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TABLELANDS | July 2023



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Seriously helpful.



editor's note

Welcome to our health & wellbeing themed issue – including everything right down to the dirt that we grow our food in! Thank you to Nature's Earth and Denim & Lace Photography for this beautiful cover photo - read all about their exciting new products on page 7. Continue reading for some Health & Wellbeing tips from our local experts on page 14.

It's Show time! With the Malanda and Atherton Shows back to back this month, Kuranda Roots Festival, Mareeba Rodeo, and so much more, the events calendar is jam-packed with something for everyone. Mark your calendars with our Save the Date list including Irvinebank Festival on the first weekend of August. Find all the details about this family friendly festival in the Kids on the Tablelands section on page 6.

We have a new writer, Bonnie Nicol, in the Trails section with some hidden gems to explore. The ever-popular Jodie Eden is back this month in The Dirt section, and there's a great interview with David Pitcher on our Tales page this month.

We hope you enjoy this issue of *What's On!*

The Harens
(Kristina, Graham, William & Scarlet)

EDITOR/DESIGN: Kristina & Graham Haren

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WhatsOnTablelands

WhatsOnTablelands

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cover

Front Cover: Nature's Earth

Photo by: Kaddiesha Leask from Denim & Lace Photography

Circulation: 8,000

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next issue

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We acknowledge the First Nations People who have owned, cared for, protected, and nourished this Country where *What's On Tablelands* is created and distributed. We recognise their continuing connection to Country and pay our respects to their Elders past, present and emerging.

It's Show Time!

With 2023 Show festivities having commenced in June, the hype and excitement is well underway! The main event, the three-day Show, will this year take place on the 7th, 8th and 9th of July which is the LAST weekend of the school holidays – perfect timing for families from afar to plan a trip to the Atherton Tablelands.

It promises to be an event not to be missed, jam packed full of fun and merriment, including the animal competitions and displays (dairy and beef cattle, horses, poultry and gorgeous animal nursery), pavilion full of culinary treats and craft and, of course, side show alley.

Kicking off the weekend on the Friday evening will be the ever-popular Street Parade. The street procession is always a definite highlight of the Malanda Show. What better way to commence the weekend's festivities than having a street party, right?! The theme for the 2023 Street Parade is Under the Sea. We encourage all sorts of vehicles from vintage to machinery, as well as elaborate costumes, walking processions, marching bands, decorated bikes and, of course, those wonderfully creative floats.

Long term Show supporters Kevin and Jan Emerson will be opening the 2023 Malanda Show on Friday evening at the showgrounds. It is fitting to have such wonderful people addressing our community during the opening ceremony. For 2023 the Dairy Queen and Princess Quest will be hosted in conjunction with the Show celebrations. This competition aims to be a fun and inclusive experience for the youth in our area. The idea is that we can provide the contestants with an opportunity to learn more about our agricultural show and of course to get involved in our local community. Our 2023 Malanda winner will be announced at the official opening.

This year the Malanda Show Society are hosting the State Finals for the Dairy Young Parader and Judges Competitions. These competitions are scheduled to commence at 1pm on Friday 7th July in the Ted Morris Dairy Arena.

Saturday promises a full day of competition in the dairy, stud and main arena areas culminating with The BIG 'SPAR' tacular firework display in the evening, provided by the generous support of our SPAR Supermarket and The Big Pub. Saturday night provides an opportunity to see the inner farmer in you shine with the Farmer's Challenge.

There is nothing like the unconditional love of a pet. It is time to show off your furry or not-so-furry friends at our upcoming 2023 Pet Parade to be hosted on Sunday from 9.30am in the Ted Morris Arena. Also on Sunday come along and cheer along our local tradies as they fight it out to see who the Champion Hand Milker is. Remember \$500 proudly sponsored by Dairy Farmers will be donated to a charity of the winner's choice. In more exciting news both of these events will be presented by non other than local Millaa Millaa stand-up comedian Georgina Humphries.

The bar area will be rocking with Chris from Discotechnics on Friday evening, and Careless on Saturday night both until late. There will be a blacksmith demonstration, a display of goats and sheep, as well as a reptile display.

If all of this wasn't enough to tempt you, you can also enjoy visiting the pavilion full of culinary treats and craft. All the details for all competitions can be downloaded from www.malandashow.com.au

There is something for everyone and ample opportunity for you to get involved in the fun. The Show's ticket pricing is affordable for everyone, at just \$65 for a family pass for 2 adults and 2 children for the three-day event. Please visit our website and follow us on Facebook for more information. *Pre-sold tickets out now on TryBooking: Malanda Show.*

See you at the Malanda Show!

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Let's Go To The Show!

FRIDAY
 7pm: Ergon Energy Malanda Street Parade.
 This year's theme is "Under The Sea"
 Music by Discotechnics

SATURDAY
 Music by live band "Careless"

NOTE: Main Gate is now on Thomas Street

3 Day Passes
 Family Pass - \$65 Adult - \$30
 Children and Aged Pensioner - \$15

1 Day Passes
 Adult - \$15
 Children and Aged Pensioner - \$7

SHOW HOURS
 Friday 12pm - 10pm • Saturday 8am - 10pm • Sunday 8am - 3pm

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KIDS ON THE TABLELANDS

IRVINEBANK FESTIVAL

Just 30 kilometres west of Herberton and 45 minutes from Atherton, the little town of Irvinebank is like a different world. The Herberton Range keeps most of the rain to the east side of the Tablelands, giving Irvinebank an authentic 'outback' feeling, which is enhanced by the town's heritage buildings and rich mining history being on show for visitors. While it might be small, it's certainly got a lot going on, for kids and adults alike – especially at the upcoming Irvinebank Festival, from Friday the 4th to Sunday the 6th of August.

Originally called the John Moffat Festival, after the entrepreneur tin miner who founded both the festival and the town itself, this annual event is a relaxed, family-friendly weekend filled with music, activities, and festive stalls. To enjoy the festival and all Irvinebank has to offer, why not plan a camping trip?

Camping at Bill Newburn Park is free and central to the various attractions and activities in Irvinebank. There's the town dam and plenty of shade provided by generous fig trees, and the Irvinebank Tavern is just across the road, perfect for a hearty lunch or dinner. As well as public toilets, there are hot showers available for a gold coin, and dogs on a leash are welcome too.

On Friday evening, there's a family-friendly welcome barbeque from 5.30pm at the School of Arts Hall. Then, Saturday's free festivities kick off from 10am with market stalls, food stalls, historical displays, and a range of fun activities, like a fashion parade and a treasure dig in the sand pit for little ones. For the chance to win the trophy and prize money, you can nominate a team of family or friends for the

iconic tug-of-war competition. The entry fee is \$5 per person, and teams can be up to eight people, including kids. If you're up for another challenge, there's a fire truck pull too!

On Saturday night, the hall will host rock trio Snakeoyl and Aussie blues singer-songwriter 8 Ball Aitken for a vibrant night of song and dance for the whole family. Tickets are \$40 at the door or can be pre-purchased online via Eventbrite for \$33.08. On Sunday, enjoy a lazy 'recovery' breakfast with music at the pub.



For those interested in history, mining, or genealogy, there are a range of museums or collections to explore while you're there, including Freethinker Cottage, Loudoun House Museum, Brian's Shed, the historic Tramway Station, and the Vulcan Mine – Australia's deepest tin mine! Restored machinery, historical knick-knacks, and the expert knowledge and demonstrations from local curators will keep the kids entertained.

Irvinebank also hosts an op-shop and several heritage-listed buildings that give the town its old-time atmosphere. A short drive will take you to local natural attractions such as Jumna Dam, which requires a 4WD for access and is a popular spot for swimming. The road from Herberton to Irvinebank is partly unsealed, but still suitable for regular vehicles and caravans.

The Irvinebank Festival is sure to be a fun-filled weekend, but whether you can make it to the festival or not, be sure to plan a family trip to Irvinebank in the future – perfect for camping, with a friendly community and vivid history, the little town has more to it than meets the eye!

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Nature's Earth FNQ - Bagged Natures Earth's Garden and Potting Mixes coming soon to stores across the Tablelands.

Natures Earth FNQ is a locally owned and operated business on Belson Road, Upper Barron, who specialise in quality garden and home-landscaping products. Previously known as Tropical Peat, their recent name change reflects their comprehensive range of services, because producing peat is only a fraction of what they do! Their custom garden mixes are made from locally sourced materials making them a wholly Australian Made Product. Their mission is to manufacture quality products to meet the demands of the Queensland market.

Natures Earth's garden, potting, and lawn mixes are based on PEAT harvested on-site. Peat is naturally high in organic carbon and organic matter. It has 14 trace elements and is rich in diverse organisms making it ideal for healthy soil. It also has a high water-holding capacity, which means their mixes retain moisture while still allowing water to flow. Natures Earth's mixes are also high in the essential ingredients every plant needs for strong root growth. The bagged Garden & Potting Mixes are made to Australian standards and bear the Australian-made logo with an additional bonus of Bioboost. Bioboost is carbon-based bacteria and fungi which gives the plant an improved nutrient uptake and reduces plant stress.

Natures Earth's bagged Potting Mix contains a controlled-release fertiliser, which works for up to ten months, while their Garden Mix contains an organic fertiliser that makes it ideal for vegetables and exotic plants. The Lawn Mix is a screened product which can be used as an under-turf starter or over-lawn revitaliser.

From locals, to locals, Natures Earth supports Tablelands suppliers as well as customers on the Tablelands and beyond. All products that Natures Earth sell or include in their mixes are sourced locally from mills, farms, plantations, or quarries on the Tablelands. Their products are not only ideal for home gardeners and landscapers, they also have the ability to customise specialised bulk mixes for commercial nurseries and other raw materials suppliers. Natures Earth have recently supplied the Garden Mix soils used in the upgrade of the Cairns Convention Centre, and at the newly established gardens and lawns at the new Charleston Dam Project at Forsayth.

Keep an eye out for Natures Earth's mixes coming soon to Tablelands retailers – or if you can't wait, drop in to Belson Road, Upper Barron. They are open from 8-4 Monday to Friday and 9-12 on Saturday mornings. They also deliver across the Tablelands and North Queensland from Cooktown, to Eidsvold, to Townsville.

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The Dirt

Winter Gardening

words by Jodie Eden

Winter is a most satisfying time in the Tablelands veggie garden. Frost is usually rare and isolated, so I risk growing all sorts of things during winter. Oh, I know that one day I will end up crying over frost-burned tomato plants, but compared with summer, our winters offer a lot more promise than regret.

Cold weather, especially cold, dry weather, slows down pests and weeds, and is much more comfortable to work in. When I say 'cold', the middle of winter for us is like early spring in Sydney, or late spring in Hobart or London. Gardeners in those places jump with excitement about their spring plantings, so we should be doing that in July! Also, those people burst with pride as they pick and eat their first salad greens, having carefully started them in greenhouses or with heaters.

Lettuce, people! Why do Tablelanders think they can only eat salads when it is hot? Must 'salad' mean boring iceberg lettuce? Find some interesting loose-leaf lettuce varieties (I started with Green Harvest and Eden seeds), clear a patch of soil, and sprinkle some seed. When the seedlings are 10cm high, separate the clump and plant them out about 10cm apart along a shallow trench sprinkled with chook manure. Water frequently! You can pick leaves off as you need them or pull the whole plant out by the roots and put it in water like a bunch of flowers. They keep fresh on your kitchen bench for a week – so much better than in the fridge. We eat a beautiful variety of lettuce throughout winter and early spring. When the weather gets hot in October/ November, lettuce goes bitter and 'bolts' dramatically to seed. Each plant gives hundreds of seed for next year.

Winter is great for growing brassicas, carrots, and snow peas - but you must get them planted now to have a good three months before the weather turns hot.

Brassicas (broccoli, cauliflower, and cabbage) are all the same species, so seed saving is difficult if you want them all. For broccoli and cabbage, I use Yates hybrid seed 'Summer Green' and 'Sugarloaf', and I grow them throughout autumn and winter. For cauliflower I use Green Harvest's open pollinated 'Sixty Days'. Each year I save cauliflower seed, but to keep the

seed pure I carefully chop flower heads off all other brassicas.

Caterpillars can destroy young brassicas overnight, so I grow seedlings under butterfly-proof netting, and plant them out only when quite large. In the garden I use the Yates caterpillar-specific organic spray Dipel, but I also pick off caterpillars by hand and feed them to my chooks.

Broccoli is a heavy feeder, so I add chicken poo when planting out, resulting in a big head for the broccoli and for me. After cutting the main head off, I leave the plant growing for several more months because it usually produces dozens of small secondary heads. By spring, with an excessive broccoli harvest, I blanch the florets quickly in boiling water, drain and freeze, and then use in stir-fries throughout the year.

Cabbage seems to last into the warm months longer than other brassicas. Perhaps the tightly curled heads make it harder for pests to get into? On the other hand, for beautiful white cauliflower heads you really need cool weather.

I had little success with carrots until I discovered Jules Hartman's sawdust method and stopped planting in warm months. Carrots grow wonky and forked in rich or rocky soil. They resent being thinned or weeded. Rake a patch of soil to a fine tilth and carefully sprinkle seed, ideally about 2cm apart. Cover with sawdust, about 2cm thick, and smack it down with your hand. Water very well to saturate the sawdust. In a few weeks' time you will still need to weed and thin them, but the sawdust really reduces this.



Jobs to do in July

Beginner Gardeners

Safe bets to plant now:

Seeds:

You can plant many seeds direct now: peas, snow peas, snap peas, lettuce. Plant silverbeet, beetroot and English spinach (soak seeds first, sprinkle and press down to ensure good soil contact). Best time to plant carrots, but find a way that will minimise thinning and weeding. Carrots do not like being transplanted.



Wasting your time!

Too cold for melons, sweet corn, eggplant and capsicum. Too late for long-season plants like onion, garlic, broad beans, parsnip, and Brussels sprouts.

Want a challenge?

This is the best time to plant broccoli and cabbage, but you must protect from caterpillars/butterflies.

If you have a warm spot, and the minimum remains above 15°C, you can keep planting tomatoes, cucumbers and beans. They grow slowly through winter but it is worth it to have established plants when the weather changes to hot and dry in spring.

All year, every month

To ensure a continuous food harvest, plant something each month. Plant what you and your family like to eat, in quantities you can use, or be prepared to deal with the excess. Most plants take three months to harvest. Visualise the year as a continuous circular calendar and look ahead three months from now.

On the Atherton Tablelands, every month, I plant zucchini, silverbeet and spring onions. I also plant lettuce and English spinach all year, but I keep them under shade throughout the warmer months. Plant other veggies in season.

Especially now (mid winter)

Make the most of cool weather for heavy garden work and for planting things that will be difficult to grow when the weather is hot.

Snow peas and snap peas suffer from rot. Newly planted seeds will rot in wet weather, as will the stems and flowers of growing plants. Spread your risk by planting a few pea seeds each week.

Cold weather stimulates beetroot and carrots to turn starches to sugars, so they are sweetest grown through winter. Provide nitrogen-rich compost for beetroot but no fertiliser for carrots.

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Tablelands Trails & Destinations

Six Hidden Gems To Discover

words by Bonnie Nicol



The Atherton Tablelands, rich in culinary trails, adventure sports parks, and natural beauty, is renowned as a world-class vacation destination that offers something for everyone. As tourism season begins and coaches start arriving at our award-winning coffee plantations, breathtaking waterfalls, and majestic fig trees, there are plenty of places across our region which are off the beaten track and away from the crowds. From the historical, to the spiritual, to the downright surreal, these hidden gems encompass everything that makes the Tablelands so unique, and are just waiting to be discovered by visitors and locals alike.

Mount Molloy Labyrinth, Mount Molloy

Nestled between Daintree National Forest and the Kuranda Forest Reserve lies the largest mown labyrinth in the southern hemisphere. Emulating the ancient meditative practices of European labyrinths, the Mount Molloy Labyrinth guides seekers around seven unicursal circuits, connecting them with the earth and immersing them in the serenity of the wet tropics. Considered an ecologically important



Mt. Molloy Labyrinth
Photo By: John Brisbin, JAMARR

wildlife corridor, Mount Molloy is home to nearly 300 species of bird — more than in any other region in Australia — and visitors to the Labyrinth can enjoy glimpses of the area's famed Great Bowerbirds, whose ornately decorated bowers dot the surrounding eucalypt forest. The Labyrinth is open seven days a week and is free to visit. Once a year, on the first Saturday in May, Mount Molloy's JAMARR committee hosts a public gathering at the Labyrinth in recognition of World Labyrinth Day.

Bunda Bibandji Rock Art Walking Track, Koah

For thousands of years, the Buluwandji people of the Buluwai tribe have called the open forest country west of Kuranda home. The eucalypt woodland of what is now Dinden State Forest was especially sacred to the region's Traditional



Rock Art Photo By: Buluwai
Indigenous Corporation

Custodians; the area's granite caves were used for initiation ceremonies and birthing sites by generations of Buluwandji men and women. Onto the surrounding rock faces they painted scenes of these important rites of passage, leaving a legacy of ochre rock paintings that is estimated to be around 3,500 years old. The Bunda Bibandji Rock Art Walking Track is 2 kilometres return and leads visitors to the largest concentration of rock art on the Tablelands. There is no entrance fee to Dinden State Forest and the track is suitable for all ages and fitness levels.

Tablelands Heritage Centre, Tolga

Tucked away amongst Tolga's rolling acres of farmland, the Tablelands Heritage Centre sculpture garden proudly showcases the region's farming history through whimsical



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tableaux. Featuring a menagerie of anthropomorphic animals, a pig piloting a crop duster swoops close to longhorn steer using a branding iron on humans. A crocodile casts a line from a beached rowboat, while an ibis swings a fishing net overboard and a koala holding binoculars watches for fresh catch. For the kids, characters from popular fairy tales -- Tinker Bell, Snow White and the Seven Dwarfs, Tarzan — have been lovingly recreated, and of course Australian folk hero, Ned Kelly, makes an appearance too. The kitschy sculptures were created by Mario Raso nearly fifteen years ago and his comical creations has been entertaining visitors ever since.

The Tablelands Heritage Centre is open daily for self-guided tours. Entry is by donation.

Mungalli Falls Glow Worms, Millaa Millaa

From obstacle courses to nature hikes and hillside tobogganing - there is no shortage of fun to be had at the Mungalli Falls Outdoor Education Centre. Once the sun sets on an action-packed day, visitors to this Tablelands oasis are treated to an incredible phenomenon: glow worms. Between December and March, peak breeding season for the endemic fungus gnats that lay bio-luminescent larvae, the Mungalli Falls glow worm colony is at its brightest, lighting up at the base of the falls like a constellation. Millaa Millaa's high yearly rainfall and dense rainforest cover provide the perfect conditions for glow worms, making this one of the only public places on the Tablelands to experience these rare and beautiful creatures. Visitors can view the glow worms on a self-guided walk along the Mungalli Falls trail. For groups of fifteen or more, the Centre can organise a night-time walking tour.

Freethinker Cottage and Brian's Shed, Irvinebank

No place on the Tablelands showcases the ephemera of the region's mining history better than Irvinebank. Nestled in the foothills of the Great Dividing Range, the once prosperous tin-mining town is now one big open-air time capsule; crowned by the stately Loudoun House, once home to Irvinebank's founder, John Moffat. The oldest high-set timber and corrugated iron house in North Queensland is flanked

by two privately owned museums that lend Irvinebank its quirky, unparalleled charm.

On the eastern end of town, on the site of one of Irvinebank's first mining leases, is Freethinker Cottage. The fully restored 1940s cabin contains a life-time's worth of antiques, fossils, and curios salvaged from forgotten 19th century landfills and the surrounding bushland by its owner, Ian Gutry. Wooden children's tricycles dangle from the rafters over a Model T Ford and a rusty red Thunderbird. Vintage iron tools line the shelves of a functioning blacksmith's workshop. One of Gutry's most intriguing finds is a WWII Chevrolet Blitz, left abandoned in the scrub for decades when the mine it hauled tailings from closed in the 1960s. Freethinker Cottage is open daily from 9am to 5pm, and visitors are shown around the museum's various structures by Ian. Entry is by donation.

On the western side of Irvinebank is Brian's Shed. The massive space warehouses the various collections of its owner, Brian Perkes, a retired tin miner who was born and raised in town. From hubcaps to vintage beer glasses, nothing is too humdrum for inclusion, but the museum's most impressive relics are its historical machines which Brian restored himself. A working gas-powered water pump sputters noisily next to an industrial corn cob stripper and several giant engines rescued from abandoned mines. Brian's Shed is open daily and entry is by donation. Expect a guided tour from Brian, as well as machine demonstrations.



Glow Worms Photo By: Mungalli Falls Education Centre



Photo: Free Thinker Cottage By: Bonnie Nicol



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July Calendar HIGHLIGHTS

SATURDAY

01

Vibrant Imaginings Exhibition by Jemma Denigan
27th June to 22nd July @ The Old Post Office Gallery. 10am-2pm, Tuesday to Friday

SUNDAY

02

Metamorphosis Solo Harp Concert
1:30-2:30pm @ Halloran's Hill Observatory
Bookings: fnqharpconnection.org
\$15-\$20 each

Denim Blues (live music)
1pm @ Barron Falls Hotel, Kuranda

MONDAY

03

NAIDOC Week Flag Raising Ceremony
10-11am @ 45 Mabel Street, Atherton
Ceremony and morning tea
free

FRIDAY

07

Bird Survey
7-9am @ Hasties Swamp Koci Road, Atherton
free

Chair Yoga Tablelands Community Link
10:15-11:15am @ Grove Street, Atherton
Contact: admin@tclink.org.au

3M3D Grand Slam Kuranda
(3 Marathons in 3 Days) - 7-9th July
Wright's Lookout, Kuranda
facebook.com/events/423129656557521

Astronomy Dinner Tours
7th, 14th & 21st July (fortnightly till October)
6:20-9:30pm @ Emerald Creek Ice-Creamery

Malanda Show
7 - 9th July (see details page 5)

SATURDAY

08

8Ball Aitken (live music)
6-9pm @ Herberton Shire Hall
Tickets: \$30 from 8ballaitken.com, \$40 door

Mindfulness Yoga & Sound Healing
3pm @Atherton Breath of Life Yoga
Ph. 0408 915 723 or
athertonbreathoflifeyoga@outlook.com

MONDAY

10

Atherton Show
10 & 11th July (see details on page 7)

FRIDAY

14

Kuranda Roots Festival
14-16th July, 2pm Fri to 8:30pm Sun @ Emerald Creek Falls Road (see details on page 21)

Acute Care Consults, Herbal & Nutritional Medicine
Every Friday in July, 8.30am-1pm @ Restoring Vitality Naturopathic Clinic, Atherton.
Bookings: 0427 912 141, restoringvitality.au
Free 15 min consults available

SATURDAY

15

NAIDOC celebrations
10am-2pm @ ECHO Neighbourhood House, Malanda. BBQ, art & craft, displays, culture, etc. free

Mareeba Rodeo and Festival
15th - 16th July, Camping available.
Tickets online & at the gate. \$15-\$170
mareebarodeo.com.au

Christmas in July
6-9:15pm @ Malanda Hotel. Dinner and Silent Auction to raise funds for RegainED
Bookings: 4096 7720. \$50 each

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8 Ball Aitken & Snakeoyl
Saturday Night - Live Music at the Bar

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irvinebank.org



VIBRANT IMAGININGS
exhibition by Jemma Denigan

Old Post Office Gallery
86 Herberton Rd Atherton
June 27 to July 22 2023
open 10:00am-2:00pm
Tuesday to Friday

TRC TABLELANDS GALLERIES

FRIDAY
21 Landscape Photography workshop
21st -23rd July @ Chillagoe
facebook.com/events/550895863598720
\$1095 all inclusive

SUNDAY
23 Roller Derby Come & Try Day
3-4pm at Atherton State High School Hall
Skate and safety gear hire included
BYO socks and skate helmet if possible
free

SATURDAY
29 Women's Reflection Day Retreat
9am-4:30pm @ Riverlea Wellness Retreat,
Malanda
Bookings: riverleawellnessretreat@gmail.com or
0437 638 704. \$289 each

Milkshakes and Murder
6:30-10pm – Yungaburra Hotel
Murder Mystery Night with 3 course meal
\$100 each

SATURDAY
29 Cairns School of Distance Ed Reunion
Kydobe Country Park, 126 Hume Rd. Bibbohra
Memorabilia display, Cricket QLD fun games,
Talent Quest, Kurdaz Country Band, Sausage
Sizzle, Free Camping
Bookings: trybooking.com/CGHNW
Adults \$25, U18 free

Cranes at Sunset
4:30-6:30pm @ Bromfield Swamp Viewing
Platform
Malanda-Upper Barron Road
RSVP: edbelljsy@gmail.com
free

5 July is the deadline for the
August 2023 issue with a
Conservation Theme.

To be involved in our next issue please email:
info@whatsontablelands.com.au
or call Kristina 0438 642 498.

EVENT LISTINGS ARE FREE!!

Connect with us online for even more great events!

whatsontablelands.com.au
f: whatsontablelands

Please be advised that event details are subject to
change due to COVID. Confirm details before attending.
Also as a result of COVID, many events are being
confirmed after our printing deadline. Please check
online for more great events by going to
our website and facebook pages.

what's On
& WHERE TO GO

SAVE THE DATE

- 5 - 6th August Irvinebank Festival
- 6th August Elevate XCM 8hr
- 6th August Mareeba Animal Refuge Pet Fair
- 12 -13th August Women's Mountain Biking Retreat
- 20th August Speewah Legend Foot Race
- 26th August Maize Festival Ball
- 26th August Yungaburra Book Fair
- 1st - 3rd September Targa Great Barrier Reef
- 9th September Tableland Maize Festival Street Parade
- 1st-15th October Torimba Festival
- 6-8th October Savannah in the Round
- 14-15th October Sound Healing Symposium
- 21st-22nd Jacaranda Festival
- 27 - 29th October Tablelands Folk Festival
- 27 - 29th October Tinaroo Barra Bash
- 17th November Merriland Hall 80th Birthday
- 23rd November Malanda Xmas Street Festival

*dates are subject to change, please confirm details with event
organisers

Health & Well-Being Feature

Body



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- 1. Maintain a Balanced Diet:** Focus on consuming a variety of nutrient-dense whole foods including fruits, vegetables, whole grains, proteins, and healthy fats. Limit your intake of processed foods, sugary beverages, and excessive salt. Stay hydrated by drinking an adequate amount of water throughout the day.
- 2. Engage in Regular Physical Activity:** Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity every week. Include strength training exercises to build muscle and improve bone health. Find activities you enjoy to make it easier to make exercise part of your routine.
- 3. Prioritise Quality Sleep:** Establish a consistent sleep schedule and aim for 7-9 hours of quality sleep each night. Create a sleep-friendly environment, minimise electronic device usage before bed, and practice relaxation techniques like deep breathing or meditation.
- 4. Manage Stress Levels:** Regular exercise, practicing mindfulness or meditation, engaging in hobbies you enjoy, and spending time with loved ones. Prioritise self-care and make time for activities that help you relax and recharge.
- 5. Foster a Supportive Social Network:** Surround yourself with positive, supportive people who uplift you. Foster meaningful relationships, maintain open communication, and make time for social activities. Participate in community or volunteer work, join clubs or organisations aligned with your interests, and engage in activities that promote social interaction.

These tips are general recommendations, consult with healthcare professionals for personalised advice.

**Group Fitness - Cardio Boxing - Circuit Training - Meta Fit - Meta Power
Krav Maga - Personal Training - Gym - Muay Thai**

Mind

1. Connection with others and with yourself! Without each other we can't survive. Loneliness is a huge problem. Seek connections with others and with yourself, whatever form this takes. The more joyous and meaningful, the better.

2. Don't forget good nutrition, sleep and exercise! The mind, body and soul are connected. To keep your mind humming you need it provide it with the essentials. Don't overlook the power of these. Sleep and exercise are so powerful that you can reverse some mental problems just by addressing these.

3. Awareness. Cultivate awareness of your place in your world and how your energies and attention flow from minute to minute. What do you focus on? What do you give power to? How can you change your world just by doing, thinking, paying attention differently? Spirituality, mindfulness, changing mindsets, shifting perspectives, and simple observations all belong here.

4. Find your purpose and find yourself within it. At different times in your life different things matter most: expression, exploration, power in your world, spiritual growth, travel, nature, family, purpose in work, community, legacy. What gives purpose to your life? Pursue that. This is the best antidote to getting lost in negative activities and worsening mental health.

5. Be courageous and wise enough to seek help when you need it. Too many people get stuck in patterns that don't serve them anymore or get lost and feel powerless to seek help. There are many types of help out there, some free, some paid, some formal, some informal. If you are struggling or stuck, reach out and make contact, take charge of the flow of your life and get the help you need and deserve.

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~ 5 Tips to Wellness~

Soul

Albert Einstein once said "We can not solve our problems with the same level of thinking that created them." We are a pure life-force, a Soul Essence that came to this physical plane, "Earth school" to learn many valuable lessons.

We create disharmony and limitations, if we think our physical body is all there is and allow the Ego-identity to run the show. This will create imbalances to our health and our lives.

Surrender the self-sabotaging ego and allow stillness and silence to flood in. Meditation and self awareness practices will help reconnect us to our True Soul Essence. RJ Spina's book *Supercharged Self Healing* guides us through this process of self-mastery. Paralyzed from the chest down, he healed his body and now walks again. The process he used was:

Desire - this sets the Desire to self-heal in motion

Intention - is when Desire is Activated - we make a contract with ourselves

Thought - when intention is fixed in our Willpower and thoughts

Emotion - when the thought is bathed in emotion, it is then energised

Action - this energised emotion becomes actionable, we want to achieve our desire

Behaviour - action now translates into naturally changing our behaviour



the Natural Me

Happy Healing Success!

Katie Callaghan - Naturopath – *People & Pets, Bowen therapy, Oligoscan: Mineral and heavy metal analysis, Immediate results – no hair or blood sample*

0438 110 442 katocrystals@gmail.com thenaturalme.com.au



Local Community Group Focus *Atherton & District Pony Club*

The Atherton and District Pony Club was established in 1988. Prior to this, the Club was known as Yungaburra Horse and Pony Club. With the Club's rich history within our community, many locals have a tale to tell, or have themselves saddled up and worn the orange colours for the district.

The Club is affiliated with Pony Club Queensland, also it is part of Zone 18. This comprises of Pony Clubs including Earlville, Freshwater, Edmonton, Gordonvale, Kuranda, Mareeba, Malanda, and Ravenshoe. The Atherton and District Pony Club offers a fun, inclusive environment to learn horsemanship and have the opportunity to participate in Rally days and Gymkhanas under the qualified supervision and instruction of our registered Pony Club Instructors.

The Club welcomes new members of all riding abilities from age 4 to 64. Riders must have their own horse to participate. A lease, or lease to buy offer for horses may be available, which is organised privately and is separate from the Club. Casual non-riding members are also encouraged to join and

are welcome to assist within a friendly, positive, outdoor environment.

Rally days are held approximately once each month. Members can also represent Atherton in any of the other Club events. If the Atherton and District Pony Club has attracted your attention, please contact the Secretary Zoe on 0408 089 724 or email dpclub22@gmail.com for further information.



Plantain - The Versatile Remedy

words by *Tatiana Dawn*



I often joke that if I had to live in a world with only one herb, it would be Plantain. Not the banana plantain - I am talking about a humble looking, low-growing leafy plant in the Plantago genus.

This potent plant is the most used medicine in our family. Externally we use it for cuts, scrapes, rashes, and ulcers, and it is wonderful for stopping bleeding and reducing the likelihood of infection. It can even draw the poison/venom from stings and bites! Normally we just chew up a leaf of the plant and apply it directly to the bite/cut/rash etc. It can provide instant relief to itchiness and pain.

Internally, Plantain can be a wonderful remedy for the lungs and digestive tract. For the lungs, Plantain can help in the treatment of coughs and catarrh, asthma, bronchitis, and many other lung conditions. The tincture and the infusion are both effective and may be used as a gargle as well as taken internally.

For the digestive tract, Plantain is a wonderful treatment for

stomach and intestinal ulcers, and ulcers of the mouth. It can be helpful for enteritis and gastritis, and is a helpful remedy during both diarrhoea and constipation. For mouth ulcers and general gum health gargle with the infusion or chew a leaf.

This is one plant where fresh is best - though I often juice the leaf, add equal parts honey and store in the fridge for up to a couple of weeks. The kids love this as a cough syrup and is a great way to ingest the herb for ulcers and other digestive issues. You can slice it thin to add to your salads and sandwiches or use as a cooking green.

This plant generally prefers the cooler climates, though I have seen Broad Leaf Plantain (*Plantago major*) growing very successfully in Speewah and Cairns. Get in touch if you would like seeds - I give them to people as I firmly believe that all gardens should include this plant as a valuable first aid remedy to always have on hand.

Tatiana Dawn (Twiggy)
alchemillaherbals.com.au
alchemillaherbalsinfo@gmail.com



Chocolate Chip Macadamia Cookies

Big, fat, chewy cookies!

Ingredients:

265g white flour, sifted
1 tsp cornstarch
1 tsp baking soda
1/2 tsp salt
170g unsalted butter, melted/
slightly cooled
3/4 cup brown sugar
3/4 cup white sugar
1 large egg + 1 egg yolk
1 tsp vanilla extract
1 cup white chocolate chips
120g macadamia nuts, roughly
chopped

Method:

In a large bowl, mix flour, cornstarch, baking soda, & salt. Set aside.
In separate bowl whisk melted butter, brown sugar, granulated sugar, egg, egg yolk, & vanilla extract together until combined.
Pour wet mix into dry ingredients & mix everything together with a spatula until completely combined. Fold in white chocolate chips & macadamia nuts.
Cover mix & chill in refrigerator for 2 hours.

Preheat oven to 175°C.

Line baking sheets with baking paper. Roll cookie dough into balls, about 1-1.5 tsp of dough, & place on baking sheets 5cm apart. Bake for 12-13 minutes or until lightly browned on the sides (centers will look soft). Remove from oven & cool on the baking sheet for 5 minutes, before transferring to a wire rack to cool.



By *Kathryn Bowers*
tablelandstotabletop.com.au

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Tales from the Tablelands

story of David Pitcher, words by Kasey Delben



The capacity to listen to others, a friendly, easy-going manner, natural curiosity, and genuine passion for his profession make Atherton naturopath David Pitcher good at what he does: looking after people's health.

He and his natural medicine practice may be well known around Atherton and the Tablelands, but for the first half of his working life, David was a plumber. After his childhood and schooling in Atherton, David completed an apprenticeship in plumbing. He spent five years working on the Tablelands, and then moved to Cairns, where his work transitioned from smaller jobs at people's homes to larger projects in multi-storey buildings.

His move from Atherton to Cairns wasn't just a career choice; it was also motivated by his desire to train at the Matsumoto Karate Academy. Under Sensei Matsumoto, he trained intensively for four years, and attained a first Dan black belt. Then, at 25, David spent 18 months travelling the world. He travelled up the east coast of Africa and explored the United Kingdom, United States, Canada, and New Zealand. He's always harboured a sense of adventure, spending time camping and "getting out in the bush" since he was a kid. It's a pastime that he values and maintains, and now shares with his wife and teenage son.

After 10 years plumbing in Cairns, David decided, "I needed an easier job, because the building industry's pretty hard on your body, and it started taking its toll."

It was his wife, Judy, who suggested natural medicine. "I guess I've always been interested in health, especially the body's ability to look after itself," David explains. "When I went to study it, my mates commented, 'He's always been a bit that way.'"

After researching study options, he decided on Southern Cross University. So, David and Judy moved from Cairns down to Lismore, where David studied a Bachelor of Naturopathy while Judy studied Accounting. "I really enjoyed the academic side of it, the learning," David recalls.

He explains that his four-year degree covered similar groundwork to a medicine course, in terms of diagnosing illnesses and conditions. Where the two practices diverge is in the treatment – either pharmaceutical or natural. Naturopathy treatments that David now specialises in include herbal medicine, nutrition, and homeopathic medicine.

After graduating from their respective courses, David and Judy moved back to Atherton, where their family is based,

and had a son, Arthur. David also opened a clinic, Atherton Natural Medicine Centre, which has been operating for 13 years. Judy currently works as an accountant for Mareeba Shire Council.

For some people, David's clinic is a first choice when faced with any health concerns, while for others, he's been called their "last hope" in a long chain of consultations, treatments, and specialists. "Often people come in who've been right through the medical system," he says, "They might have a condition that they control but can't really get on top of... something they've had for decades."

On the other hand, his favourite patients to treat are children, because their illnesses are usually straightforward and haven't had the chance to negatively affect other aspects of the child's health. He explains that kids usually respond rapidly and positively to the right treatment, so it's rewarding to see them recover.

But regardless of his patients' age, David finds his profession fulfilling. While one can imagine that he sees people at their worst, he also witnesses the flip side. "If people are really motivated and ready to make changes, they'll follow your advice; there can be quite dramatic changes and improvements in people's health," he says. "It's really satisfying to see people come in, who are suffering – and have been for quite a while – to see them come back after a few visits and they're much brighter and healthier, more energetic, and more positive."

While he still makes time for hobbies and family commitments – including raising a teenager – he runs the Medical Centre on his own, which is a full-time job. "I enjoy being here in my practice, being my own boss." Yet he admits, "The downside is that I have to do everything: bookwork, cleaning, ordering stock, the whole lot."

It means, though, that he's aware of all the ins and outs of the clinic, and of his clients, so he can holistically work with their needs. "I go through their history, almost a summary of their life, so I can get the full picture of how their journey has led them to where they are," he says. Discovering these life stories and talking to his patients is, in fact, what David enjoys the most about his work: "It's quite amazing, the life and the struggle some people have." He's a "people person", despite the varied roles he's played throughout his own life. So, it makes sense that this best version of David's life involves helping people live the best version of theirs.

What's Happening?

Also see our online calendar
www.whatsontablelands.com.au

HEALTH • WELLBEING • SPORT

Atherton Junior Golf – 8am–11.30am (Sundays) competition day. 4–5.15pm (Wednesdays & Thursdays) practice. Ages 5–17 years @ Atherton Golf Club. e: athertonjuniorgold@outlook.com
fb/web: [atherton gold club](https://www.facebook.com/athertongoldclub)

Atherton Park Run – 7am (Saturdays) Atherton Rail Trail opposite Platypus Park.
Ph. Janette 0409 958 129 or find us on Facebook

Awareness Through Movement (Feldenkrais)
6.15pm (Tuesdays), online
1.30pm & 5.30pm (Wednesdays)
8.45am (Thursdays)
6.45am (Fridays)
Malanda Men's Shed Hall, Mary St, Malanda \$12
Suits all levels of fitness. Ph. Grace 0428 451 679

Dance for fun, Dance for Fitness, Dance to Feel
5.45–6.45pm (Thursdays during school term)
Malanda Co-working & Wellness Centre
\$10 per class. Suitable for adults.
Ph. Kirsten 0401 975 006

Indoor Bowls - Atherton – 8.30am (Thursdays)
Masonic Hall, Golf Links Rd, Atherton.
Ph. Paul Quinlan 4091 1381

Indoor Bowls - Malanda – 1pm (Fridays) Men's Shed Hall, Mary St, Malanda.
Ph. Veronica Harris 0473 058 815

Malanda Billiards Club – 3–6pm (Tuesdays)
Cnr Catherine & Elizabeth St, Malanda
Ph. Martin 0438 279 020

Meditation & Discussion for Inspiration – 2pm (every 1st Sunday of the month). Meditation followed by a spiritual discussion. Free. Ph. 4095 4689

Paddle Boarding – Atherton Tablelands 5pm to late (monthly on the full moon) Platypus Campgrounds Tinaroo. \$60 includes all equipment, \$15 for own boards. Ph. What'SUP Cairns for bookings 0435 836 282 or check FB

QiGong Halloran's Hill – 9.30am (Thursdays). A U3A class. Ph. Lesley 0447825554

Sound Meditation - Atherton & Malanda 6.30pm (every 4th Wednesday of the month) @ The Healing Space, Atherton
6pm (every 2nd Wednesday of the month) @ CWA Malanda. Ph. Debbie 0427 559 142
fb: [debbiesavagetherapies](https://www.facebook.com/debbiesavagetherapies)

Tableland Bush Walking Club – (every second Wednesday & Sunday). New Members welcome. View program online: tablelandsbushwalking.org

Tableland Dog Obedience Club Dog Training Classes – 6pm (Wednesdays) @ 44 Mabel St,

Atherton. Enrolments 1st Wednesday of the month
Ph. Tracey 0458 965 919 or check FB

Table Tennis (Social) – 4–6pm (Fridays), Masonic Hall, Golf Links Rd, Atherton. \$5pp. Ph. Gary 0418 183 711 or Lenore 0407 588 334

Tai Chi Atherton – 9am & 10.30am (Wednesdays)
Masonic Hall, Golf Links Rd. Gold Coin Donation.
Ph. Dee 0407 708 435

Tai Chi Yungaburra – 4.30pm (Mondays), 8.30am (Fridays). Yungaburra Rec Shed (near tennis courts)
Ph. Maria 0414 302 759

Yoga Atherton - with Smile Yoga –
5.30pm Mondays (60min)
5.30pm Thursdays (60min)
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@ Stan Moses Hall, cnr Alice & Vernon st, Atherton
Ph. Keoni 0417 616 956, smileyoga.com.au

Yoga with Lyndel - Malanda
5pm (Tuesdays) Malanda Uniting Church Hall
10am (Wednesdays) Chair Yoga, CWA Hall
\$15 class Ph. Lyndel 0488 559 281

Yoga with Carina - Millaa Millaa
9am (Wednesdays) Stretch Yoga Seniors Class
9am (Fridays) General Class
@ CWA Millaa Millaa
General Class \$10, Senior Class \$5
Ph. 0402 208 377

Zumba Gold – Tolga -
9am & 10am (Mondays), 9am (Fridays) @ Tolga Community Centre. Dance fitness suitable for older participants. \$8 class. Ph. Ann 0418 826 168 or e: anniemc9@gmail.com

SOCIAL • MUSIC • DANCE

Bingo - 9.30am (Tuesdays), doors open at 9am.
Atherton International Club. Proceeds go to Atherton Hospital FNQHF. Ph. 4091 4970

Bingo - 9.30–12pm (Wednesdays), doors open at 8.30am. Yungaburra Hotel Ballroom. Proceeds go to Yungaburra Beautification.

Innot Springs - (Tuesdays), echomalanda.org.au/public-transport-malanda
Book: 4096 6634

Line Dancing – 6.30pm (Thursdays) Yungaburra Community Hall. Ph. Kay 4096 5808

Learn to Play Canaster – 12noon–4pm (Mondays). Have a coffee & play with friends. Atherton International Club. Free.

Malanda Bridge Club - 1pm (Mondays & Wednesdays) Bridge sessions at Malanda Bowls Club. All visitors and new players welcome.
Ph. 0428 775 671 or 0419 965 543

Social Stamping Papercraft - 1–4pm (4th Saturday of the month, exc. Dec & Jan) Stan Moses Hall, Vernon St, Atherton. \$5pp, BYO projects. Tea & coffee provided, bring a plate to share.
RSVP Ph. Lauren 0408 913 677

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from 5.30pm

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admin@northernsuppliers.net.au | northernsuppliersatherton.net.au



Tableland Country Music Club - (Last Sunday of the month). Different venues, contact for details, free entry, new entertainers welcome. Ph. 0400 885 586

Tableland Social Dancers - 7pm (Wednesdays) Merrilands Hall, Atherton. New Vogue sequence dancing - Rumba, Waltz, Tango, Foxtrot & more. \$5 Ph. Trevor: 0498 633 730

Tableland Ukulele Group - 1pm (1st & 3rd Saturdays of the month), Carinya Wellness Centre, 1 Mazlin Street, Atherton. All welcome. e: tablelandukulelegroup@gmail.com

COMMUNITY

Access Place - 9.30-2pm (Tuesdays to Fridays). Op shop raising funds to support the local community. Street library, free cuppa. Donations welcome. 110z Main St. Atherton. Ph. 0468 794 110.

Alcoholics Anonymous Malanda - support group for people wanting to stop drinking. Ph. 0419 757 035

Atherton Tableland Mineral & Lapidary Club 5.30-9.30pm (Mondays), 8-4pm (Wed to Fri), 8am-12pm (Saturdays). Racecourse rd, Tolga. ph: 0457 664 338, e: atmlc679@gmail.com

FNQ Community Exchange (Tablelands LETS) - meet monthly to barter and exchange skills & knowledge. Schedule is at: fnqces.org

LGBTIQ+ Adult Social Support - 10-11am Tuesdays ECHO Malanda Neighbourhood House Ph: 4096 6634

Atherton Lions Club - (Second & Fourth Tuesday of the month). Atherton International Club. Ph. 0407 044 963

Malanda Lions Club - 6.30pm (Third Wednesday of the month). The Top Rail, Malanda. Ph. 0456 368 245

Tolga Lions Club - 7pm (Third Tuesday of the month). Tolga Tennis Courts Clubhouse. Ph. 0459 088 059

Men's Shed Atherton - 8am-12pm (Monday to Friday). 1 Railway Ln, Atherton. Ph. 0403 560 440

Men's Shed Herberton - 7am-2pm (Tuesdays & Thursdays). Herberton Railway Station, John Street, Herberton. Ph. Mel 0429 008 232

Men's Shed Malanda - 9am-12pm (Mondays, Wednesdays, Fridays). 21-23 Mary St, Malanda. Ph. 0457 885 737

Men's Shed Ravenshoe - 9am-3pm (Wednesday to Friday). 52-56 Herbert St, Ravenshoe. Ph. G Rae 0467 960 362

Men's Shed Yungaburra - 2-6pm (Tuesdays & Thursdays). Yungaburra Memorial Shed, Barrine Rd. Ph Kerry 0407 952 250

National Servicemen's Assoc. - 10am (2nd Sunday of the month). Rocky Creek War Memorial Park Nasho Shelter, Tolga. Bring a chair & picnic lunch. Ph. Terry Edmondson 4095 4154 or 0409 924 711

Rotary Club of Atherton - 6pm (every 2nd & 4th Tuesday of the month) Atherton International Club Ph. Leigh Wolltman 0417 452 921

Soroptomist International - Business meetings 5.30pm (every second Tuesday of the month), Dinner meetings 5.30pm (every fourth Tuesday of the month), Atherton Hotel, Main st. Atherton. Ph. Sylvia 0407 965 139

SWELL (Senior Women Enjoying Later Life) - 9.30am (Fridays) Baptist Church Hall, Cnr Gibson & Lloyd St, Atherton. Guest speakers, excursions, laughter. Ph. Rene 0400 675 729

U3A Atherton Tablelands - 9.30am (Mondays). Room 22, Atherton Community Centre, Mabel St. Atherton. Check website for event details. Ph. 0400 660 026 w. athtablelands.u3anet.org.au

Women's Survivor Group - 9-11am (every second Wednesday). Atherton CWA Hall, Jack St, Atherton. For women of all ages impacted by violence or harm. Ph. Tablelands Sexual Assault Service: 4091 4036.

Women's Welcome & Well-being - 9-12pm (Tuesdays) Girl Guides Hall, Robert St, Atherton. Different activities each week. Ph. Sue 0400 885 586.

ART • CRAFT

Mareeba Craft on the Fringe - 9.30am-12pm (Tuesdays) Centenary Park, Byrnes St, Mareeba. Email: pederulla@hotmail.com

Mareeba Art Society - 10am-2pm (daily) MAS Gallery 58 & Shop open. 9am-12pm (Mondays) Painters in the Park 9am-12pm (Tuesdays) Craft & Cuppa, Craft Share (Wednesdays) Pottery, contact Karol 0412 671 061 5pm (every third Tuesday of the month) MAS monthly meeting - all welcome. 345b Byrnes St. Mareeba. Ph. 4092 7539

Where to find your copy of *What's On*

We deliver to over 150 locations across the Tablelands!

Main pick up points include:

Visitor Information Centres, Newsagents and Supermarkets in Kuranda, Mareeba, Atherton, Malanda, Yungaburra, Herberton & Ravenshoe

Get involved: Email article submissions and advertising enquiries to info@whatsontablelands.com.au

KIDS • YOUTH

Atherton District Girl Guides – (Mondays during school terms) from 3.30pm, ages 5 and up
 Girl Guide Hall, Robert St, Atherton.
 Ph. 0428 914 758 for further info

Atherton Mainly Music – 9.30am (Thursdays)
 Church Hall, Vernon St, Atherton. Interactive fun & learning. Morning tea. \$5 per family.
 Ph. Ailsa 4091 2462

Atherton Mainly Music – 9.30-11am (Mondays)
 Atherton Baptist Church Hall, Gibson St. Earkt Childhood Educational playtime & activities. Morning tea. \$6 per family. Ph. Cheryl 0411 103 026

FLICK Sports Academy – 3.15pm (weekdays except Thursdays) Malanda and Yungaburra. Have fun while getting active and learning skills. Check FB for details.
 Ph. Graham 0438 642 498

Queer Youth Peer Support - 3-5pm (Mondays)
 ECHO Malanda Neighbourhood House
 Ph: 4096 6634

Tablelands Home Education - Gatherings for homeschooling families – (Thursdays) Times and locations vary. Email tablelandshomeed@gmail.com or FB: THE - Tablelands Home Education

NATURE • PLANTS

Atherton Seedsavers & Gardening Group – every second month, various locations. Contact athseedsavers@urbanfox.com.au

Tableland Garden Group – 2pm (2nd Saturday of the month), email for location. e: tablelandgardengroup@outlook.com

TREAT Rainforest Tree Nursery & Revegetation – 8am-12pm (Fridays) QPWS Nursery Hall, McLeish Rd. Lake Eacham. Ph. Barb 4091 4468

more events online: whatsontablelands.com.au

Great care is taken to ensure event information is correct at time of publication, however readers should confirm event details before attending.

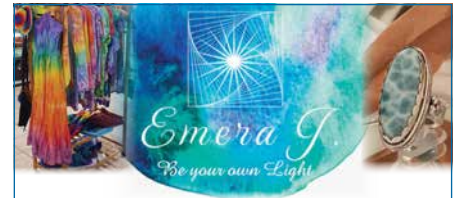
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J U L Y



Sat 1st July – Wed 5th	Thur 6th July – Sun 9th
The Flash (M)	The Flash (M)
Elemental (PG)	Elemental (PG)
Spider - Man : Across the SpiderVerse (M)	Spider - Man: Across the SpiderVerse (M)
	Transformers Rise of the Beast (M)
Fri 14th July – Sun 16th	Fri 21st July – Sun 23rd
Indiana Jones & The Dial of Destiny (M)	Indiana Jones & The Dial of Destiny (M)
Transformers Rise of the Beast (M)	No Hard Feelings (MA)
Mission Impossible Dead Reckoning Part 1 (M)	

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Markets

ARCHER CREEK • 4097 6545

2nd Sunday of month 7am-12noon, Kennedy Hwy

ATHERTON

1st Saturday of month 7am-12noon

Lutheran Church, Golf Links Rd • 0427 818 091

2nd Sunday of month 7am-12noon

Atherton Lions Club Indoor Markets, Atherton Showgrounds, Louise Street • 0448 336 035

KOAH • 0488 961 660

1st Saturday of month 8am-12noon
Koah Hall, 322 Koah Road

KURANDA (Every Thursday-Sunday)

Original Markets 9am-3pm

Heritage Markets 9am-3.30pm

MALANDA • 0439 702 657

3rd Saturday of month 7am-12pm, Showgrounds

MAREEBA

2nd & 5th Saturday of month 0419 788 277
7.30am-12.30pm Mareeba Race Course

2nd & 5th Saturday of month - Make, Bake & Grow
7am-12pm Centenary Park

3rd Saturday of month - 100 Park Markets
7am-12pm Centenary Park

MT MOLLOY • 4094 1734

1st Saturday of month (Mar-Dec)
8am-12noon Fraser Road

TOLGA • 0408 750 082

1st Sunday of month 7am-12noon
Morrow Park Racecourse

TUMOULIN • 0482 534 017

4th Sunday of month 8am-1pm
Tumoulin Railway Station

WONDECLA • 0447 097 761

3rd Sunday of month 7am-12noon
Wondecla Sports Ground

YUNGABURRA • 0419 652 663

4th Saturday of month 7.30am-12.30pm
Bruce Jones Park

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