



Uki News

An initiative of the Uki and District Residents' Association (UKIRA)

Issue 88 | June/July 2016

Light at the End of the Rainbow

Brendan Esposito

After a Tweed Shire Council debate on Thurs 19 of May, the decision was made to paint over the Kyogle Road Bridge, crossing Smiths Creek. Council has voted to enter into a Public Art Installation Agreement with Uki Village and Districts Residents Association (UKIRA) that will provide for a repainting of the bridge. In accordance with the Public Art Reference Group (PARG) report, the bridge will be painted with a mountain-scape design.

After the tragic death of Uki resident, young Marley Phoenix Morton in late 2014, loving family and friends painted the bridge (in its current rainbow hues) as a memorial. This memorial painting prompted some public complaints, and controversy within council. A survey conducted by UKIRA, that informed



the current decision indicated that 70% of the community responses were in favour of the current colour scheme. Objections within the survey concerned the bridge being painted without consent from Council, and not the concept or reason for the painting.

The PARG application outlines a proposal for the artwork to be repainted each year in November on the anniversary of Marley's birthday, in remembrance of him. This current decision to paint a rainbow mountain-

scape as a creative community memorial to Marley and all lost children in the region provides a fitting future to what started as spontaneous loving gesture.

Link to the PARG report to council can be found here:

[www.tweed.nsw.gov.au/Controls/Meetings/Documents/22%20Attach%201%20\[E-CM\]%20Painted%20Handrails%20-%20Kyogle%20Road%20Bridge,%20Uki.pdf](http://www.tweed.nsw.gov.au/Controls/Meetings/Documents/22%20Attach%201%20[E-CM]%20Painted%20Handrails%20-%20Kyogle%20Road%20Bridge,%20Uki.pdf)

BIGGEST Morning Tea



On Sunday on May 15, the Uki community held a very successful Australia's Biggest Morning Tea 2016, raising over \$400 for the Cancer Council. The Uki community would like to thank everyone who helped support the day with donations of cooking, helping in the kitchen and all who generally helped out to make it a very successful day. Thank you.

Raffle prize winners were:

- *Grant*: Pot plant
- *Leslie Hill*: Crochet rug
- *Bev*: Cookbook
- *Jan*: Handbag
- *Pauline*: Coffee mug
- *Robert*: Toiletries
- *Cherie*: Chocolates

From the Editors

Issue 88! We've been devouring the contributions this issue. We have everything from insightful astrology to hard nose technology (that points to the future of artificial intelligence) with a hearty winter stock thrown in for good measure. Feast away on this smörgåsbord of offerings from the good people of Uki and surrounds. But alas we

are still not sated. We need letters to the editor, we need photographs, more contributions ... It is never enough.

Enjoy the issue and remember – Uki News is your contributions Uki.

Brendan and Kylie

Contact Uki Village News: theukinews@hotmail.com

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Disclaimer: The opinions and views expressed in this newsletter are not necessarily those of the Uki News nor of UKIRA.

Mirror Mirror on the Wall, Who is the Fairest of them All?

John Tyman

I don't know about you, but I always worry about my reflection at election time. What troubles me is not my thinner hair or my wrinkles, but what the politicians of the day think of me... What they think they must do to earn my vote. To be elected seems their only concern at election time.

What this means in practice is giving 'the majority' what they want. And 'what people want' is determined by opinion polls, and the letters and emails politicians receive. The election platforms of political parties, both what they promise and what they ignore... mirror their understanding of what we want! And if election budgets are anything to go by, our reflection is far from attractive.

Governments often preach bad news. They offer us a doctrine of scarcity, convincing us that we have little to share with others and can't afford equality. They would have us believe that compassion, justice, generosity and openness to diversity are no longer 'Australian' and that meanness is a virtue. "Charity begins at home" they say, as though it is a biblical quote: but it is not, and it's a half-truth anyway. "Charity begins at home, but does not end there" is the complete quotation.



If this reflection is correct then our government seems convinced that:

- Most Australians want them to be tough on asylum seekers.
- Most Australians are happy to see Australia's foreign aid budget fall to the lowest level in our nation's history.
- Most Australians have no interest in climate change and see no sense in investing in renewable energy sources, because they are happy to see more coal mined and burned.
- Most Australians are happy that the richest 1% receive 9% of the nation's income, and the top 0.1% (that's 18,750 people) receive 2.7% of the total!
- Australians are not interested in science or the arts.
- And we are happy that the wealthiest individuals and the most profitable companies frequently pay no tax... while our schools and hospitals miss out.

You can tell from the latest budget that this is how the character of our nation is reflected... and it won't change unless we let them know that we are not all selfish individuals who care for no one but ourselves... and our material welfare... and that we are tired of being ashamed at what is done in our name.

Do you want to be reflected in this way? Let the politicians know, for all our sakes what you actually believe. The addresses and phone numbers of members of parliament are available on the internet, and local candidates also have web pages. Let them know what you want. Otherwise we will indeed get the government we deserve!

Highfield Hi-jinx

Ida Daly

Fund raising for the Ken Highfield statue continues. A supper and trivia evening was held on Saturday March 19 in the Uki Hall. A good crowd turned out which was great! Bruce Ray compe' red the evening asking questions related to Uki, which was hard on the out-of-towners (nobody said it was going to be fair!), but they coped very well and a great social evening was had by all. The evening brought in over \$1000, which was a welcome contribution toward dear Ken's statue. The Ken Highfield Memorial group would like to thank all participants and a special thanks to all the volunteers and those who provided supper and the prizes. Any further donations will be gratefully accepted and can be made by contacting Ida Daly or Bruce Ray. Blessings and love to you all.

(ida.daly@icloud.com)

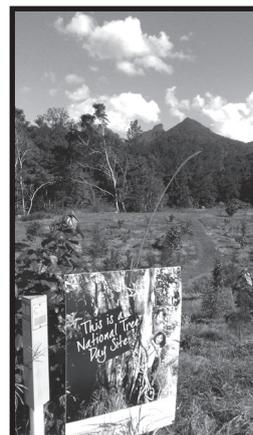


Platypus Park Prospers

Matt Bloor

On Saturday May 14, a Landcare workshop was held at Platypus Park (just passed the Smith's Creek bridge on the left heading toward M'bah), the site of last year's National Tree Day Planting. A group of interested locals met at the park and Eddie Roberts led the group around the site to discuss a range of issues including, bush regeneration; and weed identification and management.

After almost a year, Platypus Park is progressing well with a marked reduction in camphor and woody weeds and the trees are booming, particularly the Quandongs and Brown Currajongs. With the footpath now complete, the park is within easy walking distance from the village. Platypus Park is a fantastic place to exercise the dog or set the kids loose to explore on your way to Sweetnam Park or to have a shady picnic on the weekend. What a great natural space so close to Uki... come and explore the area.



Next Community Tree Planting Event

More community tree planting action can be had at this years National Tree Day Planting. This will take place at Cudgenbil water hole, on the Tweed River opposite Braeside Drive, Uki (Next to Govinda Dham) on Sunday 31 July from 9am to 1pm. There will be 1200 rainforest trees and shrubs to be planted in pre dug holes. Make a morning of it and bring something to share for morning tea.

Contact Matt Bloor on (02) 6670 2580 for more info.

Doon Doon Hall History

Part II

By Esma



Thank you to all those people who have come forward with info and photos, we could not continue to expand our research collection without your input.

The following snippets of information might give some insights into the life of the Doon Doon Hall and the lifestyle of the residents of the area.

- In 1929 an application was made for a loan of £200 from the E.S. & A. Bank,

Uki. This was to finance the removal of the hall from Terragon and the structural alterations and improvements needed to relocate the hall to Doon Doon. In December of 1943 the hall was finally free of debt and showed a credit balance of £6/15/-.

- Records show that in 1936 the cost for admission to dances held in the hall was 2/- for men and 1/6 for ladies, and that in 1937 P.K. Talks were given sole rights to hold picture shows in the hall.
- From the Tweed Daily, Monday 13th June 1938: "Doon Doon Hall Meeting: ...An inquiry was to hand from the Social Committee of the Night Cap Road Workers seeking details of hall rental..."
- For the duration of WW2, rent for the hall was reduced by 50% for all patriotic organisations. A Doon Doon and Commissioners Creek Soldier's Welfare Association was formed and an Honour Board containing 52 names was unveiled in the hall at the final welcome home for WWII diggers

on Friday 20th December 1946. This is still proudly displayed in the hall.

- During the late 1960's and early 1970's, the annual New Year's Eve dance would be held at the Doon Doon Hall and the Castaways Band supplied music. A great time was had, and the hall would be packed with dancers and revellers travelling from all over the Tweed.
- 1980 saw the Hall join in the annual circuit of balls run by the Combined Country Halls Association with Sharon McMahon named as the first 'Miss Doon Doon'. Sally Quinn was named the last 'Miss Doon Doon' in 1993.
- Many families have been associated with the hall over the years. Some recurring family names in the records are: Sweetnam, Patch, Logan, Duckworth, Bellamy, Brims, Cram, Evans and Hope.

Regards, Esma

Uki & South Arm Historical Society Inc.

Tel: 02 66795 890 |

Email: trmuki@tweed.nsw.gov.au ■

Dance for Cancer

He dances, he plays drums, he fights cancer! Is there anything this man cannot do? Well known Uki identity and Oncology Nurse, Jamie Irvine is dancing for cancer.

So get in the groove, support Jamie on the 25th of June and enjoy a night of dancing (you have to promise not to laugh!).

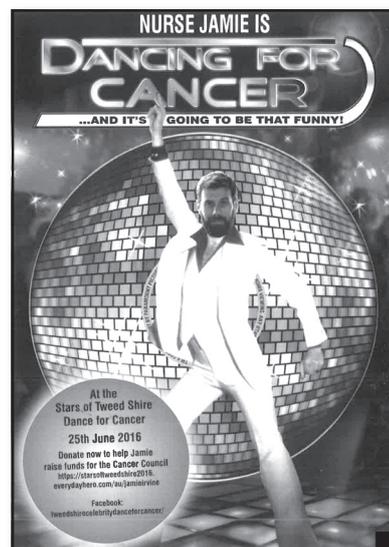
Tickets \$50 per person (includes light food, lucky door prize & entertainment).

Tickets will go on sale May 16, from The Coolangatta & Tweed Heads Golf Club. Phone 07 5524 45 44.

For more information contact Yonit Kittay at Cancer Council NSW, 02 6639 1304. ■

If you can't make it on the night, support Jamie here:

<https://www.everydayhero.com.au/event/starsoftweedshire2016>.



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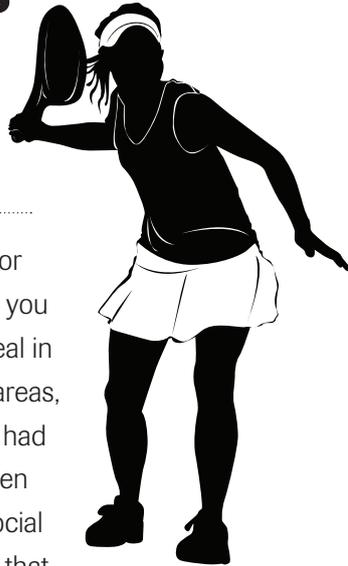
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Uki Tennis Club News

David Stratton
& Kelly Skinner



Tennis is a great game to play, for your whole body and mind. Did you know: Tennis was once a big deal in these parts, nearly all the local areas, Doon Doon and Kunghur once had courts of their own and they often engaged in tournaments and social play? Well, we are happy to say that tennis is once again on the rise in Uki.

On Sunday May 22 the Uki Tennis Club hosted what we hope will be an annual Autumn tennis tournament. Despite a low attendance, the keen participants enjoyed some good fun and great tennis.

Monday night social tennis continues throughout the Winter starting at 7pm. The next Sunday afternoon tennis gathering will be on Sunday June 26. Uki Tennis is all about fun; so don't be shy about coming along and having a go. The courts and clubhouse are available for hire, and bookings can be made at the Uki General Store.

Alberto is the new coach and brings with him an enthusiastic, dedicated and holistic approach to this great game. Tennis lessons also are now in full in swing. There are junior squads on the courts, Mondays and Thursdays after school.

If you or your children are interested in joining a group or a private lesson, contact Alberto (0406 775 084) or Kelly (0408 035 909).

TRIVIA-NIGHT

OOSH Fundraiser for the Uki Kids Club After School Care

- Raffles
- Dinner & drinks for sale
- Lucky door prize
- Prize for best dressed Rio theme
- \$15 per person, tables of 8-10
- Tickets at the door
- Children's table, \$5 per head (in your care)

Sat JUNE 25
6pm, Uki Hall

contact Natascha 6679 5024 or the Uki School office 6679 5128

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Farmers' Market News

Anita Morton

Sooo.... Regular market-goers will have noticed that Jean's retirement is a bit like Nellie Melba's. One farewell tour after another! Jean may or may not be at the market on any given Saturday, but all your veggie needs are covered, with new Gary's big new 100% organic produce stall. He has plans for further expansion in future. Will the Hall be big enough? I ask myself.

Brad and Marcos are making sterling efforts to keep up a good range of organic veg on the community table, while Denis is there every Saturday with a great range of fruit, as well as veg. Happily, we now have honey available

every week, with new stallholders Andrew and Connie. They have a few other things, including both rainforest and edible plants. In the intervening weeks, Greg and Linnie have the honey covered – see them if you're looking for some beeswax for making candles or skin cream.

Gary M (not Gary C, the vegie man) is going great guns with his mushrooms, and is aiming to be at the market every week. This amazes me, as mushroom cultivation is far more complex than I realised – ask Gary if you're interested. He also has blocks of White Oyster mushroom mycelium for sale, ready to



spawn at home for those of you who like to have a go.

People have been asking me for some sort of organic treat for some time, so I've made a fruity-coconut muesli bar. Unfortunately, it is a bit more expensive than the rest, being organic, as well as vegan and gluten-free. We'll see how it goes.

See you at the market on Saturday!

Anita



Euphoric Reflections

Gabrielle Jordan

I do love sharing on Facebook but sometimes I become habitual in my use.

Sometimes I need to remind myself: It is time to step out of screen and Facebook distractions for a while. I get so lost at times... Usually when I am feeling alone and using it as a tool to feel connected, observing the lives of others.

I reflect on my actions and they speak to me and I'm guided to lose the smart phone. To become simpler in my actions and more connected in the real world. I deny this guidance because of the perceived convenience a phone provides with ease of communication.

I know it's unhealthy to be immersed in the screen. It doesn't feel good, but somehow it becomes an addiction and even a lifeline and... dependence grows.

I'm feeling the urge to deactivate, to reset and refresh and begin again. To witness more, rather than being swept along in habit.

I reflect on the impermanent beauty of real life: My darling girl, she's asleep next to me by the fire. Tucked in, curled up and cosy. The firelight catches her cheek, her nose and eyelid... Fire dancing lightly across her face, highlighting her beautiful sleeping softness... Her breath grows deeper as she gives in... Sliding

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into sleep. Wakefulness on hold till the next new day.

This moment is all there is. There will never be another now. I take her beauty in. The child lying curled in my arms. My lip trembles and tears begin to form. How precious these moments are when we find them. And by being such a witness, we find ourselves in these fleeting moments of childhood and parenting. Never again will this moment be possible. It is all there is.

This is my reality. This is my experience. I can share this on Facebook, but I will never find this experience there.

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Uki Buttery Bazaar Entertainment

Sue McKenna

To book a stall at the monthly Uki Buttery Bazaar please contact Lisa on **0487 329 150**.

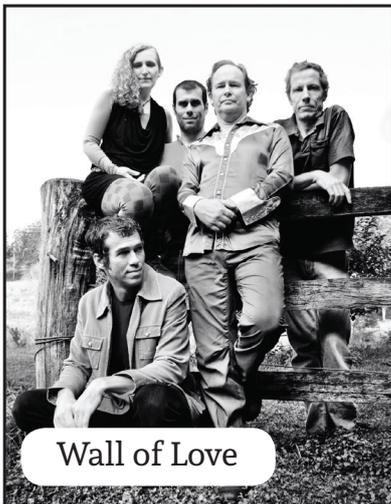


 Uki Buttery Bazaar Market

Sunday June 19th

WALL OF LOVE

Bringing the love to Uki Buttery Bazaar! The first bazaar of Winter on Sunday 19th June will host a veritable delight of sound to warm the cockles as Northern Rivers five-piece Wall of Love bring their inimitable, harmonious style to the village. The Buttery Bazaar is a special gig for this band. It's where the group first performed together publicly four years ago, before they even had a name.



Wall of Love

Wall of Love is: Shannon Lacy, who moved to Mt Burrell in 2009, after playing in many Sydney bands. Rhett Brambleby discovered guitar as a 17-year-old, and the love affair hasn't abated for this diverse, prolific singer songwriter. Carmen Myler grew up in a house with a steady diet of traditional Irish tunes, which continue

to influence her musically. Jamie Irvine took to drums early in life but set them aside until the rhythm could no longer be placated and he now seeks to find the ideal work/drum balance (ironically he has also recently taken to disco - see article in this issue of the Uki News). In 2014, the band found their missing link in Simon Clarke, a mystery man and musical

alchemist who owns many guitars, some may say too many. They are an unlikely match – this motley crew of music lovers and songwriters – but the sound they make together is eclectic, delightfully melodic and always about the love.

 WALLOFLOVEMUSIC

LOREN & GABRIELLE

"The Wall" are joined by dear friends and Uki treasures, Loren and Gabrielle. Journeys become stories and stories become songs. Reflection is transmuted into sound, rhythm and melody... dancing through the kaleidoscope of feelings that paint our lives.



Loren & Gabrielle

 LORENMUSIC

AUDREY SPENCE & LYRICA BLUE

Topping this mix, like a big dollop of cream on a warm hot chocolate served by a wintery fire, will be the sweet tones of a couple of divine young minstrels, Audrey Spence and Lyrica Blue. These young women will bring their effortless grace to the buttery stage.

What better way to spend a sunny Winter's morning?

Sunday July 17th

YOUTHKI

Once again Jesse Freeman and team will be gathering and showcasing the following new and emerging talent hosted by Organix Crew: Jerome Williams, Ella Magee-Carr & Kate Stewart, Phoebe Morrison, Tin Tin, Wicked Hermit and Angel Lopez



If you are under the age of 25 and you would like to be involved please contact Jesse Freeman on Facebook. Spread the word! Looking forward to seeing you all there! ■



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OOSH After School Care

AT THE UKI PRIMARY SCHOOL

By Natascha Wernick

Recent changes to the OOSH centre have meant that the children can now ride their scooters and bikes in the school grounds. "The Children are very excited about this recent change and are riding their bikes and scooters every day," OOSH coordinator Natascha Wernick said. "It's great for their fitness and developing important coordination skills". There are many other the fun things the children do in OOSH's 'screen free' environment.

It is not just the kids who love OOSH, parents agree too: "My children commenced at OOSH as casuals. As my workload increased they became permanent bookings two days a week and thoroughly enjoyed the experience. I no longer need after school care but the children love OOSH that much that they still ask to go".

Another parent explained how her kids really enjoy OOSH. "I feel there are always engaging activities for them to do, things that not only have been thought through carefully for their educational content, but that were exciting and interesting for the children. I feel the staff are warm, caring and emotionally close to the children, so they feel loved and supported during their time there."

There are vacancies at OOSH five days a week from 2:45pm to 6pm and open to children from any school. Every new enrolment gets one day free trial.

For more information contact the Uki Primary school on (02) 6679 5024. ■

OOSH CASUAL EMPLOYMENT OPPORTUNITY

The OOSH team is seeking to appoint a caring, fun & energetic Assistant to join the team.

OOSH is open Monday to Friday during school terms and offers a range of fun afterschool activities including creative play, games, craft and outdoor sports. Hours of work are variable from 2:30-6:00pm up to two days a week.

Working under the direction of the Coordinator, the Assistant will be responsible for assisting with the everyday running of the Centre and supervision of the children. Casual Award rates apply. Working with Children Check and Senior First Aid Certificate will be sought. Experience working with primary school aged children is preferred.

Contact: Natascha Wernick
ukioosh@gmail.com
0412 980 063 after 3pm.



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Uki Kids' Club

After School Care



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OOSH



Photographic Submissions Wanted

The 2017 Uki Calendar will be dedicated to celebrating the artistic and cultural diversity of Uki and District. Photographic submissions are welcome from local artists, local groups, clubs, organisations and associations. Prizes are awarded for the best three photographs submitted.

Please forward your photographs to the Uki CTC: ctc.uki.nsw@gmail.com.

Uki Village Website & Local Businesses

The Uki CTC (Community Technology Centre) is in the process of compiling a comprehensive local Business Directory for the new Uki Village website. And we would appreciate community feedback on any corrections or additions. If you know of any local businesses not yet included in the directory, who would like to be, please ask them to contact us.

Uki Tourist Information at the CTC

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Contact us to feature your business

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We are also featuring local business on the Uki Village Business web pages for a small fee. If interested in displaying your business please contact us by phone or email, or just drop in.

Buttery Business

By Janelle Barnes

Want to know what's going on in the Buttery? The new contribution 'Buttery Business' tells all. The Buttery is a small group of hard working, local businesses. If you have never had a look then come on in and say hello and have a browse.

The feature business this edition is *The Jewel of Uki* owned and run by long-time local resident Pauline. *The Jewel of Uki* has been open for four years and is an eclectic mix of clothes with a varied selection of jewellery, which includes unique handmade pieces by Pauline, beautiful precious and semi-precious stones, Swarovski crystals, and silver.

Pauline also sells glass hanging balls which originate from Poland, Romania and the Czech Republic.

Known as Witch balls, legend has it these coloured spheres of hand blown glass came into use more than six centuries ago in medieval Europe.

Some suggest that Christmas ornaments were taken from this concept and were hung from the tree to ward off people who were jealous of the presents beneath or bad spirits intent on ruining the holiday. In cultures that were friendly to arcane practitioners, witch balls were often enchanted by the local witches with charms and spells meant to protect the home and those within.

In cultures where witchcraft was frowned upon, it was said that the bright colours of the sphere attracted witches, catching their powers in the strands of the glass "web" and thereby protecting not just the home but society as well.

Modern use is essentially the same: they absorb negative energy from the environment as well as curses from outside sources.

The Jewel of Uki has great deals at the moment with 40% off *Cake*, Australian designed clothes and great specials on Amethyst caves. More butterfly wing earrings will be arriving soon. *The Jewel of Uki* is open every day except Tuesday. Phone 0438 211 102 for more information.

Solar Scheme is Shifting

Syd Welling



The end of the NSW government 60c Kw/h solar bonus scheme signals important changes for many private solar generators. After January 1, 2017 all solar energy will revert to a net metered arrangement. This is the same as every other solar generator installed since the scheme was fully prescribed.

Solar energy fed into the network will only receive a pathetic 6c Kw/h. This is massively unfair as your normal coal fired consumption rate is closer to six times this amount. The inequity in the electricity market in the commodity of Kw/h's is stark.

We have a situation where privately funded clean energy is worth 1/6th of the retail price of dirty coal energy. The paradox is amplified through our cutting edge 2016 smartphone being charged by antiquated, polluting, 19th century, power stations. The uptake of smart technologies computers, tablets, chargers, Wi-Fi and air conditioning have seen steady rises in average residential and commercial electricity consumption. Thankfully, efficiency breakthroughs with LED lighting, soft start fridges, DC drive washing machines, and inverter controlled air conditioning have reduced the impact of this extra demand.

This means that the self-consumption of onsite generated solar electricity will be the best way to take advantage of your existing solar panel. Every Kw/h that you generate with solar, that you use directly is a saving of 36c. So self-consumption is the key to saving. Rather than export to the grid, new technologies allow excess energy to be stored in batteries and consumed when you need them.

There is a lot of excitement around new battery technologies at the moment; I personally have been to many of these new technology presentations and technical workshops. For most people with small 1-2 Kw systems the cheapest way forward currently is to increase the solar array and move towards greater self-consumption. There is still a generous government rebate when purchasing solar modules and upgrades are also eligible. Self-consumption can also be increased with the use of equipment timers and smart Wi-Fi technologies. Batteries however, do not currently attract any government assistance.

For people interested in batteries there are various solutions available. These should be designed to suite your requirements and site conditions. With some of these new technologies it is still a case of buyer beware, as some designs are in their infancy and untried in true field conditions.

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Inspired Parenting

Maira Jorba

Today I want to share with you an excerpt from an article by the wonderful organisation *Hand in Hand Parenting*. I love what they offer, and when I read this article, I felt deeply touched. Here there is only space for a snippet. If you want to read the whole article you will find it at:

www.handinhandparenting.org/article/when-another-child-hurts-yourchild/

Imagine you're taking a break at the park, while your child experiments with ways to have fun on the swing. She's swinging on her tummy when another child whom you don't know approaches her and says loudly, "That's my swing!"

Startled, your child just looks, frozen in place. The demanding child walks up and kicks your child in the leg. No one saw it coming. Your child bursts into tears, and you are horrified!

Most articles on aggression focus on dealing with the aggressor. But in every aggressor/victim encounter, both children need help. Perhaps you would welcome a little help too, given the feelings that can flare when another child hurts your child.

Reassure your child that people are good at heart.

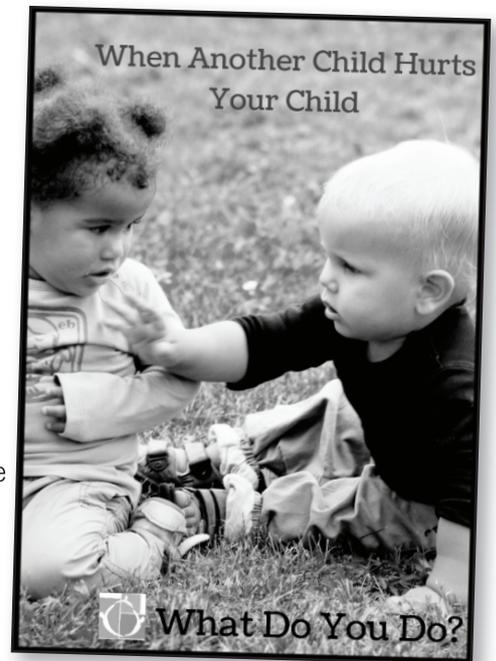
It's not helpful for children, or for us, to be taught that others are bad. It disempowers us. If others are seen as "bad", then they have a condition we can't help them with. We have to defend ourselves against a force that we can't influence.

Here's a more empowering perspective: when people ache for safety, for love, or for the attention they need in order to feel connected, they sometimes lash out because they're frightened. They hurt inside. In short, hurt people hurt people.

This perspective allows for the possibility that someone can figure out a way to help that hurt child to connect more securely with others. You, the parent in a playground situation, may have no solutions at the moment, but if you say, "I'm sure she must be feeling bad today,

or she wouldn't have done that to you," your child has an explanation that's accurate, and her only task is to shed her own bad feelings. She doesn't have to deal with a sense that these situations are beyond all understanding and help. So let your child know, "You didn't do anything wrong. That child didn't get the help she needed today. She had some big feelings, and no one noticed." There is no enemy.

And, I would add, no disempowered victim. I hope this proves helpful!



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Stock Pot



Pat Miller

Game of Thrones has a lot to answer for. The food - WOW! As the weather gets colder I reckon now's the time to get your chops around some stodgy, unhealthy but incredibly delicious food.

Master stock is simply a really long running stock and was (is) the basis of some great dishes long before it came disguised as MSG riddled confections in foil or plastic lined tetra-paks.

Start the stock with good roasted bones. The vegetarian option is equally delicious - use roasted root vegetables as the base. Hey - this is why those huge pots are called 'stock pots'. Cover your stock makings with water; throw in a peeled onion, whatever unenthusiastic vegetables you have, a bay leaf and a couple of cloves of garlic. No salt! Cover the pot and simmer for at least three hours - or all the time if you run a slow combustion stove.

Take the pot straight off the heat and put it somewhere protected from wolves that gets cold overnight. Next morning skim off the fat, remove and discard the well stewed makings then put the pot back on to add the day's contribution. Another trick is to tie the stock makings into a muslin cloth - saves fishing out the bits.

From there, daily, add just about anything - leftover roast chicken bones, the water you cook veggies with, trimmed scrubbed ends of vegetables, herb stalks, even a slop of wine left in a bottle.

If Westeros was home that's how you'd do it.

After a few days ladle out some of the stock as the basis for stews, gravies and soups. Top it up - and keep it going. If you have too much, freeze it by the litre. It's really good when it becomes gelatinous when it cools.

Use in a hearty stew, thick soups, lamb shanks, osso bucco or any other rich slow cooked dish served with mash (made on cream is a treat) with convivial friends, a fire, the occasional wolfhound to wipe your hands on and a chalice of red to keep the heart attack at bay.

www.patmiller.net.au

Computer Technology Update

Louise Bally

A groundbreaking circuit that measures the flow of electric current and retains that memory even when it is disconnected, was first created in 2008, it is called a memristor. Until the memristor, there has only been three types of circuit components namely resistors, inductors and capacitors, but back in 1971 a Berkeley researcher theorized the idea of this fourth type of electronic component, which has only recently become a reality for electronic device designers and manufacturers. The memristor could eventually replace all flash memory and DRAM and possibly even hard drives in future electronic devices, but the real groundbreaking area is in future a computer processing. Memory will be faster and cheaper to produce than traditional flash memory and their small form factor will enable manufacturers to build computers that can fit in your pocket.

The market has been slow to introduce this new technology but recently a prototype chip sporting 8 memristors (image top right) intended for experimentation rather than actual production is available. The future of the memristor in processor development presents a giant leap forward for computing, as they are able to learn, adapt and even repair themselves, emulating actual brain functions. They will be more like a human brain than current computer processors, presenting valuable inroads into robotics, artificial intelligence and it promises to improve on current speech recognition capabilities. By the end of this decade we should see a new range of electronic devices built around the memristor. ■

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Osteoporosis

Judith Magee

Osteoporosis is a condition where decreased bone mass leads to fragile bones. These bones have an increased risk of fracture. In 2008, an estimated 692,000 Australians were diagnosed with this condition and, as osteoporosis is known to be underdiagnosed, these numbers are almost certainly an underestimation. The impact on health and wellbeing as a consequences of osteoporosis is significant and likely to include chronic pain, long-term disability, loss of independence and possibly death.

The business of making and maintaining a strong skeleton for life is complex. Research shows that a poor diet and sedentary lifestyle in childhood will raise the likelihood of reduced bone mass, poor bone integrity and loss of strength in later life, especially if this is continued during the earlier adult years.

As most people are aware, calcium and vitamin D are two of the most important nutrients needed for bone development and maintenance. What is less well understood is that simply supplementing with calcium will not adequately support bone integrity. Blood pH plays a role in regulating calcium. A low pH means the blood is more acidic and a high pH means the blood is more alkaline. Acidosis can lead to numerous serious health issues, including inflammation and is considered a significant contributor to bone loss. This is because one of the major mechanisms the body uses to balance an acid blood pH is the large reservoir of alkalisating minerals contained in the skeleton.

Osteoclasts, responsible for the breakdown of bone, are extremely responsive to changes in blood pH levels. When the blood becomes more acidic, they will initiate the breakdown of bone, resulting in a transfer of calcium from bone to the blood. This breakdown of bone is initially activated by an acidic environment, but can be further stimulated by rising calcium returning to the blood supply. Consequently, sustained high calcium blood levels in a continuing high acid environment, will result in ongoing loss of calcium from the bones. It is therefore both ineffective and potentially very problematic to supplement with calcium without also addressing the acidosis.

Strategies which do build and maintain healthy bones include:

- Weight-bearing exercise.
- Reducing intake of inflammatory foods – poor quality saturated fats, dairy, sugar, processed and refined foods.
- Increase intake of fresh vegetables, essential fatty acids, and good quality protein, super green foods – e.g. barley grass, spirulina, wheat grass, chlorella.
- A daily fresh vegetable juice – carrot, celery, apple and beetroot – will help cleanse and alkalise the system.



- Calcium: Optimal sources include egg yolk, green leafy vegetables, molasses, sardines, and soybeans, sesame seeds ground with flax seeds.
- Magnesium: plays an important role in bone health and works as a co-factor with calcium. Present in almonds, cashews, molasses, parsnips, soybeans, and whole grains.
- Vitamin D: Synthesized by the action of the sunlight on the skin. Present in fish liver oils – cod, halibut, herring, tuna, egg yolk, milk, and sprouted seeds.
- Boron: A trace mineral, which is very important to the health and strength of bones. It is found in almonds, apple, hazel nuts, peanut butter, pear, prunes, raisins, and soymilk.
- Vitamin C: Required in the body to activate the enzyme necessary for the manufacture of collagen – a major component of bone.

Additionally, supplementation with a well put together formulation containing an absorbable form of calcium, plus appropriate co-factors can assist, when combined with effective diet and lifestyle support.

For additional information about this, or any other health issue, contact Judith Magee. ■



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Astrology: Mars in June/July

Paola Emma

After aligning with the Sun and Earth at the end of May, Mars will still shine very brightly in June/July. We are experiencing Mars' full phase, its surface fully illuminated by the Sun, the Red Planet rising in the East as the Sun sets in the West.

Mars has been retrograde since April 17 and will turn Direct in early July (just in time for Australians to cast their vote!). On May 28 Mars re-entered Scorpio, promising an emotional journey for all of us during June/July, climaxing on June 18 with another 'pass' of the Saturn/Neptune's opposition. Events in the world will show the dual and, in all appearances, irreconcilable differences between the functions of these two planets, Saturn's

cold practicality and self-interest versus Neptune's spiritual idealism.

During a Mars retrograde period the need arises for re-assessing the way we assert ourselves or go after our goals, personally and collectively. In April/May the retro-gradation through Sagittarius exaggerated our militancy and self-righteousness in action and interactions. In June it could prove difficult to avoid intensely negative emotions unless we are ready to probe into our own and other's inner dynamics, with complete honesty. Because Mars, during retro-gradation, becomes somewhat frustrated in its desire for action, we must find a way to deal with impatience and anger, and the unspent energy that boils beneath the surface. If our habitual behaviour has created strife in the past perhaps now is the right time to look at the way we usually handle conflicts in our lives. We should not forget however that the negative effects of Mars (retrograde) were compounded in May by the concurrent retro-gradation of Mercury in Taurus, a double act that made it difficult to place ourselves above

situations or to shift our viewpoint. Mercury will be Direct instead during June/July, also moving into the more adaptable Sign of Gemini on June 13, while the Sun and Venus entered Gemini in late May too.

Between May 28 and August 3 all of us are going to feel the Mars effect, but certainly more so the individuals directly aligned to this special phase: those whose birthdays fall, on any year, in Scorpio, born between November 15 and 22; Taurus born between May 14 and 21; Leo born between August 16 and 23; Aquarius born between February 11 and 19; or anyone with Planets/Angles between the 23rd and 29th (last) degree of Scorpio-Taurus-Leo-Aquarius.

July, with Mars still in Scorpio but moving in Direct motion, could be a positive time to put into practice the lessons learnt in the past two months, beginning a fresh cycle of activities with a renewed sense of personal power and focus.

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