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DEADLINE FOR AUGUST
Submit before JULY 26

EDITION 013, JULY 2026

99.7% LOCAL NEWS

WILDHORSE FM 99.7

FREE

news@wildhorsefm.com PH: 41638 997 sales@wildhorsefm.com

You're invited!

FESTIVAL FEVER is hitting our region and there is plenty of fun to be had for all the family.

Returning to Yarraman's Station Park on Saturday, August 1 will be the

2026 Yarraman Festival, from 10am to 3pm.

This free community event is a chance to celebrate Yarraman, welcome visitors to town and showcase our people, businesses, volunteers and community groups who make our district such a special place.

And what will you find at this year's festival?

Market stalls, food trucks, free face painting, a free petting zoo, puppy cuddles, axe throwing, the Kelpie Dog Jump, meet the team at the Wild Horse FM marquee, and plenty more to enjoy throughout the day.

The festival is also proud to support the annual Festival of Cycling on the BVRT, which terminates in Yarraman, so come along and cheer the riders across the finish line.

The day's festivities is also a way of welcoming riders, families and supporters into town.

Your community radio station Wild Horse FM 99.7 proudly presents the festival along with the support of generous sponsors, volunteers and community members.

Events like this take a lot of work behind the scenes, and every contribution helps bring the day together.

Most importantly, the festival brings people into Yarraman.

Part of the mission behind the festival is to encourage visitors to enjoy the day, see what our town has to offer, and think of Yarraman again when planning their next day trip, weekend away or return visit.

The festival committee are especially grateful to Stanwell, the naming sponsor for 2026, and to all sponsors helping us showcase Yarraman.

We look forward to seeing you there.

See more of our Festival Fever events on pages 6 and 7.



TADRA takes to the trail

Read all about this special weekend on Page 12

Photo and story provided by Wendy Matthews.

EST.  1902

The Royal Hotel — YARRAMAN —

WHAT'S
ON IN
JULY

SAT 4 JULY

KARAOKE
with Chis
FROM 7:00PM | FREE ENTRY

WED 8 JULY

STATE OF ORIGIN
FINAL GAME
LIVE & LOUD

SAT 11 JULY

DAVID LYNCH
Live and Loud
FROM 7:00PM | FREE ENTRY

SAT 18 JULY

PIG ON THE SPIT
with Natalie Fenton
FROM 6:00PM

SAT 25 JULY

ALL YOU CAN EAT
INDIAN NIGHT
with Ruff n Blue
FROM 6:00PM

SUN 26 JULY

OPEN MIC
FROM 1:00PM

COLD BEER • GREAT FOOD • LIVE MUSIC • GOOD TIMES

A MONTHLY NEWSPAPER PRODUCED BY VOLUNTEERS AT WILD HORSE FM COMMUNITY RADIO YARRAMAN. PROUDLY SUPPORTED BY COMMUNITY MINDED BUSINESSES

LOOK WHAT'S ON



Nanango Show Society

COMING EVENTS

MARKETS
Saturday, AUGUST 1

Heritage Nanango
Country Music Muster
September 10-13

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

Deb
FRECKLINGTON MP

MEMBER FOR NANANGO

 Policing
  Agriculture
  Congratulatory letters (birthdays/wedding anniversary)

 Main Roads
  Health
  Seniors Cards

E: nanango@parliament.qld.gov.au
 P: 4190 7100
 F: DebFrecklingtonMP

Michelle 0488920918

YARRAMAN HAIRCUTS

NO APPOINTMENT NEEDED

Open Tues-Fri 9-5

Near IGA YARRAMAN

BINGO BUZZ NANANGO

Join the fun Every Saturday
@ Nanango Cultural Centre
48 Drayton St, Cor of George St

Door open at 10:00am
Eyes down at 11:00am

Door Prize,
\$1 Meat Tray Raffle,
New Game, Find The Cash,
\$2 Lucky Number For Free Sessions,
Rose's Sandwiches & Cold Drinks,
\$2 Hot Tea, Coffee, Choc,
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Bingo Buzz Nanango

For more info contact
Michelle. Ph: 0435 953 736

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YARRAMAN

Yarraman RSL Drop-In Centre: Retired and Current Defence Service members are invited to the Yarraman RSL Drop In Centre for a coffee/tea and a game of darts or pool on the last Sunday of each month, 10am-2pm at the RSL, 1 Emmett Street Yarraman.

Yarraman Parkinson's Qld Support Group: second Wednesday of the month (Feb-Nov) 10.30am, Yarraman Library, Toomey St. Informal meetings for information/support. Barbara 0400 646493, Vicki 0487 307 909.

Yarraman Collective: Meeting is open to all representatives of community groups and businesses. Email yarramancollective@gmail.com for day and date of meeting, 3pm, Yarraman Library. Open discussion on issues concerning Yarraman and surrounds.

Yarraman Tai Chi: non-contact classes, class sizes are restricted, for more information phone or text Helen, instructor with Tai Chi for Health Institute on 0434 243 085 or email helenrw@outlook.com

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

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: Sunday 9am to 10am 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

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: Last Wednesday of the month 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

FREE COMMUNITY MEALS

A welcoming time to connect with others or collect a meal you don't have to worry about.

Would it help to have a nutritious meal?

Join us for a **FREE meal**
(Sit in or take away)

WHEN

Fortnightly Wednesday nights
5:30 pm – 7:00 pm

WHERE

Lions Den
23 Bowman Road
Just past the showgrounds

MORE INFORMATION

Blackbutt Benarkin Lions Club
Tracy: 0431 141 484
Keely: 0421 070 299
Supported by the South Burnett Support Alliance



Bingo Buzz birthday

This is Maureen our Bingo Buzz Queen she never misses a bingo session. We love having her, she's in early to get her favourite seat in the front row. Hopefully she gets the big win that she is chasing soon. Maureen will be 91 on July 23. Happy Birthday Maureen from all of us at Bingo Buzz.

BLACKBUTT

Blackbutt Lions Market: Third Sunday of the month from 7am at Les Muller Park in Hart Street. Nick 0423 882 405.

Blackbutt Tai Chi: non-contact classes, class sizes are restricted, for more information phone or text Helen, instructor with Tai Chi for Health Institute on 0434 243 085 or email helenrw@outlook.com

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

MAIDENWELL

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

Maidenwell Library: Every Wednesday 9am to noon and Saturday from noon till 3pm at the hall (run by QCWA)

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.



Community Op Shop Yarraman

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Jenny 0419 483 651
Diana 0484 587 356

OPEN Weekdays from 9am to 3pm Saturday 9am to midday

And the award goes to ...



Yarraman SES group: L-R Tanja Eindorf, Brad Little, Fay Watkin, Michael Apperley and Stuart Munro proudly display their award. Absent members include Ryan Burns, Michael Horrigan, Roy McKee and Lynette Little.

Yarraman SES Group named Regional Group of the Year

BY JOHN WATSON

IT'S RAINING awards in Yarraman. Following on from Wild Horse FM's *Shoot The Breeze*, and the Yarraman Caravan Park and Cabins awards is the Yarraman State Emergency Services (SES) Group which has been named the SES Regional Group of the Year 2026.

Their citation reads: 'The Yarraman Group, part of the Toowoomba Unit, exemplifies pride, commitment, and

excellence in service. Known for their commitment to helping others, and positive team culture, they maintain their facilities, fleet, and equipment to the highest standards.'

This small group, with only eight current members, is one of 45 groups South Western Region of the Queensland SES which covers from Yarraman in the north, Goondiwindi in the south and as far west as Eromanga.

SES is a volunteer-based emergency and rescue service dedicated to assisting the Queensland community in various emergency situations, big or small.

The Yarraman members have assisted in the region affected by the recent cyclone, in the flood-affected Hungerford area and a land search at Charleville.

Common scenarios for Yarraman volunteers include assisting with flood/storm damage, traffic control in various situations, search and rescue and a supporting role only at rural fires but not actually fighting fires.

To be a SES volunteer you do not need any specific skills, only time for training and deployments, which may mean weekends only. For further information phone (07) 4163 8967 or 132 500 to reach Queensland SES.

Collective action for Yarraman

by ANGIE PERRY

YARRAMAN Collective continues its direct advocacy to ensure our community's voice reaches government decision-makers.

Locals are encouraged to review past 99.7% Local News editions to see the projects the group have been driving, and to stay tuned to future editions for regular updates on current and upcoming initiatives.

Customer Service and Visitor Information Centre Petition Update

Advocacy continues to secure a dedicated Toowoomba Regional Council Customer Service and Visitor Information Centre for Yarraman. We are now well in excess of 350+ signatures from locals and visitors supporting this initiative. The petition will be submitted to council in July 26. Please sign the petitions currently available at: Yarraman's fuel stations,

Pharmacy, Caravan Park, Yarraman Heritage House and at Frohlies Grill.

Celebrating 125 Years of Yarraman State School

Looking ahead, the Collective is proudly supporting the historic 125 year anniversary of the Yarraman State School this coming October.

This milestone celebration will feature the highly anticipated opening of a local time capsule. Anyone interested in supporting this event, past/present students and teachers or members of the community you can contact the Yarraman P&C. Full details and event schedules will be released soon.

Community Transport Options

The Collective is currently in preliminary discussions with TRC and community organisations to determine the viability of a dedicated community transport solution for Yarraman. We are seeking community

support and feedback on what would be the likely transport routes for shopping, medical appointments and events etc. The most likely model will require volunteer drivers to assist, so if you have any constructive suggestions or are interested in helping please email the yarramancollective@gmail.com.

Have Your Say and Stay Informed

The Collective's direction is shaped entirely by local needs. If you have a town issue, safety concern, or project idea that requires advocacy at a Local or State level, email your thoughts to YarramanCollective@gmail.com.

Residents are strongly encouraged to subscribe to regional e-newsletters from our elected representatives - State Member Deb Frecklington MP and the Toowoomba Regional Council - to track upcoming funding opportunities and local government decisions.

South Burnett council activities

Maintenance at Les Muller Park, Blackbutt

Les Muller Park in Blackbutt is scheduled for maintenance on Thursday, July 2. A cherry picker will be onsite to aid in cleaning the gutters on all the shelters in the park.

Burnett Street, Nanango -

Alan Downie Sports Fields Car Parking

Car parking works on Burnett Street, adjacent to Alan Downie Sports Fields is underway. The existing grassed and gravel area will be sealed to accommodate 74 carparks including two disability carparks.

Works were scheduled to commence during the week of Monday, June 22 with the anticipated duration of the project being approximately one month, subject to weather conditions and construction progress.

To facilitate works, temporary traffic control measures will be in place, including lane closures and traffic control. Temporary delays to traffic of up to 10 minutes are expected during construction.

Access for residents and property owners will be maintained where possible and managed by site staff.

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LOOKING BACK

by the late Jim Mangan 31/8/96

The folks around will tell you all
I've earned it from my youth,
There's nothing quite so dear to me
As sticking to the truth.

Of course it was a starry night
The moon, a ball of fire!
It was, for sure, I told you so,
I never was a liar.

I promised you the moon and stars
For coming and for going.
Wind in the pine at Tom Tom gorge,
I promised water flowing.

I told you all to bring a coat,
I think I mentioned that.
The wind would blow a bloody gale
And blow away your hat.

That Barbara Timms – she tricked me, friends,
To cross a flimsy bridge
Where waters flowed so deep and dark
Out past the 'stony ridge'.



I saw the sign – my heart near
stopped,
It read, 'at most 4 tonne',
It creaked and groaned, it lurched
and swayed,
I thought that I was gone!

A winner we have crowned today
–
Salute her, horse and gear,
They conquered ev'ry obstacle-
Let's give a rousing cheer!

Our town and district bids farewell,
But do please come again,
Forget the moon, forget the stars
But bring us wind and rain.

MY FEATURED poem 'Looking Back' was written at the conclusion of the Qld Endurance Riders Association's State Championship Ride in August of 1996.

The event was based in Nanango, with a travelling checkpoint at the Blackbutt Showgrounds.

Jim Mangan had volunteered to cart water in his truck, to various water troughs which were located around the 160km course.

Tom Tom gorge refers to an area in the East Nanango forest, where Jim encountered a rather dodgy bridge.

Being a true Nanango local, Jim had also forecast the prevailing weather conditions for the ride.

Jim was a lover of verse, and wrote many poems, often performing them at the Nanango Australia Day celebrations.

From midnight on Friday, July 3, the National Championship Ride of the AERA, the Tom Quilty Gold Cup, will commence from the ride base in Imbil.

There are 231 nominations this year, of which all successful completers will receive a special, and much-prized, silver buckle.



KYLIE CHANT
ACCOUNTING PTY LTD

Appointment times July and August 2026

Yarraman Office: Tuesday 10am-3pm, Wednesday 10am-2pm, Friday 10am-4pm

Blackbutt Office: Wednesday 10am to 4pm

0487569244

kylie@kyliechantaccounting.com.au
tracey@kyliechantaccounting.com.au

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.

Part Three (our final article) in "Old But Interesting" that has examined perfume and perfume bottles will explore Australia's interest in perfume.

THE EUROPEAN settlement of Australia in the 18 Century, saw settlers bring with them imported perfumes.

Given the expense of importing perfume, Australian perfumeries were established.

By the 19 Century local perfumeries were making their mark in Australian society.

This time period saw perfumeries blend imported techniques with Australian natural resources.

In 1845, F.H. Faulding & Co was established and produced essential oils from native plants such as eucalyptus and sandalwood.

Their products included 'Lavender & Musk' and 'Old English Lavender'.

In the 20 Century there was a revitalised interest in Australian native plants, which in turn led to the development of distinctive Australian fragrances. In the 1960s, fashion designer Prue Acton, created a number of fragrances to complement her clothing line.

The Yarraman Heritage Centre has a

number of Avon perfume bottles in its collection. Avon began selling cosmetic products in Australia from 1964.

Between 1965 and 1980, Avon created a variety of perfume bottles, including animals, people, vehicles and household objects.

These bottles were made from glass, porcelain or plastic, and some of these bottles were designed to be reused. These bottles remain popular among collectors.

But before we conclude our series of articles on perfume and perfume bottles, we need to define the distinction and difference between parfum, Eau De Parfum (EDP) and Eau De Toilette (EDT). Parfum consists of 20-30% of oils making it the strongest scent of perfume; EDP consists of 15-20% of oils; and EDT consists of 5-15% of oils.

The above article was written with the assistance of <https://bondibasics.com.au/blogs/blog2025/a-deep-dive-into-the-history-of-perfumery-in-australia-1> and <https://collections.museumsvictoria.com.au/items/146862> and <https://vintage-virtue.net/blog/avon-bottles-a-beginners-guide-to-collecting>

QUICK CROSS #12

ACROSS

- Political leader of Australia Minister
- TV's *Home and Away* Aussie actress ... Nicodemou
- The pair of Nike sneakers purchased for \$615,000 at auction in 2020 was a 1985 Glass Shard 1
- Kill Bill* star ... Thurman
- Surname of Neil and Tim Split Enz brothers
- Ctrl +Z or Cmd +Z
- The greeting Rocky Balboa uses in the movie *Rocky*
- Accompanies Treble
- A group of eight
- What the European Union is called in Spain (initials)
- Walk This Way* hip hop group
- A short sleep
- Make up applied to the cheeks
- David Bowie comedy hit song *The Laughing*

DOWN

- Yesterday's Hero* singer John
- Area of South East Queensland The Scenic ...
- Young Sheldon* character ... Rosenbloom
- Initials of the singer featured in the movie *Michael*
- An official directive issued by a president (initials)
- Spanish farewell
- Brother of outlaw Ned Kelly
- John Laws was a radio one
- Australia's flying doctors are known by these initials
- Taxi alternative
- Aussie group Human
- Surname of lead character in *Ocean's 11*
- Old movie *No .. Nanette*
- Actors ... voice overs for foreign movies
- Sports car produced by the British Motor Corporation
- Where Aussies pick up their mail from

SOLUTION QUICK CROSS 11
ACROSS: 1.Duncan 6.OC 8.Otter 9.Air 10.We 11.Really 13.Stamp14.Ulna15.Part18. Aim20.Cur 21.Drink 23.Ado 24.Eel 25.Reset 27.Rose DOWN: 1.Downunder 2.Ute 3.NT 4.Certain 5.Area 6.Oil 7.Cry 9.Alpacas 12.Amp 13.Snails 16.Ruder 17.Trot 19.MKR 22.REO 26.ER.

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Dillon's pool tricks are right on cue

By FRANK HODGKINSON

EIGHT ball in the centre pocket? Well if you fancy yourself as a bit of a pool hustler, our *Shoot the Breeze* guest, Dillon Pitchford, is a "must listen" in July.

From a chance invitation to play a game of pool, Dillon has nurtured a fascination for learning trickshots on pool tables.

He has now developed his skills to the extent that he will be competing in the 2026 World Artistic Pool and World Freestyle Artistic Pool Championships, October 1 to 4, in Philadelphia, Pennsylvania (USA).

In our conversation on *Shoot the Breeze*, Dillon shares some of the fascinating aspects of the lesser known discipline of artistic pool, such as the influence of cue types and tips, table size and component structure and of course the tremendous dedication required to master seemingly impossible trick shots, to be competitive at an international level.

You can follow Dillon's journey and get a look into his style and dedication, on his Facebook page, *Tasman Trickshots*.

You will also find a link there to Dillon's fundraising "Go Fund Me" site, if you are able to help support his trip to Philadelphia for the World Artistic Pool Championships in October.



What is Artistic Pool?

Prior to 1990 artistic pool events were referred to as trick shot or fancy shot challenges.

Then in 1990 Artistic pocket billiards was envisioned thus the foundation for modern day artistic pool had begun.

In 2002 Artistic Pool became an official sport discipline as recognized by the WPA, under the WCBS in the international arena of worldwide sport structure established for billiards. This gave credibility to the overall artistic pool champion and the eight discipline champions that would be determined at each event held.

Celebrate a Mate!

By OUR COMMUNITY NEWSHOUND

In every small town and close-knit community, there are people who quietly hold everything together. They may not always seek recognition, but their kindness, dedication, and willingness to help leave a lasting impact on everyone around them.

Carol and John

The Heart of Community Spirit

THIS MONTH, we are proud to *Celebrate a Mate* by recognising two incredible members of our community – Carol and John.

For many years, Carol and John have been the kind of volunteers every community hopes for: consistent, reliable, and always willing to lend a hand.

They quietly get on with the job, often without seeking recognition, but their dedication certainly hasn't gone unnoticed.

When something needs doing, there's a good chance Carol and John are already there, rolling up their sleeves and getting stuck in.

Whether it's setting up, packing away, supporting community events, or helping wherever they are needed, they approach every task with a positive attitude and an unwavering commitment to helping others.

One of the most inspiring things about Carol and John is their work ethic.

They physically put in more energy than many people half their age.

Their enthusiasm, determination, and willingness to contribute remind us all that age is no barrier to making a meaningful difference.

Volunteering isn't always glamorous.

It often involves early mornings, heavy lifting, problem-solving, and giving up precious personal time.

Yet year after year, Carol and John continue to show up for their community with generosity and kindness.

People like Carol and John are the backbone of community organisations.

They help create the events, programs, and connections that bring people together.

Their actions demonstrate that community isn't built by one grand gesture, but by countless small acts of service carried out with care and consistency.

Carol and John, thank you for the many years of hard work, dedication, and support you have given so freely.



Thank you for being dependable, compassionate, and always willing to help.

Your contribution has made a lasting impact, and our community is stronger because of people like you.

This month, we celebrate you both.

Because mates like Carol and John deserve to know just how appreciated they truly are.



Gratitude is something we often feel but forget to express. Taking time to acknowledge our volunteers reminds us just how important community spirit truly is.

Appreciation can be as simple as saying thank you, offering support in return, or recognising the quiet efforts of those who consistently give so much of themselves.

Our Community Newshound is always looking for volunteers to celebrate and appreciate, if you know someone we should highlight, call us on 41638 997 and leave a message for the Community Newshound.

Star Guide

Horoscope Forecast by BIANCA ROSE

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.

July Astrology: Finding Your Fire

As we settle into the heart of winter here in Australia, July invites us to slow down enough to hear our own inner wisdom. The cosmos this month encourages honesty, emotional awareness, and a renewed sense of purpose.

The first half of July carries nurturing, home-focused energy. It's a beautiful time to reconnect with loved ones, revisit personal goals, and tend to the parts of ourselves that may have been overlooked in the busyness of life.

As the month progresses, a more expressive and confident energy emerges. We're encouraged to step into our creativity, celebrate our strengths, and allow ourselves moments of joy. It's a reminder that even in winter, our inner light continues to shine.

Remember, astrology isn't about predicting a fixed future. Rather, it offers guidance, helping us understand the energies at play so we can make choices with greater awareness.



ARIES

Aries (21 March – 19 April)

Home and family matters may require your attention this month. Create space for meaningful conversations and don't be afraid to ask for support. By month's end, your playful spirit returns.



TAURUS

Taurus (20 April – 20 May)

Your words hold power in July. Whether through writing, teaching, or heartfelt discussions, communication becomes a tool for healing and connection. Stay open to new ideas.



GEMINI

Gemini (21 May – 20 June)

Finances and self-worth come into focus. Reflect on whether your spending aligns with your values. You may discover that your greatest abundance lies in recognising your own gifts.



CANCER

Cancer (21 June – 22 July)

Happy Birthday, Cancer! This is your time to reset and prioritise yourself. Trust your intuition and honour your needs. New beginnings are waiting for you.



LEO

Leo (23 July – 22 August)

Before your season begins, take time for rest and reflection. Listen to your dreams and inner guidance. By late July, you'll feel ready to step back into the spotlight.



VRGO

Virgo (23 August – 22 September)

Community and friendships bring inspiration. Surround yourself with people who uplift and encourage you. Collaboration could lead to unexpected opportunities.



LIBRA

Libra (23 September – 22 October)

Your dedication is being noticed. Career and life direction may take centre stage this month. Stay true to your values while remaining open to positive change.



SCORPIO

Scorpio (23 October – 21 November)

July encourages expansion. Whether through travel, study, or spiritual exploration, you are being invited beyond your comfort zone. Curiosity becomes your compass.



SAGITTARIUS

Sagittarius (22 November – 21 December)

Transformation is in the air. You may find yourself releasing old fears or outdated beliefs. Trust that letting go creates room for something more aligned.



CAPRICORN

Capricorn (22 December – 19 January)

Relationships take focus. Consider where balance, honesty, and healthy boundaries are needed. Meaningful partnerships thrive through open communication.



AQUARIUS

Aquarius (20 January – 18 February)

Daily routines and wellbeing deserve attention. Small, sustainable changes can have a significant impact. Remember that self-care isn't selfish—it's essential.



PISCES

Pisces (19 February – 20 March)

Creativity, romance, and joy flow more easily this month. Allow yourself to play, dream, and express what lives in your heart. Inspiration often arrives when we least expect it.

Festival Fever

... what's on in our area

Celebrate our working history

STONEHOUSE OPEN DAY WEEKEND - JULY 25 AND 26

Shuttle bus access only, shuttle runs every 15-20 mins from 8.30am to 3.30pm, pick up at the Moore Hall.

HISTORIC buildings, working horses, bullock teams and stagecoach rides make the Stonehouse Heritage Open Day Weekend a perfect family outing.

The Bush Poets will be there again telling stories of Australia's past and present. Come along and listen as the memories flow.

Watch the amazing 'gentle giants' as they demonstrate how early farming was done at the Working Horse Plough Field.

If you really want to take a trip back in time climb aboard the Stagecoach to feel how traveling the roads was a little less comfortable for our pioneers.

The Stonehouse Photo Competition is back on for 2026 with the same requirements as last year, snap away while on site and submit your pictures to the email address advertised at Stonehouse. Entries must be in by Tuesday, July 28.

Come along and learn about the Australian Stockwhip which was designed by early 19th-century Australian stockmen, and evolved from the English hunting whip.

A Whip Plaiter will be at the Stonehouse Open Day on the Sunday and he has donated a stockwhip for the first prize for our first Children's Stockwhip Competition.



The competition is for children 14 years and under, so get your whipper-snappers whipper snapping for a bit of fun on the Sunday 11am - 1pm.

Just turn up and register as you enter Stonehouse.

A great weekend filled with history, events, entertainment and family fun.

WILD HORSE IN THE YARRAMAN FESTIVAL
SATURDAY 1 AUGUST 2026

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Avo go at this festival

BLACKBUTT AVOCADO FESTIVAL
September 12, 2026

BORNE OUT of a desire to honour the region's avocado industry, this free event now draws thousands of visitors to the avo-themed fun.

Of course, visitors will have plenty of chances to enjoy the freshest and finest avocados from professional growers and home-grown products from smaller growers.

Other highlights include the iconic 'avo roll', or you can try your hand at the other avocado carnival games like Avo-Toss and Avo Strongman and Strong Woman, and you must have a go at Avo Golf.

Don't forget to sign up early to the good ol' wheelbarrow races.

There will also be live entertainment, arts activities, a street parade, market stalls,

helicopter rides and the famous 'Avo Drop' where parachutists jump from 5000 feet and attempt to grab a marker as they land inside the drawing of a giant avocado.

If you're planning to stay in town for the festival, the Blackbutt Showgrounds is the perfect spot to set up camp. It's relaxed, family-friendly, and just a short stroll to all the festival fun.

But be quick as the powered sites are almost full — only 35 left.

Plenty of unpowered sites still available, so there's room for everyone who wants to join the festivities.

Whether you're rolling in with a caravan, camper, or tent, you'll be part of a great community atmosphere right in the heart of Blackbutt.

To book your site, give the team a call on 0437 665 199

See you at the Avo Fest.

Bush ballad spectacular

HERITAGE NANANGO COUNTRY MUSTER-
Nanango, September 10 to 13

FOUR full days of country music, poetry and gospel is what's on offer when the Nanango Show Society holds its annual Heritage Country Music Muster on September 10, 11, 12 and 13.

Bring your caravan, tent, ute, bike or whatever you have and settle in for the celebrations of this traditional style of music. Full camping facilities available (bookings essential). Plenty of hot showers and toilets in a real bush atmosphere.

THURSDAY

Walk-up Artists 2pm - 6pm

Tania Kernaghan 7pm - 9m

FRIDAY

Poets Breakfast; Official Opening; Invited Artists

SATURDAY

Invited Artists concert from 9am

SUNDAY

Poets Breakfast (Gary Fogarty) and Gospel

Confirmed Artists: Jeff Brown, Dianne Coombes, Evan Plashinta, Rob Breese, Gina Timms, Cameron Mason, Dean Richardson, Karen Lynne, Brian Letton, Don Costa, Tom Maxwell, Dean Perrett
Invited Bush Poets: Gary Fogarty, Ray Essery, John Watkins.

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8th August 12th September
12th December 13th February
Easter Saturday or Sunday (TBA)
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Festival Fever ... what's on in our area

Maidenwell Music Mix 2026 MUSIC WITH A PURPOSE



BRING on the music and good times as the Maidenwell Music Mix returns on September 18 and 19.

Bringing together live music, community spirit and visitors from across Queensland this year's event will be another memorable weekend.

The 2026 program promises a diverse range of entertainment with artists such as Larry Cann, MISfITZ, Graeme Jensen, Glenn Jones & Kathy Le Brocque, Nathan Hartley, Lloyd Back, Vix & The Slick Chicks, Three Mustavebeers, Peter Campbell & Band, Dave Lynch & Salliana Seven with the Music Mix finishing off with The Australian Brooks & Dunn Tribute Band taking the stage at 8pm.

Local market stalls, great food and drinks plus free camping will ensure this open-air event will have something for everyone.

Whether you're a music lover, a local resident or simply looking for a great weekend away, we invite you to join us and help support the community through music.

Now entering its third year, the Maidenwell Music Mix was born from

a simple idea – to help put Maidenwell on the map.

What began as a grassroots initiative has grown into a thriving regional event attracting families, residents, travellers, community leaders and visitors from across Australia.

But the Maidenwell Music Mix is about much more than music.

At its heart, the event exists to strengthen regional wellbeing and bring people together when it matters most. Through genuine community connection and direct financial support of local mental health and community initiatives, the festival transforms community support and sponsorship into real and lasting impact.

Across regional communities, many individuals and families continue to face increasing financial pressures, mental fatigue and emotional challenges. Rising living costs, ongoing uncertainty and the realities of rural life can take a considerable toll on mental health and wellbeing. While these struggles are often unseen, they are deeply felt throughout our region.

The Maidenwell Music Mix Commit-

tee is passionate about creating opportunities for people to connect, unwind and support one another.

The event provides a welcoming environment where people come together, enjoy quality live entertainment and know they are contributing to a cause that makes a genuine difference.

The Maidenwell Music Mix is proud to be:

- Building Community
- Supporting Mental Wellbeing
- Strengthening Regional Connections

As the event continues to grow, organisers are excited to welcome both returning patrons and first-time visitors to Maidenwell in September.

Whether you're coming for the music, the atmosphere, the community spirit or the opportunity to support an important cause, the Maidenwell Music Mix offers something for everyone.

Mark your calendar for September 18 and 19 and join in a weekend of live entertainment, connection and community.

Because sometimes the biggest difference starts with simply bringing people together.

2026 Maidenwell Music Mix Program
Friday, September 18 6pm-10pm
Larry Cann - 6pm
MISfITZ - 7pm
Graeme Jensen - 8.15pm
Saturday, September 19 10.30am-11pm
Glenn Jones & Kathy Le Brocque - 10.30am
Nathan Hartley - 11.30am
Lloyd Back - 12.20pm
Larry Cann - 1.10pm
Vix & The Slick Chicks - 2.00pm
Three Mustavebeers - 3.40pm
Peter Campbell & Band - 4.30pm
Dave Lynch & Salliana Seven - 6.10pm
The Australian Brooks & Dunn Tribute Band - 8pm

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OPEN DAILY 8-4

A vintage-style advertisement for 'The Western Room' at the Maidenwell Trading Post. It features a cowboy hat and boots illustration, the text 'Introducing... The Western Room', and details about vintage western wear and a cafe on site. It also mentions the location '5 Pool St, Maidenwell' and a phone number '4164 6166'. A starburst graphic says 'OPEN DAILY 8-4'.

Maidenwell Treasures

Pop in and explore a unique mix of treasures, gifts and country hospitality in the heart of Maidenwell. Enjoy a coffee, bite to eat and a relaxed country atmosphere while you browse.

OPEN
FRIDAY FROM 9AM
SATURDAY & SUNDAY
9AM - 4PM
(SOME PUBLIC HOLIDAYS)

16 Main Street, Maidenwell QLD
Deb Henry | 0439 892 657

A colorful advertisement for 'Maidenwell Treasures'. It features a rainbow and a treasure chest illustration. The text promotes a unique mix of treasures, gifts, and country hospitality. It also lists the opening hours: 'OPEN FRIDAY FROM 9AM SATURDAY & SUNDAY 9AM - 4PM (SOME PUBLIC HOLIDAYS)'. The location is '16 Main Street, Maidenwell QLD' and the contact is 'Deb Henry | 0439 892 657'.

2026 MAIDENWELL MUSIC MIX

18 & 19 SEPTEMBER 2026

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A promotional poster for the 2026 Maidenwell Music Mix. It features a wooden background with the event name and dates. It lists various activities like free camping, outdoor event, day passes, market stalls, and entertainment. It also mentions ticket bookings and contact information. There is a small illustration of musical notes and a guitar.

OTTO'S GAS SUPPLIES

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PETER 0417 468 590

DELIVERING NANANGO YARRAMAN
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An advertisement for Otto's Gas Supplies. It features an illustration of a gas delivery truck. The text lists the names and phone numbers of Darryl (0427 646 164) and Peter (0417 468 590). It also mentions that they deliver to Nanango, Yarraman, Cooyar, Ellesmere, and surrounding areas.

Our School



Benarkin State School
Learning and growing together

THERE IS something truly special about a small country school where every child is known by name, every success is celebrated, and the whole community plays a part in helping young people flourish ... Benarkin State School is one of those places.

Nestled in the heart of the Blackbutt-Benarkin district, the school has built a reputation for personalised education where students are encouraged to grow not only academically, but as kind, capable and confident members of their community.

With small class sizes and dedicated staff, every child is seen, supported and challenged to reach their full potential.

The school's motto, *Learning and Growing Together*, reflects far more than words on a sign. It captures the spirit of a place where students, teachers, parents and the wider community work side by side — where every role matters and every contribution is valued.



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One of Benarkin State School's most unique features is its participation in the Stephanie Alexander Kitchen Garden Program.

Students don't simply learn about healthy eating — they experience it firsthand. From planting and harvesting in the school's gardens to preparing nutritious meals in the kitchen, children develop practical life skills while discovering the value of sustainability, teamwork and the simple joy of sharing food together.

Respect, responsibility, resilience and safety underpin daily life at the school. These values are woven into every aspect of learning, creating a culture where students are encouraged to care for themselves, each other and their world.

Perhaps what stands out most is the remarkable commitment of the Benarkin community.

Parents, carers, volunteers and local supporters work tirelessly alongside staff to ensure students have access to opportunities that extend well beyond the classroom. Whether it's helping with events, fundraising or simply lending a hand when needed, there is a genuine sense that this school belongs to everyone.

That spirit creates something that can't be measured in enrolment numbers or facilities.

It creates belonging. It gives children the confidence to have a go, the encouragement to persevere and the reassurance that they are surrounded by people who genuinely want to see them succeed.

In many ways, Benarkin State School reflects the very best of country life — a place where relationships matter, community comes first and young people are given every opportunity to thrive.

Small in size, mighty in spirit, Benarkin State School continues to prove that when a community grows together, remarkable things happen.

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Benarkin
State School
P&C

Upcoming Events

Pizza Night: 17th July
\$15 medium pizza
@ the school

Golf Day: 28th Nov.
4 per team \$30 per player
@ Blackbutt Golf Course

Bake Sale: 18-19th Sept.
@Maidenwell
Music Mix

Body ~ Mind ~ Spirit

Winter wellness on a budget: Low-cost natural ways to support your health

AS THE temperatures drop and winter settles in, many of us notice an increase in coughs, sniffles, aches, dry skin, and that general feeling of being run down.

The good news is that supporting your health during winter doesn't have to be expensive.

While natural approaches are not a substitute for medical care when needed, there are many simple, affordable practices that may help support your body's natural defences and ease common winter complaints.

1. Nourish with warming foods

Winter is the perfect time for hearty soups, stews, and slow-cooked meals. Homemade vegetable soups packed with seasonal produce are an inexpensive way to increase your intake of vitamins, minerals, and fibre.

Ingredients such as garlic, onions, carrots, pumpkin, sweet potato, and leafy greens are often budget-friendly and provide valuable nutrients that support overall health.

2. Honey for sore throats

A spoonful of honey in warm water with lemon has long been used as a soothing remedy for sore throats and mild coughs. Honey may help calm irritation and reduce coughing. However, honey should never be given to children under 12 months of age.

3. Ginger Tea for comfort

Fresh ginger can be sliced into hot water to create a comforting tea. Add lemon or honey to taste.

Many people find ginger helpful for easing nausea, supporting digestion, and providing a warming effect during the colder months.

4. Prioritise sleep

One of the most powerful and cost-effective health strategies is getting enough quality sleep. Sleep allows the body time to rest, repair, and support immune function. Aim for a consistent bedtime routine, reduce screen time before bed, and create a cosy sleeping environment.

5. Get sunshine and fresh air

Even during winter, spending a little time outdoors can be beneficial. Exposure to daylight supports mood and healthy sleep patterns, while gentle exercise such as walking may improve circulation and overall wellbeing.

Remember to follow sun safety recommendations appropriate for the season and your location.

6. Keep moving

Regular movement doesn't have to involve expensive gym memberships. Stretching, gardening, walking with a friend, dancing in the lounge room, or following free exercise videos online can help maintain flexibility, improve mood, and support overall health.

7. Stay hydrated

People often drink less water in winter, but hydration remains important all year round.

Warm herbal teas, soups, and regular water intake can help maintain hydration and support the body's normal functions.

8. Salt water gargles

For mild throat irritation, gargling with warm salt water is a traditional remedy that many people find soothing.

Simply dissolve half a teaspoon of salt in a glass of warm water, gargle, and spit out the solution.

9. Connect with others

Winter can sometimes bring feelings of isolation, particularly for older community members.

A phone call, shared cuppa, community gathering, or checking in on a neighbour can support emotional wellbeing. Social connection is an often-overlooked aspect of health.

A Gentle Reminder

Good health isn't always found in expensive supplements or complicated routines.

Sometimes, it's the simple practices repeated consistently—nourishing meals, adequate rest, fresh air, movement, connection, and kindness towards ourselves—that help us weather the winter months.



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The Grounded Life by MELANIE McNAUGHTON

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

The Power of 'Telling Them'

FOR A while I leant fairly heavily into the 'Let Them' theory.

If people wanted to exclude me, let them.

If people wanted to gossip, let them.

If people wanted to be unkind, difficult or disappointing, let them.

While I still believe there's wisdom in that, protecting our peace and accepting that we can't control other people's behaviour.

But if I'm honest, I think I took it a little too far.

After a few experiences that left me feeling hurt and disappointed in others, I found myself becoming far too focused on noticing the behaviours I didn't like.

The exclusion, the criticism, the unkindness and the subtle ways people can make others feel small.

Then I came across something a counsellor colleague, Rachel from Greenhill Counselling had written about the 'Tell Them' theory and something shifted for me.

The idea was simple, when you notice something good about someone, tell them.

When you admire something, tell them.

When someone has made a difference, tell them.

When you appreciate someone, tell them!

The more I thought about it, the more I realised it completely flipped

my focus and instead of looking for what was wrong, I started looking for what was right.

Instead of noticing who was excluding people, I started noticing who was including them.

Instead of focusing on the people who made me feel small, I started paying attention to the people who made me feel seen.

And here's the funny thing. The more I looked for those moments, the more I found them.

A mum who always remembers everyone's name.

A friend who quietly checks in when things are tough.

A colleague who makes people feel welcome.

A volunteer who never seeks recognition.

A teacher who goes above and beyond.

A neighbour who is always willing to lend a hand.

And when I noticed it, I started telling them. Not in a grand gesture kind of way. Just in a simple way like, 'You are so great at making people feel at ease' or 'I really admire your work ethic' or 'you have the best laugh, it's so catchy'.

The response was often the same, surprise and sometimes embarrassment and even occasionally tears.

Most people are too busy listening to their own inner critic to hear what others genuinely think

of them and I truly believe that a few kind words has the power to cut right through that.

What has surprised me most is that my daughters have jumped on board too. We've started making a point of telling people the good things we notice, not because we're trying to be nice for the sake of it but because kindness, noticing goodness and encouragement are all skills. And like any skill, it gets stronger with practice.

I can't stop people from being unkind, from gossiping and I certainly can't stop bullying behaviour. But I can decide what gets my attention and I can teach my children to do the same.

Maybe that's the lesson.

The world doesn't need us to ignore poor behaviour or pretend difficult people don't exist. But perhaps we don't need to give them all our focus either.

What if we spent just as much energy noticing the people who are doing good? The people showing up. The people trying their best. The people making our communities stronger. And then what if we told them?

You never know whose whole day, week or even year might be changed by hearing something good they desperately needed to hear!

Until next month, keep finding that steady ground, Mel

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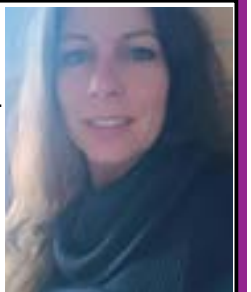
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LET'S TALK DIRTY

by
Horticulturist Katrina Wood

THE BENEFITS OF FOLIAR FERTILISER IN PASTURE AND CROPPING

FOLIAR fertilisers are an effective way to supply nutrients directly to plants through their leaves, providing a fast and efficient boost when crops or pastures need it most.

Unlike soil-applied fertilisers, foliar nutrients bypass the soil, making them particularly useful when poor weather, soil pH, compaction, or nutrient lock-up limits root uptake. In pasture systems, foliar fertilisers can improve growth, increase feed quality, and encourage quicker recovery after grazing or cutting.

They are especially valuable during periods of rapid growth when nutrient demand exceeds what roots can supply. Healthier pastures translate into improved livestock performance and better utilisation of available feed.

In cropping systems, foliar applications help correct nutrient deficiencies quickly and support plants during key growth stages such as early establishment, flowering, and grain fill.

Micronutrients including zinc, manganese, boron, copper, and molybdenum are particularly well suited to foliar application because they are required in small amounts and are readily absorbed through the leaf surface.

Foliar fertilisers are not a replacement for a good soil fertility programme but are an excellent complement to it. Used as part of an integrated nutrient management strategy, they improve nutrient use efficiency, maximise yield potential, and help crops and pastures perform under challenging growing conditions.

Timely foliar applications can provide a cost-effective return through healthier, more productive plants.



ON THE FARM

Rural Women's Award nominations open soon

AUSTRALIAN farming needs rural leaders with the skills and knowledge to make informed decisions about the future, that is why AgriFutures created their Rural Women's Award,

Over the past 25 years, the Award has gained a significant profile, and is recognised as a program of influence among parliamentarians, industry, media and Award alumni. Each state and territory Winner receives a \$15,000 Westpac grant for their project, business or program, access to professional development opportunities and alumni networks.

AgriFutures Australia is committed to the future growth and advancement of the Award as a means of identifying, celebrating and empowering women. The Rural Women's Award is one of many AgriFutures Australia initiatives ensuring our rural industries prosper now, and into the future.

Applications for the 2027 Rural Women's Award will open in September 2026.



Angie Nisbet is the Queensland AgriFutures Rural Women's Award winner for 2026. Angie is a fifth-generation beef producer from North-West Queensland.



Marketing that honours your place

We pair big-city experience with small-town understanding, creating practical campaigns, clear messaging, and brand identities that feel genuine to your community and attract the right customers.

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Clarify your marketing priorities, choose the right channels, and map a simple, sustainable plan tailored to regional realities.

Content Delivery

Delivering beautiful, story-led visuals that capture your brand's heart and can be easily adapted for social, web, print, and every platform in between.

Campaigns

Launch thoughtful campaigns that spotlight local stories, boost visitation and spending, and build pride in regional and rural communities.

Where to Start?

You do not need to have it all figured out before you work with us. Some clients need a clear strategy. Some need a full bank of content. Others need a campaign, a launch plan, or support to finally make their marketing feel consistent. Wherever you are starting from, we will help you find the right next step.



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Queensland control laws for weeds

From: DPI Qld

LANDOWNERS are responsible for taking all reasonable and practical steps to minimise the risks associated with invasive plants under their control.

This is known as the general biosecurity obligation (GBO). Your local government and Biosecurity Queensland provide invasive plant control support services but may also enforce landowner responsibilities if necessary.

Prohibited invasive plants

Prohibited invasive plants:

- are not present in Queensland
- would seriously threaten Queensland's agriculture industries, natural environment, livestock, human health and people's livelihoods
- if found in Queensland must be reported to Biosecurity Queensland within 24 hours of the sighting.

A person reporting the prohibited plants must take all reasonable and practical steps to minimise the risk of it spreading until they receive advice from an authorised officer.

Report suspect plant sightings

To report suspect sightings of prohibited invasive plants, contact Biosecurity Queensland on 13 25 23.

Restricted invasive plants

Restricted invasive plants:

- are established in Queensland
- seriously threaten Queensland's agriculture, natural environment, livestock, human health and people's livelihoods.

Under the Biosecurity Act 2014, there are seven categories of restricted matter (i.e. restricted matter may include matter such as plants, animal diseases, invasive fish, insects, invasive animals and weeds).

Restricted invasive plants may fall into one, a combination or all of Categories 2 to 5 (listed below). Under each Category the restricted invasive plant has listed restrictions. The specific restriction requirements also apply to a person when dealing with restricted invasive plants unless they have a restricted matter permit.

Restricted invasive plant categories and restrictions:

- Category 2: the invasive plant must be reported within 24 hours Biosecurity Queensland on 13 25 23.
- Category 3: the invasive plant must not be distributed either by sale or gift, or released into the environment.
- Category 4: the invasive plant must not be moved.
- Category 5: the invasive plant must not be kept.

Invasive plants

Invasive plants are not prohibited or restricted invasive plants.

Everyone is obligated to take all reasonable and practical steps to minimise the risks associated with invasive plants under their control.

Also consider...

Find out more about the national tropical weeds eradication program.

Read the Biosecurity Act 2014.

Learn about preventing the spread of weeds after a natural disaster.



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SORGHUM FREE FEED



Michelle and Jenny chat about plants and pets

LAST month, Wild Horse FM's **How You Growing** host, Michelle, welcomed Jenny Addicoat to her show so they could discuss plants and their effect on pets.

By JENNY ADDICOAT

HAVING pets is a wonderful experience, but some of the plants normally found in the backyard could actually be harmful to them. In this article I will discuss plants to be aware of, especially if you have cats and dogs.

Cats do tend to be picky on what they chew and eat, but dogs have been known to put anything in their mouths. Here are just a few of the common garden plants which may affect your furry friends.

Aloe Vera – Symptoms include, vomiting, diarrhoea depression, changes in the colour of urine, and tremors.

Azalea and Rhododendron. – Symptoms include, drooling, vomiting, diarrhoea, abdominal pain, lack of appetite, abnormal heart rate, weakness, hypotension, depression, transient blindness, seizures.

Chives – Small amounts may be okay, but if the animal pulls up a large clump and swallows it, that's when problems will occur. Chives are a member of the allium family, including onions, garlic and leeks. Symptoms include, vomiting, diarrhoea, lethargy, abdominal pain, drooling, elevated heart rate and breathing, pale gums, weakness and collapse.

Chrysanthemums – Cats love the flowers because of the scent, and it's highly toxic to them. Can also affect dogs. Symptoms include, vomiting, diarrhoea, lack

of appetite. **Daffodils and all bulbs** – ALL flowering bulbs are toxic to dogs. daffodils, tulips, hippieastrum, anything looking like an onion. Symptoms include, drooling, vomiting, diarrhoea, abdominal pain, Abnormal breathing.



Day-lilies and other lilies – This is one which affects only cats. Any part of the plant is extremely toxic to cats. They only need to get pollen on their coat and lick it off to be affected. Symptoms include, vomiting, lethargy, loss of appetite within a few hours. If left untreated, will cause kidney failure/death within 12-36 hours.

Dogs may get an upset tummy and vomit or have diarrhoea if they ingest plant material.

Ferns - Symptoms include, skin irritation, abdominal pain, vomiting, and diarrhoea.

Irises – The roots are the problem with this plant. Symptoms include, vomiting, drooling, diarrhoea, lethargy.

Ivy – Certain species of ivy can be toxic. The foliage is more toxic

than the berries. Species to avoid – Branching Ivy, English Ivy, and Needlepoint Ivy. Symptoms include, diarrhoea, breathing difficulty, fever, excessive thirst, dilated pupils, hyperactivity, and weakness.

Oleander – All parts are toxic. Symptoms include, abnormal heart rate, drooling, vomiting, tremors, seizure.

Poppies - Symptoms include, change in behaviour (sedation or excitability), lack of appetite, dilated or pin point pupils.

Brunfelsia. (Yesterday, Today, and Tomorrow) This plant, while looking beautiful in flower, is part of the Nightshade family, and is toxic if chewed, licked, or eaten. Symptoms include, vomiting, anxious behaviour, coordination problem, tremors, and seizures.

If you suspect your pet may have eaten a toxic plant or flower, contact your nearest vet or animal emergency hospital.

This list is not an extensive one, but gives an idea of the sort of plants to look out for.

If you have a pet, maybe fence off, or place the problem plants in a part of the garden your pet can't get to easily.

There are a number of plants you could have in your garden that are okay for your pets to be around. Osteospermum (African Daisies), Basil, Bromeliads, Orchids, Ponytail Palm, Prayer plants, Rosemary, Spider Plants, and many natives as well.



July Gardening in the South Burnett and North Toowoomba regions

G'DAY GARDENERS, Winter may have settled in, but don't let the chilly mornings fool you—July is one of the busiest months in the garden.

Now is the perfect time to enrich your soil before spring arrives. Add plenty of compost, aged manure, or homemade worm castings to your garden beds.

Healthy soil means healthier plants and bigger harvests.

Bare-rooted fruit trees are still available in nurseries, so if you've been dreaming of apples, peaches, plums, or citrus, now is the time to plant.

They'll establish strong roots while dormant and reward you for years to come.

In the veggie patch, keep sowing cool-season favourites such as peas, broad beans, spinach, lettuce, silverbeet, carrots, beet-root and onions.

A little succession planting every few weeks will keep the harvest basket full.

Don't forget to look after your roses.

July is the traditional month for pruning, removing old and crossing branches to encourage fresh spring growth and beautiful blooms.

And while we're enjoying winter, keep an eye out for frosty mornings. A simple sheet, old curtain or frost cloth can save tender plants from damage.

Most importantly, take time to wander through your garden. Winter reveals its structure, gives us time to plan, and reminds us that every season has its own beauty.

Until next month... keep your hands in the soil and your heart in the garden.

And to catch up weekly, *How You Growing* has a radio gardening show every Tuesday at 3pm on 99.7 WildhorseFM.



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GET ACTIVE

WILD HORSE WALKING CLUB: MONDAY Walking Club meets 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 Blackbutt Tennis Club, 61 Hart St. Ph 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, 9am, Lutheran Church Hall, Daniel St. Phone Murray 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



By CHRISTIE ORME
CHEERS and roars from the crowd welcomed the Blackbutt-Yarraman Timbertowners back onto their home ground. The fans celebrated the memorable day watching their team defeat Murgon 34-18 in the club's first A-Grade home game at Blackbutt since 2013. In front of the strong local crowd, the

Timbertowners produced a team performance built on hard work, resilience and community spirit. The victory was a fitting reward for the players, volunteers and supporters who have worked tirelessly to keep the club's proud traditions alive. Current players, families, past Timbertowners and the wider community came

together to witness the resurgence of A-Grade rugby league in Blackbutt. It served as a reminder of the community spirit and strength of the green and brown that drives the club forward. A proud day for the Timbertowners and one that will be remembered for years to come. *Go the Timbertowners!*



Spirited action as the Timbertowners defeat Murgon in their A-Grade home game.

TADRA saddles up

From PAGE 1
SPENDING a weekend in the saddle may not sound like everyone's cup of tea, but for some members of The Australian Distance Riding Association (TADRA) that's exactly what they did for a distance riding event on June 6 and 7. Their ride base for the weekend was situated on a quiet, private property, just south of Nanango. Riders travelled from all around south east Queensland, Brisbane and the Darling Downs to enjoy the fantastic tracks and great weather. Saturday evening saw a friendly social gathering around the campfire, with stories, some bush poetry, and interesting conversation. The vet in charge of horse welfare, once again returned from the Redlands area, to enjoy the relaxing atmosphere of the weekend with this group. For more information on TADRA, check out their Facebook page, or contact Steve on 0428 840 176.

YARRAMAN BOWLS CLUB
NEWS By JOHN WATSON

A NEAR-CAPACITY field of 14 teams (56 bowlers) came from near and far to enjoy some light exercise and pleasant weather for Pub Day at the Yarraman Bowls Club, on Wednesday, June 24. Winners of the day was Lester's team from Kilcoy with another Kilcoy team taking the second prize and a team from Glasshouse claiming third.

Other winners on the day were those lucky with the raffles and the *Money Board*. Winners were Glenda Wolski who won the meat tray courtesy of The Butcher on the Hill, one of the club's sponsors, with Dennis from Kilcoy winning the fruit tray. provided by the IGA, another of the club's sponsors. A big shout out to Kara, a social bowler,

Come and try out BAREFOOT BOWLS
Barefoot Bowls at Yarraman Bowls Club is now available along with Social Bowls every Saturday during 'winter', 12 noon for a 12:30 start with a cost of \$10 for green fees.
- NANANGO: FRIDAYS 5pm, Nanango Bowls Club

who came along with her father for the day – her alternative was "raking grass clippings". A few weeks back three of Yarrman's lady bowlers, Tania Ingram, Sue Dredge and Suzann Enright, were among those chosen to represent the Burnett District in an event at the Gold Coast. Well done ladies.

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