

\$50 CASH PRIZE
see **PAGE 4**

Send your stories (approx 200 words, your photos (with names of people in the photo), and What's On notices, to news@wildhorsefm.com
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Submit before February 26

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99.7% LOCAL NEWS



FREE



Paddy shows how you 'can' help

IF YOU want the definition of a 'bloody legend' look no further than Paddy 'The Can Man' Webber.

Paddy is a living example of the power of one as he single-handedly makes a difference to the homeless and those struggling to survive.

"After finishing my job with Mt Isa Mines, my wife and I moved down to this area," Paddy said.

"I heard a woman on the radio, her young son was dying, so she was raising money to buy laptops for the hospital. I thought that I could do that as well." And so Paddy's destiny was sealed.

He raised money for laptops and donated them to Ronald McDonald House, then went searching for another cause. He found it when he opened his eyes to the homeless crisis in our region.

"Shocking" is how Paddy described the situation, "there are a lot of people doing it tough in our area. Homelessness is a huge problem."

"I thought to myself, 'I can do something for these people', and so I started collecting cans for cash," Paddy reflected.

Last year Paddy collected more than 50,000 cans which he cashed in and bought products for charity.

"I donated new toys to the Kingaroy Op Shop. I bought bags and filled them with personal hygiene products for women who are homeless or the victims of domestic violence."

"Then I purchased goods for hampers and donated it to CTC so they could distribute them to people in the area who need help," Paddy said.

Paddy is hoping to collect more cans this year so he can give to Care Flight and Relay for Life as well as continuing to support those in need.

Although he is based near Kumbia, Paddy is willing to travel all around our area to collect cans.

"I go to Blackbutt on the weekends and am supported by businesses in Nanango, Kingaroy, Maidenwell and my former workmates at the South Burnett Council all donate their cans as well."

"I will even buy cans for 5c if people can't donate them," Paddy added. A true champion of the people.

If you have cans to donate, Paddy can be contacted on 0437 449 260.

Carole's volunteering dedication rewarded

NEVER one to look for accolades or reward, Carole Verden's tireless volunteering efforts is the perfect reason why she's been named Goombungee (formerly Rosalie area) Citizen of the Year.

Carole is an outstanding member of the Yarraman and district community and anyone who knows her will attest to her enthusiastic volunteering style.

An extremely motivated leader and excellent mentor to many, Carole is always willing to help those in need and people who are less fortunate than others.

This is a hallmark of her dedication and service to the Yarraman community.

Carole is the convenor and coordinator of the Yarraman Driver Reviver Program and is actively involved in several key community organisations, including the Yarraman and District Progress Association, Yarraman Heritage House, Yarraman Anglican Church, Yarraman Memorial Hall committee and participates in the Yarraman Collective meetings.



It was through her efforts and determination that the Yarraman Driver Reviver Program was re-established.

The program was in grave danger of folding due to a lack of sponsorship and dwindling volunteer numbers.

Utilising her excellent negotiation and organisational skills, Carole moved the program to a more prominent position within the township and has provided an environment to encourage motorists to take a break.

This has also had the flow-on effect to encourage trav-

ellers to now experience the township of Yarraman as the northern gateway to the Toowoomba Region and, most importantly, to contribute to saving lives on local roads.

It is no wonder Carole was named Goombungee Citizen of the Year as she is a perfect example of what dedicated volunteers can achieve for the betterment of the community.

OTHER TRC RECIPIENTS

Goombungee Young Citizen of the Year – Harper Orme

Goombungee Cultural Award – Ava England

Goombungee Senior Sports Award – Nathan MacDonald

Goombungee Junior Sports Award – Amelia Schumacher

Goombungee Community Group – Kulpi and District Hall Association Inc

Goombungee Community Event – 2025 Tee'd Up Golf Day (Yarraman State School P&C)

Goombungee Community Spirit Award – Lorraine Lindemeier

See page 8 for a list of South Burnett Council Australia Day Awards

To read more about the TRC Australia Day awards recipients go to <https://www.tr.qld.gov.au/our-region/whats-on/events/16414-australia-day-award-recipients>

Local horticulturalist featured in state-wide newspaper

KATRINA Wood, horticulturalist and cattle and hay producer from Bindawalla Cattle Co has recently been featured in the state-wide farming newspaper, *Queensland Country Life*.

The article examined how Katrina has successfully used multispecies mixes to combat pasture dieback, enhancing soil health and supporting pasture growth.

Mixed pastures are a vital aspect of country life, providing a sustainable and productive grazing environment for livestock.

Queensland's diverse climate and soil con-

ditions have led to the development of various mixed pasture systems which cater to different livestock needs and environmental challenges. It is hoped that by adopting innovative practices and utilising research, farmers can ensure the sustainability of their pastures.

Katrina, who also works at JBH Rural where she is available to advise on soil biology and pasture improvement, has agreed to write a column for our newspaper every month to keep farmers in touch with developments.

See Katrina's first column on page 3



HEY THERE CUPID IS CALLING...

Celebrate Valentine's Day with good food and great company at your favourite pub.

At The Royal, we're serving a special two-course Valentine's menu, perfect for your date night.

Call to book now! Limited tables available.



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LOOK

WHAT'S ON

2026 Weldon Family - Upper Yarraman Get Together

By FRANK HODGKINSON

THE WELDON family are hosting another Upper Yarraman get together, in the Yarraman Recreation Ground & Memorial Park, this year.

This will be the second year of the get together.

In 2025, more than 40 people attended, including not only Weldon family members, but people who knew the family or lived in the Upper Yarraman district, including past students of the Upper Yarraman State School.

This year, we are gathering at 9am until about 2pm, on Thursday, February 12 in the park in Yarraman.

Picnic tables and shelters are available and we will also provide extra shade with gazebos. Please bring chairs, food and drinks.

For information on the get together, contact Delena Weldon, 0408 989 437, or email delenaweldon@gmail.com



So, if you or anyone you know, would like to attend to chat and reminisce about earlier days at Upper Yarraman, please mark February 12 at 9am in your diary.

Present at last year's reunion were students from the Year 7 class of 1968 at Upper Yarraman State School, Rodney Lewis, Jim Gibson, Delena Weldon, Gerard Schultz, Frank Hodgkinson.

YARRAMAN

Chattering Roses: coffee and chat group, Information is on Facebook Yarraman Community Notices.

Bingo Buzz Yarraman on every second Monday at the Yarraman Memorial Hall 11 Browne St, door opens at 10am, eyes down at 11am.

Yarraman Men's Shed: Mill Street, Yarraman, 8am to noon Mondays, Wednesdays and Saturdays.

Yarraman Craft & Chat – For the Oldies: First Monday of the month for oldies. 1-3pm at the Yarraman Wellness Centre, 24 Browne Street. \$5 pp. Call Sharon 0402 980 857

Yarraman Harvest Exchange: Wednesday from 8am at The Pink Flamingo. Share your excess produce or seedlings. Text 0447 343 641

Yarraman Country Markets: Second Saturday of each month from 8am till noon at the Yarraman Memorial Hall. Phone Joe on 0459 638 282

Yarraman Holistic Markets: Last Saturday of each month, 8am till noon, Yarraman Men's Shed, Mill Street. Local products and fresh produce, health stalls and bric-a-brac. Phone Bianca 0447 343 641

Yarraman Craft & Chat: Third Saturday of the month for everyone. 1-3pm at the Yarraman Wellness Centre, 24 Browne Street. \$5 pp. Call Sharon 0402 980 857

Meal Night: Yarraman Heritage House, last Friday of the month, 6pm. Dinner and dessert for \$25 p.p. Lucky door prize, raffle, entertainment. Book on 41638111. Funds go to the running of Yarraman Heritage Centre.

NANANGO

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

Gather & Grow: Craft day, Neighbourhood Centre, Thursday 10am-noon.

Taras Hall Bingo: Henry Street, Thursday eyes down at 9.30am.

Crafty Get Together: Community Centre, fun craft session every Wednesday from 9.30am.

Storytime In The Park: family event from 10am - 11am on the first Wednesday of every month, Butter Factory Park, Drayton St.

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.

Bingo Buzz Nanango on every Saturday at the Nanango Cultural Centre 48 Drayton St. Door opens at 10am, eyes down at 11am.

Nanango Country Markets: First Saturday of every month 6am to 12 noon. Nanango Showgrounds.

Pass The Yarn, Nanango QCWA: Every Monday at 9am at the club rooms, 55 Fitzroy Street. Bring along your works in progress or start something new. Cost is \$5 for morning tea, coffee or tea.

Nanango Art Workshop: Every Tuesday at 9.30am at the old Scout Hall, 40 Henry Street. Cost is \$10 which includes all you need.

Nanango CTC Cuppa N Chat: Every Wednesday at 9.30 till 10.30am at 41 Drayton Street

Nanango Church Yard Op Shop: Fourth Saturday of each month 7.30am till 11.30am at the Anglican Churchyard at the corner of Drayton and Burnett streets. Phone Sue 0419 319 982

Nanango Seniors Stronger Together: Activities for over 60s, every Wednesday at 11.30 till 2pm at 41 Drayton Street.

COOYAR

Cooyar Community Cuppa Group: Cooyar Hall, fourth Thursday of the month, 9.30-11.30am for a cuppa, chat and craft. \$2 donation, bring a small plate of morning tea to share. All welcome. Ph 0467 208 475.

Yoga at Cooyar: Every Tuesday at 9am at the Cooyar Memorial Hall on the New England Hwy. Phone Jane 0408 988 100.

MAIDENWELL

Maidenwell QCWA: 9.30am branch meets on the first Wednesday of every month (except January).

Maidenwell Library: Every Wednesday and Saturday from 2 till 4pm at the hall (run by QCWA)

Nanango Show Society

COMING EVENTS

Markets - Sat, March 7

2026 Nanango Show - April 18

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

Our Services include:

Monday 10-5pm	Ladies cuts
Tuesday 9-3pm	Men's cuts
Wednesday 9-5pm	Kid's cuts
Thursday 9-7pm	Colour
Friday 9-3pm	Foils

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BOOK NOW
call 0428 388 585

Join The Fun Every Saturday
@ Nanango Cultural Centre
48 Drayton St Nanango

& Every Second Monday
@ Yarraman Memorial Hall
11 Browne Yarraman

Door Prize, Meat Tray Raffle, Good Bingo Jackpots, Random Giveaways, Lucky Numbers For Free Bingo Sessions.

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For more info contact
Coordinator
Michelle, Ph 0435 955 738

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Saturday 9am to midday

Phone enquiries:
Jenny 0419 483 651
Diana 0484 587 356

BLACKBUTT

Blackbutt Lions Market: Third Sunday of the month from 7am at Les Muller Park in Hart Street. Nick 0423 382 405.

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

Blackbutt/Yarraman QCWA Devonshire Tea: Every Wednesday, 10am - noon at the little blue house 65 Coulson St. \$12 for Devonshire Tea with bottomless tea or coffee. Ph 0494 038 066

Blackbutt Lions Club Community Meals: Every second week 7:30pm, Lions Den, Bowman Rd. Free. Dine in or take away.

Taromeo Country Music Club: Meet every fortnight, Tuesday 1.30 - 4.30 for practice. Public social, every 2 month on the 3rd Sunday 10am - 2pm at Blackbutt Golf Club. Phone 0403 156 536

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

Blackbutt Benarkin Aged Care – Comedy for a Cause
SATURDAY, FEBRUARY 14 - Blackbutt Memorial Hall
5.30pm for 7.30pm start. 12 years + event low level language

Cooyar Show
SATURDAY, FEBRUARY 21 - Cooyar Showgrounds
Visit Cooyar Show website for full program.

Nanango Handmade Market
SATURDAY, MARCH 14 - 9am til 2pm
Ringsfield House Nanango. All local handmade stalls.

Back to Nanango Reunion
SATURDAY, MARCH 14 - Ringsfield House Nanango
See Facebook page for more information.

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LET'S TALK DIRTY

Presenting a
new column by
Horticulturist
Katrina Wood

I have been a Horticulturist for over 20 years with certificates in Nutrition Farming and Grazing Land Management.

My focus has always been on soil biology and plant / pasture improvement .

I believe that the key is finding a way to work alongside nature, rather than against it, to create naturally balanced farms that are productive, profitable and regenerative .

From large scale farming to the small backyard veggie grower, we are always at the mercy of Mother Nature unfortunately, and that can make things very difficult - so sometimes we need to look outside the conventional farming square for answers.

It doesn't matter what type of farming we are doing, we all need the same things; good soil, good water, and our very important soil microbes (that are too often neglected).

So how do we start to improve our soil workforce without compromising production, quality and profit?

Start simply by getting a good quality soil test. Not all soil tests are equal .

It is not always possible financially and productively to repair the entire property in one go, and you don't have to.

Choose an area that can be rested to start with, one that won't impact your ongoing daily life.

It can be one acre or 1000 acres.

Get good sound advice and don't be afraid to do your own research, you will be surprised at how much free information is out there once you know where to look .

As a foot note: A customer of JBH Rural and I were having a conversation about soil and pasture improvement, he said to me:

"Isn't it funny how we grow our veggies using all the good stuff, we mulch, we plant mixed species and companion plant. We look after the soil with compost and try not to disturb it too much. Then we drive the tractor out into the paddock, set fire to the grass and turn the soil to a point of no return. I mean you don't see grandma lighting up her broccoli plants do you?"

Thanks for reading

Library talks growing popular



By MICHELLE NAYLOR

GARDENERS packed into the Yarraman Library recently for a hands-on and highly informative seed propagation workshop led by Leanne from Froloffs Sweet Pea Farm.

With an audience of keen locals, the session quickly became an interactive learning experience as Leanne combined live demonstrations with clear, practical explanations—encouraging questions throughout and answering each one with confidence and clarity.

The workshop covered both seed sowing and plant cuttings, with demonstrations using a wide variety of popular garden plants.

Participants were shown step-by-step techniques, from preparing soil and selecting seed depth to taking successful cuttings.

A key focus of the session was understanding plant nodes and why correct cutting placement is essential for successful propagation.

Leanne demonstrated exactly where to snip stems to encourage strong root development, helping demystify a process that many home gardeners find intimidating.

Seasonal timing was also discussed, with Leanne sharing advice on which vegetables will be ideal to plant in the coming months, particularly February and March.

Beyond propagation, the talk expanded into broader plant care. Leanne explained how to identify visual and physical signs that plants give when they are in need of watering, offering practical tips to avoid both under- and over-watering.

Audience questions flowed freely, and Leanne addressed each concern with suggested treatment options and preventative strategies.

The session highlighted the value of community education and shared knowledge, leaving attendees inspired, informed and eager to put their new skills into practice.

ABOVE: The keen group of gardeners who attended the Library talk.

Beetles beating the dung out of flies

DUNG beetles play an important role in agriculture by burying and consuming dung that leads to improved nutrient cycling, improved soil structure and reducing habitats for flies being just a few of the benefits.

It is important to keep your dung beetles healthy by providing fresh dung, aerating the soil, avoiding pesticides, planting trees and grazing within them, and monitoring the beetle population.

BUZZ OFF BUFFALO FLY

Buffalo fly is a small, blood-feeding parasite that poses a major problem for the Australian cattle industry.



These flies spend most of their adult life on cattle, feeding up to 30 times a day, causing irritation, skin lesions, reduced weight gain, and lowered milk production.

Their life cycle is rapid—females lay eggs in fresh dung, and under favourable warm and humid conditions, the entire cycle from egg to adult can take as little as 10 days, allowing populations to build quickly.

For advice on how to treat your cattle for buffalo fly ask the friendly team at JBH Rural.

We have a range of top quality products to help buzz the buffalo off!



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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.

It's February and love is in the air at Yarraman Heritage Centre

FEBRUARY is the month where Valentine's Day is celebrated and is the backdrop of this month's Yarraman Heritage Centre history article, which will focus on wedding dresses.

Valentine's Day became fashionable in the 1800s, where small tokens of love were exchanged between couples.

In the 1900s Valentine's Day cards became popular and grew into an annual tradition, which is still observed today.

Valentine's Day was firmly entrenched in Australian society by the 1900s.

After declaring one's love, often a wedding is followed between the couple.

Weddings are a celebration of love, partnership, and unity, with rituals observed that have been passed down through generations.

The white wedding dress has been a fixture in western culture since the 19th century, when Queen Victoria married Albert of Saxe-Coburg and Gotha in 1840.

Many brides during this period adopted the Queen's choice of wedding dress

colour, and white wedding dresses have continued to remain a popular choice of colour to date.

In the early 1900s bride dresses were constructed in light and flowing fabrics, and dresses were adorned with decorations of lace or frills.

By the 1920s, bride dresses were shorter, and loose-fitting which were inspired by the Art Deco period.

Wedding dresses in the mid 20th century were influenced by Hollywood glamour, with dresses having full skirts, sweetheart necklines and intricate beading.

The late 20 century saw brides expressing individuality and personal style.

The Yarraman Heritage Centre has a memorable and cherished collection of wedding dresses and wedding photographs (pictured right) on display in the museum.

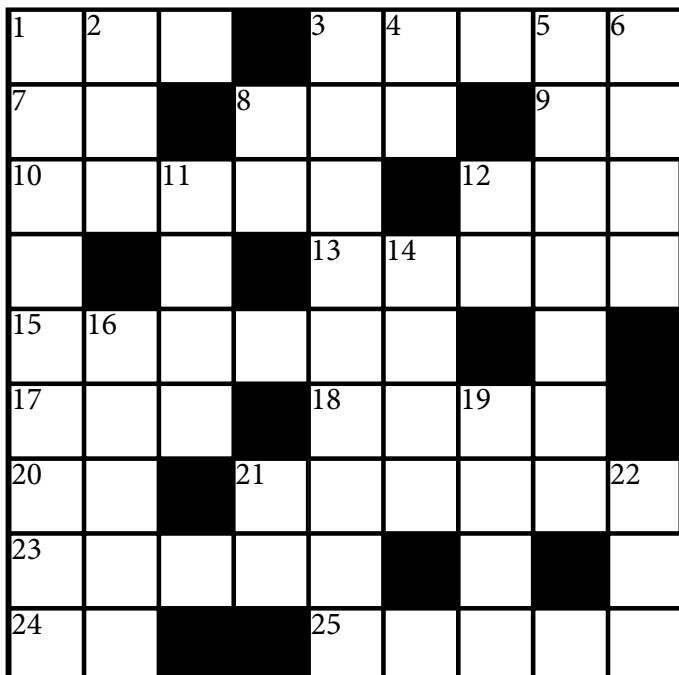
Should anyone be interested in donating Yarraman wedding memorabilia to the Yarraman Heritage Centre, please contact: yarramanhcsecretary@gmail.com



QUICK CROSS #8

ACROSS

1. A home for Porky or Babe
3. Kenny or Blinky Bill
7. Cobb & ..
8. Director of Strictly Ballroom ... Luhrmann
9. Actor who played the chief ranger in TV's Skippy .. Devereaux
10. Happy Birthday song by Things of Stone and Wood
12. 1960s cool term for an apartment or dwelling
13. Aussie movie and Paul Kelly song *Who's Gonna Make The*
15. Finding a balance in life with work, rest,
17. *The Outback Club* and *High Country* singer ... Kernaghan
18. Dragon hit single
20. Abbreviation for administrative and commercial hub of Australia's Torres Strait Islands
21. *Baby Please* hit by Bon Scott's AC/DC
23. Ice house
24. Measure in printing
25. *Darlin'* hit by Barry Crocker



3. Name for the Australian Men's Rugby League team
4. The British press referred to Paul Keating as "The Lizard of .."
5. Eric Bogle song about emigrating to Australia *Nancy*
6. Wild Horse FM's youngest presenter
8. Beatles song *Let It ..*
11. To walk with a long bounding stride
12. Ma's mate
14. Ross *Blue Chevrolet* *Ballerina* singer
16. Monarchy does this
19. It is what ...
21. Hairstyle or a party
22. BHP and Rio Tinto's major product, iron ...

SOLUTION QUICK CROSS 7:
ACROSS: 1.Magic 5.Max 7.Emu 8.Road 10.Shop 12.At 14.By 15.Aces 17.Stork 18.Use 19.Day 20.Edit 21.Oi 22.Ned 23.Leads 24.Shed 25.DH.
DOWN: 1.Melbourne 2.Am 3.Gus 4.Crocodile 5.Ma 6.Ada 9.Operated 11.Hat 13.The Dish 16.Sky 17.Seeds 21.Odd

DOWN

1. Accessory worn by senior students
2. Unflattering slang term when a woman wears tight fitting jeans or trousers 'camel ...'

WHERE'S 'THE MAN'

For your chance to a win \$50 cash prize simply tell us where the *YarraMan* pictured here is located.

Which shop is he near? Email your answer to us and go in the draw for the prize.

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

LAST MONTH'S ANSWER: 'THE MAN' at the Yarra-man Bowls Club. WINNER: Bev.

CHANCE TO WIN

\$50



YOUR BEST DE-FENCE IS A 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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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5-6am	Aussie Music Weekly	Aussie Music Weekly	It's Time	The Folk Show	Dirt Music	Blues, Roots, n Boots	Let The Bands Plan	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	Music Mix	KAREN'S Classic Collection	Let The Sunshine In with JANE	One Hit Wonders with GREGO	Aust Music is Bloody Great	It's Time	Shoot the Breeze from the archive	9-10am
10-11am	Dirt Music			A Breathe of Fresh Air	In The Groove with HEIDI		CREATE A SHOW AND JOIN US PH 41638 997 FOR INFORMATION OR TO VOLUNTEER	The Local Source AMRAP
11-noon	The Folk Show	Rock The Kazbar	AMRAP Wrap Up GREGO	GREGO'S Aussie Music		Happy Hour 2		11-noon
Noon-1pm	Monday Melodies with KATHY	Tuesday Tunes with KATHY	Shoot The Breeze			ANNE'S On This Day		HEIDI'S Hour
1-2pm			Corner Country	Aussie Music Weekly	1-2pm			
2-3pm			Happy Hour	Today's Hits with ANNE	Friday Feel Good with KATHY		Music Mix	2-3pm
3-4pm	Your show could be here contact us	How You Growing?	Pop Heads	PETER'S Music Legend		Stafford's World	Sunday Session with ASH	3-4pm
4-5pm		New show	ADDY'S Music Hits	Interviews				4-5pm
5-6pm		needed ... contact us	YSS Radio Club	Music Mix	Raised on Rock			5-6pm
6-7pm	Evening with MAYA	Evening with MAYA	Evening with MAYA	Shoot The Breeze (rpt)	Rock The Kazbar	Karen's Featured Favs	6-7pm	
7-8pm				ANNE'S Subject Matters		The Music Room BRIAN AVERY	Shoot The Breeze from the archive	7-8pm
8-9pm	Music Mix through the night	The Music Room BRIAN AVERY	Music Mix through the night	Music Mix through the night	Deadly Beats	Music Mix through the night1p	Music Mix through the night	8-9pm
9-10pm		Karen's Featured Favs			HEIDI'S Airways			9-10pm
10-11pm		Music Mix			Music Mix			10-11pm

Listen to your local volunteers

THE shows listed below are made possible by local volunteers who just love to share music, stories and fun times with the community.

We are always happy to welcome more volunteer presenters so why not join us. Come in and discuss your idea for a show, it can be a chat show, information show or just fill the hour with music you love.

Phone Wild Horse FM on 41638 997, leave your name and number and we will contact you.

Monday		
6am-9am	Karen's Classic Collection	
Noon-3pm	Monday Melodies with Kathy	
6pm-8pm	Evening with Maya	
Tuesday		
6am-9am	Start the Morning with Maya	
9am-11am	Karen's Classic Collection	
11am-noon	Rock The Kazbar	
3pm-4pm	How You Growing? Gardening tips from our gardening guru Michelle	
6pm-8pm	Evening with Maya	
8pm-9pm	The Music Room with Brian Avery	
9pm-10pm	Karen's Featured Favourites	
Wednesday		
6am-9am	Start the Morning with Maya	
9am-11am	Let The Sunshine In with Jane	
11am-noon	AMRAP Wrap up with Grego	
Noon-1pm	Shoot The Breeze with Jon and Frank	
4pm-5pm	Addy's Music Hits	
5pm-6pm	Yarraman State School Radio Club	
6pm-8pm	Evening with Maya	
Thursday		
6am-9am	Start the Morning with Maya	
9am-10am	One Hit Wonders with Grego	
11am-1pm	Grego's Aussie Music	
1pm-2pm	On This Day with Anne	
2pm-3pm	Today's Hits with Anne	
3pm-5pm	Peter's Music Legend Interviews	
6pm-7pm	Shoot The Breeze	
7pm-8pm	Subject Matters with Anne	
Friday		
6am-9am	Start the Morning with Maya	
10am-1pm	In The Groove with Heidi	
1pm-2pm	Radio Remedy with Bianca and Chris	
	information on how to stay healthy	
2pm-5pm	Friday Feel Good with Kathy	
7pm-8pm	The Music Room with Brian Avery	
9pm-10pm	Heidi's Airways	
Saturday		
6am-9am	In The Groove with Heidi	
6pm-7pm	Rock The Kazbar	
Sunday		
9am-10am	Shoot The Breeze	
Noon-1pm	Heidi's Hour	
3pm-6pm	Sunday Session with Ash	
6pm-7pm	Karen's Featured Favourites	
7pm-8pm	Shoot The Breeze with Jon and Frank	

Star Guide

Astrology has been around forever, it has been utilised in almost every culture around the world, it takes the patterns of the sky and how those frequencies affect us on a collective level, on a more personal level we must consider our birth chart that has much more than just our sun signs (what most people call their star sign). For the most accurate guidance please read your sun, moon and rising signs and blend the information for your situation. You can google how to find these placements.

FEBRUARY brings a powerful shift in energy. After the heaviness of January, the month ahead invites clarity, emotional honesty, and gentle forward movement.

With Aquarius season activating new ideas and later Pisces season softening the heart, we are being asked to balance logic with intuition, freedom with compassion, and vision with faith.

This is a month of subtle breakthroughs. Things may not explode into place — but quietly realign in ways that make life feel lighter and more meaningful.

ARIES

February highlights your friendships, community, and long-term dreams. You may reconnect with people who inspire you or finally feel ready to step into a bigger vision for your future. Mid-month brings clarity around your emotional needs. Rest is not laziness — it is preparation. Trust what is quietly forming behind the scenes.

TAURUS

Your career and life direction come into focus this month. You may feel called to step up, be seen, or change how you define success. Recognition is possible, but only if you stop undervaluing yourself. Later in the month, friendships and networks bring unexpected support. You don't have to do everything alone anymore.

GEMINI

February expands your mind and your horizons. Travel plans, study, spiritual growth, or new perspectives may appear. You are being asked to think bigger than your current circumstances. A career insight late in the month helps you align your purpose with your passion. Say yes to growth, even if it feels unfamiliar.

CANCER

This is a month of emotional healing and inner transformation. Old fears around trust, control, or vulnerability may surface — not to hurt you, but to be released. Financial or energetic exchanges come into focus. By the end of the month, hope returns as your belief in life and possibility is renewed.

LEO

Relationships are centre stage. February asks you to reassess how you give and receive love, support, and energy. Important conversations may reset the tone of partnerships. Emotional intimacy deepens later in the

February Horoscope Forecast By BIANCA ROSE

month. This is a powerful time to heal relationship patterns and invite more soulful connections.

VIRGO

Your daily life is being gently restructured. Work routines, health habits, and boundaries need refinement. Small changes now create big improvements later. Relationships also require honesty and balance. Let go of perfection and focus on what truly supports your wellbeing.

LIBRA

February reignites your creativity, romance, and joy. Life begins to feel lighter. This is a beautiful month for love, art, children, and passion projects. However, daily responsibilities must also be handled wisely. Balance pleasure with practicality and you will feel both inspired and stable.

SCORPIO

Home, family, and emotional security take priority. You may feel called to heal old family patterns or create a more peaceful environment. A creative or romantic spark later in the month lifts your spirit. Emotional safety is your foundation — build it gently and consciously.

SAGITTARIUS

Your voice matters this month. Important conversations, writing, learning, or short travel may shape your future direction. Be mindful of how you speak to yourself as well as others. By the end of February, home and emotional grounding become essential for your next stage of growth.

CAPRICORN

Your finances, self-worth, and values are under review. This is a powerful month to shift scarcity thinking and recognise your true worth. New income ideas or financial clarity may emerge. Communication becomes more emotional later in the month — speak from the heart, not just the head.

AQUARIUS

Happy Birthday season! February is a reset point for your identity, confidence, and life direction. You are stepping into a new personal cycle. Let go of outdated versions of yourself. Financial clarity follows later in the month as you realign with what truly matters.

PISCES

This is a deeply spiritual month for you. You may feel more sensitive, intuitive, and reflective. Old cycles are ending quietly. Rest, dream, and listen to your inner voice. When your birthday season begins, you emerge renewed, clearer, and more aligned with your soul path.

Collective Message for February:

This is a month of gentle realignment. Trust the quiet shifts. What is falling away is making space for something far more aligned with who you are becoming.

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New event in Yarraman



Living Well Starts Here

SATURDAY MAY 23 2026 10AM - 4PM
MEMORIAL HALL BROWNE ST, YARRAMAN



LIVING well can be a hard task these days, with the pace of life, stress, and unhealthy environmental issues that surround us. So what do we do? Where do we go to find out more information on how to live well?

Yarraman may have the answers you are seeking.

On May 23, the Yarraman Wellness Centre will host the area's inaugural Live Well Community Expo at the Yarraman Memorial Hall, Browne Street from 10am to 4pm.

The expo is all about living well in every aspect of life.

Organisers are taking bookings from interested practitioners who want to share their knowledge and skills with people to help them make healthier choices or examine the ways they can live and feel well.

A spokesperson for the expo said the plan is for the Live Well Community Expo to be a fun, feel-good day dedicated to healthier, happier living.

The event will be an opportunity for people to discover local wellness practitioners and to pick up tips to support your mind, body, and spirit.

"Whether you are into fitness, nutrition, mental wellness, or just love supporting local, there's something for everyone," she said.



In next month's edition of 99.7% Local News we will showcase some of practitioners and health advocates who will be at the expo.

Bring your friends and family and come experience a community that's all about living well.

For further information or for practitioners/health advocates and related businesses to book a space at the expo email: livelwellexpoyarraman@gmail.com

Tips to consider on how to live well

LIVING well involves a holistic approach that encompasses physical health, mental well-being, emotional balance, and meaningful relationships. To live well here are some tips to consider:

Prioritise Physical Health

Nutrition: Adopt a balanced diet rich in whole foods, including fruits, vegetables, lean proteins, and whole grains.

Exercise: Engage in regular physical activity. This can include walking, cycling, or any activity you enjoy.

Sleep: Ensure you get 7-9 hours of quality sleep each night.

Hydration: Drink plenty of water throughout the day to support bodily functions and maintain energy levels.

Cultivate Mental and Emotional Well-being

Mindfulness and Stress Management: Practice mindfulness techniques such as meditation, yoga, or deep breathing exercises which help to manage stress.

Positive Relationships: Surround yourself with supportive and positive people.

Define Your Purpose: Take time to reflect on your values. Having a clear purpose can guide your decisions and motivate you to pursue your goals.

Embrace Lifelong Learning and Growth

Stay Curious: Approach life with a mindset of curiosity and openness to new experiences which can lead to personal growth.

Set Goals: Establish specific, measurable, attainable, relevant, and time-bound (SMART) goals for various aspects of your life.

Practice Self-Care and Balance

Self-Care Activities: Make time for activities that bring you joy and relaxation, this can include reading, gardening, spending time in nature or artistic pursuits.

Avoid Over-commitment: Learn to say 'no' to activities that drain your energy or do not align with your values. Focus on what truly matters to you.

By integrating these practices into your daily life, you can create a fulfilling and balanced lifestyle that promotes

overall well-being and happiness. Living well is a continuous journey that requires intention and commitment, but the rewards are profound and lasting.

Take the opportunity to explore what holistic and wellness businesses can offer you at the Live Well Community Expo, May 23.



Calling all Wellness & Holistic businesses!

The Live Well Expo connects wellness, health, and holistic businesses with a community passionate about living well. Come along and share your products, services and workshops.

Email us at

livelwellexpoyarraman@gmail.com

We look forward to sharing this day with you.



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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.

Hay fever? Allergies? Homoeopathy support can help ease the sneeze

by NICKY ILIFFE
Homoeopath

AAAACHOOOO! It's the sneezing season but what can we do to ease the sneeze?

Homoeopathy is widely used as a natural approach to supporting hay fever and allergies.

Instead of suppressing symptoms, it works by stimulating the body's own healing response through highly diluted, carefully chosen remedies.

A key reason many people prefer homoeopathy is that its medicines do not cause drowsiness, unlike some conventional allergy treatments.

In fact, when a remedy is well matched, people may even experience improved energy, suggesting the body is responding positively.

A central principle of homoeopathy is "like cures like." This means a substance that causes certain symptoms in a healthy person may help relieve similar symptoms when prepared homoeopathically.

For example, Allium cepa (made from onion) is often considered when hay fever symptoms include streaming eyes and a clear, runny nose—

similar to the reaction many people have when chopping onions.

While some remedies are common-



ly associated with allergies, effective treatment depends on individualisation.

A professional homoeopathic consultation looks at the whole person, considering physical symptoms as well as emotional and environmental factors.

This personalised approach is often why people report more lasting improvements.

Personal experience also highlights this potential.

In one case, constitutional homoeopathic treatment helped resolve a childhood cat allergy, demonstrating how a carefully selected remedy can support long-term change as part of a holistic approach.

If you're looking for a natural way to manage hay fever or allergies—without drowsiness, and with the potential for long-term improvement—homoeopathy may be a supportive option.

A personalised consultation can help find the remedy that fits you best, allowing your body to return to balance naturally and gently.

Nicky can be contacted on 0412 095 655
email: nicky@dynamichealthhomoeopathy.com.au

COME ON ... GET ACTIVE ... WHAT'S ON ... GET ACTIVE

WILD HORSE WALKING CLUB: MONDAY Walking Club meets up at 7am at the BBQ hut next to the playground in Errol Munt Oval on Margaret Street. Leisurely 1 hour walk on a paved walking circuit. Phone Jane on 0408 988 100

POP TENNIS - BLACKBUTT: MONDAY, 4pm. Pop Tennis at the Blackbutt Tennis Club, 61 Hart Street. Phone 0407 378 795

LINE DANCING - BLACKBUTT: MONDAY night and Wednesday morning. Blackbutt Memorial Hall, Bowman Road.

DARTS - NANANGO: MONDAY 7pm. Nanango Darts Club, Elk/George Streets. Phone 4163 2255.

CHAIR YOGA - NANANGO: MONDAY 9.30am. Nanango Community Centre.

DARTS - BLACKBUTT: TUESDAYS from 5.30 till 8pm. Blackbutt Darts Club, the Lion's Den, Showgrounds. Phone 0468 354 163

INDOOR BOWLS - NANANGO: TUESDAY 12.45pm. Nanango Cultural Centre, George Street.

MAT/CHAIR YOGA - COOYAR: Tuesdays at 9am at the Cooyar Memorial Hall.

INDOOR BOWLS - YARRAMAN: TUESDAY at 9am, Lutheran Church Hall in Daniel Street. Phone Murray on 4163 9182.

SELF DEFENCE/FITNESS - YARRAMAN: TUESDAYS 6.30pm-7.30pm. Yarraman Memorial Hall.

SELF DEFENCE/FITNESS - BLACKBUTT: WEDNESDAY 6.30-7.30pm. Blackbutt State School Hall.

SOCIAL TENNIS - BLACKBUTT: WEDNESDAY 8am, social tennis, Blackbutt Tennis Club, 61 Hart Street. Phone 0407 378 795

LINE DANCING - BLACKBUTT: WEDNESDAY morning at the Blackbutt Memorial Hall, Bowman Road.

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

TAI CHI - NANANGO: THURSDAY 8am, Ringsfield House's gardens, 41-45 Alfred St, (or Nanango Showgrounds if it's raining).

SELF DEFENCE/FITNESS - YARRAMAN: THURSDAY 6.30pm-7.30pm. Yarraman Memorial Hall.

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

PARK RUN - BRISBANE VALLEY RAIL TRAIL: SATURDAY at 7am starting adjacent to Roy Emerson Museum Bowman Road Blackbutt. 5km run, walk, spectate or volunteer along the rail trail. Free to join.

SOCIAL TENNIS - BLACKBUTT: SATURDAY, 8am. Social tennis, Blackbutt Tennis Club, 61 Hart Street. Phone 0407 378 795

YARRAMAN Wellness Centre

corner D'Aguilar Hwy & Browne Street



Nicky Iliffe HOMOEOPATH

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Stay on your true and steady course

FIREWORKS bursting in the New Year night sky, parties, fun, celebrations, but now it's back to reality.

And part of that reality is that by February the year has sometimes lost a little of its shine.

The pace has picked up, routines are in full swing again, and the days are no longer about fresh starts but about follow-through.

This is often the month I notice how much is being 'held'.

You have children who need to get where they need to be, animals to care for, work, paddocks, and people all asking for attention all at once!

There's community too.

Start up meetings, helping hands, showing up because that's what you do in small towns.

None of it feels dramatic, but together it can feel heavy.

February isn't the month for reinvention. It's the month for honesty.

For noticing where you're stretched and where you're grounded.

Like the land after a busy season sometimes the most important work is maintenance, keeping things steady rather than pushing for growth. Letting 'enough' truly be enough.

I've learned that being the best version of myself in this season often looks quieter than I imagined.

Nurturing my family, attending to what's directly in front of me, taking a

The Grounded Life

by MELANIE McNAUGHTON

moment to breathe when possible, and trusting that this, too, is enough.

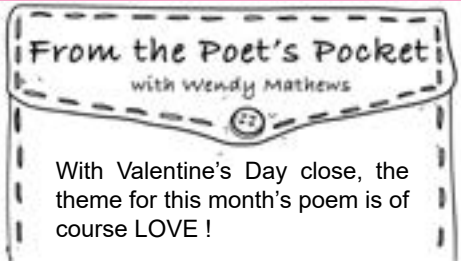
You don't need a reset or a resolution to care for yourself.

Sometimes February simply asks us to stay true to the course, and keep our feet on steady ground.

Until next month, stay grounded.

Melanie is a local counsellor and founder of Ground & Grow, supporting rural people with gentle, down-to-earth wellbeing care.

Poetry ... the language of love



This interesting and thought provoking verse reflects the isolated life in the Australian bush, in times long ago. It portrays an era where travel was arduous, communication limited, and emotional resilience was essential. On reading, you may ask, 'Is this story about a married couple, or instead, secret lovers?' The interpretation is of course up to you. Enjoy this classic from the past. *Happy Valentines Day!*

The Sliprails and The Spur by Henry Lawson, 1899

The colours of the setting sun
Withdrew across the Western land
He raised the sliprails, one by one, And
shot them home with trembling hand;
Her brown hands clung, her face grew
pale
Ah! quivering chin and eyes that brim!
One quick, fierce kiss across the rail,
And, 'Goodbye Mary' 'Goodbye Jim'
Oh, he rides hard to race the pain
Who rides from love, who rides from
home;
But he rides slowly home again,
Whose heart has learnt to love and roam
A hand upon the horse's mane,
And one foot in the stirrup set,
And, stooping back to kiss again,
With 'Good-bye, Mary! don't you fret!
When I come back' he laughed for her
'We do not know how soon 'twill be;
I'll whistle as I round the spur

You let the sliprails down for me'.
She gasped for sudden loss of hope,
As, with a backward wave to her,
He cantered down the grassy slope
And swiftly round the dark'ning spur.
Black pencilled panels standing high,
And darkness fading into stars,
And blurring fast against the sky,
A faint white form beside the bars.
And often at the set of sun,
In winter bleak and summer brown,
She'd steal across the little run,
And shyly let the sliprails down.
And listen there when darkness shut
The nearer spur in silence deep;
And when they called her from the hut
Steal home and cry herself to sleep.
And he rides hard to dull the pain
Who rides from one that loves him best;
And he rides slowly back again,
Whose restless heart must rove for rest.



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Australia Day Awards for South Burnett

SOUTH Burnett Regional Council's 2026 Australia Day Award recipients:

South Burnett Mayor's Award for Outstanding Service: Sue Cox	South Burnett Community Event or Community Organisation of the Year: Blackbutt Benarkin Lions Club	Local Achiever Awards Hivesville/Proston: Fiona Gill Murgon: Morgan Suchoronczak Kingaroy: Eric Ford Kumbia: Joe Shaw Blackbutt/Benarkin: Nick Freeleagus Nanango: Sami Hill Wondai/Tingoorra: Carmel Olsen Maidenwell/Bunya Mountain: Carol Weekes
South Burnett Citizen of the Year: Eric Ford	South Burnett Sports person of the Year (Junior): Lily Andrews	
South Burnett Young Citizen of the Year: Rhiannon Snow	South Burnett Sports person / Administrator/Coach/Official Award: John Dalton and Brad Staples	
South Burnett Volunteer of the Year: Rhonda Trivett	Lifetime Achievement Brian Callaghan, Eric Ford, Betty Taylor, Rodney Morgan, Noel Selway and Aubrey Schultz	
South Burnett Cultural Award (Senior): Jo Kennedy		
South Burnett Cultural Award (Junior): Hannah Mollenhauer		

Congratulations to all winners.



How you growing?

LATE-SUMMER heading into Autumn and our gardens need some Soil Prep: Feed the soil first before popping in your precious plants

As summer winds down here in Yarraman and we edge toward autumn, it's the perfect time to pause before planting and give our garden beds a little attention.

Healthy plants always start with healthy soil, and this change of season is ideal for rebuilding what summer has taken out.

After months of heat, heavy rain, fast growth and harvesting, garden soil can be compacted, depleted or out of balance.

Rather than rushing straight into planting autumn vegetables or flowers, I like to think of this time as "feeding the soil first."

Start at the top.

A layer of mulch helps protect the soil surface, reducing moisture loss and keeping temperatures more stable as the weather cools.

Mulch also breaks down slowly, feeding beneficial microbes below.

Next comes compost.

This is where the real magic happens. Compost adds organic matter, improves soil structure and boosts the life in your garden bed.

Whether it's homemade or store-bought, spreading compost now allows it to integrate into the soil before planting.

Below that is where soil enhancers and additives come in.

This might be aged manure, worm castings, gypsum, lime or sulphur — depending on what your soil needs.

Some plants prefer slightly acidic soil, while others thrive in more alkaline conditions,

so it pays to match your soil preparation to what you plan to grow.

Finally, the existing soil underneath benefits from all of the above.

With better structure, balanced nutrients and improved moisture retention, it becomes a welcoming home for roots.

By layering your garden bed thoughtfully at the end of summer, you're setting yourself up for stronger growth, fewer problems and a more productive autumn garden. A little preparation now goes a long way later.

Happy gardening — how you growing?

Ask the Gardening Guru

Q1: Why didn't my seeds grow?

A. Planted Too deep
Soil too cold
Overwatering
Expired date to sew seeds by

Q2: My seeds sprouted but why did they then disappear?

A. Drying out because not keeping them moist; the competition for nutrients if too many seeds are sewn together; birds or insect critters enjoy the new growth.

If the seedling patch is outside, I would be placing a light mulch on top of the soil and popping a shade house type mesh over them until the plants are mature enough to stand unsheltered. Or you could keep the seedlings indoors in a sunny spot to grow a little more before you transplant them.

"Seeds are small, but their needs are very specific — once you understand them, success comes much easier."



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Photo: Fanny Renaud