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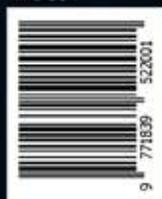
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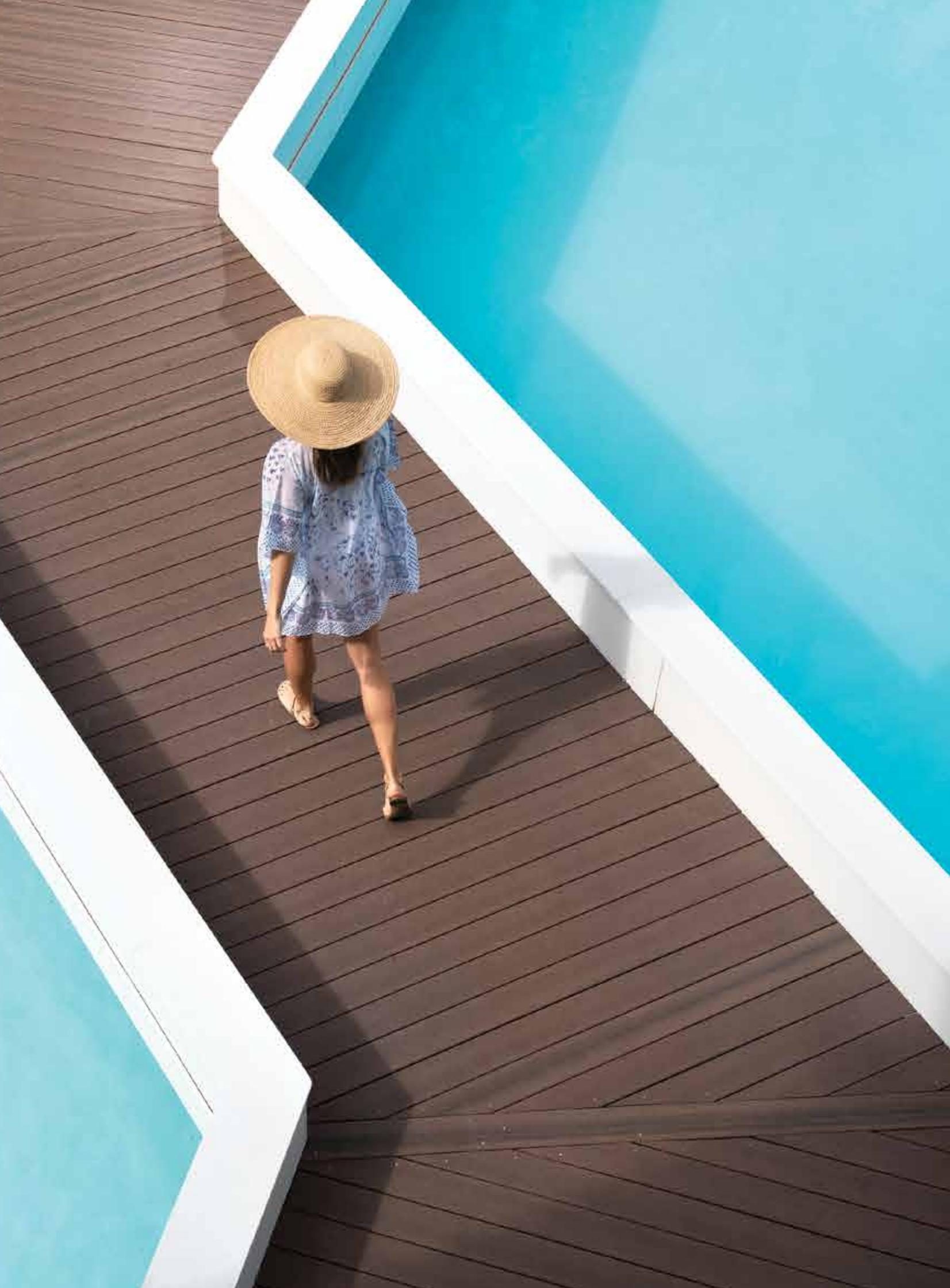
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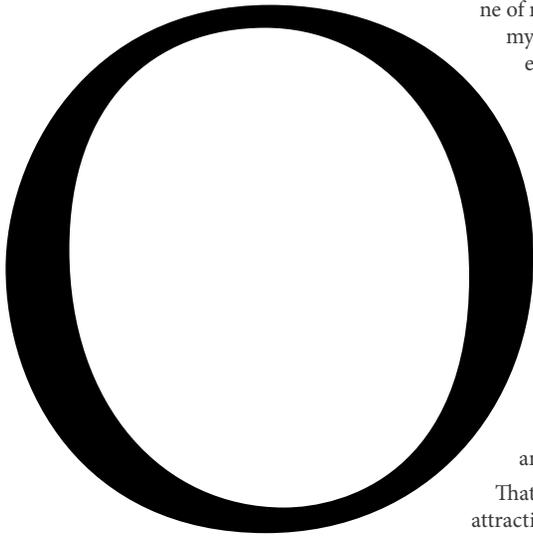
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Editor's LETTER



One of my first experiences in Port Douglas certainly inspired my love of this seaside town. A majestic lighthouse, my first ever sighting of a turtle in its natural environment and a flock of gleaming white birds overhead to welcome me as I stepped off a boat onto a tropical island, known as Low Isles.

As the new caretakers of this island, Peter and Jane Nolan have the pleasure of calling this island their home for the next year. They share with us how they intend to help this little piece of paradise stay just that! (See page 34)

Since that day at Low Isles I have fallen in love with many of the attributes offered by Port Douglas, the weather, the food, the landscape and, to be honest, the people. The slower pace of life means people do have time to engage; a friendly smile, a beach stroll hello or sharing a conversation over your morning cup of coffee or with the local boutique owner. Try it. It will add to your relaxation, holiday vibes and your overall experience ... and best of all, its free!

That relaxed vibe and that, 'something special that you can't quite put your finger on' is also attracting the younger generation. Meet some of our movers and shakers who are on their way up in Next Gen. (See page 46)

Harold "Mooks" Tayley, from the local Kuku Yalanji tribe, is another local talent. A beautiful soul, his healing powers and knowledge of the Daintree Rainforest National Park is inspirational. People travel far and wide to engage with him, learn from him and experience his healing powers. (See page 18)

The landscape of Far North Queensland really is second to none. Whether you hit the road, join a tour or sample the plethora of fresh tropical produce from one of the many restaurants, Port has all the essential ingredients. We recommend you silence the mobile, add a sneaky cocktail, relax and enjoy our "go to" guide on everything we love about PORT DOUGLAS!

Become a Port Douglas VIP and you could have the opportunity to WIN your next stay on us! We have teamed up with Virgin Australia, Sailaway Port Douglas and POOL Resort to offer a great holiday including a visit to the stunning Mackay Coral Cay (See page 78). Join VIP @ tourismportdouglas.com.au and put yourself in the picture.

Whatever you choose ...

Enjoy YOUR time.

Sarah



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Born in Mareeba, Dave Blake is a self-taught Sydney-based fashion and beauty photographer. Growing up in Far North Queensland, where running around barefoot was standard practice, and TVs only offered one channel for entertainment, Dave discovered his love for photography at an early age.

Dave's work is influenced by his love of travel and inspiring others through epic and immersive images. Best known for shooting on location, Dave teamed up with [@tourismportdouglas.com.au](http://tourismportdouglas.com.au) and international model Kate Pokrovskaya as he invites us to "Step into Our World".

His major clients include TagHeuer and Adidas. Dave also maintains strong working relationships with model agencies such as IMG, Wilhelmina, Chic, Scoop, and Vivien's.



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PORT DOUGLAS magazine



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HEALING HANDS

WORDS by Roy Weavers

People of the Western world were first introduced to what George Lucas called the 'force' back in 1976 when he released Episode VI of his Star Wars movie series with the Jedi battling Darth Vader and the 'dark side'. We have subsequently grown up with these movies over the past 40 odd years.

What George Lucas didn't know was that what he called the 'force' had been known to the indigenous peoples of Australia for more than 50,000 years and was far from fictional. During these millennia, the power to harness and process the natural energy of the world and its treasure trove of life has been granted to a select few within the indigenous population who have used it only for the good of their people.

My guest in this issue of the Port Douglas Magazine is such a man. He is a gentle, quiet man named 'Mooks' Harold Tayley. His nickname 'Mooks' can be literally translated as 'Friend' and his nickname is well earned. I met him up at Mossman Gorge, where he is a guide, for a cup of coffee during his lunch break and right from our handshake he made me feel very welcome.

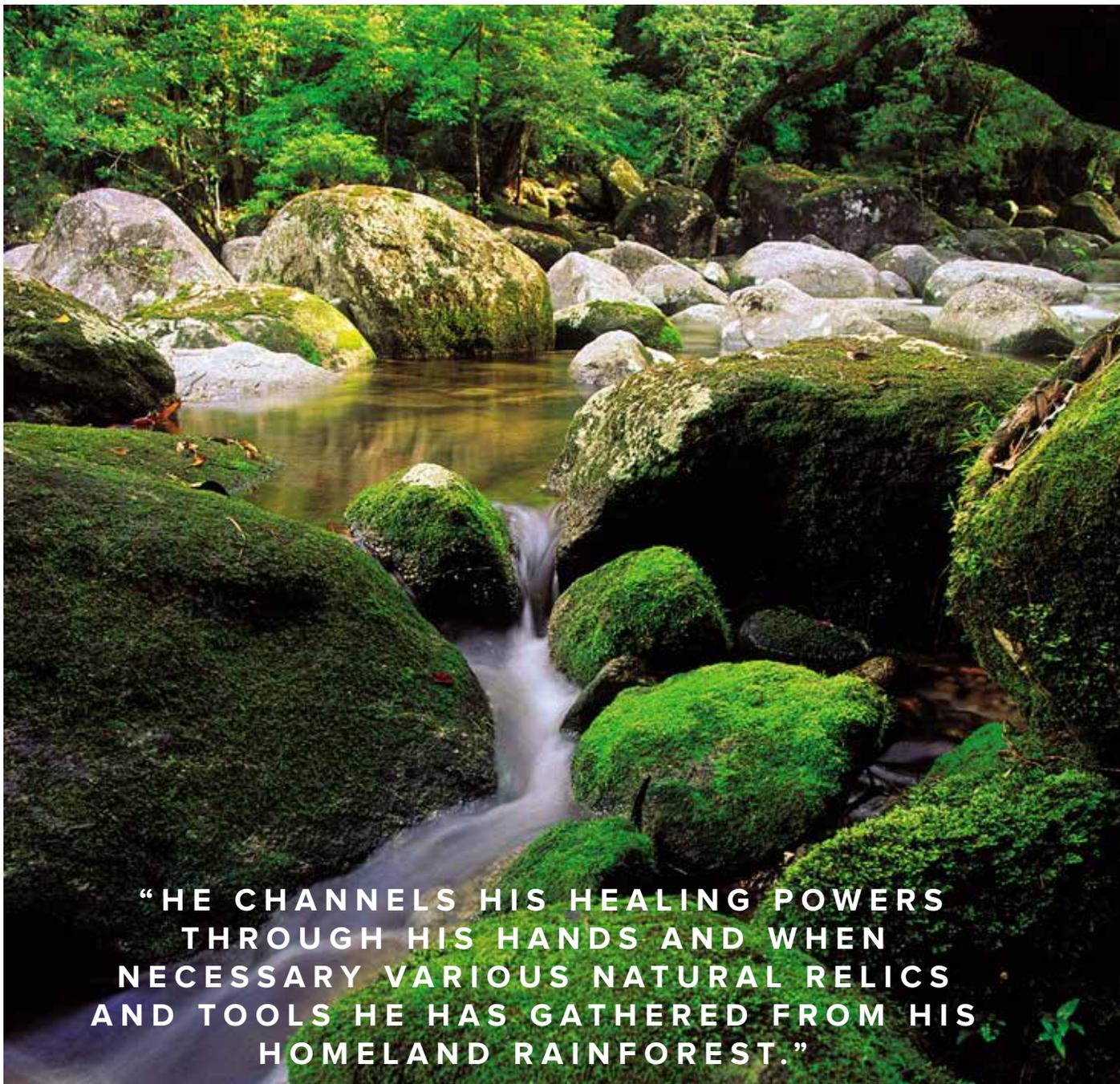
He is a modern day healer within his people, better known as a Shaman, a much revered position. He was born into the Kuk Ku Yalanji peoples on a cattle station in Laura. His mother gave birth to him in water, so it wasn't a surprise to him in later life that as a 'water baby' he always had an affinity to water. Back in those dark days there was no place for a baby on the cattle stations so soon after his birth he was taken from his birthplace

to live in the bush with his grandad and uncle (mum's brother) and grew up in and around Mossman, Wujal Wujal and Cooktown. These two great influences in his life taught him everything about the life force he possesses, just as their forefathers had taught them from all the way back beyond anyone's living memories.

I feel a little awkward mentioning the fictional and perhaps trivial Star Wars 'force' because without any doubt Mooks is the real deal. There is nothing fictional about his powers or his position within Ku Ku Yalanji society

There is something very spiritual about Mooks. He has a positive energy around him that seems to protect both he and the people around him from what he calls 'bad energy'. That 'bad energy' can come in many forms from emotions, attitude and not least genuine illness and diseases. Mooks has the gift to be able to cast off that bad energy to prevent it from doing any more damage. He channels his healing powers through his hands and when necessary various natural relics and tools he has gathered from his homeland rainforest.

Mooks self-assesses himself with complete honesty. He admits that after his grandad died, the transition from life in the bush where all his skills had been honed to



“ HE CHANNELS HIS HEALING POWERS THROUGH HIS HANDS AND WHEN NECESSARY VARIOUS NATURAL RELICS AND TOOLS HE HAS GATHERED FROM HIS HOMELAND RAINFOREST.”

living a life in the urban townships was very hard. He confesses to “going off the rails a bit”. But his strength of character instilled in him by his grandad and uncle shines through when he tells me that he broke the barrier of this wasteful time by telling himself, “I have to let go” and let go he did. And he soon got back on the track he wanted to be on.

Both grandad and uncle were healers themselves so he took great strength from the knowledge that he too was destined to become a Shaman. He lived with these two powerful teachers for more than 15 years and his love and admiration for them is undiluted. They taught him to respect his gift as a treasured possession. He is the only Shaman in Mossman. And to achieve this status he has had to channel all his positive energy into an exhausting set of duties that include helping people without question and sensing and detecting bad energy and having the strength of will to banish it. He took on this challenge willingly.

To achieve his amazing feats as a Shaman he leads a very disciplined life. He meditates a lot. He never hesitates to ask for help or respond to someone else asking for help. He performs many ceremonies and rituals to channel his energy in the old ways. All his activities are designed to help him sense bad energy and find a way to counter their effects.

He told me many fascinating stories from his recent healing activities, where he helped a lady from the UK get rid of her year long neck pain, he alleviated the suffering of a 6yr old with cystic fibrosis and he generated much needed

positivity for an 8yr old with autism. In fact, while I was with Mooks, the lady with the little autistic boy rang to thank him for all his help and tell him how much they all missed him. There was a genuine warmth that came from Mooks after he finished the call. It was as if he had been fuelled by the results of this healing. I knew that it took a lot out of him when he was called upon to use his healing abilities. It was after this call that I realised it was a two-way thing and that he grew stronger with every positive outcome.

He smiles before he pronounces that, as he gets older, he gets wiser. He makes it clear that he is bound as a Shaman to help anyone who asks, and he is happy to be able to offer that benefit. A Shaman has formidable responsibilities and it is obvious he doesn't take those responsibilities lightly, but he doesn't seem to find them onerous. It's almost as though he thrives on his gift and shares his skills willingly.

In all too short a time, I had to release Mooks to get back to work. When we shook hands to say goodbye, Mooks bid me farewell by saying: “Nice to have met you Mooksy, I enjoyed my time with you”.

I'm thrilled that he shared a few stories with me and when he called me 'Mooksy' I felt positively elated that we had bonded in such a short time and that he had allowed me into his world for a glimpse of something unique and quite special. It's a shame it was for just an hour. I could have stayed all day!



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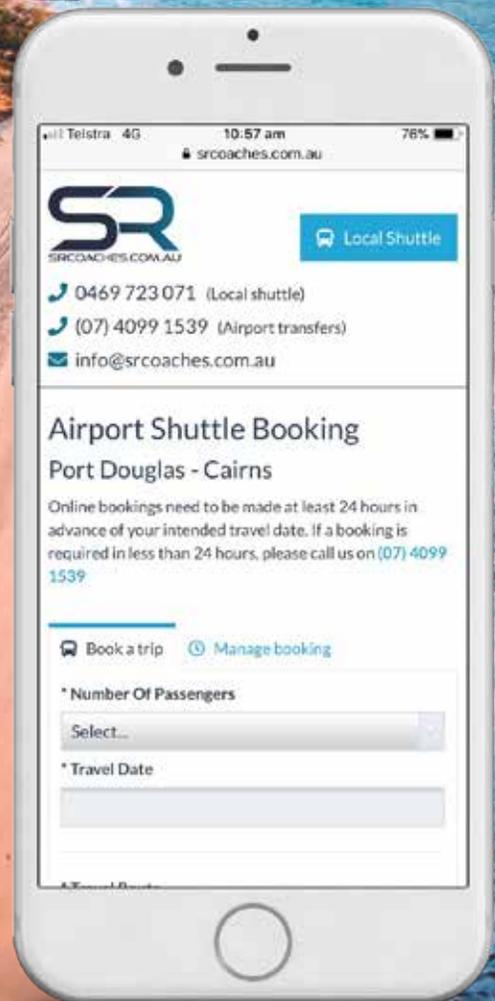
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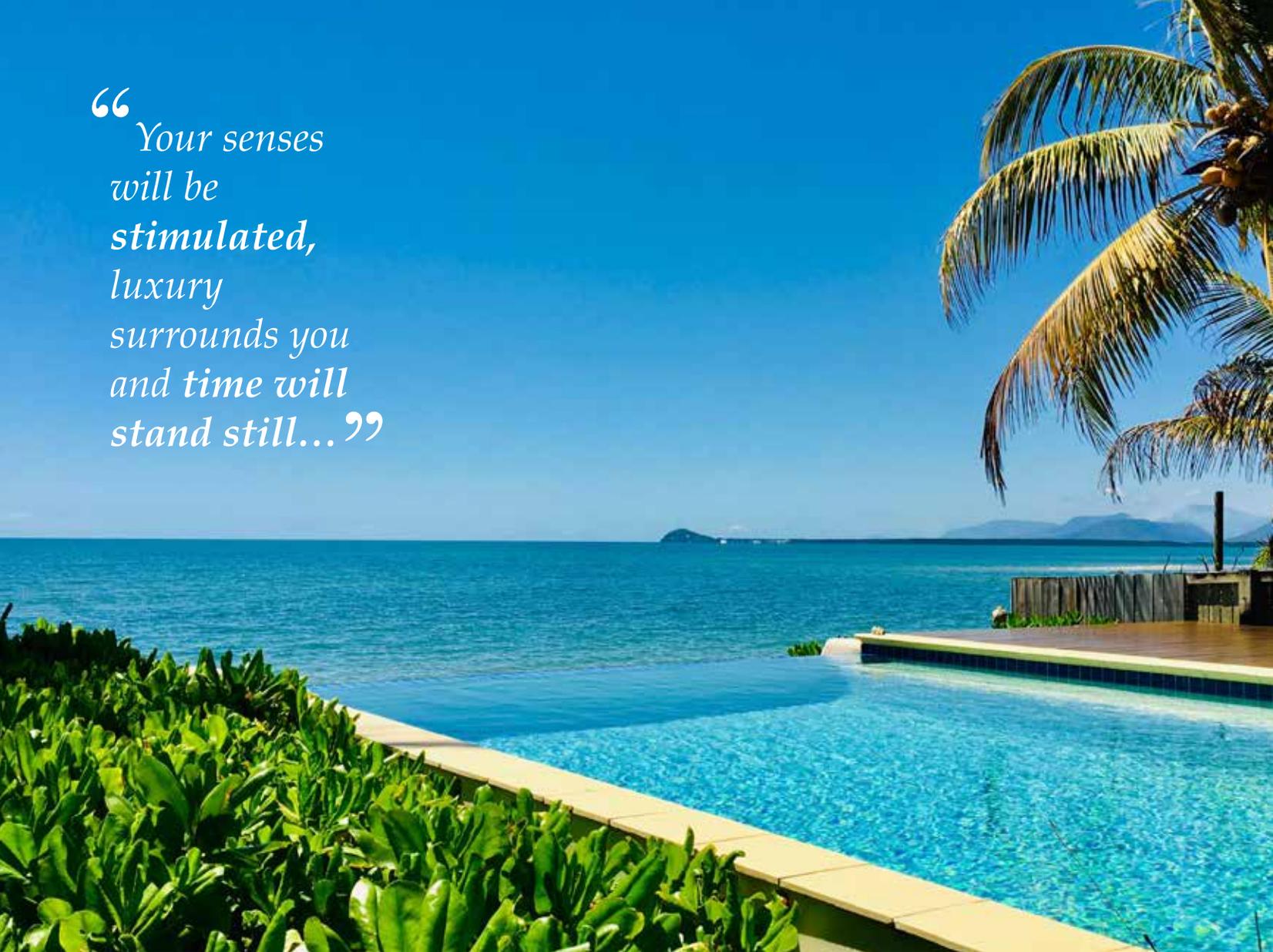




SLICE *of* HEAVEN

*In this edition we profile a luxury accommodation provider
and a relaxation provider to help melt your stress away*

“Your senses
will be
stimulated,
luxury
surrounds you
and time will
stand still...”



WORDS by Heather Carle

Travelling the world as flight attendants for over 30 years allowed Hans and Wendy van der Wolf to experience the ultimate in holiday accommodation and service. Their appetite for travel and luxury holidays was the brainchild for their Port Douglas and Tropical North Queensland based business, Executive Retreats.

Executive Retreats offers a refreshing edge on holiday accommodation. Enter a world where luxury retreats are self-contained, provide the latest technologies, (yes Mum, free WIFI) and provide travellers with all the comforts for a home away from home.

Having grown their extensive portfolio for many years, Hans and Wendy have been able to share their passion with thousands of travellers to the region and have met many wonderful guests, some whom are now friends and northern investors and continue to return year after year to experience this jewel of the north.

A love of architecture and interior design has led the way for the team at Executive Retreats representing the iconic Balinese inspired Bali Hai and The Beach Villa on Newell, two

properties which revolutionised Tropical North Queensland holiday accommodation by creating exciting, non-conventional destinations to stay at.

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*“We understand service –
attentive but not intrusive,
our guests privacy is respected
at all times”.*

The Executive Retreats portfolio now includes a diverse selection of retreats and special event venues, some award winning including absolute beachfront holiday homes where you can - cocktail in hand, float in the pool and feel like you are in the ocean just 2 meters away. Others include luxury lifestyle properties with acreage and expansive lawns and exotic gardens, a must for those seeking absolute privacy and relaxation or a unique wedding venue. Then there are chic apartments and villas within Boutique Resorts and holiday homes dotted

along the tropical coastline in cosmopolitan Port Douglas and the northern beaches of Cairns.

You can choose your own adventure when you stay with Executive Retreats. After a day exploring the wonders of the Great Barrier Reef or the ancient world heritage listed Daintree Rainforest, discover the tastes of the tropics with an in-house Chef creating delicious memories with the freshest local produce or float off in the sunset on the pool side day bed in the hands of an experienced spa therapist. Travelling with children but need a little adult time? Executive Retreats can recommend professional child minding and nanny services to keep the little one's entertained.

Your senses will be stimulated, luxury surrounds you and time will stand still...

Pearl, a four-bedroom absolute beachfront house at Newell Beach, just north of Port Douglas is a favourite amongst families with two separate entertainment lounges, one for the adults and one for the kids. The house is modern and comfortable and has been tastefully decorated with designer furnishings. The 15-meter swimming pool is



surrounded by manicured tropical gardens and features a large deck with BBQ for outdoor dining. Guests can pick fresh herbs from the garden and then prepare meals in the gourmet kitchen. You can fish 30 metres from the front lawn and play a round of golf or two at the nearby golf course. The destination is inviting and enticing and guests return year after year to experience the 'Pearl' on Newell Beach.

Need a bit more action? You will spend endless days in the pool at 6 Beachfront Mirage. This glamorous home in the Beachfront Mirage Estate in Port Douglas has been designed over two spacious levels, features all the mod cons and is walking distance to Macrossan Street. Sunbathe by day, wine and dine by night.

"We understand service – attentive but not intrusive, our guests privacy is respected at all times".

It's the personal touches that create the ultimate holiday experience for guests of Executive Retreats and Wendy and Hans are proud of their youthful skilled team. Communication is key from the very first enquiry through to departure with guests met at their retreat and warmly welcomed to the area. A carefully planned Welcome Pack eases guests into relaxation. Are you booking your flights yet?

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Loving A Low Isles Sea Change

Daily commute getting you down? Tired of the hustle and bustle of the rat race? Dreaming of another, more simplified life? It's a question that was answered without hesitation by Peter Nolan and Jane Macdonnell.

WORDS by Sharon Timms

For varying reasons, many people find themselves re-evaluating their choices sometime during their lives. Perhaps it's the discovery of more beautiful and relaxing locales whilst on holiday. Maybe it's the desire to be contributing more to our global community. Perhaps it's the chance to be someone other than who we currently are. Regardless of the reason, the desire to escape urban living is driving Australians to make a change with startling frequency: Welcome to the world of Seachangers.

A 'seachanger' is the popular term given to people who have made a radical relocation, usually from the city or suburbs, to a coastal location. However, the term loosely covers any kind of move that involves a significant lifestyle change, with both sea-changers and tree-changers being motivated by the same reasons, the central notion being that somehow the change involves improvement in lifestyle and wellbeing.

Imagine you were offered accommodation on an island in the Great Barrier Reef, a guaranteed two-year paid contract to snorkel, beachcomb, liaise with tour operators and visitors and occasionally undertake marine life data collection for research. You'd think it was too good to be true, right? Well, not for Peter and Jane, the recently appointed caretakers of Low Isles, 15km north east off the coast of Port Douglas.

With Jane coming from commercial law and Peter from hospitality management, the move - although a definite side step from the familiarity of their urban life - was one that was taken with no hesitation.

"We've both moved from the Sunshine Coast where a deep love of the ocean and water activities occupied a great deal of our time," Jane says. "However, moving to a tropical island could still be described as a sea change. The island's, and indeed the area's, natural beauty was a huge drawcard for our move. We had been to Low Isles on a number of occasions previously and had been relief staff for the previous caretakers, so we were very familiar with this beautiful island already."

HISTORY OF THE ISLAND

Situated just off the coast of Port Douglas, Low Isles is made up of two small coral cay islands surrounded by 55 acres of reef. The two small islands are separate but share the common

reef. Aboriginal people know these islands as Wungkun, and is an important indigenous cultural site for both the local KuKu Yalanji and Yirraganydji tribes.

The smaller of the Low Isles is a coral cay with a lighthouse that has been operating since 1878. Located within the Marine National Park Zone of the Great Barrier Reef Marine Park, Low Isles and its historic lighthouse were registered on the Commonwealth Heritage List in June 2008 in recognition of their place in Australia's cultural and Indigenous heritage. They also fall under the protection of the Great Barrier Reef Marine Park Authority.

The larger of the two islands - Woody Island - is uninhabited unless you count the sizeable bird population, and is also a vital habitat for many other bird species and marine wildlife. Part of the caretaker's role on the island is to monitor these populations, reporting back to the Great Barrier Reef Marine Park Authority (GBRMPA).

There are 150 different species of hard corals in the waters surrounding Low Isles, although these are dominated by 15 species of soft corals. Living amongst the corals is a large variety of fish, molluscs, sea cucumbers and other animals. Colourful blue, green and purple parrotfish are a common sight as well as angelfish, damselfish, clownfish, trevally, sweetlip, and moon wrasse, just to name a few. As well, the island has a prolific turtle population with underwater sightings common to snorkellers.

Weather data has also been gathered from the island since 1887, and still today remains the region's primary point of weather forecasting through the Bureau of Meteorology.

A DAY IN THE LIFE

The role of the island caretaker is quite a varied one, with the primary goal being that of environmental custodians. "We have the daily tasks of preparing the Island for the day ahead," Peter explains. "We liaise with the tourist boat operators, educating visitors on the regulations applying to the Island, and explaining why there are such regulations. There is unfortunately rubbish to be collected daily to stop it making it into the marine environment. "There is also quite a bit of behind the scenes work, such as



PHOTO CREDIT:
Back Country Bliss



monitoring the Island's solar power supply and the sewerage treatment plant. We report regularly to the Great Barrier Reef Marine Park Authority (GBRMPA), including in relation to any compliance issues and generally matters to do with the Island," he said.

Low Isles is also dependant on a large number of volunteers who act as support and relief for the caretakers "We also organise the volunteer activities, such as the counts of Pied Imperial Pigeons (PIP Counts) which happen monthly from September to March. There are also regular training weekends to organise for people who are interested in becoming relief caretakers who are trained to be a presence on the island for the occasional times when we're not here."

In conjunction with the many volunteers that support the island caretakers, the Low Isles Preservation Society (LIPS) is a conservation group dedicated to the protection and preservation of the island and marine environment. In 1992, the Australian Maritime Safety Authority announced it was removing its lighthouse keepers from the Low Isles and automating the lighthouse. A working group of local community members organised a dedicated group of volunteers who had a deep love for the island and who would work together with marine parks to protect it.

"We are contracted to the Great Barrier Reef Marine Park Authority (GBRMPA) as the island is owned by GBRMPA on behalf of the Commonwealth Government," explains Jane. "The Low Isles Preservation Society is one of the groups that assist us with volunteer activities on the Island under the authority of GBRMPA. Having said that, members of LIPS, like all

members of the public, are welcome to participate in the volunteer activities."

ISLAND CHALLENGES & PERKS

Low Isles is the first island in the Great Barrier Reef Marine Park where the island operations are carbon neutral - the island operations are sustained completely by solar power. With an Energy Management Plan to ensure the carbon neutral status is maintained, the caretakers provide a working example of sustainability in a remote setting, ideally encouraging regular land-dwellers to recognise the many ways to combat climate change. This practice amplifies the simplicity of contribution - no-one should dismiss their actions, no matter how big or small.

"It has to be said that the vast majority of people are very good and understand the importance of departing the Island as they found it, leaving only their footprints."

"One of the biggest issues we face is simply people doing the wrong thing, most times just through lack of knowledge, so education is an important part of our job," Peter says. "For instance, people

don't realise the damage they do to the coral by snorkelling too close on a low tide and touching, or especially standing on the coral."

"As well, people leave rubbish behind, including cigarette butts left in the sand," Jane adds. "This just amazes us that people think this is a reasonable thing to do. Realistically, this is an important reason why we are here. At least we can hopefully negate some of this negative impact and educate and encourage people to act in a more respectful and positive way towards the reef.

"It has to be said that the vast majority of people are very good and understand the importance of departing the Island as they found it, leaving only their footprints."

The Island's "Climate Trail", which snakes its way through the centre, has several information stations along its route which explain several aspects of climate change such as rising sea temperatures and levels and the effects that has on our coral reefs. All the tour boat operators offer an Island Walk and these ideas are relayed back to passengers, and ideally to future visitors to Low Isles.

So, you think you're ready to pack up all modern conveniences and live out your deserted island dreams? "There are many things to love about this job," says Jane. "Being able to swim in the waters and be amongst the vast array of fish life, the coral and of course the many turtles would definitely be one of the greatest highlights. It is really exciting to us that even since June, there has been an improvement in some of the areas of coral.

"We can only hope this continues."



Sailaway

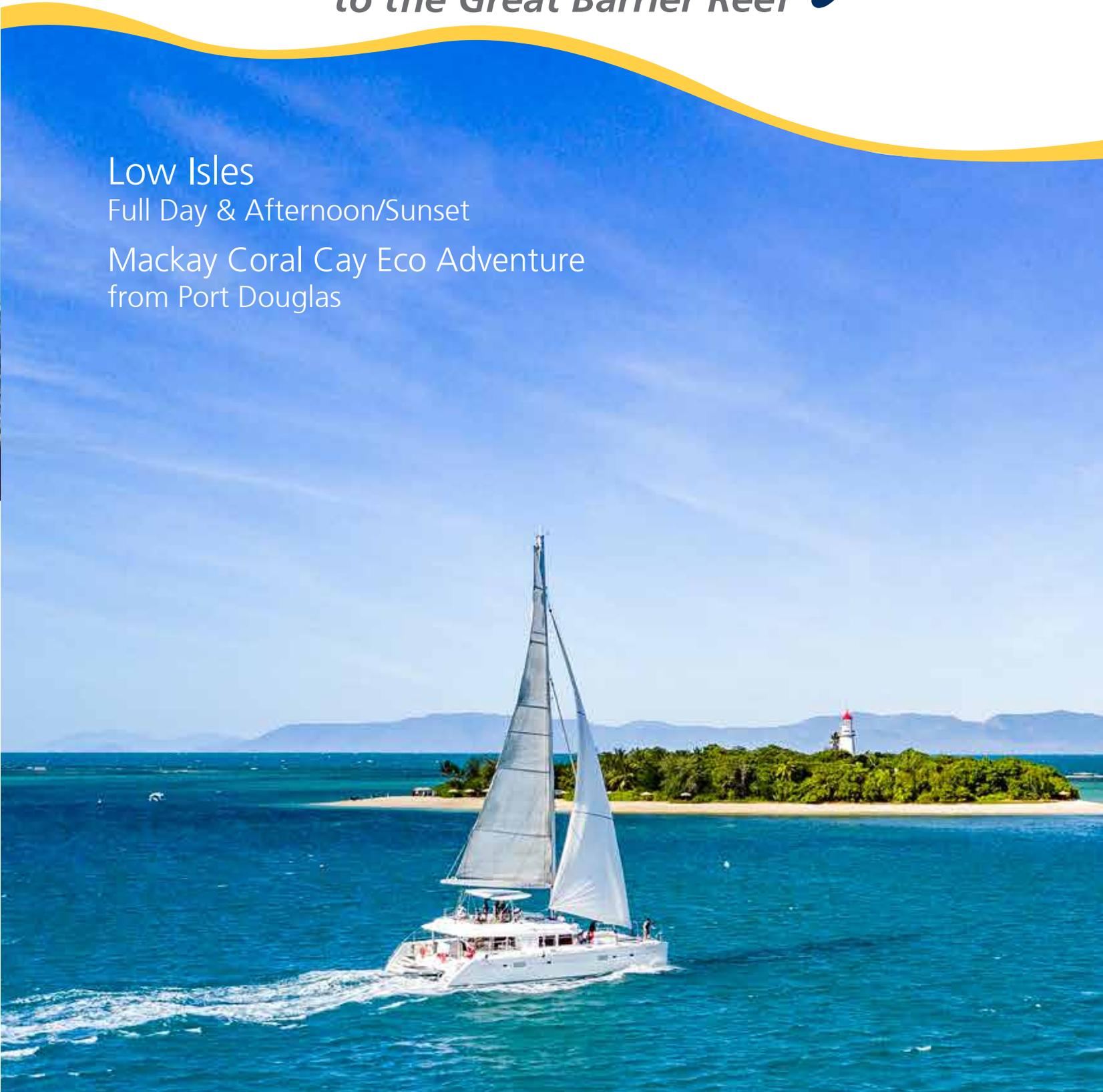
to the Great Barrier Reef



Low Isles

Full Day & Afternoon/Sunset

Mackay Coral Cay Eco Adventure
from Port Douglas



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It's all about
the environment!



HIGHLIGHTS *of* LOW ISLES

*Low Isles – The perfect spot to explore what lies above
and beneath the water!*

The Great Barrier Reef Marine Park Authority (GBRMPA) and the Queensland Parks and Wildlife Service work in partnership with the Traditional Land Owners, the Low Isles caretakers, tour operators, and a host of school and volunteer groups such as the Lowe Preservation Society and Tangaroa Blue to preserve the values of this beautiful place.

As a community we too can contribute to the research. GBRMPA have developed Apps such as The Eye on the Reef Network. Capture on film the interesting, unusual and amazing experiences you have enjoyed on the Great Barrier Reef and submit these photographs via your mobile phone.

This can be anything from wildlife (including protected species) to pests like crown-of-thorns starfish, or marine pollution and coral bleaching, and even special events like coral spawning.

Then take home to enjoy... your photographs and fantastic memories but leave only your footprint.



ENJOY THE FLORA *and* FAUNA...



SNORKELLING

Low Isles is a fantastic place to tackle snorkelling for the first time. To gain your confidence, from the beach in the shallows, for more proficient by making good use of a pair of fins at a leisurely pace or for the more adventurous jumping off the bow off a visiting vessel.

Don't like swimming? Try a glass bottom boat tour, a stand up paddle-board or take to the air in a helicopter to appreciate a birds eye view.

GIANT CLAMS

With an average lifespan of 100 years in the wild, this impressive bivalve mollusc, more commonly referred to as a Giant Clam are sight to behold. At times weighing more than 200kg, showcasing its translucent colours it feeds on passing plankton, which it syphons from the water it draws through its large opening. Awesome!

OSPREY

Whilst there is an array of birdlife to be seen on Low Isles such as Terns, Egrets and Imperial pigeons you cannot help but notice the huge nest(s) that seem to regularly frequent the roof of the resident Lighthouse. Often the home of a fish eating raptor commonly know as an Osprey and whilst impressive in flight these inhabitants seem quite content to perch on the roof, with a watchful eye as if they rule over the island.

BEACH WALK

Although easily navigated in 15 minutes, slow down, enjoy the moment and take time to relax and enjoy the flora and fauna, beach comb as you stroll (leaving for others to enjoy please) and read about the history of the island.

REEF SHARKS

If swimming with sharks is on your bucket list – this is the ideal place to do it!

One of the smaller species, not typically aggressive and generally quite shy look out for the aptly named dorsal fins of the “white” tipped Reef Sharks as they explore Low Isles along side you.

SEA TURTLES

You simply never tire of seeing these magnificent creatures in their natural habitat. As they feed on marine plants such as seaweed, sea grass and algae they are graceful, inquisitive and majestic to behold.

BAT FISH

These beautifully striped fish are omnivores and feed on small invertebrates as well as seaweed. Quite often seen in groups at this location in the blue water, these fish are quietly confident and seem to enjoy coming to say hello.

Stay

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NIRAMAYA VILLAS AND SPA

Niramaya Villas and Spa is a five-star luxury resort just moments from the Port Douglas village and Four Mile Beach.

This boutique sanctuary of exclusive villas is nestled amid fifteen hectares of stunning tropical gardens. Elegant Balinese inspired villas, each with private plunge pool.

Indoor & outdoor spaces combine as walls open onto tropical gardens, private courtyards & outdoor pavilions. Internal water features, soaring ceilings, extensive indoor/outdoor entertainment areas enhance the experience, along with BBQ, gourmet kitchen and modern appliances.

All bookings include daily Ala Carte breakfast, free WiFi and complimentary midweek service for stays of 5 nights or more.



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Situated just off Macrossan Street, Mantra Aqueous on Port provides the perfect base to enjoy the cosmopolitan lifestyle of tropical Port Douglas.

Featuring four outdoor pools, two large cabanas with barbeque and entertainment areas and large sundecks, the resort is an ideal holiday location for couples, families and honeymooners.

Mantra Aqueous on Port offers a range of stylish accommodation from Spa rooms to self-contained one and two bedroom apartments with all room types featuring air-conditioning and a private balcony spa.

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Effortlessly chic and redefined luxury, the Sheraton Grand Mirage Resort Port Douglas continues to set new standards as an iconic piece of paradise in tropical north Queensland.

Awarded the 'Best Redeveloped Hotel Accommodation Division 2018', by the Australian Hotels Association, the Resort boasts 5-star guest rooms, suites and villas offering captivating views of lagoon pools and tropical gardens. Skirted by coconut laden beaches and featuring 2 hectares of lagoon pools, 18-hole golf course, swim-out rooms and private cabanas, the Resort is a treasured, tropical getaway.

Rich resort history in one of Australia's most stunning holiday destinations firmly cements this iconic resort at the top of the list of where to stay, in Port Douglas.



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SHANTARA RESORT PORT DOUGLAS

Adults Only

Shantara Resort Port Douglas is an Adults retreat, offering boutique resort style apartments in contemporary modern accommodation.

Shantara is located walking distance to Macrossan Street, where you will find an array of restaurants, cafes and shopping and only 400-metres to Four Mile Beach.

There is a choice of accommodation from studio rooms for the shorter stay to large 1 bedroom self contained apartments, pool deck access rooms and apartments with Jacuzzis in private courtyards plus direct pool access.

Further features include a day spa, gymnasium, 2 pools both heated in winter, undercover BBQ area, free WIFI, lifts/free parking.

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The unique Mediterranean-style apartments are situated around a courtyard of tropical gardens with two heated saltwater swimming pools, sun loungers, spa and poolside BBQ. The one and two bedroom apartments are very generous in size and feature a private balcony and kitchen facilities. The two bedroom apartments feature two bathrooms and two balconies.

Villa San Michele also offers complimentary undercover parking and laundry facilities, a tour desk, book and magazine exchange and 24-hour onsite management.



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THE BOUTIQUE COLLECTION

The natural beauty of Port Douglas attracts many visitors from near and far to holiday in this tropical splendour.

The Boutique Collection privately manages an eclectic array of properties that allows one to experience the true essence of Port Douglas.

From luxury, exclusive holiday homes with spectacular views over the Coral Sea to private apartments and villas all within walking distance to the renowned Four Mile Beach, shops and restaurants.

Whether you're here for business or pleasure, or a bit of both, all Boutique Collection properties come with unique elegance, matched with tropical holiday lifestyle.



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SHORT-TERM STAYS NOT ALL BAD FOR STRATA LIVING

WORDS by Rob Whyte

THE holiday accommodation industry has undergone a revolution in recent years, with the market share of privately-owned, short term holiday rental properties increasing at the expense of more traditional holiday accommodation providers.

The idea of sharing property resources owned by private individuals through organisations such as Airbnb has taken off across the globe.

“Accommodation spaces that would lie empty when the owners were not in residence are increasingly being made available for holiday lettings,” says Rob Whyte, director of accommodation provider the Boutique Collection.

“The benefits to both the owner and holidaymaker are mutually rewarding.”

However, when the property is a unit, villa or townhouse that is part of a strata scheme, Rob says there are other interests to be considered.

“These are, firstly, the welfare of the individual owners of other lots in the strata scheme and, secondly, the collective interest of those owners as represented by the body corporate,” he says.

“When the availability of accommodation is advertised to the public at large, the amenity and security of a strata complex may be compromised.

“There is a real possibility of interference in the enjoyment of other owners, particularly full-time occupiers. The frequent comings and goings of short-term holidaymakers and their behaviour may not be conducive to the quiet residential atmosphere residents expect.”

However, Rob believes many things can be done to ensure short-term holidaymakers are in fact a benefit to the strata scheme.

“Short-term holiday rentals are marketing to international visitors, which helps the building become a more powerful brand and increases the value of the property,” he says.

“Short-term holiday rentals are marketing to international visitors, which helps the building become a more powerful brand and increases the value of the property,”

More amenities like on-site restaurants and bars are also possible where there are short-term holiday rentals.” He says having reception staff and management on-site will not only make the building “feel more alive”, but heighten security, enforce by-laws and allow the provision of more services for both residents and guests. Body corporates are responsible for the management of common property within a strata plan. Management committees make rules and by-laws and manage expenses associated with the maintenance and quality of services provided by the complex. These tasks are designed to suit the intended use of the units in the complex

and all owners are treated on the same footing according to their unit entitlements.

“The constant challenge for a body corporate is to strike a balance between its competing duties and responsibilities to its stakeholders,” Rob says.

“Owners are free to use their private property and enjoy communal property as they please, within the confines of any legal restraints.”

Laws governing strata schemes do not provide remedies where conflict arises between different owners within the scheme regarding the use of their lot.

Where difficulties arise, it falls to the body corporate to try and provide a solution. However, the body corporate cannot take any action or make any by-law which is inconsistent with the property’s planning legislation, and if the use in question is permitted under the planning legislation, then the body corporate has no power to prohibit or control the use.

“Social and economic developments occur constantly and create new issues in their wake,” Rob says. “The question of how to effectively manage short-term holiday letting in strata title complexes is an example of this.”

The Boutique Collection offers resort-style rooms, luxury apartments and private homes in Tropical North Queensland.

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FREESTYLE RESORT PORT DOUGLAS RANKS 7TH IN THE TRIPADVISOR TOP 25 HOTELS IN AUSTRALIA AWARDS 2018

Freestyle Resort Port Douglas is rated by TripAdvisor in 2018 as the top hotel in Port Douglas and 7th of the top 25 hotels in all of Australia plus 13th of the top 25 Hotels in the South Pacific.

To celebrate the awards, we can reward direct bookers with exceptional value Stay, Snorkel & Dive packages.

Freestyle Resort is partnering with Aquaquest, the newest Port Douglas snorkel and dive vessel operation from Divers Den, and we have a 3 night stay for two persons plus a full snorkel day trip for two on Aquaquest to 3 Great Barrier Reef outer reefs from just \$699*.

Many other great value options are available in this TripAdvisor celebration package, catering for Scuba Divers (+Nitrox dives) and extra persons in a two bedroom apartment for up to 5 persons, plus longer stays.

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Direct bookings only.

*Terms & Conditions apply. Ask at time of booking.



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N E X T G E N

MEET THE MOVERS,
SHAKERS AND
CREATIVES WHO MAKE
UP PORT DOUGLAS'
UNIQUE CHARACTER

WORDS by Sharon Timms

Passionate. Talented. Risk-takers.

They thrive on creativity and innovation, make bold moves and work extremely hard. They think beyond the borders of Tropical North Queensland, concentrating on their paths in a connected, global community. They are also extremely humble, believing their roles to be simply in pursuit of innate satisfaction.

From the principal of one of the region's most well-attended dance schools to a marine documentarian who is educating the world to make it a better place for future generations, these people have enormous talent, steely focus and think nothing of disrupting what has gone before.

Here's to the change-makers and hell-raisers, the artists and activists. These are the talent with the fresh ideas taking our region to the next level. You'll be hearing about them in the future, without a doubt.



STACEY BROWN & SEAMUS LUNT MUSICIANS THE KROOVS

What do you get when you mix a wild banjo-playing rockabilly gal with a penchant for Trad Irish, a rock and roll gee-tar and a man who sounds a lot like Johnny Cash? If you've ever heard The Kroovs playing from their spiritual home in North Queensland, you'll know this high energy duo with their on-stage banter, floor shaking tunes and blisteringly energetic songs are sure to entertain.

Drawing influences from traditional folk, rock, blues and punk and featuring fiddle, mandolin, banjo, guitar, flute and drums, The Kroovs play the songs of Zeppelin and Cash, The Pogues and Steve Earle; songs that cover heartbreak, cowboys, pirates, whiskey, gypsies, love and murder. Quite simply, they are an unstoppable and furious force of musical energy.

It's a classic musical love story. Girl meets boy, girl moves to the tropics, boy misses girl so follows her north; the two self-taught musicians get discovered at an open mic night by a touring band and discover that a musos life is the only life for them. "I taught myself to play the violin at 16 years old," says Stacey Brown, one half of The Kroovs duo. "I hadn't really played for a long time, and it wasn't until I moved to Port Douglas that I became involved in a musical scene".

"You played the Irish scene a little in Melbourne", says Seamus Lunt, the band's other musical half.

"Well, by played, you mean I sat in Irish pubs with a fiddle in one hand and a Guinness in the other," she quips.

Stacey is hypnotising to watch as she moves through the stringed-instrument family in any given set, with a little flute thrown in for good measure. "Yeah, the mandolin was an interesting choice, but it has the same tuning as a violin so I thought it would be easy. Turns out it's not," she laughs. Her partner in life, crime and music, Seamus – also self taught – rounds out the sound with piano, guitar and drums in his kit, as well as a chocolate-coated voice that defies any common and natural lower range. The two joined forces with the award-winning Hillbilly Goats, touring the country's festivals before eventually deciding to go out on their own.

"We put together a set list that would see us through several hours gigging at any venue and hit the road as The Kroovs. It was either that, or back to casual work," Seamus remembers. "Being musicians has evolved into something we just did a little on the side to something we really love. It's not an easy life, but one we couldn't imagine not doing. It's the best job in the world."

The Kroovs are about to hit the road for an extensive East Coast tour in January, with new sights and new venues breathing energy into a long-awaited album. "We have a live album that was recorded a few years ago," says Stacey. "This tour will give us the opportunity to create something a little more crafted."

"The old adage about the musician and their broken down car is certainly true, and now we've got a car worth more than \$300 that can get us further than a jump start into town, so we're hitting the highway!"

THE MUSICIANS

"It's not an easy life, but one we couldn't imagine not doing. It's the best job in the world."

MICHAEL JOSEPH
WELLNESS & YOGA MASTER
THE DEEP RETREAT

THE YOGI

Michael Joseph is a man on a wellness mission, one yogic asana at a time. Director of Deep Yoga studio, Deep Retreat spa and massage clinic and Deep Wholefoods, Michael's multi-modality space is dedicated to health and wellness with a good dose of humour.

"No incense here, no chanting, and I'm pretty irreverent", Michael says. "I think it's something that appeals to people. Of course, there's nothing wrong with the chanting, but I prefer to get people out their heads and into their bodies."

Hailing from the Northern Beaches of Sydney, healthy living was nothing new to Michael growing up. It was his teen years, however, that solidified a future wellness career. "I was 16 years old and had a lot of anxiety and nervous system issues due to bullying. I read Deepak Chopra's book 'Perfect Health' – it was a complete life changer; I still have that coffee stained, dog eared book to remind me how far I've travelled," he said.

"The book is based on Ayurvedic medicine, which is the world's oldest holistic healing system. It was developed more than 5,000 years ago in India, and is mostly common sense. As the years went by, I moved around the country training – massage, stretch, yoga. Many practitioners do this – they start in one modality, then spread to others.

"Eventually I came to Port Douglas on the recommendation of a client. I came with no money, but a job lined up. I managed a few spas, constantly training. Eventually, I had the opportunity

to train with Deepak Chopra in the United States. To meet the person who changed my life was an extraordinary and very humbling experience," Michael said.

"After returning to Port Douglas, I was practicing for a while when my family offered me support in the investment of the current building we're in. I've always had the belief of just saying yes then figure out the details later. So here we are 4 years later, and I'm still figuring out the details! My initial challenges were 'how will I ever do this' to now 'how do I maintain this'? Of course, there are speedbumps, but sticking to my core message of community kindness and spiritual growth is the focus."

The next 'yes' stream is an online live yoga channel. "There's plenty of free content already, however we have many guests from interstate who want to continue yoga practice with me. I want to help people develop a home practice. One stretch can be totally liberating. If you can't do 10 minutes, do 5. If you can't do 5, do 2. Every minute, every pose changes the way your body and nervous system interacts," he said.

"I'm not puritanical. I'm a human being trying to figure life out, just like everyone else. I'm very self effacing and I make the same mistakes everyone else does, except I've found something that works in handling the challenges. I'm not necessarily happier, however I've found a lot more meaning in my life. Meaning is constant, where as happiness comes and goes. I want to help people find meaning."



"I'm not puritanical. I'm a human being trying to figure life out, just like everyone else. I'm very self effacing and I make the same mistakes everyone else does, except I've found something that works in handling the challenges."

SASKIA TURNER
PRINCIPAL
**BODIES IN MOTION
DANCE SCHOOL**



“The genuine excitement from the dancers and enjoyment from the audience is extra, but it’s everybody’s hard work that makes this moment amazing.”

What were you doing in your 20s? For Saskia Turner, the culminating moment in taking stock of what had been achieved at such a young age came last year on an empty stage 24 hours before her dance school’s end of year production. With over 350 students involved, a year of planning choreography, six months of rehearsals and two sold out shows, it was the rare moment of silence that took her by surprise.

“There was no one else around. Everything was set up for the show, and I was doing odd jobs on the stage,” Saskia remembers. “I looked out to the empty audience and had goosebumps - almost disbelief - that I had put all this together.

“The feeling is indescribable. The genuine excitement from the dancers and enjoyment from the audience is extraordinary, but it’s everybody’s hard work that makes this moment amazing. It makes all the crazy hours worth it.”

Saskia started dancing at Mossman’s Bodies In Motion Dance School at 14 and passed her dance teaching certificate with Southern Federation of Dance at 19, receiving Honours with Distinction, the highest mark possible, placing her at the top 1% of students tested nationally. After completing a year at the esteemed Brisbane RAW Dance Company, an unexpected opportunity came up to take over the principal position at Bodies In Motion.

“I always pictured owning BIM, but not at 20 years old. My goal was to experience city life as a dancer, rather than a teacher. My year at RAW was amazing, but the audition circuit can be cruel and I realised it wasn’t where my heart lay. During my year away, I came back several times to teach for specific routines or shows, and each time I returned that connection I had with the students became stronger. “When eventually given the proposal, it felt right,” she said.

“In running a business, I learnt along the way - it certainly wasn’t an overnight thing. I had a few of the foundations, but mostly I simply had great support around me. The BIM office manager, Jody Pitt, who has been there almost since day one and is an excellent asset. At the end of the day, I know what my strengths are and what I enjoy doing, and it’s not sitting behind the desk.

“I think the business growth I’ve had in the last seven years has an intrinsic link to me actually teaching, doing what I love; sharing my passion. Talking to other dance school principals around the country, I know that there are few teachers who

are on the floor as much as I am. My aim is to continually grow the BIM culture, grow the community and our dance family. I invest time and energy into my older girls who I’ve taught and are now themselves teaching,” she said.

The future is bright for this extraordinary force with the creation of a new series of workshops dedicated to dance teachers in regional North Queensland. “Over the years as a dancer, teacher and now studio owner in a regional area, I have travelled south many times to attend dance workshops with industry professionals”, says Saskia. “It’s because of the time and money associated with travelling to such events, that I decide to launch Dance Collective FNQ.

“The idea is to build inter-school relationships for students and create opportunities for collaboration, inspiration and learning for teachers, and bring dancers together simply for the love of dance. The first event was in September this year, and now DANCE COLLECTIVE : FNQ - PART II is currently in the works for mid-January 2019... stay tuned!”

THE DANCER



DR DEAN MILLER

MARINE ACTIVIST & DOCUMENTARIAN

GREAT BARRIER REEF LEGACY

THE ACTIVIST

As a film maker, scientist and researcher, Dr Dean Miller has walked with polar bears, dived with tiger sharks, lived with seals, come eye-to-eye with whales, marched with penguins and flown with eagles. It's a long way away from the Western suburbs of Melbourne where he grew up, watching David Attenborough documentaries.

"I decided at a very young age that a marine biologist was the path I wanted to tread. So I moved up here as soon as I could, studied at JCU Townsville and lived out my dream," said Dean.

"While I was in my honours year, I saw an ad for crew on The Undersea Explorer – a research tourism vessel – and thought, 'I'm in'. I met with John Rumney, skipper of the vessel, and signed myself up to wash dishes for a week. I fell in love with the adventure of diving, and diving with purpose. I ended up being the on board marine biologist for four years. This gave me a better background and more learning potential than any university degree could possibly do. I was on the water every day, learning about the reef quite literally by immersion.

"John Rumney had a revolutionary idea to mix research and tourism. His belief was that if we can have tourists go out on these expeditions and pay for the researchers, the researchers can show the tourists their work first hand, and they can be a part of the program. It was the first true eco-tourism concept.

"A few years later, I got an opportunity to go to the Antarctic. John convinced me to spend my life savings on filming equipment. I filmed everything I saw and did and turned it into a documentary that

was picked up by ABC and Channel 7. My footage has now been included in five Attenborough documentaries – a dream come true.

"The conservation chapter with the Great Barrier Reef Legacy comes in where I've seen big changes in the last 20 years. Although change is natural, this much change is significant, and not really supposed to happen so quickly. My experience has been to see how much of an effect we humans are having in our natural world. I've specialised in visiting the most inhospitable places on the planet to capture the beauty of those places and communicate with a global audience how fragile those ecosystems are," he said.

So, what can we do? "Everything we're not doing now! Changing light globes, riding bikes – all that helps, but unless we stand together as a global audience and communicate that to our governments, dictating to our leaders what the right road is, we won't see change fast enough. It's our livelihood here – we need to start behaving that way.

"We have a unique opportunity here in North Queensland – we have an opportunity to be leaders in reef conservation. We need to be the best communicators to the rest of the world what's actually at stake. And it's not just the Great Barrier Reef, it's coral reefs throughout the world. We rely in the GBR for tourism, but there are others that rely on it for everyday living.

"The Great Barrier Reef Legacy has raised another \$200K to take the boat up to the far northern regions. We know what's wrong, but now have to figure out

how to fix it. This is the main goal of the GBR Legacy – to be a global leader in marine expeditions, delivering innovative science, education and public engagement to accelerate actions vital to the future survival of coral reefs.

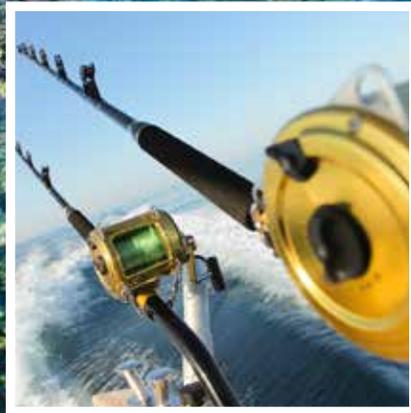
"There's only one research vessel currently available for the entire Great Barrier Reef, and it's based in Townsville. We want to have a second GBR Legacy vessel, based here, making Port Douglas the centrepiece of all reef restoration," Dean explained.

"We have a unique opportunity here in North Queensland – we have an opportunity to be leaders in reef conservation. We need to be the best communicators to the rest of the world what's actually at stake."

MONSOON

P O R T D O U G L A S

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STORIES OF
Romance

#storiesofromance

REAL LIFE WEDDING

STEPHANIE & CAMERON

Stephanie and Cameron's love story began when they were teenagers in Adelaide. They met by chance at a party organised through mutual friends, and the first seeds of their burgeoning love were planted.

Stephanie had had many a family holiday in Port Douglas and it soon became her favourite place in Australia. Two years ago she shared her love of Port Douglas with Cameron, when they visited together. It was under the tree canopy of the Daintree Rainforest, at the Daintree Eco Lodge, on bended knee that Cameron swept Stephanie off her feet and proposed.

When the idea of a destination wedding was raised Stephanie knew that there was only one place. To marry the man that she loved in the place that she loved – Port Douglas – and to enjoy a wonderful opportunity to share their most treasured place with their closest friends and relatives.

They invited 100 guests and they all loved the idea of a destination wedding. Not only to help celebrate Stephanie's and Cameron's wonderful day, but a good excuse for a holiday. Winter in Adelaide can be cold and grey, so finding some sun was a bonus. Internal flights are affordable and there would be no problems battling with foreign food, different language or passports. Most of the guests organised their own accommodation, though the 'official' wedding resort recommended was the Sheraton. Most of the guests were first time visitors to Port Douglas and the resounding consensus afterwards was that they all "absolutely loved it".

On her first visit with Cameron, Stephanie had wistfully seen weddings in progress at Little Cove and Sugar Wharf. It wasn't a hard stretch to do some research and to turn her dream into reality. Location and type of wedding "was a very easy decision!"

The date was set for 10 August 2018, for no other reason than it was the only Friday left available in winter season. Since they met on 10 April Stephanie commented that "she just liked the date".

With the use of emails and the efficiency of Port Douglas Wedding & Hire, organising a remote wedding 3155 km away, was made a lot easier and "worked out great". Suppliers were selected through research on Facebook and Instagram.

A few months before the wedding Stephanie and Cameron visited again to meet the caterers, photographers and

Vikki from Port Douglas Wedding and Hire to complete the finishing touches.

Stephanie didn't have a theme for the wedding, but the accent was on "fun but classy". It was important to them that their guests enjoyed the day. Proceedings were kept fairly formal and traditional, which worked well with the relaxed laid-back tropical environs of Far North Queensland.

On the day, Cameron got ready at the Sheraton and Stephanie and her bridesmaids stayed at a private rental house near the wedding venue.

A wonderful twist in the proceedings was that Stephanie had remembered seeing the helicopters taking off in her earlier visits and thought "what a perfect way to arrive at a wedding". In reality, she realised that her carefully coiffured hair could end up being a breezy bouffant with literally fly-away hair under the buffeting winds from the rotor blades. Definitely the boys would love it! It was only on the morning of the wedding that the men found out about their surprise ride. The helicopter whisked them away on a 15 minute scenic tour before touching down at the wedding.

The wedding went smoothly due to the expertise and professionalism of their suppliers.

Wedding photographer, Matthew Evans, knew all the best places for photos and Stephanie remarked that "We didn't have to go too far for photos as there were so many great places around Sugar Wharf and Little Cove".

Matty Boi provided not only the acoustic music set, but MC'd and then DJ'd in the evening, which was perfect.

Platinum Cuisine provided the 'cake' which was actually a chocolate dessert bar, as both Stephanie and Cameron share in their love of chocolate.

In total Stephanie and Cameron spent just under two weeks enjoying Port Douglas. Before the wedding the boys spent a day out fishing and the girls went on a sunset cruise with a pre-wedding dinner for everyone at The Courthouse Hotel. A stunning Low Isles trip after the wedding was a great way to finish off the amazing events of the previous days.

When Stephanie was asked about giving some advice for couples planning to get married in Port Douglas, she replied with only two words "Do It!".

matthewevansphotography.com.au



**STEPHANIE & CAMERON'S
WEDDING INGREDIENTS**

WEDDING: Little Cove

RECEPTION: Sugar Wharf

PLANNER: Port Douglas Weddings & Hire

PHOTOGRAPHY: Matthew Evans Photography

TRANSPORT: GBR Helicopters

MUSIC & MC: Matty Boi Entertainment

FLOWERS: Flowers by Wynne

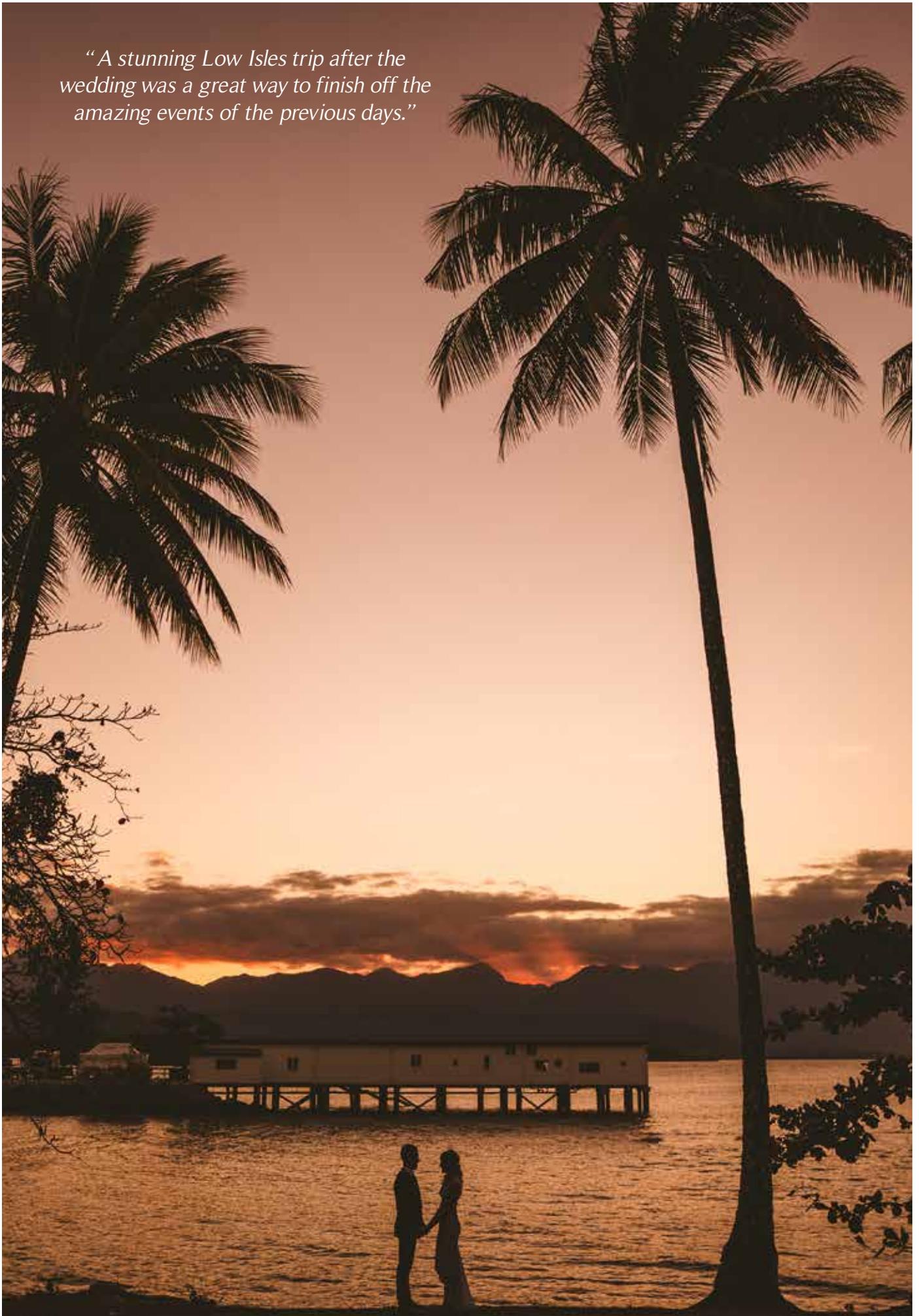
CAKE: Platinum Cuisine (Chocolate Dessert Bar)

HAIR & MAKE UP: Ali Jade Hair | DS Hair & Makeup

GROOM DRESSED BY: Calibre

BRIDE DRESSED BY: Lover

“A stunning Low Isles trip after the wedding was a great way to finish off the amazing events of the previous days.”



Perfect Partners

FOR YOUR WEDDING...

MATTHEW EVANS PHOTOGRAPHY

Hi, I'm Matt!

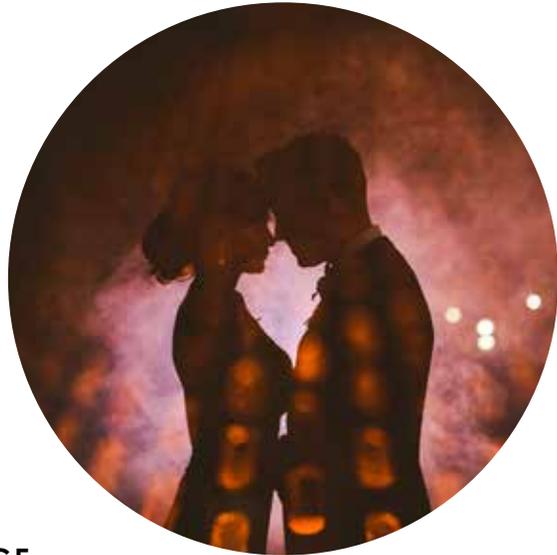
I've been shooting weddings in Port Douglas full time since 2011.

I'd say I'm an unconventional wedding photographer.

I absolutely love to capture natural and candid moments just as much as I love to create an interesting piece of wedding art that will be the centerpiece of your home.

Oh and I definitely ain't your parents wedding photographer.

matthewevansphotography.com.au | 0423 468 133



PHOTOGRAPHY:
Matthew Evans
Photography



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With a professional DJ career spanning over 20 years, DJ Bart's uncanny ability to read and move a crowd has seen him become a much sought after entertainer across the Far North, interstate and internationally. With an award winning, celebrated career as a professional DJ it has seen him cross over to playing for numerous weddings in many beautiful locations for the past 10 years.

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Dynamic Weddings can assist you with your wedding, as your wedding planner we will assist you with booking the most suitable venue for your wedding, we will sourcing all of your wedding quotes, liaise with your wedding suppliers and coordinate your wedding day so you can relax and savour your wedding day with a champagne or two, let Dynamic Weddings bring your wedding vision to life!

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Hairdressers Unite pamper and style your guests, groom and his wolf pack. We specialise in old school blow-drys, roller settings and the traditional art-form of Barbering-perfect for those unfamiliar with our tropical humidity. Our inhouse make-up artist uses MAC cosmetics to ensure your guests feel and look beautiful and ready to party! Pass on our number and let your guests feel as important as you on your big day.



Crystal xx x

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GO MANGO!

WORDS by Rosie Wang

The fruit that puts the “go” into Port Douglas!

Not only are mangoes packed with flavour, but they are also loaded with nutrients. Just one cup of serving contains only 100 calories and provides 100% of your daily vitamin C, 35% of Vitamin A and 12% of daily fibre. Let’s take a closer look at this ‘super charged’ tropical fruit.

Where was the first mango found?

The history of mango began thousands of years ago on the Indian subcontinent where, according to legend, the Buddha was presented with a mango grove so he could rest in the shade. Legend aside, fossil evidence indicates that the mango made its first appearance 25 to 30 million years ago in northeast India, Myanmar and Bangladesh. In these areas mangoes have been grown for more than 4000 years and it was probably here, on the Indian subcontinent, that mangoes were first cultivated for domestic use.

How did the mango spread to other countries?

According to historical reports, mango plants were taken on voyages to Malaya and eastern Asia by Buddhist monks as early as the 4th and 5th centuries BC. Throughout the ages the mango gained popularity and by the tenth century AD Persian traders had taken it to the Middle East and East Africa. With the arrival of the Portuguese in India in the 15th century, it was later spread to South America, the Philippines and to West Africa. By the 1800s, the mango had found its way to Australia.

Mango – our local produce

In Australia mangoes are grown in the tropical and sub-tropical regions of the Northern Territory, Queensland, New South Wales and Western Australia. Here in Far North Queensland, Mareeba, on the Atherton Tablelands, is one of the main producing areas of Mangoes in Australia. The Golden Drop Winery alone, has over 17,500 trees, making it one of the largest mango plantations in Australia. Production starts in Far North Queensland, Mareeba / Dimbulah in early to mid-December.

MORE FRESH MANGOES ARE EATEN AROUND THE WORLD EVERY DAY THAN ANY OTHER FRUIT.

The mango harvest is made up of several varieties “Kensington Pride” is the most common (52%), followed by Calypso™ (22%), “R2E2” (13%), Honey Gold™ (7%), Keitt (2%) and other varieties including Nam Doc Mai, Keo Savoy, Palmer, Kent,

Parvin and Brooks make up the remaining 4%. 90% of the Australian crop is consumed domestically. Of this, 95% is sold through the ‘fresh’ supply chain and the remainder is utilised by the processing sector, 10% is exported overseas.

Learn how to judge ripeness so you can always enjoy a perfect mango...

Don't focus on colour. It is not the best indicator of ripeness.

Squeeze the mango gently. A ripe mango will give slightly.

Use your experience with produce such as peaches or avocados, which also become softer as they ripen.

Ripe mangoes will sometimes have a fruity aroma at their stem ends.

The pink blush and red colour that appears on some varieties is not an indicator of ripeness.

Always judge by feel.

And it's not just the fruit – the leaves are beneficial too:

Regulates Diabetes

The leaves contain tannins called anthocyanidins that help treat early diabetes.

Lowers Blood Pressure

Mango leaves help as they have hypotensive properties which helps strengthen blood vessels.

Fights restlessness

Add a few mango leaves to your bath water – will help to relax and refresh you.

Treats gall and kidney stones

The daily intake of powdered mango leaves with water kept in a tumbler overnight, helps break down the stones.

Cures respiratory problems

Drinking a decoction made by boiling the leaves with water with a little honey can help with colds, bronchitis, asthma and voice loss.

Treats dysentery

Drying the leaves in the shade, then powdered and taken with water two to three times a day

Remedy for ear aches

A teaspoon of juice extracted from mango leaves can work as effective ear drop and pain killer (warm slightly before use).

Heals burns

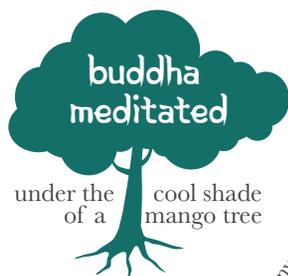
Apply mango leaf ash to the wounded area and this will bring relief and soothe the skin.

Stops hiccups

Burn a few mango leaves and inhale the smoke – will help with recurring hiccup problems and throat problems.

Good for your gut

Put some mango leaves in warm water, closing the container with a lid – leave overnight. Next morning filter the water and drink on an empty stomach. This stomach tonic will help flush out toxins and keep your stomach clean.



As the fruit matures the amount of **VITAMIN A** increases.



Mangoes are related to **cashews** and **pistachios**

In India the mango tree is a symbol of **love** and some believe that they can even grant **wishes**

10 AMAZING FACTS ABOUT MANGOS

You can find mangoes in **YELLOW ORANGE RED & GREEN**

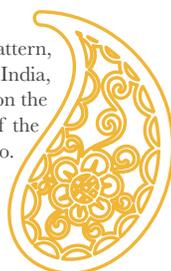
The oldest living mango tree in India still produces fruit and is over

300 years old

Mango leaves are often used at weddings to ensure the couple bear plenty of children.



The paisley pattern, developed in India, was based on the shape of the mango.



Arabella's Port Douglas

Half Shell Scallop Ceviche, Mango & Green
Chilli Jam, Pea Flower & Gin Granita.



Savour

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Alfresco or indoor dining offers a sophisticated tropical dining experience, an elegant venue for a romantic dinner or casual catch up with friends. The menu presents fine, contemporary Australian cuisine with a hint of French & Italian flare, utilising the abundance of fresh local seafood, through to locally grown tropical fruit & vegetables.

With an excellent wine list of over 120 wines, combined with a cocktail & beverage menu which includes 8 beers on tap and some outstanding new age cocktails, there's something for everyone.

Located just a stone's throw away from the beautiful Four Mile Beach. Join us from 12pm daily for lunch, dinner and late night bar.

Zinc.

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zincportdouglas.com



LIGHTHOUSE CAFE

Situated on the stunning Four Mile Beach (right across from the surf lifesaving tower) our family operated café is offering tasty and fresh beachside breakfast & lunch for the whole family in a relaxed and casual atmosphere.

Treat yourself to a delicious smoothie, milkshake or freshly squeezed juice from local produce. Be prepared to enjoy great coffee too! Thanks to "Sipping Duck Roasters" our coffee is always freshly ground for you and served by our skilled and well trained staff.

Experience the breath taking views across the Coral Sea when you catch up with your friends for a glass of wine, frosty beer or a yummy cocktail. Life is good at the beach!

We are open 7 days / week. Kitchen hours: 7AM – 3PM
(opening hours are seasonal and weather permitting)

1/17-23 Esplanade, Port Douglas
07 4099 4642
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Baking with dedication and love, we offer traditional European style

breads including sourdoughs, croissants and pastries, along with a scrumptious assortment of cakes and desserts. Birthday cakes are made to order and par baked pies are available to take home.

Find us on Facebook!

OPEN SEVEN DAYS

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THE COURT HOUSE HOTEL

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The drinks menu ranges from all the classic pub favourites; boutique craft beers, ciders, spirits and cocktails.

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18-20 Wharf St, Port Douglas
07 4099 5181

courthousehotelporstdouglas.com.au





FEAST at SHERATON

International cuisine, innovative menus and five-star service make dining at Sheraton Grand Mirage Resort Port Douglas a memorable culinary experience.

Sheraton's signature Feast Restaurant overlooks sparkling lagoons with an interconnecting al fresco deck, inviting you to enjoy exquisite dining and local delicacies in tropical ambience. Buffet breakfasts are a daily

delight with an extensive selection to start the day. On selected weekend evenings, experience the locally-loved Seafood Buffet featuring fresh produce from the rainforest to the Coral Sea. During weeknights a dinner feast is offered with an endless array of cuisine choices, international favourites and fresh salads, in a relaxing atmosphere befit to showcase creative cookery.



Sheraton Grand
MIRAGE RESORT
PORT DOUGLAS

Sheraton Grand Mirage Resort Port Douglas
Port Douglas Road, Port Douglas
07 4099 5888

sheratongrandmirageportdouglas.com



CAFE FRESQ

27 Macrossan Street
Port Douglas
07 4099 6111

cafefresqpd@hotmail.com



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Enjoy a barista made coffee, freshly squeezed juices, cold beer or a cocktail and watch the world go by.

Cafe Fresq offers dine in & takeaway 7am - 3pm daily, closed Tuesday's.

Kids menu also available.

Find us on Facebook

Follow us on Instagram: @cafefresqpd



Rattle 'n' Hum Port Douglas is a bustling restaurant and bar located in the heart of Macrossan Street.

Open everyday from 11.30am until late. The menu is a solid mix of pub favourites plus an exceptional selection of wood fired pizzas freshly prepared in the pizza oven and ideal for the whole family.

So whether you're looking for somewhere to have lunch, dinner or just a drink, Rattle 'n' Hum can offer you and the family the perfect venue and great value for money. Choose to sit in the fully air conditioned main dining area, equally comfortable footpath dining area or the tranquil rear garden.

A pool table and a big screen television in the bar area will keep you up with latest sporting action.

RATTLE N' HUM

38 Macrossan Street,
Port Douglas

07 4099 5641

rattlenhumbar.com.au



PADDY'S IRISH PUB AND GRILL

8 Macrossan Street
Port Douglas
07 4099 5997

paddysirishpub.com.au



**Special :
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Located on Macrossan Street, Paddy's Irish Pub and Grill is a favourite with locals and tourists alike, with elevated views of the main street, cool air-conditioning and cold beer daily from 11am until late.

Enjoy a pint of Guinness and warm hospitality while watching sport on the plasmas, playing pool or enjoying hearty fare for lunch or dinner.

Live music on the weekend with \$15 all day Sunday roast and great craic all the time.



N17 BURGER CO.

Shop 1, 22 Macrossan Street, Port Douglas
07 4223 4704

Port Douglas's only late-night restaurant/diner open 7 days until midnight or 3am.

All our burgers are made fresh using beef from the Tablelands supplied locally by Malones Butchery. We are fully licensed and proudly stock all local craft beers from the award-winning craft microbrewery the Barrier Reef Brewing Co.

Our unique diner has seating available inside and out where you can see the team of chefs cook your burgers right before your eyes while also watching some of the live

sport on offer or alternatively order a takeaway to enjoy in any of Port Douglas' amazing views on offer.

The famous N17 burger is a must, also don't forget to check out the famous London meets the reef inspired mural on the wall painted by Local artist and N17 staff member Dan.

Open every day from 10am.



CHOO CHOOS @ THE MARINA

Choo Choo @ the Marina can be found in the heart of Port Douglas, with a waterfront deck and a panoramic view over the marina.

The Choo Choo team strive for all round great service. We love what we do, we love where we are, and we love sharing it with you.

Our Coffee Nook offers quick take away coffee and breakfast options. Or sit down and enjoy our fabulous breakfast and lunch, served daily. Later, watch the sunset while sipping on cocktails and sharing a delicious assortment of tapas. Choo Choo is fully licensed, and available for private functions.

Crystalbrook Superyacht Marina
Port Douglas
0488 051 147

choochoosatthemarina.com.au



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"Spectacular Food"
"Impeccable Service"
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chapter one
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1 BALE DRIVE, PORT DOUGLAS
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Experience authentic Thai cuisine, located in the heart of Port Douglas.

Try a range of delicious vegetarian, meat and seafood dishes, served with our signature sauces.

Our wonderful flavours are created with a mix of Thai and local ingredients, including Port Douglas-grown Thai herbs and fresh seafood. There are mild, medium and hot options and no MSG added in any of our dishes.

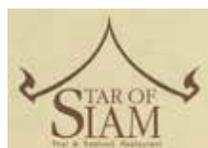
Open Daily from 5pm until late.

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07 4099 6912



CAPANNINA

A gorgeous little Italian gelateria, pasticceria and dessert bar in the heart of Port Douglas.

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Open from 12 - 9pm daily.

3/32 Macrossan Street
Port Douglas

Find us on Facebook



CHOO CHOOS @ ST CRISPINS

Choo Choo @ St Crispins Station is a serene escape.

Dine by the lagoon, overlooking the stunning mountain ranges. Whether you are stopping by for a coffee, or sitting down for a relaxing breakfast or lunch, taste rules the show! Enjoy an evening of delicious tapas, while taking in the magical lighting and romantic ambience of St. Crispins.

Choo Choo @ St. Crispins is open bright and early for morning caffeine fixes, with breakfast, lunch, light refreshments, ice cold

drinks and tap beer available 7 days a week. Choo Choo is fully licensed, and available for private functions.

9 St Crispins Avenue,
Port Douglas

0400 652 906

choochoosatstcrispins.com.au



SIAM BY THE SEA

Siam By The Sea is Port Douglas' first Thai Fusion restaurant located in town opposite the Sugar Wharf.

Try a range of delicious vegetarian, meat and seafood dishes created with a mix of Thai and local ingredients, including Port Douglas grown Thai herbs and fresh seafood. There are mild, medium and hot options and no MSG added in any of our dishes.

Dine alfresco or in air-conditioned comfort every night from 5-10pm

Fully licensed and BYO, Corkage \$2

15% off on any takeaway orders.

Free delivery on orders over \$35.00

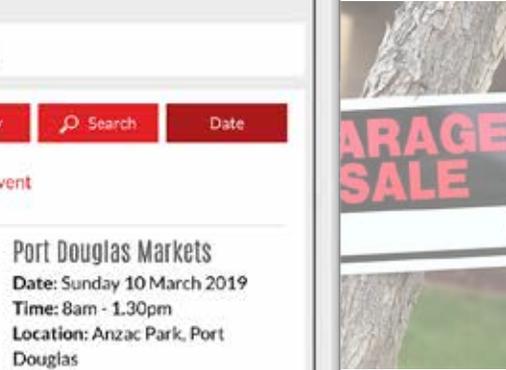
28 Wharf St, Port Douglas
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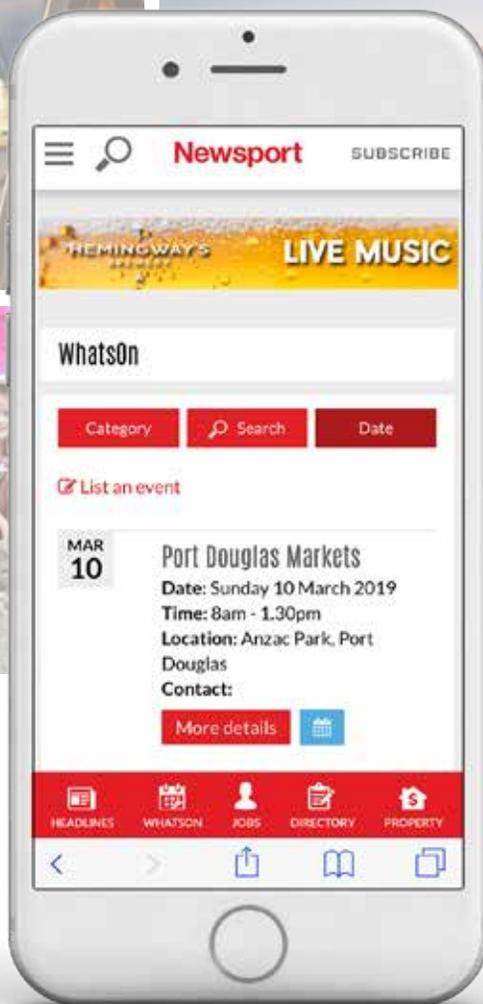
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Sparkling SEASON

PAUL'S TOP PICKS



WORDS by Paul McMahon

The weather has turned and as we all know it only gets hotter and a little more humid each day in Port Douglas. It is said we have two types of weather here in the far north ... hot and hotter! But that is the way we like it, and as we all know if it didn't get a bit sticky everyone would be living here.

That said, what a great time to talk about sparkling wine as we very quickly head into the silly season or should I say "Sparkling Season" – for a special occasion or simply a great start to your holiday or weekend!

Once again wine makers are pushing the boundaries and developing more exciting wines to tempt us, and the sparkling wine market is no exception. No longer are we bored for choice, with interesting and vibrant blends emerging on the market. Proseccos are in huge growth, along with the more traditional sparkling wines we know and love, which are all perfectly suited for celebrations of any sort! If you don't have anything to celebrate just celebrate that you are alive or are lucky enough to visit our regional paradise.

Personally, I believe some of the best bubbles grown in Australia come from Tasmania, the cool temperate climate matching closely with that of the Champagne district in France. However, that is not to take away from the King Valley in Victoria and Eden Valley in South Australia who are also producing fantastic sparkling by experimenting with little known blends to produce some wonderful results. There are also several wonderful champagnes in store from France. You must try the classic Moët, Mumm or Pol Roger for a truly indulgent experience. However, we also have a lesser known but one of my favourites VVE Fourny & Fils for \$79.99 which is a stunning example from Champagne.

I urge you to come in, try something different and expand your palate.

Below I have highlighted a few favourites together with a couple of new kids on the market and I have taken the liberty of pairing them with another summer favourite – mango.



1 *Redbank Prosecco 2018 \$24.99*, is from the heart of North East Victoria's King Valley. The picturesque vineyards are cool enough to retain the level of natural acidity required to create a fresh, crisp structure whilst still producing the fine, delicate fruit flavours which are hallmarks of the Prosecco sparkling style. The palate is fresh and light with flavours of crisp green apple, lemon and grapefruit.

Pair it with a simple antipasto platter of mango wrapped in prosciutto, mild flavoured cheese and crusty Italian bread.



2 *Jansz NV Brut Cuvee \$32.99*, is Tassie bubbles with traditional chardonnay and pinot noir grapes from selected vineyard sites of Pipers River, Tamar Valley in the North and South to the Coal River. It is made method champenoise however Jansz like to call it method tasmanoise. It is very pale gold in colour, with a persistent fine mousse. The palate is well balanced with delicate fruit flavour and fine creamy texture.

Perfect with freshly shucked oysters served with mango, shallot and red wine vinegar mignonette.



3 *Chaffey Bros Funkelpunkt \$24.99*, is another small batch from the Fechner Bros' revered Eden Valley Vineyard. Stylishly made by the Chaffey Bros, Daniel and Theo. Sparkling Riesling et al is a new wine style from the world famous South Australian, Eden Valley region. Already well known for still wine Riesling, Funkelpunkt combines mineral Riesling with textural Kerner and topped with a little splash of their super-aromatic Gewurztraminer. Pale straw in colour the wine delivers subtle aromas of tropical fruits. On the palate, mineral notes of fresh flint, white peaches and zesty lemons explode from the glass and is very refreshing for our tropical climate. Give it go with Thai Mango Chicken.



4 *Morris Sparkling Shiraz/Durif \$24.99*, from Rutherglen in Victoria is a unique sparkling red with intense beading, and a rich robust flavour. It is rich and earthy with ripe fruit characters and typical shiraz spice. The rich and full flavoured palate of dark fruits, black olive and chocolate are balanced with soft tannins. This is the answer for those who prefer red and live in the tropics!

An ideal wine to serve with a roast dinner particularly game meats such as duck and turkey making it the perfect partner for Christmas lunch hams and turkey with all the trimmings, and make sure it is served chilled.



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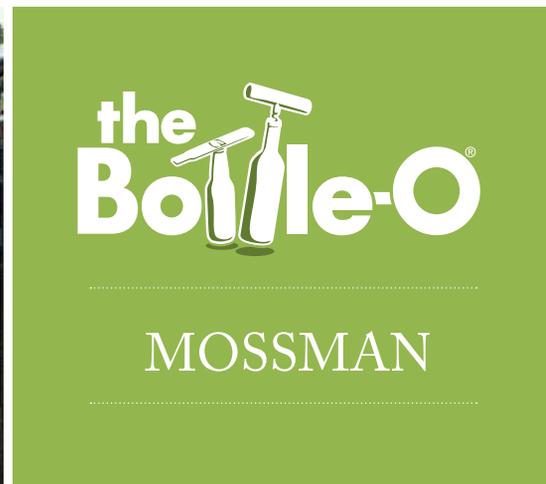
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oh, shucks!

With summer fast approaching, 'tis the season to get shuckin'!

Oyster season is here, and this season we're putting a tropical twist on a classic sauce with our Mango and Shallot Mignonette.

Casanova was known to eat a dozen a night for their aphrodisiac effect, and in Roman times they were worth their weight in gold. But here in Australia the oyster has previously enjoyed a more humble history. In 19th century Sydney, oysters were universally enjoyed by the well-to-do and the poor, and were easy to access, even for convicts. They were so plentiful that a dozen oysters was cheaper than a dozen eggs, and the burnt shells were vital in creating the mortar and cement that built the city.

Today they have been elevated to the world's most prized mollusc and an Australian summer staple. There are three main species of oysters farmed in Australia: Sydney Rock Oysters, Pacific Oysters and Angasi or Flat Oysters.

The primary species is the Sydney Rock Oyster, which is native only to the east coast of Australia and is grown in rivers, lakes, and bays. The oysters are incredibly varied in their shape, colour, texture and flavour depending on which river and area they are farmed. The Rock Oyster has a sweet taste and creamy texture with a lingering mellow aftertaste.

The Pacific Oyster was introduced into Australia and this world-wide favourite is now grown under carefully managed environmental conditions. It has a fresh and salty flavour, with a crisp clean finish.

Fresh Oysters with Mango and Shallot Mignonette

INGREDIENTS

- 3/4 cup red wine vinegar
- 1/2 cup minced mango
- 1/4 cup minced shallots
- 1 1/2 teaspoons freshly ground pepper

METHOD

Combine all of the ingredients in a medium bowl and serve over freshly shucked oysters and clams.

Perfect with a glass of sparkling, we personally recommend *Jansz NV Brut Cuvee*. But if bubbly isn't your thing, pair with an ice cold glass of Hemingway's own *Tunnel 10 Lager*.

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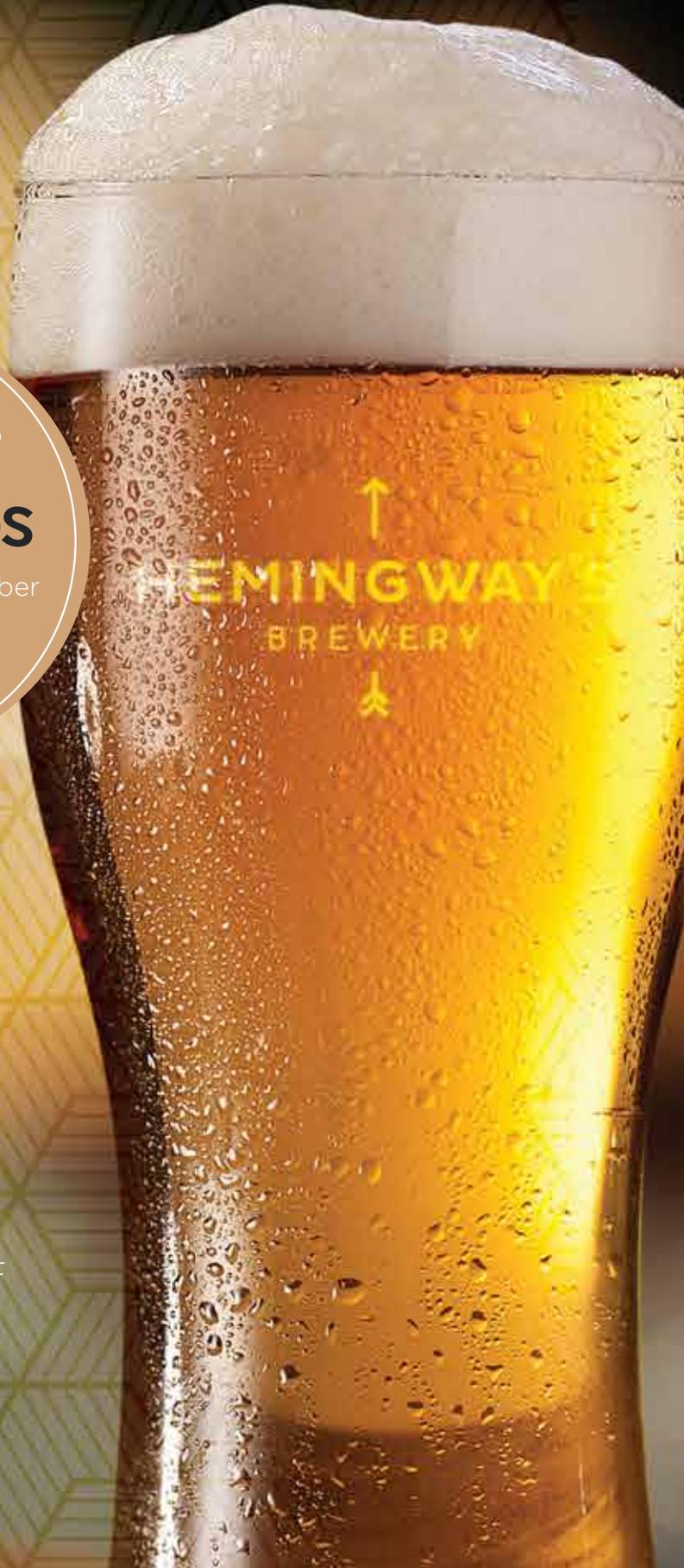
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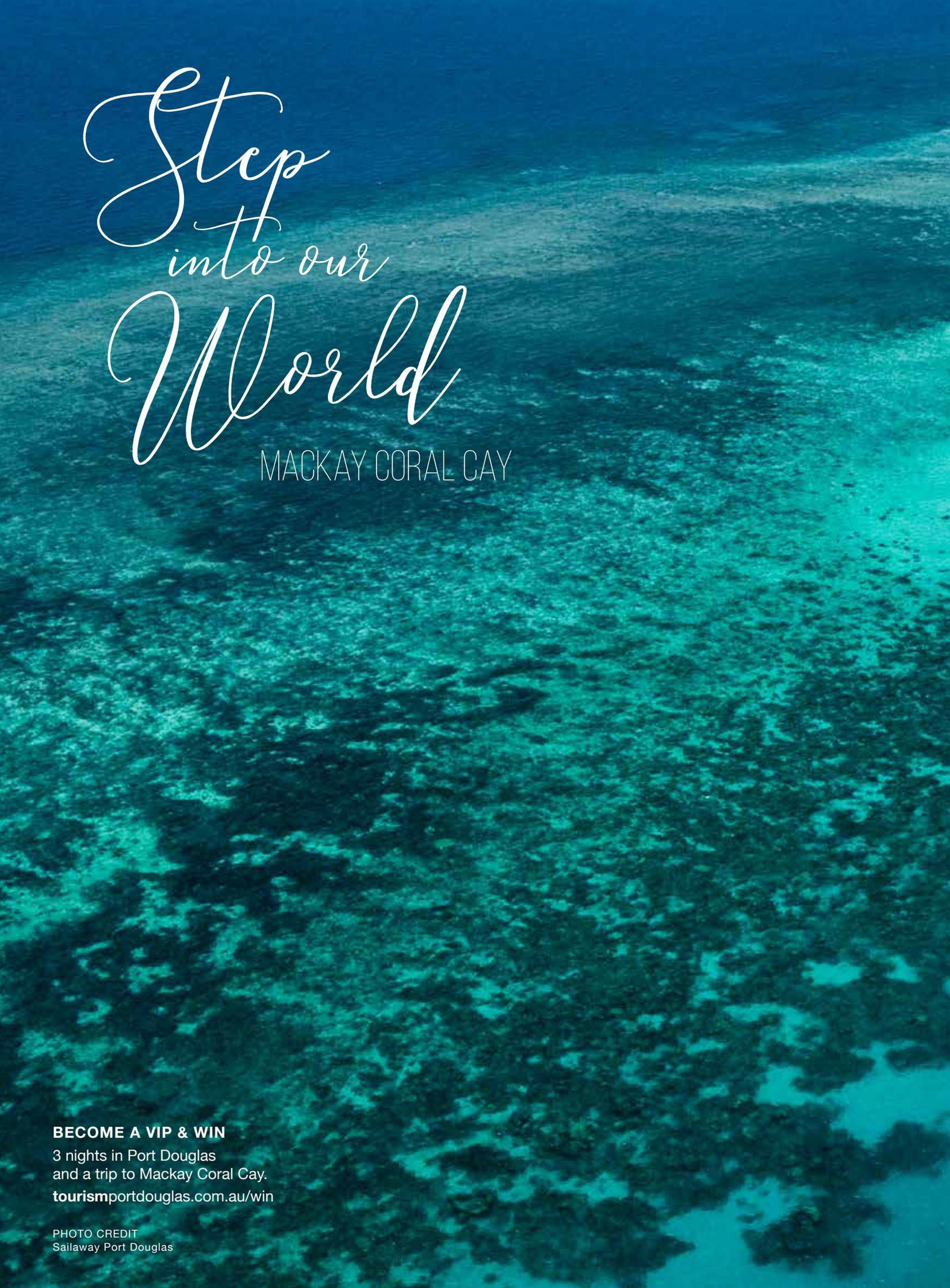
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Wanderlust

noun

1. a strong desire for, or impulse to, wander or travel and explore the world



MACKAY CORAL CAY



MACKAY CORAL CAY

PHOTOGRAPHER
David Blake

MODEL
Kate Pokrovskaya

TOP
Montego Cotton Voile Embroidered
Kaftan in Tearose
Marie Crochet Raffia Sunhat in Fawn

BOTTOM
Bellavista Cotton Voile and Lace
Dress in White

PREVIOUS PAGE
Xanadu Embroidered Linen Gauze
Kimono in Begonia

flora-bella.com



STEP *into our* WORLD

The Maldives, Bora Bora, Fiji and the Bahamas have dominated international remote island experiences for the last decade. Sun kissed tourists soaking up untouched cays has attracted the interest of the world's best surf clothing brands, and the models and photographers who shoot for them.

The Great Barrier Reef (GBR) is an icon and needs no introduction to the world's tourism, diving and conservation communities, but the recent discovery by international clothing brands of the coral cays off Port Douglas has provided a new international comparison.

The GBR lines the North Queensland coast and is Queensland's single most significant tourist destination. But its coral cays have only in recently launched themselves onto the world stage.

Don't get us wrong. You cannot step off your resort bungalow onto a sand island and this will never be the case. The GBR will never accommodate this which makes visiting these coral cays, like their diving and snorkelling counterparts, a unique and often once in a lifetime experience.

Conservation is at the heart of every experience on the GBR, as is raising the awareness of the fragility and importance of the protection of the world's largest living system.

The GBR Foundation has a distinct objective amongst its primary role as chief guardian of the GBR: To have as many people experience nature's greatest offering first hand.

It's widely regarded and makes perfect sense that every person who actually visits the GBR is far more likely to participate in its protection. This means significantly greater consumer behaviour

changes, billions instead of millions raised, real democratic power to influence and the ability to harness the world's best scientific solutions to protect it against the very real threats it now faces.

If bringing more people to the GBR and raising the profile of its spectacular beauty helps move the needle in bringing fundamental government and consumer behaviour changes, then the snow white sand and the crystal clear waters of Mackay Coral Cay can definitely help.

The small coral sand island is about 50 kilometres from Port Douglas and is located on the north-west corner of the Mackay Reef System.

Supermodel and fashion entrepreneur Renee Somerfield and fashion photographer Bonnie Cee put it perfectly as they approached Mackay Cay in December 2017: "Forget everything else - this is the best we've ever seen and it's in Australia!"

During the boat trip to the cay they had shared their mind blowing remote beach experiences in the Maldives and Bahamas.

This shoot and the subsequent ones that will follow beamed these images across the fashion world and were well received.

This issue we invite you to Step into our World ... and salute the introduction of Sailaway taking the first small group trips from Port Douglas to Mackay Coral Cay. The heavily eco-focused tour operator offers access to a remote reef experience enabling visitors to experience first hand the beauty of nature's greatest natural asset.

Become a Port Douglas VIP member to win a trip with Sailaway to Mackay Coral Cay and three nights at Pool Port Douglas. Enter at tourismportdouglas.com.au/win or portdouglasvip.com.au.

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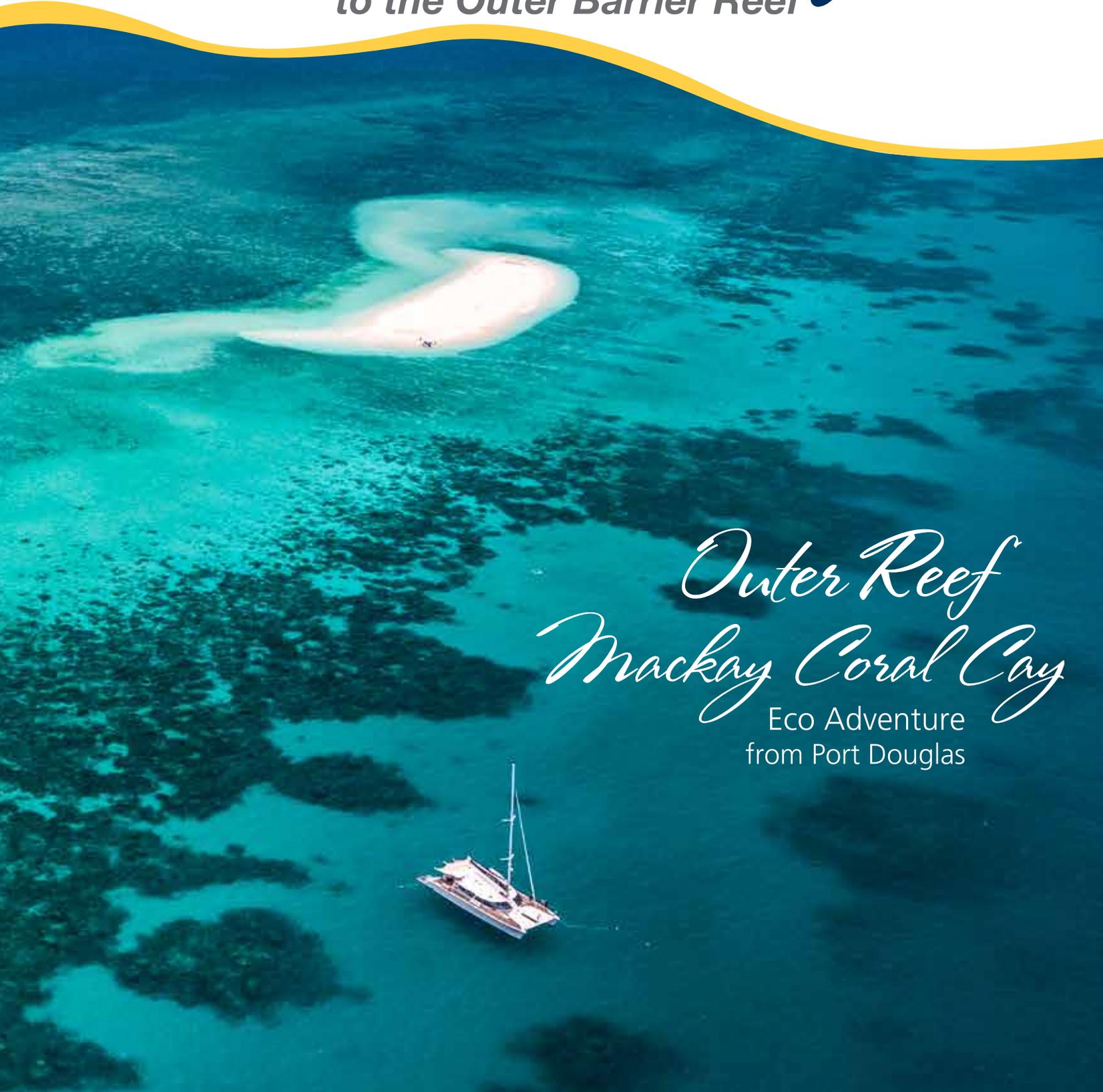
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“(My greatest achievement) is the fact that I believe I have changed the sport I love. When I started it was crazy to be a marathon runner. Now it’s cool! I and many of my peers helped create that revolution.”



Q&A

STEVE MONEGHETTI

INTERVIEW by Roy Weavers

I met Steve Moneghetti back in 2011 when the Port Douglas Events Management Team, of which I was part, first invited him to become both the ambassador of the then fledgling event and a participant to run the first ever marathon in the far north.

His enthusiasm was amazing. He made it quite clear that any excuse to come up to Port Douglas was OK by him and the thought of running amongst the rainforest, the wildlife (especially the crocs) and a brand new event was irresistible.

He graciously allowed us to use his name for the main race, which not surprisingly he won, and he's been an ardent supporter of what has become an eagerly anticipated annual event in the running calendar ever since.

Over the ensuing years we have become great friends even though we are perhaps polar opposites. He is still super fit and I am not. He is still an active runner and I am not. Steve is an amazing manager as his duties as Chef de Mission during the Commonwealth Games demonstrated and I am not. The only thing I am any good at running is the refreshments bar.

So when I asked him if I could interview him for the Port Douglas Magazine he willingly agreed providing, based on his knowledge of my previous experiences in the newspaper world, there were no paparazzi exposés!

I reluctantly agreed to his terms!

When did you first realise that you wanted to be an athlete?

SM – When I was 14yrs old I was invited to a club cross country in Ballarat. I had run at school and enjoyed it but during this race it was like a lightning bolt had struck. The environment of the event, the organisation, the competition. Everything just felt right. Even though I was only 14 yrs old I felt like I had been running all my life. I felt that I was born to do this!

Why do you love this sport so much?

I did play team sports when I was younger but when I found running I realised that the only person you could blame for not performing to your best ability was yourself! You have to take ownership of yourself. You cannot blame anyone else. And that fitted the way I am.

What word best describes you?

Committed – and by the way my family think I should be! I live my life through training and my commitment to whatever I take on. My commitment to my teaching before I was a fulltime runner made it very difficult back in the early 80s to find the time to give everything I had to my marathon running. In the end a decision had to be made and I committed myself totally to my running but it was a tough time and appearance fees weren't like they are now!

Who was the major influence in your life?

My coach, Chris Wardlaw. He took over in 1983 and I went from a solid runner to an international

competitor. He reduced my training intensity and he became my mentor, helping me with my leadership direction and overall lifestyle. His advice was significant in my reaching the goals I had set myself. And he stayed with me throughout my career. I owe much, if not all, of my success to him and his ability to identify my abilities and direct them to attain the highest success from them. The medals and trophies I have been lucky enough to win are a testament to his ability as much as mine.



What is your greatest achievement?

I suppose it could be the medals I have won but I think it is the fact that I believe I have changed the sport I love. When I started it was crazy to be a marathon runner. Now it's cool! I and many of my peers helped create that revolution. Distance running went from 'weird' to mainstream and I am extremely proud of having been instrumental and played my part in that change.

What made you get involved in the Great Barrier Reef Marathon?

When Sam Cullen, the Event Director, rang me back in 2011 and invited me to help start this event, I thought, Wow, I'd love to go to Port Douglas. I had heard of it by reputation. I knew

it was a sleepy hollow nestled in between the Great Barrier Reef and the Daintree Rainforest and it was hot and humid and had crocodiles everywhere. Well, I found out that wasn't quite true about the crocs but by that time I was hooked. To me it became the dichotomy of being involved in a marathon challenge in a very different environment to run than anywhere else in the world and also how to make it a success. If I was going to help start this, I wasn't prepared to do it half-heartedly. I was delighted when I met the whole team and soon realised they all felt the same and I believe that this year's event will be the best yet especially now that it is so closely involved with the amazing research it is helping to do on the Great Barrier Reef.

What is your next challenge going to be?

I've been invited to help Sport Australia to get an action plan organised to get Australians into sport again. Helping with health and wellbeing. It's one of those projects where you must think global but act local. I'm looking forward to it very much. I believe it is a challenge perfectly designed for my type of thinking.

What are the most important things you have learnt in life?

Do your due diligence and then own your decision. Build a close team around yourself that you trust implicitly. Let them do what they are meant to do without interference but always keep talking. I fear in this age of social media and digital communication that we are losing the art of conversation. I love it when I see people chatting and getting on with making sure the decisions they inevitably have to make to get through life are done by sharing experiences with others. Trust, awareness and support are key words in my life.

And in conclusion, usually when I conduct an interview for the magazine, I lead it to where I think it should go. Steve 'Monas' Moneghetti has an amazing charisma and ability to take you on a journey where he thinks you should be going and at the end of this interview I found myself agreeing with him.

What a wonderful way to spend a morning, having a chat, having a laugh and learning a few lessons along the way that will undoubtedly help make your life just a little bit more fun and in control.

Thanks Monas, a pleasure!



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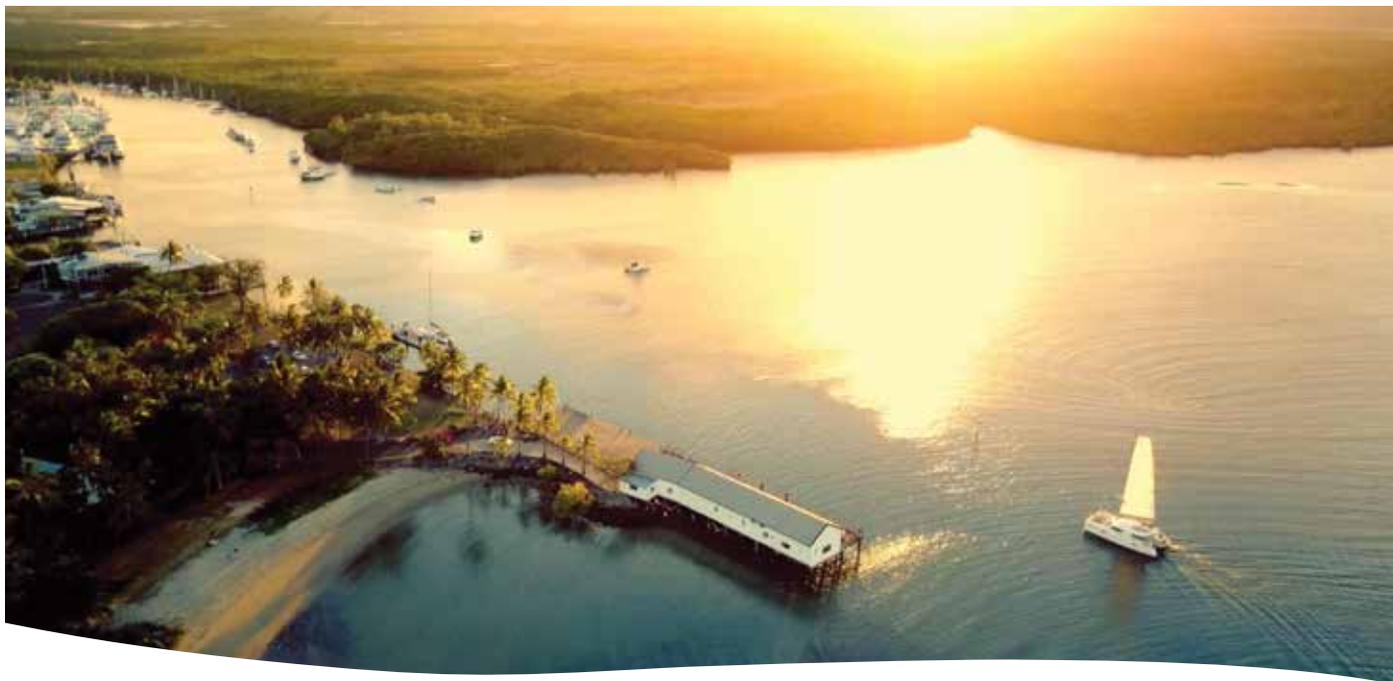


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Lady Douglas is a local, family run business, iconic to Port Douglas and one of the first boats in the Marina. She has been taking visitors for tours of the Dickson Inlet since 1989, specialising in spotting crocodiles in the wild. The most stable boat in town, comfortable seating, a licensed bar, galley, toilet, wheelchair and pram access and ample space to move around whilst cruising along the calm waters. A complimentary beverage and snacks are provided.

the Dickson Inlet where you see and learn about the fascinating estuarine habitat. Crocodiles are seen on over 90% of trips, along with sea eagles, kites, ospreys, kingfishers, herons and waders. Cruises depart daily from Crystalbrook Superyacht Marina, phone to book.

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Family Day Tripper

WORDS BY CASSIE FLINN

FROM AM TO PM PORT DOUGLAS CAN PACK YOUR DAYS WITH AS LITTLE OR AS MUCH AS YOUR HOLIDAY PASS PERMITS. IF YOU'RE BLESSED WITH AN ENTIRE WEEK IN PARADISE THEN SLIP INTO THE SLOW LANE AND TICK OFF YOUR WISHLIST AS YOU PLEASE BUT IF YOU'RE SQUEEZING EVERY LAST MINUTE THEN GO FOR THE WIN IN THE FAMILY DAY TRIPPER TITLES.

HERE'S HOW YOU CAN SOAK UP SOME OF THE BEST SPOTS - READY... SET...GO!



6:30am Rise and Shine!

Make like a local and rise with the sun, because the kids will! Four Mile Beach is the place to head for a blissed out beach walk. If you want to tackle the entire sandy stretch then hire your team bikes from Port Douglas Bike Hire or borrow a set of wheels from your resort like the Insta-worthy rides at QT Port Douglas. Post session grab coffees and refuel the kids with fresh squeezed juices from The Light House Cafe.



8:30am Get Wild!

Get your buffet on and make some new friends of the feather kind. Breakfast with the Birds at Wildlife Habitat Park has been a family "must do" for decades. Dive into tropical fruits, fresh baked breads and pastries, bacon and egg fry ups and your favourite breakfast drinks under a rainforest canopy. Watch the colourful and curious birds fly freely and meet some of the cheekiest ones up close as the rangers interact and educate while you eat.

10am Walk the plank, The Predator Plank to up the adrenaline and experience a croc view that's the first of its kind in the world. The Wildlife Habitat Park has 3 natural environments to explore and countless native Australia Fauna and Flora to spot. So go wild and make the most of your day pass by following the map around the 8 acres of this interactive and immersive zoo.

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12:30pm

Mossman Pit Stop!

Set off north to the sweet little sugar town of Mossman and cure the hunger's fast at the local fave Beechwoods Cafe. It's a no nonsense menu with market fresh ingredients and home baked cakes served with a friendly smile. Can't go past the wraps or loaded hotdogs if you're feeling naughty and the peaceful garden courtyard.

2:00pm Cool Off!

Hit the walking trails at the breathtakingly beautiful Mossman Gorge. It's an easily accessible section of the oldest and largest rainforest in the world and offers a choose your own adventure experience or guided Ngadiku 'Dreamtime Walk' with the indigenous Kuku Yalanji people.

Trek the raised boardwalks over the forest floor and along river side or up over the suspension bridge for a 2.4km rainforest circuit hike all providing fresh air and lush scenery of prehistoric proportions. Don't leave without making a splash in the gorge swimming holes to cool your mind and cleanse your soul even if it's only your feet.



4:30pm

Sunsets never felt so good when relaxing under the palm trees at Rex Smeal Park. Kids can roam, rumble and tumble on the grass or playground leaving you to kick off your slides, pop a cork and chill. Take in the ever moving ocean view as charter boats return from epic days at the reef and the warm tropical sun slowly dips behind the Daintree ranges.

6:30pm Dinner Time Baby!

The new buzz word in Port Douglas is Baby - My Italian Baby, and it has got family dinner sorted. All dishes are cooked with an extra splash of authentic Italian passion and locally sourced produce. It's a bustling main street village vibe with some amazing specials like 2 for 1 pizza and pastas on Mondays... Yeah BABY!



7:45pm Sweets For My Sweet

Go for gold and open up your dessert tummy to an ice cream sensation at capannina dessert bar. Just a quick stroll up macrossan street you will reach the finest hand made gelato and fresh treats served with a families love and care. The only problem is choosing one scoop or two!

THE ONLY
PROBLEM IS
CHOOSING
ONE SCOOP
OR TWO!

8:00pm Feeling Lucky?

Spot the rusty shack saloon that hides one of the most famous Port Douglas nightly events. The Iron Bar brings you the fattest, slimmest, ugliest cane toads this side of the North Queensland border and puts them through their paces in hilarious round table racing. Your fam will be the spectators, the owners, the jockeys and maybe even the good luck charms if prepared to give one a smooch.





HARTLEY'S CROCODILE ADVENTURES

Hartley's Crocodile Adventures is an Eco accredited sanctuary, located in World Heritage bush land at Wangetti, just 25 minutes south of Port Douglas.

Highlights include its Crocodile feeding cruises on Hartley's Lagoon, Crocodile feeding shows and other interactive wildlife presentations including cassowary feeding. Step back in time in the Gondwana Gateway with wallabies, kangaroos, wombats, quolls, emus and monitors. Our new Gallery of Living Art is Australia's leading reptile display. Relax at Lilies Restaurant & shop for genuine Australian crocodile leather goods and more at the

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in all weathers with at least one hour up in the rainforest canopy.

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Daintree River Cruise
Alexandra Lookout
BBQ Lunch - Private Swimming Hole
Beach walk - Cape Tribulation
Daintree Ice-cream
Home 5.30pm



ATHERTON TABLELANDS EXPERIENCE

Your Day Includes:

07.45 Pick up Port Douglas

Granite Gorge - hand feed wallabies, peacocks and native birds

Morning Tea - Coffee Works

Walk to "The Crater" at Mt Hypipamee National Park

Millaa Millaa Falls - swim

Lunch - Australian Platypus Park + Platypus viewing

Lake Eacham - Swim

Curtain Fig Tree - Photos & Boardwalk

Afternoon Tea

5.30 Back in Port Douglas

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WE NEEDED FOR SPEE

THE PORT DOUGLAS DUO DOMINATING THE ROAD RACING SCENE

WORDS by Victoria Stone-Meadows

Targa - which had its origins in the 1906 Sicilian Targa Florio, the world's oldest sports car event - is Australia's longest and most difficult tarmac road endurance race, attracting competitors and interest from all over the world.

Roads are closed and towns come to a standstill as spectators flock to check out the red-blooded action that only a road rally in Australia's most spectacular locations can conjure.

The Targa event has been a mainstay of the Australian motorsport scene for 27 years with events held annually in Tasmania and Victoria since 1992, extending overseas to New Zealand in 1995.

In Australia, the race regularly has hundreds of entrants spread across a number of categories with competitors racing against each other in their class as well as for overall race position.

For the first time ever in 2018, the Targa event was held in Far North Queensland and two men from Port Douglas decided they would try their hand.

Rhys Bawden, of Salsa Bar & Grill Restaurant, and Trent Eldridge, of RAM Metalworks & Shade Structures NQ, were keen to get involved in the race when they found it was coming to the region.

Although Rhys had experience with tarmac rally racing in New Zealand, driving on familiar tropical roads of Far North Queensland was an experience he could not pass up.

"Having competed in Targa a few times, coupled with Trent's love for cars when we found out this was happening, Targa coming to FNQ, in our backyard, we were sold straight away."

And so the search for "the car" began.

After weeks of searching ex-racing and rally cars online, it was from a chance call to a friend in Perth that they were able to source themselves an ex-dirt rally car. The plan was to convert it into a tarmac racer.

"It took us about five months to find a car within our budget," Trent said.

Trent was heading over to Perth on other business and while he was there, he visited his friend and inspected the possible vehicle the guys could convert onto their racer.

A few months later the car was packed up and on its way to Port Douglas.

What followed was weeks of late nights in the shed working on the little Subaru, experiments and trials in making new seats fit, changing suspension and steering setups for tarmac racing with the assistance of Pat from JKC auto, all to get the car race ready.

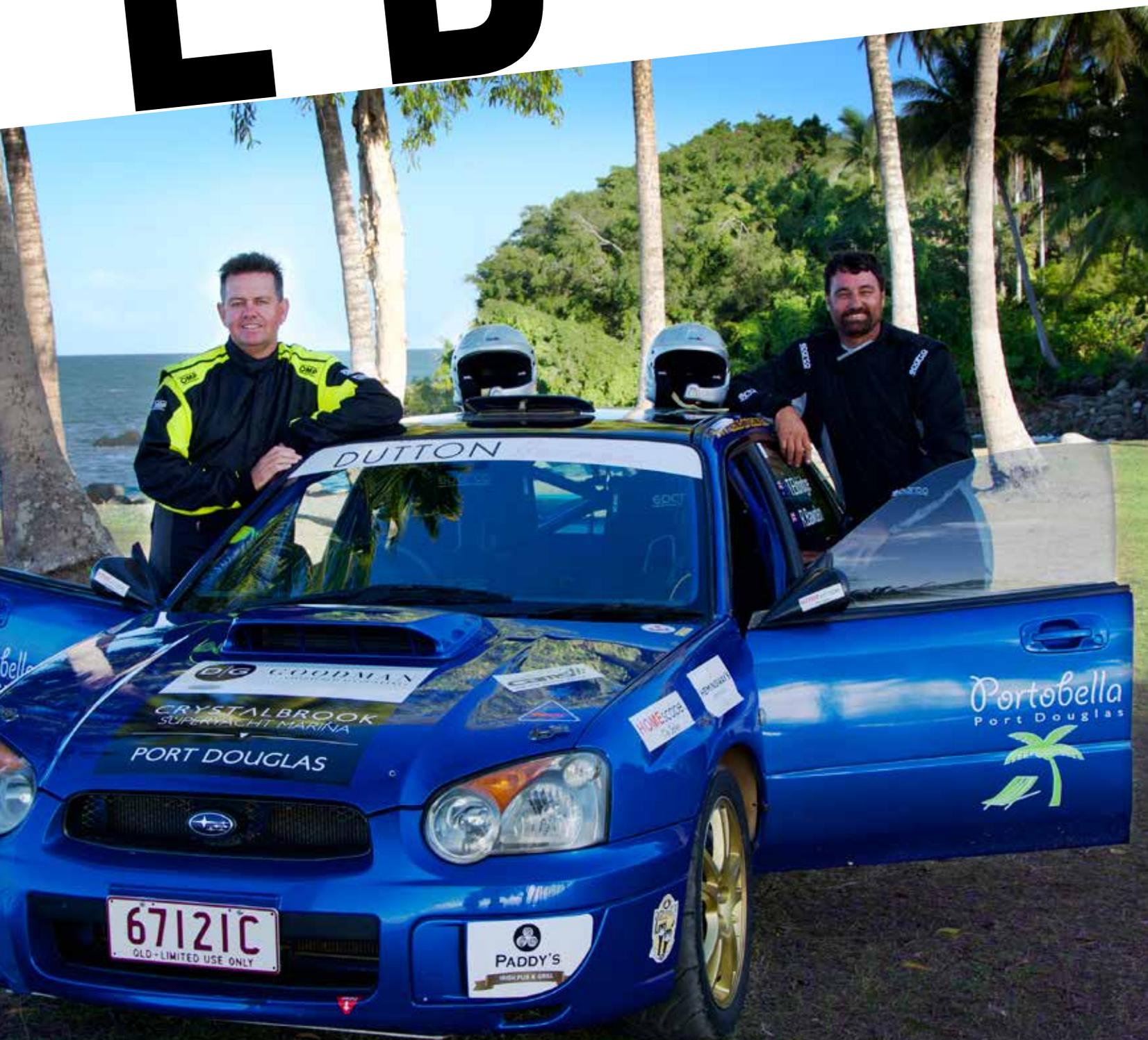
"Being it was the first time this Targa event had come to Queensland, CAMS (Confederation of Australian Motor Sport), the governing body had a lot of work to do to ensure all competitors were covered.

"So for us to get the car to scrutineering standard, we were working most nights, from ride heights, gearbox adjustments, all with the assistance of Shane from Craiglie auto to ensure that the car was ready for the big event.

To convert the car from a dirt rally car to a tarmac-racing car was no mean feat and the guys had a few close calls with parts before ultimately ensuring the car would run smoothly.

Despite the late nights and hard work, the guys said they enjoyed every minute of rebuilding the car.

RED



LEFT: Rhys Bawden
RIGHT: Trent Eldridge

"It was never all too hard," Rhys said.

"It was more like this is cool. We had our moments of concern, such as our special order brake parts arriving only two days before the event. That said, we were pretty excited that what had started out as a chat over a beer was now about to come to fruition. The final hurdle was delivering the car to the scrutineers for inspection to determine if it was race worthy.

The car passed with flying colours and they were ready to take to the road.

They had entered the event with the chilled out attitude that is emblematic of the Port Douglas area but were both surprised with their final result.

"We didn't have any huge expectation and really we weren't trying to win the race," Rhys said.

"We just wanted to compete, have fun, and finish the event."



"THE MAIN THING THAT WAS GOING THROUGH OUR HEADS WAS 'DON'T CRASH, DON'T CRASH, DON'T CRASH.'"

Rhys and Trent shared the driving responsibilities over the four-day event so both of them had a chance to take on the twisting roads and incredible vistas that only the tropics can offer.

"Having the chance to tackle the roads we drive every day in a race car that we had effectively built ourselves. And to actually have those roads all to ourselves now too, it was awesome!" Rhys said.

"To be honest, the main thing going through our heads though was 'don't crash, don't crash, don't crash,'" laughs Trent

The guys finished 29th out of out of 220 cars and took fifth spot in their class.

Were they happy with the result?

"Way better than we thought we would do, I was happy to be in the top half of the field," Trent said.

"We really could not have done this without the support from our mates in business in Port Douglas and Cairns," Rhys said.

"Thanks to all of our sponsors especially David Goodman Chartered Accountants, Crystalbrook Marina & Portobella along with lots of other business who without their support would have left a deeper hole in our pockets."

"They were the ones who really made this possible - it's so great to have the town rally around you like that."

Rhys and Trent are keen to see the event extended into the Douglas Shire region to take advantage of the roads and scenery the Port Douglas region can offer to racers, spectators and all involved with the event.

"Normally with any racing event in Australia, the stages are held in different towns but with the Queensland Targa, it was all focussed in Cairns," Rhys said.

"It was great for Cairns and worked out well, but we would love to see that prosperity extended to Port Douglas as the Targa event continues to grow in popularity in our region.

"This year was such a great event and even if you are not a car enthusiast it is the perfect spot to persuade your family and/or friends to come and be your support crew."

"Similar to the Ironman Event, we would also really love to have the opportunity to race on the coastal road, just on four wheels instead of two" adds Trent.

Look out for the Port Douglas team in the blue Subaru next year in Targa's Great Barrier Reef event from 30 August to 1 September 2019.



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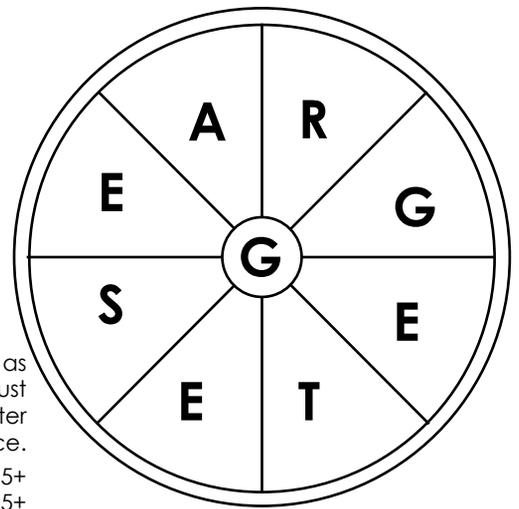
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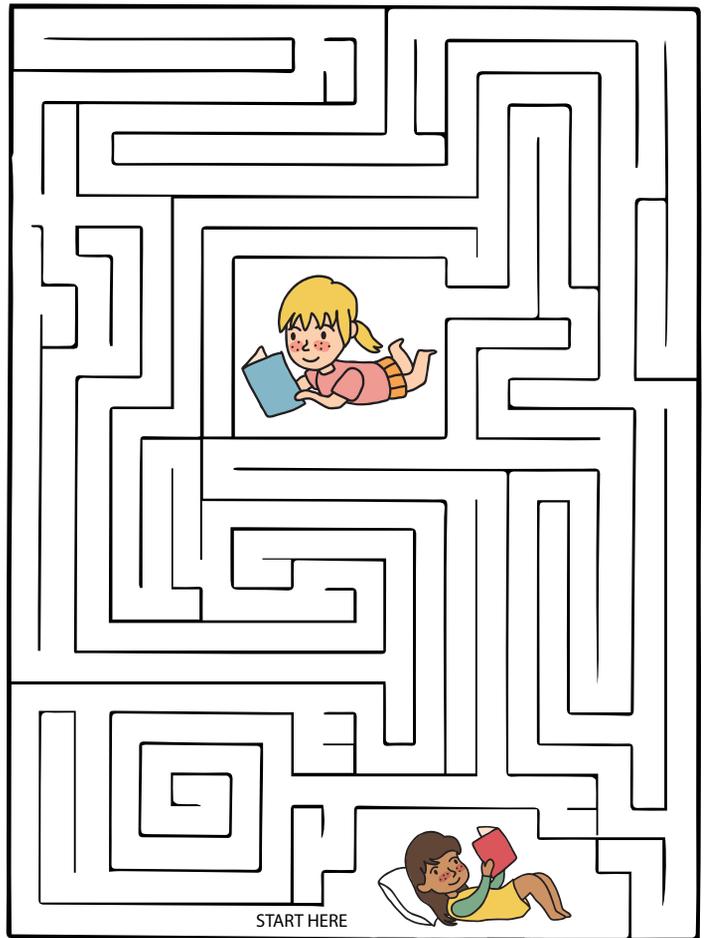
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PUZZLE PAGE



Find as many words as you can. Each word must contain the central letter and not use any letters twice.

Good 15+
Excellent 25+
Outstanding 30+



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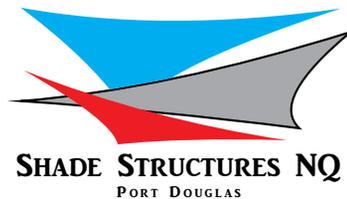
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