

POSTAGE PAID KURANDA AUSTRALIA

THE KURANDA PAPER

April 2020 Issue 319

FREE INDEPENDENT MONTHLY COMMUNITY NEWSPAPER SINCE 1991

WE ARE ALL IN THIS TOGETHER ...

As this edition goes to press, it is necessary to add a disclaimer for any events advertised. The coronavirus situation is changing constantly. If in doubt, use the supplied contacts to check the current status of events and businesses.

One very important event which is going ahead is the council election on Saturday 28 March and voting is compulsory. You can vote locally before and on Election Day at the CWA Hall, Kuranda. All candidates have given us their personal messages for Kuranda voters, see pages 4 and 5.

Despite everything, our community needs to continue to function as much as possible. So, if in doubt, call that tradesperson, commission an artist, contact businesses, order takeaways, ask questions and see what arrangements can be made. This will be a time that challenges us to work around obstacles, to come up with new ways of living our daily lives and to find ways to support our family, friends and community. It can be done.

Everyone—it must be stressed—from babies to our most elderly is vulnerable, and the virus can infect any person no matter their age or medical condition. Until a vaccine is found, the surest way to stay well is to not come in contact with it.

'Social distancing' is the most effective way to stop the spread of the virus, for your own benefit and that of everyone in our community. If you do not need to be out and about, don't be. We especially need to protect doctors, nurses, medical staff, emergency personnel who are on the frontline ... and indeed the retail staff making sure you get your supplies and services. Care for them because they care for you.

If you MUST go out please wash your hands well with soap and water BEFORE you leave the house and AFTER you return. If you are feeling in the least bit unwell, please stay home and monitor your temperature. More information from the Kuranda Medical Centre appears on page 3 of this edition.

A message for all our young people – you are our future. You have a great role to play in how we get through this time. We need your strength, your smarts and your help. Families will be stretched because life will be different. Everyone will need to be kinder, more helpful and more patient.

For those who are feeling most at risk, please know that across the community people are thinking of you and working to support you. You may need help with getting mail or groceries to your door, or have other needs while staying at home. Don't feel you can't reach out. In the first instance contact the Kuranda Neighbourhood Centre which will remain ready to respond to those in need.

How to stay connected? Almost everyone has a phone, so use it to support those isolated at home, or to ask for support if needed. Social media rightly gets a mixed rap, there can be a lot of nonsense involved. However, it is also a highly effective tool for exchanging information in real time. See our list of helpful social media groups on our Community Information Page.

The Kuranda Paper would like to thank everyone who contributed to this edition compiled amidst much uncertainty. In February, until we ran out of space, we had intended to run a historical piece about the 1920 cyclone that damaged every building in Kuranda, and even blew a few off their stumps and dumped them several blocks away. Yet, no one but historians would even know that it had ever happened, because time heals. However, this time it is not buildings we fear we might lose, but those we love. We must be vigilant, responsible, hopeful and work together. And grateful for our fresh air, open spaces and the blessing that is community.

... EVERYONE HAS A PART TO PLAY



'THE KING' RETURNS!

Locals and lucky visitors were overjoyed to see the return of Kuranda's most famous dad, Elvis the cassowary, and his chicks. Elvis is a feature of the Kuranda Riverboat experience, along with his on again off again girlfriend Priscilla, and his succession of chicks, but had been missing for a while. Due to the current situation Kuranda Riverboat tours are temporarily suspended but will be back to delight as soon as possible.

Elvis and chicks. Photo: Kuranda Riverboat



Didge says
Wash your hands
and protect
your community.



DEADLINES

May Edition 320/2020

All copy and advertisements due by 10am

Thursday 23 April 2020

Paper published

Thursday 30 April 2020

Management is not responsible for any copy missing deadline.



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.

REVIEWING THE CANDIDATES

I attended the meeting with candidates at the Recreation Centre on Thursday, and thank the organisers for this opportunity. It seems many of the candidates see Kuranda as the 'jewel in the crown' of the Mareeba Shire, although some in the current council have been happy to chip away at this jewel with development foremost in their minds. For one, the KUR-World application 'ticked all the boxes'. What about the Range Road box? Personally, I think the developers should have been advised against their costly application, if only because of the traffic implications. But what about the passion, or just care for community and environment, which should go into consideration of any development application? Is it only a question of boxes and ticks?

Keila Waksvik, Kuranda

QUALITY NEVER GROWS OLD

I was reading the March edition of *The Kuranda Paper* and the "Blast From the Past – 40 Years of Frogs" reminded me of the happy fabulous times Kuranda has and can produce.

At the moment I am listening to a CD titled *Frogs Jam Band*, which was recorded live at the 3rd Birthday Party, presumably at a Sunday session. This is one of the best locally produced live recordings. You would think each and every artist was recorded in a studio, such is the quality of volume, instrumental mixes and vocalist clarity.

The CD was recorded in October 1992, a year after *The Kuranda Paper* was established. This is a rare CD as it is an original handmade copy. It lists the band members as Clive Ward (sax), Dave Hart (bass), Jeb Buck (guitar and mandolin), Brian Clarke (guitar), Nick Young (banjo), Bob Monaghan (keyboards) and John Baker (drums).

Lots of good locally produced music has been enjoyed over the years and will continue for many more people in the future. Keep music live.

D. Forrester, Kuranda

KP: Your ears do not deceive you D Forrester, this CD was produced by Gary Steele in a semi-professional studio set up in Terry Pate's office, Frogs Restaurant (at the old Coondoo St site). Thanks to Dave Hart for that info.



FEAST FOR REFUGEES – POSTPONED

We had hoped to advertise our Feast for Freedom in this edition of *The Kuranda Paper*, as a fundraiser for the Asylum Seeker Resource Centre to provide food security and ongoing humanitarian assistance to vulnerable families seeking asylum. Due to the coronavirus situation, **we have decided to halt bookings** and will aim to hold the event at the Recreation Centre later in the year. Stay tuned for this Ethiopian and Persian cuisine experience through our Cairns for Refugees Facebook page and *The Kuranda Paper*.

If you'd like to make a donation to the ASRC you can do so at www.kuranda.feastforfreedom.org.au. All donations received with appreciation and thanks (and a tax receipt).

Keila Waksvik, Kuranda

Cover masthead

Our masthead this month features painted hands by Kuranda District State College Year 5 student, Leo Dunne. The image represents not only the need to step up our hygiene practises and wash hands thoroughly, but to also stay connected with our community in these trying times.

HOW WILL YOU CHOOSE WHO TO VOTE FOR?

If you're looking for any guidance on how to vote, take a look at the performance of those who have been Councillors for the past four years. A few are outstanding in that they have demonstrated an ability to think for themselves and question the status quo.

Edward Nipper Brown has tried hard to understand the complexities of the decisions Council has had to make. He's consulted, he's asked questions and he's represented us at the table. He hasn't just ticked the boxes. He hasn't just followed Mayor Tom's direction. That's the sort of mayor we want.

Kevin Davies has also shown that he's a thinker, a leader not just following the pied piper.

Then there are some refreshing new faces. John Brisbin has shown care and consideration for Kuranda and understands the value of our Wet Tropics environment and our tourist-oriented economy. He comes from a similar environment in Julatten. He has shown his ability to think outside the square. He'll get my vote.

Ann Bell is a Speewah local. She is the only Kuranda person to put her hand up. She has had considerable experience in Local Government and knows the ropes.

I'm going for Nipper Brown for Mayor; then in order of my preferences I'm voting for Kevin Davies, John Brisbin, Mario Mlikota, Mladen Bosnic, Ann Bell and Lenore Wyatt for councillors.

I think a mixture of 'team' and 'independents' is good. Above all, we need Councillors who will represent us, not themselves. We need thinkers, not the robots of the past. We need some new faces as well as some experience.

Whatever the wash up, this new Council will be different and very likely better. It needs to be.

Jax Bergersen, Kuranda

ANZAC DAY NOTICE

To Veterans, past and serving, and to the public of Kuranda and surrounding areas.

It is with great regret that the Kuranda RSL Sub Branch has cancelled this year's ANZAC Day services.

This annual event has been carried out through peacetime and wars from 1916 to 2019.

This year however, we have been hit by strange times due to the coronavirus, and must follow guidelines from medical experts about isolation. This required decisions that are not popular but need to be made, to protect Veterans, families and the general public.

I hope you all understand that this decision wasn't taken lightly and we regret any inconvenience.

Hopefully, in 2021 we will be able to get together again to remember our past and present Veterans.

Respectfully

Mick Forde, President Kuranda RSL Sub Branch



Mick Forde. Photo: Greg Hillman

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.

Stockists of *The Kuranda Paper*

PLEASE NOTE THIS EDITION WE ARE ONLY SERVICING KURANDA AND DISTRICT and Collins Booksellers at Smithfield. Our usual print run is 5,100. A free copy is delivered to every postal box and street mail delivery in the Kuranda district (postcode 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, along with some back issues. In addition you can pick up a hard copy of THIS EDITION *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 Coop (Coondoo St), Kuranda Library (Arara St), Kuranda Foodworks (Thongon St), Kuranda Medical Centre (Thongon St), BP Service Station (Rob Veivers Dr).

SPEEWAH: Speewah Service Station & Convenience Store

KOAH: Koah Service Station

SMITHFIELD: Collins Booksellers (Smithfield Shopping Centre)

COVID-19 A COMMUNITY RESPONSE



KURANDA MEDICAL CENTRE

cnr Barang and Thongon Streets • Ph: **4093 7118**
"Professional Care in Your Community"

Dr Dave Cuming: *dermatology, paediatrics, minor surgery* – Monday, Wednesday (am), Friday (am)
Dr Hal Hancock – Fridays 9.00am–5.00pm
Dr Veerendra Sinha (specialises in skin cancers and excisions) – Tuesday and Thursday 8.30am–5.00pm
Dr Agufana Pepela all day Monday, Tuesday and Thursday (am), outreach every second Monday
Dr Yvonne Doveren (Outreach Clinics every Monday fortnight)
Dr Steve Salleras Monday and Wednesday 8.30am–5.00pm
GP locum Dr Travis Moran 3 days week until end of March when Dr Jimmy Stewart returns
GP Registrar Dr Preston Cardelli until 31 July

Extra Services: Podiatrist, Dietician, Psychologist, Diabetic Educator, Nurse, Asthma Care, Indigenous Health and more...
Monday – Friday • 8.30am to 5.00pm

The Kuranda Paper has asked me to write a few words about COVID-19. I'm writing this on 18 March, so it's likely that by the time you read this a lot of the travel, schooling, sporting etc information around now will be obsolete. So I will write about something timeless and that is how we as individuals can best prepare ourselves and our loved ones both physically and emotionally for a viral pandemic.

COVID-19 kills people. The cause of death is a pneumonia (viral pneumonitis) hence all the fuss about respiratory ventilators in hospital Intensive Care Units and whether Australia has enough to cope. COVID-19 has not reached Kuranda yet but it will. There is time to prepare your body to face this virus so you are never wheeled across the threshold of ICU.

So if you are smoking, drinking too much and taking no exercise then you have reason to fear this virus. It has you in its sights waiting to invade the gooey mucous of your inflamed lungs. So put another way you can increase your chances of survival by acting now – a few simple steps:

- Stop smoking
- Start taking daily strenuous exercise
- Drink alcohol in a responsible way
- Get at least 7-8 hours sleep each night
- Look out for your neighbours. Help them. Help them with some food or toilet paper.
- Wash your hands obsessively

We are blessed with a great immune system but just give it a chance to work for you. Personally, physically we will be at war with this ugly little virus so make the effort and get yourself ready. Get your immune system cocked and primed so you can kick this COVID's a*se!

Dr Dave Cuming, Kuranda Medical Centre

IMPORTANT: If you have a fever, cough, sore throat or shortness of breath and you have travelled overseas in the past month, it is important you seek medical care early. Please contact us via phone prior to making a booking or visiting the Kuranda Medical Centre.

Local Kuranda Medical Centre update

Phone consultations:

Please note that Kuranda Medical Centre offers phone consultations for those that qualify under Medicare criteria. That is, if it is an issue that can be dealt with without a physical examination AND you are in one of the following AT RISK criteria:

- 70 years old and over
- 50 years old and over and Aboriginal or Torres Strait Islander
- pregnant
- parent of a child under 12 months
- person being treated for a chronic disease OR immunocompromised

If you feel that your issue can be dealt with over the phone call 4093 7118 for a phone appointment time (e.g. repeat scripts, repeat referrals etc).

If you have respiratory symptoms:

- Please call first for advice!
- If you have minor symptoms STAY HOME and ride it out.
- If you have severe symptoms go to ED fever clinic or call the COVID hotline 1800 020 080.

In these extraordinary times, Kuranda Discount Drug Store will continue to be open as usual, although as the situation unfolds we may have to change the way in which we operate.

Please be mindful of the welfare of our staff and maintain appropriate hygiene practices such as coughing into a tissue where possible.

If you are experiencing symptoms such as fever, sore throat or dry cough, please phone ahead so the we can make alternative arrangements to help you.

From Thursday 19 March, as per Government directive, we are only able to dispense one month's supply of prescription medicines. We will also be limiting supply of certain over-the-counter medicines to one unit per customer.

This action is important to prevent unnecessary hoarding of vital medicines and ensure continuation of supply for the most vulnerable in our community.

Please be assured that we are doing everything in our power to maintain continued supply.

We thank you for your understanding.

Our staff are all working very hard under enormous pressure and we are very grateful for their commitment to our community.

For help or advice please call us on 07 4093 7480.

Influenza vaccination clinics

We have commenced our influenza vaccination service for 2020.
Please call 07 4093 7480 to make an appointment.

FOR DAILY UPDATES GO TO WWW.HEALTH.QLD.GOV.AU

13HEALTH (13 43 25 84) Emergency only – Police, Fire and Ambulance

TRIPLE ZERO (000) Non-urgent health advice

It is currently still the case that you can only be tested if you are symptomatic AND recently returned from overseas in the last two (2) weeks, had contact with a known case, or are a health worker. There is nowhere in Kuranda to get tested! Smithfield is the closest testing access.

Check first from your work if you REALLY need a medical certificate or not!

Flu vaccines:

You are highly recommended to get vaccinated. Private Flu vaccines are now available at pharmacies and cost \$21 (for over 16 and under 65). Everyone needs to book! No doctors appointments are required to access flu vaccine through a pharmacy.

Publicly funded vaccines (i.e. over 65, indigenous, chronic disease, pregnant or children 6 months to 5 years) are NOT available at the Kuranda Medical Centre YET, but stocks should be available any day now. Please check before booking an appointment for this.

We are trying our best to keep our community healthy and we appreciate your support. Please check the site below for accurate up to date information.

Kuranda Medical Centre

www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert



DISCOUNT DRUG STORES

more than just low prices

www.discountdrugstores.com.au

Kuranda Discount Drug Store

16 Thongon Street, Kuranda, QLD, 4881

Phone: (07) 40937480

Email: Kuranda@discountdrugstores.com.au

OPENING HOURS	OUR SERVICES INCLUDE
Monday - Friday 8:30am - 5:30pm Saturday 8:30am - 3:00pm Sunday CLOSED Public Holiday 10:00am - 2:00pm	Medication Management Program Medication Packing (EasyMed) Instore Medication Reviews Home Medication Reviews Blood Pressure Monitoring Health Clinics NDSS Access Point

As you would be aware, the outbreak of the coronavirus is impacting services across the region. For Mareeba Shire Council, it remains business as usual. However, Council has moved to implement measures to contain the spread of the virus following direction from the Federal Government regarding events, libraries and visitor information services.

The health and well-being of the community, visitors, volunteers and staff is a priority leading to Council's decision to postpone the Kuranda Easter event which was planned for 11 April 2020. Council has also decided to cancel the annual Great Wheelbarrow Race scheduled for May 2020.

VISITOR SERVICES: Furthermore, operating hours of the Kuranda Visitor Information Centre will change following the suspension of volunteering at the Centre. From Monday 23 March 2020, the Centre will be open Monday to Friday from 11am - 2pm for the delivery of essential visitor services, until further notice.



LIBRARY: To help protect the community, as of Monday 23 March 2020, Shire Library branches will only offer borrowing services in the branch. All other services and activities will be suspended until further notice. Council will be introducing recommended social distancing and hygiene practises at all customer service centres, including libraries, to prevent the spread of the coronavirus. This means library customers will not have access to public computers and wifi, newspapers, toys and quiet work areas, programs and inter-library loans. Council has plans in place which could see the closure of all Library branches across the Shire, should Queensland Health advise of a confirmed case in the region. Online and telephone assisted borrowing services would continue should the libraries close. It's business as usual for Council's customer service centre in Mareeba and at the Kuranda Library.

KEEP CALM: This is an unpredictable fast-moving situation, and we are actively monitoring and putting business continuity plans in place to deal with the situation if and when it escalates.

Council is committed to the health and well-being of the community and is following direction and advice from the Federal Government and health authorities. We also encourage you all to follow advice from the Federal Government and health authorities and support each other in this time.

Council is balancing the importance of providing services to the community with protecting the safety of everyone and strongly assures you that if we all work together, our community impact will be minimised.

For more information on the changes to the delivery of these Council services, please phone 1300 308 461.

For more information on COVID-19 call 13 HEALTH or find up-to-date reliable information on the Queensland Health website.

The Kuranda Neighbourhood Centre remains **open** at this stage **via the side entrance** (door is open) with access to the Family Support worker, Coordinator and NILS workers. The new family support worker is Heidi Avolio who was offered the position on a permanent basis with Ceri Hughes beginning a new adventure traveling the country.

The KNC website will provide a central hub for information, resources, tips and links to other websites for regular updates.

The public computers and bookshop are not available with the aim to minimise contact and social distance risks due to Covid-19. People can still come to the centre while it is operating, on a reduced face to face basis for printing, copying, faxing etc however there are some risk management strategies including hygiene and distancing protocols.

There is one room with a phone and internet for access to Centrelink for reporting or to use myGov, internet banking or other essential online services. Only one person at a time can use this service. Again, access is via the side door where you will be asked to wash your hands for 20 seconds and then wipe the keyboard, mouse and phone before use. If the room is not free, you will be asked to wait sitting a distance of 1.5 metres from others in the centre. Please keep your use only to essential services as quickly as you can, to allow others to gain access.

If you able to, please place any unperishable food, personal hygiene items etc in the Street Pantry at the front of the Neighbourhood Centre. We ask that you either wipe any items down or apply a hand sanitizer to your hands before placing food in the pantry. Thank you for any kind donations that will help others in need at this difficult time.

We ask for your patience and understanding while we aim to keep you and others safe and provide fair access to our services. In the event of a registered outbreak of Covid-19 the centre will close to the public. We will continue to provide services via the phone. The wifi hotspot will become active from Monday and will not require a voucher code or password and can be accessed on the veranda even if the centre is closed.

The phone service will provide as much support as we can and we aim to remain as available as possible. The phone service will operate the usual hours and we can still work out ways to get forms to people and back to the required service as necessary. If you are not sure what we can do, please ring us.

Thank you for your understanding and by working together we will get through this.

The Neighbourhood Centre Team

Your Mental Health

Now it is more important than ever to stay calm and remember to breathe deeply. Mental well-being relies on a healthy body and mind so eating well, getting some general exercise and connecting with others are ways to a positive self-care strategy.

Feelings of worry and concern are valid, and getting factual



and helpful information will help us work towards a resilient community peace of mind. Looking out for our close ones, neighbours and vulnerable can engender hope and a sense of security.

This is a new challenge that we can face together in any way we feel able to. Being kind, generous and open builds a sense of shared wellbeing.

There are many ways to connect without creating or causing risk to our immune-compromised. Small but mindful gestures can help those who are feeling anxious or scared.

Call people, help when and how you can, generate a caring and understanding response or comment.

Look for ways to care for yourself and be prepared to negotiate to share the burden. As a community, we can get through this difficult time where we are challenged by changes happening daily. Kuranda is a diverse community with many strengths, based on a foundation of many caring people, and if we pull together, we can get through this together.

Acting locally in small ways will build our confidence and ability to build a caring and connected community.

Most services are putting together ways to keep helping people – it might look and feel different but help is available. Phone services and access to online information and support will be a way to connect with those in helping roles.

There will be regular posts to Facebook and the Kuranda Neighbourhood Centre will be providing regular information, resources, tips and links to other relevant websites on their website. This will be on the front page of the website and updated/added to regularly.

Kuranda Neighbourhood Centre: www.kurandanc.com



Lifeline will continue answering calls through COVID-19

John Brogden, Lifeline Australia Chairman, says Lifeline will continue to answer calls throughout the COVID-19 crisis. "Today we want to reassure Australians that no matter what happens with COVID-19, if the government calls for a lock down in any or all of Australia, Lifeline is prepared and we are committed to being available to any person who needs us through the 13 11 14 phone line, text and online services."

Mr Brogden also called on Australians to look out for each other. "The current social isolation policy means many of the important opportunities for people to connect with each other and do things they enjoy are being stopped. For someone who is already struggling, this can be a huge blow.

"We are asking people to look out for those who may struggle through isolation, especially if they live on their own. If you can't knock on their door, be imaginative in how you can connect – give someone a call, write them an email, put a note under their door, sing under their window. By reaching out to someone who may be struggling and letting them know you care, you can send a really powerful message of hope."

FOODWORKS Kuranda

A message to our customers

After the World Health Organisation announced the COVID-19 Pandemic, it hasn't been business as usual at Kuranda FoodWorks.

As you may have noticed, we're running low on certain products after concerned customers started stocking up. We're trying to meet increased demand during these remarkable times and continue to source stock from our suppliers. It takes a bit more time and creativity to maintain adequate stock levels. Our team is working around the clock, to make sure we can best support you in your needs.

What we're doing to help:

- Trolleys and baskets are cleaned twice a day with a food grade sanitiser.
- Paper towel and food grade sanitiser are available at the service counter if you want to clean your trolley or basket.
- Benches and checkouts are cleaned multiple times throughout the day.
- Introducing a limit of 1 item per customer for any toilet paper, rice, pasta and flour.
- Bulk Food Bin section is no longer self-serve until further notice, one of our helpful staff members will assist you in getting your items. Please ask.
- Orders can be called through for the elderly and disabled people in Kuranda, Speewah, Myola, Kowrova and Koah, and be picked up by a member of the community. If you don't have anyone who can pick up your order for you, Linda Snart and her partner

have been so generous to also offer deliveries in their refrigerated truck for free. Payment over the phone by credit card has been set up for the store.

- We're introducing temperature checks for all employees before they start their shift.

These measures are constantly being evaluated to see if they need to be adjusted. We apologise for any inconvenience and will continue to do everything we possibly can to service our customers.

We're grateful for all the new customers that have been coming into our store who haven't shopped with us before. We always love feedback from customers that are missing specific products (other than those mentioned above). Please feel free to message us on Facebook or call the store on 07 4093 7260.

For now, please be patient and kind with our staff and each other while we're dealing with this unprecedented situation. Remember that we're all in the same boat. Kuranda is an amazing, generous, grateful and positive community. We've had offers from people to volunteer in our store to serve the community. Truly heart warming. Make sure to check on the elderly and people at risk and help them out where you can. Let's all show kindness, compassion, calm, patience and be well.

"The greatness of a community is most accurately measured by the compassionate actions of its members" – Coretta Scott King

On behalf of the FoodWorks Kuranda team, we thank you for your support.

QUEENSLAND INDIGENOUS LAND & SEA RANGERS CONFERENCE

Djabugay Aboriginal Corporations co-host the Queensland Indigenous Land & Sea Rangers Conference 2020

The annual Queensland Indigenous Land & Sea Rangers Conference 2020 was proudly hosted by Djabugay Aboriginal Corporations and the Djabugay Bulmba Rangers in partnership with the Queensland Government Indigenous Land and Sea Ranger Program (ILSRP).

The conference brings ranger teams together to share knowledge, skills, experience to broaden understanding of conservation approaches. This year, the Bulmba Ranger team hosted around 100 Indigenous rangers from Torres Strait to Stradbroke Island at the Tjapukai Cultural Park, Smithfield from 10 to 12 March.

Djabugay Aboriginal Corporation's Project Officer, Barry Hunter, facilitated the conference. The theme this year was "More than a Ranger" which explored the involvement, responsibilities and many varied roles that rangers play in today's world.

2020 is Queensland's Year of Indigenous Tourism and the conference program included sessions on rangers' involvement in tourism ventures and related business enterprises in addition to workshops on indigenous-led research, health and well-being, social media and public speaking.

The groups were kept alert and entertained with a group



fitness session of Zumba, a spear and boomerang throwing competition and a dance performance by the Tjapukai Cultural Park dancers.

During the Conference, a Special Training and Development session was presented to over 25 Rangers by Djabugay Aboriginal Corporations at Nyawarri Estate, Kuranda. The "From Bush to Buffet" session showcased our aspirations to create a bush food and resource garden to retain cultural practices and explore economic opportunities.

After the initial 'Welcome to Country' by Errol Hunter and Rhonda Brim, a talk about the traditional bush foods from our area was presented by Dennis Hunter. Nicole Huxley from Jumbun Bushfood Venture, discussed their journey in making their native jams, sauce and syrups into a successful business enterprise.

Husband and wife team Rhonda and Andy Duffin, joined Rhonda Brim to inform the group about native plant use in their traditional dilly bag and basket making. A delicious lunch based on locally sourced and native ingredients was enjoyed by the group before heading back to the conference at Smithfield.

The Wednesday evening conference dinner was emceed by Mark Sheppard, keeping the group entertained and in fits of laughter in his natural comedic fashion. The Hon. Lee-anne Enoch (Qld Minister for the Environment and the Great Barrier Reef, Minister for Science and Minister for the Arts), addressed the group, acknowledging their important work as Indigenous Land & Sea Rangers before presenting 'Years of Service' awards to long-serving rangers. The evening finished with a handover of the Conference to Girringun Aboriginal Corporation to co-host in 2021.

Two Indigenous tourism experiences were offered on the final day; one to Mossman Gorge, and one to Kuranda. Our Bulmba Ranger team led the Kuranda field trip up on the Skyrail for a guided talk at Barron Falls by Dennis Hunter. The group were free to explore the town, shops and markets before a guided tour of Jumrum Creek presented by Errol Hunter which was enjoyed regardless of the rain. The 47 guests were then accompanied by our Ranger team on the Kuranda Scenic train back to Freshwater station.

On a whole, the conference was deemed a great success, with visiting Rangers expressing:

"Deadly couple of days, meeting and sharing our stories, work etc."

"I really learnt a lot from all the sessions we did, because I've only just started as a ranger, thanks guys."

"All too deadly, well done ***** (5 star)"

We Will Try To Be Here For You



Just Gorgeous

16 COONDOO ST. KURANDA • 4093 7508

www.justgorgeous.net.au

THE AUSTRALIAN BUSH STORE
17 THERWINE ST KURANDA
PH 4093 8850
OPEN 930 TILL 400



20% off for Locals!

THE QUEENSLAND LOCAL GOVERNMENT ELECTIONS 2020 will take place on Saturday 28 March. Voting is compulsory. In Kuranda you can vote at the CWA Hall, cnr Thongon and Barang Streets.

Thursday 26 March: 9am–9pm, Friday 27 March: 9am–6pm, ELECTION DAY Saturday 28 March 8am–6pm.

For the benefit of voters, *The Kuranda Paper* asked each candidate to supply a direct message to Kuranda and district voters. Here are their responses.

YOUR CANDIDATES

MAYORAL CANDIDATES

ANGELA TOPPIN – INDEPENDENT



This election campaign has taught me that residents need more information about the workings of local government and the need for greater transparency from our Council. If elected Mayor I will operate with honesty, integrity and transparency. I believe in consultation, collaboration and communication – these practices underpin good governance.

I have acquired many leadership skills in my 40 plus years in education, and observed from my four years as Councillor, that these skills were transferable from public service in schools to serving my community. I follow procedure and policy, take due diligence seriously and am prepared to make the hard decisions. When you serve your community, you are called upon to put aside your personal agenda for the greater good, you must vote upon and uphold regulations that may not align with your preference; it is vital that you are always professional, ethical and open to public scrutiny. I will uphold these expectations.

Our shire is unique, we have a diverse social fabric and the most incredible opportunities for growth and continued strength. I want to see the whole shire flourish. It is important that we maintain our strong sense of community, that we embrace our differences and that we work together for the best outcomes. I am committed to economic growth and maintaining the secure financial position that our shire currently enjoys.

Revenue for our shire comes through rates, I do not wish to raise these charges, they are reviewed annually and whilst every attempt is made to keep costs down and accordingly rates at the same level sometimes small increases are required. I will always consult with residents, strategise alternate budgets and pursue government grants and funding. Our services are funded by our rates and we need to avoid deficits.

With the COVID-19 threats, state and federal resourcing is being channelled into ensuring that our infrastructure can cope with the impacts of the pandemic. What this highlights for me, is a likely cut in funding to other services, hence a greater need to be vigilant about advocating for our shire's priorities and needs. I am tenacious, strong-willed and will fight for our shire with stamina and focus.

I have run as an independent to avoid any suggestion of bias or hidden agenda. I am not affiliated with any political party. I have funded my own campaign. I will represent the interests and needs of residents, I will campaign for the things that are important to our people and I will act ethically and honestly in every aspect of governance. I will lead with focus, commitment and energy, working for the very best outcomes. If elected mayor I will work with the Councillors elected by you – your council. On election day, vote for the people whom you know will stand up for our shire, who will communicate clearly and who will act honestly. I am Angela Toppin, fiercely passionate about our shire and people; on election day vote for me and I will get things done.

23 Torrasi Road, Mareeba 4880

NIPPER BROWN – OUR TEAM 4 YOUR SHIRE



Kuranda is the gateway to our Shire and I would like it to be reflected in the signage.

We are set for challenging times ahead and it will require all parties working together with good communication. Be assured we will get through it. It will require all levels of Government working together. I will endeavour to have all representatives in Kuranda regularly. As Mayor I will spend one day (9am to 5pm) a fortnight in a relaxed location to be available for anybody with issues or questions. We will have community/Council BBQs at least once a year, if not twice, in all communities. These are crucial for all of Council to understand what is happening locally.

In Kuranda, I want to begin working on a solution to social issues associated with the town centre, working with all agencies. While it is not Council's direct business, it reflects on the town, so therefore it is our business and we need to be involved. Encouraging programs such as the John Moriarty Foundation into the communities, supporting all sporting activities.

I would like to eliminate the AirBnB fee from rates and encourage more of this style of accommodation in the area – AirBnB is the best form of eco-tourism and should not be discouraged by fees. Benefitted Area rates will be reviewed. A re-established chamber of commerce is essential and a participating Councillor would help maintain integrity and focus. We would also work with the major tourism transporters to identify a way to forewarn businesses of the numbers booked in the days ahead for local business planning.

If Mayor, I would like to see more focus on local markets targeting experiences that people enjoy. Some examples: create a tag-along experience for peak Nomad time, bring back the Kuranda Spring Festival, build on the raft race from Mareeba to Kuranda, town beautification in partnership with other community organisations, continue with the trails and signage. There are so many possibilities to build on the current experience in the 'Village in the Rainforest'.

Community facilities of concern: Support the Kuranda Precinct Committee and the Precinct's Strategic Plan, including seeking grant funding. Work with Amphitheatre committee to increase the usage of this venue. Continue to investigate possible sites, and options, in regards to the future cemetery usage in consultation with the community. Investigate the possibility of establishing wildlife corridors and reserves and implications. Identify ways we can contribute to the circular economy and improve our recycling.

I will support the outlying communities such as Speewah and Koah as well, continue to support the Koah Hall, work with the Speewah committee identifying any projects to be tabled, identify the cost to seal the remaining bit of the School bus run on Speewah Road.

Under my leadership, I can assure you Kuranda and surrounds will have a voice in Council. I am approachable, passionate, practical and very hands on. For further information on any of the above give me a call 0429 931 061 or stop me in the street.

E. Brown, 3502 Dimbulah Road, Mutchilba 4872 for the Our Shire First Team

DEAN MINEALL – INDEPENDENT

My wife and I have lived in Mareeba for the past two years and both enjoy the sense of community and welcoming spirit. So I have decided to run as an independent candidate for Council. I come from a professional background where critical thinking is vital and common sense must be applied to get things done.

I believe my background and experience in industry and the health profession gives me a far-reaching scope of understanding of regional areas.

In my professional working career as a physiotherapist, I have hands on experience in government health organisations where I have been responsible for budgets, service delivery across multiple regional health sites, conducted aged care facilities audit and operated a pilot scheme to improve outcomes for elderly residents in the community. I understand the importance of being able to gain support of all stakeholders and bring them all along the journey so we are working together to achieve product outcomes. These are the skill sets I will bring to my role as a Councillor where I would represent ALL residents' views at council not that of the "team".

124 Coronet Drive, Mareeba 4880



MARIO MLIKOTA – OUR TEAM 4 YOUR SHIRE

I emigrated from Croatia to Australia as a young child and grew up in Dimbulah on a tobacco farm. Since retiring from teaching in 2016, I have undertaken several roles ranging from the university sector to the criminal justice system. I have lived in the district for approximately 50 years and I am married with three adult children.

Mareeba Shire is made up of several unique communities each valuing our natural and cultural heritage. Kuranda is one of these communities. These communities need to work together to create a vibrant, sustainable, inclusive and prosperous region, a region envied not only in our State but beyond. Tourism is the main contributor to Kuranda's economic growth and this needs to be capitalised upon with Council support. We need to continue to promote Kuranda's special environmental value by encouraging ecotourism and educational/research visitation. Kuranda is the iconic 'Village in the Rainforest' and this needs to be preserved. Residents of Kuranda have lived in harmony with their unique environment and we need to respect this. I am also aware that Crisis Housing is a necessity and Council needs to continue lobbying for funds to address this. Additional street lighting, beautification and seating would be welcome.

24 Morrow Street, Mareeba 4880



LENORE WYATT – INDEPENDENT

I have thoroughly enjoyed the last term serving in Council and working with the residents in Kuranda and surrounding areas. I am a local and live between Bibohra and Mount Molloy. My three main areas of focus are Community, Opportunity and Accountability.

Some of the things I am passionate about are: Recycling /Resource Recovery – this is something I am especially enthusiastic about, investigating and researching the possibilities of where we can divert recyclables to keep them from landfill and perhaps industries that can be created to process these recyclables to help local economies and create more jobs. More bitumen down on our gravel road networks across our Shire. Water Sustainability and Water Security for all residents across the Shire. Promoting and harnessing Solar Energy when making council decisions (as a cost saving to our ratepayers and being environmentally responsible as well). I am also passionate about developing a friendly, welcoming and thriving Shire that everyone can be proud of. In my various roles in Kuranda and surrounding areas, I have worked with and met some amazing people. As a community leader, I have a strong drive to see everyone succeed.

RN268 Hodzic Road, Bibohra 4880



MLADEN BOSNIC – OUR TEAM 4 YOUR SHIRE

My name is Mladen Bosnic. I am a Croatian born immigrant and I completed my schooling in Mareeba whilst growing up on a tobacco farm. I am 63 years of age, married for 40 years and have three daughters with professional careers. I have been a career Australian Federal Police officer for 34 years.

I am seeking a position as Councillor because I believe I can contribute to local government and also be a powerful advocate for the betterment of the Shire and its constituents. I base this belief on my whole of life experience, coupled with my affinity to the Mareeba Shire.

Historically, tourism has been the backbone of Kuranda's economy. Retaining and protecting the uniqueness of the Kuranda Village is important. Should I be elected to local council on 28 March I will strive for Kuranda to retain its unique status. This will be achieved by protecting and enhancing the biodiversity, national parks and wildlife corridors within the natural environment. I will also strive to ensure that all shire residents live in a safe and secure community where everyone has the opportunity to prosper.

Emerald Creek, Mareeba 4880



MARY GRAHAM – OUR TEAM 4 YOUR SHIRE

As a long serving current Councillor I am privileged to have served the people of Kuranda through many challenges at the coalface of de-amalgamation and beyond.

Running businesses for over 38 years assists in making hard but correct decisions to create a financially sound, progressive shire. You simply cannot achieve a wish list without the money.

As the Shire's entry point, Kuranda is critical in providing attractive, unique environs where residents, business owners and visitors can work, live and play, supported by council.

Over the past six years, \$3.6 million has been directed to maintenance, renewal and upgrades of Kuranda's infrastructure.

Focusing on improving the Shire's livability and working in partnership with the community the shire has spent \$1.4 million for community events and festivals, sport and recreational activities, feasibility studies for new and improved facilities including Tourism Kuranda Strategic Marketing Plan and many others.

Maintenance and renewal of infrastructure has been funded under the Kuranda Infrastructure Program including Therwine Street revitalization, and walking track to Barron Falls to improve the visitor experience to this destination.

It is vital that you have a local, experienced Councillor to represent the best interests of Kuranda and district to face challenges ahead.

55 Avolio Drive, Mareeba 4880



KEVIN DAVIES – OUR TEAM 4 YOUR SHIRE

I have lived in the Mareeba Shire for over 40 years, and have worked for the Mareeba Shire Council for 15 years. I have a long history of involvement with local government, 25 years in total, and a long history with the Shire—my father and grandfather being past Shire Chairmen. I am married and have two boys who live and work in Mareeba.

I see Kuranda and district as a great place to live, raise a family or retire. Kuranda is an environmentally sensitive area, and a fine balance has to be achieved to maintain growth and areas of significance. I feel Mareeba and Kuranda can work better together, by keeping an open mind and open communication, working both ways. If re-elected I will continue to represent Kuranda as I and other Councillors presently do with open communication and by being available to listen and take on board issues that are of concern and to try to come up with a solution that will be beneficial to all, and within budget constraints.

12 Donlen Street, Mareeba 4880



DANNY BIRD – INDEPENDENT

I'm Danny Bird, a Mareeba local seeking a position as a Councillor for the Mareeba Shire Council. I have prior council experience on the Flinders Shire in Hughenden and have worked in various industries, including livestock, agriculture, aviation, small business, heavy machinery, mining and road. Kuranda is the tourism jewel of the shire. This must be maintained and advanced to its best advantages. In brief my policies are: Youth Crime: this needs to be followed through and put to bed forever, we only have one chance. Water Security: our farmers at present don't have security of supply, our population is increasing also, we need to top up Tinaroo or build more dams to cater for the future. Shire Growth: Council needs to support business to expand and be viable, this will underpin employment and economic stability. Roads, Rates, Rubbish: essentially keep costs affordable and improve. Aged Care: plan for the next 10 years plus. As a shire we are facing a tough time ahead, therefore you need experienced, commonsense people as councillors. I want to make our shire a better place to live. If you vote for me, I will listen to you and back you.

Thanks Danny Bird. 1526 Dimbulah Road, Mareeba 4880



LOCKY BENSTED – INDEPENDENT

At 34 years, I am married with two kids, and have lived 20 years in this Shire. I've started three successful small businesses in the Mareeba Shire. I was Youth Member for the old seat of Tablelands and an FNQ ABC Radio Heywire winner. Why run for election? Being in business, I understand you need a plan for succession. Council is no different. The next generation, my generation, needs to be at the table when it comes to the decision-making process. Council also has a great role to play in providing pathways and opportunities to help small business grow. I also want to champion communication, I've always said that communication helps everyone to make informed decisions. I see Kuranda being in the driver's seat for the success of our Shire, we can improve how we sell our Shire to the rest of the world. Small initiatives such as WIFI hotspot hubs in the village, better signage and a new slogan for this area would go a long way. The Mareeba Shire could also play a big role in the wonderful opportunity which is the recyclables industry. Let's be a pro-active Shire, not a re-active one.

503 Emerald End Road, Mareeba 4880



TERRY NEWMAN – INDEPENDENT

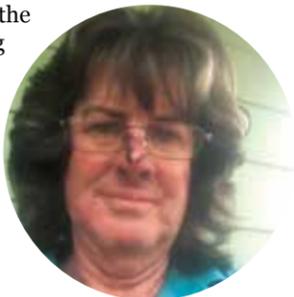
As an independent candidate and a long-term resident of the remote disadvantaged areas of the shire, I have an understanding of people's grievances.

Mareeba Shire was steadily improving services to all residents of the Shire until amalgamation with the Tableland Shires. After 2008, the Shire in my opinion has gone steadily backwards.

I am fully aware that funding is getting harder to obtain and the general public is getting very weary of being confronted with an ever increasing array of fees and charges for no tangible benefit.

In an era where there is more pressure on getting more benefit from every dollar spent maybe it's time for fresh minds to start working outside the square to deliver more favourable outcomes to the 22,500 residents of the Shire.

Barwidgi Station, 1 Junevale Road, Mt Garnet 4872



JOHN BRISBIN – INDEPENDENT

Council needs to deliver real, practical benefits to people. Rates, representation, levies, transparency, youth crime, cultural development, and community engagement with decision making...these are some of the priorities I've heard from people in the Kuranda region over the past 10 years, especially in the last four months.

Kuranda people know very well that they live in a special place, that they form a distinct community with a particular voice. All the vigorous ideas, the energetic activism, the sensible and the hyperbolic, the practical and the dreamers, the wise old-timers and the ambitious newcomers. Kuranda's "community voice" can be as overwhelming as the roar of a rainforest in full-throated expression. The people and the country grow together. I think it's marvellous.

Mareeba Shire is vastly richer for the diversity of the Kuranda region. ToTR, Kowrowa, Mantaka, Speewah, Koah, Davies Creek, and all the liminal space between. As a candidate Councillor, I feel we can find better ways to celebrate our diversity, and grow stronger through it.

There are many opportunities for Council to chase, side by side with the residents and ratepayers. I commit to walking along with you, a fellow collaborator in the community that we co-create every day.

18 Santowski Crescent, Mount Molloy 4871



ANN BELL – INDEPENDENT

I have lived in Speewah since relocating from Naracoorte in the south-east of South Australia in 2013.

I have a background in health including nursing, work health and safety, risk and accreditation systems. I have also been involved in the education and training of aged care workers in FNQ's remote communities such as Palm Island, Weipa and Mornington Island. Currently I am a Regional Assessor on the Tablelands undertaking assessments and referrals for services to support people living in their homes, to ensure that they can remain at home for as long as possible.

During my time in Naracoorte South Australia, I served as a Councillor for seven years on the Naracoorte Lucindale Council and was Deputy Mayor for a year during that period.

I have decided to nominate for a position within the Mareeba Shire as I believe that all councils must be appropriately managed using transparent, sustainable governance and development, in particular.

The support of businesses and preservation of natural resources, development must be well managed and scrutinised to ensure that resources are protected, to ensure that future generations can enjoy the magnificent environment we inhabit.

Ann Bell 0419 803 650, 52 Forest Close, Speewah 4881



ADVERTISEMENT

ANGELA TOPPIN

FIERCE PASSION: GETTING THINGS DONE

VOTE 1 MAYOR

Authorised Angela Toppin, 23 Torrisi Road, Mareeba Qld 4880



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20 Thongon Street

TAKE CARE WITH COVID-19

In regards to Coronavirus (COVID-19), the Kuranda Branch of QCWA is aware of its obligation to follow unfolding Government Health requirements in order to safeguard community health and we concede that some planned events and activities may not be able to continue as they have or were planned. Note that the Craft Group is cancelled until further notice.

We will endeavour to leave an updated notice near the front door of the CWA Hall. Any enquiries please contact our Secretary, Colleen Blunt 0448 434 186.

What does self-isolating mean to you? I'm thinking of the things 'I was gonna do!' Such as making homemade yoghurt, home initiated sourdough bread, resuming my music and retreat practises and making the most of the wool in the back cupboard. What about you?

Perhaps in the future we can share our time-out accomplishments at CWA craft mornings, recipes, samples and show and tell.

Consider joining CWA: women from all walks of life are members of the QCWA and they join for a variety of reasons. The QCWA means something different to everyone and that's the way we like it. For more information go to www.qcwa.org.au/contact-us

Take care all,
Krishna Buhler, Kuranda.

LEARNING TO KNIT: BASIC BEGINNER'S SCARF

Make things easy for yourself and choose a yarn that is at least a medium weight if not larger. Look on the yarn label and look for one where you will get 16-20 stitches per 10cm using 4.5-5.5mm needles. You will need 200 gms (grams). Most balls are either 50gms or 100gms, so 4 x 50gms or 2x 100gms.

Watch this tutorial online before you start:

www.youtube.com/watch?v=241R2IRS57A#action=share (How to Knit a Scarf by Sheep & Stitch, on YouTube)

Cast on stitches 22 stitches

Slip first stitch; knit every row until scarf measures the length you desire. Cast off loosely and weave in ends with tapestry needle.

NOTES: Along the way you'll make mistakes. It's okay. If you drop a stitch, keep moving forward. Think of your first 10 rows as practice. Then you will get into the rhythm. Once you're knitting comfortably, consider unravelling your work and starting your scarf fresh. Don't think of your practice rows as wasted. It's the practice that makes the perfect!

"One who makes no mistakes makes nothing at all." *Giacomo Casanova*

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Kuranda community campaigns to ban glyphosate spraying in public spaces

A group of residents gathered at the Kuranda playground on Sunday 15 March to send a message to the soon-to-be-elected Mareeba Shire Council that the community expects a transition away from the spraying of poisonous herbicides in our public spaces.

Glyphosate-based herbicides such as Roundup are the main target of residents, alarmed by scientific studies revealing these herbicides to be toxic both for the environment and human health. There have been three successful lawsuits in the United States against Bayer by people claiming that exposure to Roundup caused their cancer. Bayer is facing Roundup lawsuits from over 13,400 plaintiffs across the US and the first Australian lawsuit has been filed in the Supreme Court of Victoria.

Most candidates in the 2020 Mareeba Shire Council election acknowledged the need to explore alternatives to glyphosate-based weed management. The main deterrent to employing safe alternatives is the economic cost. Yet, our progressive neighbouring Council to the north, Douglas Shire, has this year banned the use of glyphosate in public spaces. The Douglas Shire's Glyphosate Reduction Strategy allocated an additional \$106,000 per year to manage the transition to alternative weed management strategies such as brush cutting, hand-weeding, steam-weeding, fire-weeding and use of organic herbicides. Douglas Shire Council plans to pay for the additional costs through savings in other areas of the public spaces operational budget, for example reducing the number of mowing cycles in parks or not trimming oil palms in Port Douglas.

It's time for Mareeba Shire to prioritise the health and well-being of its residents and the sensitive environment for which they have a duty of care. Join us in our campaign to ban the use of toxic herbicides in our shire.

Actions:

- Sign the petition to FNQ councils at www.foefnq.org.au/sprayfreefnq
- Send a group photo of people holding printouts of the SprayFreeFNQ logo or with signs saying #BanGlyphosate in front of key local areas (email: fnq@foe.org.au)
- Write a letter to Mareeba Shire Council outlining your concerns about glyphosate use in public spaces

MSC Election – Last days to vote

Undecided how to vote in the local government election? Read the candidates' replies to the Kuranda Community Questionnaire on the Friends of the Earth FNQ website.



Be READY for #coronavirus

WHO is giving advice on how to protect ourselves & others:

Be SAFE from coronavirus infection

Be SMART & inform yourself about it

Be KIND & support one another

Learn more about #COVID19 & share with your loved ones: www.who.int/COVID-19

UNITED NATIONS
 World Health Organization

Be ready for Coronavirus

As the coronavirus pandemic unfolds, we hope everyone in the Kuranda region remains well. Useful sources for information about the unfolding situation can be found on both the World Health Organisation and Queensland Health websites.

Next Meeting is at 7pm Wednesday 1 April via Zoom. All welcome.



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Immune Support Basics

by Sarah Dobbs

The toilet paper and pasta are disappearing off the shelves and we find ourselves dealing with viral panic and hysteria on top of the threat of the virus 'who must not be named'. We're in a great position up here with open spaces, fresh air and sunshine! Obviously, hygiene and social distancing are paramount in preventing the spread of any infection. But what about our own immune systems? Keep them in tip top condition and we have another defence.

I'm not pretending to have the answers or the solution. I can't guarantee you won't get sick or you won't have complications but give yourself a flying chance! Below is good, solid, general immune support advice. Be aware and ready but don't panic! We've got this!

Without further ado...

Vitamin D – The sunshine vitamin is the first cab off the rank! It is essential for a healthy, well-functioning immune system. I am always surprised at the number of people in FNQ who test with low vitamin D. It's a reflection of the times with screens providing our light more frequently than sunshine. Also, the ever-present fear of melanoma keeps us covered and sun screened. Let's compromise! Early morning sunshine is gold. Get out there before or after the peak times for just a few minutes a day. The Cancer Council says a few minutes a day is plenty. You need to get as naked as you can without upsetting the neighbours so the maximum amount of skin is exposed.

Vitamin D is a fat-soluble vitamin that actually starts as another substance but is converted to vitamin D when sunlight hits the skin. The sunlight needs to be direct. You can't bathe in the sunlight through the window. The window bends the rays and they don't do the job. You need direct sunlight to convert to vitamin D.

Prebiotics and probiotics – Regular readers will groan! Sorry but these are absolutely imperative to keep immunity strong. Prebiotics are fibre that feed our good bacteria and with about 80% of our immunity in our gut... lets feed it well!

Onions, garlic, asparagus and artichokes provide great pre-biotics but oat bran, green banana starch and apples are awesome too. Think all kinds of fibre and you'll be helping the wee beasties in your gut.

A brilliant source of both pre- and pro-biotics are fermented foods like sauerkraut. Make your own or check out the range at FoodWorks. Sauerkraut is a favourite as it's also high in vitamin C which I will mention later. Fermented garlic is beautiful too as well as garlic being a wonderful anti-bacterial and anti-viral!

Antioxidants – We talk about this a lot but does anyone actually know why they're important? They are like a mop up crew for damaged (oxidised) cells. A damaged cell roams free to attach to healthy cells but antioxidants step in to take them away. Incredibly important and really easy to get.

'Eat a rainbow' has become a cliched catch phrase but that's where your antioxidants are. Get as many colours on your plate as you can. You want a great range of these little babies!

Also in things like green tea which is surprisingly good for anxiety. More about that in a minute.

Shiitake mushrooms – Wow! These are amazing. They are known to boost the immune system in ways I won't bore you with! What I will say is research supports this. They're not the only mushrooms known to boost immunity, but they are easily available. You can buy them fresh or dried or even in a tea with other mushrooms. Start adding them in!

Chicken Bone broth – If you eat meat then bone broth is a brilliant way to support your immune system. Not only does it soothe the gut, but it also provides vital nutrients for cells. And there are studies to support the 'Jewish Penicillin' nickname it's been given over the years (for the record I'm not in any way suggesting you use this instead of antibiotics if you need them).

If making it is too hard then check out the FoodWorks organic powders. Either are easy to use in soups and stews or as a drink.

Sleep – Who would like more sleep? This is not a want-it's a need. The body needs sleep and plenty of it. We need down time to process and heal. Our immune system needs a chance to function and replenish.

That's not happening if we're tossing and turning or scanning Facebook or trying to put another load of washing on. Prioritise your sleep and the other stuff becomes a lot easier. Basic sleep hygiene includes regular bedtimes and wake ups, no screens an hour before bed, a cup of chamomile or other sleepy-time tea in that hour, low lights before bed and quiet music or silence to allow the mind to calm down. That's the basics. If you have chronic insomnia, please seek help!

Stress less – Alright, easier said than done I realise! But give it a go. Stress inhibits our immune system. We need it at full ball right now not suppressed by stress.

Breathing is a great start. Breathe in through your nose for the count of 4, hold for 7 and breathe out through lips making a loose cats bum for the count of 8. Repeat 10 times. Your cells will grateful for the oxygen! When we're stressed and anxious our breathing is shallow. This is the easiest way I know to instantly drop stress levels if only temporarily. Awesome to get you off to sleep as well!

Once you've got the breathing exercise down pat try meditation. Smiling Minds is a wonderful app that's free and has loads of different meditations for all ages and applications. Give it a go!

Vitamin C – If you want an extra boost for your immune system then grab some vitamin C. This is available everywhere! It's a really powerful antioxidant. Plain sodium ascorbate is fine. Others have blends of different kinds to increase the likelihood of absorption. Both are fine!

Finally, follow all the handwashing advice, keep a distance of 1.5m between yourselves if possible, try not to touch your face, use the hand sanitiser, cough into elbows and stay home and rest if you are sick. That last one is important, so I'll repeat it – **stay home and rest if you are sick!**

So folks, congratulations for getting this far! Get some sunshine, eat well, sleep well, stress less and use appropriate hygiene practices. Much love as we navigate these strange times!

The information given here is general in nature and not intended as a diagnosis nor should it be taken as such. It is in no way intended to take the place of advice from your chosen healthcare professional or specialist. If symptoms persist, or you have further concerns please see your chosen health care provider.

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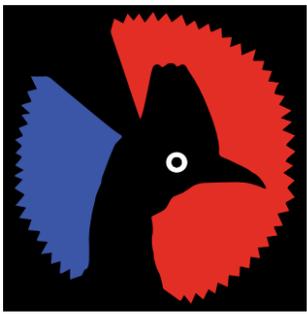
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The KCons Community Nursery is nearly always open!

While we missed out on cyclonic soaking rain, we are picking up enough to keep our vegetation thriving. There's nothing like rain to boost the plants. And the grass. Hopefully the daily mow will reduce to weekly then monthly. Here's a tip: plant trees to reduce the amount of mowing you need to do. It's better for the planet too.

Our nursery is overflowing with good things. You'll always get more than you bargained for. Drop in.

Thanks to all our seed collectors, seedling raisers and pots returns, not to mention our dedicated nursery volunteers. Value our volunteers - and we do, we really do!

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CASSOWARY CHAOS

It's that time of the year when cassowaries get frisky and want to mate. That means last year's chicks, now juveniles aged around 6-9 months, all brown and about 1m tall, are being told to leave home and go and find their own home range. Dad's got an important ritual to undertake and that long-legged beauty is eyeing him off and giving him the nod.

It's a hard time for the juveniles. They've enjoyed the companionship of their siblings and the security of the parent since they hatched. Now, all of a sudden, that's changing. Often it's the visiting female that aggressively sends the youngsters off so she can have the male parent to herself for mating.

You'll see more cassowaries trying to cross the road - to connect with mates, and juveniles unsure of where they want to go. There's not a lot of habitat out there and wherever you look, someone else has already set up residence in the area. There's a lot of ducking and weaving that goes on as new, viable home ranges are claimed or birds need to move further away into unfamiliar territory.

BE AWARE OF THIS AND PLEASE DRIVE WITH CAUTION. Call us on 4093 8834 if you see a cassowary in danger or in trouble.

SNARE IN THE RAINFOREST TRAPS ELVIS

Elvis the cassowary limped to the Kuranda Riverboat landing platform earlier in March with a wire snare wrapped tightly around his ankle. Thanks to his familiarity with Warren and Melissa, he allowed Warren to cut the wire from his leg. That would only be a job for a trusted and expert operator. You can see the injury on Elvis's leg in this photo.

While a cassowary may well have been an unintended by-catch, it's hard to find an acceptable reason for setting such a trap in cassowary country. The matter is under investigation.

Elvis with snare injury. Photo:Kuranda Riverboat



SPREADING OUR WINGS - CLIMBING INTO THE TREES

Tree-kangaroos abound in the Kuranda Region. We're always surprised when we receive reports of tree-kangaroo sightings, but we shouldn't be. We've known for many years that they are around here and now the evidence is too great to ignore.

We're forming an alliance with Margit Cianelli of Lumholtz Lodge in Atherton to assist her in her magnificent endeavours to rehabilitate tree-kangaroos and to learn how we can best manage our local population. There's so much we don't know. Member Raya Mayo is our liaison officer in this regard.

We're in the process of supplying a range of trees to Bob and Del Flemming of Billabong Sanctuary just south of Townsville to assist them in setting up a dedicated sanctuary for tree-kangaroos. Of course, we're more than happy to give these trees freely to this great cause. We're expanding our nursery species to include food and habitat trees for these amazing animals.

As soon as the Covid-19 threat is past, we'll have Margit over to talk to us about what she does and how we can help.

WILDLIFE CARING

Di Daniels is being kept busy with caring for birds and macropods, the latest being a wee pademelon from Black Mountain Road. Jax is also busy hauling pythons out of chicken houses.

ELECTRIC ANTS

We're very conscious of the need to not spread weeds and pests. If you find a nest of small brown ants, get your yard checked out. Call 13 25 23 or visit anthunt.daf.qld.gov.au

THE CANE TOAD CHALLENGE

Julie Swartz is leading us to the water's edge to meet the Cane Toad Challenge. We've signed up with Professor Rob Capon and his team at University of Qld who have discovered a way to turn cane toads' own toxin against them, which has real potential to eradicate this long-term pest. The team says:

"Cane toads are relentless invaders that reproduce at an astonishing rate, eat just about anything, and are highly toxic at all stages of their life cycle, as eggs, tadpoles and adults, poisoning and killing virtually all potential predators. The release of just 100 adult cane toads in Australia a mere 80 years ago, created the current situation, where hundreds of millions of poisonous cane toads now occupy millions of square kilometres of Australia, devastating native species as they advance across the nation."

"We have discovered that cane toad tadpoles are drawn to a chemical attractant released by toad eggs. We isolated and identified this chemical, and developed tadpole attractant baits that we call BufoTabs. When placed in the shallows where cane toad tadpoles congregate, a single BufoTab in a funnel trap attracted and trapped several thousand tadpoles, in just a few hours. As a bonus, the attractant was highly selective for toad tadpoles, and did not attract frog tadpoles. Once trapped, toad tadpoles could be harvested, humanely euthanised, and disposed of safely." If you are interested in being involved with this project, contact us.

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ALL IS ART

This April the Arts Page profiles an international circus troupe based at Koah. As well as performing on the world stage, Sophie and Jacob hold workshops for the local kids (see left). And Jenny, whose Magical Fairy Lane has been featured in these pages before, will be doing a regular feature on "Fairy Craft". Jenny will be showing us to make magical fairy things out of found, natural, and recycled objects. Have fun kiddies, young and old. This winter ought to be a good time to get creative since many of us will be staying around the house avoiding Corona. If you get bored, pick up a paint brush, or a lump of clay, maybe some wood carving tools, and get busy. Give it a go, and if you've never done it before, that will make it all the more original. And remember, the more you do, the better it gets. Spend some time in the garden too, for inspiration and meditation. Stay healthy and have a creative and fun April, art lovers, seren.



Dream State Entertainment



Our names are Sophie and Jacob McGrath, along with our daughter Tehya who sometimes makes a cameo appearance, we are Dream State Entertainment, though often still called Dream State Circus, which was our original name.

Our stage names depend upon the show, mainly we are just Sophie and Jacob, however in the show we have just presented at the Fringe World Festival in Perth, Sophie becomes Sophia Garcia, the ferocious Spanish host of Fuego Carnal, Jacob was often called "venga venga" which roughly translates as come on, or get on with it.

We have been in the Kuranda region for 5 years now. We are caretakers at the Koah Community Hall. We love both the land and community. We both came here when we were travelling separately many years ago and decided it would be a great place to bring up kids, so when the time came we moved here, and we are glad we did. Tehya, who is 8, goes to the Cairns Hinterland Steiner School.

Our art is all based around the performance arts, specifically but not limited to circus. Together we have performed for over 20 years, in over 38 countries, specialising in acrobatics, juggling, fire performance and aerials.

Our roots come from our duo busking shows and the non-discriminative art of street theatre. Our excitement and joy of collaborating with and learning from others, along with an insatiable desire to explore and travel, has driven us to creatively explore multiple physical disciplines in multiple countries, meeting an amazing range of performers, artists and thinkers along the way. From the mud and fun of Glastonbury, to the Glitz of the Ritz Carlton Ballrooms in Singapore, Cruise Ships to Refugee Camps and everything in between we have gathered skills for both performance and life, so that we could facilitate something bigger than ourselves.

The last 5 years has seen Dream State grow in a different direction, presenting large scale ticketed shows. Thanks to the fact that Jacob built our 400 seat venue "Empyrean". Using as much recycled material as he could, it is a piece of art in itself! Intrinsically welded from reclaimed irrigation pipe, it is specifically designed to house the high risk arts of fire performance, aerials, Chinese pole, teeter-board and anything else high or dangerous. The other beauty of having no roof over the stage is it gives it an intimate but infinite feel that is quite unlike any other venue, and allowed us to create a unique

another Kuranda local, Dusty Bint aka Mr Peculiar, who is the Empyreans Entertainment Technologist, the designer of all the artwork for the shows, a world renown composer and DJ as well!

Fringe World was a fantastic experience and both our shows received 5 star reviews, including a review from the W.A. Premier Mark McGowan



The cast of Fuego Carnal, Fringeworld, bow Photo by John Marshall, Perth 2020.

who was quoted in the West Australian saying "It was an extremely enjoyable hour that I highly recommend. Five Stars."

Performance art has so many different avenues to follow and one aspect that brings us great joy, connection and love comes from teaching and sharing the skills we have learnt to others. We have taught circus skills in many of the countries we have been to, from Inner City London to the beaches of Thailand and Costa Rica, the W.A Circus school and now, without even meaning to, it seems we have created our own little Circus School based at The Koah Hall!

Our kids program is called Dream BIG! Circus because, as we know, if you dream big and follow those dreams, there is no reason why you can't achieve anything you set your mind to. Our circus workshops running at the hall begin again in school Term 2 and are for both adults and children.

We work together with a number of local circus trainers, and student trainers, including Justine Schlicht, Anna Genge, Adrienne Bint, and Sienna Scott, and we get in guest teachers national and international when we can. All the details of the timetable, and more, are on our website. We also have a limited number of scholarship places for children who may benefit from circus training but are not in the position to pay for it. If you have a child you feel would benefit from this scholarship program please get in touch.

We have had the proud pleasure of seeing the young people of this local area grow and flourish in the circus arts over the last 5 years in such a splendid way, and although we are pleased to create the opportunity, credit really does go, as we all know, to their own hard work.

Contact: Sophie 0409 333 404, info@dreamstateentertainment.com.au



Students and teachers of the Dream BIG! Circus workshops at The Koah Hall. FOSH (Festival of Small Halls) 2018.



Sofia Garcia, Fuego Carnal artwork by Dusty Bint

show experience.. and Fuego Carnal was born.

We have just finished at the 2020 Fringe World Festival in Perth presenting two shows, "Fuego Carnal" and our newest show "Primo Loco". We created a cast of 16 artists in total, from all around the world, including

Fairy Craft with Jenny the Fairy



Jenny the Fairy, with home-made wings

"As the local Fairy I have something to say about the rubbish that is clogging up our world. There's enough of it and now is a good time to stop buying it. Think twice about what you're buying into. Rubbish doesn't disappear when you throw it in the bin. It ends up in a big pile of litter called landfill. Look at what you've got and make something new, a one of a kind. In the coming months the Fairys and I will show you some fairy crafts including wands and Fairy garden ornaments made with nature.. Until then Have a Fairy good day."

Jenny the Fairy of The Magical Lane Kuranda, at the Original RainForest Markets.



Fairy Wands



Dream BIG! circus workshop at The Koah Hall.



Sophia Garcia opens Fuego Carnal, Fringe World Festival, Perth, Feb 2020. Photo by Holly Twine.

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Dream Big! CIRCUS WORKSHOPS

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Kids!

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- ★ CIRCUS 2 (Ages above 6 and 8 or under) 3.45 pm - 5 pm

TUESDAY

- ★ SHOW CLASS 5pm - 6.30pm (By Application only)
- ★ FAMILY CIRCUS (All ages Welcome) 3.45 - 5 pm
- ★ AERIAL TRAPEZE / SILKS (Age 8 and up) 5 pm - 6.30pm

Adults!

MONDAY

- ★ CIRCUS LOVE! (your littles are always welcome) 10.30am - 12.30pm

Children under 8 for all classes have to be accompanied by an adult.

TO BOOK

Call or Text Sophie's Mobile 0409 333 404 OR e mail me info@dreamstateentertainment.com.au

This would be hard to walk away from!

Arts Co-op stained glass artist Klaus Brusch reluctantly left behind this magnificent two-storey (4x5m each) galaxy themed artwork fronting his studio in Elephant Hill, St Mary's (Tasmania) and moved to Hobart in 1992. What a massive work. Klaus has been conducting his own business as a stained glass artist since the mid 1980s, specialising in ecclesiastical designs and restorations.

Mollie Bosworth recently visited Elephant Hill and sought out this artwork, the building now owned by artisans specialising in leather and fibre items.



The Random Bead

The colours just keep coming. Catherine Harvey has introduced many new colours and shapes into her lampwork glass beads. Using many mediums over the years Cathy has finally settled on this colourful and exciting medium as her passion. Her necklaces and earrings feature in the Co-op gallery.



Cairns Art Society "Artists in the North" exhibition

Entries are in and the hanging of this popular exhibition will take place at the end of the month and opening night is planned for 3 April. A number of Arts Co-op artists, including Buck Richardson (digital art), Sandy Hablethwaite (pottery) Toni Rogers (fibre) and Lieselotte Edwards (encaustic) are including their work in this exhibition



"Great View" (mixed media) by Lieselotte Edwards

Pottery workshops in Kuranda

With a BA and Diploma of Visual Arts, Arts Co-op pottery artist, Sandy Hablethwaite is planning a series of workshops at the end of March and beginning of April. The fascination of a variety of clays, the surface treatments and firing techniques will excite you. Don't miss out. Limited numbers.



ATTENTION

Open 11am to 2pm until further notice due to reduced visitor numbers. Please call Arts Co-op or follow us on Facebook for updates.

No artist ever sees things as they really are, If he did, he would cease to be an artist

Oscar Wilde

20 Coondoo Street, Kuranda • 4093 9026
www.artskuranda.asn.net.au



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).



MARCH

"Just a phone shot from the car but pulled into a client's house at Top of the Range and was greeted by this magnificent rainbow eucalyptus with rainwater running down it. Just stunning."

Nathan Sutherland
(13 March 2020)



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

The Kuranda Paper will continue our tradition of connecting the Kuranda community and providing local information during these uncertain times.

Keep sending us your contributions and community information because we are planning to continue to publish as 'normal' as possible

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Melanie Hava

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The Doctor IS BACK IN DA HOUSE!

Hear Ye! Good News!

The Doctor Gecko and Kuranda's very own Gecko FM 88.0 is back on air. After being violated on the mountain and everything stolen, Gecko FM is back bigger, better and brighter than ever. The Doctor has revamped the music list and promises to be on air more often, broadcasting important messages and now has the ability for listeners to call in on air.

So dust off your radio, get some new batteries, and tune to FM 88.0 Kuranda, Speewah and Koah because the Doctor is back.

And thanks to all of you for your support and messages.

Love from Doctor Gecko

N.B. To Whom It May Concern, one piece of the stolen Gecko FM 88.0 radio equipment has satellite tracking.

Photo: Eric Nopanen



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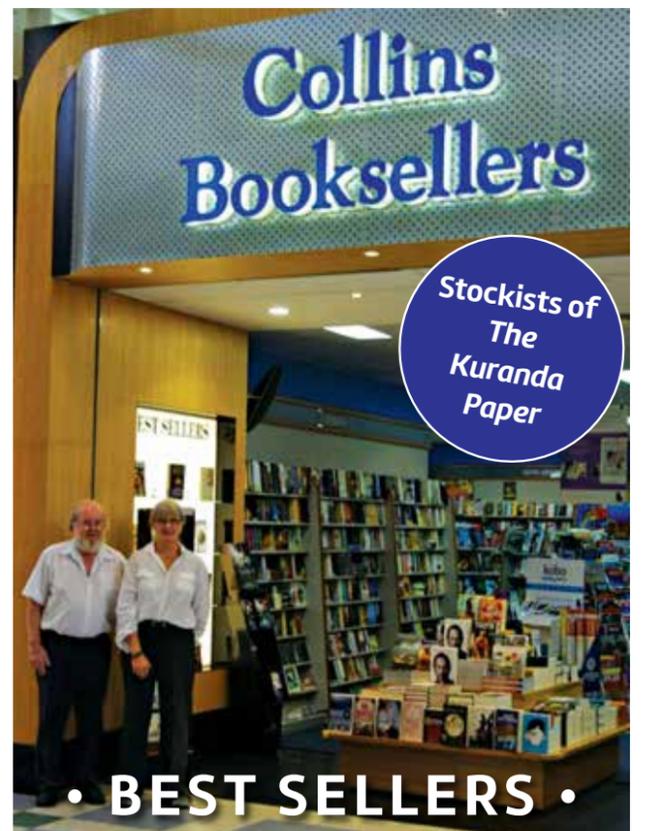
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In Memorium

Community is made up of individuals, and individuals make our community richer, stronger and more diverse. The Kuranda Paper is always open to honouring the memory of those who through their labour, skills, time and generosity of spirit have helped to shape our home in Kuranda and district.

We know that the loss of a loved one usually brings a lot of demands upon family and friends, at the very time they are grieving. We just want it to be known that this Paper is always available to pay tribute and honour our valued and much missed community members and mark their passing. Tributes can be submitted via mail@kurandapaper.com

"We only miss them because we had the privilege of knowing them"

PETER SHANAHAN

On 13 March 2020 Peter Shanahan passed away. He had been ill for some time and was finally overtaken by cancer in the Cairns Private Hospital.

Peter is survived by a number of caring local relatives and many friends. His cousin Anthony, and Julia Mayfield were at his side most of the time and have been living with Peter in his home for more than 10 weeks, looking after his menagerie and providing care for him.

Peter requested that there be no funeral. He did agree to a gathering of friends at the Cairns Botanic Gardens. The Friends of the Botanic Gardens will host this occasion and a special tree, attractive to butterflies, will be planted in his honour. The date and time have not yet been determined.

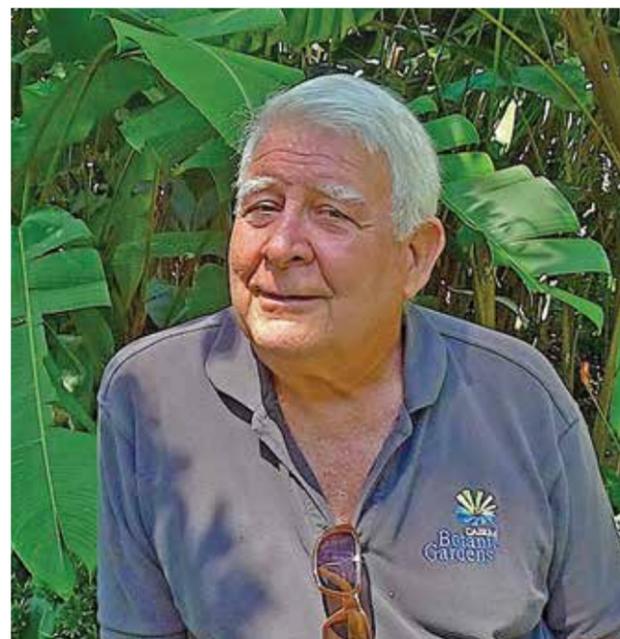
Peter was employed by the Marine Parks Authority for years and later moved to the Botanic Gardens Cairns as the Education Officer for more than 15 years. In this capacity he became known to thousands of Australian and overseas visitors to the Gardens. He was well liked by all of his colleagues.

Peter was known to hundreds of local people. The display of his insect collection annually at the Carnival on Collins and other public events was viewed and appreciated by thousands. Peter also visited many schools each year to display his collection and relate to the children the importance of insects to their lives and the world in general. He brought along his microscope because he felt that the many children might never have the chance to see an insect or a bird's feather under high magnification. Hundreds of children looked through the microscope and voiced their amazement at what they saw. In addition, Peter led many groups of visitors around the Cairns Botanic Gardens relating the interactions of plants and animals and their importance to the balance of nature.

Peter was also a "snake removalist". Whether it be three o'clock in the afternoon or three o'clock in the morning, Peter would respond to a phone call, travelling to the home of a concerned Kuranda resident usually to find a python or Brown Tree Snake that was happily sleeping in a corner. He would collect the reptile and release it well beyond the point of capture. He never collected a fee for this service.

Peter was a member of several local natural history societies. He was an avid aquarist and was President of the Cairns Aquarium Society a few years ago. He maintained a single very attractive aquarium at home and looked after several tanks while he was at the Botanic Gardens. Owing to his interest in reptiles, Peter was a member of the Cape York Herpetological Society.

Everyone knew that Peter was from Wau, Papua New Guinea. The number plate on his car was a clue as it streaked by. His many years in New Guinea fostered an interest in birds, especially Birds of Paradise and parrots. He had a large collection of parrots over the years and was a "carer" and often looked after orphaned rainforest birds that could



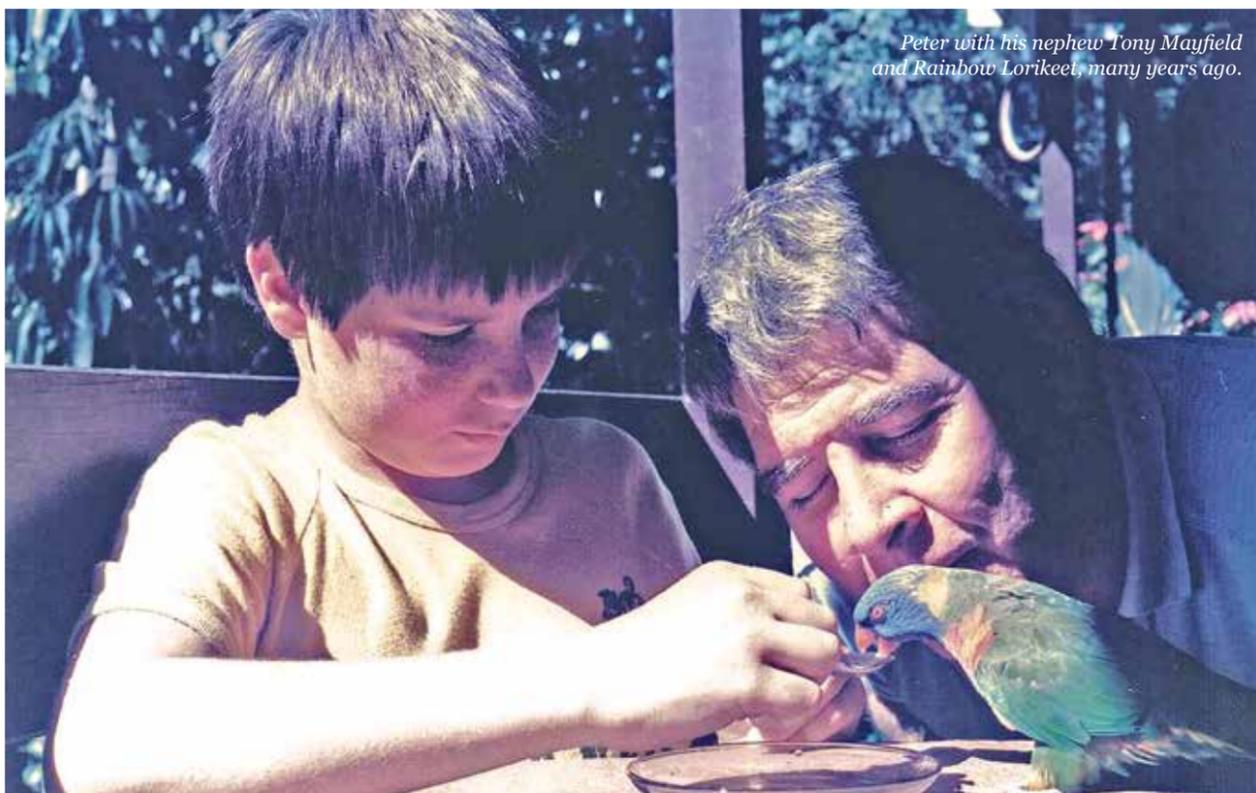
Peter at Whitfield State School 2019

not be re-released into the habitat. He was an excellent photographer.

Peter was a good friend and colleague. I first met him more than 50 years ago when he was in California. He was married to the daughter of a colleague in the California Academy of Sciences in San Francisco and attended Humboldt State University where he received a Master of Science Degree. He was very keen on insects and added many Californian species to his collection.

In all these activities, Peter will be sorely missed. We have lost a dear friend.

Tribute by David Rentz, Kuranda



Peter with his nephew Tony Mayfield and Rainbow Lorikeet, many years ago.



Being lovers of all things creepy crawl here at Minibeast Wildlife, we thought we had seen it all. But a few weeks ago, we were contacted by Speewah resident Kylie Taylor, who had found something bizarre on a Cadaghi tree. She sent us through a photo, and we were astounded! It looked like a mashup of a Spiny leaf insect and a caterpillar. Kylie kindly collected the animal for us so we could take a closer look and photograph it. The creature turned out to be a caterpillar of the Lobster Moth, *Neostauropus viridissimus*. This strange looking caterpillar has three pairs of legs, like any caterpillar, however the last two pairs of legs are extremely elongated, which is quite unusual for a caterpillar. There are also four pairs of pro-legs at the rear of the body, that are used for gripping onto leaves and branches as it moves around. They also have two long 'tails' at the end of their body, which are modified pro-legs.

Lobster Moths are so-called because of the caterpillars' supposed resemblance to lobsters – however we think it resembles a Spiny leaf insect here in Australia, which also live in the same environment and feed on the same leaves. Their camouflage most likely mimics a dried-up leaf or seed pod. The adult moth is a mossy green colour and has extremely hairy legs to help it camouflage onto the bark of a tree trunk. They are found in the rainforests of Far North Queensland and range from Bundaberg to Cape York. They are also found in New Guinea. When disturbed, the caterpillars will curl the back part of their body towards their head and will

also throw their head around in what looks like an attempt to strike or bite, although these caterpillars are not capable of causing any harm.

Lobster Moths are in the family Notodontidae, which has over 80 species in Australia and 3,800 species worldwide. These moths are found all over the world but are most concentrated in tropical environments. The adult moths do not feed and in fact, have no mouth parts. All their food intake happens when they are in their larval form, as a caterpillar.

Not long after Kylie dropped off the caterpillar to us, it began to construct a shelter in which to pupate. It used silk to stitch two leaves together, and then formed a silk cocoon around itself, before moulting its exoskeleton to form the pupa. Two weeks later, the adult moth emerged, ready to find a mate.

The adult moths are nocturnal, keeping still against the bark of a tree during the day, and becoming active at night. After mating, the adult female will lay eggs on the leaves of a tree that the caterpillars feed on. These include Cadaghi and Eucalyptus trees.

It is wonderful that our natural world continues to surprise us with animals that we have not yet come across. If you see something interesting in your garden, feel free to contact us at Minibeast Wildlife with your discovery!

Deanna Henderson, Minibeast Wildlife



Top: The caterpillar of the Lobster Moth

Above: The same individual as an adult moth

Photos: Alan Henderson



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The view from here... by Michelle Murray-Beckman

Given the recent summer of devastating and catastrophic fire events where Australia lost over one billion native animals and over 12.6 million hectares of land and native habitat, it is extremely timely that Barry Hunter has agreed to meet with me for this edition of The View from Here.

When I first meet Barry, we begin our conversation discussing his role as the Project Officer for the Bulmba Rangers. The more our discussion develops the more he reveals the many other projects and organisations that he is involved in.

Barry J Hunter is a Djabugay man. He works as a consultant, employed by Djabugay Aboriginal Corporations as the organisations' Project Officer. As Manager of the Bulmba Rangers, Barry supervises the work of three full time funded positions, five paid positions and six CDP positions.

Barry explains that there are a number of work programs that the Bulmba Rangers are currently undertaking in the community.

The first is fire management. Barry explains that this is implemented in the form of cultural burning practices which are undertaken from July to September each year. The Bulmba Rangers work with the Kuranda/Myola Rural Fire Brigade, led by First Officer Barry Child. Barry Hunter makes the point that the Rural Fire Service is very supportive of the Bulmba Ranger's traditional methods.

For thousands of years, the Aboriginal people of Australia have been following their traditional practices including the use of fire to care for Country. Cultural burning involves the application of culturally informed knowledge and ecologically sensitive techniques in the use of fire that are appropriate for the diverse range of landscapes and ecosystems that exist in Australia.

Barry is generous enough to explain to me what these methods entail. He tells me that it involves specialised reading and understanding of country, understanding the indicators – of geology, animals and their breeding cycles, and the flowering times of the trees and plants. A detailed knowledge of different forest types, for example – Eucalypt country undergoes controlled burning at a different time to say Bloodwood country.

Barry helps me to understand by saying that trees are like tribes and some tribes grow in areas where it's just one species and then other areas will have more than one species and so they live together as mixed tree forests. Knowledge of soil type is another vital tool as it is a defining factor determining which species of trees, grasses, bush foods and bush medicines will grow.

Barry further explains that different types of Eucalypt, such as the trees in the higher areas near Davies Creek National Park, require different techniques of fire control. He goes on to tell me about 'storm burn' country which is burnt at a certain time of the year and where after one metre of rain, fire will come into a valley where it is green and will not burn, thereby controlling itself.

He then describes the method of 'mosaic burns' where the flow is slow and gentle, radiating out 360 degrees. Small fires are lit with matches instead of drip torches creating a low intensity fire which has a low flame height. The smoke from the fire alerts the insects, birds and animals in the vicinity, giving them time to escape. Importantly, this type of fire protects the canopy. Barry informs me that it is against cultural law to burn the canopy, that the canopy is sacred.

The benefit of a slow, cool burn as opposed to Westernised hazard fire reduction burns are that it restores Country – young trees survive as well as the seeds in the soil. It is an opportunity to control invasive native species thereby allowing the grasses, bush food and bush medicine to regenerate. Barry tells me that when trees which are not meant to be in a particular area are burnt, they sizzle and hiss and complain! His descriptions about his experiences caring for Country demonstrate how connected he is to it and reveal the depth of his knowledge of the ecosystems in which he works.

I read an explanation by Shaun Hooper who is a Wiradjuri man and fire behaviour analyst where he says "an Aboriginal cultural burn is not guided by a prescription, it is guided by the

close relationship that the Aboriginal cultural fire practitioner has with Country and everything in it."

Barry has worked with Djabugay Elders and Indigenous Fire Practitioner Victor Steffensen presenting cultural burning workshops, sharing knowledge with members of the Djabugay community as an ongoing commitment to maintaining traditional cultural practice methodologies.

The Djabugay and Bulway People are planning to co-host the 13th National Indigenous Fire Workshop with the Firesticks Alliance from 29 June to 2 July 2020 near Davies Creek. This annual on-Country workshop led by Barry will bring people together to learn about Aboriginal fire management practices. In light of the recent wildfires, this year's workshop is more relevant than ever.

In addition to fire management, the Bulmba Rangers implement programs for water quality and survey work such as the recent survey of the Northern Bettong population at Davies Creek. The Northern Bettong is endangered, with a population of only 750 individuals. There are two other locations where they are found – Mt Zero at Ingham and another on the Windsor tablelands. It is encouraging to know that the Davies Creek population is the healthiest of the three populations. Current threats to the Northern Bettong are cattle grazing, loss of habitat through logging and feral species such as cats and foxes.

The Rangers also conduct fauna surveys in addition to a whole range of Caring for Country activities. The Bulmba Rangers' activities are funded by the Indigenous Land & Sea Ranger program.

Serendipitously, this year's Queensland Indigenous Land & Sea Rangers Conference was proudly co-hosted by the Djabugay Bulmba Rangers (Djabugay Aboriginal Corporations) and the Qld Indigenous Land & Sea Ranger Program (ILSRP) for which Barry has been a Natural Cultural Resource Manager for 30 years! Barry tells me that the Conference was a great success and saw a number of Indigenous ranger groups from all over Queensland gather at Tjapukai Cultural Park from 10 -12 March.

It is interesting to note that 2020 is the year of Indigenous Tourism. The theme for this year's conference was "More than a Ranger" and you can read more about the program of events in a story in this month's edition of the paper that you are now reading (see Page 5)

Barry Hunter's involvement in the Indigenous community sector doesn't stop here though. Barry is also the Chair of the Aboriginal Carbon Foundation, a not for profit organisation which supports carbon farming projects led by Indigenous rangers. It connects Aboriginal communities who supply carbon credits with organisations seeking to offset their carbon pollution and provides training for Indigenous rangers. Barry sees his role as increasing the level of Indigenous involvement in the carbon industry.

In 2019 Barry completed the BAMA plan for Din Din Barron Gorge National Park. The BAMA Plan was developed after consultation with the Djabugay community. The next stage is working towards the economic development of the Plan by investigating and creating opportunities for employment and business outcomes.

In addition to his extensive experience working with community organisations, Barry employs skills he gained from the successful completion of a Bachelor of Applied Science from Charles Sturt University to work with Traditional Owners to increase their community's capabilities and knowledge. He also regularly works with scientists, ecologists, water quality specialists and wetland specialists. Another of his goals is to involve the broader community in projects such as survey work.

Suffice to say Barry J Hunter is a humble man of many talents dedicated to supporting the Djabugay community and the wider community with his extensive skills and expertise. It was a privilege to sit down and speak with him.

Photo: supplied by Barry Hunter



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Interesting times with coronavirus

No doubt we all scrambling to get our heads around how this coronavirus will affect us and our wider community, as the situation changes from day to day. We are planning how to continue to support habitat restoration for wildlife and that's where you all come in.

Our nursery will continue to be open so native plants are available for your gardens and your revegetation projects. We've been propagating a new range of smaller garden sized shrubs and they're coming out into the nursery racks now.

Our plants are all outdoors so plenty of "social distancing" and payments can be made by internet banking or tap and go with EFTPOS if you don't want to handle cash. And our hand wash station will be well supplied.

We're working on how we might continue our planting days over the next 6 months – all of which needs to be done while keeping our "social distancing". We think that as we all start to keep to our homes more, we might need some physical activities in the great outdoors to keep us from the effects of "cabin fever". Stand by for emails and facebook posts on this one.



Garden sized Habitat for Birds and Butterflies

Tube stock of Lime Berry and other butterfly plants now available at the Kuranda EnviroCare nursery.

*Australian Green triangle butterfly go wild for Lime berry flowers.
Photo: Wendy Moore*

New Butterfly App – Australian National University

Marjorie Spear, a very well known local identity, very generously left some land in trust, to be named the Spear Animal Reserve, for the study of flora and fauna for the benefit of the public of Australia. Surveys will start this year at the reserve, corner of Kennedy Highway and Black Mountain Road, after a successful Federal grant commended by Hon. Warren Entsch. There'll be community workshops on various topics and a chance to learn more specifics about rainforest, weeds and revegetation, including hands on techniques for your own block.

Search for this app picture on your iPhone or Android app store.



Seeds needed

Currently we need seeds from trees which are flowering and fruiting now for our revegetation projects which will start in earnest later this year. So get those eagle eyes focused and we're happy to exchange seeds for plants.



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Planting Russett Park through – April/May

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We are the invasive resist-ants



Yellow Crazy Ant Lure survey at Russett Park

A lure survey began on Tuesday 17 March at Russett Park's yellow crazy ant infestation zone. Field officers from Wet Tropics Management Authority (WTMA) and the Djabugay Bulmba Rangers worked together to survey the area with cat food and jam lures to detect yellow crazy ants.

The results of the last survey in July 2019 found yellow crazy ants were reduced to one property at the end of Cadagi Drive. A smaller boundary was formed around the last known positive detection, and the Authority's monitoring team made weekly visits conducting research in an effort to improve survey methods for detecting extremely low numbers of yellow crazy ants. Their last positive detection of yellow crazy ants was in December 2019.

New evidence from other survey sites have shown increased detection of yellow crazy ants after a wet season. Field officers are hoping the timing of this year's survey will improve the detection rate.

New yellow crazy ant infestation found in Earlville park

A new infestation of yellow crazy ants was found at Henleys Hill Park in Earlville on Friday 21 February. Fury, the apprentice odour detection dog, was training in the park and indicated there were yellow crazy ants outside her exercise area.

Teams from the WTMA Yellow Crazy Ant Eradication

Program and Cairns Regional Council are working together to find the extent of the infestation and determine a boundary.

Invasive Species and Climate Change Seminar

Our taskforce partnered with JCU TESS Seminars to deliver talks about invasive species and climate change. We had three main speakers who each spoke about their role in managing the risks of invasive species in a changing climate, followed by a Q&A discussion panel.

Our keynote speaker, Dr Cath Moran, specialises in climate change adaptation approaches in the Wet Tropics region and shared her recommendations for managing biosecurity risk.

JCU Associate Professor Lori Lach spoke about invasive ants in our region – her findings from research and what we need to know to understand the future threats of climate change.

Our last speaker, tech entrepreneur Mr Andrew Robinson, spoke about the role of citizen science in monitoring and recording species. He co-founded the gaming App "QuestaGame", where participants go out in nature capturing biodiversity from their smart phones in exchange for rewards. Images become verified data that can later be used for biodiversity advocacy, research and conservation.

Two additional guests contributed to the discussion panel — Dr David Westcott, a zoologist from CSIRO and Mr Gary Morton from Biosecurity Queensland leading the National Electric Ant Eradication Program.

It was a fantastic evening, lots of new information and 101 people attended the event in Cairns and by video link from Townsville. Five lucky door prizes were drawn for native trees donated by Kuranda Envirocare and a 'Join the invasive resist-ants' t-shirt donated by the Yellow Crazy Ant Community Taskforce.

Organising the seminar was a joint effort, so I'd like to thank, JCU TESS Seminars for hosting the venue, The Climate Media Centre for media support, Nettie O Design for marketing products, and the support of the Wet Tropics Management Authority.

If you would like to watch the seminar online visit www.jcu.edu.au/tess/seminar-series



Above: Cath Moran, Andrew Robinson, Ciara Bridgland, Cathy Retter, Gary Morton, David Westcott and Lori Lach.
Right: Jeff Jackson (WTMA) with live yellow crazy ants, Ciara Bridgland, and Gary Morton with live electric ants.

T-shirt raffle fundraiser drawn

The t-shirt fundraiser raffle was drawn on 11 March at James Cook University after the invasive species and climate change seminar. The raffle raised over \$800 which will go towards buying t-shirts for taskforce volunteers. A big thank you to those who supported us by buying raffle tickets and sponsoring prizes.

The winners

1st prize: Lucy Karger won trip for two adults to the Great Barrier Reef from Reef Magic's Marine World pontoon and experience SNUBA.

2nd prize: Nicolette Lum, Campbell Clarke, Julie Dutoit, Carolyn Pomeroy and Andree Malpass all won a trip for two adults to the GBR with Compass Cruises.

3rd prize: Will Melville-Rea won Mad Fish wine package

Join the invasive resist-ants

Yellow Crazy Ant Community Taskforce
envirocare.org.au/yellow-crazy-ants-taskforce
yca.ciara@gmail.com



I knew I needed help



Photo: Shane Rounce

Because I grew up with an alcoholic parent, I vowed I would never become involved with someone who drank. However, I found myself with a man with multiple addictions. I was stunned and heartbroken when it didn't work out. I felt completely responsible for the breakup, and my emotional pain led me to attempt to end my own life. I knew at that point that I needed help, so I found my way to my first Al-Anon meeting. I was so filled with guilt and shame, and I thought I would either pass out or throw up.

What I discovered was a room full of people who shared similar stories of similar pain, but they had hope! I walked out of that meeting with hope for the first time in a long time, and I knew I wasn't crazy. There were reasons why I was attracted to people with alcohol problems, and I began a journey of healing that has transformed my life. I've discovered tools in Al-Anon that have helped me to find better ways to cope in this world with both alcoholics and non-alcoholics alike. I've gone from someone who lived in fear and anxiety to someone who is happy and confident.

Al-Anon has given me a life worth living, good friends worth having and resources to help me any time I need them. There is no pressure – no demands to do anything I don't want to do. There is, however, real hope, real solutions and real serenity.

Reprinted with permission of the Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA

While 35% of members first came to Al-Anon because of a loved one's drug use, 78% of these continued their attendance due to someone's drinking having also negatively affected their life

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For strategies and support during this difficult time you can find a meeting near you by going to our website www.al-anon.org.au or call **1300 252 666**

In Kuranda contact **Kate 4093 9668**

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- 3 Lather thoroughly.
- 4 Rub hands palm to palm.
- 5 Rub hands palm to palm with fingers interlaced.
- 6 Rub back of hand using the palm of the other with fingers interlaced.
- 7 In a circular motion rub the tips of fingers in the palm of the opposite hand.
- 8 Clean thumb by holding it in the other hand and rotating.
- 9 Rub wrist with the opposite hand.
- 10 Interlock fingers and rub back of fingers on opposite palms.
- 11 Rinse hands with water.
- 12 Dry hands with clean paper towel and use paper towel to turn off tap.

Researchers think that if everyone washed their hands properly, about 1 million lives would be saved every year.¹

When performed correctly, hand hygiene results in a reduction of microorganisms on hands. Poor hand hygiene contributes to the spread of pathogens, which can cause health issues such as gastrointestinal and respiratory infections.



Please note: These guidelines are for social handwashing only, such as after toilet use and before touching food. This poster is not intended for use in clinical settings.

1. Curtis, V 2003, 'Effect of washing hands with soap on diarrhoea risk in the community: a systematic review' Lancet Infect Dis, Retrieved 19 March 2019, www.ncbi.nlm.nih.gov/pubmed/12726975

*Based on the "How to HandWash Poster" © World Health Organization 2009.



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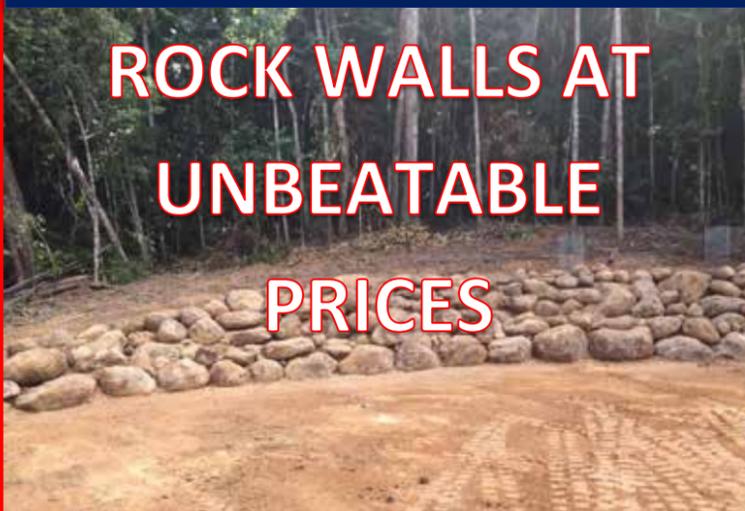
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As always, Kuranda OSHC is adhering to high hygiene standards. We are actively monitoring the situation in regards to Coronavirus and adhering to all Government advice. We will be advising parents directly of any updates that may affect our service.

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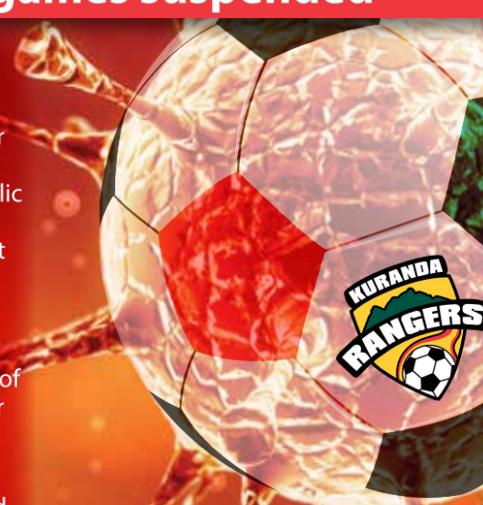
report

Training and games suspended

Football Federation Australia (FFA) announced that all grassroots football activity is suspended Australia-wide. This means ALL training (including our Tuesday Skills Clinic) is cancelled, as COVID-19 becomes an increasing public health concern. It is hoped that this suspension will aid in the containment of the virus. FFA will make another assessment on 14 April.

We know that our Rangers are super keen to play, but our priority and that of FFA is the health and well-being of our players, families and community.

We encourage all players to keep up their fitness levels during this time and to work on drills at home. This pandemic will pass, and we want our Rangers to be ready to fire on all engines!



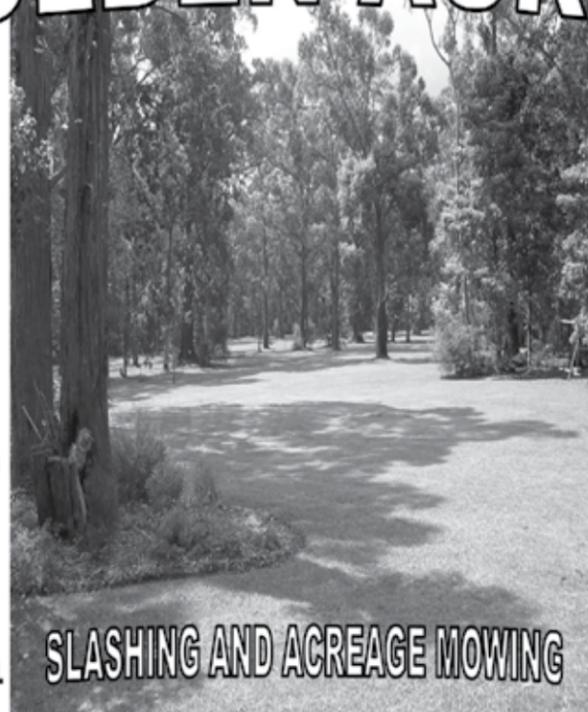
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KURANDA HORSE & PONY CLUB NEWS

The first rally of 2020 was held on Sunday 8 March. We had a great start to the season with a few new members join and existing ones came along with their new rides for the season.

We started with our gear check then moved on to practise our troop drill ride formation in preparation for this season of gymkhana events. Moving on to working on improving our flatwork riding to boost confidence and develop better skills, to riding the pony correctly around the arena, while working on improving rider's position and stability.

After a break we moved to top arena to practice some gymkhana games (which is great fun) cheering each other on and seeing smiles and hearing laughter which gives everyone great entertainment.

The next task was introducing a jump then starting to link them together, to build up to do the whole course of show jumps. Great for fitness and memory, to remember where to jump next by following the numbers.

We had to cancel our Official Jumping Equitation and Show Jump competition due to low entries. But hopefully later in the year we may be able to set a new date, so our FNQ riders get a chance to gain their Q's, so they can go to the State Championships and represent their club and Zone 18 which will be held in September.

Also at the rally we all stopped to do a minute's silence to remember and pay our respects to the passing of Paul Morris—a member and great supporter of the club. He was a brave and beautiful soul. As well as a great horseman he was generous and always willing to help or give advice. His company will be very much missed by the club and people that knew him. So we presented his family with a wreath of flowers, our sympathies and kind words.

An update on our 2020 wish list:

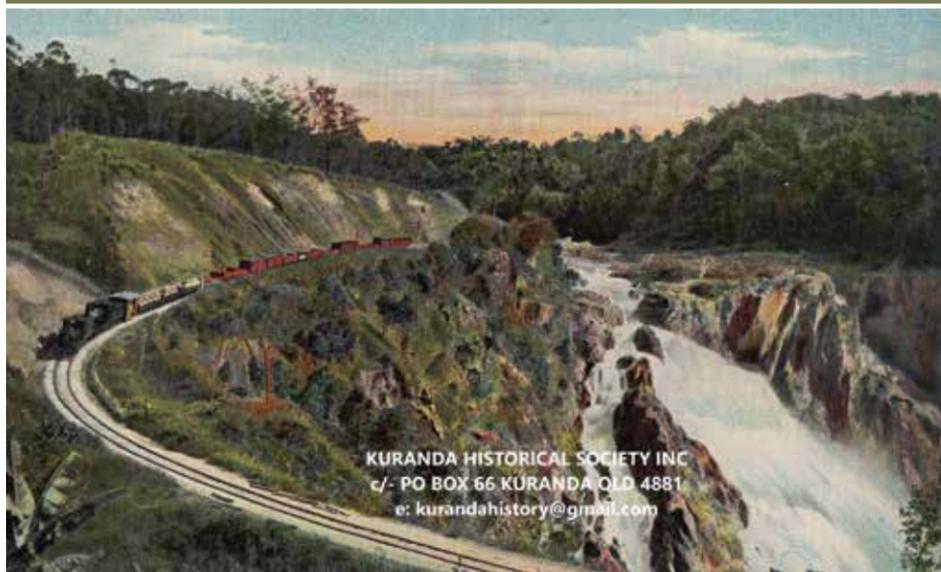
- Show jump fillers are finished, purchased and ready for pickup.
- We were successful in securing a sausage sizzle at Bunnings for Saturday 20 June.
- New club shirts have been approved by members and some ordered.
- New club saddle cloths have been ordered.
- Still awaiting quotes for the driveway and new entrance upgrade. And the roof and club house maintenance.

The next rally on Sunday 5 April is still going ahead as this article goes to press, but please check our FB page for latest updates as the COVID-19 is changing things by the day! Till next time, *Happy Riding*



KURANDA HISTORICAL SOCIETY

All enquires please to kurandahistory@gmail.com or PO Box 66 Kuranda Qld 4881



KURANDA HISTORICAL SOCIETY INC
c/- PO BOX 66 KURANDA QLD 4881
e: kurandahistory@gmail.com

The need for social distancing during COVID-19 has meant that our Strategic Planning workshops meant to start in April will now have to be postponed. Members will be notified of changes by email and planning for alternative ways to start the process are being investigated.

Queries to kurandahistory@gmail.com

Council concerned about a spike in dog attacks in Shire

Mareeba Shire Council is pleading with pet owners to be responsible following a recent increase in dog attacks across the Shire. A council spokesperson said Council has recorded a large spike in dog attacks in recent weeks.

"All dog owners would like to think their pet won't show aggression towards other animals or people, but it can and does happen for many reasons," he said.

"All dogs must be on a leash at all times outside your property and under continuous supervision.

"You are responsible for the actions of your dog," he said.

Council is also reminding residents that it is important to report any incident involving an aggressive dog. "Council takes dog attacks very seriously. We will not tolerate people letting their dog wander at large harming people or animals," a Council spokesperson said.

There are laws in place to protect our community and penalties apply if people do not follow these requirements of owning a dog. By law, all dogs in Queensland must be registered.



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The Frugal Pantry



Minestrone

Pantry cupboard © Unsplash

While we all try to not waste food, a busy life and time constraints often mean we do. With self-isolation fast becoming the new norm, stay at home families have time to make more use of every bit of what's in the pantry, fridge and freezer. And garden if you are well prepared.

Some tips: when preparing vegetables save trimmings in a container or plastic bag in the freezer to make your own stock, this really makes a difference to the flavour of dishes. Onion skins, celery leaves, corn cobs once you've remove the kernels are great.

You can also fine dice carrots, zucchini, mushrooms, celery, herbs etc and freeze to add to soups or curries. This works very well for the tougher bits of broccoli stems as well.

One of the easiest and most satisfying dishes to make is a hearty soup or stew. And with the weather cooling it is a good time to enjoy the benefits of a good soup. If you happen to have some bread that is getting a bit long in the tooth you can also make croutons to accompany it.

Croutons are a great way to use up pretty ordinary bread as the most basic bread ends up the crunchiest. To make: dice bread, place in a lidded container, or paper/plastic bag, with a drizzle of olive oil, some sea salt and fresh cracked pepper and gently rotate to coat the bread. Bake in a pre-heated oven until golden brown. Variations include adding seeds like sesame, dried herbs like rosemary or chilli flakes.

To make your stock in a pot of appropriate size add the frozen or fresh peels and scraps and top with water, you can add a bay leaf or curry leaves for extra flavour depending on your dish. Bring to boil, and strain, discarding the last bit which often has a little dirt or leaves in it.

BUBBLE AND SQUEAK CAKES *via veganyumyum*

'Bubble and Squeak', for those who aren't familiar, is an English dish developed to use up your leftover veggies. The veggies are usually mashed potatoes and cabbage, fried up. Since the dish is designed for leftovers, pretty much anything goes. This recipe starts from scratch but you can start with leftovers (otherwise known as Deja Food). Makes 8 cakes.

INGREDIENTS:

- 1 kg potatoes or sweet potatoes
- Margarine, butter or oil for mash
- 400-500g Brussels sprouts
- Cabbage or kale
- ½ cup all-purpose flour (gluten free is fine too)
- Your favourite seasonings or herbs
- Oil for frying.

METHOD: Bring a large pot of well-salted water to a boil. Peel (optional) and chop potatoes roughly. Add potatoes and boil until tender. Meanwhile, chop the ends off the Brussels sprouts and remove any bad looking leaves. When there is five minutes left of the potatoes, add the sprouts and cook for four minutes. After four minutes, remove them with a slotted spoon to a bowl filled with ice water to stop the cooking. Drain the potatoes and return back to the hot (empty) pot you boiled them in. Turn the heat down to low and let the potatoes dry for 1-2 minutes. While the potatoes are drying out, drain the sprouts and pat them dry. Shred them finely with a chef's knife.

Add seasonings and margarine, butter or oil to potatoes and mash well. Add greens and mix together. Set aside until cool enough to handle. When cool form eight rough patties, then use the flour on a plate to coat them as you make each patty smooth. Heat a heavy pan over medium heat with 1/4" (6mm) oil in the bottom. Pre heat oven to 180°C.

Fry 3-4 patties at a time for 2-3 minutes a side, until golden brown. You may need to re-rip them in flour right before putting them in the oil, so keep it handy. Use two spatulas (or a spatula and a flat wooden spoon) to turn the cakes. When golden brown place on baking paper on an oven tray. Once all the cakes are fried, you can place the whole sheet of them in the oven for 15 minutes to re-heat and re-crisp them in time for your meal. You can also refrigerate them for up to three days (reheating in the same manner), or freeze for a month.

VEGAN MINISTRONE

Is a thick soup of Italian origin made with vegetables, often with the addition of pasta or rice, sometimes both. Common ingredients include beans, onions, celery, carrots, stock, and tomatoes. There is no set recipe for minestrone, since it can be usually made out of whatever vegetables one has, so you can make it YOURSTRONE with what you have at hand. This is another opportunity to use left over rice or pasta (freeze if you won't get to them straightaway and save for when soup making). Minestrone is also high in protein and fibre and a perfect one pot meal (less washing up).

Start by chopping your onions, garlic, chilli etc which will be your base. Slow fry these in your favourite oil (olive is traditional) then add your stock plus any other veggies, beans, herbs etc you might like (including from the freezer). Bring to the boil, add tomato paste or chopped tomatoes and simmer, season with salt and pepper. When everything is well cooked and smelling delicious you can add any leftover cooked pasta or rice (fresh or frozen) and allow it to cook through. Serve with croutons or toast slices and a green salad.

Barry Hodson

FCPA

Certified Practising Accountant

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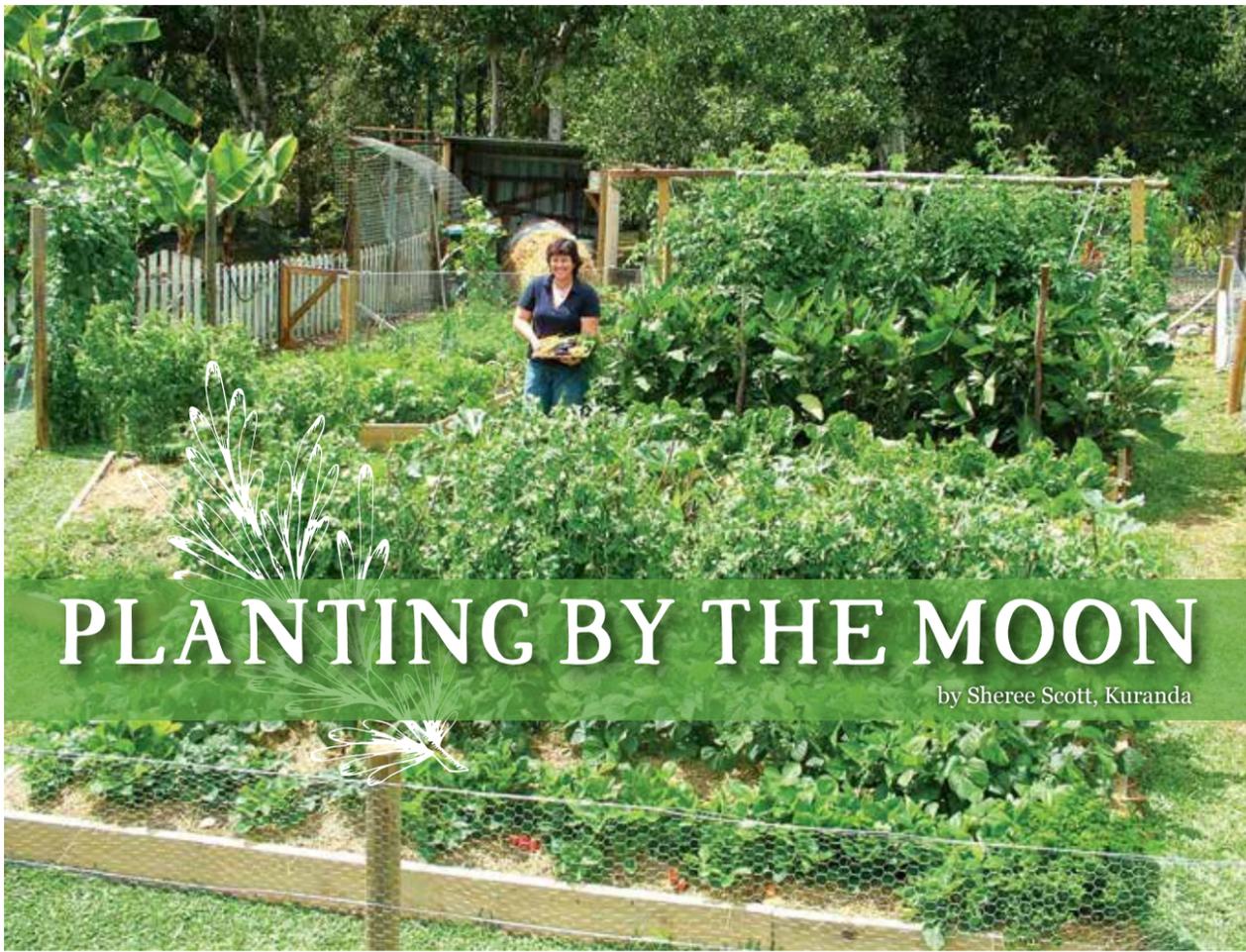
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PLANTING BY THE MOON

by Sheree Scott, Kuranda

Starting a vegetable garden in late March and April in the tropics will give you a head start on having an abundance of food at your fingertips. While the wet season is unpredictable, with the high humidity and chance of heavy rain challenging for our temperate-style vegetables, the cool change in April brings a good chance of success.

If you can find the right location protected from rain and hot afternoon sun, or plant in well-drained soil or pots on a balcony, then growing your own salads and herbs is quite possible. Even fish ponds can support edible watercress, which can be regularly snipped to add bite to salads.

One technique which gives you a greater chance of success is planting by the moon. The quick germination this provides gives young plants a stronger start in life, helping them to handle the added stress of this season. Getting seedlings started now will also give you a head start when the optimal growing season starts in April or May (weather permitting).

The days around the full moon are good for starting edible sprouts, such as alfalfa, mung beans, radish and even onion sprouts. The high energy and light of the full moon encourages quick germination and these sprouted seeds are packed with nutrients.

The waning moon favours root crops and one of the easiest things to grow is spring onion. Buy them from the shops with the white roots intact. Use the tops and leave about 2cm of the white base and roots to replant straight into a pot or garden. These will keep growing from the centre with nice green tops ready for your next salad or stir-fry.

After the new moon you can plant those herbs and vegetables that you eat the above ground parts of – such as lettuce, tomatoes, cucumber etc. Even just tossing a mix of seeds from a selection of salad or Asian greens in a polystyrene box of quality potting mix will give you a harvest of young leaves to use. Mescaline mix such as this in the supermarket costs a premium and you can have it right at your fingertips.

In Russia the people only have about 110 days to their growing season and yet home gardeners can produce more than half the nation's agricultural output.

A researcher in alternative forestry and organic gardening, Dr Leonid Sharashkin, said the true function of agriculture was to connect humankind to the Earth.

Although economically it costs more in a "cost of labour" sense to produce fruit and vegetables in home gardens using subsistence methods, the value to society is so much more. It is more a labour of love that returns good mental health and

healthy food. Research in New Zealand shows that beneficial microbes in healthy soil can increase human serotonin levels, which give us that happy feeling.

When people enjoy gardening and it helps mental health, reconnects people to nature and community vitality, increases environmental diversity, then the benefits provide so much more than an hourly monetary value.

In Russia, the high yields of their home gardens, often growing on very marginal land, has shown the large scale, high pesticide and high fertiliser use of corporate farms in that country are not nearly as effective as this subsistence approach.

Dr Sharashkin said data from the Russian Federal Statistics agency revealed in 2004 corporate gardens accounted for 83 per cent of agricultural land use, but provided only 43 per cent of agricultural yield; compared with the 7 per cent of land in home gardens producing 51 per cent of output. Nationally 92 per cent of potatoes, 77 per cent of vegetables and 87 per cent of fruit and berries were from home garden plots or dachas (typically a summer house and garden on 600 square metres), he said.

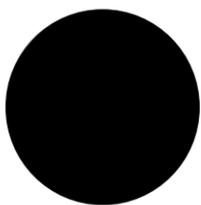
Many of these gardens are organic and use traditional farming methods such as crop rotation and planting by the moon. This tradition has been passed down through the centuries in Europe and all around the world, with Royal decrees in France even as to when timber could be harvested based on the phase of the moon. It adds an extra depth to gardening by putting people in touch with the rhythm of nature, as the moon creates a recurring cycle of rise and fall in moisture on the planet – from the tides and groundwater tables to the rate of sap flow in plants.

For beginners to moon gardening, the perpetual Moon Gardening Calendar by Jean Scott sets out a clear monthly routine to provide the optimal times for planting, pruning, harvesting and fertilising – even fishing.

For more information go to www.moongardeningcalendar.com and click on the More Info tab for articles about moon gardening. The calendars are available from the website shop or in Cairns at Enviromart, Night Sky Secrets, and The Green House Environment Shop. On the Tablelands visit Kuranda Post Office or Essence Wholefoods Supermarket at Mareeba.

Note: Dr Sharashkin received his PhD in Forestry where he completed a dissertation on the socioeconomic and cultural significance of organic gardening.

MOON PHASES



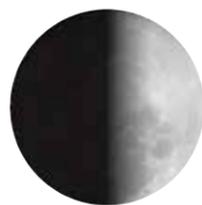
new



young



waxing crescent



waxing quarter



waxing gibbous



full



waning gibbous



waning quarter

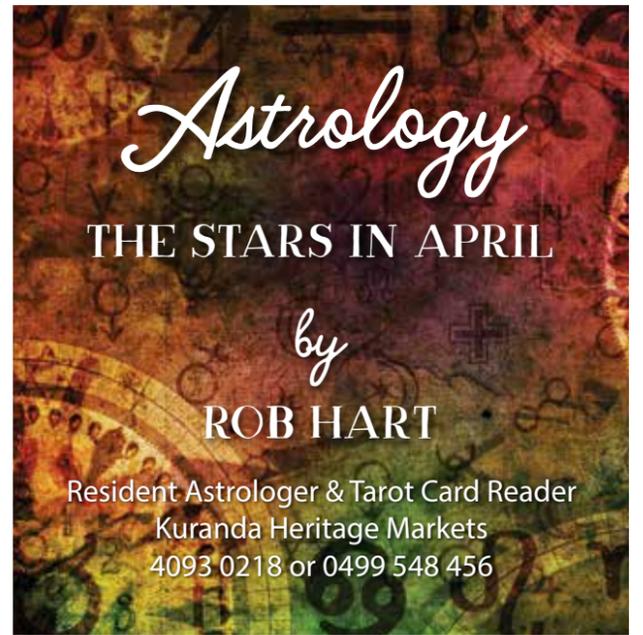


waning crescent



old

Image: brgfx



April begins with a first quarter Moon in Cancer, where the Moon rules, and the first quarter is where the action is. So with the Moon squaring off to the Sun in Aries, also very action oriented, we can look forward to the month kicking off with some hard-core Aries – Cancer issues. The pioneers and the families, the warriors and the homelands, aggressive patriotism and heroic women: there's a few ways that it might play out, those are the themes anyway. Mars, ruler of Aries has just moved into Aquarius, so the emphasis shifts to wider humanitarian perspectives and with a technological focus. Scientific, technological, aggressive, protective and a touch xenophobic perhaps. Gender-issues are also prominent.

Saturn has also just moved into Aquarius, adding a strong bass-line to the structure now building. What is being laid down now will endure and governmental and regulatory bodies will reflect this. So will our own lives.

As we move towards the Full Moon on 8 April, it all comes into balance of course, it's the Libran Full Moon: the only one of the year, so we should expect no less. But, Moon and Aries Sun make a dodgy aspect pattern to Piscean Neptune now—the semi-sextile—inconjunct pattern for the technical-minded. That throws it all into a rather strange sense of disharmony which is totally at odds with the "harmonious" Libran Full Moon. What to do? It's one of those times when the weird, the eccentric, the startling and striking combinations of action, colours and forms, incongruous juxtapositions and spontaneity somehow establish a harmonic balance. Venus and Uranus, Moon and Mars all join in this wild, chaotic dance and create something truly amazing. The "Music of the Spheres" is wildly dysrhythmic now so join in and whirl with it...

Looking forward to something a little more positive now? Mid-month, probable peaking around the 14–16 April as the Moon goes through the last quarter and begins to wind down the frenetic there are aspects, some benign and some not so much, being formed between Sun, Moon, Jupiter and Pluto. The promise here is that the existing and near-completed structures and patterns in life are anchoring nicely and solidly. Moon-Jupiter and Pluto all tight in Capricorn and the Sun squaring it off from Aries. Now that's a strong, positive, growing set of solid components that are being fully tested and stand firm. Good. A nice lead-up to the Taurus New Moon on 23 April when the new seed can be planted in very fertile soil. Powerful electromagnetic forces energise the embryos as Uranus is closely aligned to the Taurus Sun-Moon and Pluto stops, makes a station and anchors the strong nuclear force. Simply put: whatever begins now has a huge source of life force to draw on and activate and Venus and Mars are joined in an exciting air-trine. What creative forces we now have with us! Love dances...

The month ends with a Leo First quarter: The Lion roars tonight!

Blessings



ST SAVIOUR'S KURANDA

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SUNDAY

8am Holy Communion (BCP)
9.30am Sung Eucharist
9.30am Sunday School
5pm Evening Prayer

TUESDAY

9am Holy Communion

EASTER SERVICES

Maundy Thursday 9 April
7pm The Eucharist of the Last Supper

Good Friday 10 April
9.30am Family Service

Easter Day 12 April
8am Holy Communion
9.30am Easter Eucharist

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Divine Service 11am

St Saviour's Thought for April

This month we reflect on Jesus' words from the Cross on that first Good Friday.

There's a widespread belief that the last words somebody says before they die sum up the total experience of their life. It isn't always true, but when it is, they are often quoted as 'famous last words'. As Shakespeare said, 'The tongues of dying men enforce attention like deep harmony.' According to the four Gospels, Jesus spoke several times when he was being crucified. Considering the pain involved, it's amazing that he was able to speak at all. If you add all the four Gospels together, we have seven famous last words of Jesus on the record; there may well have been more. They are called the 'Seven Words from the Cross'; and each one tells us something about how we should live and hope to die.

The first was spoken, according to Luke, while the soldiers were nailing Jesus to the cross. 'Then Jesus said, "Father, forgive them; for they do not know what they are doing. It was not only the soldiers, each one of us often does things which hurt Jesus. But he forgives us; bringing forgiveness was the purpose of his life and death.'

To the penitent thief, Jesus said, 'Truly I tell you; today you will be with me in Paradise.' Here was forgiveness at its most demanding; Jesus forgives someone who may well have been a murderer, but who, at the last minute, showed a flash of faith. Jesus encouraged him with the promise of eternal life.

According to John, when Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' 'And from that hour the disciple took her into his own home.' At times of intense pain, most of us are only capable of thinking of ourselves; Jesus was unselfishly caring for his mother and his best friend.

St Mark writes, 'at three o'clock Jesus cried out with a loud voice, "Eloi, Eloi, lema sabachthani" which means, "My God, my God, why have you forsaken me?"' Matthew has the same thing in slightly different words. Jesus entered fully into our human experience, even to the extent of feeling as though God had deserted him. Yet the words were a quotation from

Psalm 22, which ends on a Joyful note. It's as though he had to work bravely through his despair in order to return to hope.

'After this,' writes St John, 'when Jesus knew that all was now finished, he said (in order to fulfil the Scripture), "I am thirsty.--Psalm 69 includes the words, "When I was thirsty, they gave me vinegar to drink." Jesus, who was fully human, was dehydrated after three hours in the heat of the noonday sun. But he was also fully divine, and he thirsted to obey the will of his Father.

'When Jesus had received the wine, he said, "It is finished. This is a cry of triumph; Jesus seized victory from the jaws of defeat. 'Love's redeeming work is done.'

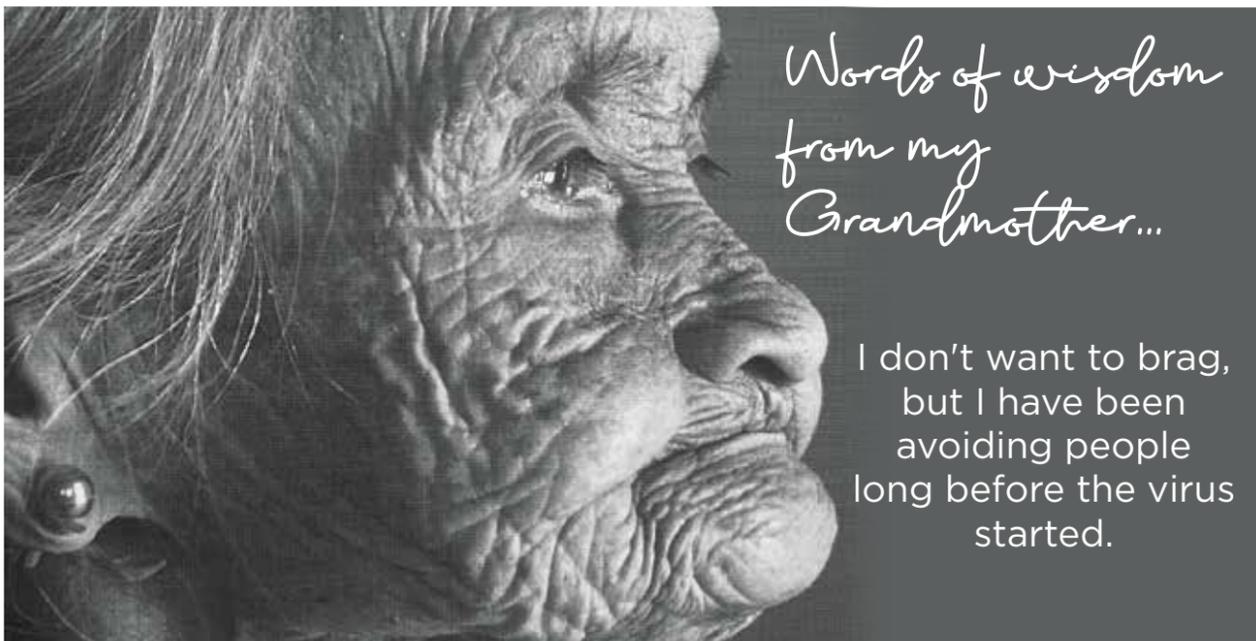
'Then Jesus,' concludes St Luke, 'crying with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last.' This is a quotation from Psalm 31 and may well have been the prayer of faith which Jesus, in common with many other people, used to say just before he went to sleep each night.

Seven famous last words from the cross. Each of them reveals a particular virtue which we can imitate. The first, his forgiveness of sinners. Then his encouragement of the hopeless.

Third his compassion for others, his mother and his friend. Fourth, his courage; and fifth, his obedience to his Father. 'It is finished' reveals his ability to recognize that submission is often the greatest triumph. Seventh and last is his trust in his Father. Could you live like that? Could you die like that? Of course not. But we can try.

News from St Saviour's

Both St Saviour's and The Possum Corner OP shop are taking precautions because of COVID-19, Church Services will cease and the OP Shop Close if and when the Guidelines and Directives from Health Authorities and Government change.



Words of wisdom
from my
Grandmother...

I don't want to brag,
but I have been
avoiding people
long before the virus
started.

THOUGHT OF THE MONTH FROM THE BAHÁ'Í FAITH

The Pioneers

"Known affectionately among Bahá'ís as 'Mother' and 'Father' Dunn, they carried the Message of Bahá'u'lláh from New South Wales to Victoria, South Australia, Tasmania, across the desert to Perth and to tropical Queensland and became the spiritual parents of Australia. After 'Mother' Dunn returned from a lone pilgrimage to the Holy Land, 'Father' was elected a member of the first National Spiritual Assembly of 1945 of the Bahá'ís of Australia and New Zealand in 1934. After

his passing on 17 February 1941, 'Mother' Dunn's dedication to the Bahá'í Faith continued unabated and in 1952 she was elevated to the station of Hand of the Cause of God by Shoghi Effendi, the Guardian of the Bahá'í Faith: 'Father' Dunn was subsequently elevated to the same station posthumously."

(Shoghi Effendi)

Meditations/Reflections: All welcome to meditations on the sacred writings of the great religions, also discussion/devotional meetings, in Mareeba and Kuranda.

Morning Prayers: Each Thursday at 8am, near lower Therwine Street Kuranda followed by coffee. Come join us.

Study Circles: By arrangement, please feel free to enquire.

Devotional Mareeba Saturday 4 April at 12 noon followed by Ruhi study circle.

Also regular events in Cairns, Atherton, Mareeba, Malanda, Tolga, Cooktown and other places.

All enquiries welcome.

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The Bahá'í Community of Mareeba/Kuranda

WAYGAL-A-GALING DJARRUY-WU

Going looking for birds



The Bama (people) of this area (bulmba) shared a common ngirrama, 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



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 WIYAM

WORD MEANINGS

BADJINDJILA: spangled drongo
BAGAM: wompoo pigeon
BALABIRRA: curlew
BANABARRA: crane
BIDJU: fish hawk
BINIRRI: egg-shell
BIRRGALA: barking owl
BUNDAARRA: cassowary
DAGARR: darter
DAGU: hammer bird, nightjar
DIDJIRRDIDJIRR: willy wagtail
DINGAL: egg
DIWIDIWI: magpie lark
DJARRUGA: scrubhen
DJARRUY: bird/spirit
DJAWADJAWA: magpie
DJAWUDJALA: log-runner, chowchilla

DJIGUWA: catbird
DJILIBULU: owl
DJINDJINBULGA: rufous fantail
DJIRRAMBAY: figbird
DJIRIN: seagull
DUDUWIN: purple-crowned pigeon
GAGUWARR: leather-head, masked friarbird
GALBALGALBAL: starling
GALBIRR: rainbow lorikeet
GALBU: butcher bird
GALWARA: egg white
GARBIL: ibis
GINADJA: emu
GIRADJALBU: bower-bird
GULADUWARR: skylark
GULUDU: peaceful dove
GURINGAYGU: king parrot

GURRIL: stormbird
GURRUNGGA: kookaburra
GUWAN: whipbird
MANGGA: nest
MIRU: egg yolk
WANGGULAY: sulphur-crested cockatoo
WIYAM: young cassowary

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. **djungguu:** (behind)

Consonants

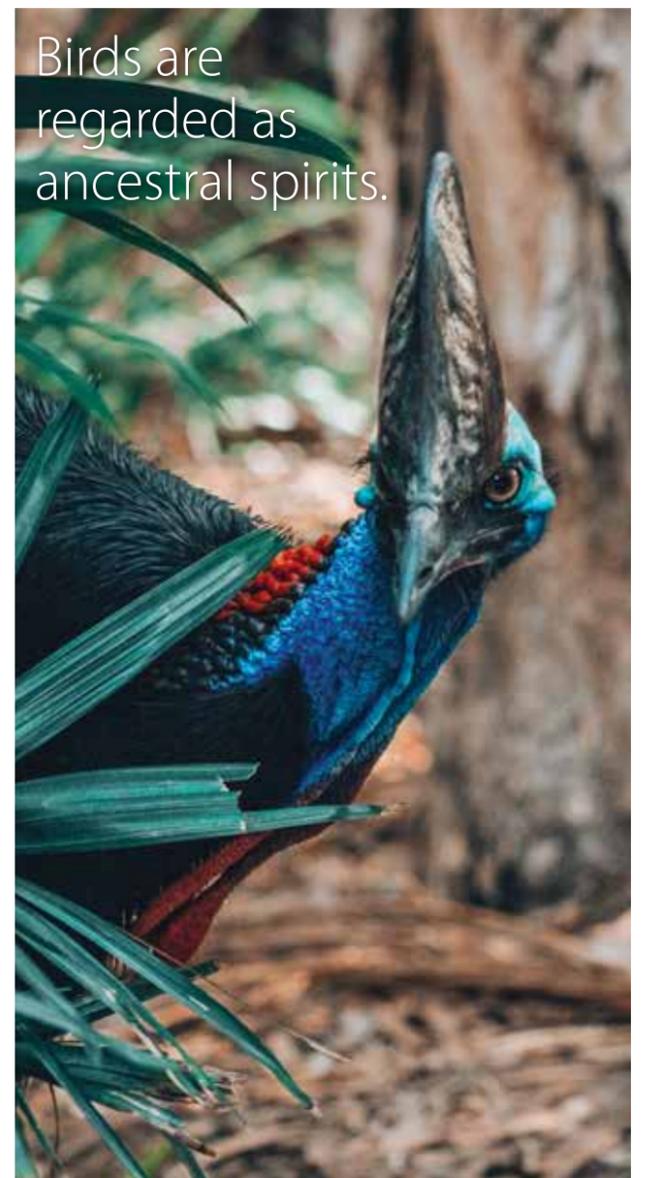
/dj/ The sound is like a /d/ and a /j/ pronounced simultaneously e.g. **djulbin** (tree)
 /g/ is pronounced as in the word "gun" e.g. **gindan** (moon)
 /rr/ a trilled, or rolled /r/ as in Scottish pronunciation of the word "sporrán" e.g. **burra-y** (to fly)
 /r/ as in the American pronunciation of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



Birds are regarded as ancestral spirits.

Photo: Gilles Rolland-Monnet



YOUR QUICK GUIDE TO LOCAL SERVICES BEING OFFERED

Things are changing daily with businesses in our community. Please contact them directly for their latest services.

HOME DELIVERIES

Several businesses are offering home deliveries to support those who are self-isolating (thank you all) or who cannot visit premises. These are just some:

FOODWORKS will be providing home deliveries for those in need. Enquire through the store.

FRESH MEAT deliveries are now available from Marsh's Meats, and local pick up through Speewah Farmall. See Speewah Farmall Facebook page or call the store 4093 0835. Stockfeed deliveries also available.

HONEY – Kuranda, Speewah and Koah residents who cannot or do not want to shop in the village – Honey House offers FREE delivery to your door. Please don't run out of immune boosting honey, propolis or royal jelly. Phone 40937261 or email honeyhouse@bigpond.com

BOOKS – Locals Andrew and Kerstin Brown, owners of Collins Booksellers at Smithfield, are offering free delivery of purchased books, delivered to areas close to Kuranda village. Call the store on 40381786 for details.

TAKEAWAYS AND MEAL DELIVERIES

Your favourite café or restaurant is adjusting their business operations. While some may close for the time being others will remain open for takeaways or eventually offer deliveries. Sprout Café and Thai Kai are among those finding new ways to serve customers (see ads in this edition) but there will be others. If in doubt reach out and contact your favourite local businesses – this will also help them plan based on demand.

MOBILE PHONE DATA

Some mobile phone providers, including Telstra and Optus, are offering free bonus data to cope with extra use for their customers. Contact your provider to see if you qualify.

ONLINE LIBRARY RESOURCES

You can access e-books and audiobooks through BorrowBox, and movies and documentaries through Kanopy; all you need is your MSC library login details to create a free account. Call the library if you require help 4093 9185.

SKYRAIL will suspend operations from Thursday 26 March

KURANDA SCENIC RAIL – check with QRail.

TAXI and **RIDESHARE** – operating but subject to change. Please call ahead.

MORE FACEBOOK GROUPS

Recently created groups are *Kuranda Community Covid-19 Support* group and the *Go and Gro Kuranda Community* group (for home growers of fresh fruit and vegetables).

WAYS TO HELP THOSE IN MOST NEED

We know everyone will need support but some members of our community are already disadvantaged. The Kuranda Neighbourhood Centre will accept donations of tinned goods, non-perishable staples like rice or pasta, toiletry items. If you are having a clean out of items saved from hotel room stays small soaps, shampoos etc are also helpful.

The COVID-19 (coronavirus) is having a significant impact on the lives of all Australians. At Australia Post, we're doing everything we can to continue delivering parcels and letters as well as providing retail and payment services in our stores. As we do this, we need to protect the health and wellbeing of all our customers and team members.

Like other businesses, we're asking our team members to maintain high standards of hygiene and cleanliness. When you are in one of our Post Offices, please try to keep social distancing wherever possible and if you are feeling unwell, don't visit our stores.

To minimise risks to everyone, all parcels – be it at a post office or at a residence – will no longer require a signature for delivery or collection. Our team will continue to record your name and delivery on our handheld device.

The impact to international logistics is also causing some delivery delays. We are working with our partners to move items as quickly as possible and appreciate your patience.

Any ongoing delivery or Post Office disruptions will be posted, with updates, at www.auspost.com.au

We are proud to be providing essential support all over Australia and we will continue to do our best to serve your communities during this difficult time. Australia Post.

KURANDA LOCALS

If you are self-isolating, or unable to pick up your mail from the Kuranda Post Office for any other reason, and someone has offered to collect your mail for you, please either call ahead on 4093 7280 or provide a signed note to authorise that person to collect on your behalf.

HOW TO USE HAND SANITIZER



GRATIS CLASSIFIEDS*

Bowen Therapy & Homeopathy Sarah at Simply Healing 0402 804 591, www.simplyhealing.net.au Phone for an appointment to start on the path of healing today.

Clothing alterations & dressmaking in Speewah, Karen is professional & reasonably priced. For all your sewing needs call 0459 184 223.

Computer Repairs. Servicing home or business. Prompt, reliable & affordable 'no-fuss' same day come-to-you service. Cairns Computer Support. Local Kuranda based business! 07 4222 1111 or cairnscomputersupport.com.au

Designer Fabrics by local Kuranda artist Gerhard Hillmann. Featuring plants and animals from the rainforest and more. Ideal for patchwork, quilting and interior design. 100% organic cotton. www.naturesfacefabrics.com

Drawing and Painting classes by renown artist David H Stacey. Expressions of interest: workshops, Kuranda, mid-2020. Three categories: Beginners, Intermediate,

Advanced. Will be 3 hours one night/week for 6 weeks. Call David on 0428 595 516 or email david@davidhstacey.com

Delicious Breakfasts, Curries & Sweets at Tropical Zen Village Kitchen: Shop 9, Kuranda Market Arcade, Kuranda Original Rainforest Markets.

Fresh Reef Fish delivered to your door, Kuranda-Cairns-Mareeba. Whole or fresh filleted. Kuranda-based Pristine Reef Fish. Like us on Facebook to keep updated. Commercial fishing licence 4546. Call Richard 0407 908 375.

Fully furnished self-contained one bedroom unit to rent at Kuranda Rainforest Accommodation Park. \$270 per week including electricity. \$540 Bond. Suit single person or couple. References required. Phone 4093 7316.

House for rent at Speewah. New 2 bedrooms, 1 bath house on 5 acres. References to be provided. Phone or text 0409 484 643 for details.

Imperial Barber Shop. We are closing 28/3. Huge thanks and gratefulness to the

Kuranda community. We will re-open in the future. Please stay in touch via Facebook. Much love Ant.

Just Gorgeous will try to be open for you but may need to shorten the days. Please call 0412 762 342 to check daily opening hours. We can be there by appointment if you need something urgently. Thanks for your support and understanding.

Koah Hall seeking volunteers to join simple rosters for a) help on our beaut fundraiser Breakkie BBQ @Koah Market and b) helping hands in Koah's Ark & garden.

Koah Markets April Markets cancelled. Call Nicky 0488 961 660 or via Koah Monthly Markets on Facebook. **Kuranda Arts Cooperative** has a range of unique eclectic and functional artwork that won't break the bank – buy local! Reduced hours 10am–2pm. 20 Coondoo Street, 4093 9026.

Kuranda Dance. Tribal bellydance in Kuranda with Lisa every Thursday 6-7pm at Amphitheatre. Enquiries: 0409 367 967

Local Art: Save time travelling down the range and buy your art locally at the Kuranda Arts Cooperative, 20 Coondoo Street, 4093 9026.

Lochy's Lawns, Landscaping and Property Maintenance lawn mowing, snipping, experienced Handyman and Landscaper, Household and Property Maintenance, Pressure Cleaning. No job too small. Free quote 0401 513 617

Massage with Sheree Scott: relaxation & remedial, 22 Williamson Drive. 4093 9490 or 0421 102 722

Massage Half Price in the deeply relaxing Rainforest Kuranda Market. Ring to book, locals only. Grace 0468 566 006, available after 3pm too.

Piano for sale. \$300 Over 70 years old. Needs tuning. Part of loving family. 0416 120 852

Professional knife sharpening. Heritage markets every Saturday. 4093 8382 or 0409 558 027

Reflexology Kuranda Rainforest Market just \$50, locals only. 0491 150 592. Available after 3pm too as workshops, learn reflexology.

Resume: In Speewah, Cairns longest-running resume writing business – over thirty years' experience. Resumes, Employment Applications, web text, all forms of copy writing, editing and proofreading. Word Factory (Suzy Grinter) Phone: 4093 0449.

Tropical Zen Village Kitchen for Sri Lankan Curries & Delicious Treats & Sweets. Shop 9 Kuranda Market Arcade, Kuranda Original Rainforest Markets.

ALL INFORMATION IS SUBJECT TO CHANGE. PLEASE CONTACT ADVERTISERS DIRECT.

* 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



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 (please note we are still attempting to obtain a full list).

Kuranda Mens 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

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

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

Visit us on



RECYCLE

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

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)



JUSTICES OF THE PEACE

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

Robin Ancomb
0409 046 932

Karen McLaren
4093 8780

Please phone for an appointment or leave a message.

Wendy Pritchard
Monday to Friday

SUSPENDED UNTIL FURTHER NOTICE

Ngoonbi Housing Office, 40 Coondoo Street, Kuranda

HELPFUL FACEBOOK GROUPS

KURANDA RANGE UPDATES (21,000 + members)

On the spot traffic reports, in real time, for the Kuranda Range Road.

KURANDA NOTICE BOARD GROUP (6,000 + members)

Information sharing, discussion, advertising. Open group.

ALL THINGS KURANDA (1,000 + members)

Discussion group for Kuranda district residents only. Some restrictions on sale of items.

SPEEWAH AND SURROUNDS RESIDENTS GROUP (1,000 + 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)

SPEEWAH RESIDENTS (500 + members)

As above but no restrictions on listing items for sale.

KOAH COMMUNITY (1,000 + members)

A group for Koah Community to advise, ask questions, barter, lost/found animals, hazards etc in Koah area.

HELP GROUPS



RAINFALL

January 2020: 507.50mm

February 2020 (to 25 February)
192.50mm

Annual total to 25 February:
700mm

Courtesy of Kuranda Railway Station



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 322 322

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**

Community Services

KURANDA LIBRARY and COUNCIL OFFICE

OPENING HOURS

Monday to Friday: 10am–5pm
Saturday: 9am–12pm
(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

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

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



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?

JOHN'S KURANDA BUS *The local bus!*

KURANDA – Therwine Street

(opposite Kuranda Visitor Information Centre)

	Monday–Friday	Saturday	Sunday	Public Holidays
<i>Departs Kuranda</i>	7.05am	7.05am	–	–
<i>Departs Kuranda</i>	3.30pm	3.30pm	3.30pm	3.30pm*

CAIRNS – Orchid Plaza, Abbott Street

(next to Woolworths)

	Monday–Friday	Saturday	Sunday	Public Holidays
<i>Departs Cairns</i>	8.30am	8.30am	–	–
<i>Departs Cairns</i>	4.45pm	4.15pm	4.15pm	4.15pm*

*except Good Friday, Labour Day and Christmas Day

Service to Cairns and return is via Caravonica, Redlynch, Cairns TAFE, Cairns City and Cairns Airport. For services from Speewah and Koah contact John direct.

**For more information or other routes contact
John 0418 772 953**

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	Duncan Blakey 0408 151 199
Warden Speewah	John Thompson 0488 988 481
Davies Creek	4093 3181
Koah	4232 5468
Myola	4093 7190
Speewah	4093 0211

Permits required for ALL fires

Join your local SES

Training every fortnight

Tuesdays 7.30pm

Contact John for more details

0427 037 054



TRANSPORT

Kuranda Taxi 4093 7119
Rideshare 1300 743 374

John's Kuranda Bus 0418 772 953
Trans North 3036 2070

Trans North Bus & Coach

CAIRNS TO KURANDA SHUTTLE

Departs From	Shuttle Runs Daily (Except Christmas Day)				
CAIRNS Central Rail Station	6.45am	8.45am	11.30am	1.30pm	*3.00pm
CAIRNS 79 Abbott Street	6.50am	8.50am	11.35am	1.35pm	3.05pm
SMITHFIELD Bus Shelter	7.05am	9.05am	11.50am	1.50pm	3.30pm
KURANDA	7.25am	9.25am	12.10pm	2.10pm	3.55pm

KURANDA TO CAIRNS SHUTTLE

Departs From	Shuttle Runs Daily (Except Christmas Day)				
KURANDA	*7.30am	9.30am	12.30pm	2.15pm	4.10pm
RAINFORESTATION	7.35am	9.35am	12.35pm	2.20pm	4.15pm
CAIRNS Central Rail Station	8.30am	10.15am	1.15pm	3.00pm	4.55pm

*7.30am Shuttle via Caravonica, Trinity Bay High, TAFE - Excluding Weekends & Public Holidays
*3.00pm Shuttle via TAFE, Trinity Bay High, Caravonica - Excluding Weekends & Public Holidays

ATHERTON TABLELANDS TO CAIRNS

Departs From	Monday to Friday			Saturday		Sunday	
	1	2	3	1	2	*1*	**2**
ATHERTON	6.00am	9.00am	3.30pm	6.00am	9.00am	9.00am	3.30pm
MAREEBA	6.30am	9.30am	4.00pm	6.30am	9.30am	9.30am	4.00pm
SPEEWAH	6.55am	9.55am	4.25pm	6.55am	9.55am	9.55am	4.25pm
KURANDA	7.15am	10.05am	4.35pm	7.15am	10.05am	10.05am	4.35pm
CAIRNS Service Terminates	8.30am	11.15am	5.35pm	8.30am	11.15am	11.15am	5.35pm

CAIRNS TO ATHERTON TABLELANDS

Departs From	Monday to Friday			Saturday		Sunday	
	1	2	3	1	2	*1*	**2**
CAIRNS Central Rail Station	8.45am	3.30pm	5.45pm	8.45am	3.30pm	3.30pm	5.45pm
SMITHFIELD Bus Shelter	9.00am	3.45pm	6.00pm	9.00am	3.45pm	3.45pm	6.00pm
KURANDA	9.20am	4.15pm	6.25pm	9.20am	4.15pm	4.15pm	6.25pm
SPEEWAH	9.25am	4.20pm	6.30pm	9.25am	4.20pm	4.20pm	6.30pm
MAREEBA	9.55am	4.50pm	6.55pm	9.55am	4.50pm	4.50pm	6.55pm
ATHERTON Service Terminates	10.30am	5.25pm	7.30pm	10.30am	5.25pm	5.25pm	7.30pm

Atherton/Cairns Services - No Services on CHRISTMAS DAY or GOOD FRIDAY
Sunday Service *1* on PUBLIC HOLIDAYS - No Sunday Service **2** on LONG WEEKENDS

For further information please see overleaf
or visit www.transnorthbus.com.au

04.12.2019



Trans North - Atherton - Ph 3036 2070 during office hours



Kuranda recreation centre

Connecting our Community

PILATES for everybody

At Kuranda Pilates, we cater for all levels of fitness, flexibility, strength, pregnancy and most injuries.

Come along to increase your core and overall strength, flexibility, mental health, posture and relieve back pain. Every 'body' is welcome to join in.

If the current COVID-19 crisis worsens, Davini and Jaide will be looking to take classes online via video conferencing. Stay tuned!

Follow us on Facebook @Kuranda Pilates or contact Davini 0414 994 123 or Jaide 0488 229 700.



AGM Postponed

The KRC AGM that was scheduled for Monday 23 March has been postponed until further notice. Please check our Facebook page for updates of when the 2020 AGM will be held.

Volunteers

Reminder that we are still looking for new, enthusiastic committee members and volunteers. Do you have a little spare time or special skills? Help keep our wonderful community asset viable and assist us with the grounds or general maintenance. If you can help in any way, please contact us – we'd love to hear from you!

CONTACT US

 Kuranda Recreation Centre
 krc4881@gmail.com

JOIN US

Contact us for a Membership Form.
 Complete form, make payment online and return it in person or by email.

WHAT'S ON

EIGHT BALL – Tuesday Team Comp
 kuranda8ball@gmail.com

KURANDA RANGERS – Training
 Thursday 4.30-5.30pm (Mar–Sept only)
 Adric 0408 096 694

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

TAI CHI – Monday 6pm
 Les 4093 8276

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

YOGA IN THE RAINFOREST –
 Wednesday & Sunday Aileen 0419 726 955
 Check Facebook for more details.

JUMRUM BAR OPEN
 TUESDAY 6.30 PM
 Every 2nd FRIDAY 5 PM

Venue for Hire

Licensed venue and commercial kitchen available for functions, seminars and activities. Janet 0405 092 957

Proud to be the home of:



What's On at Koah Hall

EVERY MONDAY
 PILATES with Jaide 6-7pm
 Contact Jaide 0488 229 700

EVERY THURSDAY
 YOGA evening classes with Katelyn 5.30-6.45pm
 Contact katelynmaree7@gmail.com

THURSDAY 19 March
 Mankind Project MEN'S GROUP 7pm.
 Open to all men.
 Contact Simon 0459 755 553

SATURDAY 21 March 6-10pm
 DANCING FREEDOM ~ CONNECTING OUR BREATH
 No dance scheduled for April.
 Contact Davini 0414 994 123

DREAMSTATE CIRCUS CLASSES
 Dream BIG! and Circus Love! classes and workshops to resume in Term 2 – enrolment forms are now online at www.dreamstatecircus.com.
 Contact Sophie 0409 333 404

KOAH MARKETS

Koah Markets NOT trading for April



Watch this space or our Facebook page
Koah Monthly Markets
 for updates and info.

Contact Nicky
 0488 961 660

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)

 koah.hall@gmail.com  Koah Hall



COMMUNITY CALENDAR

Contributors please advise of any changes via email
 mail@kurandapaper.com

For events at the Kuranda Recreation Centre or the Koah Hall please see details in their columns above.

EVERY MONDAY

Al-Anon Family Groups 11am-12pm hall under St Saviour's Church. Kate 4093 9668 or 1300ALANON
Kids Muay Thai 4.15-5.15pm All Ages 5.30-7pm Kuranda Community Precinct
Yoga in the Rainforest with Aileen 8.15am (for 8.30 start) Kuranda QCWA Hall. Aileen 4093 7401

EVERY FIRST MONDAY

Adult Board Games 11am at Kuranda Library

EVERY SECOND MONDAY

Financial Counselling (from UCC) Kuranda Neighbourhood Centre by appointment 4093 8933

EVERY TUESDAY

Group Fitness Class 5.30-6.30pm Kuranda Community Precinct
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
Emergency Relief Help from Mareeba Community Support Centre at Kuranda Neighbourhood Centre by appointment 4093 8933

EVERY WEDNESDAY

Kids Muay Thai 4.15-5.15pm All Ages 5.30-7pm Kuranda Community Precinct
Social Tennis 5pm Wednesdays and Sundays at the Kuranda Recreation Centre. Friendly group – just come and play or call Gidi 0448 480 200
Rotary Club of Cairns Trinity 5.45pm for 6.15pm. Cairns Sheridan Hotel, 295 Sheridan Street, Cairns 0448 843 589
Mah Jong Kuranda Neighbourhood Centre 12.30-4pm. All welcome. 4093 8933
Men's Shed Kuranda 8.30am-11.30am. Daryl 4093 9421 or Richard 4093 0457

THIRD WEDNESDAY

Craft and Social Morning 9am Kuranda QCWA Hall. Carol 4093 7187 or Sandra 0447 737 415

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

Baby Rhyme Time 10.30-11am Kuranda Library (during school term)

Kuranda Rangers soccer training 4.30-5.30pm. Adric 0408 096 694

EVERY FRIDAY

Kids Muay Thai 4.15-5.15pm All Ages 5.30-7pm Kuranda Community Precinct

Story Time and Craft 10.30-11.30am Kuranda Library (during school term).

FOURTH FRIDAY

Rotary Club of Cairns Trinity 11.45am for 12 noon Cairns Sheridan Hotel, 295 Sheridan St, Cairns 0448 843 589

EVERY SATURDAY

Tree Planting Kuranda Envirocare 0419 624 940 for details or check website www.envirocare.org.au

Men's Shed Kuranda 2-5pm. Call Daryl 4093 9421 or Richard 4093 0457

THIRD SATURDAY

Barrier Reef Sun Club Cairns (Nudist Club) function. 0473 4491 09 or check website www.barrierreefsunclub.com

Meditation with Horses 10am Koah. Kaya 0429 756 701

EVERY SUNDAY

Social Tennis 5pm Wednesdays and Sundays at the Kuranda Recreation Centre. Friendly group – just come and play or call Gidi 0448 480 200

AA Group Kuranda QCWA Hall 9.30-11am