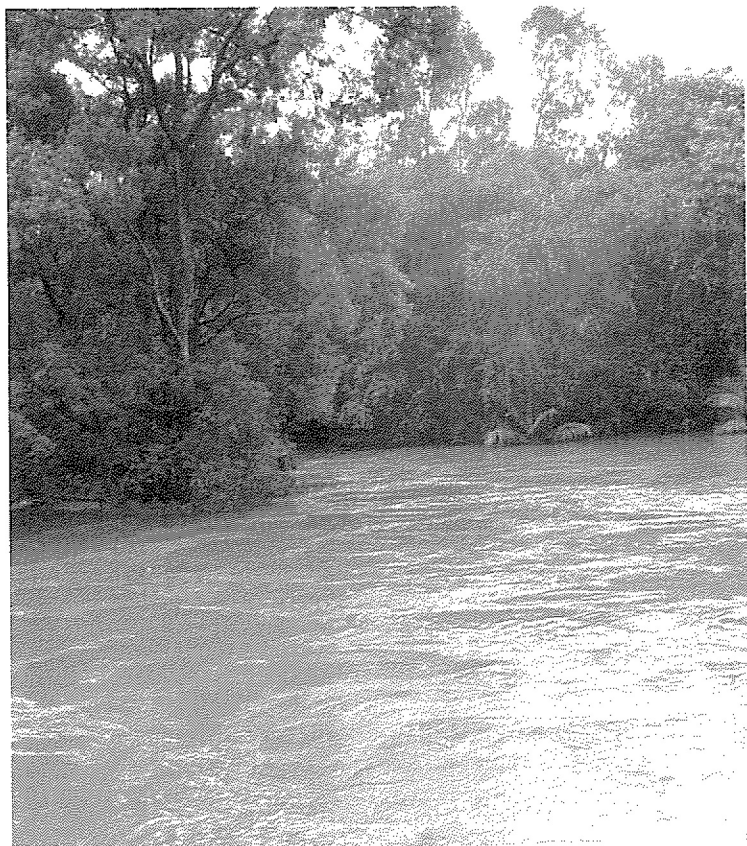


# THE UKI NEWS

Issue 69

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

February/March 2013



## ***Wet, Wet, Wet!***

Okay, so we've come through another soggy 'rain event' without major problems like those afflicting Bundaberg and the Clarence valley. Nevertheless, some people have been cut off for days without power or phone, access to emergency services or necessary supplies. I hope everyone had sufficient lighting, drinkable water, and either food that was ready to eat or some means of cooking that didn't rely on mains electricity.

Amazingly, Uki was one of the first areas to be brought back on line after the power outage. There's a first for everything!

With the outage and road closures affecting both your knackered-after-cleaning-up Editor and the printer, it is possible that the Uki News will be a little later than the usual first Wednesday of the month.

Sorry about that.

And as we keep chopping up fallen trees, scraping up landslides, and trying to get the phone line reinstated, remember; stay OUT of flood water, check if roads are passable BEFORE you leave, and BE PREPARED with supplies for an emergency.

## ***Uki Community Food Initiative***

***Will James***

Have you ever really thought about the standard model of food consumption we currently live under? You know, the one where we hop in our cars and drive some distance to a multi-national supermarket, load up with perfectly formed cucumbers and fine Italian flour along with a smorgasbord of international processed goodies that have already travelled further than most of us will in a year - even if you're a truck driver for Woolworths!

The very food chain that we rely upon for our survival is exactly that, a chain that keeps us tethered to a way of life that can't be sustained and is currently under enormous strain. Fossil fuel reliance, insecticides, monoculture and climate change are just a few signs that per-

haps there is a weak link in this current model.

If you'd rather buy brown rice from Casino and vegetables grown in local soil then you can now become a link in your own local food chain by supporting The Uki Community Food Initiative.

A committed group of Uki residents has decided to change the way we obtain our food. We've come together to create a group that can source, buy and grow staples and fresh organics within our community at a competitive price.

Our local organic growers can begin to rely on a steadily growing market for their produce, reducing their food miles in delivery and your food miles in collection.

We also have a community garden /

farm share initiative under way that will enable people already growing at home to become involved and allow the community at large to own and control its food supply.

This is a rapidly evolving project and is being carried on a ground swell of enthusiasm and commitment from within this unique little town. The more people who get involved the greater the scope of produce, the cheaper it is and the more self-reliant we become as a community. Simple really!

For more information and details on how to participate you can contact Natasha from the Uki Community Food Initiative at -

[ukifood@gmail.com](mailto:ukifood@gmail.com)

## From the Editor

Are you a regular reader of the Uki News? Perhaps you just pick it up and browse, now and again. What do you think about it in general? How about particular writers or particular articles?

Our regular writers would be very happy to receive feedback from our readers, so if you have anything at all you'd like to say to them (or to me, as editor) feel free to email [theukinews@hotmail.com](mailto:theukinews@hotmail.com)

I'll pass on any messages to the relevant person.

Also, if you have any local news or upcoming events, please contact me—giving as much notice as possible. The News is published six times a year, early in February, April, June, August, October and December.

**The deadline for Issue 70 (April/May) is 5pm  
Tuesday 25 March.**

Anita Morton

## Contact the Uki News

Email [theukinews@hotmail.com](mailto:theukinews@hotmail.com)

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

## Advertising

Business card size \$25

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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.

## Uki Pythons

We may be still in the middle of a hot summer, but the football season is just around the corner, and the Uki Pythons are preparing for a big season in 2013. Training has already begun for the senior men, with the women and juniors still enjoying the final few weeks of the off season.

The Pythons bowed out in the semi final in 2012, and memories of that defeat will provide plenty of motivation for the boys as they work hard and prepare for round one in 2013. The Pythons are planning sign-on days for players of all ages on the last two Saturdays in February at the Uki Sports Ground with a further sign-on day to be held in the middle of the same week near the Uki Public School.

Everyone is welcome at the Pythons, and the club is particularly looking for players for the senior

men and under 16 boys' teams.

The work that goes on behind the scenes is so important for all sports clubs, and at Uki we have been blessed with some fantastic people who have given up their time, and worked hard to make the club successful. This year, the Pythons welcome back Clay Myler as president, who takes over the reins from Karen Mitchell. We'd like to thank Clay for coming on board, and also to thank Karen for all of her hard work and effort in the Club President role.

The Uki Pythons are proud to be a part of the local community, and to provide social and sporting opportunities for local people. We'd like to invite everyone to come on down and be a part of the beautiful game at the Uki Sports Ground in 2013.

**William Child**

## Vale Robert Harrell




I was shocked and saddened to hear of the untimely death of Robert Harrell, sometime contributor to the Uki News. Readers will remember his writing on computers – he always had an opinion and was never shy about expressing it! Bob died very suddenly, unexpectedly and far too young.

Many locals will, like me, have been rescued from their computer difficulties by Bob and will remember his calm competence with great gratitude. He was always able to fix the problem. Bob set up his computer


business so that he could work from home while his children were young – he wanted to be there for them as much as possible, as he felt that he had missed out on time with his own father.

People will also remember him for his quirkiness and for his love of ocean sailing, which he was able to indulge right up to the end of his life. Although Bob had some rough patches in his life, you may be happy for him at the end; he had found a promising new relationship. Unfortunately, he had far too little time to enjoy it. My sympathy goes out to his family and friends. Robert Harrell wrote his own farewell to readers of the Uki News in Issue 63, and I've reprinted excerpts on page 6.

**Anita Morton**



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Historically, UKIRA does not meet in January; it is the sleepy summer recess, when we shelter from heat and rain and Buttery business. But not this year - 2013 has started as a busy one.

Locally, there are now three shops becoming vacant in the buttery. This is quite a significant change to manage, and also, a great opportunity for some new local business people. See the notice for more details if you are interested.

Another step in the ongoing quest to improve access around the village has been achieved. Our request for a disability parking space in Norco St. was approved at January's Council meeting. Approval has been given in the full knowledge that dur-

ing Buttery Bazaar market days, this space will be occupied by market stalls, therefore requiring a temporary disability parking space to be established on these occasions. The space should be marked out by the end of February.

We have made a submission to council regarding changes in the 2012 draft LEP. This was due the proposed reduction in environmental protection shire-wide, which is an important issue for all Tweed Residents.

### Commercial Space For Lease – Uki Central

Two commercial spaces will soon be available for lease in 'The Old Butter Factory' in the centre of Uki Village.

The spaces would suit a range of potential options such as – massage, photography, various artistic endeavours or other retail uses.

Shop 8 is elevated in a mezzanine style and is approximately 40 square metres whilst shop 9 is approximately 160 square metres and has a range of configuration options.

For further information please email Ingrid at [emailingrid@gmail.com](mailto:emailingrid@gmail.com)

### A Wildlife Challenge

During 2012 our TVWC hotline received over 150 native animal-related calls, and we accepted nearly 100 animals into care - **from Uki alone!**

It's great to see so many members of the public contacting us so we can assist an animal who is in distress, injured or orphaned. But just think about what happens after a call is made to the hotline.

There is an injured bird which has been attacked by a cat, for example. It needs to be rescued, transported to the vet, taken into care for several weeks, medicated, treated and fed daily, until it is rehabilitated and released back into its habitat.

Or we get a late-night phone call from a distressed person with an orphaned wallaby or possum joey rescued from mum's pouch after

she has been killed by a car. This tiny creature needs feeding every three or four hours (yes, through the night, too) and constant monitoring while she sleeps snug in her substitute pouch. She is hand-raised for months and socialized with members of her own species, and is taught how to catch or find her own food and stay safe.

These are just a few tasks that are undertaken by volunteers in TVWC. Now, we know that Uki folk are a friendly and caring lot, and we'd like you to know that there are lots of simple ways you can assist us with caring for injured, orphaned and displaced native animals. Are **you** ready to step up to the challenge?

1. Keep cats inside (with access to a secure outdoor enclosure) and dogs in fenced yards.

2. Keep to the speed limit while

driving, especially at night, and keep your eyes out for wildlife.

3. Join our group and get involved (transport & rescue, caring for animals, answering the phones, fundraising, administration, building nest boxes).

4. Tell us if your property is suitable for releasing animals, or if we can have access to native vegetation from your place to feed animals in care.

5. Get familiar with wildlife in your area. Check out our website [www.tvwc.org.au](http://www.tvwc.org.au), or call the hotline for more information.

If you do come across an injured native animal, keep it warm, dark and quiet, and contact Tweed Valley Wildlife Carers Hotline 02 6672 4789 immediately.

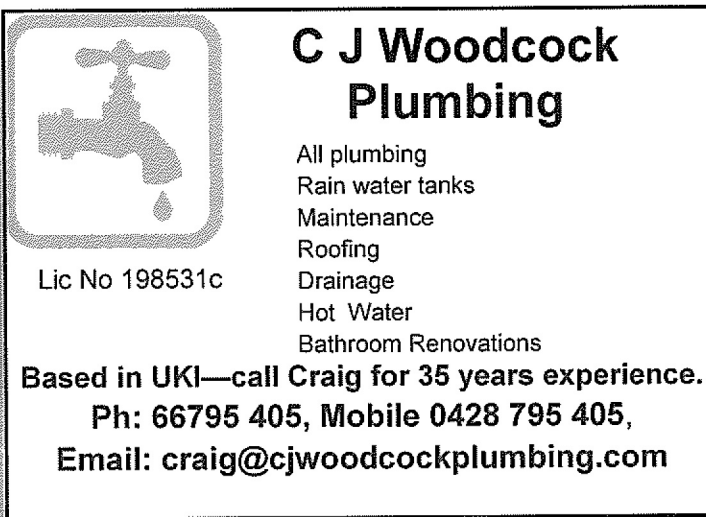
**Jo Cabale, TVWC**



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## Uki Sporting Horse Association

In this issue, we welcome the Sporting Horse Association, and their publicity officer, Jennifer. Many Uki locals are curious about the Association and campdrafting, and Jennifer has undertaken the task of keeping us informed. First, some background. Ed.

### What is Campdrafting?

Campdrafting was developed about 120 years ago with drovers competing to see who had the best horses; the basic rules haven't changed since then. There are about 8 head of cattle in a sizeable yard, and the competitor and his/her horse must pick one out and keep it separate by blocking the beast's efforts to return to his mob. Then the rider calls to open the 'camp' gate and exit into the arena where there are four ob-

stacles to go around. When you leave the 'camp', you must circle the first peg with it being on your right to score two points, continue to the second peg and circle it on your left for one point, proceed to the far side of the arena and direct or 'draft' the beast between two pegs called 'the gate' for another point. (4 points) You also receive a separate score for the 'camp' (a maximum of 26 points), and the judge scores you and your horse on your teamwork from a maximum of 70 points. The perfect score is 100, a good score is 80 plus with an excellent score being 90 plus.

Our main draft is the first weekend in August where any surplus money raised is donated to local charities. This year our main charity is Riding for the Disabled.

## Jennifer McDonald

Our first events for the year are a practice day on 2-3<sup>rd</sup> February starting at 3pm where interested people and members can come and experience it without competition pressure.

After last year's successful event on 16 February we are again holding a Valentine's Day Dance at the grounds starting at 6.00pm. The cost will be \$25 per person, which includes a catered supper. The bar facilities will be fully operational to purchase drinks at reasonable rates, please no BYO alcohol. The dress is slightly formal or good casual, and the well known DJ Chris Christosomos will have the place jumping till late.

Contact Secretary Jennifer Kearney for any information or queries on 0411 404 218 or email [ukisporting-horse@hotmail.com](mailto:ukisporting-horse@hotmail.com)

## Garden Club

I may be cursing the rain in a few weeks time, but wasn't it great to get some finally.

And even though we were short on rain, the corn, frangipanis and many plants thrived.

ANYHOW.....

Summer is the ideal time to install a pond or water feature. No matter how big or small your garden; there is a water feature to suit. Many prefabricated ponds and fountains are available, but for something more personal, you can make your own with a pond liner and rocks. Keep water topped up if you are running a pump and always provide plant cover to protect pond fish from birds.

Just a thought .....I will add it to my

garden wish-list.

Well, we have been having a wonderful time, learning about home grown eggs and the little creatures that provide them. It was absolute bliss and joy, three chooks, three eggs per day, until one of the little darlings decided to go 'clucky'. (Oh yes, the snake & rat.....) My better half has been asking around from the 'learned many' 'What do you do?' ....Put her in a darkened box.....stick her into a bucket of water....isolate her from her gang.....stick a wooden egg under her....my, but she is not responding, by the time you are all reading this hopefully she will be settled again.

Back to snake & rat....HE built the

## Lorraine Lintern

best chook shed ever, totally wrapped in snake wire. It is crocodile proof. Minor detail ...best to keep the door closed. When we first came up we were shown how to make a snake rod with retractable rope loop, two meters long for safety, which HE employed attempting to remove the snake. Problem ....two meter rod inside a two meter wide chook shed. I will leave the performance to your imagination, but miraculously HE snaffled the snake around the head and dashed it out to the creek. I think the snake was so stunned by the whole act that (so far) it has not returned..... The rat was a conundrum.

Cheers LL

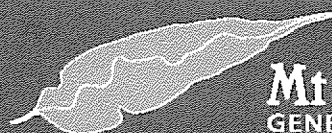


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## Historical Society

### Historical Snippets - Mt Burrell

'Burrell' = 'boorol'; the boys' initiation ceremony, from the Bandjalung-Yugambah dialect. An 'initiation trail' passed through the area.

1860s – 'The Casino Mail Track' from Lismore to Kynnumboon (near Murwillumbah) came via Mt Burrell and Tyalgum.

1910 - First non-Aboriginal settlers.

Annie Jarrett nee Grant (born 1904) remembered Aboriginal people walking from Tyalgum and Kyogle to Blue Knob (Mt Burrell). Annie's family travelled five days from Woodburn with their possessions in a dray and a sulky. Fallen trees had to be cleared from the track through the heavily timbered land. As there was no grass, horses had to be taken to Kunghur to feed. Their first cattle walked from Alstonville. Their house was pit sawn timber.

Arthur Cowen selected in 1910 where the shops are now. In Mt Burrell Road was a post office (telephone installed 1911) and a school 1915 – 1963 (Gooninbah school). In 1950 a landslide blocked the road.

In the 1930s, Mr Vodich had a sawmill.

Dot Lange (nee Grant, born 1920s) recalls travelling salesmen: *'Rawleys rep with their very popular 'Tiger Salve', an ointment for all occasions ... Tinkers with materials, clothes, all manner of cottons, pins, needles, buttons. Also Edward's tea. A rep with a very large tin of quality tea.'*

Tom Grant (born 1920s) remembers Sunday cricketers travelling in a canvas-hooded bus *'filled to the running boards; not so much to see the cricket but to be part of the horse play on the bus. So we rattled along, hood flapping, wind blowing, singing. ... It made our day so that our cup was filled to overflowing.'*

**Penny Watsford**

### The Uki & South Arm Historical Society Inc.

Open: Fridays 10 am; market Sundays.

**Next meeting:** 10am – Saturday 9th February, 2013.

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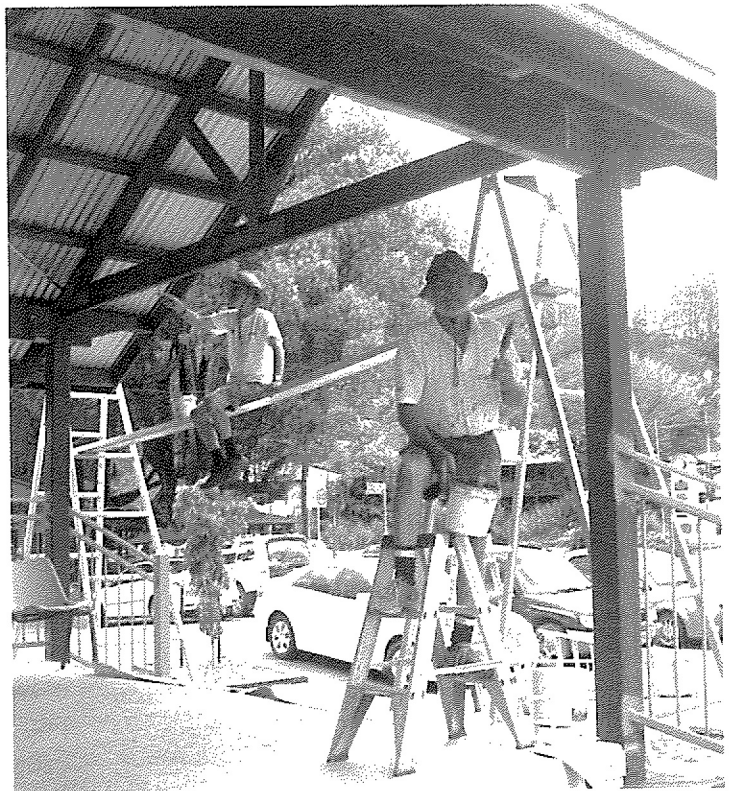
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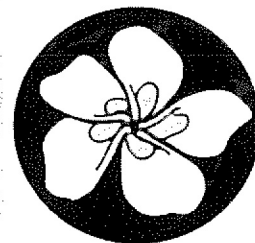
Ph: 6679 5915, mob: 0411 185 811, george.arronis@bigpond.com

139 Chowan Creek Road, Uki



Our wonderful volunteer painters, Laurie Smith and Barry Mossop, put the finishing touches to the new shelter in the Hall Park. The Trust would like to thank them and UKIRA for their work and the funding for this improvement to our village centre. A special thanks also to Budd's Mitre 10 for their donation of materials.

## FRANGIPANIS R US



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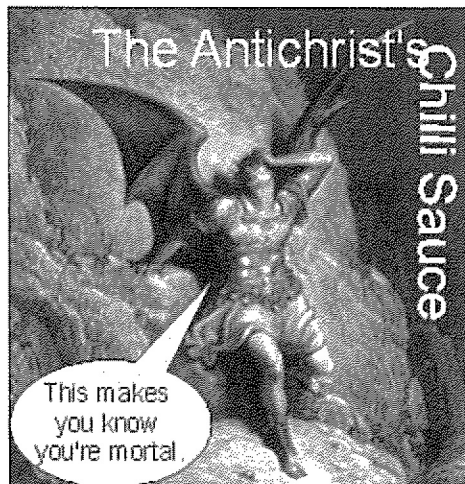
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# Ingredients:

- 200g hot chilli
- 1 kg peeled chopped tomatoes (you can skip peeling them or use tinned ones if you are a bit lazy; about 5:1 tomato to chilli)
- 100ml of cider vinegar
- Raw sugar to taste – just to cut the vinegar a little.
- Salt to taste – I like mine very salty
- The juice of a big-ish lemon; throw in the juiced halves, no seeds

# How?

- Blend the chillies to roughly chop them up.
  - Put them in a large pot with all the other ingredients.
  - Cook very slowly for at least an hour - a couple of hours is OK but no more.
  - Pick out the lemon halves with chopsticks and discard. If they get blended they make the sauce quite bitter and you can't undo it.
  - Blend in batches.
- The idea is to keep

- all the seeds pretty much intact.
- Push through a sieve to remove and discard all the seeds and skins - the back of a ladle works well.
- Reheat the dangerously smooth sauce to a slow simmer.
- Meanwhile immerse the jars and lids in a big pot of boiling water.
- Carefully take one of the jars out of the boiler with tongs and fill right to the top with the hot sauce. Put the lid on it and then do the next - and so on. Oven mitts work.
- You have to bottle the sauce at almost boiling. No bacteria - the sauce keeps a long time.

Here's a chilli sauce that will make you sweat and your eyes water. Be very careful when you are handling chilli and avoid touching sensitive bits - yours or anyone else's. Store bought sweet chilli sauce has turned us into unadventurous wimps. This is the real deal. Vary the recipe to suit yourself.

Devilishly hot and devilishly simple, keep it out of the reach of children. If a kid eats a dollop of it by mistake, there will be tears. Milk or plain yoghurt are miraculous cures. Happy cooking!

## WHAT CAN ONE SMALL VILLAGE DO?

### COMMUNITY BRAINSTORM

Many Australians are upset at the deterioration in the way **Refugees** are being treated when they seek asylum in our land.

### CAN UKI DO SOMETHING?

Can we communicate to refugees that they are welcome? Can we demonstrate that we disagree with inhumane and damaging policies?

### YOU ARE INVITED TO

a community brainstorm where all constructive ideas are welcome

**LOCATION:** the Transformation Centre, through the green gate at the end of the road between what were the Uki Café and the Uki Guest House.

**DATE:** Sunday afternoon 10<sup>th</sup> Feb **TIME:** 4pm

## Last words from Robert Harrell

'Happy New Year to all.

First of all I would like to thank all my clients who have supported me through the years. Having sold the house, I am off to chase my dreams.....I will not be returning to the valley.

...Most of the skills I obtained were through the net. My education through the TAFE system was next to useless, I even taught at TAFE.....that tells the story..LOL...

Follow all the advice I have given and remember to back up, service the box and keep that Virus checker up to date. Remember to remove the telephone cable out of the modem and the power source from the computer in times of storms.

Take care, live long and prosper...

That Salty Sea Dog, Robert Harrell.....'

January 2012

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## The Food Garden

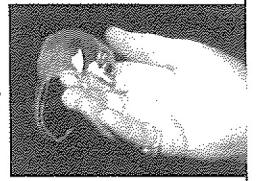
One of the great things about developing a food garden is exploring the relationship between plants and the rest of nature, which doesn't always work together in ways that we want. In the last edition Ed offered some great instructions for building exclusion barriers around your prized veggie patch to keep unwanted vermin and other critters at bay. Another approach is to work with nature, rather than against it, so that you can enjoy having all sorts of native wildlife in your garden without too much loss of food. Many nocturnal animals don't like light so placing cheap solar lights around your garden bed not only lights it up nicely at night but it deters many species from coming near the beds. The smell of blood and bone also helps

deter smaller native species. Letting the grass grow long around your garden beds keeps cane toads out and encourages finches who feed on the grassy seed heads. A bowl of clean water under a shady tree also encourages smaller birds into the vicinity, bringing more life and colour to your immediate environment while ridding your garden of aphids. Magpies and butcher birds love hoppers and, given the opportunity, will happily work through your veggie patch in the early morning, feeding on all sorts of leaf biters, caterpillars and slugs. We often forget that the rest of nature also needs to feed in order to survive and we humans are constantly reducing forests and green zones for our own personal benefit, so when growing a new garden consider planting enough so that you

share the spoils with the local wildlife and still have enough left over for yourself. That way you're bringing ethical practice into your garden while encouraging a more sustainable existence for all living things, not just yourself. When we value diversity we help reduce vulnerability to a variety of threats and this allows us instead to take advantage of the unique nature of the environment in which it resides. Spend time in your garden just observing what comes and goes, when and where and you'll begin to see just how much life a garden encourages, and how much of this life exists beyond the walls of your (raised) beds.

*Live to Grow!*

**Shaun Mac**



## Astrology

Are you an intense, rather possessive Scorpio in love with a flighty, independent Aquarian? Or a constantly-on-the-move Gemini mum/dad blessed with an affectionate but wilful Taurean child? If you were to believe what Sun-Signs Astrology has to say about your chance of a fulfilling relationship you could indeed have cause for worry!

Today I would like to stress the significance of the Moon Sign in deciding the ease or difficulty of any given relationship. There is a fundamental difference between the function of our Sun and Moon Signs. The Sun gives us the general traits of character that tend to shape our destiny. The Moon Sign reflects, on the other hand, our unconscious drives, shaped mainly by early experiences,

in particular by the type of nurturing we experienced in infancy. Via the Moon we feel the world around us filtered through our own brand of emotional bias. For instance, a person born with the Moon in hypersensitive Cancer would experience the world in a rather emotional way, being given to extreme of feelings and changeable moods, irrespective of his/her Sun Sign. Even a freedom-loving Sagittarian with Moon in Cancer wouldn't be as carefree as if he/she were born with the Moon in an emotionally cooler Sign, such as Gemini or Aquarius, for example. The Moon Sign also determines what makes us feel secure and at ease. This is why having compatible Moon Signs is more desirable for the success of a relationship than

compatible Sun Signs, especially if we have to share our home life. The Moon has in fact a strong bearing on the way we handle domestic circumstances, what feels like home to us, a cosy cottage or a high-rise flat, a domesticated sort of life or one where independence and freedom are more important than security. If your Sun Sign and your beloved's are traditionally incompatible, but you have no issues living together and sharing intimacy and emotions, the combination of your Moon Signs may have a lot to do with it.

I'm back publishing personally crafted Baby Booklets, astrological portraits for infants and children. Contact [livingmoonastrology.com](http://livingmoonastrology.com) or phone (02) 6679 4037 or 0407 359 682 for more information.

**Paola Emma**

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## OTHERWISE THERAPY

Heather McClelland is a member of the Australian Counsellor's Association (ACA). She has her therapy practice in Uki village and she invites individuals, parents and/or couples to make contact, for either short or long-term therapy. She offers group work including parenting and couples' groups and workplace training. Heather's fees are on a sliding scale according to each counsellee's financial circumstances. Leave a message if she is absent when you phone.

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Email: [heather@otherwisetherapy.com](mailto:heather@otherwisetherapy.com)  
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## Escape the Boxing Day Blues

John Tyman

Boxing Day was traditionally the day when servants and tradesmen received gifts from their employers -- known as a 'Christmas box'. As a kid I was told it was also the day people boxed up gifts they did not want and returned them to the store! Today, of course, it is neither: instead it's the day when an all-consuming desire for 'bargains' drives herds of shoppers to stampe like desperate wildebeest in search of food!

So how did you spend Boxing Day? How did you round out your celebration of Christ's Mass? Did you head for the dump with unwanted gifts ... or items one-year-old and in good order still, but superseded by this year's presents? Or were you left to wonder if you could find a better

way to celebrate the birth of one whose stewardship was incomparable and whose love was unconditional?

It's something we've been wrestling with at church ... as to how we might share our good fortune ... as people free of war, of famine, of epidemics, and racial or religious persecution. There are many who come to Australia seeking blessings we take for granted ... but if they arrive by boat and are not deported immediately, they'll be released into the community with limited financial support and no chance to work. We would like to offer them at least a sample of Australian hospitality ... a taste of the values we proclaim as 'Australian' ... not least 'a fair go'.

One idea might be to bring families

to the Tweed for a week's hospitality, and recreation - and may be even some productive activity. This would likely involve the whole community - offering accommodation, help with fares and food bills etc. But there must, surely, be other things we could do. We'd love to hear from anyone interested in making a compassionate response to the needs of such refugees. Feel free to phone me (6679 5257) or, better still, come to the planned community meeting (details page 6). I end on a sad note. We are losing Maggie and Jules, whose care for the disabled at their Uki Guesthouse was a wonderful example of love in action. We will miss them.

John Tyman, Holy Trinity Church

## Business

### Six Daily Habits that will make your life happier

These minor changes in your daily routine will make a major difference in your life and career.

Happiness is the only true measure of personal success. Making other people happy is the highest expression of success, but it's almost impossible to make others happy if you're not happy yourself.

With that in mind, here are six small changes that you can make to your daily routine that, if you're like most people, will immediately increase the amount of happiness in your life:

#### 1. Start each day with expectation

If there's any big truth about life, it's that it usually lives up to (or down to) your expectations. Therefore, when you rise from bed, make your first thought: 'something wonderful is going to happen today.' Guess what? You're probably right.

#### 2. Take time to plan and prioritise

The most common source of stress is the perception that you've got too much work to do. Rather than obsess about it, pick one thing which, if you get it done to-

day, will move you closer to your highest goal and purpose in life. Then do that first.

#### 3. Give a gift to everyone you meet

I'm not talking about a formal, wrapped-up present.

(Continued on next page)

Geoffrey Colwill

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## Raw Food—the Ultimate Eating Pleasure

Eating is one of the most sensual pleasures we all can enjoy every day. Yet how many people are fully conscious at the time? We eat while talking, reading, watching TV, thinking, driving, doing housework and often barely even taste the food.

Artistically beautiful food invites us to slow down to an elegant mode as we ponder the arrangement of colours and shapes on our plate and feel gratitude to the person creating such a work of art. This slowing down and bringing into the moment allows us to enter into a more conscious relationship with our food. It also enhances our self-worth as we eat knowing we are eating art, not just food that has been slopped on a plate so that we might greedily shovel it down our throats.

Raw food, more than any other food, be it barbequed, baked, fried, sautéed, steamed or simmered, offers the ultimate invitation to pleasurable eating because it has the best possible colour, texture and taste. Even more importantly, it has *life force*, the most important ingredient surpassing all other nutrients.

How can we create more artistic food?

- Use a mandoline to cut vegetables evenly
- Use a stainless steel round stack to layer vegetables or fruits
- Make wraps using spinach leaves, nori or dehydrated zucchini tortillas
- Grow a variety of herbs in your garden
- Shape vegetables into flowers
- Include sprouts
- Less is more

Use a saladacco to create angel hair noodles from vegetables. With as few as five vegetables (zucchini, carrot, tomato, mushroom, rocket), a vegan dip and a few herbs and sprouts layering them in a stack (like lasagne) you can create a meal to amaze friends and family.

Learn how to make the most sensual food on the planet – which also happens to be the healthiest. YouTube has many videos or come to my class (6679 5863). Live long, be happy!

**Menkit Prince**

## (Business, continued from page 8)

Your gift can be your smile, a word of thanks or encouragement, a gesture of politeness, even a friendly nod.

### 4. Assume people have good intentions

Since you can't read minds, you don't really know the 'why' behind the 'what' that people do. Imputing negative motives to other people's unusual behaviours adds extra misery to life, while assuming good intentions leaves you open to appreciation and reconciliation.

### 5. Let go of your results

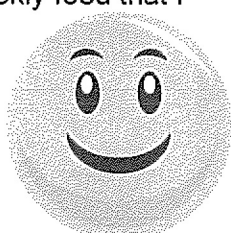
The big enemy of happiness is worry, which comes from focusing on events that are outside your control. Once you've taken action, there's usually nothing more you can do. Focus on the job at hand rather than some concern of what *might* happen.

### 6. End each day with gratitude

Just before you go to bed, write down at least one wonderful thing that happened. It might be making a child laugh or receiving a financial gift. Whatever happened, be grateful for that day because it will never come again.

I subscribe to the Linked in Today weekly feed that I find inspiring and interesting. This inspiration was adapted from an article written by Geoffrey James of Sales Source. Thanks. All the best for 2013

**Geoffrey Colwill**



## Jingle All the Way

I had a chuckle when I read Justine's jaundiced view of Christmas commercialism in the last issue. If you feel the same way, there are options other than consumer madness, though probably not if you have small children in the house!

Many families practise the 'Secret Santa' tradition, at least among the adult members. Agree on a maximum spend per present, then everyone draws the name of one family member out of a hat. Buy one present for one person only, and give it anonymously. Everyone gets something, but no one inflates their credit card balance. After all, most of us really don't need yet more stuff. Christmas decorations can easily be replaced with flowers and garlands of vegetation. You also don't have to spend days in the kitchen – have a simple barbie at home or at the beach.

Of course, if Christmas isn't important to you or your family you can just ignore it entirely and have a restful normal day instead – that's what we do!

**Anita (Scrooge) Morton**

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3rd Sat. of the month	8.00am - 9.30am	General class	Gymea Eco Retreat Bonny Doon Rd Uki	Mark Cave
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- Mark casual class \$15.00
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## Healing from Child Sexual Abuse (Part 1)

Heather McClelland

The recently announced Royal Commission cannot heal victims but it may allow some to move further along a healing journey. One key to helping people heal is to somehow give them back the sense of personal agency that was taken away by the abuse. From the moment the grooming of a child began, that child's innocence and vulnerability was being exploited, their sense of agency diminished. Humans begin life totally dependent on trustworthy caretakers for their well-being. Good-enough parents meet their children's needs and readily nurture their steps towards independence. Starting with learning to walk and the 'either-or' choices appropriate for the 2 year old, they encourage their children to grow a 'sense of themselves' with increasingly complex choices and a sense of mastery.

Sexual abuse has the power to interfere with this developmental process. With or without violence, whether threat or bribes are used, the child is manipulated and open trustfulness is destroyed. Learned helplessness results. Recently in the news we heard of altar boys of 11 or 12 being abused. We can imagine the inner workings of immature child logic. 'I knew it was wrong to drink that alcohol or to try that cigar. But I did it. So I am at fault for what followed.' Lips are sealed by a sense of guilt. Imagine a small girl, abused by someone in her family, enjoying being tickled and made much of and sometimes even experiencing pleasure in the sexual touching. Her little mind feels partnered with the abuser for whom there is often genuine love. Confusion reigns; traumatised by illicit knowledge and emotional and

physical pain. A simple part of their vulnerability is the 'taken for granted' belief that adults, particularly parents and those in authority, are by definition always right. Trust in the world as a safe place is smashed, foundational trust in others damaged, and it can be difficult even to trust oneself. Sometimes feeling betrayed by their own body, they grow up feeling alienated from their sexuality. Hopefully, with this commission will come the opportunity for some to get their voice back, to be heard and to have their truth validated. A sense of agency may be strengthened. The calling to account of perpetrators and the powerful who have covered up such despicable crimes will establish once and for all in some cases, who the guilty parties really are.

## Stress

It is a reasonable assumption that the majority of us are living with chronic stress. Underlying tension is so much a part of contemporary life that it is hardly noticed or paid attention to any more – we only register intensive 'acute' flare-ups. Over time, this background tension begins to seriously erode our overall health and well-being. It affects our thinking, emotions, body and behaviour. Our judgment deteriorates; we tend to make more mistakes; our perception becomes poor; we may become depressed, become hostile towards others, lose our temper more, act less rationally and behave abusively. Meanwhile, the price on our body continues. We can have



aches and pains, indigestion, ulceration, insomnia, high blood pressure, allergies, poor immunity, low energy, illness and sometimes even premature death. So how can we better manage chronic stress and live well in the twenty-first century? There are highly effective herbs which have been successfully reducing the impact of stress and improving the capacity to function for thousands of years. Of particular

## Judith Magee

relevance are the *adaptogenic* herbs, which increase capacity to tolerate stress and retain normal function - whether the stress is metabolic, physical, or psychological (or all of the above). In addition, many of these herbs also have immune-enhancing properties and support overall adrenal function. Examples include *Panax ginseng* (Korean ginseng). *Panax* is particularly relevant in long term stress and associated debility. *Rhodiola rosea* (*Rhodiola*) particularly supports mental performance, capacity to concentrate and memory in a person experiencing stress. Anxiolytic herbs are wonderful at (Continues on next page)



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## Speed Up Your Slow Computer

Does your computer continually run slow? Many people complain about their PC running slow, even though they have a fast processor and plenty of space on their hard drive. Slowness is often due to a buildup of temporary files from Internet use and left over files from software installs and uninstalls. Too many programs running at startup and fragmented or full hard drives can also cause a computer to run slow. Don't start 2013 with a sluggish computer; some basic housekeeping, done regularly can improve the performance and running speed of your machine. Before you call a technician, follow the steps below and repeat this about once a month.

### Steps to perform

Clean out the caches of all Internet browsers, Internet Explorer, Firefox, Chrome etc... Go to

tools or options of browser menu and clear cookies, browsing history and cache.

Set hard drives to defrag at least once a month.

Run clean up (Right click the C: drive in Windows Explorer and click properties. Click: 'Disk Cleanup') Tick all the file categories for optimum file removal. No personal files are removed with this process. The recycle bin is also emptied during cleanup.

Limit the number of programs that start with your computer by running the System Configuration Utility (C:\Windows\system32\msconfig.exe).

Regularly run your anti-virus and anti-malware suite scan and empty the quarantine vault.

Ensure there is at least 20% free space on your hard drives; re-

move any unwanted or duplicate files to free up space.

DO NOT download free programs for speeding up your system, as these invariably place unwanted software on your system and often only the scan is offered free and payment is required to fix any errors found.

If, after completing the above tasks, your machine is still running slow, or if you need any help with any of the above tasks, please call me on 0406 217 804 for further solutions.

Upgrading the RAM on older machines will also noticeably improve speed and performance. RAM and other hardware upgrades are often a cheaper alternative solution to purchasing a new machine.

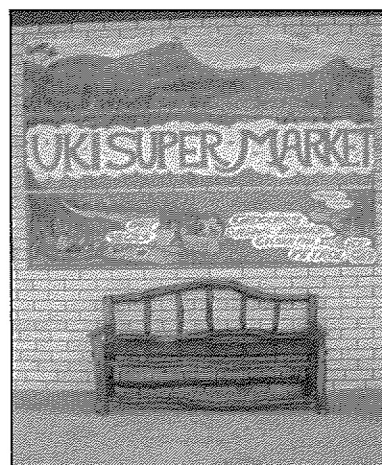
## (Stress, continued from page 10)

reducing anxiety levels, and are often useful to include during stressful periods – particularly if there is a tendency for lots of unhelpful mental activity and 'catastrophising' – i.e. projecting into 'worst case scenarios', which exacerbates and amplifies stress levels. Examples include *Eschscholtzia californica* (California poppy), which acts to support and soothe anxiety levels and emotional vulnerability, particularly if associated with insomnia and head and neck tension. *Melissa officinalis* (Lemon balm) is a wonderful herb to support those whose anxiety and stress is often associated with gut disturbances and dyspepsia.

As always, care needs to be taken with confirming relevance, safety and quantity needed before taking any herb. To ensure maximum benefit, have a chat to your health professional and support your wellbeing and optimal function for 2013.

Best wishes

**Judith Magee**



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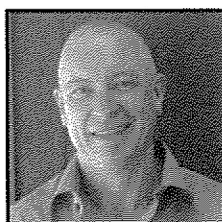
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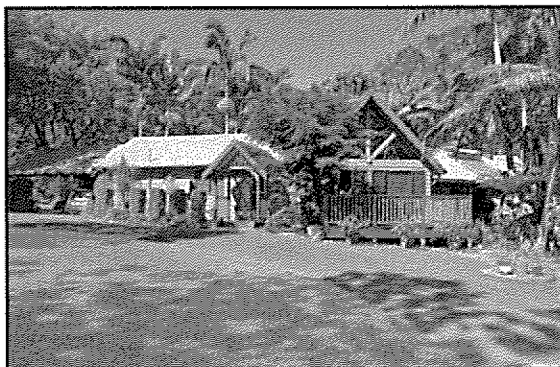
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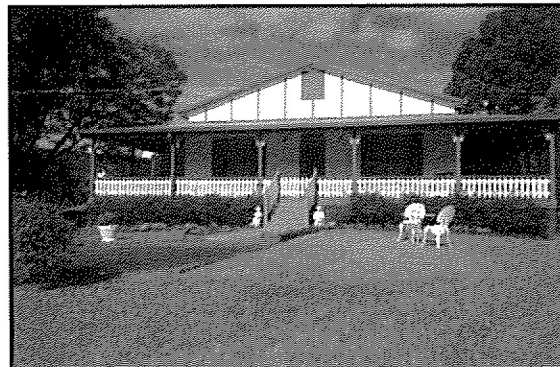
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