

THE UKI NEWS

Issue 72

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

August/September 2013



Award for Post Office

Peter and Lyn Messing and their staff have added to their 'usual' awards (the stack of monthly award certificates on the top of the pigeonholes) by taking out second place in the Northern NSW division for Licensed Post Offices. This is a huge area that covers hundreds of LPOs, so well done to Peter and Lyn and all the staff—not that we needed any proof of the excellence of our Post Office!

Now they've been runners-up, they are determined to take the top prize next year, so they have added yet another service to their operation, and can now take all the ID photos you might need, to passport standard. So if you need a photo for an ID card, passport, etc and don't want it to look like the one on your driver's licence (arrgh! Mad Siberian prison guard!), drop in to the PO. They can get it done any time there are two people on duty—one to immortalize you, and one to do everything else.

Is this you?

Letter to the Editor

Here's hoping that the nice young couple who moved from Melbourne and live in a converted garage open-concept 2-bedroom place on Rowland's Creek Road read the Uki News. I gave you a ride on July 26 (Friday) into Murwillumbah and then back to Uki. I didn't realize until I got home that you left two bags of groceries in my car. While I remembered some details about where you lived, I had no memory of the number of the house along Rowland's Creek Road if in fact you mentioned it. I did try to track you down through asking a couple of folks I know along Rowland's Creek Road and checked the post office. No luck, so...

I'm happy to repay you for the dog rolls and have kept the other stuff you left in my car as they are non-perishable. If you read this and know (or are) the couple involved, please pass this message on to them. Call me at 6679 5322 and I'll make arrangements to get you the \$\$ and the non-perishables back to you.

Failing contact, I'll donate the food to folks through the Village store hamper.

M. Sims

The Buttery Bazaar

Next markets 18 August and 15 September

Entertainment @ the Uki Buttery Bazaar Markets

August Andy Holm is a multi award winning musician who also composes music for film. He just released his 13th album 'Byron RE-Mix'. He is an amazing multi-instrumentalist and will leave you feeling quite awestruck!

September The Deva Tree are new musical 'locals' to the valley, their inaugural performance was much enjoyed at Cabaret 360 this year. Genre defying, deeply touching, soulful contemporary folk music - The Deva Tree will help you see the world in a different light, and set your toes to tapping. Enjoy.

From the Editor

Well, here we are again, with Issue 72 of the fabulous *Uki News*, marking twelve years of publication. This feat is only possible with the support of our columnists and loyal advertisers—thank you to everyone for supporting **your** community news!

Suggestions for additions to the paper are always welcome, but we've also come up with an idea ourselves. What do you think of a listing of local small businesses in a simple, one-line format, going in every issue? We want to create an opportunity for very small businesses or businesses that don't see the need for one of our (very cheap!) display ads. It will be an alphabetical list of names and numbers, or whatever you want that will fit in one line, and will cost a very modest sum for a year's listing. If you are interested, please email me at theukinews@hotmail.com and let me know.

Anita Morton

Contact the Uki News

Email theukinews@hotmail.com

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

Advertising

Business card size \$25

Quarter page \$55

Half page \$90

Full page \$175

All advertisers will receive an invoice. Advertising revenue helps fund the Uki News.

Disclaimer; Opinions and views expressed in this newsletter are the contributors' own, not necessarily those of the Uki News nor of UKIRA.



Neighbourhood Watch.

To contact your **local Neighbourhood Watch** please email ukineighbourhoodwatch@yahoo.com.au. For information, alerts and all the latest updates please visit **Uki Neighbourhood Watch** on **Facebook** www.facebook.com/ukineighbourhoodwatch. For further information see: www.facebook.com/TweedByronLAC, www.facebook.com/eyewatch.uki, and .tweedneighbourhoodwatch.org.

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ATM Update

You may—or may not! — have noticed that a new ATM has been installed at the Uki Takeaway. Unfortunately, Council's requirements for engineering reports etc have meant that the idea of putting it in the outer wall has had to be abandoned as just too hard, so the ATM is available during the takeaway's opening hours, not 24/7. This is a big improvement on no ATM at all!

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UKIRA Report

'Twas a dark, wet and windy winter's night in the village, nothing but the rustle of camphor leaves broke the silence out on the street. But from the back room of the hall a light shone. Inside a small group of dedicated citizens were doggedly going through the motions of an AGM. Sadly, our president of 5 years – Sam Quint, resigned. Happily, he will continue as Coordinator of the Uki Markets and also remain a committee member. Other committee members are Ingrid Delacey and Eddie Roberts and office holders are; Phil Carr Treasurer, Laura Mat-

tocks Secretary, Lorraine Lintern Vice President and yours truly is now the president.

Over the past 12 months, the residents' association has continued to support the community with donations to a range of groups including; The Pythons Soccer Club, the Uki ball, Ukitopia Arts Collective, Uki Kids Club –OOSH and Uki Public School Sydney Choir.

Recently we made a submission to the State Government opposing its white paper and draft changes to planning laws. Should these changes be legislated they will dra-

matically water-down environmental protection and greatly reduce the voice of community in the planning process. In short it will become more difficult for residents to stop unwanted industry like Coal Seam Gas or to challenge planning decisions. We felt it was important to speak out on behalf of residents and oppose such changes.

We welcome Julie Hitchens to the buttery as our new tenant in Shop 10 – access is from the back steps. If you haven't checked it out already, Julie's collection of furniture and old wares is well worth a look.

Rise of the Uki Pub

Nearly six months after the Mt Warning Hotel was destroyed by fire, the owners want the Uki community to know that they are 'pushing as hard as they can' to have a new pub built as soon as possible.

Part-owner Kim Watson, who with her husband Brett also runs a hotel in Coutts Crossing, said they hoped that the Uki community would support the Development Application (DA) for the new pub once the DA is lodged with Tweed Shire Council. However, with assessment of the DA alone expected to take at least four months, it is unlikely that building will commence before Christmas.

Initial plans for the hotel drew a mixed response at a community meeting in March, but Kim said that a heritage architect had since been engaged and a team of consultants was now putting together the DA. Because Uki Village lies within a

Heritage Conservation Area, special heritage provisions will apply to the pub's DA including the need for a heritage impact statement.

Kim said that a 'tree doctor' had also been engaged to prepare a report on the large Hoop Pines standing in the old beer garden.

The publican, Geoff Brown, has been working with insurance, Council and health authorities in an attempt to set up a temporary watering hole on-site, but Geoff said that there are many hurdles making him not confident of success. Meanwhile, on Saturday afternoons a courtesy bus is available to take thirsty locals to and from the River-view Hotel in Murwillumbah.

With many other Uki businesses suffering not only from the pub tragedy but also from the closure to the Mt Warning walking trail in January due to cyclone damage, Uki residents are now encouraged more than ever to 'SHOP LOCAL'.

Phil Carr

Justine Stratton, President

What to Do...

On Saturday 27 July a number of people came in to the Farmers' Market in the Hall to complain about the event the previous night. Please take note—the Glo dance and other night events have **nothing to do with us**.

We can't do anything about it. In fact, no one can do anything about it after the event.

If you are disturbed by noise, people fighting, drug taking/drinking in the street, cars parked across your access etc, then **phone the police**. The number for Mur'bah station is printed in the Neighbourhood Watch article opposite. The police will do very little unless they get a couple of calls, so don't be shy. You have the legal right to the quiet enjoyment of your home, so if you are being adversely affected by someone else's party, phone the police.

Anita Morton



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Sydney calling... Although we live in this amazing caldera, Sydney still continues to beckon the students of Uki Public School. Once again, Mrs Vikki Armour has succeeded in preparing our school choir to the necessary standard to be selected to sing in the NSW Festival of Choral Music at the Sydney Opera House in October this year to join in with 700 other students to sing. This is a true testament to the excellence in teaching and dedication of both staff and students. She is also still joyous at the news of former students from Uki School, Taylah Dusi (clarinet) and Phoebe Wood (trombone), also gaining selection into the NSW Junior State Wind Band. They are 2 of the 54 students selected in this

band made up of the most talented students from around the state to perform on the Opera House Stage. Well done! The Uki P&C and our wider community are proud of you and all the achievements of our amazing students.

We are very excited to be increasing the available technology for our students. Our P&C are also excited to be contributing half the cost for the purchase of our new mini iPads. This will not only allow the students access to state of the art resources but also help assist those with speech, hearing and learning difficulties to work alongside their fellow peers in a classroom environment. The educational opportunities are endless.

Please also be aware that our Kindergarten Transition program for students commencing school in 2014 has been revamped. Transition will involve the kids coming into our school for a 6 week program every Monday, commencing on 28 October, at no cost to families. The kids will get to experience all that school offers and get a chance to really familiarise themselves with how a school day runs and participate in a huge range of wonderful activities. This transition program is aimed to better prepare the kids for their start in Kindergarten in 2014, to alleviate any nerves and ensure they get the best start to their education. Information sessions for parents will also be included at this time. Please make sure you contact our school office on 6679 5128 to register your child to be included in this transition program as numbers are limited.

We are quickly filling our calendar with fundraising events including BBQs, lamington/pie drive and our Family Fun Day. These are always a good chance to meet and greet other parents and families in our community. We have an open door policy and welcome new families to experience the joy of education, creativity, music, sport and sense of community here at our beautiful village school.

Sonya Dusi Uki PS P&C President

LifeLine

The LifeLine sales will be held at Uki Hall on 15 August and again on 31 October. Be quick to grab a bargain!



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People often ask me what vegetables I'm growing and one of my favourite responses is to say 'I don't grow veggies, I grow soil' and that's not too far from the truth these days. Through a process of watching, learning and listening I have come to realize that there is not much point throwing seeds around if the soil hasn't been cared for first. So if I grow the soil then the soil can grow the veggies and the more I learn about growing soil the more my veggies grow up to be nice, healthy and strong, not to mention full of flavour. By far the best way for the backyard gardener to grow good soil is via composting; a term which most people are familiar with but not everyone understands what's involved or just how easy it is. I now have several different compost piles that I grow for different parts of the gar-

den. Composting is a process of recycling materials such as food scraps, leaf litter, straw, cuttings, and grass clippings. The general rule of thumb is to match the amount of green waste or wet materials you add to your compost with dry waste or brown materials. Tea and coffee grounds, comfrey leaves, urea and nettle all help to increase the amount of nitrogen in the compost heap, as do animal manures. Egg shells, hair, newspaper and tissues are also good additives that break down well. Meat is not. If you use a compost bin choose one that opens at the bottom and sits on the earth so the soil organisms can enter and help break it all down, otherwise start your pile on the ground and let it decompose there. Put it in a sunny spot away from tree roots that will try and feed

on your pile. The heat will help it break down quicker and will also help destroy any weed seeds. Keep it moist in dry spells and dry (with a tarp) in wet spells. Never recycle any materials that have been chemically sprayed and don't use manure from animals that have been wormed because it's the worms that will do the bulk of the work in breaking down the material to a nice, rich, fragrant, free powerhouse of soil nutrition. Turning your compost pile with a fork every few weeks helps to aerate it and this allows all the micro organisms to break it down quicker. It generally takes a couple of months. Then just lightly dig a layer of the compost into your garden bed and you'll have beautiful living soil, ready for planting in spring. *Live To Grow!*

What Snake is That?

Tweed Valley Wildlife Carers – **Hotline 02 6672 4789**
For many people, a snake is a snake and that's all they need to know – it has to go! But with a little accurate information, we can all co-exist with our scaly sidekicks. If you suddenly come across any snake (which has poor vision), standing still will usually see it slither past, minding its own business. If the snake does not move off, slowly walking backwards away from it is the best option to take. Snakes are secretive, solitary creatures, and don't want to confront humans, who are their predators. If you discover a snake in your house, isolate it in the room by closing the door and putting a towel underneath it, and call the Tweed Valley Wildlife Carers.

Many snake behaviours are misinterpreted as aggressive, such as tongue flicking ('smelling' the air), raising the front part of their bodies off the ground (getting a better view of its surrounds) and flaring parts of their

bodies (when they're scared, this makes them look bigger, so the threat will leave them alone).

In the Tweed we have approximately twenty species of snakes, of which only a handful are considered common and listed here. Identifying the species, by noting several key indicators, is the key to making a decision about what to do.

Non-venomous

Coastal Carpet Python – *most common*, nocturnal, distinct head, good climber, brown/cream/black patterns on body, thick body, often live in sheds and roofs

Green Tree Snake – diurnal (day-time active), good climber, distinct yellow belly, can range from blue, silver or green to almost black

Venomous

Brown Tree Snake (aka Night Tiger) - *very common*, venomous but not dangerous, nocturnal, good climber, distinct head, black 'tyre-tread' banding, found in roofs

Yellow-faced Whipsnake – venomous but not dangerous, common in rock & sleeper walls, diurnal, doesn't climb, distinct yellow patch around eyes

Eastern Brown Snake – dangerously venomous, diurnal, doesn't climb, brown/silver/greenish/rusty coloured

For advice or information about snakes in our area, look at the fact sheet at www.tvwc.org.au or call the hotline. If you'd like to become involved and make a difference to the wildlife of the Tweed, call the hotline today.

Next Orientation Sunday 10th November – book your place now.



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Geoffrey is not only fantastic with MYOB selection and training, he is great at understanding our situation and providing insightful, practical suggestions which have enabled us to work more effectively. I highly recommend his services to any small business.

Willow @ Andy's Removals, Murwillumbah

6679 4231

geoffrey.colwill@findhorn.cc



It's that time of year again – Tax Time!
+which MYOB programme do you choose?
+New taxable payments for those in the building and construction industry

I am not a tax agent, but it is a great feeling when you do things

in good time, and you can tick off the list something that needs to be done by a certain time. So why not get things sorted now and feel great! Most of us need to put in a tax return and if you're thinking of starting up a new finance tracking system, this is the best time to do it.



Remember, if you are preparing your own tax return, it is due by **31 October 2013**.

If you do your own tax return why not try lodging on line with e-tax?



More information

For more information and to download e-tax, go to ato.gov.au/etax

I often have people asking me to set up the **MYOB software** they have just purchased.

Frequently they have spent more than they need to for their particular situation.

The wide range of products on offer start at \$29/month and go up into the \$k's.

Follow this link and compare the different programmes, which are internet and/or computer based, and now come with bank feeds and many other time saving gizmos! www.myob.com.au/ then click 'go' and then 'compare'

Payment is mostly by monthly subscription these days but there are some versions you can still buy outright. If you're still unclear, I provide a free phone advice service to help you find the best fit for you and your business, and to help ensure that you spend no more money than you need to.

Finally if you're in the **building and construction industry** look at this link and check with your accountant about whether you need to comply with the new Taxable payments reporting from 21 July or later. <http://www.ato.gov.au/Business/Building-and-construction/In-detail/Taxable-payments-reporting/Taxable-payments-reporting---building-and-construction-industry/> Have fun at tax time!

All the best

Geoffrey Colwill - the MYOB man from Uki

Iyengar Style Yoga Classes with Mark & Paula Cave



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Wednesday 6:00pm - 7:30pm
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Mark & Paula Cave 02 6679 5999
Mark 0419 001 001 Paula 0429 999 807

Did You Know?

The Mt Warning Hotel opened in 1914. The original licensee was Fowler Askew, grandfather of Joy Armour.

New President for Ukitopia

Chris Liddell of Digital Tao Studios, has stepped up to head Ukitopia arts collective.

Under Natascha Wernick's dynamic five year presidency, Ukitopia has grown and developed, nurturing and supporting hundreds of local artists, musicians, writers and performers of all persuasions. With an unparalleled focus on community via workshops and priority shown to local artists, Ukitopia fills a unique niche in the Northern Rivers arts community – a niche Chris is keen to see continue and strengthen under his leadership.

Natascha is delighted, 'Chris has the passion, energy and interest in the Arts and the Uki community, essentials for taking on this role as president. I am thrilled he has taken this role'. Natascha will remain involved with Ukitopia as a committee member and producing the ever popular Cabaret 360 shows. Meanwhile she is event-managing 'Reach for the stars' The BEATS, Business Excellence Awards Tweed Shire.

Chris hopes to continue Natascha's outstanding legacy and add his particular skills in the area of Film, Sound and Digital technologies to the vast talent pool of Ukitopia Arts Collective.

Tennis on the South Arm

'Midginbil residents have issued a hearty invitation to the residents of the surrounding districts to the opening of their new tennis court. The ceremony is to take the form of a picnic. Tennis players in Uki are wondering if it would not be a good line to follow suit.' (Northern Star, 6/10/1913, p.8)

By November 1913, Uki was following Midginbil's example. 'On Wednesday night a meeting was held at Uki; having, for its object, the foundation of a tennis club. It was decided that one should be formed and the membership fees were fixed at 10s 6d gents and 5s ladies.' (Northern Star, 3/11/1913, p. 8)

In comparison with 21st century peo-

ple, the earlier residents must have had plenty of stamina and an enthusiasm for the game. The work of dairy and banana farming was onerous from early morning throughout the day. Yet they had the energy to build numerous tennis courts and to play tennis in their free time.

Tod Faulks remembered in 1986:-

'There was nearly a tennis court wherever they had a flat bit of ground.' He mentioned playing at Byrill Creek, Mount Burrell, Kunghur, Midginbil, Terragon, Commissioners Creek, Uki, McCollum's (Braeside), Smith's Creek, Rowland's Creek and Chowan Creek. Doon Doon had 3 courts.

Betty Brims of Uki remembers walking from Uki to Hazelwood Road, Smiths Creek and to Braeside to

play tennis, then walking home again. She said, 'It was good fun, we walked along, singing all the way.'

In 1952 the South Arm Tennis Association built a tennis court next to the Uki Hall. The following year, lights were installed, partly funded by the proceeds of the Tennis Ball that had raised 55 pounds. The current residents of Uki must feel grateful to these early tennis enthusiasts because the land was available to be converted to the well-used park next to the hall.

Uki & South Arm Historical Society
Office Open Fridays & Market Sundays

Meetings - 2nd Saturday each month, 10am
All welcome

Tissue Salts

At the end of the 18th century, German Homoeopath William Schuessler isolated twelve mineral salts in the human body. Schuessler concluded that these twelve substances formed the basic building blocks of the skeleton, blood, nerves, muscle and other tissues of the body and were essential for healthy metabolic function. Calling them 'Tissue Salts', he concluded that a lack of any of the twelve potentially resulted in a range of signs and symptoms.

Readily available from most health food shops and pharmacies, Tissue Salts are an effective, inexpensive and 'user friendly' branch of Homoeopathy. The table shows the main indications for each. For a more detailed description or assessment of the Tissue Salt you most need, contact an appropriate health professional.

Ski Yoga Magic

If you always wanted to join us for the most amazing week of snow fun (25 to 30 August) **now** is the time to book. With the generous help of our sponsor we are offering discounted trips of up to \$300 off the advertised price for students in need of help.

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Judith Magee

1.CALC. FLUOR	Elasticity Salt Useful for chronic relaxed conditions, where tone and elasticity is lost eg varicose veins, haemorrhoids
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4.FERR. PHOS	First-Aid Salt, Oxygen Carrier Early stage of any acute disorder, to help onset, anaemia.
5.KALI. MUR	Blood Conditioner indicated for sluggish conditions and second stage of inflammation with white discharge.
6.KALI. PHOS	Nerve Nutrient. Nervous system disorders and exhaustion, 'brain-fag', tension.
7.KALI SULPH	Skin Salt Chronic skin disorders, epithelial scaling, yellowish or greenish discharge from any of the mucous membranes.
8. MAG. PHOS	Nerve Relaxant, Anti-Spasmodic cramping, darting, shooting or spasmodic pains, muscular twitching, cramps, and chronic hiccups
9. NAT. MUR	Fluid Balancer, Water Distributor indicated for chronic oedema, tendency to dehydration and essential for proper digestion.
10. NAT. PHOS	Acid Neutraliser jaundice, colic, gastric disturbances and headaches, inflammatory conditions, regulates consistency of bile
11. NAT. SULPH	Water Eliminator Facilitates removal of toxic fluids
12. SILICA	Toxic Eliminator indicated for pus formation, or infection - abscesses, boils styes, tonsillitis, It can also breakdown and help eliminate the build up of inflammation, induration or foreign objects (<i>NB -contra-indicated where there is a necessary foreign object - eg pace-maker, artificial hip, etc</i>).

Times of 'Inter-Faith Dialogue' in our church have led us to consider the nature of the relationship between different religions. The Hindu multiculturalist Ramakrishna (1836-86) declared that they were simply different paths up the same mountain, in pursuit of the one god. Recently the American writer Huston Smith suggested that it was possible to climb life's mountain from any side, but when the top was reached the trails converged. 'At the base, in the foothills of theology ... religions are distinct ... but beyond these differences, the same goal beckons.' It's a nice idea but, sadly, it simply is not true. The world's religions do share many ethical precepts but they diverge sharply in both doctrine

and practice.

The idea that the self-same god awaits us at the summit is wishful thinking and also ignores the fact that not all belief systems require faith in a god! We are all on a journey: and the only things of which we can be certain are birth and death. The purpose of religion, surely, is to make sense of life in between. In place of Ramakrishna's mountain, I suggest life is a track and field event ... a long distance trek. We have little or no idea how it will end - though some of us believe they are retracing steps taken in a previous life. We are traveling in lanes of our own choosing ... defined by our beliefs. We are not in competition with one another. There will be times

when we walk side by side and times when we are far apart. I cannot tell other human beings how they should walk their walk, but they can see how I progress; and I can observe the ease with which they travel ... and, may be, we will be able to help one another along the way.

The notion of religious tolerance presupposes differences ... and what we need today is not a warm fuzzy idea that the world's religions are one big happy family, but a realistic view of where they clash and where they can co-operate ... for the sake of generations yet unborn.

Rev'd John Tyman,
Holy Trinity Church

Garden Club

Fuchsias- Did you know that fuchsias were first discovered in America by a German Priest? He named them after a German botanist, Dr. Charles Fuchs, hence the name. Although some of the more hardy fuchsias will withstand full sun, most require a shaded position during the hottest part of the day. They prefer a slightly acidic free draining soil, so be sure to use rich manure or compost when planting. They love our humidity, and pots will do best sitting on a pebble base surrounded by water. Fertilize with slow release granules which will give a constant supply of nutrients. 'Hula Girl' is a beautiful large double, with a deep rose pink tube and a white corolla shaded pink at base. My favourite is 'VooDoo' a large double with short tube and long wide sepals

in a dark red and deep purple corolla- a real stunner with high visual impact. There are literally hundreds of species and hybrids. Along with my many other favourites, fuchsias would have to be on top of the list.



Celeriac - 'with its gnarled exterior and hairy roots, celeriac looks like something Bilbo Baggins might have in his lunch'- Maggie Beer quote, but so apt. The best position is in a moist bed that receives at least half a day of full sun (great for us north-

erners). Plant in soil that has been forked over with compost and a little sand added to break up our clay. Allow 30 cm between each plant. As the root develops and becomes exposed, remove side shoots but keep the soil hilled up around the roots. They like a little boron and you should add a small amount of trace elements when preparing the soil. Harvest in 120 days, when about 10 cm in diameter. Dig up the whole plant and cut off the leaves. Slice thinly or grate for a salad, or lightly steam or wok fry, adding a dab of butter, salt and pepper. It belongs to the same family as parsley/ parsnip/celery and the flavour is a bit like all three. Spring is nearly here, and I can almost smell my freesias.

by Lorraine Lintern



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Larrikin Cookin'

Pat Miller

After sailing the Round the Whitsundays Yacht Race recently one of my best mates and I cooked for the skipper and crew. As always it was a collaborative effort with whatever was fresh and good at hand. **Fancy Pants Lamb** was born. It's marinated lamb seared and served with an olive sauce.

This makes you look great until everyone works out how easy it was. Just make up some secret cooking bollocks and you will get away with it.

You need:

- Lamb medallions cut about 2cms thick (or a bit less), two per person
- Pitted kalamata olives
- Good extra virgin olive oil
- A splash of shiraz (we found a geriatric bit of verjuice in the cupboard so that went in too)
- A good squeeze of lemon juice and a couple of strips of lemon rind
- Red onion (chopped)
- Fresh garlic (finely chopped)
- Fresh rosemary (just strip off the leaves and throw them in)
- Mesclun lettuce (or any leafy greens really)

Then:

- You simply combine everything except the olives and mesclun / leafy greens to make a marinade for the lamb. We let the lamb have a bath while we enjoyed a few beers with the crew. An hour is plenty. For the marinade too.

- Put a little oil in a heavy skillet and get it really hot – until the oil is just smoking. Don't use extra virgin olive oil for this; rice bran or even canola has a higher smoke point.

- Fish the lamb medallions out of the marinade and sear them for two minutes per side maximum depending on how thick the lamb is. You want the lamb just pink at the end of it all. Don't overcook them – they keep cooking when you let them rest for a couple of minutes.

- While this is happening chop the olives.

- Take the lamb medallions out of the skillet, cover and keep warm.

- Pour the marinade and lamb juices into the hot pan. It smells sensational!

- Cook until thickened, stir often, remove the lemon rind strips (they smell great but taste awful) and add the chopped olives. Carefully adjust the seasoning – the olives are already pretty salty.

- Serve the medallions on a bed of mesclun with the sauce spooned over the top.

- Tart it up with some fine slivers of red onion, a grind or two of black pepper and a few rosemary leaves.

My mate made a mushroom and asparagus risotto to go with it (easy too!). With a decent shiraz or pinot grigio, we had a hit on our hands.

Happy cooking!

Pat Miller

www.patmiller.net.au

Uki Gangster Casino Night

This event was held at the Sports Club to support the Uki Soccer Club and all bar takings went to the Uki Sports Club. Both of these clubs used to receive sponsorship from the Mt Warning Hotel.

The night was a great success with everyone who attended having a great time. It was good to see Brownie and Lexie there.

The casino fun night dealers were a huge hit, teaching all the punters how to play properly. It was difficult to tell if the Black Jack or the Texas Hold 'em Poker were the most popular, both tables seemed pretty crowded by the end of the night with everyone vying to break the bank and take home the beer fridge.

There were some *interesting* dance moves to the great

Lorraine Ratjens

sound of the fantastic Jason Kafoa (one of our soccer dads, who kindly donated his time on the night).

Thank you to everyone who helped on the night, and those people who donated time, money, gifts, and prizes as below:

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Sitting at a computer for hours at a time every day can have a detrimental effect on your posture over time, even causing illness, so it's important to set up an ergonomic workstation. Modern students spend many hours a day at the computer, both at school and at home, and growing bodies are especially susceptible to damage from incorrect posture.

Body Positioning

Investing in an ergonomic office chair with adjustable seat height and back angle can be a good start to creating your ergonomic workstation. In the correct position, the chair should allow for a natural seating posture, keeping your head in line with your torso and your shoulders and arms in a comfortable position. Both your back and feet should be supported and you might also need a footrest.

Positioning the Monitor

Monitors should be in line with your eye level or a fraction below, ensuring

that your neck is not strained. It should be at least 20 centimetres away from your eyes. If you use dual monitors, it is better to have them side by side, rather than one above the other. You should be able to comfortably look at either monitor without moving your head.

Keyboard Placement

Keyboards should be placed on the desk directly in front of you, a forearm's length from your body. Wrists should be straight and wrist pads can offer further support. Choose a keyboard that is designed with ergonomics in mind. There are slightly curved keyboards on the market that make typing easier. Use a document holder and place it between the keyboard and monitor or beside the keyboard.

Lighting

Your office should have good lighting that does not throw glare onto the computer screen. The keyboard should be sufficiently lit so that you can easily find your function keys

and use shortcuts. Some modern keyboards are back-lit.

Regular Breaks

Computer work often requires sitting in the same position for extended periods of time. Every hour you should stand up, stretch your legs and arms and especially focus your eyes on something else other than the monitor. Focussing on the same thing for long periods can cause eye strain and sight deterioration. Regular breaks will reduce damage, improve your concentration and refresh your memory.

Laptops

You can have a good ergonomic workstation using a laptop, as long as it is positioned on a desk and not on your lap. Putting laptops on your lap can expose you to dangerous radiation over time and also increases the risk of the laptop overheating from inadequate ventilation. Never place a laptop on a bed unless it is on a tray or heat mat, as there is a risk of it overheating and starting a fire.

For computer repairs, tune-ups, data transfer and backup, virus and malware removal and website design and implementation contact desktopdoc on 02 6679 3835 for an appointment.



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How to Survive Winter Eating Raw Food

Greetings! For those who like to eat vital, live foods, rich in enzymes, nutrients and life force here are some tips that have worked for me over the years.

To warm cold food:

1. Pour 5cm water in a saucepan. Bring it to the boil and turn it off. Place a plate with food you want to warm over the top, making sure the plate is slightly bigger than the saucepan so that it is balanced. Leave it for about 5 minutes so it warms through. If it's still not warm enough, bring the water to a boil again. Food can get quite hot this way, depending on the thickness of the plate, so keep checking it. Be sure never to use plastic plates with this method as boiling water releases carcinogenic plasticisers into the food. Glass, enamel or porcelain work well.
2. Use a double boiler method i.e. put a small container in a larger saucepan that has a quantity of boiled water in it (i.e. the reverse of the above). The water should come to the level of the food in the small container. Leave 5-10 minutes. The previous method is more powerful as you trap the steam.
3. If you have an Excalibur dehydrator, remove a tray or two to create space and place the plate on a (continues on next page)

Nelson Mandela, charismatic leader, Nobel Prize winner and father of democratic South Africa, turned 95 on the 18th of July 2013.

Mandela was born a Cancerian, his Sun degree partaking also of the qualities of Pisces (Sun's Decan). Cancer gives Mandela a sound sense of family and country, connecting him to the cultural traditions of his people. Pisces' influence has helped widen his sympathies to include individuals of all beliefs and 'race', helping him also to accept grievous personal sacrifices. Mandela's Moon is in Scorpio, adding willpower and charisma to his personality, but also creating power struggles in personal relationships. The Moon's orientation is also problematic (the Twelfth House), often manifesting as restrictions and powerlessness against great odds. Traditional astrologers, like Ptolemy (90 -168AD), who wasn't in the habit of mincing words, called it the House

of 'Imprisonment and Self-undoing'. Mandela knew what he was doing in challenging a despotic government, but he did it anyway.

The Sagittarius Ascendant reveals his public role as 'guru' to countless political activists. Sagittarius is the Sign of freedom-loving/visionary individuals and truth seekers who possess a talent for teaching and even preaching. Mandela's cry for freedom and the end of apartheid were not just political statements but universal calls to redress injustice and uphold human rights. This Sign has also helped Mandela to remain positive and focussed on his goals even when it seemed that all hope was lost (27 years of incarceration, 1962-1990!). The degree ascending is in close alignment to the Galactic Center, the physical/spiritual center around which the whole solar system is revolving.

Jupiter is in Cancer, a particularly suitable place for the father of a na-

tion, close to Pluto, all symbols of the power he yielded over the destiny of millions.

Mercury, the planet of writing and sharing of ideas, is with Saturn in the creative Sign Leo, in the sector of philosophy and publishing. Mandela's 1990 autobiography, 'Long Walk to Freedom', sold more than 15 million copies worldwide. Mars in Libra shows Mandela to be not so much a fighter but a man of peace and a mediator, able to shake hands with the very same people who incarcerated him, with the unselfish aim to reconcile the different factions that make up South Africa. The Mid-heaven in Virgo shows that his true calling has been to be of service, helping others in practical, down-to-earth ways, a goal that he has certainly achieved.

Paola Emma is seeking Astrology apprentices for regular workshops to be held weekly in Uki from Friday 13 September. Contact 66794037-0407359682-moonlivingmoon@gmail.com-livingmoonastrology.com

(continued from previous page)
mesh tray at 105 degrees Fahrenheit for 5 – 30 minutes (depending on the food). With a greens salad, 5 minutes is enough so the greens don't wilt. For thicker, chunkier food you may need up to 30 minutes. This method works well for thawing out frozen cake slices. These techniques have the advantage of warming the plate too.

Other tips:

- * Sit in front of a heater/fire or in full sun while eating cold food. It won't feel so cold.
- * Drink warm herbal teas instead of room temperature water (which is colder than body temperature).
- * Add warming foods like fresh

grated ginger, cayenne, spices to your juices, smoothies and soups (for a list of warming/cooling foods see <http://www.raw-foods-diet-center.com/warming-foods.html>). Remember that fruits are cooling, especially when they come straight from the fridge!

- * Do aerobic exercise e.g. jogging, rebounding.
- * Dress warmly and take hot water bottles to bed.
- * If desperate, soak hands or feet in very hot water for a few minutes. If you have better ideas, email me earthlove@essentialoilcookbook.com. Happy eating and stay warm!

Menkit Prince

Rail Trail Proposal

A group of interested locals is circulating a petition calling for the Casino to Murwillumbah rail line to be converted into a rail trail. These have proved very popular overseas with walkers, cyclists and riders. The full length of the line is 132km, and it passes through numerous small villages, leading to likely economic opportunities for the residents, while also serving the purpose of providing low-impact tourism activity and also preserving the rail corridor in case rail becomes viable again in future. If you are interested in signing the petition or helping in other ways, contact Geoffrey Colwill.

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