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TO KURANDA
NEWSAGENCY

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RESIDENTS
AUSTRALIA

THE KURANDA PAPER



• No. 6 • Friday, December 20, 1991 •

50 c

Free to
Kuranda
residents
Enquire at
Post Office

AND SO IT IS CHRISTMAS ...

The Story of Christmas is so simple that children can understand it yet at the same time it is so amazing that the wisest and holiest of men and women cannot plumb its spiritual depths.

It is not only about what took place so long ago in Bethlehem with Mary, Joseph, the Innkeeper, the Shepherds and the Child in the Manger. It is also about today, here and now, and it is also about the future, about my life and yours.

One of the titles given to the newborn babe Jesus by the prophet Isaiah is "The Prince of Peace". Christ brings peace with God, peace amongst humanity.

Humanity has indeed accomplished great things, wonderful things yet we are beginning to see that without vision, without true ideals, care and love all our achievements can turn to dust and ashes.

We know only too well many environmental catastrophies and disasters are solely the work of we humans. We trusted too much in ourselves in our own strengths, in our own light.

The light from the Babe of Bethlehem is a guiding light for us all. It is a light that can change our lives and our outlook. If we can allow ourselves to follow the light and allow ourselves to change, the world may be changed. Can we not cast away our pride and find in Christ the true light of the world.

St John tells us "the light shines in the dark and the darkness has never overcome it".

It is like a lighthouse which guides us through the treacherous reefs of anguish, anxiety, distrust both of ourselves and others, of destruction and cruelty. It is the light that now shines where the Iron Curtain once fell. What an example to us in our relative prosperity and freedom.

On Christmas Day we announce that the only begotten Son of God was born for us. God's eternal Son took upon Himself our common earthly humanity thus setting in motion a train of events that would see the Son of God bearing the human likeness, revealing a human shape, humbling Himself and accepting even death on a wooden cross. This so as to reveal His Father as a God of Love offering us reconciliation. So as to bring us a new and fuller life and assure us eternal joy as children of God.



Some have found the wealth of the world as dust and ashes compared to the things which really matter. Some want to throw aside the false masks they wear. All can come to the Babe of Bethlehem, throw off their faults and adore the Child in simplicity and reality. The joy of it all is this: **Christ in His Grace and Love and Compassion welcomes all.** Ponder the mighty works of God in your hearts this Christmas, and strive in your own small way to make 1992 a year of Peace and Goodwill.

Find your way to one of the Christmas Services in Kuranda and may Christ dwell in your hearts and minds this Christmas and forevermore.

CHRIS WRIGHT. *St Saviours.*

SANTA ARRIVED AT THE KINDY PARTY BY FIRE ENGINE. HE IS GREETED BY FANS SARAH FREEMAN AND RIYALA TURPIN. Photo Krishna Buhler.

*"Oh little town of Bethlehem
How still we see thee lie
Above thy deep and
dreamless sleep
The silent stars go by
Yet in the dark streets
shineth
The everlasting Light
The hopes and fears
of all the years
Are met in thee tonight"*

by Phillippa Brooks

DETAILS OF
CHRISTMAS SERVICES
AND
COMBINED
CAROLS
see Church News
on page 3



INSIDE
THIS
ISSUE

Community
NEWS
Colouring
Competition

SCHOOL
CHURCH
&
COMMUNITY
GROUP
NEWS

ARTS

'Around
the
Ridges'

AS
THE BARRON
FALLS pt 5

THE
BODY !



MERRY
XMAS

VILLAGE
COFFEE SHOP

5 COONDOO ST. 93 7184

We now sell coffee beans and can grind them for you. Columbian, Kenyan, local, PNG. Come in and try our Christmas Specials and enjoy live music by Paul Smythe.

EVERYTHING UNDER \$5.00

TAKE
AWAYS

MEDIA ASSOCIATION

The Kuranda Media Association is a voluntary association with a membership fee of \$2. A five member committee deals with the running of the Organization and a production team is in charge of the newspaper. They collect, collate and lay out the news and advertisements ready for printing. No one is paid. To remain viable the Association depends on the money collected from advertisers, donations, membership fees, and sponsors who would like to see the newspaper continue circulating. Our stated objective is to "Provide means of open communication in order to promote the spirit of community involvement and reflect the ongoing aspirations of the residents of the Kuranda area."

PUBLISHERS TERMS AND CONDITIONS
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Advertisers and/or advertising agencies upon and by lodging material with the publisher for publication or authorising or approving of any material INDEMNIFY the publisher, its directors, employees and agents against all claims, demands, proceedings, costs, expenses, damages, awards, judgments and any other liability whatsoever wholly or partially arising directly or indirectly in connection with the publication of the material, and without the generality of the foregoing, indemnify each of them in relation to defamation, libel, slander of title, infringement of copyright, infringement of trade marks or names of publication titles, unfair competition, breach of trade practices or fair trading legislation, violation of rights of privacy or confidential information or licenses or royalty rights or other intellectual property rights, AND WARRANT that the material complies with all relevant laws and regulations and that its publication will not give rise to any claims against or liabilities in the Publisher, its directors, employees or agents, and, without limiting the generality of the foregoing, that nothing therein is a breach of the Trade Practices Act 1974 or the Copyright Act 1968 or the Fair Trading Act 1987 or the defamation, consumer protection and sale of goods legislation of the States and Territories or infringes the rights of any person.

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The rules applicable to advertising is subject to the rules of advertising as set down from time to time by the Media Council of Australia. Every advertisement is subject to the Publisher's approval and the publisher may, at its discretion, refuse to accept an advertisement for publication if it believes the advertisement may infringe the rights of any person or may not comply with all laws and regulations of the States and Territories. The Publisher accepts no responsibility or liability in relation to any loss due to the failure of an advertisement to appear according to instructions.

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The Trade Practices Commission rulings require that all advertisements relating to Alcoholic Beverages, Slimming/Weight Loss Clinics, Therapeutic Goods, Slimming/Weight Loss Products or Programs, must carry an APB Clearance Number. All such advertisements which do NOT carry the APB number, must first be submitted for clearance and the issue of an APB number for inclusion in the advertisement directed to: Australian Publishers' Bureau, 186 Blues Point Road (Level 5), North Sydney NSW 2060, Tel (02) 954 9790. Fax (02) 954 9105.

The Voluntary team which has produced this edition of The Kuranda Paper includes: Querida Loftes, Kay Loftes, James T and Lydia Graham, Krishna Buhler, Joan Dods, Gayle Hannah, Susie Serieto, John Woodbridge. Christmas Edition masthead by Gayle Hannah.

SPECIAL THANKS TO BENNY FOR USE OF HIS MONKEY SPACE FOR PUTTING TOGETHER THE PAPER.

ALSO SKILLSHARE FOR THEIR VITAL ASSISTANCE

Happy New Year All.

KURANDA MEDIA ASSOCIATION publishers of

The Kuranda Paper
P.O. BOX 89, KURANDA. 4872
Phone 937 252

All contributions and advertising to the KURANDA NEWSAGENCY.

The paper is printed by The Cairns Post Pty Ltd, Cairns.

CIRCULATION: 1200

PLEASE NOTE:

Deadlines for January edition

23rd Jan. written contributions and advertising

26th Jan. photos

NEXT PAPER OUT JANUARY 31st.

COMMUNITY LETTERS

LETTERS, P.O. Box 89 KURANDA. 4872.

OPEN LETTER FROM THE KURANDA AMPHITHEATRE

Dear Members and Friends,

You are requested to keep an eye out for unusual goings on. This year the Amphitheatre has suffered a spate of break-ins, the cold room broken into twice and our office once. The Amphitheatre has previously been thankfully free of vandalism and this sort of activity over its ten year history, which makes one wonder is this just a bad year or is Kuranda changing?

Why are the youth of this town so badly catered for? This town desperately needs a multi-racially run and supervised Youth Club in town, with activities like indoor cricket, table tennis, swimming, squash etc. On sunny Sundays this town caters for thousands of tourists. The churches open their doors... then close them again on a dark street with only the two pubs offering somewhere to go. What have the Community Groups done for the town's youth? I realise transport may still be a problem at night but something must be done to stop the kids getting bored and angry.

The Amphitheatre does try to put on shows for kids and is hired out for birthdays and discos. But it can be hard to supervise, especially at night and these small events don't provide enough profit to cover the cost of security guards. Its also hard to get volunteers to don the Security T-Shirt and supervise 50 revved up teenagers. If you would like to volunteer please contact the Amphitheatre on 937 511.

The time is right for something to happen. Shouldn't all Community Groups get together to get something started or will we leave the kids on the street to their own devices, who knows what cost to them and our town and peace of mind.
Mark Weaver, President. KAS.

Dear All,

The Kuranda Community Kindergarten relies on a close relationship between parents, staff and children. Fund raising ventures bring these three elements together through working towards a common goal.

As you all know, we are presently constructing our own building which is an enormous strain on community pockets. Through the efforts of our community and parents we have achieved around \$5000 this year through functions held, cake stalls, raffles and a Kiosk we run at every Amphitheatre event.

A large portion of our funds raised go towards the every day running expenses of our centre. Because our goal is to achieve a building as soon as we can, new ideas for fundraising are essential. There is no magic answer.

Thanking you, Donna Pierce, President. KCK.

Re. Cairns Post 12/12/91 "Clearing of 530 ha. of Native Forest in "State Forest in Kuranda".
So on one side we are encouraged to plant more trees while the Forestry on the other side is obliterating them to proceed with State Government plantation forestry program. Why aren't they using already bare areas for the purpose? Altogether there would be 1500 ha. of N. Queensland native forest cleared.....Why?

Mrs. A. Van Rath, P.O.Box 101, Smithfield.

PLEASE NOTE: The Kuranda Paper attempts to print all letters received. Please keep yours to the point and under 150 words if possible or some editing may be necessary. ALL LETTERS MUST BE SIGNED and have address. PEN NAMES WILL ONLY BE USED AT THE DISCRETION OF THE MANAGEMENT.

ANY
TYPINGS
SMUDGES
SPOTS
trapped insects
and
dirty
finger prints
are part of the CREATIVE process and reflect the handmade nature of the paper.
WASH SEPARATELY DO NOT BOIL made by 100 %
committed



SEASONS GREETINGS

We are delighted to present the 6th edition of the Community Newspaper.

Many thanks to all our contributors, and advertisers, our cash donors and the chorus of support for keeping YOUR paper going. North, South, East and West - be a contributor.

How do you do that effectively? Well, you make the news, then you write the news down, send it in to an office. The powers that be shuffle the news about a bit, then stick it all on the paper and rush it into print and lo and behold - Newspaper.

You want more members, a bigger audience, louder marchers, a wider readership for your literary efforts, heavy sales, a giggle, a grumble. How it was, how it will be, a good read, papier-mache, mulch. That's effective.

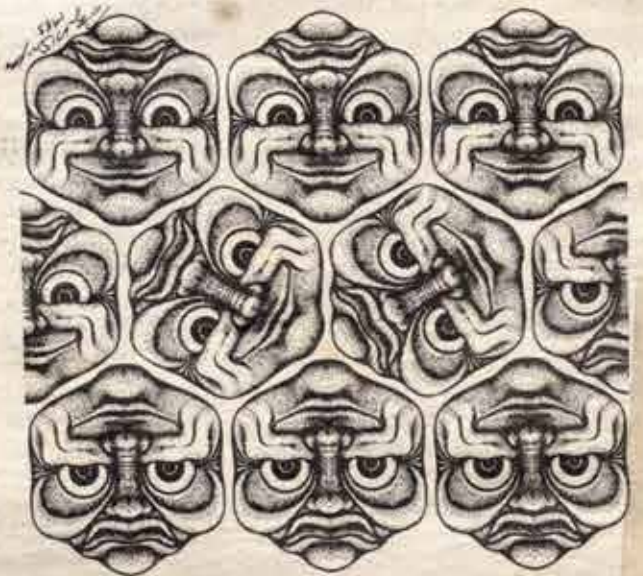
The powers that be on this community newspaper work for free and are hungry for news. Feed them or they may fade away. . . .

IMPORTANT NOTICE TO KURANDA RESIDENTS

COMMUNITY INPUT REQUESTED

URGENT ! URGENT ! URGENT !

Following the bus meeting hosted by the Mareeba Shire Council attended by coach operators Kuranda business people and some Kuranda residents on Wednesday 17th December we are concerned that the community is not being allowed adequate access to planning and development strategies. We will lose our little town to tourism if we don't get involved in this process. Yes we have all done it before but let's not give up or give in. We want your input for the next paper which will be published on January 31st
PLEASE GET YOUR LETTERS IN BY JANUARY 26TH.PLEASE.



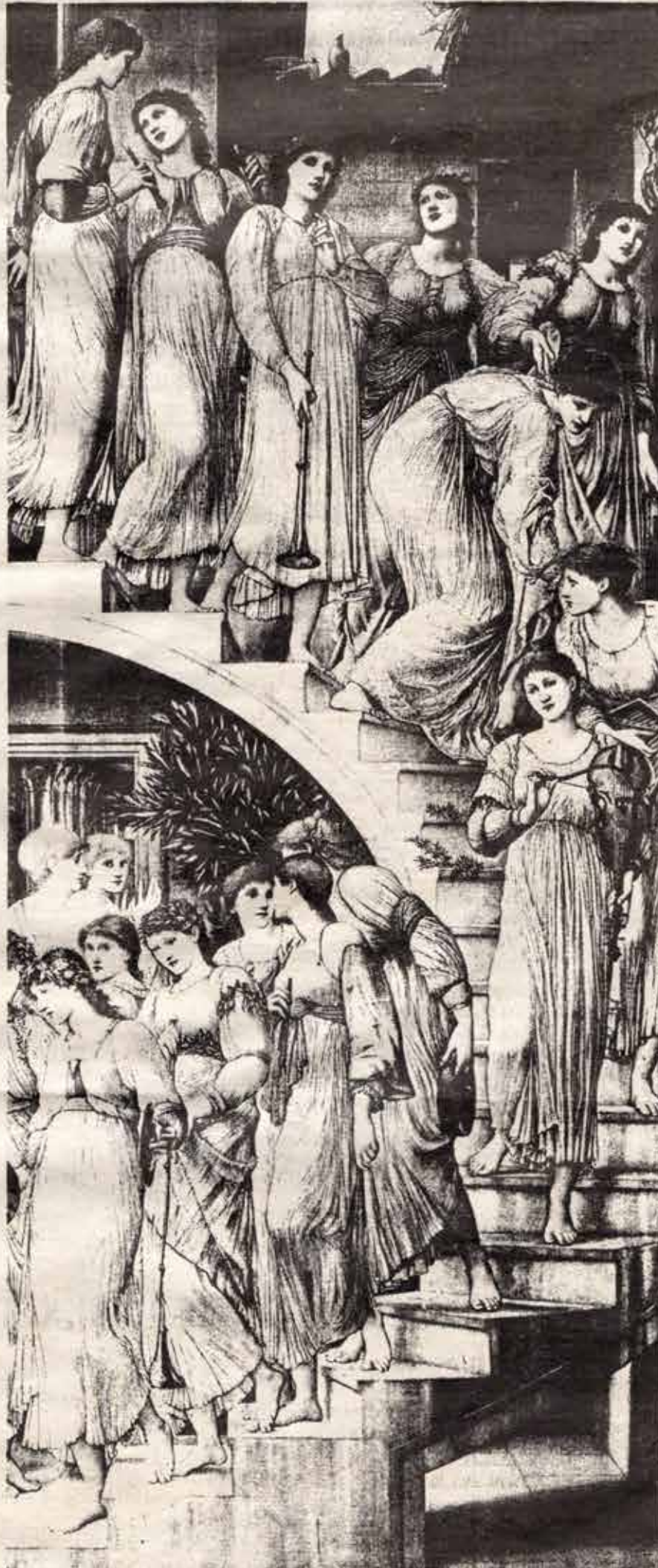
DOWNSTAIRS KURANDA VILLAGE CENTRE

corner Coondoo and Therwine Sts

- * Jenni's Downunder * Kuranda Gallery * Bodique *
- * Catherine's Book Shop * Agatarium *
- * Tim Skyrme Bootmaker * Wild Art Gallery *
- * Down under Amusements {opening soon} *
- *plus two new shops opening soon*

Jenni's Downunder

for quality used
goods at
reasonable prices
We Buy & Sell
938 972
SPECIALS
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THIS WEEK



KURANDA
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of local and
Aboriginal Art.
Artists wishing to
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handmade
boots
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the
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about the centre
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A wide range
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prices

AS THE BARRON FALLS...

Episode Five

by this month's guestwriter Lisa Crowley

Last Week-Condoman arrived in Barron for a Health Education meeting - was that the only reason now that the mill issue had settled, or had it?

Don Hill felt pensive as he drove down the main street of Barron. He glanced in the rear vision mirror. Melanie Gleam's red Hyundai was neatly parked outside the Laundromat. He felt an urge to pull over, walk in and have a few words with her. There was an unfamiliar vehicle parked beside hers. A four wheel drive with the words "Jungle Patrol" glaring on the side. A warning voice at the back of his mind questioned the arrival of strangers in town. Better leave it for now, besides he wasn't sure that he trusted her. The mill tragedy had set out sparks that seemed to alter the personalities of almost everyone in Barron. A heavy tension filled the air. Don sighed wearily. He knew there was something going on - something weird. Earlier that morning he had organised The Barron Bombers to clean up the sandy beach of Little Rock. There was much rubbish. Broken bottles, empty wine bladders, scattered fragments of used disposable nappies. Why don't these people care? he thought bitterly. And how strange it was - that one of the lads had uncovered a piece of the mill there. Little Rock was at least 12km from the site. It was impossible to believe it could have been carried all that way from the blast of the explosion. The incident worried him.

As Don drove past the Laundromat, unbeknown to him a rather interesting conversation took place inside, between Dick "Condoman" Condon and Melanie Gleam.

"Dick! What are you doing here?"
 "Oh hi Melanie - I'm washing a smelly pile of dark sweaty clothes."
 "Does Head Office know you're here in Barron?"
 "Of course - they want a reading from the site at the mill. I'm taking the geiger counter there tonight."
 "UFO's?"
 "I'm not discounting anything."
 "Look Dick, I really don't think we should be seen together."
 "Yes you may be right. Melanie let's make this quick, have you told Simon?"
 "What?"
 "The reason you're here dummy."
 "Well no - I have'nt had the chance yet."
 "Get on to it Melanie. Better get on to it fast."
 "Why, what's the hurry?"
 "In case something should happen to us."
 "It's OK Dick, I know what I'm doing. Listen I've got to go - I'm trying to find Charlie Dancer."

Meanwhile 300km northwest of Barron, Charlie Dancer sat quietly gazing into an open patch of scrub. The late afternoon hummed with birdsong and insect flight. Several metres away a hungry python stealthily slithered towards a young paddymelon. Funny thing surmised Charlie, for years they've been searching for this place. He knew as sure as night follows day they would never find it. Finally the superstructure materialised, dwarfing the lone figures of an old man and his dog. Cicadas withdrew as a deathly silence encased the land. The python froze in swift attack as the paddymelon savoured its measured breath of life. Overhead a flock of cockatoos hung motionless in midflight as Charlie dreamed past the hands of time into the meeting place of his elders. The dog whimpered.

"Settle down, Spike," urged the old man. "You'd better not tell none of them white dogs what ya just seen."

If a stranger had witnessed this extraordinary event, all they would have seen was the silhouette of a dead tree stump sitting beside an irregular shaped rock - absorbing the wide beauty of a lonely out-back sunset.

Next- Was the mill really a coverup operation and what does Melanie want with Charlie Dancer?



CORALIE WASON is a bright light on the local art scene. She is an accomplished painter, printmaker, screen printer, seamstress and batik artist. Drawing on her tribal roots she uses sophisticated techniques to great effect. She had well deserved success at the recent New Images at the Tjapukai Theatre both in reaction by patrons and very importantly in sales. Coralie, as part of a group of Kuranda aboriginal women who recently were successful in attracting State government funding for a trip to Maleny Folk Festival to promote and sell their art and craft works. She is pictured with her 'Sleeping Echidna', snapped up by a local buyer. **PHOTO** by Eve Stafford.

LETS DANCE

KURANDA AMBULANCE DANCE

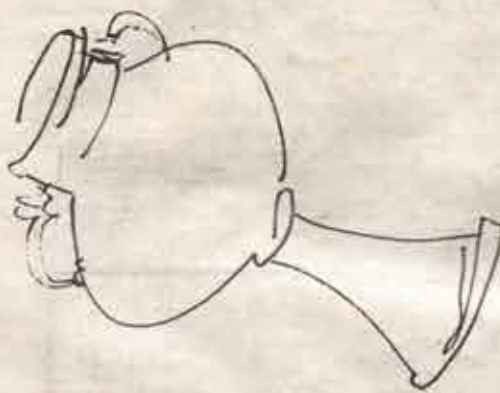
The Kuranda Ambulance Advisory Committee Dance was a **buzz**. There wasn't a huge crowd but it was a happy, friendly and very loud crowd.

The D.J. even pumped out a so called "House Mix" of Slim Dusty. The photo thing should give you a good idea of what went down. Oh 'they' do say a picture is worth a thousand words. (Who are 'they'?)

AMBULANCE SERVICE IS NOT FREE - BECOME A CONTRIBUTOR TODAY. LET'S DANCE towards MORE PEOPLE next time.



QUERIDA & KAY LOFTES.



**QUEENSLAND ARTS COUNCIL
 KURANDA BRANCH**
 The AGM on December 3rd was well attended. All positions were filled and a very exciting new committee elected for 1992.
 It was agreed to meet early in the new year and begin planning and then the champers popped!
 The new committee is:
President: Dianna Stevenson
Vice Pres: Sandy Hablethwaite
Secretary: Gayle Hannah
Treasurer: Julie Dawbarn
Schools: Michael Bindley
Exhibitions: Leighton Appleby
Publicity: Jill Melody
Hospitality: Robyn Walton
Aboriginal Liason: Coralie Wason
 Don't forget membership forms are available at the post office. Join or renew before January 1st and save as fees are going up. More details phone Gayle 937 487...and.....
 Merry Christmas and Happy New Year to all our many members and wishing all Kuranda residents a joyful and creative 1992!!!



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by
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* SUN CARE

* PET CARE

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WELL WORTH A LOOK!

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now open

ACUPUNCTURE CLINIC

Thursdays

Phone 938 030 all hours

ask for Alissa Dobros

Ph. 938 973

A/H 937288

ORGANIC GARDENING IN KURANDA
By Marjorie Spear, Black Mt. Rd.

Thanks for sending in questions. The answers are in this article.

Growing Parsley. Mine has been thriving in poly grape boxes. Good soil, watered regularly & nourished. The boxes are in partial shade under a big tree. For easy picking etc. they are on an old iron bedstead, level of course. I hope to have parsley for many weeks as the soil is fairly porous in the boxes, unlike my garden soil where the parsley has collapsed every year when the wet and humidity did damage.

Mint is also thriving in a poly box, but deeper as mint roots need space. Tea dregs are great for mint. If the box is on the ground the roots will grow through, but it is confined and won't spread where it is not wanted. **Chinese water chestnuts** are delicious, expensive to buy but ferocious growers. Take care to buy a good big variety. Many are small and not worth growing. You buy Eleocharis corms and plant perhaps three in a widish pot, good soil but not much nitrogen or they will make leaves and little corms to eat. Keep your planting moist and sddy. When the corms shoot place the pots under water and keep covered with water till the leaves die down and you can harvest the delicious chestnuts. You should get a cluster under each corm you planted. Store some of the corms carefully till next spring and then replant (if it was a good variety)

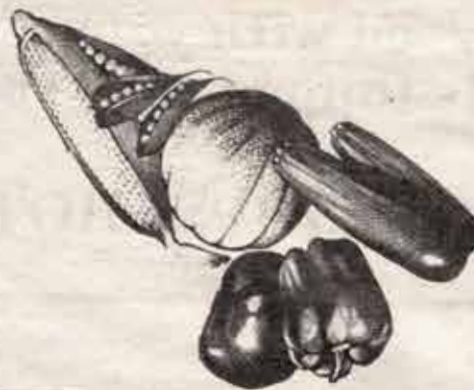
Kang Kong (Ipomea aquatica) is a very productive tasty salad summer vegetable. Grows from pieces (bought at markets). It needs lots of water. The older leaves can be lightly cooked.

Taros thrive here in the wet. The young leaves can be cooked and eaten. The corms make delicious chips. As the starch is fine grained the taro does not absorb as much oil as potatoes when deep fried.

Weeds are rampant now we have had a little rain. Wads of newspaper weighted down with some mulch should kill them if they are small.

My offer still stands to anyone needing planting material from my garden to phone me 937205 and do some gardening for me in exchange.

Consider a gorgeous gift for Christmas. A Jade Vine, related to the Flame of the Forest, but much more beautiful. The colour is fantastic and the birds adore the blossoms. Semi-shade is best. Mine is growing up a tree (not too dense) and flowered a year after planting from the pot. Happy Christmas.



Lesley Mosley has lived in Kuranda for five years and, with her daughter Kate is looking forward to a new business venture. The character of Coondoo Street buildings, frontages and awnings is being maintained in the new premises, and Paul's fine timber work has been much admired.

Kates interest is in fashion design and some of her creations were seen at a recent fashion parade, an event organised by Lesley to benefit the Kuranda Community Kindergarten building fund.

Kurandaland

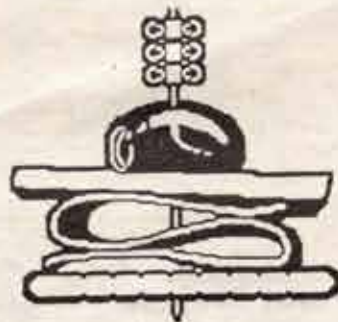
Lesley & Kate Moseley

Opening SOON

KURANDA

12 Coondoo St.
P.O. Box 156
Ph. 070 - 937588

QUEENSLAND
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AUSTRALIA



Mr. Kebab



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Hot Falafel (vegetarian roll) served and rolled in pita bread with your choice of fresh salad and sauce.

HOT BAKED POTATOES

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MILK SHAKES & SMOOTHIES



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JUST A WORD

Your voluntary team needs your help.
 HOW?
 Please give us your ad ready to print (ie. with finished artwork).
 AND OR.
 Can you - the voluntary contributor supply the Kuranda paper with about 200 words (about anything) and a photo?
BOTTOM LINE is COMMUNITY! THAT IS YOU!

TOO SOON, TOO SOON

How ironic,
 wrote the naked poet,
 to find by chance,
 this well travelled book,
 tattered worn thin,
 beneath the weight of,
 cosmic coloured philosophies.
 Revised, well meaning authors,
 who could not resist,
 to clothe simple common sense wisdom,
 into the satins and silks,
 of new age enlightenment.
 Its \$2 - yellowed price tag,
 looked up beseechingly,
 crying - "Too soon, too soon"
 "to lie here sandwiched forever"
 "between the renaissance of contemporary emptiness"

Oh Adrian Henri, Roger Mc Gough,
 Brian Patten and Lawrence Ferlinghetti,
 Such longing!
 Back in the enchantment of 55,
 You were still writing poetry
 While I was still warm
 from my mother's womb.
 Did I really wait 35 years?
 to realise, that chance I never had
 to know you.
 Never to cast my reflecting eyes upon yours.
 I could tear myself apart,
 in the bitter frustration,
 of your time, that could never be,
 my today.

LISA CROWLEY. (apologies to Lisa
 we only printed part
 of this poem last
 issue) GREMLINS or PHILISTINES?



ANNE HOLDING PUMUCKEL.

FOSTER PARENTING
with a difference!

In response to a plea by National Parks Anne is handrearing a tiny orphaned male Spangled Fruit Bat. After reaching maturity he will be taken, along with other similarly raised bats to try to establish their own colony at Cape Tribulation.
 He was nicknamed 'PUMUCKEL' after a very mischievous character from Anne's childhood days in Germany...she had no hesitation in deciding on this name after the very first day watching his antics.
 Constant feeding was a problem by Anne's employers Paul and Sue Wright were sympathetic and Pumuckel was allowed to go to the Sanctuary with Anne, where she works as a laboratory assistant. In between caring for the pupae and caterpillars Anne was able to take special breaks to bottlefeed Pumuckel...much to the delight of the staff. He then returned to his familiar orange towel wrapping himself around it, then into his own straw bag. This was lovingly hung around 'mum's' neck for the stroll back to his temporary home on Morton Street.



We need your input to 'LISTEN UP'. You guys must LISTEN UP to some sorta music.
 Nothin' came in... so James T. gets a go!!! You caught me out.
 So... So... So... Let's go back to March 1991.
 Oops I cannot do Archie Roach and CHARCOAL LANE so let's have a LISTEN UP to a guy who has been nominated for the ARIA best male vocalist, STEPHEN CUMMINGS.
GOOD HUMOUR... This album is not a joke but you might find a laugh or two if you can catch the twists in 'IF I COULD TELL'. I like the FM sound of 'RIBBONS OF DARKNESS'. **GOOD HUMOUR** could be very HOT if it got the airplay!!
 What is the Cummings sound? YOU like me will have to LISTEN UP to his albums which are **SENSO**, **LOVERTOWN**, **NEW KIND OF BLUE** and **GOOD HUMOUR**.
 Stephen Cummings a talent of the best kind!!!! Maybe one album away from becoming HUGE!!! Here is one guy that is hoping.

K
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P
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MISSING LINK, generously donated their musical talents for the Michelle Munn Dance fundraiser at Koah.

K
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L
E

Santa will be arriving in Koah Fri. 20th evening.



CHRISTMAS GREETINGS TO THE RUSCH FAMILY AND THANKS FOR THE EXCELLENT CATERING IN 1991 AT THE AMPHITHEATRE



JANUARY

The only planet you can see just after sunset in January is the ringed planet Saturn and it will sink lower into the twilight glow each night, finally disappearing from view about January 14th.

STAR WATCH

by Ron Bruce



Jupiter is approaching its largest and brightest appearance, when it will be opposite the Sun and overhead at midnight. By the end of the month it will be at magnitude -2.3 and 43" across. Magnitude denotes degree of brightness. Stars of the first magnitude are the brightest.

Venus is the next planet to appear, shining very brightly at magnitude -4, rising about two and a half hours before the Sun.

Mars is coming out of the dawn this month and has close conjunctions with Mercury, Uranus and Neptune on the 20th, 21st and 28th of January.

On January 3rd Earth is at perihelion (when it is at that point in its orbit nearest the sun) at 147.1 million kilometers from the Sun.

There will be a partial solar eclipse visible to observers in Northern Australia, beginning shortly after sunrise on January 5th

January 19th will see the full moon at perigee (when it is nearest the Earth) at 356,550 kilometers from Earth.

Wishing you pleasant viewing for January.

COMMUNITY CALENDAR
DECEMBER

21st BLUE NURSES XMAS BRING AND BUY CAKE STALL. Raffle. MAIN STREET

31st NEW YEARS EVE at THE AMPHITHEATRE.

JANUARY

15th CONSULTATIVE COMMITTEE MEETS. CWA HALL. 7.30pm

29th PRIMARY SCHOOL RESUMES. HIGH SCHOOLS: CHECK YOUR OWN SCHOOL.

KURANDA VAN PARK
 IN NATURE'S COOL RIVER SETTING.
 Powered sites with panoramic views of the Barron River

- SAFE RIVER SWIMMING
- CAMPERS WELCOME
- CABINS
- GOLD PHONE
- RAINFOREST WALKS

Off Myola Road, Kuranda (2 km. from township)

PHONE (070) 93 7316

CAROLS

COMBINED ANGLICAN AND UNITING CHURCHES
ALL WELCOME
at St Saviour's Anglican Church
6PM 22nd DEC SUNDAY

B.Y.O. SUPPER
at the home of Father Chris Wright after

O.R.I.G.I.N.A.L

Ad sponsored by



BIBLE READING

John 3:21
But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God.



REV. GORDON BURLEY AND WIFE Ainesa Farewelled at Seven Springs Farm.

THANKS GORDON BURLEY!!!
Rev. Gordon Burley of the Uniting Church in Mareeba/Kuranda will be moving to Charters Towers in January. The local congregation thanked him and his wife Ainesa, for their love and care over the last five years at the Family Service held at Seven Springs Farm on 1st. Dec. THE KURANDA MEDIA ASSOCIATION would also like to express their appreciation to Gordon for initiating the public meeting of local community folk in Jan.1991, which set off the process which resulted in the formation of this paper!!
THANKS GORDON..God Bless you in the future

SEVENTH-DAY ADVENTIST CHURCH

Saturday Services
Sabbath School (All Ages) 10 am
Divine Service 11.30 am
Fellowship Lunch after the Service.
Baptismal Service 2.30 pm

ST. CHRISTOPHER'S CATHOLIC CHURCH
Barang Street

Service every
Sunday - 7 am



ANGLICAN CHURCH OF AUSTRALIA
ST SAVIOUR'S KURANDA
INVITES YOU TO
CHRISTMAS WORSHIP
AT THE FOLLOWING TIMES

SUNDAY 22nd DEC 6PM CAROL SERVICE
FOLLOWED BY SUPPER
TUESDAY 24th DEC CHRISTMAS EVE
11:45pm CAROLS AND MIDNIGHT MASS
WEDNESDAY 25th DEC CHRISTMAS EVE
9:30am FAMILY EUCHARIST
WEDNESDAY 1st JAN NEW YEARS DAY
9:30am HOLY EUCHARIST
MONDAY 6th JAN THE EPIPHANY
7pm FAMILY EUCHARIST
FOLLOWED BY BAR-B-QUE

SUNDAY EUCHARIST 9:30am ALL SUNDAYS
NO EVENING PRAYER 5th JAN 1992

ENQUIRIES: FATHER CHRIS WRIGHT 938735



UNITING CHURCH KURANDA

INVITES YOU TO ATTEND:

Services:
Sundays 7.30am. C.W.A.Hall
Christmas service 6.30 am.
Family Service 9.00am.
1st. Sun. /month.
Enquiries to Gordon Burley
Ph. 921175.



KURANDA SCHOOL COMBINED RELIGIOUS EDUCATION CELEBRATION HELD AT THE S.D.A. HALL. LEFT, DANIEL VANKOEVERDEN AND ON THE RIGHT BRYAN MCARDIE, DECORATING THE TREE.



MICHELLE MUNN AND NEPHEW.

TARGET 5000 REACHED
The generosity of the Kuranda community soared past the \$5000 needed by local teacher Michelle Munn for her bone marrow transplant. Heartfelt thanks to all. Surplus funds will go to the Leukemia Foundation. Best wishes Michelle



THE EVENING OF FUN AND DANCE.



KENNEDY HIGHWAY - KURANDA
LICENSED RESTAURANT

ARMY BUCK TOURS
Through the Rainforest

BOOMERANG THROWING ZONE

MERRY CHRISTMAS
ph. 93 7251



SAMUEL POWELL, ALICIA JODNER AND SHELLY HART BRINGING AN INTERNATIONAL MESSAGE FOR CHRISTMAS.

TIM SKYRME
BESPOKE SHOEMAKER



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- As used for white water rafting.
- Fully adjustable.
- COLOURS: Red, black, Blue, green & orange.

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COONDOO ST, KURANDA

KURANDA CHRISTMAS LUNCH



HOT & COLD
BUFFET

\$40.00

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TELEPHONE
937 555

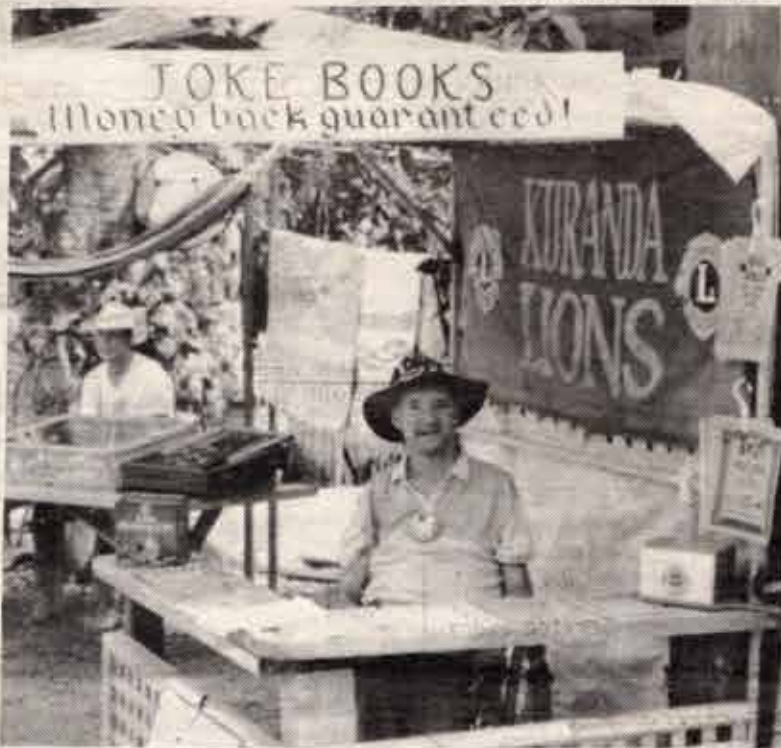
AROUND

THE RIDGES

by June Rees



- 1) The report of results for "A Day Respite Centre" community survey for the Maréeba Shire has now been completed. A printed copy for public perusal is now available in the lobby of the Kuranda Medical Centre with the kind permission of our supportive local doctors.
- 2) Louise Thorpe of Lot 35 Greenhills Rd., Kuranda requested council consent to conduct a home occupation of hairdressing on this property. Consent was granted.
- 3) A review after survey of the communities present use of the Kuranda Refuse Station when depositing additional after normal collection, warranted a change of opening hours. They are as follows:
 Mon, Weds, Fri. - 3pm - 6pm
 Sunday - 2pm - 6pm
- 4) When road works funding was allocated this year to individual divisions of the Shire, Division Three councillors voted by majority to take \$150,000 from Division Four's allocation. This is not just a rumour as suggested by a recent letter to Council from a group of Kuranda residents. The shortfall has caused concern for me whilst establishing a priority list of urgent roadworks to be done. Further I inherited a debt of balance for previous decisions, namely - the completion of the loop of Ganyan Drive, Speewah, that has further eroded my financial capabilities regarding the sealing of more roads. The Division 4 allocation is divided:
 40% Julatten, Mt. Molloy, Biboohra areas
 60% Kuranda area
 As your new Councillor I found myself in the position that a percentage of that debt was owed to Cr. Gray's area, necessitating a fair balance of future works.
- 5) The 1991/92 priority works to be commenced will be a) Green Forest Rd. - estimated cost \$185,700 for 5m seal to culvert (1025m), the balance 4m seal; and b) The widening of the dangerous section of Ganyan Drive from Speewah Rd. to the start of the recently completed loop at an estimated cost of \$15,000. I ask all residents requesting sealed roads to please recognize the financial restraint required.
- 6) Through the efforts of the Speewah Residents Association the council has now proceeded with the purchase of Lot 106 on R.P. 34453, Parish of Cairns at a cost of \$59,000 for the establishment of community facilities.
- 7) Council has forwarded it's copies of submissions for funding under the Community Cultural, Recreation and Sporting Facilities Programme on the following projects in Kuranda:
 a) Sports Reserve - Hunter Park
 b) Resource Centre -
 to the Member for Kennedy, Mr. Rob Hulls to request his support.
- 8) Now is the time for all Submissions to be in to Council by Groups and Associations with plans requesting funding on a \$Dollar for \$Dollar basis and allocations out of the 1992 Budget (1st July).



This is how Col Jeanes introduces himself to visiting Lions at dinner meetings in Kuranda.
 Col came to Kuranda with his wife and three kids in Dec 1980 as an Assistant Railway Station Master. Since then Col has had many different experiences including hang-gliding in 1984, which resulted in an unfortunate accident leaving Col quadraplegic and forced into retirement. He has been a member of Kuranda Lions Club since Jan 1982 and has twisted a few tails (tales) for about eight years. The District Lions gave Col a computer to use and after some letter writing, he found he was sending more jokes than letter. This led Col to compile his now famous little joke-books.
 Col hates to miss a Kuranda Market Day where along with joke-books he has sold many raffle tickets for many different organizations in Kuranda and raised much needed funds to make the town and district a better place in which to live.
 Please don't hesitate to ask Col for a special Christmas deal on joke-books to send to your friends and relatives.

FROM COL

I would like to express my sincere thanks to the folks of Kuranda and tourists alike for your continued generous support to Lions Fund raising and your cheerful greetings when we meet. Special thanks to the Blue Nurses.
 Don't forget to get in early for a Lions Christmas cake from me at the markets or at other outlets in Kuranda.
 I had times a couple of years back where I thought I had a lot of problems and frustrations but I simply changed my mind. It's as easy as that! Now I only see them as challenges and I like a challenge. People ask me, "How are you Col?" and I reply with "Well, there's room for improvement, but I'm working on that!"
 Have a Happy Festive Season and May Your God Be With You.
 I Love You All
 Col Jeanes

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 Phone: 937955



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21st. BIRTHDAY. Jo from the VIDEO SHOP celebrated his 21st. birthday 7 weeks ago - in style - with a giant party and a giant cake made and presented to him by the PIZZA GALLERIA. Hope you have recovered Jo!



THE KURANDA ROADHOUSE



UNBEATABLE

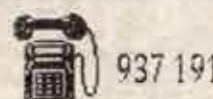
DEALS ON TYRES, BATTERIES AND BULK FUELS

SEASONS GREETINGS TO ALL OUR CUSTOMERS



COMPETITIVE

PRICES ON FINE FAST FOODS AND CONVENIENCE STORE LINES



RACQ

DOUG REPAIRS BOTH LATE MODEL AND ANCIENT VEHICLES



Season's Greetings

IMPORTANT COMMUNITY NOTICE

SIGNIFICANT PROGRESS HAS BEEN MADE (8.12.91) IN DISCUSSIONS BETWEEN MAREEBA SHIRE COUNCIL, MESSRS. COLIN MCDOWALL, WALLY GRAY AND MRS. JUNE REES AND THE KURANDA PONY CLUB IN REGARD TO DEVELOPMENT OF THE KURANDA PONY CLUB GROUNDS AT MANTAKA.

WE INVITE THE COMMUNITY TO NOW BECOME INVOLVED IN THE DEVELOPMENT OF SPORTS AND SOCIAL ACTIVITIES ON THE SCENIC 9 ACRE GROUNDS. These are the only community grounds that will be available in the Myola/Oak Forest area.

A FEW IDEAS ARE... GOLF DRIVING RANGE, TENNIS COURTS, BMX TRACK, BASKETBALL, VOLLEYBALL, ARCHERY, YOUTH SOCIAL CLUB AND CONTINUING PONY CLUB ACTIVITIES. OR ANY OTHER HORSE INTERES

PLANS ARE AFDOT TO CONSTRUCT A CLUBHOUSE WITH KITCHEN, TOILETS AND SHOWERS FOR ALL TO USE. THIS FACILITY COULD BE HIRED OUT FOR FUNDRAISING DANCES, BBQ'S AND CAMPOUTS WITHIN THE COMMUNITY.

MAREEBA SHIRE COUNCIL HAVE INDICATED THAT A LOAN OF \$50,000.00 COULD BE AVAILABLE IF A SIGNIFICANT GROUP OF KURANDA CITIZENS SUPPORT THIS PROPOSAL.

THIS IS A UNIQUE OPPORTUNITY.

- THIS PROJECT HAS:
1. COUNCIL SUPPORT
 2. 9 ACRES OF COMMUNITY OWNED LAND
 3. POWER AND WATER
 4. A ROUGH CLUBHOUSE AND FURNITURE
 5. GOOD FUTURE COUNCIL & STATE GOVT. FINANCE POSSIBILITIES.
 6. FUNDRAISING RAFFLES ALREADY SUPPORTED BY THE COMMUNITY TO \$3,500YR

- THIS PROJECT NEEDS:
1. FORMATION OF SPECIAL INTEREST CLUBS TO USE THESE FACILITIES.
 2. SUPPLY OF LABOUR ONLY TO CONSTRUCT CLUBHOUSE AND TOILETS.

THIS IS A COMMUNITY CHALLENGE.... ITS NEEDS PEOPLE INPUT.

IT IS URGENT THAT WE RECEIVE IMMEDIATE COMMUNITY SUPPORT OTHERWISE COUNCIL WILL NOT SUPPORT THIS PROJECT.

PLEASE PHONE TO REGISTER YOUR SUPPORT.

TELEPHONE NUMBER: 937.297 8AM-8PM KATHY EDWARDS
OR.....938.817 8AM-8PM MAUREEN BIRGAN

Authorised by C.J. Mc Dowall, Mareeba Shire Clerk.



CALL 'N ALL GORDONS

Gordon is so this and that that even a hot-blooded female can be confused.

DO we need rump steak etc. etc. etc.??

WHAT is this guy on about.

It's only Saturday nite at THE AMP. Did you say 'ONLY'? Me think so. Only is a good word because it's about exclusive. AFTER DINNER was in fact a thrust out of THIS AND THAT!!

I loved this thing because these players had 25 days maybe to get this thing together for only (that word again) two nites.

Over the last time frame a lot has gone down. Does THE AMP need to break new ground at this time OR should we go back to our roots - people power, people feel, the people first thing

CALL 'N ALL GORDONS

THEATRE



MARK & ANNIE.



THE MOONLIGHT TRAVELLER by Blair Ostwald

The silent sky, the big bright moon
 The waving trees so all is known
 So close to me the stars like lanterns glow
 They all are free, maybe I can go
 One night a lifetime coming through the dawn
 For in the morning the sun filled with sound
 Opened up the flowers that grew upon the hill
 For the tall brown grass is
 Rolling on the wind out on the plain
 But I'm like the fire that never likes the rain
 Or a breeze that comes and goes and billows its own refrain
 For we are born as a river that slowly winds away
 Never takes the time to look at the past of yesterday
 But come let's travel we can go
 The old midnight train moves so slow
 But we can see the spirits of those blue gum trees
 Or way down so far away in a narrow gorge so dark and so alone
 It's a little gurgling gully
 But a river yes, she's born.

THE MOTH I'VE BECOME by Nick Redmond

He walked with a tilted glance,
 His mind a stainless steel trance,
 A suit as crisp as a water marked bill fresh from the mint.
 A personality as thick as a wad of bills.
 Noisily he chewed the entrepreneurial pill.
 On sterling spats he gleamed.
 The boardroom echoed like a hollow cough.
 His tie complimented the secretary's frock
 He was the upwardly mobile moth.
 Disfigured by greed his eggs smelt like beluga caviar and Moet champagne,
 He sleeps in gowns mader from deutschmark, yen and pound.
 Highly geared one morning he awoke to the banker's croak,
 "You're broke!"



NEIL & MARILYN

DUE TO CIRCUMSTANCES BEYOND ANYONE'S CONTROL DECEMBER'S CONSULTATIVE COMMITTEE MEETING WAS CANCELLED. NEXT MEET IS JANUARY 15TH CWA HALL 7.30pm.



JOSETTE ROBIN BRONWYN
NICK & MANDY.



THIS PAPER IS ABOUT YOU . . . GET INVOLVED WE NEED YOU!!

HAVE YOU GOT SOMETHING - WE NEED IT!!

THAT'S AOUF by SHEP

Irvia And Other Unimportant Facts

THE BIG WETS

With our wet season approaching, you may wish to ponder some of the world's wetter places. Our "wet" in this little corner of Australia is relatively dry compared to some of the world's wettest places.

AVERAGE ANNUAL PRECIPITATION (in/mm) THE RECORDS

WORLD	460(11684)	Mt. Waialeale, Kauai, Hawaii.
ASIA	450(11430)	Cherrapunji, India.
AFRICA	405(10287)	Debundscha, Cameroon.
S.AMERICA	354(8992)	Quibdo, Columbia.
N.AMERICA	262(6655)	Henderson Lake, B.C.
EUROPE	183(4648)	Crkvice, Yugoslavia.
AUSTRALIA	179(4547)	Tully, Queensland.

SOMETIMES IT RAINS ALL THE TIME!

Baha Felix, Chile, has an average of 325 days per year with rain.

SOMETIMES IT ARRIVES BY THE BUCKETFUL!

WORLD RECORD	1 min.	1.23(31.24),	Unionville, Md.
	20 Min.	8.10(205.7),	Curtea-de-Arges, Romania.
	42 Min.	12.00(305),	Holt, Missouri.
	12 Hr.	53(1346),	Belouve, La Reunion.
	24 Hr.	74(1880),	Belouve, La Reunion.
	24 Hr.	39(991),	Dharampuri, India. (flat terrain)
AUSTRALIA	24 Hr.	36(914),	Crohamhurst, Qld.
WORLD	1 Month	366(9296),	Cherrapunji, India.
	1 Year	1042(26467),	Cherrapunji, India.

AND SOMETIMES IT DOESN'T COME AT ALL!

Iquique, Chile recorded no rain for 14 consecutive Years!

Texas farmer, looking at the sky: "I hope it rains. Not so much for me, but for my son-I've seen rain".

MERRY CHRISTMAS

KURANDA AMPHITHEATRE

The last message for this year for all our members and friends. Seasons Greetings!

Our Committee has been working hard and it looks like a reasonable profit for our community venue for this year. Of course to do this the venue has sometimes been a little 'noisy'. Please bear with us, remember the profits go back into fostering the arts and employing Kuranda people to assist with maintenance.

Recently we have applied for a grant to upgrade the stage and performers facilities and our thanks go to our performing arts groups, Qld Arts Council, Kuranda, Dance North, Kindy Association, Kuranda School and Mareeba Shire Council for their support of our application.

You may not know that the Amphitheatre encourages small groups and family functions to use this beautiful venue for the incredibly low rate of \$30 (local theatre groups and Kuranda residents only) for weddings, birthdays and dinner parties. We only ask that hirers treat the venue with the respect and appreciation it deserves.

You can contact the Amphitheatre on 937 511. DON'T FORGET THE NEW YEARS PARTY - 8 TIL LATE SEE IN THE NEW YEAR UNDER THE STARS... MAYBE!!



SPINNING YARNS

By PAM ELGAR

Until the 16th century the spindle was the only means available for producing a twisted yarn. The spindle is still in use in many countries - some areas around the Mediterranean, the East, South America and elsewhere. It is used here in Australia by a few people and some beginners attending a spinning course are given one to try. Not easy for beginners to master, but some people become adept and quick.

Having decided to learn to spin it is perhaps a good idea to borrow a spinning wheel before rushing off and buying your own and then finding it is not your thing. The Ashford traditional wheel is a good wheel to learn on - it originated in New Zealand, along with many other excellent wheels, and is sold throughout the world. It has a larger wheel than most other machines which enables the novice spinner to spin more slowly whilst learning to co-ordinate hands and feet. At first this seems impossible, but after a short time the novice spinner is chatting away and looking around whilst spinning!

Having borrowed a wheel and learnt to spin - preferably taught by someone with a complete knowledge of the subject (sometimes TAPE run courses on all aspects of spinning/weaving) you will then require your own wheel. These can often be bought through friends or by advertising in the paper. If buying second-hand get a friend to check them out for faults and performance. If you wish to travel around with your wheel (such as when attending a group regularly) it might be unwise to buy, say, an Ashford traditional if you do not own a car and have to share or use public transport, or if you have a tiny car with a small luggage boot. In this case the small collapsible type would be ideal or the smaller upright model of which there are many.

Many excellent wheels are sold in Australia, some made here and many are made in New Zealand. Others are one-offs made by crafty woodturners. I list a few: Ashford traditional; Thumbelina; Pipy; Little Peggy; Peacock; Windmill (collapsible); Roberta, electric; Ertoel, electric; plus many more. Wheels can also be bought in kit form and should be assembled very carefully to obtain good performance. Electric spinning wheels are ideal for people with physical problems (apart from spinners wishing to produce more yarn more quickly) as no foot/hand co-ordination is required because it is a hands only operation.

There are many things to learn about spinning. Next month we conclude the series.



SPEEWAH VILLAGE CENTRE

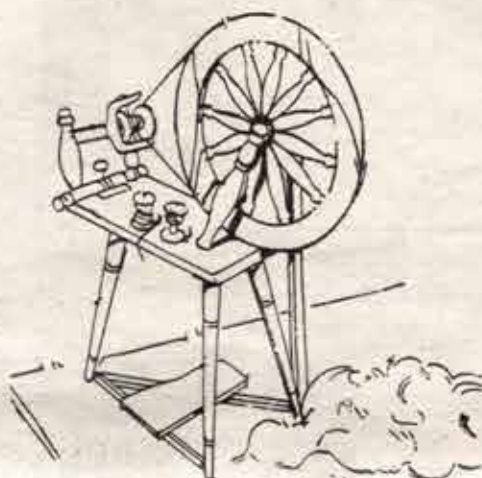
Merry Christmas to all our valued customers from Julie, Barry and staff.

We are closed Christmas Day but open Boxing Day 8am to 8pm.

MERRY CHRISTMAS

from Speewah Village Takeaway Thank You and Best Wishes to all my valued customers OPEN Tues to Sun 11am to 8pm Phone Orders welcome 938 346

CLOSED CHRISTMAS DAY ONLY



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Migloo's MOMENTS

It's Friday, December 6th! During 'THE ROADSHOW' on FM A TRIBUTE TO FREDDIE MERCURY who died late Sunday (24 Nov) of AIDS . . . this fella realised how important the BLACK FELLA L/P AIDS HOW COULD I KNOW' could be if. If. If. This stuff got air play. The message that "AIDS is a Killer" . . . could, should, would have heaps of impact. Check out the tunes 'The Safe Sex Groove', 'Use a Condom', 'Watch Out for the Aids' and 'Aids it's a Killer' . . . This L/P should be in all the schools. Black Fella leads and maybe Migloo can follow.

I NEED HELP! Is there an Islander out there who would like to get involved in the production and presentation of an FM Radio Show. Call Grant 53-5866.

Christmas Sale

FOUR TREASURES POTTERY

PETER THOMPSON

NO.8. KURANDA HEIGHTS ROAD.
937-212.

ORNAMENTAL CERAMICS
AND
RUSTIC TABLE WARES.

NOW OPEN

A Touch of Glass

at the Kuranda Gallery on Coondoo St.

EVERYTHING HANDMADE

- ☆ DECOR MIRRORS ☆
- ☆ SCULPTURED GLASS ☆
- ☆ PLANT ARRANGEMENTS in bush timbers ☆

NEW YEARS EVE GALA NIGHT
at the amphitheatre

SRI LANKAN MEAL
MUSIC BY CLARE AND DE LOONS
CLOSE TO THE BONE
AND MISSING LINK
\$25

LICENSED BAR
BOOKINGS A MUST
937 715 or 937 808
AVOID DISAPPOINTMENT
BOOK NOW!!



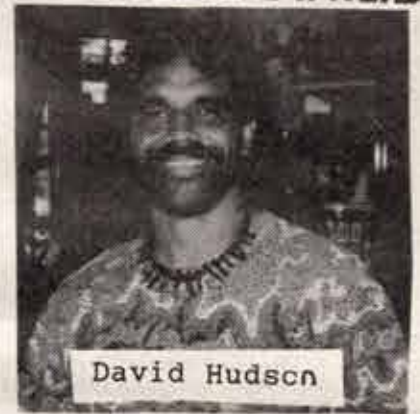
SKETCHES FOR CERAMIC FORMS BY PETER THOMPSON



NEW IMAGES

It's Saturday afternoon, 30 November about 5pm. A stack of people are at the Tjapukai Theatre Restaurant.

Why? Because the graduates of the Aboriginal and Torres Strait Islander Studies Associate Diploma of Art are presenting an exhibition by seven contemporary Aboriginal and Islander artists.



David Hudson

The Art Exhibition is called **NEW IMAGES**. The name is tops. A lot of the work has a traditional feel and look BUT the artists have incorporated contemporary colours, themes and something which is new. I can't say what it is. ("I don't know what it is and I'm sure someone better qualified than me will find a name for it.

Shane Gorry's ceramic tile '**DREAMWALL**' which came from one of Shane's dreams is good value at \$60.00.

QUOTE: 'I had this dream and when I woke up I just cut the lino so I wouldn't forget'.

To me it looks like Shane may have lived a past life in Egypt.

The art form of BATIK has always fascinated me so Barry Bismark's '**THE RISING AND CREATION**' were huge visual experiences for me. What can I say Out of Sight and Into Mind.

Barry comes from a small place north of Alice. (Alice who?)

Acrylic on paper also does heaps for me. The one I liked the most was already sold . . . bad luck . . . '**MATING STINGRAYS**' by a good friend of mine over the last few years Peter Archill.

Lots of images **NEW IMAGES** is a winner which includes many **FUTURE IMAGES**.



Robin Dods & Di Russo



Mareeba Shire Council
PUBLIC LIBRARY
KURANDA

LIBRARY HOURS
CWA HALL
9 am to 11 am
MON, WED,
FRIDAY, SAT.

WHO CAN JOIN THE LIBRARY?
*Ratepayers
*Residents of Mareeba Shire who are on the electoral roll. Proof of residency required.
*Persons not meeting the above requirements may join by paying \$20 per person deposit to Council.
*Persons under 18 must be signed in by parent or guardian.

HOW MANY ITEMS CAN BE BORROWED?
* 5 items per adult, 3 per child.

LOAN PERIOD IS 3 WEEKS.

ITEMS ON LOAN: BOOKS, PAPERBACKS, MAGAZINES & CASSETTES

BROWSERS WELCOME!!!

Emily (Matty) Mdtzen and Carol Jeanes are keen to welcome all browsers to the Kuranda Library.

To find the Library turn right at the Foodstore in Coondoo St and you will see it at the bottom of the hill in the C.W.A. Hall.

JOINING is free, just produce your rates notice or show your name on the electoral role. A visitor can pay a \$20.00 refundable deposit.

About 200 children and 400 Adults belong to the library, borrowing on average 1000 books per month. Cassettes and books on tape are available, as are books on request through the State Library. New books are on display every three months, changed over by the Mareeba Library.

HAPPY BROWSING!!

PHYSIO

JUDY BUSCHKENS
B.APP SC. PHYSIO. M.A.P.A.

The time of the year has arrived when many of us are looking for conscience appeasers following our party excesses. This month, as promised, I will discuss the lower abdominals. Conscientious exercising of these will reward you with a firmer stomach and maybe a freer conscience.

The three muscles which make up the lower abdominals act as a corset. The External obliques and Internal obliques criss-cross the stomach and the Transverse abdominis runs horizontally across the stomach (if your stomach bulges when doing abdominal exercises then this muscle is not working effectively). These muscles are weakened and over-stretched when you stand with your lower back curved too far in. This posture is common in pregnant women and men with a "beer gut" where the extra weight in front pulls the spine forward and rotates the front of the pelvis downwards.

Corset-like these muscles brace the spine when lifting, pushing and twisting and therefore are essential in maintaining a pain free back.

The lower abdominals also stabilize the pelvis when the legs are working (for example in walking). It is interesting that when the lower abdominals are weak painful backs can be aggravated by walking because too much movement of the pelvis causes too much rotational drag on the spine.

To exercise the lower abdominals most effectively it is therefore important to concentrate on their bracing function.

Lie on your back with knees bent up. Place your finger tips on your stomach just beside the pelvic bone. To brace the lower abdominals say "S" loudly and you will feel the muscles tighten under your fingers. With practice you will be able to tighten the muscles without saying "S". Now brace again and without letting go lift one knee then return it.

This exercise can be progressed by:

- 1) Straightening the lifted knee parallel to the ground and returning without touching the ground and
- 2) Keeping the second knee lifted while repeating the above move with the first leg.

The emphasis in these exercises is control and you should not progress until you can do ten moves of each leg, keeping spine and pelvis still, the stomach braced and pulled in and breathing comfortably.

To obtain benefit from these exercises remember to brace your stomach when walking, lifting, pushing etc.

Happy bracing and best wishes for Christmas and the New Year.

**KURANDA
PHYSIOTHERAPY**
Judy Buschkens
B.app.Sc.Physio MAPA

14 Coondoo St.
Mon, Wed, Fri
9-2pm, 4-6pm

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93 8742 AH

AEROBICALLY SPEAKING
By Jill Melody

Hopefully we all understand now, that if we want to exercise to lose weight the exercise must be Aerobic to burn excess fat for fuel. The simplest test, to ensure that your exercise is, indeed, Aerobic is the 'talk-test' - being able to speak a sentence or sing without becoming breathless. But, if you're actually able to sing an entire song without taking a breath then it's time to increase the intensity of your exercise! It means that you're not exercising your heart and body to what is called your training zone or "target heart rate" (THR).

So, what is your target heart rate? It's the rate at which your heart is beating to get the optimum aerobic effect. There's quite an easy formula to use to figure out at what intensity any healthy individual should be exercising at. This formula is: 220 minus your age times 60% - 80%. If you are just beginning an exercise program, exercising at 60% of your THR is quite sufficient. So, let's say you're thirty years old. Your maximum heart rate is 190 beats per minute (220-30). You then multiply that times 6 and that will tell you that you want your heart to beat at, at least, 114 beats per minute (BPM) to be working Aerobically. If you multiply times 8 that indicates the higher end of your THR zone being 152 BPM. When you exercise harder than that you begin to work Anaerobically and can expect to fatigue quickly and not burn stored fat.

You can take your pulse at either your wrist, just below your thumb (radial pulse) or on the side of your neck, below the earlobe and under the angle of the jaw (carotid pulse). Be sure not to press on your neck too hard when using the carotid pulse. Also don't use your thumb to press with as it has a pulse of its own! It's important to keep moving while taking your pulse when you've been exercising. Suddenly stopping, completely, can cause the blood to pool in



WHERE ARE YOU GOING STRETCH??

BE FIRM ON FITNESS
Classes to suit individual fitness levels
AMPHITHEATRE AEROBICS
Tues & Fri - 9am
Wed - 5.30pm (ideal beginners)
AQUA AEROBICS
Mon & Thurs - 9am Bottom Pub Pool
STRETCH, STRENGTHEN, TONE & RELAX
Wed 6.30pm Amphitheatre **\$4 per class**
JILL MELODY
Qualified A.F.A.A. 937671



CHEKYL FRANCIS WITH GUEST
BRUCE VAN DER WEYDE



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HAIR
FASHIONS**
(Formerly Di's
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Tue. to Sat. 93 7259
31 Warril Dr., Kuranda.



RAY GAVIN & TOM.



THE BLUE NURSES CHRISTMAS MORNING TEA.



Ada (Blondie) Donahue
June Sycamore.

your extremities. So even just keeping those legs moving, walking on the spot is sufficient. Count your pulse for ten seconds then multiply it by 6 to determine your heart rate in BPM. It takes a little practice to take your pulse correctly. It's a good idea to take your pulse when you're not actually exercising in order to become more sensitive to the feel of the pulse. The more quickly you're able to do a pulse check the more accurate it will be because the heart rate begins to drop immediately after exercise ceases, especially as fitness level increases.

In the next edition I will discuss how often and how long one needs to work out Aerobically for the best cardiovascular benefits. Also, how you can check yourself for fitness improvement in only two or three weeks.

Until then, this new year do something for yourself. A healthy body will increase your self esteem, give you new energy and ability to engage in new activities, improve your appearance and may provide you with an excuse for your occasional decadent indulgence!

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"Too many to choose from!" Mary J. Robinson, School Librarian, Boodli.

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KURANDA PHARMACY

CHRISTMAS GREETINGS

NEIL MAHER
COONDoo STREET, KURANDA
PHONE 93 7480
Urgent Prescriptions After Hours
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1 Hr. PHOTOS



KURANDA HORSE & PONY CLUB

Post Office Box 368, Kuranda, Qld. 4872.
Enquiries please phone: Mrs. K. Edwards, secretary 937.297
Mrs. M. Birgan, Ass. sec. 938.817

For this month's Pony Club News, please refer to
COMMUNITY NOTICE, Myola Sports & Social Club.

MERRY CHRISTMAS AND A HAPPY NEW YEAR TO ALL OUR FRIENDS
AND THE GENEROUS SUPPORTERS OF THE KURANDA TOP PUB FRIDAY
NIGHT RAFFLES..... *Lois Mo & Val*



KINDY CHRISTMAS PARTY AT THE BARRON RIVER.
LORRAINE AUCKERMAN, TEACHER AND JOCELYN
SAGGERS WITH THE CHILDREN.



KURANDA STATE SCHOOL

We wish to thank the Kuranda School Community for its generous support during 1991.

*We acquired two Apple 11E computers through Coles docketts.

*Our recycling profit is an average \$60.00 per month. We would like to improve on this and would seek further donations for recycling from you all.

Glass bottles, aluminium cans and car batteries can be brought to the recycling centre located next door to the pre-school and across from the state school.

We wish everyone a safe and Merry Christmas.

School re-commences on Tuesday, 28 January.



SMITHFIELD STATE HIGH SCHOOL NEWS

Smithfield P.&C. staff and students thank all those who supported the school during the past year.

- Australian Butterfly Farm
- Kuranda Newsagent
- Kuranda Rainforest Resort
- Kuranda Trading Post
- Tropical Pulse

Merry Christmas!

Special thanks to Hobbiers Bus Service who make it possible for all students to attend night events in Mareeba and Cairns for nominal bus fares.



WHAT ARE YOU LOOKING AT DENTISE?

QUEENSLAND SCHOOL HOLIDAYS 1991-1993

Vacation period	1991	1992	1993
School re-commences	29 Jan	28 Jan	1 Feb
Easter Vacation	29 Mar-7 Apr	17-26 Apr	9-18 Apr
Winter Vacation	15-30 Jun	20 Jun-5 Jul	19 Jun-4 Jul
Spring Vacation	14-29 Sep	19 Sep-4 Oct	18 Sep-3 Oct
Summer Vacation	14 Dec-27 Jan	19 Dec-31 Jan	18 Dec-30 Jan

QUEENSLAND PUBLIC HOLIDAYS 1991-1993

Holiday	1991	1992	1993
New Year's Day	Tue, 1 Jan	Wed, 1 Jan	Fri, 1 Jan
Australia Day	Mon, 28 Jan	Mon, 27 Jan	Tue, 26 Jan
Good Friday	Fri, 29 Mar	Fri, 17 Apr	Fri, 9 Apr
Easter Saturday	Sat, 30 Mar	Sat, 18 Apr	Sat, 10 Apr
Easter Monday	Mon, 1 Apr	Mon, 20 Apr	Mon, 12 Apr
ANZAC Day	Thu, 25 Apr	Sat, 25 Apr	Mon, 26 Apr
Labour Day	Mon, 6 May	Mon, 4 May	Mon, 3 May
Queen's Birthday	Mon, 10 Jun	Mon, 8 Jun	Mon, 14 Jun
Christmas Day	Wed, 25 Dec	Fri, 25 Dec	Sat, 25 Dec
Boxing Day	Thu, 26 Dec	Sat, 26 Dec	Mon, 27 Dec



THE HUNS AT THE KINDY FASHION SHOW

BROWNS GENERAL STORE

GROVE CREEK
(FORMERLY GEORGE'S CASH STORE)

STEPHEN AND KAREN BROWN
OFFER

FREE DELIVERY STOCKFEED

TUESDAY AFTERNOON
MYOLA, KURANDA, FREEDOM COUNTY
FRIDAY
KOAH, ETC
ORDERS IN BY 12 NOON PLEASE

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ALSO COME AND CHECK OUR
GROCERIES



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Always Fresh Meat

COONDOO STREET
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Christmas Greetings

PICTURE FRAMING

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J. N. Whytlaw
Proprietors



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Phone (070) 937638

HOUSE CLEANING

Visitors arriving and no time to clean the house?

Don't have time to do the housework after a busy week at work?

You need the **Royal Loyal Cleaning Service**
Bronwen 93 7168

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FRESH FRUITS & VEGETABLES
DELI LINES
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THERWINE STREET
93 7387

CHRISTMAS GIFT IDEAS

Your LOCAL CRAFTSHOP next to the Butcher

- *COFFEETABLES
 - *THINGS IN WOOD
 - *GLASS CHIMES etc
 - *JAMS
 - *HAND PAINTED CLOTHING
 - *JEWELLERY and more
- OPEN 9.30 am to 4 pm EVERY DAY



0097 84 80

KURANDA & DISTRICT TELEPHONE DIRECTORY

5 MINUTE ACTIVITY FOR YOU TO DO WITH YOUR CHILDREN.



Have fun with your children. Enjoy them while you can and remember to TAKE FIVE!!

BABY!!
Baby can cover a wire coat hanger with you, using coloured paper and tinsel. Change the shape of the hanger for the older children (a star?) and add ribbon, dried leaves, cones and gum nuts for a spectacular wreath. Spray paint or leave natural.

PRE-SCHOOLERS!!
They love collage and construction - Egg Carton Christmas Bells are fun. Glue, glitter, splitpin & ribbon or wool are all you need. The splitpin is used to attach ribbon after making a hole in the egg carton top - a little tricky, so that's where you help.

OLDER CHILDREN!!
You can make a wreath of pine cones on a round wire base by setting small cones side by side with their 'petals' pushed over the wire. Using glue to hold will make it stronger. Finish the wreath with a ribbon bow or gum nuts, or spray paint; gold, silver, green or red.

PRIMARY SCHOOLERS!!
A paper Christmas Star, painted and decorated with glitter. 1. Fold paper as in a paper plane. 2. Fold ends in to look like a kite. 3. Make a number of them, then join at the back with tape or glue. 4. Decorate! Make one for each door and window..



EMMA BUSCHKENS PLAYING IT COOL AT SEVEN SPRINGS

GIFTS FROM KURANDA

Shop 11/5 Coondoo Street
Phone or Fax 937127

SELECT YOUR XMAS GIFTS

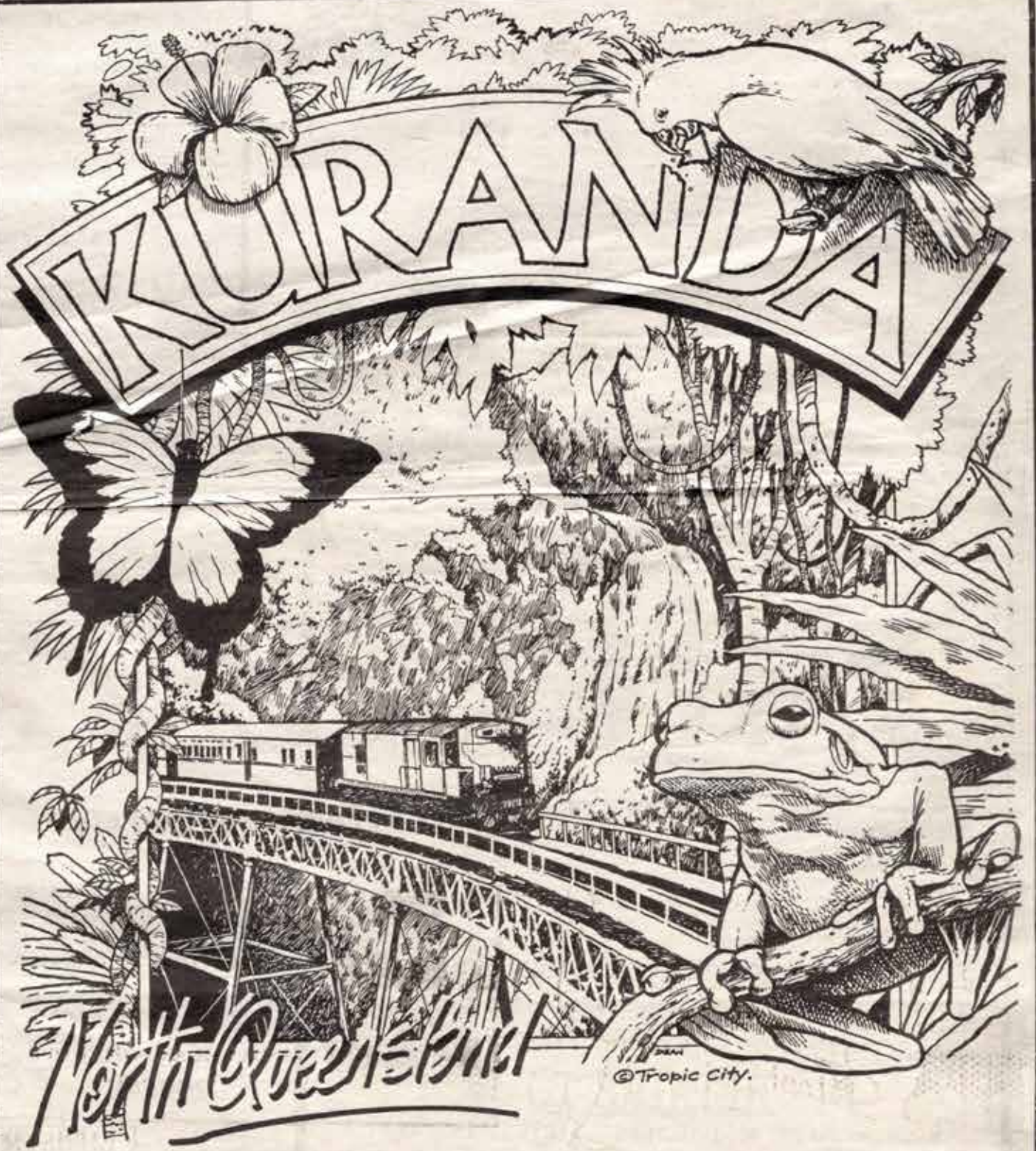
- Toys
- Belts
- Souvenirs
- Ladies Hats
- Leather Bags & Purses
- Bush Jewellery
- Australian Wild Flowers
- Local Hand Craft

A Discount is offered to Locals

KURANDA CHRISTMAS COLOURING COMPETITION

Kids, get out your pens and pencils and put some colour into this beautiful Kuranda scene. Created by Dean Raybould of Tropic City Designs, it is also available on T-shirts at Friedel's stall at the Honey House Markets. There will be prizes in Senior (9 to 12 years) and Junior (up to 8 years) sections. Age as at December 31st, 1991. Prizes have been donated by Tropic City Designs, Kuranda Noctarium, Rainforestation, Village Coffee Shop and your own Kuranda Paper. They include T-shirts, free passes and ice cream vouchers. Special thanks to Irene Coiefax for organising the competition.

ENTRIES CLOSE: January 15th. Please lodge them at the Post Office - a special box will be made available. Thanks Helen and Coral. All entries will be displayed. Winners will be notified by mail and published in the January edition of The Kuranda Paper. The judges decision is final and no correspondence will be entered into. All entries to be accompanied by a completed entry form as printed below. **GOOD LUCK!**



NAME

AGE
[as at 31st December 1991]

ADDRESS

PHONE

Tropic City Designs
55 3295
TEVERGREEN STREET
CLYTON BEACH, CAIRNS 4874
T-Shirt Specialists

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BIRTHS.

Honda CR80 excellent condition.
Helmet, goggles and spares.
Phone 937955

To Sharon and Dr. Ian.
A welcome daughter.
Inez, playmate for
Tarquin.



PIANO TUITION 1992.
Ruth Beasley A.Mus.A.,
A.T.C.L. Limited vac-
ancies. Ph. 930303...

AEROBIC RECOVERY CLASSES.
Fri. - Dec. 27th. 9.00 Amph.
Thurs. Jan. 2 9.00am Pub Pool
BE THERE OR BE ROUND!!

"AEROBICS" X-mas schedule.
All classes as usual except
24/12, 25/12, 26/12, 1/1.

Graphics? Call Shep 937286.

Signs? Call Shep 937286.

DONATIONS
G.E. Millar
Chris Wright
B. Prettejohn
B. Wilson
THANK
YOU

WHITECAR BUS SCHEDULE AND FARES:

Single Adult	\$5.00	Return	\$10.00
Single Child	\$2.50	Return	\$ 5.00
Pre-Primary	Free		

CAIRNS TO KURANDA

Mon/Fri	9:30am	2:00pm	3:15pm	5:30pm	7:45am	10:20am	2pm	4:20pm
Sat	12:20pm	1:00pm			7:45am	10:20am		
Sun	9:30am	1:00pm				10:20am	2pm	
Pub Hol.	9:30am	1:00pm				10:20am	2pm	

KURANDA TO CAIRNS

Mon/Fri	9:30am	2:00pm	3:15pm	5:30pm	7:45am	10:20am	2pm	4:20pm
Sat	12:20pm	1:00pm			7:45am	10:20am		
Sun	9:30am	1:00pm				10:20am	2pm	
Pub Hol.	9:30am	1:00pm				10:20am	2pm	

Bus departs from The Trading Post, Coondoo St., Kuranda
and Tropical Paradise Travel, 25 Spence St., Cairns
Subject to change without notice - ring 51-9533 to confirm

HOBLER'S BUS SERVICE:

(KURANDA - KOWROWA)
MONDAY - FRIDAY

	DEPART		ARRIVE
Kuranda	9:30am	Top Kowrova	9:45am
Top Kowrova	9:50am	Kuranda	10:10am
Kuranda	2:30pm	Top Kowrova	2:45pm
Top Kowrova	2:50pm	Kuranda	3:10pm
Kuranda	4:30pm	Top Kowrova	4:45pm
Top Kowrova	4:50pm	Kuranda	5:05pm



FOODSTORE

THIS WEEKS SPECIALS.

23/12 30/12

Coca Cola Drink Range 1lt. (hot)	\$1.35
Sun-coast FJD Asst 2lt.	\$1.55
Frozen chicken no 17	\$4.49
Peters ice-cream asst. 2lt.	\$2.65
Xmas Hams	
Full Hams	\$6.99/kg
Half Hams	\$7.70/kg

Thank you for your patronage
and support over the past year
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Happy and Prosperous 199 .

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Peter and Allison wish everyone a
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