

THE UKI NEWS

Issue 75

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

February/March 2014



Pictured above are Youth Environment Council members at the launch of the Platypus Project.

Platypus Project

Tweed Shire Council launched its Platypus Project on November the 8th at the Uki Buttery Park. Over 60 people attended including students from the Uki State School and students from the Tweed Youth Environment Council who spoke passionately about protecting this unique and shy little Australian. Uki elder, Ida Daley also spoke about platypus in Uki and concerns over their future in relation to threats of new dams and weed spraying along waterways.

Uki was chosen to launch the project because we have a well-known local platypus population. More importantly, we have a community with a good track record in environmental action, and a walk along Milsoms Lane to Centenary Park will reveal the good work undertaken over many years to restore native riparian vegetation. Artist Kris Martin was based in Uki in the week leading up

Michael Bloor

to the launch weaving a 4m long platypus out of bamboo and cats claw creeper, an invasive vine weed that can transform healthy riparian vegetation into weed scapes.

Platypus are unique and ancient animals. They evolved in Gondwana with fossils going back over 100 million years. The Tweed appears to be a hotspot for platypus, but we still know very little of their populations here. Council is asking the community to send sighting records in so we can learn more about them and whether numbers are stable or declining - report forms are online at www.tweed.nsw.gov.au/platypus. With better information, we can work with the community and landowners to protect and repair our waterways. If interested in joining a platypus watch survey in Uki or for more info, please contact Matt Bloor on (02) 6670 2580 or mbloor@tweed.nsw.gov.au

Entertainment at the Uki Buttery Bazaar Markets

Sunday February 16th

This month hosted by Neil McLaughlin and Rowena Panesa who make up the duo '**Acoustic Sounds**'. Neil has played many gigs locally & around Australia. Rowena has recently arrived from the Philippines and has sung at cafes and restaurants in Manila. Style is folksy acoustic with many originals and a few traditional songs. Acoustic Sounds will be joined by Murwillumbah's own **Playing Possum**, who have been performing from Brisbane to Ballina and everywhere in between over the past 20 years! The music is based firmly in the Celtic tradition with many Irish jigs and reels. Some of the songs are original and others tell of the Australian experience.

Young performer of the month, **Indigo Collins-Cook** will also grace the space with his unique style of guitar playing.

Sunday March 16th

Rich Bell hosts this month's entertainment and is delighted to combine his three current collaborators **Ioia Gaia, Melanie Spears** and **Lou Van Stone**. The cosmic, the indie and the devotional will interweave around spacious guitar pieces, songs and grooves, creating an atmosphere best described as 'Shunya'. Richard Bell is a long time performer and supporter of original music in the Caldera, hosting 'Songwriters on the Songlines' and various stages at the Ukitopia festival. Young performer of the month is **Reubin Loire**, local singer songwriter with an eclectic style and a bright future. Looking forward to it!

Jake & Sue

From the Editor

What a start to the new year we've had, with some stinking hot weather making life uncomfortable for everyone. Fortunately, we seem to be in a more common summer pattern now, and the garden (and humans) are picking up after some rain.

In this issue we have some suggestions for things you might like to act on this year. The kids are back at school and the silly season is over, so it's a great time to act if you want to improve your health, get more involved in community life, or perhaps sort out your finances. We also have a great article on surge protectors—good advice as we head into storm season.

**Deadline for Issue 76 is 5pm Tuesday
18 March 2014**

Anita Morton

Historical Society News

'100 years ago' ... that sounds like the beginning of a fairy story. But it's not a fairy story; it's the beginning of several true stories. This year, 2014, there are several 100th anniversaries to observe.

The Uki Post Office has been operating from the same building for 100 years. Quite an achievement – the same business from the same building for all that time. I wonder if other businesses in the Tweed Shire can match that record? The history of the Post Office is being documented and there will be a display of photographs and memorabilia later in the year.

If all goes well, the new pub might be open by the end of this year. That will be a chance for a double celebration – to say hello to the new pub and to recognise that a pub has been operating on this site for 100 years.

Two international events of 1914 have had a major influence on Uki – one violent, one a force for peace. The outbreak of the First World War was on 28th July, 1914. Many young men from the Tweed Valley joined to fight and some of them were killed in action. Five of those young men, who are memorialized in the Uki Anglican Church, will be remembered at a special service in July. An Australian Branch of the British Red Cross Society was formed in 1914 when war was declared - and there has been a branch in Uki since 1936. This year, the Uki branch will have the honour of hosting a major Red Cross event to commemorate its history.

If you have stories, photographs or memories you'd like to share, please don't be shy – you'll be contributing to local history.

**Uki & South Arm Historical Society Inc.
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month
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Contact the Uki News

Email theukinews@hotmail.com

Or see the Editor at the Farmers' Market every Saturday morning.

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UKIRA Report

Justine Stratton, President UKIRA

I am going to kick off this year by acknowledging the ongoing efforts of the UKIRA committee – Phil, Lorraine, Sam, Laura, Eddie and Ingrid, you make it easy to be president! Thanks for everything that you do.

I also want to mention Lock the Gate Tweed, who have not slacked off over the summer and are gearing up for a big year as Metgasco returns to the Northern Rivers, emboldened by the new government and their 'open for business' (not open for information) attitude. Ap-

palling decisions are being made regularly by our paid representatives, and it does increasingly appear that if we do not want the mining industry expanding into this region, we will have to keep them out ourselves. I urge everyone who does not support the development of a coal seam gas industry in this region to do something about it. The proposed drilling site at Bentley is only an hour or so from where we live. In the words of Dr. Martin Luther King, 'Our lives begin to end the day we become silent about

things that matter.'

And finally a reminder, we meet the first Tuesday of each month at 7pm, except January, in the room at the back of Uki Hall, you are very welcome to join us.

UKIRA meets on the first Tuesday of each month at 7pm in the meeting/supper room at the Hall. Next meeting 4 March 2014.

Nutrigenomics

Judith Magee

There is much interest within the health community at the potential for highly individualised holistic treatment protocols based on genetic testing. Nutrigenomics is the term used to describe this process, which seeks to identify problems occurring with a nutrient's absorption, metabolism, elimination or biological effect because of some kind of abnormal genetic variation.

One of the most talked about at the moment is the gene responsible for the production of the enzyme methylene-tetrahydrofolate reductase (MTHFR). Genetic abnormalities in the MTHFR gene are currently estimated to occur in around 45% of the population and can lead to compromised production of this enzyme, which is essential for methylation. Methylation is a critical step within the body's biochemical pathways and if not working well can result in many complex biochemical and health outcomes. These include:

- Can progressively effect healthy gene regulation and synthesis
- Difficulties effectively processing toxins
- Compromised capacity to produce and metabolise neurotransmitters
- Difficulties processing oestrogen
- Problems in the production of key immune cells
- Increased susceptibility to inflammatory conditions like arthritis and fibromyalgia
- Recurring miscarriages
- Difficulties metabolising certain types of medications and supplements

Genetic testing, which is simple and inexpensive, can ascertain whether an individual has one of these genetic abnormalities. Knowing this can then lead to an effective and individually designed treatment plan to 'normalise' this essential biochemical pathway, which combined with dietary and gut improvement work, will optimise a return to wellbeing.

This is a fascinating area and potentially of tremendous clinical importance.

For more information, Dr Ben Lynch has an informative webinar and a great deal of other information available on his website <http://mthfr.net/>



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From Bethlehem to Egypt to Nazareth and Uki

John Tyman

At Christmas several cartoonists were moved by our government's hardness of heart to emphasize that Joseph and Mary would have understood the motivation of those who flee persecution in their homelands today, seeking refuge elsewhere. Bethlehem, where Jesus was born, was Joseph's home, but he escaped to Egypt with his family, because his son would otherwise have been killed on Herod's orders. Told later that it would be safe for him to return (and since the Exodus Jews had been less than welcome in Egypt) he discovered that life in Judea was dangerous still and he fled to Galilee ... to Nazareth. These cartoons highlighted obvious parallels between the experience of the baby Jesus, born in a shitty little stable, and those who begin life today in refugee camps: also that his parent's journey to Egypt across sun-scorched deserts symbolized the

dangers faced by those who come to Australia by boat ... not something any parent would attempt without good reason. The obvious difference between then and now, seemingly, was Australia's lack of 'wise men' – leaving many of us thoroughly ashamed, yet determined to make a difference.

I have long been aware of the wealth of artistic talent with which our community is blessed, but from meetings of our Refugee Action Group I know we are also blessed to have an impressive number of compassionate beings who are already, in many different ways, making a difference. I am also sure there are others I do not know of. If you would like to add your name to our mailing list, email me at johntyman2@gmail.com

We are exploring a range of initiatives, the first of which will be to provide recreational experiences here

for groups of young people from refugee centres in Brisbane, beginning in late March. If you'd like to be involved phone me on 6672 8223. Meanwhile you might like to read 'Home and Away' by John Marsden and Matt Ottley. (Matt is the latest addition to Uki's artistic community). Though advertised as a children's book, it will challenge any adult with a heart. It is a role reversal in which a family is forced to escape by boat from their home in an Australia destroyed by war; only for those members of the family who survive the journey to be told when they reach a land where there's 'heaps of space' that there's 'no room' for them, and that they are 'illegal immigrants ... not genuine refugees'.

Rev. John Tyman,
Holy Trinity Church

Uki Sporting Horse

Hopefully we have all recovered from the festivities over Christmas and New Year, the members at UKI SPORTING HORSE ASSOCIATION are keen and raring to race full on into the coming year. We will be holding a small draft on Saturday 15th February with a novelty event in a 'Team herding' competition on the Sunday, we had the same programme for our Christmas party event and the people who attended had a wonderful time and thought the herding competition was great fun. We will be holding a cattle handling

clinic in the next month or so, and also practice campdraft days for schools will be held before we start the serious campdraft season in the cooler months.

Each year we present a 'Clubperson of the year' and this time it is Len Frame from Goolmangar, he was quite surprised (but pleased) to receive it! A long-time member, Len puts in many hours for the club advising on managing events, holding schools and judging clinics and drafts. He is a keen judge at horse shows and campdrafts and is a very successful competitor. We are very

lucky to have such a knowledgeable gentleman to help the newer and less experienced members to increase their skills and knowledge. Contact Secretary Jennifer Kearney for any information or queries on 0411 404 218 or email ukisporting-horse@hotmail.com



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No doubt if you live around Mt Warning you will have seen some very spectacular electrical storms. My own personal (near death) experience was about ten years ago when I was using a corded telephone. A storm was approaching, just a few rumbles in the distance. Suddenly I felt a build up of electrical energy which often happens just before a strike. (It made the hairs on my arms stand up). As I went to hang up the phone there was a massive crack, the lights went out and I saw a meter long flash come out of the handset. I have no doubt that it would have killed me if hadn't quickly removed the receiver from my ear. Paula was upstairs reading the kids bedtime stories (it was ten years ago). The bedside lamps all blew, spraying glass everywhere. Basically any appliance that was on, including pumps, fax machines and ovens was destroyed. What I learned was that if you live in Uki get rid of your corded telephone and do not use electrical appliances in a storm. It is also a good idea to avoid metallic plumbing and stay indoors during storms. Installing surge diverters is also a good idea as they are for your personal safety as well as protecting your electrical and electronic appliances. During storms electrical surges are caused by lightning strikes and branches falling on to high voltage power lines. Voltage spikes measuring millions of volts can cause massive damage to electrical and electronic appliances. They can also cause injury and even death.

Surge diverters are typically installed into the main switch board and phone lines. When a surge happens, they operate in nanoseconds – diverting excess voltage and current to earth. For this to happen effectively the earthing system of your house needs to be in good order. A good earth stake and wiring is required to create a low resistance path back to earth, which enables the surge to go to earth instead of into your house. High quality arrestors correctly installed by an electrician that is specifically trained in this field are very effective.

Most surge arrestors I see in houses are not correctly installed and usually undersized, which means they



may be ineffective. My advice is to install a minimum of 65kA heavy arrestor on your incoming service line, to take the brunt of the surge, followed by an 8kA medium arrestor installed in the switchboard to mop up what the heavy arrestor misses. Both units will need current-limiting circuit breakers to stop the surge from destroying both them *and* the switch board. Finally, it's also a good idea to have a plug-in wall unit to protect electronics such as computers and TVs. This type of system will also protect

against transient spikes and lengthen the life of your appliances. In all you will need to spend around \$360 to get it done to this standard.

Do they always work? There is never a guarantee that you can stop lightning as it travels through air, which is the best insulator. It is worth knowing that surges that come into your house are rarely ever as a result of a direct lightning strike, but more likely the result of lightning striking the power lines hundreds of meters away and travelling back into your house. This is where modern surge arrestors come into their own, as they are very effective in diverting that excess power to earth.

Since installing this system we have had two very close strikes without any problems.

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Julian Fitzgerald has recently moved to the Uki area and, having previously owned and operated his own farming business for over 30 years in Victoria, came to the area with a lifestyle change in mind. Drawing on his past skills and locals sharing a need for prompt and reliable mowing services, Julian decided to establish a new business to service the local community needs.

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Uki Gardening Friends

Seed Saving

Not only should we be growing our own fruits and vegetables, but we should be saving as many seeds from our home-grown produce as possible. And here is a very good reason.

'Today, urea or nitrogenous fertilisers prevent essential amino acids forming in grains, hence lowering protein production levels by between 20 and 60 percent. While superphosphate adds cadmium to soils and crops and reduces the essential zinc levels in food that is truly fit to eat!' - Bill Mollison (Permaculture Institute)

I don't need to convince you of how much better our home-grown is to our health. The next best is to save your own seeds, as the parent

plants have adapted to our area and to the soil, the companion plants and even to the predatory bugs. How much better tasting is that slightly irregular tomato to the one you buy from the supermarket? Next best are the ones that grow all by themselves. They are the ones you should be seed saving, as they have survived the growing ordeals. It is recommended to save seed from the first fruits of the season's crop.

Recently, one of my lettuces went to seed and produced the most delightfully delicate blue flowers, not unlike the blue bachelor buttons. Naturally, I kept the seeds ready to plant out again soon. I have found that lettuces grow better here in the cooler months, so off we go again.

Lorraine Lintern

According to the 'seed savers bible'.....it is wise to start with tomatoes, lettuce, and beans, because they do not cross pollinate. We could start up a Seed Savers Network and share our produce along with the abundance of seeds. Perhaps venturing on to developing our own local varieties? I generally keep my seeds in used envelopes and with stapled down flaps (for the larger seeds), or small second hand bottles for the smaller ones.

The best papaws are the ones that grow up by themselves out of the compost heap. Reason being, that they do like a lot of quality nourishment. As you know, papaw fruits contain enzymes which help digest proteins.

Emotions or Feelings?

What's the difference – and does it matter?

In Business, and in life, it's what's going on inside that really determines our experience of daily life. It's sometimes referred to in the coaching world as the 'inside game'. I recently read a great book on relationships. (It was Christmas holidays so I can allow myself to make time for reading non-work stuff☺). It was the first time I had come across the distinction between emotions and feelings. I had always used the terms interchangeably.

The concept of emotions being unexpressed feelings from the past, whereas feelings are what I experience right now, which are directly related to the present day situation, was new to me.

Present-day situations can trigger my emotions, which are rooted in the past, and are often characterised by a disproportionate reaction to a current event.

That emotions can therefore be toxic to my relationships (life or work), was shocking to me, but however resonated as the truth.

To maintain and deepen all my relationships it's good for me to identify whether what I am experiencing is an emotion or a feeling. The more I can do so, the more I can stay present with my feelings, and manage my emotions separately, and manage my own healing process from the past.

This was one of those 'Aha' moments for me that provided a new insight into life.

Geoffrey Colwill

Now the challenge is for me to apply that awareness to my daily home and work life.☺

I realise that many Uki News readers are more enlightened than me; probably know this stuff already, and are applying it in their daily lives!

However, for others of us, who are less evolved, I felt like sharing my experience in case it may be useful to you as well.☺

For those that would like to find out more I've just found out it's available from the library too:-

- Don't let the title put you off – this is really useful life stuff!

Tantric love : feeling versus emotion : golden rules to make love easy / Diana & Michael Richardson.



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‘Google Inc. already knows just about everywhere you go online, who you socialize with and controls how millions of people operate their Android-based smartphones. And now, the company is about to be able to reach into your home and keep track of how you like to set your thermostat.’ Rex Crum, MarketWatch, San Francisco

Nest Labs is a U.S, home automation company founded by two former employees of Apple, specialising in smart thermostats and smoke alarms. Recent



news of Google’s plans to purchase the company for 3.2 billion dollars, the second biggest deal in the company’s history, begs the question ‘Is this a bid to gain a presence in every private home?’ Smart thermostats collect data about the presence and location of persons in the residence. It has advanced reprogramming functions, and based on data collected it anticipates your every move. Every movement in the room is tracked and recorded; regular routines established and it communicates with the home or system owner via a smart phone. It will alert you to whatever you program it to, such as movement in pre-set areas of your house or garden. They also have the capability to talk to the growing range of household smart appliances including fridges, air conditioning units, media centres, personal computers and handhelds as well as security cameras. Google’s move to purchase the Nest Lab Company has raised questions about privacy and security. Your personal information held by the giant search engine, would dramatically increase to include the private hours you spend at home. *It does make our modern world look remarkably similar to George Orwell’s 1984.* Never before has a company had access to every move we make inside the privacy of our homes. Home owners can record a visitor’s every movement for the duration of their stay, a fact that

could encourage paranoia in certain people, even though they may still find the technology personally useful. The wide range of applications the collected data can potentially be used for or even abused is evident, despite its usefulness to home owners. It is one thing to have access to smart technologies such as this; but another completely different thing for a multi-billion dollar company like Google to have access to collecting hourly personal information from us. Join a thread on the Uki CTC forum if you are interested in discussing this topic: To read more on the subject visit <http://gigaom.com/2014/01/13/> For Computer Repairs, Troubleshooting, Web Design and advice call 02 6679 7006.

Relationship Health

Continued from Page 8) sources, agriculture initiatives, latrine building, skilling in hair dressing and garment manufacture etc are spearheaded by Functional Literacy Groups, Savings Groups and legal rights groups for women. These are changing the face of the country. Our aim is to encourage the local teams. ‘Otherwise Therapy’ will be available in Uki again when we return in March.



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Possum Magic

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A joey (baby possum) will often be rescued from a mother who has been killed on the roads, or maybe found on the

ground, having been dropped after the mother has been chased by dogs. If you find a joey, please keep it warm and quiet and call our hotline on 02 6672 4789. Our dedicated carers attempt to replicate the care and conditions of being raised in a mother's pouch – a cosy pouch, regular feeds of warm milk (specially formulated to substitute for real possum milk – including added colostrum), fresh native leaves and a comforting 'bond' with a new 'Mum'. A possum or glider that is being hand-raised will progress through many stages of development, in each of which it has very specific dietary, behavioural and emotional needs. These must all be met in order to raise an animal that is able to be returned successfully to the wild. In the Tweed, we have Mountain Brushtail (Short-eared), Common

Brushtail and Ringtail Possums. We also have Sugar, Squirrel and Feathertail Gliders. Tweed Valley Wildlife Carers rescue, rehabilitate and release injured adult possums and gliders that have been attacked by dogs and cats, caught on barbed wire fences, poisoned by rat bait or hit by cars. They are treated by vets immediately and usually they are taken into care, generally for short periods of time, to be nurtured back to health.

Our next Orientation for new members will be held in Murwillumbah on Saturday 8th February. To register your attendance or simply for advice or information about possums and gliders, call the hotline on 02 6672 4789 or see the information available at www.tvwc.org.au.

Joining TVWC is a very rewarding way of helping out our wildlife.

Relationship Health

The Encore Years

Retirees are everywhere in Uki: Uki-topia, Ukira, Landcare, Environmental activism, spearheading renewables, SES, Fire Brigade, Red Cross, Rotary, Coast Guard, helping the elderly and more. They are mightily involved with their families and the next generation in schools, sporting clubs, music, markets and spirituality.

We are all familiar with the grey nomad movement energetically exploring our own and other countries and generously offering aid to victims of flood and fire, support for farmers whose fences are down or offering love to orphaned war victims around the world.

The terms 'adolescent' or 'teenager' were only quite recently coined to describe the period between childhood and adulthood. Now people are casting about for a name for the period between adulthood and old age. A writer was recently heard on the radio, proposing: 'the encore years'.

Retirees look back on their well-orchestrated working years with satisfaction. But they are not yet ready to leave the stage. Who knows but that what they still have to offer may outshine anything which has gone before? The audience cannot know what to expect! Retirees might want to consult or advise, to build or write or study. They have skills and ex-

perience and a willing flexibility to give back to society and to keep their minds alive. Their research might still save lives and their creativity now has time to flourish as they take up healthful endeavours in art and technology, in garden and workshop and on the sporting field/pool.

Bryan, my husband and I are about to spend February in Bangladesh with a view to doing this annually into the foreseeable future, offering practical support to a Bengali development organisation. Its many projects, such as training midwives, early childhood education, purifying arsenic-contaminated water (Continues on previous page)

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Astrology

Harmonious or challenging, relationships are the foundation of our experience of the world, and often the best mirror to discover stuff about ourselves, our true emotional needs and psychological motives.

Astrology offers many insightful ways of looking at relationships, with clever, yet simple to apply techniques that can allow us to unravel those inner dynamics making our relationships what they are and attracting us to certain personalities in the first place.

Here are four of these well proven methods:

Fire-Earth-Air-Water, the astrological Elements, showing the basic energetic level that colour our life experience. From those building blocks emanate the 12 Signs, each reflecting its opposite and complementary Sign, indicating the likely psychological projections we may fall into and also the potential for greater

awareness of the essential role we play in the success/failure of our relationships.

The Ascendant/Descendant, symbols of the physical-temperamental aspects of relationships; the Mid-Heaven/Lower-Heaven axis showing how relationships will affect not only our home life but also our career and public image. The Houses of the Horoscope as they describe the circumstances defining our relationships.

The Moon and Sun: Father-Mother; Bride-Groom. These represent the parental projections activated in close relationships: the Moon revealing our emotional-nurturing needs and the way we can best go about fulfilling them; our home making skills or lack of them! The Sun showing our conscious life journey and sense of individual destiny, and the way these will cross the life paths/

destinies of those we love.

Venus and Mars, archetypal Lovers. Eros/Sex; Love/War; Cooperation/Competitiveness. The Eternal Feminine and Masculine, existing in all of us.

Are relationships made in Heaven? Find out in **Four Workshops** to be held weekly in Uki, on Wednesdays, beginning 9 April 2014, in the welcoming venue at 1453 Kyogle road, in the heart of our historical village, overlooking magic Wollumbin.

Eight more Relationships Astrology workshops will be held during the winter months.

For more information on all 12 workshops' topics, cost, concessions please call (02) 6679 4037 – 0407 359 682. Email: moonlivingmmon@gmail.com. Visit www.livingmoonastrology.com. Or come in for a friendly chat at the Old Buttery Bookshop. Limited places, book early.

Paola Emma

The Food Garden

With summer in full swing, now is the best time of year to think about cleaning out your garden shed, giving the tools a scrub down and getting your spare pots and planters ready to house some more living colour. Ants are on the move and they'll be looking for dry places so keeping your potted fruits and veggies well watered will deter them from taking up residence in your growing containers. Potted plants dry out very quickly in this weather so you'll need to keep up the water and/or consider moving them to a shadier location for the time being. It might seem a bit silly washing your garden tools down when you're only going to put them back in the dirt again, but it's important to keep them clean to prolong their lifespan and to minimize the risk of transferring disease, which can occur from a build up of moulds and rotting matter. Cleaning out the shed and bringing some order and cleanliness to your garden is akin with the principles of Feng Shui and will therefore keep good energy flowing in and around your food patch. Now is also a great time of year to get some comfrey root planted along the fence line and around the edge of your veggie bed to help keep approaching weeds at bay and also to feed the surrounding soil.

Vine crops are in full swing at the moment and summer veggies, like cucumbers, are appearing in great quantities in gardens all over the region. Did you know that cukes are one of the most alkaline foods you can eat and they juice really well and will do your body wonders, especially when juiced and drunk with freshly squeezed lemon? I've been juicing whole lemons and cucumbers for some time now and they really do make your skin

glow! The pulp becomes excellent fodder for the worm farm or compost bin, although worms don't like too much citrus. Fruiting vines prefer to be watered at the base of the plant and not on the leaves, as the latter can lead to mildew and wilt. Keep the ground moist and feed the dirt with organic matter rather than commercial fertilizers where possible. Training and trellising your vines will allow air to circulate more freely amongst them and will improve your yield for the given space. Removing fruit before it gets too mature will ensure you get the best tasting selection on your plate, and will also keep your fruiting vines pumping along nicely.

Live to grow!

Shaun Mac



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Soup of the Evening

Anita Morton

Our regular chef, Pat Miller, is away on a sailing trip—so you'll have to make do with me! Here is a tasty soup for serving hot or cold. Omnivores can enjoy it as is, but it can be made suitable for vegans with some adjustments.

Red Lentil and Roasted Capsicum Soup

You'll need:

2 onions

2 red capsicums

4 garlic cloves (or more)

2 tps olive oil

Peel and quarter the onions, quarter and de-seed the capsicums. Throw them in a baking pan with the unpeeled garlic and the oil, toss to coat everything, then bake at 180° for about forty minutes, until everything is tender. Allow to cool.

Meanwhile, take:

250g red lentils

1 L chicken stock OR 1 L water and 200 g bacon bones

2 bay leaves

1 small bunch of thyme

Put it all in a saucepan and bring to the boil. Simmer 15 minutes, until the lentils are tender, then remove the bay leaves and thyme, and the bacon bones if used.

Take your cooled vegetables and rub off as much of the capsicum skin as you can. Pop the garlic out of its skins.

In batches, put the lentils, vegetables and cooking liquid into a blender and process until smooth. Return it all to the pan and reheat gently, tasting to check the seasoning. It may need salt if you haven't used bacon bones, and will need pepper.

If you think its too thick, just add some water.

To serve hot, ladle into bowls and

top with a swirl of yoghurt or crème fraîche. A few fresh thyme leaves can be sprinkled on top.

For serving cold, add extra liquid so it isn't too thick, and make sure you season the soup quite highly, as all flavours are a bit muted in cold food. Eaten cold, this soup is substantial enough to make a meal on a hot night, and can be pre-prepared and frozen if necessary.

Vegans and vegetarians can enjoy this soup by using water instead of stock, and serving with a swirl of cashew 'cream'.



Anita Morton

Oh, No—the Credit Card Bill

Did you get that envelope in the mail last month and not want to open it? Are you starting to pay attention to those 'free yourself from debt' ads on TV?

Money isn't easy to manage for some people, while others seem born with the ability to (seemingly effortlessly) make a buck. I believe your 'money personality' is partly attributable to inherent traits and partly the result of our parents' example. Not everyone had the benefit of seeing their parents saving for large expenditures, prioritizing paying the mortgage, or saving for their future. Some families have always

lived hand-to-mouth, and that includes families with very large incomes, as well as the poorer ones. Income is not an indicator of how 'financially comfortable' you are—control of your expenditure is the key.

I know of people who have had very limited incomes and yet are comfortable in retirement, purely because they made it their priority. Debt was the enemy, as it should be for everyone on a low or part-time income. If you have little money coming in each week, how can you afford to pay the bank for the privilege of borrowing? All borrowed money ends

up costing you extra—how do you think banks make billions in profits? The higher the interest rate, the more borrowed money costs you, and credit cards are generally the worst offenders.

You can clear the debt.

First and most importantly, **stop** putting new purchases on the card. Use cash or eftpos for everything. If you haven't got cash for something, you can't afford it—as simple as that.

While you are paying cash, keep a notebook in your pocket (or note it on your phone) and write down (Continues on next page)

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Can you get enough calories from fruit alone?

Menkit Prince

For the last two months I have been living without a proper kitchen. After reading the book 'The 80-10-10 Diet' by Dr Doug Graham I understood that it is not only possible to get enough calories by eating just fruit and some greens but it is actually the most efficient way to ultimate health.

Before you groan 'How boring' let me explain further. When we eat a high fat diet (whether from animals or plants) the fat stays in the blood for a while and slows down insulin which regulates sugar. When we eat fruit only, the sugar goes into the blood and quickly migrates to the cells for instant energy – perfect for athletes or people working out. The presence of fat in the blood paralyzes the insulin and the sugar stays in the blood feeding the candida that is naturally there (specifically for the purpose of eating up excess sugar actually) leading to candida overgrowth, fogginess and fatigue.

This diet recommends 80% calories from carbs, 10% from protein and 10% from fat. A typical diet is closer to 40-50% calories from fat. No wonder obesity is on the rise! I used to think that 10% calories from fats meant if the percentage of fats (nuts etc) on your plate was less than 10% then I would be all right.

Wrong! You can calculate percentages of calories of each food at www.fitday.com.

How could you get 2000 calories from carbohydrates in an average day? Breakfast might consist of 6 average bananas blended with a cup of water (800 calories), lunch 1 cup freshly squeezed orange juice blended with ¼ kilo pawpaw (200 calories), dinner 125g pineapple, 250g lettuce and 250g cucumbers and 35g tahini (282 calories) and a snack of 300g medjool dates and 250g cucumbers (849 calories).

I'm still struggling with eating such an ultra simple diet (actually closer

to a mono diet) but the payoff of looking younger in the first week and more energy keeps me enthused. For those who are not kitchen-oriented such a diet is perfect as there is virtually no preparation, just a little cutting and washing up at the most. This frees up your time unbelievably.

There is a burgeoning group of people eating 30 bananas a day and using the calories to become athletic and fit (see forum at www.30bananasaday.com).

It may not be for everyone but for those with serious health issues it certainly puts you back in the driver's seat! Hippocrates said 'Let food be your medicine and medicine your food.' Eating a raw (uncooked/unprocessed), organic plant-based diet is probably the best 'medicine' on the planet.

The Buttery Bazaar

Next markets 16 February and 16 March

Oh, No!

(Continued from previous page) absolutely everything you spend, whether it is a couple of dollars for a lottery ticket, the groceries, a power bill, a coffee—everything.

If you are like me, this will prove to be a salutary experience. You will be amazed by how much of your cash disappears on trivial things. As a human, you **need** food, water and shelter, and as much human company as you want. That's it! All

the other things you 'need' are wants, not needs. We want health care, electricity, a car, food choices, education for our kids, a level of comfort in our daily lives. These things are high-priority 'wants', and we reasonably expect them. The problem arises when you start prioritizing a jet ski, overseas holiday, boob job or pedicure.

While you have credit card debt, the debt alone is your priority after the things you really need and the high-priority wants.

All other money—all of it—goes into your card to repay the money. Stop wasting cash on trivial wants. It isn't forever, so don't use that as an excuse not to start. Even the largest debt will gradually be whittled down, and once it is cleared you will have those repayments for other purposes. Paying down other debt, first, if you are sensible and disciplined, and then saving.

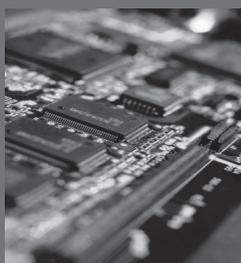
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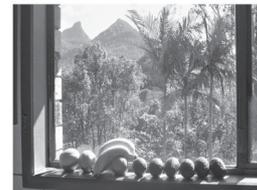
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