

Doug Partington Hosts USA visitors

The Klepinger Family have travelled across the world to Allora from Greenville, Ohio, USA. Greenville is the home town of Annie Oakley & the Whirlpool Stand Mixers. The family has a strong interest in veteran & vintage cars and last year added a fire truck with all its bells, whistles, hoses and ladders to their collection.

These Model T Ford enthusiasts have developed strong friendships with Doug & Elizabeth Partington and other Model T Ford owners who have travelled to the USA from Queensland and stopped on their travels at the Klepinger's home to see and experience their car collection & have a splash of tea & lunch.

Ted & Nash Klepinger share the family passion for vintage & veteran cars and have been able to drive these from a very early age. Ted currently has finished his Uni degree and holds a pilot's license. He is taking this time of travel not only to enjoy another country but also to weigh up his options for the future.

The Klepinger family are staying in Allora, Brisbane, and Sydney during their month long stay. The family said they are enjoying the other side of the world and the slower paced life style. Barb



Doug Partington with Bruce, Barb, Ted and Nash Klepinger from Greenville Ohio USA, home town of Annie Oakley and Whirlpool Stand Mixers. The family have travelled across the world to visit Allora. Photo Ellen Allen

likes the clean fresh air, the countryside which is so different from their part of America and the great Aussie food. Bruce could not believe how far it was and how many

...Continues inside page 2

Bring the family along for a fun night at the...

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Continued from front page...

hours flying time for them to get to Brisbane and another car trip to Allora. The American and Australian Model T Ford enthusiasts show a fine example of Henry

Ford's concept to take people out into the country and make new friends along the way. The Model T is over 100 years old and still is doing what it was designed to do: Travel to new places and meet new friends.



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Low-interest loans for farmers in drought doubled

Australian farmers can now access up to \$2 million in low interest loans, double the previous limit of \$1 million. Minister for Agriculture David Littleproud said the Coalition Government had also doubled the total funding available for low-interest loans in any given year to \$500 million. "These loans will help those in hardship, including drought,"

Minister Littleproud said. "When farmers transfer their commercial loans to our low-interest loans, good savings can be made. "The first five years of these loans will remain interest-only. "Farmers with existing government loans will also be able to switch to these Regional Investment Corporation loans to access

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Solution in classifieds section

the interest-only period.

"We made this commitment to farmers on 19 August and today we delivered.

"We can't make it rain but we can help our farmers survive the drought which is affecting so many farming families."

The Coalition Government has announced additional support for farmers facing drought totalling more than \$1.8 billion, including \$75 million for the drought communities program and immediate deductions for fodder storage assets.

• Since FHA was launched in July 2014 we have invested

more than \$230 million to help more than 8,000 people.

• FHA provides a fortnightly payment to help farming families in tough times. Each member of a couple can receive around \$12,800 a year, and single people can receive up to \$15,350.

• In addition to the fortnightly payment recipients can access up to \$1,500 for an independent financial assessment of their business, and up to \$4,000 in activity supplements to assist with improving their circumstances and financial self-reliance.

Letters to the Editor

To the Editor,

The president and committee of the Warwick Turf Club would like to congratulate and thank the business houses of Allora and district for their contribution and attendance at the very successful Railway Hotel Allora Cup Raceday. Thank you to Wattles Rugby League Club for joining us on the day. We look forward to next year.

Phil Grant,
President, Warwick Turf Club

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.

WEATHER FORECAST

Day	Forecast	Min/Max
THU	Showers Early. Mostly Sunny. Cool.	9 22
FRI	Sunny. Cool.	6 21
SAT	Early Fog Followed by Sun. Mild. Dry.	7 25
SUN	Sunny. Warm.	9 26
MON	Early Fog Followed by Sun. Mild.	10 25
TUE	Mostly Sunny. Cool.	10 20

My Health Record - a step forward in healthcare for over 50s

If you had to describe Bill Hardy's passions, they would be fitness, health and travel. After completing a Diploma of Fitness five-years ago, the 70-year-old Queenslanders now runs over 50s fitness classes.

"I have always been interested in health, which is why I started training mature aged men and women in strength and conditioning. It's so important that as people get older, they keep active and look after their health."

Bill's passion for health extends to My Health Record, where he is one of six million Australians who keep a summary of their important health information securely online and can choose which medical professionals can see it.

"I think My Health Record is a great step forward in healthcare," Bill said.

"I'm going to India on my next holiday so I will need cholera, diphtheria and typhoid injections. This information will go on My Health Record, so I know when my immunisations are due again as they can be very hard to remember.

Bill is also having ongoing checks after he was diagnosed and treated for prostate cancer.

"I know I can go to a doctor or hospital at any time, located anywhere, and they will know my health problems and what medications I am taking. This makes the whole process much easier and is particularly beneficial when you are travelling. I can even view My Health Record when I am overseas."

Some key things to remember about My Health Record:

• Your important healthcare

information is available in one place and accessible by your doctors, specialists or hospitals.

• When moving interstate or travelling, your information can be viewed securely online.

• In emergency situations, treating doctors can view information such as current medications and Advance Care Plans to provide appropriate treatment quickly.

• You don't need to remember the dates of tests, medicine names or dosages.

• Because healthcare providers have better access to clinical information, they have a more detailed picture to make decisions, diagnose and provide treatment.

• You can control what information goes into your My Health Record and restrict who is allowed to access it.

• For those that require assistance accessing your My Health Record, you can nominate someone to act on your behalf or ask healthcare providers involved in your care to add information to your record.

• My Health Record has multi-layered security processes and strong safeguards in place to protect your information.

By the end of 2018, a My Health Record will be created for every Australian, unless they choose not to have one. If you don't want a My Health Record, you can opt out by 15 November 2018.

For more information visit myhealthrecord.gov.au or call 1800 723 471.



Over 50's fitness expert Bill Hardy believes My Health Record is the way of the future.

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For more information go to: **MyHealthRecord.gov.au** | Help line 1800 723 471

Authorised by the Australian Government, Canberra.

SDRC urges residents to dispose of asbestos correctly following illegal dumping

Southern Downs Regional Council is urging residents to dispose of asbestos correctly and legally following unlawful dumping of Asbestos Containing Material (ACM) at Glen Aplin Bin Compound.

Four samples of suspected ACM were tested and returned a positive result on Monday after the material was detected by an SDRC Officer at the facility on Friday.

The Glen Aplin facility will be closed for at least two weeks while SDRC takes the necessary action to remedy the site with the ACM to be

collected and disposed of safely by accredited personnel.

Residents who use the Glen Aplin Bin Compound will be directed to either Stanthorpe or Ballandean for waste disposal while the facility is closed.

Southern Downs Mayor, Tracy Dobie said she was disappointed the illegal dumping had occurred.

"Incorrectly disposing of asbestos is not only illegal but totally irresponsible. We all know the risks associated with exposure to asbestos," Cr



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Dobie said.

"I'd like to remind everyone in the community that asbestos is a hazardous waste and it puts community members, contractors and Council officers who use the facility at risk.

"If you are dealing with material which contains asbestos you have a legal responsibility to do the right thing and to dispose of the

material properly; to be aware of material which may contain asbestos, how to handle it properly and where and how to dispose of it correctly.

"Some people may simply be unaware of asbestos in or around the home. If you are unsure, take precautions - contact Council or someone who specialises in asbestos removal."

Asbestos can be found in floor

coverings such as carpets, linoleum and vinyl tiles, behind wall and floor tiles, in cement floors, internal and external walls, ceilings, eaves, garages, around hot water pipes and fences among other household locations.

Disposing of asbestos is prohibited at all SDRC waste management facilities, except for Warwick where asbestos can be disposed of properly

by appointment and for a small fee.

Stanthorpe Waste Facility is currently not accepting ACM until a new dedicated ACM disposal bin is installed at the site.

The illegal dumping at Glen Aplin comes just weeks after asbestos containing material was identified at Collegians Junior Rugby League Club in Warwick as a result of illegal

dumping of ACM at Allora Waste Transfer Facility.

Cr Dobie said illegal dumping is not only illegal but comes at a cost to ratepayers.

"Council now has to close the Glen Aplin facility to ensure the site can be properly cleaned, this is not only an inconvenience for residents who use the site but it comes at a cost to ratepayers," Cr Dobie said.

If residents witness illegal dumping they should report it to Council immediately by phoning 1300 MYSDRC (1300 697 372) or by using the MY SDRC APP.

For more information on asbestos or disposing of waste materials safely, visit Council's website or head to Work Safe Queensland at worksafe.qld.gov.au.

Looking Back...

Allora's Past 25 years ago September 1993

Touch Football Finals

Minor premiers Allora booked a grand final spot with a 4-3 win over defending premiers Dodgers in the A-grade Warwick touch football major semi-final.

Allora returned to the competition this year after a one year absence and have been standout performers, with Shane Wright and John Chandler two of the stars.

Allora's Past 50 years ago September 1968

NOVELTY FOOTBALL MATCH

(Organized by Allora Q.C.W.A. Younger Set)

This Sunday, 29th September, at 1.30 p.m.

SEE THREE EXCITING MATCHES

Allora v. Stanthorpe (5 stone)

Fathers v. Sons

Allora Girls v. Warwick Girls

Adults 40c Children Free Stall

Everyone Welcome

Allora's Past 75 years ago September 1943

Social News

Her great-grandmother's trained wedding dress of silver brocade and chiffon was worn by Miss Waveney Western-Wood of Toowoomba on Tuesday evening when she took the vows at St. Augustine's Church of England at Hamilton, Brisbane. The groom was Lieutenant Robert Deacon A.I.F., of Allora, in a ceremony conducted by Canon F. B. C. Birch. The



The Allora Girls Rugby League Team 1968 - From back left: Lillian Masters, Barbara May, Heather Sparksman, June Delahunty, Carol Geaney, Judy Anderson. Middle: Jill Bradford, Ann Gartner, Unknown, Dianne Gartner. Front: Unknown, Joyce Carpenter, Lynne Robin, Monica Byrne. (If you can name any of the unknowns please contact Colin 0408 740 622)

bride was attended by Miss Maureen Wilkin and the groom by John Harvey. The reception took place at Lennon's Hotel, George Street, and the honeymoon on the North Coast.

(Waveney's bridal bouquet included arum lilies which she promptly plucked out and threw away. Arum lilies are known as the "funeral flower" because they are often used in funeral wreaths)

Allora's Past 100 years ago September 1918

Obituary

We regret to have to chronicle the demise of Mrs. Elizabeth Gadd which took place at her residence on Thursday morning. The deceased was 48 years of age and had been ailing for some time. Her

husband predeceased her several years ago. She is survived by a son, Mr. Thomas Gadd, and a daughter, Mrs. Kirchner. Her father, Mr. Thomas Bennett, a resident of this district of 50 years standing, survives his daughter. The funeral which was largely attended, took place on Thursday afternoon, the Rector of St. David's Church of England officiating. Prior to the interment at the Allora cemetery the body was conveyed to St. David's Church where the first portion of the burial service was read.

("Old Mother Gadd" is named as the midwife on an early Willett/Bradford birth certificate. Although at 48, not old in years, she must have been old in life experiences).

Colin Newport



Allora Reaches Out to Girls in Vanuatu



Allora Days for Girls Team packed three hundred and eighty feminine sanitary kits to be sent to Vanuatu recently. This is their third consignment this year. The wonderful members devote hours of work to produce components and rally at Packing Days to assemble them. Seven new members

were welcomed last Packing Day when they were able to experience firsthand the camaraderie and enthusiasm of the team.

Some question the need to help Vanuatu which is depicted as a tropical paradise. Behind the scenes there is poverty and hardship. Allora team is excited to see the joy on the faces of the girls who have received their gifts.

Vale View group see to the delivery both to Vanuatu and The Philippines for us. This enables Allora DfG team to devote its resources entirely to the production line.

Most of the sewing is done at home but there are three Sewathons a year for assembly line work. You don't need to be a sewer to be involved.

Next Sewathon is November 1st. Details later. Contact Rosemary on 0408 973 474 or Cathie on 4666 2441 for further information.

Thank you all for your support. Rosemary Easton

TOP LEFT: These young ladies have just received feminine sanitary kits from Days for Girls.

LEFT: This building is a school in Vanuatu and the tents provide accommodation for the villagers. Their homes have been destroyed by a volcanic eruption.

It's OK to grieve.

If you or someone you know has been affected by suicide, talk to The Salvation Army HOPELINE, a 24 hour telephone counselling service for those left behind by suicide. Our counsellors will help you work through your grief, and offer you 24 hours of hope. **1300 HOPELINE (1300 467 354)**



Tougher water restrictions to come into effect cross Southern Downs

As water supplies across the region continue to drop, the Southern Downs will move to high level water restrictions if it receives no significant rainfall in the coming weeks. Based on the extremely dry conditions brought about by drought, current dam levels, and seasonal rainfall projections for the region, the Southern Downs will move from medium to high level water restrictions in early November.

Southern Downs Mayor, Tracy Dobie said the community must play its part in helping reduce the region's water consumption.

"The Southern Downs is drought declared and until we get decent rain to replenish the dams and our water supply, we all need to be working together to reduce our usage," Cr Dobie said.

"The region is currently using over its consumption targets and so I'm asking everyone to be aware of what the tighter water restrictions mean and to assist in stretching our water

reserves until we received much needed rain.

"Be mindful of your water usage, adhere to the restrictions and use water efficiently and responsibly both at home and at work.

"We are in a severe drought and our water supplies are low, so we need to work together to conserve the precious water we have.

"It is going to be a warm, dry spring and the reality is we may not get decent rain until early next year."

The Bureau of Meteorology is currently predicting a drier and warmer than average spring which will likely intensify existing drought conditions.

High level water restrictions outline a maximum consumption target of 170 litres per person per day, or around 18 buckets per person per day.

The restrictions will mean outdoor water use – garden watering – will be restricted to:

- One hour on allocated days (even number calendar days if you have an even number

house and odd number calendar days if your house number is an odd number or if there is no number)

- Watering restricted to between 5pm and 6pm from October to April (inclusive) and 5pm to 6pm May to September (inclusive).

- Lawns may not be watered.
- Use of sprinklers and fixed irrigation systems prohibited, one hand held hose is allowed to be used per premises or buckets may be filled directly from one tap.

SDRC officers are patrolling the region in a bid to help educate the community on current water usage and to ensure residents are complying with restrictions.

As of mid-September Leslie Dam was at 9.64 % capacity (10,243 ML), while Storm King was 69.7% full (1519 ML) and Connelly Dam was at 66.5 % (1722ML) capacity.

Council is also working with local businesses and industries which use large amounts of water to improve water efficiency and implement water saving initiatives.

SDRC is providing free shower timers and as well as a showerhead exchange program where the community can swap old shower heads for free water efficient ones. Council's Water and Waste Water team is currently working on a new Water Efficiency Plan to replace the former Drought Management Plan.

Water restrictions and any penalties for non-compliance are authorised under the Water Supply (Safety and Reliability) Act 2008.

For information and tips on how to be water wise visit seqwater.com.au or qld.gov.au/environment/water/use/ community

Pick Up a Pen on World Gratitude Day, Say Experts

Studies have shown that regularly practising gratitude through journaling can make you more successful, healthier and increase your happiness by up to 25 percent. With World Gratitude Day on 21 September, there's never been a better time to pick up a pen and express your thanks. According to gratitude expert and founder of The Self-Love Project, Eloise King, poor mental health is one of the largest issues facing our society today with one in four people experiencing a mental health problem in any given year. It's also the largest single source of world economic burden.

"Research shows a clear link between physical and mental health. As a collective we've never been wealthier yet we've also never been sicker," says Eloise. "As a result more people are looking for ways to feel better within themselves and about their lives, and turning to positive psychology techniques such as gratitude journaling which has been proven to improve mental and physical wellbeing."

Eloise notes that practicing gratitude is an ancient notion which all religious traditions have encouraged since their inception; and now scientific, agnostic and atheist communities are seeing the benefits too.

"Expressing gratitude increases oxytocin (the love molecule) and creates stronger connections and bonds," she says. "Journaling also has a long history of being used for greater clarity and wellbeing, and so combining the two daily is a simple recipe for better health, improved happiness, stronger relationships, a competitive edge at work and greater overall wellbeing."

According to John Johnston, marketing manager for Pilot Pen Australia, gratitude is something the company feels very strongly about with this year marking their centenary anniversary.

"We're very grateful for the public's support over the last one hundred years and are

thrilled to see that in spite of the rise in technology, writing by hand is back in fashion, with the increase in gratitude journaling and calligraphy," says Mr. Johnston.

Some of the many benefits of gratitude journaling, according to Eloise, include:

- Increased happiness and enhanced mental health, it helps you deal better with depression
- A strengthened immune system leading to better physical health
- Your anxiety is soothed and feelings of calmness increased
- Increased self-awareness, self-understanding and self-compassion
- Improved emotional intelligence (ability to perceive and understand emotions)
- It encourages spiritual growth and integration, and promotes emotional, mental, physical and spiritual healing
- Improved ability to communicate with others
- It promotes mental clarity and problem-solving skills
- Increased creativity, work efficiency and a boosted IQ
- It helps you to deal with stress and intrusive thoughts more effectively

"Gratitude journaling is such a simple yet powerful practice that anyone can do," adds Eloise. "All you need is a pen and a piece of paper. It really works."

Gratitude Journaling Tips: Eloise King says there is no right or wrong way to keep a gratitude journal - here are her tips to guide you:

1. Be specific – "I loved the moment the smell of the roasting coffee beans hit the back of my nostrils when I walked into my local cafe this morning" will be more powerful than "I'm grateful for my local cafe."
2. Go deep – Find more and more details about an event or person you feel grateful for rather than a longer list of superficial and less meaningful things.
3. Be relational – Focusing on people to whom you are grateful has more of an impact

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than focusing on things.

4. Be novel – You must not repeat your gratuities. If you find yourself writing about the same person or thing often, find a new detail or element to focus on.
5. Pay attention to surprises – Unexpected gifts or moments of goodness generate stronger levels of gratitude than those which are expected.
6. Feel it – The important thing is to generate the feeling of gratitude. Not just intellectually noting things that are good.
7. Get the right tools – Use a beautiful notebook or your favourite pen, whatever brings you more joy for the exercise.
8. Don't turn it into a chore – Studies show that writing less often (1-3 times a week) can sometimes be more beneficial

than daily journaling if it brings to feel like a chore.

Eloise King is the founder of Souluversity (an online educational institution) and The Self-Love Project (a six week online program), both which are aimed at helping busy people create more balance, happiness, authenticity and meaning to their lives. A former journalist educated in psychology, psychotherapy, anthropology and neuroplasticity; Eloise has worked alongside the likes of Deepak Chopra, Wayne Dyer, Dr Joe Dispenza, David Avocado Wolfe and more. For more info visit www.theseelfloveproject.com or www.souluversity.com, or follow her on Facebook.

Events Calendar

2018

September -

Fri 21 St. David's Street Stall

Sat 22 Allora Fun Day - Tennis Tournament
Allora Tennis Courts

Wed 26 Food Assist Warwick/Allora

Behind Allora Community Hall, 12.30pm - 1.30pm

Fri 28 Goomburra Hall AGM & Family Friendly Fun Night

Goomburra Hall, 5.00pm

October -

Fri 12 Anglican Parish Allora Clifton Fete

At All Saints Clifton

Fri 19 St Patrick's Parish Allora Fete

St Patrick's Church and School Grounds 5.00pm

November -

Sat 17 Allora Sports Museum 20th Anniversary Dinner

Allora Community Hall

December -

Sat 1 Goomburra Hall Christmas Party

Goomburra Hall, 4.00pm

Fri 14 Allora Bush Christmas

Allora, 4.00pm - 8.30pm

Sun 16 Churches Together Carols Night

Beginning at the Homestead, 7.00pm

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.

BAD JOKE OF THE WEEK

There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget.

They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream."

She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream."

Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top."

So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon.

The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

DoubleHelix

SCIENCE TRIVIA QUIZ

1. Which element is second on the periodic table? Is it a) hydrogen, b) helium, c) carbon or d) oxygen?
2. Which of these is not a threatened species? Is it a) the northern corroboree frog, b) Leadbeater's possum, c) the Lord Howe Island stick insect or d) the eastern grey kangaroo?
3. What does the letter K stand for as a unit of measure? Is it a) kilogram, b) kinematics, c) flux or d) kelvin?
4. The oldest spider in the world, named Number 16, died recently. How old was she? Was she a) 2, b) 17, c) 28 or d) 43?
5. Which of these is NOT a type of cloud? Is it a) cumulus, b) nimbus, c) canopus or d) cirrus?

Answers in Classifieds pages

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

Saddle up! It's time for the 2018 John Dee Warwick Rodeo Street Parade

The John Dee Warwick Rodeo Street Parade will return in 2018 and Southern Downs Regional Council is calling on the community to start creating floats for the spectacular! Warwick's CBD will come alive with vibrant colours and community spirit on Saturday, 27 October when floats inspired by this year's theme, Rose and Rodeo, take to the streets.

Schools, businesses, sporting teams and community groups are encouraged to come together and let their imaginations run wild to help celebrate one of Warwick's most loved events.

There is \$500 cash prizes up for grabs across four categories including Best in Theme, School Exhibit, Business and Commercial; Clubs sport or other organisation. \$100 will be awarded for best Decorated Bike (children).

An iconic Warwick event, the annual parade returned in 2017 after a short hiatus and is a long-standing tradition and popular highlight of the Warwick Rodeo and Gold Cup Campdraft.

Every year on the last weekend of October, the nation's top rodeo riders and the best broncs and bucking bulls gather for the Warwick Rodeo, known far and wide as 'Australia's Most Famous'.

Councillor for Events, Sport and Recreation, Yve Stocks said the Rodeo Street Parade is a wonderful way to embrace community spirit while participating in a vibrant and colourful event.

Cr Stocks said it is a valuable opportunity for clubs, schools

and community groups to promote themselves.

"The Warwick Rodeo is one of the biggest events on the Southern Downs Calendar and of course, Australia's most famous!"

"The street parade is such an iconic part of the Warwick Rodeo and is a vibrant and colourful celebration of community spirit and of everything that's wonderful about Warwick and our region. "So much work, imagination and creativity are put in to the floats every year and I can't wait to see what is inspired by this year's theme, Rose and Rodeo.

"I encourage everyone who is considering entering a float in this year's parade to start planning now, while there is still time.

"A little bit of resourcefulness, imagination, teamwork and enthusiasm are all it takes to create a show-stopping float." The 2018 Warwick Rodeo and Gold Cup Campdraft runs from 22-28 October, 2018 at Warwick Showgrounds.

Registrations for the John Dee Warwick Rodeo Street Parade are now open and will close 5pm Friday, 19 October 2018. Registration forms are available for download on the SDRC website, or pick up a form at Warwick Visitor Information Centre at Town Hall, or contact events@sdrc.qld.gov.au

Don't miss the opportunity to be a part of the John Dee Warwick Rodeo Street Parade! For more information contact SDRC Events Officer, Jonno Colfs on 4661 0454 or look for the link on the SDRC website.

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Sam Bailey inspires region's youth with story of hope and determination

Celebrity speaker Sam Bailey inspired hundreds of school students with his spirit, courage and determination when the Southern Downs welcomed him to the region on 13th September.

Proudly supported by Southern Downs Regional Council, Sam paid a visit to the region for Disability Action Week and to coincide with national R U OK Day, to share his inspirational story with more than 600 students from year's nine to 12 in Warwick and Stanthorpe.

SDRC's Youth Council worked closely with its member schools to bring Sam to the region.

A farmer, pilot and best-selling author, Sam became a C6/C7 quadriplegic at 19, following a car accident while working as a jackaroo in the Northern Territory.

Southern Downs Mayor, Tracy Dobie said she was thrilled to welcome Sam to the Southern Downs after first hearing his story at the Barastoc Polocrosse event held in Warwick in May.

"Sam's story is about resilience and the power of the human spirit in the face of extremely trying times," Cr Dobie said.

"He has conquered some profound challenges and his

motivation for life and resilience to adversity is nothing short of awe-inspiring. "I am so delighted Council was able to bring Sam to the Southern Downs to share his story with our region's youth. "Sam inspires children to follow their dreams no matter what hurdles they come across along the way. His is a story they will remember and we extend our sincerest thanks to Sam for inspiring our community."

Paralysed from the chest down, Sam only has limited use of his arms and hands and can't regulate his body temperature. He has lost bowel and bladder control and part of his lung capacity.

He has overcome all those challenges to become a farmer, ultralight pilot, public speaker and best-selling author of the book Head Over Heels, which he co-wrote with his wife, former ABC Rural Reporter, Jenny Black.

His story has touched thousands of Australians of all ages and walks of life. His next goal is to become the first quadriplegic in the world to fly a helicopter.

For more information about Sam or to read his inspiring story visit www.sambailey.com.au/

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Feel the beat to prevent stroke

Thousands of Queenslanders are living with an undetected killer putting them at serious risk of stroke, and this number is on the rise.

Almost 90,000 Queenslanders (460,000 nationally) have atrial fibrillation (AF), an irregular heartbeat, which can have fatal consequences if left untreated. Shockingly, around 100,000 Australians were estimated to be living with the condition undiagnosed.

hearts4heart Clinical Adviser Dr David O'Donnell said stroke was the most serious consequence of the condition. "Patients with AF are five times more likely to have a stroke than those in the general community," Dr O'Donnell said.

"Further, the strokes caused by AF are more commonly severe or fatal than those caused by blood clots for other reasons, so detecting and treating this dangerous condition is vital to our health." Research indicates AF's impact is on the increase. The number of Australians aged over 55 with AF was expected to the double by 2040.

This Atrial Fibrillation Awareness Week (17-23 September) hearts4heart is joining with the Stroke Foundation to encourage Australians to 'feel the beat' by hosting free screening events around the country.

hearts4heart Chief Executive Officer Tanya Hall said Queenslanders must act now to reduce their risk of stroke and heart disease caused by AF.

"Atrial fibrillation is the most common type of abnormal heart rhythm, but once detected, it can be managed," Ms Hall said.

"We are urging people to attend a screening event in

their local area or visit their own health provider to get checked for atrial fibrillation.

"During Atrial Fibrillation Awareness Week put your health first by getting a simple, free, and fast check."

Stroke Foundation Queensland State Manager Andrea Sanders said while your risk of AF and stroke increased with age, the diseases could impact anyone of any age.

"This year, there will be more than 10,000 strokes experienced by Queenslanders, by 2050 this number is expected to more than double to more than 24,000. Yet most strokes can be prevented," Ms Sanders said.

"More than 80 percent of strokes can be prevented by managing conditions - including AF - and living a healthy lifestyle.

"Join us this Atrial Fibrillation Awareness Week and help fight this undetected killer." During Atrial Fibrillation Awareness Week (17-23 September), hospitals across Australia will conduct screenings, test heart rates, and provide education for people on atrial fibrillation. For a list of events visit www.hearts4heart.org.au

Recognising the increasing incidence of AF in the community, Australia's first guidelines for the diagnosis and management of adult patients with atrial fibrillation (AF) were released by the Heart Foundation and the Cardiac Society of Australia and New Zealand (CSANZ) in August. For more on the Guidelines visit www.heartfoundation.org.au/news/new-guidelines-for-treatments-to-prevent-stroke-deaths

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Mental Health campaign to help people in rural and regional communities get back on track

A new campaign has launched today promoting free, confidential mental health programs available in the Darling Downs and West Moreton region to help people 'get back on track'.

The programs, funded by the Darling Downs and West Moreton PHN through the Australian Government's PHN Program, offer short-term support to people aged 18 and over experiencing mild to moderate anxiety and/or depression and can be accessed face-to-face, over the phone, online and/or through group sessions.

Anyone can self-refer into the programs with no diagnosis or Mental Health Treatment Plan needed.

Darling Downs and West Moreton PHN Chief Executive Officer, Merrilyn Strohfeldt, said low intensity mental health services funded by the PHN aimed to provide easily accessible mental health support at no cost.

"This campaign acknowledges that we all need a little extra support from time to time to help us 'get back on track' and we want people in our community to know that they are not alone and that there is support available," Ms Strohfeldt said.

"The benefit of our low intensity programs is that these services are free, available to anyone in the community and can be accessed remotely either online or by telephone, which is especially important for people living in our rural and regional communities."

One of the programs highlighted in the campaign,

NewAccess, offers early intervention mental health support providing people with the skills to identify and manage issues causing distress so they don't hit psychological crises down the track.

The mental health coaching program, developed by beyondblue, pairs people with a trained coach who works with them over six private sessions in person, by phone or video conference - whichever option is most suitable - to develop tailored recovery plans for their individual needs.

beyondblue CEO Georgie Harman said mental health support wasn't always easy to access, especially for people living in rural areas and on low incomes.

"It takes immense courage for people to put their hand up and ask for support, so we need to make that next step easier for them and ensure they get the support they need," Ms Harman said.

"NewAccess is free and easy to use, so it appeals to people who may otherwise be reluctant to seek support, such as men, older people and people in remote areas."

The NewAccess Program is available in each LGA in the Darling Downs and West Moreton PHN and can be accessed by ringing 1300 971 309.

People in the region experiencing mild feelings of anxiety and/or depression can access more information about the free programs available in their area by visiting www.ddwmpn.com.au/getbackontrack

Problems with drugs or alcohol? Help IS available. Treatment works. Find out more at ancd.org.au

AUSTRALIAN NATIONAL COUNCIL ON DRUGS

Enjoy a game soon! Play competition Sundays or play a social game anytime with friends.



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GOLF

Allora Golf Notes
14/09/2018 - Friday Duck Run - Thank you to Percy's Fruit for the continued sponsorship.

Winner: Doreen Duffy (25). Runner Up: Jim Anderson (23). Pin (13): Wayne McKewen. Doreen Duffy had a Hole in One on the 17th today.

Sunday 16/09/2018 - The Allora Pharmacy sponsored the Monthly Medal today. Thank you.

Men's Winner: Kev Harrison 64. Runner Up: Matt May 65. Pins/Approaches: Wayne McKewen (6) Neil Chandler (8) Matt May (15) Aaron Simpson (17).

There were 7 Allora golfers who travelled to Inglewood today. Doreen Duffy won the Ladies Division 1 Gross (90) and a pin shot. Tom Brown won the C Grade Longest Drive for the men.

Saturday (22/09/18) - There is going to be a working bee at the golf course. Many hands make light work.

Friday Duck Run as usual. Hit off time after 2 pm.

Sunday Allora Butchery 4BBB or Ambrose
 Tuesday Social Golf 9.45 am

BOWLS

Allora Night Bowls Notes
Tuesday 11th September 2018

- Welcome to all our new bowlers playing in the Summer Competition. Well not so summery on the first night of play last week. Think a few people wished they were tucked up at home instead of freezing out on the green. Some feigned sickness to get out of playing!

We have a couple of brand new teams and some old teams with a change of players. We in admin. will attempt to fathom it all out before the end of the season.

Results of play:- Pig Lures -19 v Maydan- 11; The 3 Dos and 1 Don't- 13 v Zoolanders- 7; Frog & Swallow- 17 v Tramps Like Us -10; Land Cruisers + 1- 19 v Railway-9; The Old Boys -14 v Doesn't Matter- 6; What Ever -11 v Bowling Stones- 7; The 3 Stoogers- 15 v Roonicks- 7 (Their ace player joined up with 3 dos etc. & had a win over Zoolanders!) Winners drawn out of the bucket were Frog & Swallow with Runners Up, the Bowling Stones.

Happy Chocolate munchers were Alana, Jim, Roy, John W, Ashleigh & Elice.

Thank you to our new jackpot sponsor Ken O'Dea Floor Coverings. Remember to support all our sponsors – Railway Hotel, Allora Butchery, Percy's Fruit and the Allora Sports Club, Whites Garage. Our raffle winners – Casey, Ashleigh, Jim, Russell, Doug, Nick. Jim also had a chance to win the \$40.00 jackpot but had no luck.

Great to see everybody on time and ready to play by 7pm. Greg puts a lot of effort into working out the draw and having the score cards written up each week, thanks Greg. Thank you also to Sue for organising supper, Wendy behind the bar, Ashleigh for running the toucher completion, Peter for looking after the green. Thank you to all our volunteers.

Lyn Wright, Scribe

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• CHURCH NOTICES •

The Catholic Community of ST. PATRICK'S, ALLORA
1st SUNDAY at 9.00am, 2nd & 3rd SUNDAYS at 5.00pm, EVERY TUESDAY, 9.30am.
 2nd TUESDAY (at The Homestead), at 9.30am.
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For information on Baptism, Weddings, Funerals and other church enquiries, phone 4666 3377.
 St Patrick's Parish School (Prep - Yr. 6), enquiries 4666 3551.

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Including The Salvation Army in your Will helps us change lives

• ANNOUNCEMENTS •

Death Notice

TIGHE, Stephen – Late of Allora, passed away peacefully on 13th September 2018, aged 67 years.
 Beloved Father of Kellyanne and Aidan. Much loved Grandfather to Chelsea. Dearly loved Brother to Robin, Phillip and Wendy.
 Laid to rest at Allora Lawn Cemetery on Wednesday, 19th September, 2018.

"At Peace"

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• SOLUTIONS •

THIS WEEK'S SUDOKU SOLUTION

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

DOUBLE HELIX QUIZ ANSWERS

1. (b) Helium is the second element on the periodic table, as it has two protons. (d) K is the symbol for potassium, the scientific unit of kelvin, the scientific unit of temperature.
2. (d) The eastern grey kangaroo has a population of several million, so it is not a threatened species. (d) K is the symbol for potassium, the scientific unit of kelvin, the scientific unit of temperature.
3. (d) K is the symbol for potassium, the scientific unit of kelvin, the scientific unit of temperature.
4. (d) Number 16 was a trapdoor spider that lived until she was 43 years old. (c) Canopus is the name of a star, not a cloud.


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• PUBLIC NOTICES •

Goomburra Town Hall Committee Inc. ANNUAL GENERAL MEETING
 is to be held at the Goomburra Hall,
 17 Inverramsay Road, Goomburra on
Friday, 28th September 2018, at 5.00pm
All are welcome to attend.

Election of Office Bearers. All Office Bearer positions will be declared vacant and nominations for these positions will be called for.

The meeting will be followed by the monthly Family Friendly Fun Night.

 Allora Rural Neighbourhood Watch
ANNUAL GENERAL MEETING

Allora Court House
Tuesday 18th October - 10.00am

All members of our community are welcome to help keep this valuable service going forward.

• CHURCH NOTICES •

Scots Presbyterian Church - Allora
 12 Jubb Street, Allora

THIS SUNDAY AT ALLORA - Service/Sunday School at 9.30am.
 TUESDAY - Ladies Bible Study at 10.00am.
 WEDNESDAY - Bible Study at 7.00pm, at the church.
 MENS BREAKFAST - Last Saturday in each month, 7.20am.

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All Saints: Clifton
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To check whether a contractor holds a QBCC licence visit www.qbcc.qld.gov.au or call the QBCC on 1300 272 272.

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"Randal" delivering the wooden spoon to the Allora Sports Museum while disappointed Paramatta follower visiting from Sydney, Warren Mackie, looks on.