



Uki Eco Expo Set To Be Region's Largest

More than 130 of the most exciting eco-friendly companies will be exhibiting their wares and services, the first weekend in November, at the Uki Eco Expo at Uki Public School. Touted to be one of the largest tradeshows for eco-friendly products and services in the Northern Rivers region, Uki Eco Expo will introduce visitors to local "eco-celebrities", local eco-friendly and sustainable businesses, eco-fashion and beauty products, green products for families and children, organic food, health and wellness products and services, the latest in green building and solar products and more.

After its inaugural success last year, event organisers upped the ante this year by bringing onboard sponsors and by investing in TV advertising. As well as the display of eco-friendly and sustainable businesses, the Expo will showcase a special "Made in Uki" market area on the Sunday. Event organisers are hoping to stage a self-drive tour of major self sustaining businesses and homes on the Saturday.

In an effort to encourage locals to embrace eco-friendly products, services and practices, event organisers are eager to canvass as many exhibitors as possible from Uki and the surrounding communities.

"We're strongly encouraging local participation as we want the business and benefits that will flow on from exposure at this Expo to be within our immediate community first and foremost," said Jeffrey Robinson, Uki Public School Principal and event organiser.

"Category numbers will be limited to make it viable for exhibitors," said event organiser Rani Groves. "For example, there will be a cap on the amount of solar solutions or naturopaths, so we urge local businesses to contact us immediately with their Expressions of Interest."

"By mid-August we will be advertising for participants from broader neighbouring communities. We are hoping for approximately 80 Eco Expo participants, 20 Health and Wellbeing Expo participants and approximately 20 "Made in Uki" craftspeople, as well as 10 local businesses/homes/farms with sustainability initiatives to host home visits," said Rani.

"We're really looking forward to this year's event, which will be significantly larger and more exciting than last year. It has also been earmarked as Uki School's major annual fundraiser. The Green Caldera is the perfect place to showcase such an event and our publicity will be reflecting this. We hope locals can see the benefit of becoming involved," said Rani.

Email uki-p.school@det.nsw.edu.au to secure a place, or call Uki Public school on 6679 5128 as soon as possible.

Broadband for Seniors

Uki CTC has recently been selected to participate in the Broadband for Seniors initiative launched nationally by the Australian Government in September 2009. Under the initiative up to 2000 kiosks are being established at community organisations around Australia offering Seniors free internet access and training. Broadband for Seniors is designed to bring older Australians together to learn about computers free-of-charge, giving them the confidence to go online. The Broadband for Seniors is an Australian Government initiative in conjunction with NEC Australia and its consortium partners Adult Learning Australia, Australian Seniors Computer Clubs Association and the University of the Third Age Online. For more information, please call Uki CTC on 6679 5399

Letters to the Editor

Letters longer than 300 words may be cut. Anonymous letters won't be published, Include full name, address and phone number. Pseudonyms are not acceptable.

Open Day at Organic Farm

In June I attended the Open Day at the Organic Farm near Byangum operated by the Mishtler family. I confess that I was one of those who opposed the project when it was first announced. As a local land carer I thought it was an inappropriate development for a residential subdivision on a scenic route. I shared my concerns with the Mishtlers personally, before mailing my letter to Council.

Our objections were over-ruled: we lost the argument: but when the development application was approved, I was keen to help heal any divisions in the community likely to arise from the project. I suggested to Avi that he grow trees to screen his greenhouses from the road. He (wisely) went to Bruce Chick for advice, and a host of people helped plant the trees Bruce selected.

The story since then has been of growth all round. The trees have

grown, of course: but so have Avi and Zehvit and their children... grown to be much loved and greatly valued members of our community. The productivity of their land has also grown immensely: instead of housing and (possibly) feeding one family, it now supplies hundreds of households. And the expertise that Avi and his wife brought from Israel, and then honed to match local conditions, has been freely shared with many other growers.

The Open Day in June was (so I believe) the first to which they invited the general public, and it was great to learn how so much food could be produced from a small area of land, in a dry country like ours, using little water and no fertiliser or insecticides!

It's a perfect example of the truth of the old saying that you can "win some when you lose some."

John Tyman

Community Notices

MARKET COORDINATOR WANTED for monthly Uki Butter Bazaar. Ph 6679 5855.

RAW VEGAN POTLUCK/CLASSES Are you ready for a quantum shift in your life? Raw vegan food prep classes starting 26 August. Learn how to prepare vibrantly alive and outrageously delicious, elegant, raw vegan food. You will find more energy, better health and a more positive outlook as you adopt this natural way of eating, the most Earth and animal-friendly diet. 3rd Thursday of the month. Bring a plate of organic raw food (no meat, dairy, eggs, fish, sugar etc) to share. Enquiries 6679 5863.

UKI CLASSICAL CONCERT Carmelia MacWilliam-flute, Stephanie Higgs-violin, Robbie Farrar-cello, Nicholas Routley-piano present a programme of works by Telemann, Bach, Beethoven, Haydn, Prokofiev & Dvorak, Sat 21 August 3-5:30pm at Uki All Saints Church; Tickets \$15, only 100 available, bookings essential: carmelia@live.com.au

UKI RED CROSS Uki Red Cross was sad to lose Member Jean Scholes in May. She passed away after having been a Member for over 50 years. Jean had lived in the Uki district all her life time. 20-year Member Ethel Sperrinck has had to move into a Nursing Home. Both ladies will be sadly missed.

UKI CARD PLAYERS? We would love to see some new players at our card game in Uki Hall on Tuesdays. Please call in, or phone Joy on 6679 5297.

Diary Date:

*Issue 55 deadline- 20 Sept 2010;
distribution date - 6 Oct 2010*

SHARP

Solar

ABN 74 600 295 817

Electricity Licence

NSW124600C QLD C29418

BCSE Accredited FDI 18



*Installations *Repairs & Supplies

SUNBEAM
SOLAR SYSTEMS

www.sunbeamsolar.com.au

SYD WELLING

3 Doon Doon Rd Kunghur 2484

02 6679 7228

MOB: 0428 320 262

Who to contact

UKIRA is the Uki Village and Districts Residents' Association Incorporated, a non-profit community organisation that provides a forum for residents to discuss and act upon local issues. Contact President Samuel Quint on 6679 5921. Meetings are held 1st Tuesday each month in Uki Hall at 7pm. Come along next time, 7 Sept or 5 Oct 2010.

The Uki News, PO Box 141, Uki NSW 2484

Email the Editor, Tessa Martin:

theukinews@hotmail.com

ADVERTISING RATES: Business card size \$25, Quarter page \$55, Half page \$90, Full page \$175, Half page Advertorial \$90, includes write-up about your business and Business card size ad. All advertisers will be invoiced.

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

UKIRA Report

by Samuel Quint, President

UKIRA held its AGM on 6 July. Consequently we welcome some new committee members whom will no doubt bring some fresh ideas and perspectives to our community. Thanks to everyone who was able to make it to the AGM, it all helps to maintain an independent and impartial committee that delivers the best outcomes for this great community that we live in.

Background work continues on renovating the old tennis shed in the centre of the village. This was one of the projects identified in the UKIRA initiated 2007 Community Action Plan (upgrade open space areas in the village). So, watch that space for what will undoubtedly be a positive step forward for the visual and functional amenity of the village.

Have you seen Uki's new tourist brochure yet?! What a fantastic piece of information for travelers and locals alike. A big thank-you to the committee members who developed this resource for Uki. If you haven't seen it yet, check it out, post it to a friend!

UKIRA is pleased to have been able to donate \$500 to Uki Pythons Football Club. In many ways this is what UKIRA is all about, being able to help local organisations for the benefit of the community as a whole – go the Pythons!

You may have noticed that the Sweetnam Park playground is continuing to improve with recent plantings and mulching by volunteers. This improvement has been aided by the Burringbar Rainforest Nursery with community friendly prices charged for the plants. The playground will continue to need occasional work, so if you see an opportunity to help out, please do so.



New Neighbourhood Watch Coordinator

by Deb Burke

This information is provided as part of the NSW Police Service Neighbourhood Watch Program

Deb Burke has taken on the role of Uki Neighbourhood Watch Coordinator. Deb will continue to liaise with community groups and local police and she will continue to write a paragraph or two in the Uki News to keep you informed of local issues. Join Deb for morning tea at Uki Uki Cafe on 2 August at 10:30am. This will be a general information session and opportunity to get together while enjoying a cuppa.

HAPPY HIGH HERBS

Herbs for Wellbeing

Promoting the appreciation, education, benefits, culture, education and freedom for all natural plants and herbs.

Happy High Herbs commenced trading at Uki markets over 12 years ago and is now a franchise with over 20 shops throughout Australia and overseas.

Happy High Herbs has gone back to the future and is

NOW OPEN IN UKI!

Next to Uki Takeaway
open 9-5 Mon-Fri, Sat morning & market days

Ph: 02 6679 4103

Check out our website:
www.happyhighherbs.com

Carmelia MacWilliam & Friends

| | |
|------------------|---------------|
| Stephanie Higgs | Robbie Farrar |
| violin | cello |
| Nicholas Routley | |
| keyboard | |

Programme:
Telemann - Bach - Beethoven
Haydn - Prokofieff - Dvorak

Date: Saturday 21 August 2010
3 - 5:30 pm

Cost: \$15

Venue: Uki Anglican Church
Only 100 tickets
Bookings Essential: carmelia@live.com.au

PHOTOS AVAILABLE AFTER THE CONCERT from:

Carmelia's Wardrobe exclusively from: **style**
2/97 Main St, Murwillumbah, 02 6672-4114

Carmelia's Shoes exclusively from: **G.J's Shoes**
35 Wharf St, Murwillumbah, 02 6672-1965

Uki Historical Society

by Helena Duckworth

The launch of Penny Watsford's latest book, *The Forest Bountiful-Settlers' Use of Australian Plants*, was a great success with many copies sold on the day. The Village Walk followed and tour guides, Mary Lee Connery, 'Peg' Connolly and Betty Brims delighted the walkers with personal insights, some historical and some hilarious, of Uki village. Funds were donated to the Tweed River Regional Museum. Penny is now immersed in researching Byangum, the first in the Locality Files she is recording.

This issue features D.C. (David Cleaton) Marshall. Most residents know that D.C. Marshall offered the use of an 18 foot by 12 foot shed on his farm at Rowland's Creek for the first school in 1895 and for the street bearing his name, Marshall Street. The following information is an edited excerpt from Uki Public School's Centenary publication in 1995:

D.C. Marshall was born in Birmingham, England, in 1855 and migrated to Australia in 1876. When land became available at Rowland's Creek in 1889, David was the first to make a selection on the left hand side of the present road. This property has been owned for many years by Bernie and Alma Kinneally.



D.C. set to work clearing the land and commenced dairying. He was the first farmer in the area to purchase a cream separator. His wife Georgina whom he married in 1886 died in 1902 and in 1904 he wed Stella. He purchased land in Uki village in 1905 and later bought land south of Rowland's Creek Bridge. D.C. subdivided this parcel, had three homes built, and sold the land for the Mt Warning Hotel which was built in 1914.

During the years D.C. lived at Uki he was very involved in community affairs including his role as secretary of the Progress Association and Parents and Citizens Association. In 1907, at age 52, he won a seat when the first elections for the Tweed Shire Council were held

and he was elected President for two terms. He took a prominent part in the unveiling of the Soldiers Memorial at Uki in 1927. He returned to dairying in 1926 to a property at Perch Creek, Midginbil. D.C. died on this farm in 1933 aged 78 years. More information can be read in the Centenary book.

The Society meets on the 2nd Saturday of the month at 10am. The Office, town side of the Hall, is open on Fridays from 10am to 4pm, phone 6679 5890.

SOLARWISE HOTWATER

- Huge range of solar hot water systems
- **Solar Hot Water from \$695.00**
- Latest technology

James McLaughlan Plumber Lic 103573C
Mob: 0439 010386



Uki Shopping Centre

So Convenient...

**Groceries
Fruit & veg
Ice
Video hire
Hardware
Fuel
Gas deliveries
Laundromat**

**Open daily
7.30-5.30 weekdays
Main Street, Uki
Ph: 6679 5136**

TWEED VALLEY Denture Clinic

- Full Dentures
- Full Dentures over Implants
- Partial Dentures
- Relines
- Repairs
- Mouthguards

Ian Kingston - Dental Prosthetist
131 Main Street, Murwillumbah, Phone 6672 4618
(next to the Imperial Hotel, Wheelchair Access)

The Castle on the Hill Bed & Breakfast



Enjoy a Renaissance experience in Uki
with artists Robert Pope, Robert Todonai and Irene Brown.
Be surrounded by beautiful artwork, magnificent castle architecture, sculptured gardens and glorious views of Mount Warning.
phone 02 6679 5442 or email irene@castleonhill.com

SICK OF INJURIES, PAIN AND A RESTRICTED LIFESTYLE?

Visit the NEW OSTEOPATH in Uki!

Warwick Selvey specialises in all injuries, especially the ones you don't think can be helped, such as arthritic or post surgical injuries, carpal tunnel, shoulder ligaments, sprained ankles as well as spinal or neck problems.

Warwick uses **Osteopathy** or **Chiropractic** and uses **Acupuncture** successfully on 1 in every 2 patients. He promises you'll make rapid progress in most cases. The combination of muscle and bone manipulation with acupuncture is marvellous, but applied separately or without acupuncture is also remarkable.

You no Longer Have to Live With Injury, Pain or Disability!



**WARWICK SELVEY OSTEOPATH
& ACUPUNCTURIST since 1968**

NEW CLINIC between Uki Post Office & Uki Shopping Centre

Tues & Thurs 10:30am to 3pm

For appointments phone 0416 429 979

Children most welcome - family rates - all private health funds

Uki Public School's 2nd Annual
ECO EXPO
Sat 6—Sun 7 Nov, 9am-3pm

**CUTTING EDGE "GREEN"
TECHNOLOGY ON DISPLAY**

An Expo of environmentally friendly and sustainable living businesses providing information, displaying and selling a variety of products and services within our Green Caldera community.

**plus HEALTH & WELL BEING
EXPO IN UKI HALL**
**plus "MADE IN UKI" MARKET
IN THE SCHOOL MUSIC ROOM**

Face Painting, Kids Activities and a vast variety of food & products for sale.

**SCHOOLS "ECO INVENTION"
COMPETITION**
Judging of First & Runnerup prizes for Infants, Primary & High entrants.

GOLD SPONSORS
TWEED
DURAPLAY
SILVER SPONSORS
FM 85
Hardy's

NEW EVENT
Sat 6th Nov
Self drive yourself to extraordinary examples of Eco & Self Sustaining Solutions at the actual premises.
Mavis Kitchen, Mt Warning Preschool, Sustainability "Smith Set", etc etc etc etc etc etc etc

\$20 total entry for 10 locations, book of entry passes sold prior to the event at CPS Real Estate MtWah, Uki Public School & Curl Up & Dye Uki. Only 100 books available - be quick!

GOLD COIN ENTRY LOCAL EXHIBITORS

Greening Mt Warning Preschool

by Katrina Gudgeon

There is change going on at Mt Warning Preschool and we would like to invite past students, families and community members to come along and view this change. During the holidays local stone artisans Simon Cripps and Peter Owen created a beautiful water feature with a series of shallow pools around our sandpit.

On Sunday 15 August from 10am-3pm we are inviting you to our 'Demolition day'. The old cubby that has seen the fun from 25 years of kids' play is going to be demolished. So if you would like to take a piece of your preschool times home with you, come along, help

us pull the cubby down and enjoy a sausage sizzle lunch, vegetarians will be catered for. Don't despair however, a new cubby built from recycled materials (some from the old cubby) with a play kitchen, recycling chutes and swing powered lights is going in its place, giving children the opportunity to learn sustainable practices while playing.

We are also hosting a FREE parenting seminar by Louise Porter on Sun 19 Sep at M'bah High MPC. Louise Porter is an internationally renowned child psychologist and author of parenting books. For more details on this please ring 66795313.

**AFTER SCHOOL
CARE**
2:50 - 6pm Mon - Fri

Bookings:
6679 5128 during school hours
6679 5024 3pm-6pm

Quality accredited care
CCB subsidy available

All Welcome!

Uki Kids Club
Uki Public School
OOSH

www.plumbingworks.com.au

**on-site waste water
treatment & disposal systems
designed & installed**

all plumbing & drainage

**Plumbing
Works** KLAUS WALTER

Mob. 0427 108 677 - Phone: (02) 66 890 169

Lic. No. 1443586



Tenderness in Relationships

by Heather McClelland, Counsellor & Psychotherapist

My new little grandson, Rowan Jeremiah, is a delight. As I write, I have two photographs in front of me showing Rowan with each of his grandfathers. What is striking is the way each man is conveying deep tenderness towards this four week old newcomer. I can see no stiffness. Instead I notice a softness in their bodies and faces. Each is talking and focusing gently on the little one. In their mutual gaze, man to baby and baby to man there is amazing attunement. Even though he is so small yet, Rowan is totally involved in this tender exchange. He is absolutely lit up, engaged and interested.

Body or somatic therapists suggest that we all have an innate urge to body ourselves with others. Sylvia Adler and Stanley Keleman say, "Within adult relationships, partners can have a sense of belonging, of being inside something bigger. As a couple they establish a primary somatic-emotional relationship that supports their continuing emotional intimacy as a couple and their growth as individuals."

Most people manage to gain some closeness during the early days of high romance. But this may only be about the sexual chemistry. For some it is always difficult to unbend and to be vulnerable. The complaint which soon enters the therapy room is often "I know my partner claims to love me but I don't experience it or feel it". Or, on the other hand, "I love my partner. Look at all the things I do for him/her. What's the problem?"

The truth is that by the time we reach adulthood, we tend to have developed bodily patterns to protect ourselves from aspects of emotional neglect or abuse or from emotional over-control or smothering. These rigid bodily patterns are visible in our postures, gestures and muscular attitudes.

As we approach our partner we have tendencies to hold ourselves stiff, or to disappear inside ourselves. We step backward in terms of the energy we bring to the relationship or we step back quite literally. We find it hard to make loving eye contact. When the romance has waned and if our primary relationship is gradually becoming more of a battle ground than a bonding experience, we might tend to exit the relationship. We may not ever be considering separating or divorcing and yet unconsciously, in our anxiety, we may be seeking ways to

give ourselves emotional distance. We may do it by focusing on what we can do around the place physically, instead of really relating. We may replace the relationship with our work or with sport or a hobby. We may fill our life with light entertainment or pain-numbing addiction. We might try to enliven ourselves with risky affairs or even convince ourselves that monogamy is the problem.

Of course healthy adult relationships are elastic. They include distance *and* closeness. They provide absolute freedom to be ourselves *and* they provide nourishing emotional closeness. Breaking away from the defensive postures which hinder our bonding is not easy. These postures are so unconscious. But if we can become more aware of our bodily configurations, deliberately working to change them can become a means of transformation for our relationship.

Being in some sort of pleasant bodily contact such as sitting shoulder to shoulder, or sitting opposite each other so you can look into each other's eyes is encouraged when mutual dialogue is taught. You might merely lean a little towards each other without aggression or take up your partner's hand and immediately the discussion or argument is mediated.

Perhaps the tenderness experienced by Rowan with his grandfathers provides us all with a template from which to mould a new way of relating as adult couples.

Heather McClelland (CMCAPA) has set up
a counseling and psychotherapy practice in Uki

OTHERWISE THERAPY

Heather is a Body Psychotherapist offering hands on biodynamic massage and utilising strengths based narrative approaches in her work.

Phone: (02) 66795603 or 0423693744

Email: heather@otherwisetherapy.com www.otherwisetherapy.com

Heather hopes to offer groups, including help for parents, specially teaching body strategies for helping themselves and their children with anger and anxiety. She and Bryan offer Couples Enrichment weekends as well.

Uki Massage

Come along and enjoy a purely relaxing massage, or let me work on those tight knotty spots with some deep tissue work, and let the body begin to heal itself.

Therapeutic, Relaxation, Deep Tissue work, Reflexology, Aromatherapy massage

Very affordable prices!

By appointment only, phone 6679 5999

But only if you want to feel good!

Paula Cave Qualified Massage Therapist



UKI POST OFFICE & NEWSAGENCY



*Post Billpay *Faxing
*Photocopying
*Newspaper
*Magazine *Office
item needs
Open weekdays
7am-5pm, Sat
7am-12pm, Sun
7.30-11am
Ph 6679 5101,
Fax 6679 4012



Practically Native

*practical, pertinent & reliable local info
by Deborah Burke*

"What does a land use consultant do?" That has been the question asked over and over again since I started my business. It is true that you cannot "sell a secret", so I have decided to use this column to try and explain the concept behind Practically Native.

During the last 20 years we have seen many people move into this area to live their hopes and dreams. Some of us live our music, some of us live our art, others of us live our community, and others our plants and animals. So much time is spent choosing "the right land". More importantly, Practically Native enables us all to be "the right people" for our land.

James wanted to move to the Tweed Valley and buy enough land so that he could have 10 good quality Hereford cows. He had his heart set on Herefords. He had spent many years admiring them, talking to breeders at shows, reading articles and books. James felt confident that he had enough knowledge on the subject of Hereford cattle to start living his dream and he began the search for his land.

James had no local knowledge and did not realise that paralysis ticks can be problematic, wet ground can bring many parasites, and that Herefords are particularly prone to pink eye and other conditions. In consultation with Practically Native he learned these things and is now able to move towards his dream, sufficiently informed in all areas pertaining to his land purchase. James now has an understanding of creek regeneration, wildlife corridors and chemical impact that he will use in making his dreams come true.

There are many other aspects to this land use consultancy service and I am available to answer any questions any one may have.

Update on Golden Rain Tree: Our success rate has been approximately 35% by using salt in holes drilled in saplings. Fact sheet available.

We are holding a composting workshop on Sunday 22 August, places are limited. Please ring 6679 5853.

Practically Native

local land use consultancy service in a one-stop-shop

Want to really know a property? Your Practically Native consultant will meet with you to define your hopes, dreams, short- and long-term goals. This is followed by a visual inspection of the property, pH tests on water and soil to ascertain biological or chemical contamination, species assessment, including rare and endangered ones and environmental weeds, and viability check of fences, gates, outbuildings and pasture. All findings are presented to you in a written report.



Deb Burke

35 years local knowledge & national accreditation in:
Conservation, Land Management, Ag & Vet Chemcert
02 6679 5853 / debburke@yahoo.com.au

Something to Think About

by Rev'd John Tyman Holy Trinity Anglican Church

I wrote last time of my distress at being denied Holy Communion at a monastery because I was not a Catholic. This time I will share with you words by Michael Morwood, from an essay included in a collection published following the dismissal of Father Peter Kennedy in Brisbane, for practising a more inclusive form of Christianity.

"Christianity traditionally has two streams of thought."

"One stream of thought proclaims that God is everywhere as the source and sustainer of all that is. In this thinking everyone and everything is connected in and through this Presence. And, as some great Christian thinkers have told us very clearly, this Presence is beyond our comprehension, our understanding and our human images. This needs to be clearly understood. This is part of traditional Christian thinking. It is basic Christianity."

"The other stream of thought has focused on God as a deity who think, plots, plans, reacts, intervenes and plays favourites. In simple terms, this deity can be referred to as the 'elsewhere God' because he denied access to himself and then sent 'his Son' (from where?) to earth."

"Jesus, in the first stream of thought, is the revealer of God-with-us (everyone!) in our living and loving. He opens eyes and minds to the unseen reality in which we are all immersed and have existence. Jesus challenged people to give expression to this Presence in their lives, so that the 'reign' of God, characterised by compassion, generosity, forgiveness and love, would be evident among us."

"In the second stream of thought, developed in the Christian Scriptures well after Jesus died, Jesus became the unique 'way' to the elsewhere deity. He 'opened the gates of heaven'; he 'saved' us. Or, at least, he 'saved' people who believed he was the unique way to God."

"It is not surprising that the second stream of thinking about God and Jesus came to dominate the Christian religion."

But "many Christians simply no longer give credence to the worldview or the notion of God that underpins traditional, orthodox Christian theology. ... They want their religion to shift from a no-longer-believable story about or emphasis on a deity who has definite opinions on whether women (or gay men) should be ordained priests or stem cell research or whatever. They want their religion to honour God's presence in people the way Jesus did."

Isn't it wonderful that we were given brains, so we can think!

Mt Burrell Fruit

Quality farm fresh fruit & veg

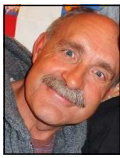
Low prices, Friendly service

Organic section

7 days, 7.30am-7pm

ph 6679 7287





Back Up... Back Up!

by Robert Harrell

Backing up your data should be at the top of your computer maintenance list, right next to Virus Protection. Without either of these, you are running the risk of losing your data. Data loss can happen due to a child playing the keyboard like a piano, a power surge, lightning, floods, viruses and accidental formatting of the hard drive or camera memory sticks. Sometimes, equipment just fails.

If you regularly make backup copies of your files and keep them in a separate place, you can get some, if not all, of your information back in the event something happens. The oldest and worst way to back up is to save your data to floppy. Floppies are not reliable storage media. Use them only for temporary storage or data transportation if there is no other way. However, new USB Pen drives are perfect.

CD/DVD burners offer another way of data storage. A good burner can be had for \$35-\$100. The disks cost virtually nothing today, but be careful to purchase good quality ones. Disc rot has started to devour many older cheap discs. They hold approximately 650MB to 8.4GB of data and more with Blu-Ray Drives, up to 25GB per single-layered, and 50GB per dual-layered disc, later ones even hold 200GB on one disc!

If you have multiple PCs at home and they are networked, you can copy data files to the hard drive of another PC on the network for backup. That way, if one PC goes down, you still have the data on the other PC. Recently I tried online backup storage, where you can rent disk space online and upload your data for backup. I am skeptical about this concept, because you depend on your ISP and the disk space provider to be up and running for data retrieval. If you have lots of data and only a 56k modem, upload will take time, and lastly, you put all your info on a stranger's machine.

What needs to be backed up? Email and addresses, favourites, My Documents, downloaded music and software, confidential data, banking details, passwords, digital photos, personal projects, Internet accounts and connection data. Remember to restore your back ups now and again to test if they are working, it's pointless to back up if the data cannot be restored. Put it this way, you only lose your data once then you learn to back up.



MOBILE COMPUTER SERVICES

New Computers & Laptops
All Rebuilds, Upgrading & Repairs
Virus and Spyware Removal
Home & Business Networking Solutions
24/7 Support. Free Advice & Help
Video, Photographic & Multimedia Solutions
Unbeatable Prices.

Robert Harrell
0266795589
0403511278
ABN: 72342854248
www.init.com.au

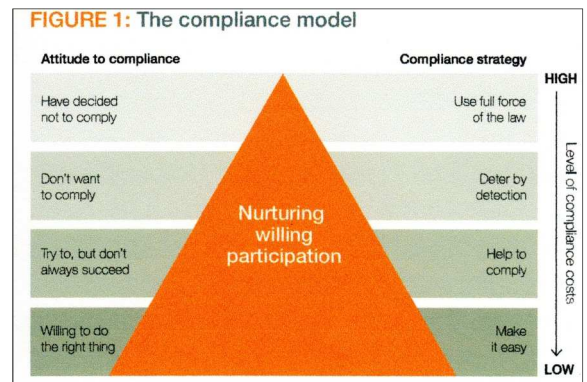
What Risk to Take on Business Compliance?

by Geoffrey Colwill

I've just moved back to the Uki area after 12 years in finance roles in the UK and have been amazed at the number of exciting home based businesses in the area. However, people who are passionate about their business often find dealing with ATO obligations tedious and annoying, taking time and energy away from more important aspects of their business. That's why I decided to bring myself up to date with current Oz business compliance and tax issues and thus complement my MYOB training skills, and better support local home based businesses.

Did you know that...

- if you submit your own BAS return late, you are liable for fines of \$110, \$220 or \$550 or...?
- if you don't have a tax invoice with a correct ABN from a supplier, you're obliged to deduct 46.5%?
- if you don't submit your employee Superannuation payments on time then you can't claim the payment as a business expense and will be subject to additional costs?



Go to www.ato.gov.au or www.becaustralia.org.au to download easy to understand and useful tools to check how you're doing from a compliance perspective and find out the areas the ATO will be checking up on in the next year. If this isn't your thing, call me and I'll be happy to talk with you about what is needed. *N.B. The information referred to above is generalised and you should check on the web and/or with your finance professionals to be clear about your own circumstances.*

Need MYOB Bookkeeping or General Finance Advice?

Geoffrey Colwill is experienced in finance, real estate, marketing and computing. Best of all, he provides people service! After working as Findhorn's Finance Director for the last 8 years, he is back in the area to help run your business more smoothly!

"We have found Geoffrey to be very thorough, diligent, and a man of enormous integrity. He has been a Godsend."

James & Beth McLaughlan, Solarwise



To find out how your business can benefit, contact Geoffrey now on 6679 4231 or geoffrey.colwill@findhorn.cc

Uki PHARMACY

We stock a full range of:

- prescription products (we can keep scripts on file for your convenience)
- Vitamins & natural health products
- Beauty products
- Loads of gorgeous gifts

For your convenience:

- Medicare Ezy Claim booth
- Diabetes Australia subagent

"Come on in and experience superior service and expert advice!"

Open Mon-Fri 9am-5pm,
Sat 9-1pm

1448 Kyogle Road, Uki,
Phone 02 6679 4044

FREE CONSULTATIONS!

Judith Magee is available on **Saturday mornings** and **Wednesdays** for **free** consultations, no appointments required. With her unique blend of **Naturopathy, Homoeopathy, Clinical Nutrition** and **Western Herbal Medicine** she can provide advice and treatment for a wide range of chronic and acute conditions.



Want Something To Smile About?
Then make an appointment today
with your local Dentist at Uki Dental Surgery!

All general and cosmetic dentistry

Hicaps available

1448 Kyogle Road, Uki, phone 6679 4011, behind Uki Pharmacy

Living Moon Astrology

by Paola Emma Federation of Australian Astrologers' Diploma and Gold Medal for Excellence 2007, your local astrologer since 1985

In Julia Gillard's Solar Chart Sun and Mars are in Libra, showing social graces, a gift for diplomacy, desire to cooperate with others and natural refinement. Librans make in fact the best mediators (remember she has been the Minister for Workplace Relations and formally an industrial lawyer). The downturn of these placements is the tendency to compromise too much at times.

The Moon is in Gemini, another Air Signs (best at communication) confirming her wit, inquisitive mind, mental flexibility, multitasking skills. Gemini is also the Sign of learning, so it is not surprise that she is interested in the improvement of education standards.

There is also an underlying Scorpio/Pluto current, indicating a private person when it comes to feelings and display of emotions. This adds intensity and resolve to her character, a resourceful and shrewd mind. Plutonian people often get into positions of power, and also into power struggles.

At the time of her birth Jupiter and Saturn were conjunct in Capricorn, Sign of leadership, ambition and hard work. She pursues aspirations (Jupiter) with tenacity and self discipline (Saturn). Progress is proverbially slow but sure. This also denotes conservative values, perhaps excess of caution; Saturn (caution) being stronger in Capricorn than Jupiter (confidence, hope).

Venus in Virgo accounts for her perfectionism and practical logic, also for her genuine desire to serve and lead a useful life, and a natural modesty that could incline her to shy away from the limelight and also from public scrutiny.

A contact between Venus and Neptune shows compassion and empathy: another between Mars and Uranus shows instead a certain defiance of authority and convention, original, innovative ideas, despite her generally conservative views; also a bit of an autocratic streak.

To read more about the Astrology of Julia Gillard, as well as Tony Abbot, Bob Brown and the upcoming Australian Federal Elections, please surf to: <http://livingmoonastrology.wordpress.com/>



Dru Yoga

by Debbie Hodge (Parama Devi)
Dip Dru Yoga, cert. Hatha Yoga

It is indeed a wonderful world we have chosen to be a part of at this time. Although there is also a lot of chaos and discomfort that people are currently feeling. We seem to be feeling the pain of our earth mother. If we ask ourselves why we are here on earth at this time and can rise above our own discomforts, we soon find that all of us are here for a Divine Purpose. That purpose is to assist in bringing healing to our planet, as the earth is in such need of healing and harmony at this time.

"How," you ask, "through Dru Yoga?" It is through the joy that comes from peace we manifest that which has the most value and meaning to us. As we learn to keep our physical bodies functioning happily and healthily, we also begin to still our minds which otherwise tend to churn over the same thoughts and grind them into discomfort. When we as individuals begin to feel the benefits of stretching our limbs, breathing fully and quietening the inner self, then we become like ripples on a pond, quietly and gently gliding out from ourselves. Rays of light and positivity spreading across the earth. Bringing joy and harmony into the hearts of others and the earth mother.

Why put off feeling good about yourself and your environment any longer? Give yourself the benefits of Dru Yoga and share that joy and contentment with others, your family and friends, your community, and your mother earth.

During September I am offering all of those who wish to try Dru Yoga and experience their joyfulness the opportunity to bring a friend to class for free. This will make it \$15 for two people to attend a class.

What a great way to wake up and begin Spring. Letting go of being cranky, bored, depressed, angry and tired, beginning to experience more joy and peace, allowing a more positive energy to lift you up, to bring feelings of joy and abundance into your life, to see the beauty and joy that is in this world of ours.

LOOKING FOR A POSITIVE AND COMPLETE APPROACH TO HEALTH & WELLBEING?

TRY DRU YOGA!



Designed to be practised by people of all abilities, fitness levels and age groups, Dru is a style of yoga that can be quickly dipped into or learnt in more depth over a lifetime.

Classes at Uki Hall
Mon 6pm, Wed 8:30am
Debbie Hodge Ph 66795905
For M'bah classes ph 66724215

An Alternative View: Adapting Rather Than Succumbing by Geoff Dawe

Rumours of the 'evil' effects of nature abound. Backburner in the Echo (24/6/10) reports Silky Oak trees cut down on Rowlands Creek Road in fear that bats carrying the dreaded Hendra virus *might* roost in them. The response is a bit like those of some people after the Victorian bush-fires who felt we would be safer if more trees were cut down. No trees, no fires!

Simplifying nature is what we are good at. Arguably technology dependence is a simplification approach despite the apparent complexity of mechanical parts. When Europeans first landed in Tasmania they reported that the indigenous people were naked and although they wore possum skins, the skins were for adornment, rather than something to huddle into. Philosopher Thoreau also said "Darwin, the naturalist, says of the inhabitants of Tierra del Fuego, that while his own party, who were well clothed and sitting close to a fire, were far from too warm, these naked savages, who were further off, were observed, to his great surprise, 'to be steaming with perspiration at undergoing such a roasting'."

Tibetan yogis have to pass a test where they are able to sit naked on the ice for an extended period. In the morning, when I think of getting out of bed, my body automatically begins to produce additional warmth in preparation for getting out into the cold.

One of the strategies to reduce greenhouse gases and environmental damage generally, is to live more on the edge of comfort rather than drop helplessly into it. This means allowing nature to perform its miracles, rather than constantly circumventing it, by pretending nature inadequate. By miracles is meant happenings subject to subtle

physical laws, that our science has not a handle on as yet. The ability to regulate body heat is possibly a natural ability available to all humans, the knowledge of which has been lost, as we by-pass these abilities in favour of earth-harmful technologies that warm artificially.

Cutting down trees to prevent bats using them or to prevent fires, is also a simplification approach in that there is pretense that we know nature intimately and have decided tree removal is the next best way to aid a perceived imperfect nature. But manure is as generally useful to soil fertility as any other manure. Farmers around Girraween national park, north of Tenterfield, used large deposits of guano found in bat caves in early settlement.

Manures, unlike artificial fertilisers, stimulate soil life, necessary to strengthen the immune systems of the animals who eat produce from these soils. Humans are no exception. The manure from bats, as from all animals, is engaged through the life cycle, in *preventing* disease. Arguably, it is in the eating of produce that has been grown on carbon-deficient soils, through the use of artificial fertilisers, that humans and their companion animals and plants, may be becoming more subject to previously unheard diseases such as the Hendra virus, Legionnaires Disease, Ross River Fever etc.

In a society that honours the miracles of nature by attempting a gardening-approach sustainable agriculture as a counter to technocracy, bat shit would be eagerly sought beneath bat colonies and used to grow food of a quality that had greater potential to resist pest and disease attack, including presumed, that from the Hendra virus.



Pizza, BBQ Chooks, Burgers, Fish & Chips
& Daily Blackboard Specials

Mon, Tue, Wed: 8am-7pm
Thurs, Fri, Sat: 8am-4pm
and 6pm-9pm

Sun 11am-2pm
Phone orders welcome
6679 5316



**MARQUEES COOL ROOMS
TABLES CHAIRS GLASSWARE**

WWW.MARQUEEANDPARTYHIRE.COM.AU

PH (02) 66797 395 MOB 0429 872 386



Mount Warning
advertiser

Proudly Uki Owned & Operated

rani groves
0414 552 096 026679 5055
po box 3431, uki nsw 2484
mtwarning@onthenet.com.au

**Local Businesses
Local Distribution
Support Local First**
www.mtwarningadvertiser.com



CPS real estate®



freedom
BUSINESS BROKERAGE
& CONSULTANCY

www.cpsrealestate.com.au

**"Your complete
Treechange
Agency"**

Local Residential,
Rural & Business Sales,
Property Management

Jeff Huggins &
Rani Groves

Shop 4/15
Commercial Rd,
Murwillumbah
026672 7776



Uki Pythons

by William Child

The mid way point of the season has passed and once again wet weather and grounds are causing havoc. The Uki Pythons have been forced to postpone a number of matches in recent weeks which will make the remainder of the season a busy time for most of the club's teams.

The senior men's sides face a daunting schedule of eight games in the final five weeks of the competition. The boys enter the business end of the season with the first grade team clinging to fifth spot on the ladder. A burst of good form early in the season has been followed by a string of five straight losses. A semi final place is the goal for coach Joe Scholl and the coming weeks will provide a stern test of the fitness, depth and dedication of the senior squad. The reserve grade side seem likely to miss out on semi final football in 2010, but it must be remembered that the club has been developing a bunch of players who are new to the game including a number of promising young guns. From that point of view the season has already been successful.

The women are in a similar position and are still searching for their first victory in spite of some encouraging form. The narrow 2 - 1 defeat at the hands of comp leaders Bangalow on May 30 is proof of this side's potential.

The big wins continue to come for the Uki under 13 side. These promising youngsters currently boast an imposing record of 48 goals scored and two conceded, as well as a perfect 8 from 8 winning record. The recent 10 - nil

victory over second placed Tumbulgum showed just how well the boys and girls have been playing.

The Uki sides in the younger divisions don't keep score or play for competition points but they sure are playing great football. Anyone who watches the grade 6, 7, 9, or 10 Pythons play will see some future stars in action. More importantly they will see a bunch of kids enjoying themselves and that is what this club is all about.

Good luck to all Pythons. Thanks to all of our officials, supporters and sponsors. We hope to see everyone at the Uki sports ground for the next home game.



Uki Electrical

George Arronis

All electrical, data, phone and security

Mobile: 0411 185 811
Phone: 02 6679 5915
Fax: 02 6679 5910
george.arronis@bigpond.com
Unit 1, 9 Old Convent Rd Uki NSW 2484



Your local not-for-profit community technology asset!



Broadband for Seniors Kiosk

This initiative is designed to bring older Australians together to learn about computers free-of-charge giving them the confidence to go online. This is an Australian Government initiative in conjunction with NEC Australia and its consortium partners Adult Learning Australia, Australian Seniors Computer Clubs and the University of the Third Age Online.



Printed CDs & DVDs

We can now print your own design onto CDs and DVDs. So for that added touch, come and see us about personalising those precious memories.



Uki Photos

We need photos for our 2011 calendar. Come on, all you aspiring photo buffs. The theme will be Uki and District Scenes, legends of the area, plus anything else that you consider worthy. Photos required by end of August 2010. All photographers are given recognition on our calendar. It's becoming world famous!

**"We now have Windows 7,
come in for a demo!"**




Mon to Fri 9am-4pm, The Buttery, Kyogle Rd, Uki 2484 Ph/Fax : 02 6679 5399 ukivillage.com.au

Pre-Conception Care

Recognising the importance and benefits of preparing well for both conception and pregnancy is one of the best decisions prospective parents can make. Each person will have different health histories, health issues and requirements. It is very important to note that preconception care is just as important for the male and the female. Some generally important points include:

- Avoid alcohol, cigarettes, caffeine and other recreational drugs. Infertility, miscarriage, birth defects, and low birth weight have been documented in women and men exposed to these recreational substances.
- Avoid exposure to toxins – household cleaners, petrol fumes, paints, glues, chlorine, insecticides, etc.
- Men must avoid injury from heat and pressure in the testicular region. E.g. wetsuits, tight fitting work clothes, a sedentary lifestyle or excessive exercise – especially cycling. Even if the testes heat up a little, the sperm can be adversely affected.
- It may be worth considering toxic load testing through hair or urine analysis - any procedures should be completed at least 4-6 months prior to conception, to ensure healthy sperm and egg production.
- A diet high in fresh fruit, vegetables, essential fatty acids and lean protein sources is essential. During the four months prior to conception, both spouses should eat a diet high in vegetables and fruits, including a good quality protein (25-30%) derived from varied sources to provide appropriate levels of essential amino acids. Deficiencies in essential fatty acids, in particular the omega 3 class derived from fish and flax seed, are relatively common and should be corrected, together with a reduction in saturated fats and sugars.
- Avoid foods that are heavily refined and processed, limit or avoid non-organic meats and poultry.
- If you are on town water, consider getting a good filter. The chlorinated by-products in water can reduce the menstrual cycle length, and have a corresponding reduction in follicular phase length.
- Minimising stress levels increases chances of fertility and health & well being during pregnancy.
- Regular exercise, which you enjoy and is appropriate in impact, will reduce stress, normalise weight and increase pelvic circulation, providing sperm and eggs with nourishment



Mt Burrell
GENERAL STORE

3220 Kyogle Rd
p.6679 7170

| | |
|--------------------|-------------------|
| Fresh Bread Daily | Organic Groceries |
| Everyday Groceries | Bush Honey |
| Cold Beer & Wine | Fuel & Gas |
| Meat & Ice | Free Range Eggs |

Old fashioned friendly service just down the road

by Judy Magee, Homoeopath



- Consider key nutrient supplementation – with particular attention to folate and zinc.
- Eliminate foods that increase oestrogen levels and the liver's ability to metabolise it. E.g. non-organic poultry, dairy, red meat, sugar, white flour and refined foods, and methylxanthines (coffee, tea, chocolate, colas).
- Include detoxifying foods such as beets, carrots, yams, garlic, dark leafy greens, lemons, and apples.

With some effort in the pre-conception phase, you can give your child the best start in life. If you have any pre-conception or fertility concerns, feel free to contact me, or drop into the pharmacy on a Wednesday.



JUDITH MAGEE
Adv.Dip.Nat, Adv.Dip.Hom, Adv.Dip.Herb.Med,
Adv.Dip.Clinic Nut, MATMS, MAHA, MAROH

*Naturopathy
Classical Homoeopathy
Clinical Nutrition
Herbal Medicine
Holistic Counselling*

Uki & Murwillumbah
ph 02 6679 5855 or 0414 370 259

Southport
ph 07 5571 0001

Health Fund Rebate Available



All Types of Electrical Work including Domestic, Commercial and Security Installations

**LOCAL - UKI - TWEED VALLEY
SERVICING ALL AREAS**

- ◆ Power points, lights & safety switches installed
- ◆ Air conditioning installed
- ◆ Ceiling fans, smoke detectors
- ◆ Hot water system & stove repairs

Country Energy Authorised Contractor

- ◆ We install & relocate meters and main switchboards
- ◆ We specialise in rural underground & overhead services
- ◆ Mains / generator / solar change-over switches

Licensed telephone cabler

- ◆ Phone/fax & internet points installed
- ◆ Security alarms & 24 hour monitoring

**FOR ALL ENQUIRIES & QUOTES PHONE
Mark Cave**
Ph 6679 5999 or Mobile 0419 001 001
47 Braeside Drive, Uki 2484
caveelectrical@dodo.com.au



UKITOPIA

arts collective

All photos by
Vibrant Imaging

vibrantimaging.com.au

Ukitopia festival 2010 - 20-21 November

The 2010 Ukitopia festival is now only four months away. If you are a performer or a musician and would like to perform at the festival please chat with Sue McKenna on Facebook, email ukitopia@gmail.com, or phone 6679 5645. Good quality Uki performers will be given priority. Youth bands and youth performers will be given top consideration.

Images of Uki Art Exhibition

Applications for the Images of Uki art exhibition are now open to all artists using any medium. Application forms are available at ukitopiaartscollective.com, from Uki Café, Uki Post Office and CTC. For more info see Lisa Gair at Studio 9.

Workshop Program Leading up to the Ukitopia festival we encourage the Uki community to get creative. This year's program offers a number of creative arts workshops to help you prepare something to submit in the Images of Uki art exhibition, make some music or build something to decorate the festival.

Youth Mentorship Opportunity Any young people who wish to be involved and learn event management skills, please contact Natascha Wernick on Facebook or 6679 7316 or email ukitopia@gmail.com.

Uki Hall Fundraiser Mark it in your calendar! Our next event is the Members only party and AGM 25 September. This is a costume party feast and performance to raise money to pay for the free festival in November. This is a chance to renew your membership which expires in September. Sponsors are being sought. More info on our website.



UNITY Festival 2010

Early Bird Tickets Now On Sale!

Unity Festival 2010 is celebrating diversity through global music and dance, international food and market stalls and art and music workshops on Saturday 2 October from 12 noon to 10pm at Murwillumbah Showground. The Main Stage line up includes local talent: Deya Dova, Cupid's Bullets, Djambouki with Murray Kyle, Hello Africa, Zardi and more. The Dance Stage sponsored by Country Energy features a line up from around the world. Early bird tickets only \$15, \$10 concession, children under 16 FREE. Tickets are now on sale at www.unityfestival.com.au. Check it out!



Ivy Lucille



Jerome Williams

Songwriters on the Songline What an amazing event! The night opened with Jerome Williams, a young guitarist currently residing at Byrrell Creek. He played his 12 string guitar like a piano. The audience was captivated watching his fingers move like a bur on the guitar. Positively breathtaking! He was followed closely by Ivy Lucille, a fellow student from the Conservatorium. Her performance was absolutely hilarious. Watching Ivy, you could be forgiven for thinking you were at an early 1900s cabaret show somewhere in Paris or Berlin. The evening culminated in Loren's spellbinding performance. He touched heartstrings and with his new song "lost children" left very few dry eyes in the house.

The Holy Trinity Church is a beautiful venue and we are very grateful to John Tyman for sharing it. Songwriters on the Songline #3 will be held 9 October.

business mentoring for arts and eco businesses



babarekibusiness

Artists, musos, performers, small business owners
and home based businesses

You are invited to join us at a

BUSINESS NETWORKING BREAKFAST

Put your "business hat on" and come and meet with other business people to develop relationships and promote your business.



Third Thurs of
every month
8:30 am
Uki Café

Investment: Only \$15
includes cabinet snack and coffee or tea
Ask for a receipt and claim it as a
marketing expense!

Bookings essential: Please RSVP to Natascha by the Wed before
babareki@gmail.com 6679 7316

.....providing a support and network system for the businesses in our community.



Fruitful Nutrition

by Dr Sandra Tuszynska
BAGSc, PhD Env Cellular Biology

I tasted life in the caldera region a year and a half ago when I escaped from the big smoke (Sydney). I fell in love with this region, started writing a book, then travelled, ended up back in Sydney, finished writing the book, but now I am back.

I am in love with the Uki community spirit, the Glo dance, the Saturday markets, and most of all the people. I have recently given a Fruitful Nutrition seminar at the Castle on the Hill and it attracted the most beautiful souls.

My name is Sandra Tuszynska. I have a degree in agricultural science and a PhD in environmental cellular biology. I have left my lab rat-university career to take the science to the people. My passion is to share the knowledge I have gained through education and personal experience. I debunk scientific dogma, especially in the largely misinformed area of nutrition and health.

The nutritional propaganda that is fed to the public supports degeneration of our health. We are being indoctrinated in the name of profit and the vested interests of the food and pharmaceutical industries. The sad truth is that we are being brainwashed through fear based tactics designed to disempower us, keeping us enslaved by the system.

Meanwhile the diseases that plague our civilisation, mainly diabetes, heart disease, obesity and cancer, are unnecessary. Such conditions can easily be avoided and in many cases reversed. My book, Fruitful Nutrition explains the simplicity of what our body requires to heal and thrive, to provide the best of our human potential.

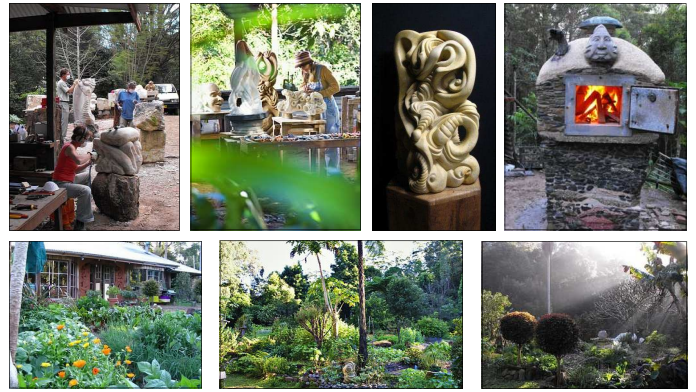
Those of us who choose the natural human diet to nourish our body and mind, have liberated ourselves from physical suffering and the burdens of mainstream society. It is a reality we can all indulge in. It is time to realise that we are the ones responsible for our wellbeing and the only thing required of us is to provide the body and mind the right conditions to thrive.

I am determined to help alleviate unnecessary suffering of my fellow beings and invite you to seminars I will be holding at the Uki Hall and around the area starting in August. The plan is to make them donation based in order to give the opportunity to the financially disadvantaged to attend, while for those that are more fortunate financially the opportunity to give.

Any profits generated will go towards a creation of a donation based educational community centre to share knowledge on how to create the lives we all want. All of us want the same thing - to be happy, healthy and loved.

The first topic will be entitled The Biology of Healing -

Pretty Gully Studios



Open Day

Sunday 15 August 10am-4pm

You are invited to stroll through the organic garden and drop into Lana's stone sculpture studio, and Rob's woodwork studio.

Students' sculptures and works in progress.

Sales and commission information available.

Pretty Gully, 564 Byrrill Creek Road, Byrrill Creek,

follow signs via Uki, ample parking, entry by gold coin donation



Sculpture classes every
Tues, Wed & Sat morning
02 6679 7280
www.lanastudio.com



Dis-ease, is not the Enemy. I will discuss the nutritional and psychological causes of conditions such as diabetes and cancer. I will explain the simple science of disease causation and optimal health creation. I will provide nutritional guidelines which create the conditions required for the body to heal and time for discussion and Q&A session.

I thank you sincerely for the opportunity to share with you what in my opinion is the most empowering knowledge to advance our state of wellbeing. For enquiries and further information please email me at fruitfulnutrition@gmail.com and visit www.fruitfulnutrition.com.

May all of you prosper in joy and health!



Sandra's book Fruitful Nutrition is available at several shops in the area. Next time you're at your local fruit shop or grocery store, look out for a copy.

Fruitful Nutrition aims to help you achieve the most optimal level of being and raise your awareness about how what you eat largely shapes not only your physical but also your emotional and psychological wellbeing. For more

information about the book or the author, check out www.fruitfulnutrition.com



UKI REAL ESTATE

...a life away from the everyday...



JYOTI

0438264382



PAUL

0448191351



MARTA

0448191351



SUSAN

0447259959

LICENSEE: Christian Huettner #1275945

OFFICE: 02 66 794 115 / ukirealestate@ihug.com.au

NEW LISTINGS IN YOUR AREA URGENTLY NEEDED!

Unbeatable commission rates!

Flat 2.5% (gst inc) on Exclusive Listings.

Flat 2.75% (gst inc) on Open Listings.

NO HIDDEN COSTS

(MULTIPLE OCCUPANCIES BY NEGOTIATION)

THINKING OF SELLING? ALREADY ON THE MARKET? **Reasons why you should give your local agents a go....**

1. LOCATION.

We are the first port of call for people looking to buy in and around Uki.

2. SERVICE.

We offer a comprehensive print advertising schedule as well as featured properties on realestate.com & www.ukirealestate.com.au

3. SUCCESS.

More sales in and around Uki than most other outside agencies.

4. LOCAL KNOWLEDGE.

All our sales team live, work and play in the Uki district.

5. COMMUNITY.

We support our community with donations to local charities, community groups and organisations in and around Uki District.

6. VALUE.

Our lower overheads compared to the big franchises equals
low commission rates for you!!