

# THE UKI NEWS

Issue 84

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

August/September 2015



## Position Vacant

Market Coordinator - Uki

Buttery Bazaar Market

Email Expressions of Interest  
to:

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For remuneration and other  
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## Uki Community Gardens Update

**Tea Party:** Over 100 people came along to the Uki Community Gardens (UCG) Tea Party to support this great local project. Uki folk were treated to a range of beautiful teas and cakes to the sounds of local minstrels filling the air. Many gave generously to the fund raiser raffle, and enthusiastically responded to the presentations from the organising group with excellent questions and supportive comments.

The Tea Party was part of an on-going community consultation required by Tweed Council's approval process. The UCG's organising group is part of UKIRA, (Uki and Districts Residents' Association), and has been developing a vision of the gardens for the community over the last 12 months.

**T Shirt Competition:** Another initiative is a competition to design a T shirt which expresses the spirit of the gardens. The design may even form the basis of the community gardens logo! People of all ages are invited to share their ideas – for more details see the new 'inside connection' pages of this issue of Uki News, or check out our Facebook page 'Uki Community Gardens' for more information and updates.

The organising group meets the last Monday evening each month. Call Greg or Alison on 0403 203 963 if you are interested in connecting and creating a great space for the future.



## National Tree Day Planting

Hot off the presses, Uki's newest forest. On Sunday, 'National Tree Day', at Platypus Park 1300 trees were planted by 120 people, adults and kids. The heavy shower of rain didn't cool their enthusiasm and it is that enthusiasm with people around here that has created the successes of the Uki Community, including the planting of the river and creek banks in and around town over many years. Thanks to all those who came to help on the day planting trees, making delicious morning tea treats, donated home grown trees, and to those who helped to run a great community day including (continues next page)

## From the (ex) Editor

This is my final edition of the Uki News—time for someone else's input, I feel. I've edited about half of all our issues since the paper began, fifteen years ago. Funny, it seems like more!

A heartfelt thanks to all our wonderful contributors through the years. You have been marvellous, sharing your news and expertise with the community, and mostly getting your articles in on time!

Our loyal advertisers—we couldn't do it without you, and I hope you will continue to support our paper as a new editor takes over.

I look forward to seeing a new and improved Uki News from Issue 85.

**Deadline for Issue 85 is 5pm  
Tuesday 22 September 2015**

**Anita Morton**

## Contact the Uki News

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

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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.

## National Tree Day (continues from Page 1)



Rain showers didn't stop these hardy tree planters!

Ukira, Tweed Landcare and Friends of Wollumbin. An extra special thanks to Matt Bloor and Tweed Shire council for their support and coordination on a well-run day. Well done every one!

Works are well under way to improve the environment and habitat along the last stretch of public river bank in Uki village, as part of the recent Federal Government's 25<sup>th</sup> Anniversary Landcare grant. Many hundreds of metres of fencing have been removed to give better access to and along the river bank for the locals, both people and native animals alike. Many sections removed were fence over an old fence, on an old fence, etc. resulting in quite a tangle of old wire. The weed vines in the area are on

the retreat, now unlikely to kill any more majestic river side trees and freeing up 1000's of small tree seedlings.

The Kyogle Road verge opposite Mitchell Street, between the road and the foot path have had works removing the woody weeds such as the nasty one, Giant

Devils Fig as well as Privet, Senna, small Camphors, vines and weed grasses. This area is now ready for follow up weed control. After long deliberation and discussions with many in the community it was decided to remove most of the Camphor Laurels from the whole site. This was because of the perceived risk of standing dead trees to the public and the difficulty of later removal. If you remember there were many dead trees in the area already. Some were cut and stacked, many of the good logs were saved as saw logs for milling and some for seats and other uses with the rest being mulched to use around the site. The harvesting and

## Eddie Roberts

mulching was carried out by council as part of their contribution in partnering in the project. The removal was done watching out for rare plants found there. These trees and plants were tagged prior to the works. So now the Camphors are gone, watch the forest grow. On the idea of past successes, go check out previous planting sites such as Centenary Park, Gerald Parker Park opposite the sports ground, Fowler Fitzhenry Park opposite the new pub, Sweetnam Park, Catfish Park opposite Glenock Rd and the Friends of Wollumbin site opposite Boulder Close, Byangum. Take your friends and go for a beautiful walk along the river bank. If you haven't been there in a while you will be pleasantly surprised.

All ages and abilities welcome to contribute to community tree planting.





I shall begin by saying a huge thankyou to our long-serving editor Anita Morton. She has decided that this is her last edition of the Uki News. Anita has edited 41 issues in total, her first in June 2006. She has done an amazing job ensuring that deadlines are met, word lengths are adhered to and our little local publication survives.

What happens next for the Uki News? Only time will tell. In this edition we hope you enjoy the new 'Inside Connections' pages, created by Michele Bevis. Thanks Michele for this wonderful contribution. In October this year we are also losing our Markets Coordinator, Kelly

Kedamba. Thank you, Kelly, for doing such a great job. We are seeking expressions of interest for this role, which offers a payment per market. Please contact us at [ukiresidentsassociation@gmail.com](mailto:ukiresidentsassociation@gmail.com) for more information.

We have recently submitted a community partnerships funding grant application for the purchase of our community table tennis table.

Thanks everyone who has donated to our bucket at the markets too. I'm certain we will raise the funds for this very soon. Work also continues on our riparian regeneration project which will open up the river bank for all to enjoy.

Welcome to Keeta Young and Sue Kineally, who have both recently joined the UKIRA committee. I am resigning as President in September, due to increased work and study commitments. So cheerio, and look forward to a new voice in your future UKIRA reports.

UKIRA meets on the first Tuesday of each month at 7pm in the meeting/supper room at the Hall. Next meeting 1September 2015. Contact us by email: [ukiresidentsassociation@gmail.com](mailto:ukiresidentsassociation@gmail.com) or write to PO Box 3141 Uki.

## Entertainment at the Buttery Bazaar

### August Sunday 16th

For more than 25 years, **Giulietta and Justin Whyte** have been staples in the Melbourne music scene. Jointly, they have performed with and lead bands covering genres of jazz and blues, Latin, as well as house and ambient. Their careers have seen them grace the stages of some of Melbourne's most renowned venues and cultural events. More recently, they have carved a niche as house music producers with over 50 international releases with Soul Deep Collective on the label Integrity Recordings, remixing a plethora of international artists.

Justin Whyte is a classically trained jazz pianist, having studied in the Victorian College of the Arts at the University of Melbourne. Justin has

trained with legendary artists such as the Buena Vista Social club, acclaimed Australian Jazz pianist Barney McCall and New York Jazz legend Mickey Tucker.

Giulietta Whyte commenced her performing career in theatre at the age of 7. As lead singer of 10-20 piece Latin Salsa ensembles, she toured nationally and internationally through Europe, Noumea, and Thailand.

### September Sunday 20th

**Dinkum Bohos** is an exciting multi instrumental duo offering audiences an interesting and intimate genre hopping sonic journey from trancey to dancey. Drawing on a wealth of musicality they bring flamenco guitar, tango piano, funky bass, kinky reggae, soulful ballads, sassy vo-

cal, surf twang slide guitar, French chansons, idiosyncratic drums, cruisey jazz grooves, rap, rhyme and cabaret. Ole!

The Bohos have been busy working on their first studio album in the wilds of the northern rivers hinterland. Meanwhile they are about to release their second live CD from a performance earlier this year at Solidarity Kulture Club in Brisbane where Vasudha was the feature poet. The concert includes Vasudha's cutting edge spoken word pieces and new songs on electric grand piano, ukulele bass and drums.

### Jake and Sue Kit'n'Kaboodle

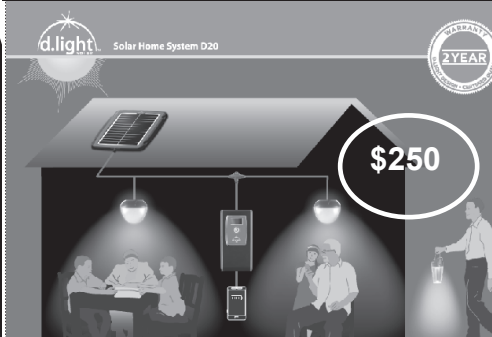


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This has been a strange question for most Australian businesses to answer in the last couple of years. Some have thrived while others have struggled. It seems there has been quite a lot of doom and gloom around in the news – enough to make anyone despair!

For those of us who run micro businesses – that is turnover less than \$1M per annum with a handful of staff (if any) – the truth is we aren't all that impacted by global trends and indicators. The fact that we **are** small can help us sometimes, because it doesn't take much to fill us up with work, and we can play by our own rules to an extent.

Really the only thing that we can count on for sure is that nothing stays the same for very long – whether it be good times, bad times, weather conditions or demand for our products and services. So it's a good idea to regularly conduct a 'health check' on your business to make sure the basics are being covered, and this means asking **three fundamental questions**:

Are we providing services or products that our customers actually want or need?

Have we priced our products or services at a level that is affordable to the customer, but still profitable to us?

Are we actually enjoying what we do currently?

Those of us who want to be around next year doing what we are doing probably need to sit down every 6 months and ask ourselves these three questions

above. And then, there are 3 decisions to make:

What should I **START** doing that I haven't been doing, but is important?

What should I **CHANGE** that's not really working and needs improvement?

What should I **STOP** doing that isn't working any more or no longer relevant?

We get stuck in old habits sometimes, based on what's worked for us so far or what we've always done. But then, we might also wake up one day saying 'What the heck happened to my business?'

Business is not easy – so it should be enjoyable, profitable and worthwhile. It's amazing how much security you can create for yourself when you keep your strategic goals clear, and your business plan simple - but when you also have the willingness to review things every 6 months or so to make sure you are on track. And let's face it - adapting to our environment, while a little uncomfortable sometimes, is about the most natural thing we can do in our world.

### DID YOU KNOW?

Lance Corporal Ken Highfield No. NX46436 enlisted 9th July 1940, aged 24. Ken's nickname throughout the war was Scottie as the Australian soldiers thought he talked with a Scottish accent, but he was from Yorkshire. His battalion was formed at Greta, February 1941. He saw service in the Northern Territory 1941-1943. He was at Darwin during the bombing. He was also part of the first Australian Convoy to be bombed at sea, 15th February 1942. The next thirteen months was spent defending the Darwin area. More bombs were dropped on Darwin 19th Feb. than were dropped on Pearl Harbour. Ken's unit later became part of the first Australian Beach Group in North Queensland and saw service at the landings at Borneo. At surrender 1945 they took part in the disarming and control of 10,000 of the enemy. The Battalion returned to Australia December 1945 and demobbed January 1946. Ken worked for the intelligence unit of the battalion I section C.O. staff. Ken received an RSL 50year membership Certificate December 1999 and was a member of Legacy 1957-2014. He was the last WW2 member of the Uki Chapter of the RSL.

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### Leadership and the 'Granny Factor'

When Hillary Clinton became a grandmother recently she was able to turn her new status into political advantage. People saw a warm human being, touched by and connecting with a tiny newborn. Embodying the wisdom of age and experience, she also had the aura of competency and the necessary skill-set. She took the opportunity to speak of her concerns about the world her granddaughter will inherit so her constituents saw that she has a key 'future orientation'.

This was raised by a writer whose name I missed, when she was interviewed recently. She made the claim that Hillary is part of a global phenomenon where older women are becoming respected leaders of the community. Angela Merkel,

Christine Lagarde and even our Julie Bishop were mentioned as examples and I thought also of actors - Judy Dench, Maggie Smith, Helen Mirren and Meryl Streep are towering examples in a different arena. Qualities of warmth and competency matter for leaders. While this author suggested that early in their working lives, men are rewarded for potential, she talked about the battle women have to engage in to have their competency acknowledged and rewarded. Sometimes those who are acknowledged as 'competent' are not seen as 'warm'. The research shows indeed that women of child-bearing age are rarely seen by society as 'competent' though they may be described as 'warm'.

The startling news was that it seems things are changing particularly in

social attitudes towards 'older' women. They are being seen as good leaders with qualities of both competence and warmth.

I found myself smiling when some findings from science about 'the whale family' were discussed and seen to mirror what the social science is saying about older women. It seems that among whales, (and elephants Ed.), the leadership of the group resides in the older female because of her age and experience. She is the one who leads the search for good feeding grounds for the whole community.

So older women arise! You have the 'granny factor' on your side. Offer your warmth and your competency to leadership in your community/family/nation and may the world be blessed!

## The Buttery Bazaar

Next markets 16 August and 20 September

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## Larrikin Cookin'

Pat Miller

I don't think I'll ever eat tinned tuna again. Quite apart from the appalling ecological credentials of the commercial tuna industry, the product just isn't very good. I've been hugely spoiled during my time as delivery crew for a research vessel that came with a Panamanian chef called Luis. One of the crew caught a 7kg yellow fin tuna as we were steaming up the West Australian coast. Cooking transcends language barriers; Luis turned a lot of fish into a lot of fantastic food.

Careful not to damage the fish, we killed it humanely. There's a bit of stupid irony, like humane executions, but anyway.... killed, bled, gutted and iced it as soon as it landed. It became:

Seared tuna with salad:

The upper dorsal muscles were prepared as triangular slabs, dusted with salt and pepper then flash

seared in a pan until the outside is spicy/crunchy/salty and the inside is pink rare. Served with a salad of spinach, tomatoes, shallots, olives, dressed with cider vinegar and good olive oil.

Sushi and sashimi:

I'll leave out the sushi recipe because the process can be found elsewhere. The sashimi was the closest thing to heaven on a plate I've ever had. Luis sliced the belly meat paper thin and served it with pickled ginger, a mound of wasabi and individual puddles of dark soya sauce on the same platter as an array of sushi.

Tuna and mayo sandwiches:

All the leftover tuna bits, carefully de-boned get stir fried in a flat pan with a little oil until just done. While the fish is still warm fold it into mayonnaise (store bought whole egg is fine, making your own is better) with

finely chopped red onion, cracked pepper and salt to taste. Slather it on good sour dough bread and eat it on deck hanging over the side – it's messy.

Luis' preparation was expert; he cooked the fish to perfection. It's not so much what you trick up with a fish as fresh and good as this, but rather how you prepare it so its crackling freshness is not lost.

The crew of the boat are serious fishers with a wealth of knowledge about what's good and how to prepare all of the fish. We only took one fish – that will do for a few days until we need another.

The guts, blood, heads and frames went into the freezer to get added to the burley for when they do shark tagging research expeditions – but that's another story. For a preview have a look at [oearch.org](http://oearch.org).

## News from Nepal

Lee Jessamy



Engineers inspect a cracked wall, above.

The View Point School, which is around 10 kilometres from Pokhara, is located in a small village on steep, hilly country. The school sustained some damage from the first quake on 25th April; four walls were cracked, however major structural damage luckily has been avoided. The Nepali engineers' corps has inspected the school and said it is safe to use, however the repairs to the walls, one in particular, must be carried out as soon as possible. The school has reopened and has around 85 students at present. The repair work to the school cannot commence yet because of continuing aftershocks, so it could be months rather than weeks before repairs can begin. The surrounding village sustained moderate damage – a number of houses collapsed and many have been badly damaged. Fortunately, no one was killed and aid has been quick

in coming, largely due to the help of the school headmaster Matrika Baral and his association with Rotary clubs in Australia and Nepal, who were quick to respond with financial help. We will continue to support the school during this post reconstruction period.

(Lee doesn't mention his own large cash donation in the immediate aftermath of the quake, which was used to buy food for the villagers. Nor does he mention his further fundraising efforts, (raffle, and clothing sale – thanks to all who supported!), which raised another \$1000 to pay for building materials. Ed.)

## ALL NATURAL MEAT CO

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## Historical Society

### The latest on our Butter Churn

With assistance from TSC Heritage grants, your Historical Society engaged *Significance International* to assess and report on the condition and future needs of the Waugh and Josephson's Butter Churn.

Donated to the Historical Society by Bernie Kinneally, the Churn was mounted for display in 1987 with funds from Norco and the then owners of the old Butter Factory.

Many locals lent a hand for the physical work and, when completed, it was unveiled as a memorial to all those who worked in the dairy industry on the South Arm.

Butter was the main industry for over fifty years and many of us now live on former dairy farms and enjoy the benefits of the improvements those farming families brought to the district. Roads and bridges were built to get the cream to Uki and the butter to export markets. Schools were needed for the children, who often fell asleep during lessons because they'd milked in the morning before dawn. Halls and churches were built for the social and spiritual life.

The Butter Churn is a memorial to those times and those people and it is also a rare example of industrial history. Waugh and Josephson's

were connected with the dairy industry from the first mechanical separators to complete fit-outs of butter factories throughout Australia.

The conservator's report highlights the need to protect this artefact from the weather and careless treatment by people unaware of its importance.

He recommends a series of processes of specialised conservation works and the rehousing of the Churn in a slightly larger shelter. This is needed because unfortunately the roots of the camphor laurels are gradually shifting the concrete stand which then affects the fabric of the churn.

In the short term however, it is possible for locals, under supervision by a conservator, to clean superficial dirt and graffiti. His strongest recommendation is for barriers to prevent further damage from unfriendly or careless human interaction by climbing, graffiti and other vandalism. It would be helpful if parents could pass on to their children a respect for the heritage of our village and remind them that the Churn belongs to the whole community.

**Mary Lee Connery**

## Scientology and the Nature of Religion

I don't know if you saw the film 'Going Clear: Scientology and the Prison of Belief'; but I did; and I found it both horrifying and challenging: horrifying, because it documented how devastatingly destructive people can be in the promotion of private interests; and challenging because I realized that at times my own faith tradition had also betrayed its religious identity. According to the wife of Scientology's founder, Ron Hubbard, he had created a 'religion' because he wanted to make a lot of money free of any tax liability. He accomplished both ... compiling a property portfolio worth billions and, in a carefully orchestrated contest, forcing the Internal Revenue Service to grant him tax exemption. And any Scientologist who questioned anything he or his successor did, was subject to a process of re-education that would have impressed Stalin or Chairman Mao, to say nothing of the Gestapo. The greatest obscenity, for me, was his organization's use of a cross as one of its principal symbols. It probably helped his claim for religious status but the message of Christ crucified has nothing in common with the operation of Scientology.

I said I was also 'challenged' by the film ... because I am well aware that Christians, too, have used their 'religion' to justify personal agendas, much to the dismay of those who seek to honour Christ's challenge: 'Why call me Lord if you do not do what I say.' (continues on next page)



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## Scientology (cont.)

In the film 'My God!' shown recently on SBS, a 'Born Again Christian' woman who operated a gun store in Texas explained how selling machine guns was consistent with Holy Scripture! She made me squirm! I felt much the same years ago, during the Lebanese Civil War, whenever newscasts reported that 'Christian forces' had slaughtered Arab militias. I would have felt the same had I lived in England during the Crusades. And I feel sure, too, that those many Muslims who believe Islam to be a religion of peace, are equally horrified at the actions of ISIL.

The purpose of any religious faith, surely, is not to **be** right ... to own the truth and know all the answers (which cannot be proved anyway) but to **live** right ... to put your life where your mouth is ... which, in almost every true religion, means to live ethically and compassionately, loving the earth and all who dwell upon it.

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

## Markets and Dogs

Many people love their dogs and take them everywhere, but please do also remember that dogs can be very scary for small children, and some adults. Keep all your dogs on their leads, especially when bringing them to crowded places like the Farmers' Market and Buttery Bazaar. Food safety regulations forbid dogs in the Hall while the Farmers' Market is on, and how are you going to keep them out if they're not on their leads? I don't want to have to ban people, just because their dogs roam.

**Anita Morton**

## Aware Parenting

Nina woke up in a mood. She alternated between clingy and snappy, and had several little cries as the morning progressed. I held her tenderly and compassionately. At some point I realised she would miss the school bus and I decided that it was OK. Aron was also running late, so I offered to take him to school on the way to Nina's (they go to different schools and he usually takes a later bus).

But by the time 8.15 came we still weren't ready, and even with me taxiing them around, Nina was going to be late. I began losing my patience. I tried to push Aron, which is always a mistake.

'Come on, mate! Shoes, school bag, into the car! Quick, Nina is late!'

'But mummy, I can't find my bow!'

'What do you need your bow for????'

'To take a picture to show my friend Archie!'

I swear I'm not making this up. I let him go find his toy, but I felt like a pressure cooker about to blow up. He eventually found the bow and took the photo.

'Come on, Aron, are you ready? Can you get into the car, please?'

## Maira Jorba

'I need to get new batteries for the camera. They are running out of charge!'

I reached my limit. I felt like murdering him, and I also recognised my old familiar pain: the stress of leaving home to go anywhere as a child. I knew that in my ideal way of parenting, being patient is more important than being punctual. I knew that in the very sore state I was in, anything I said or did would be damaging. So I let go.

I sat down outside the front door and let out my pain in a flood of tears.

Out came the hurt from having been pushed as a child when I wanted to be slow. Out flowed the sorrow from not having been heard and respected in my innocent world of fantasies.

After some minutes of allowing it all to wash over me, I felt much better. I was peaceful and serene. Gently, I gathered the kids and took them to school. Nina was ten minutes late.

And I was proud of myself.

For ideas on how to apply Aware Parenting in your daily life, go to <https://www.facebook.com/inspiredforparenting>



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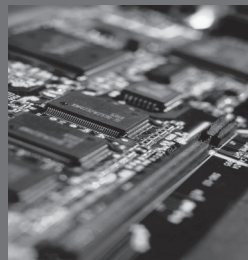
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One of August-September's astrological highlights will be Venus' shift from Evening Star to Morning Star. This will be compounded by six weeks of *retrogradation* (apparent backward motion), from the very first degree of Virgo to 14/15° of Leo (July 24-September 7).

In this phase of her journey Venus will be slowly dipping toward the setting Sun, passing between the Earth and the Sun on August 16. Venus will re-emerge in the pre-dawn sky only at the end of August, hidden by the light of the Sun for eight days around the time of the Sun-Venus-Earth's alignment.

There are two aspects to this event: in the short term there is Venus' retrogradation in Leo between July 24 and September 7; and, in the long term, the eight months (260 days) from August 16, 2015 to June 7, 2016, during which Venus will rise in

the east before the Sun. Let's consider first the six weeks of retrogradation, an important transit for anyone who happens to have Leo highlighted in their Birth Charts (Sun-Moon-Ascendant-etc.). It could also be significant for the other Fire Signs (Aries-Sagittarius), and, to a lesser degree, the Air Signs (Aquarius-Gemini-Libra) and the other Fixed Signs (Taurus-Scorpio). The retrogradation of Venus may incline us to become more thoughtful about our relationships, especially the intimate ones. This is a time for insights, which may cause temporary difficulties, but, at the end of this tunnel, we may have discovered things that heal rifts or decide the fate of shaky relationships. The past could also come back into focus, through the rekindling of long lost relationships or a serious reevaluation of past events.

About the long term effects of Venus rising before the Sun, the ancient Babylonian and Mayan sky watchers associated the eight months of Venus' Heliacal Rising with the escalation of conflicts, lack of cooperation and social cohesion, and manmade as well as natural upheavals. They believed that the Morning Star Venus manifested the bolder and more forceful aspect of the Goddess/Planet. Not a time, it seems, we may collectively feel like offering the other cheek, but when we would rather fight for what we feel is right for us. During this challenging cycle we will need to make a conscious collective effort to cultivate the sensitive side of Venus, especially in our social life and interaction.

For more astrological news and insights please visit:  
www.livingmoonastrology.com

## Uki Sporting Horse Association

## Jennifer McDonald

Weather permitting, the Uki Sporting Horse Association will have run the annual campdraft at their grounds in Rowlands Creek Road on the 1<sup>st</sup> and 2<sup>nd</sup> of August, just last weekend. We welcome all spectators at our campdrafts, and have the canteen available for snacks and meals. Come along some time and see some talented horses in action. Our committee has put in many hours sourcing cattle and sponsorships and preparing the grounds to help run our show. Any surplus money raised goes to local charities, being, in previous years, the Westpac Rescue Helicopter, Riding for the Disabled, and particular

fundraising efforts for Murwillumbah Hospital among others. After last year's event was washed out we ran an event in November that was very successful, but since then we have been unlucky in that any event we have planned has had to be cancelled because of bad weather. We have repeatedly picked out the only weekend that has rained for several weekends in a row. If anyone wants any rain maybe we can make it happen by putting on an event! The USHA is a vibrant, innovative and active club that hold the grounds and assets in trust for future generations of the Tweed Val-

ley. We are a connection to our historical origins, and part of this is passing on of the knowledge and heritage of the sport of campdrafting, we also carry out education on general stock handling procedures in an increasingly technological world, where a lot of the current generation of young people do not live, work or, sadly, even have contact with an agricultural enterprise.

Contact Secretary Jennifer Kearney for any information or enquiries on 0411 404 218 or email ukisportinghorse@hotmail.com

# Yoga

## At the Uki Hall with Paula Cave

Thursday 5:00pm-6.30pm - General class \$15:00  
BYO Mat & Blankets  
**Enquiries Paula 0429 999 807 or 6679 5999**

## Oestrogen – too much of a good thing?

Judith Magee

Oestrogen is a collective term for a group of female sex hormones essential for the growth and development of female secondary sexual characteristics such as breasts, pubic and armpit hair, endometrium and the regulation of the menstrual cycle and female reproductive system. Additionally, oestrogen influences the health, structure and function of the cardiovascular system, adrenals, circulation, immunity, bone formation, fluid metabolism and the tone and elasticity of skin for both men and women.

Maintaining optimal oestrogen levels is an important requirement for well-being. Having excessive oestrogen can have serious long-term consequences and may be linked with cancers of the breast, uterus and prostate as well as endometriosis, uterine fibroids, fibrocystic breast disease, ovarian cysts, PMS and type 2 diabetes. Some oestrogen excess signs and symptoms include:

Women
Water retention, oedema
Breast swelling, fibrocystic breasts
Premenstrual mood swings, depression
Loss of libido
Heavy or irregular periods
Craving for sweets
Weight gain, fat deposition on hips, thighs
Men
Abdominal fat deposition
Irritability, intolerance
Breast development
Headaches
Prostate/urinary problems

**Two major factors are driving the increased incidence of persistently high oestrogen levels:**

- Obesity – oestrogen is produced in fat cells.
- Xenoestrogens – endocrine disrupting molecules which mimic the molecular shape of oestrogen.

**Dietary and Lifestyle Choices to Reduce Oestrogen Dominance**

- **Fibre:** A high fibre diet reduces oestrogen levels in the blood and urine. Good examples are psyllium husks, pectins (skins and rinds of fruit and vegetables) and lignans such as flaxseed.
- **Cultured dairy products:** The bacteria in yoghurt, *Lactobacillus acidophilus*, reduces an enzyme called beta-glucuronidase. This has a positive effect on oestrogen excretion.
- **Fermented soy products:** tempeh, miso and tamari have the same effect as cultured dairy.
- **Phytoestrogens or plant oestrogens** - Can prevent oestrogens from binding to their receptor sites via

a mechanism called 'competitive inhibition'. Examples include legumes, alfalfa, fennel and fenugreek.

- **Cabbage family** – Increase intake of broccoli, cabbage, cauliflower and Brussels sprouts. Natural chemicals in these foods increase the rate at which the liver changes oestrogen into a water-soluble form for excretion.
- **Support liver detoxification** - Limit caffeine and alcohol. Foods rich in sulphur, such as garlic, onion, leek and cabbage, aid liver detoxification. Increase foods high in methionine such as beans, legumes, onions and garlic which assist with the excretion (methylation) of oestrogen.
- **Nutritional and Herbal Supplements** – can actively improve hormonal balance in both men and women and are prescribed depending on each individual case. This is particularly important where there is a personal or family history of hormone-driven cancer.



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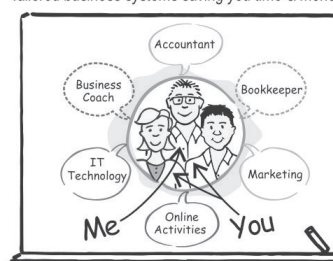
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## Bleeding Edge Technology: Soon available in Australia



On a recent trip to London I had the opportunity to test drive the new HP all-in-one Sprout computer, an innovative contribution to the technological revolution and a joint project between HP, Microsoft, Intel and 3M. The Sprout, a Windows 8 desktop, has a projected 2<sup>nd</sup> screen emanating from an overhead projector mounted on the top of the screen, making the system a creative console and graphical playground. The camera can photograph objects placed on the projected screen and with a click of a virtual button, a 2D graphical image can be manipulated, edited, recoloured and then placed into an existing graphic image.

Sprout has a built-in 1080p, 23-inch monitor with an armature on top called the Sprout Illuminator. Inside the armature are LED lights, a 14.6 megapixel quad camera and a combination projector. A 20-inch 1,024 x 768-pixel display is projected onto the desk in the form of a large capacitive Touch Mat, sitting where the keyboard and mouse would normally go. Individual images can be easily manipulated, in Photoshop fashion, arranged on the Touch Mat alongside other images or text and then scanned into a single document ready for email, print or social media publication. It compiles PowerPoint presentations with the touch

of a hand, integrating Sprout's custom suite of design software. Drawing, using the included Adonit Jot capacitive stylus is a breeze, making document signing and fine artistic line work a realistic option. The Touch Mat can also be used to project a realistic music keyboard which is touch sensitive for volume control and emphasis. A piano app writes musical notation onto the primary display as notes are played on the touch Mat. Sprout is designed to work, design scan and draw on the bottom screen and you see the results on the primary top screen—application space, which also has full touch screen capabilities. An upcoming software update for use with an optional accessory called the 3D Capture Stage, will enable objects to be scanned in full 3D and then printed as an .obj file with a 3D printer. The 3D Capture Stage rotates the object on a turntable set at a 15-degree angle, rotating the object around a 360-degree axis. Sprout's built-in camera captures the full spectrum of texture, colour and shape, enabling it to create a virtual 3D model.

### The Desktop Doc

## Pub Opening Draws Near!

Take heart—the new pub opens soon! According to the builder, he needs another 3 weeks, mainly working outside. So the pub should be finished late August. Brownie reckons he is ready to go and will only need a few days before he opens the doors. Keep an eye out for the grand opening announcement, and have your 'first beer' raffle tickets ready for the draw!

## Market Closure

I'm sorry to say that, for the first time in its history, the Farmers' Market will not go ahead on **Saturday 19 September.**

If you're one of our regulars, please make sure that you mark your diary/calendar. This is the first weekend of the school holidays, so you might have holiday visitors who planned a market visit—please make sure they know what's going on.

As most of you know, I am determined to hold a market every Saturday, even when we have a flood or other disaster, because I know what an important social event it is, quite apart from the shopping opportunity. Unfortunately, I have no option, as the Hall is not available and stallholders are not able to comply with the **much** more stringent (necessarily so) food safety regulations for an outside market. As I'm sure you've observed, food servers at an outside market usually work from a fully-fitted van, making it relatively easy to comply with the regs.

**Anita Morton**



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