

THE UKI NEWS

Issue 66

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

August/September 2012



Last month, the Uki community lost one of its most respected citizens. Vic Bianchetti was widely loved and much admired. You can read his obituary on page 3.

Pictured left, it was all hands—and some feet!—on deck as the Uki community met to discuss the contentious issue of coal seam gas mining.

Is Uki Against CSG Mining?

Bruce Ray

On Saturday 21 July, over 100 residents gathered in the Uki Hall to hear a presentation on the possibility of Coal Seam Gas mining in the Northern Rivers. Participants viewed a DVD outlining the possible impacts of mining on local communities. Copies of the DVD were distributed and are available for viewing.

The meeting declared unanimous support for a proposal to declare the Uki community CSG-free. Those attending committed to surveying residents along local roads (over 16 yrs of age) to ascertain their opinions on local CSG mining.

Sections of Rowland's Creek Rd and the area south of Kyogle Rd, including Clarrie Hall Dam, are covered by an existing exploration licence, held by Arrow Energy, and could be targeted for exploration

drilling at any time.

The rest of the community is covered by an application for a Special Prospecting Authority which, if 'commercial reserves' of coal seam gas are identified, could lead to an exploration licence.

The meeting broke up into teams representing roads or sections of roads in our local area. Each team will be collecting data from residents in a simple and quick format. People will be asked: 'Do you want your road/land to be CSG free?' Possible responses are 'yes/no/unsure'. The data will be gathered and collated over the next month and in this way roads and areas can be declared CSG free or not, depending on responses. This process is not a petition, but rather a census to give local community members a chance to have a say about the imposition

of this industry on their community.

This process is happening across the Tweed and Northern Rivers area and has so far elicited over 90% anti-CSG response from local communities. Tyalgum has declared itself to be CSG-free already.

At the end of the process the Mayor and local politicians will be invited to a celebration of Community at which declarations from each road demonstrating the opinion and the will of the residents will be presented to the Mayor.

Residents will be contacted over the following 4 weeks. For further information, contact

csgfreenorthernrivers.org
or phone Michael and Julie McNamara on **(02) 6679 3013**,
or send an email to **lockthegate.tweed@gmail.com**.

From the Editor

I was a bit disappointed by all the articles and other material that was sent in (in some cases) well after the deadline for this issue. I realise that sometimes we have to wait for events and sometimes we are just way busy and forget about the deadline, but please try to get it in on time!

If you would like to go onto my email reminder list, please send your address to

theukinews@hotmail.com

You will then get not just one, but TWO reminders of the deadline for each issue, and will have no excuse whatsoever for being late!

Deadline for Issue 67 is 18 September.

Anita Morton

Contact the Uki News

Email theukinews@hotmail.com

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

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



Donation for Historical Society

It was smiles all round when GIO Insurance Murwillumbah staff member, Jayne Parrott, presented the Uki & South Arm Historical Society with a cheque for \$1000.

The funds were made available under the Suncorp Group 'Belonging' Small Grants Program, for staff members who volunteer with community organisations.

Seen above accepting the cheque is (L to R) Society President, Helena Duckworth, Jayne, and Secretary, Esma Thompson.

The Uki and District Residents' Association meets on the first Tuesday of the month at 7pm in the meeting room of the Hall. Next meetings September 4 and October 2.

Community College Courses

Do you want to stretch yourself or maybe learn a new skill? Murwillumbah Community College is offering a range of fun and informative short courses and workshops in Term 3.

The range of art, music and lifestyle courses includes learning to **play the harmonica** with Ken Gates on Saturday 11 August. On Sunday 12 August participants can learn how to make a variety of **raw sweets** like lime cheesecake, chocolate brownies, chocolate tart

and more. The first of 4 **free** full-day '**Love Food Hate Waste**' workshops with Alison Drover will be held at Murwillumbah Community College on Thursday 6 September. Funded by the NSW Government, the workshops are designed to empower participants to cut down on food waste.

For more information on these and other courses, please contact the college on 02 6673 6005 or go online at www.mbahcc.net.



Police and communities working together

To contact your **local Neighbourhood Watch** please email ukineighbourhoodwatch@yahoo.com.au. For information, alerts and all the latest updates please visit **Uki Neighbourhood Watch** on **Facebook** www.facebook.com/ukineighbourhoodwatch. For further information see: www.facebook.com/TweedByronLAC, www.facebook.com/eyewatch.uki, and www.tweedneighbourhoodwatch.org.au

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For non-emergencies

131 444

Murwillumbah Police

(02) 6672 9499

Tweed Police

(07) 5536 0999

Hello one and all, we trust that this winter edition of the Uki News finds everyone in good spirits and feeling well. One of the unique aspects of UKIRA is that it owns and operates 'The Old Butter Factory' in the centre of the village. This very prominent structure in the village houses a number of retail shops and services that provide an interesting and diverse shopping experience and also enables UKIRA to support various community organisations and events. The management of this asset is an integral part of what UKIRA does and we welcome any constructive assistance that the community can provide in continuing to do so. UKIRA recently helped to facilitate the Coal Seem Gas meeting held in the Uki Hall. We felt it was appropriate for the organisation to do this

due to the overwhelming feedback that we had received expressing concern about this controversial energy industry. Our decision to participate in this process was also based on past community consultation on what the village and district sees as an appropriate way to develop our society. We remain open to representation from other interest groups regarding this matter. The Residents' Association was pleased to be able to make a donation to the OOSH (out of school hours) service at the Uki Primary School. The association considers that the benefit that this service provides to our village and district is substantial and deserves our support. It helps the wider community to manage the balance between work and school which

benefits the community as a whole. This will be my last UKIRA Report as our esteemed Madam Secretary; Justine Stratton, will be taking on the role as of the next edition. I am sure that Justine will keep everyone informed most skilfully and will bring a fresh perspective to the 'UKIRA Report' and the Uki News. Finally a reminder that the UKIRA is *your* local Residents' Association and that it exists to represent your views, so if you have an issue that you feel we may be able to help with, or you simply wish to become involved and help out with any of the matters that UKIRA covers, come on down to the general meetings, held on the first Tuesday of every month at 7pm in the meeting room of the Uki Hall.

Vale Victor Bianchetti 29 August 1941 - 1 July 2012

It's very hard to describe the feelings of loss that Victor's death has left to family and those that knew him. Born in Lismore, Victor was a baby when the family moved to Terragon. He and Diane married 1963. They had 4 children in the next 5 years: Keith, Vicki, and the twins: Shane and Sharon. Victor talked Diane into having another child as he'd been 'done out of a pregnancy' by her having twins, so Duaine was born in 1981. They have 17 grandchildren.

Work was 7 days a week: bananas, farming, and in his 'spare time' he hauled timber for power poles and fence posts, starting his contracting business, which still carries on today.

In the late 1970's Victor was one of the founding organisers of touch-football in Uki, and with others, built the brilliant sports complex we have today, donating much time, labour and machinery to the building and running of the club. He was always willing to help any group improve facilities that would aid our community.

At his funeral the priest was amazed with the number of people, and their obvious feelings of loss. He asked, 'who was this man?' The reply was.....

'Victor! He was a gentleman, as well as a gentle man, and a friend to all who knew him.'

His family have asked that a 'thankyou' be sent to all who have helped in this time of great loss, especially the Ladies Red Cross Auxiliary, and many members of the community who have contacted them...so THANK YOU.



The Buttery Bazaar

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16 September

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at

Uki Buttery Bazaar Market

on

Sunday 19 August

to discuss your Council-related
issues with Eddie and his

Tweed RESPECT team

Written and authorised by Eddie Roberts,
172 Rowlands Creek Road, Uki
oldgrowthed@yahoo.com

1. Ditch the GUILT

Everybody seems to have advice to give you about your parenting and it often sounds as if you're doing everything wrong! If it's not the government, it's the broadcaster, magazine article or self-help book you just happened to pick up. Often the loudest voices come from your extended family but then there's also the other dad at soccer or the mum on duty with you at the tuck-shop.

The 'Good Enough' parent chooses to let much of this run off them, like water off the duck's back. They choose not to get screwed up with GUILT. Children don't need us to be perfect. They really just need us to love them. Children who are loved are quick to forgive our mistakes

and to go on loving us back.

2. Relax and Play

Just being able to relax and to play with our children brings BIG rewards. If we can do this we can get back a whiff of our own early excitement because children are so full of life and its delights. If no-one played much with us growing up it can be surprisingly hard to let go of all the demands of life and to really relax with our kids. Practising doing this can help us become the 'alongside parent' we never had. It can begin to heal us on the inside, while at the same time it's doing our own kids good.

3. Respond Calmly Instead of Erupting

Counting to five in our heads is an

age-old way of slowing how we respond to our kids when they are causing havoc. We all know that emotionally erupting children do better if the adults in their lives manage to stay calm, rather than erupting back!

When a ruckus does break out it's helpful to NOTICE how well your feet are planted on the ground. If you take a moment to be aware of your own body and to ground yourself with your legs a bit apart, your spine straight and your breathing slow and full, it will help you to stay emotionally calm and to respond out of that calm, instead of out of a swiftly growing anxious frenzy.



Uki Pythons

Well here we are, with the half way point of the 2012 football season behind us. It has been

another cool and wet winter on the North Coast, but the Uki Pythons have been doing their best to heat things up on the field.

In the competitive age groups, all sides have produced some strong results. The stars of the club have been the 5th Division Men, who are currently sitting in second position on the table. Last Saturday, the 5th Division team clashed with competition leaders Nimbin, and went down 4-1. The boys will be hoping to re-

verse that result later in the season. In other grades, the 2nd Division Men are currently in 5th place, with two strong wins in last weekend's double-header giving them a chance of moving closer to the third-placed Byron Bay side, which is only three points above the Pythons on the table.

In Grade 13, the young Pythons are 6th on the table, and a strong chance of being involved when semi-final time comes around. The 4th Division women and the Grade 12 Pythons are both producing some great football, and both have recorded wins already, with more to come in the second half of the season.

Behind the scenes, the Pythons are planning some community events in the near future. On Wednesday 8th of August, (TONIGHT! Ed.) the club

will be hosting a Kids' disco at the Uki Sports Ground, starting around 5:30pm. Everyone is welcome, and this night should be a whole lot of fun. Kid's tickets are \$10, while Mums and Dads are free.

Finally, the Uki Pythons along with very many others were saddened by the passing of Victor Bianchetti on the first of July. Victor was, among many other things, one of those responsible for the founding of the Uki Sport and Recreation Club, which has been a great benefit to so many people from the local community and beyond. The Uki Pythons would like to say 'thank you' to Victor, for your kindness and generosity, and to express our sympathies to Di-anne, and all of Victor's family.

William Child

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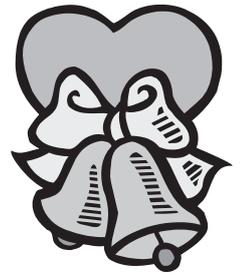
Old fashioned friendly service just down the road

I write in response to the debate in Britain over intimate relationships. The Macquarie Dictionary defines 'marriage' ... as 'the legal union of a man with a woman', but also as 'any intimate union'. Weddings are ceremonies in which a couple declare their commitment: but a 'nice wedding' does not guarantee a 'good marriage'. Among my friends I am privileged to know several couples (one of them gay) who, without any religious ceremony or legal sanction, are shining examples of the type of the long lasting 'intimate union' to which many of us who have been rubber stamped as 'married'

can only aspire! I have been married twice – once in church and once in our garden by a civil celebrant. These ceremonies were equally valid and duly registered with the powers that be. The legal nature of the process is undeniable. As a priest I am licensed by the state to perform wedding ceremonies, and afterwards report to Registrar General. In addition, of course, it is the state that determines if the proposed union is illegal (because either participant is under age, or already married etc) and if the couple are subsequently divorced this will be registered by the state, not the church.

making a religious commitment. The status that this conferred on my own denomination in England (now fearful of partial disestablishment!) has been highlighted in recent months by a proposal to legalise 'gay marriage'.

Among the many 'Letters' published in British papers the one I enjoyed most came from a vicar at Tyne-mouth who exclaimed: 'No more church weddings on behalf of the state? Hallelujah! ... The simple way forward is to require every wedding couple, irrespective of sexual orientation, to be married by the state in a civil ceremony, followed by a blessing in church for those who wish it. The church's vocation is not providing quaint backdrops for wedding photos, but ministering without discrimination to all who seek God.' All I can say is 'Amen!'



Of course, it was not always thus. For centuries in the West most marriages were celebrated in church – and it was assumed that those who were married were conscious of



Uki Riparian Parks

For those of you who have not checked out Uki's beautiful riverside parks lately, I encourage you to do so.

Walk or ride down Milsom's Lane behind the shops in Uki to the confluence of the Tweed River and Rowland's Creek.

Have a look at and enjoy Centenary Park where Uki Primary School and the community have done plantings over the years.

The results of your efforts are amazing.

Eddie Roberts

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Historical Society News

Butchers' paper and a nappy pin!

In the late 1970s, Ella Mitchell began recording local history, making notes on butcher's paper, keeping the sheets together with a nappy pin! Thirty years on, luckily, the Uki & South Arm Historical Society has more sophisticated methods of documentation, but the Society owes a lot to Ella. She was at the centre of village life, working as an assistant in Loder's General Store - consequently she knew the background of every family. Ella had grown up on a Smiths Creek farm, attended Uki School and lived most of her 94 years in Uki. It was in 1982 that Ella, Mary Lee Connery and others decided to set up the Uki & South Arm Historical Society. The name was chosen to be similar to the sporting clubs of the time, eg, Uki & South Arm Tennis Club.

From the beginning, members enthusiastically researched the history

of the area and this culminated in 1987 in the publication of the successful book *The Way It Was*, edited by Mary Lee Connery. One of the ways that people were brought together to share their memories were by means of Pioneer Picnics. These successful events were held annually from 1982 to 1988. During that period, a newsletter was published regularly and distributed widely.

Initially, meetings were held wherever a room was available, but from 2000, the Historical Society has occupied a building constructed for heritage purposes by the Hall Trust on the old tennis court next to the Uki Hall. Having its own office space has greatly enhanced the ability of the Society to research and correctly store historical documents and objects.

Many activities have been undertaken by this

dynamic organisation, including the relocation of a settler's hut; installing an old timber stump; displaying old cattle brands on a branding rail; relocating the butter churn from the old Norco Butter Factory; regularly having displays of photographs and objects; providing information for Family Historians and participating in Ukitopia.

Uki & South Arm Historical Society Inc.

Opening Hours: Fri. 10am to 2 pm; Sunday markets.

Meetings: 2nd Saturday monthly at 10 am.

Everyone is welcome.

Esma Thompson & Penny Watsford

In Case of Emergency 3

In previous articles I've discussed suitable food stores for use if you are flooded in. What about the emergency that means you have to evacuate your home in a hurry? Keep a lidded plastic box in an easily accessible spot and fill it with;

- A portable radio with batteries
- A torch with batteries
- A first aid kit
- Candles and matches or a lighter
- A waterproof bag for valuables
- A list of emergency contact numbers

If it looks like you might have to evacuate, you should pack all important papers into the waterproof bag, together with jewellery etc. Don't forget to put your mobile phone charger in the box, together with a couple of changes of clothes for all the family and any medications specifically required by family or pets.

Put the box in the car, then add whatever else you have time to save, and put pets into carry cases. When the order to evacuate comes, you can put people and pets straight into the already loaded car and get out quickly.

Anita Morton

Council Elections - 8 September 2012

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August is the month to tidy up your garden shed, clean your tools or service your mower, get all those 'round-tos' done, tidy up the procrastinations from previous months. Clean up the garden paths, prune your allamandas, dead-head your pansies etc. to prolong their flowering. Top up the mulch around your shrubs and give them a good watering to help them through the dry windy days to come. Winkle out the dandelions & broad leaf weeds in the lawns. August is the month to plant trees, especially citrus if you are thinking of replacing or trying out a new variety. (Note tip below)

September - get your tomato plants in and stake them up. They will grow strongly if you build up the soil

around the roots and companion plant with basil as they will produce more fruit and also taste sweeter (and don't plant them too closely as they will soon overwhelm each other). If you are growing pumpkins you will get productive female flowers if you plant borage with them, as it attracts the bees, or sunflowers planted on the westerly side of the pumpkins to produce shade. If your strawberries are slow to flower, boost them with a little sulphate of potash or cinders from your winter fires, and a good soak will bring on plump fruit.

A good tip – fruit trees benefit from wattles. ALL pod bearing plants are nitrogen fixing plants, commonly

known as legumes – bacteria able to convert nitrogen from the atmosphere live in their root nodules.

When old roots are shed, the nitrogen held in these nodules then become available to other plants. Lupins and broad beans sown over the cooler months also give a boost to the vegie garden. Pigeon peas and crotalaria, which both grow up to 2m, can be grown around the edge of garden beds or beside trees; cut these hedges every so often and use as good nitrogenous mulch. *Joy in the garden.*



Astrological Insights

A little known aspect of Astrology is the division of the monthly cycle of the Moon in twenty eight 'Lunar Mansions'. These divisions can be plotted along the Seasonal Zodiac (the one adopted by most Western astrologers), as well as along the Zodiac of the Constellations, in this case each Mansion being centred around a major Star or Asterism and presided over by a Deity or Angel.

While modern Western astrologers tend to concentrate their attention on the Sun yearly cycle (hence the study of Sun Signs) medieval/renaissance astrologers and alchemists, as well as Arabian, Chinese, Japanese, Hebrew and Hindu scholars all considered the monthly cycle of the Moon of equal if not of greater importance. They attributed to each day of the lunar cycle a special significance for the character and destiny of the individual born under its influence.

In fact the Lunar Zodiac was of much greater antiquity than the Solar Zodiac, the Moon's monthly cycle being more easily recorded than the yearly Sun's cycle, thus forming the base of all original calendars.

Each Mansion contains 12°51'26'' degree of Celestial Longitude. These Lunar Mansions are known under different names: as *Manzils* to Arab scholars; *Hsiu* or *Xiu* to the Chinese; *Nakshatras* to the Hindu, etc. They are now been rediscovered thanks to a revival of traditional astrological techniques via the translation and study of classic, medieval and renaissance texts. The ancient Moon Mansions are worth studying, adding a new dimension to the reading of any Horoscope.

Did you know that Astrology can now boast a University Chair at the Lampeter College in Wales, the third oldest university in England, as part of the Archaeology and Anthropology's Department, under the name of 'Sophia Centre for the Study of Cosmology in Culture'?

Paola Emma

moonlivingmoon@gmail.com

Thank You

The Members of Uki Red Cross want to say a big 'thank you' to all friends and Members of the South Arm community for their help and donations of cooking on the day of Victor Bianchetti's wake at the Uki Sports ground on July 5th. Victor lived all his life at Terragon and was a real community minded man. He was very much respected and loved by all who knew him. It is a great loss to our area and the President and members of Uki Red Cross send our deepest sympathy to Diane and the family.

Yoga in Uki



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How to Attract Money with Herbs

Herbs have been used for centuries to ensure not only good health but are also used in a wide variety of folk practices to ensure luck, prosperity, love or sometimes even punishment. Herbs and other curios are believed to have a spirit inside them that can help you obtain your desires when combined with other 'spirits'.

Lucerne (or Alfalfa as it is sometimes known) is widely believed to bring all sorts of fortune and luck in money matters; it is also said that it will prevent poverty. Lucerne is particularly useful to aid you in getting a loan, place some Lucerne leaves

and the brochure of the property or item that you want to buy in a green pouch. Write the amount of money that you will need on the brochure and then anoint the green pouch with Crown of Success oil.

Devil's Shoestrings are another lucky money herb, these are the dried roots of a certain Viburnum plant that are said to not only to attract money but to protect you and to save you from curses. It is said that if you combine 7 Devil's shoestrings in a bottle of whiskey with a high John the Conquer root, and wash your hands with it before you gamble you will always win.

Cinnamon is also said to bring good fortune, luck in business and luck with gambling. When attracting

good luck and fortune into your home, it is said that you first wash the premises with Chinese Wash, after which you scrub the doorways with a mixture of drawing oils, cinnamon and sugar. Be careful not to use too much sugar though, as it can attract ants.

If you would like to learn more about drawing money and prosperity into your life, the next workshop at The Happy Herb Store will be on Money Drawing, register your interest today.



National Tree Day in Uki

Proudly sponsored by Tweed Shire Council, Ukira and Tweed Landcare Inc.

Uki's fourth National Tree Day planting happened on the bank of the Tweed River opposite the turn off to Glenock Road and was more spectacular than previous years. On Sunday morning, 29 July, 95 wonderful people (an increase of 40% over the

average numbers) arrived early on a gloriously sunny day, to enthusiastically and quickly plant over 1,000 trees along the riverbank.

The strategic planting of trees specific to this site creates a more complete and connected wildlife corridor, enriching the habitat for native animals, and also helps suppress

weeds, impede erosion and stabilize the riverbank – the latter being particularly important after our recent flood experiences. This builds on previous rehabilitation and plantings done by Tweed community locals, TAFE students, school children, teachers, volunteers and Green

Corps, all helped by our professional bush regenerators. Thank you to all who assisted with preparation work for National Tree Day (including weed suppression and pre-dug holes), and to all our volunteers, for your enthusiasm, effort and great company that harmoniously created a beautifully functional and diverse environment for all to enjoy.

Thank you too to everyone who brought morning tea to share and enjoy with coffee and tea – it was greatly appreciated by all. In fact, my warmest, dearest and most sincere thanks to all, present or in spirit! And YES, every volunteer received a free tree!

See you all next year!



OTHERWISE THERAPY

Heather McClelland is a member of the Australian Counsellor's Association (ACA). She has her therapy practice in Uki village and she invites individuals, parents and/or couples to make contact, for either short or long-term therapy. She offers group work including parenting and couples' groups and workplace training. Heather's fees are on a sliding scale according to each counsellee's financial circumstances. Leave a message if she is absent when you phone.

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The incidence of infertility in young men is on the increase. In fact many scientists are expressing grave concerns that as a species, we are approaching a crucial 'tipping-point', where normal conception methods will be increasingly rare. To put this into perspective - in the 1940's, the semen of healthy young men would contain 100 million active sperm per millilitre. The average now is only 40 million. Additionally, there is a significantly higher percentage of sperm which are abnormal in some way, and unlikely to be viable. Much research is underway all around the world to better understand the factors contributing to this issue, and there is general agreement on two of the contributing factors:

- Increased toxicity**, particularly oestrogen-mimicking molecules, due to exposure to plastics, solvents, metals, pollution, herbicides etc.
- Poor diet and lifestyle** which reduces micronutrient levels, increases internal toxicity. Obesity leads to increased oestrogen

levels, with a related drop in testosterone.

Obviously infertility is a complex issue, but there are important things to change *today* if there are fertility concerns. These include:

- If you smoke, stop.
- Avoid alcohol, recreational drugs and caffeine.
- Use yoga, meditation and exercise to manage stress.
- Eat lots of fresh fruit, vegetables, essential fatty acids and lean protein for essential phytonutrients, antioxidants and micronutrients.
- Minimise intake of saturated animal fats (red meat and dairy products) and salt.
- Eliminate foods that increase oestrogen levels in the body. These include non-organic poultry, dairy, red meat, sugar, white flour and refined foods, and methylxanthines (coffee, tea, chocolate, colas).
- Try to eat only organic foods to avoid hormone-potentiating pesti-

cide residues.

- Include detoxifying foods such as beets, carrots, yams, garlic, dark leafy greens, lemons, and apples. Cruciferous vegetables (broccoli, cabbage, cauliflower, etc.) are important for the detoxification of hormones.
- Fibre facilitates the excretion of metabolised hormones and toxins.
- Minimise refined foods, as they deplete the body of magnesium and other essential nutrients which are needed for normal hormone production.
- Avoid heat and pressure in the testicular region. This may come from wetsuits, tight fitting underwear or clothes, a sedentary lifestyle or excessive exercise.

Highly accurate integrative health pathology testing can ensure treatment strategies are individualised, and therefore more likely to be effective.



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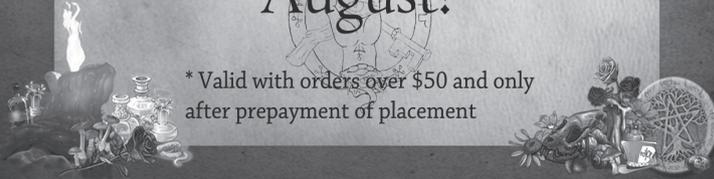
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The Food Garden

There are many fascinating aspects to getting involved in a vegetable garden, not least of which is exploring the relationship that develops between plants when they are grown within close proximity of each other. When this relationship is forced through deliberate planting of certain species close together it is referred to as *companion planting*, although not all plants do grow well together. There are myriad different companion planting techniques, just as there are many different recorded experiences about which plants complement each other and which ones don't.

Soil, seasons and climate all impact on these inter-flora relationships so what works well as a companion in a temperate climate might not fare so well in a sub-tropical one, like ours. Nonetheless, here are some of the companion plants that I have

grown successfully here in Byrriell Creek. In saying that, please also note that I'm just a backyard gardener, fumbling my way through the proverbial thicket, and loving it, so my offerings are certainly not steeped in scientific backing but they have worked for me.

Planting tomatoes in the comfrey patch has proved a real winner and we still have fruit ripening on the vines as I write. Planting French tarragon amongst the eggplant kept all evidence of fruit fly and leaf biters away over summer, which was interesting to observe because prior to planting the tarragon my eggplants were being devoured. This year I planted mint amongst the cabbage patch and I'm now lucky to find a slug or a caterpillar within cooe of the drumheads and the sugarloafs.

Shaun Mack

I have also been growing marigolds amongst the leafy greens like English spinach, silver beet, rocket, tat-soi and beautiful crisp lettuce, and nothing is nibbling on the leaves. For the record, I don't use pesticides or anything other than worm juice or comfrey on the vegie garden and if I need to attend to any leaf attack then I use a simple chilli and garlic spray, as well as sprinkling crushed eggshell all around the place to confuse cabbage moths. Every time I rotate the crop I marry the marigolds with the leaf vegetables.

Live to Grow!

(Ed's Note—Shaun uses the French or African marigold *Tagetes* (below), not the English marigold *Calendula*)



Red Cross News

The AGM of Uki Red Cross was held in Uki Hall on July 17th. It was very well attended with several apologies. Visitors were our Zone Rep. Marie Ivor and Moray Ralph. President Pauline gave her report saying we had a busy but very successful year, and thanked all the members for their continued support. Marie took the Chair for selection of Officers which were as follows;

President – P. Carroll

Vice President – J. Armour

Secretary – D. Saunders

Treasurer – H. Fleming

Marie congratulated the Branch on their successful year and wished them well for the following year. We gained a new member, and changed out meeting day. From now on we will hold our meetings on the 4th Tuesday every second month - next meeting is on September 25th.

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Larrakin Cookin'

My household always sources local food. Why buy from a supermarket where everything has been trucked from interstate? Our local markets are a cook's delight, seasonal produce makes cooking more interesting. 'Everything all the time' is globalised nonsense.

If you buy locally the money goes to the grower. Better still, grow it yourself. Housemate is the produce genius; raiding the garden is tasty fun. This recipe serves two.

Poached chicken breasts, quinoa, chilli and coriander

Get:

- A lidded pan that will simmer everything
- 2 x good sized chicken breasts
- 500g+ tomatoes – the riper the better. Cherry tomatoes will do.
- Hot red chilli to taste – it has to have a bit of a kick
- Two generous handfuls of fresh coriander leaves
- 1 x medium onion
- garlic
- 1 x tablespoon of white wine (cider vinegar works too)
- 2 tablespoons of quinoa
- Olive oil (buy it at the markets – take your own glass bottle)

Then:

- Make a tomato puree by blending the ripe tomatoes and pushing the pulp through a sieve

- Stir in the quinoa, let it sit while you.....
- Mince or finely chop the onion, garlic, chilli – you can add shallots and other aromatics from the garden if you like
- Pan fry the herb/onion mixture until the aroma is released – only a couple of minutes
- Stir in the tomato puree/quinoa mix and wine
- Simmer very gently until the quinoa is starting to cook – about 15 minutes
- Cut the chicken breasts lengthways to give you two good pieces each
- Lay them (raw!) in the simmering mixture and spoon the sauce over them.
- Seal the pan and simmer very gently for no more than 20 minutes – depending on how thick the chicken pieces are. Quinoa helps thicken the sauce.
- Chicken breasts go powdery tough if you overdo them – better to check and put them back in if unsure
- Adjust seasoning and serve on leaf vegetables from the garden – let the heat of the sauce steam the leaves on the plate. Crusty bread too!!

Happy cooking!

Pat Miller

www.patmiller.net.au

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Songwriters on the Songlines

The Troubadour reunion tour of Carole King and James Taylor was the highest grossing musical tour of 2010, with a significant amount of the proceeds going toward environmental charities. Our Songwriters, Leigh and Elizabeth, were invited backstage to meet with James, Carole and the band at their Brisbane concert. Leigh also met his idol James Taylor at Tanglewood in Lenox, Massachusetts in August 2009.

Elizabeth and Leigh have enjoyed playing and singing the Taylor/King repertoire over the years, and have decided to feature some of their most loved songs in an intimate concert at Uki Church as part of Songwriters on the Songline on

September 7, 2012. The performance will include songs such as *Fire and Rain*, *I Feel the Earth Move*, *How Sweet it is*, *It's Too Late*, *Mexico*, *So Far Away*, *Carolina on My Mind*, *Will You Still Love Me Tomorrow*, *Handyman*, *Natural Woman* and many more...

Along with the cream of the Taylor/King repertoire will be some of Leigh and Elizabeth's originals, including *Make Peace* and *Lifting the Veil*, which were highly commended in both the International Songwriting Competition and the Song of the Year respectively.



Stand by for a night of beautiful harmonies and great musical memories!

Songwriters on the Songline at Uki Church on Friday September 7th with Elizabeth Lord and Leigh James.

Why and How before What, in business!



In business, and life as well, Simon Sinek says, 'Why we do, and how we do it, is much more important than what we do.' When investing energy in our business customers and partners the most important thing is to be clear about why we are doing it, and in being clear and explicit, we naturally attract the partners and customers that resonate with our underlying motivation. You can ask yourself the question; In return for the gift of this life, what am I giving back to the Universe/God/World?... What is my life purpose?.... Being clear about this is

the key foundation of any business plan/strategy.

For me, my core motivation is to help others, through supporting them to ground their vision in the world. Money is not the key motivator; and in order to provide this support I need to charge a fee, to at least some of my customers, in order to sustain myself and my family, and in this way to continue to offer these services.

What is YOUR core motivation? Are you CLEAR within yourself; and do you share it openly with others, in order to attract partners and customers who resonate with your motivation?

This week from E-Myth View Point

Geoffrey Colwill

'The customer conversation starts with having a conversation with yourself. Why are you in business? Why are you passionate about.....??..... How does your product or service meet your customers' needs? Where does it come up short? If you're not asking these questions of yourself first, then you're not being sincere with your customers, and they will feel it.'

To find out more about why, WHY is so important, Google 'TED talk Simon Sinek' and you can be inspired by Simon directly.

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