



Standing left to right John McVeigh, Graham Perrett, Parliamentary Librarian and David Littleproud.

“Keeping Their Memory Alive” Presentation In Canberra

The Allora & District Historical Society’s book to honour the men from Allora and district who died during WWI is now on the shelves of the Parliamentary Library, Canberra. Recently Queensland members of parliament, Graham Perrett, David Littleproud and John McVeigh made the presentation to the library on behalf of the Society. They will also be presenting a copy of the book to the National Library in the near future. Graham Perrett’s great uncle, James Alphonsus Morrissy is listed on the “In Memoriam’ columns of the World War I monument in the Memorial Park. He died on the 17th September 1917 on the battle fields at Polygon Wood, Belgium. He has no known grave. His descendants are planning a pilgrimage to Allora next year on the 100 anniversary of his death. The Morrissy family owned a farm at Deuchar.



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Letters to the Editor...

Dear Editor,

Australia do a Trump - Great to see Donald Trump in the White House. We will see a big change all over the world, for the better. I have been following the election for the last 5 weeks on TV. Trump's policies, I liked, regarding people doing it tough in the US towns that are dying, rural people, small businesses etc. Automobile industry, instead of importing from other countries, get back to made locally.

When the voting results on the TV came in last week, I watched it. The longer the results came in, the more I could see a Trump victory, which will be good for Australia in the end. Our opposition leader (Bill Shorten) who is run and owned by the union movement does not like it. Because Trump won't stand any nonsense. I watch Question Time in the afternoon on ABC TV. To see how our politicians carry on, is disgusting. I stopped making my vote count last election. So sick of the way they carry on.

Our new member for Maranoa electorate is only a back bencher at present. What Australia needs to do is make steel again, as it did once, make cars, machinery, food products, all different types. Not so much imported. I remember a 5 minute program on TV in the mid 60's called "Export Action". It was about goods made in Australia and exported all over the world. Boy haven't things changed? Now it is "Import Action". Put people out of jobs and onto unemployment benefits. Wake up Australia and do a Trump to get this country going again.

Derek Weier, Talgai West.

Dear Editor,

For your readers. It's harvest time. Don't forget the show. Take a few samples to enter in the Farm Produce section. Maybe you could make a sheaf or make a seed montage.

We'd like to see a lot more entries, so help us to make the Farm Produce section a good representation of the wonderful products from this area. The annual show is there to represent the district and its activities and achievements, so be in it and get a great interest in seeing your efforts on display. Any queries? Phone 4666 3474.

Yours sincerely,

Olive Shooter, Show Steward Allora

Dear Editor,

Branding Allora's Identity - At a recent conference held in Killarney, I was disappointed to see that tourism materials that were given out to participants contained very little in regards to Allora. The information that they did have was the generic variety that was written by someone who has not visited nor lived in the area, and it did not portray Allora as a place to visit, explore or live.

Whilst there is not a lot that can be done for either this year or next year's publications (as a majority of the 2017 material is already being printed), by 2018, I would hope to see that Allora

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Solution in classifieds section

is correctly branded and marketed, highlighting our uniqueness and the reasons that people should come and visit, stay and explore our town.

I have the opportunity to speak with the events and tourism person at the conference and when asked why there was so little about Allora in the books, magazines and flyers, her response was that no one has given them the information. I promised to try and get her the information that she needed prior the most recent printing, and some of the clubs and associations have been forthcoming in providing that information.

I would like to thank the Sports Museum, Show Society and Landcare groups for replying to my email with their dates on what is happening next year. That information has been sent the events and tourism.

The Allora Community Circle Inc. is very interested in finding out what you think of Allora. We would like to ask for feedback either by email at allorafestival@gmail.com or writing into us at Allora Community Circle Inc., C/- 53 Herbert Street, Allora, or dropping your thoughts into the Allora Advertiser for us to collect.

Allora Community Circle Inc. is dedicated to ensuring that Allora is promoted and marketed in a way that reflects our community's view of Allora.

Julie-Ann Kawano, Assistant Secretary
Allora Community Circle Inc.

Dear Editor,

The 2nd Annual Autumn Festival is fast approaching. As you may know our first festival in April was a huge success, far exceeding our expectations. Next year's festival is going to be bigger, with some new attractions coming to join in on the autumn festivities around Allora.

With the new attractions and visitors that we expecting at the festival we are going to need some additional help with the festival and require volunteers. If you can only provide the Autumn Festival with only an hour or two or even a day to help with making the festival run smoothly, we would greatly appreciate it.

If you are interested in volunteering your time for the festival on either the 29 or 30 of April, please email us at allorafestival@gmail.com or let myself know on 0407 954 615

Thank you in advance,

Julie-Ann Kawano, Assistant Secretary
Allora Community Circle Inc.

Letters to the Editor must have name and address for authentication, but upon request there will be consideration to withhold names. Publishing or editing of letters is at the editor's discretion.

Take a look inside our classrooms!



Come along and visit your child's learning environment across our primary classrooms.

Friday, November 25, 9.00am to 10.00am

Just arrive at your child's classroom.

You are also most welcome to have a look in other classrooms.

There will be a shared morning tea in the Library afterwards.

RSVP by Monday, November 21 by contacting the school administration office on 4666 7222.



Southern Downs Small Community Action Workshop

What work could we do together to create our own resilient and thriving community?

This is an opportunity for members of smaller communities in our region to develop skills, tools and projects to help build more resilient and thriving communities.

It is the third workshop in a series to create your own solutions to the challenges we face in our region - with drought and other factors impacting on the economic and social sustainability of our communities.

Together, we will:

- Further develop projects or plans for your community
- Learn practical skills and collaboration tools to take back to your own communities, work and lives
- Build connections with each other and other communities, to learn and

WEATHER FORECAST

Day	Forecast	Min	Max
THU	Morning Clouds. Warm.	13	27
FRI	Sunny. Warm. Dry.	11	29
SAT	Sunny. Warm.	11	32
SUN	Early Fog Followed by Sun. Warm.	12	30
MON	Mostly Sunny. Warm.	14	29
TUE	Morning Clouds. Warm.	15	29

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share experiences, skills, and resources
• Be inspired to take wise action and bring hope and impact to the communities you live and work in.

We encourage at least 3 (or more) people from each of the small communities in Southern Downs to attend and learn together. It's also okay to come on your own, if you have a deep interest and passion in contributing to healthy communities. Everyone is welcome.

Before attending this workshop: talk to members of your community about an issue or issues that are most important, or a project you want to move forward, together, to build a thriving community. This is a project based workshop, so we hope you come along ready to work with others to develop it.

This is made possible through Queensland Government funding and led by Southern Downs Regional Council.

Thursday 17 November 8.30am (for a 9am start) - 4pm Allora RSL Memorial Hall 22 Warwick Street, Allora

For information email to pam.burley@sdrc.qld.gov.au or phone 1300 697 372



WATCH THIS SPACE

for full report next week on Allora P-10 State School's major function for the year -
Annual Speech Night

Nominate an inspirational person for a 2017 Australia Day award

Do you know someone who has made an outstanding contribution to our community? Now is the time to recognise their efforts and get your nominations in, before the mad rush of Christmas is upon us.

Nominations for the 2017 Australia Day Awards for the Southern Downs region are open and Southern Downs Regional Council's Mayor, Cr Tracy Dobie is encouraging people across the Southern Downs to consider nominating a worthy recipient.

"These Awards recognise the outstanding contribution of individuals and groups who, through their commitment and effort, make our region a better place to live. Award nominees don't have to be well known, just someone whose efforts are commendable and worthy of recognition.

"It is a wonderful way to acknowledge and thank the people within our community whose efforts inspire us and are worthy of recognition," she said.

Australia Day Awards will be presented in eight categories as follows:

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- Australia Day Citizen Award
 - Australia Day Junior Citizen Award
 - Australia Day Cultural Award
 - Australia Day Junior Cultural Award
 - Australia Day Sports Award
 - Australia Day Junior Sports Award
 - Australia Day Sports Administration Award
 - Australia Day Community Event of the Year
- "So, now's the time to get your thinking caps on, and if you know of someone who you believe is worthy of recognition, please take the time to nominate them for an Australia Day

Looking Back...

Allora's Past 25 years ago November 1991

Allora to go Green

If enough people were willing to take part, the Allora Shire Council would introduce a scheme whereby town residents would be able to recycle their glass, plastic and aluminium waste. The Council would provide 45-litre plastic crates which would be collected weekly by the scavenging contractor Mr. Bishop. Shire Chairman, Cr. Jim Deacon, was not keen on the idea of having separate bins throughout the town as he thought that there would be problems in emptying them and with vandalism, but saw the need to reduce waste. Cr. Antonia Atkinson said the people needed to be educated to separate their garbage.

Allora's Past 50 years ago November 1966

THE CENTRAL DRAPERS

"WHERE THE CUSTOMER IS KING"
YOUTHS "MICK JAGGER" SHIRTS
Cigarette Pocket on sleeve
In Navy, Blue, Maroon & Green Stripes.

Allora's Past 75 years ago November 1941

Bride-to-be Honoured

Members of the Church of England Girls Friendly Society entertained Miss Francie Stewart at a social evening recently to wish her every happiness on the occasion of her approaching marriage to Mr. Max Pitkin. Miss Stewart has been a member of the society since its formation five years ago. The presentation of a handsome water set was made by Mrs. De La Perelle, and speeches expressing good wishes for Miss Stewart's happiness were made by Mrs. Volker, Misses Smith, Hillman and L. Reid.



The interior of the Central Cafe (now Allora Advertiser premises) in 1938.

(Frank Stewart purchased the Central Cafe, in what is now the Allora Advertiser premises, from George and Hilda Cunningham in the late 1930's. It was run by his wife and daughters until 1948. They had a reputation of making the best malted milks in town. Max Pitkin served with the 26th Infantry Battalion in the war and he and Francie lived in the residence attached to the cafe during the war years)

Allora's Past 100 years ago November 1916

Allora Votes Yes

The result of the conscription referendum is still in doubt but the "No" majority is lessening. The grave issue which was placed before the people of the Commonwealth on Saturday last is still undecided. It is significant that the vote in the negative is dwindling and the majority against conscription has reduced from over 88,000 on the first announcement of results to 77,578 now.

Queenslanders in total voted 124,000 to 116,000 against conscription. In N.S.W.

and S.A. the majority voted "No" but the other States returned a "Yes" vote. The Allora sub-division of the Darling Downs electorate did its duty as usual, the Ayes being 689 and the Nos 523. The voting arrangements in the sub-division were very well carried out the local Post Master, Mr. J. C. Stewart and his staff.

Allora's Past 150 years ago November 1866

TO LET

For term of years, the DALRYMPLE HOTEL, Allora
Containing three sitting rooms and 10 bedrooms
1st class stables and all the necessary outbuildings

Also splendid garden, all under cultivation, covering nearly two acres.
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Colin Newport

Award.

"Please also help us to spread the word about the Australia Day Awards nomination process with your family, friends, neighbours, work colleagues, schools and members of any sport or recreation groups and clubs that you are associated with," Cr Dobie said.

Nomination forms can be collected from Council's Community Contact Centres and Libraries, or may be downloaded from Council's website at www.sdrc.qld.gov.au/our-region/events---festivals/australia-day/australia-day-nominations-2017. Nominations close on Monday, 28 November 2016.

?? CSIRO Double Helix Quiz ??

1. Which of these elements is not a metal: a) tin, b) aluminium, c) iodine, or d) chromium?
2. What do you call the tough bands of connective tissue that connect muscles to bones?
3. True or false? Corals are plants.
4. What rock type, beginning with the letter 'i', is one of the three main rock types?
5. What is the scientific name for a 'supermoon'? a) perigee-syzygy, b) pedigree-apogee, or c) apex-moon?

Answers in Classifieds pages

Originally published in Science by Email. For more CSIRO Double Helix science visit www.csiro.au/helix or call 02 6276 6643.

Small Town Renewal Plan for Allora – HAVE YOUR SAY

The Allora Community Circle has a great contribution to make through its member representation from community organisations and businesses to the continued growth & viability of the Allora community through support and development of current & future issues to support the small town renewal plan.

The community is invited to provide input into this proposal.

Identifying Our Key Priorities

Members of the Allora Community Circle have met with Economic Development Project Officer, Jenny Sherrin; Rod Strahan, Principal Economic Development Officer, Dept of State Development Qld Government & consulted with Southern Cross Care Allora Homestead management staff; the Allora Show Society; the Allora Sports Museum; Allora Landcare; Model T Ford Group; R.S.L.; ADDB & Allora Historical Society to identify the key priorities to initiate Allora's small town renewal plan.

These include:

• Prioritise SDRC implementation of sewerage in the township.

1. Without sewerage, construction & further development of the Aged Care Facility, motels, businesses, community organisation buildings & residential development is hindered which in turn creates lack of accommodation & facilities for independent living & supported aged care, tourism, new businesses & Allora being recognised as a viable community to attract new residents.

- For the Allora Homestead, which has 50 bed approval for supported accommodation, but needs to extend to 70 bed approval to be financially viable, the cost of setting up their own sewerage system is prohibitive.
- The cost of setting up its own sewerage system is prohibitive for a new motel to be constructed.

2. It is a number of years since the Urban Village Street Scape Consultations by SDRC with the Allora community. We have had several floods since this consultation and before the street is beautified, we require:

- (a) the storm water drain which floods Muir Street to be addressed.
- (b) safe access to footpaths in front of the Medical Centre and the footpath in front of Amy's Cafe.
- (c) upgrade the toilets in Muir Street

• Investigate opportunities to better coordinate and support artistic and creative projects undertaken in Allora by local community groups

1. Sports Museum needs more space (further develop museum into the old fire department shed?).
2. Work more closely with Clifton/Killamey to open up to cultural based tourism opportunities.

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3. Further develop the heritage experience of the town for visitors & locals alike e.g. Heritage walks of the town as well as Cemetery walks. Investigate opportunities & funding to develop APP's to download to smart phones outlining the heritage information for the town
 4. Stand-alone Visitor information centre is necessary but also signage which can be changed for different events throughout the year.
 5. Permanent signage from the main road to indicate places such as Visitor Information Centre, Allora Mountain Reserve, Allora Historical Museums, Allora Sports Museum, etc.
 6. Allora Showground is currently recognised as an RV friendly site. This needs to extend to Allora being recognised as an RV friendly town.
 7. Electricity from the power poles to service the proposed disability toilets providing more lighting for campers at the Allora showgrounds to increase camping capacity.
 8. Extend the lighting in the southern section of Dalrymple Park which will be of benefit to events and visitors.
 9. Remove the current overhead electricity wires and replace with underground power lines along Herbert Street by replacing them with street lamps in keeping with the historical facades of the street.
 10. Maintain or upgrade surface of road to Allora Mountain.
- Investigate opportunities to develop tourism products and services for Allora that cater to special interest groups such as artists, photographers, quilters workshops and motorcyclists.
 - Heritage sustainability: Investigate opportunities to better support historical/beautification projects in Allora to enhance the appearance of town:

1. Restoration of the historical railway station. Discussions/decisions to be had with the relevant parties.
2. PL Travers Park to be developed further to relate more closely to the Mary Poppins connection in the town. e.g. mural on the southern edge of the park & new pergola. Park electricity to be extended to the pergola through several street lamps to be set up in the park.

- Identify several individuals in the community who would be responsible for finding grants and applying to relevant funding schemes.
- Further develop events such as the Allora Autumn Festival.

These key priorities serve to cultivate the implementation of Allora's small town renewal plan over the next 12 months to 3 years through the active commitment of the local community with support from Southern Downs Regional Council as appropriate.

To have your say, please forward your comments to inform Allora's proposed Strategic Plan to: allorafestival@gmail.com by 25th Nov.

CWA Notes November

13 members were present for a busy meeting as we organised our raffle and the Christmas break-up.

Raffle tickets will be sold outside IGA starting on November 25. The first prize will be an IGA voucher, the second will be an iced Christmas cake and the third a plum pudding. Tickets will also be available on 2 and 8 December.

Our Christmas break-up will be different this year as we will hold it in the rooms st lunch time on December 18 choosing this day to avoid clashing with other Christmas parties. Members will bring chicken and ham and salads and sweets.

CWA Border Division will have a stall at the Uber markets on Saturday 10 December. This will specialise in Christmas items, edible and otherwise.

The president reported on the state conference held in Gladstone at the end of October. The most noteworthy item was the associate status for men but other motions advocated helments for disability scooter riders, more assistance with medical ancillaries and increased funding for school chaplains. The new State President was announced. She is Mrs Joy Coulson from Cooloom.

We congratulated Olive Shooter who won the Dried Flower Arrangement at State level. She takes over as Chairman of the Floral Art Committee for the next two years.

Carolyn Anderson brought an interesting Christmas decoration based on a small polystyrene ball. She will show the craft group how to make these next week at the craft meeting on Thursday in the rooms. All are welcome to this.

Events Calendar

2016

November -

Sat 19 Allora Doctor Who Group Meet-Up & Party

Allora QCWA rooms, 10.00am

Sat 19 Toowoomba Hospice Wine Tasting Bus Tour - \$70

To book call Christine Siebuhr on 4633 3014.

Sat 26 Christmas Party at the Goomburra Hall

Goomburra Community Hall, 4.00pm

December -

Sat 3 Allora Creekside Carols

Food from 4.30pm, Carols from 6.30pm

2017

January -

Sat 28 Allora Heritage Weekend

& Sun 29 Allora Showgrounds.

February -

Sun 12 Allora Swimming Club 50 Year Celebrations

Allora Swimming Pool

Sat 18 Allora RSL Afternoon Delight by Mixed Generations

Allora RSL. Hall, 1.30pm - 4.30pm

March -

Fri 3 Allora Rotary Trivia Night

Allora Community Hall

May -

Sat 6 Scope Club of Allora 40th Anniversary Afternoon Tea

Allora Community Hall

IMPORTANT INFORMATION - Clients wishing to include their events in the *Events Calendar*, must book a display (boxed) colour advertisement for the event in *The Allora Advertiser*, sized AT LEAST 2 column x 4 cm. Clients will then automatically receive, as a bonus, a calendar entry. These entries will be in a 2 line format as above, starting in bold with date and event, followed by venue and time.

If people wish to contact The Allora Advertiser and discuss their particular needs, please feel free to do so. Ph 4666 3128.



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Allora & District Historical Society News

The programme of events for the Allora & District Historical Society's "Special Open Day" to be held on Sunday 30th April during The Autumn Festival has been organised. A major attraction will be an assembly of Model T Ford Cars, Model TT Ford Trucks and Ford Tractors in the grounds of the 'Old Shire Hall' museum from 10am-12 noon. Next year is the 100th anniversary of the production of the first Ford Model TT trucks and tractors. The Historical Society Vice President, Model T Ford enthusiast and collector, Doug Partington said that there will be at least 50 vintage vehicles on display. Another feature of the programme will be a visit by the Penny Farthing bicycles. The bicycles will be at the museum for two hours. It will be a great opportunity to inspect all these machines and talk to the owners who will be in period costume.

The Allora & District Historical Society has one of the best collections of women's garments in their care. Beautifully worked camisoles, petticoats and bloomers will be on display during the day. Mrs Olive Shooter will be on hand to tell the stories and explain the intricate detail of the garments, mostly made by hand by local Allora women.

Hugh Huston has kindly offered to be MC at the "Special Open Day". He will explain the manufacture and use of some implements that were invented and made in Allora. Rickert's Corn Sheller and a corn planter made by Alex Lumsden, blacksmith are very unique items in the Historical Society's collection. (Alex Lumsden's first blacksmith shop was on corner Jubb & Herbert Street then after a flood was shifted to corner Water Lane and Warwick Strs.)

To raise money to hold their open day, members will be selling tickets in a dressed lamb. The Neale family have kindly donated the prize.

RESEARCH OFFICER'S REPORT

This month we have had a visit from Jim Crichton of Toowoomba. Jim is related to two Boer War soldiers, G B Conley and Henry Bailey. Jim was able to assist with our research of the volunteers from the Allora and Clifton district who fought in the Boer War. Tom McVeigh has forwarded his recollections of the Allora coal mine site. He also made mention of Gus Kaiser who owned Kaiser Cordial Factory (crn. Warwick & Raff Strs.) and was also Allora's sanitary man; Charlie Bishop, his offsider and Peter Reid who was a local carpenter. Charles Achilles has also made contact to share family history. Charles' cousin Leo Jensen owned Allora Aerated Waters from 1950-57. This was situated in the building beside the 'old hospital' in Herbert Street (now RV repairs and parts).

The Old Shire Hall is open from 1.30pm to 4pm every Sunday. People wanting to do family research are welcome to make an appointment at any time. Phone Colin Newport – 4696 4139 or Lyn Wright - 0408 753 085.

Anxiety and Exams: Any Young Person Can Suffer

headspace has issued a timely reminder to thousands of young Australians about the effects of anxiety during exam periods and while they wait for final exam results.

Currently, students across the country are completing their last weeks of school and university.

Anxiety affects many young people during exams and can be heightened as students wait for results and further education offers.

This period of waiting and worrying can affect a young person's mental health and wellbeing.

Vikki Ryall, Head of Clinical Practice at headspace, said during this particular period anxiety can impact any young person, including those who are normally on top of life's challenges.

"Anxiety becomes a problem when it occurs frequently, feels overwhelming and interferes with daily functioning," Ms Ryall said. "For some people, if left untreated, anxiety disorders can develop into other mental health difficulties and can lead to disease, drug and alcohol misuse."

People who believe they have an anxiety disorder should visit a doctor, or seek professional advice.

Hannah Cheers, 23, a headspace Youth National Reference Group member, has suffered anxiety but through guided self-help techniques has learnt how to help with her anxiety when it surfaces.

"I always try and keep in mind that there are reasons why you might be feeling anxious and those feelings are valid," said Hannah. "Using mindfulness, understanding your senses... doing something that makes you feel grounded can really help."

Tips for helping with anxiety:

- Keep in touch with friends, even if it just a little bit every day
- Do daily exercise – walking is a great way to clear your head
- Eat a balanced diet
- Try breathing exercises, mindfulness or guided relaxation
- Find things that help de-stress you

Anxiety facts:

- Anxiety is one of the two most common problems affecting young people
- It's estimated one in five females and one in ten males aged between 16 and 24 years old are affected by anxiety.
- Young people may be more likely to experience anxiety if they have another mental health issue, such as depression.
- Early detection and treatment is important to reducing the negative impact anxiety can have

SCHOOLIES: A TIME TO HAVE FUN AND BE SAFE

As young people across Australia celebrate the end of their schooling careers, headspace has prepared some advice and tips for them, and their parents, to make sure loved ones stay safe and enjoy the Schoolies period.

For interested media, headspace Head of Clinical Practice, Vikki Ryall, is available for comment about young people's mental health and wellbeing during Schoolies. Clinicians in many headspace centres across the country are also available for local comment, including in those regions (listed below) where many young people come together to party and spend time with their mates.

- Queensland: Maroochydore, Southport and Mackay
- New South Wales: Bondi Junction and Wollongong
- Western Australia: Bunbury and Fremantle
- South Australia: Noarlunga and Adelaide
- Tasmania: Hobart
- Victoria: Frankston and Geelong

Safe partying tips for young people

- We can still have fun without pushing our bodies too hard. Sleep, eat, get some down time and take care of yourself.
- Set your own standards. You are likely to be faced with new



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- Lamb, Kaffir Lime & Ginger Burger

68 Herbert Street, Allora. - Grant Lollback

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opportunities and decisions at schoolies. Don't do something because everyone else is doing it, especially if you know you will regret it after.

- Look after your friends.
 - Don't leave your friends on their own.
 - Help your friends stay away from risky situations.
 - For each celebration (day or night) nominate someone who hasn't used alcohol or drugs.
 - Arrange a meeting point so if you do get separated from your friends, you know where to go.
 - If you choose to use drugs, tell your friends what you have taken and how much. This makes it easier for the ambulance officers to help if you get into trouble.

- Safe is sexy. At Schoolies, we may be more likely to be in situations where we are faced with sexual propositions and opportunities. Be prepared and carry condoms/dental dams.
- It is impossible to know what drug you are taking. To be completely safe, say no. If you choose to use any drug, try a little bit first to see if you have any side effects and so you can feel how strong the drug is.
- It is hot out there- watch out for heatstroke. The risk of dehydration and heat stroke is increased when we consume alcohol or drugs. Drink lots of water, wear sunscreen, rest and stay out of the sun.

- Call 000 if anyone is passed out or in trouble. Paramedics don't need to involve the police.
- Coming down after the Schoolies high. Schoolies is an intense week and you might feel flat or low coming back to reality after a week of partying. Take it easy and plan to look after your mental and physical health – plan some enjoyable and healthy activities when you get home.

Tips for parents of young people at Schoolies

- Talk to your child about ways to keep safe at Schoolies (use safety tips above). Be open about what situations they may encounter and how they can be prepared and keep safe.
- Offer food. You can help by offering to cook and freeze meals, or give them a shopping list of things to buy. Whilst very important during Schoolies, eating properly is not likely to be a priority for them.
- Let them know they can call. Your child needs to know they can call you, day or night, when they are in trouble and that you won't be angry at them.

If you or someone you know is struggling with anxiety, visit headspace.org.au to find your local centre or call or contact eheadspace on 1800 650 890 or chat online at eheadspace.org.au.

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Council's First Q&A Session

On Monday night Southern Downs Regional Council held its first "Q&A" at the Country Women's Association building in Stanthorpe. The "Q&A" session allowed the Mayor, Deputy Mayor, Chief Executive Officer and Directors to provide an update on the operational activities of Council. The audience of about 25 people were provided with an overview by the Chief Executive Officer on the budget surplus from the previous financial year, the process moving forward with the business planning for the Emu Swamp Dam, the re-opening of the Stanthorpe Civic Centre and some of the funding applications Council has submitted to State Government, including a component of the Stanthorpe Streetscape upgrade.

There was a high level of interaction between the members of the community and the Council panel, with key issues from the community being related to the future of the Emu Swamp Dam project, the implementation of water conservation initiatives, cash flow and budgeting, the standard of parks and presentation, the timeframes for the reconstruction of the Stanthorpe Civic Centre, the management of Council land and works from an environmental perspective, staffing numbers, issues associated with the leasing out of the municipal pools and the level of maintenance being requested by the Stanthorpe Sports Association.

At the meeting there was a high level of respect shown for those asking the questions and those responding. Council also took the opportunity to distribute information ranging from issues with barking dogs to flooding information.

Mayor Tracy Dobie said, "It is great to have this kind of interaction where operational questions can be directed to staff and either an answer provided on the spot or the issue recorded." Cr Dobie went on to say "It is good to get both the positive and negative feedback, it would be a real problem if Council was not seeking feedback. It is also good to clarify issues, so they are not based on rumors and turned into something they are not."

Cr Sheryl Windle who was in attendance said, "I spoke to a few of the locals afterwards and they were very happy with the evening. They are all feeling very positive about this approach and definitely feel far more informed on Council matters. Let's all continue to work together to achieve a brighter future for our ratepayers."

Additionally, Cr Rod Kelly said "the meeting had a good feel, with positive word of mouth these types of meetings will only get bigger in attendance."

For those that could not attend, the majority of the meeting has been filmed and will be uploaded to the Southern Downs Regional Council's website.

The next "Q&A" night will be held on Monday, 23 January 2017 at the Warwick Town Hall, whilst the next "Cuppa with the Councillors" events are scheduled for 23 November 2016, 6:00pm – 8:00pm at Wallangarra School of Arts Hall, Merinda Street, Wallangarra, and 14 December 2016, 5:30pm – 7:30pm at Killarney Senior Citizens, 1 Ailanthus Street, Killarney.

It's never too late to make time for your health

Local women in older age groups are being encouraged to make their health a priority, and book in for a free breast screen today.

"We know some ladies, especially those in the 75-plus age bracket, may think they're too old to have a breast screen, or don't need to maintain their two yearly checks anymore," said BreastScreen Queensland Toowoomba Service health promotion officer Nicola Garrett.

"In fact it's never too late and that's why we are urging older women to book now.

"We do actively target women from 50 to 74 years old, because the majority of cases diagnosed do fall within that age group, but we also urge women from 40 to 49 years, and those 75 and over, to have free regular two-yearly breast screens."

Toowoomba resident and BreastScreen volunteer Mrs Shirley Meehan is living proof that a breast screen for women over 75 can be a life-saver.

"I'd had no trouble for a lot of years, but in 2014, while I was volunteering with BreastScreen, I thought I'd better make an appointment," Mrs Meehan said.

"It's a good thing I did because in 2014 I was diagnosed with cancer in the left breast and then in 2015 I was diagnosed with cancer in the right breast."

Mrs Meehan has been through her own treatment journey and now, at 78, is living an active life that still includes volunteering at BreastScreen in Toowoomba.

"To me there seem to be a lot more ladies over 75 who are being diagnosed, so I would say to anyone in that 75-plus age group, make sure you have regular breast screens," she said.

"You do hear a lot of older ladies saying 'I'm in my 70s now, I've had no problems, I don't need to go anymore', but on the other hand we see a lot of ladies in here who are in their 80s, who have had breast cancer, so it is very important to keep coming."

Toowoomba resident Sheena Liley is another advocate of regular breast screens, encouraging women in the 50-plus age bracket to also make sure they take care of their health.

"I don't have the personal experience that Shirley has but I would certainly endorse what she's saying," Mrs Liley said.

"I think we're all in the fortunate position to be expected to live longer these days, and that may be why we're seeing more detection of cases in older women.

"I'm very much into being proactive with health and that's easier than ever with this wonderful new BreastScreen facility here in Toowoomba, as well as the mobile service that allows women to be seen in their local area.

"When you have all those resources available, provided free of charge, you should take the opportunity to make your health a priority.

"Having a breast screen is nothing to be frightened of and in reality we're asking women to take 30 minutes every two years to have a breast screen. It's a very private process, it's free and it's fast, so we should all take advantage of it."

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GOLF Allora Golf Notes

Friday, 11th a good field of players went out for the Percy's Fruit sponsored Duck Run event. With some great scores coming in the winner on a countback was Rogan Geraghty with 23 points from Michael 'Pugsy' Pugliese, Congratulations to the winners. Rundown winners were Tom Brown on 22, Barry Brown Jnr, Errol May and G Whittaker all on 21 pts.

Pin prize for the 17th went to Tom Brown, the Approach for the 14th went to Barry Brown Jnr, congratulations to the winners and all players and thank you to Percy's Fruit for their sponsorship.

Sunday, 13th we played for the Railway Hotel Monthly Mug. A great roll up of players out on the course, with the wind swirling it was an interesting day. However, there were some great scores coming in with the winner being Ken Wilson with 62. Runner up was Jimmy Anderson. Both these players have been stalwarts over many years for this club and it's great to see them both play some outstanding golf, well done.

BAD JOKE OF THE WEEK

Three scots and three englishmen are traveling by train to a football match. At the station, the three englishmen each buy tickets and watch as the three scots buy only a single ticket.

"How are three people going to travel on only one ticket?" asked one of the three Englishers.

"Watch and you'll see," answers one of the Scotsmen.

They all board the train. The Englishmen take their respective seats but all three scotsmen cram into a toilet and close the door behind them. Shortly after the train has departed, the conductor comes around collecting tickets. He knocks on the toilet door and says, "Ticket, please." The door opens just a crack and a single arm emerges with a ticket in hand. The conductor takes it and moves on.

The English saw this and agreed it was quite a clever idea. So after the conference, the Englishmen decide to copy the Scots on the return trip and save some money. When they get to the station, they buy a single ticket for the return trip. To their astonishment, the Scots don't buy a ticket at all.

"How are you going to travel without a ticket," asks one perplexed Englishman.

"Watch and you'll see," says one of the Scotsmen. When they board the train the three Scots cram into a toilet and the three Englishmen cram into another one nearby.

The train departs. Shortly afterward, one of the Scots leaves his restroom and walks over to the restroom where the Englishmen are hiding. He knocks on the door and says, "Ticket, please."



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Rundown winners were Rod Simpson, Max Bielefeld, Garth Simpson, Kev Harrison and Tom Brown. Congratulations to the winners.

Pin prizes for the 4th went to 'Bowey', great to see you back mate the 13th went to Barry Brown Jnr, 7th Kel Strange, 16th Max Bielefeld. Approach prizes for the 3rd went to Rogan Geraghty, 12th Kel Strange, 5th Barry Brown Jnr and the 14th Rod Simpson. Congratulations to the winners and all players. Thank you to the Railway Hotel for the continued support of the club, thank you to our workers for their work, the course is looking fantastic.

This Friday the Percy's Fruit sponsored Duck Run event will be on again teeing from 2pm.

Over the last month we have played some great events with the Terry Masters golf bowls day and the Dalrymple seat competition also Allora golf club has been well represented in both the Inglewood and Clifton Open days so congratulations must go to all our winners and players in these events but now it's our turn. This Sunday is the Allora Open day hitting off from 7am. Players need to call 0448 665 999 to book your times or work out where you can be slotted in. The event is open to all golfink holders with great prizes on offer it will be a single stroke event with mens and ladies prizes for best gross, nett, long drives and accuracy shots. Cost will be \$25 per player which includes a light meal. Also members need to be aware there will be a working bee on Saturday so everything's in order for Sunday's Open day. Until then don't forget your sand buckets and great golfing to you all.

BOWLS Allora Sports Club – Night Bowls Results

Week Nine 25th October 2016 - Greg Patterson could only be described as arsy on Tuesday night. He could do nothing wrong, every bowl was a winner. Of course he was playing against his brother's team. That brings out the best in him, but of course he had another one of his harem to set up the head for his winning shots. Welcome back to bowls Bev! Greg's Zoolanders beat rivals The Old Boys 25 to 11. Other results Swimming Pool 13 v Allora Men's Shed 11; Honda Hawks 21 v Ritchie Rat Bags 7; The Three Amigos 18 v Lawn Grubs 8; Roonicks 18 v Maydan 11; Doesn't Matter 22 v Team Engel 6; Frog and Swallow 16 v Railway 7.

Garry and Donna are away up north doing a spot of fishing. Their valuable volunteering work at the Sports Club is always appreciated. The Secretary and Providor, John and Wendy Ellwood were on hand to run the bar and serve supper. Thank you. Chris Lawler, John Cochran and John Wright have taken turns to mow the greens. But the Garry Evan's Drilling chocolates are ordered well in advance. This week's winners were Bruce, Doug C, Liz, Jim, Bev and Ivan.

The winning rink was 5 this week. Beetle's team took home the prize. The Old Boys on rink 6 were happy to be runners up with their prize of a six pack each.

It takes a heap of volunteers to run the raffle. Most players automatically buy \$5 worth on arriving. Those who forget are followed up. John C presses the button, Greg announces the number, Lyn reads out the winner and this week Bev wrote up the board. Winners were Chris Brown, Greg Paddo, Bruce Simpson, David Sparksman, John Cochran, Liz Marshall and Mal Sinton won the chance to cut the Jack Pot pack of cards. He thought Wendy would draw the Jack or Joker for him but no luck there.

Thank you to all sponsors – Railway Hotel, Paul Parker Painter, Swimming Pool, Frog and Swallow, True Value Hardware, I.G.A and Allora Sports Club. Thank you to team trophy donor, Doesn't Matter. Next week The Old Boys will provide the team trophy.

Lyn Wright.Scribe

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• PUBLIC NOTICES •

RED CROSS STREET STALL - A Street Stall shall be held on Friday, 18th November, for Allora Branch of Red Cross. Donations of saleable items would be gratefully received. Thank you.

Kay Graham (Hon. Sec.)

ALLORA DOCTOR WHO GROUP 3rd YEAR ANNIVERSARY - THIS SATURDAY, 19th November, at Allora QCWA, 10.00am. Free admission, all ages welcome. Bring a plate. Check our facebook page.

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8	8	1	5	9	7	4	2	9
4	7	5	9	8	2	6	3	1
6	9	2	3	1	4	8	5	7
7	4	7	6	3	2	1	5	8
8	1	9	4	5	6	3	7	2
2	3	5	9	7	8	6	4	1
7	6	9	2	4	5	1	8	3
5	6	8	7	3	1	9	2	4
3	2	1	8	6	9	4	7	5

CSIRO DOUBLE HELIX QUIZ ANSWERS

The other two types are sedimentary and metamorphic.
5 (a) A supernova's scientific name is pergee-szygy. It's a full moon when the Moon is as close as possible to Earth.

1 (c) Iodine is not a metal.
2. Tendons (or sinew) connect muscles to bones.
3. False. Corals are animals.
4. They are related to anemones and jellyfish.
5. igneous rock is one of the three main rock types.



Show Society members, Lorelle Laffey, Shirley Cornhill, Hughie Houston and Charlie Caillot planting trees.

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Some 'shady business' happening at the Allora Showground.

(story supplied by the Allora Show Society)
The Allora Show Society was recently successful in receiving a grant from Condamine Alliance Landcare. The money which was received under the 2016 Community Group Drought Support Grant scheme was used to purchase forty five native Red Robin trees. Show Society members planted the trees as a hedge along the eastern side of the Allora Showgrounds. The trees will serve as a noise barrier from the New England Highway and will also provide some shade.

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A Message of Thanks from The Family of Phill Higgins

Friends,
They say that challenging times can bring out the best in people and recently we have seen this in action. When faced with the devastating loss of our beloved husband and dad, Phill, so many showed us such kindness that it is difficult to ever express the gratitude we feel for the support that we have been given. In the form of cooking, flowers, cards, prayers, messages, help, friendship - kindness of all kinds - there has been an incredibly positive energy uplifting us and helping us to cope with our 'new normal' and there is no way to thank everyone personally so, please, know that Sue, Tom, Sally, Mary and Matthew Higgins feel tremendously blessed and grateful to be surrounded by such a fantastically supportive community. Thank you.



Higgins family - Back row: Sue and Sally. Front: Matthew, Phill, Tom and Mary.