

THE UKI NEWS

Issue 81

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

Feb/March 2015



The 'Missing Link'

Phil Carr

Following well over a decade of work by the Uki community with support from Tweed Shire Council on a series of riparian restoration and revegetation projects in Uki, work is set to commence on the 'Missing Link' - the final section of the river from Sweetnam Park to the Uki Butter Factory.

This long term project on public land will involve weeding, selective removal of camphor laurel trees, erosion control, tree planting, and maintenance. When finished, not only will the entire riparian zone of the Tweed River in Uki Village be returned to native rainforest, but there will be walking access along the river between Sweetnam Park and Gerald Parker Park (via Old Convent Road).

There will be many opportunities for members of the community to get involved in this exciting project including workshops and information

sessions, and on National Tree Day in June when we will be planting 1,500 trees in the area.

The project was given a boost in December with the announcement that UKIRA had been successful in its application for the Federal Government's '25th Anniversary Landcare Grants 2014-2015'. The grant is for \$19,824. Tweed Shire Council has agreed to contribute a similar amount in kind, including the supply of plants. Thanks to Tom Fitzgerald, Sam Dawson and Eddie Roberts from Wollumbin Environmental Services (WES) for putting together the grant application on behalf of UKIRA. The bulk of the grant money will be used to contract WES to undertake site preparation including removal of garbage and redundant fencing, weed control, some camphor removal and tree planting, follow-up maintenance, and overall project coordination.

'First Beer' Raffle

As we watch the new pub going up (hooray!), a raffle has been organized. The prize is the lucky 'first beer' poured by Brownie when the new pub opens. The beneficiaries of the funds raised are Uki Pythons Soccer Club, Uki Fire Brigade, Gentlemen of Murwillumbah Rugby Union Club, and Uki Touch Football. Tickets are \$2 each and available at Uki Takeaway and various other local shops. Raffle will be drawn one week prior to the official opening of the new pub at the Uki Sports Club.



Open Day Uki Tennis Courts

28th February 2015

Come and enjoy a BBQ and a hit of tennis on Saturday 28th Feb from 4pm as the Sportsground Committee officially open the new tennis clubhouse. All welcome, bring the kids.

On behalf of UKIRA, WES will also be running free community workshops demonstrating bush regeneration techniques that private landholders can use on their own properties. **THE FIRST OF THESE WORKSHOPS WILL BE HELD ON SUNDAY THE 15TH OF MARCH AT 9AM** and will focus on plant identification and various types of weed control methods for many of our common weeds. Watch out for further info.

From the Editor

Thanks to all our wonderful contributors, who dragged themselves back to their desks and provided a terrific range of articles for this, the first edition of the year. It's always hard to get back from 'holiday mode', especially when the weather is so hot. I'm sitting at my computer with a fan going full blast!

Our new edition has a bit of a world-ranging feel, I think, with some interesting and thought provoking articles and news from overseas, as well as our own 'Uki' concerns. (which are, of course, our main focus as a community paper). I hope you'll all find something of interest.

**Deadline for Issue 82 is 5pm
Tuesday 24 March 2015**

Anita Morton

Astrology

Let's talk about Saturn...

On Christmas Eve 2014 Saturn entered Sagittarius. It will move back into Scorpio between June 15 and September 18, then transiting Sagittarius until December 2017.

Where is Sagittarius in your Birth Chart? Depending on your time of birth it could be in any of the twelve 'Houses', each 'House' corresponding to two hours of the Earth's daily rotation on its axis.

Saturn transits each House for roughly two and half years, long enough to teach us an important lesson on how to handle the life challenges presented by each. Saturn always stimulates a mature and responsible attitude in the area of experience it highlights by transit, but can also create heartache and feeling of inadequacy if we don't work a bit harder at perfecting our performance in these same areas. Here are few key words describing the possible effect of Saturn transiting each House:

1st: time to take yourself/life more seriously, making long-term commitments, acting upon your plans.

Avoid becoming too rigid-authoritarian-cynical in pursuit of ambitious goals.

2nd: curbing your expenditures and beginning to save in earnest could help safeguard your future.

3rd: a serious frame of mind could

help you tackle difficult studies/readings/teaching. Employ your mind constructively to avoid the pitfalls.

4th: Many demands may come from home and family; heavy burdens to carry. Cheer up! Saturn has reached its lowest station, from now on things will slowly but surely improve.

5th: right vibes to become a parent or grand-parent, willingly taking on these roles' added responsibilities.

6th: work and more work, you cannot escape your duties, and, if you try, could end up feeling glum and guilty! Look after your health.

7th: long term commitments in relationships may come naturally, even to those who have always tried to avoid them.

8th: exploring your depths and others' could bring up difficult matters/secrets to the surface; while dealing with them in a truthful way will bring lasting solutions.

9th: long distance travels to fulfill work/family responsibilities possible, as well as committing to long term studies.

10th: pivotal time for your career and the realization of your life ambitions. Feeling more grounded you'll be able to put practical plans in place.

11th: your social life may seem somewhat stale at this time; your

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

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

Paola Emma

friends will be fewer than usual, while serious issues with them could make you feel emotionally unappreciated sometimes: an opportunity to realize who your real friends are, often the hard way.

12th: 'please wait' may prove the best advice for the next couple of years. Issues and/or people from the past and unfinished business need to be squarely faced, in order to be ready for a fresh new start. Happy Saturn's Transits, everyone.



Winners of the Photo Competition for the 2015 Uki Calendar

Uki CTC thanks all those who contributed photographs. This turned out to be a two year process as we decided to devote 2014's calendar to the Mount Warning Hotel. So we also thank you all for your patience. Photographs entered into the competition will be posted on the Uki village website.

1st prize of \$100 CTC voucher goes to: **Andrew Stewart**

2nd prize of \$50 CTC voucher goes to: **Rosie Jeanne Mere**

3rd prize for \$25 CTC voucher goes to: **Heather Hall and Jenny Mansfield**

A Happy New Year to everyone. I hope you are enjoying life in our beautiful and peaceful region. Here are some updates from the micro-cosm of the Residents' Association, where, like the Earth itself, change is the only constant, and energy flows where our thoughts go. At the time of writing, results from our community survey regarding the rainbow painting of Smiths Creek Bridge were 20% for the removal of the rainbow, 8% for the removal of the rainbow when the bridge is due to be repainted and 72% for the rainbow to stay as a permanent memorial. Many respondents suggested repainting the rainbow to cover the white spray paint and restore its brightness. Many also suggested a

sign or plaque should be added. The final results of the survey will be submitted to Council within the month. Council will refer to them when making a final decision on the matter. At the end of last year we received news of two successful grant applications. One is for riparian bush regeneration between Sweetnam Park and the Buttery, (see more details in Phil's article) and the other is a Heritage Grant in partnership with the Historical Society, for the ongoing preservation of the Buttery Churn. We are seeking the opinion of an arborist before making a final decision about the four Camphor Laurels outside the Buttery. We anticipate this will happen within the next

couple of months. This decision will help to define our bigger vision for improving the grounds around the building - then we will work out how to pay for it all! Thank you to Laura Mattocks, who has recently resigned from the committee after several years of dedication - your lively contributions will be missed.

UKIRA meets on the first Tuesday of each month at 7pm in the meeting/supper room at the Hall. Next meeting 3 March 2015. Contact us by email: ukiresidentsassociation@gmail.com or write to PO Box 3141 Uki.

Entertainment @ the Buttery Bazaar Markets

Hey all local and even not so local, performers, dancers, poets, both professional and emerging, young, medium and elderly (!), did you know that you are always welcome to do a 'spot' at the Uki Markets? The audience love variety and it's a great space to do your 'ting', and receive such generosity of spirit. Give Sue a call if you would like to participate!

February Sunday 15th

Broadfoot. Bluesy, funky, soulful, rocking, colourful, fun, relaxed and intense are strokes which only begin to sketch the sound of Broadfoot, the popular Far North Coast band. John Moodie is a guitarist of astonishing instinctual talent and writes songs in a unique style. Trent Broadfoot Morgan (it is his middle name) plays a variety of drums and

at times simultaneously plays harmonica. Trent writes much of Broadfoot's material. Russell loves playing funk as well as relishing the bluesy rock n roll. When the funky mood takes him, look out! Special Guest this month will be the sensational **Schweet Az.** Young performers this month still to be announced.

March Sunday 15th

Wall of Love, a local five-piece outfit blending folk, pop, alt country, psychedelia and more. Before moving to Snake Creek in 2009, Shannon Lacy (vocals, guitar, bass) played in Sydney bands. Rhett Brambleby (vocals, guitar, bass) discovered guitar at 17, and the love affair hasn't abated two decades on for this diverse, prolific singer songwriter. Carmen Myler (vocals, keys) grew up on a steady

diet of traditional Irish tunes, and the best and worst of the 70s and 80s, which continue to influence her musicality. Jamie Irvine (percussion) took to drums early in life but set them aside until the rhythm could no longer be placated and he now seeks to find the ideal work/drum balance. In 2014, the band found their missing link in Simon Clarke (electric guitar, backing vocals). It's all about the love.

Joining the Wall on the market stage will be experimental/folk world fusion collective **Manyhands**, who recently launched their CD, *Light Being Sound*, and the dulcet sounds of talented young singer songwriter duo **Audrey and Indigo.**

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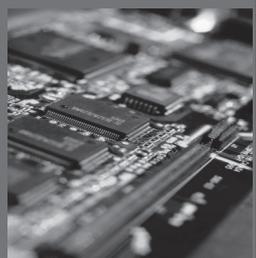


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Of Blasphemy, Apostasy, Poor Taste, Mass Murder and Sadness!

Even as I write, the media are reporting on another mass murder, this one in France.

The boundary separating religion from politics is a fine one ... invisible at times. I realize, also, that I am blessed in having a New Testament which nowhere champions war, or murder ... so that while my country may sometimes choose war as the lesser of two evils (and I was a soldier once) violence is not something I consider honouring to my god. Sadly, life for Muslims is not that simple. Ayaan Hirsi Ali, the author of 'Infidel', explained in the '7.30 Report' on January 9th, that while there is much in the Koran that speaks of peace and tolerance, this is balanced by calls to arms and the slaughter of anyone whose beliefs and values are different. As a result, she suggests, young Muslims have

to choose between (a) Islam as a personal faith that enriches their daily lives, and (b) Islam as a call to slaughter 'infidels' in the name of Allah. The call to extend the rule of Islam (and Sharia law) worldwide is, she emphasizes, clearly a political goal; and, sadly, we have failed to provide many Muslim young people with a more meaningful reason for living.

Many grieve at the recent loss of life, but I am also sad for anyone of any faith whose god is so small that they must defend him (or her) against different understandings of 'the truth' and/or cartoons which others simply ignore as 'bad taste'. Charges of 'blasphemy' and 'apostasy', to my mind, are evidence of insecurity, whatever the faith ... and suggest a man-made god.

I end with a personal story, a 'mystical' one I guess. I was meditating one Good Friday on a forested hillside near Montreal ... in 1960, if my memory serves me correctly. I can remember saying, with the arrogance typical of many white Anglo-Saxon males, 'God, you've done so much for me: what can I do for you?' The reply, as I understand it, was 'There's nothing you can do for me. I made you. Just enjoy me and the world I made!' And I have, and I do ... and for that very reason I puzzle how anyone who worships any god as the source of life can destroy a life, or many lives, and believe it honours his or her Creator.

**John Tyman,
Holy Trinity Church, Uki**

The Buttery Bazaar

Next markets 15 February and 15 March

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presents

THE FOREIGNER

written by Larry Shue

directed by Julie West



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Enquiries Lesley on 6672 6753

Looking to volunteer?

Would you like to make a contribution to your village and community? Have a little time to give?

We are looking for a new Neighbourhood Watch coordinator, since Stephen True-Arrow and his family have moved to Tasmania. The job can be very low-key and undemanding indeed, if you prefer, or you can get involved with the active side of the Neighbourhood Watch community.

It's an ideal activity for someone who lives in the village, is familiar with computers and has a little time on their hands.

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Dr John's article about Islam and Islamism might prompt readers to learn more about this issue. John writes; 'I emailed a copy of my article to Salwah Kirk (alias Helen Mad-den) inviting comment. As you may remember, she was a long term resident of Uki,...When she moved to Canberra I encouraged her to train for ordination, but in 9/11 the World-Trade Fair was bombed and in its aftermath Muslim women were being spat upon and harassed in supermarkets; and Helen being Helen organised a small group to accompany Muslim women when they shopped. The rest, as they say, is history. She formed firm friendships across the religious divide, joined the women when they went to the mosque, embraced their faith, and was appointed librarian of the Canberra mosque ... hence her change in name.'

Salwah sent back the following notes.

'The Qur'an clearly says that no Muslim may fight against another person unless that person is trying to stop him practicing his faith. Even so, the Muslim may not start the fight. Once fighting, only other combatants may be fought against or killed, and no non-combatant (women, children, the old, animals)

may be harmed. Similarly, no homes, crops, orchards, shops etc can be destroyed or even damaged. If the enemy wants peace, the Muslim must make peace with honour (yet look at Saddam and Khomeni!!) There must absolutely not be any forced conversions. Ayaan Hirsi Ali is only one voice and her views come out of her own terrible experiences at the hands of people who are ignorant of their religion. Khaled About el-Fadl and Tariq Ramadan are very readable, learned and reasonable alternative voices, who speak from deep scholarship as well as from experience, and should really be read as well as Ali.

The brutal activities of al-Qaeda and IS are in direct contravention of everything Islam stands for. A lot of their so-called justifications come from very weak hadith (sayings of the Prophet) that are not accepted by scholars. That they commit their atrocities in the name of Islam is insulting to Muslims in general, and as shocking as it is to non-Muslims. The normal, everyday Muslim is

made to carry the can for the acts of those groups, and others, who appear to mistake worship of their interpretation of Islam for worship of God. Politically, this works very well for the fear-mongers.

Muslims are enjoined strongly to do good (preferably in secret), to reach agreement by consensus, to live in harmony with Jews and Christians, and generally to live and let live. A lot of Muslims forget that the Qur'an says: 'There is no compulsion in religion' and there is even a short chapter which says 'You will not believe what I believe, and I will not believe what you believe . . . You to your religion and me to mine'. They also fail to take context into account, and this lack is the cause of much dissension. The same failing applies to those who are saying: 'See a Muslim, kill a Muslim', which is being said daily on Facebook and Twitter.

Uki Community Gardens Update

The first activity on the land earmarked for the Uki Community Gardens (between Smiths Creek and Uki Village) will be held on Sunday 15th March 9am to 12noon.

Activities will include: a talk on various ways of dealing with local weeds; working bee; nature observation walk; children's activities; tree planting ceremony; and BYO lunch. There will also be information on display about plans for the Environmental Facility and Community Gardens for your feedback.

All welcome to this Uki Community Garden initiative in conjunction with UKIRA (Uki Residents' Association).



Please bring sun protection, sturdy shoes, water and refreshments to share. Enquiries phone Greg O'Donnell 6679 4275.

Yoga with Mark & Paula Cave



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Historical Society News

It is 2015 and 100 years since Australian troops landed at Gallipoli. Our Society is honouring those who served in this campaign and other wars with the military display in the small Uki Hall (supper room) open on Saturday 25th, April after the Dawn Service, which commences at 4.28 am. On Sunday, the main hall as well as the small hall will have many exhibits to commemorate the Anzac spirit which lives on today. We extend an invitation to any local families with military connections who would like to contribute information to contact us. Some years ago our vice president

Jayne Parrott and secretary Esma Thompson undertook the task of researching the military service history of the South Arm, and this is on permanent display in the small hall. It is this work which forms the strength of our military service research.

To date Jayne has found the names of 120 men and boys who enlisted from the South Arm and sailed across the seas to fight for King and country in 1915.

It is hard to think that in 1915 that there were that many men on the South Arm of acceptable age to enlist, but many would have been itinerant farm workers without fami-

Helena Duckworth

ly but lured by the idea of adventure – and being paid for it. We all have heard stories of boys adding a few years to their age to enlist. For enquiries or offering information on military research contact Esma Thompson on 6679 5185. Esma is at our room in the Historical Society building on Wednesdays and Thursdays. We are also open on Fridays.



I never got away with it



As soon as the school holidays started, the struggle to get the children to help with the household chores began as well. But today I had an enlightened moment. Our 7 year old son, Aron, dropped a whole lot of crumbs on the middle of the kitchen floor. When I arrived to the kitchen it was pointed out by me in an accusatory tone. He hadn't done it on purpose, so he felt hurt by the remark. I acknowledged in the soft-

est tone that it had been an accident and asked him if he was willing to sweep them up. But the damage had been done already: he refused and stormed off.

I felt the old desperation come up. It goes on and on about how 'he never does anything', and 'how am I going to manage all the work on my own?', and 'it's unfair', and 'he should be more helpful, I'm not asking for anything unreasonable', and 'he thinks he's a prince' and, most of all 'I never got away with it' (this last statement is the one that carries all the pain). So I followed him with my artillery of arguments, ready to make him understand; which would have led to another battle, because I would have added pain to his already sore heart and he would have defended himself the only way he knows how: with anger.

But today I was watching myself. I saw it happen. I tried the old Byron Katie trick: I asked myself 'who would I be without those thoughts?' I realised that I was totally fine with sweeping the crumbs myself; I could see his hurt and I felt deep love and compassion for him. So I turned around and went back to the kitchen without saying a word. Some moments later Aron came back and quietly swept up the crumbs. I remembered with gratefulness that under his anger at being overpowered, he really is a helpful sweet loving boy. And I realised with humility that, the only thing getting in the way of him expressing those qualities, is his need to protect himself when pain is being projected on to him. This time I hadn't, so he was free to be who he really is.

Maira Jorba



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Brush those toxins away

Judith Magee

The skin is the largest organ in the body and is responsible for 1/4 of the body's detoxification each day. Dry skin brushing stimulates the lymphatic system, liver and adrenal glands, and assists these organs in decongesting and releasing their toxins as well as stimulating circulation. It is fantastic for cell regeneration and removing cellulite, is easy and best of all - inexpensive.

How Do Dry Skin Brushing

Buy a dry skin brush made with natural bristles as synthetic bristles scratch the surface of the skin and can be harsh and irritating. A longer handled brush works well for finding out of reach places.

Brush your dry body *before* you shower or bathe, preferably in the morning, as skin brushing can be too stimulating just before bedtime. Use long, even strokes. You should always make brush strokes *towards* your heart as this prevents

the rupture of blood vessels or varicose veins. Avoid brushing anywhere the skin is broken or where you have a rash, infection, cut or wound.

Start at soles of feet, in-between toes and then stroking body brush from toes to heel.

Continue on top of foot from toes to ankles and then up the leg, ensuring to cover entire leg.

Move to buttocks, starting at top of buttock, brush down to the gluteal fold (where buttock joins the leg) and sweep back again to top. If you have cellulite on your hips and thighs, concentrate there a little longer.

From base of buttock sweep upward to outside of hip and work up the back and over the shoulder.

Brush abdomen in a circular mo-

tion. Brush the hands, arms and armpit, ensuring to avoid breasts.

Finish by taking a shower and if you choose, use cold/hot therapy to further stimulate the lymphatic system and improve circulation. Dry off vigorously and massage pure plant oils into your skin such as almond, sesame or avocado.

Hygiene is important, as dead skin cells slough off into the brush bristles. If brushing daily, clean brush every 3-4 days in hot soapy water with tea tree oil and leave in the sun to dry.

You will be surprised at the wonderfully invigorating glow just 5 minutes daily will achieve and how refreshed and lively you will feel each day.

Acknowledgments to Rohan Smith @ Elemental Health and Nutrition

Tick Tips

UKIRA received the following helpful letter after the last edition.

'I would like to add a bit of information to the tick topic that was brought up in last month's edition of Ukira. (Judith's article. Ed.)

I have a severe allergic reaction to ticks and have been hospitalized on numerous occasions in the past twenty years.

I have learnt that rule number one is 'Never remove a live tick'. For those of us that are allergic it is the proteins in the saliva of the tick that we are allergic to. When the tick is molested it everts this saliva into us and our adverse reaction begins instantaneously.

A procedure I trialled most successfully in the last few years was to apply a non-breathable band aid. The tick is slowly asphyxiated and after three to four days comes away with the removal of the band

aid. No adverse reaction occurs. Depending on what part of the body the tick is located it is sometimes impossible to get a complete air tight seal. And for those of you who are thinking 'Oh the poor parasite, what a terrible way to die', there is another option. I had the doctor trial is on me the last time I was hospitalized, and have used it successfully

since. This involves the spraying of 'Start Ya Bastard' on the tick. It is an automotive product consisting of 25% ether which has the effect of killing the tick instantly with no adverse reaction.

I hope this information will be of use to others with the allergy.'

Howard Dickie



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Did you know that you can find the
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Relationship Health

Beyond our Comfort Zone

I recently heard an interview with Disability Rights campaigner, writer and actor Emily Dash. I was astounded as this courageous young woman told of the first time she attended a dance class, although confined to a wheelchair. She communicated her personal excitement and the social benefits. Emily is in love with 'the arts' and is intent on knowing the art world through her own experience not just second-hand. She mentioned that concern for her welfare from friends and family could have held her back, but going beyond what was comfortable, was vital for her life. Psychobiologist Stanley Keleman says; 'The uniqueness of us human ani-

mals is that we are open-ended. Our lifetimes continually offer us fresh possibilities for forming unprecedented relationships with others and with our surroundings. Our open-endedness is intrinsic to our human unfolding.'

As we get older, marking time can seem attractive, but I think we'd all argue that there's nothing more tragic than 'a beached whale'. Seeing footage of an eighty five year old woman parachuting onto a beach; hearing a seventy year old celebrating her birthday by vowing that in the year ahead she will attempt seventy things she's never done before, inspires us.

In response to a challenge from my son I recently wrote an article for a professional journal. It concerned

the courageous women we met on our 2014 visit to Bangladesh, fighting their way out of poverty and despair. You can imagine my surprise when I received an immediate response from the editor. He asked if he could send the article to a colleague in Uganda for review. He attached a story called 'Raising our Heads above the Clouds', about a self-help Community Project in that country with some similar themes to those encountered in Bangladesh. (video available at: <http://www.dulwichcentre.com.au/narrative-development-work.html>) It struck me that whenever we step out in small or in large ways, we can't envisage where we will end up or what the results will be. Perhaps this is what it means to truly live?

Heather McClelland

The Food Garden

For a few months now I have been experimenting with 3 new veggie beds, each dressed and dug with 3 different types of manure coming from cows, horses and chooks. It has been fascinating watching how the beds have evolved and grown and so far I am observing cow dung to be a pretty impressive addition to the garden, especially if left to rot and break down for a bit before adding it to the bed. Interestingly enough, cow dung is the least nutrient-dense of these 3 types of manure because it comes from animals feeding only on grasses so it is regarded as a fairly gentle soil conditioner with low nitrogen levels, meaning it won't burn plants in the same way that chook manure is well

known for.

Chook manure is very high in nitrogen and phosphorous and should always be well diluted before being applied to vegetables and herbs or fruit trees. I generally soak a spade full of chook poo in a 10 litre bucket of water for a week before adding just 1 cup of the stirred liquid to a watering can and then applying sparingly around plants as a side dressing.

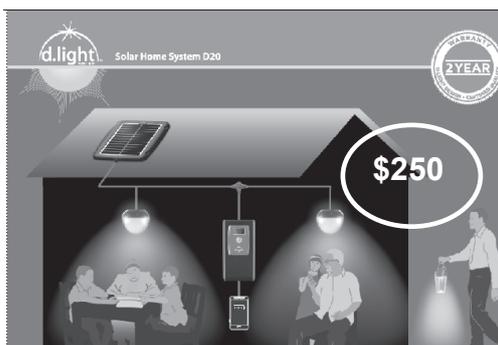
Well-rotted cow dung, however, can be applied direct, as can horse manure, without burning plants. Not all plants require or desire nitrogen so be sure to check what nutrients your plants need before adding any or too much manure.

Each of these 3 beds have been

planted out with a good mix of different leafy greens, climbing vines, flowers and herbs, all suited to the summer climate and while all of the beds are healthy and prosperous it is the bed with cow dung that is proving to be the most disease resistant with the strongest plants. Given that cow dung is generally the easiest and cheapest of the 3 manures to source and work with I consider it almost as worthwhile as the magical herb comfrey as a soil additive and humus builder, so get your gummies on, jump the neighbour's fence and start gathering your own pile of cow droppings. You'll be glad you did.

Live to grow!

Shaun Mac



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Uki Tennis Club

I'm sure you have all seen the new and fantastic tennis clubhouse at Vic Bianchetti Sportsground. The Sportsground Committee have done a fantastic job of rebuilding and expanding the facilities.

The tennis club committee warmly welcomes you to enjoy the courts and new clubhouse. See the details below to find out how you can get involved.

Open Day Uki Tennis Courts 28th February 2015

Come and enjoy a BBQ and a hit of tennis on Saturday 28th Feb from 4pm as the Sportsground Committee officially open the new tennis clubhouse. All welcome, bring the kids.

Hiring of Courts - Fee Structure Day rate:

Members: \$8 per court / per hour
Non-members \$10 per court / per hour

Note: For use of the Tennis Clubhouse Function Room, please contact the Sportsground Committee.

Evening rate:

Use of the lights incurs an additional fee per hour. This fee is yet to be determined at the time of writing.

Members & Guests - Monday night

Every Monday night, from 7pm – 9pm, both courts are hired. Attendees on any given night are requested to contribute to the set fee of \$30. All members of the community are welcome for Monday night tennis.

Court Hire Procedure

The Uki General Store kindly supports the fee collection and key distribution as an altruistic service to the local community. This service is greatly appreciated by the Uki Sportsground Committee, the Uki Tennis Club Committee and the wider

community.

Court hire reservations can be made at the Uki General Store. Once the appropriate fee is paid at the Store, the court keys can be collected from the Store on the day of the booking. The key is returned to the store at the end of play.

Membership

A \$30 annual fee, payable each January, is valid for one calendar year. Please contact a committee member for more details.

Current committee members;
President: Kelly Skinner (kelskin79@gmail.com)
Vice President: David Stratton (davidstratton3@bigpond.com)
Secretary: Annette Lofts
Treasurer: Will Ambrose
Committee Member: Clayton Myler
Committee Member: Duaine Bianchetti

Business

Getting yourself and your business organised = saving you time and money.

Managing your workload is extremely important to the quality of your life and the effectiveness of your business.

Sometimes our lives can become very busy with competing priorities. Everyday at midnight, whoever we are, we all receive a new purse full of 1440 minutes.

We cannot earn extra minutes or carry over saved minutes, therefore we cannot save time: we can only spend it.

Your work/life balance is determined by how you spend your minutes.



Tips to take away

There is never a shortage of time; but an abundance of opportunities!

The busier we are the more important it is to prioritise and plan our day.

Being organised allows us the free-

dom to be spontaneous.

Clear your desk of anything that you are not currently working on.

Keep on top of your emails by accessing twice a day.

We can be more peaceful and effective if we invest the time it takes to make clear choices about how we spend our time.

Eat well, rest well and exercise.

Treasure opportunities to laugh as this is the best stress release and FUN!

Until next time.....

Geoffrey Colwill SmallBizFit

Geoffrey Colwill

CTC@Uki
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Malware and Adware on Apple Computers

Recently I have been approached by several Apple users complaining of annoying malware pop-ups whilst surfing the Internet. The malware, called ad-injection software, often finds its way onto a computer after downloading another program. This can often be avoided by carefully reading each screen during the install process and ensuring that you un-tick any boxes that appear on the install screens. Mostly they are add-ons and extensions of the browser and can be removed by clicking on the browser preferences toolbar and disabling the offending extension. MacVx is an example of ad-injection software that produces pop up ads relevant to any searches you have performed. This is not a virus and will not cause any permanent damage to your machine. Another browser pop up contains a



message saying that the computer has been seized by the government

and that you need to pay to have it released by calling a phone number claiming to be Apple. Your computer has not been infected by a virus and the message is scam, so do not call the number or pay any money. You will need to quit and relaunch your browser while holding down the shift key to prevent the suspect page from reopening. In some cases users will need to disconnect from the Internet while restarting the browser and type in another web address, to avoid the previous page from reopening. Again you may also need to open the preferences menu and disable any extensions or add-ons from your browser. Also check that your homepage and your preferred search engine has not been changed, and if it has reset it to your preferred settings. Homepage

settings can be found in Safari > preferences > general. The search engine setting is in either the Security pane or General pane, depending on the Safari version you are using. More examples of ad-injection extensions are: Amazon Shopping Assistant by Spigot Inc., Ebay Shopping Assistant by Spigot Inc, Searchme by Spigot, Inc., Slick Savings by Spigot Inc, GoPhoto.It, and Omnibar. Ad-injection software may include: Downlite, Conduit, or Genieo. To find a list of items to search your mac for using the finder app, go to: <http://support.apple.com/en-us/HT203987> and individually search for each item listed and remove any that you find.

For Windows machines infected with malware, adware, spyware or viruses, the problems can become harder to remove and may need specialised software to clean up. Call Enjoycompany on 0406 217 804 for a New Year Special to clean your machine. (One day service). Also for screen repairs and hardware issues.

All the best to everyone for 2015.

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Mangoes Galore!

Hurray, it's mango season once again when mangoes are cheap and super delicious!

Here is one of my favourite raw vegan recipes for you, and it qualifies as an elegant side dish to any meal – or eat as is for a quick salad with greens and tomatoes.

Mango Cucumber Noodles

(Serves 2)

- 1 mango
- 1 cucumber
- 1 medium onion, thinly sliced
- 1 Tbsp lime or lemon juice
- 1 small jalapeno, very finely sliced
- 1 Tbsp olive oil
- 1 Tbsp agave or coconut nectar
- salt and pepper



Peel mango and slice lengthwise then cut again into noodle shape strips. Using a potato peeler peel the cucumber lengthwise into long strips till you get to the seedy part then turn to the other side. Again cut lengthwise into long strips to make 'noodles.' Mix in the onions. Stir together lime juice, olive oil, agave, salt, pepper and jalapeno. Pour over the mango and cucumber noodles.

Bon appetit!

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Larrikin Cookin' - Deli Delights

Pat Miller

Often neighbours and friends will drop in to catch up on a late balmy afternoon, leading to a combined dinner that's fun and never too taxing, particularly if you have a few things on hand. Here are some simple suggestions - everything keeps. First, preheat your oven to 120°C and put some (soaked overnight) chickpeas on to boil. You can cook the tomato passata, babaganoush and flat bread all in one hit.

Babaganoush

Over a gas flame char the skin of two medium eggplant. Halve the eggplant, put on an oiled baking tray, and bake in the slow oven for 60+minutes. After it's well cooked and cool, rub the skin off and puree to a smooth paste with tahini, garlic, olive oil and the juice of a lime or lemon, salt and pepper to taste.

Passata

Pick at least a kilogram of ripe cherry tomatoes. Put the washed and

hulled tomatoes with some peeled garlic cloves in a baking dish, drizzle with olive oil and bake in the slow oven for 60+ minutes. When cool, purée the lot, then push through a sieve to make a smooth tomato paste. Add salt and pepper to taste.

Flat bread

In a big bowl combine 1 cup of buckwheat flour, one cup of sesame seeds (sunflower, black mustard and pepitas work too), salt and about 50ml of good olive oil. Add water as necessary to make a dough and knead so everything is well combined. Roll out between two sheets of baking paper on a big flat baking tray to about 2mm thick. A wine bottle's perfect for this—and a poor excuse to open one! Discard the top sheet and bake in the slow oven for an hour.

Hommous

Rinse the cooked chick peas and put in the food processor with ample

garlic, lemon juice, tahini and olive oil. Process to a smooth paste, season to taste.

To serve, simply put all of the dips in bowls, break up the cooked seed bread and serve with olives, salami (check out Salumi's, brilliant Italian salami from Billinudgel), rocket and basil out of the garden, salted cucumber and hard cheeses. Brilliant with a glass of prosecco and good company.

Pat Miller

www.patmiller.net.au

Did You Know?

The inaugural meeting of the Uki RSL was held on 7 August, 1920. The War Memorial, a tribute to the soldiers of the Great War, was unveiled on 10 December 1927. Plaques commemorating WWII, and the Korean, Malaysian and Vietnam conflicts were unveiled on Anzac Day 1952, and 30 October 1973 respectively.

Thanks from Pokhara



Here are some photos of the solar system that was recently installed on a school in Nepal due to the efforts of Lee Jessamy and his fundraising. Many Uki locals will have bought raffle tickets, knitted beanies



L to R—Panels, battery bank and power points

for the children, donated items or even visited the school near Pokhara. The system will provide enough power for lighting and running a few laptop computers, which will open up the world for this poor community. Principal Matrika Baral writes



'Please tell all supporter thank you so much and mostly thank you so much to you [Lee] for solar panel'. It's good to know that he got so excited about having power points that he took a photo of them!

Anita Morton

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Mavis's Tapas Night Menu

Marinated local olives, dip, locally made salami & sourdough bread.
Balsamic aged, air dried 'Bangalow' pork fillet, sliced w shaved parmesan, rocket, olive oil & wood-fired sourdough
Bruschetta w mushroom, basil pesto and sweet goat's cheese.
Tempura battered prawns w homemade sweet chilli sauce
Home-made meatballs in tomato sauce w cheesy soft polenta
Asian style braised beef ribs w cucumber salad
Home-grown pumpkin & sage risotto balls w sweet, red capsicum sauce (6 pieces)
Salt and pepper calamari w lemon garlic aioli
Crispy vegetarian triangles w yogurt and sweet chilli dipping sauce (5 pieces)
Homemade dolmades with hummus
Warm spring vegetable salad w orange-scented
Nimbin goat's curd, sunflower seeds & toasted buckwheat
Chickpea salad w katafi-wrapped haloumi
Fresh rosemary salted hot chips w aioli

Dessert

Baked vanilla cheesecake w blueberry compote
Apple & rhubarb crumble w ice cream
Flourless chocolate cake w raspberry drizzle

Mavis's Tapas Night Drinks List

1 litre Sangria (red wine, fruit juices and mint)
1 litre Mojito (mint, Bacardi rum & lemonade)

Bubbles

Andrew Peace Sparkling Brut

White Wine

Shelter Bay NZ Sauvignon Blanc
The Elms Chardonnay – Yarra Valley
Kirrihill Moscato

Red Wine

The Elms Shiraz – Yarra Valley
Second Nature—Cabernet Shiraz Merlot – SA
Shelter Bay Pinot Noir – NZ

All wines also available by the glass

Beer

Stone & Wood Lager – Byron Bay
Stone & Wood Ale – Byron Bay
My Wife's Bitter – Burleigh Brewing Company
(Classic English dark ale)
Duke Helles – mid strength – Burleigh Brewing Company

Apple Cider

Mohawk Tasmanian Apple Cider

Spirits