuyu productivity, while improving land condition.

Attendees gained practical insights into

establishing new pastures, with sessions on soil moisture, reducing competition, and choosing species suited to local conditions. Grazing management and forage budgeting were also discussed as key tools for long-term success.

The day wrapped up with a live drone demonstration from Aerial Applications Australia, showcasing technology for weed control and seeding.

The overall message was clear, with the right strategies and tools, a way forward from pasture dieback is achievable.

Region's first Poolpod makes a splash



IT'S not a hoist, it's not a ramp, it is a Poolpod and Nanango has got one. The South Burnett Aquatic Centre in Nanango is now home to the region's first Poolpod.

South Burnett Council received more than \$115,000 in grant funding from Heritage Nanango Community Funding Ltd to purchase the Poolpod, which was installed in October.

A section of the pool was closed off for public use during the installation.

So what is a Poolpod?

Developed in Glasgow, Scotland, the Poolpod is designed to help people who have mobility challenges, offering a dignified and independent way to enter and exit swimming pools.

It can also be used by parents with young babies and anyone who find steps into the pool difficult.

Poolpod allows people to stand, sit or move a suitable wheelchair into the lift type structure, that then glides out onto the water, lowers into the water and allows a person to step off or swim off into the water.

Councillor Jane Erkens expressed her gratitude to the community and Heritage Bank for having the vision to see what local people need.

"I am truly grateful to our community for the incredible support they've shown to Heritage Bank in Nanango. Because of this partnership, Heritage have been able

to stand behind so many projects that have strengthened clubs and organisations throughout the Nanango area.

"This is just one of the many benefits we've all received, and this will make it possible for all to enjoy the 25m indoor heated pool," Cr Erkens said.

Council officers visited other pools to investigate how the Poolpod assists with alternative access to the pool.

Heritage Bank Nanango is a joint venture between Heritage Bank and local residents, represented by Heritage Nanango Funding Ltd. The community's share of profits is returned back into the area as grants to local organisations, charities and special community events.

Exchange system LETS community grow

THE Local Exchange Trading System, (LETS) is helping communities trade goods and services without the need for cash. Instead of money, members use credits recorded in a simple community ledger.

The idea is straightforward: offer a skill or service, earn credits, and spend them with any other member.

For example, someone might earn credits by mowing a lawn, then spend them on childcare, fresh produce, or home repairs.

Every transaction is tracked openly, creating a fair and trusted system.

LETS strengthens community ties by valuing people's time, talents, and resources equally. It allows those with limited money to still access what they need while giving back with what they can offer. From gardening and tutoring to cooking and car repairs, almost any skill can be traded.

Founded in the 1980s in Canada, LETS has spread worldwide, with groups adapt-

ing the system to local needs. It doesn't replace money but works alongside it, keeping wealth and support circulating locally.

Above all, LETS reminds us that community is built on cooperation—not just cash.

To find out more about the LETS system come to the Holistic Health and Community market or contact the Yarraman Wellness Centre on 0447343641 or My Place Blackbutt and surrounds on 0447679558.

WHAT'S ON

YARRAMAN

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

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 Mons, Weds and Saturdays.

NANANGO

Cuppa and Chat: Neighbourhood Centre, last Wednesday of the month, from 10-11am.

Gather and Grow: Craft activities, Neighbourhood Centre, Thursday 10am-noon.

Taras Hall Bingo: 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, 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.

Tuesday Night Blackjack & Poker: Commercial Hotel in Drayton St, 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.

Timbertowns Woodworking Group Inc. Wednesday and Sunday, 8am to 12pm, Thursday, 4pm to 7pm. Blackbutt Showgrounds.

Blackbutt Camera Club: meets 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: in the Maidenwell Hall in Pool Street every Wednesday and Saturday.

COOYAR

Cooyar Community Cuppa Group: Cooyar Hall, 4th Thursday of the month (except Dec), 9.30-11.30am for a cuppa, chat and craft. \$2 donation, bring a small plate of morning tea to share. Everyone welcome. Ph 0467 208 475. See page 12 for info on Christmas Tombola.

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WHERE IS 'THE MAN'

For your chance to win coffee or tea and scones for 2 simply tell us where is the **Yarraman** pictured here. Email your answer to us and go in the draw. We need to know, your name, phone number and your answer to where 'the man' is located. Email to news@wildhorsefm.com subject: Man comp

RADF grant applications for arts, culture, and heritage

TOOWOOMBA Regional Council (TRC) is seeking expressions of interest through the Regional Arts Development Fund (RADF) for grants that will help arts, culture and heritage projects take centre stage across the Region.

RADF is delivered via a partnership between the Queensland Government, through Arts Queensland, and TRC.

A funding pool of \$35,000 is available for competitive community grants to assist regional artists and creative industries professionals with their next project. Queensland Minister for Education and the Arts John-Paul Langbroek said the Regional Arts Development Fund has an impressive track record of supporting local arts and cultural programs across Queensland communities.

"The Crisafulli Government's multi-year RADF investment provides greater funding certainty for 59 regional councils, streamlined program management and red tape reduction, while boosting the state's vibrant arts and cultural scene," Minister Langbroek said.

"Each year, RADF programs reach more than one million people across Queensland, securing local arts experiences and cultural tourism opportunities in regional areas.

TRC Library and Cultural Services

portfolio spokesperson Cr Melissa Taylor said Council is 'casting' a wide net in a bid to identify the next organisations or individuals who could benefit from funding.

"RADF recognises the important role the arts play within our community. This valuable program allows Council to invest in and promote our regional arts and culture," Cr Taylor said.

"RADF funding allows us to help residents take their passion to the next level. It also allows local communities to identify and celebrate what makes them unique.

"Applications can be made by individual emerging and established artists, producers and creative practitioners, businesses, registered not-for-profit organisations, groups and collectives.

"Applications can be for professional development, creation and or presentation of new work or projects and priority will be given to applications that best address the assessment criteria.

"I encourage anyone who thinks they may be eligible to have a look at the guidelines and contact us if they need any points clarified."

Expressions of interest must be received by Sunday, November 23, 2025, with RADF guidelines and how to apply found on the Council website.

From the Poet's Pocket
with Wendy Mathews

Peter Frazer grew up on a remote sheep station in the mulga lands of South West Queensland. Those early years instilled in him, a love for the Australian outback. Peter later worked for the Department of Primary Industries as a Stock Inspector. Now retired and living in Toowoomba, he has been able to develop his passion for the written word. Peter is a co-founder of the Toowoomba Bush Poets' group, and Queensland representative of the Australian Bush Poets Association. Please enjoy his poem, featuring a local theme.



BUNYA DAWN by Peter Frazer (reproduced with permission)

Slowly and silently they come,
At the dawning of each day,
From forests deep and rugged
And steep gullies far away.

The young folk sprint and scamper
Over fallen trees and vines,
'Neath giant cedar trees
And ancient bunya pines.

The old folk travel slowly
Having trod the path before,
Along a myriad of secret tracks
That cross the forest floor.

Then momentarily they pause
As the forest shadows thin,
To scan the moonlight clearing
Before they venture in.

Like children at the water's edge,
With excitement tinged with fear,
They await their leader's signal
That everything is clear.

Then it's out into the moonlight
And across the dew-drenched lawn,
To dance their ancient rituals
And await the coming dawn.

The young bucks spar and wrestle
As the females dash and fly,
And the young ones skip and tumble
Beneath mum's watchful eye.

The centuries-old bunya pines
Stand watch o'er them as they play,
For a thousand years of dreaming
Cannot be swept away.

As dawn breaks on the bunyas
And the sun's first ray has kissed,
The Dreamtime folk are dancing
As wallabies in the mist.

QUICK CROSS #5

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

ACROSS

- Great Barrier ...
- Boast
- Perve at
- Aussie movie: *Cab to Darwin*
- Crime writer who visited Australia in 1922 Christie
- Biblical strong man with long hair
- Abbreviation for high peak
- Card game Jack Naked
- Used to steer a horse
- Superhero Atom ...
- Killer whale
- French for very
- English Bobbie's title
- Opposite to direct current
- Kim Kardashian facial feature voted best in the world
- An old song is a from the past
- Sun god
- Absolutely ridiculous
- Class of racing car/bike
- Letters before the name of an Australian naval vessel
- Playschool viewers are asked do they want to look through, the square, round window
- Catholic branch of nuns who teach or serve in hospitals
- People who have been affected by trauma suffer from this
- Material used in a rodeo to lasso calves
- Rock band 9 Inch
- Jackie Lambie is the senator for this state (abbreviation)

DOWN

- Colour of a horse or singer Chappell ...
- Googie or lump on the head
- Material used in a school yard jumping game
- Type of cheese

AUGUST SOLUTION Quick Cross

- 4: 1.Joh 4.Sperm 8.Ocean 10.Tea
11.Hanson 13.Woody 15.Yoyo 17.SA
19.New 21.Kevin 22.Meg 24.IT 25.AM
26.Nannygai DOWN: 1.John 2.Oca
3.Henry 4.Snowy 5.ET 6.RE 7.Mary 9.As
12.Noon 14.DAWE 16.Onion 17.Skin
18.Aeta 20.Emma 23.Go 25.AG

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PAPER! GET YOUR PAPER! That's what the newsboy on the corner would cry out to the passing public but, unfortunately those days are gone. The good news is you can pick up a copy of our community newspaper from these businesses.

YARRAMAN: IGA, Pharmacy, Farmhouse Coffee Shop, JBH Rural, Royal Hotel, YCI Op Shop, Bakery, and Bendigo Bank.

BLACKBUTT: Newsagent, Hardware, Medical Centre, Council Customer Service office and Library.

NANANGO: RSL, Neighbourhood Centre, Bendigo Bank, Heritage Bank, Newsagent, Council Customer Service office and Library.

MAIDENWELL: Maidenwell General Store and Cafe.

COOYAR: Cooyar Hotel, Yoga Class on Tuesdays at the Hall.

Tell us what you think of the paper:
news@wildhorsefm.com



Nanango Show Society

COMING EVENTS

Markets - DEC 6

2026 Nanango Show

- April 18

Nanango Showgrounds
129 Drayton Street
Phone (07) 4163 1273
Email: office@nanangoshowssociety.com.au

Thank you for
your support
in 2025

What's happening at the Royal?

RENOVATIONS have been unveiled at the historic Royal Hotel Yarraman.

Manager Carol Richardson proudly announced the grand reopening of the newly renovated bar, ushers in a new era for this local landmark.

The renovation seamlessly blends the hotel's classic charm with modern enhancements, including the introduction of Yarraman's first glycol beer system, ensuring guests enjoy consistently cold, fresh beer.

Joining the culinary team at the Royal Hotel is internationally experienced chefs Joe Tukutukuwaqa and Henry Powell.

In the coming weeks, guests can look forward to a new menu inspired by Pacific Island flavours, complemented by an expanded wine and cocktail list.

To further enhance the guest experience, the Royal Hotel Yarraman now offers a vibrant calendar of weekly events, including Thursday Jag The Joker, Wednesday and Friday night Meat Raffles and starting in mid-November Tuesday Night Bingo and Thursday Night Pool Competitions and live entertainment.



With its refreshed atmosphere and dynamic culinary leadership, the Royal Hotel Yarraman is set to become the premier destination for exceptional dining, drinks, and entertainment in the region.

WISE WORDS:

"It is often the small steps, not the giant leaps, that bring about the most lasting change"

QUEEN ELIZABETH II



Council update on 'Pudd Park' cricket pavilion

By Cr Tim McMahon
Toowoomba Regional Council Parks and Recreation Services portfolio spokesperson

TOOWOOMBA Regional Council will construct a new shelter to replace the existing cricket pavilion at the Yarraman Recreation Grounds and Memorial Park (formally known as Errol Munt Reserve and also referred to as Pudd Park).

The current timber pavilion is unable to be restored due to its condition and age.

Following a review of community feedback in September, Council will construct a new multi-purpose shelter that creates an inviting and functional space for events and everyday use.

It has been designed in line with the existing style of shelters in the park.

It will have power and lighting, with an open space in the centre for functions and events, as well as picnic seating to the sides for larger groups to gather for functions and special occasions.

The gable ends will have laser-cut cricket imagery to acknowledge the area's long association with cricket.

Council is appreciative of the community input for the project.

Work on the new shelter is scheduled to start in March 2026, weather permitting.

Council has allocated funds in its current Budget for a replacement shelter.



Conceptual image of proposed shelter
Not to scale



Bookworms feast at Yarraman Book Fest

CLASSIC stories or romantic folly, whatever your taste in reading you are sure to find it at the Yarraman Heritage Centre Book Fest.

On Saturday, December 6 the gates of the Heritage Centre will open at 8am and you can explore mountains of books, snoop out bargains at the Garage Sale or sniff something spectacular at the Plant Sale.

Looking for a 'how to' book, fairy tales, or a collectable book? It's sure to be here. Do you need a couple of wheel barrows, chairs, paintings, old school desks, household items? We've got those too. How about some houseplants, shrubs, flower, or vegies? Yep, not a problem, all at bargain prices.

Not only that, but you can refuel with a sausage at the Bailey Pine Care barbecue, then come and chat with your community radio broadcasters at the Wild Horse FM tent.

Wild Horse FM will be broadcasting live on the day. Gates open at 8am and close at 3pm.

The lower floor of the museum will be open free of charge (no tours) from 10am-noon.

Construction of new servo progressing well

by MEGAN THOMAS
Contract Administrator Watcon Building Group

CONSTRUCTION is progressing well, and we are currently on track to finish towards the end of this year.

The opening date will depend on commissioning and approvals, but we are working closely with all parties to keep things moving.

Like most projects, we have had a few challenges along the way, but nothing that has significantly affected the overall program.

The build has provided steady work for a range of trades and suppliers, many of whom are local to the region or staying in town while they complete their packages. It has been great to see local involvement on site.

Watcon Building Group has been operating in Toowoomba and the Darling Downs for many years across commercial, residential, and community projects.

We are proud to be part of this development for Yarraman and look forward to supporting future opportunities in the region.

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'Weather doesn't plan, but you can'

Information that Yarraman SES wants you to know about for getting ready for severe weather – Storm Season

YARRAMAN SES would like to advise residents that it is a time for Queenslanders to take the necessary steps to prepare their family and property against severe weather events.

The Queensland SES theme for this year is 'Weather doesn't plan, but you can.'

Cleaning your gutters and removing rubbish and items from around your property is a great place to start and will help you in reducing your risk.

Research shows people who are prepared for severe weather recover faster than those who rely solely on outside help.

Queensland State Emergency Service (SES) want you to get prepared today by following these three steps:

1. **Know your risk**
2. **Make an emergency plan**
3. **Pack an emergency kit**

Know your risk

Research local emergency plans, evacuation zones, and suggested evacuation routes for where you live and work. Find out what help is available through local council disaster dashboards.

Check at <http://disaster.tr.qld.gov.au> if severe storms, cyclones, floods, storm surge are likely in your area.

Make an emergency plan

Make a household emergency plan so your family knows what to do and who to contact in extreme weather.

Figure out which family and friends you could stay with if you need to evacuate. Know how to find out about evacuation centres in your community during severe weather, especially if friends or family might not be an option. Will you be able to take your pets?

Below are some steps to take and conversations to have to begin making an emergency plan:

- Research hazards and disaster arrangements for your community.
- Discuss possible scenarios and what you could do.
- Think about shelter and evacuation options.



- Think about why you may need to leave your home.
- Know where to go for emergency information including your local council disaster dashboard and local ABC radio station.
- Make sure everyone is prepared.

Pack an emergency kit

Packing a kit can be as simple as grabbing a few extra items next time you are at the supermarket to put in your kit.

Pack an emergency kit with essentials that can last you a minimum of three to seven days in case you lose power or gas, do not have access to clean water or cannot access shops.

Pack enough supplies in your kit for every member of your family. Keep your kit in a waterproof container in an accessible location. Check it every season to make sure supplies are fresh and safe to use.

Examples of items to include in your kit:

- Food and water for up to seven days. Include non-perishable food, can-opener, gas stove, cutlery and plates.
- Self-powered items including a torch, portable phone charger, power bank and a battery powered AM/FM radio with spare batteries.
- Medical and personal items including a first aid kit, medications and prescriptions, gloves and clothing, toiletries.
- Important documents including identification and insurance documents.
- Pet supplies.

Remember if you have a household generator do not operate it inside your residence or in confined spaces.

Emergency Contact Information

For non life-threatening flood and storm emergency assistance — such as help with a damaged roof or storm damage —,

- visit 132500.qld.gov.au or
- phone 132 500.

For a life-threatening situation phone Triple Zero (000) immediately

ABOVE: your Yarraman SES Team, recently receiving a plaque to commemorate the 50th Anniversary of the SES in Queensland.

TRC'S NEW DISASTER DASHBOARD

TOOWOOMBA Regional Council (TRC) recently unveiled a suite of valuable disaster resources, and expanded language options, on its Disaster Dashboard. These are designed to help residents before, during and after a natural disaster.

TRC Mayor and Local Disaster Management Group (LDMG) chair, Cr Geoff McDonald, said the additional information better equipped the community to deal with all disaster stages.

"Our Disaster Dashboard has historically been used during a disaster or extreme weather event, but the additional information allows residents to access one resource to support them at all stages of a disaster," Mayor McDonald said.

"The Toowoomba Region is most prone to bushfires, severe storms, floods and heatwaves. These disasters can occur quickly and without a lot of warning, so it is crucial our community has access to information they can use to prepare in advance."

A new story board feature gives communities specific information on how to understand their risk when it comes to bushfires, severe storms, flooding and heatwaves.

"When people understand their risk, they can prepare a household plan, pack an emergency kit and stay up to date with any news posted on the Disaster Dashboard," Mayor McDonald said.

In addition to the new hazard-specific information, the upgraded Disaster Dashboard incorporates a new language feature where users can select their preferred language from 95 options.

"This is a fantastic addition to the Disaster Dashboard. Our Region has a diverse population, with more than 15,000 residents speaking a language other than English at

home, so this new feature will be extremely helpful," Mayor McDonald said.

Enhancements made to the Disaster Dashboard, in collaboration with incident management software providers QIT+:

Bushfire, Severe Storms, Flooding, Heat-wave and Referable Dams story board tabs – providing collated hazard-specific information such as understanding your risks and how to prepare, including making a household plan and packing an emergency kit. Includes links to the authoritative/primary provider for specific disaster management information, e.g. Queensland Fire Department. This feature will go live on the Disaster Dashboard in the coming weeks.

Links to search for your property to discover if you're in a risk area, additional links to authoritative/primary provider for further disaster information.

New thunderstorm risk information produced by Weather Watch, allowing residents to click on individual storm cells to see their severity and potential impacts.

The language feature to select your preferred language (this changes the titles and set words, not the content of the emergency news or links to other websites).

A new flood camera button that shows all TRC's and the Department of Transport and Main Roads' (TMR) flood cameras simultaneously.

A list of key resources which help disaster-affected communities post-disaster, including information about how to clean up safely, accessing recovery payments and more.

For businesses and primary producers there are links to accessing assistance and reporting impacts to business.

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BE PREPARED

DISASTER PLANNING AND MANAGEMENT

www.fire.qld.gov.au

Reduce the risk

A WELL prepared home is easier to defend and reduces the risk to surrounding properties. Use the following as a guide to start preparing before the higher risk bushfire period.

- ~ Clear gutters and roof of leaves, twigs, bark and other debris. Consider installing gutter guards.
- ~ Enclose open areas under decks and floors.
- ~ Install steel wire mesh screens on windows, doors, vents, and weep holes.
- ~ Point LPG cylinder relief valves away from your house.
- ~ Check and maintain firefighting pumps, generators, and water systems.
- ~ Seal gaps in external roof and cladding.
- ~ Remove flammable items away from your home (such as woodpiles, mulch, boxes, hanging baskets, and outdoor furniture).
- ~ Reduce vegetation along access paths.
- ~ Mow your lawn regularly.
- ~ Remove excess flammable materials such as long dry grass, dead leaves, and branches.
- ~ Trim low-lying branches around your home to a height of two metres from the ground.
- ~ Find out more about Queensland Government landholder vegetation clearing for bushfire management.
- ~ Gather sufficient personal protective clothing and equipment for all persons and store so that they are readily accessible.
- ~ Prepare your evacuation kit and/or emergency kit.
- ~ Stock your first aid kit.
- ~ Check insurance policies are adequate for home and vehicles.
- ~ Review and update your Bushfire Survival Plan as a family each year.
- ~ Make a contingency plan.
- ~ Note your Neighbourhood Safer Place, if available.
- ~ Prepare your pets

Bushfires are unpredictable and plans can fail. A contingency plan that identifies your alternate options may save your life if you are caught in a fire. You need to consider:

What will you do if you are away from home (work, school, shopping)?

What if your pet is scared and you cannot find them?

What if you are home alone?

What if you have guests staying with you?

What will you do if your travel route is cut off?

What will you do if you are trapped in your home?

Where will you go if you had planned to stay but it is now unsafe and you need to leave?

QLD GOV BUSHFIRE ADVICE

The Queensland Government provides comprehensive advice on bushfire safety and preparedness. Here are some key points to consider:

Stay Informed: Regularly check the Queensland Fire Department's website for the latest bushfire warnings and incidents.

Prepare a Bushfire Survival Plan: Create a plan that includes evacuation routes, emergency kits, and a list of safe places to go.

Clear Flammable Materials: Remove dead leaves, dry grass, and other flammable materials from around your home.

Install Protective Measures: Use gutter guards, steel wire mesh screens on windows and doors, and point LPG cylinder relief valves away from your house.

Ensure Adequate Insurance: Check that your insurance policy covers your home and vehicles against bushfire damage.

Stay Safe: If a bushfire is near, follow the advice from local authorities and stay indoors if possible.

For more detailed information and resources, visit the Queensland Government's bushfire website at www.qld.gov.au/bushfire



Are you looking for a rewarding career and to make a difference in the community?



Why not become an 'on call' Auxiliary Firefighter, where every roll counts.

Yarraman Auxiliary Firefighters are looking for recruits to join their collaborative team, men and women are welcome to apply.

Requirements –

Must be 18 years or older

Possess a C class vehicle license

Be willing to obtain a MR truck license

All training is provided and paid for

If this role appeals to you, stop by your local fire station at 7 Toomey Street, Yarraman on Tuesday afternoons between 5:30-7:30pm or alternatively you can call Captain Andrew Hopkins on 0429 476 412.

We look forward to hearing from you.

YOUR BEST DE-FENCE



Want good neighbours? You need good fences (not a solve-all but it helps). JBH Rural now stocks a great range of wire fencing products, we have something for everyone, from the budget conscious to the endless budget, so come in and talk fencing.

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Lifesaving equipment for Neighbourhood Centre

THE Nanango Neighbourhood Centre is now home to a new Automated External Defibrillator (AED), thanks to the generous support of the Heritage Nanango Community Funding and the Nanango Ambulance Committee.

As part of this special program, the local CTC team completed hands-on AED and CPR training with Officer in Charge Brodie Savage, practising real-life resuscitation scenarios for adults, children, and infants.

The Nanango Neighbourhood Centre is an initiative of South Burnett CTC, sponsored by Heritage Nanango Community Funding.

Since opening its doors in early 2024, the Centre has quickly become a vibrant hub for the Nanango community and surrounding areas. The friendly staff have created a safe and welcoming space where locals can get practical support and access to CTC's wide range of services when they need it most.

The Centre also hosts the Seniors Stronger Together program, offering social connection for people 60 years and over, through activities like the popular HOY, as well as weekly Gather & Grow craft sessions, school holiday programs, and the Get Set for Work youth program.



With so many people accessing the facility each week, the new AED provides valuable peace of mind for staff, volun-

teers, and visitors alike.

CTC sincerely thanks the Heritage Nanango Community Funding and the

Nanango Ambulance Committee for their generosity and community spirit—an initiative that could one day save a life.



Warning signs of a heart attack

Pain, pressure or tightness in one or more of these areas:



Chest



Arm/s



Shoulder/s or Back



Neck or Jaw



You may also feel:



Short of breath



Dizzy



Sweaty



Sick

Tell someone how you feel.

If feeling worse or not better after 10 minutes,

Call Triple Zero (000)

Take 300mg of aspirin if you have it, unless you are allergic or your doctor has told you not to.

© 2024 National Heart Foundation of Australia ABN 98 008 419 761.

HH-PRISK-030.2.0824

Every minute counts, know the warning signs

If you don't know all the warning signs of a heart attack, you're not alone. Many people don't recognise they are having a heart attack or know what to do. Common warning signs include chest pain, arm or shoulder pain, and shortness of breath. But some people feel sick, sweaty, dizzy, or have pain in their back, neck or jaw. These lesser-known symptoms are particularly common in women.

Cooyar residents take opportunity to attend First Minutes Matter workshop

By JANE HODGKINSON

LIFEFLIGHT instructor, Tim Hair, delivered a First Minutes Matter workshop to a group of enthusiastic locals in Cooyar on Saturday, October 18, 2025.

Tim is a paramedic with LifeFlight and has extensive practical experience and knowledge in first response treatment of traumatic casualties, having served as a medic with Australian army soldiers in Afghanistan.

Although the arrival of the LifeFlight aircraft at an accident brings a team of highly competent and professional medics and their equipment, Tim says the patient's survival depends on the care they received before the aircraft arrived.

"It's about knowing what to do while we're on our way", Tim explained. "Your intervention in the first minutes of life-threatening events like a car crash, farming accident, stroke, or snake bite, may save the life of your loved one."

The workshop delivered the emergency trauma training required for attendees to gain some real practical skills. With many in our community living on farms and without immediate access to medical assistance, the confidence to intervene and assist in an emergency is critical.

Tim gave us numerous, simple, 'take away' messages and tips, such as, "save the Poisons Hotline number 13 11 26 in your phone, now" and "run cool water over a burn for at least 20 minutes". If you have power tools in a shed, is your shed's first aid kit properly equipped and readily accessible?

To arrange a professional, practical and memorable LifeFlight First Minutes Matter workshop for your workplace, club or community group, email firstminutesmatter@lifeflight.org.au or call 1800 630 014.





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	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-noon	The Folk Show	Rock The Kazbar	Grego's AMRAP wrap	Grego's			Happy Hour 2	11-noon	
Noon-1pm	Monday	Tuesday	Shoot The Breeze	Aussie Music			Radio Remedy	Heidi's Hour	Noon-1pm
1-2pm	Melodies	Tunes	Music Mix	Anne's 'On This Day'				Aussie Music Weekly	1-2pm
2-3pm	with Kathy	with Kathy	Happy Hour	Anne's 'Past & Present'	Music Mix	2-3pm			
3-4pm	YOUR SHOW COULD BE HERE	How You Growing?	Pop Heads	Peter's Music Legend	Friday Feel Goods with Kathy	Stafford's World	Sunday Session with Ash	3-4pm	
4-5pm		YOUR SHOW	Addy's Music Hits	Interviews				4-5pm	
5-6pm		COULD BE HERE	YSS Radio Club	Music Mix				Raised	5-6pm
6-7pm	Evening	Evening	Evening	Shoot The Breeze (rpt)	On Rock	Rock The Kazbar	Karen's Featured Favs	6-7pm	
7-8pm	with Maya	with Maya	with Maya	Anne's 'Subject Matters'	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	Music Mix		10-11pm	

Learning how to tell ‘your story’

By JON FEARNLEY

CONGRATULATIONS to the organisers of the Storytelling Workshop held at Heritage House, Yarraman on October 9.

With a large enthusiastic group (27 attendees) lapping up convenor Daryll Bellingham's advice, the participants were walked through the essence of good storytelling, it being either for novels, raconteurng, aged care nursing, historical displays or radio interviews.

Daryll guided attendees through demonstrations and exercises that showed that we all enjoy the detail, characters, problems and resolution of a good story.

Participant's experience ranged from potential novelists to Neil Halpin who is working on his third book.

"I might be on my third book but this is just what I needed before I started. It's been a great help", he confided.

Neil's long career in the forestry, with a number of years stationed in Yarraman, is central to the stories he writes, combining history, experience and humour.

As an attendee, my interest is more in play writing and doing interviews for the "Shoot The Breeze" segment on Wild Horse FM.

But "the essence" of storytelling goes right across all genres as it is crafting a story that the listener wants to hear.

Daryll's energy and experience were infectious and inspiring for all the attendees.

Well done to Heritage House for putting on the workshop in collaboration with Wild Horse FM.

I am also looking forward to the Wild Horse workshop with Spencer Howson on November 8 and 9.

Thanks to the Queensland Government and Council on the Ageing (COTA) who funded this project with a grant.

The theme for Seniors Month 2025 was Connect and Celebrate.



Would you like to volunteer to be a journo? Photographer? Editor?

ANY age (above 16 and below 99) any experience or no experience, all you need is a will to learn and be eager to help put out a quality product to our community.

99.7% Local News is looking for volunteers to help create our monthly newspaper.

Writers or would-be-writers, photographers or happy snappers, computer savvy with page layout or just have an eye for design, come and have a chat.

For the right people we offer free training and advice. Although a Blue Card, car and driver's licence is not essential it would be an advantage.

Work is based at Yarraman Heritage Centre and will be one day a week plus planning meetings once a month. You must have a phone and access to email.

Email a letter of interest with a brief bio about yourself to annewhfm@yahoo.com or news@wildhorsefm.com

KATHY beings you 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!

Mondays and Tuesdays 12 to 3pm and Fridays 2 to 5pm





By MICHELLE NAYLOR

Gedday Yarraman, I promised to bring tips and ideas to your Spring garden...

Until recently our weather has been especially dry, except for the odd storm bringing short bursts of rain, and our gardens are showing signs of dehydration, so here are some of my tried and tested favourite ideas collected from the community to improve water retention and save you money and who doesn't want that?

1. COMPOST EVERYTHING – have a waterproof container in your kitchen to collect scraps, peelings, indoor plant spent leaves, spent fresh vase of flowers, overripe veges/fruit (if you don't use for cooking), rice and pasta dregs left in saucepan after boiling and even fish heads, prawn shells, eggshells, tea-leaves and coffee grounds. Once a week (or more) transfer your collection to an outdoor compost pile where you can add grass clippings, spent pot plants, cardboard, raked up garden leaves, pruned branches and your neighbours cow or horse or chook or sheep manure. IF IT ONCE WAS LIVING, COMPOST IT. It will break down and become a valuable worm attracter, nutrient rich booster when you spread it or dig it into your gardens. It will save you from buying fertilisers or soil improvers.

2. Once compost is richly darkened, take a shovel full and place it into a hessian bag then submerge it into a bucket of water for 2 days. It will look like dark brown water. I call it compost tea. To use the compost tea water, strain it through the hessian and pour or spray on/over any of your plants for an immediate nutrient boost. Repeat the process using different shovel fulls, returning the compost to the compost pile. You can spread the tea further by adding more water to the brew to start with ie a wheelbarrow full.

3. WEED TEA. Yes that's right, make a weed tea with all those weeds you pulled out. Weeds have had the benefit of good soil and removing them, removes the nutrients, so why not use the nutrients. How? Collect the weeds, pop them into a bucket, fill with water, cover with a t-towel/cloth. Leave for a couple of days. Strain out the water into watering can/jugs and apply straight to garden bed preserving soil structure. Nutrient rich free boost for your plants. Discard the soggy weed sludge to your compost pile. Did you know some weeds are actually medicinal for us...a chat for later...

4. MULCH, MULCH MULCH. Get your hands on cheap or free saw dust from timber mills or instead of buying bagged sugar cane mulch, buy it in a raw bale, share the cost with a friend. Spread out your saw dust, mulch, cane, on garden beds, under trees, throughout vege patches and this will lock in moisture allowing less watering days. Even add these mulch materials to your compost pile to bulk up quantities. Check around your yards after a wind storm, because mulch can also be the fallen leaves, laying around, old spent flower petals, grass clippings, shredded bark. Go ahead, gather them up, use it.

5. COLLECT EGG SHELLS, dry them out on a flat surface in the sun, crush up or even put them through your blender to make calcium powder for your plants. Crushed egg shells are good for snail management when scattered around the base of plants. Calcium powder is an essential nutrient or trace element that helps regulate temperature of

the soil as well as prevents leaves from going yellow and aids in premature fruit drop and stops blossom end rot or blight. So good right?

6. SAVE WATER, MONEY AND SPACE BY GROWING UPWARDS, for example, in a raised garden bed, plant your corn seedlings, then in 2 weeks, plant your snow peas or beans seedlings/seeds within a couple of inches close to corn seedlings so they can vine up the corn stalks for support, then 2 weeks later plant squash or pumpkin seedlings in front of the bed, spot plant mint and dill to prevent pests and you have the 'three sisters' method, saving space, water and money (from not having to make extra beds).

7. PEST CONTROL –natural, safe, useful, cheap. Grab a 500ml spray water bottle (recycle an empty bottle from a kitchen cleaner) drip into the bottle, a few drops of dish liquid with 3 crushed cloves garlic, a quarter diced onion then add enough water to fill the bottle. Shake and spray direct to active pests on your vege plants. Watch them decide that vege no longer tastes any good. Cheap, natural and it works.

Do you have a question? Send in your questions and I will do my best to answer them. Email to news@wildhorsefm.com

Next article will be on growing your own crops without buying seedlings or seeds plus companion planting. Easily save hundreds of dollars every year.

Lets get growing and grow better together.



Roses chattering amongst the flowers at Frohloff's seed farm



Chattering Roses had a lovely outing last month to Leanne's house at Frohloff's seed farm, for morning tea and a viewing of Leanne's beautiful garden.

Leanne has a Facebook site and sells seeds online.

Chattering Roses is a ladies group that meet each month for a cuppa/meal in the local area.

Anyone is welcome, I always post on the Yarraman Community Facebook site when and where our next gathering will be.

Cheers Jackie



Anne's Thursday Radio Line up

1pm to 2pm ON THIS DAY

Fun fact and songs about events that happened in history 'On This Day'.

2pm to 3pm PAST & PRESENT

Celebrating an event from the past in song, then giving you the latest hits on the Aria Charts

7pm to 8pm SUBJECT MATTERS

I pick a subject then play songs relating to that subject. So far I have done, numbers, colours, geography, Aussie towns, world cities.

Email me your subject to annewhfm@yahoo.com



AMRAP Wrap-Up, hear all the latest Australian tracks **Wednesday 11 - noon;**

One Hit Wonders, Thursday 9-10am

Aussie Music Thursdays 11am-1pm

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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.

The gentle yet powerful journey to wellness

WITH a serene presence that instantly puts you at ease, Annie is a guiding light in the realm of holistic wellness.

She is a certified practitioner and two of her profoundly gentle yet powerful modalities are the Emmett Technique and Spinal Flow.

Her journey into healing was born from a deep-seated belief in the body's innate wisdom and its intrinsic connection to the spirit.

Annie's approach is uniquely intuitive.

She views physical discomfort and tension not as isolated issues, but as messages from the body, often rooted in emotional



or energetic blockages.

Through the light, precise touches of the Emmett Tech-

nique, she encourages muscles to release deeply held stress and pain.

This is beautifully complemented by her mastery of Spinal Flow, a practice that focuses on releasing the protective tension around the spine to awaken the body's own healing intelligence.

More than a technician, Annie is a compassionate facilitator. She creates a sacred, nurturing space where clients feel safe to unwind and reconnect.

Her work goes beyond mere physical relief, aiming to harmonize the mind, body, and spirit, guiding each individual toward their own vibrant state of wholeness and inner peace.

Singer shares personal struggles

AN EMOTIONAL conversation with longtime collaborator Trey Bruce sparked one of Kirsty Lee Akers' most raw and honest songs to date.

Behind the Smile Kirsty shares her personal struggles with depression in *It's The Little Things*.

It's the Little Things is Kirsty Lee Akers at her most vulnerable.

Written in Nashville with longtime collaborator and Emmy Award-winning songwriter/producer Trey Bruce, the song was born from a moment when her carefully constructed facade finally cracked.

In a session that began with Trey simply asking, "Is everything ok?", years of bottled-up emotion spilled out, shaping lyrics that speak to the crushing weight of depression and the whiplash of an artist's life - the highs of performing for thousands one night, followed by the loneliness of feeling lost and invisible the next.

"I've always wanted to produce

Kirsty, and after we wrote *It's The Little Things*, I knew that was the song that I'd be willing to do whatever it takes, to cut.

"She was having a bad day, and I encouraged her to own it, to say the hurt or anger out loud, in plain English. Once we got the first verse almost written, the lines began to come pretty quickly. We got down in the dirt pretty deep during this write. It was a great day after all," Trey Bruce said.

With haunting honesty, Kirsty turns her breakdown into a confession set to melody, shining a light on how the smallest moments can trigger the deepest pain.

"This song was born from a co-writing session with my producer Trey," confirmed Kirsty.

"It all started from him asking me one question: 'is everything ok?'"

"Up until that point I thought I had been putting on a great facade, and

I was, I'm the girl who always has her shit together, the high achiever, the first-born daughter who everyone comes to for their problems, the one always making jokes and making people laugh ... but Trey and I have worked together since I was 18 years old and he could obviously see through all of that.

"In that moment, I absolutely fell to pieces. It felt like twenty years of bottled-up emotion came flooding out, and I was bawling uncontrollably. Trey just started writing down everything I was saying and in no time, we had this song."

It's The Little Things captures the raw humanity behind the performer, the cracks beneath the polish, the truth behind the smile. It's a reminder that sometimes, the bravest thing you can do is admit that everything isn't okay.

The track is available on all major streaming platforms.

Turn waste into useful resources

INSTEAD of food waste negatively impacting the environment, there are several methods households can use to turn waste into useful natural resources.

Let's start by looking at choosing the composting method which best suits you and your home.

Popular options include:

~ using a compost bin

~ worm farming

~ fermentation - Bokashi

COMPOST BIN

Compost bins are a great option if you have a backyard or courtyard.

Make sure you include a mix of brown (carbon) and green (nitrogen) materials, turn the compost regularly and keep it moist.

Compost is the soil-like material that is created when plant and vegetable matter break down. It can be used as a potting mix, soil enhancer or as mulch.

Compost is created by balancing four main ingredients: nitrogen-rich materials 'greens', carbon-rich materials 'browns', oxygen and water.

For every one part of 'greens', you need to add two parts of 'browns' material to create the right balance.

WORM FARM

You can keep a worm farm inside a garage, laundry or outside in the shade. Worm farms are ideal for people living in units, small residential lots and small families.

One worm farm can consume

the food waste created by a two or three-person household.

You can buy worm farms from large hardware and gardening stores, or make your own.

BOKASHI SYSTEM

Bokashi is a Japanese word meaning 'to ferment'.

Bokashi is an indoor fermentation system that uses a special bucket and formulated mixture.

It's a quick and efficient way to compost, as your waste ferments in the bucket. You can then bury it in your garden or take it to your local community composting hub.

Remember do your research and find you which method best fits into your lifestyle.

YARRAMAN Wellness Centre

corner D'Aguilar Hwy & Browne Street



- ◆ **Aroma Body Balance**
 - ◆ **Emmett Practitioner** treats pain and discomfort
 - ◆ **Spinal Flow Practitioner** for overall health transformation
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Instagram @kelli.spiritartmedium

kelli.macalpine@gmail.com



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I am at the Yarraman Wellness Centre on Sundays

Phone 0478 414 469 for appointments or enquiries

Matt Gibson

Sound and frequency healing facilitator

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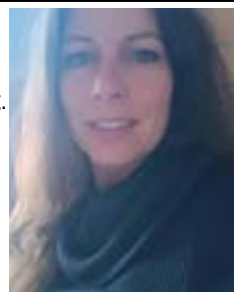
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DATE CLAIMERS

Events & Happenings

December 10

Morning Melodies - Nanango

Nanango Theatre Company's Morning Melodies group will be hosting a fun-filled morning from 10:00am at the theatre on the corner of Elk and George streets, Nanango. There'll be singing, trivia, raffles and a lucky door prize. Tickets are \$15, includes light refreshments, and can be bought (cash only) at the door.

December 13

Yarraman Country Markets

The new Yarraman Country Markets will be on from 8:00am to noon at Yarraman Memorial Hall in Browne Street, Yarraman. The markets - which include a fruit and veg stall - are held on the second Saturday of every month. Phone Joe 0459-638-282 to book a stall.

December 21

Blackbutt Country Markets

The Blackbutt Lions Country Markets - run on the third Sunday of every month - will be held at Les Muller Park in Hart Street, Blackbutt from 7:00am until around noon. The markets offer a wide range of locally produced arts, crafts and freshly harvested foodstuffs from more than 40 stallholders and everyone is welcome along! Interested stallholders can phone Kerri on 0477-169-860.

December 21

Taromeo Country Music Club - Blackbutt

Taromeo Country Music Club will be holding a music practice from 10:00am to 2:00pm at the Blackbutt Golf Club, 51 Langton Road, Blackbutt. Everyone is welcome to come along and join in (BYO instrument!) or simply to listen! Lunch and drinks can be purchased at the club. The club meets every two months on the 3rd Sunday of the month. More info? Phone Pam on 0403-156-536.

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December 7

Yarraman

Christmas in the Park

SANTA has upgraded his transport this year and will be arriving at the Yarraman Christmas in the Park by Fire engine.

There will be rides for tinies to teens, markets for mums and dads, while grandma and grandpa can jive to the music of Wild Horse FM as they broadcast live from the event or perhaps sneak off for a quiet rum and popcorn at the RSL bar. This year promises to be bigger and better than last year with more fun for everyone.

December 7, 4pm to 8pm

Eroll Munt Park, Yarraman.

Photo courtesy southburnett.com.au



A good walk spoiled?

by ANNE CLARKE

GOLF was once described by the legendary author Mark Twain as a good walk spoiled.

Some days when I am thrashing through the rough to find my wayward ball, I do agree with him. However if golf is your passion in our area we have two very nice courses.

The Blackbutt Golf Club and the Nanango Golf Club both offer carefully looked after and challenging courses.

So if you are looking for a new club or a new sport, tee off at Blackbutt or Nanango.

Nanango Golf Club November events

Nov 12: Ladies Stableford 8.30am Tee off.

Nov 13: Club meeting 10am. 9 Hole Comp 1.30pm SGS.

Nov 16: Ladies Stroke. Heritage Bank Men's Monthly Mug FINAL.

SGS after AGM 8.30.

Nov 19: Cancer Charity Day. R&S Aird, M Clarkson, Nanango Tank Makers, S. Wolski. 2 Per. Am. 9am Tee off.

Nov 20: 9 Hole Comp. 1.30pm SGS.

Nov 26: Ladies Stableford 8.30am Tee off.

Nov 27: 9 Hole Comp. 1.30pm SGS.

Nov 30: Jackson's Fitzroy Hotel Nanango Men's Cup, Ladies Shield, Junior Cup. 9.30am SGS.

COME ON ... GET ACTIVE

TENNIS: Social tennis, Blackbutt Tennis Club, 61 Hart Street, Wednesday 8am, Saturday 8am, and Pop Tennis Monday 4pm.

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

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

PARKFUN: Brisbane Valley Rail Trail park run, Blackbutt every Saturday at 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.

ACTIVE SENIORS: Exercise classes for seniors by seniors. Yarraman Memorial Hall, Wednesdays 9-10am. \$5p.p. Helen 0434 243 085

YOGA: Yarraman Memorial Hall, Wednesday 6.30pm.

YOGA: Yarraman Memorial Hall, Thursday 9am.

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

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

Old Time Dance returns to Upper Yarraman Farmers Hall

THE annual Old Time Dance returned to the Upper Yarraman Farmers Hall on Friday, November 8.

Old time dancing is making a gentle but steady comeback, which proves people still love a good waltz, quickstep and barn dance especially when the hall fills with plenty of laughter, music and community spirit.

Supper was provided, a licensed bar, music by Cloud 9, and a big helping of country hospitality.

If you missed this year's event, mark it in your calendar for next year so all the family can step back in time to the good old days of dancing and fun.



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