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THE KURANDA PAPER

June 2021

Issue 332

FREE INDEPENDENT MONTHLY COMMUNITY NEWSPAPER SINCE 1991

WWW.KURANDAPAPER.COM

ARTS, CULTURE AND HERITAGE PROJECTS ACROSS THE SHIRE RECEIVE FUNDING SUPPORT

From public murals to workshops and cultural tourism projects, the latest round of the Regional Arts Development Fund (RADF) will support several initiatives, aimed to enhance arts and culture, across the Mareeba Shire.

Council recently endorsed funding of twelve creative projects through the RADF Program, which is a partnership between the Queensland Government and local councils to support local arts and culture in regional Queensland.

The projects represent a geographic spread of groups and individuals including those from Kuranda, Speewah, Mareeba, Mt Molloy, Mt Mulligan, Julatten and Chillagoe.

Kuranda district projects include:

Kuranda Media Association: The Kuranda Paper Digital Archive Project. Celebrating 30 years of uninterrupted publication in July, The Kuranda Paper provides a unique and significant record of local history.

To preserve this history and enhance accessibility, the Association is converting all past editions to digital format to preserve them, and make them freely available online. The RADF funding will contribute towards the costs of professional formatting, while the scanning of over a hundred copies, currently only in hard copy format, is being done by KMA volunteers.

Brioni McGrath: Save this Bumblebee from Disrepair. Performing artist, Brioni McGrath (aka Bugzy Bumblebee), is re-establishing her professional career after recently moving to Kuranda. To help gain professional recognition and local reputation, the artist requires a new costume that is integral to her act. The artist performs at local events which will also help to develop her career opportunities. Brioni was instrumental in organising and supervising childrens' activities at the recent Kuranda Rocks Easter event.

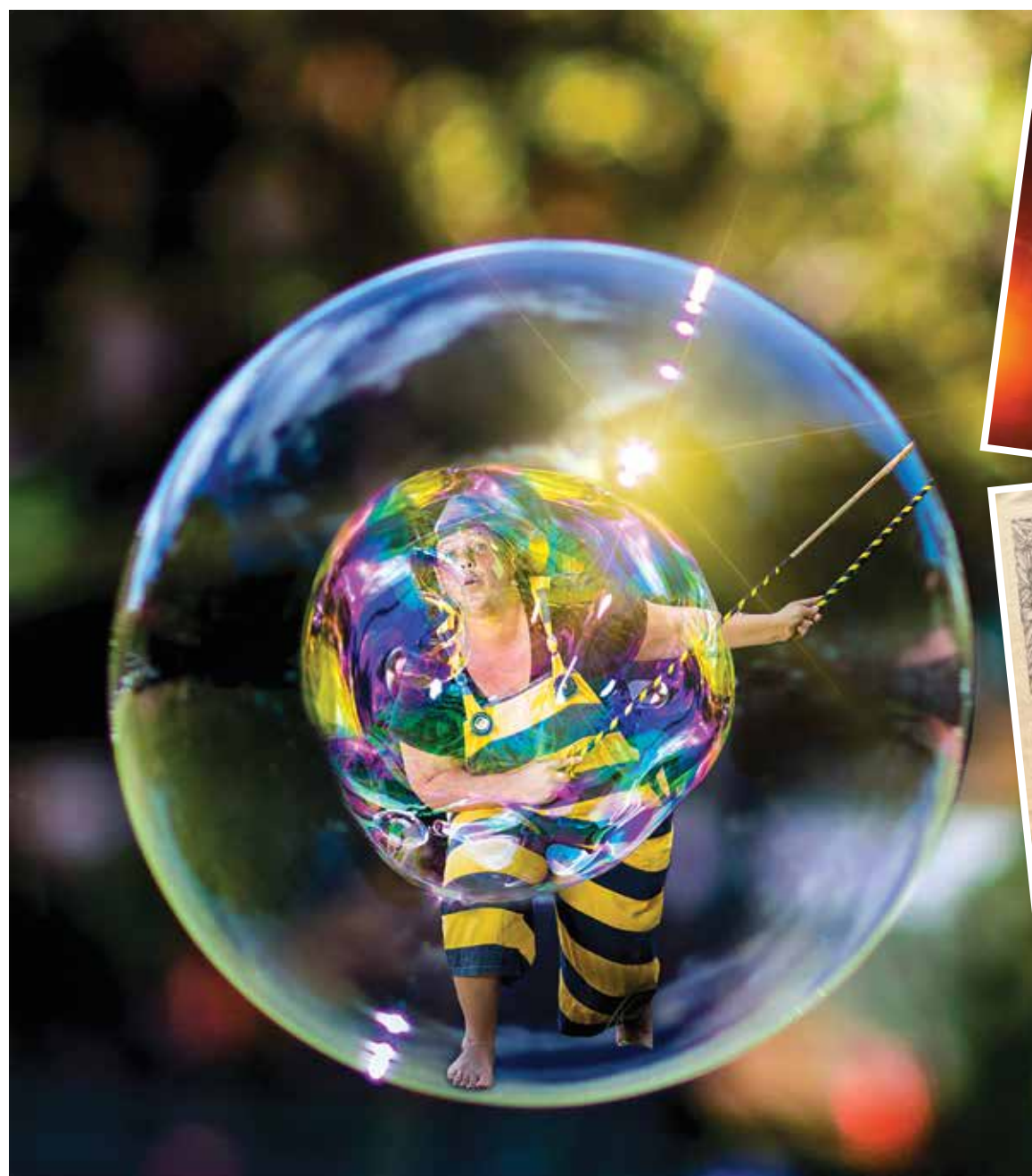
Maggie Slater Music: Promotional Single Release.

Maggie Slater is a young, Kuranda-based, singer-songwriter and is preparing to release her new EP album *Sophomore*. This project includes the development of artwork, mastering and promotional campaigns and tour for the single and EP.

Speewah Residents Association: Roscommon Wall Mural.

The Speewah District Residents Association will engage local artist, Anne Fitzpatrick, to create a new mural inspired by the Speewah Valley in Roscommon Park. The current mural on the tennis court blockwall is in poor condition. The new mural will reinforce community pride through its aesthetic appeal and enhance a sense of place. See more on page 14.

For more on the RADF projects elsewhere in the shire, see page 6.



Clockwise from left:

Successful RADF Grant applicant Bugzy Bumblebee. Photo: Greg Hillman – TRACQS Kuranda Photography. Assistant Damian Banson

Maggie Slater. Photo supplied.

The very first edition of the Kuranda Community News which became The Kuranda Paper after six editions. This edition and more available online at www.kurandapaper.com

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Conditions apply. All articles submitted will be printed at the discretion of the Management Committee and Production Team and may be subject to editorial changes.

The Management Committee of The Kuranda Media Association Inc. (KMA) does not accept responsibility for financial, health or other claims published in *The Kuranda Paper*. Factual errors in material submitted are the responsibility of the contributor. All submissions received, including photographs, are deemed to be authorised for publication by the contributor.

The Kuranda Media Association Inc. is a not-for-profit voluntary association est.1991. Advertising revenue from *The Kuranda Paper* enables us to provide this community resource, which supports local community groups and projects. Our stated objectives are to provide a means of open communication in order to foster the spirit of community involvement and reflect the aspirations of the residents of the Kuranda area.

Note: Views expressed in *The Kuranda Paper*, including letters, do not necessarily reflect the views held by the KMA Management Committee.

KMA Management Committee 2021

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Vice President: Nettie O'Connell

Secretary: Trish Green

Treasurer: Gayle Hannah

Member's Representative: Toni Rogers

Paper Production this edition: Nettie O Design (layout and design), Gayle Hannah, Toni Rogers and Garth Owen (proofreading). Thanks to all our volunteers including our paper folders. Thanks to all contributors, advertisers and distributors.

DEADLINES

July Edition 333/2021

All copy and advertisements due by 10am

Thursday 24 June 2021

Paper published

Thursday 1 July 2021

Management is not responsible for any copy missing deadline.

Advertisement sizes and rates

[width x height in mm]

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

Advertisers

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

Acceptable formats: PDF, EPS, JPG or TIFF.

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

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

LETTERS



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

We welcome your letters via email or post



Kuranda Visitor Information Centre volunteers enjoyed a morning breakfast at Café Mandala, on Coondoo Street, to celebrate National Volunteers Week (17–23 May). Photo: Kuranda Visitor Information Centre

VOLUNTEERS CRUCIAL TO COMMUNITY ... AND ECONOMY!

Volunteering is remarkable. If you are a job seeker, you might know that volunteering can improve your chances of getting a paid job, help you learn new skills and expand your professional network. But with more than 6 million Australians volunteering each year (at last count) the value of volunteering to the Australian economy is also huge, and growing fast; so fast that it now contributes more to the Australian economy than mining, agriculture, defence and retail industries put together.

Recent research by Dr Lisel O'Dwyer from Flinders University has calculated that volunteering contributes a whopping \$290 billion to the Australian economy each year – almost 50 per cent more than the \$200 billion estimated in 2019. For comparison, mining contributed \$121 billion to the GDP at last estimate—and that figure has actually decreased by 1.4% in the last year—unlike volunteering, which just keeps growing.

Dr O'Dwyer's original report released in 2012 estimated the economic value of volunteering around the \$200 billion mark. The new report takes into account the growth of volunteering, but also new measurements like lives saved by volunteers and the emotional benefits of volunteering.

“There's a standard figure for what a life is worth and we can estimate how many lives volunteers such as firefighters or surf lifesavers generally save per year,” Dr O'Dwyer said.

“There are also lives which have been indirectly saved through volunteers, such as a Meals on Wheels volunteer finding an elderly customer unconscious at home, and the updated figures now take this into account.”

The research is innovative in what it measures, such as the economic impact of the emotional benefits of volunteering.

“Emotions are not usually accounted for in economic impact statements but people already spend money on emotions; we spend money on things like books and entertainment to experience positive emotions and we pay for counselling to avoid negative emotions, so why not put a dollar value on what we can experience in other areas of life?”

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

Why measuring volunteering in dollars makes sense

While it is unlikely anyone volunteers based on the economic contribution their service is making, Dr O'Dwyer believes that understanding the monetary value of volunteering is essential for demonstrating to government the huge contribution that volunteers make to Australian society.

“Many organisations using volunteers are battling on shoestring budgets while giving so much to the community, yet without evidence to show the value of their work it's difficult for them to secure for government support. If something can be expressed in monetary terms it gets more attention, and attention and financial support are really what the volunteer sector needs.” she says.

So, if you're one of the 6.1 million Australians who volunteer you can feel even better about your contribution. Not only are you making the world a better place, keeping your community resourceful and resilient, you are having a big impact on our economy too! And probably contributing to your own well-being at the same time — the physical, emotional and mental health benefits of volunteering are well documented.

Source: www.ethicaljobs.com.au



Cover Masthead

Our masthead this month is from a photograph, “Djiliburay (Green Ant) Nest” by the multi-talented Michael Quinn. A linguist, poet, musician, story-teller and educator, Michael also co-conducts (with Dennis Hunter) “ngirrma”, local language, classes Wednesday evening, AND makes possible our monthly Ngirrma Word Search (see page 28).

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

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

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

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

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

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

TOLGA: The Humpty

ATHERTON: Atherton IGA (Silo Shopping Centre)

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

CAIRNS: Cairns Library



Kuranda Kindy has had a great start to the year and as usual it has been very busy. Ms Sue and Ms Wasana are incorporating more nature play this term into our Kindy program with a focus on "Caring for Country". Our yarnning circle is used each day and we are looking to give the area a makeover. Plans include incorporating bush tucker plants and redoing the sensory garden with plants that have textures and smells. We were excited to start the year with a new beautiful dry creek bed and hand water pump for water play, complete with a little wooden bridge to take you over the creek to the fairy garden, where imaginations run free.

Our nature play program will also include visits around Kuranda through our "Walk-about Wednesday" initiative. The first excursion was to the community precinct next to the library, where children hunted for different coloured leaves and flowers and took a moment to intentionally listen to the sounds around them and look up at the trees and clouds. We welcome families and community members to participate in this exciting program, and if you see the kids while on their excursion, make sure to stop and say hello or give them a wave!

In March, we had visits from Ms Jax and Ms Natalie from the Kuranda Conservation Community Nursery to talk to the children about cassowaries, their habitat and how they can do things to help cassowaries—like not feeding them and planting cassowary food trees. Everyone enjoyed the visit so much Jax has kindly offered to return and help plant some bush tucker plants at Kindy.

Mayor Angela Toppin paid us a visit in April, where she got to meet the educators and children. The children enjoyed showing her around the nature play areas and fairy garden as well as all the things they have been learning and creating inside. We are looking forward to Mayor Toppin returning later in the year to read the children a story.

Our monthly visits to the library have started again (as you may have heard if you are ever there at the same time!). After a short walk across the field, the children read a story with one of the lovely librarians, sing some songs and do a craft activity. They are back in time for lunch and a well-deserved rest!

In May, nails were painted, necklaces made, and playdough cupcakes decorated at a special Mothers' Day Morning Tea held by each group. The children donned their chef hats and aprons to wait on their mums, grandmas and aunties at the Kindy Café, serving them a yummy morning tea. A huge thank you to TRACQS for baking and donating delicious scones and pikelets for our events!

We also elected our new management committee in March: Brioni McGrath (President), Tala Cull (Vice President), Emma Evans (Treasurer), Pamela Grossen and Kim Beard (Secretary Team). The general committee meets once a month on a Tuesday afternoon where families and community representatives are encouraged to join in and have their say. The next meeting is 3pm Tuesday 15 June at the Kindy.



Kindy Open Day 2021 – 19 June 2021

Families of three and four-year-olds are invited to Kuranda Community Kindy's Open Day where we celebrate community and learning for all children. We will have a fun filled morning with messy play on **Saturday 19 June, 10am–12pm** – bring the whole family!

This is your opportunity to visit us and:

- Meet our caring, professional educators
- See how we nurture play and extend children's curiosity and imagination
- Explore our natural, outdoor play areas

If you can't make it, drop in or call us 4093 8087 to arrange a time to come in for a chat and pick up an enrolment pack.



Top left: Children playing with our new creek bed and pump.
Top right: Ms Sue Dundas, Brioni McGrath (President), Mayor Angela Toppin.
Above: Ms Wasana Weeraratne Green, Mayor Angela Toppin, Ms Bobbie Cartwright"

Kindy Messy Play Open Day!

Saturday 19th June 2021
10am - 12pm

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Above: Quikcorp Innovation Platform. Photo: Baz Child

SMOKE SIGNALS

The Northern Rural Fire Service Qld Volunteer Summit took place on 13–16 May. Around 120 brigade members—including from Kuranda, Speewah, Koah and Davies Creek, and RFSQ staff, Rural Fire Brigade Association Qld Representatives, Deputy Commissioner Mike Wassing, Commissioner Greg Leach—plus suppliers and supporters of brigades attended.

Seminars included Indigenous Collaboration, Mental Health Awareness, Data Capture with the new Mapping Tablets co-funded by RFBAQ and RFSQ, Aerial Firefighting and Drones.

Also, on display was the RFBAQ/Quikcorp Innovation Platform. As firefighters, we choose to undertake activities that are dangerous, and this Platform was created to ensure that more of us go home and fewer of us develop ongoing illnesses. The Platform is the catalyst for a conversation that will happen across Queensland over the next several months. Brigade members who went over the Platform at the summit were incredibly happy with what the RFBAQ are trying to do to increase crew safety. Big interest in the Over-cab Deflection System, Sentinel 300 cabin air scrubber, foam spray over cab and external fire curtains, FLIR camera on bull bar that identifies people and animals in the smoke.

Want to see the Innovation Platform while it is still in Far North Queensland? Go to the Rotary FNQ Field Days in Mareeba on 26–28 May.

Baz Child



Above: Attendees at the Northern Rural Fire Service Qld Volunteer Summit. Photo: Baz Child



Buluwai Rangers fire training
Photo: Buluwai Digital Library

Buluwai Rangers recently completed their Fire Management Certification with Friendly Fire Ecological Consultants (FFEC) in the Looking after Country Grant (LACG) program. Training alongside Tableland Yidinji and Olkola ranger teams, they developed skills in fire application, planned burning procedures and fire management. They will be conducting cultural burns on country with Queensland Parks and Wildlife Service (QPWS) over the coming weeks.

In addition to the burning schedule, the ranger crew are focusing on maintenance activities, recording cultural sites and planning revegetation areas.

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

Meetings

10am–12pm, Saturdays @ Kuranda Amphitheatre

2021 Dates:

12 Jun, 10 Jul, 14 Aug, 11 Sep, 9 Oct, 13 Nov, 11 Dec



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Other RADF projects funded across the Shire are:

Mareeba Community Centre: Community on Canvas.

Targeting people of diverse backgrounds, through supported attendance, a series of six art workshops will be facilitated by local artists to enhance well-being and community connection. Participants will create unique pieces of art which reflect the importance of community and connectedness. The resulting artworks will be displayed at the 2021 Rotary Field Days.

Mareeba State School: Mareeba Rolling Mural.

This mural will showcase all aspects of the school activities including sporting, STEM, cultural, academic and social representations and demonstrate inclusivity to foster pride in both the Mareeba State School and the wider community. The local artist will draw inspiration from suggestions provided by students and the wider community to design and create the mural which will be displayed on a highly visible school fence.

Mareeba Heritage Centre: Place-Making: Brought to you by Art.

Aiming to enhance the visitor experience and encourage visitors to explore the natural attractions of the Shire, the Mareeba Heritage Centre will engage the local artist to paint a unique mural inspired by Emerald Creek Falls. The mural will be located on an exterior wall on the back deck of the Centre within the Mareeba Heritage Coffee House.

Mareeba Art Society: Art on the Barron.

Art on the Barron is a five-day art workshop to be led by professional Queensland artists in four visual art specialties. The workshops will provide high-quality arts skill development opportunities and culminate in an exhibition of participants' artwork.

Centre for Australasian Theatre: Creative Recovery Post COVID.

The objective of this project is to re-ignite the local performing arts and creative community through performance and creative workshops at Geraghty Park and Mt Molloy Halls. The workshops will be held over a maximum six-week period and cater for up to 50 participants.

Mt Molloy Boiler Block Benefit Committee: Tourism Signage and Site Improvement.

This project aims to improve accessibility and understanding of the undeveloped JM Johnston Sawmill site, Mt Molloy, which includes an old brick boiler, a Walker steam winch and a large Marshall engine. The signage will inform the steady stream of visitors and tourists about the role that sawmilling played in the history of the region.

Bungaru Aboriginal Corporation: Igniting Art.

Bungaru Aboriginal Corporation aims to develop the Chillagoe art industry and cultural tourism initiatives to enhance culture, well-being and economic development. Community members will participate in workshops to develop art skills and learn other traditional techniques. They will collaborate to create a turtle artwork/sculpture to be displayed in the Chillagoe Hub.

TTG Tourism Consulting (That Tourism Guy): Mt Mulligan Adventure Trail.

Phase one of this project will focus on the creation of video and photography content for the Mt Mulligan Adventure Drive tourism campaign that will be made available for use by Council and local tourism industry stakeholders. Content will focus on bringing to life the history, culture and stories from historically significant towns in the area.

The Regional Arts Development Fund is a great source of (sometimes crucial) financial support for artists and community organisations. Co-funded by the Queensland Government and local councils, at least one round of funding applications open each year. Contact Council for more information and to go on the list to be notified when rounds open up. Applicants contribute 37% of the total budget for a project, either in cash or kind (e.g. volunteer hours). Eligible fields include arts, culture and heritage and cultural tourism. The Kuranda Media Association would like to thank Mareeba Shire Council, MSC RADF Committee and the Queensland Government for supporting our Kuranda Paper Digitising Project in this last RADF grant round.



Mattress components ready for recycling. Photo: Councillor Lenore Wyatt

COUNCIL SPRINGS INTO RECYCLING ACTION

Mattresses heading to landfill can now be recycled after Mareeba Shire Council partnered with a local community organisation to keep the circular economy moving.

The Endeavour Foundation's Far North Queensland-first initiative will save space in the landfill while creating jobs for people with an intellectual disability.

Mayor Angela Toppin said residents can dispose of unwanted mattresses for \$28 each at a Council transfer station, and then Council will pay the Endeavour Foundation to take the mattresses and strip them down and recycle as much of the material as possible.

"This is a wonderful partnership between Council and the Endeavour Foundation," Cr Toppin said.

"People may not realise that most components of a mattress can be recycled, which diverts these large bulky items from landfill. More than 75% of all mattress components, including the steel springs and foam can be recycled."

Mayor Toppin said Council also hopes that the initiative would reduce the number of mattresses illegally dumped on the roadside and in bushland across the shire.

So what happens with all the recyclable parts of a mattress once it is deconstructed?

- The inner ticking (stuffing) is recycled into back-rubbers for livestock.
- The internal foam is sent to down south to be compressed into a carpet underlay product
- The steel will be recycled back through the Mareeba Shire landfill steel recycling stream.

EXPRESSION OF INTEREST TO MAKE A SPLASH

Mareeba Shire Council is seeking expressions of interest for the management of the shire's swimming pool facilities. Council operates the Kuranda Aquatic Centre, Mareeba Swimming Pool, Dimbulah Swimming Pool and the Dimbulah Caravan Park in conjunction with lessees for the benefit of the community.

Mayor Angela Toppin said the current lease arrangements are being reviewed and Council invites expressions of interest from interested entities to operate the facilities.

"Council will consider all submissions for the management and operation of the community facilities before deciding whether to invite written tenders from preferred applicants" Cr Toppin said. "These community facilities are important assets to the shire and Council will follow due process to ensure a suitable operator continues the services for the community."



Queensland Government



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LOCAL BUSINESS PROFILE

MAXIMUM PEST MANAGEMENT

As part of an ongoing series profiling our local advertisers, *The Kuranda Paper* asked Max and Jodie Turner how their local business began and how they've found the past year.



Maximum Pest Management technicians Tate Martin and Marcus Lea. Photo supplied.

How long have you been in business in FNQ?

Thirteen years, however we have been in our industry for over 25 years. We worked for a bigger franchise in the pest control industry and wanted to give our customers a more personal touch and decided to start Maximum Pest Management. It has been a great journey and we look forward to the future of our business in this area.

How did you come to be in FNQ? How did you come to start your business and what was your vision?

We moved from Mt Isa to FNQ in 2002 to have a better lifestyle for our family.

What do you enjoy about running your business in Kuranda?

We love Kuranda! It is full of interesting people and homes and we are lucky enough to meet lots of local people. Kuranda has a lot of interesting animals and insects and it's always green and the weather is amazing.

What community endeavours/causes are you involved in or have a passion for?

We love our community and sponsor many sporting and community events. I currently serve as a board director for Mareeba Community Housing and I really have a passion for this community involvement.

How have you found the challenge of COVID-19 and what are you doing differently?

COVID-19 has brought challenges to many business, however due to the nature of our work, PPI is a mandatory requirement of our daily routine. So gloves, masks handwashing was always done, but we did have to make changes in the office and some administration staff did work from home which forced us to move to a cloud-based computer system.

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KURANDA VILLAGE WEBSITE ADVERTISING OPPORTUNITY

An opportunity exists for Kuranda traders to reach a larger online audience through sponsorship advertising on the kuranda.org website. Advertising on this high ranking website provides Kuranda businesses with a wider audience reach and exposure. Revenue raised through advertising will fund the upkeep and maintenance of the website including future content. The Kuranda Village website is now managed by the Kuranda Traders Association (KTA), a not-for-profit organisation connecting and supporting Kuranda traders. If you would like to have your business featured on this website please email us at website@kuranda.org and we'll send you the information and pricing. Packages range from Major sponsorship (limited to four places) through to a free basic listing for KTA financial members.

For any businesses currently on the website, your listing will remain until 31 July 2021, after which time it will be removed, unless you pay for a new advertising package.

Membership Renewal

KTA memberships are coming up for renewal on 1 July. Please send an email to our new address at kta@kuranda.org and we'll send you a 2021 membership form.

AGM

As we enter our second year as an organisation, it's time to hold our Annual General meeting – we are now calling for nominations for our 2021 committee. The KTA is a positive group of traders who have demonstrated what can be done by working together as a village. We are very proud of our achievements over the past year. We've faced many challenges, but we've shown that as a group we can support each other and bring a sense of unity to our business community.

Some great foundations have been laid, but there's still much to do. We encourage all Kuranda businesses to jump on board and get involved.



KURANDA TRADERS ASSOCIATION

AGM

4.30pm

Thursday 24 June 2021

Frogs Restaurant, Heritage Markets

Be part of the revitalisation and forward planning of Kuranda's trading community. Your support is welcome and appreciated.

Our mission is to engage, connect and support Kuranda traders and the community, to create a thriving commercial and creative hub—one that successfully represents and promotes our unique village as a desirable destination to local, domestic and international tourists alike.

The AGM is on Thursday 24 June at 4.30pm at Frogs Restaurant. If you are unable to attend but would like to throw your hat in the ring, drop us a line at kta@kuranda.org to register your interest and/or nomination and we'll register it.

If you would like to become a Supporter or Financial member of the Kuranda Traders Association our application form can be found on our Facebook page, or email us at kta@kuranda.org



TRACQS

LEADING THE WAY



Yellow shirts L-R: Emily Richards, Paula Wray, Lawrence Payne, Darnee Richards



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Vicki Donovan 0400 791 345

QCWA "BOUNCING BACK TO WELLNESS"

Since 1922 the QCWA has been there to help rural, remote and regional Queenslanders through tough times. The QCWA is renowned for practical, caring assistance to those in need. We also believe that people under severe stress need support, a friendly ear and some assistance to get through the hard times and not become overwhelmed by their current circumstances. "Bouncing Back to Wellness" is our way of helping individuals and communities get back on their feet. It offers a series of practical, achievable ways to promote a positive attitude. Keep in mind that because of their generic nature, not all of them will be relevant to everyone. Just pick one that relates to your circumstances and work on doing that. Once you have mastered that one – pick another.

Workplace Health and Safety now recognises not just physical well-being, but health and mental wellness too. Our team got together to put up a cabinet display in the Kuranda CWA Hall. There are some magnet take-aways and you can follow through for support on the QCWA website www.qcwa.org.au



CRAFTS – are held at the CWA Hall every third Wednesday of the month. The next craft morning will be 9am, 17 June. Zen Tangles will be explored in "Creative Art Therapy" led by Tristan. Come and join in, or bring your own craft work to share.

FUNDRAISING TRADE TABLE – All are welcome to drop in and buy from our Trade Table at the Hall.

COVID COMPLIANCE – There is a QR code at front entrance for all those using the Hall, or you can record your name on the forms provided.

WEBSITE – The QCWA website www.qcwa.org.au is available to everyone with information to meet personal, community and international concerns.

MEMBERSHIP – CWA annual memberships are coming up for renewal on 1 July 2021. Contact Colleen Blunt on 0448 434 186 for more information.

Craft morning with Val, Carol, Sonja and Vicki



COVID-affected farm harvests rescued by local workers, thanks to Harvest Trail and TRACQS

Local job seekers across the Western Tablelands are stepping in to fill crucial picking, pruning and packing roles left vacant by the dearth of seasonal workers from overseas, thanks to Harvest Trail Services, delivered by Q.I.T.E. and TRACQS as part of the Community Development Program (CDP).

Recent avocado and lime harvests in Dimbulah and Mareeba have been successfully completed thanks to dozens of hard-working job seekers across Community Development Program (CDP) Region 52, the Western Tablelands, helping to keep local farms and communities afloat, while developing new skills and enhancing their future employment potential.

TRACQS is proud to have played an integral part in delivering on the National Indigenous Australians Agency (NIAA) recent initiative to provide additional incentives to participants and farmers via CDP in partnership with the Government's Harvest Trail Services, helping motivated job seekers to find and stay in key roles.

Identifying transportation as a significant barrier to people's ability to get to and from farm roles, TRACQS was able to provide free shuttle services and fuel allowances for those filling crucial farm roles.

Looking beyond COVID-19, TRACQS' ability to fill farm roles with local workers will deliver benefits to local communities and economies for years to come, with workers gaining new skills and experience able to transfer those skills to similar roles in seasons to come.

Government Harvest Trail financial incentives for employers, employees and employment service providers have delivered a vital boost for local farms and communities now benefitting from more stable and sustained employment levels, offering a blueprint for farms across Australia to follow a similar pathway through the labour challenges imposed by the pandemic.

With berry and banana harvest seasons to commence in Far North Queensland shortly, TRACQS will be looking to fill hundreds more positions with local workers, capitalising on the methods and groundwork established during the conditions imposed by the pandemic.

Rosalie Rusch, Employment and Outreach Manager at TRACQS says of her experience working with the farms and job seekers to deliver the Government's Harvest Trail services:

"While Far North Queensland has felt the effects of COVID-19 as strongly as anywhere else in Australia, we're proud to have made it through with some long-lasting gains, thanks to a local labour force stepping in to shine in farm roles and learning new skills that will support them and local employers for years to come."

Con Kittos, Chairman of TRACQS, and also representing Asuria People Services adds: "Having proudly played a part in the success of the Government's Harvest Trail services in Far North Queensland, we'd encourage farms all across Australia to take advantage of these hugely valuable supports and incentives to keep them on track until labour supply lines are once again flowing freely."

ABOUT TRACQS. TRACQS is a leading Community Development Program (CDP) provider that delivers quality pre and post-employment and training services to both Indigenous and non-Indigenous Australians across the Western Tablelands of Far North Queensland.

We acknowledge and embrace the diversity the region provides with its major labour markets ranging from harvest trails to tourism. Along with cultural considerations, this diversity requires a multi-faceted team approach to ensure that employment and business opportunities are identified and created.

We believe in providing meaningful training and finding fulfilling jobs to help empower communities to achieve their potential. TRACQS is bringing local experience and knowledge to deliver the Community Development Program (CDP) proudly supported by the National Indigenous Australians Agency (NIAA).

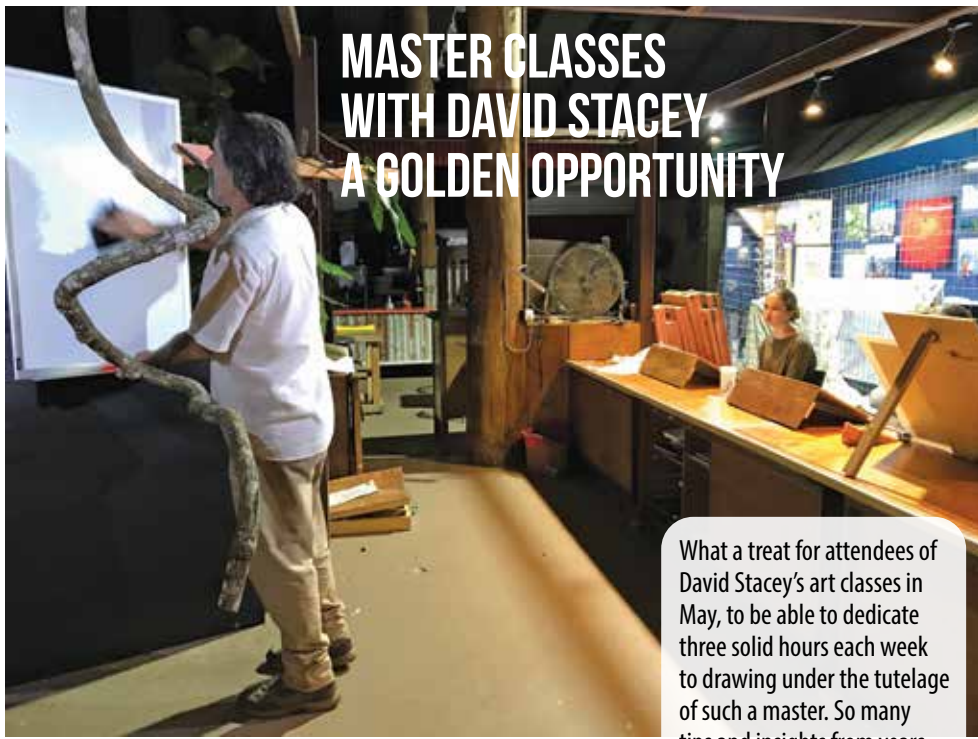
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REALTY



MASTER CLASSES WITH DAVID STACEY A GOLDEN OPPORTUNITY

What a treat for attendees of David Stacey's art classes in May, to be able to dedicate three solid hours each week to drawing under the tutelage of such a master. So many tips and insights from years of fine arts practice, and so many surprising and unique techniques.

Classes cover both drawing and painting. Places are available for classes, which are held at the Heritage Markets (where David has his gallery stall) one evening a week for six weeks.

To book call David on 0428 595 516 or email davidhstacey@outlook.com

Photos: Gayle Hannah



Kuranda Neighbourhood Centre (KNC)

Operated by Kuranda Information & Support Centre Assoc. Inc.

6 Rob Veivers Drive, Kuranda
PO Box 170, Kuranda Qld 4881

P. 4093 8933 | F. 4093 8607

E. coordinator@kurandanc.org.au

Neighbourhood Centre News

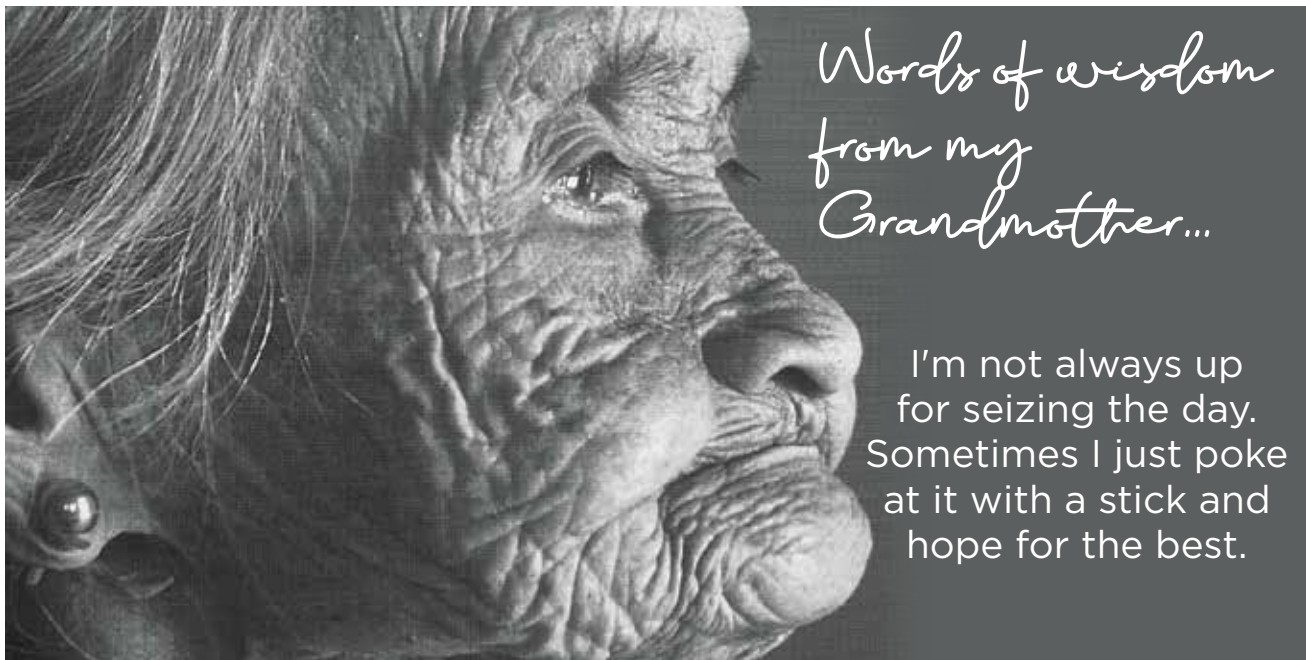
NILS for Skip Bins: Recent rains and cyclone risks during the monsoon identified a need for preparation including cleaning up yards. People in the Kuranda district on low incomes (up to \$45K) or on Centrelink payments can apply for a No Interest Loan for a skip bin to be delivered and picked up to get rid of unwanted items. Please inquire at the Centre. NILS remains available for the other usual items such as furniture, whitegoods, car registration, computers etc. It cannot be used for car repairs, bills or rent.

Monsoon Trough Disaster Recovery Project: The "Around the Table" project to consult with community members on Disaster Recovery and Preparation is drawing to a close. We wish to thank Perfidia Masina, Verneice Snider, Emma Chapman and Jessica Dalton who were all project consultants during the past 12 months. A number of activities were undertaken as part of the project including group meetings and surveys, a bi-lingual disaster preparation poster using Djabugay Language, Skip Bin trial (resulting in the inclusion of skip bins with the NILS program ongoing and a community mapping activity for disaster management). Of significance is a partnership with Djabugay Tribal Aboriginal Corporation to expand on culturally relevant and accessible resources, pathways and information.

Furniture Exchange: We want to thank all those who have thought of our program and donated much needed items. There is an ongoing need in the community for double, single and queen mattresses and frames/bases, lounges, coffee and dining tables, chairs and cupboards. Any items in good, working condition can be picked up on a Tuesday morning. Please note we are unable to take full size fridges due to the risk of injury to volunteers who assist with this program. We can accept smaller bar fridges, and these are much appreciated. Please contact Heidi or Margaret on 4093 8933 – Thanks!

Indigenous Money Network: Due to KNC's No Interest Loan Scheme Program and associated performance, we were eligible for a small grant to run a project from May 2021–September 2021. This is to develop microfinance engagement and resources for First Nations individuals and families in the Kuranda district. The project will employ Judy Bell for six hours a week and Nyuwarri Gilkerson for some admin support. Judy has experience working in the microfinance sector and Nyuwarri is currently doing a TRACQS placement at KNC.

Warm Clothing and Bedding Welcomed: Clean, warm clothing/bedding including beanies, socks, scarves etc blankets, rugs etc are needed with the colder months upon us.



*Words of wisdom
from my
Grandmother...*

I'm not always up
for seizing the day.
Sometimes I just poke
at it with a stick and
hope for the best.

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2021 CAIRNS BAT FESTIVAL

Bats and Trees Society of Cairns (and region) invites Kuranda and Tableland residents to the sixth Cairns Bat Festival and the official public launch of the Spectacled Flying-fox Watch project. To get you in the mood discover the Flying-fox Cocktail (and mocktail) trail – at various venues from 4 to 18 June, then to finish off the Festival, find us at the Bat Cave at EcoFiesta on Sunday 13 June (Munro Martin Parklands 10am–6pm) for more batty fun. Don't forget your bat costumes!

Cairns Bat Festival is supported by Cairns Regional Council and is part of the Australasian Bat night Program and an official satellite event of Eco-fiesta. The Save Our Spectacled Flying-fox Project is made possible through a Queensland Government Community Sustainability grant, protecting Queensland's threatened species.

The Bat Festival celebrations this year are in three parts:

Gala Twilight Event and Launch of the Save Our Spectacled Flying-fox Watch project.

**Wharf One Café, Wharf Street on Trinity Wharf
Saturday 12 June 2021, 5–8 pm**

It's a bat party. Celebrate bats and delve into their mysterious world. Watch endangered Spectacled Flying-foxes fly over Trinity Inlet. Learn how you can help conserve this flying-fox by recording your sightings as we officially launch the Save Our Spectacled Flying-fox Watch project.

The event features a Welcome to Country by Gudju Gudju, a blessing of the bats, live music with Kuranda's own Toshi Sakamoto and friends. Expert guest speakers Dr Tessa Laird, all the way from Melbourne, and leading flying-fox researcher Dr David Westcott. Face painting and glitter bat tattoos, a microbat-detecting walk, wildlife art and other 'bat' shopping, and a raffle to win prizes that get you closer to the wonderful world heritage nature of the region. The raffle will be drawn on the Sunday at Eco-fiesta. Prizes for best bat costume. All funds raised assist bat care.

Flying-fox Cocktail (and Mocktail) trail: various venues, including Kuranda 4–18 June 2021

Discover the Flying-fox trail. Pick up your passport and follow the map to the wonderful world of bats at your favourite bars and clubs. Try out a bat-themed cocktail or mocktail and get your passport stamped at each venue. Discover why you should thank a bat as you drink these heavenly concoctions.

Did you know flying-foxes and some smaller fruit and nectar eating bats are responsible for pollination and seed dispersal of many tropical fruits, sugar cane and the agave cactus – the prime ingredient of tequila! Vote for your favourite cocktail or mocktail.

Prizes to be won. Photograph or scan your completed bat passports and send to secretary.batsoc@gmail.com or present at the Bat Festival or the Bat Cave at Ecofiesta.

**Bats at Ecofiesta
Munro Martin Parklands, Cairns
Sunday 13 June 2021 10 am–6 pm**

Visit us at the Bat Cave at Eco-Fiesta on Sunday 13 June, this year at Munro Martin Parklands. We have a whole bat zone and lots of activities for all the family and individuals who just want to know more about BatSoc and bats. Discover bat facts in the discovery cave, enter the Bat Hut, there is story-telling, batty craft including colouring in, making bat masks and kids can even make their own bat and join it to the Bat Colony in the fig trees above the Bat zone. Take part in the Bat treasure hunt and quiz which will take you all over the fiesta discovering how bats fit in with the reef and rainforest and us. Prizes for completion of the treasure hunt and best bat costume. Of course, there is 'bat' shopping and information tables including on how you can help bats by recording where you see them in our Watch project. Raffle tickets will continue to be sold throughout the day and the raffle will be drawn at 5pm. All raffle and sales proceeds assist bat carers who look after injured and orphaned flying-foxes and other bats.

About the Save Our Spectacled Flying-fox Watch Project

Did you know that the Spectacled Flying-fox has recently been nominated as critically endangered? Did you know we lost nearly a third of the wet tropics population in one heat

CAIRNS BAT FESTIVAL
Saturday 12th June 2021
5 - 8 pm

Wharf One cafe, Trinity Wharf

Live music
Raffle prizes
Guest speakers

Face painting and glitter tattoos
Launch of Save Our Spectacled Flying-fox Watch Program
FREE EVENT - FUN FOR ALL THE FAMILY!

wave in 2018? Did you know we still don't know enough to conserve them?

Where do they go in winter? Why do they roost where they do? Which roosts are the most important? How can we protect these important roosts from the impacts of future heat waves?

Help us fill in these knowledge gaps so we can identify and restore important maternity camps to reduce the impacts on the flying-foxes should we get another heat wave.

Record where you see flying-foxes using our survey monkey tool. You can even upload a photo so we can get exact coordinates to help us map what the flying-foxes are doing, where they are going and when and where they are camping out.

Get the survey here at www.surveymonkey.com/r/2C7BMN8

We look forward to hearing from you!



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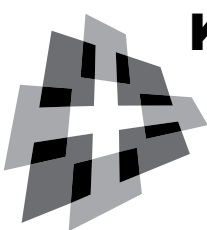
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Dr Agufana Pepela: Monday, Tuesday and Thursday (am),
outreach every second Monday at Kowrowa

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

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

Dr Jimmy Stewart: Tuesday and Thursday 8.30am–5.00pm

Dr Ross Bourne GP: Registrar Monday to Friday 8.30am–5.00pm

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MY HAIR LIES

by Sarah Dobbs

My hair lies
 It tells you of grandmotherly love,
 Kindness and age.
 A life long lived.
 I am all of the grey softness,
 The love and the hugs
 But there is more, so much more.
 My hair does not tell of the times
 Spent in hedonism,
 In passion and travel and pushing
 Against a system desperate to stop
 the goddess blooming.
 It doesn't tell of the fire within
 Or the years as a lover, a mother or a soul in a spin.

My hair tells lies.
 I am a Goddess towering in a glory
 That was not visible in my youth.
 I roar more loudly than I have ever
 Been able to roar before.
 A crown of silver
 Gave me permission.
 My hair doesn't tell my age.
 It doesn't tell my struggle.
 It doesn't tell my story.
 It tells little of anything
 But gives a glimpse of the glittery, precious person
 below.

My hair tells lies.

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Understanding Thyroid Health Part 1

Perhaps it's not until we have something go wrong with our health that we begin to fully understand that part of us that needs healing. My personal health journey has certainly led me down the 'thyroid health' garden path, after being diagnosed with Postpartum Thyroiditis several months ago. Fortunately I am now well and truly on the road to recovery. It has taken extensive research and understanding of my condition and trusting in my capabilities to create and commit to my treatment plan, to eventually see great improvement.

It is quite common in clinic to have women present with lagging fatigue, brain-fog, unexplained weight-gain, poor immunity and overall exhaustion, then subsequently, to have extensive thyroid testing done and discover a thyroid condition. Interestingly in my personal case, I had none of these symptoms, in fact, I felt sensational after the birth of our baby, with high energy, could function on little sleep, and started losing weight rapidly. Until a visit to my GP suggested in my routine pathology post-birth to test thyroid hormones. It was then that we discovered I had hyperthyroidism, when your thyroid is producing too much thyroxine. Immediately I began naturopathic treatment of herbs and nutrients as well as lifestyle/dietary changes. However, a few weeks later, it swung significantly to hypothyroidism, not enough thyroxine, which is a very common stage in Postpartum Thyroiditis; this is when I hit the wall. I rapidly gained weight, felt incredibly exhausted, hair started to fall out, all signs that a lot of Mum's think is just part of the postpartum recovery! And back to the drawing board with a different treatment plan and more strict exclusion of gluten, dairy and egg in my diet.

Over the course of five months, I monitored my thyroid pathology and where necessary adjusted my treatment to stay on track to gradually to see my results eventually normalise – hooray! It was fascinating over a space of a few weeks to see my energy levels improve, with the ability to commit to daily walks, becoming more organised with meal planning and motivation to do the dreaded housework, (it didn't seem as laborious as before) and my mood was lifting too.

My wish now is that other women post-birth and of all ages have more understanding of the thyroid and its function. Statistically women are eight times more likely to develop thyroid disease than men are. See below answers to common questions to help you further understand your thyroid:

What is the thyroid?

The thyroid is a butterfly-shaped endocrine (hormonal) gland located at the front of the neck, just below the larynx. The gland consists mostly of thyroid follicles that are the centre for the production of thyroid hormones. It is a good idea to palpate (feel) this gland routinely like you do your breasts. If you feel any irregularities in the shape such as lumps, swelling or tenderness, refer to your General Practitioner.

What is the function of the thyroid?

Believe it or not a lot more than you could ever imagine! The thyroid is the energy thermostat for your body by constantly releasing steady amounts of thyroid hormones into the bloodstream to help regulate your metabolism, growth, cognitive function and reproductive functions. This can include how we breathe, our heart rate, skin health, muscle strength, body temperature, our ability to learn, focus and memorise, how well our menstrual cycles function, mood, weight, achieving and maintaining a healthy pregnancy, cholesterol levels, how efficiently we burn calories and the production of breastmilk

What are the hormones involved in thyroid function?

Like all endocrine glands, the thyroid is host to a whole array of signaling systems that are in constant fluctuation and are very responsive to our daily 'stressors'. Stressors can range from environmental toxins (harmful chemicals found in cleaning products and personal care products, heavy metals as well as mould), poor food choices, poor digestive health, sickness (viral/bacterial infections), low mood or anxiety, over-exercise and starvation to name a few.

- The hypothalamus is located at the base of the brain, it releases thyrotropin-releasing hormone (TRH)
- The pituitary receives TRH and stimulates the release of thyroid-stimulating hormone (TSH)
- The main hormones produced by the thyroid are tetra iodothyronine (T4 or thyroxine) and triiodothyronine (T3)
- TSH from the pituitary and the T4 from the thyroid work harmoniously to maintain a feedback loop to create homeostasis – balance. A positive feedback loop generates the production of more thyroid hormone and a negative feedback loop stalls the production of thyroid hormone
- T3 is the most active of thyroid hormones and is converted from T4.
- Reverse T3 (rT3) is the inactive form of T3 and is produced in higher amounts during periods of stress. T4 normally converts to T3 and rT3 continuously. Generally, the body should eliminate rT3 efficiently, unless it experiences fasting, starvation, liver disease, illness or increased stress occurs.
- Iodine is a critical nutrient to support thyroid hormone production and is found from our diet, absorbed into our bloodstream from food from our small intestine (there are other nutrients such as selenium that are important, I will discuss further next month).

What is hypothyroidism?

Accounting for up to 80% of thyroid conditions, hypothyroidism is from decreased thyroid function and a decrease in the actions of the thyroid hormones in the body. Up to 90% of people that suffer hypothyroidism have Hashimoto's Thyroiditis and autoimmune condition where the immune system attacks the thyroid gland. Signs and symptoms of hypothyroidism include constipation, depression, insomnia, low immunity, high cholesterol, cold intolerance, unexplained weight gain and difficulty losing weight, dry skin, muscle weakness, menstrual irregularities, slow heart rate, slow cognitive function and puffiness around the eyes.

What is Hyperthyroidism?

Hyperthyroidism is also known as thyrotoxicosis due to the increased levels of thyroid hormones. Approximately 85% of people who present with hyperthyroidism have Graves' Disease, an autoimmune disease. Signs and symptoms include fatigue, loose stools, heat intolerance, insomnia, irritability, sweating, stare, tremor, tachycardia (heart palpitations), unexplained weight-loss.

Already your mind may be spinning from so much information, regarding this fascinating and valuable endocrine gland. To do this topic justice stay tuned for Part 2 next month, I will cover how we can nourish and nurture our thyroids to optimise our health and vitality and go into more detail about the types of thyroid diseases.

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

References: The Adrenal Thyroid Revolution - Aviva Romm MD; Clinical Naturopathic Medicine - Leah Hectman; The Thyroid Connection - Amy Myers MD; Physiology, Thyroid Hormone - Shahid A. Muhammad, Ashraf A. Muhammad, Sharma Sandeep, 18 May, 2020; How does the thyroid gland work? - Institute for Quality and Efficiency in Health Care, 2021; Australian Clinical Labs - Reverse T3; The Thyroid Gland - Oregon State University

Jaunita May
 YOUR FAMILY NATUROPATH

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Celebrating Cairns' African Community – Cairns African Festival 5 June

The annual Cairns African Festival is back after being cancelled last year due to COVID-19 and it's bigger and better than ever.

This year's Cairns African Festival on 5 June will see talented locals perform alongside award-winning headlining interstate acts celebrating the cultural diversity of the region's growing African community.

Anna Wairimu Jones, President of the Cairns African Association, organisers of the festival, said "Cairns is a treasured home for many Africans, some who migrated for business and others who fled persecution. We all call Cairns home and we encourage all the community to come celebrate with us."

The Cairns African Festival combines Africa Day (25 May) and International Day of the African Child (16 June). Both days have been commemorated in Cairns since 2004 when some of the first Africans arrived in the region through the government's humanitarian program.

"Association members will be selling African-themed products, and the youth will bring lively performances, allowing a cross-section of the African community to demonstrate the unique contribution that their diversity makes to our region," Anna said.

There will be drumming workshops for the kids and adults, as well as various African stalls showcasing traditional food, African crafts, and hair braiding. There will be charity stalls supporting various projects in Africa and the opportunity for people to be dressed in traditional Kenyan Maasai dress and have their picture taken.

Performers will include Brisbane-based Jack Manasi and The Afro Kick Band (Congo), a dynamic eight-piece gospel band playing "Soukous" music, an up-tempo form of African dance music originating from the Congo in Central Africa, and Guinean master drummer and dancer, Abdoulaye Epizo Bangoura, a multiple award-winning African musician.

Children who participate in Epizo Bangoura's free drum workshops in the week leading up to the festival, will also have the chance to perform on stage with Epizo at the festival.

Other highlights of the festival include a fashion parade, art displays, and performances by the Living Light Gospel Church African Choir, traditional Rwandan, Ethiopian and Congolese dancers as well as contemporary dance groups, including the Trinity Bay High School African Dancers.

Yidinji Traditional Owners of Gimuy (Cairns), the Minjil Aboriginal Dance Group will also shake-a-leg.

With at least 13 of Africa's 54 countries represented in the Cairns community, Anna said the sentiment of the festival is based on an African proverb "If you want to go quickly you go alone, but if you want to go far you go together."

"This festival is a showcase of African unity, not just in Africa, but also within Cairns, where we have been embraced by the community and by Australia."

The Cairns African Festival 2021 will be held at

Tanks Arts Centre

Saturday 5 June 2021, 1pm to 9pm.

Gates open 12.30pm.

Entry Cost - Adults \$25, Pension/Concession \$20, Youth 12-17 \$15, Children 11 and under are free.

- Free Kids African Drum Workshops: 1-3 June 3.30-5pm. Open Learning Centre - School of Distance Education, Clarke Street, Manunda.
- Free Adult African Drumming Workshops: 5 June 9-10am and 11am-12pm in Tank 3.

**Email: info@cairnsafricanassociation.com
www.cairnsafricanassociation.com**



Eve Stafford and Victor Steffensen at the Brisbane Writers Festival.

Expanded First Nations Programming for Cairns Tropical Writers Fest

by Eve Stafford



It was great to see local Victor Steffensen delivering a presentation on his book *Fire Country: How Indigenous Fire Management Could Help Save Australia* to a packed Brisbane Writers Festival audience at the State Library of Queensland, in early May. He was wearing a T-shirt designed by Kuranda's Imogen O'Neil (Art of ION) as well.

Victor will be sharing his wisdom on First Nations fire management and cultural burning at the Cairns Tropical Writers Festival 13-15 August, as well as his next book, out soon, on the *Green Economy*. Save the date!

"The COVID-caused postponement of the festival from 2020 to 2021 allowed us time to develop a much expanded First Nations program," says the festival's program director, Eve Stafford of Kuranda. "Along with our World Heritage reef and rainforest, this is all about backing what gives us our unique sense of place in the world."

Another invited First Nations guest is Thomas Mayor from Darwin, author of *Finding the Heart of the Nation: The Journey of the Uluru Statement towards Voice, Treaty and Truth*, as well as his *Finding Our Heart: A Story about the Uluru Statement for Young Australians*. Following the Uluru Convention, Thomas was entrusted to carry the sacred canvas of the *Uluru Statement from the Heart* on an eighteen-month journey around the country to garner support for a constitutionally enshrined First Nations voice, and a Makarrata Commission for truth-telling and agreement-making or treaties.

His new book is *Dear Son: letters and reflections from First Nations fathers and sons*. Included are Stan Grant, Troy Cassar-Daley, John Liddle, Charlie King, Joe Williams, Yessie Mosby, Joel Bayliss, Daniel James, Jack Latimore, Daniel Morrison, Tim Sculthorpe and Blak Douglas.

Other prominent author's names will be announced soon. For those wishing to subscribe to festival updates in the lead-up to August, pop an email to [Eve Stafford at program@cairnstropicalwritersfestival.com](mailto:program@cairnstropicalwritersfestival.com)

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Closed Mon-Tue

Wed-Fri 10am-3.30pm

Sat-Sun 9am-3.30pm

Visit us at the Heritage Markets

May's favourite curry was "Barramundi and Tamarind" come and try it in June - you'll be back!

Terry's pick for May from Cathy's Book Stall "The French Lieutenant's Woman" by John Fowles.

EXTENSIVE MENU

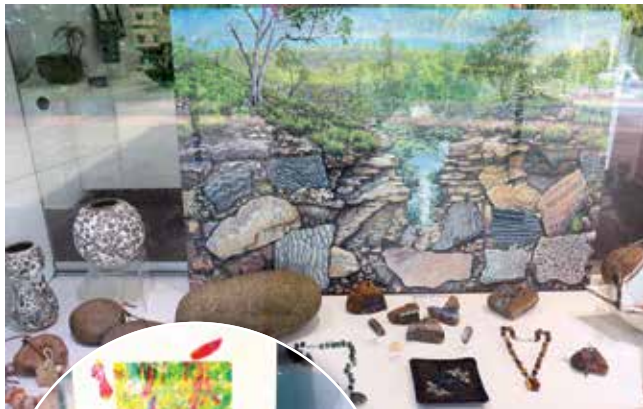
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The window displays

The Kuranda Arts Co-op artists are enjoying their new gallery and its location on the corner of Coondoo and Thongon Streets. With all new premises there is always a rush to get open but since our initial opening in late March, we have made more improvements.

It seems as though most visitors are drawn across the street by the attraction of the exterior of the gallery which Arts Co-op members Henri Hunsinger and Robyn King created and installed. No easy feat! Those who pass by our entrance are then stopped in their tracks by the two feature windows in Coondoo Street, now featuring monthly changing displays. The windows are at chest level and this makes it easy for viewing the artworks within. Although the gallery is smaller, it has a greater impact on visitors, with many positive comments about the professional displays and high quality of the artworks. Customers also appreciate being able to speak with the artist on duty or perhaps whose work they are purchasing, giving both artist and customer a more holistic experience.



Coondoo Street display windows.
Photo: Pam Schultz

Workshops and Membership

Members of the Kuranda Arts Co-op have other opportunities apart from displaying and selling their artworks in the gallery. With the assistance of the RAF grant, Arts Co-op received a small COVID Recovery Boost grant in 2020 to purchase a camera and lighting equipment. Local professional photographer, Gerhard Hillman, facilitates workshops to train artists in effective and professional product photography and will assist in their ability to have quality historical photos of their work, provide professional



photographs for submissions, the Co-op's online shop and to upload onto social media.

Please visit our online shop where you can purchase more works from our artists www.kurandaarts.com. There is always something new to explore!

Pottery with Sandy Hablethwaite

Testing different techniques leads Sandy Hablethwaite's pottery students in new directions.

The first of a series of five week workshops at Sandy's studio in Kuranda commenced in May.

Sandy explores with her students a variety of clays, the surface treatments and firing techniques.

"It is great to have the time to explore ideas, and working alongside other participants is making for a highly creative time. This experience is incredibly enlightening as I am able to express so many new ideas in a new medium. I am wanting to continue the exciting journey of learning and discovery, while keeping an open mind and getting out of my comfort zone." Toni Rogers, Arts Co-op member and workshop participant.

Participants are being swept in directions not dreamed possible. The career of an artist has many twists and turns all of which are made possible with a curious mind and a tenacity of spirit.

Watch this column for details of Sandy Hablethwaite's next pottery workshop dates in 2021.

Sandy's artworks can be seen in the Arts Co-op gallery.

"A line is a dot that went for a walk."

Paul Klee



Left: Candy Raymond
Above: Owen and Toni

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FOCUS
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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).

MAY

"Waterfall on range before the water point"
by Leanne Plasto (23 April)

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The Speewah District Residents Association

The Speewah District Residents Association (SDRA) held a fruitful meeting 17 May, well represented by new and old members, local Mareeba Shire Councillors and Mayor Angela Toppin.

We would like to thank the Council Senior Wellbeing Officer for her guidance for our successful RADF grant application of a mural in front of the tennis courts at Roscommon. Look out for local artist Anne Fitzpatrick painting a scene of the Speewah Valley there, which we feel will reflect a sense of place for the local environment and enhance our sense of community. Many thanks to Bunnings, Smithfield for their generous offer of a gift certificate towards the paint for the mural.

We look forward to seeing everyone at our AGM in August (date to be announced).

The photo below shows preparation work for the mural by Speewah artist, Anne Fitzpatrick. Anne is a long-term resident of the Kuranda district, arriving here in the 1970s from Victoria, where she studied Graphic Design at the Caulfield Institute. In the early 1970s, Anne did cartoons for the Kuranda Village News, and with Candida Raymond, created Cuscus Designs, specialising in hand-painted textiles and t-shirts. Her work over the years has used many media. Currently Anne is painting oils on canvas in her Speewah Studio. There is also an exhibition of her Australiana scenes painted on rustic timber saws currently in Georgetown. Anne says "North Queensland's splendour is a constant inspiration". Image: courtesy of the artist.

Contact Jo Garbellini 0423 314 361 for more information about SDRA.



Kuranda Joey Carers Course

Date: 19th June
Time: 2pm
Cost: \$20

Register now:
www.theagileproject.com.au/course-registration/

Heads Up!

The Kuranda Paper deadline for July 2021 edition #333 is **Thursday 24 June 2021**. Please send all submissions and advertising to...
mail@kurandapaper.com

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A Grinter's Tale

The most boring song in the world just has to be "Have you seen the muffin man?". I think it must have been designed to put both children and adults to sleep.

If you don't know it, Google it. It has just eight boring lines. In 1889 they even had sheet music for it, and I can sing the whole song without a trace of hesitation, not surprisingly. I've never embraced it at karaoke nights however.

I never had well baked muffin top before my first ever spell in hospital late last year, well not really. I certainly didn't have it in hospital. Fat chance (excuse the pun) of that and in fact I lost weight. I learned the hard way never to tell the folk who come around to ask what you eat that there are certain things you don't eat. The first morning after I arrived, I got nothing, because whatever the planned breakfast was, it was the one thing I said I don't eat.

I managed to resist the temptation to eat choccies brought into me by caring friends who didn't know that chocolates put out of sight in hospital bedside tables give you no peace. They tap on the drawer just after you have struggled to the bathroom with all your drips and drains attached like a ball and six chains to clean your teeth for the night.

Anyway, just a few weeks without regular horse riding and daily four kilometre dog walks saw the muffin batter cook around my waist, and suddenly I was shaped more like a Puri; not quite crumpet, the latter only in my dreams or younger years perhaps.

And then last night I came across a picture taken during my years in Abu Dhabi, sporting abs that gave me the shape of a Turkish Pide. I was never really Lavash except when I suffered anorexia many years before, when I was indeed more like an uncooked Pappadam. In those days, I wore clothes that weren't just comfortable, but in fact stylish. That was the nineties, and that was Abu Dhabi, not Queensland, and shoulder pads were de rigueur, and were big enough to house a falcon on either side (very Arabian). Those were the days, as right hand to the Associate President of British Petroleum, leggings and wellies in the office were not acceptable, but then neither were farting dogs under the desk and cereal in the keyboard, the ultimate professional touches.

When I first started to work from home many years ago while my daughter was at primary school, I heeded the advice of a lawyer friend also working from home. He told me to get up, shower, put make up on and get dressed as if I was going out to see a client or work in the city, and forget the washing machine existed until 5pm. I did that and it worked, although for a long time I wondered if he put make up on before work.

Once Jess was out of her junior years, and safe to leave at home alone after school, I opened an office in Grafton Street in the city (I still find it hard to call Cairns a city). When I first worked in Cairns in 1979, business men wore khaki safari suits and long socks. Having worked in the formality of a Sydney CBD office prior to this, I found this attire rather comical, rather like living in an episode of Jumanji. I can't remember what I wore to work then, but a large proportion of people on the street wore sarongs and sandals.

I was skinny then, muffin tops hadn't been invented, except in the oven. At least I don't think they had. During that first year in Cairns, I had my heart broken and ended up with Anorexia nervosa. I remember a friend arriving in Cairns, coming round the side of the

house, and exclaiming "Oh God, you look awful!". That meant I was skinny, and I loved the insult.

A few months later, and even skinnier, I was in Magnum's Wine Bar, my favourite haunt ever in the night scene of Cairns and sadly missed by many in the intervening years. A drunk patron grabbed my derrière from behind, then turned to his friend and said "No good, no bum". I loved that insult too. That's what that insidious eating disorder does to your brain.

It took a trip home to the UK, in fact to qualify that, an annexed trip to Northern Ireland to visit my aunt, uncle and cousins on the farm, where five meals a day were the norm, to reverse the cycle. I can't tell you how, I don't know really, but although I hardly ate anything, I ate enough so as not to hurt my aunt's feelings and as that was more than nothing, I put weight on. When everyone sits down as a huge family five times a day in front of food, well, it's really hard to chuck food out of the window or into a plant pot, or hold it in your mouth until you can safely jettison it. But it took years before I could bear anything more than the tiniest of meals, and I still loathe feeling full.

When we were laughing about age bringing on 'muffin top' the other day, my friends laughed, and one of them said "Come on Suzy, you're like a Biafran". I laughed at that, then later I realised that was the whole problem. Remember those swollen little bellies?

In 1983, working as Media Advisor to the then Federal Member for Leichhardt / Minister for Science & Technology, I travelled to Canberra every week during parliamentary sittings. I didn't really have any winter gear; it was quite difficult to buy smart business type winter clothes in the tropics in those days. I was still quite skinny, and really felt the cold, despite the fact that I am a Pom.

Parliament was quite a sociable place to work, and the local pubs in the evening heaved with politicians and journalists, all dressed trendily and aptly for the freezing winter nights of the ACT.

Prime Minister Malcolm Fraser stopped me in the corridors of Parliament House one day, smiling paternally, or maybe sardonically?

"Soooooze, we have to get you some warm winter gear my dear. We're all worried you're going to freeze in your little tropical frockies."

I remember the dress well. It was quite posh for Cairns; a red and white, vertically striped, straight and narrow skirted shift, caught in at the waist with a gold belt. I probably looked like a good squeeze of Signal toothpaste.

He was right though, I was so cold in my bare arms and he was tall and his manner so fatherly and concerned like my own dad, for a moment I thought he might suddenly wrap his long arms around this little Cairns waif to keep me from hypothermia. He didn't, which is probably a blessing. You know how politicians and hugs end up in the media, and the place was swarming with journos.

That evening, sitting shivering next to the one bar electric heater, my sole source of warmth in Spiro's on the Avenue, I missed my hot water bottle, my teddy, a thick, cuddly jumper and my dad, and I wondered if I would remember that moment in my twenties when the Prime Minister of Australia called me 'Soooooze'.



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EXHIBITION

Kuna Siuwai Pokong Medicinal plants from Siwai

by Kate Robertson

10 April – 26 June 2021

NorthSite Contemporary Arts
96 Abbott Street, Cairns

This exhibition chronicles plants and their medicinal properties from the Siwai region of Bougainville Island, an autonomous region of Papua New Guinea, through photographic light recordings.

Concerned with the erosion of tacit traditional medicinal knowledge, Chief Alex Dawia of the Taa Lupumoiku Clan approached and invited Australian artist Kate Robertson to chronicle Siwai plant knowledge for preservation. Chief Jeffrey Noro of the Rura Clan, also from Siwai, joined their efforts, motivated by similar concerns to preserve tacit knowledge systems and provide positive recognition of their region.

Over five years, the project has evolved to include photographic prints, an embroidered fabric panel and a published book to explore how cross-cultural projects can provide mutual benefits through repatriation and transparency. Ultimately, it is a holistic inquiry into how we might work together across territorial borders, cultures and skillsets to achieve a shared future.

Join Chief Alex Dawia of the Taa Lupumoiku Clan to discuss Kate Robertson's exhibition Kuna Siuwai Pokong – Medicinal Plants from Siwai.

Date: 17 June 2021, 11am–12noon

Location: NorthSite Contemporary Arts, 96 Abbott Street, Cairns

To book: www.eventbrite.com.au/e/154483405023



Learn about the Kimberley coast's unique flora in a talk Tom Collis will give to the Friends of the Botanic Gardens on Wednesday 9 June.

This rugged, remote and exceptionally scenic region is mostly uninhabited. European botanists recorded plants there early in the 19th century, but due to its isolation, few surveys of the flora occurred until the 1970s. In his talk, *Coastal Plants of the Kimberley*, Tom will look at some of the unusual species found there, the iconic boab tree being one of them. A retired teacher, Tom is a regular guest lecturer on Coral Exhibition's vessels along the Kimberley coast, and over the past 10 years has gained considerable knowledge of the flora on the coast and islands.

The event, to be held in the Gardens visitor centre, starts at 6pm with a light supper.

\$5 for FOBG members. \$10 for visitors.

RSVP to secretary@botanicfriendscairns.org.au

Numbers are limited to 40.



Top: Chief Alex Dawia and Kate Robertson
Above: *HONDO, 2016* by Kate Robertson, archival pigment print.
Below: Chief Alex Dawia of the Taa Lupumoiku Clan



FRIENDS' WEDNESDAY NIGHT TALK

Coastal plants of the Kimberley

TOM COLLIS

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The Long-legged Myth



The subject of one of the most widespread myths in the Australian spider world is also one of the most common residents of our houses. It can be found in most corners or dark places, and takes joy in devising webs seemingly devoid of any recognisable structure. With trademark long, spindly legs and a small body, please give a warm welcome to the Daddy-long-legs spider.

First and foremost, it is necessary to distinguish between our Daddy-long-legs spiders, (Pholcidae), and another group of creatures that often go by the same name – the Harvestmen. These creatures have two distinct differences – whilst the Daddy-long-legs spiders have the standard two body parts and eight eyes of a spider, the Harvestmen have only one body part and two eyes. In other parts of the world, Daddy long-legs spiders are also known as Cellar spiders.

The popular myth about Daddy long-legs spiders is that they are extremely venomous, but unable to bite us as their fangs are too small – the only thing saving us! While there are several variations of this myth, they all revolve those two elements. Both those elements are incorrect. Research has shown their venom to be quite mild and not considered dangerous to humans, and although their fangs are quite small, some species are actually able to bite us, but rarely ever do. They are, in fact, just very harmless spiders.

So, if this is the case, then where did the myth come from? One of the common prey items of Daddy-long-legs is other spiders – so perhaps when people observed it hunt and kill the notorious Red-back spider, whose venom is recognised as dangerous, it stood to reason that the long-legged spider must be *more* venomous. Of course, this is no logical or scientific conclusion, but then again, people also believed that the world was flat.

One of the most common species of Daddy long-legs in Australia (and throughout the world) is *Pholcus phalangioides*. It is the species most likely at the centre of the myth, although many species look near identical to those without specialty spider expertise. There are in fact around 70 species found throughout Australia, including one discovered locally at Koah (*Pholcus koah*).

An interesting feature of the Daddy-long-legs is its predator evasion technique, for which it has also earned the name, the ‘vibrating spider’. If disturbed, the spider will begin to shake very quickly while still hanging in its web. This is supposed to deter hungry animals by making the spider appear larger, or harder to see, and also makes for a good show.

Around us, these spiders can be found in the corners and dry dark nooks where they build their tangled webs. Any small insect or spider wandering into their silken labyrinth is rapidly set upon and bound tightly with copious amounts of silk. The long legs allow these spiders to do so without venturing too close to their struggling prey. When breeding, females hold their precious eggs loosely bound with silk in their fangs, still doing so for a week after they hatch for their protection. Good work mummy Daddy long-legs!

“The fact that an opinion has been widely held is no evidence that it is not utterly absurd; indeed, in view of the silliness of the majority of mankind, a widespread belief is more likely to be foolish than sensible.”
– Bertrand Russell

**Alan and Caitlin Henderson,
Minibeast Wildlife**



Top: A Daddy long-legs (*Pholcus phalangioides*) hanging in its usual position – upside down in its web.

Above: A mummy Daddy long-legs (*Smeringopus* species) with a bundle of recently hatched spiderlings – still being held in her fangs.

Photos: Alan Henderson



www.minibeastwildlife.com.au



BEASTLY OPPORTUNITIES IN MAY–JUNE

Avail yourself of the rare opportunity to catch up with Minibeast’s Alan Henderson, in person, at either (or both) Kuranda Envirocare’s Backyard Bio Blitz 10.15–11.15am Saturday 29 May at Kuranda Recreation Centre (see page 26), and at the Kuranda Conservation nursery, Pademelon Lane (off Fallon Road) 10am Saturday 12 June (see page 21).



Photo: Kuranda Visitor Information Centre

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LOONY POETS

Once upon a time in a small village called KURANDA, hidden in the lush rainforest behind Cairns, Far North Queensland, there was a group of LOONY POETS who came together on Full Moon evenings to recite, entrance and entertain the locals.

Time moved on, and so did some of the poets – some to other villages, or the big smoke, and some to the great recital hall in the sky. A new generation of LOONY POETS grew in the village who added to the traditions of the old LOONYS, and so a new version of the Full Moon gatherings was birthed.

Time never stops moving, and NOW another NEW rendition of an old tradition is here, bringing you POETRY in all its forms – performance, art, music, theatre and dance.

Loony Poets Reborn (24 April 2021) was an exceptional evening of creativity, showcasing all the things that make our music and performance scene in FNQ what it is, nothing short of inspirational.

The KA would like to thank Mo Zach – Zach Barclay, Trish Malloy and friends for the fantastic show in the Top Pavilion. Incredible performances by wordsmiths, musicians, artists and more... Wow.

Our Loony Cocktails were a roaring success, and big thanks to the Amphitheatre volunteers who made it all possible, you know who you are and deserve a medal. One love Kuranda.



Above L-R: Diggis performing. DJ and Peter McCabe.

VOLUNTEERS ARE EVERYTHING

“Volunteering is time willingly given for the common good and without financial gain.”

We had a successful turnout for our last working bee. We got so much done!

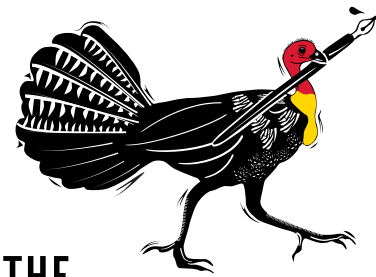
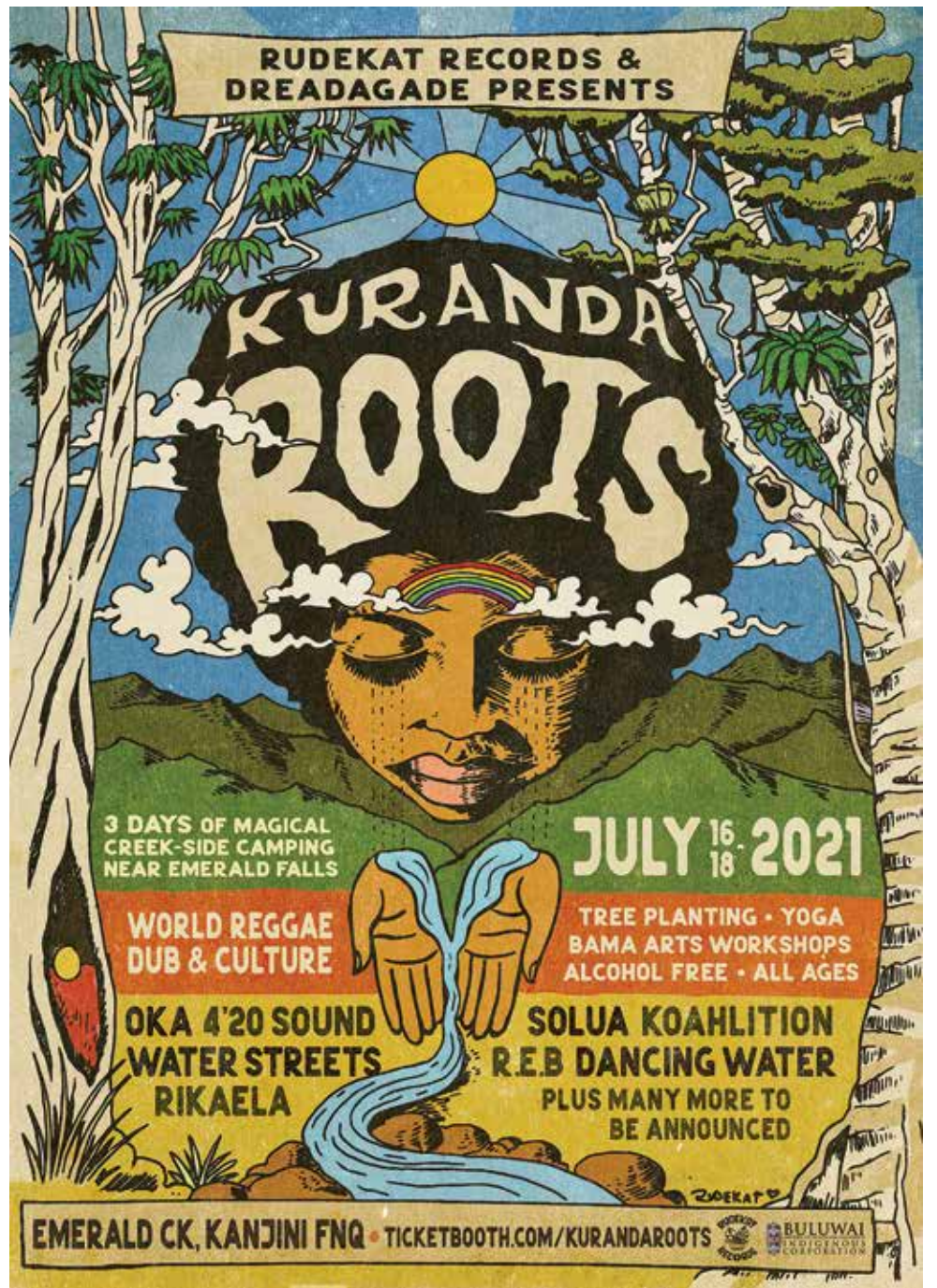
Not only were doors installed in the caretaker's cottage, but the gardens were cleaned up, pathways were cleared, old piles were finally burned, trees got cleared and a lovely lunch was had as always.

The Kuranda Amphitheatre is solely run by the commitment of volunteers, year in and year out. Without these dedicated individuals we would not have such a unique outdoor venue on our door step. If you are interested in getting involved please contact us through our Facebook page. **NEXT WORKING BEE: SUNDAY 13 JUNE**



Work on the caretaker's cottage

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Spear Animal Reserve Management Plan – Baseline monitoring

We're pleased to report that a draft management plan for the Spear Animal Reserve—a small 2Ha block on the corner of Black Mountain Road and Kennedy Highway—is ready for review. This block is held in trust as conservation land, for the study of flora and fauna, for the benefit of the public of Australia, being bequeathed by the late Marjorie Spear. There's been a number of ecologists and consultants involved with this and we'd especially like to especially thank NRA Consulting, 4 Elements Consulting, Bruce Wannan, Bob Jago, Tapio, Ed Bell, Steven Richards and Ray Pierce for their input to the baseline study and plan. Funding has been provided by the Federal Government Community Environment Program. This block was fairly clear in the 1950s, but the forest has quietly been regenerating since before Marjorie Spear purchased it.

Given the age of the regrowth, we weren't expecting a lot when we put out the motion cameras. But there's always surprises and here are a few snapped in motion.



Left: Chowchilla – a rainforest dependant bird.
Top: A roosting Red Necked Crane, usually ground dwelling.
Above: Musky Rat Kangaroo

• Date Claimers •

Saturday 29 May. What's in my Backyard? – various times. See below and page 26 for sessions.

3 June. General meeting and presentation of Spear Animal Reserve Management Plan. 7pm Kuranda Recreation Centre, Fallon Road

5 June. World Environment Day Planting and BBQ 3–5pm. New site at 11 Monaro Close, accessed from the road reserve. Call 0419 624 940 or check Facebook for details.

20–27 June. Frog monitoring fun starts after 7pm. Check our Facebook page for dates and sites, call 0419 624 940 or email info@envirocare.org.au

UPCOMING WORKSHOPS

Bio Blitz – What's in my Backyard? Saturday 29 May

Fun, informative interactive workshops for adults and kids. Pick and choose, come and go throughout the day.

Register for more information and book via email info@envirocare.org.au

Funded by Federal Communities Environment Program

See page 26 for Bio Blitz sessions and times

We are the invasive resist-ants



Russett Park infestation survey

Wet Tropics Management Authority's field teams are surveying properties for yellow crazy ants at the Russett Park infestation area. Fourteen properties have been surveyed so far and one property detected a small patch of yellow crazy ants. Surveys searching for yellow crazy ants will continue in the area until the whole infestation area is complete. The positive detections will be spot treated with the ant insecticide Fipronil. After spot treatment, surveys will continue in the area until consecutive surveys find no yellow crazy ants over a period of time.



Yellow crazy ant surveys at Russett Park May 2021



Yellow Crazy Ant Taskforce survey team 2021

Yellow Crazy Ant Taskforce (not Community Taskforce) – 17 to 21 May 2021

The Wet Tropics Management Authority and Far North Queensland Regional Organisation of Councils hosted the annual Yellow Crazy Ant Taskforce from 17–21 May 2021.

A total of 317km of sugar cane headland near Cairns was designated for survey and searching for yellow crazy ants and electric ants. The surveys give confidence that there are no new infestations outside known ones. The sugar cane farms under survey have been identified as at risk due to their connection to known infestations.

The participants came from state and local government, Traditional Custodians and non-government workers. The total number of participants this year was just over 100 people from GMY Rangers, AWW, Biosecurity Queensland, Queensland Parks and Wildlife Service, Wet Tropics Management Authority, North Queensland Land Management Services, Abiculture, Dulabed Malanburra Yidinji Aboriginal Corporation, Cairns Regional Council, Douglas Shire Council, Tablelands Regional Council, and Kuranda Envirocare.

Community Taskforce volunteers Tim Brown, Daniel Patoux and Janice Rodway participated in the Taskforce with Tim surveying in the field and Janice and Daniel supporting the field team from the Authority's Operations Base at Bentley Park.

Thank you to all who participated in this annual event and the Community Taskforce volunteers from Kuranda Envirocare showing up for the week to help find invasive ants.



Meeting with Mareeba Shire Council.

Meeting with Mareeba Shire Council

On 28 April, the Authority's Yellow Crazy Ant Eradication Program manager Lucy Karger and sugar cane liaison officer, Wesley Moller, joined Biosecurity Queensland's community engagement officer Mike Greasley and Ciara Bridgland to meet with works manager Andrew Foster and land protection officer Sid Clayton from Mareeba Shire Council.

The meeting was a follow up from our yellow crazy and electric ant presentation in early March, where we invited Council to collaborate with us to eradicate yellow crazy and electric ants from the Mareeba local government area.

The meeting was productive with funding support and staff training, starting with invasive ant identification to be delivered to Council's field staff from July. **Ciara**

Join the invasive resist-ants

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





Friends of the Earth Far North Queensland

FNQ Environment Roundtable

In April, the Cairns and Far North Environment Centre (CAFNEC) hosted their annual FNQ Roundtable in Atherton. The Roundtable was held on the land of the Wadjanbarra Yidinji First Nations, who shared their concerns about protecting and caring for their country. Representatives from over a dozen organisations and community groups attended, showcasing the diversity of interests and activity across the region. Friends of the Earth FNQ also sent some delegates, sharing our projects such as Guardians of the Wet Tropics and Cassowary Keystone Conservation.

The event was a great opportunity to get together, share resources, look for common ground and plan for the future. There are many groups working on habitat and species protection, bush regeneration or water quality projects, all with shared goals about restoring the ecological health of the Far North. These groups are working hard, using their community resources, and volunteer efforts to achieve local conservation outcomes.

The Roundtable was also a good exercise to identify areas that could benefit greater community effort. More resources, access to training and increased collaboration were highlighted as immediate needs. There was a strong desire from representatives to build networks and relationships with organisations from other sectors, with First Nations and with businesses, landowners and farmers, making connections with people in the community who might be interested in working as part of a wider collaboration.

We often hear how special this region is, with two stunning World Heritage Areas, and the lands of Cape York and the Gulf supporting a huge diversity of wildlife. There are few places left on earth that compare to the region. But much of this land, and the rivers and now the reef is damaged by poor management, habitat loss and now climate change. It's not a magic pudding, we need to give back and work towards restoring our environment, particularly as the climate is rapidly changing. If you are interested, then please get involved in the many projects underway, they are fun and a rewarding way to connect with your local community. CAFNEC is a great resource for information, resources and support if you need assistance or



FNQ Environment Roundtable with Traditional Owners

they can direct you to a group in your area. See www.cafnec.org.au Otherwise come along to a FoE meeting and get involved in one of our local campaigns.

UPCOMING EVENT

Cairns Ecofiesta Sunday 13 June 10am–6pm. New venue – Munro Martin Parklands, 123 Sheridan Street, Cairns. Immerse yourself in a day of stellar performances, hands on workshops and a massive eco-expo at Queensland's premier sustainability festival, the Cairns Ecofiesta.

Visit www.cairns.qld.gov.au/community-environment/sustainability/ecofiesta for details.

NEXT FoE FNQ MEETING:

We meet monthly. All welcome. Your voice is powerful – help us to protect this special area. To find out how to join the meeting, please contact Margaret on 0403 214 422 or email pestorium@gmail.com

87% public submissions support Indigenous Voice

87% of public submissions published to date in response to the Indigenous Voice Interim Report support a referendum on an Indigenous Voice to Parliament, as called for in the Uluru Statement.

"The Australian public has accepted the invitation of the Uluru Statement. The submissions show overwhelming support of everyday Australians wanting to move towards a referendum to enshrine a Voice to Parliament in the Australian Constitution," Referendum Council co-chair and Uluru Statement leader Pat Anderson AO says.

"The Australian people have stated, explicitly, that the design of a First Nations Voice cannot be decoupled from constitutional reform. Public submissions show that most Australians want the question put to them in a referendum as a matter of priority."

Submissions have been received from Australians from all walks of life, both Indigenous and non-Indigenous, including Aboriginal organisations, healthcare and social services

organisations, corporations, small community organisations, school children, teachers, professors, and community members. This includes the Law Council of Australia, the Business Council of Australia, Qantas and many more.

"The overwhelming amount of support for a constitutionally enshrined Voice, represented by such a large percentage of published submissions, means that the Commonwealth and the Indigenous Voice Co-design group cannot ignore them," Deputy Director of the Indigenous Law Centre, Dr Dani Larkin says.

The total number of public submissions noted on the Indigenous Voice website was 2421 (as of 12pm, 30 April 2021), indicating that not all public submissions have been published online. The Indigenous Law Centre analysed all public submissions published on the National Indigenous Australians Agency's 'Indigenous Voice' website voice.niaa.gov.au as of 12pm 30 April 2021, representing 1435 public submissions.

The UNSW Indigenous Law Centre leads educational campaigns on the Uluru Statement and the Uluru Dialogues process. Its mandate is the Uluru Statement from the Heart. The work of the ILC is informed by the many cultural

authorities involved in the work of the Referendum Council and the First Nations dialogues that led to the Uluru Statement.

EXAMPLES OF PUBLIC SUBMISSIONS RECEIVED TO DATE:

"I make this submission as an Aboriginal woman and mother," one submission reads. "I fear for the future and safety of my 4 sons, my siblings, nephews, and nieces... Until substantial change occurs, I will remain in fear."

"Without a constitutionally enshrined Voice to Parliament we will not achieve the structural reform needed to fundamentally shift the way that this country engages with Aboriginal and Torres Strait Islander people... Our Voice needs to take its rightful place in our Constitution."

"I really value the Uluru Statement from the Heart as a way I, a non-indigenous Australian, can support First Nations people to have a Voice," another submission reads.

"I believe it is well overdue for all Australians and our institutions to place First Nations people at the centre of decision making and planning for a better future."

Source: Indigenous Law Centre (ILC) based at UNSW Law

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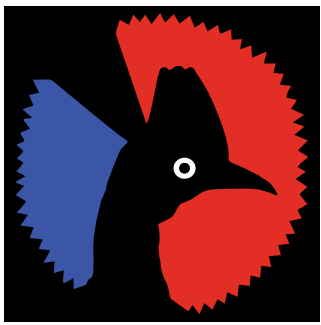
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The KCons Community Nursery is nearly always open!

FEEDING ELVIS - PLANTING FOOD TREES WITHIN HIS HOME RANGE

Here's a secret - there is a way to feed wildlife without getting into trouble: plant the trees and shrubs that bear the fruit they eat. This is what we're doing on "Elvis's block". We've cut a trail through his block, following the old highway and the 100 year old Cobb & Co track. There are some magnificent trees there which provide some food for the wildlife but there are also open patches where we can plant different trees which will fruit at different times in the year thus providing food all year round.

One reason for doing this is to keep Elvis, Priscilla and their future offspring off the Kennedy Killer Highway. But that's not the whole story! We've been walking and talking with our local Member of Parliament Craig Crawford about creating underpasses across the highway that will allow wildlife access to the good rainforest on both sides of the road. Such underpasses will reconnect the Wet Tropics World Heritage Area (WTWHA) and the surrounding intact forests. This is so important for genetic diversity as well as increasing access to food sources.

CASSOWARY GOSSIP - Who's been doing what to whom?

- Elvis has been crossing the highway again at the bus depot, near the 80kph overtaking lanes. Cindy and Col of the Kuranda Post Office called us to report that Elvis was crossing the road and



Craig Crawford, Warren Clinton, Jax Bergersen, and Jo Martin

his youngster, named Dorothy on one side of the highway and Pipp on the other side (we've settled for Dot-Pip just to ensure we're all talking about the same bird) was trying to follow. They were able to convince Dot-Pip not to cross the road, but we had to let Elvis go through a gate in the fence at the bus depot.

- If you read this and live in the vicinity of Shiva Close, please try to discourage Elvis from proceeding across Black Mountain Road but suggest to him that he goes back the way he came, i.e. under the Barron River Bridge. There is nothing for him past Shiva Close/Spear Road and he walks across a paddock to cross the highway at the bus depot. Not a good route.

The nursery is **NEARLY ALWAYS OPEN**. Our wheelie bin stickers, painted by the amazing Rebecca Koller, wildlife carer, are doing marvellously well, with bins with stickers appearing on the streets of Adelaide, Sydney and Melbourne. The curlews and frogs are especially popular down south.

The large Cairns Birdwing butterfly caterpillars are still munching away on the Aristolochia vines. Heaps in stock.

Alan 'Minibeast' Henderson on Saturday 12 June at 10am at the KCons nursery, Pademelon Lane - see below.

**** Two sturdy box trailers available for you to borrow 4093 8834 ****

- Merlin has recently presented with a badly lacerated eye. Vets were called for advice. Infection is the biggest risk but the injury may well heal itself and there are a number of people keeping an eye on this bird. Thank you Rebecca Koller, Sue and Dale Rahaley, Andrew Kerr, Steven Nowakowski and Roger Beahan.
- We've had reports of recent mating overtures as the mating season revs into gear. This can cause some pretty fierce clashes between rivals and unwanted advances. It is also the time last year's offspring are told to leave home. This can be very distressing for the juveniles.

SATURDAY 12 JUNE - MINIBEAST

Alan 'Minibeast' Henderson is honouring us with his presence on SATURDAY 12 JUNE to share his insect world with us. Alan is a busy man and we're lucky that he's found time for us. Please come and join us at the nursery at Pademelon Lane for a 10am start, followed by morning tea.

MOUNTING ENTHUSIASM

We are enjoying increasing interest in our research and on-ground activities by a younger cohort. These are the people who will take us into the future - their future. They are students and new residents who bring with them fresh insights and skills which are carrying us in uncharted directions. It's so great to be part of this surge of vigour and enthusiasm.

Crawford's Corner

The State Government is providing a locals' 50% discount on the Kuranda Scenic Rail from 15 May until 25 June 2021 (this will then be reviewed following the school holidays). This incentive is to help bring more customers to Kuranda to boost local tourism and support small businesses. For more information or to book the train go to www.ksr.com.au

I would like to say a big thank you to Kuranda locals Jo, Jax, Steven and Warren of the Kuranda Conservation Group for the guided tour recently throughout the rainforest. We spoke all things: cassowaries, the restoration project, roads and future infrastructure along with the State-wide Biodiversity Corridors for the Kuranda region. I certainly advocate for wildlife corridors to be considered in future infrastructure builds, along with safe pedestrian and cycle crossings. Kuranda rainforest and cassowaries are vital to the Far North in so many ways and I support protection of both. I look forward to our next meeting in July and to continue this conversation.

For more information on what I have been up to, please visit my Facebook page @craigcrawford4barronriver or email the office to subscribe to my monthly newsletter which includes legislative updates.

As always, if you need anything please do not hesitate to contact my local office by emailing barron.river@parliament.qld.gov.au or call 4229 0100.



Jo Martin, Jax Bergersen and Craig Crawford.
Photo: Steven Nowakowski

Craig Crawford - Member for Barron River
Phone - (07) 4229 0100
Email - barron.river@parliament.qld.gov.au
Social Media - @CraigCrawfordMP



CASSOWARY CLOSE ENCOUNTER A WARNING

The Department of Environment and Science (DES) is urging people not to feed cassowaries following a close encounter between bushwalkers and a large bird on the Atherton Tablelands. Senior Wildlife Officer, Dinouk Perera, said a video taken in May showed the cassowary following four bushwalkers for seven minutes along a walking track, near Windin Falls in the Wooroonooran National Park.

"Wildlife officers have confirmed the cassowary's behaviour indicates it has become habituated to being fed by people. A cassowary that wasn't habituated would never approach bushwalkers, and would have retreated into the forest to avoid such an encounter.

"Feeding cassowaries can significantly change their behaviour in such a way that other people will be placed at risk of being approached and potentially attacked by the birds.

"The maximum penalty for deliberately feeding a cassowary is \$5,222, and we're asking people to report deliberate cassowary feeding by calling 1300 130 372.

"We have also investigated recent reports that people around Kuranda were feeding

cut fruit to cassowaries and enticing them to stay around residential areas. Chopped fruit, such as bananas and apples are completely unsuitable foods for cassowaries. Cassowaries are classified as endangered in the Wet Tropics and every time a bird is deliberately fed by people, they become more vulnerable to vehicle strikes or dog attacks.

"Forty-six cassowaries have been killed or injured by vehicle strikes in the past two years near Kuranda and Mission Beach, and wildlife officers believe many of those cassowaries had been habituated by people deliberately feeding them."

"The most recent cassowary road strike in Far North Queensland occurred at Millaa Millaa on 18 May and unfortunately that animal had to be euthanised."

Report sightings to DES by calling 1300 130 372

Source: Department of Environment and Science

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Artwork by Rebecca Koller

Contact Jax at Kuranda Conservation 4093 8834 or kurandaconservation@hotmail.com to purchase your bin stickers.



TEMPEH

Part 2

Last month was all about what tempeh is, how it's made and the long history of this amazing fermented food. This month we are all about using it. These recipes are just the tip of the mammoth tasty tempeh berg. All are vegan and gluten-free. As always buy organic where you can because the ingredients will be the best and processing the cleanest. Enjoy! *Queenobean*

BBQ Baked Tempeh Snacking/Dipping Chips via *eatingbirdfood*

Serves 2

Per serve: Calories: 216 Carbohydrates: 20g Protein: 22g

INGREDIENTS: 1 block (250-300g) tempeh, 1 tsp garlic powder, 1 tsp paprika, 3/4 tsp sea salt, 2 tsp coconut sugar, your favourite dip to accompany (optional).

METHOD: Preheat oven to 190°C. Combine onion powder, garlic powder, paprika, sea salt and coconut sugar in a small bowl. Cut block of tempeh in half, then cut each half diagonally so you have four triangles. Place triangles flat on your cutting board and thinly slice. Try to make your slices as even as possible. Place tempeh slices on a baking sheet and spray with cooking oil. Sprinkle half of the spice blend over the tempeh. Flip tempeh, spray with oil and sprinkle on the remaining spice blend. Bake for 10 minutes. Flip and bake for another 7-10 minutes or until tempeh is golden brown and crisp. Be sure to watch closely because the tempeh can quickly go from golden brown to burnt. Munch or serve with your favourite dip. Store in airtight container.

30-Minute Tempeh Stir-Fry via *minimalistbaker*

Serves 4

Per serve: Calories: 526 Carbohydrates: 53.6g Protein: 22.8g

INGREDIENTS: GLAZE: 3-4 tsp chilli sauce (adjust to preferred spice level), 64g salted creamy peanut butter (or other nut butter), 20ml toasted (dark) sesame oil, 60ml coconut aminos or tamari to taste, 20ml lime juice, 3 tsp freshly grated ginger, 1 tsp maple syrup or to taste, 45-60ml water. TEMPEH: 1 block (250-300g) tempeh, chopped into large, bite-size squares. THE REST: 20ml toasted sesame oil, 33g chopped shallots, 330g mixed vegetables chopped for stir frying, 20ml coconut aminos (or tamari), 500g cooked quinoa, brown rice or uncooked cauliflower rice.

METHOD: Prepare the glaze by mixing chilli sauce, peanut butter, sesame oil, coconut aminos (or tamari), lime juice, fresh ginger, and maple syrup to a small mixing bowl. Whisk to combine. Add water until a thin, pourable sauce is formed. Taste and adjust flavour as needed, adding more chilli sauce for heat, maple syrup for sweetness, lime juice for acidity, or coconut aminos for saltiness. Should be punchy!

Add the chopped tempeh to the glaze and toss to coat. Then cover and refrigerate for 15 minutes (or cover and refrigerate up to 24-48 hours). When getting ready to assemble meal, prep the vegetables and toppings.

Heat a large rimmed cast iron or metal skillet over medium heat. Once hot, spoon in the tempeh, reserving most of the glaze in the bowl (set aside for later). Sauté for 3-4 minutes, turning on each side until browned, remove from pan and set aside. To the still hot skillet add sesame oil, green onion, and mixed vegetables except any leafy greens. Season with a bit of coconut aminos (or tamari) and stir to coat. Cover to cook and steam the vegetables, stirring occasionally until slightly golden brown and tender (about 4-5 minutes). Once the vegetables are nearly done, add your leafy greens and grains and sauté for 3-4 minutes or until warmed through and slightly browned. Then add the cooked tempeh and the rest of the glaze and stir to coat. Cook for another 1-2 minutes, or until everything is hot and well incorporated. Store leftovers covered in the refrigerator up to 4-5 days.

Vegan Split Pea Soup with Smoky Tempeh Croutons via *thefullhelping*

Serves 6

INGREDIENTS: SOUP: 1 tbsp olive oil, 1 large onion chopped, 3 carrots chopped, 2 stalks celery chopped, 4 cloves garlic minced, 2 tsp dried thyme, 1/2 tsp smoked paprika, 1 tsp seasalt, 1/4 tsp freshly ground black pepper or more to taste, 500g green split peas soaked for few hours (or even better overnight) and drained, 2 medium sized potatoes peeled and diced, 6-8 cups low sodium vegetable stock, 1-2 tbsp lemon juice to taste. Tempeh croutons: 1 block (250-300g) tempeh cut into small cubes, 1/4 cup lemon juice, 2 tbsp tamari, 2 tsp maple syrup, 2 tsp olive oil, 1/2 tsp smoked paprika, black pepper.

METHOD: TEMPEH CROUTONS: whisk together lemon juice, tamari, syrup, oil, smoked paprika, and a generous pinch of black pepper. Place the tempeh cubes in a lidded container. Pour the marinade over the cubes, cover, and shake a bit to coat. Refrigerate the cubes and allow them to marinate for at least an hour, or up to 12 hours. When the cubes are ready to bake, preheat the oven to 190°C. Remove the cubes from the marinade (discarding the marinade or keep for another recipe) and transfer them to a lined baking sheet. Bake for 15-20 minutes, or until crispy at the edges. The cubes will keep for up to 5 days in an airtight container in the fridge. SOUP: heat olive oil in a large soup pot over medium heat. Add onion, carrots, and celery. Sauté for 5-7 minutes, until the onions are soft and clear. Add garlic, thyme, and paprika. Sauté another minute, or until garlic is fragrant. Add salt, pepper, split peas, potato, and six cups of stock to the pot. Bring mixture to a boil, reduce heat to low, and cover. Simmer for 1 hour, or until the split peas are very tender. Stir the soup every now and then. If it seems too thick, add the remaining stock as needed. Use a blender to puree the soup partially or entirely. Adjust seasonings. Finally, stir in the lemon juice. To serve, divide the soup into bowls and top each bowl with a tempeh croutons, or crumble the tempeh over the soup.

Baked Pistachio-Tempeh Herbed Falafel Wraps via *wuhaus*

Serves up to 6

INGREDIENTS: FALAFELS: 1/4 cup parsley, 1/4 cup mint, 1/2 cup raw pistachios, 1 block (250-300g) tempeh, crumbled, 1/2 cup shallots diced, 2 cloves garlic diced, 3 tbsp olive oil, 2 tbsp nut flour (brazil nut, almond for example), 1 tsp cumin, 1 tsp baking soda, 1 tsp salt, 1/2 tsp black pepper. WRAPS: wrap of your choice or lettuce, mustard green leaf to wrap. WRAP FILLING: 1 small beet grated, 3 small radishes sliced paper thin, 1 avocado sliced, optional micro-greens, herbs, edible flowers. TAHINI SAUCE: 4 tbsp tahini, 3 tbsp olive oil, 1 tsp warm water, 1 tsp za'atar, 1-2 cloves raw garlic pressed, salt and pepper to taste.

METHOD: Preheat oven to 190°C. Line a baking tray with baking paper. To make falafel mixture: pulse parsley, mint and pistachios in food processor until well-chopped. Add tempeh, shallot, garlic, olive oil, cumin, nut flour, baking soda, salt and pepper and blend for about 20-30 seconds until mixture is combined but not smooth. Roll falafel dough into 12 balls. Place on lined tray and bake for 15-20 minutes, turning halfway through. Falafel should be browned on both sides. Meanwhile, make the sauce by whisking all ingredients together in small bowl or jar. Prep veggies for wraps. Assemble the wraps with falafels, sauce and wrap fillings.

Not-Just-Breakfast Savoury Oatmeal with Crispy Tempeh via *emilieats*

Serves 2

Each bowl of this savoury oatmeal packs 31g of easy to digest plant protein.

INGREDIENTS: 2 cups water, 1 cup rolled oats, 1 tbsp hummus, plus more for topping (optional), 1/2 tsp salt, 1/2 tsp pepper, dash of ground cayenne pepper, olive oil, 1-2 cups kale, stems removed chopped, 1/2 cup canned black turtle beans rinsed and drained, (or fresh cooked), 1 tbsp soy sauce or liquid aminos, 1 tsp chilli sauce, 2 tsp agave nectar or maple syrup, 1/2 tsp liquid smoke (optional), 1/4 tsp each onion and powder, 1/4 tsp cumin, 1 pack (250-300g) tempeh, very thinly sliced, 1/2 avocado, sliced.

METHOD: In a plate or shallow bowl, add soy sauce, chilli sauce, olive oil, agave, liquid smoke, onion powder, garlic powder, cumin, and 1/4 tsp pepper; mix well. Add sliced tempeh in the marinade. Let it sit for 3-5 minutes. In a small saucepan add water, bring to a boil. Add oats, reduce heat to simmer. Cook for about 5 minutes. Stir in the hummus, salt, 1/4 tsp pepper, and cayenne pepper. While the oats are cooking, heat a little olive oil in a skillet over medium heat. Add chopped kale and stir, cook until slightly wilted, about 5-7 minutes. Add black beans, season with salt and pepper. Cook for 1 more minute. Divide oatmeal into two bowls and top each bowl with half the bean/kale mixture. In the same skillet over medium heat, warm a little more oil. Add marinated tempeh to the pan, cooking in two batches if necessary. Cook tempeh until slightly charred, about 3 minutes, flip and cook for another 2-3 minutes. Top oatmeal with tempeh, 1/4 avocado each, and additional hummus (optional).



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There's a plant for that!

For the past few years, I have been slowly disengaging from life-as-usual. The pandemic and resulting product shortages has highlighted and encouraged me to start the process of weaning myself more completely off the current unsustainable consumer system in particular. I have imagined a future where many goods, medicines and even services are not readily available and people are desperately unknowledgeable about how to adapt and survive. To this end, I have been looking at some of the old ways we practised before responsibility for much of our lives was outsourced to corporations and businesses. How did we manage our food, medicine, services and goods and how easy was it? Particularly, what plants can be easily grown to fill a need or product that we currently go to the supermarket for? I call this **plant re-engaging!** I think of the least amount of stuff I need to use (i.e. can I combine dish liquid and laundry liquid?); then I think of what I use regularly or would find hard to do without (toilet paper!); then I think of a sustainable non-toxic substitute. Below are a few experimental plant-based sustainable changes I'm going to trial. How are you plant re-engaging? And has anyone found a plant substitute for dental floss?

Rachael
www.facebook.com/YourGardenHarvestAustralia



Cotton Balls

Grow a cotton bush. Kids love them. Cotton is a warm-weather annual that needs a long hot growing season. Each plant can yield up to one hundred cotton bolls. The cotton bolls will be filled with little black seeds but it's worth the labour of removing them to have your own cotton balls. Or just leave them in.



Cleaning Liquid

Bouncing Bet or Soapwort (*Saponaria officinalis*) is a European plant used as a soap substitute. Just agitate a handful of fresh leaves between your hands with water or boil them to produce a lather liquid that has the ability to dissolve fats or grease. Use it as you would use liquid soap. Soapwort may cause irritation to the eyes and skin for some people so do a skin test before using. Note: Soapwort attracts many butterflies but can also become a weed.



Sponges

Whether for house or personal cleaning loofahs—sometimes spelled luffas—are the perfect sponge. It is an easy and prolific vine to grow and you never need to buy a sponge again. Allow the luffas to go brown and dry completely before you process them. To keep your sponge hygienically clean, thoroughly wring out moisture after using and keep dry. Replace every month – that's just 12 Luffas a year!



Shampoo

From baking soda to eggs to tea, there are many shampoo alternatives out there. Or just go the no-poo route and give it away all together. But if you want an excellent and easy solution try aloe. It is antibacterial, antiseptic, emollient, moisturising and will improve your hair's health between washings. Massage aloe vera gel into your hair and scalp and rinse as you would shampoo.



Conditioner

For a deep conditioner, massage a spoonful of coconut oil into your scalp and through the tips of your hair. Wrap your hair in a towel and wash out in an hour with your aloe shampoo. Coconut oil is one of the richest natural sources of medium-chain fatty acids (MCFAs), special types of fatty acids with antibacterial and antimicrobial properties which allow it to penetrate hair in ways that other oils are not able to.



Soap

Red Ash or Soap Tree (*Alphitonia excelsa*) is a native Australian tree that has leaves rich in saponins. Our First Nations people used it for soapy baths and liniments. The crushed leaves create a lather when rubbed in water. Keep a jar of leaves near your sink instead of soap. Note: Do not use near water courses as it negatively affects fish.

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UNDER EIGHTS DAY THURSDAY
24 JUNE 2021**

The Kuranda community is awesome! The orchard is really starting to progress thanks to the tireless efforts of many volunteers and students who have chipped in. We started with a bare patch of sand and now have seven garden beds full of seedlings, mulch cover over most of the sand, a small patch of bananas and a growing windbreak of bottle brushes. So many volunteers have stepped forward to donate their time.

Our sponsors, Bunnings and Kuranda Landscape Supplies, also need to be congratulated as they continue to donate much of the raw materials needed to get things growing. If anyone out there has some time, skills or materials they think we could use please contact the school for a chat. We have a small amount of money to buy some fencing materials but really need someone to help us put it up. Also, fertiliser, a trellis, seedlings, fencing, recycled gates or some second hand pavers would be fantastic.

Thank you,
Heath Connell, Year 4/5 Senior Teacher KDSC



Kuranda Under Eights Day 2021
THURSDAY 24TH OF JUNE, 9-11AM
JUNIOR AREA-PRIMARY CAMPUS
260 MYOLA ROAD, KURANDA
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Open Day Success

The Cairns Hinterland Steiner School Open Day, held on Saturday 15 May, was a great success.

Our educators and staff truly enjoyed the opportunity to welcome new and current families to our beautiful school grounds and indoor and outdoor learning spaces.

Visitors were keen to join the school tours, short talks and activities and appreciated the insight into Steiner education and its benefits that our educators and specialists provided. Music being a core part of Steiner education was presented by the School's 'Stringtet' ensemble who played several sets throughout the morning.

The school has received wonderful feedback about the beautiful classroom set ups and displays of student's work. The love and care that the educators put into preparing the rooms and arranging their children's work certainly shone through and was sensed by all parents.

Thank you to everyone who shared this beautiful morning with us!



Photos: CHSS



RANGERS r e p o r t

We are very excited to announce that our new jerseys have arrived! The Kuranda Rangers Football Club would like to say a big thank you to our 2021 sponsors for their generous donations that have enabled us to purchase new jerseys. Thank you Frogs Restaurant, TRACQS, Cairns Hinterland Steiner School, and The Kuranda Paper – we appreciate all of your support. All players are wearing the new jerseys with pride on match days and are promoting these wonderful Kuranda sponsors.



The Rangers would also like to thank Rohan and Tracy Rusch from Troppo Propagation for their generous donation that went towards the purchase of new coach bags for game day.

Every Tuesday Rohan also dedicates his time to our skills training sessions. These sessions are an opportunity for our older players to focus on skill development whilst raising funds for the club to purchase new equipment. Please don't forget to bring along your \$5 to each skills session on Tuesday at 4pm. We are close to purchasing a new set of goals for club training!

We are continuing to see great attendance and commitment to team training on Thursday afternoons, and it is paying off during our Saturday matches. Our MiniRoos teams (U6-11) are all showing great determination, persistence and team work. Special mention goes to James Wallace (U7) who kicked a massive six goals in one match! Our U12s team, competing in the competitive league, remain on top of the ladder in their division.

Follow our Facebook page for all the latest updates and soccer news.

Left: Kuranda Rangers Football Club all decked out in their new playing jerseys.

Above: Robert Ratcliffe sporting the new Ranger's jersey.

Photos: Simone Titmarsh

KURANDA HORSE & PONY CLUB NEWS

Another month has just zoomed by, with the first Gymkhana held at the Mareeba Pony Club on 8 May which was very well attended by 11 Kuranda Horse and Pony Club riders, and for some it was their very first gymkhana, so very exciting. The kids looked amazing on their beautiful ponies and the Club came second in the March Past with most of the kids getting a ribbon or prize of some sort. It was a wonderful day and Mareeba turned on good weather.

The third rally for the year was held on 16 May with 10 Kuranda riders and two visiting riders from Mareeba joining in. The day involved a variety of events from jumping, flat work, and sporting games. Then we had a special visit from the vets from Sundance Veterinary Services, Roxanne and Ethan, doing a wonderful demonstration and talk on dental health for your horse. Learning all aspects of owning a horse is very important. Thank you to Roxanne and Ethan for making the time to come along to the Club.

Upcoming events at the Club

- 20 June – Rally starting at 8am.
- 18 July – Rally and set up for the following weekend which will be the Club's annual gymkhana.
- 24 & 25 July – Have a go at Combined Training which is dressage and jumping. See the Club's Facebook page for all the dates and info.

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

Till next time, Happy Riding!
Di Curtis, Club Instructor

Right: Sundance Veterinary Services presenting a talk on dental health for your horse.

Below: Above: Second place in the March Past.



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Tuesday & Thursday 6.30-8pm**

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ITF Taekwon-Do North Queensland

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A VIEW FROM THE UNDERSTOREY

by Paul Devine
FNQ Natural Bushcare

It's a mad, mad world

"The world we live in should not be treated as normal, and it should not be a sign of good health to become 'well adjusted' to a society that is casually practising ecocide, celebrating narcissism, institutionalising racism and assessing the value of all things according to the cold logic of profit maximisation."

Is this a reasonable analysis of today's fractured world? This is the premise of the essay, *Delusions of Sanity: Deconstructing madness in an insane world***, penned by Samuel Alexander and published recently in Griffith Review 72. The author in his essay calls out the destructive global behaviour of "late-capitalism humans", collates the diabolical outcomes of this insanity, acknowledges the disconnect that this causes many of us and finally demonstrates how those highlighting these dangers are often identified as mad themselves!

Australia still in the midst of its own "culture war" is seemingly finding exquisite agony in addressing this predicament. We seem at present, incapable of having big, important discussions without disintegrating into armed camps. Are the culture wars to blame here?

The "culture wars", a weapon so beloved of our present crop of political leaders, arose in the vacuum left from the demise of the "cold-war", were forged in the "history wars" of the 1990s that highlighted disagreements in recording the treatment of First Nations People by colonial settlers, were exacerbated during the refugee debates of the 2000s and are now being played out over dealing with environmental decline and climate change. Bereft of visionary, wise policy leadership we are sucked into these silly cul-de-sacs and falter again and again.

Australia unfortunately is now clearly in the wrong column and in bad company when it comes to environmental performance. Along with Kuwait, our carbon emissions per capita are so high that it is estimated that five earths would be required to support the global population if all lived as we do. We share with Brazil the honour of being the best at clearing forests and are fourth in the world at animal extinction rates and clearly worst for mammal extinctions.



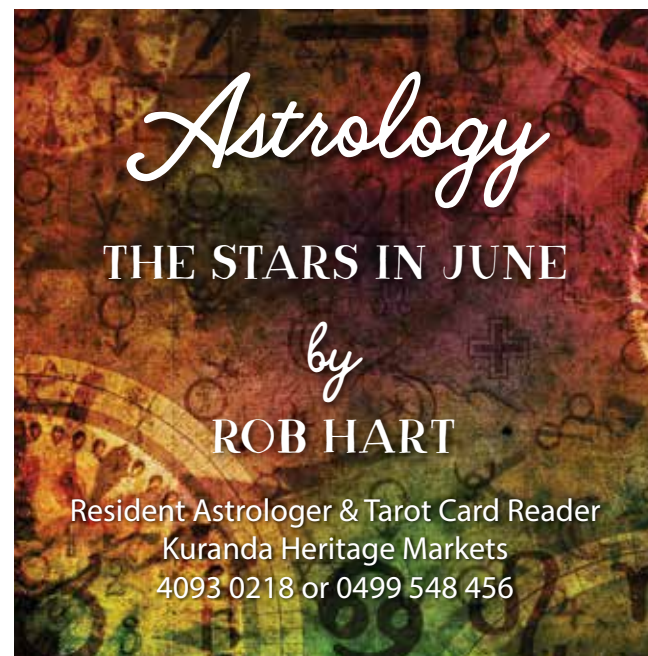
We also keep unusual company in the energy stakes. In a world which is supposed to be striving hard to meet the Paris Agreement driving down our GHG Emissions, we should know that Australia through coal and gas exports of over 1.1 billion tonnes of carbon dioxide per year, sits third only behind Saudi Arabia and Russia as exporters of fossil carbon.

Our response to these challenges is curious. In the 2021-22 budget, the federal government effectively reduced spending on the environment. In the area of climate change, the effective spend has reduced from a measly .03% or 30 cents per \$100 budget dollar to .02% per \$100 budget dollar. Nevertheless, through a torturous web of tax breaks, subsidies, cash handouts and tax credits federal and state governments on our behalf are spending more than \$10 billion a year of taxpayers' money to support the fossil fuel industries. In the 2020-21 budget, the federal government put aside \$7.8 billion for the Army.

Of course, we are not alone in this dilemma. Most countries around the world are struggling to varying degrees to accept the reality that we have reached and now passed our collective limits to growth, that our old economic systems are no longer fit for purpose, that the political mechanisms that we use to facilitate effective communication and find negotiated outcomes are now so gummed up with vested interest they no longer seem to serve humanity, and that we have already passed enough environmental trigger points to put our own survival at risk.

A grim picture indeed. But as a way of progressing, let us as individuals not make another mistake. Let's not allow the "otherists" to have their way. Let's not in our grief or fear, fall into an "us and them" mindset. Let's start thinking about these important questions and then let's discuss them together; what do we want the future to look like? Who makes decisions anyway? How do we make sure our future is inclusive? Which are the critical issues to address first and how do we come together collectively? Let's begin now.

**Griffith Review 72, "Delusions of sanity: Deconstructing madness in an insane world." Samuel Alexander
www.griffithreview.com/articles/delusions-of-sanity/



June begins with a fascinating, but quite complex, set of cosmic alignments. Let's take it step-by-step: on 2 June, the Sun and the Moon's north nodal point align at 11° Gemini (a nice little 11° Gemini). The Moon's nodal point is where Sun, Moon and Earth align exactly, so as you would expect, the nodal points are where eclipses happen: solar eclipses at New Moon and lunar eclipses at Full Moon. And so, not surprisingly, there is a lunar eclipse on 26 May and a solar eclipse on 10 June.

Also on 2 June, Venus completes her annual journey through Gemini. All good so far? If nodal alignments indicate big changes; Gemini rules communication, fun, games and childlike simplicity, Venus is the goddess of love, beauty, joy and the sharing of happiness and fruitfulness; well we have a sweet little window opening between the eclipses where we can lighten up and delight in the dance. How's that for good news Katie?

Mars is marching through Cancer to a strong family-tribal beat with Venus tripping along behind throwing flowers and softening the Martian warrior-edge. All bases covered there!

An especially nice little sojourn comes to pass when Venus makes a water-trine aspect to Jupiter on 4 June. Quite voluptuous and indulgent. Mundane and spiritual blessings flow. The Golden Orbs are already celebrating. How beautifully their golden orbs glow in the sunlight.

Mars strides into Leo on 12 June with fanfare, "hail to the king", and let the champions emerge. Proclaim your strengths and take on the challenges. Saturn and Uranus are in the square ring all month (Gallen versus Hunt will be interesting!). In the fixed signs Aquarius and Taurus, they meet centre-ring 14 to 16 June and the battle becomes intense. We'll all feel this one way or another. No getting out of the ring now. The past meets the future! Saturn has the edge but Uranus is full of surprises. "Queenslander!"

Venus into Leo on 27 June brings the princesses into the spotlight. Are they ever out of it? Now they are really coming on strong and their birthcharts identify the "princess complex" very clearly. Mercury is in Gemini all month so then little darlings will have their dance...

The winter solstice, interestingly this year at 3:33am GMT on 21 June, is another turning point. For us southern hemisphere dwellers it signifies the "return of the light" as the Sun heads south again and Mercury turns direct in Gemini and that's gotta bring good news at the speed of light. Your birthchart will have much to say now about how this will impact on you personally. OK, that's the astrologer self-promoting but it is an exciting time. May the light shine upon you.

Blessings




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Australian Association of Bush Regenerators (AABR)



kuranda envirocare inc.

BIO BLITZ

WHAT'S IN YOUR BACKYARD?

SESSIONS

Choose from the following sessions:

6.45–8.30am Bird watching with Ray Pierce. Meet at Kuranda Envirocare nursery.

8.30–9am Breakfast, tea, coffee, croissant and jam.

All following sessions at Kuranda Recreation Centre, Fallon Road.

9.45–10.15am Registration and morning tea – scones, passionfruit butter and jam, cream at Recreation Centre.

10.15–11.15am Minibeast with Alan Henderson.

11.30am–12.15pm Butterflies with Lance Neville.

12.15–12.45pm Wraps, meats and salads (for donation). Maybe a food van can be enticed along?

1–1.45pm Ant Trouble with Mike Greasley and Ciara Brigland

2–3pm Fungi talk with Barry Muir.

3–3.15pm Afternoon tea, coffee, biscuits.

3.15–4pm Citizen science – Why and How to identify with Edward Bell – focus on apps, help pages, recordings, photos.

4–4.40pm Nightlife with Tapio – focus on possums, bats and other night mammals and birds.

4.45–6pm What can I find in my garden? – tell-tale signs, how to improve your garden to attract all levels of wildlife. Focus on frogs and cane toad free. Tapio

6–6.30pm Frog call training for monitoring Ed Bell

6.30–7pm BBQ, salad and roll - KEC volunteers serving.

7–8pm Frog and possum spotting at Warril Creek with Tapio and Ed Bell.

BIO BLITZ

WHAT'S IN YOUR BACKYARD

"Come and investigate with us
Book in to just what you like...
Littles nature play care onsite
Bring family and friends"

WHAT

Bird watching 6:45 to 8:30am
Mini Beasts Wildlife 10:15 to 11:15am
Butterflies 11:30 to 12:15
Ant troubles 1 to 7pm
Fungi fun 2:15 to 3

Be the explorer 3:15 to 4pm
Possums 4pm to 4:40
Wildlife in gardens 4:45 to 6
Know your local frogs 6 to 6:30
Spot lighting Possum & Frogs 7 to 8

WHEN

Saturday 29th May 2021
Multiple sessions to book
6:30am to 8 pm

WHERE

see session location
Kuranda nursery and
Kuranda Rec. Centre Fallon Rd

TO BRING

Bring samples for identification and a smile
Morning, afternoon tea and sausage sizzle provided
Few \$\$\$ for lunch, brochures, books
Please book your session, numbers limited

Bookings info@envirocare.org.au
For more information 0419 624 940

Australian Government
Department of Agriculture,
Water and the Environment

ANGLICAN CHURCH OF AUSTRALIA
ST SAVIOUR'S
KURANDA

SUNDAY

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

TUESDAY

9am Holy Communion

ACTIVITIES

Study Group

POSSUM CORNER OP SHOP

8.30am to 12.30pm
Monday to Saturday

Enquiries to Chris Wright
Phone: 4093 8735
Email: wrightc@iig.com.au

St Saviour's Thought for June

This month we read from St Johns Gospel chapter 15 verses 9 to 17

Without the Gospel according to John there would be a great gap in Christian teaching. John gives us statements at the very heart of Christian faith which we might never have heard, statements such as "God so loved the world that he gave" and "Peace I leave with you" and many more. In this passage we are listening to Jesus who is speaking about his hopes for those who would follow after him. Jesus is also speaking to us. Jesus sees his ability to love his disciples as coming from his certainty that he himself is loved by the Father.

That says something to us about how we are able to love. We become loving human beings only if we ourselves have been loved. Parents, Grandparents Great Grandparents and God-parents come to realise that if we wish to make the best of all possible contributions to society, we try to send into it a human being, our child, who has learned that he or she is indeed loved, and who therefore can become in turn a loving



human being.

"Abide in my love," says Jesus. The challenge for love is constancy. Our humanity is anything but constant. Love must face change. Love must face change the challenges of relationships – particularly in parent-child relationships. Indeed to live in any relationship is to experience something constantly changing. Love takes effort.

In the nineteen-sixties, when I was a kid amid all the euphoric talk of love, there was a very wise button one saw from time to time. It said simply, "Love is damned hard work." How will we abide in Jesus' love, knowing that we receive it and can therefore share it? On this Jesus is clear and simple and very direct. We abide in love if we keep his commandments.

There is no sentimentality in Jesus' concept of loving. Love is absolutely linked to obedience. Love is a disciplined thing. Love does not happen by accident. It needs intention. Jesus speaks of a person laying down life itself for friends. It is too easy to think of that statement as applying only to Jesus and the terrible actuality of his sacrifice on the cross. We can say there are many ways of laying down one's life. Offering energy for caring, spending time to listen, helping someone physically, giving oneself in any way to another is laying down some part of one's life. To do so Jesus says, is to be even more than a servant of his – it is to become his friend. Loving, in Jesus' terms, is not merely a nice feeling. It is a way of life. It's also joy.

UNITING CHURCH OF AUSTRALIA
MODERATOR'S MEDAL

Krishna Buhler of Kuranda was recently presented at Lifeline Cairns with the UC Moderator's 2020 Medal by Reverend Andrew Gunton, Moderator of the Queensland Synod. This Community Service Medal is in recognition of; 'outstanding contributions to the community'. Krishna has undertaken many voluntary hours of work at Lifeline (UCCQ) for over 22 years, also taking on various volunteer roles within the Uniting Church in Cairns, Kuranda and Mareeba, utilising her Theological qualifications in Pastoral Care, gained in 1991.



Beyond Blue

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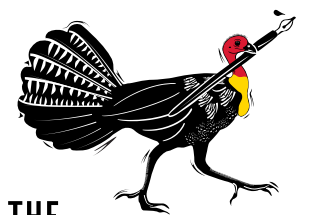
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THE
Kuranda Paper
est. 1991

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



The Uniting Church in Australia
Mareeba Community of Faith

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

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

Jesus is the Light of the World

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W | athertoncatholicparish.com

Seventh-day
Adventist Church
Wirramoo Street, Kuranda

Services held every Saturday
ALL WELCOME

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

THOUGHT OF THE MONTH FROM THE BAHAI FAITH

2021 – Commemorating 100th anniversary of
Abdu'l-Baha's passing

For a long time the religious world had been weakened and materialism had advanced; the spiritual forces of life were waning, moralities were becoming degraded, composure and peace had vanished from souls and satanic qualities were dominating hearts; strife and hatred overshadowed humanity, bloodshed and violence prevailed. God was neglected; the Sun of Reality seemed to have gone completely; deprivation of the bounties of heaven was a fact; and so the season of winter fell upon mankind. But in the generosity of God a new springtime dawned, the lights of God shone forth, the effulgent Sun of Reality returned and became manifest, the realm of thoughts and kingdom of hearts became exhilarated, a new spirit of life breathed into the body of the world and continuous advancement became apparent."

"A fundamental teaching of Bahá'u'lláh is the oneness of the

world of humanity. Addressing mankind, He says, "Ye are all leaves of one tree and the fruits of one branch." By this it is meant that the world of humanity is like a tree, the nations or peoples are the different limbs or branches of that tree, and the individual human creatures are as the fruits and blossoms thereof."

(Abdu'l-Baha)

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

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

Study circles are now happening in Kuranda, open to all interested, no cost.

Other functions are occurring in Kuranda. Functions in Mareeba, as well as elsewhere on the Tablelands, are open for all those interested.

All enquiries welcome.

0419 632 286 | 4093 9571 | bahai.org.au
The Baha'i Community of Mareeba/Kuranda

WAYGAL-A-GALING BUWAL-WU

Going looking for words



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

The Djabuganydji, Bulwanydji, Nyagali, Yirrganydji and Gulunyndji 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



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



BABAL
 BABARRANGAL
 BADJIL
 BAGAL
 BALGAL
 BAMBIL
 BANYDJARRIL
 BARAAY
 BAYAL
 BUDAY
 BUGAY
 BURRAY
 BUWARRIL
 BUYBURRIL
 DABAY
 DAGARRIL
 DAGAY
 DANGARRIL
 DARRBAY
 DJAABURRAY
 DJALBAY
 DJANAY
 DJIMBAY
 DJUDAY
 DJULAL
 DJULMAL
 DJUNGGAY
 DUGAL
 GANDAY
 GIBAL
 GINBAL
 GULNGGAL
 GUNDAL
 GUNIL
 GUYIY
 MAGARRIL
 MAGAYIY
 MARAMARABAY
 MAYAL
 NIMAL
 NYINAY
 NYUDAL

WORD MEANINGS

This month we are telling people to 'do things' i.e. imperatives. Notice how the root form of the verb (capitalised below) changes to give commands in the examples provided (italicised).

BABAL: to push. *Gari nganya baba!* Don't push me!

BABARRANGAL: to hate. *Gari nganya babarranga!* Don't hate me!

BADJIL: to strike. *Bibarra badji!* Hit the clapsticks!

BAGAL: to poke, to spear. *Gari nganya baga!* Don't spear me!

BALGAL: to build, to construct, to make. *Bayu balga nguma!* Build a bayu tomorrow!

BAMBIL: to cover. *Barndil bambi!* Cover the baby!

BANYDJARRIL: to follow. *Nganya banydjarri!* Follow me!

BARAAY: to leave someone or something. *Gari nganya baraan!* Don't leave me!

BAYAL: to bite. *Gari nganya baya!* Don't bite me!

BUDAY: to open, open up, clean up. *Guway budan!*

Open the door!

BUGAY: to eat. *Nyurra minya maa-djada bugan!* Eat your meat and vegetables!

BURRAY: to fly. *Burran bulmba -wu!* Fly for home!

BUYBURRIL: to blow. *Yigiyigi buyburri!* Blow the didge!

BUWARRIL: to put on. *Gambi buwarri!* Put clothes on!

DABAY: to throw. *Gari galga daban!* Don't throw spears!

DAGARRIL: to hide someone or something. *Walba dagarri!* Hide the money!

DAGAY: to hide. *Dagan! Gulidji garrang!* Hide! The police are coming!

DANGARRIL: clear up. *Djumburru danggarri!* Clear up the track!

DARRBAY: to slip. *Gari darrban!* Don't slip!

DJAABURRAY: to yawn. *Gari djaaburran!* Don't yawn!

DJALBAY: to lick. *Gari nganya djalban!* Don't lick me!

DJANAY: to stand. *Nyurramba djanan!* All of you stand up!

DJIMBAY: to catch something. *Gudji djimban!* Catch that!

DJUDAY: to come down. *Djulbin-mu djudan!* Come down from the tree!

DJULAL: to dig. *Djula djungum-wu!* Dig for worms!

DJULMAL: to squeeze. *Gari nganya djulma!* Don't squeeze me!

DJUNGGAY: to run. *Djungan!* Run!

DUGAL: to get, to catch, to grab, to take. *Maa minya-djada duga djuvaam.* Get meat and vegetables from the store!

GANDAY: to burn. *Gari nganya gandan!* Don't burn me!

GIBAL: to scratch, to shave. *Gari nganya giba!* Don't scratch me!

GINBAL: to tickle. *Gari nganya ginba!* Don't tickle me!

GUNDAL: to make. *Nyurra wangal gunda!* (You) make a boomerang!

GULNGGAL: to feed. *Barndil gulngga!* Feed the baby!

GUNIL: to cut. *Gari nganya guni!* Don't cut me!

GUYIY: to show. *Ngayanda djumburru guyin!* Show me the way!

MAGARRIL: to pick up. *Gambi nyurran magarri!* Pick up your clothes!

MAGAYIY: to rise up, to climb. *Magayin wuku-wu!* Get up for work!

MARAMARABAY: to share, to hand around. *Minya maramaraban!* Share the meat!

MAYAL: to suck. *Gari nyurran ngamu maya!* Don't suck your thumb!

NIMAL: to pinch. *Gari nganya nima!* Don't pinch me!

NYINAY: to sit down. *Nyinan bulnganda!* Sit on the ground!

NYUDAL: to put out, extinguish. *Biri nyuda!* Put out the fire!

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** (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 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).

LANGUAGE CLASSES
Wednesday evenings 6-8pm
Djabugay Aboriginal Corporation

Nyuwarri Estate (old Ngoombi farm), Kennedy Highway

ALL WELCOME

with Michael Quinn and Bada Djaygul, Dennis Hunter

KURANDA EARTHWORK KURANDA TREE SERVICES

Ph 4093 9556

www.kurandahire.com.au
email: info@kurandahire.com.au



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Get a FREE Quote today on your affordable Driveway, Building Site, Dams, Culverts, Landscaping,
Rock and Retainer Walls, Bush/Sports Tracks, Horse Arena & More

KOAH MONTHLY MARKETS 1st Saturday of the month

8am till noon

- Live Music
- Koah Hall fundraiser Breakkie BBQ

••• Stall spaces available •••

Contact Nicky 0488 961 660
or via Koah Monthly Markets
Facebook page

COMMUNITY MARKETS



Speewah Markets

EVERY THIRD SUNDAY OF THE MONTH

Join us every third Sunday of the month

7am – 12noon
Speewah Tavern Carpark

ALL WELCOME

For more information contact
Suzy 4093 0449

GRATIS CLASSIFIEDS*

Adult Drama Classes,
Expression of interest 2 hour
class James 0422 417 276
James_daley@live.com

Art Classes. Drawing and
painting classes with David
Stacey in Kuranda. See page 9
for details.

**Bowen Therapy &
Homeopathy** Sarah at Simply
Healing 0402 804 591,
www.simplyhealing.net.au
Phone for an appointment

**Children's Nature Theatre
Yoga Classes** Thursday
3.30-5pm Big Sands \$25 or by
donation. James 0422 417 276
James_daley@live.com

**Expert clothing
alterations,** new creations.
No job too big or small. Over
30 years' experience. Call Vicki
0400 791 345 or 4093 8976.

Food for Health consult

or free 15-minute health chat
with Sarah Isaacs, online
naturopath. Find out what food
is best for you. Call
4085 0054 or book online
naturalhealthfocus.com.au

FOR SALE. Weaner pigs. \$80
each. Phone 4097 8165

**Hawaiian Hula Dance
Workshop.** Monthly
workshop \$40 or mention you
saw this in Kuranda Paper for
\$30 special.
Contact Jaye 0411 857 445
lomilaka@gmail.com

Massage, relaxation and
therapeutic using essential
oils, with Ortho-Bionomy for
gentle pain-release and body
re-alignment. Contact Sheree
Scott 0421 102 722. Just 4km
from village centre.

**Mother of the Bride or
Groom?** Wedding guest?
Check out Just Gorgeous for

that perfect stylish outfit.
16 Coondoo Street, Kuranda.
4093 7508.

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

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

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

**Professional knife
sharpening.** Heritage
Markets every Saturday call
4093 8382 or 0409 558 027

Reiki Healing with Ruth.
Reiki Master. I offer Reiki

healing, crystal healing and
chakra balancing. Clear energy
blockages to allow life to flow
and fulfillment to follow.
0422 631 337.

Resumes. 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

Tennis anyone? New
players welcome to join our
friendly social tennis group.
Wednesdays and Sundays 5pm
at KRC.
Call Gidi 0448 480 200, or just
turn up and play.

Workshop. Joey Carers
workshop in Kuranda. 19 June.
Cost \$20. See page 14 for info.

Yak wool shawls and ponchos

available at Just Gorgeous
open every day after 10am to at
least 3pm.

Yoga in Myola For details
contact Pat, phone or text
0499 162 550

Your Garden Harvest is
now open! At the Heritage
Markets on weekends only
from 10-2 pm. Selling edible
seedlings to supply you
with food security. Find
us at www.facebook.com/
YourGardenHarvestAustralia

* 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

YOUR COMMUNITY PAGES



WILDLIFE

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

DEFIBRILLATORS



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

WATER AND SEPTIC

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

FNQ Wildlife Rescue Assoc. Inc.

(Established 1994)



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

Tel: 07 4053 4467 (24 hrs)

Email: fnqwr@bigpond.com



Tree Roo Rescue and Conservation Centre Ltd

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



Donate now and help us care for tree roos today

www.treeroorecue.org.au

Visit us on



RECYCLE

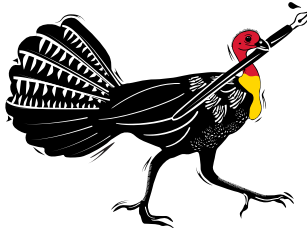
Kuranda Transfer Station 2186 Kennedy Hwy, Koah
MSC Recycle Station – Arara Street

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)



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

JUSTICES OF THE PEACE

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

Join your local SES

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



HELPFUL FACEBOOK GROUPS

KURANDA RANGE UPDATES (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



Kids Helpline
1800 55 1800
kidshelpline.com.au

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



Need help with a drinking problem?

1300 222 222

www.aa.org.au

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

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

Al-Anon can help you!

Meetings in Kuranda, Smithfield and Cairns.
 Contact **Kate 4093 9668** or **1300 ALANON**

RAINFALL

May 2021
 31.2mm (to 24 May 2021)
 Annual total to
 24 May: 1664.2mm

Courtesy of Kuranda Railway Station



Community Services

SOME RESTRICTIONS APPLY

KURANDA LIBRARY and COUNCIL OFFICE

OPENING HOURS

Monday to Friday: 10am–5pm

Saturday: not open

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

Kuranda Community Precinct

18-22 Arara Street, Kuranda

4093 9185

kurandal@msc.qld.gov.au

msc.qld.gov.au/libraries

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

Trans North Bus & Coach

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

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

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

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

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

Bus stops are located at:

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

Ticket Sales:

Purchase tickets from the driver as you board the bus or from Piagnos News at

142 Byrnes Street Mareeba. Phone 3036 2070 (office hours)

Email: atherton@transnorthbus.com.au www.transnorthbus.com.au

Emergency Contacts



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

RURAL FIRE BRIGADE WARDENS



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

Permits required for ALL fires



FIREFIGHTERS NEEDED

Kuranda Station

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

If you are interested contact your local station:

Kuranda Fire & Rescue Station

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

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

Trans North Bus & Coach

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

*These services travel via Caravonica, Trinity Bay High and TAFE school days only
 Current as at 6 November 2020

TRANSPORT

Kuranda Taxi 4093 7119
Rideshare 1300 743 374

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

JOHN'S KURANDA BUS *The local bus!*

Please note due to COVID-19 this service is currently not operating.

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

Hello Kuranda!

I would like to introduce myself, I'm Liza Soenario from "Flow with Nature Yoga & Qigong". Both practises have been part of my daily life for the past eight years. I am certified in Triyoga and Nicole Lee Qigong, and a registered member of the International Institute for Complementary Therapists (IICT). Most of my classes offer a combination of both, generally starting with Qigong, through flowing movement, breath and mind awareness to cultivate and strengthen our life force energy. The yoga stretches are gentle and suitable for all ages and levels. My students range in age from 9 to 83! I guide you through technique and breath to help facilitate harmony within the body and mind.



Liza Soenario and the KRC space

setting at the Recreation Centre, as my late father used to coach tennis there. I have lived in Kuranda for most of my life and always find myself coming back 'home'.

I look forward to welcoming you on the mat — Fridays 5.30–6.30pm \$15 adults, \$10 pensioners and children, first class free. "Feel your energy, find your flow"

It's very special to me to be able to share what I love doing, especially in a beautiful

WHAT'S ON

EIGHT BALL – Tuesday Team Comp
kuranda8ball@gmail.com

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

PILATES – Monday 9.30am, Tuesday 5.45pm, Wednesday 9.30am, Thursday 9am & 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 5.30pm and Sunday 10.30am. Aileen 0419 726 955

Check Facebook for more details.

KURANDA 8 BALL
MAIN SEASON SIGN ON
Tuesday 1 June 7pm
Kuranda Recreation Centre

- MONEY COMP
- Pre-season Presentation
- Free Snacks

Enquiries to
kuranda8ball@gmail.com

SEASON COMMENCES
8 JUNE

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
0488 229 700.

EVERY THURSDAY
YOGA evening classes with Tanya 6.15–7.30pm

THURSDAY 24 June
Mankind Project MEN'S GROUP 7pm.
Open to all men.
Contact Simon 0459 755 553

FRIDAY 11 and 25 June only (No longer weekly)
SALTY CAPTAINS Fish and Chips 5–8pm Tonia 0417 606 241

SATURDAY 26 June
Awaken Your Life Force Sound Activation
Email Jax
queenofabundance22@gmail.com

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

www.koahhall.com
koah.hall@gmail.com
Koah Hall

KOAH MONTHLY MARKETS JUNE

8am till noon
Saturday 5 June

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

- Fresh coffee and delish Koah Hall Fundraiser BBQ.
- Playing LIVE "Soul A" Soul sisters Andreza and Audrey will captivate you with their harmonies and alternative reggae feel.
- New stall holders and market musicians welcome to apply.

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

DREAM BIG! CIRCUS CLASSES

Dream BIG! Little Cyclone Circus and Circus Love! Various classes and trainers. Contact Sophie 0409 333 404. Info on www.dreamstatecircus.com workshops page. **BOOKINGS ESSENTIAL.**

Mondays – Adult Circus LOVE! 10.30am–1pm
Little Cyclone Circus Class 3.45pm Age 6 months to 5 years.
Circus 1: 4.45–5.45pm Age 6 to 7 years.

Tuesdays – Circus 2: 3.45–5pm Age 7 to 9. Show Class 5–6.30pm. Prepare to turn your skills into a show ready piece.

Wednesdays – Circus Family 3.45–5pm All ages. Kids Aerial – Intermediate 5–6.30pm. Age 8 to adult.

Thursdays – Beginner Aerial



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

Yoga with Katelyn CWA Hall 5:30-6:30pm 0428 865 636

EVERY SECOND MONDAY

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

EVERY TUESDAY

Tae Kwon Do & Self Defence 6.30–8pm Kuranda QCWA Hall. Jeff 0437 438 196
KMVactive/Bootcamp 6.15–7pm Bartley Park, Kuranda Kirstin 0497 479 606

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

Social Tennis 5pm Wednesdays and Sundays at the Kuranda Recreation Centre. Gidi 0448 480 200
Mah Jong 1pm Kuranda Neighbourhood Centre
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

Kuranda Rangers soccer training 4.30–5.30pm. Simone 0402 003 164

EVERY FRIDAY

KMVactive/Bootcamp 6.15–7pm Bartley Park, Kuranda Kirstin 0497 479 606
Kuranda Story Time 10.30am, Kuranda Library. Every Friday, during school term.

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

EVERY SECOND SATURDAY

Women Connection Circle 3–4.30pm at Kuranda Recreation Centre. Call Anastasia 0413 217 028 to confirm the Saturday dates.

THIRD SATURDAY

Meditation with Horses 10am Koah. Kaya 0429 756 701

EVERY SUNDAY

Social Tennis 5pm Wednesdays and Sundays at the Kuranda Recreation Centre. Gidi 0448 480 200
AA Group Kuranda QCWA Hall 9.30am 1300 222 222
She-Shed Kuranda 2–5pm. Cathy 0419 624 940 or Peta 0405 944 515

THIRD SUNDAY

Speewah Markets 7am–12noon. Speewah Tavern carpark. Suzy 4093 0449