

THE UKI NEWS

Issue 73

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

October/November 2013



Pictured above is an example of the kind of bike track to be constructed in Gerald Parker Park

Bike Track For Uki

Eddie Roberts

It has taken a long, long time but finally the kids (young and old) of Uki will get a pump/BMX track to play around on at Gerald Parker Park.

Council are going through the final stages of a 'Part 5' approval for the facility opposite the Uki Sports Ground.

Thanks to the generosity of Barry Harding supplying the materials and Andrew Jagers from Hopkins Creek with the expertise, Ukira is holding a working bee in the park on **Saturday 2nd November at 9am** to do the final shaping of a Pump/BMX track.

Come along and bring a friend or your Mum or Dad to help out.

Bring a shovel, rake or barrow etc, as well as sturdy shoes and sun protection.

To make the work more fun Ukira (Uki Residents' Association) will have drinks available, and a sausage sizzle for lunch.

To make the job easier we would like a community minded Bobcat or mini excavator owner/operator to help out for a couple of hours during the preceding week. For more information, or if you can help with earthworks, please call Eddie Roberts on 6679 4079.

Baz for Mayor Once More

Uki resident Barry Longland has been re-elected by his fellow Councillors as Mayor of Tweed Shire Council for another year.

Mt Warning Walking Track

As we go to press, the National Parks and Wildlife Service announced the re-opening of the track to the summit, many months ahead of schedule. The track should be open at about the same time as you get your *Uki News*.

Ukitopia Kicks Off

This year's Ukitopia Festival will be held from 15 to 17 November. See page 2 for details.

Uki Votes

September's federal election resulted in Labor's Justine Elliott being returned as the member for Richmond, withstanding a 4.5% swing against her and edging out Nationals candidate Matthew Fraser. At the local polling booths of Uki and Kunghur, Greens candidate Dawn Walker received the highest number of first preference votes as shown in the table below. A total of 733 votes were recorded at Uki and 192 at Kunghur. (Data from the Australian Electoral Commission website.)

Party	Uki Booth	Kunghur Booth	Richmond Electorate	Australia-Wide
Greens	38.1%	33.5%	17.5%	8.6%
Labor	34.0%	30.3%	33.5%	33.4%
Nationals/Libs	20.2%	29.2%	37.9%	45.6%
Palmer United	5.2%	4.9%	7.4%	5.5%
Ind./Other/Inf.	2.6%	2.2%	3.7%	6.9%

From the Editor

We have a packed issue for you this month—I hope everyone will find something of interest in it.

Deadline for Issue 74 is 19 November

Anita Morton



Uki FloodSafe Committee

Expressions of Interest (EOI) are being called for residents of the Uki and surrounding areas who wish to be involved in a local Flood Committee. The aim of the committee is to investigate flood preparation and response strategies for their area.

Requirements

We are seeking lateral thinkers with an interest in helping and supporting the community in moving forward in a constructive and positive manner. The group will include up to 10 people including 2 representatives from NSW SES.

Members must be able to meet the following criteria:

- Be familiar with local issues and be able to represent the broader community needs
- Have an understanding of the NSW SES and its role in assisting the community in floods, storm and tsunami.
- Be able to commit to the group and its aims.
- Have an understanding of the difficulties in developing & implementing new strategies.
- Be able to actively participate as a team member.

Nominations

If you are interested in being a member of this Committee please **nominate by Friday 11th October 2013** by calling Janet Pettit, Community Engagement Coordinator on 02 6625 7700 or by emailing

janet.pettit@one.ses.nsw.gov.au

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.

Ukitopia Festival Programme

Ukitopia Festival is on again 15-17 November 2013. With free entry and a family-friendly focus this year *Ukitopia Festival* promises a little something for everyone.

Images of Uki is back in the Uki Hall and runs the entire weekend. Uki Primary school is also having a family fun day from 3pm and there have even been whispers of fireworks. Opening celebrations on Friday afternoon include music from *Elias Harmony* and the impeccable *Kerri-Anne Cox*, who graces the *Songwriters on the Songline* at the church from 7.30. On Saturday there will be juggling, circus, bubble wand making and art workshops for the young and young at heart throughout the day. Apart from the workshops the Community Wishing Ceremony will also be held on Saturday.

New festival Director Jodi Liddell has programmed a feast of local music for the Saturday main stage. Nestled amongst the trees behind The Buttery, it promises to be a memorable day with highlights including *Lil' Fi and the Candy Apples*, *Murray Kyle*, *Thami* (wait till you see this African set the stage on fire with his tribal wonder), local dance act made good *Willow Beats* and *DJ Pulse*.

The after party at the Uki Café presents tasty global chill-down beats from 9pm. Jodi Liddell said "We nearly didn't go ahead this year but with the support of our wonderful local businesses and artists the festival is possible, and in record time."

Sunday sees the Buttery Bazaar Markets come alive with the Best of the Best performers presenting a bumper day of music programmed by the lovely Sue McKenna.

We welcome the community to bring drums for a Drumming Circle closing ceremony at 3pm then a saunter over to the Uki Café for *Thomas Bailey's Word Weavers* spoken word and comedy come-down.

Did You Know?

The original Uki Post Office was located further West along Kyogle Rd. It burnt down in the Main Street fire on Sunday 30 August 1914. The Post Office then moved into the Auctioneer's premises, where it remains to this day.



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You are invited...

On the weekend of November 2 and 3 you are invited to join in the construction of the new bike pump track in Gerald Parker Park. Construction will be overseen by none other than Eddie Roberts, and although there is a basic plan, this will be a dynamic process where input into the size of jumps and the shape of the track is welcome. Come along with shovels, wheelbarrows and enthusiasm. A sausage sizzle will be provided at the end of the day. On Sunday, bring your bike for a test run.

Once again you are invited to the Village Christmas Party planned this year for Saturday December 14. This year the event will include a Christmas craft market. This is a great opportunity to keep your Christmas spend in the local economy. And to crafty types of all ages – you are invited to start preparing your cards, angels, stars, and other festive items for sale at the market. More details of how to get involved in the craft market will be provided in the next edition. And as always, you are invited to

our monthly meetings. On the First Tuesday of the month, come join us, at 7pm in the back room of the hall. The residents association is run by a voluntary committee. We manage the Buttery, the monthly markets, this publication, as well as working for improved social and environmental outcomes in the local area, and welcome your input.

UKIRA meets on the first Tuesday of each month at 7pm in the meeting/supper room at the Hall. Next meetings November 5 and December 3.

Homeless Outreach in Uki

We'd like to offer a big thank you to Dave and all the staff at the Uki General Store for hosting a collection box this winter and to everyone who kept filling it up! The non-perishable food items collected were taken to the Community Centre in Murwillumbah where they were received with much gratitude and occasional tears by organizers of the Homeless Outreach programs. Some days they had just run out of food to give to the people seeking their assistance. They told us that there are an average of 50 – 60 people sleeping rough most nights around Murwillumbah and an increasing number are families and single mothers with children.

The box may be back at the general store next year, but in the meantime, donations of warm clothes, blankets and sleeping bags and non-perishable food items can be taken to the reception desk at the Community Centre from 9.15 to 4.30 Monday to Thursday or 9.15 to 3pm on Fridays. Fresh food can

Still No DA for Uki Pub

Owners of Uki's former Mt Warning Hotel are yet to lodge a Development Application (DA) with Tweed Shire Council for the building of a new hotel. The 99-year old pub was tragically destroyed by fire in February.

Part-owner Kim Watson said that she hoped the DA would be lodged soon, but much depended on a report being prepared by a heritage consultant. Kim also said that a 'tree doctor' had assessed the condition of the large Hoop Pines on the site advising that at least two of the trees would need to be removed.

Council expects the high profile DA will take more than four months to assess.

Once the DA is lodged there will be an opportunity for the public to comment.

Phil Carr



also be donated on Mondays or Tuesdays.

Some food is used to cook meals for homeless people and some is given to people so that they can afford to pay their rent and avoid becoming homeless.

If you're not sure where the centre is, it's the new building in Knox Park along Nullum Street.

Thanks again to everyone who supported this project.

Iyengar Style Yoga Classes with Mark & Paula Cave



Tuesday 9.30am—11am

YOGA CENTRE, upstairs from Wheelers Real Estate
Murwillumbah

Thursday 5.00pm to 6.00pm

UKI HALL

General Classes With Paula

BYO Mat

Casual rate \$13:00

Wednesday 6:00pm - 7:30pm

YOGA CENTRE, upstairs from Wheelers Real Estate
Murwillumbah

General Class With Mark

Saturday 8.45am to 10:30am

CAVE RESIDENCE on the Deck

With Mark

General Class

47 Braeside Drive, Uki

Mark's classes: Casual rate \$15:00 or

\$130:00 for 10 classes

Mark & Paula Cave 02 6679 5999
Mark 0419 001 001 Paula 0429 999 807

Letting Your Partner Be

Recently a counselee told me that she and her partner had finally realized that they needed to stop criticizing each other. She was pleased that they were succeeding in following their preference of not investing themselves so much in what the other did. Instead they could put their energy into looking after their own ups and downs. 'It's made all the difference!' she said.

Often in our relationships we unconsciously fall into the pattern of telling our partner what they are doing wrong or how they should do something better. This is one of the most common complaints made to couple counselors. The one on the receiving end is demoralized by this pattern and is often triggered into childish reactivity because it takes him or

her back to early experiences of being nagged into submission. Sometimes those who take criticism most personally are totally unaware that they too are serving up huge platefuls of criticism or 'helpful' advice. They are handing out what they also receive from their partner.

A better recipe for healthy relationships is to let our partner be who they are; 'warts and all'. When criticism and advice-giving changes into generous acceptance, our partners no longer have to resist, 'with all their might', our efforts at control and manipulation. The removal of so much resistance makes space for new energy to flow. Much more generosity and relaxation can enter the relationship.

Of course it takes effort and consis-

Heather McClelland

tency to change long established patterns. At first there has to be a **conscious** holding back of both well-intentioned advice and condescending barbs. We have to bite our tongue a lot. But over time our preference for maturity in our relationship produces a new norm. Its benefits are self-reinforcing and life expands. Moreover there are real benefits for our children, who learn our patterns, both helpful and not so helpful, almost by osmosis. Old patterns do have a way of creeping back in but a non-controlling relational atmosphere is so free and enlivening that we are quickly reminded not to allow criticism or control to take over again.

The Buttery Bazaar

Next markets 20 October and 17 November

The Power of One

John Tyman

Well ... we've voted. In the manner of a democracy we were given a choice ... between two possible leaders ... one who had chosen to send women and children to a hell-hole on Manus Island and had reduced our foreign aid budget to help him do so; and the other who embraced both ideas with enthusiasm! Some choice!! Hobson's?

Mr. Abbot once told Tony Windsor that he would 'sell his arse' to become Prime Minister! Thankfully, this time, he campaigned instead, and clearly judged the nature of the electorate - emphasizing immediate

material gains. There are few votes in justice for others. It is said that people get the government they deserve, and that (to the embarrassment of many of us) may well be the case; but it's sad that the rest of the world should be sacrificed in the process ... for yet more votes. **Ours** is not the government **they** deserve! At the polling station in Uki a friend (and he still is my friend!) offered me a how to vote card for the National Party. I declined saying that I refused to be responsible for sending women and children to camps in the wetlands of the Sepik (with which I

am familiar) or for the kids who would die from preventable diseases at refugee camps in Africa and Jordan because our aid budget had been so savagely reduced. And yet I **will** be responsible in part, and so will each of you, if we do not keep up the fight ... maintain the rage ... confess our shame. In the words of Martin Luther King, 'Our lives begin to end the day we become silent about things that matter'.

Rev'd Dr. John Tyman,
Holy Trinity Church



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Garden Club

Last weekend the Garden Club rented a bus and took a full load of us up to Beaudesert to view the Orchid Show. Apart from the magnificent variety of beautiful specimens, my olfactory sensing device (nose) went berserk. The overwhelmingly heady fragrances were at their peak after two days in the confinement of a village hall, but once we recovered, off we went on a buying spree. Most of us came home with at least 1 or 2 specimens. Three were bought and raffled on the return ride home. I am left with great admiration of these amazing plants, which grow *here* quite naturally under a deciduous tree or in the fork of a tree, but I know I couldn't have

them amassed in a hothouse. I came home with a few more Epidendrums –bright pink ones. They are very easy to grow, just leave them alone, and give them water/shade/clean air. And now to the REAL stuff....time to get your carrots in that beautiful sandy soil you have been nurturing til now. Cucumbers, my favourite pickling veg...hope I can catch them before they spring to full size this year. It's the 'plant everything' time of the year, except the cabbage family, (and you all know that). My favourite *Backhousia citriodora* – lemon scented myrtle (Myrtaceae family), is about to flower soon and it tolerates our clay and sometimes

by Lorraine Lintern

wet soil. (*Did you know that the leaves can be used in cooking?*). The last item I would like to mention is Australian native succulents. I know that you may think that our climate's too wet. But on and around the verandah I have several pots of *Anacampseros*, *Bulbine* and *Portulaca*, an interesting variety of plants. You could create a rocky/sandy display in full sun facing north.

'IMAGES OF UKI' – 15th - 17th NOVEMBER – don't forget to pick up your application form from the Uki Supermarket before Nov. 9th.

Advertising in the Uki News

You may not have seen the offer in the previous issue of a new advertising opportunity in the News—we thought that some small businesses and sole traders might like to list their services in a simple, one-line listing format. For example:

Uki Farmers' Market Every Saturday Morning at the Hall Enquiries phone Anita on 6679 5438
Unfortunately, there has been only a small response, and if we don't get a reasonable number of people interested it won't be worth doing. Please email theukinews@hotmail.com if you want to take part. Cost will be in the order of \$30 a year. Of course, our existing advertising opportunities remain the same—display ads are very economical, and all proceeds go to producing and distributing the *Uki News*.

Entertainment @ The Buttery Bazaar

October market music is hosted by our much loved local AusCeltic band, Shameless O'Hooligan. They are shameless about their love of music and like it to be lively and fun! Also appearing: Apple Jack (local cowboys make good), Ivy Parks (Byron Bay singer/songwriter), The Fireflies (local young performers) and Wall of Love. A wonderful variety of talented performers for your enjoyment - come and join the craic at the Uki Buttery Bazaar Market!

November is our yearly Ukitopia gathering, a time when all walks of life come together to enjoy each others' company and bask in the splendid array of local artistic and musical talent, as well as a few out of town surprises to inspire you. See the article on page 2 for details.



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Maintaining Optimal Acid/Alkaline balance

Judith Magee

There is recognition that an overall increase of acid in the body reduces optimal pH conditions for many enzyme-controlled metabolic processes. If left untreated, this can contribute to, or exacerbate, many chronic health issues – particularly inflammatory disorders.

The human body contains a wide range of pH levels, sometimes at locations that are only a few centimetres apart. The most acidic site is the stomach (pH 2), while the most alkaline area is very close by in the intestines (pH 8). All tissues and fluids within the body have an optimal pH. These optimal pH levels differ depending on the function and composition of the tissue or fluid, and the optimal pH of enzymes active within that area of the body.

A substance is deemed to be alkalinising or acid promoting based on its impact within the body – rather than its qualities, taste etc. For example, lemon is an alkalinising fruit, whilst orange has an acidic outcome.

The golden rule for a balanced acid/alkaline eating plan, is to generally source around 80% of your diet from the 'alkaline foods' list and around 20% from the list of 'acidic foods'.

Try to consume a variety of mainly alkalising foods daily, including salads, fresh vegetables and healthy nuts and oils. Eat plenty of raw foods and ensure an intake of at least 2-3 litres of clean, pure water daily.

Reduce the amount of acidic foods consumed and avoid fatty meats, dairy, sweets, chocolates, alcohol and tobacco. Packaged foods are

often full of hidden offenders including sugars and salts. Avoid over cooking which reduces nutrient content. Always consume acidic foods with alkaline foods, as these will reduce the acidic effect e.g. make sure to eat salad/vegetables with meat/seafood.

Some examples, sourced from Biomedica pH & Acid/Alkaline Balance V03/13, are given in the table below.

ALKALINE FOODS		ACID FOODS	
VEGETABLES	FRUITS	MEAT/ PROTEIN	DAIRY PRODUCTS
Asparagus	Lemon	Pork	Milk
Artichoke	Lime	Lamb	Cheese
Cabbage	Avocado	Beef	Cream
Lettuce	Tomato	Chicken	Yogurt
Onion	Grapefruit	Turkey	Ice Cream
Cauliflower	Watermelon (is neutral)	Crustaceans	

Cream Alternatives

This issue I thought I'd give you some really simple recipes. The first one goes with any salad or meal. The second one is a sweet cream that goes with fruit for dessert. Both are a healthy replacement for dairy.

CASHEW SOUR CREAM

- 1 ½ cups cashews
- 2 Tablespoons lemon juice
- 1 Tablespoon apple cider vinegar
- 1 cup water
- ½ teaspoon Himalayan pink salt

Menkit Prince

Blend all ingredients in a regular blender. If necessary, add a little more water. Store in a glass jar in the fridge. It will thicken if left overnight. After thickening it makes a great dip!

If you Google 'raw + vegan + sour cream' you will come up with other versions.

BERRIES AND CREAM

(from 'The Complete Idiot's Guide to Eating Raw')

- 1 cup coconut flesh (from young coconut)
- ½ cup coconut milk (from young coconut)
- ¼ cup macadamia nuts/cashews
- 2 Tablespoons agave or sweetener or your choice
- 1 teaspoon vanilla extract or ¼ tsp vanilla powder
- Pinch Himalayan pink salt
- Strawberries or blueberries

Soak the macadamia nuts for 2 hours. In a blender add all ingredients except berries. You may need to stop the blender and stir with a spatula then blend again to get everything smooth and creamy, depending on the quality of your blender. Pour over berries. Store in glass jar up to 3 days in the fridge. Organic young coconuts can be procured from *Glorious Organics* in Uki. They are open Wednesday to Friday, 12 – 6pm and Saturday 10-1.30pm. Hope you all get to try these amazing recipes!

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Historical Society Fund Raising

With only about a dozen members, the Uki & South Arm Historical Society folk are stretched for time, doing historical research, preserving materials as well as maintaining the organization. Hence, raising funds is usually on the back-burner. However, in August we made a huge effort, catering for a bush dance in the Uki Hall, having a sausage sizzle at Kingscliff Woolworths and running a generous raffle. One member, Beth, put an enormous amount of work into this and we thank her for her enthusiasm. The raffle winners were: Luke, John Butler, Trish Cooper, Melissa, Edith Lofts and Linda Buckie.

Uki & South Arm Historical Society
Office Open Fridays & Market Sundays
Meetings - 2nd Saturday each month, 10am!
All welcome

Uki & South Arm Historical Society Inc.
 In conjunction with
Images of Uki

Getting Around Transport on the South Arm



On foot, or horseback, by boat, cart, sulky, truck or car?

**A display of
 Historical Photographs**
 Sat. 16th & Sun. 17th November
Vintage Vehicles
 Sunday 17th November
In the Uki Hall & Park

Lost in a sea of emails?

Many people feel overwhelmed with the number of emails they need to deal with.

Finding a positive way to respond to the era of emails can make our working lives more enjoyable! Here are some ways that work for me. Maybe some of them may be useful for you?

1 Keep on top of your inbox

If you have an overwhelming number of emails in your inbox, create a folder called 'archive' to dump them in, and start afresh. If someone really wants your input they are very likely to send you another email.

Establish a regular routine so that at intervals throughout your day you check and clear your inbox.

Scan, bin, file, or * for later action
 Spare moment? Scan and sort. Do you have a smartphone? Scan and file.

Go to bed with a clear inbox – when not possible, start the next day by dealing with them

2 Less is more

Only send or respond to an email if you really need to – the more you send or engage, the more you'll receive. So send less and respond less to reduce the size of your inbox.

Be succinct – stick to the key issue

3 Recipients - To or cc?

If you expect a response then use the 'To'.

If you only want to inform then 'cc'.
 (For Your Information FYI = no

response)

A 'To' needs an acknowledgment or brief reply

A 'cc' can be scanned, filed/deleted

4 Take the 'combustible' offline

If you find yourself starting or responding to an antagonistic discussion online, do yourself and everyone else a favour. Stop. Then either pick up the phone or organize a face to face. This will reintroduce all the subtext that gets lost in an email and may well prevent WW III from breaking out.

So don't get overwhelmed with emails, experiment with these or other ideas to make life better!





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Astrology

Aries-Scorpio: Mars, your planetary guide, will transit Virgo from mid-October to December 8: ideal time to concentrate on your physical well-being, embracing a healthier life style and eating habits. There could be more work on your plate but also the right energy to handle it. Exhausted nerves and digestion-elimination problems could trouble you if you take on too much. Don't let your tongue run away with you or you could attract antagonism.

Taurus-Libra: Venus, your guide, transits Scorpio until October 8, Sagittarius until November 5, Capricorn, due to retrogradation, until April 2014: from intense emotions and power plays in relationships to a lighter mood and a chance to try your wings on some independent venture-journey, to finally a more settled mood. Family and serious commitments will take center stage in the period November-April.

Gemini-Virgo: Mercury, your planetary spirit, will remain in Scorpio until December 5, due to retrogradation (Oct.21-Nov.12). This will challenge your rational-analytical mind set to sound those psycho-emotional depths you may be usually too scared to explore. Some important realizations will come your way, but also likely are some annoying disruptions to your routine/plans.

Cancer: Jupiter transiting your Sign offers the opportunity to spread your wings and take some unusual risks, throwing caution to the wind; time to broadcast your stuff. Take care of your weight because, like many other aspects of your life, your waist line could also expand if unchecked. Cancerians born in early July are

experiencing Pluto's energy, shedding from their lives those attitudes/people/situations that have reached their use-by date.

Leo: the exuberant Mars in Leo transit will end on October 15; enjoy it while it lasts! In early October your need for greater independence may clash against overly controlling situations/people. Around November 7 the Sun will reach Saturn in Scorpio, offering a serious and perhaps unwelcome reality check. The opportunity will be there though to build some solid foundations if you are ready to make commitments now and stick to them for the duration.

Sagittarius-Pisces: the Cancer transits of Jupiter (mid-July2014), your ruler, turn the spotlight on family-community, enhancing the caring side of your temperaments. You may feel unusually quiet, choosing to spend more time at home with loved ones.

Neptune is slowly moving through Pisces (leaving in 2025/26) imperceptibly shifting the priorities of these and the other Mutable Signs (Virgo, Gemini) from everyday interests and concerns to more spiritual and/or imaginative dimensions.

Capricorn-Aquarius: Saturn, your ruling planet, is moving through Scorpio until 2015, a lengthy opportunity to test your resourcefulness and emotional resilience. There could be difficulties in sharing resources, financially and otherwise; restrictions and obstacles to overcome on many fronts. Thanks to those this period could prove an essential stage in your journey toward emotional maturity. Venus

retrograding through Capricorn (December 2013-April 2014) could re-awaken this sometimes cynical Sign to love.

Paola Emma is seeking astrology apprentices for regular workshops-private tuition to be held in Uki.

moonlivingmoon@gmail.com livingmoonastrology.com (02)6679 4037 0407 359 682

CTC@Uki

Photo Competition

The CTC@Uki is seeking pictures depicting the people of Uki and local events for the 2014 Calendar

Closing date for entry of photographs has been extended to: 31st October

Enquiries:

email: ctcuki@bigpond.net.au
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How to Share an External Hard Drive

External hard drives are a popular choice for providing additional data storage, for large files, video or music libraries and backups, and for keeping your computer less cluttered with more free space. (essential for a healthy running computer). Another use for external drives is file sharing. Just as a wireless broadband router provides Internet to the household, it can be easily setup to allow external drive file sharing across a wireless or a wired network.

INSTRUCTIONS AND SETUP

To share data across a network you first need to create a HomeGroup.

Create a HomeGroup

Creating a HomeGroup makes home file-sharing easier and it can be secure by using a HomeGroup password. Windows 7 computers set up a HomeGroup automatically when the operating system sets up. Please note that only Windows 7 machines can join your HomeGroup. Open HomeGroup by clicking the **Start** button, clicking **Control Panel**, typing **homegroup** in the search box,

and then clicking on **HomeGroup**. On the **Share with other home computers running Windows 7** page, click **Create a HomeGroup**, and then follow the instructions. If a HomeGroup already exists on another PC in your home network, you will have the option to join it instead of creating a new one.

Adding PC's to your HomeGroup

Once the HomeGroup is created, other computers in the house can join it. You will need to access the HomeGroup password from the PC that set up the HomeGroup to join. The password only has to be entered into each system once. Open HomeGroup by clicking the **Start** button, clicking **Control Panel**, typing **HomeGroup** in the search box, and then clicking **HomeGroup**.

Click Join now, and then follow the prompts on your screen.

Sharing an external Drive

In My Computer using Windows Explorer, right click on your external hard drive that you want to share and click **Properties**. Click on the **Sharing** tab at the top of the win-

The Desktop Doc

dow and then click on **Advanced Sharing**. In the window that opens click on **'Share this folder'** and give the drive a share name, which can be anything you like. You can also limit the number of simultaneous connections if you wish to.

Advanced permissions give you the option of restricting the sharing rights of your HomeGroup users; they can have full access or read only access, depending on what is suitable for your household.

I hope this information will be useful to people in the community with wireless broadband ADSL routers. If you need help setting this up or need any other technical support, repairs or upgrades please contact me on **02 6679 3835**, ask for Louise.

If anyone from Uki and surrounding areas are interested in having a personal or a business web page on the Uki Village website (ukivillage.com.au), contact me on the above phone number.

Uki Sporting Horse Association

We are in the full swing of the campdraft season with several drafts under our belts. We compete in the cooler months because it is too hot in the summertime for the cattle. Animal welfare issues are at the forefront of our minds when holding an event as we are mindful of taking care of their health and wellbeing and cattle and horses are valuable. All cattle that we use for campdrafting are donated to us by local landowners and we are very grateful for their generosity and support.

The Uki Sporting Horse Association grounds are an amenity that we, the current members, can enjoy because of the foresight and determination of the original

Jennifer McDonald

members over 30 years ago.

We try to use local business houses whenever we can, by shopping and buying fuel at Uki. We all love Uki pies and previously enjoyed having get-togethers at the pub (it might be a while before we can do that again). A lot of our sponsors at the draft come from Uki and Murwillumbah and we encourage members to spend money at these businesses as a way of thanking them for supporting us. Any spare money we raise through the various events throughout the year is donated to worthy charities, such as Westpac Rescue Helicopter, Murwillumbah Hospital, Riding for the Disabled, St (continues on next page)



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Sue's roast for one or two

Use the chicken Maryland cut - thigh and leg. It has nothing to do with the land of the fatly free's Maryland dish, truly a heart stopper made out of deep fried chicken with a cream gravy. Only in America! This is a very economical meal, the speciality of one of my best friends, a seriously talented musician who lives on not much money and a lot of wine. Sue uses small baking trays she reckons have been in her family for 50 years. They look it; old tin, stained battered and gnarled, just right for roasting delicious things. This is her idea and I commend it to you. You really can use any combination of just about anything that grabs you. Pork loin and apple with cider mmmm..... Anyway

Try using:

- One chicken maryland piece per person
- A good bunch of silver beet
- Cherry tomatoes
- Onions
- Pumpkin
- Carrot
- Potato diced fairly finely
- Olive oil
- Sumac and other herbs you like
- Whole garlic cloves
- Zucchini or squash

Local Food Producer on Shortlist

The Telstra Business Woman of the Year Awards will be announced in a couple of weeks. Of interest to local readers, Murwillumbah entrepreneur Anni Brownjohn, who started her organic foods business 14 years ago, is a finalist in two categories. She is nominated for Business Owner of the Year and for Business Innovation. Anni's business exports to twenty countries around the world—not bad for someone who started out making a few jars of mustard.

Uki Sporting Horse Association

(Continued from previous page)

John's Ambulance and local Rescue and SES squads. We recently successfully held our annual campdraft, but we chose not to run a full programme because of the condition of some of the local cattle, due to all the wet weather in the last few months. There were competitors from as far away as Grafton and Ipswich. On the fun side of things we are going to be holding a 'Host a Murder' night at which we give all the participants a character and a storyline for the occasion, everybody dresses up in their character persona and answers questions according to their storyline of their whereabouts when the 'Murder' took place. It will be a catered event with about 70 people expected, enquiries can be made to Bill Cox at bill@caregroup.com.au or at the club contact details below.

Contact Secretary Jennifer Kearney for any information or queries on 0411 404 218 or email ukisporting-horse@hotmail.com

Then:

- Preheat your oven to about 180°C.
 - Rub the chicken with good olive oil, sumac and a little salt.
 - Lightly oil the pan.
 - Sprinkle the vegetables with whatever really grabs you – coriander with pumpkin, lemon and oregano with carrot maybe. Basil and zucchini.
 - Put the chicken with all the vegetables except the silver beet and cherry tomatoes in the baking dish.
 - Roast the garlic cloves whole. Sue recommends you eat them skin and all.
 - Put the lot in the oven; it takes about 30 or 40 minutes for the chicken to be done. It of course depends on the size of the piece. Don't overcook – if it's underdone you can always put it back in the oven but once it's boot leather you can't undo it.
 - When it's about 15 or 20 minutes into the cooking, lift out the chicken, lay crunched up silver beet in the pan with all the juices and put the chicken back on top of it. Throw in a handful of cherry tomatoes and return the lot to the oven to cook through.
 - Artfully arrange it on a plate and open a good cold crisp semillon sauvignon blanc to go with it. Enjoy on a verandah with live piano music! Happy cooking!
- www.patmiller.net.au



“This life is yours. Take the power to choose what you want to do and do it well. Take the power to love what you want in life and love it honestly. Take the power to walk in the forest and be a part of nature. Take the power to control your own life. No one else can do it for you. Take the power to make your life happy.”

— Susan Polis Schutz

“Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of nature.”

— Steve Maraboli, *Unapologetically You: Reflections on Life and the Human Experience*

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Tweed Valley Wildlife Carers – Hotline 02 6672 4789

how best to assist our feathered friends.

Spring is sprung and the birds are taking over. They are gorging on the insects, small animals, flower nectar and fruit that are abounding at this time of year. They are squabbling, singing and performing aerial acrobatics. They are a pleasure to behold, until you are faced with the conundrum of finding a baby bird.

Around three quarters of young birds that are 'rescued' by well-meaning people are not actually in need of assistance. Often, the best we can do for a baby bird is to leave it alone and keep pets away from it, so that its parents can teach it those essential lessons that will ensure its future wellbeing.

Look for these key indicators (table below), and find out

Some birds are known as '*precocial*' and are independent upon hatching eg. brush turkey. It only needs rescuing if injured. If a baby bird is truly *orphaned* (you know the mother is dead), call the hotline for advice. Any native animal that has been *attacked by a dog or cat* must go to a vet as soon as possible for treatment. For advice or information about birds in our area, see the fact sheets available at www.tvwc.org.au or call the hotline – 02 6672 4789. 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.

Stage of development	Description	What to do
Naked baby hatchling	0 – 14 days old, skin, no/few feathers	* keep warm and call hotline for assistance
Partially feathered (unhurt)	10 – 28 days old, down + feathers, in nest	* return to nest/substitute nest, observe to ensure parents are feeding
Fully-feathered (unhurt)	21 – 56 days old, feathers, hopping around	* if parents are feeding, replace in low tree or shrub, keep pets away, it will be flying in 2 – 5 days
Injured baby	'fluffed up', blood, missing feathers, unable to stand	* gently pick up in a towel and place bird and towel in a well-ventilated box, keep warm, dark and quiet, call the Hotline

The Food Garden

Growing your own food does not have to involve large parcels of land and dirt, nor does it have to involve endless digging and weeding, much as those things are actually pleasurable to some of us. In high density areas where space is limited many people resort to container growing as a means to growing their own food. Let's face it, if you live on the third floor of an apartment there's not much else you can do, short of joining a community garden. The good thing about growing in containers though, is you can move them around to suit the climatic condi-

tions, they can be positioned where you can keep an eye on them, and they can be used very artfully anywhere around the house. Oh, and the best bit is - you can take them with you if you move on.

You can generally use any kind of container, as long as it has some holes in the bottom and can hold dirt. Broken pots, toilet rolls, coffee tins, egg cups, old buckets, a couple of sticks thrown together, you name it. Don't use car tyres though; they're not good for the complexion. Think about the material your container is made from and what it might leach into the soil as it ages.

Whether it is a seed, seedling or mature plant you generally need to keep up the nutrient intake and water, more so than plants grown in the ground. Captive vegetable plants dry out faster and consume nutrients faster so regular watering and a weekly feed of comfrey or worm juice brings them into fruition. Tomatoes do very well in containers, as do potatoes. When using larger pots I like to stuff comfrey leaves two thirds of the way down so the veggie has something to fish for. Mulch is good, compost is better. Live to grow!

Shaun Mac



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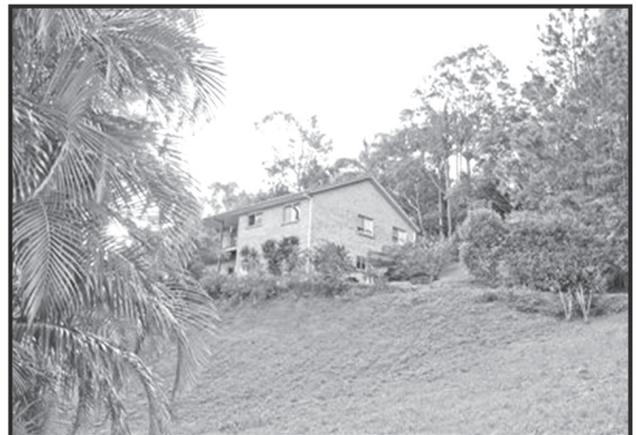
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