

Uki News

An initiative of the Uki and District Residents' Association (UKIRA)
Issue 93 | April/May 2017



The Uki RFB Needs You!

Brett Ryan

The Australian Rural Fire Service (RFS) is recognised world-wide for its effective fire-fighting models and organisation. The Uki rural fire brigade (RFB) exists within the greater RFS organisation and has an history that predates the State enactment of the RFS (1997). Its long history has involved many locals dedicating their time and service and has historically been well support by the Uki community.

More recent history has seen UKI RFB Captain Deb Emmanuel re-locating to another brigade, creating a need for change and growth within the Uki Brigade. Currently the Uki RFB has a dozen committed volunteers including men and women of many ages and backgrounds. The two newest members are in senior high school, whilst some members are dedicating their retired years to the service. The service welcomes the time and expertise that volunteers can contribute, regardless of member's previous experience and the time they have available.

The Uki Brigade's two 4WD Fire trucks (small and medium) reside at the station on Mitchell Street and are manned by our committed members. The Uki area presents urban, rural and wilderness interfaces requiring a need to respond to a diverse range of fire protection, suppression and other emergencies which the Brigade are trained and equipped to tackle.

Have you served or do you have any information concerning the Uki brigade or historical fires?

The Uki Historical Society and the RFB would love to hear from



Deb & Will of the Uki Brigade... then and now

you... any information, stories or memorabilia concerning the long history of the Uki Brigade would be very welcome.

Have you thought of supporting your community as a volunteer firefighter? The Uki Brigade needs you! The RFS offers volunteers certified, national accredited and transferable firefighter training, which is complemented by regular Uki RFB training. If you want to learn new skills in an environment where safety is paramount, meet new friends and serve your community the Uki brigade would love to hear from you. ■

Please contact Brett Ryan 0423 939 578 for more information or email ukirfs@gmail.com.

Meetings first Monday of the month 06:30 at the station on Mitchell St.

**Historical Society: Esma Thompson Ph: 02 6679 5890
Email: trmuki@tweed.nsw.gov.au**

Bake Off? On again please!

Pat Miller

Ida Daly was my partner in judgemental crimes as we worked our way through more than forty entries comprising (mostly) sweets, bread, health food and drinks for the Uki Bake Off on Sunday March 12. Meeting the cooks, ranking the entries and chatting to everyone about that great social construct, food, was our privilege.

Huge thanks and congratulations go to the event organisers Loren Dent and Kylie McCaffrey as well as all the sponsors. The inaugural event was very well supported, organised and patronised. It seemed the entire population of Uki was sampling everything from Anzac biscuits to Zucchini slice.



In the end the kids won the 'sweets' category. The quality of the food was so good we couldn't split the scores and decided to give the youngsters the encouragement. They were all, coincidentally, boys.

Word has it that there will be another one. Fantastic! Whether you're 9 or 99 have a red hot shot at it.

• **SWEET** • *Winners:* Tali (Citron Tart) / Lincoln Taylor (White Choc Cupcakes / Sam & Raff (Yoghurt Cake). *Runner Up:* Finn - Anzac biscuits
• **SAVOURY** • *Winner:* Wendy Grace (Spinach Pie). *Runner Up:* Jacey Geisler (Zucchini Slice). • **BREAD** • *Winner:* Loren - (Organic Sourdough Bread) *Runner Up:* Lisa (No Knead Olive Bread) • **DRINKS** • *Winner:* Menkit Prince (Mesquite Green) *Runner Up:* Loren (Fairy Jag Spritzer)
• **HEALTH FOOD** • *Winner:* Jacey - Vegan Fudge • **PEOPLE'S CHOICE** • Karen Myles (Italian Chocolate Truffle Cake) / Tali. F (Citron Tart) **PRESENTATION** • Amulet

Thanks to Happy Herb Company, Mavis's Kitchen, Men's Shed Murwillumbah, The Modern Grocer, Handmade Uki, A Tinker's Cuss, Uki Cafe and Magic Mountain Health Foods for donating the prizes. ■



From the Editors

Uki is a robust, vibrant community that thrives on art, music, sport and food; nourished by a truly magical environment that is blessed with clean air and water. Our community's soul is also nourished by the individuals and groups who volunteer and contribute. These dedicated individuals are working behind the scenes making our community a living, growing entity. How can you be a part of this? Issue 93 sees requests from the RFS, local artists, sporting teams, historians and the hall's restoration. It also presents opportunities to become involved

with weed management and local history. You may also want to consider the good work the refugee advocate group performs or maybe spread some musical love by bringing your drum to the next Battered Bazaar or simply support a local artisan or food producer by buying local. This is a call to arms Uki! Ask not what your community can do for you, but what you can do for your community... **(Oh and don't forget... Uki News is your contributions Uki)**

Brendan and Kylie

Contact Uki News: **theukinews@hotmail.com**

ADVERTISING

Business card size	\$25	Half Page	\$90	All Advertisers will receive an invoice Advertising revenue helps fund the Uki News
Quarter Page	\$55	Full Page	\$175	

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

Surprise Discovery

Mary Lee Connery
Chair, Uki Hall Trust

During the current renovations at the Uki School of Arts Hall, recommended heritage testing performed by Marcos Castro Cortes revealed previously unsuspected patterns under the layers of paint. Possibly Art Deco in style, these show our Hall was once much grander and more ornate than we thought.

Because the Hall is a significant part of the Village Heritage Precinct, the Hall Trust will preserve and protect these reminders of the way it once was. Acting on advice from the Shire's Heritage consultant, the walls beside the stage will have the four or five coats of obscuring paint removed to show the stencilled design as it originally appeared.

This is a delicate and time consuming task but worth doing to demonstrate how our predecessors valued this building.

This restoration work was not part of our original budget which covered replacing termite damaged boards and re-painting in Heritage appropriate colours, so more funding must be sought. As is

usual grant moneys will be matched with community donations. So once again, we ask those who use and benefit from this community asset to put some money in the donation boxes and we thank those who have already contributed to the project.

Those of you who have seen the progress made will agree that our Hall is beginning to look revitalised. Let's make it positively shine!



Detail of the revealed pattern under layers of paint in Uki Hall

Word from UKIRA

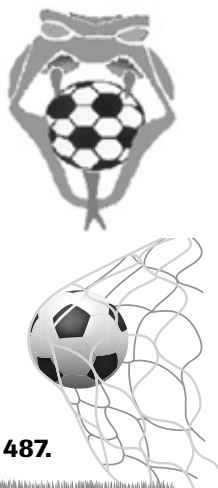
The *Uki News* was first published in May 2001 by the Uki Village & District Residents Association (UKIRA).

UKIRA is open to all residents. Meetings are held on the first Tuesday of each month (except January) at 7pm in the Uki Hall (access from rear carpark). Next meetings on 2nd May and 6th June.

Uki Pythons Soccer Club

Uki Pythons is seeking players of all ages for the 2017 Season. The 2017 soccer season is only a few weeks away, so if you would like to get fit and have fun with your friends or keep the kids active and off the screens, go to www.myfootballclub.com.au and register.

For any questions or assistance registering, contact Janine on 0409 231 487.



Yoga

At the Uki Hall with Paula Cave



Thursday 5pm – 6.30pm - General class \$15:00
BYO Mat & Blankets

Enquiries Paula 0429 999 807 or 6679 5999

Demons of Uki

Giant, Devil's Fig, Cat's Claw Creeper & Madeira Vine!!!

These 3 weeds are currently declared noxious in New South Wales under the Noxious Weeds Act 1993. Sadly, these demons are in Uki, invading our back yards, infesting our rural properties and strangling our bush. Come join the good fight.



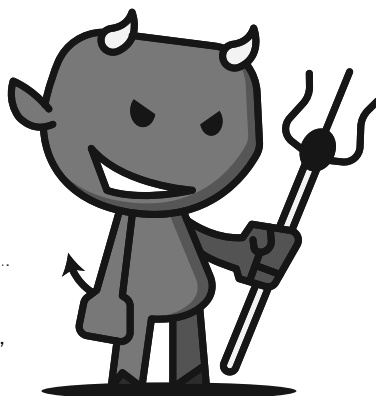
Tweed Landcare

For more information:

Cat's Claw Creeper <http://weeds.dpi.nsw.gov.au/Weeds/Details/33>

Giant, Devil's Fig <https://rous.nsw.gov.au/page.asp?f=RES-BTU-68-43-24>

Madeira Vine <http://weeds.dpi.nsw.gov.au/Weeds/Details/83>



LEARN HOW TO SPOT THEM AND HOW TO SLAY THEM

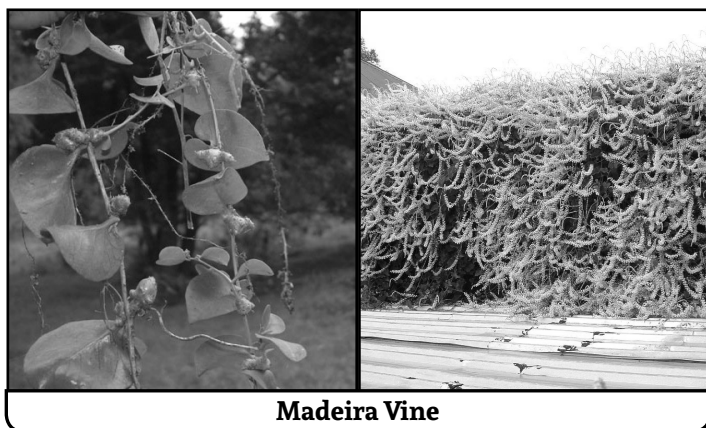
When Sat 13 May, 10am – 11:30am

Where Platypus Park, Uki. (Meet in the car park at Smiths Creek Bridge) for a short walk

Who Local Bush Regenerators & demon slayers Eddie Roberts & Sam Dawson

Contact Jude Mason 6670 2199
landcareofficer@tweed.nsw.gov.au to book a place.
Bookings close Thurs 11 May.
<http://tweedlandcare.org.au>

HURRY! There's a limit of 25 warriors for this mission. Bookings close Thurs 11 May and yep it's FREE!



Madeira Vine



Cat's Claw Creeper



Giant Devil's Fig

(photos courtesy NSW DPI - <http://weeds.dpi.nsw.gov.au>)

Artwork Donated for Highfield Raffle

Bruce Ray

A beautiful Mt Warning landscape (painted by artist Barb Suttie) has been donated to UKIRA, by a generous, anonymous benefactor. This painting will be used as a major prize in a raffle, raising money for the Ken Highfield project. Ida Daley will be selling tickets at Uki Saturday Farmers' Markets and the Buttery Bazaar. Tickets will also be on sale at various shops in the village.

The Ken Highfield project has been raising funds for several years with some success thanks to our generous local community. we have raised over \$2000.00 so far. An application is at present before Tweed Shire Council for a small grant.

Marie-France Rose, well known Uki artist and sculptor is creating a bronze sculpture of Ken (Pommie) Highfield, the well-known leaf raker, who passed away several years ago aged 99. All monies raised will go towards costs as the project is 100% volunteer.

Thanks to Marie-France for donating her creative energy; to UKIRA for great support and to all community members who continue to support us.



For further information, contact Bruce Ray 02 6679 7316 or go to our Facebook page "**Ken Highfield of Uki Memorial Page**"

Bank Details for direct deposit (under the auspices of UKIRA)
Southern Cross Credit Union – BSB 722 744 Acct 100085130
(please mention 'Ken Highfield Project' as recipient)



Uki Kids Club News

Natascha Wernick

As reported in previous issues of Uki News: Uki Kids Club (OOSH or After School Care Centre) has a new room, full of great resources and we can look after your children even if they don't come to Uki Public School. We also have a brilliant art program and we value nature play and encourage harmonious multi-age adventures. Don't forget, when you attend our accredited service you can receive child care rebates, making it as little as \$10 a session.

This issue I'd like to report a typical day at OOSH. Whilst we were outside and the children were playing families, complete with dog, one of the children came and asked me if she and I could make a shop.

"We can use green leaves as money", Chloe explained.

"What will they buy?" I asked.

"Notepads and pencils", she replied.

Chloe then went off and made a few notepads with leaves and sticks. Impressed, I said, "okay, what about pencils". She raced inside and grabbed a sharpener and we began sharpening sticks to create a range of coloured pencils. Another child's interest was piqued and she joined in.

As the game developed and we soon had a full shop, complete with brooms (she-oak leaves), cereal (she-oak nuts), jewels & beads (berries), bowls (made from bark), pillows (made from feathers) as well as the pencils and notepads. A bank soon opened and leaves were collected to be used as money.

In the shop the children began excitedly purchasing. Workers were employed to make new products to keep up with demand and to entice the shoppers back again. The banker would come and collect our money (leaves) when our pile got too full and when the shop owner decided it was time to pay her employees.

The children created a series of creative products made from nature and developed their own harmonious multi-age adventure. It was beautiful impromptu play modelling real life and it was such a pleasure to be involved.

What the kids love about OOSH:

(Owen, Hayden, Seth, Ben) *After we have afternoon tea and conversation time we get to go outside and play on the playground with our friends. We also get to play games and sports with Natascha like handball and hockey.*

(Nikita) *I love playing with all the dress-ups and pretending to be a fancy lady.*

(Arika, Arielle, Jazmyn, Alierra, Chloe, Skye, Holly) *We all love the painting projects and art journals with Karen.*

(Gabi, Sampson, Alierra, Jazmyn) *We love the challenge of making origami with Jacqueline.*

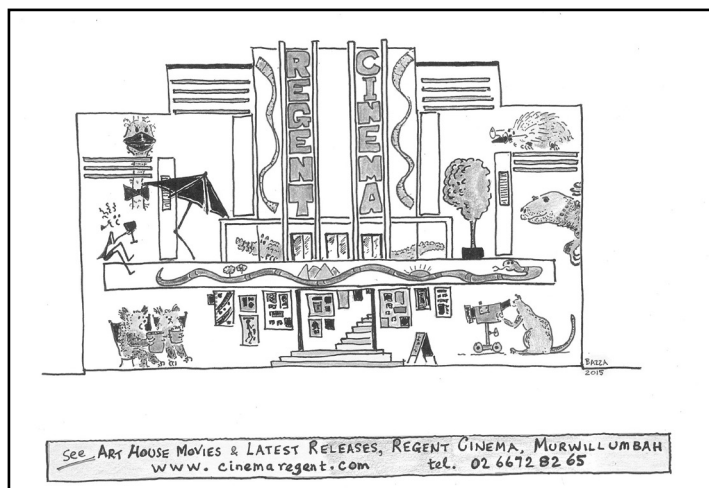
(Dominic, Zayden, Kai) *We love to play with the cars and the castle, especially the airplanes and all the safety vehicles. Oo ee oo ee oo ee!*

(Alierra, Jazmyn, Sampson, Zayden, Eomer) *WE love the amazing stories and craft we do with Michelle.*

Everyone loves to ride the wheelie boards down the ramp woohoo!

The kids love it at OOSH.

Don't you just want your kids to come? Send them in for a free trial! Bookings can be made through the Uki Public School office (02) 6679 5128.



Uki Kids' Club After School Care



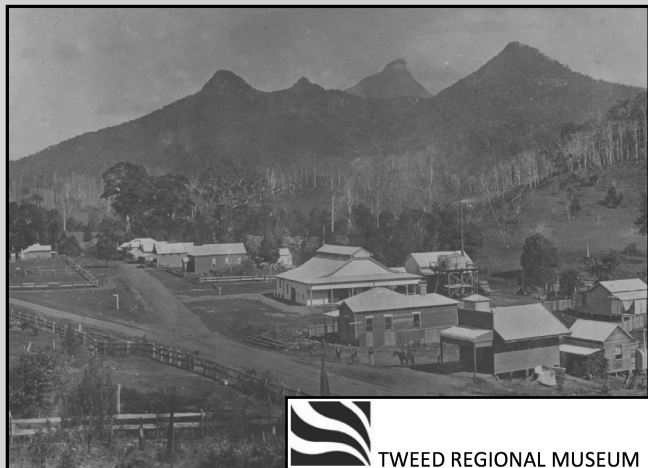
Uki Public School
OOSH

Creative program, Outdoor fun, Physical activities (Dance, Yoga, Ballsports etc.), Lots of Games, Cooking sessions ...

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Village Stories^{*}

Walking tour of Uki



A Walk Through History

On the 27th May 2017, the Uki and South Arm Historical Society will be conducting a guided walk, sharing information and stories of the history of Uki Village.

Find out about the three butcher shops in Uki, the house belonging to the local lady who wore the most magnificent hats, the local ghost stories, where is "Rotten Row", the oldest standing building in Uki, what goods were sold in the original Uki store, the shenanigans local teenage boys got up to, the laneway in Uki with a road- base of horseshoes, the local land owner who stood overnight in front of the bank with a loaded shotgun, the moonshine sold at the hotel during WW2 and the highest flood levels which inundated the hotel, and lots more.

Meet at the Uki and South Arm Historical Society office at the rear of the village green at 9.30am for a 10am start.

Bookings are essential as numbers are limited. Please phone the Tweed Regional Museum 02 6670 2493 for bookings and further information.

How to Protect Your Electronic Devices Against Storm Damage

Louise Bally



Before the storm begins, unplug all devices from their power sources (wall outlets). Disconnect modem cords from devices (Ethernet), including those connecting the modem to the phone line and power outlets.



Use a surge protector. This is not to be confused with a power board, it looks similar but has a different function. This will protect devices from power spikes caused by lightning strikes if they are still plugged in.



To prevent data loss during power outages, you can invest in a UPS (uninterrupted power supply). External hard drives and advanced telecommunications equipment can suffer data loss from dips in voltage or power outages. UPS devices are especially useful for home offices that have phones, printers fax machines and hard drives attached to your computer.



Do more regular backups of your data during the storm season. If you experience an outage this minimises the data lost. Unplug all electronic devices if you go away for more than a night, especially in storm season.



If your property has been hit by a storm when you are out, check for burn marks near the power supply of desktops and laptops and do not try to turn on devices that display signs of damage. If you smell burning turn off immediately. Seek a technician, it is possible your data can be recovered.



If you need to use a computer during a storm, use a laptop connected thru Wi-Fi, operating on battery power.



Mobile apps that track lightning activity and provide meteorological updates can keep you safely informed about pending storms.

SAFETY WARNING Never touch cords or wires, or devices connected to them during thunderstorms. Disconnect and unplug before the storm starts, as people have suffered electrocution from unplugging cords when lightning strikes.



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Reminder

Uki Village Anzac Day Dawn Service 2017.
April 25 04:28 With refreshments in Uki Hall afterwards



People and Place

John Tyman

Though I am now a non-stipendiary priest (too old to be paid!), I am by profession a geographer. My career was focused on the study of "People and Place" and I have travelled worldwide to document daily life in different environments. I have twice changed my nationality but I always put down roots, and love of the land is central to my thinking. When I left Canada (where my real identity was first established) I wept bitter tears as I crossed the Prairies by train, heading to Vancouver and a new home in Australia. Having lived here now for 40 years, I know this is where I belong and where I will be buried... or my ashes scattered.

My wife's forbears arrived in Australia on the second fleet in 1793, and this is definitely the place where she belongs. There are also farmers in this country whose families have worked the same land for almost 200 years and they must grieve when their farm is sold to someone else. However, the depth of these attachments

to land pales into insignificance alongside that of this country's indigenous peoples, and the dislocation they still feel... following their exile from the land of their people.

Recent DNA research has revealed that the Aboriginal people who first came to Australia put down deep roots in places they first settled. They did not move around a lot. During 40,000 years their very identity was intertwined with that of "their place" ... the land which was taken from them. When "terra nullius" was the mindset of our government these links, both physical and spiritual were severed, leaving scars which persist to this day.

This was brought home to me recently when, among my Christmas presents, there was a copy of Stan Grant's book "Talking to My country". Here is a man who has travelled the world, a highly respected correspondent for CNN who has reported on conflicts in Africa and the "Middle East" and filed reports from Europe and a host of different countries. But he realised he was bound inextricably to his "country"... meaning not this nation (though he has served it well) but his people's place. So he severed his links with the world of



Stan Grant

international affairs and came home.

It is common for many Australians (especially politicians) to tell Aborigines that "You lost your land long ago, it is a matter of history: it's time you forgot about it and moved on." But such statements betray ignorance of the very meaning of the word "aboriginal" - people existing in a land at the dawn of history" (OED). Such statements also highlight a value system focused on things material not spiritual.

The book is framed as a letter to his son about his country and is both beautiful and gut-wrenching. Its dust-jacket suggests this is: "The book that every Australian should read."

I agree.

John Tyman, Holy Trinity Church



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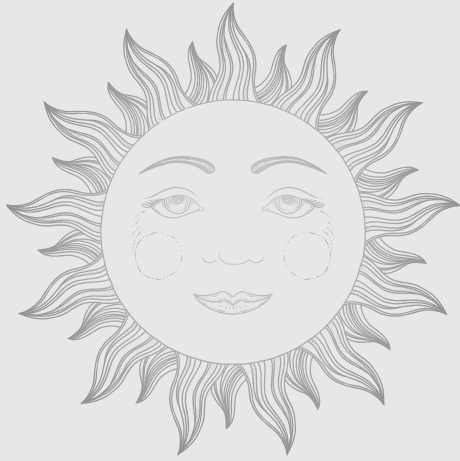
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Astrology

Paola Emma

Venus on the eventful cusp Aries/Pisces... beginning and end, new and old.

Due to Retrogradation, Venus is spending three months in Aries (February 4 – June 6), excluding most of April, when she will re-enter Pisces. This is either exciting or troublesome news, depending how we handle it and our personal circumstances. It can be a struggle for Venus to play the

role of the love/harmony planet in the competitive sign of Mars and we risk losing sight of Venus' softer side.

Timeline/Highlights:

- In February, Venus was in Aries with Mars. A time to initiate new things, to become more independent, particularly in personal relationships. Wanting our own way, we might have disregarded other people feelings, in an attitude of confrontation rather than cooperation.
- In early March, Venus turned Retrograde (March 3 – April 15), and Mars entered Taurus, slowing down Mars/Aries' fiery energy, making us face issues we have already dealt with and thought were behind us.
- On March 25 Venus aligned with the Sun, turning from the evening to morning star towards the year's end... the bolder, more forceful aspect of Venus.
- Between April 2 – 29, Venus will return to Pisces, suggesting the need for a more sensitive approach, even during changes or while trying to be honest/assertive relating to others. A transit Venus-Saturn, also active in April, will

accentuate the need for a more realistic approach to relationships, finances and values. A sobering transit.

- The landscape will change again in late April/May. On April 21, Mars will enter Gemini, a mental and physically active Sign. Also, Venus will be again direct in Aries (April 29 – June 6). These transits will return us to the level of energy/drive/enthusiasm we experienced earlier in the year where there was the courage to pursue our goals and to embrace changes with confidence; hopefully also the wisdom/insight a Retro Venus can bring. From May 20 to early June, transits of Venus-Jupiter-Pluto-Uranus could bring opportunities for romance, travel, special celebrations, and/or intense, even dramatic emotional experiences, some thrilling, but also highly unpredictable. An emotional joy ride involving some risk taking. A Mars opposition to Saturn, active around the same time, could make it harder to obtain our heart desires as speedily as we wish though.

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Xenoestrogenic Compounds

Judith Magee

Xenoestrogenic Compounds are chemical compounds which can mimic oestrogen, altering hormone levels and activity. It is suggested that xenoestrogenic compounds contribute to conditions like endometriosis, fibroids, prostate disorders and cancer.

These chemicals are prevalent as by-products of industrial processes involving chlorine, organic matter and heat, such as bleached paper, burning of hazardous, municipal and medical waste, and chemical production (including the production of oil, pulp and paper, synthetic and natural textiles and leather).

They are also found in pesticides, pharmaceuticals, polyvinyl chloride (PVC) plastic, detergents and common household products. They are also used as additives in latex paints and cosmetics, as anti-oxidants and stabilizers in some plastics, in some pesticides and in personal care products like shampoo, conditioner, facial care products, deodorant, etc.

Specific chemical names to look out for include:

- Atrazine (weedkiller)
- 4-Methylbenzylidene camphor (4-MBC) (sunscreen lotions)
- Butylated hydroxyanisole / BHA (food preservative)
- Bisphenol A (monomer for polycarbonate plastic and epoxy resin; antioxidant in plasticizers)

- Chlorine and chlorine by-products
- Dieldrin (insecticide)
- Erythrosine / FD&C Red No. 3
- Nonylphenol and derivatives (industrial surfactants; emulsifiers for emulsion polymerization; laboratory detergents; pesticides)
- Pentachlorophenol (general biocide and wood preservative)
- Polychlorinated biphenyls / PCBs (in electrical oils, lubricants, adhesives, paints)
- Parabens (methylparaben, ethylparaben, propylparaben and butylparaben commonly used as preservatives in personal care products)



What can I do?

Choose chlorine-free products and unbleached paper products, avoid all pesticides, herbicides and fungicides. Avoid chlorine containing water. Whenever possible, choose organic foods, use chlorine free tampons, menstrual pads, toilet paper, paper towel, coffee filters, etc. Reduce the use of plastics whenever possible. Do not microwave food in plastic containers. Avoid the use of plastic wrap to cover food for storing or microwaving. Use glass or ceramics whenever possible to store food. Use chemical free soaps and toothpastes. Read the labels on condoms and diaphragm gels. Avoid creams and cosmetics that have toxic chemicals and estrogenic ingredients such as parabens. ■



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Uki Buttery Bazaar Entertainment

Sue McKenna



Uki Buttery Bazaar Market

To book a stall at the monthly Uki Buttery Bazaar please contact Lisa on **0487 329 150**.

APRIL Buttery Bazaar Sunday April 16

Gabriel Otu

Gabriel Otu Orchestra is soul singing, high energy, instrumental world music of African roots and Gabriel Otu has assembled a succession of percussion: djembes, dun duns, balafone, kick bass, bells, shakers, guitar, bass and fun, romantic vocals to sing along.

Gabriel is holding fun African drumming and team building workshops at festivals, schools and events. Keep posted on all up-coming events on facebook and instagram. Come along and get involved, bring your drum, your voice and your dancing shoes! Lots of guests and fun to be had!



Gabriel Otu



Gabriel Otu

MAY Buttery Bazaar Sunday May 21

Raku One O'Gaia

Raku One O'Gaia's soul, blues and gospel infused music is super-charged with feel good vibes. From Jamaica, via the U.K, Raku now lives on the East coast of Australia. He's an artist who has rapidly developed a reputation with the high energy performances that are his trademark. An adept multi-instrumentalist he brings a wealth of influences to the bear in a genre hopping blend of roots music... all delivered with unique style and singing voice that has real range, subtlety and power. Expect groove-laden rhythms on guitar, mouth-harp, slide guitar and assorted percussion to move from story-telling acoustic-soul to toe tapping delta blues, to road-ready funk and R&B, all in the service of some of the most inspiring songs played back to back...anywhere.

"Raku One O'Gaia has an uncanny ability to engage the very soul of an audience. An incredible performer with a wonderful energy..." Sandy McCutcheon ABC Radio

"Raku One O'Gaia ...warming, soulful and upbeat A show not to be missed..." No. 5 Church Street

"Great sound coming from that axe ...and that voice ...Absolutely Magnificent!" Karl Stefanovic Channel 9 Today Show

Raku One O'Gaia has featured on recorded work alongside John Butler, Paul Kelly, Xavier Rudd, Archie Roach and Tex Perkins. He has recently opened for Ash Grunwald, The Black Sorrows, The Commitments, Dragon and Kasey Chambers.



Raku One O'Gaia



LANTERN

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Water

Gabrielle Euphoria



I love living in a region that has seasonal flooding and watching how the landscape changes during the wet season. My kids and I love to watch the storms roll in, bringing the promise of a cool change. The tanks fill and overflow and the dusty leaves and roadsides are washed clean. The creeks and rivers rush and roar and teem with life. Everything awakens after a good downpour.

We are lucky to live in a place where there are beautiful clean swimming holes and creeks with drinkable water to enjoy. But, how quickly such things are disappearing.

I have often wondered what rivers and creeks in our cities would have looked like prior to white settlement. Rewind just a few hundred years... I can picture humans having a very different connection with this precious and life giving resource that is water. Water is honoured and seen as sacred by the first peoples of this land, and indeed by indigenous people worldwide.

We all begin life in a watery sac, and then we were born onto a water planet. As adults, our body mass is up to 60% water. We need water to drink, to grow our food and to clean and bathe. How did we end up with such polluted waterways? How did humans become so disconnected from their environment, from the very land that sustains us, and from the waters that support all of life? Think: water is central and essential to all life!

Wednesday the 22 April is World Water Day, so I'd like propose a prayer for humanity.

May each of us remember... as we turn on the tap, flush a toilet, swim in the ocean or as we pour ourselves a glass of water... the very dependence we have on water for our survival.

May we offer our gratitude for its abundance, its availability, its cleansing and life supporting nature.

May we remember we are made of water, and that in connecting to water, and in holding water sacred, we also hold ourselves sacred.

May we visualise clean flowing abundant water with every sip we take, and as we offer our thanks, may we recognise the incredible power we should shift from disconnection to connection, not just our own, but for all people.

We are all made of water, and as we ourselves connect to water, and learn to once again to hold it sacred. With each sip, like tuning forks, a resonant frequency ripples out to all of life.

Water is life.



Sweet and low-down

Anita Morton

St Patrick's Day (March 17) is the traditional time to plant sweet peas, but this is one tradition we can do without. Humid conditions now make it harder to grow healthy plants – and our soil temperature is warm enough to germinate the seeds right up to the middle of May.

Instead of rushing into planting, put some effort into preparing the soil. Site the bed where it will get plenty of sun, and add lots of well-rotted compost or manure, especially if you have sandy soil. This is the time to mix in some complete fertilizer – choose one which is high in phosphorus and potassium, as peas don't need extra nitrogen. Make the bed about 60 cm wide, and dig the compost and fertilizer into the topsoil. Water thoroughly.

Most sweet pea varieties need a tall trellis. In our climate expect these plants to produce an extra half a metre of growth above the height claimed on the packet. It can be a disaster if the peas outgrow the trellis, as the tops will fall over en masse. Once the trellis or wire is installed, leave the bed to settle for a week. It should end up being about 20 cm above ground level to ensure good drainage.

Sweet peas need alkaline soil, so you will almost certainly have to lime the bed. One cup of lime per square metre will do on sandy soils; on clay you might need twice as much. Spread the lime and rake it in, then water the bed. Leave it to settle for another week, then test the pH – if it's not positively alkaline (above pH 7), repeat the liming process. Once the soil is ready, plant and care for the peas as directed on the packet. Your hard work will be rewarded when the sweet peas produce masses of scented bloom.



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Parents and Their Teenagers

Heather McClelland

In an article (Sydney Morning Herald, Feb 18-19) psychologist Michael Carr-Gregg urged parents to make it their business to help their kids to 'find their spark'. What is it that they love and will get them out of bed in the morning? It could be sport, or art, music or dance, science or electronics... parents are the ones to provide the enthusiastic support needed.

A mother recently told me that while her son is good at tennis the parents have promoted, what he loves is skateboarding. Wisely they have decided to back him all the way. He's now being tutored by an expert.

It's challenging to truly know your child, his/her personality and temperament and the inner self-talk that goes on. A child who at three tried jumping off the roof as Superman or Wonder-woman may grow to be the one who needs parents who feed the adrenalin rush in safer ways!

Safety and issues like sex, drugs, alcohol, sleep, diet, exercise and curfews matter. Important educational goals are centre stage.

However, many young people are also pre-occupied:

Am I normal? Who am I? Where am I going?

Amid all this they are vulnerable to developmental depression because of the huge changes which are going on in their bodies/ brains. Many suffer from isolation. Current mental health statistics are worrying.

Gregg suggests that in the midst of the bombardment of many voices, parents have to make their voices the 'loudest' but to do so in a way that isn't shrill, repetitive or boring.

I would suggest that what matters is not using your own voice but listening to the voice of your particular teenager.

She/he doesn't need advice as much as support and the sense that you have her/his back. When you can pick up emotion in the voice and behavior you can come forward with playful curiosity.

We're advised: 'Choose your battles!

No-one ever died of an untidy room! Shut the door and walk away' and never believe that one size fits all. Every teenager is unique. ■



LARRAKIN COOKIN'

Trump Roast

Pat Miller

Trump should have written the Culinary Arts Institute of America's 1950 Encyclopaedic Cookbook. It's the American domestic

Realpolitik. Every woman should stay desperately at home to work with abysmal ingredients unfettered by lofty ideas. The book pre-dates fast food, its narrow mindedness setting the stage for swallowing pap in all its forms - fat burgers to fiscal policy.

Of Trump, Don Watson in the March 2017 edition of 'The Monthly' said:

A scam artist, an ignoramus, a professional liar, a colossal and malignant narcissist, a vulgarian, a casino operator, a serial bankrupt - a Roy Cohn-mentored billionaire with deep Mob connections - is in the White House. Has there ever been a more American presidency? What took them so long?

With those ingredients in mind, here's his next address as a traditional recipe. It will feed six to eight people, two Republicans or one billionaire.

White men and others, The State of the Union is the Pot Roast of Profiteering with Prunes.



- **4lb rump roast** - A really, really good handful of rump. Miss Universe has the best rump. I know these things. Really.
- **2 tablespoons of fat** - Just to help obesity, because we'll cut health spending. Who'd have thought universal health care was so complicated?
- **2 onions, sliced** - Cry alone, boo-hoo poor people, there's no minimum wage and billionaires make up the federal cabinet.
- **1/2 lb. uncooked prunes** - Completely unnecessary. I have the best movements, really, the best.
- **4 cloves** - To cover the awful smell of corruption? America first.
- **Salt and pepper to taste** - There, true freedom to make a choice. Use your gun to defend it.
- **1 cup Standing Rock water, 1 cup cider** - Because something has to sweeten those protesters, oh yes... Send in the troops.

Cook meat on all sides in hot fat. I can't say 'brown' because we have the worst brown people. Really, the worst and we're deporting them, yes we are, oh yes.

Add onions, when cooked add all remaining ingredients. It's a pity onions don't go white when you fry them. Only rich white onions. Whites are the best.

Reduce heat, cover and simmer slowly 3 to 4 hours. That's how long drafting the Muslim ban took. It was well done, really really well done, just like the roast. We have the best done roasts.

I'm making America grate.

Pat Miller <http://patmiller.net.au>

Motorcycling... A Meditation for Madmen

Mr Foggy Goggles

A simple oil change should NOT involve a hacksaw. Neither should it involve a grinder or a cold chisel. It certainly should not reduce a grown man to his knees, to quietly sob to himself as his six-year-old daughter asks: "Daddy are you ok?"

You appear confused... I'll start at the beginning.

It began well after a great night at the speedway, with a quick blast back from Lismore in 40-degree heat, via The Channon to Uki. The bike clocked up 80 000 on the way home, and as is the custom, a drink of fresh oil was due. I'm religious with oil, and change it every 5000, some times I bath in it. I was once caught by my wife quietly sniffing my oily fingers in the shed. Needless to say, I've done an oil change before and there is no doubt I'll do it again. It's a 20min meditation for me: Hot bike, bash plate off, sump plug out, drop the oil, new copper washer for the plug, fill her up, watch the oil pressure with the next start up. Calm, happy days awash in the reassurance of a well-maintained machine. Hot bike: "check". Bash plate off, bash plate off, did I say "bash plate off"? Bugger me if the last bolt doesn't strip out leaving a neat circle instead of a hex. And... the horror begins.

The old man was an airframe fitter, he's left me a ton of tools including a neat set of ezi-outs and a set of 'left-handed' drills. The only problem is I can't get enough space under the bike to operate the hand drill. Up on the lift. The lift platform covers the bolt. Off the lift. Reposition, and back on the lift with the front wheel pointing skyward. Back under the bike drilling out the hex head, Sweat in my eyes. Get the fan, sweat band on, back under the bike. Just enough room to start drilling. Hard bolt, drill won't cut. Down a size. Burn that out. Up a size. Praying to Ganesh, the remover of obstacles that the left-handed drill will bite and screw this thing out. Apply more pressure. Ganesh nearly tips the bike onto me.

This is turning into a fiasco.

Time to reassess! Hacksaw out ("This is my hacksaw, there are many like it but this one is mine...") I've called my Hacksaw 'Hilda'). I'll try and cut a slot in the head and use a screwdriver to get the thing undone. Cut a slot. The slot is thin and the screwdriver

that fits won't go across the diameter of the head and the largest screwdriver that does fit is too long to operate under the bike even when it's up on the lift.

I pulled out my impact driver. This saved my bacon with the slotted screws that held my '57 Bantam's cases together. Maybe it could do the same here. But I couldn't get enough swing up with my mallet to drive the thing.

Right, take two. Position the bike better on the lift. Try the next size drill again. I get some way drilling. Try an ezi-out and succeed only in chewing the hole I've just drilled. Spray some WD40 on the bolt. Say a small prayer. Keep drilling. Ezi-out again. More carnage, more sweat, more pain... God's away on business.

I'm a patient man, I cut my teeth on Volkswagen engines. The advice when working on these engines is that when all is not going well, polish your tools and think 'love'.

I started at 13:00 pm. By 3:30 pm I had just about every tool in the shed out and they were gleaming. I was so full of love I looked like the bastard progeny of Boris Mihailovic and David MacEnroe. My daughter was staring at me... she looked worried.

Early in life, a couple of 'episodes' defined my child hood. After these 'episodes' my father locked up the adjustable spanners, the multi and mole grips. I had to gain permission, a key and suffer supervision when these 'butcher's' tools were employed. My father did not own an angle grinder, he used files. I had to wait for him to die before I could buy a grinder. I had chewed out so much of the head, that a quick dab of the grinder was all that was required to release the bolt from its bondage. A quick trim with a cold chisel released the bash plate.

I could hear a paternal groan from beyond the grave and I could not believe the scene before me. The sun



was setting and I was weak of body and mind. I had dirt ground into the sweat on my back, a piece of swarf stuck in my foot and my knuckles were bleeding. The bike was around 90 degrees Celsius when I started. It was now at ambient temperature. I had evoked the baby Jesus, Satan and various Hindu deities, the neighbours think I have Tourette's syndrome, I'd upset my dead father and traumatised my daughter and thrown a perfectly good bash plate in the Tweed River.

It was with great joy in my heart and to a chorus of heavenly angels that I loosened the sump plug and watched the lifeblood of this demonic machine flood into a black plastic bucket. And it was with a small loosening of my bowels that I looked up to find I had purchased the wrong oil. My father also told me: "There's nothing that cannot be fixed with three litres of petrol and a box of matches".

God have mercy on my soul.

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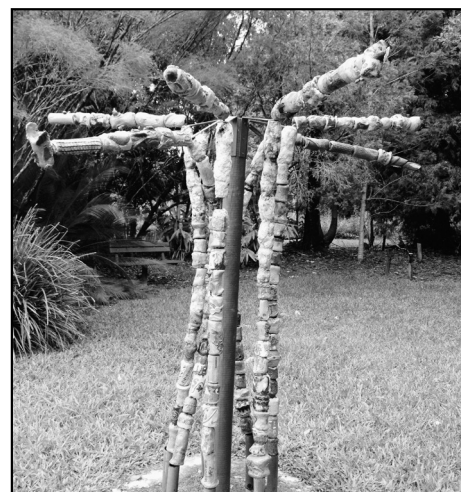
Damaged Community Artwork

Uki is known for its many creative people and projects which add much charm to our village. One such project, created as part of Ukitopia and funded with an Arts Council grant, was located at Sweetnam Park eight years ago. The 'Totem of Uki' is a collection of large pottery beads, fired, glazed and then threaded onto steel rods. The sculpture was created by locals who came together and were guided by Marie France to create this beautiful symbol of community creativity.

Unfortunately, the 'Totem of Uki' has been vandalised twice since its installation, and is now in an unsafe condition and needs to be reconstructed. It has been suggested that PVC pipe be used in the reconstruction. Marie France will hold a community workshop at the Uki Buttery Bazaar market on May 21 and is requesting a donation of PVC pipe to complete the project.

Can you help?

Please contact Marie-France on
mariefranceart@gmail.com



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The Butcher's Boy

Esme Thompson

An excerpt from Recollections of Lionel Mitchell

Lionel was born in Byron Bay in November 1901. The family moved to Uki in 1910 with the transfer of his father to the Uki Butcher Factory. At the age of 11 or 12, Lionel delivered meat from the Uki Butcher Shop to the Terragon Branch Shop where the basket was stocked with beef, and deliveries were made all along the road. The basket rested across the pommel of the saddle and Lionel's left knee, which was raised by shortening the stirrup. On Mondays, Wednesdays and Fridays, Lionel rose about 4 am, caught the horse in the paddock at the back of the butcher's shop and got organised for the ride to the top end of Byrill Creek. Lionel wasn't terribly fond of his job, nor was his old bumble-footed horse and they had many upsets. There were numerous gates to open so

the basket was often rested on a gate post. One day the inevitable happened and the basket fell and everything spilt in the dirt. Being a kid he thought a good rinse in the running creek would rid the meat of all the dirt, but the dirt was there to stay. His tearful explanations went over reasonably well with all but one customer who elected to throw the steak at him. He ducked in time and refused to deliver to her again, so her meat parcels were wrapped and left at the roadside. The delivery job lasted about 6 months. The horse finally threw in the towel, stumbled and fell where the Uki War Memorial monument is now, and that was the end of Lionel's 7/6 per week!

The Historical Society is opened Wednesdays and Thursdays 10 am to 3 pm and every third Sunday of the month. Visitors are welcome.

Contact: Esma Thompson (secretary)

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Childhood Attachment

I read the article Attachment Play in Issue 91, asking for advice on how a mother could teach her son without the son and herself becoming angry. Humans so have lost touch with the human continuum or human expectation (entelechy) they now require parenting coaches.

Raising children as per the human continuum seems to be almost a secret. Many parents appear to not know, that if you wish to raise an independent child of integrity, he must be attached as a child to a significant other or others. But many parents are pushing their children away and in so, creating insecure children. One does not create an independent child by demanding independence from him.

The pushing away begins with finding breastfeeding too hard. It then progresses into not having the baby in the same bed as oneself. Then there is the separate bedroom. Children are expected to be seen and not heard and the expectation of instant obedience further strips their power. At five years of age children further disempowered when they are unable to learn what they are interested in and they must learn someone else's interests! There is also the deliberate halting of play.

These social customs isolate children from the human expectation of extreme sociability: so much so, that, unlike the other primates, humans learn to groom each other with complex speech rather than touch.

A human child cannot become human by itself. Studies of feral children show that if they miss out on being carried to humanness by other humans in childhood, the process will be extremely arduous in adulthood.

The feelings of the mother who wrote the letter are justified and she may have had an upbringing that involved some of the things

mentioned above. The mother serves her son by recognising her own anger rising, rather than her son's. Buddhism posits that when there is full recognition of one's own anger, it passes away. The hope for the son is a mother who does not rise to anger despite the anger of her son. If she can do that she helps carry her son to a humanness that remains equanimous in the face of anger.

To think there's something wrong with a child is an illusion, based on ignoring one's own emotional journey. We could start out by accepting that our children are saints and we distorted them.

Geoff Dawes

Maira's Reply

Dear Geoff,

Thanks for your passionate letter. I hear that the issue stirs big feelings in you! I agree with the essence of what you say and I hope that people don't get the wrong ideas when they read my articles. But parenting has become such a complex matter that it is hard to convey what I want to say within limits of 400 words. In fact, the letter and answer that you talk about were shortened a lot to make them fit within that limit, and one of the main things I removed was all the dialogue that the mother and I had around her own past wounds and how they were affecting her ability to parent the way she wanted.

I agree that it sounds absurd to need parenting coaches. Yet my experience has been that all my childhood wounding got in the way of how I wanted to parent. Our childhood wounds are deep and overwhelming, and they come out in full force when parenting my children. I found myself completely unable to navigate them without external help. And I hear the same from parents all over. Have you a similar experience Geoff? Possibly you are blessed with an innate ability to parent that I admire. The rest of us find ourselves often triggered to the point of reacting in ways we later regret, and when there is a strong desire to change that, external help can be a real blessing.

Fortunately there are several approaches out there (like Aware Parenting as described by Aletha Solter, Parenting by Connection by Patty Wipfler or Circle of Connection) that I incorporate within my Inspired Parenting, with the aim of helping people get back to that instinctual parenting. These approaches are based on attachment, continuum concepts, non-punitive discipline and trust in the child's unique journey and its pace. Not everyone resonates with those principles, but for those who do yet find it difficult to apply them in their daily lives with their families, we are here to support that journey back to their hearts and instincts. I hope you agree it's a worthwhile cause.

Warmly, Maira



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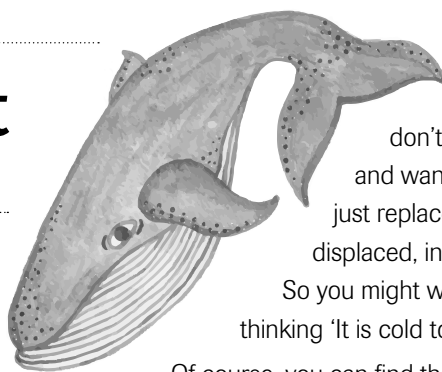
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Getting 'its' right

Anita Morton

Its and *it's* can be a confusing pair – I'm sure we've all seen the wrong one used in a blog or other writings and wondered exactly what the writer meant.

Basically, *its* is a pronoun, like *his*, or *her*, but gender-neutral, for use when you're talking about a genderless object or you just don't know the gender. You can easily tell if you're using the right word by replacing 'its' with 'his' – eg, 'The



whale waved its (his) flipper'.

It's (with an apostrophe) is one of the common contractions, just like *don't*, *can't* or *they're*. If you've written *it's* and want to check you've got the right one, just replace the letter that the apostrophe has displaced, in this case 'i'. You end up with 'it is'.

So you might write 'It's cold today', and check it by thinking 'It is cold today'.

Of course, you can find that you're wrong sometimes. '*The whale waved it is flipper*' is a pretty obvious howler when you think about it.

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