

# THE UKI NEWS

Issue 79

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

October/November 2014



## **Vale Ken (Pom) Highfield**

Hundreds of people turned out for the funeral of Kenneth, (known to many as Pom, Pommie, or Pop), Highfield. In his long and hard-working life of ninety-eight years he met and helped many of us, both locals and relative newcomers, and to the end of his days he was working to beautify the village. Even those of us who did not know him personally will remember his tireless tidying and raking of the village centre. He was able to keep up with his self-imposed mission right up to a couple of weeks before his end, when a fall at home led to hospitalization. Pom was due to be moved to a nursing home (which he hated the thought of) when he died in the hospital. Daughter Edie agreed that he would be laughing at so neatly evading the plans made by 'them' - the aged care team.

We will all have our cherished memories of Pom, especially his family and close friends. Mum and I remember his determination to rid our block of camphor laurels (a pet hate, along with leaves on the grass). Pom was then in his eighties, but still working hard, and he scrambled around poisoning the weed trees with great vigour. Mum called him 'the Worshipful Grand Master', because of his role at Uki's Masonic Lodge.

That was only one of the many organizations he served throughout his long lifetime of tireless volunteering.

Pom grew a little vague with the passing of time, and later friends and acquaintances were not always recognized, but he always welcomed a smile and thanks for his work—as long as it didn't interfere with the raking!

**Anita Morton**

## **'Replenish' Pamper Day at Mt Warning Preschool Sunday 2<sup>nd</sup> November**

Invite your friends and join us for a day of pampering and delicious healthy treats. Start the day with a Yoga session and then relax and rejuvenate with pamper treatments of your choice. This is a beautiful way to experience some excellent local talent. Spoil yourself, spend time with women in a child free space and help raise money for Uki's exceptional Community Preschool. See our Facebook page for more info: Mt Warning Community Preschool-fundraising & Social Events  
Bookings essential:  
Emmeline 0421 317 354



## **Uki Takeaway in Finals**

Uki Takeaway is a finalist in the BEATS awards! We would like to congratulate our team, Sarah Byrnes, Matthew Johnson, Ayla Wilson-Young, Kaylea Rickard, Jet Skinner, Jhai Kafoa, Ben Gilliland, and Grace Gilliland on doing a great job. We also have recently had EFTPOS installed to make things easier for customers. Please also follow us at our new Facebook page to find any specials and new food we are currently offering at <https://www.facebook.com/UkiTakeaway?ref=bookmarks> or just search Uki Takeaway and 'like' our page.

## From the Editor

We lost yet another of our wonderful, community-minded volunteers last month, and already our village is looking a little tired and tatty. It's easy to take for granted the time and effort of people like Pom, and to undervalue what they did and do for the village.

Not many of us will be lucky enough to live to such a great age and still have the health and fitness to contribute physical work, but surely there must be some fairly fit people with a little free time, whether retired or working part-time?

If that is you, and you prefer to work alone on something that keeps our village tidy, why not take up the rake and bucket? You would be honouring the memory of a lovely man.

**Deadline for Issue 80 is 5pm Tuesday  
18 November 2014**

**Anita Morton**

## OUR Uki Community Space and Gardens

Greetings Uki Residents! The magical Uki Community Space and Gardens is in the birthing process, as you may know. Whilst a small group of us are pushing it forward, many of you have shown interest and ideas (you can see on the drawing posted on village notice-



**Sunday 12th October 2014**

(2nd Sunday each month)  
1pm to 5:30pm at Uki Hall  
\$30



Please join us for an afternoon of sharing, a guided massage exchange and a creative activity ~ 'into the heart'.

The guided massage swap requires no massage experience and you don't need to bring a partner. We'll demonstrate relaxing back massage techniques, then talk you through and support you with giving each other a nurturing 45 minute back,

**For bookings and further details please contact**  
Paula Cave 0266795993 / 0429999807, Amanda 0468385879  
email: womenconnecting@yahoo.com.au

## Contact the Uki News

Email [theukinews@hotmail.com](mailto:theukinews@hotmail.com)  
Or see the Editor at the Farmers' Market every Saturday morning.

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boards evidence of community collaboration). We are now in the process of council consultation so we can refine how to move forward.

Potential ingredients at this point include a paddock stretch between Uki village and Sweetnam Park and incorporating river bank management, walking paths and bike trails (to link with existing ones), canoe courses, an orchard, native and bush food integration, temples and alternative building structures, fairy gardens, community space for ceremony, celebration, sharing and learning - utilizing permaculture principles, sacred geometry and tuning in to the spirit of the land. Quite an undertaking!

**THIS IS A SHOUT OUT TO ALL COMMUNITY MEMBERS!** This means kiddies and elders alike as this is YOUR garden and we know it is essential for the space to be imbued with us all. Momentum is gathering and for this to manifest into reality we need lots of love and energy!

Some initial projects on the horizon include a strawbale storage shed, creating a viewing platform on the riverbank and a medicinal herb/bush food/food-as-medicine gardens.

If this community project is calling to you come share your ideas, interest, skills, resources (cuttings, poo, mulch, mud etc) so we can formulate the beginnings and jump to it once approval has been granted! You can see us in the village, contact us or come along to our next meeting on the last Monday of the month. Also keep a lookout on the Uki noticeboards for our secret code!

Greg: 0403 203 963/ [gudhara@bigpond.com](mailto:gudhara@bigpond.com) , Alison: 6679 4275/ [ali\\_parr@yahoo.com](mailto:ali_parr@yahoo.com), Amalia: 0434 297 999/ [contact@amalia-naturopath.com](mailto:contact@amalia-naturopath.com)

**Let's get our thumbs, hands and hearts co-creating the Soul of the Space!**

Thank you to everyone who has so far contributed to our conversation about managing the camphor laurel trees at the Buttery. It is clear that many in the community are passionate about the role these trees play in our community life. UKIRA has delayed making any decision about the trees since we received a report on their state of health a couple of years ago. This report informed us that the trees are diseased, causing die back of outer branches, but possibly treatable.

As owners of the Buttery we have a duty of care to minimise any risk posed by falling branches. We will now consult an arborist to assess the current condition of the trees and to advise how to best manage this risk.

Any work on the trees will involve substantial cost and that has to be factored into our decision making. Ideally, whatever work is undertaken will be part of a broader vision of landscaping the Buttery grounds that will enhance the character of

the village centre and enliven the community.

If you would like to contribute to this conversation, please email us at [ukiresidentsassociation@gmail.com](mailto:ukiresidentsassociation@gmail.com) or come along to our meetings on the first Tuesday night of each month.

UKIRA meets on the first Tuesday of each month at 7pm in the meeting/supper room at the Hall. Next meeting February 4 2014.

## Historical Society News

The opening of the new Tweed River Museum at Murwillumbah was a wonderful day for the residents of the Shire. With the old Shire Chambers restored to its former glory and the new wing showing the objects from the collection, we can be proud to show our history to visitors and locals. For the next two months the Museum will be open seven days a week. Do pay a visit. You'll be sure to learn something amazing.

The 100 Birthday of the Post Office drew a crowd of over two hundred to look at the exhibition of photos and objects, many of which were loaned by long time families. The Virtual journey along the Night Cap Track, the route followed by the early Mail carriers, was a highlight enjoyed by all.

The Society members took the opportunity to present our President, Helena Duckworth with Life Membership and gifts to show our grati-

tude for her hard work over many years.

At the November Buttery Bazaar, the Society will be displaying a history of floods in the area with photos and stories, in support of the Uki Flood Group and the S.E.S.

### We would like to add to our collection for this display

so if you have photos to share, bring them to the Society rooms behind the hall park on Wednesday, Thursday or Friday, where they can be scanned and

returned promptly. We are particularly interested in flooded crossings in the upper creeks and valleys and the effects of even minor flood events.

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Mark 0419 001 001  
Paula 0429 999 807

## Entertainment at the Buttery Bazaar

**October 19th**

**BLIND WILLIE DUO** are Scrubby Pete Hurcombe on vocals and guitar in a variety of tunings and Robbie Renfrew on double bass, keys and vocals. Both musos play with a variety of other well-known acts that feature at many festivals in Australia. They are looking forward to putting on a great show for the Uki Markets. The styles featured on the day will include blues, rockabilly and a bit of alt country and folk styles on a string of originals and covers.

Those who haven't experienced the force of **TUPPENNY OPERA** will discover an act of intensity and quality that resists easy categorisation. Emotions run through their songs via two expressive vocals and inventive guitars and bass, with some operatic splashes and theatrical

'fizz' thrown in for good measure. AND! **Barnaby Smith**, from **TELEGRAPH TOWER**, interstate touring band will play some solo songs.

Young Performers **ELLA and KATE** will be sharing some of their sweet songs, and **KUWANI BARNETT, AUDREY SPENCE, and INDIGO COLLINS-COOK** have been collaborating and will perform some songs together. There will also be opportunities for guests and spontaneous jams!

**November 16th**

The **Jesse Morris Band** acoustic blues, roots and reggae troubadour has returned to Australia after an international tour throughout 2013 following a soul-searching pilgrimage through Cambodian jungles and Himalayan mountains while

performing in island beach bars, secluded village venues and mountain festivals. Jesse has returned with a new set of conscious songs, a worthy fundraising cause for children in Cambodia with a strong message about the earth, change and growth. Jesse will be joined by his fellow troubadours - **Rob DeMasi** on drums/percussion and **Tom Kelly** on bass. Special guest performances in the breaks from talented locals **Briannon, Machatarn and Jaygen.**

10-2pm @ the Uki Markets Sunday the 16th of November.

For more info visit: [www.facebook.com/jessemorrisband](http://www.facebook.com/jessemorrisband)

Jake and Sue  
Kitnkaboodle Productions  
Mothership Music Retreat

## Uki Hall News

The Uki Hall Trustees are pleased to announce that the long awaited restoration and painting of the outside of our Hall are about to begin. Funds from the Lands Department have been made available towards the costs and we do have some money put aside, but we still are obliged to look for community funding to make up the difference.

As so many of you are so busy these days, we have decided to forgo the traditional working bee and ask you to lend a hand in a different way. For example you might like to pay for a tin of paint, an hour's labour or a packet of the many, many nails which will be needed.

The Saturday Ladies at the Hall Mar-

ket have begun accepting donations on our behalf, asking for contributions to pay for the materials required.

(The raffle we held in June raised \$500 towards the repairs. Thanks again to all the prize donors and our faithful ticket buyers. Ed.) Last year they were able to raise enough money to enable us to replace the hot water system which everyone is so grateful for. Donation tins will also be placed in other locations in the Village or you may prefer to send a cheque to PO Box 3107.

The Hall Trust supports many community groups in their fundraising and now we are asking for your help towards this large project, which will keep our Hall looking good and

standing sound for at least the next decade. And after this work is done we will be looking towards refurbishing the interior as soon as possible to make a better space for all our patrons.

In the meantime, George has been tackling the problems of out-dated electrics and inefficient fixtures. With the rising cost of electricity, this work will help us shrink that bill at least. He has even done a little on the spot carpentry. Many thanks, George. Our Hall is glad our community has people like you.

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## Sleep, Glorious Sleep!

Refreshing, effortless sleep is an essential part of staying healthy, happy and *SANE!* But for approximately one in four people, this is not so easy. Insomnia is defined as ongoing difficulty falling or staying asleep. Causes can vary from stress, poor diet and lifestyle, underlying disease, depression, hormonal changes, drug related, inherited tendency, and so on. Prolonged and persistent problems with sleep can have serious long-term effects and should be addressed. Some strategies to improve both the quality and quantity of sleep include:

- Get some exercise every day -- but not in the late evening.
- Don't nap in the daytime.
- Expose yourself to bright natural sunlight during the daytime, especially earlier in the day. The bright light signals to the brain that it is daytime and helps to retrain the circadian rhythm (room lighting is not bright enough).
- Minimise exposure to blue light

from computer and phone screens for the two hours before bedtime

- Switch off all electronic gadgets and mobile phones in the room and consider also turning off other mobile phones in the home and WiFi devices including modems
- Develop a sleep ritual -- a nightly routine that eases you down from the day's activity.
- If you can't sleep, get out of bed and do something relaxing, like reading, deep breathing or yoga.

Diet also plays a role in good sleep. The amino acid tryptophan is a potent biochemical inducer of serotonin, the major sleep neuro-hormone. It is high in turkey meat, eggs, fish, dairy products, bananas, pineapples, whole-wheat toast and walnuts. In addition, avoid stimulating foods like coffee and caffeinated drinks, chocolate, and spicy/chilli dishes, and hard-to-digest fried or rich foods, particularly in the evening.

Herbs can help, including Reishi

mushroom (*Ganoderma lucidum*), Hops (*Humulus lupulus*), Valerian (*Valeriana officinalis*), Skullcap (*Scutellaria lateriflora*), Passionflower (*Passiflora incarnata*) and Lemon balm (*Melissa officinalis*). The optimum mixture and quantity required should be determined for each individual by an appropriate health professional.

Homoeopathy is a powerful tool in treating poor sleep. Some of the more common ones used are:

- *Aconitum* for sleeplessness after midnight with anxiety
- *Chamomilla* works particularly well for sleeplessness due to pain and teething in children
- *Coffea*, where the person cannot switch off their mind; all the senses are more acute.
- *Pulsatilla* is given to the insomniac, who is wakeful until early morning, then falls sound asleep but wakes unrefreshed.

It is possible to achieve refreshing, good quality sleep, naturally.

## Ukitopia are excited to announce a *Ukitopia Creative Weekend* on November 14 - 16.

While it's not a festival it will be a weekend filled with creative delights. Starting with the annual Images of Uki Art Exhibition opening on the Friday night and across the weekend, followed by Arts in the Mountains workshops on Saturday and Sunday. A Full Day of Dance put on by the Uki Healing Arts Collective at Uki School on the Sunday. Music at the Uki Buttery Bazaar on the Sunday. A surprise event at the Uki Cafe on the Sunday night. It's the perfect weekend to invite friends and family to come, stay and join in on our creative delights. Look out for more information on a wall near you. If you have questions, contact Ukitopia at [ukitopia@gmail.com](mailto:ukitopia@gmail.com)

The poster for the UKI PHOTO Competition 2015 features a central camera lens graphic. Text includes: 'UKI PHOTO Competition', 'THEME - "LOCAL FACES IN LOCAL PLACES"', 'WE WANT TO SEE UKI THROUGH YOUR EYES', '2015 CALENDAR', 'PRIZES', '1ST PRIZE: \$100 CTC VOUCHER', '2ND PRIZE: \$50 CTC VOUCHER', '3RD PRIZE: \$25 CTC VOUCHER', 'DEADLINE 01ST NOVEMBER 01/11/2014', and 'CTC@Uki'. It also mentions 'LEVELS PROFESSIONAL & AMATEUR'.

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## Astrology

Unfortunately astrologers and political analysts have been proven right in their dire predictions of recent months. The world is in a proper mess, with conflicts and general mayhem proliferating. The planetary configurations the world is experiencing are eerily similar to those that shook the planet before the onset of WWII. War + fear-mongering are the last things we need to tackle the problems of an already divided world, but we can't afford not to heed the warnings.

On October 7 the second of a rare series of four total lunar eclipses (two more will follow in April/September 2015) will take place in the middle of Aries (a combative, often uncompromising Fire Sign), with the Moon very close and the Sun opposed to Uranus, a planet of abrupt and disruptive events, and at right angle to Pluto, always generat-

ing extreme intensity and aggravating resentments and prejudice. This powerful Eclipse will be followed by a Solar Eclipse on October 23, in very early Scorpio. Because both Eclipses will fall in Signs traditionally associated with Mars, this planet's transits acquire greater importance during this period. Mars is transiting Sagittarius September 13 to October 26, and Capricorn from October 26 to December 5. The Sagittarius' transits could make cooperation amongst people harder to achieve, because opposing factions are absolutely convinced to be right and unable or unwilling to compromise; propaganda is and will be rife. Mercury will retrograde (from Scorpio to Libra) between October 4 and 25, perhaps aggravating the difficulties in communicating and understanding each other, but positively encouraging depth and honesty.

## Garden Club

Do you spend any time at all in your garden?

Are you a member of the Uki Garden Club?

If not, let me give some reasons why you might like to join! Let's start with the wealth of experience and expertise that many in the Club have and are willing to share.

Many members have been greening their thumbs in our neck of the woods for decades and a chance to pick their brains is not only welcome, but also invaluable.

As we know, gardening here has its own unique challenges; every valley and village has its own microclimate and what may work for me in my soil may not work for you in yours.

Because members come from many of the villages around Uki there's usually a chance to chat with someone that lives close by and compare notes. (There's a comforting kind of reassurance that comes when you hear that nearly everyone is having a bad year with a certain plant or a particular crop!)

Then there's the swap table. Members are really generous in sharing their excess seedlings, plants, shrubs and cuttings, and it's a really great way to get your hands on plant material that you know grows well in this area. There are also a variety of seeds that have been collected from member's gardens – and you can't beat the price

The G20 Summit will be held in Brisbane on November 15/16, following significant transits of Mars, then in Capricorn, activating again (like in April/May this year) the troublesome right angle Uranus/Pluto (Mars conjunct Pluto, square Uranus, November 11/13). Security issues will become paramount, especially in the days leading to the summit.

Going beyond all heroic rhetoric and cultivating tolerance toward all people, especially those who seem different from 'us', would be the only wise way to defuse the dangerous heat fuelled by those transits. History doesn't have to be repeated if we are collectively willing to change our attitudes in profound, truly innovative ways, ultimately what these cosmic powers are really demanding from us.

## Grant Cameron

of 50 cents a pack.

The Uki Garden Club meets on the last Saturday of the month and the 'food group' - who focus on growing edibles - meet on the second Tuesday. There's also a Facebook page for between-meeting problem solving – and the occasional quiet brag. There's nothing nicer than getting together with those who are like-minded and sharing your passion, helping those who may have a problem, or having a problem solved yourself.

It's like 'talkback gardening' but with great morning tea!

For more details, contact Fran O'Hara, 6677 6266 or Jenny Kidd, 6676 6462



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I was never very interested in Physics at school, but the words 'Every action has an equal and opposite reaction' (Newton's Third Law of Motion) came to mind as I pondered recent events in our community and our country. I had been annoyed to find that someone had stolen some of the beautiful flowers Betty Brims had planted alongside the church entrance, but I knew they would soon be replaced.

I remembered, too, how when we landscaped the entrance earlier in the year and I warned people of the excavation using the witch's hats we'd bought to reserve space for special vehicles, and someone stole them - Barry Harding loaned us some for Jacko's funeral. Finally (?) this week someone smashed into the steps, leaving Council to repair them ... again!

Of far greater significance, though, has been the reaction of people here to moral issues. When the government announced that refugees would be placed in community detention with no right to work, folk here decided to give them at least a taste of truly Australian hospitality, organising 'Friendship Visits' during which families in detention in Brisbane have at last been made to feel welcome.

When a fundraising film night was organized to help with costs the Regent Cinema was filled to overflowing.

When a memorial vigil was held by candlelight, at short notice, to protest the killing of a refugee on Manus Island, the church, too, was filled.

Now another young man has died in our collective care... this time from

gross neglect on Manus Island... and in a form of peaceful protest reminiscent of Martin Luther King's campaigns, a street march is planned for October 25th under the banner 'It's time to stop robbing people of the dreams we share. It's time to Walk Together.'

And we'll round out the year with another film night, at which we'll be launching a DVD by Matt Ottley highlighting the message of the book 'Home and Away' that he produced with John Marsden.

In sum, our reaction to what is done in our name is most certainly 'opposite'. Whether it is 'equal' to the task ... of changing government policy ... time alone will tell. It really depends on you!

**Rev'd John Tyman,  
Holy Trinity Church**

## Uki Art Gallery

Our little village art gallery has now been operating for four months. We have sold many pieces of local art works through the gallery and received many positive comments from our visitors. As you know we operate on a volunteer basis; the artists themselves take turns looking after the Gallery via a roster. We are very grateful to them for their beautiful creations and their precious time given. It is hard to choose only one person to interview for this issue, but I think we should firstly delve into the background of Edith Streiner. I knew of her 30 yrs ago, as I studied Ceramics with her mother. Now I know Edith's generous and happy personality very well. She has an amazing talent in

printmaking, as is obvious at the Gallery, where we have an abundant display of her work, including vibrant cards and small prints up to large one-off original colourful ink drawings. In observing the beauty of nature, her source of inspiration, she takes time to study life forms in their finest detail. A splendid peek into her amazing imagination!

Another person I would like to highlight in this issue is Sue Kinneally. A new comer to the village, but she has brought an amazing variety of art with her. Exquisite line drawings of imaginative blossoms, organic life forms which merge, and the membranes between alternative universes begin to leak into each other. Quantum mechanics and science fiction blended

with botanical drawing. Funky ceramic Uki Clocks, creations that need to be seen!

ALSO

In November we will be holding our annual Exhibit, 'IMAGES OF UKI' which is fast becoming a tradition. Opening night will be Friday 14<sup>th</sup> Nov. at 6:00pm. Further details will be announced through various media. Application forms will be at the Uki Supermarket. This year's theme is 'SPRING HAS SPRUNG' and we will be conducting a 'People's Choice Award', which proved to be very popular last year.

SEE YOU ALL THERE

**Lorraine Lintern  
Uki Café & Art Gallery**



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I am very excited to realise that I have finally found the answer to all my parenting questions. It's a parenting style I like to call 'Connected Parenting', which it's leading me to true unconditional love. I never had the blessing of experiencing it as a child from my parents, nor as a mother towards my kids (and for that I felt like a defective mum!) Yet, it has come to me as the best news to realise that *even unconditional love* can be 'learned'. Of course, what we do is remove the obstacles that unknowing parents and society have put in the way in order to reveal our true loving nature. But without the help of connected parenting I felt lost as to how to do that; too much conditioning! And as the song says, I find that 'love is the answer to every dilemma'. The results of applying its techniques are astounding, like cooperation happening without punishment or reward, going-to-sleep panic disappearing, bed routine turning from

a nightmare into a family party... and I enjoy my parenting role twice as much as I used to! The puzzled-frustrated mother in me is heaving a huge sigh of relief as Connected Parenting is becoming second nature. I've still got a long way to go, but I'm already feeling an *enormous* difference. I've heard a therapist say that we can't coach on parenting issues, that there are too many options, none has been proved to be better than the others, and that the choice is too personal. Before I found Connected Parenting I would have agreed. Now I have a sense that it's all got to do with our ability, as parents, to go past the wounding from our upbringing and really connect to our heart; from there, choosing from all those possibilities becomes easier and clearer. Yet, kids are *the best* at bringing up our childhood wounding, and it's usually the most painful and ingrained wounds we carry! Connected Parenting can

help parents deal those wounds and find a way to their own heart; from there, how to relate to their children while navigating modern society complexities becomes a natural flow. If you want to try it out, email [maira-jorbagaldos@gmail.com](mailto:maira-jorbagaldos@gmail.com) or call 6679 4231.

The magical world of Alice comes to the Tweed Valley next month with the staging of the Murwillumbah Theatre Company's new pantomime, *Alice's Adventures*. Adapted and directed by Bryanne Jardine, this production of Lewis Carroll's famous and wonderfully fantastic books – *Alice in Wonderland* and *Through the Looking Glass* maintains the imaginative plot and brilliant use of nonsense in a modern context, as it relates Alice's adventures in a bizarre, topsy-turvy land underground. Dates and ticket information in our ad at left.



Murwillumbah Theatre Company  
Presents



# Alice's Adventures

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See us on Facebook  
Enquiries Lesley 02 6672 6753

## HELP NEEDED for SATURDAY 11 OCTOBER

Please let us know specifics ASAP

Lunch for about 30 people, to help the families to settle in at the retreat.

If you can help out please deliver to the Uki Farmers' Market by 1.00pm on the 11th. Place food on the long stool to the right of the main door, ie behind Anita's stall, and it will be transported to the venue.

- 6 Turkish breads, extra Lebanese flat bread
- Large dips
- Vegetarian slices/ salads
- Sweet slices /cakes
- Juices
- Fruit



## JUDITH MAGEE

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This recipe comes with a warning. It's really bad for you. Laden with fat and salt, it has the Heart Attack Tick of Disapproval. A blown refrigeration circuit left forgotten chicken breasts, meant for the tomato and garlic, quietly fermenting. They walked off the boat by themselves. Alternatives were needed.

Eggs Gladiator was served with buttered sourdough bread, short black coffees and shots of rum to a sailing crew of reprehensible layabouts (who named it) before the Great Whitsunday Fun Race. What could possibly go wrong?

**Eggs Gladiator** – for two. The callously un-PC would call it a suicide pact.

You need:

- 4 x eggs
- 1 x 400g can of diced roma tomatoes (or 500g fresh skinned ones, chopped)
- Enough finely chopped garlic to deter a few vampires
- 1 x finely diced medium onion
- 2 x chorizos finely diced (bacon or decent salami will work too; you can omit it altogether if you like)
- Extra chilli if you like it
- a handful of chopped basil and parsley
- olive oil

Then:

- Preheat the oven to 180°C
- Put the tomatoes into a bowl with herbs and extra chilli as you like.
- Sauté the chorizo in a pan until just brown, remove and blot the oil off it with paper towels, fold (trendy term for stir gently) the chorizo into the tomatoes.
- Discard the chorizo fat and sauté the onion and garlic in the hot pan until clear and aromatic; fold into the tomato mix. Season to taste.
- Pour the tomato mixture into an oiled (with a bit of the discarded fat?) ceramic or cast iron baking dish and cook in the oven for about 15 minutes until the edges bubble. Make wells in the tomato mix and crack the eggs into them. The wells keep the eggs contained.
- Return to the oven and cook a further 20 or so minutes until the egg whites are set, then remove - the yolks will keep cooking awhile.

It's back to muesli and fruit for me. Enjoy!

Pat Miller

[www.patmiller.net.au](http://www.patmiller.net.au)

## THE BUTTERY BAZAAR

### NEXT MARKETS 19 OCTOBER AND 16 NOVEMBER

### The Food Garden

I've come to realise that one of the best things you can do to help any veggie patch along is this: grow flowers. Yes that's right, flowers. At the moment, as the days warm up, I'm watching the dainty white umbrellas of coriander appear and yellow bells pop out from the now long, leggy broccoli stems en masse. The end of winter is nigh and signs of Spring are upon us. Suddenly there are native bees, hover flies, butterflies and other winged creatures flitting all over the last of the winter greens. Suddenly, the carefully hidden eggs of the cabbage moths are being eaten before they've had the chance to hatch, the leaf miners are gone and the lettuce, silver beet and kale are all producing lovely unscathed leaves for the dinner plate. People are too quick to pull their end of season plants out without giving them the chance to flower and seed. It is a very important part of the permaculture process to take at least some of your plants through to the end stages. It adds further life and nourishment to the soil as well as adding further beauty and grace to your garden. In simple terms, the flowers attract the right bugs and insects who in turn feed on the bugs and insects you don't want. The magnificent star-like flowers of borage are a favourite for bees and, according to folklore, instil courage when eaten. I choose to let the healthiest of my veggie plantings flower and then seed so that I have top quality, home grown seed for storing and

### Shaun Mac

planting next year. As well as letting some of the winter edible crops flower I am also excitedly getting ready to plant dahlias amongst the spring plantings of vine crops and root veggies, thanks to a bunch of bulbs gifted to me from a wonderful woman who I neighboured for a while. Dahlia bulbs will thrive in a veggie patch with full sun, plenty of compost and a layer of comfrey leaves for mulch and nobody can deny their spectacular beauty. I personally believe that if you bring diversity into your food garden and keep it flowering as much as possible then you can do away with silly things like pesticides and herbicides. *Live To Grow*



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## Reptile Reasoning

Tweed Valley Wildlife Carers – Hotline 02 6672 4789

It's that time of year again when our scaly friends are out and about looking for love and food! This is the time of the year, during September and October when we are more likely to see a snake around.

You may be wondering why two pythons seem to be getting amorous on your deck? Just remember, some snakes including our lovely carpet python boys do fight over the local lass! If you see vigorous entangled snakes looking like one is trying to bash the head of the other to the ground, then you know its male/male combat.

This is also the time of the year that snakes are so intent on mating that they do not seem to be particularly aware of their surroundings or threats. The drive to produce off-

spring is immense, so if you do see this happening in your backyard, please do not disturb them and leave them alone.

All snakes are very shy animals and just want to go about their snakey lives. If you come across one in the yard, just remember to back off slowly and calmly - no hysterics please! A snake that is confronted by a loud and agitated human feels at risk of being attacked, and may react to protect itself. Guess who is the predator in this scenario? It certainly is **not** the snake!

How do I identify a snake?

A good snake identification book will go a long way but here are some hints for accurate identification.

What is the length and thickness of the snake?

Does it have patterns?

What colour is it?

Is it on the ground/climbing/high up?

Does it have a distinctive head or is it a uniform worm shape?

Has it been seen at night time or during the day?

If seen during the day, is it active or sleeping?

For advice and assistance please call Tweed Valley Wildlife Carers hotline 02 6672 4789 or check out our website - [www.tvwc.org.au](http://www.tvwc.org.au). We are licensed to rescue injured reptiles. Our next Orientation for new members will be held in Murwillumbah on Sunday 16<sup>th</sup> November – register your interest by calling the hotline.

*Joining TVWC is a very rewarding way of helping out our wildlife.*

## The Perils of Downloading Third Party Software

So often we find that we need a software program to perform a task like converting a file from one video format to another, accessing a free anti-spyware program, editing an image for a project, the list goes on. There are numerous free programs out there, most of which have a trial period and then require you to purchase the full version for a small fee to continue using the program features. Where many people fall down is during the download and installation process, unknowingly infecting their computer with malware or a browser hijacker. Webssearches.com is one such hijacker which modifies your browser settings by replacing your home page, new tab page and it also sets your default search engine to [istart.webssearches.com](http://istart.webssearches.com). Additionally the program tracks your cookies and collects your browsing history information in order to spy on you and also slows down your Internet and system speed. You can find removal instructions on Google but to

completely clean your system it may be necessary to do a fresh Windows install or at least get the advice from a computer repair specialist.

These malware programs can be avoided if you carefully read every screen when you are installing a program, as usually a ticked box is overlooked during the installation process, which, if un-ticked, will prevent the malware from being installed. The companies are required by law to give every user the option whether or not to install these program add-ons.

If you have any questions about malware or think your computer has been infected and you need help recovering your data and restoring your machine to a healthy running state, give me a call on 0406 217 804, drop into the Uki CTC on a Friday or call into Tweed Creative Studios, 1/19 Buchanan St, Murwillumbah, Monday to Thursday.

Previous Uki News articles can be found at <http://www.ukivillage.com.au/business/desktop-doc/>



## DesktopDoc

### Foodie Fest Event

Enjoy a night under the stars for the third Foodie Friday Food Trail in Wharf Street Murwillumbah on Friday 17 October.

Local cafes and restaurants will once again be offering a superb selection of \$5 and \$10 tasting plates showcasing fresh local produce so bring your friends, family, a picnic table and chairs and of course your favourite beverage. Relax and enjoy the ambiance and great music from Matt Aitchinson and the Three Legged Dogs.

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## Raw Tomato Soup

Here is a recipe for tomato soup that is totally unlike the cooked or canned version – because it contains no water! The result is an incredibly tasteful, nutrient-rich soup that makes your taste buds 'sing'!

(Serves 2)

3 tomatoes

2 carrots

2 celery stalks

1 medium onion

¼ c olive oil

1 Tbsp dried basil

½ tsp salt

¼ tsp black pepper

red chilli flakes

Chop tomatoes, carrots, celery and onion. Add to other ingredients except chilli in blender and puree until smooth. Top with a pinch of red chilli flakes and a drizzle of oil. It's OK to use sundried tomatoes (soak in ½ cup water for several hours) instead of fresh tomatoes.

You can warm it slightly by placing it in a container then putting that container in a bigger bowl of boiled water. Stir and check from time to time, redistributing the warmer soup from the bottom and sides. Aim for body temperature soup (so the enzymes are still intact) so that when it's warm to the little finger, it is ready,

approximately 10 minutes.

Always choose organic ingredients because (1) they taste better (2) pesticides in non-organic foods contribute to cancer - especially in those with ample fat tissue where pesticides are stored (3) buying non-organic means you are supporting the use of pesticides that are poisoning our planet.

Buying organics is usually more expensive but clearly worth the extra expense. Alternatively grow your own vegies.

Roll on summer when eating raw comes more easily!

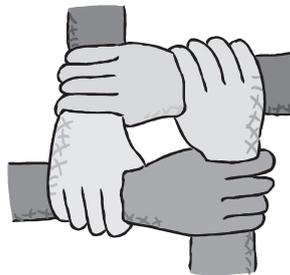
## Menkit Prince

## Refugees Excited About Second Visit

### Uki Refugee Project

Refugees have responded with enthusiasm to their invitations to a second 'Friendship Visit' organized by the Uki Refugee Project (URP). One family have persuaded a male family member to come: he was both too shy and lacking confidence in English to attend last time. A visit to his home confirmed that he is now looking forward to it. Another family asked if friends currently living with them might also come, while others look forward to renewing friendships. *'Will there be music again?... Canoes?... We loved your food...'*

The visit dates are **Sat and Sun Oct 11/12<sup>th</sup>**. Families from Afghanistan and Iran return, joined by a second Kurdish and a Burmese family. Altogether, 23 or 24 people, ranging from 12 months old to people in their 50s and 60s. It is hoped that local people of matching ages



(including primary school children, teenagers and young adults) will be able to relate to them.

It was felt that a program following a similar pattern to the first visit would help visitors feel most at home, but with special program highlights. **Uki and Tweed locals are most welcome** to join most of the activities as outlined:

**Welcome morning tea** for our visitors on the grass at the Farmers' Market Saturday morning (11<sup>th</sup>) around noon. Informal relationship building - helping serve our guests can be an ice breaker!

## Bryan McClelland

The afternoon is group time to settle in, look around and relate to one another at their accommodation – again thanks Leesa - Mt Warning Rainforest Retreat!

**Middle Eastern cum Aussie ALL vegetarian Feast** - 6.30pm Sat at the retreat.

B.Y.O. food and enough to share – music and fun into the night.

**Picnic at Clarrie Hall Dam** Sunday 12<sup>th</sup> Oct 11am- 4pm *including activities*: Canadian canoes, vests and qualified instructors. Ball games, Parachute circle game: Tug of War. The organizers say *'the more the merrier'* so this is for all of us.

**Food**: Another BYO and extra to share, extra forks and plates helpful. Information re above, or wanting to help (eg welcome banner, name tags, music, food, transport, finance or ...) contact us on email: [uki.refugee.project@gmail.com](mailto:uki.refugee.project@gmail.com); or Facebook (uki refugee project).

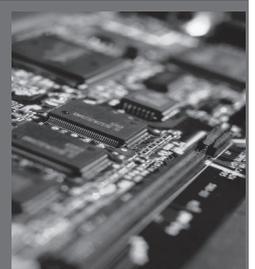
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## Relationship Health

Heather McClelland

What are the narratives or stories which have been passed down to us about marriages? Could they be based on such myths as the 'Knight in Shining Armour' who comes along to rescue the 'Damsel in Distress'? Could 'The True Love' myth still be there carrying the fantasy that 'true love will always win out' and that any doubt is sacrilege? In what we see as a largely equal society, such myths may be still operating in the varying male-dominant patterns of marriage still around. The man, seen by himself and by his partner, as the 'strong one' carries the burden that masculinity supposedly means superior strength and leadership. For the woman, femininity is supposedly fragility, dependency and even submission? Perhaps such myths explain why

fear and the anger which covers it, builds up in marriages or partnerships between the sexes. In the news is the deadliness of domestic violence and we all know the statistics relating to divorce and separation.

Narrative therapists help couples to explore their own partnering up, in the light of such myths. By looking at where and how we pick up our ideas of marriage, such unhelpfully pervasive myths can be scrutinized and pulled apart. We can also look at our history and see more clearly the way our parents, grandparents, churches and communities, lived out of such mythologies and sometimes modelled them to us.

**A positive way out of the mythologizing tendency**

Sometimes it proves helpful to analyse a friendship we value. It might be good to see exactly what makes it tick, especially what our friend says and does and what it is in their body language that makes us feel so accepted that we can truly be ourselves. Then we can experiment. What would happen if we tried on the shoes of our friend and used the way our friend relates to us as a template for being with our partner? Our aim would be to help our partner feel real and accepted. Both people can begin to leave behind 'pre-programmed ways' of being a spouse or partner when we ditch a myth, and then getting to know each other as real friends has the power to transform rocky marriages/partnerships.

## Business

Geoffrey Colwill

## Money, Money, Money

Do you run a business and need to complete a BAS return each quarter or tax return each year?

Would you like to do your BAS in 20 minutes by having all the info you need easily to hand?

Would you like to import bank info direct from your bank, to make less mistakes and save oodles of time?

Would you like to get clients to pay you quicker by taking payment on site at the end of the job?

Would you like to spend more time with the family and less time catching up on work in the evenings?

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How do you like my new business logo, above? (WIP) I would love to get some feedback – call me anytime and let me know what you think

Until next time.... Geoffrey 0427 701 892



Must be funny—if you are in control of it, instead of letting it control you. Have you been working to get your credit card debt under control? You're not alone—on average, Australians have reduced their debt by just over 10% so far this year. As we head towards Christmas it's a good time to make some resolutions about spending. It's not compulsory to spend a fortune at Christmas, and a little family discussion now might head off a major blow to your debt reduction project in January.

People often worry about life without a credit card, and think it must be impossible. Rubbish. Anyone can get a debit card, usable on line and in every way a credit card is used, but you use your own money, not expensive borrowed funds.

*'But what about an emergency? I have to have a credit card in case my car blows up/my teeth fall out/I have to pay for a funeral....'*

Yes, they are all times you might suddenly need some extra cash, but you don't need a credit card for that. All you need is a little fiscal self-discipline and a bank account. **The only way to have a life without money stress is to spend less than you earn and save the excess.**

You need to have a buffer of readily available money so that you don't have to use expensive consumer debt. Some people recommend that you have one to three months expenses salted away—but that may be too difficult for some. I believe that around \$3000, held in a high interest account, will cover most emergency spending. It might take a while to build up, but that's no reason not to start now. Once you have that buffer, and your debit card, you can cut up the credit cards.

Anita Morton