

UKI NEWS

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

Proudly Sponsored by the Mt. Warning Hotel

Issue 34 April/May 2007

"The best read on the Tweed!"



Photo by Anita Morton

Help save Uki Hall

by Anita Morton

The Uki village hall is the hub of our community and the venue for many different activities such as indoor bowls, cards, balls, meetings, markets, yoga and martial arts classes. Unfortunately, this valuable community asset is in need of expensive maintenance and repairs, due to a termite attack and the accumulated wear and tear of over a century.

The original hall (now the supper room and kitchen) was built in 1904 with donated materials, on Crown land granted for the purpose by the State government. Community spirit was obviously very strong in those days, as by 1911 the larger hall (complete with stage) was built on to the original building. In 1914 the hall survived a major fire due to fire-fighting by volunteers, and went on to host travelling picture shows, roller skating, dances and community

events through two world wars and all the upheavals of the twentieth century.

Members of the Uki Hall and Recreation Trust are seeking community input and assistance once more. While rents for the use of the hall are sufficient for running expenses, they won't stretch to the necessary repairs. The Trust members are actively seeking a long-term solution to the problem, but would welcome any help from the community in the meantime. In particular, building expertise and fundraising ideas would be most welcome.

So if you are a bored builder, a chippie who needs a challenge, or if you have both bright ideas and lots of energy to put into raising money for the hall, please contact Jayne Parrott on 6679 5004 or Kevin Donaldson on 6679 5041.

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Uki Church Services

Mass at St Columba's Catholic Church 1st Sunday each month at 10am.

Anglican Church Holy Communion 1st and 3rd Sundays.

Morning Prayer 2nd, 4th, 5th Sundays all at 9am.

It was with much pleasure that the Association was able to provide financial support to the Uki Pythons as part of their fund raising efforts for 2007. A donation of \$500 was presented to the Club at their sign on day in early February to assist with the high costs of turning out the Pythons teams in the expanded soccer competition in our district. This was considered to be due recognition of the many Pythons volunteers that work hard to maintain such a high profile for Uki in the Northern Rivers sporting arena.

I was fortunate to be given the opportunity to represent the Association at the Northern Rivers Area Consultative Committee (NRACC) Regional Forum on March 22. This is the body that provides input to Federal Government decisions for grant funding for rural and regional

projects, principally through the Regional Partnerships program. It was through this program that the Association was successful in the original purchase of the Buttery and the subsequent roof restoration. The purpose of the Forum was to establish priorities for NRACC funding for the period 2007 to 2010.

This year the Association again participated in the national 'Clean up Australia' day on March 4. Thanks to the small band of volunteers who came to collect the several large bags of rubbish from within the village and its surroundings.

Finally, many readers would, by now, have noticed that the long awaited installation of the timber sign at the end of Norco Rd (adjacent to the Buttery) is nearing

completion. These public art pieces in six rural villages were an initiative of the Tweed City of the Arts program and will be promoted by the Shire in a tourist brochure as the 'Village Timber Art Trail'.

UKIRA is the Uki Village and Districts Residents' Association Incorporated, a not-for-profit community organisation that provides a forum for residents to discuss and act upon local issues. You can contact President Barry Longland on 6679 5220. UKIRA MEETINGS are held the 1st Tuesday of each month in the Uki Hall at 7pm. Please come along to our next meetings on Tuesday, 1 May and 5 June 2007.

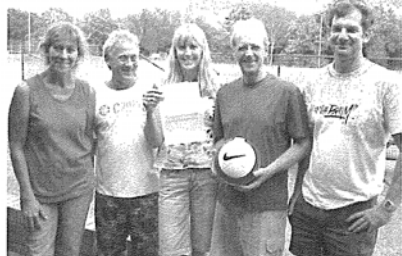
Disclaimer

The opinions and views expressed in this newsletter are the contributor's own. They are not necessarily those of the Uki News nor of UKIRA.

Editorial

Apologies to everyone who has asked me for an extension of the deadline or last minute changes or inclusions in the Uki News—I may have been a bit short with you! This edition has been extremely difficult to put together due to the many demands on my time. Editing the Uki News is crammed into a schedule which includes full-time study, two part-time jobs and my market business. For the last month the latter has been four days a week, so you can see that I am fairly busy. Unfortunately (or perhaps fortunately!) the Wednesday market hasn't received sufficient support from the community and will not be continuing.

The deadline for Issue 35 will be 21 May. That issue will cover June and July, and will be distributed on 6 June. Please forward any changes to ads or community news to the email address below **before** the deadline. Late submissions will not be entertained from now on! Anita Morton



Shown above is the presentation of a sponsorship cheque to the Uki Pythons Soccer Club. From left—Tess Elliot (Pres), Treavor Dooley (Coach), Shirley Ross (Sec), Barry Longland (UKIRA), Egor Reid (Treas).

Who to contact

See the editor (Anita) in person at the Uki Hall market, every Saturday between 8am and 1pm, if you would like to discuss any Uki News business.

Advertisers: All payments must be made to Jeanette Simpson – she will invoice all advertisers directly. Sorry, I can't accept your payment in person. Cheques or money orders to Jeanette only.

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PO Box 141
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Email: uki_news@hotmail.com

Ad rates: Business card size - \$20
Quarter page - \$50
Half page - \$80
Full page - \$150

Village Voices

Loren and his band will be staging a **free** community event at the rear of the Buttery on April 28th. The concert will commence at 5pm with support act, Freya Hanley followed by Loren's band. This will be the official launch of Loren's much anticipated second album and comes at the end of their east coast tour. Everyone is welcome so bring a blanket and refreshments and enjoy a wonderful evening.

Three little donkeys are in need of a home, or long-term agistment. If you have a paddock, with water, that you are tired of slashing, they would be very happy to take care of it for you! The donkeys get on well with cattle and sheep, but not so well with horses. If you can help, please phone Graham Smith on 6679 5066.

The Wednesday produce market in the Uki Hall will not be taking place in future. The Saturday produce market will continue as usual. Thank you for your support!

The Climate Action Group of Uki invites everyone to a **free** screening of the film 'An Inconvenient Truth' at the Uki Hall on 10th of April at 7.30pm. Climate Action Groups are forming all over the country, because what's involved is too important to leave it up to people who are doing it FOR us. It's everybody's responsibility to become educated about it – and the information is out there: every Australian citizen old enough to understand should watch the movie, and it's free.

Cooking Classes to help stop Global Warming
Learn how to make simple, delicious, healthy, earth-friendly recipes (no meat or dairy). Local community classes starting soon - phone 6679 5863.

Uki goes to the Opera House

Congratulations go to the sixteen pupils from Uki Public School who have been selected from a nationwide competition to perform at the Sydney Opera House in July. A fundraising afternoon tea concert will be held in early June in Uki Hall to raise money to pay the costs associated with this exciting opportunity. More details will be published in the next Uki News, but in the meantime enquiries and offers of help can be directed to Julia Hancock on 02 6679 5414.



Photo by Barry Longland

Congrats Mary and Lloyd

Long-time Uki residents Mary and Lloyd Roberts recently celebrated the 60th anniversary of their wedding on 1 March 1947. I asked Lloyd how they met: 'After the war I boarded at the Mt Warning Hotel and there was a beautiful cook there. I had to wait in the queue of course,' but Lloyd eventually beat the other contenders for Mary's hand and a couple of years later the pair got married. Their wedding almost didn't happen due to bad floods that year, but after the ceremony Mary and Lloyd enjoyed a week's honeymoon at Surfers Paradise and Brisbane.

Two years later they moved to the Main Street house they still occupy, a place that is noted for its lovely garden. The Roberts' have won countless Tweed Shire Council competitions and now that all the hard work is done they can sit back and enjoy the colours, perfume and bird life that the garden supports.

Mary and Lloyd had six children, nine grandchildren and four great-grandchildren. I asked them the secret of a long and happy marriage. 'Being stubborn,' was Mary's advice, while Lloyd reckoned plenty of 'living and loving' has seen them through good times and bad.

One of the highlights of their anniversary celebrations was a service at the Catholic church after which John Tyman brought his Anglican congregation along to share morning tea.

Congratulations Mary and Lloyd from all your friends in Uki.
Julia Hancock



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After-school Care in Uki

Did you know that affordable, quality after-school care was available on the grounds of Uki Public School? The Uki Out of School Hours (OOSH) Centre operates from 2.50pm to 6pm Mondays to Fridays during school terms and is open to all primary-school aged children.

The centre is run by qualified staff - co-ordinator Anita Agland is a former primary school teacher with 20 years' experience. Children at the centre are offered a range of supervised activities - both indoor and outdoor - and are also served a nutritious afternoon tea. During 2007, we are also offering coaching in a number of sporting activities - an initiative of the Federal Government to get kids active after school. During first term the children loved their circus and tae kwon do and more activities will be offered in Term 2.

Our OOSH is registered with the Child Care Benefit subsidy, which means families can pay as little as \$3 to \$4 per three-hour session. For information about Uki OOSH, please contact co-ordinator Anita on 6679 5128 during centre hours. Children who travel by bus to OOSH from other schools will be met and escorted to the centre by staff.

Belinda Chayko, Secretary

Uki OOSH Centre Management Committee

OOSH after school hours care 3 to 6pm Monday to Friday Phone 6679 5128

At the 2007 AGM the following sub-branch members were elected unopposed:

President - John Smith

Vice-presidents - Ivan Dusi and Peter Ridgeway

Secretary - Ray Blissett

Treasurer - Ray Blissett



Let We Forget

RSL Report

By Ray Blissett

Hon. Secretary Uki RSL Sub-Branch

The meeting was addressed by the State Councillor for the Far North Coast, Mr Bob Crosthwaite, who gave a detailed report on his visit to Japan last year.

The sub-branch will conduct an ANZAC day dawn service commencing at 4.28am on Wednesday 25th of April. Refreshments will be served in the hall immediately after

the service. 225 Army Cadet Unit will provide the cenotaph guard, and the member for Richmond, Justine Elliott, will be in attendance. All local residents are invited to attend the service and subsequent refreshments.

Earth Hour

7.30pm to 8.30pm Saturday March 31. This opportunity to show your support for action against climate change will have happened between the day the Uki News goes to print and the day it is distributed. Why not check out the website www.earthhour.org to find out more about this event, and to learn what you can do in your own household to reduce carbon emissions. The organizers say that if we meet our objectives during the first Earth Hour, the savings in green house gas emissions will be the equivalent of taking 75,000 medium sized cars off the road for one whole year! Now that's worth doing!

Uki Buttery Bazaar Market Sunday 21st April



BISTRO HOURS

Open for lunch 7 days 12.00-2.30pm

Dinner Thursday to Sunday 6.00-8.30pm

Other Evenings open for bookings of 20 or more persons call 02 6679 5111

WHAT 'S ON

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- Free sausage sizzle Friday & Saturday arvos
- Live entertainment Saturday & Sunday arvos from 1pm
- Happy Hour Monday to Friday from 5-6pm
- "KIDS EAT FREE" Friday night (conditions apply)
- Great NEW POOL TABLE !!!



From left: Julia Hancock and Mary Moody at the Whole Woman Festival event held in Julia's garden.

Clean Up Oz Day

By Julia Hancock

Uki's Clean up Australia Day this year was a huge success, but not because lots of people turned up to pick up the litter (in fact there were only two children and five adults there), but because there was hardly any litter to pick up! Thank you Uki people for not rubbish-ing our beautiful village.

As usual the bulk of the trash comprised beer bottles, soft drink cans, fast food wrappers and cigarette stubs and cellophane. There were also clothes in the nookie spots, bongs in the smoko spots, disposable nappies under shrubs and odd shoes down by the river.

The weekly garbage collections generate a lot of fly-away rubbish, especially on windy days, but the kind-hearted and energetic morning walkers often pick this up on their rounds.

Thanks go to Tweed Shire Council's Waste Management team who collected the rubbish so promptly and village volunteers – the Smith Family, Jim Warburton, Penny Watsford, Barry Longland and Julia Hancock.

Feminist festivities

For the first time in its five-year history, the Whole Woman Festival came to Uki on 9 and 11 March as part of the International Women's Day celebrations held in the Tweed. A series of workshops around the theme 'Living Wellness' included storytelling, psychic powers and feng shui. Denise Greenway had her group alternating between tears and laughter in 'Mirror Mirror' which focused on body image. Mary Moody gave a talk at Julia Hancock's garden in Uki seductively entitled 'The Sensual Gardener'.

Mary was a presenter on the ABC's *Gardening Australia* for 10 years, has written over 40 books, has lived in France, and can now be seen on Channel 9's *The Catch Up* from 1-2pm Monday to Friday. Mary is a natural raconteur and entertained her audience with anecdotes from all episodes of her working life, as well as giving us some good gardening advice.

The festival raised approximately \$4000 for the St Joseph's Charity for Young Mothers. Thanks to volunteers Kara Tupling, Jyoti Windshuttle, Laura Matlocks, Lisa Gair, Lyn Reid, Barry Longland and Julia Hancock. Special thanks to Jenny Porter's art students from Uki Public School who painted some wonderful banners depicting their mothers, grandmothers, sisters, aunts and friends which were displayed in the Hall and Butter Factory.

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The Macfile

Well hello from the keen follower of life's little mysteries and amusements. I have a few to share. I was riding my bike up Mt Coot-tha in Brisvegas the other morning and I heard the unique tone of a bagpipe. Anyone who pays attention to this tripe I write knows that I have mentioned seeing a bagpiper nestled near the Fairfield sewerage treatment works practising. This bloke was in a little pull-off half way up. I had to stop. No, he wasn't the same guy but he proceeded to tell me there are 1000 bagpipers in Brisbane. I guess all looking for

somewhere to blow without pissing people off severely.

I was driving doing a delivery recently and managed to go down the wrong street and get lost. When I looked down at the street directory the street name on the top right that grabbed my attention was Mistake St. Obviously a bit of cosmic chiding.

I want to let it slip but I actually saw a Jesus T shirt at Melbourne airport when last in Drizzletown. It said 'Jesus loves you - but everyone else thinks you're a wanker!!'

My favourite quote of the week comes from a bicycle wholesaler. The firm is Velocity and they have a huge number of what they call Velosophys. This one was number 283 and said 'In the great supermarket of life, may the wheels on your trolley all move in the same direction.'

Cheers till next time.

Red Cross Report

With Joy Armour

A lot of people don't know what the Red Cross actually does, so I'll tell you what we do in our local area.

Some members do Telecross calling. They make a daily phone call to people who live alone - mainly elderly and handicapped folk - to check that they are alright. If you would like to know more about this, ring 6672 6770 and talk to Chris. If she isn't there, leave your name and number and she will get back to you. You don't have to be a member to do this.

We also have some folk who go to aged homes and do beauty care which the elderly people enjoy. We visit people in hospital, doing

the kid's ward as well. Some members knit Trauma Teddies.

There is a Disaster Group, which has been able to help people when they have lost everything in a house fire.

These are just some of the things we do - if anyone is interested in helping or would like to join, our next meeting is in the Uki Hall on Tuesday 24th of April at 9.30am. Come along for a cuppa - you will be very welcome. Our next Appeal street stall and luncheon is on Tuesday 1st of June.

Thank you.



Uki Ball

Thanks to the following businesses and individuals who generously supported the Uki Ball

Brims Coaches, V Bianchetti & Sons, Harding Brothers, Curl up & Dye Hair salon, Uki Store, Uki Café, UKIRA, Peter & Lyn Messing, Uki Post Office, Helen Mills, Kerry Lambton, Uki Butcher Shop.

Thanks to the Judges
Hilda Brulotte and Perri Wain

We appreciate all the help we were given by all helpers. The hall will benefit - many thanks.

Joy and Ida

(The ball took place on 24 March—too late for this issue. Winners in Issue 35. Ed.)

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Buttery Bazaar

3rd Sunday of each month

Contact Kara 6679 9026

The Buttery Bazaar is a great place to catch up with friends or meet the locals if you're new to town. Recently we've been entertained by the joyful Perch Creek Family Jug Band and an array of special local guest musicians, including Marty and Jack. At the next market on **Sunday April 15th**, we'll be blessed by the angelic sounds of **Anahata** with their unique blend of world sounds and sacred earth mantras - and sound by Richard and Tig. Then in on **Sunday May 20th**, we'll feature one of our favourite locals, **Loren**. His beautiful, insightful songs and melodies are loved by many, and we may be treated to some new songs from the soon to be released album 'Slow Burn'. Lots to look forward to! Remember that proceeds from the market go directly back into community projects.

Special Film Screening

'The Gathering - return of the whale dreamers'

At the Buttery 6.30pm on Sunday 15th April (evening of the next Market day), we will be screening this compelling documentary film by filmmaker Kim Kendersley. This is a must-see film for everyone, winner of last year's Byron Film Festival and many other accolades worldwide.

The story of traditional whale dreaming ceremonies from many cultures around the world, the film features well known whale man Bunna Lawrie, Julian Lennon, and special messages from our own Ngarkwal/nganduwal elder Marlene Boyd, as well as other elders from many indigenous cultures. Aunt Marlene recently passed from this world, and her family has granted permission to show this film. Proceeds from the showing will help the traditional custodians of this land, as well as contributing to Aunt Marlene's funeral costs.

Bring a chair or rug and enjoy our beautiful community space on the

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grass behind the Buttery. Come with a picnic or enjoy the famous market pizza and coffee. Admission is \$10.00, or \$20.00 for families.

'til then, love to all

Kara.

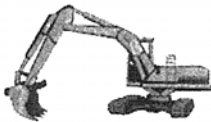
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Friends of Wollumbin

Saturday May 19th, meet at Sweetnam Park, Uki at 10am... this is the day for a long awaited "Grand Tour of Project sites Past and Present."

We have planned an all-day inspection of selected properties to see what has been accomplished in the ten years since the Friends of Wollumbin Inc received our first grant.

At a range of different sites we will hear about the condition of the land prior to rehabilitation, progress made since then, things that have been less successful and the lessons learned thereby, and what could be done even now to enhance processes of regeneration and/or rehabilitation - pooling our experience and expertise (and our food at a mid-day picnic!)

Those active in the FOW in the early days and willing and/or keen to have their properties involved are asked to ring John Tyman on 66795257.

In July we are planning a "guided walk to climb Mt Nullum" after the success last year of our two guided walks. there will be more info soon.

Trish Quantrill

Nightcap update *By Phil Carr*

Tweed Shire Council has advised that 450 submissions were received in response to the advertising of the 'Nightcap Village' Development Application (DA). According to Council planner, Lindsay McGavin, only one submission supported the DA.

Late last year, community opposition to the Nightcap proposal was also expressed in a district-wide survey arranged by the Uki Village & Districts Residents Association. The survey showed that 80% of respondents opposed the DA.

Mr McGavin advised that a raft of issues had been raised in the submissions and that these, along with other concerns identified by Council, had been referred back to the developer. The 'Nightcap' concept is based on a rezoning back in 1987 of 50 hectares of land west of Kunghur, and involves the creation of a village of 400-450 dwellings (up to 1,000 people.)

News of the controversial proposal first broke in May last year when the developer held a community open day to exhibit his plans. Growing opposition led to the formation of the Caldera Residents Action Group (CRAG), which proceeded to conduct letter-writing stalls at local markets and organised a public meeting at the Uki Hall attended by 110 people (according to CRAG's website).

Mr McGavin said that the process of assessing the DA was likely to take many months to complete.

Fire Brigade News

The Fire Permit season finished at the end of March.

Persons intending to light a fire are still required to notify all their neighbours 24 hours prior to lighting up. If landholders have any concerns about doing a burn phone me on 02 6679 9121.

Kunghur 7 Bravo truck, with members Ken Vincent and Kathleen Flower, travelled to Glen Innes on the weekend of 16-18th March as part of the 500 volunteers of Region North to undertake training in general firefighting.

New member, Andrew Readford, has completed his BF (Basic Firefighting) training and is now a qualified crewman of Kunghur Brigade. Senior Deputy Captain Morry Milsom and Crewman James Collins have successfully updated their First Aid Certificate.

The new shed extension has proved itself very useful in theory training for the crew.

For training/meeting dates phone 02 6679 9121. A/H's

Ron Duckworth Captain.

(For information about fire-proofing your home and property, see the article in the next issue of the Uki News. Ed.)

AROMATHERAPY CLASSES

Learn how to heal yourself and family using simple home remedies using highest quality essential oils. We will cover 7 different oils and all the hundreds of ailments to use them for.

Thursday April 26th, from 5.30pm - 6.30pm

Tuesday May 15th, from 1.15pm - 2.15pm

Also fun cooking class for kids: how to make super-healthy Peppermint "chocolate". They make and take home.

Thursday April 19th, from 2pm - 3pm

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1 hr \$40 (initial consult.)

45 mins \$30 (repeat consults)

1451 Kyogle Road Uki

Birdwatching

by Doug Davidson



Crested Pigeon (*Ocyphaps lophotes*)

Often locally (and incorrectly) called the Topknot Pigeon, which is the name of the considerably larger fruit-eating pigeon covered in the May 2006 issue.

The Crested Pigeon has become quite tame when living on farms and around homesteads. In many parts of Australia they can be seen on roadside verges and grasslands where they feed mainly on exotic weeds and seeds with a small percentage of insects. On farms they are often seen in and around pigpens, horse and cattle yards and fowl pens. They can be easily coaxed into feeding on wheat or other bird seeds scattered on paths or similar cleared areas around houses.

In sparsely settled districts they are shy and wary. Although they are usually seen in groups of five or six, they often gather in large numbers in bushes near a waterhole. When flushed, they rise with a loud wing clatter, but seldom fly far before alighting on a bare branch to look back at the intruder. Their flight is swift and direct, with rapid wing beats interspersed with periods of gliding on extended wings. Upon alighting they flick the tail high above the body for a moment.

Identification: Length 31-35cm. A grey pigeon with a slender black crest. Wings barred black, bronzed green-purple wing patch edged white. Tail longish and dark grey. The eye is orange with a black pupil, surrounded by a ring of bright orange-red skin.

Distribution: Most of mainland Australia except the top of NT and Cape York south to Townsville. Also absent from Victoria, Tasmania the South West of WA and inland deserts.

Nest: a frail platform of twigs in a shrub or tree up to 5m. Eggs: two oval, white and glossy. They breed mostly in spring and summer.

Enjoy your birding.

Fundraising success

The World's Greatest Shave fundraiser for the Leukaemia Foundation was a huge success this year. A function organised by Deb Burke at the Mt Warning Hotel raised \$3,184, which will be divided between the Foundation and the Australian Cancer Council. Deb would like to thank the Mt Warning Hotel, Uki Café, Uki Guest House, Blissmongers Collective, Mama Aum, Keoki Nursery and Starlight Healing, as well as all the Uki locals who dug deep to help this worthy cause. Seven brave people, including Deb, shaved their heads on the day, and many others coloured their hair.


Uki Public School also took part in the Greatest Shave, organised by teacher Natalie Elliott. Over \$2,000 was raised from parents and the community – another great fundraising effort. Thanks to all in the Uki and district community for your support for leukaemia sufferers. The World's Greatest Shave has raised over \$2.7 million so far this year.



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The Buttery Uki Ph: 6679

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A computer with a view ... aka Vista

by Robert Harrell

Well I suppose by now you all realise a new operating system from Microsoft has reached our shores. After years of development and promises we have Vista.

Vista has been developed to give us what we have always wanted....Provided you upgrade your computer and empty your bank accounts.

After much thought, I bit the bullet, shelled out a whole heap of dosh to see what all the fuss was about. Boy what an adventure! As usual the system has been delivered full of bugs and requirements that will most likely cause you to throw out

some of your favourite programs and hardware. Before you buy, a word of warning; download the Windows Vista Upgrade Advisor from Microsoft to see if your programs and hardware are supported by Vista. Be ready for a shock, a lot of old hardware and programs will not run. Not to mention cracked software (naughty naughty). But otherwise it's a beautiful looking system, lots of eye candy (bit like Bondi Beach) and very secure, for now anyway. But you really need one hell of a beast to run it to its full capabilities. Dual Processor, 4 Gig Ram, huge hard drive and a

beast of a video card are the needs. There are five flavours of Vista. Most of them have upgrade versions, which actually work very well and of course are much cheaper. Student packages are available. Even cheaper in the USA, through E-Bay. Safest way is to buy a new system with Vista already installed. So go mad and spend your kids' inheritance...more about Vista next time - when I've settled down with it.

Robert Harrell
INIT Computer Services
02 6679 5589

Historical Society Notes

The Migration Heritage Project research phase has ended, and the consultant historian is currently writing text for a small publication. Once ready, the publication about migration to the Tweed will be printed and launched with a community event designed to bring those who have been interviewed, and others of migrant backgrounds, to the fore.

Despite negative rumblings in the press from a few 'squeaky gates' about the siting and design of the proposed Tweed River Regional Museum at Flagstaff Hill, Tweed Heads, most people spoken to are in favour of the whole idea. Grants have been sought from different sources for the Museum Building and Development Program and the community will be approached for monetary support. More on that will be released at a later date.

A consultant with expertise in this area will speak at a working group meeting regarding the setting up of a Foundation and Friends Group.

Even though we have been involved with the Museum and other projects the Society is still busy with Uki and South Arm matters.

New member, Penny Wadsworth, was made welcome at

our last meeting. We hope Penny will find our Society an interesting group and devoted to preserving our history.

Meetings are held in 'the office' on the second Saturday morning of the month. Mary Lee Connery is at the office on Fridays.

Helena Duckworth
Phone 02 6679 5890.

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Beware the 'X' Factor

by Judith Magee

First identified in 1988 by researchers at Stanford University, 'Syndrome X' (SX), also called 'Metabolic Syndrome' is a term used to describe a group of abnormal metabolic conditions in the body, which predispose the development of many of the key diseases in the Western world, including obesity, high blood pressure, diabetes and heart disease.

Central to SX is insulin resistance (IR) — i.e. a growing lack of sensitivity by the body's cells to the hormone insulin, which is released by the pancreas after eating foods that contain carbohydrates. In a healthy body, insulin acts as a chemical 'escort', transporting the digested carbohydrates (known as glucose) from the blood into the cells for use as energy. Once the cells' energy needs have been met, any excess glucose is then converted to glycogen and stored in the liver and muscles, ready for quick conversion to meet extra energy needs. Finally, if there is still

glucose remaining in the blood, insulin will then trigger its conversion into storage as fat — as far as the body is concerned, you never know when a famine is coming and it likes to have lots in reserve! In a state of IR however, the cells progressively lose their ability to respond to insulin. This has a range of complex consequences throughout the whole body, but simplistically:

- ◆ The body struggles to meet its cellular energy needs
- ◆ More and more of the glucose present in the blood gets converted and stored as fat.

In addition, the pancreas releases more and more insulin, trying to get the glucose out of the blood, which acts to both exacerbate the reduction of cell sensitivity, plus stresses the pancreas.

So where does it all start to go

wrong? Simply put, our body is not designed to cope with the typical Western diet — high in processed, refined carbohydrates and simple sugars. This type of diet results in quick, excessive blood glucose 'floods', which in turn trigger excessive insulin release. Over time, a little like the loss of sensitivity that sustained, excessive noise can cause in our hearing, the body's cells become more and more desensitised to insulin.

How do we fix it? This can be complex, individual and will often require help from a health professional, but will *always* include the need to choose better food — more complex, nutrient rich, whole foods, containing a good ratio of carbohydrates, proteins and good fats.

Insulin resistance *is* fixable, and will result in enormous short and long-term health benefits — make some better choices — NOW!

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Finding a pot of gold

On an October morning a couple of years ago, my wife Sandra and I were off to do some bush walking. On the way we called on a good friend who just happens to know some beautiful spots in the Border Ranges. With very little persuasion, John got in the vehicle with us. On arriving at our starting place and still 2 hours from our destination, I commented to John on a rainbow high up in the mountain. His response was 'that's about where we are heading.'

It wasn't long before we were all pacing it out and I started thinking, 'no wonder I like bush walking, the mind unwinds and the eyes wander from the track ahead to the tops of the magnificent trees and everything in between.' After 2 hours we reach our goal, a rock outcrop and cliff where a range of orchids call home. Here in the shaded areas *Sarcophilus fitzgeraldii* and in the full sun areas *Sarcophilus hartmannii* try to grow but it was sad to see crofton weed

smothering them. (It's a shame there isn't any Government funding like Dune Care for this neck of the woods). As we looked around for any flowering plants we realised that most had been trimmed by the local wallabies, so there wasn't much to see in flower. However, I did find five or six pieces of *S. hartmannii* on the ground, thanks to the wallabies. Knowing that these pieces would die if not rescued, I put them in my backpack and didn't think of them until our return home. I potted them up and to my amazement most of them flowered next spring. As you may know, *S. hartmannii* has a white flower with a red centre, but one of them was white with a clear yellow centre. This was a one-in-a-million chance, so it just shows you there is a pot of gold at the end of the rainbow in one form or another. You just have to know where to look!

Don Capner

Uki Garden Club

Perfect planting

It may be a long time before Tweed gardeners have a better opportunity to plant winter vegies, trees and shrubs. The soil is still moist from good rain this year, the bite has gone out of the sun, absence of strong winds and days with overcast conditions offer the best start for young plants. Try carrots, broad beans, peas, cabbages, kohlrabi, leeks, cauliflower, rocket and lettuce.

Planting rainforest species seem to be many people's favourite outdoor activity at the moment, and don't forget residents can volunteer at the Shire's Catchment Nursery in Smith's Creek Road on Fridays from 12-3pm and learn how to grow your own from seed. It's easy and it costs nothing. Andrew, Beau and the Council team are very generous in sharing their considerable knowledge of local species and always appreciate a helping hand in the nursery.

Julia Hancock



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The April-May period is Earthy Taurus' time. What is it astrologically that distinguishes the Earth Signs (**Taurus, Virgo, Capricorn**) from the others? Here are a few key words: "Physically Earth gives a solid, sensual body, with inborn knowledge of what brings comfort and a sense of wellbeing. A rigid, pessimistic mental/emotional attitude can impair health, as can inhibitions which stop one from enjoying physical fulfillment and relaxation. It is important to become more fluid and supple, and to accept the healing touch of other human be-

ings. **Emotionally** Earth is cautious and reserved in its display of emotion looking for quality rather than show. It can achieve emotional contentment. But feelings of security often come from a sense of being in control. Slow to feel but constant. It can become emotionally unsympathetic, a bit cynical, inclined to exchange material comfort for emotional fulfillment. **Mentally** Earth is deliberate, reliable, with a very retentive memory. It can achieve great concentration, creating a solid picture in its mind eye. It needs to see causes and

effects and strongly relies on tradition. It is mostly interested in practical subjects. It can be a very subtle, profound, methodical mind, but, negatively, intolerant and rigid. Earth expresses **spirituality** by non-attachment to material possessions and physical relationships. There is a well developed sense of duty and desire for selfless service. Earth values traditions, rituals and ceremonials, and also purity. Earth's bias is to be more sensible, realistic and practical than others". Happy autumn everyone!

fortunauki@yahoo.com

Sick religion and the perversion of faith

by John Tyman

Recoiling almost daily from television reports of yet another atrocity in Iraq I fail to understand the justification for any and all such suicidal massacres. For members of any faith that acknowledges God as Creator and the Source of Life, to take life in His name (never Her name for obvious reasons) must surely rate as an obscene perversion of the perpetrator's professed beliefs. Those political (and usually tribal) activists who masquerade as 'fundamentalists' usually deny the fundamentals of the faith they claim to uphold. And this goes for Christians as well as Muslims, Jews, Hindus etc.

I long to hear a spokesperson for my Muslim brothers declare that there is no way a suicide bomber will be rewarded by a ticket to Paradise and a seat at Allah's right hand. But I also remember praying without success during the war in Bosnia, that the patriarchs of the Catholic Croats and the Orthodox Serbs would threaten with excommunication anyone who slaughtered their Muslim neighbours.

Years before that, during the civil war in Lebanon, I can remember wincing with shame every time I read of the exploits of the 'Christian' forces, as I could see nothing 'Christian' about their warfare. As a Christian, I believe, I could be called upon to give my life to save that of another but never to take the life of someone else.

In time of war some (but not all) of us may feel justified in taking up arms in service of our country, but this is not some-

thing we can excuse as an act of religious devotion. In matters of faith, surely, what counts is not what you say you believe, but how you actually live. And it is scarcely fair to attribute to God actions which He/She would repudiate.

In the words of the song by Holy Near: "I ain't afraid of your Yahweh, I ain't afraid of your Allah, I ain't afraid of your Jesus: I'm afraid of what you do in the name of your God."

The Rev'd Dr. John Tyman, Holy Trinity Church, Uki

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Gallipoli - The Turkish Experience

An Australian War Memorial travelling exhibition of photographs and relics, showing the events of Gallipoli from the perspective of the Turkish people.

Lawson Menzies Indigenous Masterworks Collection

Key paintings created in the 1990's by Kimberley artists, including Rover Thomas, Queenie McKenzie, Freddy Timms and Emily Kame Kngwarreye, continuing until 17 June.

FREE PUBLIC PROGRAMS:

Sunday 22 April 2 - 3pm

In conversation with private collector David Cinis and Adrian Newstead, Senior Aboriginal Art Specialist from Lawson Menzies.

This is a speaking duo one does not get to hear from very often. David Cinis will give us an insight into his love for art and his private passion for collecting, while Adrian Newstead, shares his knowledge of Aboriginal art in general and highlights specific works shown in the Indigenous Masterworks.

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I Remember by Mary Roberts

I remember lots of good times in our hall. Our civic fathers had the right idea when they built the first hall. In their wisdom, they realised that growing communities require a common meeting place – a place of neutrality. Before the hall was built people would congregate at one another's houses. If you didn't like Mr So and So, it was difficult to visit there. The hall was for everyone. It was a meeting place for various organisations and was widely used.

The favourite for the young was dance night, along with the various balls. One got really dressed up, and a good orchestra would play. At one time the hall was used for roller skating – imagine what that would do to the floor! Touring picture shows would make spasmodic appearances, and the hall would fill up with people eager to see the latest Tarzan, or Nelson Eddy/Jeanette McDonald movie. In the early days, a lending library was held on Wednesday afternoons and was well patronised.

Concerts and fancy dress balls were yet another attraction, as well as end of school concerts, bazaars with cooking competitions, lucky dips, and baby shows. Boxing matches were held on Friday nights, and square dancing when that was trendy. On Thursday nights the women would play bowls, and we all made sure that nothing interfered with that night! Before the supper room was lined, winter nights would be freezing cold, so we would wrap up with footy socks, scarves, gloves and lots of jumpers – not a good look. Some nights we would light the copper to generate a bit of warmth. The hall was lit with acetylene gas. Out the back was a tank, into which was placed carbide to make the gas. The copper was outside too, and was boiled to make the tea for supper. Eventually the supper room was lined and the copper put inside. Now, we have electric urns and a stove – even a microwave – to do the job, and the hall remains, just as busy today as then.

Kaye's Kitchen

By Kaye Wilson



SPICED DATE AND HONEY LOAF

(98.3% fat free)

- 1 cup water
- 2 cups dates, chopped
- ½ tspn bicarb soda
- 2 eggs, lightly beaten
- 1/3 cup honey
- 1/3 cup orange juice
- ¼ cup firmly packed brown sugar
- 1 ½ cups SR Flour
- ½ cup Plain Flour
- 1 tblspn mixed spice
- 1 tblspn brown sugar, extra

Grease a 14cm x 21cm loaf pan, line base with baking paper. Combine dates and water in saucepan, bring to boil, simmer 5 mins, remove from heat. Stir in bicarb soda, stand 5 mins, add eggs, honey and juice to cooled mixture. Stir in sugar and sifted flours and spice, put in baking tin, sprinkle with extra brown sugar. Bake in moderate oven (180 C) for approx 1hr 10mins. Let cool in tin for 10 minutes before removing.

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