

The KURANDA PAPER

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No. 69

July 1997

50 cents



KURANDA ARTS COOP GRAND OPENING CELEBRATING & CREATING IN THE VILLAGE

The Kuranda Arts Coop [co-operative] on Coondoo Street is ready to tell the world they're here and would love all Kuranda to come and help tell the story. They are launching a publicity campaign to promote the coop as a focus of the creative community of Kuranda - centred around a Grand Opening Day on Saturday July 26th from 10am to 4pm. The day will be a showcase of Kuranda's creativity including:-

*A display of artwork from Kuranda State School showing the wide variety of work and inherited talent of our children which has been well nurtured by Chris Sachlikidis [aka "Mr Sack"].

*Demonstrations by participating artists of wheel throwing [pottery], batik, silk printing, screen printing, jewellery, painting and leadlighting.

*YOUTH ART COMPETITION - see entry form inside this edition of the Kuranda Paper for details [page 8]- we know there are some really talented teenagers out there: let's see what you can do.

*Art and craft display/demonstration by Kuranda Pensioners and Superannuants League.

*Performance by Danny Simone and face painting by Rachel Martin.

Any one who would like to support the coop and become involved drop in or phone the coop on 939 026. The coop aims to be telling everybody in NQ that Kuranda is alive and well and still a village of artists/crafts people and worth visiting and revisiting. Any artists who have been thinking of putting work into the Coop and have yet to do so - now is the best opportunity to get your work promoted. The coop is attracting growing interest from visitors, and locals continue to find something new to admire. Most recent arrivals are jewellery by Seanne McArthur, a wider range of pottery from Sarah Austin and Mollie Bosworth and new timber sculpture from James Crotchley.

The members of the coop extend their invitation for everyone to drop in, especially on Grand Opening day Saturday July 26th: so mark it in your diary now. See you there.

COMMUNITY LETTERS

PO BOX 66 KURANDA 4872

PLEASE NOTE: The Kuranda Paper attempts to print all letters received. Please keep yours to the point and under 200 words. All are subject to editing. We do not publish anonymous letters or those of doubtful origin. Please ensure your correct signature, name, full street address and phone contact are submitted with your letter.

Dear Kuranda Paper,

Oliver Gilkerson's "Letter of Appreciation" from Kuranda Town and Country residents is now waiting for your signature at The Green House Shop, 9 Cooodoo Street (it's open 7 days a week). Oliver was the most dedicated Mareeba Shire Councillor that I have known during my 30 years of residence here. The ARK meeting on Wednesday June 18th had no quorum - sad - but this non-attendance may continue 'till members speak up so others can hear their voice and arguments. Standing up to speak would be helpful. For many years at the RSL Clubrooms in Cairns Public speaking classes have been popular and instructive. Perhaps Rotary might help Kuranda folk to speak clearly at ARK and other meetings

Marjorie Spears Black Mountain Road, Kuranda

OPINIONS EXPRESSED IN COMMUNITY LETTERS ARE NOT NECESSARILY THOSE OF THE KURANDA PAPER.

THE KURANDA MEDIA ASSOC Inc. is a VOLUNTARY association. A five member committee deals with the running of the Organisation and a production team is in charge of producing the paper. To remain viable the Association depends on the money collected from advertisers, who would like to see the newspaper continue circulating. Our stated objectives are to "PROVIDE MEANS OF OPEN COMMUNICATION IN ORDER TO PROVIDE THE SPIRIT OF COMMUNITY INVOLVEMENT AND REFLECT THE ONGOING ASPIRATIONS OF THE RESIDENTS OF THE KURANDA AREA."

Address your mail as follows:
The Sec., Kuranda Media Assoc.,
P.O.Box 66, Kuranda 4872.
Please state clearly if the letter is for "Management only", "The Media Association" or "The Kuranda Paper".
The Kuranda Media Association does not employ reporters or photographers on the Kuranda Paper.

This edition No.69, of the Kuranda Paper was produced by a volunteer team including: Saddhen, Krishna Buhler, Marie Boswarva, Gayle Hannah, Cliff Stevens, and Anthony Simon-Kunkel. Thanks to The Paper Folders. Thanks to Ann Downey at The Greenhouse who receives the Ads. and contributions.

Photographs to be collected from the Greenhouse after publication.
MASTHEAD By C. Masters.
THE KURANDA MEDIA Assoc Inc. are the publishers of the Kuranda Paper, PO BOX 66, KURANDA 4872. Phone: 937 252

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CIRCULATION: 1600
Cost: 50cents

Kuranda
comes
**ALIVE
AGAIN**
6th September 1997



Kuranda Spring Fair
1997

JOIN IN & BE PART OF OUR
COMMUNITIES CELEBRATION


With all the activities you've come to expect
SOAPBOX DERBY/GRAND PARADE
STREET STALLS/GAMES IN THE PARK
STAGE SHOWS & MUCH MORE



TREVOR'S CAR PARTS COME ALIVE AGAIN! ENHANCING THE FRONTAGE OF THE KURANDA ARTS CO-OP

DEADLINES FOR JULY PAPER	
Advertising	Thur. 17 July
Editorial	Thur. 17 July
Classifieds	Mon. 21 July
Paper out	Fri. 25 July

CONTRIBUTIONS TO THE GREENHOUSE ENVIRONMENT SHOP 9 COODOO STREET. NOTE, THIS IS BETWEEN ST SAVIOURS AND FROGS

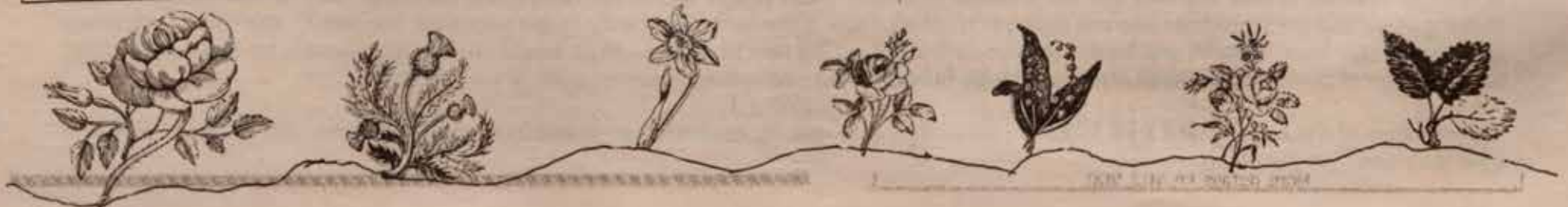


COONDOO STREET
937248

Kuranda Butchery

Whole Rumps	\$3-99 kg
3 kg Mince for	\$10-00
3 kg Diet Mince for	\$15-00

**KURANDA PAPER
DROP OFF
HAS CHANGED**
The GreenHouse will be relocated to 9 Cooodoo Street (between St Saviours and Frogs) from 9th July; all ads and Contributions as Usual to the GreenHouse at it's new location



ARK

ASSOCIATION for REGIONAL KURANDA COMMUNITY INC.

Residents and Ratepayers Association - established 1990
PO BOX 573 Kuranda 4872

ARK meets every third Wednesday 7pm
at the Kuranda Sports & Social Club, Fallon Rd.

NEXT MEETING: July 16th 7pm ALL WELCOME

The following is a brief outline of some issues discussed: full and comprehensive minutes are sent to members each month. Membership is \$10 per year (\$5 concession) and forms are available from the above address, at meetings or at the Green House Environment Shop; now at # 9 Coondoo St (from July 9th).

NOTICE OF AGM

The Annual General Meeting of ARK will be held prior to the August ARK monthly meeting at 7pm Wednesday August 20th 1997. Positions to be filled are: President, Treasurer, Secretary and four Committee Members. All Kuranda residents are urged to join/ rejoin ARK and stand for Committee: especially if you consider your area needs more attention. ARK is a non profit community organisation with a strong regional focus and seeks to work for and with the people of the Kuranda region for a positive environmental, social, economic and cultural future for all. Nomination forms available from The Secretary, PO Box 573 Kuranda. NB: Only fully paid up members can nominate, second, stand or vote for positions.

The ARK June meeting was one person short of a quorum - an very unusual event for ARK- possibly because it was a freezing cold night [by Kuranda standards anyway!] [For those unfamiliar with 'quorums' this is the number of persons required for 'business' to be transacted: that is twice the number of the Committee plus one, in ARK's case this is fifteen people.] Nevertheless, the presence of Mareeba Shire Mayor Chris Lewis and Councillor Ned Brischetto was extremely valuable and helped with a number of questions and issues including:

* **MAIN ROADS:** ARK has been in contact with District Manager Bruce Ollison who has set a tentative date for late July for the promised second consultation meeting regarding the Black Mt Rd intersection, Myola/Kennedy Highway intersection and pedestrian & bike facilities from Top of Range to Kuranda (including Barron River Bridge). Greatest concern at the moment is for the safety of those traversing the Myola/Kennedy Highway intersection with significant increases in traffic expected due to the new High School coming on line in January. Special concerns for the safety of children crossing the Highway require urgent attention. Watch local media for actual date.

* **BLACK MT RD BRIDGE:** Council is considering postponing work required to allow for the reopening of the first bridge on Black Mt Rd for vehicular traffic for another year due to financial restraints. This is subject to the needs of Forestry as Council considers logging trucks should not be using the current detour through Green Lane & Butler Drive. Regardless, Council will be establishing some sort of pedestrian access across this area at minimal cost & possibly temporary.

* **FNQEB:** Have contacted ARK to establish contact with the tree maintenance consultant they have commissioned to do an vegetation audit. They will be coming back to the community at a future ARK meeting to discuss the findings of the study and seek response to proposals for maintaining a balance between trees and reliable, safe power.

* **CASSOWARY CONSERVATION:** Dr Lesley Clark and members of the Working Group were able to give an update and thankfully some progress seems to be being made. The Wet Tropics Management Agency has undertaken to be the nominating body to allow for the process to have the Southern cassowary listed as Endangered on a Federal level to proceed. Unfortunately this is a complex process and listing is still a fair way off although moves to protect the remaining population will not wait for this and the establishment of a Management Strategy has begun with the need for all concerned to unite and work together for the survival of these magnificent birds.

* **SIGNAGE:** Ongoing concern and frustration was expressed regarding the apparent lack of enforcement of signage regulations. Of special concern is the overwhelming amount and type of corporate signage allowed for the recently redeveloped BP service station: so at odds with the sort of image which all Kuranda town planning instruments seek to promote. Mayor Chris Lewis and Cnr Brischetto promised to follow up on signage and the long awaited employment of an enforcement officer to deal with these and other issues such as dogs and littering.

* **TRAFFIC STUDY:** Residents queried why several recommendations seemed to go directly against the majority view as established over the past 5 or so years through a number of surveys and consultation exercises. The Mayor said that Council was only looking at options and urged residents to write with their views to allow Council to make a final decision. NB: The deadline for submissions is now Friday July 11th (before 12.30pm at the Kuranda Council Office and before 5pm at Mareeba.) HAVE YOUR SAY NOW!!!!

MAREEBA SHIRE COUNCIL GENERAL MEETINGS

From July, will be held on the first & third Tuesdays of the month and the first and third Thursdays of the month.
All meetings are now day meetings starting at 9am.
More details Ph 303 900



Regrading of the steep hill from the Railway/Skyrail end of Coondoo Street up to the Police Station on the corner of Morong and Coondoo Streets continues, with wet weather delaying completion. When finished the walkway will be to wheelchair standard grade, landscaped and will eventually include a number of shelter structures. The work is funded by the Kuranda Tourism Infrastructure Levy and is identified as a priority under the Kuranda Strategic Management Plan.

KURANDA WEIR Electricity and Water Matters

INFORMATION SHEET ISSUED BY BARRON GORGE POWER STATION

JUNE 1997

Why is a new feeder needed?

Cairns has experienced a high growth in electricity demand over the past 10 years. The existing southern electrical supply link needs reinforcement by 1997/98 to avoid an increase in the risk of loss of supply to the Cairns area. To achieve this, a new 275 000 volt (275 kV) powerline (otherwise known as a "feeder") is being installed.

When and where will it be built?

Powerlink Queensland is installing the 275 kV powerline between Chalumbin and Woree. The installation is expected to be carried out from the beginning of July until early next year.

Part of this new transmission line will be built along side the existing 132 000 volt (132 kV) Turkinje feeder.

During the construction period, the 132 kV feeder will be out of service while crews are working for safety reasons.

How does this impact on Barron Gorge Power Station?

While the 132 kV feeder is out of service, the electrical power used in the northern region will be supplied by the two 132 kV Innisfail feeders and by Barron Gorge Power Station.

Over the last few years during the dry season, Barron Gorge Power Station has operated for two to three hours per day. Powerlink Queensland has advised that during the construction period, the power station will be required to generate for about nine hours per day. This will compensate for the loss of power normally coming into the region via the 132 kV Turkinje feeder.

How much water will Barron Gorge Power Station need?

To operate at this level, Barron Gorge Power Station requires a flow of 610 million litres (ML) a day from the Barron River. This could result in a maximum requirement of 60 000 ML flowing through the station during the period.

Where will the water come from?

Water will be supplied through river regulation arrangements used previously to supply the power station. Flows in the Barron River will be managed according to a control curve based on the level of Tinaroo Falls Dam at the start of each month. Irrigator entitlements will be maintained and no releases will be made beyond those provided for by the control curve.

Tinaroo Falls Dam is currently overflowing, and an announced allocation of 100% is expected for irrigators for the 1997/8 water year.

River flows will be maintained as constant as possible and irrigators will be informed regarding any significant flow fluctuations.

What about the Kuranda Weir level?

The Kuranda Weir forms a regulating pond for water used to drive the turbines at Barron Gorge Power Station. The agreed community-requested operating level of the Kuranda Weir is between 6 and 4.5 metres. This is equivalent to a holding capacity of 600 ML.

During the planned nine-hours-per-day generating period, it is calculated that a regulated inflow of 229 ML should flow into the weir. Therefore, the lowest weir operation level, of 4.8 metres, would be between 6 and 7 pm daily. During the other 15 hours of the day (the non-generation period) the river inflows are expected to return the Weir level to 5.8 - 6 metres for the start of the next day.

Why does the weir level appear low?

The recent Cyclone Justin caused extra sand to deposit in the Kuranda Weir storage area. Therefore the visible sand banks in the weir are not an indication of a low water level.

FOR MORE INFORMATION
Barron Gorge Power Station and
Kuranda Weir
Bruce Chappell - 35 3213
Tinaroo Falls Dam: Dept Natural
Resources Ph: 922 555
Transmission Line: Powerlink Qld:
Ian Snape - 07 3228 2092

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WINTER TREASURE:
HERE I SIT WITH MY
RED SOCKS
THIS MORNING

Merrili



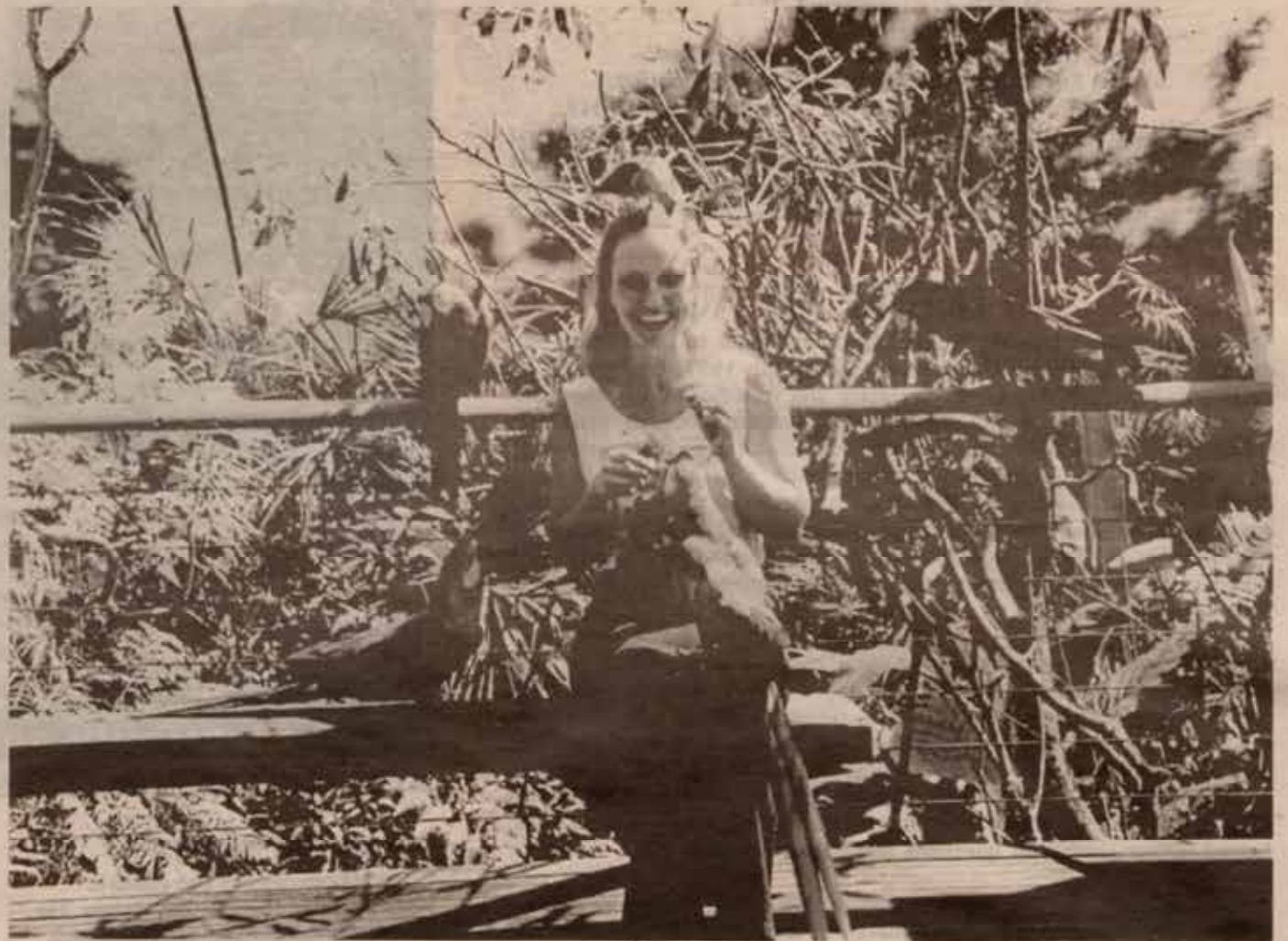
NOW
COURSING LIKE WHITE
WATER OVER STEEP ROCK
QUICKLY SLIPPING OVER THE
PRECIPICE WHERE TODAY
FALLS INTO TOMORROW:
THIS!
LOTUS-EYED MOMENT

Merrili

IN MEMORY

JOANNE BRUCE
1963-1997

Red Hair, Red Lips, Red Dress and those Red Reboks.



Jo was born in Auckland New Zealand and moved to Australia in 1982. She moved to the Gold Coast where she worked tirelessly as a Youth Councillor. In this area she was exceptionally gifted and was able to transfer purpose and a love of life to the youth she dealt with. Jo also pursued a career as a photographic model and actress to which she gave a vibrancy and intelligence, the very qualities we loved her for.

Jo's main reason for moving to Kuranda was to focus on her life long interest in creative art. She made a serious commitment to her painting and sculpture for the first time and loved Kuranda for providing the space and the acceptance to pursue such skills.

She was a colourful person. She had a colourful life.
It is with great heartache we farewell her.

For all those who cared for Joanne Mary Bruce (Jo Jo), Kuranda Police and Ambulance, attending Fire Service (Mareeba), Rhonda from Svensons Funerals, Jo Jo's dear friends: Daniel and Samantha, Janice and Dave, Jacki, Michael and staff of Birdworld, Shane and Paul, Salvador, all friends and people of Kuranda Markets, Rainforest Resort staff and management and all the people of Kuranda who grieved for all our loss. Our heartfelt thanks to you all.

Without exception the whole community of Kuranda cared for our Family in our deep sadness. You showed us how valued and important Jo was to your community, and how thoughtful, kind, generous and loving the people of Kuranda are. You have given us the wonderful gift of the true human spirit of caring.

Thank you all for caring for Jo Jo. We thank you for that, and so much more.

Our love to you, Greg and Candice Bruce

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or \$32 per night (Double Room)

Experience the tranquility of a cool
tropical rainforest environment in the
heart of the rainforest.
Thirty minutes drive from the coast.

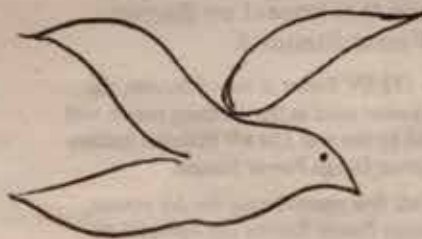
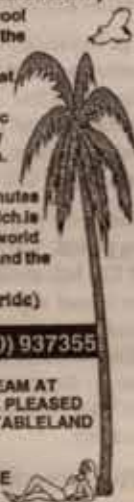
Located in the centre of the historic
Tableland village of Kuranda - only
4 Km. from the Barron River Falls.

There is much to do within five minutes
walking distance of the hostel, which is
just across the street from the world
famous Kuranda Railway Station and the
Skyrail Terminal.
(The world's longest cable car ride)

Hostel Bookings. Phone (070) 937355

THE FRIENDLY MANAGEMENT TEAM AT
THE KURANDA HOSTEL WILL BE PLEASED
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CAIRNS, OR OFFSHORE TOURS.

PLEASE ENQUIRE AT THE OFFICE



Clohesy Country Gardens

Licensed Restaurant, Bar & Teahouse

Clohesy River
Kennedy Highway
Between Kuranda & Mareeba

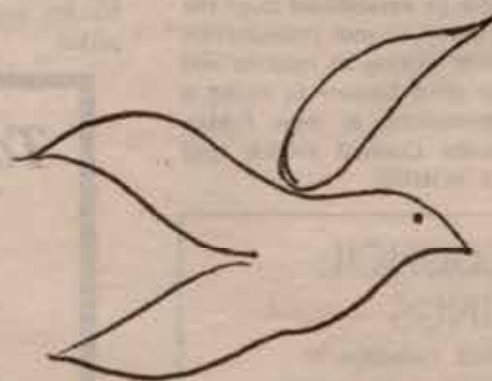
Open : Friday, Saturday & Sundays Evenings

Buffet Dinner \$15.50 Includes Soup, Crusty Bread Rolls,
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Saturday & Sundays from 9am for morning and afternoon tea,
Kaffee und Kuchen, Lunch or a cold drink.

Bookings recommended
Ph/fx 937859

Midweek group bookings welcome



KURANDA Village promotion program

Creatively Promoting Kuranda's Future

17 THONGON STREET
[Kuranda Branch Office MSC]
PH/FAX: 937 593

STRATEGIC CONSULTANCY ANNOUNCED

The Kuranda Village Promotion Program is sponsored by the Department of Tourism, Small Business and Industry, Mareeba Shire Council and the Mareeba Regional Development Organisation. The Program aims to revitalise the Village of Kuranda through community consultation and participation.

Just over twelve months ago as a result of a public meeting the Kuranda 'Main Street' program began. A management committee was elected comprising a mix of 60% business representation and 40% resident representation. The program was renamed as the Kuranda Village Promotion Program and a Strategic Plan established. Three working groups were formed: Built Environment, Business Development and Marketing & Promotion. A number of objectives were established from the public meeting and the work begun to achieve these. An objective of the Marketing & Promotions Working Group was to establish a long term Strategic Marketing & Promotion Plan for the Village.

As reported in February's edition of the Kuranda Paper, the Management Committee of the KVPP had sought tenders for the engagement of professional consultants to develop the Plan. The KVPP is now delighted to announce the appointment of Steven Le Page & Company and Tourism Strategies as consultants to prepare a marketing and promotion plan for Kuranda Village. The appointment of the consultants has been a result of several months concerted effort.

The consultancy team has a combined experience of over sixty years in the industry and pride themselves on providing a high level of personal attention and service. Past projects include developing a 3 year marketing plan for Brisbane as an international and domestic meeting and conventions venue, preparation of a regional tourism plan for the Suncoast Regional Tourism Association of Tasmania, the re-positioning of French Polynesia (Tahiti) as an affordable and value-for-money destination in the Australian market-place and concept development, feasibility and business plan for the International Antarctic Centre (NZ).

Project Head, Stephen Le Page, said "Kuranda is very fortunate in that its intrinsic and natural features and location combine to give it excellent long term-prospects -- provided it pursues a well conceived marketing and enhancement plan. Kuranda's protected and authentic 'identity' in the midst of a tourist strip fast approaching an international stereotype really does offer scope to consider new forms of promotion and development more in keeping with its rich tradition in arts and culture and the nature oriented lifestyle of residents."

Mr Le Page has indicated that it is not so much the number of tourists which is important, as the relative yield from tourism, and this needs to be borne in mind all the time. He said "there is a need to return to basics, and to assess the potentials initially from a very fresh and market-experienced perspective. We need to look for and build upon, the differences as these are the very fundamentals of tourism. The last thing that Kuranda needs is more of the same! This will require a lateral approach with very innovative thinking."

This initiative of the KVPP is one of many that is giving the people of Kuranda more control and direction over their future within the tourism industry while maintaining harmony between the environment, resident's wishes and the commercial sector. Program Co-ordinator, Michelle Bell-Turner, said "the development of the Marketing Plan will further help the Village focus on it's vision of "Providing the world with a unique experience of environmental, artistic and cultural integrity to inspire and delight all."

The consultants will commence work on Friday 27 June, with the project due for completion on August 31. According to Program Coordinator, Michelle Bell-Turner, "public consultation and review is paramount at various stages of the project and I look forward to keeping all informed of dates and details regarding this."

To find out more about how you can be involved in the Kuranda Village Promotion Program, phone or fax Michelle on 937 593

NEW CO-ORDINATOR FOR KVPP

Michelle Bell-Turner has commenced employment as part-time coordinator for the Kuranda Village Promotion Program. Michelle is taking over the role from Alison Bickell, who previously coordinated both the Marketing Mareeba and Kuranda Village Promotion Programs'. Alison will now concentrate on Marketing Mareeba with Michelle co-ordinating the program in Kuranda. Michelle said, "it will be much more productive having a co-ordinator for both towns, rather than one person trying to split energy and ideas between both towns".

Michelle joins the program with eight years experience in the Hospitality and Tourism Industry of North Queensland. As the former Conference and Incentive Manager of Hayman Island Resort, she has extensive experience in sales, marketing, public relations, and special events organising.

"The enthusiasm of the management committee and working group is refreshing and I look forward to working with the people of Kuranda for the good of the community as a whole. It is great to see the dedication of these business people and residents in ensuring they have a say in the direction and development of their town"

"It is just over twelve months since the program commenced in Kuranda and the many dedicated hours put in by the working groups and management committee are just starting to show. As reported in February's edition of the Kuranda Paper, the Management Committee of the KVPP had sought tenders for the engagement of professional consultants to develop a marketing and promotion plan. The Kuranda Village Promotion Program is now delighted to announce the appointment of Steven Le Page & Company and Tourism Strategies as consultants to prepare a marketing and promotion plan for Kuranda Village."

"There was no keeping Jill and Ann apart....."



Play dress-up at NEW TO YOU

SELL THE MAGIC OF YOUR BUSINESS: "YOUR PEOPLE"

The next round of AussieHost workshops is due with workshops being held in Cairns on July 8th, 22nd and 31st and on August 14th, 19th and 28th. These accredited one-day customer service training program work on the basic principles of service and communication - building confidence and changing peoples' attitude to service. Every business can benefit from participation. Last year 18 Kuranda participants passed the course and many report lasting benefits which have improved both their service delivery and enjoyment of their jobs. The course is tax deductible for employers training staff. For more information call Suzanne Noakes on 513 688 (FNQPB)



No-one's BEAN lucky yet!

No-one guessed the exact number of beans in the June draw so The Green House beancounters' competition has jackpotted. Correctly guess the number of beans & win a \$50 \$100 \$150 gift voucher, a guess with each purchase... monthly jackpot draw until Christmas. Next draw July 15th.

Dear Customers and Friends,
The Green House environment shop is just hopping across the road to new premises. After five years of trading next door to New To You, you'll find us from Wednesday July 9th re-united with Jill at 'Ngoonbi Yamba' 9 Coondoo St (between St Saviours Church and the Frogs building) So hop over and say hello. We'd love to see you. Always great service and lots of smiles.
See you there regards, Ann Downey

Now can you visit them both at "Ngoonbi Yamba" 9 Coondoo St (between St Saviour's & FROGS)



Kuianda Garden Group

Our June meeting at the Trompp's Village Herb Farm in Green Hills Rd was a great learning experience - Roslynne is a qualified Herbalist and told us of the medical and culinary properties of the many herbs they grow. These leaves are sold in bunches. Fertilised regularly and cut frequently. They also sell small flowers to restaurants for decoration and use in salads. Lots of Mulch is used. On July 12th Sat at 2pm we shall visit the home of Mrs Barbara and Bill Wentworth on Jarawee Rd. We shall have smoko there so please bring a plate and your gardening questions. At 3.30 we shall move across the road to the Orchid Nursery of the Vivens. He is semi-retired but is a fund of knowledge and judges at orchid shows frequently. Everyone is welcome at garden afternoons where we go to learn and sometimes admire. We can still ask for advice. Enquiries Ph 937205 Marjorie Spear Black Mt Rd.

Organic Gardening

I have enjoyed gardening these cool winter days. The vegies are growing so well. The celery is luxuriant and some ready to eat. The chives are delicious chopped up and cooked in a little oil. You can scramble an egg with the chives and add cooked brown rice etc. My chives grow about 1 inch a day in good compost. The Greek Basil is delicious chopped up in this mixture or in other dishes. My vegies have been well mulched with all the leaves from the hundreds of Heliconias that have had their flowers. The soft tops of the leaves are mowed with a hand mower. It makes a soft healthy mulch, the stalky bottoms can be used as mulch for fruit trees. Heliconia and Torch Ginger roots are here for giving away if you dig them out.

Marjorie Spears 937205

STILL STRUGGLING WITH DAILY HEARTWORM TABLETS

Heartworm Disease

Heartworm disease is caused by adult heartworms that develop in the dog's heart and adjacent blood vessels of the lungs. These worms are long and slender, measuring up to 35 cm in length. In cases of very high infestation, more than 350 worms have been recovered from a single dog, although it is more common for just 10 to 50 worms to cause a critical condition in the dog. That's up to 17 metres of worms living in the dog's heart and adjacent blood vessels.

Treatment of Disease

Treatment of dogs infested with adult heartworm often requires intense and expensive therapy that involves multiple administrations of a strong endoparasiticide drug and strict rest. Secondary complications of the disease and the death of large numbers of worms causes great distress to the dog.

Transmission of Heartworm

Natural transmission to and infestation of dogs by larval stages of the parasite living in circulation blood known as microfilaria, is near impossible to prevent. A single heartworm infested dog in an area can pass on microfilaria to many other dogs simply through mosquitoes drawing blood from that dog and at a later time, depositing the microfilaria onto other dogs when it feeds on them.

1 x infested dog + 1 x mosquito = dog population at risk

Prevention of Heartworm

Prevention of heartworm infestation has greatly advanced over the past 7 years. Prior to this time it was necessary to give the dog a bitter tasting, high dose tablet every day to prevent the microfilaria developing into adult heartworm. missing even a single treatment dose could result in their irreversible development to adult heartworms.

Now the preventative treatment of choice for all dogs is ProHeart tablets containing a new and more effective compound. ProHeart tablets are a safe and highly effective, low dose product requiring only a single dose each month. As ProHeart tablets have no taste they can easily be given directly by mouth as a tablet or included with your dog's food or favorite treat.

Where can you Buy ProHeart tablets

Although there are a number of other monthly heartworm prevention preparations available through veterinary surgeons under prescription, ProHeart tablets are available over the counter at veterinary practices without the need for consultation.

ProHeart tablets have been made available at a more affordable price to encourage all dog owners to use

Do you have a

stump



you no longer love?

Call

Kuranda Tree Service
930 222

Stump Grinding now available

* no ugly excavation * no hole, just sawdust

* safe for underground services

* neat & economical



KURANDA ENVIRONMENT ASSOCIATION Inc.

PO Box 653 Smithfield 4878 Phone: 93 8834 Fax: 938 338
Email: envirojax@internethnorth.com.au

CASSOWARIES, CORRIDORS & COMMUNITY

There is a lot of talk in the air about vegetation corridors and cassowary management plans and money to back it, but what's it got to do with you, you might ask. The answer is: it's on your land, the cassowaries are in your back yard and we are appealing to you to save it for the rest of us.

We are now starting to build relationships with landowners whose land links the critical forest patches across Kuranda's wet tropical rainforests. Could you help us in this quest, please? Would you call in to see us sometime or phone, fax, write a letter or email us so you can lead us in the right direction. It is our common understanding, sharing of knowledge and cooperation which will save the cassowary and maintain biodiversity.

What's Biodiversity?

Biodiversity is the variety of all life forms. It includes animals, plants, fungi and micro-organisms, such as bacteria. It also includes the hereditary material of each organism (genes) and the ecosystems of which they are a part. We depend on biodiversity for our very survival and quality of life.

Why is Biodiversity Important?

Biodiversity underpins the processes that make life possible. Healthy ecosystems are necessary for maintaining air and water quality, climate, marine productivity, soil formation, cycling of nutrients and waste disposal.

Ethically, no species and no generation has the right to use the Earth's resources solely for its own benefit. Biodiversity is what makes the landscape beautiful and variable. Economically, we depend on plants and animals to attract tourists and to provide food, medicines, energy and building materials. The main threat to biodiversity is clearing vegetation.

WILL IT BE WATER OR WINE?

The team of poster designers, slogan inventors, messengers (to take the water saving messages to the streets), educators and organisers is growing. There's room if you want to be part of it - and get paid.

The 1-day summit will be in Cairns on Sunday 31st August 1997. It will be an opportunity for you to ask questions of the environmental experts, the dam builders and the politicians.

THE FERAL PIG TRAPPING PROGRAM



A problem with the pig trapping program has developed due to a slump in the European delicatessen market resulting in the lack of a 'chiller box' locally to store pig carcasses for shipment to Sydney and sale overseas. This

situation has revealed the dependency of the feral pig trapping program on this market and if the program is to continue, other means of disposing of carcasses needs to be found.

In the meantime, a trained shooter is available to shoot feral pigs on private property at the invitation of landowners. While this method is effective in eliminating feral pigs from properties, it does not reduce pig numbers in protected parks, or solve the problem of disposing of carcasses.

VEGETATION PROTECTION LAWS STALLED

Preparation of a draft model local law on vegetation protection had been halted until "discussions have been held with primary producer groups and others.", according to Di McCauley, Minister for Local Government & Planning. The government has decided "to examine the full range of alternative to the local law to identify the regimes that will place vegetation management with the context of regional economic development, land and resource use strategies and sustainable primary production."

Local governments will have to demonstrate they have undertaken appropriate consultation with affected landowners, primary producer groups, conservation groups and the Local Government Association before the State Government is likely to approve any proposed local laws on vegetation protection.

Due to its inability to enforce protection, Mareeba Shire Council has reversed a previous decision which prevented destruction of a stand of magnificent Cadagil trees on the proposed Betagamma subdivision at Douglas Track, Speewah. The fate of the trees is now in the hands of the developer.

SEWERAGE POLLUTION

Concern has been raised about the dependence of the sewerage plant and its pumping stations on the continuity of electricity to ensure no raw sewage flows into our waterways. We are seeking information from Council about the down time for the pumps before sewage overflows.

ENVIRONMENTAL DEFENDER'S OFFICE

EDO funding has been restricted to exclude expenditure on assisting the community to mount a litigious challenge against decisions made by the government. Clarification is being sought as to whether this applies to local councils. If so, then the EDO would not be able to assist the community to challenge any council decisions be they illegal, improper or environmentally negligent.

July guest speaker is Graham Herbert, groundwater expert. Because groundwater is out of sight, is it out of mind also? Are we polluting our bore water reserves? How much water is there down there? Whose is it?

WEDNESDAY 2 JULY AT 7PM

KURANDA RAINFOREST RESORT MEETING ROOM

Cassowary action plans, feral pigs, water and sewerage in

EnviroNews

Kuranda Environment Association's Newsletter
Available at Kuranda Newsagency for 20c

We're Enviro-safe with EDO



POSITION VACANT

Tenant Liaison Officer

(15hr to 36hr a week. Temporary position 6 month)

Ngoonbi Co-operative Society Limited is a Housing Co-op committed to providing low cost and appropriate accommodation for the Aboriginal & Torres Strait Islander people of the Kuranda area. The Society is currently developing strategies to ensure that the on-going management of properties, and the Society is less dependent on Government funding in the future. In line with this and the need to create awareness within the community regarding the roles, rights and responsibilities of both the Society and the Tenants, we have created this position of Tenant Liaison Officer (TLO). The TLO position will be offered as either a Casual, CDEP or Contract position depending on negotiations with, and availability of the successful applicant. The TLO will work closely with the Societies Administrator and Board of Directors, to develop and implement the tasks.

Those people wishing to apply for this position should write to:

The Administrator
Ngoonbi Co-operative Society Limited
P.O. Box 26, Kuranda Qld. 4872

Please outline your work history and previous experience and how you believe you would be able to affectively meet the requirements of this position.

Applications Close Friday the 4th of July 1997

Further Information is available by Contacting the Community Development Officer
Ngoonbi, Ph: (070) 937177
Fax: (070) 937466



Box 847 Kuranda. Ph: 939296 fax: 939298.

Establishment of Trust Fund

CONTACT: John Larkin

SELF HELP ABORIGINES

Today Mr Ron Richards, Chairman of KMKM Aboriginal Corporation signed the deed (as the settler) for the establishment of a public charitable trust fund to be known as Ngangdyin Walba Foundation (Our Money). He said the trust would be supported by contributions from the salaries paid to the CDEP workers in the Kuranda region which covers the communities of Mona Mona, Kowrowa, Koah, Mantaka and Kuranda. Mr Richards said that he believed this was the first such Aboriginal Foundation of its type in Australia. He said that once the deposits in the trust had reached sufficient magnitude, the interest earned would be available for the advancement of charitable purposes amongst Australian Aboriginal people in the Kuranda region. This would include the provision of relief from poverty, sickness, suffering etc in addition to the advancement and support of Aboriginal culture, education and general well being. He said this was another example of Aborigines endeavouring to establish self help situations in their long journey towards self reliance.

RAINFALL
27/5/97
to
23/6/97
55mm

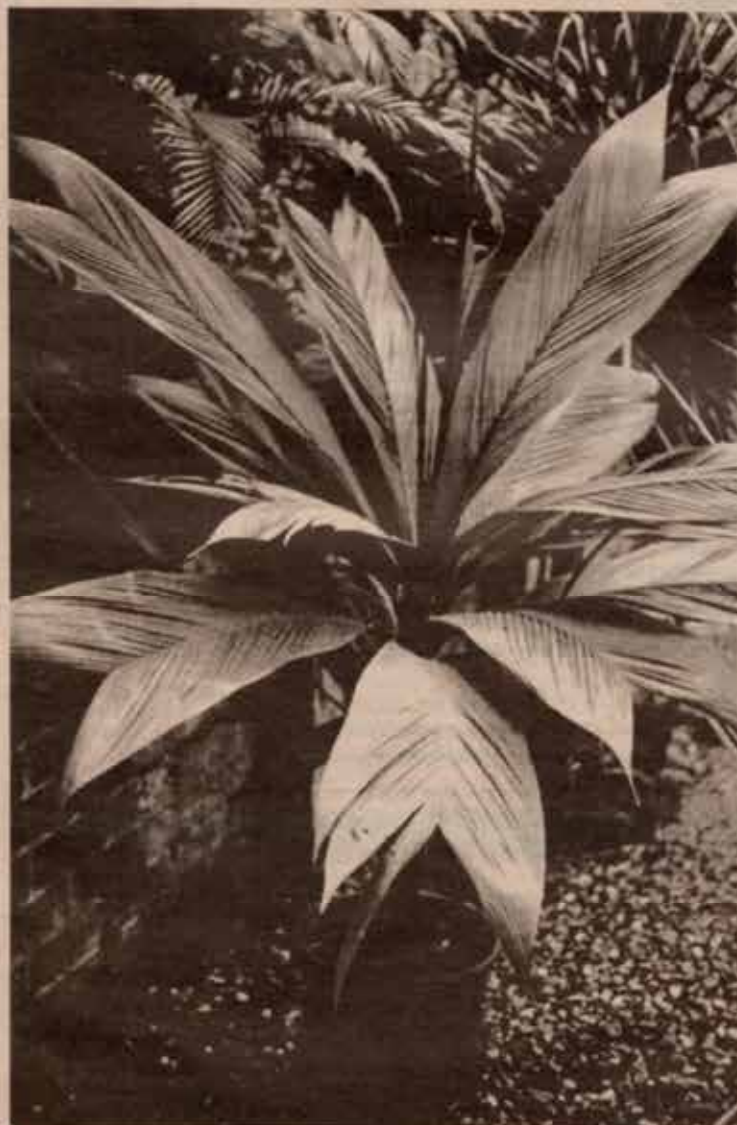


Politics in the Pub

Lots of excellent information and discussion on Firearm Legislation at our last meeting and fine nibbles supplies by Una. Next Month we will discuss the Wik Decision. Are we compensating for past sins; or is it just another hand out?

Third Wednesday
Monthly - This Month
18th July;
Fitzzy's Lounge
6.00pm. Members \$5-
Casual \$10-
Authorised M Freeman,
10 Morong Street Kuranda.

ASTEROGYNE MARTIANA



Found in Southern Mexico, Central America and Colombia, the Asterogyne martiana palm requires a tropical to subtropical climate and well drained soil. Shady conditions and humidity are required while young. Staying in a rosette shape it can grow up to 2m, a beautiful palm with each new frond a reddish colour. Ask for one at your local Garden Centre.



A number of Kuranda Nurseries will be exhibiting at
THE 1997 CAIRNS TROPICAL GARDEN SHOW
held in the Cairns Convention Centre
June 27-29.
Scarecrows will be featured!!!

Photo K. Buhler

FIBRE CROP OPPORTUNITIES EXAMINED IN NEW BOOK

The potential for growing and utilising non-wood fibre crops in Australia is highlighted in a new book published by the Department of Primary Industries. Fibre Crops: New opportunities for Australian agriculture by Ian Wood - Australia's foremost fibre crop agronomist - provides the reader with a worldwide perspective of the history, characteristics, uses and production statistics for: abaca, flax, industrial hemp, jute, kenaf, ramie, roselle, sisal, henequen, sugar cane bagasse and sunn hemp. Cotton is excused, as it is already a well-established industry in Australia. The author also comments on Australian commercial prospects for the crops, and provides contact details for specialist advice and marketing information for each crop. Brief descriptions are also provided for 12 other minor fibre crops with limited modern commercial scope - although the author notes that the leguminous genus Sesbania is represented by ten species in tropical and subtropical Australia, and could have some potential for commercial development. Commenting on the new book, DPI's General Manager for Field Crops, Don McNee, said that the fibre crops discussed by the author have potential for a range of uses including paper, textiles, upholstery, rope, insulation and building boards. He said the seed of many fibre crops could also be crushed and the resulting oils used in cosmetics and soaps. "As well as being of great interest to Australian farmers and scientists, Ian Wood's book will appeal to a wider audience," said Mr McNee. "It will encourage further study of the potential for the commercial production of new fibre crops in Australia, and it will stimulate discussion on processing and marketing strategies for those crops," he said. Fibre Crops: New opportunities for Australian agriculture sells for \$25 plus postage and handling, if applicable. Orders can be placed at a DPI office or phoning (freecall) 1800816541.

Article prepared by DPI Public Affairs.

50 YEARS AGO

NEWS OF JULY, 1947

- 11st. China: Chiang Kai-shek orders the general mobilisation of Nationalist troops against the Communists.
- 1st. NSW: The Government introduces a 40-hour week for workers under state awards.
- 1st. Brisbane: The Camp Mountain train inquiry finds excessive speed caused the crash; crew found guilty of breach of duty.
- 3rd. Australia: Sugar rationing ends.
- 5th. Wimbledon: Jack Kramer beats Tom Brown in the men's singles final; Margaret Osborne wins the women's singles title.
- 7th. UK: There have been 50,000 divorces so far this year, compared with 10,000 a year before the war.
- 13th. London: The Government says Princess Elizabeth will get extra ration coupons for her wedding dress.
- 19th. Rangoon: The Burmese Premier U Aung San is assassinated.
- 21st. Dutch East Indies: Dutch troops move against Indonesian nationalists in eastern Java.
- 24th. London: Britain's first atomic power station will soon start up at Harwell, Berkshire.
- 30th. Canberra: Chifley says he has requested UN intervention in the conflict between Indonesia and the Dutch.

SHEP



The cover of the new package.

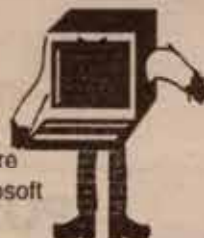
QUEENSLAND parents will be able to give their young children a great start on early literacy and numeracy following this week's release of a unique package by the Office of the Queensland School Curriculum Council.

QSCC curriculum development manager Barry Salmon said the *Hand-in-Hand* package was the first resource of its kind to provide practical suggestions for parents to develop their children's literacy and numeracy skills before they started school.

The QSCC will distribute 3000 packages for parents to borrow from state and non-state kindergartens, preschools, childcare centres and early childhood resource centres across the state.

THE KURANDA PAPER COMPUTER USER

BANKING on The internet



Advance Internet Banking, which uses secure transaction technology, is available to Microsoft Windows-based customers registered with QuickPhone service. You can see information such as account balances and recent transactions on your transaction, savings, Visa, and home loans accounts. You can transfer funds between your own personal or business Advance Bank accounts. You can pay bills, or send funds to specific accounts you nominate - even at other banks! You can buy ecash to spend at ecash accepting Web sites. And now, you can check out our investment rates, and if you like them, open a Term Deposit Account, online! **Note:** Please ensure you are using Version 6.0 of Internet Banking program. Due to security enhancements, earlier versions of the Internet Banking program will cease working soon.

TIPS OF THE MONTH For Win95

Prevent CD-ROM AutoRun.

Sometimes Windows 95 is just too automatic for some of us. Like when a CD-ROM is inserted into the CD-ROM drive and it automatically starts playing some welcome gizmo or running a Setup program. This makes it difficult to simply browse the content of the CD with Windows Explorer. For a one-time solution, press and hold the [Shift] key while inserting the CD (this could be a little awkward depending on which hand you use and where your CD-ROM drive is located!). If the CD-ROM AutoRun feature really bothers you, then for long-term fix, do this: right-click on My Computer, select Properties, then select the Device Manager tab. Double click on CDROM and select your CD-ROM drive. Click Properties, then the Settings tab. Turn off the "Auto insert notification" option. Click OK twice and restart Windows for the change to take effect.

Cleaning up old files in W95

If you decide to prune dated Windows 3.x files, start by sorting the Explorer display by file date and time, then marking and deleting those that are either from 3-10-92 at 3:10 am (which are Windows 3.1's files) or 11-01-93 at 3:11 am (which are Windows 3.11's files) or 12-31-93 at 3:11 am (which are Windows for Workgroups 3.11's files). Again, proceed with GREAT caution here, as you may wind up having to re-install Windows 95 to replace the missing files with newer ones.

If you have any tips (Including Mac) about any program why not send them into the paper or email me at: bedwards@caims.net.au Saddhen

Kuranda State High School
- Myola Road. The earthworks are under way, the foundations are down and in a few weeks you will be able to see the buildings go up!

Watching The Space?
To find out what is going on come along to a High School Meeting - Tuesday 8th July 7.30pm at the Primary School.



EDUCATION VIEWS

QUEENSLAND'S maths and science education rates among the best five countries in the world, according to an international study released this week.

Overall results in the Third International Maths and Science Study saw Queensland primary students ranked fourth in the world in science and fifth in mathematics.

In science only Western Australia, Korea and South Australia ranked ahead of Queensland students, while Queensland scored ahead of Japan, USA and the top European countries.

Only Singapore, Korea, Japan and Hong Kong scored higher than Queensland students in maths.

The top Queensland students were on a par with the top Hong Kong students in maths, though there was a greater range of scores from Queensland students.

Queensland's maths results were well ahead of those from USA, Canada, England, New Zealand and Thailand.

The study, released by the Australian Council for Educational Research on Wednesday, sampled populations of nine-year-old students from 26 countries.

Director-General of Education Frank Peach said he was pleased with the findings of the study.

"These most recent results are confirmation of Queensland's high standing in the international education arena," Mr Peach said.

"They are even better than the preliminary results released late last year which saw our Year 8 and 9 students finish in the top nine countries in the world in maths and science.

"Queensland primary students finished well above the international mean in both mathematics and science.

COMING SOON !!!!!

to your local school **MOVIE** theatre **FAMILY NIGHT**
AUG 14th

Latest Release **MOVIE**

Popcorn, Sausage Sizzle, Drinks, Tea/Coffee

ADMISSION FREE

Compulsory **LUCKY DOOR**
STAY TUNED !!!!!!!

Kuranda State School P & C Fundraising Committee



Kuranda Youth Art Competition

Kuranda Arts Coop

TO ENCOURAGE PROFESSIONAL DEVELOPMENT IN THE VISUAL ART AND CRAFT OF THE YOUTH OF OUR COMMUNITY

CATEGORIES

- ◆ AGES 12-15 - 2D
- ◆ AGES 12-15 - 3D
- ◆ AGES 16-19 - 2D
- ◆ AGES 16-19 - 3D

PRIZES INCLUDED:

- ◆ COOP PRIZE - \$100 ART SUPPLY VOUCHER
- ◆ M. GOMPERT - FREE JEWELLERY WORKSHOP
- ◆ KURANDA PHARMACY - \$75 KODAK STAR 320 MD CAMERA
- ◆ NEW TO YOU - \$25 VOUCHER
- ◆ GREENHOUSE - GIFT VOUCHER

CONDITIONS

1. ENTRY FORMS TO BE LODGED BY WEDNESDAY 23/7/1997 AT KURANDA ARTS COOP
2. MUST BE KURANDA RESIDENT
3. TWO ENTRIES PER CATEGORY ONLY
4. MUST BE DELIVERED TO SHOP ON FRIDAY 25/7/1997 OR BETWEEN 8.30&9.30AM SATURDAY 26/7/97
5. NO RESPONSIBILITY TAKEN BY COOP FOR ARTWORK
6. ART MUST BE PICKED UP BY 4PM SUNDAY 27/7/1997
7. COOP HAS RIGHT TO DISPLAY WINNING ENTRIES FOR ONE WEEK AFTER.

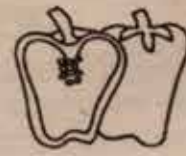
Entry Form - Kuranda Youth Art Competition

NAME _____
 AGE _____
 CATEGORY _____
 TITLE _____
 APPROX. DIMENSIONS _____
 PHONE _____
 ADDRESS _____

* ONE FORM PER ENTRY TO BE LODGED BY WEDNESDAY 23RD JULY 97



Kuranda Kids News



Page compiled by Wendy Colefax and Emma Bushekens

GARDENS GALORE

How To Make a Scarecrow

What You Need

- *Two pieces of thick bamboo & one thin piece
- *Nails, hammer
- *Old clothes: long pants, long-sleeved shirt, gloves, vest [if necessary].
- *Straw, hay
- *Old hessian bag (for face)
- *Rubber bands (three) & lots of string.
- *Glue [super if possible].



How To Make The Scarecrow

1. Tie the two pieces of thick bamboo with string & nails in a cross or an X shape.
2. Nail & tie with string the thin piece of bamboo to the body for the neck.
3. Put the clothes on apart from the gloves.
4. Fill the gloves with hay & put them on the arms with rubber bands.
5. Stuff the scarecrow with hay.
6. Stuff the head with hay & put it on with the rubber bands to the thin piece of bamboo [the neck].
7. Glue the shoes to the legs well.
8. Glue a wig, or thick straw on to the head & add hat.

Our Success

The scarecrow was not very popular at first because he fell over in the corn of our garden. Now, he is loved by lots of people in the school grounds.

Tips

1. Carrot for nose
2. Straw for hair
3. Patches on jeans
4. Flannelette for shirt
5. Straw hat
6. Fake mouse in shoe or vest pocket
7. Old buttons for eyes

Rochelle Woodbridge, Ellen Wyatt & Mia McCulloch

Kuranda Village Herb Farm

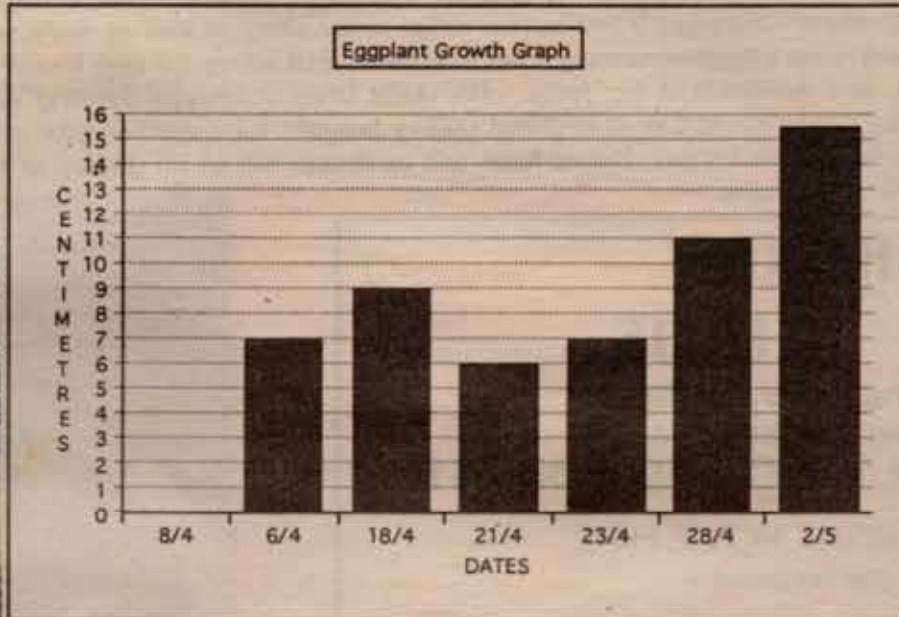
In May 8Sc visited the Village Herb Farm. They have been experimenting with herbs from their garden. So far the favourite recipes are Cheesy Dill Dip & Tabbouleh [See recipe below] The Basil Pesto was a disaster!

Cheesy Dill Dip

- *250g cream cheese
- *chopped dill foliage
- *4 tspns cream
- *4 tblspns chopped chives
- *2 tspns lemon juice
- *salt & pepper to taste

1. Blend cream & cheese together.
2. Add remaining ingredients.
3. Mix well.

Enjoy with your favourite water crackers or bread!!



This graph represents how my eggplant grew. On the 21/4 someone vandalised our garden. Three eggplants were pulled from the ground. One of the plants that had been pulled out was shared between my friends and I. As you can see on the graph above my plant had been vandalised, that is why the plant got smaller by three centimetres.

Ellen Wyatt



Christopher Wright, Daniel Veivers, Nick Paton & Tom Pierce.

Sad Tales!!!!

Our lettuce was harvested on 30th May. One of Tom's lettuce broke open & he had to throw it away. Daniel had some problems too. His leaves kept falling off & his lettuce didn't taste so good. They weren't as big as Mr Norfolk's. His kids' lettuce are big because they are a different type.



Soren Skyrme, Aron Banks & Rowan Carroll

Happy Tales!!!!

The boys from Year 7CD in their garden with the first crop of Crystal Apple Cucumbers.

Garden Diaries

Tuesday 15th April

Dear Diary

On 8th & 9th April we planted our first plants. Today we will go up & measure how tall they have grown. The stakes are up, the stepping stones are in & the weather is great! A few days ago we put in a rain gauge. The most rain we've had is 8mL. Last time I saw the plants they had already sprouted & I can't wait to see them again.

Misty Brandt

Tuesday 15th April

Dear Diary

Nearly all of my tomatoes have died except "Lost" one of my tomatoes. But Mr Sack gave me & Rhiannon Skyrme some more tomatoes to plant to replace our dead ones. Some people who planted lettuce picked them on Friday & ate them in different ways. We made a watering roster & that is working out very well. We are also going on with fertilising & that is what is making our garden grow amongst other reasons. The class are making growth graphs & some are going to be in the Kuranda paper. We also have not had any vandalism for a few weeks now and I am glad we haven't. Some of our corn has been broken as have one of my tomatoes. Some of the tomatoes have got flowers & one of them has a green tomato on it.

Sarah Freeman



Fiona Robinson with her first Pak Choy.

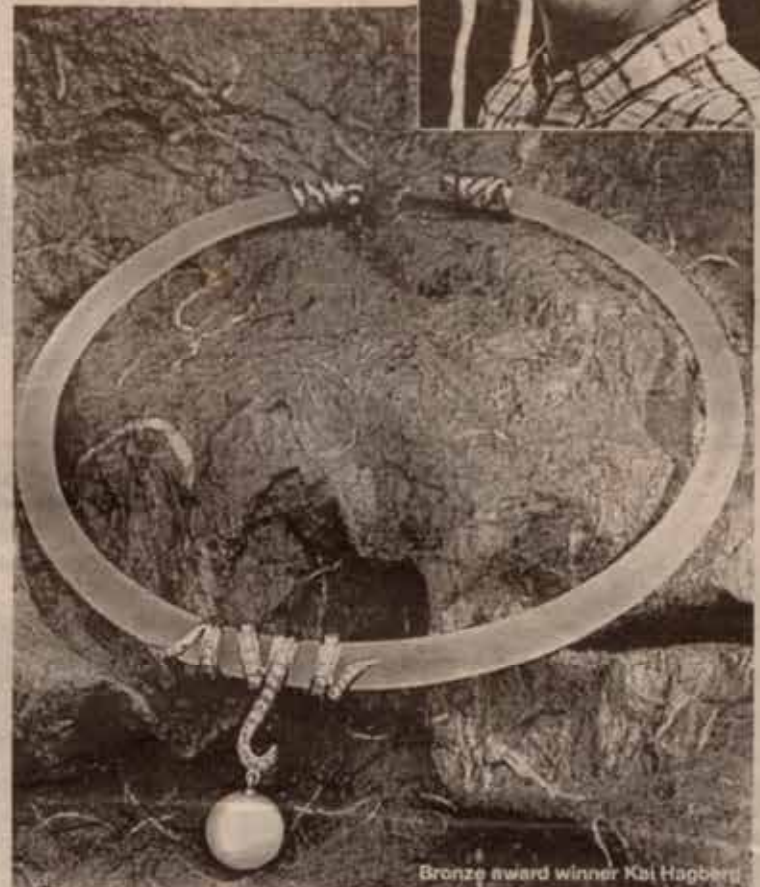


Thanks Mr Sack for a great gardening experience!

WATCH THIS PAGE NEXT MONTH FOR OUR SPORTING NEWS

ARTIST PROFILE - KAI HAGBERG.

Jeweller Koah resident, Kai Hagberg, recently achieved international recognition for his design skills when he won the Bronze Award for the necklace he entered in the 1st South Sea Pearl Jewellery Design completion in Hong Kong. Ahead of over 150 other designers from around the world, Kai was the only Australian to bring home a prize. The award is a high point in a career which began in 1983 when Kai graduated as a goldsmith in his homeland, Finland. From there he moved onto Switzerland and Darwin before settling in Cairns, where he opened his own retail business in Orchid Plaza. He eventually gave this away to spend more time with his wife and two daughters at Koah. He now works at Loloma Jewellers in Smithfield as well as in his own studio where Kai makes a production range of jewellery as well as more exclusive one-off designs. He moved into bronze casting when a large corporate order enabled him to set-up his own foundry. Kai is also a skilled engraver and expert repairer, but designing is his forte. His quick brain is always thinking out ideas and doodling designs. The recent Bodyworks exhibition at Cairns Regional Gallery brought Kai together with other jewellers including Kuranda's Jesse Raymond and Seanne McArthur. Pieces from this exhibition will be on display at Kuranda Arts Coop upon their return from being shown in Brisbane.



Bronze award winner Kai Hagberg

KURANDA VIDEOS

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* Nintendo and Sega GAMES

4 ANY WEEKLY MOVIES FOR \$10

\$3.00 OVERNIGHT MOVIE HIRE

We have included for your convenience:-

- * Drinks, chips and other refreshment,
- * More Movies

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(Strangled Mango)
40 Coondoo St
Kuranda

BUSINESS HOURS

Mon-Wed 10am to 8pm
Thur-Sun 10am to 9pm

Phone 937 664

Regards Geoff and Stephen

How to be Healthy though Elderly

Fresh AIR and lots of deep breathing can be very helpful in old age, use a chair on the verandah or in the garden (if not raining). Drinking 6 glasses of water a day is recommended by the Dr, but in cold weather I prefer herb tea which is warm. I brew up my Bush Basil, with fresh ginger root, celery leaves and garlic chives. I am sure my early morning drink of this has improved my health since I started adding a handful of Bush Basil leaves and simmer the brew for 1/2 hour. Keep it warm in a thermos flask. A spoon of honey in the drink makes a pleasant drink. The lovely yellow Jacibina full of BIRD life and the yellow poinsettias are a delight for my old eyes.

Marjorie Spear



TRANSMISSION STARTS..... THE LAST SNORKPOD IN MECCA..... PART THE FIRST

Now you know if I tell you I'm an alien, some of you will turn straight to the thoughts of Merilli, but that's OK. Maybe you'll come back later. Meanwhile, for those of you who've decided to keep reading....

Hi, I'm Snorkpod, Snork for short. And I know you've all got different pictures of what 'alien' means, ranging through, but not limited to: - A person without a passport, migloo, the neighbours, anyone on Channel 10 News, Mareeba, a being from another planet In which case you musta been at Susie's party: - (overheard)

"Oh Yes, Shakti and I are from Arcturus 4, we found out at the Workshop last weekend."
"Really!? Bruce and I are from Sirius the Dog Star and Dog spelt backwards is God, which means we're spiritually more advanced."

Yeah well ... one of the above is correct. I'm not here to change your pictures but maybe I'm a liar, 'cos you know what liars those aliens are.
"Dress and act like a local" they told me before I left. So I hung wid me Yabba's and did latte's in the coffee shop and whinged about buses and tourists (too many/not enough) and watched Mark enfrogulate in the PO. I heard Zen and ganja and spiritual bankruptcy and DSS. and 27 unemployed liontarners in Kuranda and The Ark that's gonna surf The Falls next Wet. I cruised the Markets on Sunday and did Frogs while recovering from that Saturday night party at "Where was I?" Oh Yeah....
Nice Village in the Rainforest concept... beats the hell outa "Happy Albania" or, as Manuel Noriega says, "Visit the U.S.A before the U.S.A. visits you" Cruisy piece of the planet. But what's it all about?

Can anyone tell me? Is it about a Village in a Painforest or something else? Is it about standing still or being on a journey? Like/Dislike? Act/React? Conscious/unconscious? Sparkling Bonkpits what's going on here? I'm lost.... but hey... you know what liars those aliens are.

But I swear on the last bounced Czech my Grandfather threw that it's all true. All an illusion and all true. I think that's called a paradox which is either:-
(a) a very powerful drug coming to a dance party near you and so named because of the utter confusion it causes.

(b) Life, the universe and everything
(c) Something that seems to contradict itself or conflict with common sense, but which contains the truth. Year well... two of the above are correct, but you know what liars those aliens are. But this is pretty alien to me. I once asked Sparkling Bonkpits my greatest teacher "Why are you so happy?" "More to the point, why aren't you?" he replied, I thought about that for a long nong.

"How could anyone be happy? Wars, disease, unemployment the economy, the neighbours, my significant other"

"Ah yes" said Sparkling Bonkpits "but that's all about other peoples lives. What about you? Why aren't you happy?" I thought about that for a longer nong. .

"Because I have this voice in my head and whenever I start to feel happy it sneaks up behind me and tells me how awful life is, how useless I am how if only I'd done ... or if only I'd said ..."

"Ah yes" Said Sparkling Bonkpits, all lies."

But you know what liars aliens are.

SNORK OUT
TRANSMISSION ENDS

SNORKPOD

Frogs Restaurant Coondoo St Kuranda

Frogs Alive

Sunday Afternoon

Live Music Session

3.30pmonwards
All drinks discounted by 20%
HAPPY HOUR SPECIALS
between 3.30pm - 4.30pm
NO COVER CHARGE
Full meals & light snacks always available



Seanne McArthur
Jewellery Artist

LABYRINTH DESIGN

Gold, Silver, Australian Gems
Contemporary Jewellery
& Holloware

PO BOX 612 KURANDA 4872 QLD
TEL: (070) 93 8015 / 93 7511

Tuition available

A COOKED FOOT

As I lay upon the Mareeba hospital bed...
 Me leg slung in the air;
 Me foot tis like a burning flame....
 And to touch it I not dare;
 A lump it throbs within my groin....
 Portending something crook;
 And I think again of the time back when...
 Me foot did bloody cook!

Now way out at banyan station....
 Where the horses roam quite free;
 They deposit large loads of manure
 Neath every Iron and Bloodwood tree;
 It dosent take long to build up....
 Till it soon becomes a maze;
 Then we rake it all up into piles....
 And with a match set it ablaze!

Now the odour of the burning dung....
 Is very pleasant to the nose;
 It smells of bush and earthy things...
 Not the poofter smell of rose;
 It keeps the flies from off me tucker....
 The mizzies off me hide;
 You try this trick one day old mate....
 An yell know I havent lied!

Well, twas late on in the evening....
 As Venus rode the sky;
 The swirlin of the burnin dung....
 And the Curlews lonely cry;
 Awake the inspiration of me soul....
 A verse I had to rhyme;
 So to me camp I staggered back....
 In these bare feet of mine!

Well, a rhyme was roamin in me mind...
 As I stumbled through the Haze;
 My eyes intent upon the stars above....
 I didnt spot the blaze;
 And when me mind recited scraps of rhytm
 A song upon me lip;
 Into a heap of smoulderin dung...
 Me right foot it did trip!

Well, I roared 'n' howled 'n' hollared...
 Vile curses to the sky;
 As I madly hopped around the flat...
 Sending sparks and embers high;
 Now the verse it was forgotten....
 Me mind the rhyme it fled;
 And the pain it took a-hold of me...
 I wished that I was dead!



Well, the days went by as me foot it throbbled....
 The blisters burst me boot;
 And if I only had the guts....
 Meself Id bloody shoot;
 But I was saved from doing it....
 By Molony my ols mate;
 Who pack me off to mareeba hospital....
 Before it was too late!

Yell lose yer leg n wear a peg....
 He said with humour grim;
 And for this solid - sound advice....
 Ill lift me lid to im;
 He may be hard as ironbark....
 The truth it to be told;
 But lurking neath that bushmans chest....
 There dwells a heart of gold;

Now, back at Mareeba hospital....
 The girls lookafter me;
 They pump me full of anti-bugs....
 Me system to be free;
 They feed me up great tucker....
 And tell me things thats wise;
 And I think that the time that i cooked me foot...
 Was a blessin in disguise!

So, to the Mareeba Hospital staff....
 I dedicate this verse to you;
 Cause if it was not for ye girls....
 I dont know what Id do;
 Ye nursed me poor foot back to life....
 Ye did yer best ye did;
 So, heres to ye all from Scullin....
 This Rebel Widout A Quid!

Sean Scullin



KSS TO THE RESCUE

Rain has repeatedly delayed the painting of the recently installed playground equipment in Centenary Park. Finally this month the Kuranda State School came to the rescue with willing hands and for once the sky remained clear. Students, under the direction of artists Amanda Page and Martin Joy and Mareeba Shire Youth Development Officer Megan Byrnes 'Kuranda-ised' the playground using free form painting and stenciling techniques. The acrylic stencils were inspired by drawings of local wildlife by Kuranda children and are re-usable and available to community groups for other creative projects. The artists and stencils were funded through the RADF [Regional Arts Development Fund] with matched funds from Arts Qld and Mareeba Shire Council.

BINGO IS BACK IN KURANDA

SUPPORT OUR LOCAL PENSIONERS
 CWA Hall Saturday Arvo 1-30pm
 Every Saturday



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PRESENTS



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 Friday July 4, 7pm

Full Menu Available Until 10 pm.
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"DANCE WITH THE DEVIL"

Am I losing * All sense of perspective?
 Will I take just * One more step, and fall?
 And who's to tell me * I'm skating on thin ice
 When the writing's * Up there on the wall?

"I can control it * We say at the start
 Then, "just one more hit" * And everything's nice
 Then, you wake up sick * One morning - the choice gone
 You can't control it * You're gone through the ice.

Those who've been there * They can draw a picture
 Those who've done that * Can speak the thousandth word
 But it won't stop us * The ones who choose to taste it
 And only after * Can we say we've heard

Once you've been to heaven * You keep wanting to go back
 When you end up in hell * It's so hard to find the track

Have I lost it * My sense of perspective?
 Did I even * Have one to begin?
 How many told me * I skated on thin ice
 But I just ignored them * And plunged headlong in.

by Fiona F
 January 2 1997
 (from Vol. 4, Ed. 4 of DART magazine)

↓ ↓ ↓ ↓ ↑ ↑ ↑ ↑
OXYGEN THERAPY

AQUA-SHIELD H2O2 + COLLOIDAL SILVER
Oxygen is a vital source for our bodies sustenance. Within our bodies we have a natural ability to produce H2O2 in peroxides, which kills pathogenic (dis-ease forming) organisms and also oxidises toxins and insoluble wastes to soluble and excretable wastes, are existent in healthy body cells. For us to perform to our full potential we need as much oxygen as possible. The "Chlorine Process" treatment of our water works by forcing the Oxygen out of the water. our atmosphere percentage of Oxygen in 1990 was 19% (lower in some cities) at 7% asphyxiation occurs. Oxygen Therapies are only effective because we are already suffering from Oxygen deprivation.

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1 Ltr of H2O2 makes up 200 ltrs of oxygenated water at a cost of \$30 per ltr. AQUA-SHIELD markets a range of OXYGEN THERAPY products approved by the National Health and Medical Research Council. FOR MORE INFORMATION PLEASE CALL IRENE on 939 228.

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**SPECIALISING IN: Swedish, Remedial and Shiatsu
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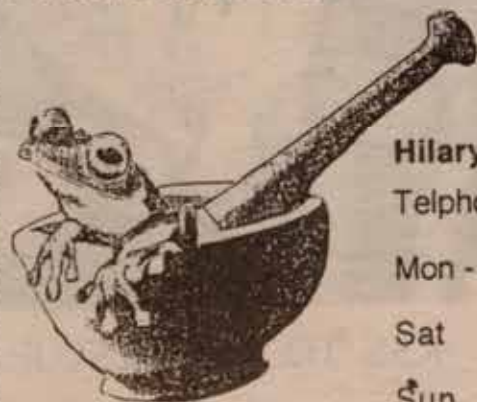
Many of us are missing the essential vitamins and minerals because our diet does not include them, one way to alleviate that problem is to supplement your diet with 100% natural organic fruits and vegetables.

If you have circulation problems or suffer from arthritic pain or stiff joints an excellent way to overcome these problems is by supplementing with Salmon Oil. Many athletes today rely on such supplements to keep their joints from stiffening up and creating pain after heavy exercise. Another example would be if you suffer from tiredness or chronic fatigue, what is needed to give you that extra energy and alertness would be a product called Nourishoke which is a protein and carbohydrate drink which contains 22 amino acids, essential for renewing and replacing the cells in your body as well as giving you the energy to overcome tiredness or chronic fatigue.

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51 WARREN DRIVE
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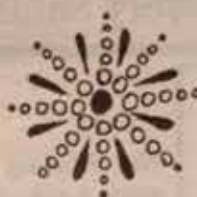
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Let the healing energies wash over you
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JULY 19th & 20th

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LION'S CELEBRATE 21ST CHARTER ANNIVERSARY

At a dinner meeting at Kuranda RSL Sports and Social Club on Saturday 31 May, Kuranda Lions and their guests celebrated twenty-one years of service to the Kuranda community. Charter members, Lions Ken Veivers, Ray Mesh, Bruce VanderWeyde and Dug Stratford shared the honour of cutting the 21st cake prepared by Lion Yvonne Dighton. Also at the dinner was Past District Governor, Peter Crozier, who had been present at the charter twenty-one years ago. Peter was accompanied by his wife, Vice-President Governor Elect, Maryann Crozier. Mareeba Shire Mayor, Chris Lewis, proposed the toast to Lions' International. In his toast Chris stated that his attendance at service club changeovers was an indication of the value he placed on their work in the shire. The club is most appreciative of this recognition. Kuranda Lions Past President, Carol Jeanes, presented a cheque for \$200 to Terry Eager, for Kuranda Blue Nurses, and for \$600 to Trevor Clark for Kuranda Ambulance. The dinner was also the occasion for the installation of 1997/98 office bearers. Vice-District Governor Elect, Maryann Crozier, performed the installation of President, Bob Hammond, Secretary, Yvonne Dighton and Treasurer, Ken Veivers. First, Second and Third Vice Presidents are Werner Drescher, Dug Stratford and Brent Hammond. Werner Drescher is Shadow Treasurer and Brent Hammond, Shadow Secretary. At its meeting on Monday 16 June, the club discussed community projects for 1997/98. We'd be interested in hearing from any community group that needs assistance. Our Tourist Terrorist, Col Jeanes, has returned to his FUNDRAISING activities and the First100 Club Board since November 96 was drawn-winners 1st Jenny Scholte \$60, 2nd Peter Dickensen \$30 and 3rd, May Porteus \$10. Please support our FUNDRAISING activities to assist the Kuranda community. Our apologies for the cancellation of the Adventures in Paradise Cancer Appeal Fund raiser. Lions Merry-go-Round is available free to any local charity group and for a reasonable hire fee to any outside groups. Lions meet at the Fallon Road RSL Sports and Social club -7.00 for 7.30pm on the second and fourth Mondays each month. If you are interested in attending a meeting, please contact Lions Bob Hammond-939143. Yvonne Dighton-937016 or Ken Veivers-939079. WE SERVE



Charter members, Lions Ken Veivers, Ray Mesh, Bruce VanderWeyde and Dug Stratford

The Burning Issue

Picture this scenario - a cold winters night. You have just returned home from a pleasant evening out, only to be confronted with your house on fire as you pull into the drive. You dial 000 and within minutes the Fire Service arrives. They immediately locate the yellow hydrant indicator marker on the bitumen, rush to where the hydrant should be and Lo and behold, it is missing. After several frantic minutes of searching the hydrant is located - under years of soil, grass, rubbish and dirt. It takes a good 10-15 minutes to dig it out and clear it to a functional state. Now nearly 1/2 an hour has elapsed and the house is beyond saving - the aim is no longer protecting the house but dampening down and cleaning up. Remember it only takes 5 minutes for a house to burn to the ground. All the while you keep thinking, if I had spent that 15 minutes last time I was doing the gardens, and cleaned the hydrant, I would still have a home. The above scenario is so unnecessary and completely avoidable. The Kuranda Fire Service spent several hours this month doing routine hydrant checks and it was disturbing to note that at least every 2nd hydrant was completely blocked or inaccessible to a certain degree. If you know you have a hydrant on your footpath please keep it clean - it doesn't take much and, in an emergency, could save lives or property. The hydrant checks were not all doom and gloom - some properties were very good with clean and accessible hydrants - good effort. Winter is here - so too is drier weather and an increased fire threat, not only in the yard but inside the home. Please take care using heaters, electric blankets and fires. Also keep an eye on children around heating appliances. Until next month. Ima Firey

AMBULANCE UPDATE

by Trevor Clark OIC

GENERAL:

The end of June and the financial year and what a cold month it has been. Anyone would think it was winter. (Southern type that is) We have had neighbours for about two weeks. An Army unit moved in next door as a support unit for their mates out along Black Mountain Road on training exercise. They told me it was a lovely area but couldn't believe how wet and cold it had been. They had heard all about the northern winters but unfortunately picked the wrong fortnight for the exercise. However they did assure me that they had enjoyed their stay and would like to revisit.

STATION NEWS: Once again June has run to our average monthly callouts of around 40 for the month. This figure has been fairly consistent for the year. Being the end of the financial year with stock take, auditors, annual reports etc., I have looked at the situation here at the station and find that we are in a fairly comfortable position with our equipment and facilities both in the unit and in the station. With that in mind I would like to thank Lions, Rotary, Local businesses, our Local Ambulance Committee and the people of Kuranda and surrounds for their donations and support throughout the last twelve months.

RAFFLES AND FUNDRAISING:

We hope to have a raffle under way shortly when I'll again be around to give you all a chance to win. Possibly something Horsey. More on that soon. We are going to run a Quiz night in late August. Lots of fun, no experience needed, lots of prizes. All you need is a team of four, a sense of humour and be ready for some not so serious competition. Details of how to enter, when and where in next months paper. (or see Trevor or Jim)

LOCAL AMBULANCE COMMITTEE:

A reminder to all community groups of community spirited people that the AGM and Biennial election or Office bearers and committee members will be held in August (at a date to be notified next issue). If you are interested in becoming involved with your local Ambulance service, to act as liaison between community and the service, to assist with fund raising and, help maintain and/or improve the standard of services to your local community, then give one of these people a ring to find out more. Jim Mealing (Pres) 937639, Louise Thorpe (Sec) 937102, Beryl Blakey (Tres) 937230

SUBSCRIPTIONS:

It's encouraging to see that our subscriber base is improving but, we would like to encourage more people to consider becoming a subscriber rather than face the alternative of that unexpected big account to pay. If you find that the end of the financial year has left finances a little flat, remember you can pay 6 months subscription which will allow time to get back on your feet. Just see Mark or Kathv at the Post Office, they will be happy to assist.

HOME FIRE POISONING!!

A cosy fire at the end of a winter's day or to keep the damp at bay, can be a delight. But take care WHAT you burn: keep it natural. Don't burn treated off-cuts or building scraps with paint, glue etc, no ply or veneer. These all contain a lethal mixture of toxic substances including arsenic and cyanide. And the ash resulting from the burning of these materials is also toxic to plants & would accumulate in your system if used on plants to be eaten.



TREVOR'S TIP:

FRACTURES:

Fracture is the term used when a bone is broken. Fractures may be caused by:

- * Direct force (the bone is fractured at the point of impact)
- * Indirect force (a fall on an outstretched hand can result in a fracture at the wrist, elbow, shoulder or collar bone)
- * Abnormal muscle action (the kneecap can be fractured by a sudden contraction of the attached muscles)

Remember to handle the patient gently to lessen the nervous reaction and pain, and immobilise the injured part or limb in as natural a position as possible without using force.

SYMPTOMS:

Pain, swelling and tenderness at the site, later giving bruising and loss of function.

SIGNS:

Deformity, abnormal mobility (movement). Haemorrhage at the site.

TREATMENT:

- * Control any haemorrhage (bleeding)
- * Cover wound
- * Support the injured limb in a natural position
- * Splint the fracture - immobilise the joint above and below the support site. Pad any bony prominences
- * Handle the patient gently
- * Reassure the patient
- * Treat for shock
- * Seek Ambulance medical aid on 000

A THOUGHT FOR JULY

This month we open our Bibles at St. Marks Gospel and we read Chapter 6 v 1 - 6. Familiarity often breeds contempt or so we are told. Familiarity can very easily blind us to the great gifts and resources available to us in another person. "Jesus comes to His own Country". It is not an easy thing to do; it takes courage. For our own lives the phrase "our own country" can mean those situations and places where we are very well known where we cannot impress people as we can when we are not known. It takes a certain security in us to return to such places. We have only to think of minor decisions in our lives, such a setting out for a school or college reunion after the passage of a few decades! Will we be recognised? Will we have to endure that hurtful or silly nickname we have succeeded in getting rid of in the intervening years? Such fears may sound minor and silly but then our vulnerability's are often focused on silly minor things. We read in the passage that "His Disciples followed Him", again it was courageous of Jesus to allow this. He did not know how He would be received. He did not know how He would be made to appear by these men who looked up to Him as teacher and leader. By having them come to Nazareth He was risking being stripped of these rules. We see here the immense personal courage and inner security of Jesus. "He began to teach in the Synagogue"; we often find Jesus at public worship. Anyone who tires to portray Jesus as distancing Himself from the Religious life of His time is faced with the fact that Jesus validated the Synagogue by His presence. Critical He certainly was but He did not live an isolated personal spiritual journey. "What is this wisdom given to Him? Is not this the carpenter? What took place is sadly typical of such encounters. Jesus' words move people, but a strange thing happens. If He is a child of the community then how can He be exceptional? Quality is denied by familiarity. If this man grew up in Nazareth then He must be ordinary like everybody else, no matter what He does or says! Because there is a lack of trust, Jesus captivity to heal is limited. We can easily presume that great gifts cannot be among us, because if they were we would not recognise them! But often we do not. There is truth in the joke about an expert being someone more than 10 kilometres from the town they live in. After centuries Jesus' statement about Prophets being unrecognised in their own country is still a common expression; this indicates how true it is. We need to take care not to dismiss our Lord to-day when He tries to reach us through the mind or voice or work of someone well known to us. Someone whom we are tempted to dismiss as "only so and so". This is the Good News for July.

NEWS FROM ST. SAVIOUR'S

St. Saviour's congregation joined many across Australia in Special Prayer during the Week of Reconciliation. One prayer had been especially composed by Bishop Arthur Malcolm of Yarrabah. The Weeks of Prayer and the Reconciliation Conference prepared the foundations for the road to full reconciliation and the renewal of the Nation, a united Australia which respects this land of ours, values the Aboriginal and Torres Strait Islander heritage and provides Justice and equality to all. A group from St. Saviour's has just completed an ALPHA Course; this Course of Christian instruction is given over a period of twelve weeks and is based on Biblical Teachings. ALPHA will be run again later in the year.



**THE ANGLICAN
CHURCH OF AUSTRALIA**



**ST SAVIOUR'S
KURANDA**

WELCOMES YOU TO WORSHIP

SUNDAY MORNINGS

8.00AM HOLY COMMUNION (SAID)

9.30AM FAMILY EUCHARIST

AND SUNDAY SCHOOL

SUNDAY AFTERNOONS

5.00PM HOLY COMMUNION (JULY 6TH)

5.00PM EVENING PRAYER (JULY 20TH)

ST SAVIOURS GARAGE SALE

SATURDAY 19TH JULY

8.30AM TO 12 NOON

FOR INFORMATION

FR CHRIS WRIGHT 938735

FR BILL DAVIDSON 938798

**St Christopher's
Catholic Church
Barang St.**

our Sunday Mass will be held
at 6pm.
Wednesday mass
7-30pm



Worship with the
KURANDA CHRISTIAN COMMUNITY
ASSEMBLY of GOD

SUNDAYS 10 AM
Koah Community Hall

Home Bible studies
Wednesday Nights Phone 937028

**SEVENTH DAY
ADVENTIST CHURCH**

Kuranda

Saturday Services

Sabbath School

(all ages) 10am

Divine Service 11-30am

Fellowship Lunch

after Service

Baptism Service 2-30pm

**ALCOHOLICS
ANONYMOUS**

Your whole world can change when you make a decision to try to live without alcohol, just a day at a time. Learn how to do this by attending meetings of AA - a fellowship of men and women who share their experience, strength and hope with each other.

10-30am Sundays Kuranda Hostel
and 8pm Fridays St Saviours Crypt
phone 937 295

The Baha'i Faith

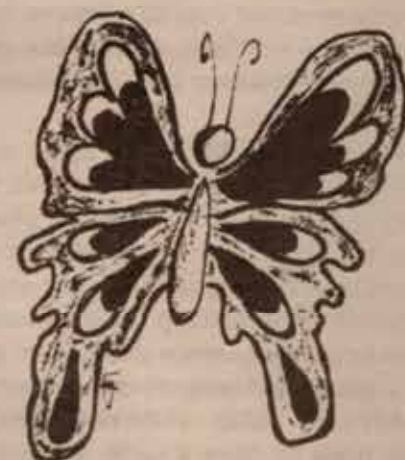
The central teaching of the Baha'i Faith is the **Oneness of Humankind**, which is the practical result of its companion beliefs, the **Oneness of God** and the **Oneness of Religion**. Founder of the Faith, Baha'u'llah (the Glory of God), 1817 - 1892 taught:

"Ye are the fruits of one tree and the leaves of one branch."

"The Earth is but one country and mankind its citizens."

and said that He: *"cherisheth in His heart the desire of beholding the entire human race as one soul and one body."*

For more information or to attend a regular discussion evening please ring 930 311.



GET CURRIED AWAY
AT FROGS RESTAURANT

On the 25th of July a Tucker Cafe will be held in aid of THE CHILDREN OF AFRICA. Funds raised will go to Hope Enterprises, Ethiopia. Hope provide homes, education, food and advocacy for orphans and street kids. Together we have an opportunity to learn, share and celebrate with TEAR Aust. as we seek to respond with compassion to the needs of children in poor communities.

Tucker began in 1983 when a Christian youth group in the south of England opened a restaurant in temporary premises on High Street. They wanted to make a lot of money, not for themselves but to help their brothers & sisters in India. They provided wells for safe water. Many Tucker cafes have been held around Australia since.

In July 1996 a Tucker Refugee Cafe was held at the Koah Community Hall to raise funds to provide solar ovens for the Afghan refugees. A delicious meal of Sri Lankan food was served and the night was a great success. This year again Ramona and crew are voluntarily offering their services for this good cause. Spicy Sri Lankan food will be served. Terry Pates from Frogs Restaurant has graciously made his premises available for the night.

For more information Phone Zana Wright (Rep for TEAR Aust.) on 937028 Bookings essential by 23rd July.

TEAR Australia is a Christian aid and development organisation responding to the need in developing countries by supporting initiatives of indigenous groups and churches.

Tucker is supported by SCRIPTURE UNION, AB-AID, and AUS-AID



Words of Wisdom from Osho

Ro 37 Wisdom?

Each generation goes on giving its diseases to the new generation. They call it wisdom. But what was wisdom yesterday, today is simply nonsense. If you want your children to be wise, never give them wisdom. If you want your children to have a clarity about life and a spontaneous responsibility towards situations and people, don't load them with ideas of good and evil, because they will not be living in your time - and you cannot conceive in what time they will be living, what will be their situations.

All that you can do is make them more intelligent, make them more alert, make them more conscious, make them more loving, make them more silent. So wherever they are their response will come out of their silence and out of their love and out of their alertness; it is going to be good. Don't tell them what is good, but give them the right means to discover what is good in a different situation. But up to now just the opposite has been the case. We are told, "This is good and this is wrong," as if time is standing still and our values will remain values for our coming generations too.

Osho Information Centre, Saddhien. 930291



MAREEBA UNICARE

UNITING CHURCH NEWS

Many thanks to those who helped with the Street Stall to raise money for the Combined Christian Education Classes at Kuranda School. Catholic, Anglican, Uniting, and children of other denominations join together in the Junior School and Anglican, Uniting and others join together in the Senior School. 'Religion In Life' materials used have been compiled by the Joint Board of Christian Education in Victoria in a manner suited to today's childrens educational needs.

Saturday night July 5th we are looking forward to an entertaining evening with members of the Seventh Day Adventist Church - would you like to join us ??? Catch up with Judy Enoch or Krishna Buhler.



KISC

KURANDA INFORMATION AND SUPPORT CENTRE NEWS

Don't forget the Centre has FOOD PARCELS available in an emergency - Kay at Mareeba Shire office has kindly offered to hand them out if KISC is closed during office hours, weekdays 8.30 to 12.30. After hours numbers for food parcels are 938735 or 938718.

KISC is hoping to run a CONFLICT RESOLUTION course in the next few months. This course offers training in 12 skills, including listening, assertiveness, negotiation and mediation. Please leave a message at 938933 or 938718 if you are interested.

Day Respite Centre

[This is the second of a series of articles on the services offered by Mareeba Unicare in Mareeba and Kuranda for the benefit of Mareeba Shire residents.]

Day Respite centres evolved to meet the needs of carers. Carers are people who spend much of their time looking after another person, someone who cannot care for his or her self. Often the carer is a relative - perhaps a daughter who cares for her mother who is aging and can no longer cope on her own, or perhaps a mother whose child is disabled. It might be a man whose partner has been incapacitated in an accident.

In each case the carer is tied to the one for whom they care. Sometimes this can become an almost intolerable burden. In the past, unless a friend or another relative was available to share the load, carers often found themselves isolated and worn out by the constant demands placed on them. In extreme cases, it was next to impossible to take normal care of themselves. Something as simple as getting a haircut could become a huge problem.

UNITING CHURCH IN KURANDA

(Methodist, Presbyterian, & Congregational Churches, joined together in 1977)



All welcome.

Sun. 6th JULY 9.am. Barang St.,
at St. Christopher's Catholic Church.

PR. DON CRACKNELL.

Enquiries: ph. Don Cracknell 921175.
K. Buhler 937348.

Alternative Medicine Also Means Eating in Balance

Natural healing and holistic medicine are ways of treating the human body based on the philosophy that symptoms of sickness are the signs of a body that is either—or both—chemically imbalanced and overloaded with toxins.

Treating a sick body is a matter of cleaning it up, and building it up. Accomplishing this is based on feeding the person a wholesome high fibre diet, and supplementing this diet with the particular minerals and vitamins that the individual seems deficient in based on their individual symptoms and body chemistry evaluation.

As an example, when someone comes to me suffering from frequent cold, bleeding gums, cuts that heal slowly, and bruises easily, it would suggest that they are lacking in vitamin C. A coated tongue is also a good indication of this condition (Note: the color of the tongue from a healthy pink to a grayish brown is also indicative of the livers overall health condition).

For those above, a recommendation would include an increase in their intake of fruit, and possibly a Vitamin C supplement (buffered if the person is acidic).

Of course, this would be on top of getting them to a balanced state with regular eating patterns high in fibre—which is the first step to getting well, or getting better, or both.

This basic emphasis on regular eating three to four small meals a day is because the body likes consistency, and skipping meals or eating at irregular intervals, causes the blood sugar levels to fluctuate up and down. This in turn causes periods of high and low energy, depression and emotional swings as the person's body is either full or starving.

Unexplained irritability, sudden weak spells, craving for sweets, frequent headaches and low energy in the afternoon are often signs of a poor eating pattern, and particularly characteristic of those who skip breakfast, as it is breakfast or brunch that carries us through the afternoon. And, without those carbohydrates in the morning, the body ends up out of fuel in early to mid-afternoon until the lunch meal kicks in.

So, when someone comes to me for advice, whatever the situation, my first directive is to get them to **START EATING REGULARLY.**

That primarily they are to eat a high fibre (fruit, vegetables, cereals, rice and beans) diet, with some low fat dairy and moderate amounts of animal protein as a supplement to the poor quality produce we have today, containing less than 50% of it's normal nutritional value.

And that they get some exercise (20-30min. 3-5 times a week) as a start. Walking is fine. By doing the above things they will be establishing a foundation for long-term health by giving the body the elements it needs to function, namely the minerals and vitamins.

And at the same time, it offers a means by which the body can cleanup and re-balance its own toxic and imbalanced body chemistry.

In addition, the immune system will be supplied with the nutrients it needs to combat disease.

Holistic health and natural haling don't require exotic combinations of magical Herb's tinctures, and supplements, though they can be of assistance.

What they do require is cleaning up the body, and rebuilding it out of mostly simple foods. Start there, establish good habits most of the time, and give yourself time, and slowly but surely you should eventually feel better, function better, and avoid the countless symptoms resulting from too much fat, sugar, and grease, the worse "viruses" of all.

This article is one of a series taken off The Internet which could be of value to those of us concerned with our health. Write in and let us know if we are on track. Saddhen

Governments have become aware that the costs of caring for someone at home are much less than the cost of maintaining that person in an institution such as a Nursing Home. There are also many benefits for the client if a person can remain with their family. For these reasons there has been an attempt to care for carers - to make it easier for people to remain in their own homes because the load on carers has been lightened.

Day Respite centres provide a safe and secure environment where people with disabilities can receive care, allowing the person who normally provides that care to have some time to do the sorts of things that the rest of us take for granted. In the process, it may be possible to also provide benefits for the person with a disability, either through providing social contact or experiences which they might otherwise miss. However, the main aim is to give the carers a break from their 24 hour a day responsibilities.

Several years ago the Mareeba Unicare Committee was approached by people in the caring services concerned that nothing was available for carers in Mareeba Shire. A public meeting was held and this further added to the concerns being expressed. When it became clear that no other group in Mareeba was interested or able to meet this need, Mareeba Unicare agreed to apply for funding to open a Day Respite Centre in Mareeba.

A house at 66 Rankin Street, next door to the Uniting Church and opposite the Shire offices, was renovated and became the headquarters for the new service. Government funds from the HACC program allowed a Co-ordinator and an assistant to be appointed, and provided a bus equipped to carry clients in wheelchairs.

From the beginning, it was anticipated that the service would operate on a part time basis in Kuranda. The CWA hall was chosen as the most suitable venue and has been used ever since on Thursdays as Kuranda's respite care centre.

Those for whom care is provided are offered a meal, transport to and from the centre if required, and activities appropriate to their needs. The service is offered for a small charge of \$3.50 per day plus the cost of meals which are purchased from Meals on Wheels in Mareeba. Overnight respite is not yet available.

The service has changed little over the past few years. Des Lackey is the co ordinator, and she is assisted by two part time staff, one of whom is also the bus driver.

The Mareeba Unicare Committee was aware when it accepted this challenge that Government funding was barely adequate to meet the needs of the service. Indeed, it has had to be subsidised from Garden Settlement income, and funding remains a difficulty. While applications have been made for funds to build a purpose built centre in Mareeba, so far these have been unsuccessful.

The Day Respite Care Centre relies on the generosity of the community and assistance provided by volunteers from the community to allow it to offer the best possible service to its clients.

A bequest to the Blue Nursing Service in Kuranda may eventually lead to the establishment of a centre in Kuranda that will offer a purpose built Day Respite facility. Currently, the number of clients using the service in Kuranda is quite low. If you would like more information about the service, or can offer assistance, you can contact the Co-ordinator, Des Lackey, on Ph 924513.

John Beasley.

Kuranda Paving and Landscaping
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KURANDA SOCCER EXCELS IN CAIRNS AND FNQ



PHOTO: UNDER 8 TEAM CELEBRATE THEIR STRATFORD CARNIVAL WIN

KURANDA RANGERS NEWS

A lot has been happening on the soccer scene lately, with our teams attending carnivals as well as their usual weekly fixtures.

The Kuranda Under 9's attended the Saints Soccer Club carnival in May. They did very well, tried hard and had some close games, but just missed out on the finals. They all had a great day at soccer and added to their skills and fitness.

Our Under 8's team was undefeated at the Stratford Clubs' annual carnival on June 1, winning the Bugeja Cup. Well done to all the players for their outstanding teamwork and effort. Also well done to Eddie & Lin Brandt who coach and manage the team respectively, and celebrated in fine style afterwards at Frogs, we hear!

Local coach and former FNQ REP at junior and senior level, Rohan Rusch, said, "The level of talent shown by our Kuranda players is amazing. I reckon the number of representative players we have produced and trophies we have won since our inception must be some sort of a record in FNQ soccer." Everyone in the club, parents, players, coaches and managers and the club committee have contributed to making soccer a high profile sport in Kuranda and they are to be thanked and congratulated.

CLUB RAFFLE

First prize: A night for two at Kuranda Rainforest Resort
won by: A. Healy

Second prize: Family pass to the Rainforestation.
won by W. Bishop.

Third prize: Dinner or lunch for two at Clohesy Country Gardens. won by B Forde.

Thankyou to the local businesses for their prize donations. The Club would also like to thank: Ramskull Press, Ron & Ray, On ya', Greg Nolan & family, Kuranda Lions Club, Speewah Service Station and The Kuranda Paper.

LAND UPDATE

It is common knowledge that the club has been pursuing a home ground to enable our club to grow and accommodate the sport at senior and junior level. This will also take the load off volunteers in relation to storage, catering facilities and fixed equipment such as goalposts etc. Fundraising and many grant applications require the same to exist.

At the latest federal government "Sport and Recreation Study" for the Mareeba Shire Council the need for such a facility, (team field sports in general), in Kuranda, was identified as a priority. At this stage we can only hope MSC will look closely at the results and the need for this facility, as it can only benefit the Mareeba shire. With Kuranda included in the competitions of Tableland sports, it will encourage increased participation in all field sports, which have, and are at present, suffering from a lack of competition.

Kurajong
Bookkeeping
Kuranda

Phone/Fax
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Lindy Gilbert

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8-Ball Competition.

This month Steve Hoye was the big winner picking up \$50- and the local title of "Kuranda King of 8-Ball". The self fancied players were knocked out in the first round leaving what they suggest was an easy run for Steve. We are changing our night to Thursdays to allow players and spectators to dine before the game.

This month we play on the 10th and 24th of July. We also have a challenge from the F-Troop team at the Fire Station. See Mark at the Post Office to register for game.

CLUB

NEWS



Kuranda Sports and Social Club
Fallon Road Kuranda

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting will be held at the Club on Wednesday 30th July 1997 commencing 7.00pm.

The main item of business will be the election of a new Management Committee. The following honorary positions will become vacant and nominations are requested for :-

- President
- Secretary
- Treasurer
- Committee Member Sports Co-ordinator
- Committee Member Grounds and Environs
- Committee Member Bar Manager
- Committee Member Social and Entertainment

Nomination forms, available at the Club or by contacting the Secretary 938 977, are to be returned to the Secretary, PO Box 716 Kuranda no later than 16th July 1997.

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MOB: 018 184 429

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GENERAL

Volunteer Driver for MEALS ON WHEELS a few hours on a Friday once every 5 weeks. Please help! Phone 937370.

????Fresh cotton slip-covers, cushions, soft furnishings, re-upholstery, car seats, bike seats. Ring Robyn on 938122 or 937540.

DO YOU HAVE A WHEELCHAIR OR CRUTCHES NOT BEING USED? THE SURGERY IS SEEKING DONATIONS OF THESE FOR USE BY ITS PATIENTS. PLEASE GIVE US A RING IF YOU CAN ASSIST. 937118.

CARETAKERS WANTED for Kuranda Property. Would like an active pensioner couple with own caravan. FREE site in exchange for looking after animals in owners absence. Phone 939069

CARETAKER REQUIRED for Kuranda property for app. 4 weeks mid-July to mid-August. Own caravan preferred. Must be animal lovers. Phone 939069

For Sale - restored Silky Oak dressers at New To You open 7 days 10:00 - 5:00

"SHARE YOUR KNOWLEDGE CRAFT DAY" C.W.A. Hall Friday 11 July Time: 10am
Please bring along any crafts or hobbies to share with other members in the community. C.W.A. members will be bringing theirs - why not bring yours?

10 feet iron gates, \$40; hardwood fencing posts, struts, rails, strainers, \$5; concrete cattle water trough \$60. Phone 930195 (Speewah)

The Green House Environmental Shop is relocating to new premises. Find us next to New To You from the 9th July. Same phone and fax no's. 938917

Help us move! And stock up for Christmas! The Green House has heaps of bargains, huge reductions. Up to 50% off. Friday 4th July-Mon 7th July

Drum-Making workshop. Make your own native American medicine drum. July 12 10-5pm. Cost: \$150 Includes all materials. For info ph. 018-456207

Wanted to Buy CASH PAID for Anything old and unusual Ph 937671

Big mobs of natural socks. Wool, angora, cotton. Plain & patterned. Keep those footsies warm this winter. At the Green House.

Sweat lodge Ceremony. A traditional native American way of purifying body, mind and spirit. July 19 2-8 pm. For information call Shumani & Pejuta 018-456207

New to You2(next door to Monkey's), Closing Down Sale Check out the bargain clearance prices. Open Weds, Thurs, Fri & Sun 9:30 - 3:00 Starts July 9

No-one's "Bean" lucky lately, so the Bean counting competition jackpots to \$150. Make a purchase & have a guess. The Green House

MULCHING HAY Large rolls weed-free \$13.50 (members). \$15 (others), delivered. Ph: 937374 or 015968037 or Kuranda Environment Association 938834

PIGS IN THE GARDEN? Safe, Effective, Humane Eradication Call Steve on 041 2263279 or 937247 or fax 937351 or phone Kuranda Environment Association 938834

WANTED - your pre-loved CD's in good condition. Recycle them for cash or on consignment. See Ann at the Green House. 938917

Wanted to buy furniture any condition 937671

Kurandaland Requires Casual Cleaner/Saleswoman. Hours Mon, Thurs, Fri: 10-11am, 3-4pm Sat 10-4pm. Must be Honest, reliable and Loyal Phone 937369 home

Palace Cinema Programmes - now distributed weekly through the Green House.

Ngoonbi Yamba -Grand opening celebration of New To You and The GreenHouse Environment shop SAT JULY 12 at 4-00pm Drop by for a drink!

Leather Jackets relined, Re-upholstery, slip covers, cushioning, soft furnishings Ring Robyn 937 540 - 938122

Australian Made COTTON knitwear - new shipment just arrived skirts, pants, tops and singlets from \$16 at "New to You"

Expressions of Interest Off the plan sale of Garden Villa. Strata Title subject to Council approval. Spec Builders may submit quotes to Box 156 Kuranda Ph 937369

WANTED TO RENT, Kuranda area, 3/4 B/R House. Very reliable local tenants. Long term lease preferred. Phone: 938763



KURANDA S.E.S 938816

ANDREW COLEFAX
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PO Box 110 Kuranda 4872 PH: (070) 938 718

MAREEBA SHIRE COUNCIL EXTENTION OF PUBLIC CONSULTATION PERIOD KURANDA TRAFFIC STUDY REPORT

Mareeba Shire council is currently conducting a public consultation period to gauge public response to the "Kuranda Traffic Study". This report by independent consultants was commissioned by Council to evaluate fundamental issues in the Kuranda Village sauc as traffic flows, pedestrianisation and access for the disadvantaged. Copies of the report are available for viewing at the Kuranda branch office and Kuranda Library. Copies may also be purchased at the Kuranda Branch Office for a fee of \$30.00
The public consultation period has been extended and will now close at 5.00pm on Friday 11th July 1997.

Kuranda Branch Office
Mareeba Shire Council
17 Thongon Street
Mondays to Fridays
9am to 12-30pm
Phone 939185

Irene Colefax BCW Counsellor

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Kuranda 9.15 am	Kowrowa 9.30 am
Kowrowa 9.35 am	Kuranda 9.50 am
Kuranda 2.15 pm	Kowrowa 2.30 pm
Kowrowa 2.35 pm	Kuranda 2.50 pm

Fares

Single adult	Child/pensioner
15 yrs & over :	4 yrs & over:
Myola \$1.30	.65c
Mantaka \$2.00	\$1.00
Kowrowa \$2.60	\$1.30

WHITECAR COACHES BUS SCHEDULE AND FARES

Single Adult \$7	Return \$14
Concessions \$3.50	Return \$7
Pre-primary Free	

CAIRNS TO KURANDA
Mon-Friday 8.30am 9.30am 1.30pm 3.15pm 5.30pm
Saturday 9.30am 1pm

Sundays & Public Holidays 9.30 am 1 pm 2.50pm
KURANDA TO CAIRNS
Mon-Friday 7.30am 10.20am 12.45pm 2.10pm 4.30pm
Saturday 7.30am 10.20am
Sunday 8.30am 10.20am 2.10pm
Public Holidays 8.30am 10.20am 2.10pm
BOOKINGS: CAIRNS 519533 (Tropical Paradise Travel)
KURANDA 937166 (Trading Post)
Christmas and Good Friday - NO BUSES

5th Saturday Seventh Day Adventist/ Uniting Church Fun Night
 6pm SDA Hall
 11th Friday Deadline for submissions - Kuranda Traffic Study.
 12.30 Kuranda Office, or 5pm Mareeba.
 12th Saturday Garden Group, Jarawee Rd 2pm. Marjorie Ph 937205
 19th Saturday St.Saviours Anglican Church Garage Sale.
 25th Friday The Children of africa Fund Bookings 937028
 26th Saturday Kuranda Arts Coop. Grand Opening. 10-4pm. Coondoo St.
 30th Wednesday Sports & Social Club AGM. 7pm ph. 938977

AUGUST

2nd Wednesday Walking Club - Black Mt. Ph 542759
 14th Thursday Family Movie Night School P&C
 20th Wednesday AGM. ARK. Kuranda Sports & Social Club 7pm.

REGULAR MEETINGS IN KURANDA

1st Sunday R.S.L. 4 pm Sports & Social Club.
 1st Sunday Family Service, Uniting Church, 9am (Catholic Ch.)
 Every Sunday A.A. 10.30 am. Youth Hostel.
 1st Monday 1.30 pm, PENSIONERS, CWA hall Ph 937170
 1st Monday 7.30 p.m. Rangers Soccer Club. Ph.938055
 2nd Monday 1.30 pm. CWA Meeting,CWA Hall.
 2nd and 4th Mon Kuranda Lions 7.30 pm RSL Sports &
 Social club, Fallon Road. Ph.937187
 Every Monday Life Span exercise CWA Hall 9.30am
 Every Monday Venturers 5 pm 937288
 1st Monday Chamber of Commerce, 7pm. K.S & S. Club
 2nd Monday KISC 7.30 pm, 17 Thongon St. Ph.938933
 Every Tuesday Kuranda Koffi Klub.Parenting group. Ph.938990
 Every Tuesday BABY CLINIC, K.Med., Centre9.00-12.00 noon
 also Kowrova Comm.Centre. 1.30 pm-4.30 pm.
 Al Anon St. Saviours Meeting room.8pm.
 Every Tuesday Cubs 7 pm. Ph.937288
 Every Tuesday Pony Club 7.30 pm Mantaka
 1st & 3rd Tues IMMUNISE (Babies), Surgery, 2-3 pm
 2nd Tuesday High School Meeting 7.30pm at Primary school
 3rd Tuesday K. State School P & C 7.30 pm Ph.937201
 Every Wednesday Bahai meeting 7.30 pm Ph. 930311
 1st Wednesday Q.C.W.A meeting 1.pm
 1st Wednesday Kuranda Environment Assoc. R.Resort 7 pm
 Last Wednesday Sports & Social Club meet. 7.30 pm.
 3rd Wednesday Ass. for Regional Kuranda S & S Club, 7 pm.
 3rd Wednesday Politics in the Pub. 6pm.
 Every Thursday Respite Care, CWA Hall, 9 am-3pm
 Every Thursday Rotary, 6 pm for 6.30 Rainforest Res.Ph.937428
 2nd Thursday Ambulance, 7.30 pm. Ambulance Centre,Fallon Rd.
 Every Friday Scouts. Ph.937288
 Every Friday Hip Hop/Street Jazz. 6-7pm Amp.
 Every Saturday Bingo C.W.A Hall 1.30pm

Groups !! please check


days and dates in this calendar.

Correct information is YOUR responsibility.

Please advise any changes in writing



Long term bike parking station...




FOODSTORE

Drop in and see Werner, Peter and Staff for friendly service, and the freshest fruit and vegetables.

Specials for the week of 30/06/97

# Mrs. Mc Gregors margarine 500g	99 cents
# Mc Cains potato selections	\$ 1.99
# Lipton tea bags 100's	\$ 2.59
# Pepsi range (hot) 2ltr	\$ 1.49
# Heinz tomato sauce 600ml.	\$ 1.59
# Kleenex toilet rolls 4pk.	\$ 2.99
# Cold Power Ultra 750g	\$ 3.09
# Kelloggs Special K 600g	\$ 3.99

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