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AUSTRALIA

# THE KURANDA PAPER

May 2022

Issue 342

FREE INDEPENDENT MONTHLY COMMUNITY NEWSPAPER SINCE 1991

WWW.KURANDAPAPER.COM

## THE END OF A CHAPTER AND A NEW BEGINNING FOR CATHY



Cathy Harvey at Kuranda Arts Co-op Gallery.  
Photo: Toni Rogers

The end of April will see the end of a long and successful time as Senior Information Centre Officer at the Kuranda Visitor Information Centre, for our friend and much respected 'leader' Cathy Harvey.

For 17 years, Cathy has kept one of the busiest Visitor Centres in Queensland open and running smoothly, 364 days for each of those years, in spite of floods, cyclones and pandemic. 6188 days! That's impressive, but by no means the most notable of her contributions.

Soon after Cathy had established herself as mentor and guide of her 'family' of volunteers (because that's how she made us feel), she set about promoting our Centre in a professional way. By dint of working countless hours in her own time, Cathy became really adept at preparing submissions and presentations to tell the tourism communities about our Centre and our village. These resulted in award after award for our Centre, year after year.

When the Centre moved from the small room attached to the amenity block in Centenary Park, to the new building across the park, Cathy's dedication ensured that it was not just a move to a new building, but a move to a building whose 'look' both inside and outside, would reflect our area's environment and its importance to our indigenous community. Over many, many months Cathy worked with Council, architects and builders and notably with local artist Zane Saunders, to achieve this.



Left: Cathy Harvey receiving a Cassowary Award for the Kuranda Visitor Information Centre 2021.  
Right: Gail Shanahan, Cathy Harvey, and Dorothy Sibly

Cathy's daily ongoing tasks, such as dealing with emails from all over the world, recruiting and training volunteers, juggling rosters, organising visits to tourist venues and accommodations so that volunteers would be familiar with what is currently available, and much more, never stopped her from working closely with local businesses and tourism operators.

Cathy became famous as the Easter Bunny who risked life and limb to deliver Easter treats to local and visiting children in a new and innovative way. From a great height! She liaised with Alan at Minibeast Wildlife and Kuranda Koala Gardens to procure for the Centre a unique display of insects, spiders and frogs. She enabled a space in the centre for the promotion of the work being done at Batreach and she worked with Peter McCabe to make available to visitors to the Centre, a video of locals telling their stories. And ever so much more.

Over the past 17 years, and indeed way before that while her three children were at school here in Kuranda, Cathy has pursued many other interests and helped the community in quite a number of diverse ways. She is an active member of the Kuranda Arts Co-op, as well as a member of the Amphitheatre Committee.

Fortunately for our community, Cathy has elected to build a small home right in the village. From there she will continue her contribution to the Arts Co-op, the Amphitheatre Committee, and possibly the Information Centre and other volunteer groups. She will have more time to pursue her many interests including torch-fired glass bead work, ceramics, frog conservation, rescue dogs, vegetable growing and above all, her family.

The volunteers, and Mareeba Shire Council, want to congratulate Cathy on her retirement and to thank her for her dedication and hard work. We wish her well in her future endeavours. We are all sorry Cathy is leaving the position she has filled so well, but happy that she will now have some time to do other things.

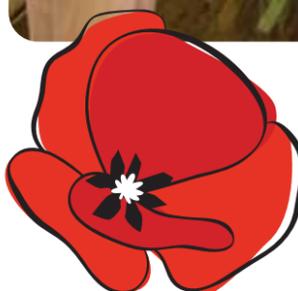
*Beverly Henderson on behalf of Cathy's 'family' of volunteers.*



### ANZAC DAY DAWN SERVICE

The first Kuranda Anzac Day Dawn Service in two years was held on 25 April at the Kuranda Railway Station on a very wet morning. Thank you to Father Chris Wright for officiating.

*Bugler Lloyd Mais playing the "Last Post".  
Photo: Steven Nowakowski*



FEDERAL ELECTION 2022 – SATURDAY 21 MAY 2022 see page 5

## DEADLINES

June Edition 343/2022

All copy and advertisements due by 10am

**Thursday 26 May 2022**

Paper published

Thursday 2 June 2022

Management is not responsible for any copy missing deadline.

### Advertisement sizes and rates

[width x height in mm]

A - 262x380 (full page)	\$633
B - 174x380 (dominant)	\$435
C - 129x380 (1/2 page vertical)	\$341
D - 262x188 (1/2 page horiz)	\$341
E - 85x380 (1/3 page vertical)	\$242
F - 129x188 (1/4 page)	\$184
G - 262x124 (large strip)	\$242
H - 262x60 (small strip)	\$134
I - 129x124	\$134
J - 85x188	\$134
K - 85x124	\$94
L - 85x60 (business card)	\$52

### Advertisers

All artwork, images and logos to be supplied in high resolution (300dpi), CMYK colour mode, and in the correct size (see left for advertisement sizes).

Acceptable formats: PDF, EPS, JPG or TIFF.

In-house design services are available for an additional fee.

Advertisements booked for 3 months and paid for in advance are eligible for a 10% discount.

## LETTERS



Please keep letters to under 250 words. All letters are subject to editing. Anonymous letters or those of doubtful origin may not be published. Correct name, address and phone numbers are to be submitted with your letter.

We welcome your letters via email or post

### VELVET WORM

Caitlin Henderson's article *The Velvet Assassin* (*The Kuranda Paper* April 2022) states the size of Velvet Worms in Australia as being "between 20mm and 40mm in length".

I have been a volunteer member of TREAT (Trees for the Evelyn and Atherton Tablelands) organisation for approximately five years. During seed collection and subsequent germination, potting and growth management tasks at the Lake Eacham Nursery (Queensland National Parks and Wildlife Service) I have witnessed at least four of these *Omychophora* between 80mm and 110mm, in a variety of colours including purple-grey to orange brown and blue-grey, all with 12-14 'legs'.

Their type is indeterminate as reference material regarding these animals is limited in locale specificity. I believe that these were the types noted by Sir David Attenborough during his filming in North Queensland in recent years. I hope that this snippet of information can be of help.

**Kerry Linwood, Atherton**

### KUDOS FOR ANT SNIFFING DOGS

Congratulations on your excellent newspaper. As a first-time visitor to your fine town, I picked up the March edition of *The Kuranda Paper* in the main street and read it with interest.

By way of feedback, I feel that the story on electric ant detection dogs should have featured more prominently and earlier in the paper. Perhaps even front page! It's a fascinating story about how our canine friends are more than mere companions for humans.

This may have been a subject that you've covered before, in which case it being 'buried' on Page 24 is understandable. But as someone who was reading about it for the first time I found it wonderful!

Kind regards,

**Oliver Warren, West Melbourne, Victoria**

### Cover Masthead

Our masthead this month is a detail from Caitlin Henderson's photograph of an Orange-Thighed Tree Frog (*Ranoidea xanthomera*). If you are looking for ever more surprising information about the natural world around us, delivered with wit, whimsy and sometimes hysterically funny commentary, look no further than Caitlin's *She's Got Legs* - "a wildlife comedy education project that brings attention to and reframes how we see the small and unappreciated creatures that keep our world running!"

Find *She's Got Legs: Australian Spider and Insect Photography* on Facebook and Twitter @gotlegsmacro, and on Instagram @shesgotlegspography. Caitlin's YouTube channel, Caitlin Henderson (She's got Legs), features high quality videos about bugs and finding them, and what makes them great. You can find out more about Caitlin at her website [www.gotlegsmacro.com](http://www.gotlegsmacro.com)



"This is the stunning Orange-thighed Tree Frog, found only in Queensland's Wet Tropics. Normally these spectacularly coloured tree frogs live up to their name, dwelling in the thick rainforest canopy and looking down on us a little condescendingly from their penthouse suites. And why wouldn't you feel a little superior if you looked like this, to be honest. Excuse me for a moment I am getting lost in this frog's eyes." Caitlin

*The Kuranda Media Association acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work. We pay our respects to ancestors and Elders, past and present. The Kuranda Media Association is committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.*



# Cancer Council

## A CUP OF COFFEE FOR CANCER



Over the last six years I have completed a yearly long-distance walk for Cancer Queensland and this year will be no different. Everyone has been touched by cancer. In a few months, I will continue and finish my walk to St Peter's Basilica in Rome from the Canterbury Cathedral, England. This final section of the walk will start at the Grand St Bernard Pass on the border of Switzerland and Italy in the Swiss Alps, a distance of about 1,000km to Rome.

I promised Cancer Queensland that I would raise \$10,000, some much-needed funds for them and now hope the people of Kuranda and surrounding areas will support me in buying a cup of coffee or give a donation to this fundraising event.

A donation or a percentage of each coffee sold on Saturday 28 and Sunday 29 May 2022 will be returned to Cancer Queensland.

Several Kuranda businesses have promised to support me on this weekend through a cup of coffee/donation/donation tin in their business.

- Sprout Café
- Café Mandala
- Kuranda Nth Qld Trading Post Café
- Riley's Café
- Butterfly Shop and Café
- Frogs Restaurant
- Rainforestation
- Mareeba Heritage Coffee Shop (Mareeba)
- Hungry Pug Café (Mareeba)
- Muddy's Café (Cairns)

If any other businesses wish to support this weekend please contact me on 0409 871 800 or at the Kuranda Visitor Information Centre.

Please help me reach the promised goal for Cancer Queensland. The Cancer donation site has been set up and will accept all donations. [www.doitforcancer.com.au/fundraisers/jenniferrooks/walking-to-rome](http://www.doitforcancer.com.au/fundraisers/jenniferrooks/walking-to-rome)

Thank you for your continued support  
**Jennifer Rooks**



**Stockists** - A free copy is delivered to every postal box and street mail delivery in the Kuranda district (post-code 4881). If you don't receive a copy please contact the Kuranda Post Office.

The current edition of *The Kuranda Paper* can be viewed online at [kurandapaper.com](http://kurandapaper.com), along with back issues. In addition you can pick up a hard copy of *The Kuranda Paper* at the following outlets:

**KURANDA:** Kuranda Post Office (Thoree St), Sprout Café (Coondoo St), Kuranda Visitor Information Centre (Centenary Park), Kuranda Neighbourhood Centre (Rob Veivers Dr), Kuranda Discount Drugstore (Coondoo St),

Kuranda Arts Co-op (Coondoo St), Kuranda Foodworks (Thongon St), BP Service Station, Annabel's Pies (Therwine St).

**KURANDA DISTRICT:** Speewah Service Station, Koah Service Station, Oak Forest Takeout.

**MAREEBA:** Piagno's News (Byrnes St), Mareeba Heritage Museum & Visitor Information Centre (Byrnes St), Mareeba News (Byrnes St)

**TOLGA:** The Humpty

**ATHERTON:** Atherton IGA (Silo Shopping Centre)

**SMITHFIELD:** Totem Clothing (Smithfield Shopping Centre), Smithfield Library

**CAIRNS:** Cairns Library

# A Just Gorgeous Celebration

One of Kuranda's most iconic businesses turns 30 this month.

Thirty years ago, Jill Melody spent months collecting recycled fashions from women all around the Cairns area to prepare for the opening her first shop 'New To You'. With the assistance of Gayle Hannah, an innovative method was devised to keep track of all the clothing collected, with the sale price split 50/50 with the owners, forming a consignment-based shop in Kuranda, offering quality, affordable fashion. This enabled Jill and husband Luke to start with less than \$2,000 to fit out their first shop. Having spent years selling clothing at local markets, since their arrival in Australia in 1980, displaying and selling fashions was nothing new for Jill.

For five years they traded from their original small shop, next door to the old butcher/corner store (now Kuranda Pharmacy). Eventually owners of their building wanted to expand and New To You needed to find a new location.

Terry and Vicki Pates offered the idea to approach the Ngoonbi committee to propose a rescue renovation of their old house next door to Frogs Restaurant, then on Coondoo Street. The house was facing possible demolition if the property was sold. An agreement was made and renovations were made at Jill and Luke's own expense. Luke and the late Steve Mansfield, worked hard together on the renovation, to create a beautiful spot that housed New to You for the next 10 years. During the famous Kuranda Spring Fairs of that time, fashion parades were hosted on the street, with many locals involved in the festivities.

After the 10 year lease finished, once again a new location was needed to continue trading. As luck would have it, another old Queenslander became available to purchase across the road.

Fifteen years ago, New To You became 'Just Gorgeous', and opened their doors in what is their current location at 16 Coondoo Street, following months of intensive renovation by Luke of the building which was formerly known as 'Avondale'. Luke's extensive experience renovating and building wooden homes, meant they were able to rescue and restore another piece of Kuranda history. This was the third move Jill and Luke undertook over 30 years, each a little more ambitious: the end result is a bright, welcoming addition to main street

shopping, drawing locals and visitors alike – 'just gorgeous' indeed.

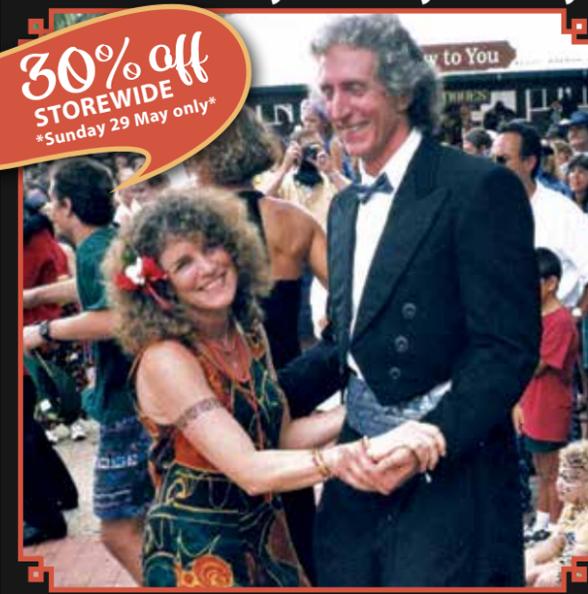
From such humble beginnings, over three decades, Jill and Luke have continued to build upon their hard work, taking real pleasure in offering a superior shopping experience in Kuranda. As Jill says, "I feel proud to have outfitted women over generations: firstly, for their weddings and now as mothers-of-the-bride. Even their grandchildren have become customers finding little treasures for themselves."

Over the years, the range of goods offered has also expanded – Just Gorgeous now offers not just beautiful fashion for every occasion, but also designer shoes and bags, jewellery, antiques, Persian carpets and Tiffany lamps! With such a range on offer, it is no wonder that Just Gorgeous is known as a must-do for locals and visitors.

To mark this very special milestone Just Gorgeous is having a 30th Birthday celebration on Sunday 29 May with 30% off storewide. Please drop in to say Happy Birthday, and maybe bag a bargain.

**30th Birthday Sunday 29 May**

**30% off STOREWIDE**  
\*Sunday 29 May only\*



**10.15AM to 3PM EVERY DAY**

*Just Gorgeous*

16 COONDOO ST. KURANDA • 4093 7508 

[www.justgorgeous.net.au](http://www.justgorgeous.net.au)



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I hope everyone had a fantastic Easter long weekend.

I very much welcomed the recent news that a Federal Labor Government has committed \$210 million for Kuranda Range upgrades if they win the Federal Election on the 21 May 2022. This money will be allocated to immediate safety upgrades including widening lanes where possible, additional guard rails, and reinforcements of roadsides to prevent landslides.

Other alternate routes and replacing the bridge are certainly still being discussed, however given this is a World Heritage listed area and these projects would cost in the billions, we must be realistic – it's going to take a significant amount of time and planning, not to mention a monumental amount of environmental consideration to consider.

So, in the meantime we need to maintain what we have and keep the Range and the bridge safe. And I welcome any Federal funding for this, no matter which party. This size project is not something the State government can tackle alone.

For regular daily updates please follow me on Facebook or contact my office for any further information by calling 4229 0100 or via email at [barron.river@parliament.qld.gov.au](mailto:barron.river@parliament.qld.gov.au)



**Craig Crawford – Member for Barron River**  
Phone – (07) 4229 0100  
Email – [barron.river@parliament.qld.gov.au](mailto:barron.river@parliament.qld.gov.au)  
Social Media – @CraigCrawfordMP



## KURANDA INFRASTRUCTURE AGREEMENT FUND

Kuranda Traders Association

We hope all traders in Kuranda have had a much needed busy few weeks over the school holidays, Easter and the Anzac Day weekends. True to form, the weather has created a myriad of challenges for us with Kuranda Scenic Railway cancellations, however the number of self drive/bus arrivals seems to have given people enough options to still experience a relaxed day out in Kuranda and explore at their own pace.

### Kuranda Infrastructure Agreement Fund

The KTA has been contacted by a number of residents, business owners and commercial property owners regarding the cessation of a large portion of the Kuranda Infrastructure Agreement Fund by the Skyrail Corporation as reported in the Mareeba Express on 25 November 2021. This story can still be viewed online at [www.theexpressnewspaper.com.au/community-and-business/fund-agreement-re-think](http://www.theexpressnewspaper.com.au/community-and-business/fund-agreement-re-think)

The loss of over \$600,000 of funding will ultimately have a serious negative impact on Mareeba Shire Council's ability to not only maintain the tourist infrastructure that is in place in Kuranda, but also halt any further infrastructure development to go ahead to ensure that Kuranda progresses forward as a desirable tourist destination in FNQ — and in effect ensure the viability of the village.

As far as we are aware, there has been zero consultation with business owners, Mareeba Shire ratepayers, or any other interested parties in the Kuranda area regarding the cessation of this funding. Many people are understandably alarmed at this decision by the Queensland State Government. We are currently in the process of arranging a meeting with our local member, the Hon. Craig Crawford, to discuss the ramifications of the decision to significantly reduce essential funding to the village of Kuranda, which is ultimately provided by the millions of visitors to our area.

The KTA will be seeking a firm commitment from the State Government to enter into discussions with stakeholders and the residents of this village, to formulate a plan going forward, to ensure the survival of our businesses. After such a prolonged period of hardship throughout COVID, it seems our businesses have been denied the opportunity to recover and flourish, particularly now that we have our visitors returning.

Supporting small Kuranda businesses.  
Become a member today! [kta@kuranda.org](mailto:kta@kuranda.org)

### NEW RESOURCE FOR SMALL BUSINESS PLANNING: Launchpad for Mareeba Shire

If you are looking to turn your small business idea into reality, the new Business Launchpad is here to help in the Mareeba Shire area.

The Queensland Government's Business Launchpad takes the guesswork out of setting up and running your business by collating the licences, permits and other important regulatory information you'll need to open your doors and start trading. This new digital tool is available to people looking to set up and run a new food and beverage or residential construction small business in the Mareeba Shire area. With the Business Launchpad you can save time and effort by easily identifying and applying for licences from all levels of government. You can:

- create personalised guides with curated content specific to your business type, location and services
- sign in to save progress and access your account from any device
- pre-fill, complete, sign and submit some licensing forms online.

All the government licences and permits your business could need, all in one place. The Business Launchpad is a new service that aims to save you time and effort when starting and running a small business. Answer questions about your business type, activities and location. Create a profile for your business containing the licences, permits and other regulatory requirements from federal, state and local government.

Get started at [launchpad.business.qld.gov.au](http://launchpad.business.qld.gov.au)



## Councillor Column

Welcome to the Councillor Column, an opportunity for Councillors to share updates and information relevant to Kuranda and surrounds.



### MAREEBA SHIRE MAYOR ANGELA TOPPIN

I am pleased to provide an update to residents on two very important matters this month, being Council's activities under the water strategy, and some of the outcomes of lobbying for improved community safety.

#### Water Strategy

Providing access to a safe and reliable water supply is fundamental to supporting the growth of our communities, and to ensure that Council could deliver this an increase in the annual water access charge was implemented in the 2021/22 budget. Much of the Shire's urban drinking water supply infrastructure was installed in the 1950s and 1960s and is approaching the end of its useful life, which is a challenge facing most rural and regional Local Government Authorities.

Since the implementation of the increased water access charge, Council has replaced approximately 15 kilometres of asbestos cement pipes in Mareeba, Kuranda and Mt Molloy. This will be an ongoing project and each year considerable lengths of the underground network will have to be replaced.

This major project will impact on water pipes which service an estimated 11,000 residents.

The project to replace the Granite Creek Sewage Pump Station is also progressing in Mareeba, which will ensure the pump station can service the entire township of Mareeba (south of Granite Creek) well into the future.

The water main in Barang Street, Kuranda has been replaced and major works have been completed at Chillagoe with the installation of the new reservoir, bore and pipeline.

Works are also planned at the Mareeba and Kuranda Water and Wastewater Plants. Further, the project to upgrade the Mason St sewer main was recently completed which will ensure capacity for generations to come.

These projects have been funded with a combination of Council funds, Federal and State Government funding.

#### Community Safety

Council continues to work closely with the Queensland Police and other agencies to improve community safety, and there have been some promising outcomes from this work.

In particular, the Department of Children, Youth Justice and Multicultural Affairs has opened a new office in Mareeba to respond to child safety and youth justice matters and the Mareeba Community Centre has secured Federal Government funding to recruit two youth workers and deliver services and supports to young people who are at risk.

The Queensland Police have announced that an extra two police officers will be deployed to Kuranda and four deployed to Mareeba over the next three years. Assistant Commissioner, Cheryl Scanlon, has also initiated a SMART Panel model in Mareeba and Innisfail which will provide wrap-around support to young offenders on release to reduce recidivism. The new intensive case-management initiative also increases the monitoring and supervision of serious offenders on orders.

As a Council, we will continue to work with all agencies, services and members of the community towards the common aim of improved community safety, across the Shire.

Mayor Angela Toppin  
07 4086 4606 | [mayor@msc.qld.gov.au](mailto:mayor@msc.qld.gov.au)

## ENERGY EFFICIENT HOUSING STANDARDS UNDER REVIEW

Australia's historically poor energy efficiency standards mean that many of our homes are like 'glorified tents' – damp, draughty, cold in winter and stifling in summer. This makes them energy guzzlers, highly expensive to run and more polluting than they need to be. But it doesn't have to be this way.

For the first time in 11 years, minimum standards in the National Construction Code are under review. The opportunity to update the Code will not come around again until 2025. State and Territory Ministers are preparing to review these regulations, as part of the Building Ministers' Forum, so now is the time to make our voices heard. Delaying this action by even another three years will lock in higher bills and add nine million tonnes of emissions this decade – a decision we cannot afford.

The Climate Council's latest report, *Tents to Castles: Building Energy Efficient, Cost-Saving Aussie Homes*, has found that by increasing the minimum energy efficiency standards for new homes from 6 to 7-Stars, we can dramatically cut household emissions, reduce energy bills, and improve people's health and wellbeing.

Australians have some of the most expensive energy bills in the world, but this report finds that living in a 7-star, all electric house in any capital city in Australia would save occupants \$450 on average per year in heating and cooling costs, compared to the current building standard.

Increasing the energy efficiency of our homes doesn't just make them safer, more comfortable and cheaper to run, it's also a great way to reduce emissions. Adding an extra star to each new home being built in Australia would mean 25% fewer emissions compared to homes at the minimum standard now – the equivalent of taking a car off the road for an entire year for each new home built. With 1.1 million homes expected to be built across the country over the next five years, the sooner we take action, the bigger the impact we can have on Australia's emission reduction efforts.

Email a copy of *Tents To Castles* to your relevant Minister, and call on them to increase the home energy efficiency standard to 7-Stars today. Find the *Tents to Castles Report* in the Resources section of Climate Council website [www.climatecouncil.org.au](http://www.climatecouncil.org.au)

Resources to help you compose an email to Mick de Brenni, Qld Minister for Energy, Renewables and Hydrogen; Minister for Public Works and Procurement can be found at [www.climatecouncil.org.au/email-ministers-energy-efficiency/](http://www.climatecouncil.org.au/email-ministers-energy-efficiency/)

SOURCE: Climate Council

# FEDERAL ELECTION 2022

The 2022 Australian federal election will be held on 21 May 2022 to elect members of the 47th Parliament of Australia. All 151 seats in the lower house, the House of Representatives, and 40 of the 76 seats in the upper house, the Senate, will be up for election.

It is compulsory by law for all eligible Australian citizens to enrol and vote in federal elections, by-elections and referendums. **NOTE: The federal electoral roll closed Monday 18 April 2022**, so it is too late now to enrol or update your details for the 2022 federal election. You can still enrol or update your details for future federal, state and local government elections by visiting the Australian Electoral Commission website [www.aec.gov.au](http://www.aec.gov.au). This website is also where you can check to see if you are enrolled correctly, request a postal vote, check your electorate details and where to vote.

As the finalisation of candidates and their place on the ballot occurred after the deadline for this edition of *The Kuranda Paper*, we were unable to secure candidate profiles. We have provided a list of candidates here, in order of the ballot draw, for the House of Representatives in the electorates of Leichhardt and Kennedy.

Most residents in the Kuranda region will be in the Leichhardt electorate, but residents in the Koah area may be in the Kennedy electorate – go to the AEC website to check using your address details. All voters will also be required to complete a Senate voting form.

**CANDIDATE INFORMATION:** links to websites for all House of Representatives and Senate candidates can be found at [www.abc.net.au/news/elections/federal/2022/guide/candidates](http://www.abc.net.au/news/elections/federal/2022/guide/candidates)

**POSTAL VOTING:** eligible voters can request a postal vote. Closing day for requesting a postal vote is 6pm Wednesday 18 May.

**COVID SPECIAL ARRANGEMENTS:** Legislation was passed in early 2022 to allow for COVID-affected voters to cast a telephone vote. Up until the Wednesday before election day, COVID-affected Australians can apply for a postal vote. Telephone voting for people with COVID-19 will be an emergency measure for the final three voting days only.

## VOTING IN KURANDA (POLLING DAY ONLY)

Kuranda CWA Hall, cnr Barang and Thongon Sts

Saturday 21 May 8am–6pm

### EARLY VOTING LOCATIONS NEARBY

**Mareeba Cedric Davies Community Hub**, 43 Anzac Ave, Mareeba

#### Opening hours

Mon 9 May – Fri 13 May 8:30am–5:30pm  
Sat 14 May 9am–4pm  
Mon 16 May – Thu 19 May 8:30am–5:30pm  
Fri 20 May 8:30am–6pm

**Tjapukai Aboriginal Cultural Park**, 4 Skyrail Dr, Smithfield

#### Opening hours

Mon 9 May – Fri 13 May 8:30am–5:30pm  
Sat 14 May 9am–4pm  
Mon 16 May – Thu 19 May 8:30am–5:30pm  
Fri 20 May 8:30am–6pm

**Commonwealth Centre**, Ground Floor, 104 Grafton St, Cairns

#### Opening hours

Mon 9 May – Fri 13 May 8am–8pm  
Sat 14 May 9am–4pm  
Mon 16 May – Thu 19 May 8am–8pm  
Fri 20 May 8am–6pm

**Cairns DFO**, Westcourt Plaza, 274-302 Mulgrave Rd, Westcourt

#### Opening hours

Mon 9 May – Fri 13 May 8am–8pm  
Sat 14 May 9am–4pm  
Mon 16 May – Thu 19 May 8am–8pm  
Fri 20 May 8am–6pm

**Mount Sheridan Plaza**, 106-132 Barnard Dr, Mount Sheridan

#### Opening hours

Mon 9 May – Fri 13 May 8:30am–5:30pm  
Sat 14 May 9am–4pm  
Mon 16 May – Thu 19 May 8:30am–5:30pm  
Fri 20 May 8:30am–6pm

## HOUSE OF REPRESENTATIVES VOTING LEICHHARDT

LEICHHARDT ELECTORATE 2022 Candidates in Ballot Paper Order (11 Candidates)

Candidate Name	Party
O'SHANE, Pat	Socialist Alliance
MOGOROVICH, Silvia	Informed Medical Options Party
ENTSCH, Warren	Liberal National Party of Queensland
JENSEN, Rod	Katter's Australian Party (KAP)
CROPP, Adam	FUSION: Science, Pirate, Secular, Climate Emergency
BAYLY, Susanne	Animal Justice Party
MUSUMECI, Phillip	Queensland Greens
HANNAGAN, Daniel Lucas	United Australia Party
COURT, Geena	Pauline Hanson's One Nation
ROE, Paul	Australian Federation Party
FAITH, Elida	Australian Labor Party

## HOUSE OF REPRESENTATIVES VOTING KENNEDY

KENNEDY ELECTORATE 2022 Candidates in Ballot Paper Order (6 Candidates)

Candidate Name	Party
KATTER, Bob	Katter's Australian Party (KAP)
MACDONALD, Bryce	Liberal National Party of Queensland
SACKLEY, Jen	Independent
COX, Jennifer	Queensland Greens
BRANDON, Jason	Australian Labor Party
CAMPION, Peter	United Australia Party



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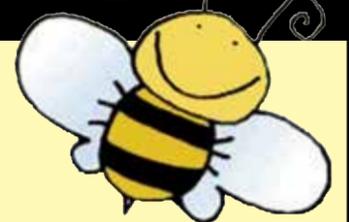
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## EVENTS CALENDAR



Are you planning a community event? Would you like to spread the word?

Council offers an online Events Calendar which allows community event organisers to submit their

events to be displayed in the calendar.

For further information, please visit the website or email [info@msc.qld.gov.au](mailto:info@msc.qld.gov.au).

## ASBESTOS CEMENT PIPE RENEWALS

To date, approximately 15 kilometres of asbestos cement (AC) pipe renewals have been completed as part of Council's project to replace failing pipes that service an estimated 11,000 residents. These works have been conducted in Kuranda, Mareeba and Mt Molloy.



Images: Barang St Water Main renewal project

The upgrade of the water main in Mareeba North is part of the project and the current work is being undertaken with funding from the Queensland Government's Works for Queensland program.

The project will result in the replacement of the existing water main with 100mm PVC Supermain, in addition to new service connections, valving and hydrants and is continuing along Hampe Street in Mareeba.

## WIDENING WOLFRAM ROAD



Wolfram Road has experienced a three-fold increase in commercial traffic since 2008 and Council prioritised this project to ensure the road can cater to this demand. With funding from the federal government's Roads to Recovery program, Council has widened the road to a sealed width of 7.5m and made changes to the culverts and embankments.

The 210 metre stretch of road is now ready for final trim and sealing and Council is sure that the users of Wolfram Road will be pleased with the finished product.



Images: Wolfram Rd sealing & culvert works

## FREE GREEN WASTE DAYS A SUCCESS



Council acknowledges all residents who took advantage of the recent free green waste disposal days at local Transfer Stations with an impressive number of loads delivered.

With 540 loads of green waste deposited at Mareeba alone, and Kuranda residents bringing in a significant volume, this was a great result for the new initiative.

For the details of future free green waste disposal days, please visit Council's website and search "free green waste" or follow Council on Facebook.

## ANZAC DAY 2022

With previous ANZAC Day commemorations impacted by the pandemic, it was wonderful to see the Shire mark the occasion in 2022. Council is proud to support local ANZAC Day events and commends the volunteers who bring these very special ceremonies to life.

Lest we forget.

## DID YOU KNOW?

Mareeba Shire Council manages an extensive transport network within the Shire, with more than 2,300 kilometres of the 3,000-kilometre road network managed directly by Council.



## NEW SEWAGE PUMP STATION ONE STEP CLOSER

The sewage pump station at Granite Creek in Mareeba was built in 1965 and was identified for replacement following condition assessments on Council's wastewater assets. Funded by Mareeba Shire Council, the replacement of this asset will ensure that the catchment area will continue to receive a reliable wastewater service long into the future.

Servicing all of the Mareeba township, south of Granite Creek, the new pump station that will meet current standards and the expected future growth of the township. The project is progressing according to plan, with the removal of the previous red brick building and the internal walls now sealed to ensure that they are at the required operating standard.



Image: Granite Creek sewage pump station site after demolition of failing structure

The town's wastewater will continue to bypass the pump station while the project is completed.



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Angela Toppin

Mayor@msc.qld.gov.au  
4086 4606



Deputy Mayor  
Cr Kevin Davies

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0400 490 493



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Cr Mary Graham

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Cr Mario Mlikota

MarioM@msc.qld.gov.au  
0428 402 015



Cr Lenore Wyatt

LenoreW@msc.qld.gov.au  
0447 757 336

# KURANDA HISTORICAL SOCIETY UPDATE

PO Box 896, Kuranda 4881  
kurandahistory@gmail.com

## Hysterical Historical Trivia Night

Thank you to all those wonderful people who came to Kuranda History Society's Hysterical Trivia night at the Kuranda Recreation Centre on 2 April. We had an excellent crowd whose attendance shows how much community interest there is in capturing Kuranda's amazing history.



Who can remember Fitzgerald's Hotel in Kuranda? This photo is from the 1930s. The hotel was demolished in the late 1970s to make way for the 'Top Pub'

Photo: via PICRYL from public domain

There was a lot of laughter, brow slaps, friendly competition and reminiscing. Everyone enjoyed a dinner of pizza and wine, heaps of prizes and entertainment in the price of their ticket. Peter McCabe was hilarious as MC and Trivia Master. Garth Owen and Judy Andrews kept things on track as judges. Mayor Angela Toppin most generously lent a hand to Krishna Buhler at the door. Lexi Carroll orchestrated the ticket sales, arranged the most excellent prizes and kept the publicity rolling – all from Townsville Hospital both before, and after, giving birth to two beautiful twin girls! Thank you to the Kuranda Recreation Centre Committee for their support, in particular Mike Richardson who co-MC'd and helped keep the kitchen humming.

We were overwhelmed both with the generosity of the people who came along and the people and businesses who donated items for the night. There were also baskets of super prizes and vouchers for the two winning tables as well the 'misère' mob. The auctions were a great success with the bidding hot on some truly exceptional pieces. Potter's nautically inspired "Trygg" sculpture caught many an eye. The meaning of trygg is true or faithful in Norwegian – trygg havn meaning safe harbour. There were also six silent auctions, where the crowd were invited to write bids on paper next to some beautiful handmade pieces.

Our thanks again to all those who attended and helped. Your support builds the foundations for keeping our Kuranda History alive and accessible.

Anybody interested in learning more about the Kuranda Historical Society please visit our Facebook page [www.facebook.com/kurandahistory](http://www.facebook.com/kurandahistory).

If you would like to become more involved as a Member (only \$15) by sending a request for a Membership Form to our Secretary at [kurandahistory@gmail.com](mailto:kurandahistory@gmail.com). You will then receive regular updates on activities and requests for your input. We would love to have more people on our working group(s) to help bring our Strategic Plan to life through various supporting activities. We need people to help set up collections, to workshop historical themes, to write grant proposals and to run fun fundraisers like the Hysterical Historical Trivia Night.



Mayor Toppin and Krishna Buhler in front of the prize table



Judges Garth Owen and Judy Andrews keeping an eye on scores



Kuranda "long timers" pooled their collective memories for a fun night



The bidding went high for this piece from resident potter Peter Thompson

**Our Sponsors and Generous Donors who supported the Hysterical Historical Trivia Night**  
Mayor Angela Toppin (Mareeba Shire Council), Kuranda FoodWorks (who donated the ingredients for 50 pizzas!), Australian Butterfly Sanctuary (family pass), Distill on the Hill (bottle of gin), Tranquility Beauty & Spa (massage), Emerald Creek Ice Creamery (\$50 voucher), Frogs Restaurant (\$50 voucher), Gayle Hannah (3 amazing knitted animals worth \$150), Hartley's Crocodile Adventures (family pass), Ian Whittaker (2 prints), Kuranda Arts Coop (7 unique art/craft pieces by our local artists: Henri Hunsinger, Terry Eager, Robyn King, Cathy Harvey, Liselotte Edwards, Mollie Bosworth, Buck Richardson), Robyn Hughes (photography), Kuranda Birdworld and Kuranda Koala Gardens (family pass), Honey House Kuranda (3 rainforest honey jars), Kuranda Media Association (free promotion in *The Kuranda Paper*), Kuranda Riverboat (family pass), Kuranda Visitor Information Centre (sold tickets), Macalister Brewing Co (\$50 voucher), Café Mandala (\$50 voucher), Peter Potter (ceramic piece worth \$250), Skyrail (family pass), SpiceZ (voucher), Sprout Café (lunch voucher), Tea Lily (\$50 voucher), Just Gorgeous (cute red umbrella), Troppo Propagation (\$50 voucher), Wendy Bindley (2 bottles wine), Wholesome Kuranda (\$50 voucher).



Kuranda CWA members take an Easter opportunity to wear a fun hat! L-R: Christine, Caroline, Carol, Ricia, and Vicki. Photo by Krishna.



## FAREWELL REIN VAN DE WINT

Rein Van De Wint was a former Kuranda resident and Frogs' restaurateur for many years. Rein co-owned Frogs Restaurant with his sister Lil Van De Wint and Terry Pates.

Rein enjoyed travelling, singing, camping, and he loved his blue heeler dog, Bookah. He was gentle and kind with a great sense of humour.

Rein returned to his home in Holland several years ago with Bookah.

He passed away due to complications from Parkinson's disease.

A true gentleman. Rest in Peace Rein.

**Terry Pates of Frogs Restaurant says of his friend...**

Rein arrived from The Netherlands in the early 1980s and helped form the style and ambience of Frogs. He was an allrounder – barman, cook, builder, maitre'd, dump runner (no collection), and the friend to sit on the top of the hill on Masons Road and party with.

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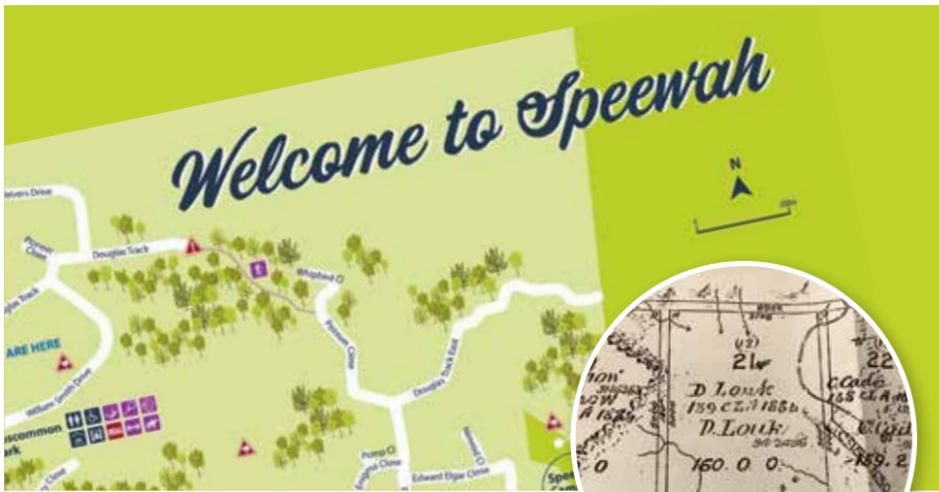
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## KURANDA BRANCH

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Booking Agent: Colleen Blunt 0448 434 186

President: Vicki Donovan 0400 791 345

### CELEBRATING 100 YEARS

QCWA held its International Study conference, "Celebrating Australia" in April at the Roma Bungil Cultural Centre. Colleen Blunt, the Kuranda Branch representative, was invited to display and speak about an item of Australiana memorabilia – something that is 100 years old, or from Australian pioneering days. Colleen shared photos of Kuranda's Historic Railway Station and gave some background to its history. During the event there was an "Aussie Legends Camp Oven Dinner" to experience.

Opportunities for Members to attend various QCWA events around Queensland are promoted on the website.

**Membership** – Membership information available by contacting our Secretary, Colleen Blunt. By joining QCWA in April, you receive three month's free membership! Apply online or contact us direct. Membership gives access to discounted accommodation (includes Cairns).

**Next Meeting** – Our Branch meeting is on Wednesday 11 May 2022 at 9am.

**Crafts Social** – Our monthly Craft mornings are on the third Wednesday of the month. Our next morning will be on Wednesday 18 May 9.30–11.30am. Gold coin donation. All welcome.

#### WHAT'S ON AT THE CWA?

**Contact the following hirers for any enquiries regarding their activities:**

KCWA meetings/special events – Colleen 0448 434 186

Craft and Social Morning tea, and Trading Table – Christine 0427 535 916

Yoga in Rainforest – Aileen 0419 726 955

Yoga with Tina – 0499 593 119

Tae Kwon Do – Jeff 0437 438 196

Myola Body Groove – Sandra 0447 737 415

Tension & Trauma Release – Sabine 0415 959 195

**Hall Hire Available** – Our hall is air-conditioned, has a fully equipped kitchen, and security screens. Timeslots currently available: Full day Thursday, 8.30-10.30am Friday, and Monday afternoon and evening

**Federal Election Day – Saturday 21 May with voting at QCWA Kuranda Hall,** cnr Barang and Thongon Streets.

Bring some coins – fundraising for CWA – RAFFLE (multiple prizes)- 1st prize \$100.00 declared at 6pm on the day.

**QCWA 100 Year August celebration planning** – if you have old CWA photos and memories, please get in touch! We can copy and collate any photos. Call Krishna 4093 8730.

### The Speewah District Residents Association

The Speewah District Residents Association (SDRA) met on 21 March this year, and agreed to hold its 2022 AGM on 27 June at 6pm at the training room of the Speewah Rural Fire Shed at Roscommon Park.

We look forward to meeting members—new and old—from the Speewah neighbourhood, with the opportunity to join the SDRA and engage in the highly consultative process between residents and Council, as well as other stakeholders. We are lucky to have this long-term association at Speewah as it is well represented by Mareeba Shire Councillors, including Mayor Angela Toppin and Councillor Danny Bird who liaise directly between us and Council. We are aware of peoples' busy schedules and keep the meetings to a strict one-hour or less timeframe, and they are conducted four times a year. The AGM is also your opportunity to nominate someone for the management committee for the roles of chairman, secretary, and treasurer as voting for these positions will occur at the AGM.

Also, we will be discussing the naming of Dick Louk Creek near Stoney Creek, Speewah. This is a project of one of our long-term SDRA members, Vivienne Veivers, who is in the process of applying for naming this creek with the Department of Resources. Her rationale is that it has been historically known as Dick Louk's Creek – named after a Chinese pioneer in the 1890s and is relevant to the local post-contact history of the neighbourhood and Sense of Place. If anyone is interested in this project or would like to consult about it, please come to the meeting or email Vivienne vveivers@antmail.com.au.

Vivienne also found primary evidence of Dick Louk in the area through an 1898 survey map and was kindly forwarded a biography of Dick Louk by a Kuranda resident. She is garnering further evidence for her application and particularly would like to contact any family members of Dick Louk as part of the consultation process and would greatly appreciate any information on the subject.

We look forward to seeing you there and if anyone would like to add something to the agenda, or have any other issues related to the meeting, please email our secretary Jo jgarbell15@gmail.com.

Thank you from the Management Committee: Jo, Charlotte and Annie.



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# A Grinter's Tale

I've said it before, underwear is not what it was even five years ago. The times they are a-changing.

If you are one of the five people who read this column, you will remember that I waxed lyrical about the disgraceful deterioration of quality in the top brands of clothing, resulting in my pursuing the particular 'iconic Australian' (hmmm) manufacturer for months after I complained about the downfall of its knickers, literally and metaphorically.

After at least a dozen emails, and as many Facebook messages, it was obvious that the right hand didn't know what the left hand was doing, and the quality of the company's customer service was as bad as its product. You wouldn't want to research the chemicals used in Asian clothing manufacture, truly. I lost the plot when I was told to take all my two month old already threadbare purchases into the store from whence they were purchased, and ask for a refund. I don't tend to keep receipts for underwear, do you? Okay, leave that one there.

Besides, I argued, there was no way I was going to embarrass a 15 year old male customer service desk trainee, much less myself, by emptying a bag of worn underwear onto the counter in front of an impatient queue of customers returning equally substandard, but less embarrassing goods.

Months later, yesterday in fact, I was finally successful in extracting a \$30 voucher by reluctantly creating an account with the company. It's the principle, you see. But wait for it... my reward for perseverance was a voucher for their very own inferior product. Unnhh.

While messing around waiting for this decision, I was looking at reviews, and came across 'Bonds-addicts buy/swap/sell'. I was fascinated to read that this was "A place where you can BUY SWAP OR SELL ANY Bonds items including babies, kids, womens & mens (sic)." There must be a law against this, although I suspect many people may jump at the chance to sell or swap their husband or wife.

It just goes to show that there are people either selling their progeny or spouses, or otherwise addicted to poor quality, neither of which helps my cause.

Admittedly the latter is due to cost factors (= loss of quality = false economy) and availability of alternatives. Personally, I truly resent the number of items I have to return to shops these days – it costs me far more in business time and fuel than the original cost of any item I ever take back.

However, every day our acceptance of inferior product along with our growing reduction of freedoms of choice and speech, exponential growth of corporations, ever evolving distortions of the truth from those we put our confidence in to govern our country, and dying economy is taking us one step nearer to the unlucky country. Now this column could go anywhere, and it looks like it is, and you know me, I have no control.

Personally, I find it hard to be labelled a conspiracy theorist because of my concerns for quality of life and freedoms in our children's futures, never mind cheap, imported, poor quality product.

Take for example our rapid progression towards a cashless society. Locally, we bemoaned the closing of the Kuranda branch of Bendigo and its ATM. In fact, around 460 of the 'Big Four' bank branches have closed in recent years, and almost 3800 ATMs, probably more since those statistics were published. It's not just the crippling effect on small communities, including employment, but the scary implications eventual reliance on digital communication brings to the table. The same applies to insurance and energy companies, telephone and internet providers and eventually, all retailers, as shops close down in favour of online transactions.

An example. I received a text message from Ergon Energy saying I might be eligible for rebate. I spent some time considering whether the message might be dodgy before following

Come writers and critics  
Who prophesise with your pen  
And keep your eyes wide  
The chance won't come again  
And don't speak too soon  
For the wheel's still in spin  
And there's no tellin' who  
That it's namin'  
For the loser now  
Will be later to win  
For the times they are a-changin'

Bob Dylan

the link. It didn't work anyway (ho hum), so I investigated directly through the Ergon website. I found the applicable section and started to apply on Ergon's online form. After completing most of said form, I pressed 'Next' after accepting the Terms of Agreement. I came to a halt there, as it scolded me for not agreeing to the Terms and Conditions. I had. I felt like a naughty schoolgirl.

I had just wasted 25 minutes of business time, but having come this far, I decided to call Ergon, not just to apply, but to report the glitch. So I called 13 10 46; I know it off by heart, which is not a good sign. I waded through the seemingly endless interrogations and pressed this or that number, feeling like a shrub being pruned till I was down to leafless twigs and a message telling me I now had only 16 minutes to wait before my call would be answered.

I waited and wilted, and Googled 'What to do with a spare 16 minutes'. Amazingly, you can "Rejuvenate With the 5 Tibetan Rights" but that was a 15 minute commitment, which would leave me at a loss for one minute, so I deleted emails instead. Meanwhile, my business phone was tied up for all that time, because as we know, answering another call will risk having to start all over again, especially if you are technically impaired like myself.

A few days before, I called my bank. I waited and hummed like an angry bee, then clenched my teeth. I waited some more, and some more, and finally gave up as I had to leave the office and my jaw was aching. I was so frustrated and angry, and to be honest, frightened.

Driving down the Range I daydreamed that I had finally got through to someone at the bank who said, "Sorry, Suzanne, we don't have an account in your name".

I hope that wasn't a premonition, because you sure as hell won't find a contact number on most websites these days, there will come a time when there will be no contact numbers (quite often the case with online retail now), bank branches, State government, Telstra shops, no Ergon FAQ (which never answer your question anyway), no Australians on the other end of the line, and no duty of care. Guess why. They have the power, and they use it effectively, and it is only going to increase. Oh yes. Wait until artificial intelligence takes precedence over people. Want to argue with a robot – oops sorry, we already do.

On a positive note, we have just about come out of the other side of the COVID nightmare, but with so many people shaking their heads in bewilderment and confusion at the ever changing story of the vaccine's efficacy, so many businesses going broke and livelihoods destroyed, so many gags in place but falsities revealed, and so very many facts hidden by the media in all its forms, I've lost count of the number of friends who have finally begun to see the light.

That is a subject of great debate, and I am more than happy to debate, but not with those who have not been privy to the research you will never see in the mainstream media. I'm a journalist and have been a political spin doctor, in many environments in three levels of government. I can discern the real from the fake. I know how to manipulate information. I don't like that, I never have. I don't consider myself an out and out conspiracy theorist, but unprecedented infernos and floods, a controversial virus and vaccine that have jointly crippled the world in more ways than illness and death, a huge and frightening restriction on freedom of choice, extensive foreign ownership of Australian assets including our water and agricultural land, massive negative impacts on Australian agriculture, industry and small business... We're being shuffled into a processor, however, there is still a chance to turn it off at the wall. But you have to open your eyes and ask questions.

Federal elections are coming up. We are at a turning point in Australian history, at least that is my belief, shared by more than you would imagine. Dig deep, research, listen and respect others' opinions.

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# SMOKE SIGNALS

## COMMUNITY ENGAGEMENT

It's no secret that the RFS loves being invited to conduct community engagement, but an event held on 30 March was especially rewarding for a group of volunteers and staff. An invitation to attend the Cairns State Special School was an offer too exciting to resist.

An excited group of 30 students with teachers in tow greeted us and couldn't wait to get into the activities, engage with the fire fighters, and of course, sit in or play in real life fire trucks.

The students lined up at the Kuranda/Myola 51, 41 and a ERV to take turns pretending to drive the appliances, dress up in PPE and ask the fire fighters lots of amazing questions about everything from radios to the ever-popular lights and sirens. A few extra curious youngsters were even lucky enough to get a quick turn each of pressing the siren button and giving the horn a toot. The smiles and laughs were infectious and a real buzz was felt from all, as the children happily moved about the event. The water activity of knocking tennis balls off the witches' hats with the hoses from the 51 was very popular, with a few of the teachers and teacher aids having a turn too. The fantastic fire fighters seamlessly adapted their assistance with branch operation to ensure that all students could enjoy the activity no matter what their ability level was. This made me incredibly proud of the fire fighters and is typical of the type of generous and caring hearts that RFS volunteers have. Another special treat was to have the Mustang belonging to First Officer, Mick Dub of Speewah RFB, on site. This was quite the eye candy for those in attendance. One student asked "is that a Transformer fire truck?"

It was lovely to hear the students exclaiming that they will grow up to be fire fighters and with their passion and phenomenal skills with the branches, I think they will all make wonderful fire fighters. One exceptionally bold young man spotted the Incident Controller tabard and asked what it's for and decided, yes that indeed was the job for him. Look out for him in the future rocking the red IC get up and leading like the boss he was today.

After the students had experienced all of the appliances, they made their way to the back of the ERV to collect goodies such as hats, water bottles, colouring in books and games. These were received with smiles, giggles and lots of beautiful "thank you" cheers and Auslan signs.

The amazing children will not forget this day and its safe to say the joy it brought to the fire fighters will not fade from their memories anytime soon. When we were asked to come back to visit the junior students and say hello to the senior students again, every single one of us were quick to say "YES".

A special thanks to Mick Dub (First Officer of Speewah RFB), Jim Mackland (Fire Fighter, Kuranda/Myola RFB), Ava Chibnall (Fire Fighter, Speewah RFB), and Stephan Powiesnik (ATSO, FNR Northern Area Office)

*Savannah Terrar Chibnall (VCE)*



**You will need a permit, available from your Local Fire Warden free of charge**



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## A Curry Night Under the Stars with Lunar Acoustic Music

### Saturday 14 May 2022

Gate & Bar open 6pm • Dinner service begins at 6.45pm

Choice of Beef Rogan Josh, Chicken Vindaloo, Vegetarian/Vegan dishes  
All served with spiced rice, condiments and salads

**\*\*Desserts sold separately\*\***

Curries will be served banquet-style on booked shared tables.

<b>\$40*</b> Non Members <small>*includes 2022 membership</small>	<b>\$25</b> Members	<b>\$10</b> Children under 12
---	------------------------	----------------------------------

Membership forms will be available on the evening to complete.

Our last Curry Night was fully booked and a great success with membership, so please get in early as limited seats will be available! A 'Try Booking' link will be on the Kuranda Amphitheatre Facebook page soon, so please keep an eye out. Alternatively you may book your table and pay cash at the Honey House Kuranda Therwine Street.

*\*\*It is essential when booking your table to please quote/reference the name of the person your table is booked in. We can then adjust table numbers as more people are added. Thank you.*

#### AMPHI NEWS

The Amphitheatre has been hosting a number of wakes and life celebrations over the past couple of months. Saying goodbye to some of our most treasured volunteers and original KAS members is tough, but also an honour to support our local families. Seeing many faces of the Amphitheatre catch up and listen to memories shared is special. We will always remember them.

Some of our committee and volunteers will attend the Mareeba Animal Refuge Pet Fair in Mareeba on 30 April, holding a fundraising Breaky & Information stall. It's always great to get out to the wider community and share Amphitheatre information and history. Great fun and well worth the effort.

The next Fundraising & Membership Drive stall will be at the CWA Hall, Therwine Street, Kuranda on Saturday 21 May for Federal Election Day. A sausage sizzle, cakes/treats and cold drinks will be available from around 7am.

A **GoFundMe** donation drive has been launched on our Facebook page to help towards the Amphitheatre's vital insurances, repairs and upgrades, WHP&S maintenance and many more expenses, to assist the venue moving forward to open up for major events when they emerge. **Thank you for your support.** The generosity is amazing!

More news to come on 'KAS Presents' community events throughout the year.

#### NEXT WORKING BEE

The next Working Bee is on **Sunday 15 May from 10am to 2pm. LUNCH AND REFRESHMENTS PROVIDED. Stay for an hour or stay for three!**

Volunteering at our Working Bees, whether you are a member or not, helps keep the venue alive for our community. Helping with repairs, maintenance and gardens etc are priorities.

Thank you once again to those TRACQS workers and participants who continue to support the Kuranda Amphitheatre with grounds maintenance, repairs and upgrades. It lessens the burden of work to be done by volunteers and is appreciated as always.

#### MEMBERSHIP

Our 2022 Membership forms can be picked up and paid at the Honey House Kuranda, payment deposited into the Kuranda Amphitheatre Society Inc. account (bank details on form). You can request a form via email [support@kurandaamphitheatre.zendesk.com](mailto:support@kurandaamphitheatre.zendesk.com) or via the Kuranda Amphitheatre Facebook page.

Please note our website is currently being upgraded – it will be back with updates as soon as possible. Thank you for your patience.

We acknowledge the membership fee increase and do hope people continue to support the society through membership, as it is crucial for our eligibility for diverse funding opportunities and of course the Kuranda Amphitheatre Society Inc. as an entity.

#### HIRE

The Understage and Mainstage are available to hire for community classes, groups, workshops, seminars, photography, recording etc. on a day/regular weekly spots or regular monthly hire (community or business bookings). Days are starting to fill up, so if you are interested in details please get in touch. All enquiries can be made through our support desk [support@kurandaamphitheatre.zendesk.com](mailto:support@kurandaamphitheatre.zendesk.com)

KAS management and support work hard on a voluntary basis, giving up their free time. All KAS events moving through 2022 will be much needed fundraisers for the venue.

Look forward to seeing you at the Amphitheatre!

 [www.kurandaamphitheatre.org](http://www.kurandaamphitheatre.org)  
 [support@kurandaamphitheatre.zendesk.com](mailto:support@kurandaamphitheatre.zendesk.com)  
 Kuranda Amphitheatre

WE MEET ONCE A MONTH  
ON THE 2ND THURSDAY OF THE MONTH  
10-12 NOON

## Kuranda Writers Group

Hi All

The next meet up of the Kuranda Writers Group will be held on **Thursday 12th May 10-12 noon** At the Kuranda Library All welcome!

YOUR NEXT ASSIGNMENT IS A PIECE OF CREATIVE WRITING (OF ANY FORMAT & LENGTH) INSPIRED BY LAST MONTHS MIND-MAPPING EXERCISE TO HELP UNLEASH CONTENT & CREATIVITY.

0435 001156  
[WWW.FACEBOOK.COM/KURANDA-WRITERS-GROUP-106231515332401](http://WWW.FACEBOOK.COM/KURANDA-WRITERS-GROUP-106231515332401)

## MIMUU BUDAN! (PLACE OF WATERLILY - OPENING UP)



'Mimuu' or the 'Lilipond Lagoon' located in Mona Mona, has had a recent facelift with our Djabugay Bulmba Rangers actioning project "Mimuu Budan" – Place of waterlily - opening up.

The Djabugay Bulmba Rangers have spent the past week removing invasive weeds such as hymenachne and navua sedge from this significant site.

This site has been an ongoing Bulmba Ranger project over the last few years, with Rangers carrying out cultural burning, vegetation monitoring and water quality testing within the aquatic habitat.

The invasive hymenachne plants were required to be removed by hand, and our Conservation & Ecosystem Management trainees, were all keen to put on their waders and head waist deep into the lagoon to collect the weeds.

The next step for the lagoon will be to install a barrier fence to prevent the feral animals from destroying this unique habitat. The fence, when completed in mid-June, will encircle and protect not just the lagoon but also the site of the permanent spring that feeds it. This will help keep out feral horses and feral pigs that have been trampling the edges and causing poor water quality, and prevent grazing on the water plants within the lagoon.

Mimuu holds cultural significance to Djabugay Bama as do all wetlands on Djabugay country. Over the years, this area has provided Bama with a place of storywater, a whole range of foods, medicines, and fibres.

The Bulmba Rangers will continue to monitor and care for this stunning aquatic habitat, to ensure the natural beauty of this site is protected.

Mimuu, Bulmba Rangers in their waders clearing invasive weeds



# WOW

## WOMEN OF THE WORLD FESTIVAL

WOW Cairns takes place on 13 and 14 May 2022, and it's set to be an exciting festival, celebrating the lives of women and girls in Far North Queensland. Head to Bulmba-ja Arts Centre and enjoy a range of workshops, conversations, performances and exhibitions.

Special guests include the Aboriginal and Torres Strait Islander Social Justice Commissioner, June Oscar AO. June will be speaking on the session called *When the Icebergs are Melting* exploring ideas of leadership and women tackling challenges. She will also host a workshop giving an overview of the Wiyi Yani U Thangani Report, including its key themes, significance and findings, as well as the actions and structural changes necessary for implementation to build momentum for First Nations gender justice.

The Opening Night Concert on Friday will feature an awe-inspiring line up of performances including the serenading sounds of the Marliya Choir from Spinifex Gum performing songs from their new album, the captivating, unique choreography and spiritual movements of Miriki Performing Arts, a beautiful and enriching musical collaboration curated by accomplished singer, songwriter and rapper Naomi Wenitong with local young women, followed by Poly Sisters of AustraNesia curated by AustraNesia visionary, Rubina Kimiia, a five-piece local soulful and harmonic Polynesian powerhouse with soulful original songs, harmonies, grooves, stories, and spirit to leave you inspired.

The WOW Marketplace will be open all day Saturday and will feature many women-owned businesses selling artisan goods, handmade jewellery and clothes, and products for face and body, as well as information stalls. There will be food and drink available as well as beautiful performances to enjoy.

Another highlight of the marketplace, the WOW Healing Space, draws on traditions, healing and ceremony

practised by women across cultures and centuries providing the opportunity to ask questions and get some care and attention. You can experience a range of workshops and demonstrations from First Nations practitioners, including locals Ceed Healing and Ngamumu and joining them from Groote Eylandt (NT) the wonderful women from Bush Medijina.

Across Saturday you can take part in a range of workshops and panel conversations, including topics such as economic security for Cairns and Far North Queensland, *How to be a Bystander* when dealing with coercive control, and learn how to make your own podcast. Join Deadly Inspiring Youth Doing Good and experience their Uluru Statement from the Heart advocacy training designed to support all Australians to walk together with Aboriginal and Torres Strait Islander peoples for a better future.

To finish it all off, the *Funny Mummies Cabaret Spectacular* takes place on Saturday night. Starring comedian Jenny Wynter and special guests, come join a 'giggle of mums' and relax after a full couple of days!

Weekend passes are available covering all aspects of the festival, or you can purchase a ticket just for the Opening Night Event or *Funny Mummies* comedy show. The marketplace is free entry and open to the public from 9am to 5pm.

You can also add on an exciting Tropical Food Safari with the Cairns Business Women's Association. Taking place during the day on Friday 13, you will get to travel to a selection of local Cairns food and beverage businesses, and wind up at a reception with Joanne Freeman — British Consul General for Queensland and the Northern Territory, finishing up in time to make the opening concert.

You can view the full program and purchase tickets on their website. Head to [www.wowaustralia.com.au](http://www.wowaustralia.com.au)

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**TICKETS AVAILABLE FROM WOWAUSTRALIA.COM.AU**

## Calling for Past Members for our Upcoming Birthday Celebrations

In the last issue of this paper, we announced our 25th Birthday Exhibition for 29 July and called for past members to contact us. We had a good response, but we know there are more of you out there!

We now have a committee and everything is on track for July, including renovations to extend our exhibition space. Our birthday exhibition theme is "Kindred". We will contact past members with further details on the terms and conditions for your entry.

Email [artskuranda@gmail.com](mailto:artskuranda@gmail.com) to register your contact details.

## Artists in the North, Cairns Art Society

Gathering its members and other artists from North Queensland, in one of the largest group exhibitions in the Cairns cultural calendar, Cairns Art Society presented their annual *Artists of the North* exhibition at the Tanks Art Centre, Cairns. The theme this year was "Humanity".

Entries were received from Arts Co-op artists including Sandy Hablethwaite, featuring her amazing colourful pottery piece *Harlequin*.

Toni Rogers and Marcelle Dieben presented a new collaborative artwork, *Fabrique de vie*, a quilt made from recycled packaging paper.

This exhibition continues at the Tanks until 3 May 2022.



"Harlequin" by Sandy Hablethwaite.  
 Photo: Sandy Hablethwaite



"Fabrique de vie" detail  
 Photo: Marcelle Dieben

## Glass Workshops with Kate Prynne

Kate is conducting her popular glass workshops throughout May. This is an opportunity for new or past artisans to have one-on-one tuitions, maximum of two per session. Glass, firing and tuition are included in the price. Contact Kate Prynne 0400 517 999

## Renovations at the Kuranda Arts Coop

We are happy to announce we are expanding our gallery space and expect to have it ready for our birthday exhibition in July. Meanwhile, we apologise for any inconvenience (and noise) during our current renovations.



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## FOCUS ON KURANDA

The **Focus on Kuranda Photography Group** is a Facebook group for photographers of all levels. Photos featured here have received the most 'likes' for the previous month (at the time of going to print).



## APRIL

"Bush Stone Curlew"  
 Elly Veivers  
 (12 April 2022)



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# SUNDAY 29 MAY

# MUNRO MARTIN PARKLANDS



## Community Nursery and Landcare

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### Community getting together

Many took the opportunity of the first school holidays when all States are open after our various COVID lockdowns across the past two years. What joy in seeing friends and family!

Some of us staying in Kuranda took the opportunity to plant 460 trees to add to the wildlife corridor being developed along the lower part of Cain Creek.

This is how many of the young trees looked, root ball well developed and holding the soil, ready for plant out. Rainforest seedlings don't like their roots being disturbed, and should be left as intact as possible.

We always hope for rain after planting. These ones had an overcast week, but 40-70mm would settle them in and mean we don't need any further watering till later in the year when it dries off all together



Great holiday activity for kids learning to plant



Local constables join in the plant out!



Sylvia and Mayor Angela Toppin



Pre-dug holes stretching for over 100m to Cain Creek. Thanks to Adric's TRACQS team for their help.

Joel and Lyn inspect the root ball before planting into the pre-dug hole.



### • Date Claimers •

**Saturdays throughout May** – Planting out the erosion swales at Cain Creek 8 am. Meet at Envirocare nursery and carpool to site. Bring closed in shoes, hat, water bottle. Call Andrew on 0407 161 175.

**20–26 May Frog monitoring.** Monitoring fun starts after 7pm. Check FB or email Ed at kuranda.envirocare.science@gmail.com

## We are the invasive resist-ants



### Crazy ant conversations

The community taskforce joined up with Kuranda Envirocare volunteers to plant 460 trees followed by a BBQ and an update on the Wet Tropics Management Authority's Yellow Crazy Ant Eradication Program.

Yellow crazy ants are found at three infestation areas in the Kuranda region. Russett Park and Green Forest infestations are in the third phase of eradication: annual surveys and spot treatment as necessary due to very low numbers of yellow crazy ants. The Myola infestation

Local constables found time between call outs to join in the plant out at Myola with Bruce Wannan.



Local Russett Park residents enjoying their new yellow crazy ant masks and the live yellow crazy ant display.

is into its second phase with the first broad scale treatment completed in early December and another set for late April. Kuranda Envirocare tree planting and frog monitoring volunteers frequent the Myola site so learning how to recognise the ants and report them is key in helping minimise the spread. Yellow crazy ants are a huge threat to our native wildlife. Eradication is expected by 2028 with the aim of stopping yellow crazy ants from entering our diverse and precious Wet Tropics World Heritage Area.

### 'Protect YOUR Patch' - Grow Something Great!

A common way to spread yellow crazy ants and electric ants is through exchanging potted plants. Learn how to protect your backyard from these pest ants by quarantining potted plants and cuttings. Other garden material such as mulch, rocks, soil and building materials also act as carriers for the invasive pests.

Whether you are giving or receiving plants, let's check for invasive ants so you don't spread them unknowingly to your patch or someone else's. The Community Taskforce is working with the Wet Tropics Management Authority and Biosecurity Queensland to help eradicate these ants.

Keep your patch safe from invasive ants and grow something great!

### WHAT'S HAPPENING

#### 'How to quarantine a pot plant' video is launching!

**WHERE:** Community Taskforce website, YouTube & stakeholder social networks.

**WHEN:** Tues 3 May 2022 @ 6am

www.communitytaskforce.org.au/protect-your-patch-grow-something-great



Community Taskforce coordinator Sylvia Conway, preparing for the 'How to Quarantine a Pot Plant' video.

### Yellow Crazy Ant Community Taskforce

The Community Taskforce is a community-run organisation which assists the Wet Tropics Management Authority in managing the yellow crazy ant infestations in Kuranda. Volunteers are involved in all aspects of the program, including undertaking regular monitoring activities, completing surveys of known infestation areas, and assisting in hand baiting.

Volunteer with the Kuranda Yellow Crazy Ant Taskforce by calling (07) 4093 8989 or by joining the Kuranda Yellow Crazy Ant Community Taskforce Facebook page.

### Join the invasive resist-ants

**f** Yellow Crazy Ant Community Taskforce  
**globe** envirocare.org.au/yellow-crazy-ants-taskforce  
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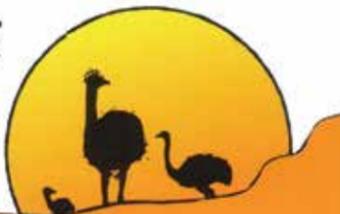
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## Buluwai Indigenous Corporation News

### Buluwai Language Recovery Begins

With support from Indigenous Languages Grants (ILG), the first Buluwai Language Dictionary will be published this year with primary sources of the near-lost tribal language compiled for the first time. Buluwai language is catalogued in the Austlang and Pama Languages databases and was first recorded by Norman Tindale in his 1938 Parallel Vocabularies alongside 'Tjapukai' (Djabugay) language.

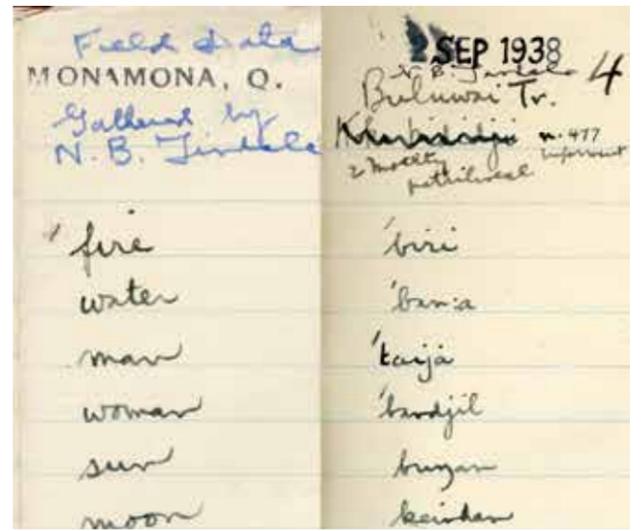
Djabugay and Buluwai languages were recorded as distinct tribal languages in the Tindale Collection of 150 Parallel Vocabularies from tribes around Australia. Yirrgay, Yidinj, Ngatjan, Muluridji, Gunngay, Djabugay and Buluwai have many shared words, however, Tindale's 1938 Parallel Vocabularies demonstrate that each of these tribes has their own discrete language.

Buluwai Cultural Custodian Dianne Brim comments, "It will be good to put the record straight from here – a lot of damage has been done to Buluwai Cultural Heritage. Yes Bama languages are similar – but that doesn't make them all the same tribe. It's timely now for Buluwai language to be recorded with the native title process underway. We would like to acknowledge Michael Quinn for his work in putting the language into written form – the difference with our dictionary is that it's specific only to Buluwai Country.

To get a more precise version of Buluwai language, resource documents were only retrieved from people who spoke the language fluently: 1938 Tindale vocabulary, film and journal entries with Tji: Auwin (Toby Brim, 1867-1941) and his grandson Uncle Warren Brim."

Along with the dictionary, a series of educational resources for children will also be produced to support early learning of Indigenous languages and cultures of the Cairns area.

If you would like to find out more about the Corporation's activities, get a membership form, Cairns Regional Claim (CRC) Buluwai areas of responsibility or any other matter relating to the Buluwai tribe, Dianne Brim can be reached on 0459 062 784.



Excerpt of field data, Mona Mona, Q. Gathered by N.B. Tindale, 2 September 1938, Buluwai Tr., 2 Moiety Patrilineal File name: aa338-8-20\_Buluwai.pdf  
Credit: Norman Tindale Collection, South Australian Museum

### Meetings

10am-12pm, Saturdays @ Kuranda Amphitheatre  
2022 Dates: 14 May, 11 June, 9 July, 13 August, 10 September



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## BIRTHSTONE OF THE MONTH

# May

As the birthstone for May, the emerald, a symbol of rebirth, is believed to grant the owner foresight, good fortune, and youth.

A birthstone is a gemstone that is associated with the month you were born in. Similar to horoscopes, people are generally aware of their birthstone but, unlike zodiac signs, they do not connote a particular behaviour or outlook on life. However, wearing your birthstone is often seen as a symbol of wellness and good fortune.

Birthstones are a great way of honouring an important birthday or simply giving your loved one a personal and meaningful gift.

Legend has it that wearing emeralds will imbue the wearer with heightened intelligence and allow them to think objectively. Others use the stone to promote healing. It has even been claimed that emeralds allow the wearer to predict the future.

Emerald, derived from the word "smaragdus" means, quite literally, "green" in Greek.

Emerald, a beautiful green gemstone, ranging from light green to dark forest green. Coming from the beryl mineral family, it gets its colour from small amounts of chromium. The darker the hue, the more rare and valuable the gemstone tends to be. The oldest emeralds are about 2.97 billion years old.

Emerald gemstones were mined in Egypt as early as 330 BC. Cleopatra is perhaps the most famous historical figure to cherish emerald gemstones. She even claimed ownership of all emerald mines in Egypt during her reign. The Egyptians used emeralds both in jewellery and in their elaborate burials, often burying emerald stones with monarchs as symbols of protection.

The Muzo Indians of Columbia had well-hidden and prized emerald mines. These mines were so hidden, it took the Spanish conquistadors nearly 20 years to find them.

Emeralds are sourced from Columbia, Brazil, Afghanistan and Zambia. Columbia yields the largest amount of emeralds, contributing to more than 50 per cent of all emerald production worldwide.

A fine emerald is truly a breathtaking sight, and deserves its placement among the traditional 'Big Four' gems, along with diamond, ruby and sapphire.

In 1912, the National Association of Jewellers released a list of 'modern birthstones'. To this day, jewellers continue to add options to this list. For example, spinel, citrine, and

tanzanite are recent modern additions. Today, people draw freely from both lists and pick the stones that appeal to them.

Today, emerald is a symbol of loyalty, new beginnings, peace, and security, making it not only a beautiful gem to wear, but also a meaningful jewellery gift to be treasured by the receiver. It is still widely prized by the rich and famous, with Elizabeth Taylor's famous emerald pendant selling for \$6.5 million in 2011, breaking down to about \$280,000 paid per carat. The Duke of Devonshire Emerald is one of the largest uncut emeralds weighting 1,383.93 carats.

Top quality emeralds can be worth more than diamonds on a per-carat basis. Most emeralds have some type of inclusion or imperfection, and emeralds without imperfections or inclusions are very rare. Instead of the term imperfection, dealers like to reference emerald inclusions as an internal Jardin ("garden" in French).

Colour, clarity, cut and carat weight are four factors used to determine the value of an emerald. The most important of these four is colour. The best colour is vivid green or blueish-green with even saturation and no colour zoning.

Synthetic sapphire and ruby were created in 1907, but synthetic emeralds were not created until 1935 when American chemist Carroll Chatham successfully grew his first 1-carat Chatham emerald. This stone is now on display at the Smithsonian Institute.

Contributed by Emu Ridge Fossil and Gemstone Museum and Gallery, Therwine Street, Kuranda. Free admission.



Photos:  
Karin Notaro  
from Silk  
Road Gems,  
Kuranda

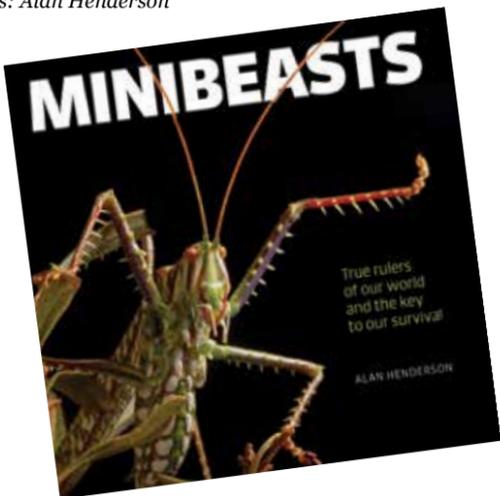


# Keeping your eyes on your food



Top: A Green Tree Frog (*Litoria caerulea*) at rest  
 Middle: The frog catches a moth with help from its sticky tongue  
 Above: The frog's eyes retract into their sockets to aid swallowing

Photos: Alan Henderson



Above: Get a stunning insight into the world of minibeasts to reveal the critical role they play in our survival with Alan Henderson's latest book "Minibeasts". Available online.

With the recent wet weather, our local frogs are having a surge of activity. The Mottled Barred Frogs (*Mixophyes coggeri*) are calling eagerly along with others and many other species are taking the opportunity to feed while they can before the dry season. One evening we watched a small Stony Creek Frog (*Litoria jungguy*) having the time of its life just outside our patio window. The little frog was eagerly stuffing the numerous moths that were attracted to the light into its tiny mouth. I'm sure many local people have witnessed the same thing, but have you ever wondered how frogs swallow their food? Probably not. It's not really a topic discussed around the dinner table or at the latest social function. But the answer to that question is really quite fascinating.

Frogs have a sticky tongue which is attached at the front of their mouths, rather than the back like ours. To catch their prey, frogs will fold their tongue out of their mouths, and their sticky saliva will latch onto their food as they simultaneously attempt to engulf it with their wide mouth. They will then bring their tongue back into their mouth and attempt to swallow whatever is attached to it.

Frogs usually feed on a wide variety of invertebrates, but larger frogs will even feed on small vertebrates including smaller frogs, lizards and snakes! Some frogs will try to ingest anything they can fit in their mouths, sometimes spending a long time trying to stuff enormous items in to no avail!

To actually swallow their food, frogs close their eyes and pull them right back into their sockets, using the eye muscles to push the food down their oesophagus. As their eye muscles move down, their tongue muscles move up and cause the frog to swallow. Frogs need to swallow this way because they don't have teeth capable of breaking up their prey, so they swallow it whole. They do have small teeth that are used mainly for holding on to larger prey while they attempt to push it into their mouths using their hands.

Once the frog has swallowed its food, digestion starts occurring in the stomach. The substances will be broken down and the nutrients absorbed by the frog's body. Any waste material that can't be absorbed will be passed in their pellet-like faeces.

Another interesting thing about frogs is that they don't actually drink water. Frogs are able to absorb moisture through their skin, which is why they generally inhabit moist or humid environments. This process of absorbing water is called osmosis. But, for frogs, water is just as easy to lose as it is to take in, which is why prolonged dry conditions (such as being trapped inside a house) can be lethal for frogs.

**Deanna Henderson, Minibeast Wildlife**



[www.minibeastwildlife.com.au](http://www.minibeastwildlife.com.au)

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# Friends of the Earth

## Far North Queensland

### Deforestation & Renewables

At the April FoE FNQ meeting, guest speaker Steven Nowakowski gave a very powerful and confronting talk about the threat that some industrial scale renewables pose to biodiversity. Steven emphasised the need for urgent action to stop burning fossil fuels and to mitigate climate change. However, he added "Should we be clearing forests to decarbonise?"

Three renewable projects were outlined:

- Kidson Pumped Hydro which is in progress and will lead to the clearing of 1,900 hectares of Themeda forest
- The proposed Desaily Renewable Energy Park, and
- Upper Burdekin Wind Farm which is under EPBC referral

#### Lack of Planning

The proposed Desaily Renewable Energy Park is one of the 10 biggest upcoming renewable energy projects in Australia. It lies on the edge of Brooklyn Nature Refuge and the McLeod River 75km north-west of Mareeba. Desaily would lead to 2,400 hectares of savannah woodland being cleared. Yet, according to Steven, Mareeba Shire Council's CEO approved this project as code assessable. It was not even discussed in a Council meeting.

#### Location of Projects

The projects of concern hug the high voltage transmission line that runs along the western boundary of the Wet Tropic World Heritage area. Wind farms are usually planned for hills and ridges that are often the least disturbed habitat with most biodiversity and endemic species due to inaccessibility. These places are home to species that, with climate warming, have nowhere cooler to migrate. Some projects are on freehold land so Traditional Owners have no say.

The Upper Burdekin Wind Farm west of Ingham would impact both on Aboriginal rock art and the endemic and rare Sharman's Rock-wallaby's habitat (*Petrogale sharmani*). This wallaby prefers the steep rocky slopes and cliffs that would be flattened to form bases for the 145 mega wind turbines planned. To get some idea of how large each of these turbines are, the blades would be 100m long, nearly twice as long as those at the Mount Emerald Wind Farm. The Upper Burdekin area has such high biodiversity that it was planned for purchase by the State government as a National Park.

#### Possible Solutions

Steven proposed that a new transmission line be built further west. Phillip Musumeci, Greens Federal Candidate for Leichhardt added, "The renewable energy zone is relatively long which



The World Heritage Listed Mount Fox volcanic crater west of Ingham, could soon be surrounded by up to 200 wind turbines. The forests would be carved up with 190km of new haulage roads up to 60m wide. Photo: Steven Nowakowski

means it covers more types of ecology. These REZs should be more selective of the land that they traverse e.g. being located on cleared land such as degraded farmland or lower value ecosystems." Greens Federal Candidate for Kennedy, Jennifer Cox, pointed out "If we had an independent Environmental Protection agency and a National plan for Renewable Energy, we could make sure these types of projects avoid areas of high biodiversity."

Colin MacGregor, senior lecturer in Sustainability in JCU added, "Large power generation companies independently deciding what happens to our land is a social justice issue. Local Traditional Owners and communities should be invited and included in the decision-making." A recording of Steven's talk is accessible on the FoE FNQ website.

**ACTION:** Sign the FoE Australia Protect Land, Water, and Climate Petition at [www.foe.org.au/take\\_action](http://www.foe.org.au/take_action). Ask your Federal election candidates how they plan to mitigate climate change while protecting our forests, wildlife and cultural heritage.

#### NEXT FoE FNQ MEETING:

Wednesday 11 May 7pm via Zoom. For details, contact Margaret on 0403 214 422 or email [pestoriusm@gmail.com](mailto:pestoriusm@gmail.com) or sign up at [www.foefnq.org.au](http://www.foefnq.org.au). New members welcome.

## REPORT YELLOW CRAZY ANTS

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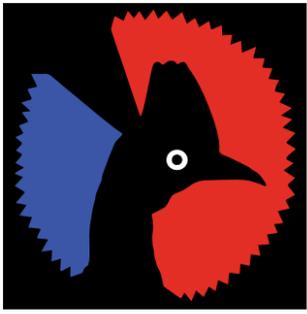
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# KURANDA conservation COMMUNITY NURSERY Inc

1 Pademelon Lane, Kuranda 4881  
Phone: 4093 8834 | Email: kurandaconservation@hotmail.com  
[www.kurandaconservation.org](http://www.kurandaconservation.org)

*The KCons Community Nursery is nearly always open!*

Get your bin stickers (order online or call 4093 8834), native plants, or hire a car trailer (\$10 half day, \$20 whole day).

Need a plant identified? Call us on 4093 8834 or email [kurandaconservation@hotmail.com](mailto:kurandaconservation@hotmail.com) with a pic of the leaves and fruit, or flowers.

We have a number of wildlife carers who will assist with injured wildlife - 0488 548 886.

We have "TAKE CARE - RECENT CASSOWARY CROSSING" signs for you to put by the roadside where you have recently seen an adult or juvenile cassowary.

**\*\* Two sturdy box trailers available for you to borrow \*\***



*Volunteers doing recent revegetation work*

### TREES IN THE GROUND

We just completed planting 100 native trees on private property in the Myola area. The hardest part of planting trees is digging the holes, so we bought ourselves a two-man hole digger. A couple of hefty blokes had 100 holes dug in no time and the rest of us followed close behind planting the trees. It was a most satisfying morning.

**COLLECTING THE SEEDS TO GROW THE TREES TO GO IN THE GROUND** - Kuranda Conservation has a volunteer army of fruit and seed collectors. Consequently, we have trays and trays of seedlings of



all shapes and sizes emerging from the dark soil and promising us the trees of the future.

**POTTING UP THE SEEDLINGS READY FOR THE TREES TO GO IN THE GROUND** - As soon as they're big enough to be planted out, they go off to large revegetation projects or into our local backyards. This can take a few months to over a year.

**THEN IT'S TREES IN THE GROUND** - All of this is done by caring and dedicated people who get their hands dirty because it's a job that needs to be done. The reward is the emerging forest and habitat for our wildlife.

### CASSOWARY CONSERVATION

The known population of cassowaries in the Kuranda region has grown from about 12 to around 36 in the last 20 years. We believe this is because of our focus on them, the community of carers who report the sightings, both on the road and within their properties and the reduction in roaming dogs. The biggest single killer of cassowaries are roads. Roads are built for people's convenience and the transport of goods, with no consideration given to the environment through which they pass, or the wildlife corridors they plough through. It doesn't have to be this way! We are doing all we can to change the road building ethic that exists. We've got to stop accepting bad road design. The Department of Transport and Main Roads (TMR) is an authority unto itself; it needs to confer with the Department of Environment and with the communities it affects. It needs to spend the money needed to build good roads through any environment, not at the cost of the natural environment.

### PLEASE LET US KNOW IF YOU SEE A CASSOWARY - 4093 8834

The official number to call to report cassowaries in distress or dangerous situations is 1300 130 372 (QPWS). But, we at Kuranda Conservation (KCons) like to know where our local birds are so we can monitor their health, population numbers and annual breeding successes (or losses).

**BIN STICKERS** \$25 per sticker 350x600mm

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**KURANDA conservation COMMUNITY NURSERY Inc**

Contact Jax at Kuranda Conservation 4093 8834 or [kurandaconservation@hotmail.com](mailto:kurandaconservation@hotmail.com) to purchase your bin stickers.



### Kuranda Neighbourhood Centre (KNC)

Operated by Kuranda Information & Support Centre Assoc. Inc.

6 Rob Veivers Drive, Kuranda  
PO Box 170, Kuranda Qld 4881  
P. 4093 8933 | F. 4093 8607

E. [coordinator@kurandanc.org.au](mailto:coordinator@kurandanc.org.au)

### Neighbourhood Centre News

**Staff:** Recruitment for the Coordinator position has been finalised with Heidi Avolio being the successful applicant. Margaret Yandell will still be working at the Centre in the immediate future, but will then be leaving the Centre to pursue other interests. We have now commenced advertising for the Family Support Worker position.

**COVID Care Pack:** A small number of packs are available from the Centre for those who are isolating due to being COVID positive.

**Street Pantry:** The KNC Street Pantry is open and available for people to drop items off or to access items 24/7. KNC thanks everyone who has generously donated items to the pantry.

**Mahjong:** The Mahjong group is back at KNC every Wednesday afternoon between 1-4pm. Newcomers are always welcome.

**NILS:** The Kuranda No Interest Loan Scheme (NILS - for low income earners) has a total loan amount to \$1500 and

includes essential household items as well as car registration, car tyres, school supplies (e.g. laptops), generators etc. NILS cannot pay for general car repairs, bills or rent. Please phone the Centre for any enquiries or to make an appointment.

**Drop In/Information and Referral:** KNC is a community hub providing a range of diverse services including information, referral, case management and outreach. If you aren't sure about something or want to know what is available, please come in or ring and ask one of our friendly staff or volunteers. We will do our best to provide or find the most relevant information and make referrals for specialist services where they exist. We also welcome information you have found out yourself about different services or processes, so please let us know how you navigated a difficult situation.

**Visiting services:** There are a number of specialist services that visit the Centre on a weekly basis please ask staff or our volunteers at reception regarding services available.

*The Neighbourhood Centre Team*

## Barry Hodson

FCPA

### Certified Practising Accountant

PO Box 139 Kuranda  
Queensland 4881

Tel/Fax: (07) 4093 9770

Mobile: 0418 314 532

Email: [barry@hodsonott.com.au](mailto:barry@hodsonott.com.au)

## AMPHITHEATRE APPEAL - SHOW YOUR SUPPORT!

A GoFundMe page has been launched to help towards the Amphitheatre's vital insurances, repairs and upgrades, WHP&S maintenance and many more expenses. Funds raised will assist the Amphitheatre to open up for major events when they emerge. Search for "Help the Kuranda Amphitheatre" on GoFundMe.com





# Family Health Corner

by Jaunita May

## Sleep glorious sleep! Part 1 – Understanding Sleep

How was your quality of sleep last night? Researchers have been ramping up sleep studies and associated health conditions in the last 15 years. Research has revealed the connection between poor sleep and a variety of disorders, including obesity, hypertension, impaired immune function, cardiovascular disease, arrhythmia, mood disorders, type-2 diabetes, neurodegeneration and dementia<sup>1</sup>.

### Why do we need sleep?

Researchers have found sleep plays a critical role in many physiological functions including modulation of the immune system, cognition, performance, removal of brain waste, energy and metabolism<sup>2</sup>. The most recent sleep research conducted in the UK analysed the cognitive function of 46 sleep subjects. The results found participants who achieved six-to-eight hours sleep had larger grey matter volume than those who had less sleep<sup>3</sup>. Grey matter is involved in the regulation of memory, movement and emotions<sup>4</sup>. Another study found participants who experienced insomnia had lower cognitive function as well as reduced grey matter. Additionally long-term insomnia is associated with increased risk in Alzheimers Disease<sup>7</sup>.

When it comes to our immune function, sleep plays a critical role in helping our immune system. When we sleep we experience a surge in blood and lymphatic fluids, this helps the distribution of oxygen, fatty acids, glucose and non-immune cells to lymphatic tissue, the spleen and lymph nodes. This process helps the removal of waste metabolites. Our immune is also regulated by the activation of cytokines, which are proteins released by cells that are anti-inflammatory and protective for our cells against disease and infection. Cytokines work with T helper cells in processing immune memory, beneficial for recovery from allergies and infection<sup>5</sup>.

Sleep deficits have proven to affect mood and performance, increasing stress levels and emotional regulation. Athletes have been analysed through research for how sleep deficiency affects their performance. Conclusive studies show that sleep greatly influences poor athletic performance as well reduced academic ability (most athletes are students) and low mood. Medication prescribed for athletes with poor sleep was shown only helpful short-term as long-term use was found to disrupt natural circadian rhythm<sup>6</sup>.

Poor sleep can also affect the diet and lifestyle choices we make. Sleep also plays a vital role in regulating our hormones. This includes hormones that govern our appetite, such as leptin and Ghrelin. Ghrelin stimulates hunger, whilst leptin is related to satiety or feeling full. Insufficient sleep in research has shown the brain stimulates the production of more Ghrelin, which is linked to overeating and disruption of circadian rhythms worsening sleep further. Overeating is related to a variety of health problems such as obesity, sleep apnea, diabetes and cardiovascular disease. Studies have found participants who overeat generally have less motivation to participate in exercise, increasing their risk for cardio metabolic disease<sup>8</sup>.

### Circadian Rhythm

Circadian rhythms are natural cycles that initiate our body's internal clock that influences essential bodily processes and functions. The cycles operate in a 24-hour period and are intricately synchronised with the master clock in our brain. Everything from our environment externally and internally, temperature, light exposure, timing of meals and what foods are eaten or not eaten at certain times all impact our natural healthy circadian rhythm. When our circadian cycle is balanced well and aligned, it offers restorative and consistent sleep quality. However, if there is an imbalance, it can cause significant sleep problems such as, difficulty with sleep onset, sleep wakefulness and insomnia<sup>8</sup>.

### Stages of sleep

**Stage 1** – Non-REM (rapid eye movement) sleep lasting only few minutes, light sleep, brain waves are slowing down so is breathing, eye movement, muscles relax.

**Stage 2** – non-REM sleep, further relaxation and slowing down of heartbeat and breathing. Temperature drops and brain activity slows.

**Stage 3** – non-REM sleep now reaching deep sleep with optimal requirements being 1-2 hours to feel refreshed upon waking. This is when the body starts to heal and rejuvenate

and brainwaves slow further. Muscles are now fully relaxed you may be difficult to wake.

**Stage 4** – REM Sleep occurs around 90 minutes from sleep onset, eyes move rapidly and brain frequency increases similar to wakefulness. Most of your dreaming occurs in REM sleep. The consolidation of memory and learning occurs as well as processing emotions<sup>8</sup>.



News Medical, Shutterstock 2021

([www.news-medical.net/health/Circadian-Rhythm.aspx](http://www.news-medical.net/health/Circadian-Rhythm.aspx))

### How Much Sleep Do We Need?

AGE	HOURS OF SLEEP NEEDED	AGE	HOURS OF SLEEP NEEDED
0-3 months	14-17	4-12 months	12-16
1-2 years	11-14	3-5 years	10-13
6-12 years	9-12	13-18 years	8-10
19-64 years	7-9	65+ years	7-8

Cleveland Clinic, Health Essentials, 2021

([www.health.clevelandclinic.org/how-much-sleep-do-i-need/](http://www.health.clevelandclinic.org/how-much-sleep-do-i-need/))

We can all agree how rejuvenating it is to have a good night sleep, for our physical and mental health. Hopefully you have gained a new found love and respect for your precious sleep. Stay tuned for *Part 2 – Optimise Your Sleep*, covering diet, lifestyle, herbal and nutritional advice in how to gain good quality sleep for you and your family.

Take care of you and each other, love and light.  
Jaunita ~ Your Family Naturopath

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**OPEN DAY**  
**Saturday 14 May**  
**9am–12noon**

"By nurturing each child's imagination, we develop their emotional intelligence, and their creative and critical thinking abilities which are required not only to succeed in the workforce, but also to resolve critical issues facing the world today." Nicole Scott, CEO, Cairns Hinterland Steiner School.

All are welcome to the Cairns Hinterland Steiner School's Open Day on Saturday 14 May, 9am–12noon. Come and experience our school, our classrooms, our students' work and understand from the teachers how the national curriculum is delivered using the Steiner approach. There will be talks, tours, activities and the school's string ensemble will be playing throughout the morning. Contact school for more information [admin@chss.qld.edu.au](mailto:admin@chss.qld.edu.au) or 4093 8809. Visit our Facebook page or website [chss.qld.edu.au](http://chss.qld.edu.au).

In the 21st century, education needs to go beyond memorising information and standardised testing. There is a great need for a school that addresses the heart—as well as the mind—of the child. This is at the core of Steiner Education, and Steiner schools are experiencing an unbroken rise in popularity across Australia and the world.

"A relevant educational approach of today has to focus on creativity, curiosity, lifelong learning, critical thinking, innovation and originality, complex problem solving, connectedness, and positivity." explains Mrs Nicole Scott.

#### How do we at Cairns Hinterland Steiner School (CHSS) foster these capacities of the future?

The accredited Australian Steiner Curriculum Framework follows the principle of matching the child's education to their age; educating the right thing at the right time, and our curriculum is structured to reflect the three developmental phases of childhood.

1. Our Early childhood education (4–6 years) is focused on imitation and routine in a nurturing, home-like environment.
2. Primary education (7–14 years) is focused on encouraging the use of the imagination and creativity through an integrated approach to teaching literacy and numeracy. Children are natural learners if given the time and the opportunity to explore and discover through wide-ranging learning experiences.
3. Secondary education (14–18 years) is focused on developing a young adult's intellect, critical-thinking and problem-solving and knowing who they are and how they can contribute to the world.

The Steiner curriculum develops and responds to each child's evolving social, emotional and academic learning enhancing their awakening through the changing methods of teaching from early childhood through to high school. Steiner education educates the whole child: "The head, the heart and the hands".

Come and see for yourself at our Open Day or on a school tour. Book via our website [chss.qld.edu.au/enrolment/take-a-tour](http://chss.qld.edu.au/enrolment/take-a-tour).



## Kuranda District State College Student Council News

Term One saw the formation of a strong team in the Secondary Student Council — a team that is bursting with ideas and aspirations for the improvement of our school, as well as wider community causes.

Throughout the term we organised and implemented many activities, the first of which was a photography club and a board game club that are now being run at lunchtimes, providing students with a wider range of options for the lunch breaks. These activities were ideas brought to us by class representatives and we are very proud of the way in which students have taken on responsibility to organise and promote the activities they want. As well as lunchtime activities on the Secondary Campus, a group of our senior representatives embraced the opportunity to visit the primary campus once a week and play handball with the younger grades. We feel that we were able to build relationships within the primary school and create a greater sense of connection between our two campuses. Hopefully they had as much fun as we did!

Friday 18 March was the National Day of Action against Bullying, which our Secondary Campus marked with a student versus teacher volleyball game. This event was devised, organised, and promoted by the students in order to encourage inclusivity, participation, and of course a bit of fun. Thank you to all the teachers who participated so willingly, were such good sports, and empowered and supported our idea. It made the event a great success. Thanks also go out to all the students who participated and got into the spirit of the event; we couldn't have done it without you. After the success of this event, the student council hope to organise other events that bring our school community together.

Finally, following the extreme flooding events in Southern Queensland and Northern NSW in recent months, Student Council have organised a Week Three dress-up day to raise funds for those whose lives have been affected. This will be a whole school event and we hope that our amazing school community will participate willingly and support the cause so that we can assist those who have lost everything.

We look forward to sharing future events, and continuing to support and address the needs of our fellow students and wider community in the coming term.

*KDSC Student Council*




Cairns Hinterland  
Steiner School  
Academic Nurturing Creative

Join us for our  
**OPEN DAY**  
on Saturday, 14 May, 9am - 12pm

Tour the campus | Meet the educators |  
Experience education with a difference



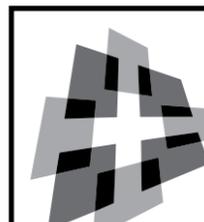
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**Dr Dave Cuming:** dermatology, paediatrics, minor surgery –  
Monday, Wednesday (am), Friday (am)

**Dr Hal Hancock:** Fridays 9.00am–4.00pm

**Dr Veerendra Sinha:** specialises in skin cancers and excisions –  
Tuesday and Thursday 8.30am–5.00pm

**Dr Agufana Pepela:** Outreach every second Monday at Kowrowa

**Dr Yvonne Dovern:** Outreach & Indigenous Health only – every Thursday fortnight

**Dr Steve Salleras:** Monday and Wednesday 8.30am–5.00pm

**Dr Raheel Ahmed:** Monday to Friday 8.30am–5.00pm

**Dr Frank Kwiriza:** Monday to Friday 8.30am–5.00pm

**Dr Charlie Williams:** Monday to Friday 8.30am–5.00pm

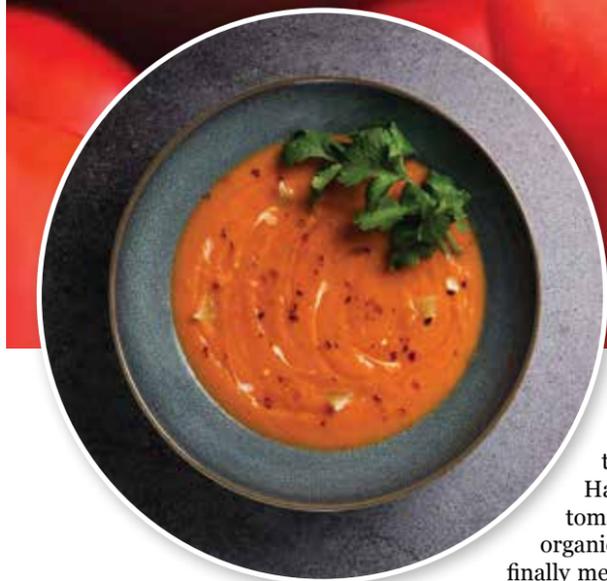
**Nurse Terry:** Monday, Tuesday and Thursday – Aboriginal & Torres Strait Islander patients

**Extra Services:** Podiatrist, Dietician, Psychologist, Diabetic Educator, Nurse,  
Asthma Care, Indigenous Health and more...

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# TRIFFIC TOMATOES

Photos: Unsplash



When I popped into Wholesome Kuranda last week I just had to do a little happy dance. Hallelujah! Fresh, ripe, tasty tomatoes of several kinds, and organic to boot. I can only hope that this finally means that the widespread drought of real, flavourful tomatoes has broken. I know the best tomatoes are home grown, but instead I wander

“lonely as a cloud, that floats on high o’er vales and hills” (apologies to Wordsworth) in search of REAL tomatoes. And if I find them I buy bulk, so I can make a huge pot of tomato soup so good I can sip it by the cup. Pure bliss! Salads, soups, sauces, toppings for pizzas or fresh on toast with avocado ... tomatoes are truly triffic. Enjoy *Queenobean*s.

**Vegan ‘Yemista’: Greek Stuffed Tomatoes and Bell Peppers** (vegan, gluten-free) via *veggiesdontbite.com*  
Serves 4

**INGREDIENTS:** 4 large ripe tomatoes, 4 large bell peppers (capsicum – different colours will yield different flavours), ¾ cup jasmine rice, 1 large sweet onion (finely chopped), 4-6 leaves kale or silverbeet (NOT spinach), ½ cup parsley (chopped), 3 tbsp mint, ½ cup pine nuts, ½ cup currants (optional), ½ cup veggie broth, 2 large potatoes (peeled and cut into 5cm thick slices), ¼ tsp sea salt plus a few pinches to taste, ⅛ tsp ground black pepper plus a few pinches, ¼ cup olive oil.

**METHOD:** Preheat the oven to 175°C. Cut the tops off the tomatoes and peppers, remove insides. Save all of the tops to cover them later, but discard the inside of the peppers and keep the inside of the tomatoes. Sprinkle the cavity of tomatoes and peppers with a pinch of salt and pepper.

Chop the tomato pulp well, using a food processor or a knife. Take out half and set aside for later, then add the kale, parsley and mint into the processor or onto your cutting board. Chop again until everything is mixed well.

In a pot, pour 2 tbsp of olive oil and sauté the chopped onions on medium heat. When the onions look transparent, add the rice, stir and add ⅓ cup broth, cover and simmer over low heat until the water is all absorbed by rice, about 5-7 minutes. Add the chopped tomato pulp that has been mixed with greens. Add pine nuts, currants, ¼ tspn salt and ⅛ tsp black pepper. Simmer until liquids are mostly evaporated, about 3 minutes. Taste and make sure the rice is half cooked, add more broth if needed and cook longer if still too hard.

In the meantime, sprinkle potato slices with a pinch of salt and black pepper. Arrange the hollowed out tomatoes and peppers in a baking dish. Stuff with rice mixture to ¾ full, cover with saved tops and brush with oil, and arrange potato slices between them. Sprinkle remaining chopped tomato pulp over potatoes, drizzle with oil. Make sure there is enough liquid to cover the bottom of the pan, add more broth if needed.

Bake for 45-60 minutes, checking periodically to see if more liquid is needed so bottoms

don’t burn. If you need to add broth/water, make sure you heat it first. Taste as you go to check the rice, when rice is cooked the dish is done.

**Vegan Moroccan Harira Soup** (vegan, gluten-free) via *veganfamilyrecipes.com*  
Serves 10

**INGREDIENTS:** 1 tbsp olive oil, 2 onions diced, 4 cloves garlic minced, 4 carrots peeled and diced, 3 large celery stalks sliced, 2 t tbsp each of ground ginger, paprika, turmeric and cumin, 10 saffron threads, ¼ cup tomato paste, 1 cup tomato puree, 8 cups (2 litres) vegetable broth, 8 Roma tomatoes roughly diced, 3 cups fresh chickpeas soaked and cooked (or cooked drained from can), juice 1 lemon, salt, pepper to taste, parsley to garnish.

**METHOD:** Heat olive oil in large stock pot and add onions, garlic, carrots and celery, cook for roughly 6 minutes, stirring occasionally. Add ginger, paprika, turmeric, cumin to pot and cook for one more minute. Stir in tomato paste and puree, broth, and tomatoes. Bring to a boil then reduce heat, add saffron and simmer for 30 minutes. Add cooked chickpeas and cook for 5 more minutes. Add fresh lemon juice, season with salt and pepper to taste. Serve hot with fresh parsley.

**A Bohemian Tomato Salad** (vegan, gluten-free) adapted from *theclevercarrot.com*  
Serves 4

**INGREDIENTS:** 400g baby heirloom tomatoes, assorted colours if possible, drizzle of olive oil, sea salt, ground black pepper, few sprigs of fresh basil (optional or substitute parsley, mint, coriander), 2 tbsp roasted sunflower. Tortilla, wholegrain chips, or torn up pita bread (optional). 300g homemade or bought 300g tahini sauce – see recipe below.

**METHOD:** Halve or quarter tomatoes and add them to a medium bowl. Drizzle with olive oil and season with salt, pepper. Cut basil leaves into ribbons, add and toss well to combine. Marinate mix at room temperature for 15-30 minutes. To assemble salad, spoon tomatoes into individual bowls, add some of the tahini sauce next to the tomatoes (the exact amount is up to you), then place chips or pita bread next to the sauce. To serve, sprinkle the roasted sunflower seeds over the bowl. Enjoy at room temperature.

**Best Tahini Sauce** (vegan, gluten-free) via *cookieandkate.com*  
Yields around 1 cup

**INGREDIENTS:** 4 cloves garlic (pressed and minced), ¼ cup lemon juice, ½ cup tahini, ½ tsp fine sea salt, pinch of ground cumin, 6 tbsp ice water, more as needed.

**METHOD:** In a medium bowl, combine garlic and lemon juice. Let rest for 10 minutes. Pour mixture through a fine-mesh sieve into another medium bowl. Press the garlic solids with a spatula to extract as much liquid as possible. Discard the remaining garlic. Add tahini, salt and cumin to the bowl. Whisk until the mixture is thoroughly blended. Add water 2 tbsp at a time, whisking after each addition until smooth. The mix may seize up, but don’t worry – after about 6 tbsp, you will have a perfectly creamy and smooth, light-colored tahini sauce. If desired, thin with additional water for a more drizzly sauce. Adjust taste if necessary, for more tang add more lemon, or for more overall flavour, add another pinch of salt.

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## A Garden of Healing

Feverfew for headaches, mint for an upset stomach, garlic and echinacea for colds – herbal medicine has been around for thousands of years and even today 80% of people in developing countries use some form of herbal medicine in their primary medical care. As I walk around Les and Kath's tranquil garden it is obvious they love the plants that heal. The garden is full of them and Les knows each and every one of them as a friend.

He can tell you that toothache buttons will not only relieve toothache, but that when chewed, is great as a mouthwash and additionally stimulates saliva which adds to mouth hygiene and digestion. Or that the botanical adaptogen (a plant that balances, restores, and protects the body) Gota Cola is not only great as a daily tonic but is also a stress reliever. While nootropic herbs, like Brahmi (*Bacopa monnieri*) for memory, are effective brain tonics.

Les points out another great stress reliever and adaptogen, Tulsi (*Occimum sanctum*), which balances different processes in the body, and is regarded in Ayurveda as a kind of 'elixir of life' believed to promote longevity by improving immune function and inhibiting the growth of bacteria. There are 18 types of basil and all are natural anti-inflammatories. As we amble around the garden the list of medicinal plants Les has planted is impressive.

Aloe (*Aloe vera barbadensis*) can be used externally to treat minor burns, sunburn, cuts, and scrapes. Galangal (*Alpinia officinarum*) and Ginger (*Zingiber officinale*) are both brilliant for nausea. Calming Mugwort (*Artemisia verlotiorum*) has been used to stimulate poor appetite and Les uses it to relieve coughs and chest infections. Another fascinating use for mugwort is to stimulate lucid dreams – the type that feel very real and you remember clearly when you wake up. A favourite plant of Les's, and one he uses regularly

for health, is turmeric (*Curcuma longa*), which contains a powerful antioxidant called curcumin and is a great natural liver detoxifier. It goes well with pepper (*piper nigrum*) from his pepper vine, as the bioactive constituent piperine in it enhances the turmeric properties as well as aiding digestion.

Water Lilly flowers (*Nymphaea spp.*) are used to make a tea, which had special significance for the Egyptians and was used in religious ceremonies. Lotus flowers (*Nelumbo nucifera*) are edible, and are beautiful aquatic additions that can be easily grown in a tub as Les does, or in ponds of any size. They bloom in the morning and close after sunset, lasting three or four days before sinking beneath the surface. But what's even better is you can eat them – you can use the leaves to wrap steamed food, or when young eaten as a green vegetable, the tuberous roots are used in stir-fry, the flower petals can be floated in soup or tossed in salads and the seeds are roasted.

As we walk and talk about the merits and needs of each plant, it is clear that Les has decided from the beginning that each plant he puts into his ten-year-old garden has a useful component as well as a space in his heart. And his background knowledge for this is vast. From Padstow Horticultural College to Sydney Royal Botanical Gardens to being mentored by the late Bill Mollison in permaculture, Les has an amazing grounding across plant knowledge bases. His advice if starting out with a medicine garden is firstly grow plants you feel attracted to, try them in an area and if that doesn't work try them somewhere else. We are fortunate in the tropics that we can grow a wide selection of medicinal plants.

Back at the house we sip some delicious Butterfly Pea tea (*Clitoria ternatea*) which has been consumed for centuries as a memory enhancer, brain booster, anti-stress and calmative agent, but best of all is it's gorgeous vivid blue colour. Its a good pick-me-up mid-morning tea to relieve fatigue after a bout in the garden and chat about the delight of having your



own medicine cabinet in your backyard.

There are some amazing sources for healing plants and knowledge out there such as Isabell Shipard's book *How can I use Herbs in my daily life?* or for hands on learning, Twiggy, of Alchemilla Herbals in Ravenshoe, has a wealth of knowledge to get you started and provides amazing herbal workshops [www.alchemillaerbals.com.au](http://www.alchemillaerbals.com.au)

### How to make magical tea from Butterfly Pea flowers:

Simply steep 5–10 flowers, fresh or dried, in a cup of hot water, let sit 15 minutes.

Strain the liquid and discard the flowers. You will be left with an amazing indigo coloured broth.

You can add lemongrass and/or liquorice root too for a stronger flavour.

The tea can also be consumed with some drops of lime juice to create a sweet-and-sour flavour and turn the luminous indigo tea a deeper pink or purple colour. Or mix the tea with rosellas (*Hibiscus sabdariffa*) and the tea will turn a bright magenta colour. Or by simply adding bicarbonate soda or spinach juice, you will either get a green or yellow drink. Have fun!

Rachael Kelly – *YourGardenHarvest*  
[www.facebook.com/YourGardenHarvestAustralia](http://www.facebook.com/YourGardenHarvestAustralia)

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**Action + reconnection = transformation**

If one was to take an historical overview, the best thing that can be said about our present system of democracy is that at some key moments in the past, alchemically, an outcome emerged that was the one needed.

Certainty, within any system is illusionary. Systems, whether natural, technological, social or cultural are non-linear, by nature complex and constructed of many connections. Internal inertia, evolution and other forces see these connections constantly changing. Paths of causation are circular and influenced by feed-back loops, drivers and incentives.

Systems are emergent beasts whose behaviour changes constantly as new internal connections are made. The challenge in our increasingly volatile, divergent society, using the democratic tool that we have at hand is how do we create a system that incentivises people to want to make smart choices for the common good while not losing those who are more interested in individual freedom and victories.

Almost fifty years ago during the first term of Gough Whitlam's government, legislation was passed that saw the voting age dropped from twenty-one to eighteen. The driver for this change was community unease at the idea that young men who could be conscripted and sent to fight an unpopular war were not given the right to vote. Only six years previous to this event and through the medium of a referendum Australian people voted overwhelmingly to allow aboriginal people to be included in our census and ultimately get the right to vote. Strong bi-partisan support across the political spectrum was evident in both of these outcomes. Our political system, normally so tribal and partisan had been rewired and thus transformed by normal people, rebuilding new connections through new relationships across racial and generational boundaries.

I'm a baby-boomer. Putting aside the small group of billionaires that have emerged recently, as a white male of that generation living in Australia and with the resources and opportunities given to me, I am part of the most privileged and entitled group of humans who have ever lived. The dominant system in place during my life has been neo-liberal capitalism. This system delivered to us what it said it would

and this group has now amassed a lifestyle and wealth beyond our dreams and frankly requirements.

However more important than what the system provided to me is the story of those things that the system externalised. As the incentives became more attractive to stay on board, we ignored all of the feedback loops telling us that the impacts on the externalised factors had reached and then gone beyond the limits of growth. Climate catastrophe, social injustice, inhumanity, environmental disaster and a toxic narrative are the negatives of that economic system. It was easy for us boomers to ignore those negatives in the early years. We didn't actually know any of those Vietnamese people working for a few pence to make our goods and the Amazon is a long way from here. Now of course it is our own children and grandchildren who are falling through the net and the Great Barrier Reef that is dying. Some think that notwithstanding how broken this system is it is easier to imagine dystopia than it is to imagine a change.

Both major political parties in Australia, shambolic representations of their former selves, bereft of voluntary support from the public beyond small groups of paid-up members and both using strategies seemingly more aligned with Colombian drug cartels than civil society, actively support the idea of constant growth, refuse to stop subsidising new coal mines and support the status quo regarding our march to oblivion. One of these lot will be anointed by the Australian electorate on May 21 to provide our leadership. A grim thought and one which points to the belief that our political and economic systems are broken. Further, how this outcome sits with the understanding that we have a very small and closing window of opportunity to decarbonise our lives by 2030 or suffer the consequences is hard to comprehend.

Paying homage to the idea that Action + reconnection = transformation, I come full circle. Certainty is an illusion and systems are not predictable but instead emergent by nature. Their behaviour changes when new connections are made and re-made.

I invite my fellow baby boomers to disinvest from the old system for the sake of our kids. Let go of the controls, link with new networks, diverse people and new ideas. Rewire the system; change the connections. Be prepared for the change.

So, May begins with a New Moon and solar eclipse at 10° Taurus at sunrise, 1 May. With Mercury just into Gemini and Venus, completing a journey around the Zodiac – leaving Pisces and entering Aries on 2 May. Could there be a better time to begin?

Just what you might begin now will depend upon your own circumstances and objectives, but this will be such a fertile time to plant any seeds. The messages and opportunities should be loud and clear and the following six months will see amazing growth.

Venus, Jupiter and Pluto are in harmonious aspect so, with a blending of genuine love, creativity, wisdom, good fortune and extreme determination, it would serve you well to aim high. There is still a tight concentration of all the planets from Aquarius through to Gemini – an “air trine”, so think big, concentrate on your intentions and focus. It will be worthwhile.

Jupiter and Venus “The Benefics” or the brightest planetary lights, both going into Aries promises the best possible start and the Full Moon, complete with a lunar eclipse on 16 May at 25° Scorpio, really intensifies the desire to get what you're aiming for. Mars, in exact trine aspect to the Full Moon at 25° Pisces, shines with gallantry, noble sacrifice and service, putting a positive spin on altruistic actions and “parts the waters” as needed.

Mars also comes home into Aries later in the month and the knight in shining armor is welcomed and acclaimed.

As we then have both Mars and Jupiter exactly conjunct on 29 May at 3° Aries, this is classic – the winner's aspect. If this resonates within your own birthchart you are definitely on a winner now. Prepare on the New Moon, take aim, and congratulations... with a Gemini New Moon to end the month, it's party time! Give yourself every opportunity to have something to celebrate. As a wise one once sang: “don't worry, be happy” and watch the butterflies.

Saturn has pulled into the station and comes to a stop in Aquarius before it begins five months of retrograde motion – shunted into a siding – so plenty of time to explore Aquarius and its promise of evolutionary awakening. What have we learnt and how do we evolve? It's a high old time.

Blessings



**MONTHLY TALK – MOTH NIGHT**

Friends of Cairns Botanic Gardens presents Dr David Rentz AM for *Moth Night* – a nighttime exploration walk in the Cattana Wetlands on Wednesday 11 May at 6pm.

Meet at the parking lot on Dunne Road, Smithfield.

For more information email [william@cairnsbotanicgardens.com](mailto:william@cairnsbotanicgardens.com)



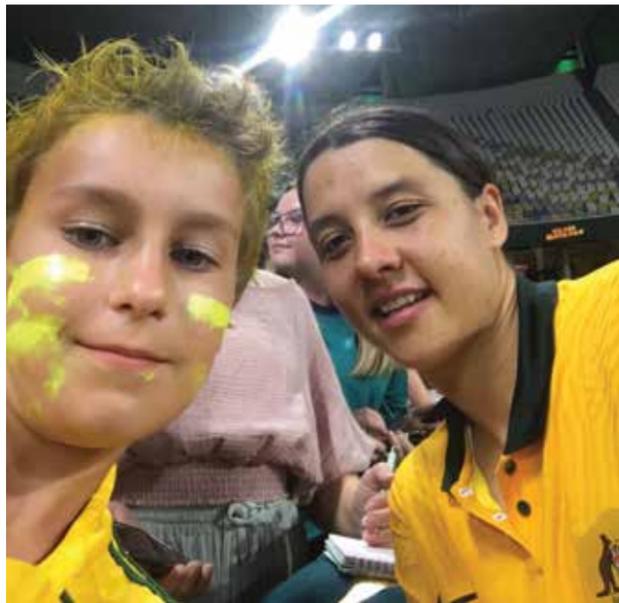


# RANGERS r e p o r t

## Kuranda Rangers travel to watch the Matildas

Last month some super excited Kuranda Rangers travelled to Townsville to watch the Australian Women's team—the Matildas—defeat New Zealand in a friendly international match. Our young players proudly wore our Kuranda Rangers green and gold 'vintage' playing strips and they received a lot of media attention for their efforts.

Apart from the excitement of the game, it was absolutely wonderful to see our very best women soccer players generously give their time to take photos and sign autographs for young fans – for over an hour after the game. Not only did the Matildas inspire our young Kuranda Rangers players to follow their dreams, but they also proved to be great role models. All of the champions on the Australian team started out playing for their local clubs and playing Saturday games. Maybe we will see a champion from Kuranda Rangers playing for Australia one day?



**Current players:** Age group training is on every Thursday during the school term. Where wet weather or lightning looks to make training difficult or unsafe, the committee will make a decision by 2pm and let everyone know via the Kuranda Rangers Facebook page on the day of training.

**Parents:** Just a friendly reminder that all registration fees and payments for uniforms are now due. Please see Simone or Georgia before or during Thursday training sessions to arrange payments.

**Fundraising:** We are currently looking for volunteers from the Club and the community to assist with fundraising. Funds will be used to purchase balls and for our end of season awards celebration.

*Simone Titmarsh*

### Club contacts:

Adric Rusch 0429 488 214 or Simone on 0402 003 164, or via our Facebook page.



Left: James Titmarsh and Sam Kerr (Matilda's captain). Photo by Sam Kerr  
Above and below: Georgia, James and Sally Wallace, Hannah, Gabby and James Titmarsh received lots of attention in their Kuranda Rangers gear  
Below left: Under 13 Kuranda Rangers players Evie and Eden at the Stadium in Townsville. Photos: Simone Titmarsh



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## KURANDA HORSE & PONY CLUB NEWS



New Kubota tractor purchased from Casali's in Mareeba funded by the Gaming Community Benefit grant.

The Kuranda Horse and Pony Club would like to acknowledge and thank the Gambling Community Benefit Fund, as we were successful in obtaining a grant. We now have taken possession of a brand new Kubota tractor purchased through Casali's in Mareeba. This will be a great asset to the Club.

The Club was also successful gaining a \$2,500 grant from the Bendigo Bank. This was to purchase new equipment so now the Club is well set up to keep the grounds in tip-top condition.

These grants are so beneficial for clubs, it would take a lot of fundraising to fund these types of purchases so we are so very thankful.

### ROOM FOR HIRE

The Club has an air-conditioned room available for casual hire and would suit a variety of uses like meetings, massage or yoga classes. We offer great rates, so if you are interested in viewing the space or in need of any more information please email kurandahpc@gmail.com

### 2022 RALLY DATES

- 29 May – arrive at 8am for a 9am start.
- 19 June
- 24 July
- 30 & 31 July – ANNUAL GYMKHANA WEEKEND



New equipment purchased from the Bendigo Bank grant.

- 28 August
- 25 September
- 23 October

Keep up to date with what is happening at the Club on our Facebook page.

If you have your own horse and would like to join in 2022 contact the Club for more information by email at kurandahpc@gmail.com or leave a message on our Facebook page.

Till next time, Happy Riding  
Di Curtis, Club Instructor

# WAYGAL-A-GALING BUWAL-WU

## Going looking for words



The Bama (people) of this area (bulmba) shared a common ngirrma, language.

The Djabuganydji, Bulwanydji, Nyagali, Yirrganydji and Gulunydji have lived here for millennia. The Djabuganydji called it Djabugay. The Bulwanydji called it Bulway. The Yirrganydji on the coast called it Yirrgay. The 'ay' sound at the end of these words sounds like the archaic English word 'aye' for yes.

Some of their stories go way back in time. The Djabuganydji

believe that once their hunting grounds stretched to the Barrier Reef. At the end of the last ice age there was a rise in sea-level that pushed the people back inland and created the present shoreline. Nowhere else in the world have people been able to reside continuously in one place for so long, passing on their stories to the present day.

The actual word 'bulmba' has many meanings: home, camping ground, territory, the weather and the authority of

the elders, upholders of the Law. This bulmba is constantly changing, depending on the time of the year, the season and the weather.

Thanks to the Bulmba Rangers for help with selection of wordsearch words and to the Djabugay Tribal Aboriginal Corporations for their work in preserving the area's linguistic inheritance.

Michael Quinn



D J A B U G A N Y D J I G U N D I I B Z Q  
 G A B I D J A N D J I M U N G G U N D J I  
 N G A W U X L W P L V J K M K Y J N R X B  
 Y R D G M U R R A N Y D J I W A N D I Y Y  
 D J U G A N Y D J I B A L G U U R R W T Y  
 B A R N D I L W A G A R R A Y I W U R R A  
 D A Y A L D J U R I M I N Y A B I R I K D  
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 D I M A N D I M A N D J I G U R R A A L N  
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 A G M N A W A M A A B U G A A M A Y I N G  
 G A I G M A N N B A N D J I L W U M B U L  
 A L L U A G G B U R R A N G I L A D J I X  
 R I M N A A G B D J A R R U Y D J A M A G  
 R N U D R L A M I L A Y W U B U N T Q J L  
 A G N A R I L W I G I J Y Q Q L J K J P R



BAGARRA  
 BALGUURR  
 BAMAARR  
 BANDJIL  
 BANGGAL  
 BARN DIL  
 BIBUNBANYDJI  
 BIRI  
 BIRRBUBIRRBUBU  
 BUGAAMAYING  
 BURRANG  
 DAYAL  
 DIMANDIMANDJI  
 DJABUGANYDJI  
 DJAMA  
 DJARRUY  
 DJUGANYDJI  
 DJURI  
 GABIDJANDJI  
 GALING  
 GILADJI  
 GUNDII  
 GURRAA  
 MAA  
 MILAY  
 MILMUN  
 MINYA  
 MUNG GUNDJI  
 MURRANYDJI  
 NGAWU  
 NGUNDA  
 NYURRAMBA  
 WAGALI  
 WAGARRA  
 WANDI  
 WIGI  
 WUBUN  
 WUMBUL  
 YIWURRA

### WORD MEANINGS

**BAGARRA:** forest. *Gari galin bagarra-la..nyurra girayi-yabi.* Don't go in the forest in case you get lost.

**BALGUURR:** full up. *Ngawu balguurr maa-malim.* I'm belly-full from eating maa.

**BAMAARR:** with child, pregnant. *Gulu bandjil bamaarr.* This woman is with child.

**BANDJIL:** female, girl, woman. *Gulu bandjil galgalay.* This girl is tall.

**BANGGAL:** big. *Gulu bunda banggal.* This mountain is big.

**BARNDIL:** baby. *Barndil barri-barring.* Baby crying. *Barndil bina ngunda barri-barriya.* Listen to the baby crying.

**BIBUNBANYDJI:** with the kids. *Ngawu galing bibunbanydji.* I'm going with the kids.

**BIRI:** fire. *Gari biri marrim wunan..nyurra gandayabi!* Don't lie down by the fire in case you get burnt!

**BIRRBUBIRRBUBU:** bull-roarer. *Birrbu-birrbu bina ngunda!* Listen to the bull-roarer!

**BUGAAMAYING:** getting dark. *Bulmba bugaamayng.* The world is getting dark.

**BURRANG:** flying. *Gudji gurrunga burrang djamaarr djamu.* That kookaburra is flying with a snake in the beak.

**DAYAL:** male, boy, man. *Gulu bibuy dayal gilbarri.* This little fellow is fat.

**DIMANDIMANDJI:** with fleas. *Gudji gurraa dimandimandji.* That dog has fleas.

**DJABUGANYDJI:** tribal name, the people with the Djabugay language. *Bama Djabuganydji.*

**DJAMA:** snake. *Nyurra djama ngunda wubun bugaya.* Look at the snake eating a frog.

**DJARRUY:** *Nyurra djarruy bina ngunda nulaya.* Listen to the bird singing out.

**DJUGANYDJI:** smokey. *Biri djuganydji.* Smokey fire.

**DJURI:** sharp. *Gulu naybu badju.* *Gudji naybu djuri.* This knife is blunt. That knife is sharp.

**GABIDJANDJI:** muddy. *Bana gabidjan-dji.* Muddy

water.

**GALING:** going. *Ngawu bungandji galing.* I'm going with the sun.

**GILADJI:** glass. *Gari giladji mara wamba nyurra guniyabi.* Don't touch the glass in case you get cut.

**GUNDII:** there. *Gari djanan gundii nyurra wandayabi!* Don't stand there in case you fall!

**GURRAA:** dog. *Gurraa bina ngunda bulga-bulgaaya.* Listen to the dog barking.

**MAA:** non-flesh foods, nuts, berries, fruit, tubers, honey. *Maa minya-djada.* Bush foods and meat.

**MILAY:** spear-thrower. *Milay galga-djada.* Spear-thrower and spear.

**MILMUN:** sparks. *Milmun ngunda burraaya!* Look at the sparks flying!

**MINYA:** flesh foods, creatures. *Ngawu wabarr-a-galing minya-wu.* I'm going hunting for minya.

**MUNG GUNDJI:** with a sore. *Ngayang bunggu mungundji.* My knee has a sore.

**MURRANYDJI:** to be with sickness. *Ngawu murranydji.* I'm sick.

**NGAWU:** I. *Ngawu djibanydji.* I'm happy.

**NGUNDA:** look. *Nganya ngunda!* Look at me!

**NYURRAMBA:** you all. *Nyurramba bina ngunda!* All of you listen!

**WAGALI:** with the wife. *Gudji bama wagali galing.* That man is going with his wife.

**WAGARRA:** wide. *Gulu djumburru wagarra.* This track is wide. *Gudji djumburru djamba.* That track is narrow.

**WANDI:** short. *Gulu dayal wandi.* This boy is short.

**WIGI:** skinny, thin. *Nyurra wigi.* You are skinny.

**WUBUN:** frog. *Wubun ngunda bulwa-bulwaya!* Look at the frog jumping!

**WUMBUL:** hot. *Gari barra mara wamba.. nyurra gandayabi.* Don't touch the embers lest you get burned!

**YIWURRA:** black bean. *Yiwurra murrigan-djada.* Black bean and blue quandong.

### DJABUGAY

#### A guide to the pronunciation of Djabugay words

#### Vowel Sounds

/a/ is pronounced as the vowel in the (English) words "some," "come" e.g. **bama** (person)  
 /a:/ is pronounced like the /a/ sound in "father" but longer e.g. **buda:dji** (carpet snake)  
 /i/ is pronounced like the /i/ in the word "bin" e.g. **bina** (ear)  
 /i:/ the vowel sound is lengthened and pronounced like the vowel sound in "heat", "beat", "feet" e.g. **biri:** (again)  
 /u/ is pronounced as the vowel sound in the English word "book" e.g. **mu**du (back)  
 /u:/ the vowel is lengthened and pronounced as the vowel sound in the words "good", "tool", "rule" e.g. **dju**ngguu: (behind)

#### Consonants

/dj/ The sound is like a /d/ and a /j/ pronounced simultaneously e.g. **dju**lbin (tree)  
 /g/ is pronounced as in the word "gun" e.g. **gindan** (moon)  
 /rr/ a trilled, or rolled /r/ as in Scottish pronunciation of the word "sporrán" e.g. **burra-y** (to fly)  
 /r/ as in the American pronunciation of /r/ in car e.g. **biri** (fire)

/ny/ is like the initial /n/ in onion, like an /n/ and a /y/ pronounced simultaneously e.g. **nyurra** (you)  
 /ng/ as in the word "singer" e.g. **bungan** (sun)  
 /n.g/ when you see the n.g broken by a stop do not run the two sounds together e.g. **djin.gal** (sky)  
 /ngg/ is pronounced as the ng sound in the word "finger" e.g. **nyinggarra** (eel)  
 /ay/ is generally pronounced as in the English word "eye" e.g. **Djabugay**

#### Stress

**When saying Djabugay words which syllables should we stress?**

In words of two syllables, the first syllable is stressed e.g. **bina** (ear).  
 In words of three syllables, the first syllable is stressed e.g. **gan**yarra (crocodile).  
 However, if a long vowel occurs in the second syllable of a word of three syllables, it is stressed e.g. **buda:**dji (carpet snake).  
 In words with more than three syllables, stress falls on the first syllable and on the syllable before the last one e.g. **gan**yarra – **nggu** (crocodile).

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**Djabugay Aboriginal Corporation**

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with Michael Quinn and Bada Djaygul, Dennis Hunter

# ST SAVIOUR'S KURANDA

## SUNDAY

8am Holy Communion  
9.30am Sung Eucharist  
5pm Evening Prayer

## TUESDAY

9am Holy Communion

## ACTIVITIES

Home Groups  
Alpha  
A Life Worth Living  
Sunday School

## POSSUM CORNER OP SHOP

8.30am to 12.30pm  
Monday to Saturday

# St Saviour's Thought for May

This month we open our bible to St Johns Gospel Chapter 21 and read verses 1 to 19 'I am going fishing.'

When we experience bereavement or any other great shock we often take refuge in doing what is utterly familiar to us. We will insist on getting on with the housekeeping or going to the office.

For the disciples Jesus is dead, their dreams are over, and there is nothing but to go back to what they have always done. "You have no fish, have you?"

Could we imagine a more everyday thing to say at such a moment? There are no grand eloquent, speeches; there is no obvious mystery. Here I am, he seems to say, real, approachable, alive, still very much involved in your lives, still your friend. We are seeing the beginning of the strong strain of the sacramental in Christian faith.

Christ is Lord and King, but he is also present in the simplest ways, in such things as bread and wine. "It is the Lord!" Notice the different reactions of the disciples, the different types among them. John is intuitive; he recognises who it is. Peter's instinct is to swing into action. The others continue their task deliberately.

As it takes all kinds to make this community, so it takes all kinds to make a study group or a committee or a

congregation! "Bring some of the fish." Notice how Jesus makes sure that they bring something to this encounter.

Their gifts and their work are important to his plans. Every time we bring our gifts to the altar we are doing the same thing. Jesus is asking us for the blessings he has given us in the first place.

The conversation with Peter is fascinating. Peter and Jesus had unfinished business. In the upper room, on the night before the terror and the pain began, Jesus had told Peter he would fail. Peter had not accepted the possibility but it had happened, and he felt deeply ashamed. Here on the beach in the dawn we see Jesus putting this magnificent man back together again. Jesus is in effect telling Peter, and not only Peter but also every one of us, that it is all right to fail. Life doesn't end.

In fact by calling Peter to a renewed vocation of leading the disciples into the future, Jesus is pointing out that sometimes after we have failed we are better equipped for leadership. We are now more aware of our limitations, realistic about ourselves, and understanding of the weaknesses of others. Jesus shows us that failure can sometimes be the best preparation for accepting new responsibility.

Enquiries to Chris Wright  
Phone: 4093 8735  
Email: [wrightc@iig.com.au](mailto:wrightc@iig.com.au)



 The Uniting Church in Australia  
**Mareeba Community of Faith**

Meeting 2nd and last Sunday of the month.  
9am Mareeba Bowls Club, 43 Anzac Ave, Mareeba.  
0403 811 840

Alpha groups starting week of 19 April.  
Come and find out who Jesus is and why he came.

*Jesus is the Light of the World*

 **ST CHRISTOPHER'S  
CATHOLIC CHURCH**  
20 Barang Street, Kuranda  
Served by the Tablelands Parish

**Sunday Mass: 5pm**  
**Wednesday Mass: 6pm**  
(first Wednesday of each month)

P | 4091 1125 E | [atherton.parish@ Cairns.catholic.org.au](mailto:atherton.parish@ Cairns.catholic.org.au)  
W | [athertoncatholicparish.com](http://athertoncatholicparish.com)

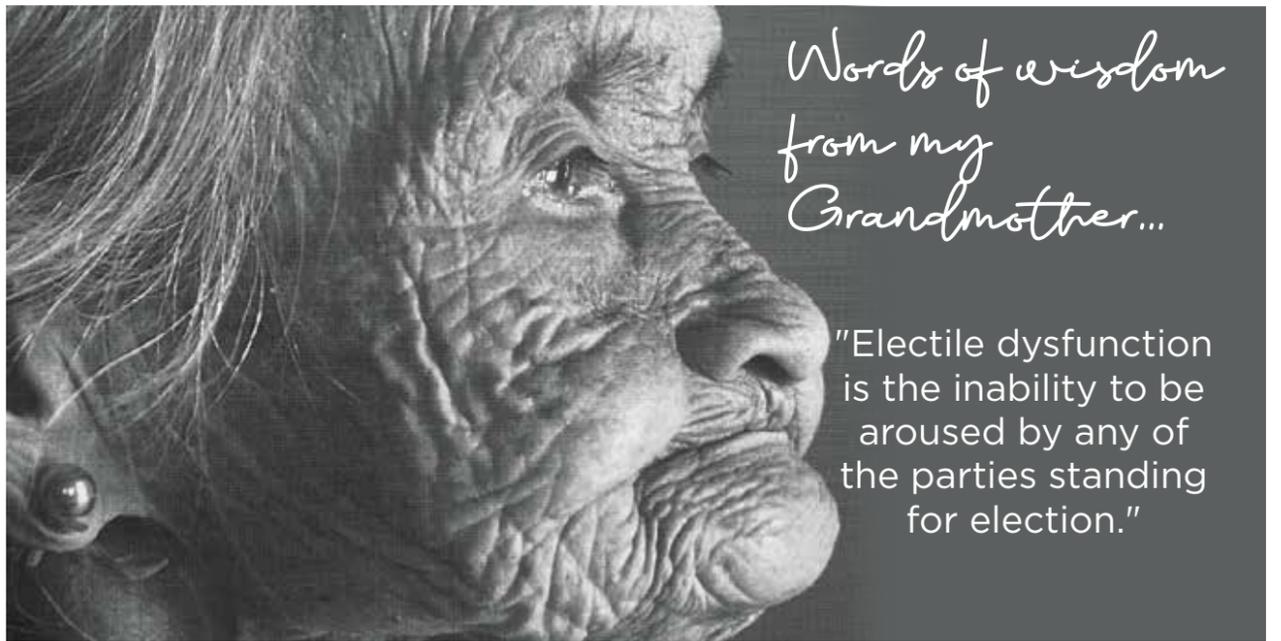
 **Seventh-day  
Adventist™ Church**  
Wirramoo Street, Kuranda

Services held every Saturday  
**ALL WELCOME**

Sabbath School (all ages) 9.30am  
Divine Service 11am



The Kuranda Paper is a not-for-profit publication. Profits generated by advertising support local community groups and projects.



*Words of wisdom from my Grandmother...*

"Erectile dysfunction is the inability to be aroused by any of the parties standing for election."

## THOUGHT OF THE MONTH FROM THE BAHAI FAITH

"Hear no evil, and see no evil, abase not thyself, neither sigh and weep. Speak no evil, that thou mayest not hear it spoken unto thee, and magnify not the faults of others that thine own faults may not appear great; and wish not the abasement of anyone, that thine own abasement be not exposed. Live then the days of thy life, that are less than a fleeting moment, with thy mind stainless, thy heart unsullied, thy thoughts pure, and thy nature sanctified, so that, free and content, thou mayest put away this mortal frame, and repair unto the mystic paradise and abide in the eternal kingdom for evermore."

(Baha'u'llah, from Ruhi study circle Book 2, please enquire)

"Today, the confirmations of the Blessed Beauty are with the soul who utterly forgets himself, constantly

investigates his own faults and defects, loosens his tongue in mentioning the good qualities and sublime susceptibilities of others, does not see or hear or speak evil. Goodness personified shines as a sun and wafts as the morning breeze upon the earth."

(Abdu'l-Baha)

**Meditations/Reflections, Morning Prayers and Study Circles** and other face to face Baha'i meetings.

Our weekly prayers are at 8am every Thursday morning in lower Therwine Street, Kuranda followed by coffee.

Study circles are now happening in Kuranda, open to all interested, no cost. Other functions, including Ruhi study circles and the celebration of Holy Days, are occurring in Kuranda. Functions in Mareeba as well as elsewhere on the Tablelands and beyond are open for all those interested.

All enquiries welcome.  
0419 632 286 | 4093 9571 | [bahai.org.au](http://bahai.org.au)  
The Baha'i Community of Mareeba/Kuranda

# KURANDA MEN'S SHED

incorporating  
**KURANDA SHE SHED**



**Australian Men's Shed Association**  
SHOULDER TO SHOULDER

I've been particularly busy learning to be Men's Shed Manager for 2022. I'm also teaching woodwork to the many new members of the She Shed, but this aspect of the job is most rewarding because I enjoy watching members gaining skills and being creative. A project idea is presented to me and then my creativity has to figure out the best tools, materials and techniques which would suit that member's skills and then peek over their shoulders to watch it come together. Mistakes are inevitable, but always an important part of learning of course.



Geoff with the Ryobi equipment

Other members are always encouraging and offer friendly advice.

Our new Ryobi cordless tools are finding new shelves and Malcolm is a big help with that. He knocks up a piece of storage gear quicker than I can design one in my head!

There are lots of opportunities to learn new skills at the Shed. Planned for this week/month are more planter boxes (sell like hotcakes), making seedling trays and welding up some star picket removers which are popular items with the public too. If you'd like to learn some basic woodwork or even teach us more advanced stuff, please come down and try your hand at it. Don is also

keen to pass on his skills with a welding rod. Just learning the basics will get you started in a very interesting and creative hobby. There are Shed improvement projects we're getting on with too. A shade cloth will soon be erected to make our backyard more comfortable and save on water.

We also have two wood lathes. John is our lathe man, but I also have a friend willing to come in and show us how easy it is to turn up a piece of timber. We have some lovely timber at our disposal. Dates can be organised for instruction.

The system to introduce a new member is for a prospective member to make enquiries with the email addresses or phone numbers below this article, or to just drop in on one of the sessions. You will be shown around and introduced to everyone. An information pack will be given to you to take home and then when you're ready just let us know and we'll gladly book you in for an induction (safety and orientation) fill out the application paperwork and you're in. If you want the info pack beforehand, we can email it out to you.

### Advice from an Old Man:

"It turns out that adversity and failure are actually useful and even necessary for developing strong-minded and successful adults." – Mark Manson.

My interpretation of this quote is that we can learn from our mistakes, strengthen purpose

and build resiliency. All these things are important to developing the habit of growth. When you're going through hard times, it's helpful to remember this.

**How to Improve** – You can't improve on something unless you get feedback on it. You can get feedback from an instructor, teacher or friend. You can get feedback from a coach or a mentor. You can post your brilliant new song on YouTube and wait for public feedback. But we can make two mistakes about feedback.

1. Don't seek feedback because we're afraid our work is not good enough and criticism hurts
2. Don't listen to the feedback. You take a defensive attitude that says things like, "they wouldn't know art if it kicked them in the bum".

Geoff

### SHE SHED

Greetings everyone. Well, as you may have already heard the She Shed is gaining momentum, with new members and greater accessibility for all.

After reading Geoff's piece above, I was musing on the notion of mistakes as an inevitable part of any process. Then I went further and saw that mistakes are something to be celebrated, as there are always different ways to find things out, and when we 'make a mistake' (a mistake) we have uncovered another learning experience in which we have to change, adapt, grow, re-build, in order to continue with the task at hand. This is an insight into resilience building and how the Shed works. We often pitch in, look on and help out each other on our individual projects. This is the beauty of our community, as everyone knows something about something and can contribute something along the way!

There is so much to experience as the Shed is a safe space to learn many new skills, and often we all learn more patience in communicating and working together, side by side.

Happy crafting folks!

Due to the popularity of our 'new' group (about a year old now), we've decided to create an induction day twice a month. The system allows for a woman to attend, to take a look around and then decide if she wants to join. If she wants to she can take home the info pack which contains the dates for induction (safety and orientation) and basic information to get started. Email us for the info pack if you want to know beforehand.

Julia

### Session Times

Men's Shed • Wed & Sat 8.30am–11.30am  
She Shed • Tue 1–5pm, Friday 8am–1pm, Sun 1–5pm

116 Kuranda Heights Road

### Contact

Geoff (Men's Shed Manager) mensshedkuranda@gmail.com  
Peta (She Shed Coordinator) kurandaSHEshed@gmail.com  
Richard Clews (President) 0467 064 557

Kuranda Men's Shed

### CALL OUT FOR LOCAL WRITERS AND BOOKS

The Kuranda Library has offered a space for a collection of books by local authors, or about our local region, to be established.

**Do you have any books you might wish to contribute?** Multiple copies are welcomed.

Contact Kuranda Writers Group via Facebook, call 0435 001 156 or email rechronicler@pm.me



## J. & R. GREGO GROUP TRANSPORT & EXCAVATIONS

- CHEAPEST DEALS ON SAND, SOIL & STONE
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**47 Myola Rd Kuranda 4881**  
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# KURANDA EARTHWORK

## YOUR DRIVEWAY SPECIALISTS



### Ph 4093 9556

email: [kurandagroup.com.au](mailto:kurandagroup.com.au)

# KURANDA TREE SERVICES

## YOUR FIRST CHOICE IN TREE WORX



### Ph 4093 9556

email: [kurandagroup.com.au](mailto:kurandagroup.com.au)

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All our operators are fully certified and your property is protected by our \$20,000,000 liability insurance



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0429 265 082

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**0411 105 256**

## GRATIS CLASSIFIEDS\*

**BIG BIRTHDAY SALE**  
Sunday 29 May. 30% off storewide. Just Gorgeous is 30 years old! 16 Coondoo Street, Kuranda.

**Bowen Therapy & Homeopathy Sarah** at Simply Healing 0402 804 591, [www.simplyhealing.net.au](http://www.simplyhealing.net.au) Phone for an appointment.

**Clothing alterations & dressmaking** in Speewah. Karen is professional and reasonably priced 0459 184 223.

**Happy Birthday Terry!** Celebrate at Frogs Restaurant with Jeanette Wormald Trio Friday 29 April 2022 @ 5:30pm

**Hospital Bed for sale.** Electric remote adjustable height and positions. On wheels and folds for moving. Pressure mattress included.

King size single. \$500. Call 4093 7453 or 0412 171 405

**Marriage Celebrant** – Cheryl Tonkin. Local, regional & remote. Phone 0407 670 954

**Mens shirts** both in Bamboo and Cotton. Now available at Just Gorgeous, 16 Coondoo St and open everyday.

**Mother's Day mugs.** Beautiful gift-boxed, gorgeous designs only \$22. Available at Just Gorgeous. Open daily 10am–3pm.

**Painter** available. 20 years experience. All types of painting including enamel work, interior and exterior. Complete paint outs or touch ups. Clean reliable and honest. Call Alan 0452 669 447.

**Perpetual Moon Gardening Calendars** with dates for 2022-23 now available. Easy to post, reset monthly for use year

after year. Locally made, \$18 incl. postage, phone 0421 102 722.

**Picture Framing** Free custom framing quotes at Terra Nova Gallery, 15 Therwine Street. Call 0412 387 557

**Pristine Reef Fish** delivered to your door, Kuranda-Cairns-Mareeba. Whole or fresh filleted. Licence 4546. Call Richard 0407 908 375

**Reiki Healing** with Ruth. Reiki Master. I offer Reiki healing, crystal healing and chakra balancing. Clear energy blockages to allow life to flow and fulfillment to follow. 0422 631 337.

**Resumés.** In Speewah, Cairns longest-running resume writing business – over thirty years' experience. Resumés, Employment Applications, web text, all forms of copy writing,

editing and proofreading. Word Factory (Suzy Grinter) Phone 4093 0449.

**RIDESHARE**  
Call 1300 74 33 74 or book on the App. We operate 8am–7pm Mon to Sat and Sun 8am–6pm. Prebook for out of hours. Airport/Cairns bookings accepted.

**Singing Lessons**, classically trained teacher with 30 years teaching experience. Absolutely all styles, sing the music of your choice. 0429 090 476

**Street Pantry** non-perishables and toiletries gratefully received at Kuranda Neighbourhood Centre.

**Yoga at Top Of The Range**, Wednesday 7.30am, 13 Bangalow Place, please call Melissa 0404 862 533 to book.

## Heads Up!

The Kuranda Paper deadline for June 2022 is **Thursday 26 May 2022**. Please send all submissions and advertising to...

[mail@kurandapaper.com](mailto:mail@kurandapaper.com)



### \* 30 WORDS MAXIMUM

For sale, lost/found and outdated entries will be deleted after one month. Repeat advertisements will be deleted at the discretion of the paper. Existing Kuranda Paper advertisers and community groups will be prioritised for repeats depending on available space. Submit classifieds via email [mail@kurandapaper.com](mailto:mail@kurandapaper.com)

# YOUR COMMUNITY PAGES



## WILDLIFE

**Wildlife Rescue** 4053 4467 (24 hours) – recommended first to contact.  
**Batreach** 4093 8858  
**Cassowary sightings** Jax Bergersen 4093 8834  
**Kuranda Vets** 4093 7283  
**SNAKE REMOVAL**  
 Jax Bergersen (non-venomous only) 4093 8834  
 Miss Hiss Reptiles (all reptiles) 0447 888 872

## DEFIBRILLATORS



*Defibrillator locations in Kuranda region.*  
**Kuranda Men's Shed** end of Kuranda Heights Road  
**Kuranda Pharmacy** cnr Coondoo and Thongon Sts  
**Kuranda Medical Centre** cnr Thongon and Barang Sts  
**Kuranda Ambulance Station**, Fallon Road  
**Kuranda Swimming Pool**, Myola Road  
**Steiner School**, Boyles Road  
**Kuranda SES** on board vehicle  
**Envirocare Nursery** 284 Myola Road

## WATER AND SEPTIC

**Water Delivery:**  
**Grego's Raw Materials** 0419 705 005  
**Kuranda Fish Farm** 4093 0147  
**Septic Tank Emptying:**  
**Paul Jennings** 0417 632 688  
**LAUNDROMAT**  
**BP Service Station complex**  
 Open 24/7

## FNQ Wildlife Rescue Assoc. Inc.

(Established 1994)



**Caring for the region's native wildlife.**  
**Wildlife carers are all volunteers.**  
**Tax deductible donations appreciated.**  
**New members welcome.**

**Tel: 07 4053 4467 (24 hrs)**      **Email: fnqwr@bigpond.com**



## Tree Roo Rescue and Conservation Centre Ltd

We are a non-profit organisation that rescues and rehabilitates, orphaned, injured or displaced tree kangaroos.  
 Unfortunately an increasing number of Lumbholtz tree kangaroos are being killed by dogs and hit by cars each year.  
 Please donate to us and the money will go directly towards treating and caring for these beautiful animals.  
 If you find an injured tree kangaroo please ring us on 0427 790 694



Donate now and help us care for tree roos today

[www.treeroorecue.org.au](http://www.treeroorecue.org.au)

Visit us on



## RECYCLE

**Kuranda Transfer Station** 2186 Kennedy Hwy, Koah  
**MSC Recycle Station** – Arara Street, Kuranda

**RECYCLE** Donate your aluminium cans to **COUCH** (Committee for Oncology Unit at Cairns Hospital).  
 Recycle bin located at the Kuranda Recreation Centre, Fallon Road.



## ROAD REPORTS

**Council EMERGENCY number for local roads** 1300 308 461  
**Kuranda Range/Kennedy Highway Report an Incident** 13 19 40 (24/7)



Queensland Justices of the Peace (JPs) volunteer to serve the public by signing documents that need a qualified witness.

## JUSTICES OF THE PEACE

**Robin Anscomb** – 0409 046 932 (Operates 24/7)  
**Karen McLaren** – 4093 8780 Please phone for an appointment

## Join your local SES

Training every week  
 Tuesdays 7.30pm  
 Contact John for more details  
**0407 144 213**



## HELPFUL FACEBOOK GROUPS

**KURANDA RANGE UPDATES** (26,000 + members)  
 On the spot traffic reports, in real time, for the Kuranda Range Road.  
**KURANDA NOTICE BOARD GROUP** (8,900 + members)  
 Information sharing, discussion, advertising. Open group.  
**ALL THINGS KURANDA** (1,800 + members)  
 Discussion group for Kuranda district residents only. Some restrictions on sale of items.  
**SPEEWAH AND SURROUNDS RESIDENTS GROUP** (2,000 + members)  
 Information sharing and support. Helpful for real time info on weather, power outages, community events etc. Some restrictions on listing items for sale (check group rules)  
**KOAH COMMUNITY** (1,600 + members)  
 A group for Koah Community to advise, ask questions, barter, lost/found animals, hazards etc in Koah area.  
**KURANDA BUSINESS COOPERATION** (393 + members)  
 Business marketing for Kuranda businesses.

## HELP GROUPS



**Kids Helpline**  
**1800 55 1800**  
**kidshelpline.com.au**

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.



**Need help with a drinking problem?**  
**1300 222 222**

[www.aa.org.au](http://www.aa.org.au)

**Al-Anon Family Groups**  
 Help and hope for families and friends of alcoholics

If someone in your family has a drinking problem, you can see what it is doing to them, but can you see what it is doing to you?

**Al-Anon can help you!**  
 Meetings in Kuranda, Smithfield and Cairns.  
 Contact **Kate 4093 9668** or **1300 ALANON**

## RAINFALL

April 2022  
 437.5mm  
 (to 26 April 2022)

**Annual Total**  
 (to 26 April 2022)  
**1417.4mm**

*Courtesy of Kuranda Railway Station*

## Community Services

### KURANDA LIBRARY and COUNCIL OFFICE

#### OPENING HOURS

Monday to Friday: 10am–5pm

Saturday: not open

(No Council business on Saturday or after 4.30pm weekdays)

Kuranda Community Precinct

18-22 Arara Street, Kuranda

4093 9185

kurandal@msc.qld.gov.au

msc.qld.gov.au/libraries

SERVICES NOT OPEN PUBLIC HOLIDAYS

### KURANDA TRANSFER STATION

#### OPERATING HOURS

Tuesdays, Thursdays, Saturdays & Sundays: 8am–5pm

2186 Kennedy Highway, Koah

0418 282 542

msc.qld.gov.au/water-and-waste

65 Rankin Street, Mareeba

PO Box 154, Mareeba Qld 4880

1300 308 461 • info@msc.qld.gov.au

msc.qld.gov.au

msc.qld.gov.au

msc.qld.gov.au

### EMERGENCY MANAGEMENT DASHBOARD

Mareeba Shire Council's online Emergency Management Dashboard provides real time emergency information. The Dashboard provides live emergency news, information about road closures, power outages and river heights, weather warnings and fire feeds, emergency contact phone numbers and social media links. Notifications can also be viewed via an interactive map. Mareeba Shire residents can register for the Early Warning Network to receive email and SMS alerts for potential emergencies and severe natural disasters and weather events.

The Dashboard is accessible on Council's website [www.emergency.msc.qld.gov.au](http://www.emergency.msc.qld.gov.au)

## Trans North Bus & Coach

Atherton Tablelands to Cairns					
Route 850	Monday to Friday			Saturday, Sunday and Pub Holidays	
Departs Atherton	6.00am	9.15am	1.00pm	8.00am	1.30pm
Departs Mareeba	6.30am	9.45am	1.30pm	8.30am	2.00pm
Departs Speewah	6.50am	10.05am	1.50pm	8.50am	2.20pm
Departs Kuranda	*7.15am	10.25am	2.10pm	9.10am	2.40pm
Departs rainforest	-	10.30am	2.15pm	-	2.45pm
Arrives Cairns	8.50am	11.15am	3.00pm	10.00am	3.30pm

Cairns to Atherton Tablelands					
Route 850	Monday to Friday			Saturday, Sunday and Pub Holidays	
Departs Cairns	7.00am	9.25am	3.30pm	10.30am	4.00pm
Departs Smithfield	7.20am	9.45am	3.50pm	10.50am	4.20pm
Departs Kuranda	7.40am	10.05am	4.10pm	11.10am	4.40pm
Departs Speewah	8.00am	10.25am	4.30pm	11.20am	5.00pm
Departs Mareeba	8.20am	10.45am	4.50pm	11.40am	5.20pm
Arrives Atherton	8.50am	11.15am	5.20pm	12.10am	5.50pm

Trans North services are "Hail & Ride". Please hail the driver anywhere enroute where it is safe for the bus to pull over. For a small surcharge passengers travelling to Cairns may also be set down at:

Cairns Airport (\$5), Cairns Hospitals (\$3), Greyhound Terminal (\$3),

Please advise the driver of required destination when boarding the bus and also note that Trans North services do not pick up from any of the above.

#### Bus stops are located at:

Cairns – Platform 1, Cairns Central Railway Station, Cairns  
 Cairns T.A.F.E – Newton Street (7.15am & 3.00pm Services from and to Kuranda)  
 Smithfield – Bus shelter near the traffic lights on Kennedy Highway at bottom of the Kuranda Range  
 Kuranda – 15 Therwine Street – opposite Visitor Information Centre  
 Speewah – Speewah Road bus shelter in front of tavern  
 Mareeba – Arnold Park, 171-179 Walsh Street (next door to Police Station)  
 Atherton – 54 Main Street

#### Ticket Sales:

Purchase tickets from the driver as you board the bus or from Piagnos News at 142 Byrnes Street Mareeba. Phone 3036 2070 (office hours)

Email: atherton@transnorthbus.com.au [www.transnorthbus.com.au](http://www.transnorthbus.com.au)

### Emergency Contacts



Emergency – Police, Fire, Ambulance	000
Flood and Storm Emergency Assistance (SES)	132 500
Ergon Energy – Report Dangerous Electrical Emergencies	131 670
Mareeba Shire Council	1300 308 461
Poisons Information	131 126
13HEALTH – Health and Hospital Information	134 325

### RURAL FIRE BRIGADE WARDENS



First Officer Kuranda	Baz Child 0437 746 601
First Officer Speewah	Mick Dub 0428 820 631
Warden Kuranda/Myola	Duncan Blakey 0408 151 199
Warden Speewah	John Thomson 0488 988 481
Davies Creek	4093 3181
Koah	4093 7738
Speewah	0488 988 481

**Permits required for fires larger than 2 metres in any direction**

## FIREFIGHTERS NEEDED

**Kuranda Station**

Your local Queensland Emergency Services Fire station is looking for Auxiliary Firefighters

If you are interested contact your local station:  
**Kuranda Fire & Rescue Station**

Please visit: <https://www.qfes.qld.gov.au/employment/jobs/auxiliary-firefighter.html>

**Are you driven to lend a hand in times of crisis?**

## Trans North Bus & Coach

### Cairns – Kuranda - Cairns

Route 851	Monday to Friday
Departs Cairns	*3.00pm
Departs Smithfield	3.30pm
Arrives Kuranda	3.50pm
Departs Kuranda	4.00pm
Departs Rainforest	4.05pm
Arrives Cairns	4.45pm

\*These services travel via Caravonica, Trinity Bay High and TAFE school days only  
 Current as at 11 February 2022

\*\*No services operate Good Friday, Anzac Day and Christmas Day\*\*

### TRANSPORT

Rideshare 1300 743 374  
 John's Kuranda Bus 0418 772 953  
 Trans North 3036 2070

## JOHN'S KURANDA BUS *the local bus!*

Please note this service is currently not operating.

**For more information contact John 0418 772 953**



## What's On at Koah Hall

### EVERY MONDAY

PILATES with Jaide 6-7pm  
0488 229 700

### TUESDAY 2 MAY

WILDLY ALIVE – sensual embodiment dance classes for women. Register @ [laurenreeneintimacy.com/wildly-alive](http://laurenreeneintimacy.com/wildly-alive)

### EVERY TUESDAY

SOULATINA – Latin Dance Classes – 6.30pm Salsa, 7.30pm Bachata. Contact Andreza [soulatinadance@gmail.com](mailto:soulatinadance@gmail.com)  
Book at [www.trybooking.com/BWIWD](http://www.trybooking.com/BWIWD)

### WEDNESDAY 11 MAY ONWARDS

FELDENKRAIS CLASSES 9.30-10.30am with Justine Schlicht 0408 735 309

### EVERY THURSDAY

PARENT AND BUBS MEET – 10am-12noon. Contact Tui 0472 987 859

YOGA evening classes with Tanya 6-7.15pm

THEATRE FOR KIDS – Contact James Daley 0422 417 276 or email [James\\_daley@live.com](mailto:James_daley@live.com)

### THURSDAY 5 & 19 MAY

Mankind Project MEN'S GROUP 7pm. Open to all men. Solomon 0484 761 505

### SUNDAYS – (usually 3.45-5.45pm)

Brazilian Ju jitsu for beginners (limited spaces)  
Contact Jack 0459 356 966

### DREAM BIG! CIRCUS CLASSES

Dream BIG! Little Cyclone Circus and Circus Love! Various classes and trainers. Contact Sophie 0409 333 404. Info on [www.dreamstatecircus.com](http://www.dreamstatecircus.com) workshops page. BOOKINGS ESSENTIAL.

**Mondays** – Adult Circus LOVE! 9.30am-12pm

Little Cyclone Circus Class 3.45-4.45pm Age 6 months to 5 years.

Family Circus: 4.45-5.45pm Age 6 to 18 years.

**Tuesdays** – Circus 2: 3.45-5pm Age 8 to 12.

Show Class 5-6.15pm Create group and individual show ready performances.

**Wednesdays** – Aerial Beginners 3.45-5pm, Aerial Intermediate 5-6.30pm.

### HIRE FEES

- 1-2hrs \$10 • Half day \$30 • Full day \$60
- Full day and evening (24 hour block) \$110
- \$200 refundable bond for one-off events (if space is left as you found it)

[www.koahhall.com](http://www.koahhall.com)

[koah.hall@gmail.com](mailto:koah.hall@gmail.com)

Koah Hall

### KOAH MONTHLY MARKETS MAY

8am till Midday  
Saturday 7 May

- Live Music – Blue Reed

- Community Market bringing you all the goods – produce, honey, plants craft, treats, treasures and more!

- Fresh coffee and delish Koah Hall Fundraiser BBQ.

SMS/Voicemail Nicky 0488 961 660 or direct message via Koah Monthly Markets Facebook page.

### \*WORKING BEE\* HAS BEEN POSTPONED DUE TO WEATHER STAY POSTED FOR DETAILS

Koah's Ark Nature Playground – All hands on deck please.  
Contact Priscilla 0439 080 874



The KRC are pleased to announce that the following positions for 2022 management committee have been filled.

Melissa Colman – *President*  
Davini Lewis – *Secretary*  
Symone Van Der Zwaag – *Treasurer & Bookings Coordinator*  
Peter McCabe – *Events Coordinator*  
Mike Richardson – *Maintenance*  
Andrew Brown – *Bookkeeper*

Honourable mention and thanks to Faye from Kuranda Village Accountancy for her continued support and service to the KRC.

The new committee would like to thank the outgoing committee members. We express our gratitude as we endeavour to continue the hard work of all previous volunteers who have diligently served the Centre in the past. The committee's efforts will be guided by our commitment to inclusiveness and community participation. We are delighted that the Centre will remain a community-run asset that is available for use for all Kuranda residents.

### What would you like to see happening at your Kuranda Recreation Centre?

We'd love to hear from you, send us an email [krc4881@gmail.com](mailto:krc4881@gmail.com)

Come and check out one of the many activities we have on offer, join a team or learn a new skill! It's all here waiting for you to enjoy!

### MEET THE FACILITATOR

This month we spoke to Davini Lewis of Kuranda Pilates. Ms Lewis is a long-term Kuranda local who is trained in Studio Pilates Matwork, small equipment and Pregnancy Pilates and has a BA in Dance. Pilates builds core strength and flexibility, it works with the smaller stabilising muscles which improves posture, balance and body awareness. The classes are designed to cater for all body types, and all abilities. Beginners are welcome and receive a short teaching of the core basics before their first class.

Check out our class timetable – we hold five classes a week at the Centre. We look forward to meeting you and helping to transform your body. Call Davini on 0414 994 123 for more information.

### CONTACT US

Kuranda Recreation Centre

[krc4881@gmail.com](mailto:krc4881@gmail.com)

JUMRUM BAR OPEN  
TUESDAY 6.30 PM

### WHAT'S ON

**KURANDA RANGERS** – Training  
Thursday 4.30-5.30pm (Mar-Oct)  
Simone 0402 003 164

**PILATES** –  
Monday 9.30am  
Tuesday 5.45pm  
Wednesday 9.30am  
Thursday 9am  
Saturday 8.15am  
Davini 0414 994 123 and Jaide 0488 229 700

**TAI CHI** – Monday 6pm Les 4093 8276

**WING CHUN KUNG FU** –  
Wednesday 7.30pm Grant 0414 966 823

**YOGA IN THE RAINFOREST** –  
Sunday 10.30am. Aileen 0419 726 955

**YOGA WITH TINA** –  
Wednesday 6-7.15pm  
Tina – [tinastuetz@hotmail.com](mailto:tinastuetz@hotmail.com)

**YOGA & QIGONG** –  
Friday 5.30-6.30pm  
Liza 0413 178 489

### Venue for Hire

Are you having a party or celebration?  
The Kuranda Recreation Centre has multiple areas available for hire. Features include, onsite parking, toilet facilities, licensed bar and commercial kitchen available for functions, seminars and activities. Please contact us with your enquiry – Simone 0467 391 152.

Proud to be the home of:



## COMMUNITY CALENDAR

Contributors please advise of any changes via email [mail@kurandapaper.com](mailto:mail@kurandapaper.com)

For events at the Kuranda Recreation Centre or the Koah Hall please see details in their columns above. See page 8 for CWA listings for this month.

### EVERY MONDAY

**Al-Anon** Family Groups 11am-12pm hall under St Saviour's Church. Kate 4093 9668 or 1300ALANON

**Yoga in the Rainforest** with Aileen 8.15am (for 8.30 start) Kuranda QCWA Hall. Aileen 4093 7401

**Yoga with Katelyn** QCWA Hall 5.30-6.30pm  
0428 865 636

**Adult Children of Alcoholics and other Dysfunctional Families.** 6-7pm  
QCWA Hall, Wilkes St, Mareeba

### EVERY TUESDAY

**Tae Kwon Do & Self Defence** 6.30-8pm Kuranda QCWA Hall. Jeff 0437 438 196

### SECOND TUESDAY

**Kuranda SES Training** 7.30pm sharp at Fallon Road. John Baskerville 4093 7246/0427 037 054

**She Shed Kuranda** 1-5pm.  
[kurandaSHeshed@gmail.com](mailto:kurandaSHeshed@gmail.com)

### EVERY WEDNESDAY

**Social Tennis** 5pm Wednesdays and Sundays at the Kuranda Recreation Centre. Gidi 0448 480 200

**Men's Shed** Kuranda 8.30am-11.30am.  
[mensshedkuranda@gmail.com](mailto:mensshedkuranda@gmail.com)

**Mahjong** 1-4pm Kuranda Neighbourhood Centre.

### THIRD WEDNESDAY

**Craft and Social** Morning 9am Kuranda QCWA Hall. Christine 0427 535 916

### EVERY THURSDAY

**Tae Kwon Do & Self Defence** 6.30-8pm Kuranda QCWA Hall. Jeff 0437 438 196

**Group Fitness Class** 5.30-6.30pm Kuranda Community Precinct

**Kuranda Dance: Tribal Bellydance with Lisa.** 6-7pm Kuranda Amphitheatre. 0409 367 967

**Domestic Violence Help** Kuranda Neighbourhood Centre by appointment 4093 8933

**Kuranda Rangers soccer.**  
Simone 0402 003 164 for any queries.

### EVERY SECOND THURSDAY OF MONTH

**Kuranda Writers Group** 10am-12noon, Kuranda Library. 0435 001 156

### EVERY FRIDAY

**Kuranda Story Time** 10.30am, Kuranda Library. Every Friday, during school term.

**She Shed Kuranda** 8am-1pm.  
[kurandaSHeshed@gmail.com](mailto:kurandaSHeshed@gmail.com)

### EVERY SECOND FRIDAY

**Trauma Tension Release Exercise Class**  
11am Kuranda CWA Hall. Sabine 0415 959 195

### EVERY SATURDAY

**Tree Planting** Kuranda Envirocare 0419 624 940 for details or check website [www.envirocare.org.au](http://www.envirocare.org.au)

**Men's Shed** Kuranda 8.30am-11.30am.  
[mensshedkuranda@gmail.com](mailto:mensshedkuranda@gmail.com)

### THIRD SATURDAY

**Meditation with Horses** 10am Koah. Kaya 0429 756 701

### EVERY SUNDAY

**Social Tennis** 5pm Wednesdays and Sundays at the Kuranda Recreation Centre. Gidi 0448 480 200

**AA Group** Kuranda QCWA Hall 9.30am 1300 222 222

**She Shed Kuranda** 1-5pm.  
[kurandaSHeshed@gmail.com](mailto:kurandaSHeshed@gmail.com)