



Creative Natives

From Friday 16 through to Sunday 18 September, Uki once again confirmed its reputation as a haven of creativity as Ukitopia hosted the Images of Uki creative weekend. The weekend began with Uki's creative natives showcasing their work with Friday evening's spectacular opening of the Images of Uki art exhibition, which for the first time included a parade of fashion designs. The Uki hall was a-buzz as designers and models readied themselves for the fashion parade. Audience reaction was vocal, enthusiastic and barely corralled by the inimitable MC, Lady Shiraz, as a bevy of male and female beauties weaved their way through the artworks in stunning original creations. The community spirit continued after the opening as Uki came together to picnic and be entertained on the Village Green.



Uzume Welling

Images of Uki exhibition featured eighty original artworks which drew much discussion and comment from art lovers and critics alike and a large number of artworks were sold by Sunday afternoon's close. Collaboration rather than competition was fostered with the presentation of encouragement awards rather than prizes. Adam Suttie and Natasha Wernick were presented with \$50 vouchers sponsored by Yellow Brick Studio, Murwillumbah. The Lounge Lizard cafe also sponsored encouragement by providing art space for artist Lesley Doherty. Dallas Brown was encouraged to produce more fine work with mentoring from Natascha Wernick and support with online marketing through Creative Caldera towards creating a solo exhibition.

The peoples' choice awards were:

- 1st** Heather McClelland - *Bub in waiting*
- 2nd** Brooke Miller - *First light on Mt. Warning*
- 3rd** Jenny Mac - *For the love of Christ*

Saturday morning was relaxed with yoga on the green and a riverside nature walk. Saturday's Crafternoon gave youngsters of all ages the opportunity to enthusiastically express their creativity with a variety of crafts guided by local practitioners, while there was also live music at the Uki Café.

Despite overcast skies, Sunday's Buttery Bazaar capped off the weekend with its variety of interesting stalls and more fantastic live music.

The organisers wish to extend a heartfelt thanks to everyone who volunteered their time, labour, skills, creativity, and equipment. Your contributions are part of what makes Uki a community not just a village. This sentiment is echoed by Images of Uki director Maya Krasna: *"I was really struck by just how important this creative event is for our local community. Whether art mirrors life or life mirrors art - either way the two are deeply intertwined, and it is through coming together to celebrate our community's creative spirit that we also create community itself. So in whatever way*



you contributed to the weekend, thank you for helping create this precious community that we call home".

The Creative Weekend is a Ukitopia event held under the auspices of the Uki Residents Association

All photos courtesy of Vibrant Imaging www.vibrantimaging.com.au

Your Election Guide
Pages 6-7

From the Editors

After viewing the stone age art of Lascaux cave, Pablo Picasso, said: "We have learned nothing in twelve thousand years". This says to me that, more than language, tool use, our ability to walk upright or our opposable thumbs, art defines us as humans. It is the outward expression of our imaginations. We have our familiar foods and customs and family ties, but ultimately our cultures and communities are defined by art. I was privileged to be part of such a definition during the Images of Uki Creative weekend. In the future I hope to be part of a Uki that can build on this

engaging, inclusive and participatory culture. To quote Chuck Palahniuk: "The first step - especially for young people with energy and drive and talent, but not money - the first step to controlling your world is to control your culture. To model and demonstrate the kind of world you demand to live in. To write the books. Make the music. Shoot the films. Paint the art."

Remember – Uki News is your contributions Uki.

Brendan and Kylie

Contact Uki News: theukinews@hotmail.com

ADVERTISING

Business card size	\$25	Half Page	\$90	All Advertisers will receive an invoice Advertising revenue helps fund the Uki News
Quarter Page	\$55	Full Page	\$175	

Disclaimer: The opinions and views expressed in this newsletter are not necessarily those of the Uki News nor of UKIRA.

The Uki Village and District Website – ukivillage.com.au

Wendy Redpath

It is less than a year since the launch of the new website. In this short time it has grown by leaps and bounds, with new pages and listings being added continuously. Sponsorship from businesses in the area has enabled the site to pay for itself. A big thank you to all our sponsors for this excellent effort.

For a paid up yearly subscription businesses are featured on several pages. So far the pages added are: **Trades and Services, Accommodation and Retreats, Cafes and Restaurants, Arts and Crafts, Health and Wellbeing, Organic Produce, and Creative Design and Services.** There is also a free Business Directory which includes all local business.

The website also includes a Community Directory that serves as a noticeboard posting details on current community projects with a link to Uki Community and Social Facebook page. The Emergency Services page has contact details and links to a variety of essential services including the *Uki Flood Watch* website with its list of local coordinators. The Uki News page is an archive, where digital copies of the Uki News, past and present, can be downloaded.

On the Events page current happenings are posted and updated regularly. The Market page has a timetable of local markets - both Farmers' Markets and the monthly Buttery Bazaars. The History page describes the early settlement days illustrated with a photographic slideshow, while the Uki Historical Society has its own page and video explaining the work they do. There are pages on Tourism with visitors' information on our beautiful area and links to local businesses that cater to visitors.

Under the Arts menu there are links to local art galleries and creative studios in the area as well as postings on art events, such as Ukitopia. A newly created page, Uki Artists Gallery, showcases the amazing wealth of talent living amongst us. We are also in the process of adding a Musicians page to promote our local performers.

The Web site is an initiative of UKIRA and administered by Uki CTC. UKIRA and the CTC welcome participation and feedback from the community that helps keep our website vibrant, relevant and current. So come aboard if you want to be a part of the local Community or Business Directory, if you have an event to post, a band to promote or art work to display. Please let us know – we would love to hear from you, and it's free!!! And remember, business and workshop advertising is available at a very reasonable rate.

Welcome to ukivillage.com.au ■

The Tweed Valley Community Technology Centre AGM will be held at 3pm on Tuesday 25th October at the CTC office, The Buttery, 1454 Kyogle Rd, Uki 2484.



Pizza, BBQ Chooks, Burgers, Fish & Chips,

Mon-Thurs: 7.30 am - 7pm Market Sundays—closed
 Fri-Sat: 7.30am - 8pm Phone orders welcome
 Sun: 7.30am - 4pm 6679 5316

CTC@Uki

Community Technology Centre

The Buttery
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ctc.uki.nsw@gmail.com
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Uki Masonic Lodge

Uki and South Arm Historical Society Inc.

In the early 1920s the nearest Masonic Lodge for South Arm Brethren to attend was Lodge Tweed which met regularly at Murwillumbah. As there were few motor cars and horses and horse drawn vehicles were the common means of transport, the journey to Murwillumbah was difficult on roads that were rough, boggy, hazardous and uncomfortable. In 1923 fifteen men held a meeting to consider the formation of a lodge at Uki. The land purchased to build a temple was on the crown of a ridge overlooking the Uki Village in Marshall Street (this is now a private residence). Brother J. C. Priest who was the manager of the Terragon Saw-Mill was to supply the timber and Brother L. S. Jarrett who was a builder was entrusted with the responsibility of building the temple. The lighting system was to be carbide lights. The initial bank overdraft was for £800. During the first ten years of the lodge history the bank overdraft was reduced to £185/12/4.

Many charitable causes were also assisted with funding by the Lodge during that period. On the 25 March 1924 the new temple was consecrated and dedicated and the foundation officers were installed. The first Worshipful Master was J. C. Priest. A motion was moved on 17 November 1925 that the by-laws be altered to provide for the lodge to meet on the Tuesday on or before the full moon. It was important to have moonlight for the homeward journey. After the death in 1930 of Brother E. A. Arnold the Lodge arranged for his children to be enrolled in the Masonic Schools at Baulkham Hills, Sydney. Three generations of the Arnold family became members of the Uki Lodge. The lodge continued to operate until 1997/1998 with the last Worshipful Master being Ken Highfield (known for raking the village). The lodge building was sold and the furniture and fittings were sent to the Masonic Hall in Murwillumbah.



The Historical Society is opened Wednesdays and Thursdays 10am to 3pm and every third Sunday of the month. Visitors are welcome.

Contact: Esma Thompson (secretary)
Ph: 02 66795890
Ph AH: 02 66799121
Email: trmuki@tweed.nsw.gov.au

Uki teen urges kids to 'get on ya bike'

Carmen Myler

Uki teenager Conor Irvine is teaming up with community members to get kids aged 8-16 off the screens and on their bikes on 23rd October. A Year 8 student at Murwillumbah High, Conor is being mentored by Uki architect and Chai Harem owner, Greg O'Donnell, as part of NSW YWCA mentoring program Youth Frontiers.

The program is designed to help young people build their skills, capacity and community connectedness.

"I decided with my mentor to hold an event that tapped into my own interest, which is bike riding," Conor said.

"This will be a day where kids 8-16 can learn about simple bike maintenance like changing a tyre, try out some new skills, and also learn how to ride safely and sustainably through a bushland environment."

"We've got permission from Council to run it on a beautiful piece of land at the Uki Wastewater Treatment Plant, so kids and families can have a go at riding a simple off-road mountain bike track."

Conor said he and Greg had received wonderful support from the community, in particular from Eddie Roberts and Hugh Flower from Tweed Valley Mountain Bike Riders.

"The club members helped me and my mates build some jumps and see-saws, and Hugh ran a trial skills clinic for us and our parents, which was so much fun. We can't wait to set that up at the event."



Hugh Flower supervises Conor in making jumps for the upcoming bike skills clinic.



Uki lad Conor Irvine is sharing his passion for bikes with the community.

On the day, a basic maintenance workshop will also be available. There will be a talk on safe bike riding and basic skills clinics run by the mountain bike club. Families can enjoy a sausage sizzle by donation and refreshments from Chai Harem and the Uki Supermarket. All donations go to the not-for-profit Tweed Valley Mountain Bike Riders club.

"I'd also like to thank UKIRA, Uki Supermarket and the Cycle Centre in Murwillumbah for their support and donations in making this happen," Conor said.

On Ya Bike runs 11am-2pm, Sunday, 23 October at the Uki Wastewater Treatment Plant, Smiths Creek Rd, Uki (near Clareville Rd). To register, email ctmyler@gmail.com or join the **"On Ya Bike Uki"** event on Facebook.



“Hullo and Bye Bye”

John Tyman

Anyone who has trekked in Nepal will know that the trails follow either ridges or valley bottoms, villages are long and narrow as a result. Kids will greet you as you reach them, and farewell as you pass them with the words: “Hullo ... Bye Bye”. There is scarcely a pause between these words... just a turn of the head. As I approach my use-by date, it seems to me that “Hullo... Bye Bye” could be a metaphor for our life on earth, for we are all on a journey, from birth to death.

What matters, and the only thing over which we have any control, is what we do with the years in between. In my youth I used to sing along with BBC broadcasts to a song, which we almost never hear today:

*“If I can help somebody, as I travel along
If I can help somebody, with a word or song
If I can help somebody, from doing wrong
Then, my living shall not be in vain.”*

I have lived among life-long travellers...

we call them “nomads”... in both Africa and the Arctic. There were three things in particular that impressed me about their way of life. One was that they were burdened by few possessions, for there was little that they could carry... just essentials. Secondly, they were generous, sharing what little they had, because they knew that when times were hard, that’s how people survived. Thirdly, they had no sense of private ownership. The land and its wildlife belonged to their God; they simply held it in trust and left very few marks upon it.

Our society, in contrast, is fixated on possessions with few of us are ready to acknowledge that giving up some things we want may well satisfy the needs of someone less fortunate. This is the case here and abroad, if in doubt contact OXFAM, Medecins sans Frontieres, the UNHCR, or the Red Cross. There is despair that anything will ever change and there’s nothing they can do.

Let me end, therefore, with a Franciscan blessing:

May God bless you with discomfort at easy answers, half truths, and superficial relationships, so that you may live deep within your heart.

May God bless you with anger at injustice,



oppression and exploitation of people, so that you may work for justice, freedom and peace.

May God bless you with tears to shed for those who suffer from pain, rejection, starvation and war, so that you may reach out your hand to comfort them and turn their pain into joy.

May God bless you with enough foolishness to believe that you can make a difference in this world, so that you can do what others claim cannot be done.

And may your personal journey be a blessing to others.

John Tyman, Holy Trinity Church

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Cabaret 360: 2016

“Nothing
is What it
Seems”

(CLOCKWISE FROM RIGHT)

Marlene Basser as
Madame 'O'; hoop artist
Asta Godden; Jacqueline
Sirianni as Chrysalis
from Cyclocomicic
Celebrations; Nick
Hanlon; and handstand
act Li Pawson,

All photos courtesy of
Vibrant Imaging
www.vibrantimaging.com.au



Uki Sporting Horse Association

Sally Mather

On the 20 and 21 August the Uki Sporting Horse Association held a Western and Sporting Weekend. Saturday was an educational day with local Cutter Bob Guest giving lessons on the mechanical cow and Credence Donoghue teaching Western pleasure. Sunday was our first competition with 37 riders competing for ribbons and we were thrilled to see lots of new faces.

These weekends are open to all levels and ages of riders. We have created these weekends for people to come and have fun on their horses, meet new friends and learn new skills. For information on future events go to:

www.facebook.com/TWVPC



Flu Bomb

Janet Prentice

A very powerful natural remedy for fighting colds and flu.



- Juice of 1 lemon
- 1 dessert spoon grated ginger 1 or 2 cloves garlic, crushed
- Raw honey (at least a dessert spoon)
- Cayenne pepper (as much as you can tolerate)
- 1 drop suitable food grade essential oil

Mix all together with hot water and drink.

Chew and swallow as much of the solids as you can manage.

Repeat while symptoms last (e.g. morning and night).

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Election

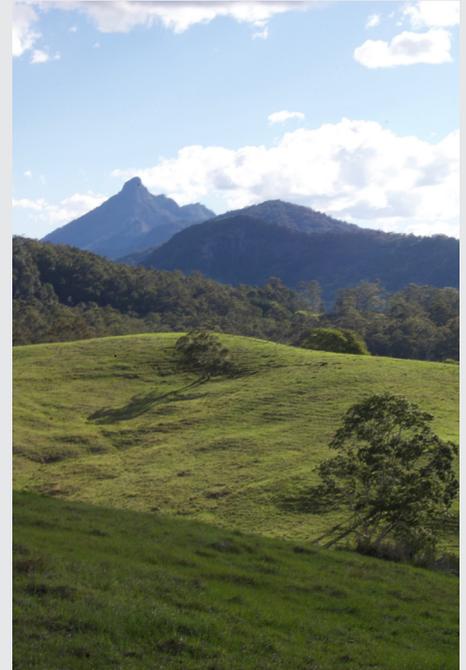
Phil Carr

An election for Tweed Shire Council will be held on Saturday 29 October 2016. Voting is compulsory. The polling booth for the Uki district will be open at the Uki Public School from 8:00am – 6:00pm. Pre-poll voting can be done at the Murwillumbah Civic and Cultural Centre from Monday 17 October. Further information can be obtained from the NSW Electoral Commission on 1300 135 736.

Voters will also be asked through a Constitutional Referendum, if they support an increase in the number of Councillors from seven (7) to nine (9). If there is majority support for the proposal, the changes will take effect from the 2020 Local Government Election.

The following questions were put to those candidates known at the time of printing to be heading groups:

- 1. Where do you live?**
- 2. How long have you lived in the Tweed?**
- 3. What motivates you to stand for Council?**
- 4. If you could achieve one thing during your time as a councillor, what would it be?**
- 5. What strategies would you support to manage the shire's growing water needs?**
- 6. Why should people vote for you?**



Responses were not received from Katie Milne (Greens) or Carolyn Byrne (Independent).

Pryce ALSOP (Independent)

- 1** Murwillumbah
- 2** 27 years in the Tweed
- 3** Motivation is passion for the Tweed and frustration for people trying to have a go.
- 4** To help create a Council and a healthy team of councillors that share a long term vision for the Tweed.
- 5** I'm interested in seeing some options not tabled yet. Out of current options, raising Clarrie Hall seems to offer the best return on investment and causes the least stress on the environment.
- 6** I represent the community's own values and concerns for the Tweed. I consider myself to be one of the people who make up our great community. I love the Tweed it's my treasured home. I'm passionate about the Tweed's performance and love hearing of people or businesses being successful. I want to help make businesses and members of the community successful.

Gary BAGNALL (Independent)

- 1** South Murwillumbah
- 2** 20 years in the Tweed.
- 3** I am motivated to stand as a councillor by the love and care of people, wildlife and the environment.
- 4** I would like to be regarded as having a reputation for doing what is just.
- 5** While keeping an open mind, I support an independent study of water needs and strategies. If it came to dams, my preference would be to raise the level of the existing dam.

- 6** I am not afraid of speaking out and will always call wrong for what it is, no matter what the personal cost is to me. I am approachable and listen to people. People, wildlife and the environment always come first.

Reece BYRNES (Tweed Labour)

- 1** Bilambil Heights
- 2** Lived all my life in the Tweed
- 3** I want to see a shire that can provide employment and growth, protect our environment and support our community.
- 4** I will deliver and work hard for residents on things that are important to us all.
- 5** Tweed Labor will follow the advice of the science and the engineers to deliver on our water needs. We will not support building a dam at Byrill Creek.
- 6** Tweed Labor is the only group that will drive the economy to create jobs, protect the environment and support the community.

Chris CHERRY (Independent)

- 1** Wooyung
- 2** 3 generations in the Tweed
- 3** As President of the Pottsville Community Association for the last 6 years, I have seen decisions made that seem to echo private interests of some Councillors, rather than the will of the community, and I think people are sick of that.
- 4** I want to get the community re-engaged in driving what happens in their area, and that will only happen when they know they are an active voice in

- decision-making and are being heard.
- 5** In terms of dams, raising the existing Clarrie Hall dam is cheaper for ratepayers and better for the environment. But we can also improve self-sufficiency, particularly in greenfield development sites in requiring water tanks as standard.
 - 6** I have demonstrated my commitment to the Tweed community and its environment over the last 10 years.

Ron COOPER (Independent)

- 1** Kingscliff
- 2** 36 years in the Tweed.
- 3** Having spoken with several thousand residents and visitors in the Tweed Shire, I am disturbed by the contempt people have for government, bureaucrats and elected representatives. Unless this disengagement is reversed, then the 'we know what's best for you' mindset will be exploited allowing vested interests undue undemocratic influence in Council decisions.
- 4** I want a Council that listens not lectures, asks not announces, presents the good with the bad, uses plain English not jargon, acknowledges our community's life experiences and aspirations, and doesn't favour one group over another.
- 5** On water: demand management through recycling and rainwater storage – then raising Clarrie Hall – then considering a population policy.
- 6** If I am elected, it is likely there will be majority support for these issues.

Jayne HENRY (Independent)

- 1 Kingscliff
- 2 15 years in the Tweed
- 3 I am dedicated to the community and want to contribute more in way of service.
- 4 Priorities are the improvement of our roads and efficiency in their repairs, and to reduce rate rises.
- 5 Water security is sure to be an issue as we continue to grow so I am open to all strategies that suit the growth predictions and water requirements.
- 6 I am dedicated to service above self and prepared to do more. I believe I am in touch with the community and able to offer a fair and proactive approach to decision making.

Dot HOLDOM (Independent)

- 1 Kingscliff
- 2 38 years in the Tweed
- 3 Leadership; and its absence over the past four years.
- 4 I have to get elected first, however a priority would be to sign off on proceeding with the planning etc. for augmenting Clarrie Hall dam. Historically, I put up a Notice of Motion 20/3/2012 that reprioritised the NRM budget to fund the Comprehensive Koala Management Plan up to \$120K pa is something I am immensely proud of.
- 5 I Support the TSC IWCM Strategy and the WSDM Strategy. At home we have non potable water supply (17,600 litre tank) town water and a spear. I'm the water police at home i.e. I practise what I believe in.
- 6 The reason to vote for me is because I'm needed back in the chamber!

Barry LONGLAND (Independent)

- 1 Uki Village
- 2 15 years in the Tweed
- 3 I was motivated to stand for Council in 2004 when, as President of UKIRA, I joined with our community against inappropriate development in our village. That campaign led to the adoption of the Uki Development Control Plan. The need for community based urban planning continues to motivate me after eight years of service to the Shire.
- 4 The one achievement for me would be a Council that can collaborate and seek consensus on the big issues, free of party politics and ideological extremes.
- 5 For water security, I strongly support the case for the upgrade of the Clarrie Hall dam.
- 6 I have been an independent voice on Council for eight years with a record of achievement in the delivery of common sense outcomes that do not compromise our community values.

Michael MCNAMARA (Independent)

- 1 Murwillumbah
- 2 19 years in the Tweed
- 3 I became active in local issues and politics because I saw that the values that brought and keep me here were threatened.
- 4 A priority is to restore trust in Council by ensuring that Council truly represents us.
- 5 Before spending \$100 million or more on any dam we need an independent investigation of the options. We should be taking up strategies that are low impact, save and re-use water and look to smaller, more localised solutions.
- 6 I bring independence and integrity, with an appreciation that issues and impacts vary across the Shire. I believe that communities are the first, and major, "stakeholder" in relation to development and they should have the final say.

James OWEN (Liberal)

- 1 Kingscliff
- 2 1 year in the Tweed
- 3 After watching the councillors squabbling I'm not going to sit back and let these people mess up the place I've chosen to call home. The Shire is stagnating and we must do better.
- 4 I want people to say "that James Owen is a great bloke who did so much good for Tweed".
- 5 I'll advocate for a financially responsible solution that secures Tweed's water yield at the lowest possible cost with minimum environmental impact.
- 6 I've got decades of business, government and community experience and I know my purpose in life is to give back to the community - that means helping my family - and all the families in Tweed - to live fulfilling and prosperous lives with abundant opportunities for living, working and playing!

Warren POLGLASE (Independent)

- 1 Banora Point
- 2 27 years in the Tweed
- 3 My reason for standing for council is to put back in to make a difference, so that our Tweed community is even better tomorrow.
- 4 We need to streamline Council operations by 2.3% savings to assist in affordable RATES and additional funding from operational savings to be directed to maintaining Tweed ROADS

- 5 Council needs to retain council land for the future of WATER augmentation.
- 6 Council needs to create employment INITIATIVES for small business and community based organisations. Our VOLUNTEERS are the backbone of delivering services to our community and as a Council we need to supply additional funding to these groups and streamline approvals for charity group fundraising.

Terry SHARPLES (Independent)

- 1 Tweed Heads.
- 2 22 years in the Tweed
- 3 I'm not happy with the party politics that dominates Tweed Council.
- 4 I advocate the reintroduction of the Ward system which I believe will give far better accessibility and representation to our community and reduce to some degree, main stream political party influence on Council.
- 5 I believe in thorough research and community consultation before I make decisions so I can't comment about water at this stage.
- 6 I am totally independent. I have an accounting degree and Graduate Diploma in Financial Planning and 40 years of business and professional experience. If elected I intend to ensure our rate dollars are not wasted and that Council operates efficiently, on a commercial basis, and with a prime focus on being customer friendly.

Kevin SKINNER (Independent)

- 1 Chinderah
- 2 46 years in the Tweed
- 3 I am unhappy to see all major parties standing candidates. There is no place for big brother politics in the Tweed. Decisions should be made on what is in the best interest of the Tweed not what the local members of state and federal politics desire for their party interests.
- 4 Stop the never ending bickering so that council can work cooperatively to achieve a common objective. As a community we have to accept two things: population growth; and cutting up sensitive environmental land for sprawling residential development cannot continue. Urban consolidation is the only sustainable option for the Tweed.
- 5 Continue to work on demand management including re-use and recycle. Retain present land for future augmentation purposes.
- 6 I am experienced, hardworking, honest and approachable.

Who will I be today?

Gabrielle Euphoria

It's never too late to start something new. Embrace the opportunity to reinvent yourself while discovering new things.

When married, I felt like there were rules I had been conditioned to believe were appropriate for my new role as 'wife': How to behave, how to dress, how to look, how to carry myself.

My spirit didn't want to be confined to these certain ways of living. I yearned to break free from the limits I felt pressured to adhere to.

Buttery Business

Infinite Wealth in a Recursive Economy

Pangaia, Studio 5, the Old Butter Factory

After wandering the alternately soothing and psychedelic aisles of The Images of Uki recently, I was pleasantly reminded of one of the true resources of our community: We are esthetically rich. A reflection of many a choice that has drawn people to the fertile caldera; a veritable cauldron of creation itself.

How priceless the art that evokes memory for the viewer or suggests possibilities, cascading from the present? Not priceless after all, as I discovered, peering at the figure written modestly below. I move from an indefinable experience to the containment of numbers in a second or two. In times of turmoil, some may speculate on art as commodity. Perhaps, once the quanta of survival are taken care of, true wealth lies in the quality of life and in those things that reflect a shared inner world and are meaningful.

Is wealth a virtual account flickering like a butterfly on the World Wide Web? Is it a pirate's trove of bright monopoly money

Initially, my rebellious nature was laid aside as I tried out how it felt to find a version of safety in the structure of that role. I knew where I stood and what was required of me, but it wasn't always easy to follow the rules. I have always questioned such rules – surely if they are man-made and socially constructed, they can also be de-constructed and left behind for new ways of being to emerge?

I found my freedom when my marriage broke down. It was the right time for me to dive into myself. It was time to regroup, repair, and rebuild. I left my versions of a wife, a mother, a woman, a daughter, and a sister behind. I journeyed within to find myself and truly know who lay beyond these roles.

sequestered in a mattress cove? Or is it the flow of energy and intention from one individual to another for mutual benefit? When did we start ticketing prosperity? In a local economy, value can be negotiated directly and is therefore, potentially, infinite.

Though industry and manufacturing were in years past transmogrified into some great lumbering dinosaur, rampaging across the land consuming resources in an endless need to satisfy the consumer economy – it also held the same creative force. The ability to add value, meet a need and to build a bridge to span from imagination into the world. The hidden tragedy of industry and manufacturing departing our shores is not our failing chance to compete in a fatally flawed competitive global market, but our capacity to create producing a crisis of confidence in the art and science of manifestation.

In this adversity there is an answer, in the form of innovation. If we support our local artists, inventors, builders, engineers and artisans we support the fertility of our society and our capacity to navigate the future on our own terms – from possibilities half-dreamt, to concept and implementation; to the fully formed.

Will our legacy be the tattered remnants of bargains bought with money ransomed from the future? ■

Windows 10 Examined

Louise Bally

Windows 10 is the first free Microsoft operating system. Fourteen million downloads occurred in the first day after its launch.

Despite this attraction many technical experts have criticised certain features of Windows 10.

- Default settings are not easy to change.
- The system sends users' personal information back to Microsoft.
- There's an inability to change Windows update settings, or opt out as has been possible with older versions.
- Users' Internet bandwidth is co-opted without knowledge to upload data to other Windows 10 computers and Wi-Fi passwords are shared with online friends.

Each Windows 10 user is assigned a unique advertising ID. This is used to target video advertising within applications, included in the operating system. The long-standing free "solitaire" application now has built in video advertisements, chosen especially for you using this ID. After you sign into your browser and as you surf the net, more target advertising invades your personal space. This ID is utilised in numerous ways, such as for cloud storage, purchasing applications and is a Microsoft version of the Apple ID. Although legally you have

the right to opt out of many of these services, it is not immediately obvious to the average person that these features even exist, let alone how to opt out of them. Windows digital assistant "Cortana" (Microsoft's equivalent of Siri) also gleans data from personal emails, messages, and device location, to familiarise itself with your common usage and serve you in your digital environment.

Other criticisms include sudden Windows 10 upgrades have catching many people by surprise. Others have clicked the upgrade link, with the promise that they have 30 days to decide whether or not to keep the free upgrade. I have also experienced difficulties reverting computers back to their previous operating system (after the upgrade to windows 10) with some machines failing to restore to factory settings and requiring a fresh install of Windows 7 or 8. The 'restore to factory setting' available on some computers, simply reinstalls Win 10. Some users are experiencing problems with their laptops after moving to Windows 10 and require assistance to uninstall the upgrade without risking losing their personal files and installed programs.

There are some positive features of this upgrade but it is important to be properly informed before going ahead with an upgrade. If you require further information about this subject you can find me at the CTC on Fridays. Happy computing to all. ■

This inquiry was painful. "Who on earth was I?" Where was my value if it wasn't in relation to my identified roles? I dived deep and quested long and I reinvented myself many times, peeling back layers and trying out new ways. I gave myself permission to change. I gave myself permission to be a student of life and I let go of needing to arrive at a point of 'perfecting' my life based on any one of the identities I'd determined were me.

In this space, I found a deep vulnerability, and surprisingly, a childlike joy. I reawakened my innocence. I found a playful curiosity and a willingness to try new things, and perhaps get them right... perhaps not. I gave up saying I was any one thing. I gave up wanting to be identified by anything that limited the endless potential of who I am.

As a result, I have watched the most amazing experiences unfold. I have taken great risks and let go of many attachments to keep discovering "What else?" I've found myself in all sorts of places I would never have imagined possible back in those early days of marriage. Places that have brought me deep rich experiences that have gifted me great lessons. Places that have brought me wonder... feeling like I am watching myself in a dream. The possibilities are as endless as this inquiry is. Beyond the inquiry, and the one inquiring, is a stillness... a place of witness, which is both ecstatically peaceful and overflowing with gratitude for this gift of life.

Uki Buttery Bazaar Entertainment

Sue McKenna

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

Images from September 2016 Buttery Bazaar



 Uki Buttery Bazaar Market

OCTOBER Buttery Bazaar

Sunday October 16



Mantlepeace

Mantlepeace is the musical collaboration of Sue McKenna, Jake Mann, Fiona Ryan and Dan Smith, all innovative multi-instrumentalists and composers.

Their music showcases an original blend of influences from classical, folk, jazz, rock & ethnic world groove combined with the unique uplifting vocal styles of Sue. They create an adventurous, poetic, intimate and dynamic genre all of their own.

Mantlepeace are stoked to be launching their latest album 'Shelaybyou' and also their new website kitnkaboodleproductions.com. Joined by special guests Esse Thomas and Azrai Williams, both awesome funky songstresses.

Bending the boundaries of the folk music soundscape mixing soulful vocals, a roots/blues twist with a hint of bohemian gypsy groove, Essie Thomas is both captivating and thought provoking with her well crafted songs and stories telling deep truths of love and life relatable to all viewers.



Essie Thomas

 MANTLEPEACE  ESSIE THOMAS

NOVEMBER Buttery Bazaar

Sunday November 20

Kiara Jack is an indie roots artist hailing from the Gold Coast and has been steadily becoming a fixture on the live circuit. Kiara's live performances conjure emotive sounds of unity and presence, infusing driving rhythms and dark piano riffs.

Following on from the 'Shards Of Glass' EP, 'Only In Time' unfurls a raw and organic verge of sincerity that lures you in with surreal and captivating euphony. At the centre of the recordings is the eclectic-edged sound of Kiara's voice, delivering deep and meaningful songs with a soulful essence. Special guests are Guy Kachel, playing great country, rock and blues and The Closeouts, a duo from up the coast bringing in the spirit of busking.

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See you there folks!



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Getting It Done



Moddy Te'eni

Working from home, I find myself busy with endless tasks to do: my paid work, countless mundane chores around the home, and the constant day-to-day doings, comings and goings.

Most days it's too much! The tasks I hate doing can take more than a week. On other days I wake up fully motivated to go swimming, or play my guitar after weeks, but then I see that the house is a mess, and remember I have a deadline, and my motivation goes down the drain. I begin working on one thing, while stressing about another.

I can barely keep up with the necessary tasks, so cleaning behind the fridge, or researching some gardening issue were missions I never found time for. This gave me a feeling of resignation and I resented that I never managed to do anything I wanted. This vicious self-perpetuating cycle ended when I found a solution in the form of a \$4 kitchen timer from the dollar shop.

It's a simple process. When I start a task, I set the alarm for 15 minutes, and work until the alarm goes off. It doesn't matter which chore – it may be important or not, urgent or not, enjoyable or not. It could be playing my guitar, drinking tea, cleaning the bathroom, walking around my garden or meeting a deadline. When the 15 minutes are over, I quickly finish what I'm doing and move on.

I usually don't have a list; I just look around to see what needs to be done. I try to maintain a good mixture of different jobs. High-energy tasks will be followed by some quiet activity. After concentrating on a work issue, I do something repetitive

to rest my mind, and so forth.

When I use this system, I don't worry about the next chore or not having enough time to do anything else, because whatever it is I'm doing, I'll only be doing it for 15 minutes. I can clear my mind of worries, because I know I won't be stuck doing one thing for long. Yet while doing a task I can concentrate on it only.

For me, 15 minutes works best. It's enough time to achieve something and to find pleasure in what I'm doing. Yet it is short enough that I can welcome even tasks I absolutely hate... it's only for 15 minutes! Even if I spend 15 minutes on non-important things, I don't feel that I have wasted too much time, and I still accomplish whatever I need to do that day.

Most tasks take longer than 15 minutes. These get divided between a few periods, which is great because I don't get bored doing only one thing. If I finish before time, I have the opportunity to do what I usually don't have enough time for, by staying in the same area, but doing something else. For example, if the dishes are done I may start organising the pantry. If I've fixed a chair, I'd put the tools away and sweep the shed floor. If the garden is watered, I start planting.

Within a week of starting this system I got to the bottom of my essential to-do list, and began thinking of projects that have been in the back of my mind for years. I find my afternoons are now filled with a sense of satisfaction.

I'm finally getting things done. ■

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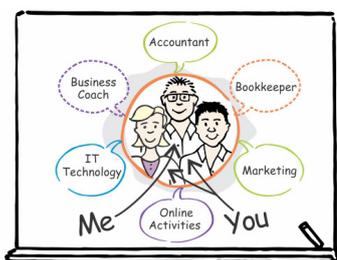


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Cholesterol

Judith Magee

Cholesterol is a type of waxy fat made by the Liver. It is transported around your body in the form of globules called lipoproteins. 20% cholesterol comes from diet and 80% is produced by the liver.

Despite its bad reputation, Cholesterol is in fact an important substance, essential for healthy cell structure, the production of hormones, synthesis of Vitamin D and production of substances that help you digest food.

There are two types of cholesterol:

- **LDL cholesterol** – 80% is transported round the body in this form. Small, hard sub-fractions of this cholesterol can deposit in the arteries and form plaque that narrows the diameter of the artery – especially if there is a lot of inflammation present in the body.
- **HDL cholesterol** – 20% is transported round the body in this form. HDL collects cholesterol from tissues cells and transports it back to the liver.

What causes high levels of LDL Cholesterol?

- Family History
- Age – The older you are the greater the risk
- Gender – Males are at greater risk
- Ethnicity – People of South Asian descent are at greater risk
- Being overweight
- A poor diet, high in trans and poor quality saturated fats and low in plant based fibre
- Genetics
- Smoking
- Excessive alcohol consumption
- Sedentary lifestyle

What helps lower LDL and raise HDL Cholesterol?

- Physical activity
- Achieving and maintaining a healthy weight
- Decrease bad fats and oils
- Increase good oils – especially those rich in Omega 3
- Quit smoking
- Increase fibre intake

The following nutrients have been shown to have a positive effect on cholesterol:

- **Fibre:** Viscous fibres found in grains, vegetables and legumes can lower serum LDL cholesterol levels. Foods high in fibre include: lentils, quinoa, spinach, almonds, kidney beans, oats, artichoke, prunes, and mushrooms.

- **Phytosterols:** Substituting legumes for foods that are high in unhealthy fats or refined carbohydrates, is likely to lower the risk of cardiovascular disease. Good sources include: lentils, soy beans, beans, rice bran, rye bread, peas, legumes, almonds, sesame oil.
- **Essential Fatty Acids.** Can be found in seaweed, tuna/salmon/sardines/cod, tofu, flaxseed oil, macadamia oil, avocado oil.
- **Resveratrol:** Increases HDL and decreases LDL. Good sources include: rhubarb, red wine, blueberries, cranberries, peanuts, grape juice.
- **Carotenoids:** Increases “Good” HDL cholesterol. Good sources include: tomatoes, pumpkin, carrots, cantaloupe melon, red peppers, kale, squash, papaya
- **Magnesium:** Oxidation of fatty acids/ prevents hypertension / supports normal heart rhythm: Magnesium is contained in: dark green vegetables, almonds, spinach, nuts, seeds, soya beans, tofu, kelp, seafood, wholegrains
- **Vitamin E:** Lowers atherosclerosis risk. Good sources include: almonds, oatmeal, asparagus, brown rice, sunflower seeds, spinach, bran, salmon, rye
- **Potassium:** Reduction of CVD and stroke due to its effect on reducing blood pressure: Good sources include: almonds, avocado, citrus fruit, milk, potatoes, apricots, banana, dates, raisins, sunflower seeds.



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Misbehaviour versus Stress

Maira Jorba

When talking about children we often hear expressions like “misbehaviour”, “playing up” or “acting out”. In *Aware Parenting*, children shouting, quarrelling, being aggressive or uncooperative or pushing our buttons are seen as signs of stress. Neuroscience points out that, from an evolutionary point of view, it is in children’s best interest to “be good” in order to survive. When they are not, there is often a problem.

Looked at it from this angle, it is obvious that punishing (anything from a telling off to loss of privileges) is not appropriate, because this adds hurt to existing stress. This is often understood when we, ourselves receive punishment but we seem to forget this with children.

If I lose my cool as a mum and shout at my kids, being punished is not going to help me. I know perfectly well that shouting is not best practice, but sometimes I am overwhelmed or tired or some old pain is triggered. What helps is my husband putting his arms around me and saying ‘Oh! Dear! You sound tired. Can I help?’

With kids it’s the same. Ninety percent of the time they know it’s not OK to do what they are doing; they don’t need reminding. They need connection. They need an adult to help them get in touch with the upset. A loving adult that makes it safe for them to feel the discomfort, knowing they are supported through the storm of difficult emotions.

A compassionate adult that will guide them: ‘*Something is upsetting you. Is it about what happened earlier? Are you feeling angry and disappointed? I hear you, I understand*’ and hold the space for them till the wave of negative emotion is over.

Of course aggression needs to be stopped. But it is important to put a limit to the behaviour while still showing love to the child. If we show anger or disapproval, the hurt that the child feels from our withdrawal of love adds to the original distress that triggered their behaviour, making it even harder to come back to their true selves.

When we manage to be loving throughout our children’s stressful behaviour, and once the difficult emotions have come out, we make it easier for their loving, cooperative nature to shine again, unhindered. ■

For more about *Aware Parenting*, there is a free Introductory talk coming up at Heart and Soul of Wellness (49 Commercial Road, Murwillumbah), **on Sunday 16 October at 3.30pm.**



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Pickling your pork

Pat Miller

Preserving meat by salting or soaking in brine was a necessity for early Australian explorers. Their abysmal treatment of and paternal attitude toward our country's indigenous inhabitants meant white settlers never thought to ask Aboriginal people about native food. Given the distrust in which the early white population was held, little information was volunteered. Only in the past ten years has indigenous food knowledge productively come to meet Australia's new multicultural cuisine.

Try pickled pork with native fruit and chilli sauce. Not too fancy - it tastes terrific.

Get a "hand" - actually a shoulder cut with the bone - of pickled pork from one of our local butchers. Into an adequate pot, throw the pickled pork, a couple of cloves, a couple of whole star anise, a good pinch of salt, a tablespoon of raw sugar or honey, 100mls of lemon / lime juice or vinegar, just cover with water. Cook very slowly for at least 45 minutes a kilogram and up to six hours total - no more. Let it cool slightly in the cooking liquid then discard the cooking liquid.



Cloves



Star Anise



Lilli Pilli

Gather at least 250g of native raspberries (*rubus parvifolius*), Davidson's Plums (*davidsonia prurens*) and a few others natives, like quandong, lilli pilli (*syzygium*) or sandpaper figs. The method depends on the fruit, with the idea being to mince up the flesh of the fruit and push the pulp through a sieve

to separate skin/seed and flesh. Reduce the fruit liquor in a small pan, add sugar and salt to balance, some chopped fresh chilli if you want some heat, thicken with cornflour if necessary. Get creative but remember the pickled pork is a bit salty. Tricky people can remove then sear or bake the skin and fat to make fat-reduced crackling.

Pork in my view is the only meat that goes with fruit - arguably! Wild food in Australia is plentiful and I urge you to go exploring. After getting pointed in the direction by chef Clayton Donovan I found there's more wild food on my property than veggies in my garden. Find good reference material, maybe ask a Bundjalung elder and go looking.

Happy cooking, Pat Miller | www.patmiller.net.au

Obtaining the Human Survival Blueprint

Robert Pope

There is a proposal underway by the by The Science-Art Research Centre of Australia Incorporated for an exhibition of artists associated with the Research Centre and Quantum Art International (Italy). Local artists include Robert Pope, Robert Todonai, Chris Degenhardt, Barbara Suttie and Katherine Doyle.



Obtaining the Blueprint for Human Survival is the overarching message of the exhibition, comprising original artworks, giclée prints and posters by selected international and Australian artists, texts will make this message more understandable to the lay audience.

The exhibition will present the artists' vision for the future survival of humanity in terms of a 21st Century Renaissance - a reinterpretation of the 15th Century Renaissance, which was an attempt to bring about a rebirth of the ancient Platonic Science for Ethical Ends.

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Jupiter in Libra: Friend or Foe?

Paola Emma

From September 9 this year until October 10 next year Jupiter will be transiting Libra.

Most students of Astrology, including myself, consider this a mainly positive development for the collective.

The recent transit through Virgo (with Jupiter involved, on/off, in a rather paradoxical configuration with stingy Saturn and open-handed Neptune) did manifest as a stifling of the generous impulses and optimism associated with this planet. At the end of 2016 and next year, Jupiter will instead align to Uranus and Pluto, more likely to inspire collective changes of a great magnitude, enthusiasm for trying new ideas and policies, with those in power hopefully more willing to take up the need of radical reforms. Periods to watch out for: November to late December 2016, March, August to late September 2017. An increase in volcanic and seismic activities will be also possible at these times. Many financial astrologers predict a major economic re-balancing, a big market correction at the end of 2016 and/or in 2017.

In particular people with Air, Fire and Cardinal Signs highlighted in their Birth Horoscopes will be embracing a more adventurous

and risk taking philosophy of life. There will be more opportunities to connect, make new friends, resonate philosophically with others, travel and explore new vistas. Libra is an artistic Sign too, encouraging us to feel inspired again, in love, enjoy art, social ideals; not in isolation but together.

Jupiter in Libra supports reconciliation and conflict resolution, helping to establish a dialogue between warring parties. The pursuit of justice will be a powerful drive, not only in civil or criminal matters but in our personal lives too.

Historically peace accords, constitutional changes and trade agreements of great consequence have been signed, strengthening hopes that the cease fire in Syria (decided on the day Jupiter entered Libra) may hold, eventually bringing permanent peace to the region. Jupiter in Libra, at its best, could in fact de-escalate many conflicts, personally and collectively, at least for a time.

Jupiter in Libra has been also connected to the rise of social networking, the most powerful grass roots movement of our modern era: The World Wide Web was released as a royalty free application in April 1993, sparking a global wave of multicultural cooperation; Facebook was born in 2004 and Youtube in 2005.

Also connected have been advances in astronomy and space exploration: 1957, first Sputnik launched by the Soviet Union; 1958: birth of NASA; 1969, first manned Moon landing (with Jupiter conjunct Uranus on the very first degree of the Sign); first trial flight of Concorde; first Boeing 747 commercial flight; 1981, first orbital flight of the Space Shuttle; 1993, USA/Russia' space station agreement.

Much more about Jupiter in Libra and other fascinating cosmic events at livingmoonastrology.com. ■

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