



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

Issue 87 | April / May 2016

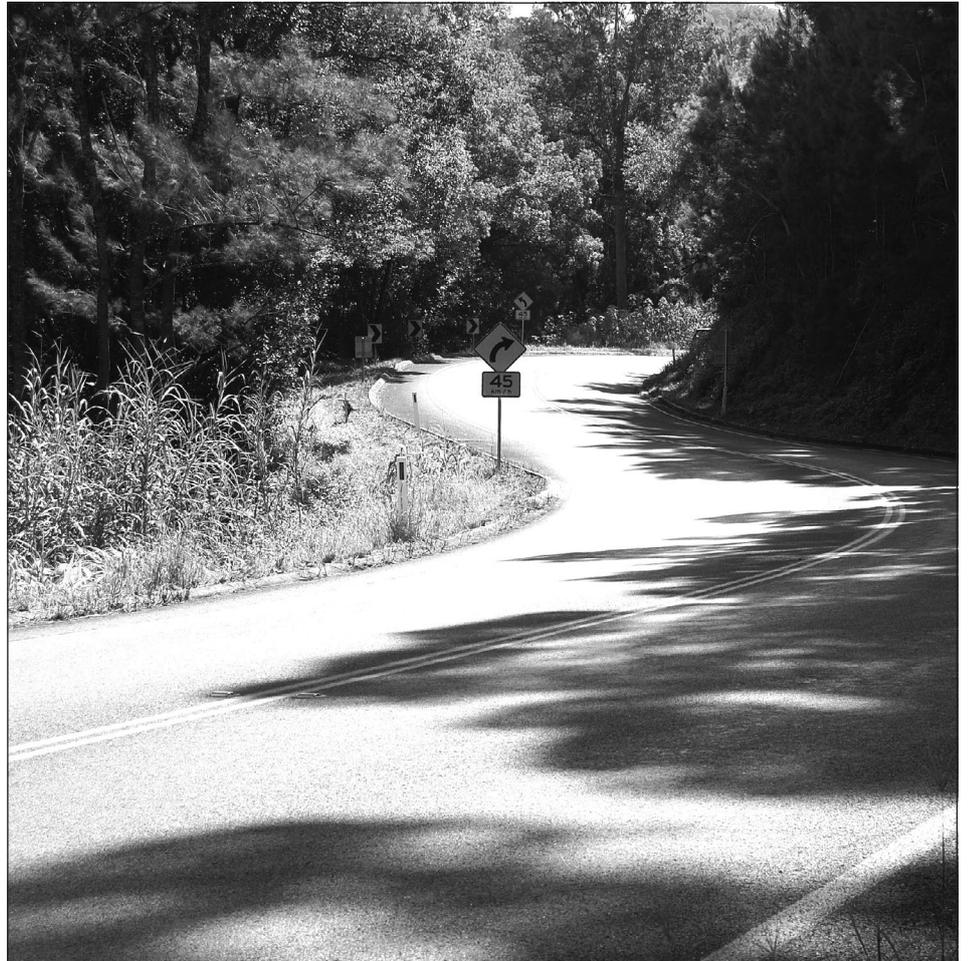
# The Braeside Bend

Philip Carr

The short stretch of Kyogle Road that winds between Glenock and Braeside is now regarded as one of Tweed's worst accident spots. It is not uncommon for locals to encounter police and ambulance vehicles attending a crash or a rollover at this location, or to be held up while a tow truck hauls a wrecked vehicle from the river. This black spot has also seen a number of fatalities and there are a few unfortunate members of our community who have suffered the distressing experience of being first on the scene.

Tweed Shire Council has said that any work required to realign the road through this narrow cutting is well outside Council's budget.

However, the death of another driver in February when a vehicle skidded off the road and rolled over the embankment into the river, sparked outrage on social media and an online petition. In response, Tweed Shire councillor, Barry Longland, who is also a Uki resident, has succeeded in getting the matter onto Council's agenda. The following letter from Cr Longland continues the story...



## A Message from Cr Barry Longland

*After the recent fatal accident on the notorious bend in Kyogle Road near the Braeside turnoff, the Local Traffic Committee of Council met on the 11th of February to consider options for safety improvement on that section of road. I represent the Councillors on that Committee with representatives of the Police and Roads and Maritime Services as well as the local State members and Council's traffic engineers. It was decided that a treatment for that section of road would be developed and an application to the Federal Government under the Black Spot funding program*

*would be prepared. The crash history between Braeside and the Mt Warning/Wollumbin turnoff suggests that our application would now receive a high priority. The treatment will include upgrade of the pavement, the installation of guardrails to appropriate sections, more "reduce speed" signage and the possibility of reducing the speed limit to 60kph in that section. I will pass on progress with the application to the Uki News.*

**Barry Longland**

# From the Editors

After a small hiatus, Issue 87 of *Uki News* is here!

You may notice the paper is no longer *the Uki Village News*; with 1100 copies distributed from Byangum Bridge to the Nimbin/Blue Knob turn off, it was felt that 'Village' was a little too constricting and did not include the wider community, hence the change in title to: *Uki News*.

*Uki News* also has two new editors with Kylie McCaffrey and myself (Brendan Esposito), sharing editorial duties. Kylie will polish the design and layout and make it shine. I'll try to keep the spelling and grammars right (did you see

what I did there?). BIG thanks go out to Sue Kinnealy for previous great work as editor – good on you Sue!

Kylie and myself would love to have contributions from the magical and diverse community of Uki and surrounds, so please feel free to send in any contributions, be it photos (especially), interesting stories, letters to the editor, sporting updates or your community concerns or queries to: [theukinews@hotmail.com](mailto:theukinews@hotmail.com). Send it in! **Remember – *Uki News is your contributions.***

Enjoy, Brendan & Kylie

Contact Uki Village News: [theukinews@hotmail.com](mailto:theukinews@hotmail.com)

## ADVERTISING

Business card size	\$25	Half Page	\$90	All Advertisers will receive an invoice Advertising revenue helps fund the Uki Village News
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*Disclaimer: The opinions and views expressed in this newsletter are not necessarily those of the Uki News nor of UKIRA.*

## A Word from UKIRA

Philip Carr (on behalf of UKIRA Committee)

Advice has been received regarding a proposal that a 40 metre NBN tower is to be erected on a hill at 2981 Kyogle Road, Kunghur to provide access to high-quality, Fixed Wireless broadband services to Kunghur.

Tweed Shire Council is holding off repainting the 'rainbow' handrail at Smiths Creek Bridge while Council's Public Art Reference Group is considering a formal application for public art at the site. Following views expressed in the community survey conducted by UKIRA in 2014, the application proposes to replace the existing rainbow painting with a toned-down design featuring a profile of Mt Warning that would be in honour of all local children who have lost their lives. The original rainbow painting of the bridge was done in memory of the little boy Marley. Marley's family is supportive of the new proposal.

Council approval of the painting would likely be subject to a number of conditions including: the Uki community take responsibility for the artwork's ongoing maintenance. Thanks to Councillor Barry Longland for his assistance with this proposal.

With permission from the Uki Hall Trust, UKIRA is trialling use of the Hall Park for excess stalls following increased demand for stalls at the monthly Uki Buttery Bazaar. The arrangement will generate a small income stream for the Hall.

Don't miss the Feramones gig at the Uki Public Hall on Saturday 9 of April. Proceeds will go towards maintenance of the Uki Public Hall.

Tweed Shire Council will hold an information session at the Uki Hall on Wednesday 13 of April

at 4:00pm until 6:30pm, on the draft Tweed Shire Development Control Plan 2008 Section A18 - Heritage.

*UKIRA meets on the first Tuesday of each month at 7pm in the meeting/supper room at the Hall.*

*Next meeting is on February 2nd 2016. Contact us by email at [ukiresidentsassociation@gmail.com](mailto:ukiresidentsassociation@gmail.com) or write to PO Box 3141*



## Keep Uki Safe

An open letter to Uki, from residents and business owners in the main street

Many in the community will already know about the violent incident, which occurred in the village on New Year's Eve. In the early hours of new year's morning a group of young people who had been partying in the village vandalised parked cars. When asked to stop by the owner and local resident, a violent attempted home invasion ensued. The victim's front door was smashed in while they tried to protect themselves. When they ran to the neighbours for help the group of young people chased them and physically assaulted the neighbour. They remained on the scene for some time and continued the verbal assault on the residents. Police detained and charged one individual on the night following a chase through the village and the school grounds, involving the use of pepper spray. This violent incident followed cars screeching and doing burn outs up and down the main street at about 12.30am and again about 1.30am.

All these activities were witnessed, video recorded and communicated to police. Prosecution is ongoing in relation to the alleged physical assault. Individuals within the group of young people are well known and are part of the Uki community. Eyewitness accounts to the assault and attempted home invasion report that the alleged offenders were heavily influenced by alcohol and/or drugs.

Other anti-social activity has occurred recently at the Mount Warning Hotel, resulting in a staff member being assaulted and another individual being detained by police.

The Mount Warning Hotel is one of the central hubs for the community and as such is a family friendly hotel with close ties to community groups. Hotel staff are determined to retain this aspect of the Hotel. Residents are determined to support them in this regard.

This behaviour is not the Uki we all want to live in. It is appalling and devastating for those involved. Two of the victims of the New Year's Eve assault are deeply traumatised and have left Uki because they are scared of further reprisal.

It is hoped that those responsible realise that the vast majority of the community are appalled by such behaviour. It would also be hoped that the individuals involved take heed. All of us want to retain the friendly, safe, tolerant community that is Uki.

Obviously the police are rightly involved in these incidents and as a result have increased their presence in the village since. As a community we should be able to address this before the need for police involvement. Involving the police means uncivilised behaviour has gone too far. A far more effective approach is for parents, families and mates to model and re-enforce safe behaviour. Raising young people can be incredibly difficult at times for parents, but it can be done as a united community. And for those who are hooning up and down the main street at night after the pub closes, please stop now. Stop now out of respect for your community and before the police have to be called or worse, something goes wrong, there's an accident and someone is hurt. ■

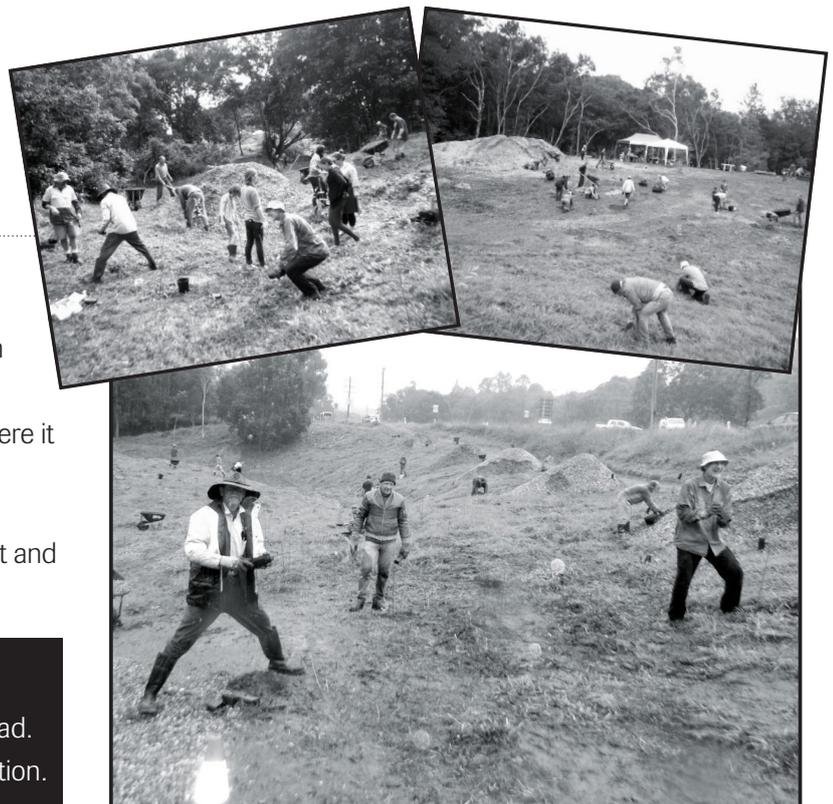
## Platypus Park Invitational Day

Saturday 14th May 2016

UKIRA (Uki Residents Association) in conjunction with Wollumbin Environmental Services wishes to invite all interested parties to an inspection and study of the 25th Anniversary Landcare site at Platypus Park.

Come see and learn how professionals got the site to where it is now, full of naturally occurring native trees and plants.

Bring your bush regeneration questions, as there will be people present to help you with your regeneration project and plant identification.



**When:** 10am to Midday, Saturday 14th May 2016  
**Where:** Corner of Smiths Creek Road and Kyogle Road.  
**Phone:** Eddie Roberts on 66794079 for more information.



# Anzac Day 2016

## Uki RSL Dawn Service

The service to commemorate Anzac Day will commence at 0428 – the public are requested to be present by 0415. The local cadet unit will supply a Guard of Honour, and Rosaleen Newell will play the Last Post, Reveille and the National Anthem.

**Traffic Control:** There will be licensed controllers on duty on Kyogle Rd and Rowland's Creek Rd.

**Breakfast:** A light breakfast and light refreshments will be provided in the Hall after the service. Everyone is most welcome to attend. Our ladies would appreciate help with the preparation and service of breakfast.

*Ray Blissett.*

*Chapter Co-ordinator, Uki RSL Chapter.  
Ph. 6679 5250.*

# The Ken Highfield (Pommy) Raffle

## Ida Daly

A raffle was recently organised to raise money to build a statue of Ken Highfield. Uki has a fine tradition of volunteer service and Ken was an exceptional example of such work, tirelessly cleaning the main street in Uki for many years. The statue is to represent all Uki volunteers past and present. It will eventually be placed in the front garden of the Uki Public School.

A portable barbeque, a crocheted rug, a set of mugs and teas, a set of hand creams, a tin of chocolates, a set of natural scents, a recipe book and toiletries were all raffled and \$460 was banked.

Ida and the organisers would like to thank you for supporting this great venture. Stay posted for the report of the Trivia night and raffle that occurred on March 19th.

Blessings to you all. Ida Daly

# Uki and South Arm Historical Society Inc.

## Esma Thompson

The Doon Doon Hall was originally built in 1921, on land along the Byrrell Creek Road and was known as the Terragon Hall. It was built by the Terragon and Byrrell Creek Communities with timber felled and transported to the Terragon Saw Mill by bullock teams.

During 1929 a decision was made to move the Terragon Hall to land owned by Mr. C. Devine at Doon Doon. The hall was renamed the Doon Doon Hall in 1930. The hall remained at that site until it was moved by the Tweed Shire Council to Crams Farm Doon Doon and reopened after renovations in 2010.

We are currently researching the Doon Doon Hall and would appreciate any extra information or photos to add to

our archives.

We would like to acknowledge the ongoing help we receive from Tweed Shire Council the latest being an amount received from a Donations Policy Grant to make our office area more user friendly.

The society is opened Wednesdays and Thursdays 10am to 3pm and every third Sunday of the month.

Esma Thompson,  
Secretary

Uki & South Arm Historical Society Inc.

Tel: 02 66795 890

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# The Uki Bowling Group

Simon Pearson

Many people wonder what goes on inside Uki's historic hall. For over ten years it has been the home of Uki's indoor bowling group. Rain or shine, every Thursday afternoon the group gets to together for this very enjoyable activity.

The game itself can only be described as being a mixture of fun and skill, and be warned, it is quite addictive. This game is easy to play, and as skilful as you want to make it... but the event is much more than just bowling! It is an opportunity to spend time with a great group of people who all enjoy the get together as much as the game itself.



It is often said that the secret of a happy life is social contact, activity and fun. With indoor bowling you get the lot, and are always sure to leave the session with a smile on your face.

You are cordially invited to pop in just before 2 pm, on any Thursday

afternoon, for a guaranteed enjoyable couple of hours (which always includes a cup of tea between games). The welcome mat is out, waiting for you, and we look forward to meeting you as new friends and players. There is never a better time than "now"! ■



## Anyone for table tennis?

By Philip Carr

Great news! Uki now has its own outdoor table tennis table giving locals



and visitors ready access to a fun sporting activity right in the centre of the village.

Installed by the Uki Residents Association (UKIRA) before Christmas, the stylish concrete table is located on the grass behind the Uki Historical Society building via Milsoms Lane.

The idea was the brainchild of Kelly Skinner and Sara Martin, inspired by the popularity of outdoor table tennis in

the UK, Europe and China.

Table tennis is a highly social sport enjoyed by players of all ages and the new table is just right for Uki's people-friendly vibe. Already the outdoor table is proving popular not only with kids and families but also with competitive players who have been impressed with the bounce and overall quality.

Made from polymer concrete, the all weather table was purchased with funds from a NSW Government's Community Building Partnerships grant, supported by Member for Lismore Thomas George, together with financial contributions from Sara Martin, UKIRA, and the wider community through donations collected at the Uki Supermarket.

Bats and balls are available on site, or bring your own. Balls are also for sale at the Uki Supermarket.

Much appreciation to the Uki Public Hall & Recreation Reserve Trust for the land use approval.

An official unveiling will be held on a date to be advised. ■

# Farmers' Market News

Anita Morton

We've had a few of our regular stallholders away from their posts over the last weeks, for various reasons. Fortunately, the sick are now well and the holiday-enjoyers are either back, or will be back soon. Curry fans – Ya will be back next week (16 April). We've recently welcomed new stallholders Krishna (brownies and Dutch waffle cookies), Clancy (chickens – yes, we all felt really rural with chooks out the front) and Gary (mushrooms). Gary will be working on building up his supplies over the next few months and possibly expanding his range, so sometimes there will be a few 'shrooms on the community table, if Gary isn't there himself.

Lovely Lenka will be back from her maternity leave in early April – date not certain yet, so just keep checking. Check early in the day, if you want to be sure of getting your Shiatsu treatment from this very popular lady!

Long-time stallholder Jean is retiring for family reasons, and

we'll all miss her massive and comprehensive veggie stall. Jean will still be coming every week or so, but with a much reduced range – she needs to keep an eye on everyone, she says!

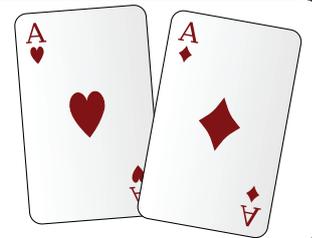
So there is an opportunity now for someone who wants to provide a good range of veggies and fruits – I'm sure there is someone out there who's been looking for just such an opportunity. Contact me on **6679 5348** if you think you might be the right person for the job, or come and see me any Saturday morning.

As a general rule, I am reasonably flexible and inclusive in my acceptance of Farmers' Market stallholders, and I'm particularly keen to see young people having a go at their own business. Do remember though, that second-hand goods, collectibles etc. are much more suitable for the Buttery Bazaar. You can book in for that market by phoning **Lisa on 0487 329 150.** ■

## A Pair of Aces!

Joy and Ida are looking for anyone who may be interested in playing cards or board games. Join our small card-playing group for regular games on Tuesdays.

**If you are up for some fun please phone Ida on 6679 5122 or Joy on 6679 5297.**



## Uki Village Website & Local Businesses

The Uki CTC (Community Technology Centre) is in the process of compiling a comprehensive local Business Directory for the new Uki Village website. And we would appreciate community feedback on any corrections or additions. If you know of any local businesses not yet included in the directory, who would like to be, please ask them to contact us.

Uki Tourist Information at the CTC

**UKi@CTC**

[www.ukivillage.com.au](http://www.ukivillage.com.au)

Contact us to feature your business

Uki CTC Administrators of Uki Village Website for UKIRA

**CTC@Uki**

**Community Technology Centre**

The Buttery

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## Advertise on Uki Village Website

We are also featuring local business on the Uki Village Business web pages for a small fee. If interested in displaying your business please contact us by phone or email, or just drop in.

# Uki Buttery Bazaar Entertainment

**Sue McKenna**

To book a stall at the monthly Uki Buttery Bazaar please contact Lisa on **0487 329 150**.



 Uki Buttery Bazaar Market

## Sunday April 17th

### DIRT MUSIC PREACHERS

The preachers preach that music should be happy, fun, and emotional...that's why it's called playing. It's a little bit country, a lot of blues and bluegrass, some jazz and swing, with four part harmony, stitched up with slide guitar, banjo, mandolin, harmonica, drums and sweet vocals.

Down to Earth, you bettcha, Made of dust and sweat and tears... Dirt Music, it's real!



Dirt Music Preachers



My Figment

Special guests, My Figment are a soulful, whimsical guitar and keyboard duo, however more often than not, good friends and fellow musicians accompany them. Saluting the roots of folk they are seekers who harvest their heart and share stories that feed the universal well of interconnectedness. Their songs draw on themes of life, love, loss, transformation and... housework.

Check them out: [www.myfigmentmusic.com](http://www.myfigmentmusic.com)

## Sunday May 15th

### FAVOURITE SON

Favourite Son's music conjures the feeling of a warm tropical sunset by the beach; his show captivates audiences with sun-soaked dance beats, warm vocal melodies, percussion, ukulele, and lush keyboards.



Favourite Son

Playful and fun, your ears will be drawn to the sound, and your body will want to move to the beats. Recently introducing the ukulele into his live show, the small Hawaiian instrument has brought a unique touch to his 'beachy' music. Whether he's playing funky dance or relaxed tropical grooves, the Favourite Son sound always has an easy and breezy feel.

Favourite Son is the stage name for Matt Aitchison, an Australian multi-instrumental performer. His music career spans almost 20 years, and has taken him to festival stages all over the world. Since his days with globetrotting world music band OKA, Matt's music has a sound that is unmistakably his own - his music contains effortless melodies, beautiful soothing soundscapes and catchy rhythms.

Joining him on the day will be young musical prodigy Lockie Dwyer who will do a set of his own, play a little with Matt and generally have some fun while playing cool grooves.

[www.favourite-son.com](http://www.favourite-son.com)

[www.youtube.com/watch?v=uMNH18SRWzk](http://www.youtube.com/watch?v=uMNH18SRWzk)



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# Beyond the Razor Wire

• John Tyman

I had an idyllic childhood. I grew up in a village east of London, and with my friends was free to explore the world around me. We had secret camps in the woods nearby, gathered bluebells in the spring and birds eggs (both now illegal), and in the autumn we raided the orchards of neighbouring farmers and gathered nuts from hedgerows (roasting them over camp fires). There was a war on then, but no one pushing drugs, nor an epidemic of pedophilia to alarm my parents: so we ran wild and free. And when we got bikes after the war we'd be away from home for many hours. There were no mobile phones then so our parents could keep tabs on us: they just trusted us and the community.

I am sad sometimes thinking of the different lives my grandchildren live...



their diminished freedoms and their preoccupation with the digital world instead of the real one: but I cannot begin to imagine the pain of the lost childhoods of children imprisoned in detention camps ... both in tropical hell holes and on the Australian mainland. Any that are eventually released are scarred for life and those that are deported usually face a fate worse than death. And all this is done in our name!

That's why on Palm Sunday a group of

us gathered at the Council chambers in Murwillumbah to walk in chains to the Centrelink Building ... the Shire Council because they had declared ours to be a refugee friendly area and the Centrelink Building symbolising our federal government.

Such protests are symbolic but they have power nevertheless. In an election year, the birth of the Sanctuary Movement in Brisbane, (following the government's attempt to return baby Asha to Nauru), has rekindled the cry of the great Catholic peace activist Philip Berrigan:

"If they come for the innocent without stepping over your body, cursed be your religion and your life."

There are members of our federal government willing to reveal that they are Christians, but they are clearly confused. What Jesus said was "suffer the little children to come". He did not say "make them suffer when they come!"

*Rev'd John Tyman,  
Holy Trinity Church*



## Clean Up Australia Day

Uki Community Gardens organised the Cleanup Australia Day this year on Sunday 6th March starting at Sweetnam Park. A dedicated group of locals assembled in the morning and made the road and riverbank to the village sparkle with cleanliness! It was amazing what we found – an unopened 6 pack of Wood and Stone, a really good pair of roller blades and a twenty dollar note (please don't claim it as yours unless you can tell us the exact spot you lost it and the serial number!). The community gardens is currently preparing the Plan of Management and other documents for Tweed Council to bring the project to the next stage.

Please contact Greg O'Donnell on 6679 4275 if you would like more information or would like to be involved.



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# Providing an Audience

**Heather McClelland**

Uki is a village where community matters. You only have to watch people at the Saturday markets to see how much they enjoy the warmth of catching up with friends.

My grandson of five was recently the recipient of treats on his 'Lucky Last Day' marking the end of pre-school! Now he's off to 'BIG' school. Another privilege of the day was being given a leadership role. My daughter mentioned how proud she was as he took the lead in the 'Welcome to Country' and the other children followed his lead. He felt significant.

No matter how old we are we all need people who act as witnesses to our everyday events or important milestones. It multiplies the joy to share the details of some event in anticipation, or in retrospect, with

someone who knows how to listen with genuine interest.

There are of course good conversations where each person spins off a story which another person has just told, telling one of her/his own. But that is an 'art of another kind'.

The kind of 'audiencing' this article is about is the kind which responds in a way which honours the speaker. Perhaps something is said which chimes in with the hearer's own experience and she/he mentions this for the purpose of adding to the significance of what was just shared. Sometimes as people listen they are influenced in a good way and as they mention this benefit, the speaker feels somehow 'made bigger'. Responsive listeners have the power to help a person of any age grow in confidence and in the sense of their own identity.

It seems that if children's lives are not 'witnessed' or their families/communities are unable to routinely provide them with 'a beneficial audience' that they tend to become 'needy' or 'at risk'.

It's a challenge for all of us, parents, teachers and community members, to



take up opportunities that come our way, no matter how small, to be the kind of witnesses to the lives of others we would like others to be for us. When we are truly heard by someone else the experience teaches us how in turn, to be significant witnesses ourselves. ■

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# Barbies aren't just dolls

Pat Miller

Too many barbecues seem to involve once-frozen hamburger patties, overdone chops and cremated sausages swimming in hot fat supervised by a sweating dad in an inappropriate apron guzzling warm beer. Can we not do those any more? Turn over an autumnal new leaf?

I eat with my wonderful neighbours about once every ten days - shamelessly using them as victims of my recipe experiments doesn't seem to bother them at all. The last evening of summer was marked by such a barbecue.

Barbecues have the advantage of getting and staying very hot, great for searing meat. Veggies like choko, zucchini and eggplant love barbies too. For carnivores, get some decent rump steak from your local butcher. In a mortar and pestle pound up a teaspoon of salt, hot de-seeded chillies (you decide on the heat level), a handful of fresh basil and peeled cloves of garlic. Combine with 100mls of good red wine (don't forget to have a slurp... the bottle's open), a tablespoon of dark soya sauce and a tablespoon of olive oil. Vary the brew to suit you!



Remove all fat and sinew from the steak. Cut it into fingers about 4cm square and maybe 12cm long and marinate them for up to three hours, no more, in a glass or ceramic bowl.

Oil a clean hot barbecue plate with rice bran oil. Just as it starts to smoke (it goes runny with 'legs' first so you can tell) shake the marinade off the steak fingers and sear them on the hotplate. Then move them around so every finger has their desired degree of 'done-ness'. All barbecue plates have hotter and cooler areas - use these cleverly. It gives you finesse and a fairly quick cooking time. Good beef should never be overdone; you can always cook it a little more if it's too rare, but you can't undo it.

The sauce was eggplant, tomatoes and some of the leftover marinade cooked in a wok. Mashed spuds went with it. The neighbours arrived with a perfectly matched bottle of Wyndham 444 Cabernet and we solved the world's problems over dinner.

Happy cooking

patmiller.net.au

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# Supporting healthy thyroid function

Judith Magee

The thyroid gland consists of two small, connected lobes located in the front of the neck, below the laryngeal prominence (Adam's apple). This important endocrine gland influences every cell, organ and muscle in the body, controlling growth, reproduction, body temperature and most importantly the rate at which the body functions. It produces two hormones - Thyroxine (T4) and Triiodothyronine (T3). T4 travels through the blood to cells and organs where it is converted to the more active hormone T3.

## What can go wrong?

- **Hypothyroidism:** Too little T4 is produced and/or converted to T3. The metabolism slows and can cause fatigue, weight gain depression, constipation and intolerance to cold, dry hair and skin, loss of libido, and headaches.
- **Hyperthyroidism:** Too much T4 is produced. The metabolism speeds up. Symptoms include restlessness, anxiety, difficulty sleeping, weight loss, rapid heartbeat, heat intolerance, sweating, bulging eyes, diarrhoea, and increased appetite.

## What helps?

- **Drink organic vegetable juices and herbal teas,** including green, white and mint teas, ginseng, lemon and ginger. These are cleansing, nourishing and aid removal of waste products.
- **Eliminate toxins and stimulants** such as sugar, coffee, tea, caffeine, tobacco, alcohol, pesticides in non-organic foods and chemicals in plastic bottles and food packaging -

the thyroid gland is very susceptible to these toxins.

- **Partake of a complex whole diet,** rich in the following:

**Proteins:** Amino acids are the building blocks of proteins. The amino acid Tyrosine is needed to make T4. Tyrosine is found in chicken, turkey, fish, almonds, avocado, banana, cottage cheese, pumpkin and sesame seeds.



**Iodine:** Also needed to make T4. Iodine is found in fish and shellfish, whole grains, natural iodised salt, egg yolk, asparagus, sunflower seeds, garlic, mushrooms and sea vegetables including kombu, dulse and kelp.

**Vitamin A:** Needed for iodine absorption and T4 to T3 conversion. Sources include organic liver (not if pregnant) egg yolk, oily fish, and yoghurt; yellow, orange and green coloured vegetables and fruit.



**Selenium:** Needed for the conversion of T4 to T3. Found in meat, fish, brazil nuts, eggs, garlic, onions, whole grains, organ meats, brown rice, barley, celery.

**Zinc:** Needed for conversion of T4 to T3. Found in oysters, ginger root, lamb, almond, brazil, pecan and walnuts, oats, sardines, sesame and pumpkin seeds, brown rice, coriander leaves.

**Beyond these general strategies, Complementary Medicine has much to offer in supporting healthy thyroid function. This includes a number of very effective herbs, homoeopathics and nutrients.**

**If you recognise some of the above signs and symptoms, don't delay - take a positive action, see a health professional and start feeling BETTER !!** ■



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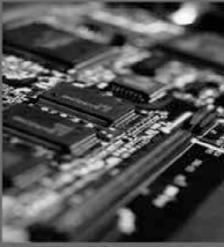
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# Inspired Parenting

• By Maira

We have all heard the very sound parenting advice of choosing our battles. Yet, I propose a more radical thought: not to battle at all. Stop the war all together. It is hard to imagine parenting without battling. I don't know of anyone that has experienced it. But I do know of people that are "practicing" it, and I know it is slowly happening in our household. I will not lie to you: it's not easy. But I can assure you it is possible. And the difference in our lives makes the effort worthwhile.

Often I ask my son to do something and he refuses. This is what I then do to ensure a peaceful relationship. If I get triggered, I take myself away and listen to my inner ranting and moaning. This is the most important step: inner self-holding. Once settled, I go back to my son. I get really close to him, curious to see how he is feeling. Then, I often find the reason why he refused to help: was he engrossed in something really interesting? Or was he is upset about something that happened at school? Or have I asked with a tone of "you should help now" and he just didn't want buy into my blackmail? From this space of understanding I can connect with him. I might ask about the interesting thing he is into, or listen to his difficult event at school, or apologise for my tone of voice and suggest alternatives that might work for both of us. From this place of connection, most of the times he'll either follow with my request spontaneously, or I'll reach



an agreement with him. The rest of the times, it's still OK, because I am connected to him and, from there, it is easy to be flexible and compassionate. No more battles; instead, tons more love, understanding and heart connection. Everybody wins!

For more on this subject read the book "Hold on to your kids" by Gordon Neufeld, Ph.D. ■



## INSPIRED PARENTING

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Maira Jorba 0427 088 096

### FIND A WORD PUZZLE GREEK MYTHOLOGY

Puzzles contributed by Colin Dunbar.

I	C	A	R	U	S	W	A	X	N	Z	L	E	D	A
A	R	E	S	T	R	I	V	E	R	S	T	Y	X	H
P	E	G	A	S	U	S	S	T	H	E	N	O	N	A
E	H	Y	D	R	A	E	J	A	S	O	N	E	I	R
T	I	T	A	N	G	A	S	T	Y	P	H	O	N	P
U	I	E	E	I	U	T	P	R	I	A	M	E	Y	
S	L	L	R	N	R	J	S	C	H	A	O	S	R	N
K	E	E	A	O	G	I	I	N	A	I	A	D	O	O
H	A	R	T	E	M	I	S	C	L	O	N	I	S	R
B	U	C	O	H	P	S	Y	C	H	E	R	X	H	P
T	E	M	P	L	E	O	F	A	P	O	L	L	O	H
H	G	O	E	D	I	P	U	S	D	O	R	I	S	E
C	A	V	L	D	S	E	A	N	Y	M	P	H	S	U
C	I	R	C	E	E	U	R	Y	D	I	C	E	O	S
G	A	E	A	Q	L	A	O	C	O	O	N	Q	L	Q

- Ares
- Argus
- Artemis
- Chaos
- Circe
- Clio
- Doris
- Erato
- Eris
- Eros
- Eurydice
- Gaea
- Gaia
- Ge
- Harpy
- Hector
- Helen
- Hydra
- Iapetus
- Icarus
- ichor
- Jason
- Laocoon
- Leda
- Lethe
- Medea
- naiad
- Oedipus
- Orion
- Orpheus
- Pegasus
- Priam
- Psyche
- River Styx
- sea nymph
- Sol
- Sphinx
- Stheno
- Temple of Apollo
- Titan
- Typhon
- Urania

### Sudoku Challenge

Test your powers of logic. To complete this Sudoku puzzle, the grid must be filled in so that every column, row and box contains the numbers from 1 to 9. Good luck.

Medium No. 2

			1	9	7		8	
		8		4				
9	1			8				2
	7	5		3				
8		4	9		1			7
					8	4		
			6				4	5
		1						
4				5				

# Motorcycle Musings

## Mr. Foggy Goggles

Riding a bike is not all fun and games, especially if it's a daily affair. Hazards abound, with some riders spending their time dodging hair-brained macropods. This too, is an occupational hazard for me. So much so that I have a 'roo whistle glued to my front guard for this reason. It seems to work a treat. They sit up and listen and tend to stay still, instead of bounding about like pinballs and using me as the bumpers. For out right stupidity though, the Wonga pigeon receives my vote as the most suicide prone of animals around here.

Witness: Flocks of these slow, fat, largely terrestrial birds, descending on the Northern Rivers at this time of year

to gorge themselves senseless on camphor berries; sitting by the road side in stupefied flocks. Blasting past these over weight gluttons results in sending them moving skyward in a confused and sluggish, multidirectional mass.

Such a scenario befell me one morning between Uki and Stockers Siding on the way to the Burringbar swap meet. My connection with this avian maelstrom resulted in a cross between a pillow fight and the Texas Chain Saw Massacre. I was pretty sure I hit about four, but after stopping and inspecting the bike and myself for damage could only find two and half. I could supply pictures of the effect the front brake disc has on one of these birds... but

it is not for the fey-of-heart or those of weaker gastrointestinal fortitude. I can tell you it brought me to tears that morning (I will deny this if you mention it again).

How am I you ask...? Why thank you for your concern! I was quickly away to clean myself, as I smelt of blood, camphor and pigeon poo. Needless to say my faithful bike performed admirably and escaped unscathed, but I had to go and wash it, as the dog would not stop chewing the tires and licking blood from every crevice imaginable. Silly girl burnt her tongue twice!

Keep the rubber on the road and your head on a swivel...

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# The Astrology Report

Paola Emma

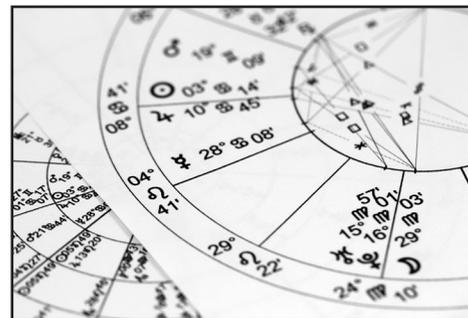
The Aries Equinox fell on March 20, opening the astrological autumn in the midst of an Eclipse Season. The Lunar Eclipse, at the Libra Full Moon of March 23, was very much a mirror reflection of the one we witnessed in September 2015, with Sun and Moon in opposite Signs. The Equinox itself is always a time when the world strives to find equilibrium between Dark and Light and the Earth is illuminated in the same measure on both hemispheres; a time during which we are more inclined to reflect on our relationships and what we project on others and others project on us. This is an opportunity to see more clearly the dynamics of these projections.

The major actors at play at the time of both the Equinox and Eclipse are

Jupiter and Saturn, planets respectively of expansion and contraction, during this period fighting for supremacy in our personal lives and in the world at large. This is an ongoing transit, which began in August 2015 and will leave only at the end of May 2016.

Jupiter is calling for growth and increase; in future development and life improvement in mind, manifesting as hopeful optimism. While Saturn stands for our self-limiting tendencies, manifesting as careful realism or, conversely, fear of the future based on negative past experiences. Jupiter's enthusiasm is already somewhat held back in Virgo, a down to earth Sign; not the ideal to freely express this planet's more outgoing energy. Saturn, on the other hand, is transiting Sagittarius, traditionally associated with Jupiter, a fact that also indicates a general limitation of our more extrovert tendencies.

As in the last season, this is not a time for adventurous enterprise but rather for careful planning and economy. Work done now will certainly bring its reward later on, but the goals we envision may need more time to manifest and will



come mainly from efforts and good will. We all need more patience and humility to use this dynamic energy constructively, avoiding frustrations.

The fact that Jupiter in Virgo was aligned to the Pisces, Total Solar Eclipse (March 9) and in opposition to Chiron, the Seeker and Healer, makes him, in my eye, the most important influence for this upcoming season. Jupiter is now highlighting the best qualities of Virgo: purity, compassion, love for animals and nature, need for some sensible routine and ritual in our everyday lives, the desire to be of service, a philosophy of life grounded in actions rather than nice words or wishful thinking.

Happy Transits to everyone, Paola

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