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THE KURANDA PAPER

August 2021

Issue 334

FREE INDEPENDENT MONTHLY COMMUNITY NEWSPAPER SINCE 1991

WWW.KURANDAPAPER.COM

VIBRANT CREATIVE RESOURCEFUL

Following on from the many wonderful cultural events and activities of NAIDOC (National Aboriginal and Islander Day of Celebration) last month, we now have Spring things and flings to enjoy and look forward to, as a very mild winter draws to an end in August.

A huge milestone event, not to be missed, will be the Kuranda Amphitheatre 40th Birthday celebrations on Saturday 11 September. Drawing on the community celebrations of past Kuranda Spring Festivals, the Amphitheatre is calling on everyone to get involved and have a wonderful day of creativity, connection, collaboration and community. The theme for this event is "Kuranda Goes Dotty in Spring", aligning itself with the International Day of the Dot (yes, indeed there is one and has been since 2009). For more details, including where to pick up your entry forms for the Dotty Art Competition and (Cardboard) Box Car Rally, see page 15. Get started now for all the fun to come, be a part of the party!

And if our magnificent winter weather has you longing for more adventurous outdoor activity, you might like to combine it with a truly great cause and book to participate in this year's *Speewah to The Hat* (Red Beret Hotel, Redlynch) *Charity Walk*, an annual trek down the ranges that raises money for locals in need of some help. Best to get in quick as numbers fill quickly. See page 16.

Winter is also traditionally when guests come to roost. The Village is a lovely place to wander around again, with music on the streets and a revitalisation of local businesses – plenty of surprises and discoveries to be had if you haven't spent a day in the shoes of a visitor for a while.

Discover or re-discover our vibrant, creative, resourceful community. Spring into it!



SHOP LOCAL • EMPLOY LOCAL • ENJOY LOCAL



Photo courtesy
Djabugay Tribal Aboriginal
Corporations

DEADLINES

Sept Edition 335/2021

All copy and advertisements due by 10am

Thursday 19 August 2021

Paper published

Thursday 26 August 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.

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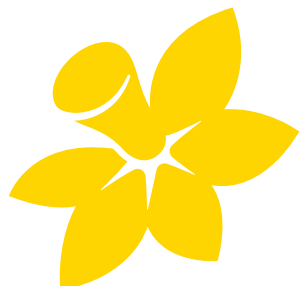
Advertisements booked for 3 months and paid for in advance are eligible for a 10% discount.

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



Cancer Council

Cancer Daffodil Flowers

August is widely known as Cancer Daffodil month. With the support of a local Tableland flower grower, I am offering bunches of cut yellow flowers for sale in August with the proceeds going towards Cancer Queensland. I have promised Cancer Queensland that I will raise \$10,000 by the end of 2022. My link for the *Do it for Cancer* site where funds will be returned to is www.doitforcancer.com.au/fundraisers/jenniferrooks/walking-to-rome

The yellow flowers/stems per bunches that I have chosen are Gerberas (10 stems), Snapdragons (5 stems) and Lisianthus (5 stems). Each bunch will cost \$20 and orders must be with me by 6 August with local deliveries in the middle of the month. I will personally deliver the flowers.

Option 1: Select the flower, pay the required amount by the date and the flowers will be personally delivered by the middle of August. This option is for local residents. Local is Cairns and the Atherton Tablelands.

Option 2: Select the flower, pay the required amount by the date. The bunch of flowers will be donated to a local hospital, Cancer hospital/facility or an aged care home. I will personally deliver these flowers. This option is available for local residents or people living a distance away and who wish to make the donation.

If you are interested please contact me via FB/Messenger, by email rianda1719@bigpond.co, or phone 0409 871 800 and I will contact you. **DEADLINE FOR ORDERS is 6 August.**

Thank you for your continued support for Cancer Queensland.

Jennifer Rooks, Speewah



PLEASE SUPPORT CANCER RESEARCH

As a three time cancer patient/survivor, I applaud the Kuranda street stall Jennifer Rooks is undertaking on Monday 2 August. All proceeds from the sale of items and raffle will go to cancer research. The raffle will be drawn in the afternoon.

I will be attending the stall at Café Mandala from 10am, along with Mayor Angela Toppin. Please take the time to drop by and make a donation. Every little bit helps.

Jennifer has personally set herself a promise to raise \$10,000 by the end of 2022. When COVID restrictions allow, she will be flying to Switzerland to start her walk through Italy to St Peter's Basilica in Rome, along the Via Francigena. All in the aid of cancer research. This can only be applauded and supported.

Please help support this most important research. I look forward to seeing many locals, and visitors, on Monday 2 August.

Toni Rogers, Kuranda

TARGA CARS COMING TO KURANDA

Hi everyone. This is to let the community know that, on 4 September 2021 at around 9am, the Targa Great Barrier Reef car race is coming to our town. Usually the cars travel up from Smithfield and straight through to Mareeba. This year, before heading off to Mareeba, they will turn left at the lights, come into town around Centenary Park, out past the servo, up to the lights and onto Mareeba.

The cars will be running under normal traffic rules, so access for local traffic will not be interrupted. Please note the cars will not be stopping!

This is the first time—and hopefully not the last time—so let's all get behind this event as I hope it will be a great morning for the competitors, shopkeepers and the community.

Spread the word, bring the family and don't forget your camera.

Regards.

J.H.Braithwaite, Kuranda

UNDERSTOREY VIEW APPRECIATED

A big thank you to The Kuranda Paper for giving us Paul Devine's "A View from the Understorey" articles. A clear and present look at the interaction between humans and the planet which, you would hope, galvanises all thinking people into taking personal action to help bring back into balance our relationship to the Earth which sustains us.

Thanks Paul for your research, knowledge and insights. It's a privilege to share a page in *The Kuranda Paper* with you.

Rob Hart, Astrologer, Kuranda

Cover Masthead

Our masthead this month features artwork by David Stacey "Red Lace Wing" (*Cethosia cydippe*).

We asked David if we could use this piece in homage to our first 227 black and white mastheads, all original artworks, and a different one each month.

David is offering painting and drawing classes, with the next round of six week courses starting mid-August. Call 0428 595 516 or email Davidhstacey@outlook.com.



David's art can be viewed and purchased via davidhstacey.com or at his gallery space at the Kuranda Heritage Markets.

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.

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 HISTORICAL SOCIETY UPDATE



Vintage postcard of Barron Falls and the railway line

"With each year that passes Kuranda has more history. And yet it also has less..."

From traditional owners, to settlers, timber cutters and railway workers, alternative lifers, artists, scientists and of course a century plus of travellers, there are so many stories to be heard...

Photos, letters, documents and other items are being lost each year ... ultimately it is hoped that one day Kuranda will have a museum, or keeping-place for residents old and new, and of course visitors, to explore and enjoy."

Kuranda Historical Society, 2019

AGM and Launch of KHS Strategic Plan

Many small towns have historical societies which have existed for decades, even centuries. The Kuranda Historical Society (KHS) is just a fledgling, having come into being in 2018. The impetus was a small group of residents who realised that there is no proper 'home' for items of local historic importance in the Kuranda district. Currently, such items are held by individuals or groups and their future as such can be tenuous. Establishing a new community group, in these days of red tape and regulation, can be challenging. Hurdles already overcome since 2018 are: finding a centre for the Society in Centenary Park, thanks to the Mareeba Shire Council, achieving incorporation, establishing a Management Committee. Challenges which remain are finding funding to pursue goals, gain skills, and cover compulsory insurance, among others.

In the past year, the Society has been the fortunate recipient of two grants. A Community Gambling Benefit Fund grant which has helped improve security, vital for collection of historic items to proceed. The Society also received a RADF (Regional Arts Development Fund) grant (jointly funded by Mareeba Shire Council and Arts Queensland) to engage the services of Qld Museum Development Officer for North Queensland, Dr Jo Wills, to assist the Society, through a series of workshops held last year, to develop a Strategic Plan for the Society. The Plan is designed to assist the members of the KHS to develop goals, priorities and strategies for the next three years and beyond. Dr Wills has said she believes that the Kuranda district has a unique history within regional, state and national settings. It is a story, made up of many stories, which is not being told anywhere else. Three main purposes for the Society identified during the workshops are:

1. To create a community archive that identifies, preserves and digitises material culture and stories relating to the Kuranda region.
2. To interpret Kuranda's unique stories about people, places, and objects and make it accessible to locals and others.
3. To inspire locals to value Kuranda's history and help identify important stories and collections.

In order to pursue the idea of a museum/keeping place for historic items of significance to the Kuranda district—

whatever that might look like, and there are many options—the KHS needs many more interested, innovative and resourceful residents to join us.

In addition, the collection, recording, preservation and sharing of items of local historic significance before they are lost forever, is a task requiring a strong community effort. So please consider how you might be involved, and what you might have to offer in experience, expertise or resources. Your membership alone is a welcome sign of support for the Society and the importance of our local history.

Annual membership is \$15 single, \$20 family and \$10 concession.

Membership forms can be requested via email kurandahistory@gmail.com

The Annual General Meeting of the Kuranda Historical Society will be held on Sunday 12 September 2021 at the Kuranda CWA Hall commencing at 2pm. It will also be the launch of the KHS Strategic Plan. Renewing and new members will receive a copy of the Plan on the day.

Details of Committee positions and nomination forms for Committee positions can be obtained by emailing the KHS at kurandahistory@gmail.com

Current KHS Committee: President – Dugg Stratford, Vice President – Anne Clarke, Secretary – Krishna Buhler, Treasurer – Gayle Hannah, Fundraising – Garth Owen, and Venue Manager – Wendy Tann.



KURANDA BUSINESSES FORGE AHEAD

With domestic visitors returning to our beautiful village our Kuranda Traders Association (KTA) members have been very busy putting their best foot forward in welcoming our southern family.

Feedback from visitors has been incredible with many not having been here before, and others returning – but all saying how beautiful the area is and how interesting the markets, shops and activities are in Kuranda.

This experience has been made so fantastic due to our dedicated business people in the 'Village in the Rainforest'.

We have unfortunately seen a few business close, some have shut temporarily and reopened on a smaller scale, some have expanded to meet future demand, and others have kept on trucking through thick and thin with an amazing dedication and the expectation of better times ahead.

We now have both of our social media platforms and the kuranda.org website up and running and managed by professionals in the industry. A great outcome for our committee and volunteers over the last 14 months. Our guest visitation to these online sites is impressive. So impressive in fact, that we outshine some of the bigger destinations and attractions in the area. This has been a direct result of great content, great stories, and the local community liking, sharing and commenting in support of their town.

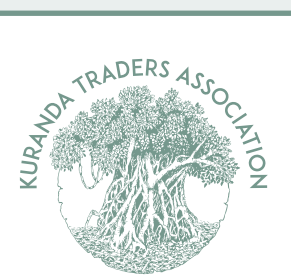
Membership Renewal Reminder

Reminder that KTA 2021 memberships are now due for renewal. Please email kta@kuranda.org and we'll send you the 2021 membership form.

AGM

The KTA AGM date is on Wednesday 11 August at 4.30pm at the Kuranda CWA Hall. If you are unable to attend the AGM but would like to be involved, drop us a line at kta@kuranda.org to register your interest and/or nomination. We are also calling for nominations for our 2021 committee.

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



AGM

4.30pm
Wednesday
11 August
2021

Kuranda
CWA Hall

Kuranda Traders Association



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OPENING HOURS

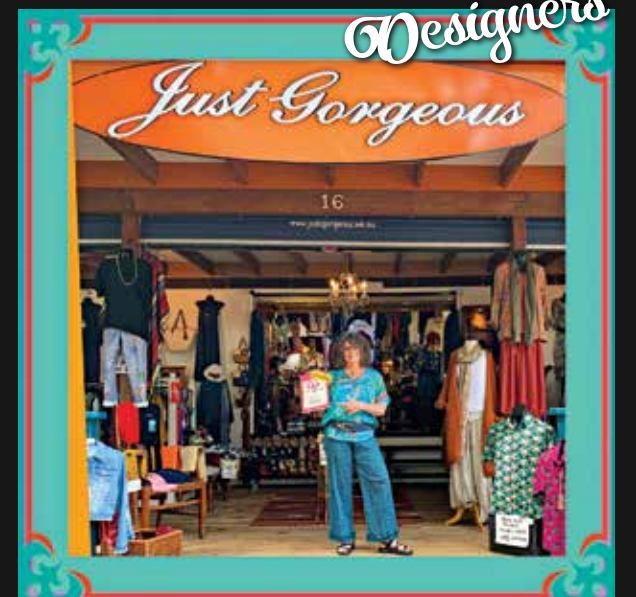
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Crawford's Corner

From the 4–11 July 2021 we celebrated NAIDOC week. This year's NAIDOC theme was "Heal Country" which calls on stronger measures to recognise, protect, and maintain all aspects of Aboriginal and Torres Strait Islander culture and heritage.

I had the pleasure to visit Kuranda local legend and Traditional Owner, Willie Brim and his sister Dianne – descendants of the Buluwai people of Kuranda last month. They welcomed me into their home for a yarn and a cuppa about their culture, history, the future, and to discuss the reconciliation process. Engagements and truth-telling conversations like these are so important to work towards understanding and healing to establish a path to treaty.

Another significant moment in the past month, was a guided tour of Mushroom Rock while at the Laura Festival with Traditional Owner, John Ross, from the Olkola Aboriginal Corporation. The rock art is believed to be between 15,000 and 40,000 years old and provides historical evidence that Aboriginal people have lived in the Laura region for many thousands of years, prior to first contact with European explorers in the 19th century. Handed down by their ancestors, these sites provide a visible link with the past and demonstrate the link between people, community, and country.

It is time we work together to heal country and heal our nation.

If you have any questions or want to get in touch, please do not hesitate to contact my local office by emailing barron.river@parliament.qld.gov.au or call 4229 0100.



Above: Craig Crawford meeting with Willie and Dianne Brim.



Left: Laura rock art



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



Mareeba
 SHIRE COUNCIL

Community Update with Mayor Angela Joppin

REGIONAL ARTS DEVELOPMENT FUND UPDATE

The Regional Arts Development Fund (RADF) is a partnership between the Queensland Government and Mareeba Shire Council to support local arts and culture in regional Queensland and several projects were approved for delivery during 2021.

At Speewah, the Speewah District Residents Association engaged local artist Annie Fitzpatrick to create a new mural inspired by the Speewah Valley as the previous mural was in poor condition and was removed with permission of the artist.

Reflecting the natural landscape and located in Roscommon Park, the mural will enhance community pride and create a sense of place for Speewah residents and visitors.

Another RADF project, Art on the Barron, was a five-day workshop delivered in Mareeba during May 2021. The workshop attracted 55 participants not only from the Shire, but across Queensland, who received high quality art skills development opportunities featuring professional Queensland artists and tutors who provided instruction on watercolours, life drawing and acrylics techniques. The workshops culminated in an exhibition of participants works.



KURANDA WALKING TRAILS

Council has improved and enhanced the Jumrum and Jungle Walk trails, maintaining the character of Kuranda and conserving the natural environment. The trails link with the Barron Falls Trail, also recently completed, which provides walkers with an immersive rainforest experience along 2.5km of moderate intensity track and easy access to the Barron Falls lookout.



SPEEWAH ROAD PAVEMENT REHABILITATION

Speewah Road provides access to the rural community of Speewah and due to the growing volumes of traffic, there was a need to undertake pavement rehabilitation works and improvement works to the bus facilities on Speewah Road. Funded under Phase 1 of the Australian Government's Local Roads and Community Infrastructure Program, the project works have been completed with the line-marking to be finalised during July, weather permitting.



EARLY CLOSURE

Council advises that our Customer Service Centres and Libraries will close at 1pm on Friday 30 July 2021 due to a staff function. Council's After-Hours Service will operate after closure and staff will be available to deal with critical and emergency issues. To report issues during this time, please phone 1300 308 461.



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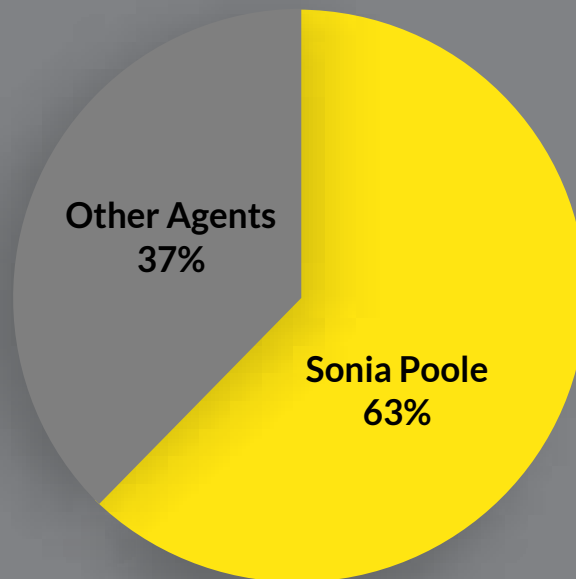


Kuranda

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KURANDA BRANCH

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Booking Agent: Colleen Blunt 0448 434 186
Vicki Donovan 0400 791 345

NEW PRESIDENT FOR A NEW YEAR

AGM RESULTS – In late July we held our AGM and Vicki Donovan's name was put forward as the new President. Our outgoing President, Carol Jeanes, has stepped down after many devoted years, including her involvement with the Cairns Show competitions. Carol has been introducing Vicki to various Cairns Region CWA groups, one of which includes the CWA accommodation units. Vice President, Christine Ritchie, keeps her position, as does Secretary Colleen Blunt, and Treasurer, Krishna Buhler.

We welcome our newly joined members, some of whom are very keen on the crafts, which is great. The raffles held throughout the year were a lovely social occasion for the members, providing donations for chosen charities. The fees from almost 16 various groups hiring the hall pay for the cleaning, insurance, power, rates, inspections, building maintenance and other costs required to keep the Hall available and safe for the Kuranda community.

CRAFTS – are held at the CWA Hall every third Wednesday of the month. The next craft morning will be 9am on 18 August. You are invited to put some Zen in your 'Bounce Back' with artwork or try crocheting. Christine has set up the crochet table and already some lovely patterns are appearing. She has all the materials you need to try it out! ALL WELCOME to drop in and participate, you don't have to be a member, nor is there a fee. Have a cuppa and browse the fundraising Trade Table.

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.

NEXT MEETING – Next meeting is 9am on Wednesday 11 August.

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

A quote from our "Bouncing Back to Wellness" promotion (found on the QCWA website)
"Every accomplishment starts with a decision to try."

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THE Kuranda Paper

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



KURANDA MEDICAL CENTRE

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- Dr Dave Cuming:** dermatology, paediatrics, minor surgery – Monday, Wednesday (am), Friday (am)
- Dr Hal Hancock:** Fridays 9.00am–4.00pm
- Dr Veerendra Sinha:** specialises in skin cancers and excisions – Tuesday and Thursday 8.30am–5.00pm
- Dr Agufana Pepela:** 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 Raheel Ahmed:** Monday to Friday 8.30am–5.00pm
- Nurse Terry:** Monday, Tuesday and Thursday – Aboriginal & Torres Strait Islander patients

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

Monday – Friday • 8.30am to 5.00pm

Community Mainstay to Change Hands

THANK YOU KURANDA



Farewell from the Owners of the Kuranda Pharmacy

After some years in operation we, the present owners of Kuranda Discount Drug Store, also known as Kuranda Pharmacy, have decided to sell our business.

Hilary, Oliver and Cameron would like to take this opportunity to express our sincere appreciation to the community for supporting our business over the years and look forward to introducing the new owners to our many valued customers and Kuranda.

We would also like to thank the various doctors, nurses, indigenous health workers, pharmacists, medical receptionists, vets and others with whom we have worked alongside in the community. Most importantly, our sincere thanks go to the hard-working and dedicated team of staff – Simon, Heather, Sky, Cherrie-ann, Lidia, Phoebe, Jaya and Rose. A special thank you also goes out to the long-serving staff members who have since left the business, in particular Rhonda, Debbie and Narelle, and all the other wonderful people that have helped along the way. We will take with us many happy memories of our time working in Kuranda and Hilary, in particular, looks forward to retirement in Kuranda.



How long have you been in business in Kuranda?

I have been in living in Kuranda since 1993 and bought into the pharmacy in 1994

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

After qualifying as a pharmacist in the UK in 1980, I left to go backpacking in 1990. I met my future husband in Cairns whilst working on a dive boat as a dive master. We continued to travel together and sailed around the world on a tall ship, The Eye of the Wind, before migrating to Cairns permanently in 1993. We always loved visiting Kuranda and went to several concerts at the Amphitheatre and moved on to the after parties at Frogs Restaurant.

The opportunity came up to work in the pharmacy in Kuranda and I jumped at the chance to work in such a beautiful area with such a diverse community. I have worked really hard to provide a professional and personal pharmacy service to the community and to develop interprofessional relationships for the benefit of the community.

My business partners and I have always been at the forefront of community pharmacy and have always put our hands up to provide new services as and when they became available to us, such as Home Medication Reviews and Flu vaccinations.

What do you enjoy about running your Kuranda business?

I have enjoyed being welcomed into the community and having seen several generations of families grow up alongside me. I have had the pleasure of close working relationships with other health care professionals in the community and the privilege of working closely with the indigenous community.

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

I have a passion for mentoring young people and have, for many years, offered bursaries to students at Kuranda State School, for students who have achieved well and for those that need help and encouragement. I have employed well over 50 young people in their first jobs as weekend sales assistants and it has been wonderful to see them mature and go on to successful careers as doctors, pharmacists, vets, lawyers, teachers, musicians, artists and all sorts of other professions. This has probably been the highlight of my time in Kuranda.

I have hosted pharmacy and medical students and provided postgraduate training for young pharmacists.

I have brought partners into the business and have watched them grow into very successful business owners and highly professional pharmacists. Cameron did his post graduate training in Kuranda and is now doing an amazing job at Cairns Base Hospital. Oliver is currently studying and moving in a different direction. Both of them now have families and live in Cairns.

We try to be a source of evidence-based information and have taken part in a number of health-based community initiatives.

In 2014 I was accepted into medical school and qualified as a doctor in 2018. I would not have been able to do this without my business partners and my excellent staff.

I began practicing as a doctor in 2020 before realising that I could no longer cope with the very long hours that the life of a junior hospital doctor demands. I have also been working as a clinical skills tutor at JCU School of Medicine.

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

It has certainly been a challenge. We are very fortunate to be in a business that has actually grown during the pandemic. Our staff have done an amazing job of adapting to the new systems and procedures that we have had to introduce and have helped me get my head around a tsunami of new IT systems. We will soon be offering COVID vaccinations at the pharmacy. *Hilary Skimming*

Top left: 'Old Crew' at opening of Kuranda Discount Drug Store 2015. Owners Cameron Thorpe, Oliver Malter and Hilary Skimming with the original staff Rhonda Walters, Heather Miller, Bonnie Walsh, Debbie Grantham and Narelle Ross.

Left: Current staff Simon Djurdjevic, Cherrie-ann Donnachie, Sky Stafford, Phoebe Abbott, Heather Miller

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KURANDA ROOTS 2021

If you scratch back the gloss of Kuranda's touristic veneer, you'll find one of the most unique communities in Australia – a curious melting pot of First Nations Djabugay and Buluwai, Age of Aquarius hippies and their numerous progeny, world travellers, free thinkers, coffee drinkers, wild creatives, poetic natives, cosmic buses and comic hustlers.

From this highly active ferment, mix in the primordial landscape of the Gondwanian rainforest, mountains, rivers and savannah, and you have the building blocks to create the rich diversity of creativity and self-expression that Kuranda is known for.

Kuranda Roots Festival brings together the rich local talent and infuses it with outside influences from FNQ and beyond, to curate a world-class program of workshops and entertainment.

This year saw a departure from their beloved Billabong home, to a new venue at Kanjini at the base of Emerald Creek Falls. The festival site is a special Bulurru 'Story Waters' site and of great cultural and environmental significance. The clear messages of caring for country and encouraging a drug and alcohol free zone created a tangible feeling of reverence. Big respect to the Wawubarra – the spirits of the land.

Buluwai elder and reggae legend, Uncle Willie Brim, kicked off proceedings with a heartfelt welcome to country, followed by an incredible line up of First Nations and Islander artists including Broden Tyrell, Water Streets, Zaynab Wilson, Manuka, In the Element, and culminating with a DJ set from world reggae producer Mr Savona.

The weekend continued with the diverse sounds of Latin American Los Caracoles, the revolutionary charged jazz of Dancing Water, the brooding soul of Davy Simony aka Cinnamon Sun, the folk beauty of Secret Tuesdays, a heartwarming warma (corroborree) by the magical Mayi Wunba Dance Troupe, the driving ska/reggae/rock of Kuranda's Pad Boys, the old school 2 Tone reggae of Koahlition featuring Bertie and rap goddess Ciolla Riley, Koah soul diva Rikaela Rusch and her band of rudeboy dubsters, Cairns hip hop crew R3B, returned Kuranda boy Isaac Crowley, with his partner Melissa Cambon, playing a high energy set of Caribbean/Brazilian grooves, and finally a virtuosic set from Sunshine Coast ambient dub legends OKA.

All the while on the Bulmba stage, there was a wonderful range of workshops by the Brim family – spear throwing with Rudy Brim, weaving with Auntie Sheila and Auntie Rhonda, Bayu making with Wally Brim, Djabugay stories with Bina and Bada Djaygul, and Fire Stick making with Reggie Brim. Following this was an array of DJs, MCs, poets and local producers, from our rainforest wordsmiths, Diggis and Faux Mo, to local dublords Elementary Hifi, Om Buds Man, Misticakal Dubmaker and Dubcide.

Sunday got off to a sublime start with the Poet's Brekkie hosted by Faux Mo, and an entrancing set by local electronic producers Mr Molecule and Komorebi. The godfather of FNQ binghi reggae ALi Lu Jah brought the fyah with an exquisite Sunday dub session and the travelling band of musical miscreants the Vaggaphonics created a dust storm in Kuranda's first ever reggae moshpit.

Byron's world famous 4'20 Sound closed the Gudju Gudju stage with a set of biblical dancehall proportions.

The choice array of delicious food, heartwarming company and numerous trips to the healing waters of Emerald Creek kept the smiles flowing and the nourishing vibes at an all time high. Superb lighting and visuals were provided by Blake Hudson, Imogen O'Neil, Treeluminati and Rabea Stader. Veteran soundman Mark Williams provided an exceptional sonic experience throughout.

Big thanks go to Scott, Svargo and Monica of the Kanjini crew for supporting the vision, all the volunteers and hardworking crew who brought our 16th Kuranda Roots to life.

Big love – Rikaela, Billy, Morgs, Judah, Banksy, Prahlad and Kitty.

Photos: Madison Byrne. Courtesy Kuranda Roots






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**Cairns Hinterland Steiner School Spring Fair –
Bringing together our community!**

Saturday 28 August 10am – 2pm. All welcome!

Seasonal rhythms are a vital part of Steiner Education. Here at the Cairns Hinterland Steiner School (CHSS), we have established traditions that reflect and celebrate the mood of the season, that mark the passing of time and that bring the community together in meaningful ways.

In July and August, as the days grow longer and Spring draws near, there is a sense of anticipation in the air as preparation for our CHSS Spring Fair commences. Spring is a season of rebirth, transformation and renewal. Our students and staff are looking forward to sharing this joyful and vibrant celebration with you.

The Spring Fair at CHSS

The CHSS Spring Fair brings together our School families and the surrounding community in a genuine homegrown event that showcases our students' music programme with choir and music ensembles performing throughout the day. The Spring Fair is also hosting a special performance from the Cairns String Orchestra, an orchestra for school-aged children from across the Cairns region. There will be a range of delicious and healthy culinary options to choose from, including chai, barista coffee and cakes to hot food and cold juices. Games and activities will run during the day for both children and adults which, of course, includes dancing 'round the maypole' – a popular highlight.

Local stallholders are welcome to apply to run a stall on the day for a nominal fee. Please contact CHSS by email admin@chss.qld.edu.au or phone 0439 312 243.

The staff and families of the CHSS invite our wider community to join us for this year's Spring Festival on Saturday 28 August from 10am. Come and experience our community spirit for yourself!



**Come to our
Spring Fair!**

**A community event
for all!**

**Saturday 28 August,
from 10am**

- Dance the maypole
- See our students perform in their choir and music ensembles
- Food & drink stalls
- Activities and games for children and adults
- Local stallholders welcome to apply admin@chss.qld.edu.au



Contact us: 4093 8809
admin@chss.qld.edu.au
46 Boyles Rd Kuranda
www.chss.qld.edu.au



Welcome

Wayne Vowles

Wayne Vowles has now moved over to
First National Kuranda
and First National Cairns Beaches.

I put my clients first!!!

The market has now changed. If you would like
to know what your property is worth,
please contact me for a free market appraisal



Wayne Vowles
0413 553 417

wayne@fnkuranda.com.au



07 4093 9050 | Shop 3, 12 Rob Veivers Drive, Kuranda 4881 | www.fnkuranda.com.au

Buluwai Indigenous Corporation News

LOCAL SERVICE

Mon-Sat 8am to 7pm
Sunday 8am to 6pm
Advance bookings for out of hours accepted



DRIVERS WANTED – Casual & Full-time Cairns/Kuranda

Need to be able to obtain Drivers Authority BHTX and registered for GST with ABN.



CONTACT US!

1300 RIDESHARE or 1300 743 374

THANK YOU KURANDA – We truly appreciate your support and patience when we are busy.

Buluwai Stories – History Series

The Cultural Heritage of the Buluwai tribe has been meticulously gathered over decades resulting in a large catalogue of maps, newspaper articles, book references, photographs, mission records, video and audio from the Tindale Collection and other sources, and extended family tree information from the Tindale genealogies collected in the 1938-39 SA Museum Expedition to Mona Mona Mission. We will be producing the Buluwai Stories history series from traditional knowledge orally passed down from our elders (Creation stories, song lines, language, traditional lore, customs and boundaries) and original source documents related to the Buluwai tribe as described by early Anthropologists Roth, McConnell, Tindale and Birdsell.

Atherton Tablelands Tourism

Buluwai Cultural Custodian, Willie Brim, was recently invited to participate in a video series for “Atherton Tablelands – Discover Perfect” tourism campaign (see www.athertontablelands.com.au). The social media promotional video piece highlights the Davies Creek Cultural Park’s stunning natural and cultural features, and is narrated throughout by Willie. Keep an eye out for that one!

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: 14 Aug, 11 Sep, 9 Oct, 13 Nov, 11 Dec.



Buluwanydji Ancestral Patriarch, Tji: Auwin 'Toby Brim' (back row, third from left) at Barron Gorge, pre-Mission era. Credit: Buluwai Digital Library



BULUWAI
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INDIGENOUS CORPORATION

office@buluwai.org
www.buluwai.org



CLOHESY RURAL FIRE GROUP

Davies Creek Brigade • Koah Brigade • Kuranda/Myola Brigade • Speewah Brigade

The Clohesy Rural Fire Group held its AGM on Monday night, 19 July, at the Speewah HQ. Greg Sutton accepted the role of Chairman/Group Liaison Officer. John Thomson retired from the position after 12 years and thanked the members, support and firefighters, for their voluntary contribution to keep Brigade areas safer from wildfires.

All four local Brigades – Davies Creek, Koah, Speewah and Kuranda-Myola train together, along with other Brigades outside our area: Mt. Molloy, Fassio Road, Paddy's Green and Springmount.

New training courses include Chainsaw Level 1, First Aid/CPR; Fire Minimum Skills (FMS), Coms. Tablets, Infrared Night Vision (Flir), Food Safety, and 4x4 Driving to come. Our group is finding that ladies and gents from all walks of life are leaning towards volunteering and our Rural Fire Service welcomes anyone who would like to help his or her community by becoming a Brigade Member, either support or an active firefighter. Each of our Brigades say WELCOME!

Yvonne Thomson

Volunteer Admin Officer, Clohesy Rural Fire Group

John Thomson



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LONG LIST OF LOCAL REFERENCES

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0409 255 427

77 Kelly Road, Speewah
etteleahpark@bigpond.com

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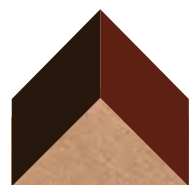
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Australian Men's Shed Association

SHOULDER TO SHOULDER

Trading Hours

Wed 8.30am–11.30am • Sat 2pm–5pm • She Shed Sun 2pm–5pm
Located at end of Kuranda Heights Road, past the Caravan Park in the old Council depot

Contact

Daryl Douglass (Secretary) 4093 9421
Richard Clews (President) 4093 0457

Kuranda Men's Shed

Changes to mail deliveries in Kuranda environs

Because we have more residents and because traffic levels have increased, the way the mail is delivered in parts of Kuranda is changing from July. Top of the Range, Greenhills Road and Warril Drive and central Freedom County will be delivered by Postie Bike and parcel van. This change was implemented because delivering these areas in 4WD vehicles has become increasingly dangerous.

This will also mean that some areas will be getting their mail earlier and some a little later. Top of the Range will be earlier, Warril Drive area a little later and Myola and Oak Forest areas will be considerably earlier.

As with every changed operation, we will have a fair amount of 'learning on the job' to experience and we ask for your understanding and patience whilst we get it right. We want our service to you to be the best possible. If we find that your street box, for whatever reason, is in a too difficult or dangerous location for the new way of delivery, we may ask you to move it to a better location.

If you have any concerns or worries about how this will affect you – please 'phone Mark on 4093 8827.

Your Posties.

COOL BURNING



I was up at Davies Creek National Park last week to photograph something and got completely side-tracked by the fantastic work being done by the Buluwai Rangers and Queensland Parks and Wildlife Service (QPWS).

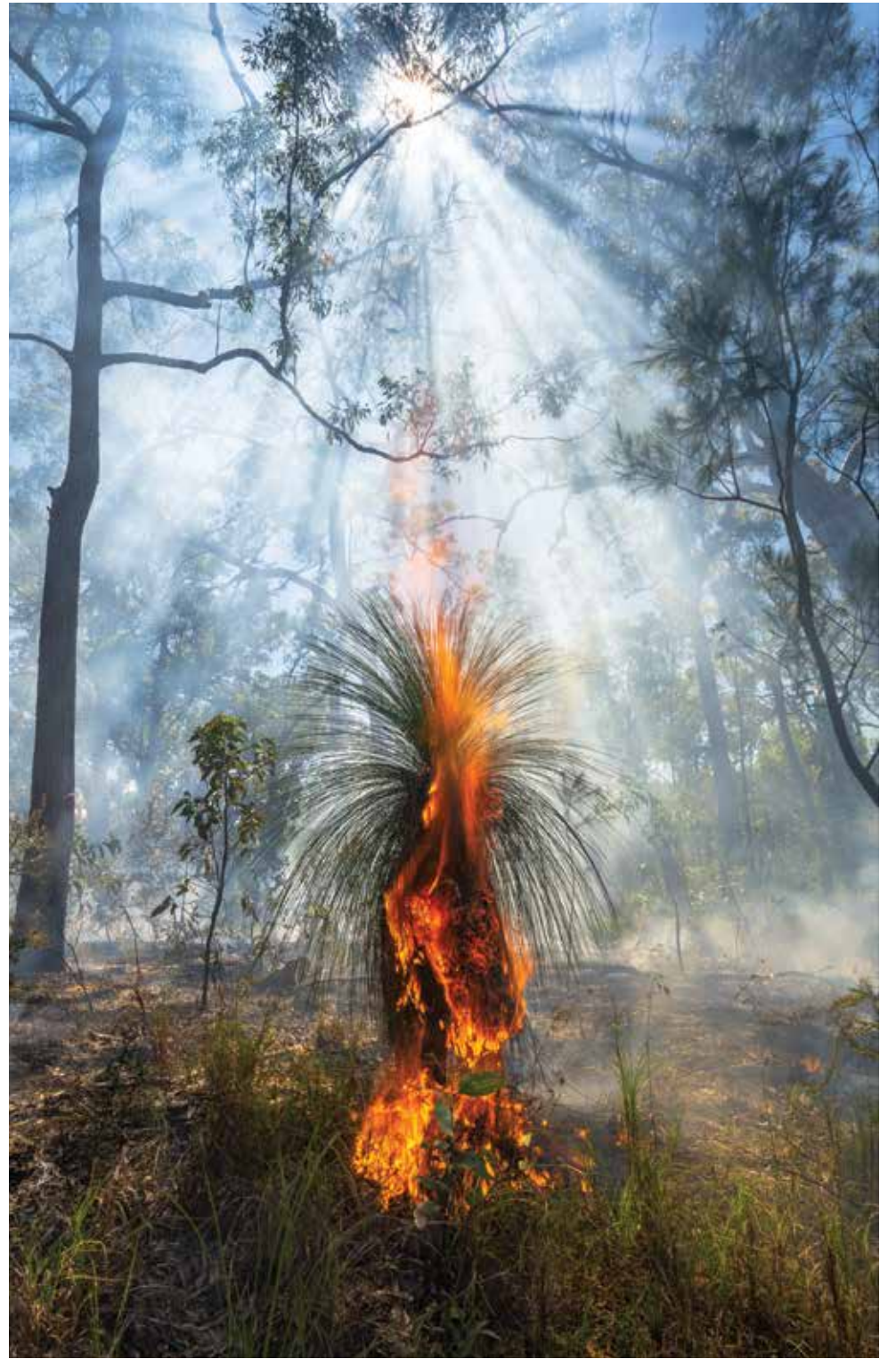
I am so happy that cultural cool patch burning is being conducted across the higher elevations of the National Park. This area is home to the very threatened Northern Bettong and returning the landscape to cultural burning practices will mean a better chance of survival. Additionally, these cool burns will continue to encourage a mosaic of vegetation types by not incinerating tree trunks nor canopies with hot vast fires.

I cannot convey how happy I am to see country being treated softly. In the past I have seen this park completely burned out in one swoop (often under the guise of 'hazard reduction'). Back then thousands of hectares were set ablaze in one hot inferno.

Thank you Buluwai Rangers and QPWS Rangers.

Steven Nowakowski, Kuranda

All photos courtesy of Steven Nowakowski Panoscapes www.stevennowakowski.com





CAIRNS TROPICAL WRITERS FESTIVAL . . . IS ON

“To Be or Not To Be”, that is the question? Little did we know when we postponed Cairns Tropical Writers Festival – CTWF2020 that a year later it would be even more uncertain now. Little did we know our theme of *Change* (in all its forms) would be more relevant than ever.

But having hyper-local and mainly Queensland authors programmed, we can boldly announce that the festival is on 13–15 August as a live event at the Pullman Hotel, the Court House and other venues, with national and local authors in mainstream, First Nations and Youth streams

Kuranda locals include Gawain Barker, now into his second book of his thriller series set in Cairns in the early 1980s and Ann Harth, an editor, author and writing mentor, both freelance and as a writing teacher for the Australian College of Journalism. Ann’s children’s books and stories have been published in Australia and the UK, and over 130 short stories sold to an educational reading program in the USA.

Other presenters are Andrew Paterson, a medico in Cairns and author of *Rainfish*, a children’s book set in the rainforests of FNQ that won the 2020 Text Prize. Jacque Duffy from Mena Creek is another well-known children’s author who will be joining panels and giving a workshop for other budding authors.

How can authors nail a sense of place and the atmospherics of the tropics when writing stories? This conversation will be between Mirandi Riwoe, whose award-winning historical novel *Stone Sky Gold Mountain* about the Palmer River goldrush and Cooktown in the late 1800s retells it from the lesser known First Nations and Chinese voices (did you know there were five times more Chinese than Europeans there?), and Averil Kenny of Cairns, with her historical novel, *Those Hamilton Sisters*, set in a small town near Cairns in the 1950s.

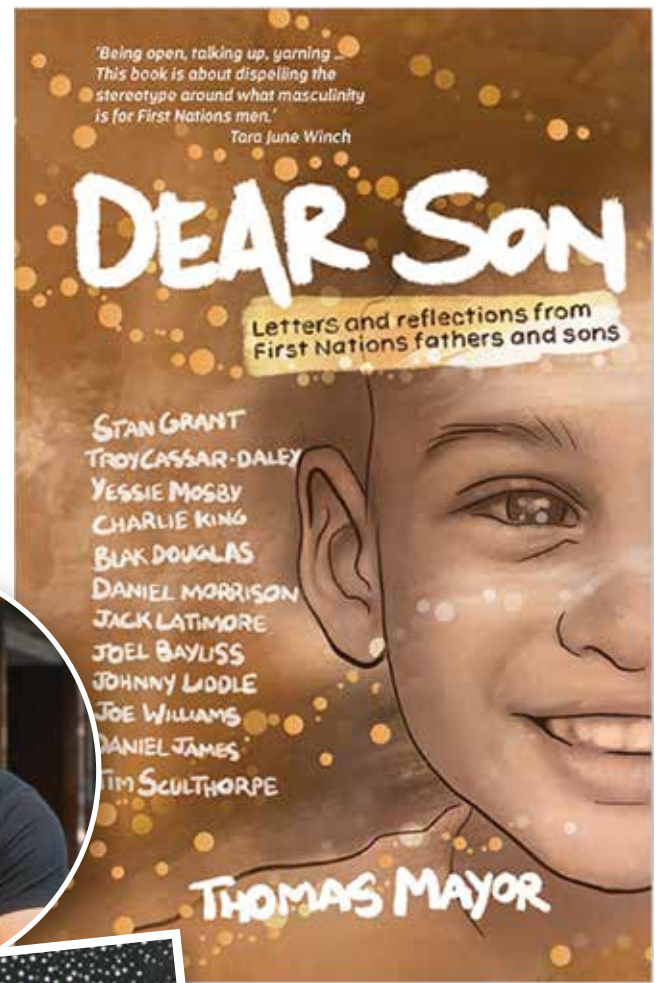
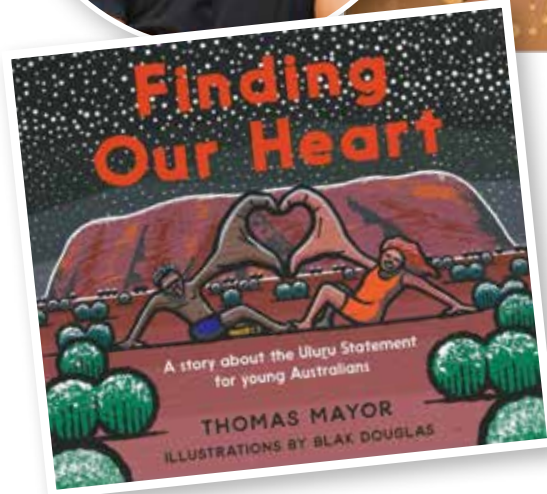
Local Victor Steffensen with his *Fire Country: how Indigenous Fire Management Could Help Save Australia* is part of a strong First Nations program of storytellers that includes David Hudson, one of the founding partners of Tjapukai when it first set up in Kuranda in the 1980s.

Newspaperman Elliot Hannay, former editor of the *Townsville Bulletin* who was threatened by the local chapter of Klu Klux Klan in the Joh days, talks about his memoir *The Colt with No Regrets*, and former JCU Professor Stephen Torre interviews Chrystopher Spicer about his book, *Cyclone Country*.

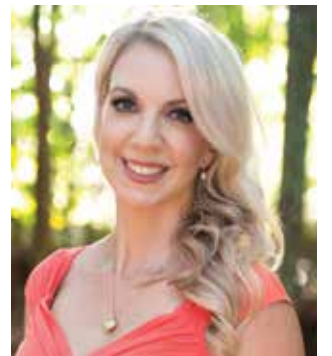
Torres Straits representatives will also talk about the impacts of climate change. Highlights will be Jackie Huggins AM and other eminent members of the Path to Treaty committee, as will be Thomas Mayor. Thomas was entrusted to carry the sacred canvas of the *Uluru Statement from the Heart* on an eighteen-month journey around the country. He has both an adult and children’s book, *Finding the Heart*, as well as *Dear Son: letters and reflections from First Nations Fathers and Sons*.

Local writing, storytelling and publishing in FNQ has never been so strong. For more authors listed, visit the website www.cairnstropicalwritersfestival.com

Contributed by Eve Stafford.



Clockwise from top left: Thomas Mayor, Averil Kenny, Gawain Barker, Victor Steffensen, Ann Harth



TRACQS
Invites you to
join us at
**TRACQS
Shop Space
Opening Day**
Wednesday
11 August 2021



TRACQS is excited to announce the official opening of our “Creative Communities” retail space located at 40 Coondoo Street. Come along for a day of celebration from 9am and join us in welcoming this new opportunity for our artistic participants to showcase their creations. Light refreshments will be provided accompanied by live entertainment, guest speakers and giveaways!

The TRACQS “Creative Communities” Activity has been supporting the business aspirations of our wonderful Indigenous and Non-Indigenous participants through the online shop and now our retail space. All items are handmade within activities and artists receive support to turn their creative hobbies and talents from dreams into reality.

“The collection we have is truly amazing. Our creative participants have really taken to this and delivered above and beyond. I am proud of what they have achieved this year and excited to open this shop space to extend on the support already available to them” states Activity Supervisor, Maree Gray.

A soft opening will be held from Monday 2 August leading into our official opening on 11 August. We hope to see you all there for our grand opening.

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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Success in Mareeba Art Prize

The month of July saw Kuranda Arts Co-op members achieve success in the Mareeba Art Society Exhibition. The competition involved numerous categories. Four Kuranda Arts Co-op members received prizes, awarded by judge Dr Angela Meyers, a renowned local artist who creates large-scale corporate works.

A First Prize for a fauna painting was awarded to Pam Schultz for her oil painting *Look and You Will See*, a finely detailed oil painting of her garden featuring a spectacled monarch.

Kate Prynne's glass plate of the *Golden Grevillea* and Buck Richardson's *Cassowary Food – Endemic Hairy Red Pittosporum* both attracted Highly Commended prizes for their pieces. We are grateful to the Mareeba Art Society for holding this annual art



"Cassowary Food – Endemic Hairy Red Pittosporum" by Buck Richardson



Left: *"Look and You Will See"* by Pam Schultz
Above: *"Golden Grevillea"* by Kate Prynne

competition to display the best of what the Mareeba Shire and Far North Queensland has to offer.

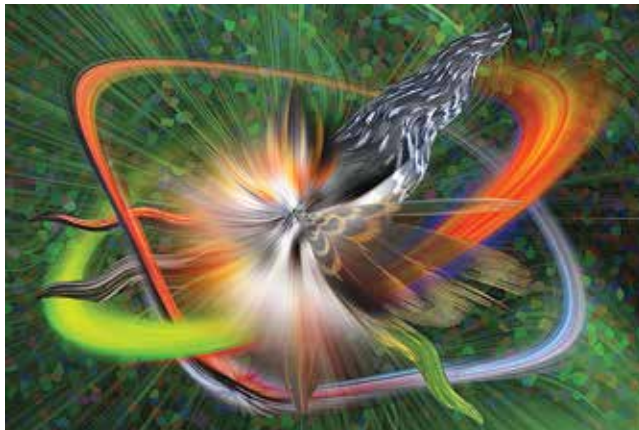
New Member Shows a Flare for the Abstract

Our new member, Colin Free, has installed two acrylic paintings in the Co-op Gallery. Colin uses hardedges, textures and few colours for each piece. It is wonderful to see something completely different in the Gallery and we hope you come in and ask after his work.

All of the above artists, and more, attend the gallery regularly and are very helpful in offering to explain their techniques, history and future aspirations.

More Recognition for Co-Op Artists

Buck was also a second prizewinner in Cardwell for his *Birds*



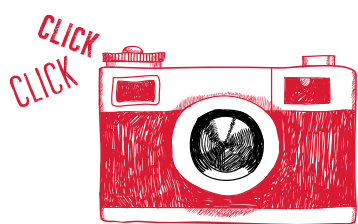
"Avian Abstraction" by Buck Richardson

of *Paradise* and at the Cairns Show for *Avian Abstraction*. Buck says about his work, "All my work is based on my original photographs of native flora and fauna. From there, I digitally manipulate them on my computer until I'm happy with the result."

Lieselotte Edwards received a commendation for her piece *Kingfisher Friend* at the Cairns Show. She says about the technique of oil-encaustic, "What I love about working with this medium is that it is so amazingly versatile. I explore the relationship between the oil paint, wax and heat, wielding the blowtorch for different images. It enriches my life."

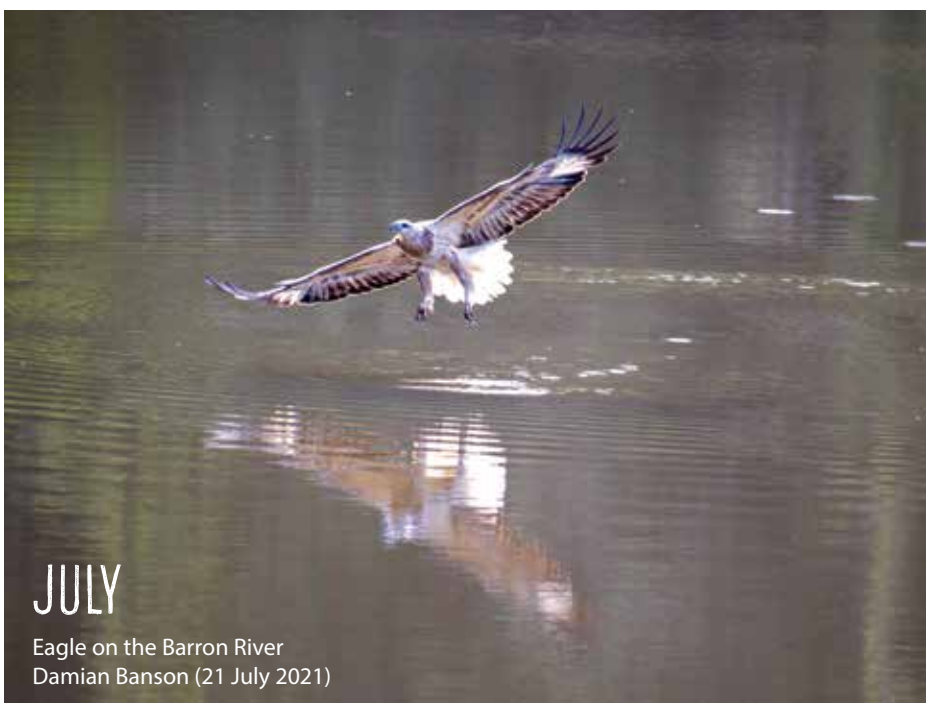


"Kingfisher Friend" by Lieselotte Edwards



FOCUS ON KURANDA

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



JULY

Eagle on the Barron River
Damian Banson (21 July 2021)



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KURANDA AMPHITHEATRE

SOCIETY INCORPORATED

THE COMMITTEE FOR 1997/1998
 President Dave Harris, Secretary Robin Moore, Treasurer Barbara Steiner, Capital Works Arch Macarthur, Bar Christiane Parkinson, Booking Carl Neal, Ground & Tech. Dave Franks.

This is a BIG year for the Amphitheatre. OUR AIMS FOR 1997 are:

- *New stage roofed and operating (and paid for)
- *Indoor theatre and club space
- *More cultural activities
- *Special accent on children and youth

Our village desperately needs youth club facilities. Your membership will help us to achieve that. We can't do it without you. The Kuranda Amphitheatre is a community venture created, built and operated by the people of Kuranda since 1979. It is a venue for concerts, festivals, dance and workshops, as well as being used by the community for classes, workshops, playgrounds & club nights. 1997 is the year of youth and fun, join up, take part, squander \$10 and your in!



Taking up the "Temporary Stage" of 1982. Much of the timber in good condition and re-usable.

Photo Janice Starck



WHAT A GREAT EFFORT !!

Thanks and congratulations from the AMPHITHEATRE to all who took part in the amazing "Demolition Day". At commercial rates well \$2,500 of work was done in one hit, dismantling the old stage & riser, plus the sound towers & lighting scaffold, and removing the sail cover. The materials reclaimed will now go into the new stage & understage complex taking, I hope, all the good energy they've absorbed over the years with them, to help make it the best theatre/music/ club venue we've had. This was the sort of high powered, good fun co-operative energy that built the amphitheatre in the first place. It's great to see it alive and so very well.



Up she comes !- all hands on deck

Photo Janice Starck



Photo R.Dods archive.

PUTTING IT DOWN in September 1982 "The Temporary" stage being readied for the Crossfire concert at the Spring Festival. Workers David, Inaki, John C., Nigel, John W., John the Wood, Potter, Roger hard at work!



Photo Janice Starck

The sail put up in April 1990 for the National Folk Festival gave the Amphitheatre a unique look. Now retired the sail and the steel structure are available for purchase. They have been replaced by a permanent structure which maintains the graceful curves of the previous covers.





www.kurandaamphitheatre.org
 support@kurandaamphitheatre.zendesk.com
 Kuranda Amphitheatre

40th BIRTHDAY CELEBRATIONS

DOT KURANDA SPRING FESTIVAL

SATURDAY 11 SEPTEMBER 2021
 MIDDAY - 10PM

A Kuranda community day full of local entertainment and fun activities for the whole family.

- FOOD • BAR • RAFFLES • COMPETITIONS • FACE PAINTING
- ROAMING PERFORMERS • LIVE MUSIC IN THE EVENING
- ENVIRONMENT STALLS • CULTURAL ACTIVITIES

A Saturday afternoon relaxing on the terraces

Adults \$5

Youth over 12 years – Gold coin donation

Children under 12 – FREE

Entry paid at the Kuranda Amphitheatre gate

Lock in the date and spend the afternoon celebrating 40 years of community creativity and connection

We have themed this year's Spring Festival in alignment with International Dot Day. The focus is on **Connection, Collaboration and Creativity**, fostering self-expression through writing, music and the arts.

**Time to "Go Dotty" in line with International Dot Day
 Make Your Mark!**

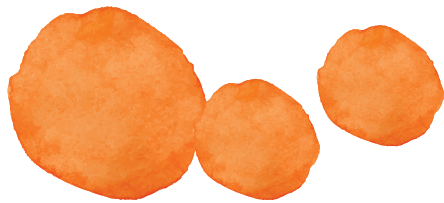
Background to International Dot Day:

A book called *The Dot* by Peter H Reynolds inspired International Dot Day. The book is about a caring teacher who encourages a student to "make her mark". She couldn't draw, so she simply made a single dot on a piece of paper. This little dot was just the beginning of a journey of self-discovery. On 15 September 2009, a teacher named Terry Shay introduced his classroom to *The Dot*, the rest, as they say, is history. Since its first observance in 2009, the day has become a global sensation. It is currently celebrated by nearly 16 million people in 181 countries. International Dot Day is celebrated by adults and children for boosting courage so that their creative potential is released. It is a great day to connect and collaborate, and also to celebrate self-expression. Over its 40 years, the Kuranda Amphitheatre has been a place to introduce many to the Arts and Performance and has offered a safe place for emerging artists, performers and technicians to begin their journey of creative process.

40th Birthday Art Competition

Our 40th Birthday Art Competition is open to everyone! The theme is "Kuranda Goes Dotty for Spring". There are three categories:

- Primary Age 4+
- Secondary 13+
- Open 18+



Entry forms are now available from the Honey House Kuranda, with more locations around the Village to be announced – so keep an eye out. Art Competition entry forms can be handed in to the Honey House Kuranda or emailed to the Amphitheatre support@kurandaamphitheatre.zendesk.com

All artwork should be submitted by Saturday 4 September 2021.

"Our earth is only one polka dot among a million stars in our cosmos."

Yayoi Kusama

Japanese artist famous for her large-scale polka dot installations.



BOX CAR RALLY

Show us your cardboard box creations! Use recycled items wherever possible.

Our Box Car Rally will take off in the Skate Park on Barron Falls Road at approx 3.30pm on Saturday 11 September, with the finish line within the Amphitheatre grounds. So get your crews together, it's only \$5 to enter. Complete your entry form and either hand into the Honey House Kuranda or scan and email to support@kurandaamphitheatre.zendesk.com

Entry forms are now available from the Honey House Kuranda, with more locations around the Village to be announced soon.

Entry fee can also be paid via direct bank deposit:

Kuranda Amphitheatre Society Inc
 BSB: 633 000
 A/C:131923039

MORE EVENTS ON THE DAY

A Treasure Hunt for the younger kids will wind its way through the Village, commencing at Centenary Park at 12 noon. The Hunt is about our local animals, plants and insects and open to anyone under 12 years of age. Collecting prizes along the way will be fun!

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- Small harvest

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The Speewah District Residents Association

Sense of Place at Speewah

The mural in front of the tennis courts at Roscommon Park, Speewah is complete. This is the result of a RADF grant from the Mareeba Shire Council (MSC) and Arts Queensland to the Speewah District Residents Association (SDRA) for local artist, Annie Fitzpatrick to paint a scene of the Speewah Valley.

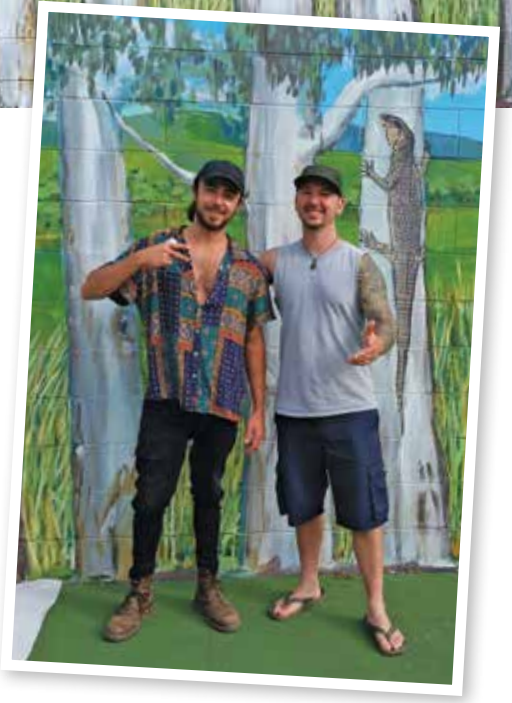
The SDRA worked with Council to create a public mural embodying a sense of place and community for Speewah, through a landscape that reflects the natural environment of the neighbourhood. We hope that Speewah residents enjoy this painting and that it also enhances visitors' experiences when they come to our part of the world. The SDRA is grateful to the MSC, Arts Queensland, and Annie Fitzpatrick for making this happen.

AGM

A friendly reminder to all SDRA current and future members that we will hold our AGM on 16 August 2021 at 6pm at the SRFB shed at Roscommon Park. We look forward to meeting you there, all Speewah residents are welcome. As it is the AGM, the payment fee of \$5 per person is due, and our Treasurer, Charlotte, will also be available to receive any donations for the Bob Madden plaque, mentioned in the July edition of *The Kuranda Paper*. We look forward to seeing you there.

Above: Anne Fitzpatrick's Speewah mural.

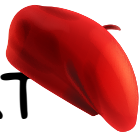
Right: Local musicians Davy Simony and Digby Trapnell in front of the new Speewah mural.



Speewah District Residents Association

• AGM •
6pm Monday
16 August 2021
at Roscommon

SPEEWAH TO THE "HAT" CHARITY WALK 2021



We are running the **2021 Speewah to the Hat Charity Walk for a Cause** again this year on Sunday 12 September. We are currently looking for submissions from locals who know of any locals in need or deserving of a 'hand up' at the moment. This is open to individuals, families or other charitable organisations in our local 4881 region.

Over the years, thousands of dollars raised through the Walk have been donated to those in need of assistance. Please send your written submissions/nominations to mick@farmall.net.au by 31 August!

Those who wish to participate in the Walk will need to email admin@farmall.net.au to register and gain full details on the event. The Walk is approximately 13.5km and requires a good level of fitness to complete safely. Entry is \$35 per person, which includes bus transfers from Farmall to the Speewah Campground in the morning to start the event, and a bus transfer from the Red Beret back to Farmall in the afternoon with a free beer, wine or soft drink upon arrival at the Red Beret.

Entries close Sunday 29 August and entry numbers are strictly capped at 120 walkers, so first in best dressed! Don't miss out.

We will be raffling off thousands of dollars' worth of prizes on the day and are currently



Celebrating the finish line at the Red Beret Hotel 2020.

seeking local businesses to offer prizes for this very worthy cause. Please contact me at mick@farmall.net.au if you have prizes to donate, as they will all be appreciated. Also, anyone who is unable to walk, is more than welcome to come down and join us for lunch at the Red Beret Hotel on the day, and participate in the raffles.

Mick Dowling, Speewah Farmall

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A Grinter's Tale

Personally, I think everyone should experience business ownership.

No, I didn't say all kids should spend time in the army, or retirees should consider community work, I just think a large section of the populace has no idea how hard it is to be in small business in Australia.

For all the 'Support Small Business' slogans that have been banded around over many years by different political parties, lip service reigns supreme on that issue. Over and over again we see southern companies being awarded contracts instead of struggling small businesses with local knowledge and a desperate need to stay afloat.

Having personally experienced Cairns Regional Council's tender processes, all I can say is that you need a degree in computer science and a spare week to get your head around a process that could be so much simpler.

Correct me if I am wrong guys, but tradies don't like this stuff, and I don't blame them. And my observation is, you've Buckley's chance of winning a contract if you are a sole trader who competently works alone (for example a plant operator), and doesn't employ an apprentice or someone falling into various categories of needing a job, and doesn't have the time or wherewithal to create the plethora of documents required to allow you to step onto a work site.

I frequently get called upon to undertake this kind of work for guys who would rather be behind the controls of an excavator earning \$100 an hour than sitting at a desk trying to work out the complexities of the tendering process.

It reminds me of a situation when I first returned home to Cairns after living overseas and bought my business back in the mid 1990s. There was no such thing as selection criteria attached to employment applications when I left Cairns 10 years previously. I had been introduced to this new method of selecting staff before I re-purchased the business when I went to apply for a government job.

A father at my daughter's school called me over one day in the school car park. "Could you do an application for me?" he asked, and showed me the paperwork and questions involved. He was a nuclear physicist applying for a job at the Lucas Heights nuclear reactor in NSW. I told him I couldn't split the atom, but more importantly I felt it was unethical for me to write his application.

"I'm a scientist," he replied. "English is my second language, AND I am not a writer. And people do this for people nowadays."

"Good point", I said, humbled. "But I still can't split the atom."

So the writer worked with the scientist. He spat it all out, all the left, right and centres of superconductivity and nanotechnology and reactor cores and radiation shielding et al, and I put it in order. I'm making all this knowledge up, I don't really remember the technical side, but thought you might be impressed. I prompted him with suggestions for examples to demonstrate competency in generic issues like supervision, communication and organisation

and so on. In those days, those applications were up to eight pages long.

He got the job, so in fact you should be impressed. It took hours as it was highly technical, and it was a big learning curve for me, as I got turfed out of Physics and into Needlework at school; can you imagine? Mass was something we went to on Sundays, and particle dynamics and relative velocity left me cold. Well, you'd understand how funny it was for me to be forced into Needlework, if you knew me.

In the aftermath, I added up how long I had actually spent with the client in discussion, or on email, or the phone; time I hadn't charged for as it was prior to actually commencing the job. It was over two hours.

So what's my point here? If you were employed, all that time you sat filling in forms, asking people for help, emailing or waiting on the phone for more information, you're getting paid.

All the time you're out buying stationery for the office, or running an errand for work, or chatting to your workmates, you're getting paid.

When you get sidetracked by a personal email, or a mobile text, you're getting paid.

When everyone else is finished for the day and home watching television, small business owners are doing their books or marketing their business, chasing debtors and paying all the creditors involved in running the business.

At night time you lie awake wondering how someone in a good job, who has asked you to help them in your area of expertise, and tells you what a wonderful job you have done, sees fit not to pay their invoice.

Karma unfortunately doesn't pay the bills.

When you visit a shop, take a minute to think of all the expenses the shopkeeper wears in order to bring you some choice in a world that will one day probably see only a couple, or maybe just one, hypermarket and online shopping.

In an age where quality has gone out of the window and 'planned obsolescence' is deliberately built into products, our throw away society is adding to landfill while political hype encourages us to be responsible, to recycle and reduce waste. Price no longer guarantees quality. Nor are our kids interested in hand me downs, or even sadder, valuable heirlooms and antiques kept in families and passed down from generation to generation.

In March this year, the European Union introduced legislation that will see companies that sell refrigerators, washers, hairdryers or TVs in the 27 countries, forced to ensure those appliances can be repaired for up to 10 years. Manufacturers will have to maintain parts for appliances for that period. This is part of a strategy to encourage manufacturers to build more robust, longer lasting products, and reduce the quantity of goods that collapse in a heap just after the expiration of the warranty period. I have nightmares about a world covered in dead toasters.

The good news is that Australia is following the example of the European Union, but I have run out of room so you will have to do your own research, or *The Kuranda Paper* will add me to landfill.



I have nightmares about a world covered in dead toasters.

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Kuranda Community Kindergarten receives overall rating exceeding National Quality Framework

We started the term with exciting news regarding the recent Assessment and Rating undertaken by the Department of Education. We are proud to announce that Kuranda Community Kindergarten received an overall rating of EXCEEDING under the National Quality Framework. As a community we should be proud to have such an excellent service that has been going strong for 33 years. It is a testament to the hard work and dedication from our educators, staff and volunteers.

Term Update

Term 2 at the Kindy ended with Under 8s Day at Kuranda District State College. We had so much fun crafting, flying plastic bag kites, making wind chimes, checking out the inside of an ambulance, having faces painted and chasing bubbles. Thank you to all the teachers, staff and student helpers from the school and Kindy, and the volunteers for making it such a fun event. For many of the Kindy children it was their first chance to visit the school, and the bus ride is always a novelty. There will be more opportunities later in the year to visit again as the children prepare to start Prep next year.

We also celebrated end of term with a Teddy Bear Picnic in the Djama Group and a Fairy Party in the Bundarra Group. Thank you to all the parents and carers who joined in the fun.

Term 3 has started off busy as usual, with NAIDOC Celebrations. The Djama Group was treated to a dance show by some of our Kindy families, and the children were taught the Bundarra (Cassowary) Dance. The children also participated in craft activities, such as making a clay echidna and painting a boomerang. A damper morning tea kindly made by one of the children's grandmothers was shared with the special guests. Celebrations will continue with the Bundarra Group looking forward to learning to throw a boomerang and a visit from the Bulmba Rangers. The Rangers will help plant some native fruit trees to align with the overarching theme of "Heal Country" – rejuvenating native food sources and learning how to take from and give back to Mother Nature.

The children were introduced to personal safety in Week 2 with a special show put on by Ditto the lion cub from Bravehearts. They are also learning about road safety in our Wheelie Wednesdays program this term, where we take bicycles and tricycles across to the basketball courts and pedal through some courses while following street signs. It is a fun way to learn while also practicing riding skills, coordination and balance.

Enrolments

In other good news received at the start of term, the Department of Education announced it will support families of kindy-aged children for the remainder of the school year, by covering the fees for four-year-olds in Terms 3 and 4. So

with a few spots left in our Bundarra Group, now is the perfect time to enrol and take advantage of this extra funding.

We are also accepting enrolments for 2022. We offer two groups: Mondays, Tuesdays and alternate Wednesdays or alternate Wednesdays, Thursdays and Fridays, both from 8.20am-2.30pm. Enquire now! Drop in or get in touch on 4093 8087 or kcka@westnet.com.au.



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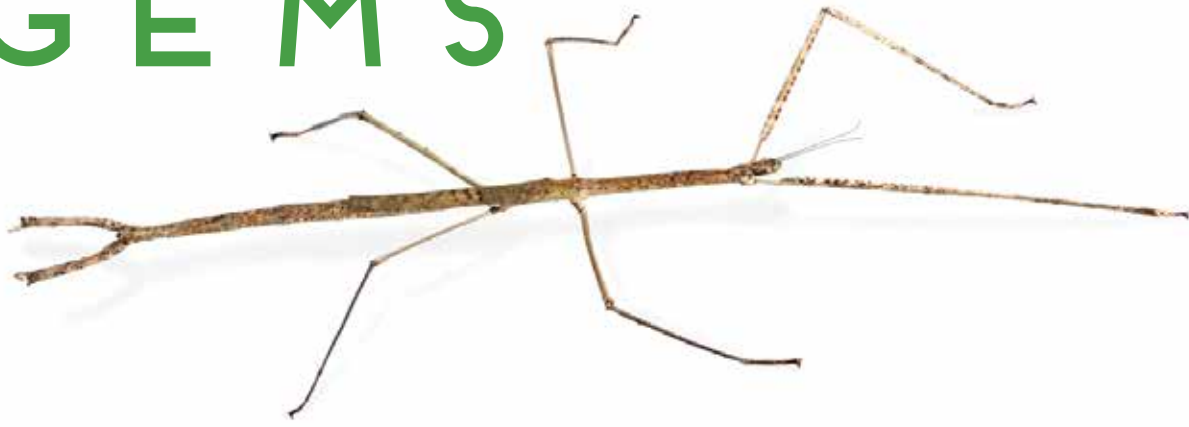
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HIDDEN GEMS



Top: The Gargantuan Stick Insect (*Ctenomorpha gargantua*) a huge stick insect that resides in Kuranda yet is rarely spotted.

Middle: Putting things in perspective – a Gargantuan stick insect resting on an arm.

Bottom: A rare find – the second female Australian Leaf Insect (*Phyllium monteithi*) found here in Kuranda, exactly as she was found by local Gerhard Hillmann.

Photos: Alan Henderson

Most locals are somewhat aware of the incredible level of biodiversity we have in our region. Film crews from around the world visit regularly to film our wildlife from the magnificent Cassowary to the minute jumping spiders. Yet what we see is literally the tip of the iceberg.

The rainforest of the Wet Tropics harbours an immense amount of life, and there are still many species we know little about or which have not even been recorded by scientists. While there are still some discoveries being made in regard to vertebrate animals, it is the invertebrate world that continues to surprise us with new finds.

Each year this region gives up a few more secrets. Species are found that for some reason have gone a long time unnoticed.

Local entomologist David Rentz has found no less than 93 species of native cockroaches on his property in Kuranda, and about fifty percent of those are undescribed (not yet named scientifically). David has also described many species of katydids himself, and there are a few that have been named after Kuranda.

On some occasions, a single sex of a species is known, but the opposing sex has been elusive and taken many years to discover. In 2012 here in a Kuranda the first female Australian Leaf Insect (*Phyllium monteithi*) was found; the male being known for quite some time as it habitually flies to lights at night. Females on the other hand don't fly and are extremely well camouflaged. A second female was found in 2014, again here in Kuranda.

One of Australia's largest and most colourful spiders known as the Tiger Huntsman was first recorded in 2006 and since then only a few specimens have been found in the Daintree and here in Kuranda. Our article in the Kuranda Paper in April 2014 led to one being reported on a property off Myola Road.

Like the Tiger Huntsman, another large spectacular yet elusive species is the Gargantuan Stick Insect (*Ctenomorpha gargantua*). While this species has been described, only a handful of specimens have ever been found and yet it is potentially the longest stick insect in the world. One preserved specimen found near Atherton is 670mm long from the front feet to the distinctively forked tail. Another photographed in Kuranda was possibly even longer. Despite their massive size, in years of searching we have not yet been able to find this amazing creature ourselves.

Whether it be ants, moths, butterflies or beetles, this region still holds a great many secrets and we have absolutely no idea what else may be still out there. It is one of the reasons I find it so exciting to wander the rainforest night after night by torchlight, wondering what surprises the forest will yield. One thing is for sure. We need to take care of the wet-tropics at all costs. If we don't, we have no comprehension of what we could be losing whether it be invertebrates, vertebrates or the myriad of plant species that make up these very special forests.

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The Spear Animal Reserve officially declared



Denise Donald, Warren Entsch, Angela Toppin, Andrew Horn, Margaret Zehntner. Photo: Denise Donald

Federal Member for Leichhardt, Hon. Warren Entsch and the Mareeba Shire Council Mayor, Angela Toppin, jointly unveiled the sign officially establishing the Spear Animal Reserve. They were each presented with a copy of the Environmental Management Plan made possible with funding from the Federal Government. We gratefully acknowledge the support of the Mareeba Shire Council in waiving the rates on this conservation block.

Recognising the importance of protecting habitat, the late Marjorie Spear bequeathed 2.14 hectares of regrowth rainforest on the corner of the Kennedy Highway and Black Mountain Road – "this property to pass to Kuranda EnviroCare on trust for the benefit of the public of Australia, through the promotion of the study and conservation of flora and fauna with the land to be known as The Spear Animal Reserve".

Baseline flora and fauna studies were conducted over the past eighteen months by a number of local ecologists and consultants and a plan was developed. A copy of this Management Plan may be borrowed from the Kuranda EnviroCare library on request, at the nursery 284 Myola Road.

As a community we are mindful of the threats to the animals of our highly biodiverse region posed by habitat loss, increasing road traffic, inappropriate development and the changing climate. How is essential habitat connectivity, so vital for climate resilience, to be secured across a busy highway? How do we build upon Marjorie Spear's gift to the people of Kuranda?

Warren Entsch posed the challenge – "What comes next?"

• Date Claimers •

Every Saturday 8–10am. Tree planting or weeding/watering. Meet at the nursery at 8am then carpool to site.

5 August General Meeting 7–9pm. At Kuranda Recreation Centre, Fallon Road. (COVID restrictions and building repairs permitting) Dr Bruce Wannan speaking on the *Flora of the West Macdonnell Range*. Light supper to follow.

Frog monitoring. Occurs during the third week of each month, starting after 7pm. Check our Facebook page for dates and sites. Call 0437 109 653 for more information.

Plant of the month – *Phaius australe* formerly *Phaius tancarvilleae* (Swamp Orchid)



Phaius australe was once common along much of the east Australian coast from Cairns to Coffs Harbour. It is now almost entirely restricted to the Moreton Bay islands.

The disappearance of *Phaius australe* from much of its former habitat was due to a combination of habitat loss (due to farming, urban housing, and associated infrastructure), predation by feral pigs and the activities of orchid collectors.

The places most like *Phaius australe*'s original habitat are swampy areas around creeks, springs, gullies, and low lying seasonably wet areas. It can be grown successfully under normal garden conditions and in pots.

Established, registered plants are available from the Kuranda EnviroCare nursery, 284 Myola Road, where they can be seen now, flowering.



Russett Park infestation survey

Wet Tropics Management Authority field teams have completed their survey and treatment of yellow crazy ants at the Russett Park infestation area for 2021. A small patch of yellow crazy ants was detected in one area which was previously identified by the Authority's field staff using lure surveys. A follow up survey over the same area by the Authority's odour detection dog, Fury, found more yellow crazy ants. The patch was treated with ant insecticide Antoff on 10 June 2021.

Annual surveys for yellow crazy ants will continue at Russett Park for several years to ensure yellow crazy ants are completely eradicated. Russett Park residents need to remain vigilant for any future detections of yellow crazy ants. You can help us prevent potential spread by disposing of garden material onsite or at waste transfer stations and reporting possible sightings to 1800 CRAZY ANT.

The Taskforce at the field survey entry point on Oak Forest Road Kuranda.



The Taskforce surveyed Russett Park infestation area for invasive ants

Taskforce volunteers went on the hunt for yellow crazy ants and electric ants along the Barron River in Kuranda on Saturday 3 July 2021. The ant hunt was within the known yellow crazy ant infestation area at Russett Park.

The survey used a cat food and jam lure for yellow crazy ants and sausage lure for electric ants. Lures were placed five metres apart along three transects and were later checked for invasive ants. Suspect ant samples were taken and each survey point was recorded with a GPS.

Six volunteers from Cairns and Kuranda came to help out with the eradication of these invasive ants. The Taskforce started at Kuranda Envirocare nursery where they received training from the Authority's operations staff in lure surveys, invasive ant recognition, GPS tracking and sampling, before they took to the field for the hunt.

Fortunately, we didn't detect yellow crazy ants and a preliminary check from the Authority didn't detect electric ants either. Biosecurity Queensland will confirm the negative detection of the electric ant samples.

Thank you to volunteers Tim, Bernd, Eden, Davini, Sam and Alan for a fun field day and thanks to Jules Seabright and Lucasz Podorgorski from the Authority for leading the Taskforce in the field survey.

Disposing green waste in Kuranda

As of 1 July 2021, Mareeba Shire Council is charging residents a \$9 fee per trailer or ute load to dispose domestic green waste at the Kuranda waste transfer station. However, residents can dispose their green waste for free three times a year on dates yet to be determined.

We don't want yellow crazy ants or electric ants to spread due to illegal dumping.

For residents living in the Russett Park and Green Forest infestation areas, please continue to dispose of your green waste responsibly by taking it to the waste transfer station, keeping in mind your three per year free disposals, or dispose your green waste through composting or burning on your property. Please do not illegally dump or let your green waste wash down a waterway. This notification also applies to Kuranda residents living in electric ant restriction zones.

To get your green waste checked call 1800 CRAZY ANT. For further details about the green waste notification visit www.facebook.com/photo?fbid=119061077052092&set=a.117402653884601



Jules Seabright third from the left, representing the Authority and leading the Taskforce in the field on 3 July 2021.

Jules Seabright Taskforce volunteer turned field survey leader

Volunteering work has led directly to a field operation job with the Authority for Jules Seabright. In September 2020, Jules Seabright joined the Taskforce as a volunteer. In February this year she was successfully appointed a field operations officer with the Authority's yellow crazy ant eradication program. Since being employed, Jules has been perfecting skills in the field, searching for yellow crazy ants in sugarcane, forested and residential areas.

On our recent field survey searching for invasive ants at Russett Park on 3 July 2021, Jules immediately stepped up, along with Lucasz Podorgorski from the Authority, to lead the Taskforce in the field survey. Jules and Lucasz did a marvellous job and the Taskforce is so proud of how far Jules has come. Jules you are a Taskforce star!

Ciara

Join the invasive resist-ants

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



GOLD! GOLD! GOLD!

Absolutely nothing to do with the Olympics, either Tokyo or Brisbane 2032, I am just loving all the golden bounty of the season, with some new winning food discoveries. At the moment, there is such an abundance of all different kinds of citrus fruit. I am often the very happy recipient of gifts of some of the lesser faves – grapefruit, pomelo and cumquats. And so it was just at the end of May that I found more Koah cumquats gifted to me than I could eat raw and it seemed a shame to just juice them. I have a friend who is a champion jam maker so I already had plenty of marmalade. I went looking for another option and found ... Honey Cumquats. These are delicious, made in a way similar to jam but with whole fruits and honey, and when preserved they have the texture of a dried apricot.

On the vegetable front, I have made two new pantry friends. Thanks to Louisa at Wholesome Kuranda in the Heritage Markets, I now am a big fan of Golden Beets and Yellow Carrots.

Golden Beets may be the most versatile root vegetable I have come across (quite different to red beetroot, yellow-orange, milder in flavour and no staining), it can easily substitute for potato, sweet potato, carrot, parsnip or swede. You can grate it into a salad, bake it, fry it, make chips, mash, soup, curries. It is truly a great staple and keeps well. Yellow Carrots are just as they sound, a lighter yellow version of the usual orange carrot, with a milder taste and a finer texture. Enjoy! *Queenobans*

Roasted Golden Beets and Yellow Carrots (vegan/gluten free) *via inspiredtaste.net*
Serves 2 to 3

INGREDIENTS: 300g yellow beets without tops (2 medium), 300 yellow carrots (3 medium), 2 garlic cloves – smashed, 4 sage leaves, 1 sprig fresh rosemary, 2 tbsp extra-virgin olive oil, 1½ tbsp white wine vinegar, salt to taste.

METHOD: Heat oven to 200°C. Add the beets to a medium pot of simmering water, seasoned with salt. Cook until just tender then remove from the water. Once cooled, cut into desired size (the smaller, the quicker the cook time). Cut carrots to a similar size. Add beets and carrots to a roasting pan and toss with the smashed garlic, sage, rosemary, olive oil, white wine vinegar and about ¼ tsp of salt. Roast for 20-30 minutes or until the beets and carrots become even more golden and are tender. Serve as a side dish or on top of a green salad.

Golden Beet and Carrot Soup with Thai Pesto (vegan/gluten free)
via delicious.com.au
Serves 4

INGREDIENTS: 1 tbsp coconut oil, 1 onion finely chopped, 2 garlic cloves crushed, 1 tbsp finely chopped fresh ginger, 2 tbsp Thai red curry paste (check no shrimp paste for vegan version), 4 kaffir lime leaves torn, 400g golden beets scrubbed and cut into 3cm pieces, 400g carrots, scrubbed and cut into 3cm pieces, 2 tbsp smooth peanut butter, 1 litre (4 cups) vegetable stock, 400ml coconut milk. To make Thai pesto: 2 cups loosely packed Thai basil leaves, ½ cup loosely packed coriander leaves, ¼ cup (35g) chopped unsalted roasted peanuts, 2 tsp toasted (dark) sesame oil, ¼ cup (60ml) peanut oil, 2 garlic cloves, chopped, ½ tsp dried chilli flakes, 1 tsp light soy sauce.

METHOD: Heat coconut oil in a large saucepan over medium heat. Add onion, garlic and ginger, and cook, stirring occasionally, for 4-5 minutes or until onion has softened. Add the curry paste and kaffir lime leaves, and cook, stirring, for 2 minutes or until paste is fragrant and beginning to stick to the base of the pan. Add sweet potato, carrot, peanut butter and stock. Bring to the boil, then reduce heat to low and cook, loosely covered, for 25-30 minutes or until vegetables are tender.

Remove from heat and allow to cool slightly. Using a slotted spoon, remove and discard kaffir lime leaves. In batches, transfer soup to a blender and whiz until smooth. Return to pan over medium heat. Stir through coconut milk and cook until warmed through. For the Thai pesto, place all ingredients in a small food processor and whiz until finely chopped. Divide soup between bowls and swirl through pesto to serve.



“Cumquat Bounty 2021” acrylic inks, fine point black pen by Gayle Hannah

Honey Cumquats (vegan/gluten free) *via cincinletseat.com*

Makes about 5 medium jars. Process as you would jam. I just boiled my recycled glass jars and lids to sterilise them before spooning cumquats and syrup in, leave a little bit of room at top – use a sterilised knife to remove any air bubbles. Wipe jar rim clean with paper towel and screw jar lid on tight.

INGREDIENTS: 1kg clean cumquats (seeded or seedless), 3 cups water, 2 cups honey (support your local beekeepers), ½ cup sugar.

METHOD: Bring pot of hot water to boil for jars and lids (or as you do canning). Cut a small slice off each end of whole cumquats. Note: most of the seeds will come out of the fruit as they cook, you can scoop seeds out as you fill jars, and the odd seed is not really a problem. Otherwise, cut cumquats in half and remove any seeds for less impressive seeded halves. Or, if you do find seedless cumquats just prick each whole fruit a couple of times.

In a medium saucepan, bring the water, honey, and sugar just to a boil. Add the cumquats and bring the mixture back just to a boil. Adjust the heat to steady simmer and cook, until cumquats are tender – 25 minutes for halves, 40 minutes for whole. Transfer the hot cumquats into the sterile jars and screw on the lids. Remove the jars and let them cool. Store in cool, dark place for up to six months. Once a jar is opened, keep it in refrigerator. Delicious as a snack, added to a dessert with ice cream or yoghurt, or added to breakfast porridge.

Barry Hodson
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Growing Your Health in 3 Simple Recipes

There are certain plants I grow in my garden that I want to eat every day for my health but somehow this rarely happens. I forget or get too busy and meanwhile the plant is overgrowing the garden and going to waste. So I thought if I can make just a few weekly recipes that encompass some of the most healthy herbs I want to have every day for my immune health it might be a workable solution.

So let's start with turmeric and ginger. Turmeric (*Curcuma longa*) has bioactive compounds with numerous other health benefits. It also contains strong anti-oxidant properties which boosts your immune system. Turmeric's protective compounds help combat inflammation in the body. These anti-oxidant and anti-inflammatory effects of curcumin promote cardiovascular wellness and can help balance cholesterol levels. Ginger (*Zingiber officinale*) not only adds tasty flavours to food, it's also full of nutrients and bioactive compounds that can treat motion sickness, help with indigestion and menstrual pain, lower blood cholesterol and fight infections. How to have these two powerhouses everyday? In one simple drink:

Turmeric Golden Milk Recipe

- 2½ cups unsweetened and full fat almond or coconut milk
- 1 stick cinnamon or ¼ teaspoon ground cinnamon
- 2 inches fresh turmeric sliced or 1½ teaspoon ground

- turmeric spice
- 1 inch fresh ginger sliced or ½ teaspoon ground ginger
- 1 tablespoon coconut oil
- Pinch of black pepper
- 1 tablespoon maple syrup or honey to taste

Place milk, cinnamon stick, turmeric, ginger, coconut oil, and black pepper in a saucepan. Cook, stirring frequently, until warm but not boiling. Add sweetener to taste. Note: another great option is Jamu, a traditional herbal medicinal drink from Indonesia made up of turmeric, ginger, honey, tamarind paste and lime juice. Check online for recipes.

Nettle is a powerful herb that contains minerals, vitamins such as A, K, and phytonutrients. As a result, nettles can relieve pain and inflammation, lower blood pressure, cholesterol and blood sugar, and defend against bacterial, fungal and viral infections. I like to use nettles for their high iron content as my iron is often low. Because nettles contain numerous important vitamins and minerals, consuming nettle tea regularly is a great way to stay healthy.

Nettle Tea

Steep 2-3 teaspoons of dried nettle leaves in 2 cups of boiling (at 50-60°C to preserve the vitamin C content) water for 10-15 minutes. Drink daily.

Brahmi (Bacopa Monnieri) has been used as an effective brain tonic in the Ayurvedic system of medicine for thousands of years in India. It is very beneficial to long and short term memory and may be useful in treating

anxiety, depression, ADHD and many other mind related problems. It is also currently being studied as a possible treatment for ADHD, Alzheimer's and Parkinson's disease. Note: Brahmi is not Gotu Kola (*Centella asiatica*).

Brahmi is very bitter to taste so eating raw from your garden is hard to do. Brahmi can be drunk daily as a tea. Isabell Shipard suggests six sprigs about 3-6cm long in boiling water. But instead I put it into an easy pesto sauce. The added benefit of a green sauce is you can add other super greens to it too, such as Gotu Kola, Malabar, Surinam, Egyptian Brazilian and Okinawa Spinaches, Sambung, Warrigal Greens, Sweetleaf and Moringa. All powerhouses of goodness.

Brahmi Plus Vegan Green Sauce (no dairy, no oil)

- 1 cup cashews, soaked overnight and drained
- 1/2 packed cup basil leaves or other super greens
- 1 cup packed brahmi
- Juice of 1 lemon
- 1 tsp sea salt
- 50 ml water

Combine all ingredients into a high speed blender until smooth. Transfer to a jar and keep refrigerated, will last up to 3 days.

Brahmi Plus Classic Pesto

- 2 cups fresh green super leaves (no stems)
- 2 tablespoons pine nuts or walnuts (or any nuts on hand)
- 2 large cloves garlic
- ½ cup extra-virgin olive oil
- ½ cup freshly grated parmesan cheese
- Salt

Combine basil, oil, pine nuts, and garlic in a food processor. Add a large pinch of salt and process until smooth. Transfer mixture to a bowl and stir in Parmesan. Season with more salt, if needed. This fresh pesto will last 5 to 7 days in the fridge, or up to 8 months in the freezer.

Disclaimer: Before beginning any type of natural, integrative or conventional treatment regimen, it is advisable to seek the advice of a licensed healthcare professional. Particularly if you are on medication or experiencing ill health.

Rachael

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Teen Health ~ Part 1

This article is very dear to my heart, having two pre-teens. As a Naturopath working with teens, I am sensing a serious urgency to share and educate the importance of caring for teen physical and mental health at such a critical time in their life.

What EXACTLY is puberty?

Puberty is essentially the onset of adult reproduction, a milestone in development that involves a complex transformation of a child's anatomy, physiology and behaviour at rapid speed! Puberty can offer a vital window of opportunity for healthy interventions that can impact their health positively for the rest of their life.

Puberty occurs in five stages, governed by the endocrine (hormonal) system that modulates the growth and development of the sexual glands and hormonal secretions.

First stage 6-8 years or adrenarche. This is a time when adrenal androgens increase to start the beginning of sexual maturation. Most commonly, a child will experience a sudden growth spurt.

The second stage 10-12 years or gonadarche. A time for sexual organ growth, pubic hair and body shape changes begin to take place with the help of gonadal steroids, such as estradiol and testosterone.

Third stage 9-15 years growth spurt begins, boys gain more muscle mass, girls may experience more vaginal discharge as they get closer to menarche. Boys start to experience erections.

Fourth stage 11- 17 years, girls can begin menarche (this is often 2 years from breast buds). Irregular menstruation is normal. Boys begin to experience frequent erections and wet dreams. Body hair is thicker and boys' facial hair starts to grow. Skin becomes oilier for both sexes. Boy's voice deepens. After girls have menstruated for up to 10 months, they will begin to ovulate.

Fifth stage 14-18 years both girls and boys at the end of puberty will reach their full height with gonadal hormones peaking. Genitals and pubic hair are now fully developed. Boys will grow chest hair and shaving may become necessary. Girls are now ovulating and menstruating more regularly with breasts and hips fully developed.

Important Nutrition for Puberty

Those who already have teenagers can attest that their teens have ravenous appetites, with the fridge door seemingly always open! Boys require an average of 2,800 calories per day and girls require an average of 2,200 calories per day.

Below is a list of essential nutrients and food. Teach your kids important skills and get them involved in meal planning, prepare shopping lists and cooking.

- **Iron:** for healthy growth, energy, mental focus, immune and thyroid function. Food sources: Lentils, spinach, sesame and pumpkin seeds, red meat, poultry, olives, Swiss chard (silverbeet), kidney beans, blackstrap molasses, parsley, apricots, avocado, pine nuts.
- **Magnesium:** for vascular and muscle health, blood sugar and calcium regulation, calms nervous system, reduction menstrual pain. Food sources: pumpkin seeds, spinach, sesame seeds, quinoa, cashews, sunflower seeds, navy beans, almonds, brewer's yeast, cacao, kelp, figs, eggs, leafy greens, legumes and blackstrap molasses.
- **Vitamin D & K, Calcium, Phosphorus:** Important for healthy muscles, bones and teeth, protective against diseases and immune function. Food sources: sardines, eggs, shiitake mushrooms, liver, milk (in moderation

overconsumption can lead to magnesium deficiency), leafy greens, parsley, broccoli, asparagus, cabbage, kelp, oats, almonds, beef, chicken, chickpeas, garlic, nuts, tahini.

- **Vitamin A:** essential for vision, immune, brain, and thyroid function as well as reproductive organ and hormonal function/growth. Food sources: Liver, sweet potato, carrots, spinach, kale, apricots, eggs, leafy vegetables, cheese, papaya, mangos, peaches, alfalfa, asparagus, beetroots and turnips.
- **B vitamins:** metabolism, nerve and muscle nutrients, brain and immune function, immunity, energy production, mental wellbeing. Food sources: Animal liver, kidney, mushroom, spinach, beet greens, tempeh, yoghurt, eggs, asparagus, dates, parsley, citrus, lentils, seafood, bananas, chickpeas, nuts, turkey, venison, broccoli, lettuce and turnips.
- **Vitamin C:** antioxidant, immune booster, tissue healer. Food sources: Papaya, capsicum, broccoli, Brussel sprouts, pineapple, kiwifruit, rockmelon, cauliflower, black currants, citrus fruit, tomatoes, cabbage, kale, mustard greens, turnip greens, spinach, zucchini, fennel and parsley.
- **Zinc:** Co-factor for 300 enzymatic processes, insulin regulation, wound healing, immunity, anti-viral, antioxidant, gut healing. Food sources: Beef, lamb, oysters, sunflower and sesame seeds, brewer's yeast, lentils, cashews, turkey, quinoa, prawns, capsicums, egg, ginger, liver.
- **Selenium:** Antioxidant, reproductive health, thyroid function. Food sources: Sardines, turkey, cod, chicken, lamb, scallops, beef, Brazil nuts, butter, cashews, liver, garlic, oysters, onions and turnip.

Eating a whole food diet that includes all or most of the above foods will also ensure they achieve enough protein, carbohydrates, fats and fibre to fuel their growth and development.

With the absence of a healthy diet and lifestyle the delicate hormonal changes can be disrupted leading to issues such as: dysmenorrhea – painful periods, menorrhagia – excessive period bleeding, chronic acne, obesity, sexual maturation delay, eating disorders, cardiovascular disease, allergies, mental illness, gastrointestinal conditions, hyperlipidemia and risk of osteoporosis.

Endocrine Disrupting Chemicals (EDCs)

I could easily dedicate another article to this topic; however, it is essential to understand EDCs interfere with human hormonal modulation and function. EDCs mimic our hormones, blocking natural hormonal function and affect the production, distribution, metabolism and storage of hormones. EDCs have been linked to poor sperm quality, infertility, sex organ abnormalities, endometriosis, early puberty, metabolic issues, obesity, growth, learning disabilities, diabetes, respiratory problems, immune dysfunction, just to name a few! EDCs are in pesticides, plastics, food storage materials, industrial solvents, household cleaning and personal care products (make-up, perfume, deodorant, skin care, shampoo/conditioner, hair colour). How to avoid? Get perceptive when shopping, consider Chemical Maze app and switch your household and personal care items for natural. Excellent reading for more guidance: *Low Tox Life* by Alexx Stuart.

Next month I'm very excited to talk about Teen Mental Health. I hope to share positive solutions so families and teens can support themselves and each other.

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



Friends of the Earth

Far North Queensland

Glyphosate Use in Wet Tropics World Heritage Areas.

A recent ABC radio program reported that the Wet Tropics Management Authority (WTMA), which manages the World Heritage-protected area, has confirmed it has issued permits to nine Far North Queensland councils, including Mareeba Shire, to use Roundup and glyphosate to kill problem weeds.

As Spray Free FNQ spokesperson Kinan Lemberg said when interviewed, "We have a petition going on our website to put pressure on the councils to phase out the use of glyphosate in public areas and in environmentally sensitive areas. Glyphosate is being used as the cheap and easy option by councils to control weeds."

Kinan expressed concerns that glyphosate could also be affecting the Great Barrier Reef due to the Far North being a high rainfall climate, "It's a water-soluble product and lots of our creeks and waterways lead into the Great Barrier Reef," he said. "This may not just be hurting the soil in the Wet Tropics area, but also algae, seagrasses and the coral on the reef."

ACTION: Sign the petition at <https://sprayfreefnq.com.au/>

Glyphosate: The Issues

In last month's article, we mentioned the link between glyphosate and Hodgkin's lymphoma. Since its initial sales in the 1970s, glyphosate has become the most commercially successful and widely used herbicide of all time. For a long time, it was believed by the scientific community to be relatively safe for humans. However recently that view has changed with glyphosate now being listed by the WHO International Agency for Research on Cancer (IARC) as probably carcinogenic to humans (Group 2A). The evidence in humans is from studies of exposures, mostly agricultural, in the USA, Canada, and Sweden published since 2001. In addition, there is convincing evidence that glyphosate also can cause cancer in laboratory animals. Glyphosate also caused DNA and chromosomal damage in human cells. One study in community residents reported increases in blood markers of chromosomal damage (micronuclei) after glyphosate formulations were sprayed nearby.

In the words of Lin Fritschi, a Curtin University epidemiologist with an interest in occupational causes of cancer and a member of the panel that reviewed glyphosate for the IARC in 2015, "We recommend that people don't use glyphosate. There are lots of alternatives nowadays."

Spray Free FNQ Evening Monday 16th August

On Monday 16 August from 6pm, Spray Free FNQ invites you to come along to Cominos House, 27 Greenslopes Street, Edge Hill in Cairns. We will explore the multiple issues with glyphosate and the many alternatives available. Andre Leu will be giving a talk. Andre is author of *Poisoning our Children* and the *Myths of Safe Pesticides* as well as international director of Regeneration International – an organisation that promotes food, farming and land use systems that regenerate and stabilise climate systems, the health of the planet and people, communities, culture and local economies, democracy and peace. Andre Leu was the President of IFOAM – Organics International, the world change agent and umbrella body for the organic sector from 2011–2017. Andre's talk will be followed by a short film and then a discussion about further action. All welcome.

Mareeba Shire Council Weakening Planning Laws

Friends of the Earth FNQ together with other environmental and community groups recently wrote to Steven Miles, Queensland's Deputy Premier and Minister for State Development, Infrastructure, Local Government and Planning. Our aim was to alert the state government that Mareeba Shire Council was seeking to amend the local planning scheme to allow for smaller subdivisions in rural zones. This would open the door to fragmenting both



Spray Free FNQ supporters L-R: Femke, Coconut Jo, Kinan, Lisa, Sarah B and Berndt

ecosystems and agricultural land. It would also allow faster population growth in our region putting more strain on already stretched services and roads.

In 2019 the State government had to intervene because the Council was pushing ahead with approving developments that were against State interests and even its own planning scheme by allowing subdivisions that created new lots that were too small.

We call on the State to reject this new amendment and to keep the minimum rural lot size at 60 hectares as in the Far North Queensland Regional Plan 2009–2031(FNQ2031).

NEXT FoE FNQ MEETING:

Wednesday 8 September at 6.30pm via Zoom or phone. New members welcome. Contact Margaret on 0403 214 422 or email fnq@foe.org.au

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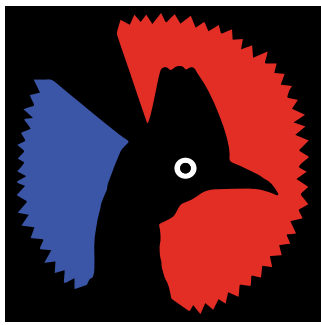
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The KCons Community Nursery is nearly always open!

We have a heap of new "TAKE CARE - RECENT CASSOWARY CROSSING" signs for you to put by the roadside where you have recently seen a cassowary on or beside the road. Call on 4093 8834 or message via Facebook or Instagram if you have seen parent birds or their chicks and would like a sign.

With so many plants going out of the nursery, our volunteers are flat out setting seeds and potting up to replenish stocks. Before you know it, spring will be here and many trees will burst into bloom, fruit will ripen and more seeds will be available to collect and sow.

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

HERE'S A SCARY SNAKE STORY

We heard a strangled sort of croak coming from a galv pipe in the nursery. When we tracked down the sound, there was a beautiful brown tree snake lying across the top of a gate with its head poking into the pipe from whence the croaking was coming. It was clear to us what was taking place. It was a natural event. The snake has to eat too, but it was difficult to see it (or hear it) going for a treasured frog. With the head of the snake out of sight down the pipe, we were brave enough to feel the cold, smooth



Victorious brown tree snake with less fortunate frog. Photo: Dianne Daniels.

scales along the snake's body. The snake hardly flinched. It was totally absorbed with retrieving its meal. When it did give the slightest wriggle, we jumped back with a squeal as if we too were about to be devoured. Before long the noise from the frog ceased and the snake was withdrawing its head, complete with large frog, from the pipe. It nearly got its head out but became stuck. It wasn't going to let go of the frog. One of us was able

to take the snake by the neck and gently pull it free. Out it came. We watched as the snake devoured the frog and within minutes there was a discernible lump about 300mm along the body of the snake. The snake slid off into the trees and we had a coffee break.

RENOVATIONS

The amazing Shane Little was like a chimpanzee as he swung up and down the branches of a couple of large trees we had to remove to make way for our new shade house. It was a (scary) pleasure to watch him calculate just how he was going to get the branches out of the way without any damage to existing structures. He succeeded like a pro. He was ably assisted by volunteers Kim and Matt. Next, Tony will bring in the rock fill and the foundations for the new shade house will get underway.

ABOUT US

Kuranda Conservation does cassowaries. We always have and we always will. We are pleased to report that we've been able to secure our role in cassowary conservation. This has been achieved by the overwhelming number and quality of letters of support sent from this community to WTMA. Your loyalty and commitment to the cause have saved the day. We now feel energised to go forward with plans to revegetate Elvis and Priscilla's habitat, with Council's endorsement. We also have a number of projects in the pipeline we are eager to get on with.

Kuranda Conservation Community Nursery is a volunteer-based community group. Our primary focus is to share what we have, get the word out there about how we might best conserve our remarkable environment, get native trees into the ground, educate young people, encourage landholders of large, strategically located properties to preserve their natural value as a Nature Refuge and to conserve cassowaries.

LET US KNOW IF YOU SEE A CASSOWARY - 4093 8834

While the official number to report cassowaries on roadsides or in dangerous situations is 1300 130 372, KCons would like to know of cassowary sightings in our local area, that is the Kuranda region (Koah, Clohesy, Speewah, Barron Falls area, Mason Road, Black Mountain Road and Top of the Range, Myola, Russett Park all the way to Oakforest).

The sightings you report to us are entered onto the Wildnet database which informs the national tally of many rare, threatened and endangered flora and fauna. It is a register that tells us if the cassowary population is rising or falling. This helps us make decisions about where we need to enrich an area with food trees and identify where they travel, through their corridors and where the corridors are broken. The sightings you report are helping with cassowary conservation.

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LOOK OUT FOR LIMNOCHARIS

Key points:

- North Queensland is under threat from an exotic weed called limncharis.
- It's an invader that chokes waterways causing serious environmental and agricultural problems.
- We need everybody to be on the lookout and report anything suspicious.

North Queensland residents are urged to report any sign of the exotic weed limncharis, which has been found growing from north of Mossman down to the South East Queensland area.

Biosecurity Queensland's Engagement Officer Kim Badcock said limncharis was a highly invasive aquatic plant from South America.

"It was first found here 20 years ago and we need to eradicate this serious pest before it becomes a permanently established," he said.

"Limncharis rapidly takes over waterways. It grows densely along the water's edge to about one metre in height with pale green oval shaped leaves at the end of long triangular stems, and yellow flowers about the size of a 50 cent piece.

"The spread of this plant is partly due to people cultivating it as a vegetable, but you must not grow, sell, or keep limncharis or you risk being fined.

"It may look nice, but it's an invader that chokes waterways and pushes out native species causing all sorts of environmental and agricultural problems.

"Keep an eye out for it in ornamental ponds, dams, creeks, swamps, drains, backyards and being sold online, and immediately report anything suspicious to Biosecurity Queensland on 13 25 23."

For more information call 13 25 23 or visit www.biosecurity.qld.gov.au

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WAYGAL-A-GALING BUWAL-WU

Going looking for words



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

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

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

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

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

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

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

Michael Quinn



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 NGUYAY
 WAGA
 WALBA
 WALU
 WARABA
 WARRGIN
 WUBA
 WURUU
 YIRRIY

Photo: Djabugay Tribal Aboriginal Corporation

WORD MEANINGS

BADJA: grasslands, grassy plains
BAGARRA: rainforest
BANA: water
BARRA: coals, embers
BARRAY: a place, a spot
BIRI: fire
BIRINY: saltwater
BUGAN: charcoal
BULMBURR: dust
BULNGAN: ground, earth, soil
BUNDA: hill, mountain
BURRAY: cave
BURRWURR: gravel
DANGGAY: rapids
DAWARAY: a bushfire
DIGARRA: sand
DJADIRR: a burrow

DJANGU: a swamp, a lagoon
DJIRRGARR: bladygrass, used for thatching a bayu
DUGUL: mountain ridge, nape of neck
DULGU: thick forest
GABA: white clay
GABIDJAN: mud
GAWAN: a gap, a saddle mountain
GIDJARR: pigments, paint
GUWAY: an entrance, a doorway
MAGARRA: white, medicine clay
MALIYARR: a grassfire
MARRGA: yellow ochre
MILMUN: sparks
MULAY: a hole
MURRINI: hot ashes
NGUYAY: kangaroo grass
WAGA: a bank or hillside

WALBA: rock, stone
WALU: side or bank of a river, shore of the sea
WARABA: creek
WARRGIN: open forest
WUBA: red ochre
WURUU: river
YIRRIY: granite

DJABUGAY

A guide to the pronunciation of Djabugay words

Vowel Sounds

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

Consonants

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

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

Stress

When saying Djabugay words which syllables should we stress?

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



Djabugay

Tribal Aboriginal Corporation

*Buwal bugan Ngirrma bulmba-barra.
 Speak the language belonging to this place.
 Djabugay ngirrma Windjirri bugaa.*

LANGUAGE CLASSES

Wednesday evenings 6-8pm

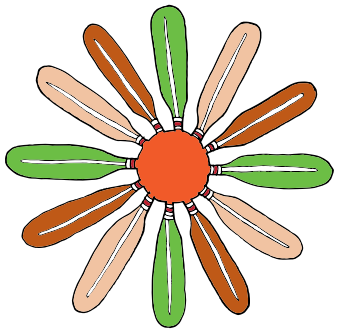
Djabugay Aboriginal Corporation

Nyuwarri Estate (old Ngoombi farm),
 Kennedy Highway, Kuranda.

ALL WELCOME

Learn about this endangered language with its storylore going back into the last ice age, with Michael Quinn and Bada Djaygul, Dennis Hunter





DJABUGAY ART CENTRE EXHIBITION

Bulurru Dagil-ndu
"The people are strong, the spirit is strong, the creator is strong"

Open until 4 September 2021

Djabugay
Art Centre

at
The Void Gallery,
NorthSite Contemporary Arts, Bulmba-ja,
96 Abbott Street, Cairns

More information:

<https://northsite.org.au/exhibitions/bulurru-dagil-ndu-the-people-are-strong-the-spirit-is-strong-the-creator-is-strong/>

Bulurru Dagil-ndu meaning "The people are strong, the spirit is strong, the creator is strong" is an exciting new exhibition and statement of Djabugay cultural strength, curated by Dennis Hunter in collaboration with Aven Noah Jnr at NorthSite Contemporary Arts in Cairns.

Hunter, a proud Djabugay man, has a long history of cultural practice and performing arts, previously working as a lead dancer at Tjapukai Cultural Park and now looking after Cultural Development for Djabugay Aboriginal Corporations. As a well-known musician (The Pad Boys) and cultural protocol leader, he has been sharing contemporary music, traditional Ngirra (language), dance and artefact making for over 20 years.

He explains...

"Djabugay 'Lore' comes from Bulurru (creator) sacred 'Storywaters' (a sacred story/place). These relate to the origin or creation stories of Bulmba (country, homeland) of the Djabugay-speaking people.

Bulurru 'put' things in place, the 'storywaters' showed bama (people) the way of life founded on an intimate knowledge of and respect for Bulmba (country/ homeland). Bulurru with Gurra (ancestors) instituted the social regulations of marriage, enabling society to reproduce itself, the 'Lore' by which it was guided and the aesthetic by which that life was celebrated in art, song, and dance.

Dagil-ndu, meaning strong in Djabugay ngirra (language), is how Djabugay now project themselves, strengthened through a reconnection and continued relationship with Bulurru (spirit) and bulmba (country)."

"This exhibition comes at an exciting time for Djabugay bama" states NorthSite Director Ashleigh Campbell, "and this solid contemporary display of cultural strength is a pleasure to host at NorthSite galleries within Bulmba-ja in Cairns. Bulmba-ja is an art space recently renovated and operated by Art Queensland, on Abbott Street, opposite Cairns Aquarium."

"Through these works, Hunter and the team at Djabugay including artworkers, makers and performers, share with audiences messages that place importance upon listening and 'following the one track', demonstrating their strength through history and a future vision that aims to bolster Djabugay involvement across a range of areas over the coming years –

culturally, spiritually, socially and environmentally."

"Working with the support of our First Nations curator Aven Noah Jnr, the Djabugay team has been given the space and autonomy to create this powerful exhibition that talks about Djabugay culture, current conditions, strengths, and issues, right now. It's an exciting and powerful assertion." Campbell shared.

"We are basing the foundation of the exhibition around the moiety system. The first work includes an audio recording of Djabugay Elder Wurrmbul (Pelican) Gilpin Banning from 1985, it's titled *Gurra-bana, Gurra-minya – How our moiety system is established.*" Hunter said.

"We also share *Bulmba Djugaying – Smoking of the house/homeland* a new video work that shows us and the Djumburru Nyiwul dancers cleansing the country and the brick building on Nyuwarri Estate that will become the new Djabugay Art Centre, through the special smoking process," Hunter added.

The exhibition includes cultural artefacts alongside performance video works featuring the Djumburru Nyiwul Dancers Ruby Nandy, Georgina Hobbler, William Riley, Floyd Riley, Andrew Duffin and Roderick Newbury.

Art Centre Development Officer, Bre Capell shares "Djabugay artists create on a spectrum of contemporary and traditional styles – from handmade craft to fine artworks that celebrate, explore and reconnect with their unique style, motifs, stories and cultural practice. There's a very strong, ongoing practice in traditional weaving, artefact making and painting, and emerging trends in fashion, jewellery making and new media."

"Djabugay artists have for a number of years worked independently as Keeping Our Culture Alive (KOCA) collective, with fellow Kuranda artists. The KOCA group have previously participated in the CIAF marketplace and the CIAF Fashion Parade. This is a new opportunity to show Djabugay art in this contemporary gallery environment." Capell added.

Djabugay Aboriginal Corporation CEO Nicholas Mills shared that planning approval for Djabugay Arts Centre was granted in late 2020, for the redevelopment of an existing brick residential building located at the entrance of Nyuwarri Estate. "The Djabugay Art Centre aims to reinvigorate cultural practices, enable Djabugay artists to develop personal and tribal practice, and promote this expression to the world. The Arts Centre will be the first phase of a broader master plan for the Nyuwarri Estate property for Djabugay people." Mills said.

Djabugay Art Centre is one of Queensland's newest Indigenous arts centres, located in the heart of Djabugay Bulmba (Country). Keep an eye out for developments and make sure you visit the exhibition at NorthSite.



Djumburru Nyiwul perform "Bulmba Djugaying – Smoking of the house/homeland" at Nyuwarri Estate. Photo: Djabugay Art Centre.



Djabugay's Djumburru Nyiwul Dancers have been busy over the NAIDOC period, with two exciting performance displays.

As part of our ongoing partnership development with Kuranda Scenic Railway, Cultural Development Officer Dennis Hunter coordinated a fun and engaging program for guests on the train.

Dennis produced a map of significant areas that the train traverses in Barron Gorge National Park, to remind guests that the train traverses a unique cultural landscape. Sitting in the engine room, he narrated the train ride up, pointing out Djabugay story places and significant landmarks.

The Djumburru Nyiwul dancers then greeted the train's arrival at Kuranda Station, with dance and song. A morning tea, and unique Djabugay warrama, greeted guests on the platform, and this was a real hit with the tourists. Our thanks to Queensland Rail employee, and strong Djabugay man, Clem Brim, for coordinating this great activity.

Our northern neighbours, Yalanji, once again invited Djabugay to celebrate with them, and Dennis and the Djumburru Nyiwul dancers headed to Mossman for their NAIDOC Elders lunch.

The dancers performed a series of dances, and shared warrama with the Yalanji dancers. Both groups then shared gifts, as a symbol of the long cultural connection between the two tribes. Yalanji also played a video from last year's celebrations at their NAIDOC Ball, again recognising the shared country between the two tribes, and honouring the long traditional connections between the groups.

The Djumburru Nyiwul dancers did all Djabugay proud, with their professional approach, too deadly dancing, and open sharing of culture for guests and our northern neighbours.

The Djumburru Nyiwul dancers are Ruby Nandy, Georgina Hobbler, William Riley, Floyd Riley, Andrew Duffin and Roderick Newbury, and are led by Dennis Hunter.



Photos courtesy of Djabugay Tribal Aboriginal Corporation





Kuranda District State College A MORE COLOURFUL CAMPUS

Kuranda District State College primary campus is being beautified with murals. What a difference a bit of paint makes to dull, grey concrete steps and beige walls. Late last term, Sharon Wedel, a local Cairns artist, began work on the series of steps leading to the library at the top of the hill. Students chose their favourite books and assisted Sharon in reproducing the spines of these books on the stairs leading to the library. This project was completed in the last week of Term 2.

Sharon is now back on the primary campus and has commenced work on a huge mural on the back of the junior multi-purpose shelter wall. Students helped design the mural which incorporates the local landscape, flora and fauna, and all things our students identified as being typical and iconic to the Kuranda area. This project will be completed over the next week. Check out the progress photos of students helping with the painting. See how many iconic Kuranda elements you can see in the design.

Both of these projects would not have been possible without the incredible support of Kuranda District State College P&C, who contributed to the overall cost, and Bunnings Smithfield for their very kind donation of paint, making our children's worlds so much more colourful and interesting.

Rebecca Forgie
Deputy Principal – Primary KDSC

All photos courtesy KDSC



Celebrating NAIDOC at Kuranda District State College

Kuranda District State College celebrated our annual NAIDOC week during the last week of Term 2. Our week kicked off with our opening ceremony where Indigenous captain, Tahnee Richards, and Senior Indigenous Leader, Max Alpin, took centre stage and MCed the morning, proceeding with greeting our Elders, guests and the whole college. Tahnee addressed our college with such a powerful speech and what the word 'Country' means to the indigenous people of this nation. Mr Hooper delivered an outstanding speech on the theme Heal Country, followed by a performance by the Mayi Wumba Dancers and our school choir singing *My Island Home*. The whole college was then treated to morning tea cooked by Liza, Beatrice and Scott Sam.

There were activities organised for our primary students during the week with our Senior Indigenous Leaders leading the way, helping them paint boomerangs and doing mask painting.

On the Wednesday, our school hosted our Annual NAIDOC Interschool touch football comp – the word has spread and we were inundated with schools wanting to compete. We had 12 schools enter teams from Year 5 – Year 12.

The Deadly Choice team also attended, spending the day with students discussing drug and alcohol awareness. Special guest Deadly Choice Ambassador and former NRL player, Brenton Bowen, finished the day with a speech about great sportsmanship and striving to be your best.

It was an amazing day and a huge success. The visiting students loved coming up to our little school in the rainforest and all said they can't wait for next year. Our students did us proud, with both the 7/8 team and the 11/12 teams making the grand finals!

On behalf of the KDSC NAIDOC Committee, thank you to everyone who helped, supported and pulled together as a team, to make our NAIDOC such a memorable event for this year.

Under Eights Great

The 2021 Kuranda District College Under 8s Morning, held on 24 June, was a fabulous success. The college's early childhood team would sincerely like to thank the community volunteers who attended to help make this a fun-filled morning of learning and laughter. The event was attended by many of our young community members and their parents.

Deb Kennedy KDSC





RANGERS r e p o r t

Clockwise from right: U6 and U7 training with Coaches Olly and Keira, practice match at Thursday training U11 training with Coach Kris, Tuesday skills training group checking out the new set of goals.
Photos: Simone Titmarsh

The Rangers have returned to the field for the second half of the 2021 soccer season. Our six KRFC teams continue to go from strength to strength, due to their commitment to training on Thursday afternoons and their fantastic teamwork on the field during Saturday matches at Endeavour Park. We're sure the fantastic skills and achievements of the Matildas and Olyroos at the Olympics will provide some extra motivation and inspiration for our young players for the remainder of the season. The last game of the MiniRoos season is 4 September.

Over the holidays KRFC was able to purchase some new training gear with money raised from our Skills Training sessions on Tuesdays. The new gear includes new goals, balls, and bibs. Thank you to all Club members for your contributions and a special thank you to Rohan and Adric Rusch, and Ollie Joubert, for their efforts in developing the players' skills and also for the time they volunteer to run these incredible skills training sessions.

Kuranda Rangers player of the month special mention goes to Under 10 Defender Ayman Abdalla. A quiet achiever whose defence skills make an incredible difference to the highly competitive Under 10s team. Keep up the good work Ayman!

Don't forget to get all of the latest updates from our Kuranda Rangers Facebook page, including game times. Go Rangers.



KURANDA HORSE & PONY CLUB NEWS

At the time of going to print, the Kuranda Horse and Pony Club will have held its annual Gymkhana weekend on 24-25 July. The Club held a set up and working bee for the event on Sunday 18 July – it was a hive of activity so that the grounds were all ready for the event. Got a great photo of adults and kids testing it out running the event to make sure it was good enough for horses.

Again, we would like to thank these sponsors:

For Trophies:

Farmall Speewah, Kuranda Veterinary Services, Marsh's Butchery, Sundance Vets, Speewah Tavern, Monsoon Monitors, Cairns Hinterland Steiner School, Mareeba Shire Council.

Cash Donations:

Community Training, Wiperman.

Prizes Donated for the Monster Raffle:

Kuranda Riverboat, Bunnings Smithfield, Breezer Trike Tours, Kur-Cow, Sundance Vets, Tarot Reading by Rob Hart.

We would also like to thank Mayor Angela Toppin for being able to come along to help judge the beginning of the Gymkhana's first event of the March Past. This is where each club from across Zone 18 presents themselves with their club flag in a pair formation, and then judged on how well they are presented and visually look to gain a 1st, 2nd or 3rd placing winning a banner for their club.

Photos of the event will be in next addition of the paper.

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

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

Testing out the course set up for the Gymkhana.



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A VIEW FROM THE UNDERSTOREY

by Paul Devine
FNQ Natural Bushcare

Home, home again, I like to be here when I can.

The universe came out of the big bang about 13.8 billion years ago. Our planet earth is about 4.5 billion years old.

The oldest rock material discovered on earth, at about 4.3 billion years old, is in the Kimberleys, making the continent that we now call Australia, the oldest of all earth's landmasses. Sometimes known by its geological name of Sahul, it consisted of a larger landmass which included mainland Australia, Tasmania and the islands of New Guinea, and collided with Antarctica as well as other landmasses about 1 billion years ago, forming a large part of the super-continent Gondwana. Gondwana began to break apart during the Jurassic Age (180 million years ago) with the Australian continental plate slowly creeping north. During this northern drift, the continent initially was humid and warm supporting rainforest vegetation with a vast inland dominated by wetlands, rivers and lakes. This environment nurtured the evolution of our unique fauna, including marsupials.

A period of global cooling and drying began about 30 million years ago and saw the building of the Antarctic ice-sheets and the steady recession of the rainforests and subsequent transformation to the more arid loving sclerophyll forests. Over the next 30 million years, as the landmass moved north, alternating waves of hot, moist and cool, dry climate conditions saw the rainforests march out over the continent and retreat again and again. However, from that time to the present day, the wet tropics remained a refugium of the original Gondwana rainforests.

Australia's First Nation People speak of being here in their country since creation times and before that, it was a 'land before time'. From then to now, the ecosystems of the Wet Tropics evolved with the continuous and measured interaction of bama. Cultural practices such as harvesting, constructing and creating, hunting and gathering and fire management shaped these ecosystems as much as has geological upheaval and time. Today the 20 rainforest Aboriginal groups with 100 clans and family groupings continue to live on and connect with their traditional lands throughout the Wet Tropics.

In contrast, the first Europeans were thought to have arrived in the Wet Tropics area approximately 160 years ago establishing temporary *beche de mer* camps along the coast. This colonisation continued with the declaration of Cairns township in 1903 and the subsequent European spread driven by mining, logging, development and agriculture to the present day.

EMERALD DREAMING

by Diana Thoresen

Venus appears above the lilac horizon
The battle cry of crickets is a dolphin in
The lush green rainforest
My heart petals unfold into an emerald spiral
Paint your prehistory sea green
Burn your breviary
Melt into a piece of bright green Burmese jade
Swoon into the rust of copper
Old as Aphrodite



Discover the fascinating history of the Botanic Gardens in a talk Val Schier will give to the Friends of the Botanic Gardens on Wednesday 11 August.

In her talk "The Botanic Gardens: An Unusual History", Val, president of the FOBG, looks back at past activity in the Cairns Botanic Gardens precinct. This involves several intriguing curators, a railway line, Chinese market garden, zoo, commercial nursery, Sikh burial ground and WWII fuel storage tanks. All contributed to the Gardens over the years.

The event, to be held in the Visitor Centre, starts at 6pm on 11 August, with a sausage sizzle.

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

**RSVP to secretary@botanicfriendscairns.org.au
(numbers limited to 40)
Enquiries to 4032 3900**

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Bulmba to the Djabugay people, and the Wet Tropics bioregion to some others, encaptures and protects one of the last refugia of the ancient rainforests of Gondwana. Further, this remarkable repository of evolutionary history protects living examples of the last 200 million years from the age of the mosses and ferns, the age of conifers and cycads, the origins of the angiosperms (flowering plants) and the emergence of the sclerophyll flora that favoured the drier conditions which now dominates this landscape called Australia. This protected area of 9,000 square kilometres of rainforest has more plant and animal taxa with primitive characteristics than any other region upon the earth.

I feel blessed to live where I do, connected with this landscape. However, these ecosystems, ecological processes, flora, fauna, and natural resources, like so many others across Australia and around the earth are now under tremendous pressure from the impacts of human induced climate change, habitat fragmentation, and loss of biodiversity, soil loss, and poor water quality.

We are witnessing loss of biodiversity at such extreme rates that have never been seen before in human history. Last week biodiversity experts from 134 governments completed the final draft of the Report "Global Assessment of the Intergovernmental Science-Policy Platform for Biodiversity and Ecosystem Services". The report states that nearly a million species face extinction if we do not fundamentally change our relationship with the natural world.

The Report does recommend strongly that we take a number of urgent steps. Three of those steps would be familiar to those who have read past articles of mine. Firstly, it urges us to redefine human well-being beyond the present narrow basis of economic growth thus giving individuals the opportunity to make real change through how they consume, produce and invest. Secondly, it critiques the impoverished state of global environmental laws and urges us to lobby governments to take responsibility in this space. Thirdly the report provides evidence that lands managed by Indigenous and local communities perform best in terms of biodiversity. Let us elevate the inclusion of indigenous cultural knowledge and land management now.

FRIENDS' WEDNESDAY NIGHT TALK
THE BOTANIC GARDENS
An unusual history
VAL SCHIER
PRESIDENT
FRIENDS OF CAIRNS BOTANIC GARDENS
CAIRNS BOTANIC GARDENS
11 AUGUST 2021
BOTANIC GARDENS VISITOR CENTRE
6PM
Members \$5 Non-members \$10
RSVP secretary@botanicfriendscairns.org.au (limited numbers of 40)
Friends of the Botanic Gardens Cairns
Cairns REGIONAL COUNCIL

Astrology
THE STARS IN AUGUST
by
ROB HART
Resident Astrologer & Tarot Card Reader
Kuranda Heritage Markets
4093 0218 or 0499 548 456

Here we have, for our consideration and enlightenment, a True-Blue Moon. They only come along once in a ... well you know, not very often... Two full moons in the same zodiac sign, in this case, Aquarius.

Full moon at one degree Aquarius on 24 July and the next full moon at 29 degrees Aquarius on 22 August, full at 22.03 EST or 10.03pm. It's an excellent time to see it—the full moon is high in the sky at 10pm. So will it actually be blue or at least with a bluish tinge? Probably not, but let's wait and see.

Given that there are 30 days in each zodiac sign, and the moon's monthly cycle is 29 days you can see that there's a very small window of opportunity for two consecutive full moons to fall in the same zodiac sign. Then, each sign covers different latitudes from Cancer in the north to Capricorn in the south, and the full moon can occur any time of day or night.

We could possibly never actually see a 'Blue Moon' out at its fullness and certainly, with 12 zodiac signs, never see more than one, say Aquarian, Blue Moon: this is a rare and special event. I suspect that any 'blueness' would be a function of atmospheric conditions at certain latitudes at certain times of the year. We will see...

The month of August is, therefore, very much imbued with the energies and events associated with Aquarius. Yet another cosmic affirmation that we have, indeed, moved into the "Age of Aquarius", True-Blue!

With the Aquarian moon predominant the effects should be clear – Aquarius represents the unique, the independent, the revolutionary, the great truth of 'unity' and the electromagnetic currents and for your frequencies, not to mention the extremely weird and eccentric. Then if we associate that lot with the full moon vibrations—emotional, moody, intuitive, female, mother, home and family, and the completion of a cycle—then we see the exceptionally powerful female emerging with all the above qualities manifest.

Sun, Mercury, Venus and Mars all in Virgo for parts of August would suggest lots of work going on – cleansing, healing, getting down to details and a clear sense of purification. No bullshit here! Health issues again prominent – no surprises there...

Jupiter is retrograding over the 29 degree Aquarius point during August so, whatever the effects of the blue moon in our lives, they will be expanded, exaggerated and bring much wisdom. A divine gift you might say... Five planets retrograde—time slows down and we have plenty of it to take care of the necessary—even the house work...

Venus arrives home into Libra on 16 August in nice time to prepare and perfect the rituals and celebrations that will honour the Aquarian Blue Moon and the Aquarian ruler, Uranus, begins to move forward again in Taurus on 20 August – go now! Chocks away – anything begun now will be quickly and obviously fruitful and profitable. Especially cooperative efforts in atunement with the full moon Aquarius currents, Finally!

Here's looking at you moon... may many delights flow...

Blessings

ANGLICAN CHURCH OF AUSTRALIA

ST SAVIOUR'S KURANDA

SUNDAY

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

TUESDAY

9am Holy Communion

ST SAVIOUR'S PATRONAL FESTIVAL OF THE TRANSFIGURATION

Saturday 7th August

3.00pm Sung Eucharist

Sunday 8th August

8.00am Holy Communion

9.30am Family Eucharist

ACTIVITIES

Bible Study Group
Alpha
A life Worth Living
Sunday School

POSSUM CORNER OP SHOP

8.30am to 12.30pm
Monday to Saturday

Enquiries to Chris Wright

Phone: 4093 8735

Email: wrightc@iig.com.au



The Uniting Church in Australia
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Meeting 2nd and last Sunday of the month.

9am Mareeba Bowls Club, 43 Anzac Ave, Mareeba.
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Alpha groups starting week of 19 April.
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Divine Service 11am

St Saviour's Thought for August

This month we read one verse from St Mark Mark 6.3 "Is not this the carpenter?"

Carpenters and joiners. Not many people these days see a real old-fashioned carpenter at work. Much of our furniture comes in a flat-pack for self-assembly – and it's often also self-collapsing if you don't put it together correctly! Carpentry on a building site often consists of ripping up a piece of chipboard with a portable power-saw. Many doors and staircases are mass-produced in standard sizes and glued together. Few schools have a woodwork classroom like the one where the teacher told our parents: "When you've finished the 'droring', get on with the 'soring'." Yet fortunately there still are people who delight in working with wood, and made-to-measure furniture and fittings are still constructed by those who are proud to call themselves carpenters, though the best among them are called joiners. Proudly and carefully they select their timber, mark out the measurements, draw the pencil lines, saw exactly along them, construct exactly fitting mortise and tenon joints, fit the whole piece together, using the minimum of brass screws and glue, then smooth it all down with plane and sandpaper, paint or varnish, until the finished product is a thing of beauty and a joy forever. Jesus was a carpenter, as was Joseph, his stepfather.

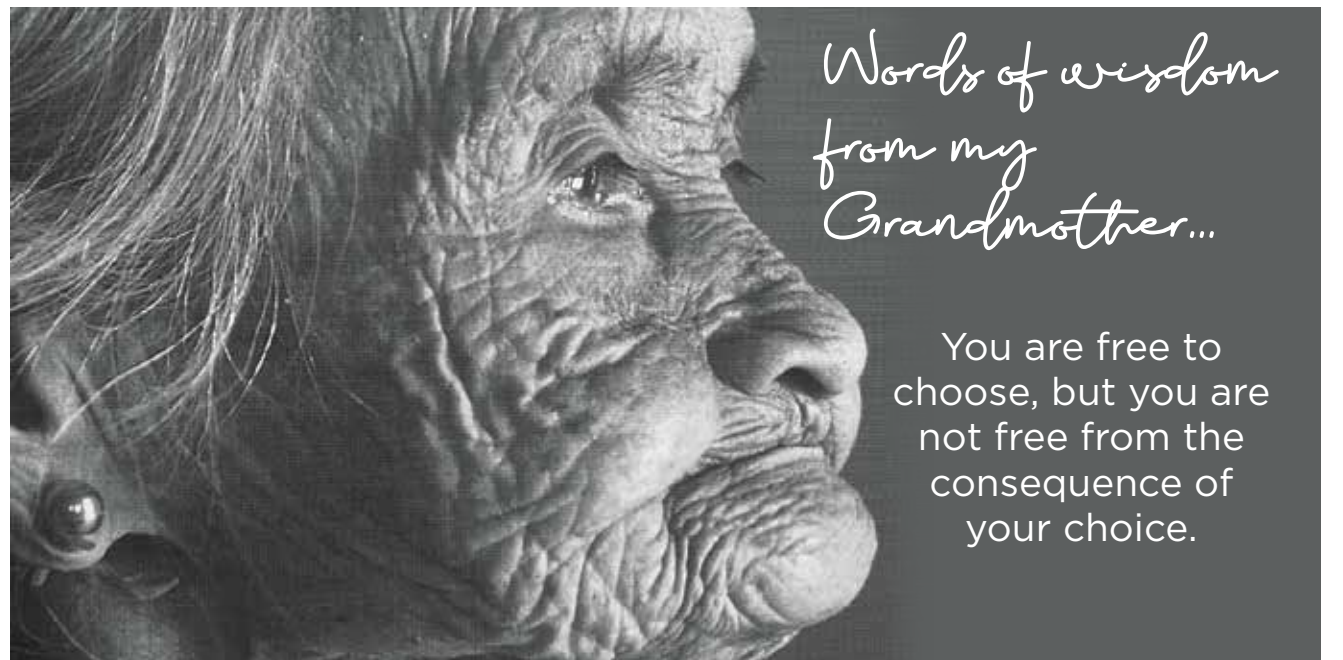
You can be sure that every house in the little village of Nazareth had some finely made pieces of furniture, and the neighbourhood farmers used wooden ploughs constructed with care by the firm of Joseph and Son. When a yoke was needed for a pair of oxen, after Joseph died, Jesus would make it himself, and fit it carefully to the bony shape of each ox's shoulders so that it wouldn't rub; he knew what he was talking about when he said "My yoke is easy". So he shared with every craftsman the enjoyment of working with the grain of his raw material, and producing an end-product to be proud of.

The word used in the Bible for Jesus's trade was tekton; it means a carpenter, but it's also used for a house-builder; the chief builder was called the architect. New Greek cities were going up all over the Holy Land, like the fine town of Sepphoris, only a few miles from Nazareth. You can be sure that all the local carpenters were employed on that project

for several years. Jesus knew also the importance of having firm foundations when building a house. When work was plentiful, they made a good living, but there was no security. Unlike the poorest of peasants, the carpenters owned no land, and were at the bottom of the social scale – any day they might find themselves standing idly in the marketplace no one had hired them.

So Jesus knew all about hard work and grinding poverty; he's a Saviour for the workers. Christianity appeals to intellectuals because its logic fits together like a fine piece of joinery; but it's also a religion for the common people, because its founder shared the life of those who know nothing but toil and drudgery. In fact Jesus the carpenter is a superb joiner, because he joins together all classes of people into a single family of love, where there is no arrogance or envy between rulers and governed, but a caring partnership for the common good.

And in the family of the Church, we can learn to follow his example of careful craftsmanship, both in doing our daily paid employment and in building families and communities on the foundation of his teachings. One upon a time while a certain priory was being built in Dorset, England, it's said that a mysterious carpenter was seen working on the site who never collected his pay. One morning a beam, which had been too short the night before, was found miraculously raised and fitted in position. The workmen decided that it must have been the Carpenter of Nazareth, and the priory was called Christchurch from then on. A nice legend; and who could you trust better than Jesus the carpenter to build a beautiful world, and design the plan of your life? Will you join his team? A poster outside a church read, "Carpenter of Nazareth seeks joiners".



*Words of wisdom
from my
Grandmother...*

You are free to
choose, but you are
not free from the
consequence of
your choice.

THOUGHT OF THE MONTH FROM THE BAHAI FAITH

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

"If we investigate the foundations of the divine religions, we find them to be one, absolutely changeless and never subject to transformation. For example each of the divine religions contains two kinds of laws or ordinances. One division concerns the world of morality and ethical institutions. These are the essential ordinances. They instill and awaken the knowledge and love of God, love for humanity, the virtues of the world of mankind, the attributes of the divine kingdom, rebirth and resurrection from the kingdom of nature. These constitute one kind of divine law which is common to all and never subject to change. From the dawn of the Adamic cycle to the present day this fundamental law of God has continued changeless. This is the foundation of divine religion."

(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



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

Job Share arrangements at KNC: KNC will have a slightly different team for the next six months. Emma Chapman joins the regular team doing a job share in the Family Support Program on Tuesday, Thursday and Friday. Emma has been part of KNC for about 18-24 months. She has been doing project work and community support. Heidi who has been full-time Family Support Worker for 18 months is doing a job share with Margaret in the Coordinator/Manager position. Margaret will be in the Centre Mondays and Wednesdays. If you are not sure who to see, just ask us!

Street Pantry: The KNC Street Pantry has recently received a fresh coat of paint and remains open and available for people to drop items off or to access items 24/7. The theme is "give what you can, take what you need for today". If you have any items of food, personal hygiene or other grocery items to spare, please drop by anytime to put in the pantry. Items that won't perish easily last the longest, however any useful items are very much appreciated. Thanks for your support!

NILS: This program is nationally funded by Good Shepherd Microfinance providing interest free loans for essential items. The limit is up to \$1500 (depending on budget) for items including household furniture, appliances, computer equipment, car registration, skip bins, and education fees. Unfortunately bills, rent, and debts are not covered by our program, however referrals to other relevant services is available. If you are on Centrelink payments or have an annual (individual) income of under \$40,000 then you are eligible. You will need identification, proof of Kuranda District residence (minimum 3 months), Centrelink income statement or payslips and three month bank statements/transaction records. Appointments are generally done on Wednesdays. Please contact us to enquire further or make an appointment.

Furniture Exchange: We want to thank all those who have thought of our program and donated much needed items. Any items in good, clean, 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. Also any warm items including blankets, pillows, bedding, beanies, jumpers are welcome during winter months. Please contact Heidi, Emma or Margaret on 4093 8933 – Thanks!

Mahjong: We continue to have the Mahjong group meet at KNC on Wednesday afternoons. If you are interested in the game, please come along from 12.30pm and talk to the group. Support for beginners is available. There is a shared afternoon tea.

Thanks to TRACQS: We want to thank the garden maintenance crew from TRACQS who have been regularly turning up to mow and trim our lawns and gardens. This is very much appreciated and allows us to allocate funds to programs that are valued in the community.

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

Other services can be accessed by phone from the Centre.



SHARE THE DIGNITY DONATIONS SOUGHT FOR LOCAL WOMEN AND GIRLS

Local resident, Annette Bryan, will once again act as a collection point for Share The Dignity donations of sanitary products for the Share The Dignity national drive, during August. You can drop your donations direct to Annette at her market shop, Sunbird Originals, in the Heritage Markets, located beside the Historic Plane Wreck. All items collected here in Kuranda will be for local women and girls, and will be distributed through the Kuranda Neighbourhood Centre.

Share the Dignity is a national charity working to end period poverty in Australia, because it believes access to period products is a right and not a privilege. Imagine being a woman or girl, in poverty or going through a time of crisis, and having to make the choice between eating, shelter, medication, family, work or school or having to find the funds for basic sanitary products. This happens every day, even in a country as privileged and wealthy as Australia.

Products gratefully received include: period products such as pads, maternity pads, incontinence pads, tampons, period-proof underwear, new reusable pads and menstrual cups. Any donations must be brand new, still sealed in their original packaging and must comply with Australian quality standards.

Supermarkets and pharmacies often have specials on these products, so if you can grab a few items when next doing your shopping and drop them into Annette, you will be sure to get a warm thank you and smile – as well as helping local women and girls who really need your support, generosity and recognition of their right to dignity, in the face of period poverty.

Please help raise awareness and donations among family and friends.

BUMBLEBEE MOTORS



We Stock & Sell Batteries for:

- Automotive – All Makes, All Models & Motorcycles
- Generators
- Deep Cycle
- Solar
- Dual Battery Systems

Email us to book your car in
bumblebeemotors@bigpond.com



Competitive pricing on
all Mechanical Services
Tyres at a price you can afford
Wheel alignments
Servicing of all makes and models
Advice you can be assured of

Barang Street • Kuranda
Phone/Fax 4093 9235

Koah Automotive

- Safety Certificates on cars, trucks, trailers and motorcycles
- Airconditioning repairs and servicing
- General mechanical repairs
- EFI diagnostics and servicing
- Log book servicing
- LPG installation & repairs



We Stock & Sell Batteries for:
Automotive – All Makes, All Models
and Motorcycles

Generators • Deep Cycle
Solar • Dual Battery Systems



Koah Automotive

Phone 4093 7993

Lot 2 Koah Road, Koah Qld 4881
Fax 4093 7993

Operated by
Koah Automotive



KURANDA EARTHWORK KURANDA TREE SERVICES

Ph 4093 9556

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



ROCK WALLS AT
UNBEATABLE
PRICES



DIRECT FROM THE QUARRY,
DRIVEWAY
COMPACTABLE FILL \$19.95 TON
SURFACE SCALPS \$29.95 TON
DELIVERED

FOR THE
BEST DEAL
WE WON'T
BE BEATEN
ON PRICE
AND DON'T
FORGET TO
BUY LOCAL



Specialists in Tree
Health and Surgery,
Pruning, Site Clearing,
Wood Chipping and
Stump Removal



NO JOB TOO
SMALL FOR US

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*

A Bargain to be had in Kuranda! Designer fashions to be cleared below cost! Open most Saturdays located underneath 'Just Gorgeous' down the drive. 16 Coondoo St. 4093 7508

Art Classes. Drawing and painting classes with David Stacey in Kuranda. Classes three hours one night a week for six weeks. Contact David on 0428 595 516 or email Davidstacey@outlook.com

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

Cancer Old Fundraiser. Local yellow flower bunches available in August, for you or as a gift. Contact Jennifer 0409 871 800 or email rianda1719@bigpond.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

Honey House Kuranda is seeking new suppliers of quality, local, raw honey for our artisan range. For further information, please contact honeyhouse@bigpond.com or pop into the shop for a chat.

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.

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

Pottery workshops in Kuranda: Commencing Wed mornings from 25 August. A variety of clay, surface treatments and firing techniques with extraordinary results.

Bookings essential: Sandy Hablethwaite 0439773039

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

Urgently wanted to rent. Studio, granny flat, within Kuranda area. Mature female, quiet non-smoking long-term Kuranda resident looking for

affordable, long-term home. 0414 491 505 or 0490 769 302

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. Please drop in to Kuranda Neighbourhood Centre.

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

* 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)



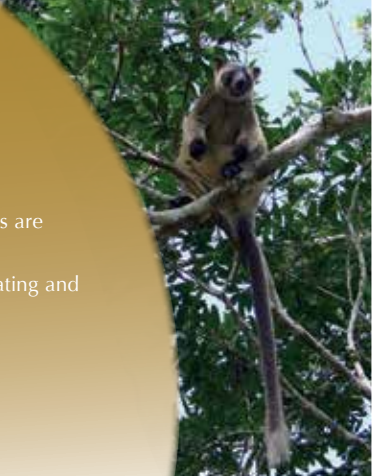
Caring for the region's native wildlife.
Wildlife carers are all volunteers.
Tax deductible donations appreciated.
New members welcome.

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

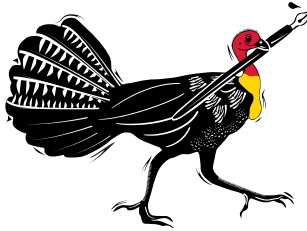
Kuranda Transfer Station 2186 Kennedy Hwy, Koah
MSC Recycle Station – Arara Street

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)



HELPFUL FACEBOOK GROUPS

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

HELP GROUPS



Kids Helpline
1800 55 1800
kidshelpline.com.au

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



Need help with a drinking problem?

1300 222 222

www.aa.org.au

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**

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



RAINFALL

July 2021
 57.1mm (to 15 July 2021)
 Annual total to
 15 July: 1823.8mm

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

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

JOHN'S KURANDA BUS *The local bus!*

Please note this service is currently not operating.

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

RENOVATIONS DONE WE ARE OPEN FOR BUSINESS!

Now that the dust has settled, it is expected for things to return to normal for the month of August onwards. Please check with the contacts for each of the classes to confirm times. Thank you for your patience.

Kuranda Pilates

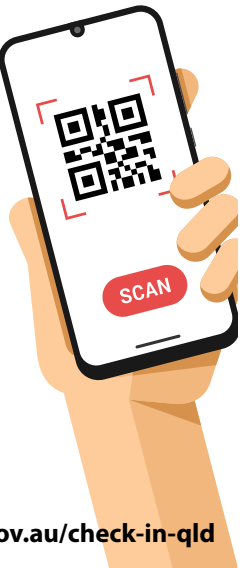
Kuranda Pilates have now recommenced all five classes at the KRC – Monday 9.30am, Tuesday 5.45pm, Wednesday 9.30am, Thursday 9am, and Saturday 8.15am.

Come and be a part of your body Re-creation from the centre out.

CHECK IN

COVID-19 Compliance

Reminder, for when we reopen, that all guests must register on entering the KRC. The Check In Qld app can be downloaded at www.covid19.qld.gov.au/check-in-qld



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, 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.

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

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
A PLACE FOR ALL!

- EVERY MONDAY & WEDNESDAY** PILATES with Jaide 6-7pm 0488 229 700.
- EVERY TUESDAY** Bubs and Mums Play Day 10am-1pm Tui Newman 0472 987 859
- EVERY TUESDAY** SOULATINA – Latin Dance Classes – 5.30pm Salsa, 6.30pm Bachata. Contact Andreza 0423 556 129 Book at www.trybooking.com/BSAOZ
- EVERY WEDNESDAY in August** Feldenkais Classes 9.30-10.30am with Justine Schlicht 0408 735 309
- EVERY THURSDAY** KIDS YOGA with Kyla 3.45-4.45pm 0404 108 648 YOGA evening classes with Tanya 6.30-7.45pm
- THURSDAY 19 August** Mankind Project MEN'S GROUP 7pm. Open to all men. Contact Simon 0459 755 553
- FRIDAY 13, 20 and 27 August only (No longer weekly)** SALTY CAPTAINS Fish and Chips 5-8pm

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 AUGUST
8am till Midday Saturday 7 August
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 – Jeanette Wormald Trio
- 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 STARS: 4.45-5.45pm Age 8 to 18 years.
- Tuesdays** – Circus 2: 3.45-5pm Age 7 to 10.
- Wednesdays** – Aerial – Cairns Festival Show Preparation 4.15-5.45pm Age 8 to Adult.



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

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

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