

THE UKI NEWS

Issue 71

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

June/July 2013



(Left) The clean-up of the pub ruins in progress.
Photo by Paul Stobbie

Pub Plans Meeting

The only thing worse than a pub with no beer is a town with no pub. This has been Uki's reality since fire tragically destroyed the iconic Mt Warning Hotel in February leaving not just the pub's regulars out in the cold but many local businesses as well.

With visitor numbers already well down after the closure of the cyclone-damaged Mt Warning trail in January the pub fire has left many Uki shops really feeling the pinch. Authorities expect the Mt Warning trail to be reopened later this year, but rebuilding the hotel is likely to take much longer.

Council has advised that the Development Application (DA) could take 4-5 months to assess. And because the village of Uki lies within a Heritage Conservation Area under the Tweed Local Environment Plan a DA for the pub will need to demonstrate that Uki's heritage significance is not adversely affected.

Phil Carr

At a public meeting In March, the owner of the hotel presented draft plans for a single storey hotel with verandahs and beer garden, and a separate building comprising a residence and five motel units. Not surprisingly, amongst the large crowd that turned up there were different reactions to the plans. Some found them to be perfectly adequate, while others were disappointed with what they saw. Those who spoke against believed that the new building should be iconic in its own right otherwise Uki could be missing out on an opportunity. Some of the suggestions included: two storeys; reusing the façade; retaining the hoop pines; enlarging the beer garden; using local designers and builders.

The pub was demolished In May and according to the owner the existence of asbestos in the building prevented any materials being salvaged for reuse.

Pythons Fundraiser

Uki Pythons Senior Soccer are having a fundraising night. Since the pub burnt down they no longer have Friday night raffles, so have decided to have a Gangster Casino Night.

Uki Senior Soccer invite you to attend our first Gangster Casino Night

Saturday 13th July 2013
Tickets \$25.00 each includes first drink, \$5 gaming chip and nibbles all night.

Tickets available from Uki Takeaway and Curl Up and Dye

Entertainment provided from local musos.

Dress up as your favourite gangster and come along for a night of great fun.

Where Uki Sports Ground
Time 7pm
Strictly 18+

Since the public meeting the owner has produced several new sketches as work on the DA progresses.

Once the DA is lodged the public will have an opportunity to comment.

From the Editor

Here we are again, another issue of the News. Isn't it remarkable to think that our little village has managed over ten years of uninterrupted publication?

This is all due to the support of our advertisers and to the dedication of our contributors—there would be no paper without you!

The Uki News is a forum for local people to share their knowledge, as well as information on local events. If you have something you would like to share with your community, feel free to email me at theukinews@hotmail.com. I'm always interested in expanding the range of information in the paper.

**The deadline for Issue 72 is
Tuesday 23 July.**

Anita Morton

Contact the Uki News

Email theukinews@hotmail.com

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

Advertising

Business card size \$25

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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.

Spitting Against the Wind

(This is the full text of a letter John wrote in response to an article in the Daily News. Ed)

I write in response to a recent article in the *Daily News* concerning a male person (I hesitate to call him a 'gentleman' or even a 'man') who spat in the face of a Muslim woman in Murwillumbah.

First, I want to apologize to the lady concerned for the abuse she suffered at the hands of one I am ashamed to consider a fellow Australian. Judging by his remark that she should 'go back to where she (expletive) came from, I assume he was born here, and that his citizenship was an accident of birth in which he had no say, and for which I suppose neither he nor we can be held responsible. In consequence he might not realize that many of us are Australian by choice. Some of us have lived in several countries,

but it is in Australia that we feel most at home ... because of the values of the society to which we have sworn allegiance. The behaviour of the 'male person' to which I refer clearly indicates that he has absolutely no idea what this country stands for.

Secondly I want to thank the *Daily News* for courageously publishing an article which exposed the dark underside that stains our Australian identity, courtesy of an unfortunate few. I say 'unfortunate' because the 'male person' involved must have been denied the benefit of much schooling ... not in geography, in history, or religion. As a long-time professor of cultural geography I have been privileged to live in a wide range of cultures, and have learned that there is usually a good reason why people behave in ways that I find puzzling at first. I used to think Eskimos (Inuit) were weird be-

cause they ate raw meat ... 'til I lived with them and realized that where it was too cold for trees there was no firewood.

In other words, while it is natural to fear the unknown, prejudice is nourished by ignorance. Tolerance, in contrast, grows with understanding. I have travelled extensively in the Muslim world and been received with hospitality. When I met someone I would say 'Salam alekum' (meaning 'peace be upon you') and the response was always 'wa alekum es salam' ... 'and peace be upon you.' Maybe next time this Un-Australian 'male person' is offended by a young women's modesty, he could greet her in the same way, instead of spitting in her face.

John Tyman
Holy Trinity Church

2013 Ski Trip August 25th - 29th

This will be our sixth community ski trip from Uki. The trip is suitable for those that want to ski, snowboard, or just relax and go sightseeing for 5 days on Mt Buller, Victoria. The snow trip is ideal for families, individuals or couples and is very kid-friendly. The lodge is located on the mountain and is ski-in ski-out. It is well equipped for kids with a games room and in-house cinema, and all the food that you can eat is included. Facilities include commercial kitchens, lounges with open fire places and communal dining areas with beautiful mountain views. The club is BYO so enjoying a drink or two won't cost you the world.

The all inclusive price includes: food, accommodation, 5 day lift and ski hire, plus bus from airport to mountain. Prices for 2013 are; kids \$862, student (to Yr 12) \$921 and adults \$1,338. (Prices do not include airfares to Melbourne).

This a quality ski trip, for those that want to relax on the mountain without having to rough it!

The two main areas of activity for the Residents Association are managing the Buttery (including markets) and advocacy for the community, quite often with Tweed Council. Recently we have been busy in both of these spheres with some very positive developments.

After numerous requests, verbal and written – council have agreed to support the development of a bike 'pump' track within the village. Hooray! It will be designed for all kinds of riders to enjoy. Meetings with council staff are ongoing with a decision on design and location happening soon. Construction will be project managed by Eddie Roberts and

the work completed with donated labour and materials. Council support comes in the form of an engineer to assist. Stay tuned for more on this to find out where you can help or call Eddie 6679 4079.

Council have also committed funding in this year's budget to extend the footpath within the village from the Dentist up to the track below Kyogle Road. The track itself will be sealed in a couple of years, enabling safer walking/riding access to the centre of the village.

Another new tenant is soon to open its doors in the Buttery, The Caldera Craft Collective. Genevieve Cullen and friends will be based in the up-

stairs studio, creating and selling their wares, and offering workshops in activities such as weaving with natural fibres, spinning wool and sewing.

National Tree Day this year is being held on July 28th, and a community planting opportunity is being organised downstream from Uki near Byangum Bridge. Keep an eye out for signs.

The annual general meeting for the Residents Association is being held this year on the evening of July 2, in the Uki Hall. All are welcome.

The Food Garden

What a beautiful time of year it is here in the Tweed Valley; humidity and heat have given way to cool crisp mornings, the days are getting shorter and the nights are getting colder. It's a great recipe for growing a good crop of winter veggies and I'm already watching broccoli, cabbage and cauliflower heading in my little patch while the leafy greens stand to attention in the morning frost, no longer sagging under the summer heat. Our current conditions are really favouring silver beet and other forms of spinach so do try and get some in the ground now for a quick crop.

In previous articles I've offered some simple tips for starting a compost pile which is the absolute best food you can feed to any growing vegetable. I wrap a handful of compost around every seedling I plant out and without fail my seedlings grow into vibrantly healthy specimens that look almost too good to eat.

During the warmer months of the year I planted dahlias amongst the veggie beds with tremendous success. The brightly coloured flowers are a draw card for bees



and other winged creatures who help create harmony and balance in the garden. If you haven't done so already, now is the time for planting calendulas and other marigolds amongst your veggies, to keep the garden flowering through winter.

Kale, reputed to be the healthiest vegetable on the planet, is a great one to plant out now, along with broad beans, snow peas, coriander, carrots and kohlrabi. These are all winter loving plants and they'll take off like a rocket if you plant them in a well fed garden bed where they have good access to sunlight. Once the seedlings are planted I like to lay comfrey leaves around each planting before piling

straw or grass clippings on top as mulch, to keep moisture locked in the soil and keep the beds warm for winter. Comfrey is a high carbon-nitrogen source and it has been said that the plant contains more nutrients than the equivalent weight of manure. Used as mulch, the leaves break down to be an economical and natural fertilizer. *Live to Grow!*

Shaun Mac

Iyengar Style Yoga Classes with Mark & Paula Cave



Thursday 5:30pm - 6:45pm
UKI HALL - With Paula
General Class BYO Mat
Casual rate \$13:00

Wednesday 6:00pm - 7:30pm
MURWILLUMBAH SHOW GROUNDS
With Mark
General Class

Enter from Queensland Rd, go to
Pavilion building.

Saturday 9.00am to 10:30am
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With Mark
General Class

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Mark's classes: Casual rate \$15:00 or \$130:00 for
10 classes

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

In June-July the spotlight is on Cancer, the Home Maker, binding us with ties of deep attachment, affection and domestic duty. Via the energy of this Sign we come in touch with our innate ability to care for others, especially the ones too young, too old or too feeble to look after themselves; also to nurture any business or creative venture in its early stage of development. The welfare of our family and of the personal interests closest to our hearts will take center stage in these coming weeks, encouraging us to take a more active role in meeting these needs.

Mercury will perform one of its cosmic loops in Cancer (26June-21July), a chance to slow down and to engage the right side of our brains, seat of intuition and creativity. If things get muddled at home or

on the job, try not to get frustrated. Mercury's retro period is simply offering a novel way to look at things, one less hurried and more deeply connected to our nonverbal knowledge. Delay or disruption could actually produce some desirable results.

Jupiter will begin its year-long journey through Cancer on 26 June: exciting news for Cancer-Scorpio-Pisces-Capricorn-Taurus-Virgo-Libra-Aries. Many opportunities for improvement and fresh challenges in your personal, professional and social life will present themselves in the next twelve months, and you will feel more confident, with a positive attitude that will help you to succeed. When Jupiter is active there is always some risk of over-expanding or of holding too great expectations regarding the outcome. It will be im-

portant to keep our feet firmly on the ground to avoid disappointments. A beautiful planetary configuration is on the cards for mid July, when Jupiter-Saturn-Neptune will become connected as by a perfect triangle (three 120° angles). This could help in particular people with emphasis on the Water Signs (Sun-Moon-Ascendant) to harmonize the expansive influence of Jupiter with Saturn's practical realism and Neptune's visionary-spiritual vibes. Great time to see some of your dreams come true or to start believing that they could, by tapping into the right mental/emotional energy. Paola Emma is seeking astrology apprentices for regular workshops to be held in Uki throughout winter. livingmoon@gmail.com livingmoonastrology.com (02)6679 4037 or 0407 359682

Did You Know?

The houses along Mitchell St were built for the workers at the original Uki saw mill. The mill was situated where Helen and Mick Mills live now.

What Can One Small Village Do?

COME AND BE INSPIRED

by

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A Screening of Two Documentaries

'NEW LAND ... NEW LIFE'
(25mins)

'BETWEEN THE DEVIL & THE DEEP BLUE SEA'
(53 mins)

WHEN? Sunday June 9th at 4.00pm
WHERE? Uki Anglican Church Building
(Refreshments to Follow)

Tweed River Successes

Much of the success in rehabilitating and restoring our beautiful river parks in Uki and the Tweed Shire can be attributed to the coming together of volunteers and the Tweed Shire Council. This has especially been so on National Tree Days in the past.

You may not know but many of the trees planted come from the TSC Riparian Nursery at the Uki Treatment Plant off Smiths Creek Road. This nursery is managed by TSC with much of the labour donated by volunteers.

If you would like to help, drop by Smiths Creek Road, first driveway on the left past Clareville Road from the Uki end on a Friday afternoon from 12 to 2.30pm and join in on this worthy project. The friendly staff will help you with training and direction in nursery work and, for your troubles, you can take home a native tree or two for your own regeneration project.

This year's National Tree Day is 28th July on the Tweed River at Byangum.

Eddie Roberts

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'Transport' will be the theme of the display presented by the Historical Society to accompany the 'Images of Uki' Art Exhibition in September. The first cedar getters came to the South Arm by boat to Byangum, then travelled by foot. Water transport at Byangum later included a ferry to cross the river; a side-wheeled paddle steamer delivering goods; and Hatton's launch taking cream and passengers to Murwillumbah.

Travel over land was more difficult. From the Richmond Valley, the original track via Mt Burrell and Byrill Creek to the Tweed South Arm was so rough that it could not be used by wheeled vehicles – only pedestrians, pack horses and bullock slides.

The opening of the railway line in 1894 was a great benefit to the Tweed, though people still had to get from Stokers Siding to Uki by foot or horse.

It was not until 1917 that motorised vehicles began to replace the feet of humans, horses and bullocks. Mr Herb Faulks bought a solid-tired truck (a 'Republic') to replace his horse drawn delivery wagon. With the generous support of some local Vehicle Restorers, the Historical Society will have some old vehicles on display in September, in the Hall park, for the interest of the public.

Can you help? If you have any old photos of roads, bridges, vehicles – anything to do with transport, we'd be interested to see them. Don't throw away your old photos, bring

them to us. Many thanks to those people who gave us interior photos of the hotel, your assistance is appreciated.

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



The Buttery Bazaar

Next markets 16 June and 21 July

Uki Pythons

William Child

The Uki Red Cross Winter Appeal

After a damp start to the football season, the weather has been kind, and the Uki Pythons have been on the field in big numbers in recent weeks.

Two junior teams have really been flying the flag high so far, with the Grade 14 kids in third place on the table, and the grade 12 side in second position. Both teams can feel proud of their efforts, not only for their results, but also for the way they have played the game.

Another team to have had a bright start to the season are the 5th Division men, who won their first three games for the year, and are currently sitting in third position, in spite of two recent hiccups.

On Saturday 11th of May, the Uki 2nd division men played Burringbar, with the Mick Sage cup at stake. For the first time, the Uki

side emerged victorious, overcoming the Bandits five-nil, and earning the right to keep the cup this year. It was a great day at the sports ground, and the Pythons would like to thank their supporters for coming along, as well as the Burringbar players and officials for the game.

While the Mount Warning Hotel is temporarily out of action, the place to be this winter is Uki Sports Club where every Friday Night is trivia night. There are hot food, cold drinks, a great atmosphere and lots of fun to be had, so come along to the Sports Ground on Friday nights for a great time.

2013 will be held in Uki Hall on Friday June 7th. A street stall will start at 9am and lunch will be served from 12 noon till 1.30pm. Donations of cash, produce, cakes, pickles and jams, craft work or any saleable goods will be gratefully accepted. Goods may be left with Joy Armour (02 6679 5297), Pauline Carroll (02 6679 5176), or brought in on the day.

Over the next few weeks Red Cross will be asking everyone across Australia to support its vital work in local communities by making a donation to the 2013 Doing It Tough Appeal before June 30. Australian Red Cross CEO Robert Tickner says, 'When you donate to the Doing It Tough Appeal you can trust Red Cross will be there to help where and when it's needed.' You can make a (tax-deductible) donation online at red-cross.org.au or phone 1800 811 700.



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JUNE

Salad time- this is the best time of the year for growing 'your greens', not too hot and they don't mind the cool nights either. If in a frosty area, then set up a little protective covering.

Mine are just thriving and supplying that super food – *chlorophyll*. In just a few weeks we should be eating our first broccoli, and the new silverbeet. Your snow-peas, sugar snaps etc. should be ready to harvest on a daily basis.

The choko has been thriving and keeping us placated until the new vegies burst forth. Friends have reported that their custard apples are ready to enjoy.

We are so lucky to live in this part of the world, providing us with such a marvellous climate for self grown food and at this time of the year, almost bug free. A great year for rosellas, our garden gang made heaps of jam and cordial.

Cyclamen-....My heart jumps with joy when I see them popping out their tiny buds. They are so colourful and vibrant, and they just love this cool air. We should have them now until spring. Don't put them in direct sunlight, it is still too warm. Did you know that pigs love them? They sniff them out like truffles. Water in the morning, sparingly, but not over their foliage as it could set up fungal disease. Remove spent leaves with a twist and towards the corm. Give them a little seaweed - every two or three weeks.

JULY

Brassica

Tip for forming cauliflowers - in winter they may turn brown, this is due to the frost. Bend a leaf over the top of the curd. Keep the soil moist to maintain their sweet flavour.

Potato time..... Try planting in a planter bag (50L+), start with 15cm of potting mix (50:50 compost &

coir fibre) cover 3 or 4 seed potatoes with another 15cm and a handful of pelleted manure. Add potting mix and manure as the potatoes grow, but don't smother the leading shoots.

Mum's tip - keep your seeds in a recycled envelope.

All about fuchsias next issue.

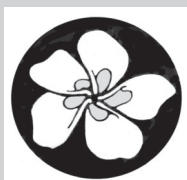


Uki Pub - Community Discussion

Many local residents will be aware that the owners of the pub, the Watson family, held a public meeting in April to discuss their preliminary plans for the rebuilding of the pub. Following on from this, a number of local residents have expressed an interest in how the new pub would be designed. If you have an interest in how the pub is going to be designed and rebuilt and would like to be part of a community group with an interest in the rebuild, please contact Carla Wilson on 6679 5898 or 0429 627 161 or email carlawilson121@gmail.com



FRANGIPANIS R US



'WE ARE GROWING'

As the nursery is being restored the range of plants here has grown from Frangipanis to include select lines of unusual plants

Local rainforest flora and edibles, to the quaint cottage garden plants

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ENTERTAINMENT @ THE UKI MARKETS IN JUNE & JULY

Don't forget the upcoming Buttery Bazaars on 16 June and 21 July, at the old Butter Factory from 8am to 2pm. It's always a great day out for the whole family. The June Markets will be hosted by The Kellie Gang, featuring Trombone Kellie, Scrubby Pete, Robbie Renfrew. A blues, skiffle, rockabilly, soul extravaganza! Even a bit of blazz – that is, jazz and blues. Good Stuff!

They will be introducing two beautiful local young talents, Lali Hodgkins and Kuwani Barnett who will be sharing their joy of music as a soul sister act. There will also be special guests & impromptu moments.

The July Markets have, in recent years, become known as Youthki - a showcase of many talented local younger performers putting on a great show for their community; Indigo Collins-Cook, Roslyn Barnett, Milan Martin, Jesse Grey, to name but a few.

See you there!

Larrikin Cookin'

Pat Miller

Brave Pea Soup

Dead easy, feeds a mob, good with wine and sourdough bread on a winter night. A big heavy pot with a lid to simmer the soup very slowly is the secret. A red Le Creuset oval casserole is mine and I love it.

Cook this the day before you want to eat it. Don't be tempted to use any other vegetables. They just don't work, no matter what your Mum told you.

Seriously yummy, it's not the healthy dish of the nation. Fat and cholesterol laden, it makes you fart and reek of garlic for three days. The thinking person's fast food.

Ingredients:

- 2 x double smoked ham hocks (from your local butcher of course)
- 500g yellow split peas
- 1.5 to 2 litres water (depends on how salty the ham hock is and how thick you want the soup)
- 4 x medium onions

- 2 x bay leaves
- Garlic - at least 7 peeled cloves
- Two good handfuls of chopped fresh tarragon (Never the dried bottled stuff - it tastes like a kid's chemistry set. Any other aromatic fresh green herb will do.)

How?

- Peel and roughly chop onions and garlic cloves. Throw into a good big heavy stockpot.
- Lay the hocks over the onion / garlic layer. You might need to do a little surgery to make them fit fairly well. Put the lot in as intact as possible to help stop the meat going stringy when you cook it for a fearfully long time .
- Encourage 500g (one packet) of yellow split peas to pack around the hocks.
- Put in 1.5l to 2l of water ensuring everything is just covered. You can always add a bit of water to thin it later.
- Bring gently to the boil then sim-

mer very slowly for more than three hours, stirring occasionally.

Now the tricky bit.

- Leave the soup, lid on, to cool. Skim the excess fat off the top – or not if the hocks are not too fatty.
- Be prepared for the seriously messy! With well scrubbed hands take out the hocks and break/ chop up the meat, gristle and skin, discarding the bones. Return the fantastically tender meat and other bits to the soup.
- Throw in the chopped tarragon and reheat just before you want to serve it. Cracked pepper works a treat on it. It should be thick enough to just about eat with a fork.

Happy Cooking!



The Role of Intuition in Business

The hot topic right now seems to be about getting in touch with our *intuition*. Recent great workshops at Gynea and Castle on the Hill have helped me become much more aware of this in my life.

How often do we get an 'idea', apparently from out of nowhere, and let it pass without acting on it; letting our more rational minds filter it out; suppress it as being 'too radical', 'too risky', 'might make me look silly'?

And yet when we do take the risk the results can be magical.

How much more exciting can life be

when we take those risks.

In a similar vein, how much do many of us come from our minds at the expense of our hearts?

Vision comes from our hearts, and our minds then have a key role in grounding the vision in our daily lives and making it happen.

I really appreciate the reminders provided by this wonderful, rich and diverse, community to:

Listen more carefully to our intuition and hearts

Act on these impulses, even though it might feel risky or irrational

Appreciate the magic that can then

Geoffrey Colwill

come into my life

If any of this resonates with you, why not practice it, even more, and see how it can transform your life?

With grateful acknowledgement to: William Whitecloud and 'The Magicians Way'

www.williamwhitecloud.com

+Stephen & Sonja

www.gymea retreat.com.au

Ahana Lara and Danny

www.ahanalara.com

+Irene www.castleonhill.com/

Until next time

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To be a child in 2013, particularly in the part of Australia we live in, means for *most* a life of plenty – an abundance of food, belongings, technology, activities, expectations and opportunities – but are they healthy and happy?

Over my 22 years of clinical practice, I have observed a concerning increase in the complexity and severity of health and wellbeing issues in the children that I treat. In the early days, it was much more likely to be teething issues, sleep issues, coughs & colds, improving immunity, strategies for picky eaters and so on.

These days, *many* of the children that I treat have complex, interrelated and chronic issues which affect their physical, mental and emotional growth and wellbeing. They present with elevated sensitivity and reactivity to common foods, disor-

dered immune systems, chronic inflammatory conditions like asthma and eczema, poor sleep patterns, variable appetites and limited food ranges, compromised nutritional status and poor gut absorption. Commonly they have behavioural and/or social difficulties, difficulty concentrating and are slow to develop impulse control.

So what is happening to our children?

There are *many* contributing factors, including maternal and paternal diet and lifestyle prior to conception, maternal toxic burden during pregnancy and then the diet, lifestyle and health events of the child themselves. Interestingly, there are some common observations found when analysing the mineral status and presence of toxic elements in these children. In particular, copper is commonly elevated, with a related

deficiency in zinc. This makes for a very 'jumpy' agitated, fast system, with all sorts of metabolic compromising. Elevated aluminium, mercury or arsenic levels can also be present, creating a significant toxic burden on their immature systems, with many complex outcomes throughout their whole body. Effective treatment and the most positive improvements to overall health and wellbeing come when there is accurate understanding of the *individual* obstacles and needs for each child. This allows for true, holistic treatment to support their body's natural ability to function in perfect health.

Feel free to call if you would like to discuss any of these issues in more detail. Warm regards Judith



Call For More Wildlife Carers

Every year the Tweed's only wildlife care group, the Tweed Valley Wildlife Carers, takes into care several thousand sick, injured or orphaned animals. Many more do not need to go into care but are assessed, transported, relocated or reunited by the group's volunteers.



Most of the time, it is close contact with people that has caused harm, from collisions with cars or windows, attacks by dogs or cats, loss of habitat and entanglement in discarded fishing line.

The Tweed Valley's wildlife carers come from all walks of life and from right across the Tweed Shire but by each doing their share they help give so many native animals a second chance at survival. People interested in getting involved

Jo Cabale, TVWC

are invited to call the hotline for more information and book in for an Orientation Day, held several times a year. This is where they will learn about the work of the TVWC, different ways they can become involved and some basic rescue techniques.

Even if you are not sure how you can contribute, this is a place where people get together and talk which can help you discover what areas interest you most. Joining TVWC is a good way to make new, like-minded friends but by far the best part is seeing an (Continues on page 9)

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Eat Raw in Flood Times (Part 2)

(Menkit continues her description of the kind of meals she enjoyed while flooded in. Ed)

Hummus made from sprouted chick peas with lemon juice, garlic, Himalayan pink salt, tahini, and pepper all blended till smooth was a great dip for carrot sticks, mixed into salad or spread on flax crackers.

Yummy soups can be made by blending sprouts, reconstituted sundried tomatoes, garlic, onion, cayenne, pepper, Himalayan pink salt and olive oil or soaked nuts and garnish with herbs.

Smoothies with fruit (fresh/frozen/reconstituted), nut milk, spices, fresh ginger or vanilla are quite satisfying especially with green leafies (in my case sweet potato leaves and dandelion leaves).

Raw 'porridge' is made by soaking rolled oats and sultanas in water overnight. In the morning add a grated apple. Optional

additions are nut meal (left over from making nut milk), desiccated coconut or other dried fruits.

Delicious desserts can be made by soaking dried fruit and nuts overnight then blending with spices. Other ideas ... breakfast: mango, pineapple or other fruit, almond milk, ground flax seeds, hemp seeds and high energy superfoods.

Lunch: sprout soup, flax crackers with dip/nut cheez or a green smoothie. Afternoon snack: mango or raw 'porridge'.



Menkit Prince

Dinner: whatever veges I could scrounge up with lots of sprouts and a nut dressing. After dinner snack: mango smoothie with frozen raspberries, strawberries and almond milk.

If you have neighbours growing food you could barter with them in exchange for veges or fruit.

Other tricks for coping with humidity: If you don't have a clothes dryer, use a face cloth instead of a big towel after a shower. I'm not kidding, you can actually dry your entire body with a dry washcloth!

This means you don't have mouldy towels lying around the bathroom for weeks. Diffusing mould-killing oils or a dehumidifier help your home in extended rain events we get here in the valley.

I also have tips on how to eat 100% raw even in winter, but that's for another article!

Call For More Wildlife Carers

(continued from page 8)

animal you have helped to care for return to its home in the wild.

Some TVWC members choose to tend to the 24-hour telephone hotline.

Other members look after the animals in their homes, raising babies until they are big enough to fend for themselves, caring for the sick and rehabilitating the injured. Many members choose to specialise in their preferred species, whether it be birds, seabirds, snakes, wallabies, echidnas, bats, bandicoots or lizards.

There are some members who play an important role by rescuing or transporting injured animals, or making enclosures or nest boxes, sourcing food supplies, fundraising, writing policies or newsletters or maintaining records.

So if you'd like to become involved and make a difference to the wildlife of the Tweed, jump on the website www.tvwc.org.au or call the Hotline on 02 6672 4789 today.

Update on ATM

Sorry everyone, we misled you in the last issue about the installation of the ATM at the takeaway.

It is all taking much longer than expected, due to the complexity of the installation.

We are currently waiting on DA approval from Council to alter the shopfront to make the ATM available 24 hours.



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The Death of the Compact Fluoro

I found this article by Sockit LED Lighting Solutions and thought this is information we should all have.

'17 million Compact Fluorescent and Linear Tubes will be sold in Australia in the next 12 months 90% of them will end up in landfill.

A look at how dangerous these energy-saving light bulbs are. The Australian Government has banned many incandescent bulbs in favor of Compact Florescent Lights (CFLs). CFLs emit serious toxins while being used. All Florescent lights contain Mercury. There is enough Mercury to pose a serious health risk in the event of a CFL breakage. People are being told to run out of the building for 15 minutes, open windows and turn off the heat. Additionally the bulbs do not last as long as advertised and they take a long time to warm up, decreasing in brightness over time. The light they emit is not a full spectrum steady light.

Few bulbs actually get recycled and they need to be treated as hazardous materials when discarding them. Consumers, be alert!

Mercury Poisoning

Mercury binds to sulfhydryl groups in many tissue enzymes and proteins, and thereby causes direct damage to cells and their functions. This damage can be drastic and eventually cause failure of organs such as the lungs, kidneys or the nervous system.

We have the power to stop this

Step 1 Support the use of LED lighting

Step 2 Talk to people about the problem

Step 3 Send your lamps to a recycling company for disposal' Please do not dispose of your Compact Fluorescent tubes in general waste disposal.

Residents of the Tweed can take their used fluorescent light bulbs to

the Stott's Creek Resource Recovery Centre free of charge. The glass must be intact and preferably in packaging (use the packaging from the replacement bulb). These bulbs are broken down under controlled conditions and recycled.

Convert to LED lighting

Divide the wattage of the Compact Fluorescent in half and add 1 watt to give you the correct LED to use or

Find the lumen (lm) output of the lamp

Choose a quality LED. For method one it's approximately 80 to 100lm per watt.

If you have any further questions feel free to give me a call.

Mark Cave
Cave Electrical

Tips for Windows 8 Users

Many folks have recently purchased new computers with Windows 8 pre-installed and are finding the operating system vastly different to Windows 7 or older Microsoft versions. Below are some adjustments that can easily be made to make the transition to Windows 8 easier. Remember the shortcut WIN+C allows Windows 8 users direct access to the Windows 8 Charms menu from anywhere.

How to bring back the Start menu and Start button

Several months after Windows 8 was launched, a number of applications appeared which re-enabled the

start button and menu. StartIsBack found at <http://startisback.com/> is one of the best options. You can download it as a trial, or purchase it for as little as \$3 for use on 2 computers. The program is fully customisable with specific Windows 8 features, like configurable hot corners and allowing your machine to boot up straight to the desktop. For those that want things to look and feel like Windows 7, StartIsBack is one solution.

Pokki is a free start-menu program which some people prefer to the traditional Windows 7 start-menu. Find Pokki at [## The Desktop Doc](http://</p></div><div data-bbox=)

www.pokki.com/windows-8-start-menu. After installation by default Pokki configures Windows 8 to boot straight to the desktop.

Creating an easy shut-down icon

In desktop mode, right click and choose 'create a new shortcut'. In the location field type 'shutdown /s/t 0' and enter a name for your shortcut e.g. shut down now. Select the desired icon to use and then save the shortcut. Drag the icon to your task bar for easy access.

(continues on page 11)



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Healing from Child Sexual Abuse (Part 3)

Heather McClelland

'I always react with so much rage. What's wrong with me? I must be crazy!' or, 'I have to face it. I'm addicted. No one else understands the drivenness!'

A traumatised person's self talk reveals their despairing struggle and how they see themselves. Child Sexual Abuse leaves a legacy because whether physical or psychological, the trauma impacts the autonomic nervous system (ANS) and the body remembers its primitive fight, flight or freeze response.

Unless these impacts were attended to appropriately at the time, people are left with emotional and health struggles. Conflict within relationships is also likely to be fraught. The ANS is incredibly sensitive to any situation which feels like power is being used against the legacy car-

rier. When triggered, they are overwhelmed with uncomfortable sensations and intense emotion. The volatility will not naturally be linked to the childhood abuse. And yet every time they are triggered there will be re-traumatisation.

Learning that their body is their friend and that the way it reacts and draws attention when triggered, provides a moment when the ANS may be intentionally calmed, can begin to bring immediate relief. Three strategies which quickly settle and calm nervous system arousal are:

- To bring **kind awareness** to the part of the body which is drawing your attention, for minutes or even repeatedly over hours
- To use your senses immediately in a detailed way and to build into your lifestyle more of the sensate tasks which you already enjoy.

To practise restructuring your body, grounding yourself by feeling your feet on the floor, your body where it touches the chair, straightening your back and taking your place on the planet!

Using such strategies can help de-power the triggers and if people can see the links in their reactions to how they reacted to the trauma they can use the mantra, 'It's no wonder I feel like this.' They can offer kindness and nurture to the hurting child they were, instead of impatience and judgment.

Just as they were abused by another, so those who have suffered abuse now need caring and respectful others to encourage and to partner them on their healing pathways. Heather McClelland 6679 5603 0423 693 744

Tips for Windows 8 Users

(Continued from page 10)

Windows 8 maintenance tasks

Software updates, security scans and diagnostics can all be preformed when you are away from your computer, the default time for these tasks is 3AM or the next time it becomes idle. This can be changed via the Action Centre or preformed manually at any time.

Troubleshooting

Windows 8 offers a troubleshooting wizard in the Control Panel, go to Control Panel > System and security > Find and fix problems. I hope these tips help new Windows 8 users get accustomed to their new operating system. Remember if you need any help with this, require any PC repairs, installs, advice or rebuilds contact me on 02 6679 3835. Discounts for the unemployed and pensioners.

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PHOTOGRAPHY COMPETITION

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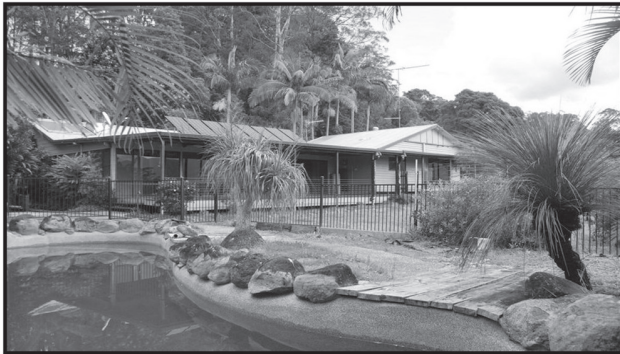


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