



A Day On The Green: Bach In The Park

Andia Cally

.....

Classical music lovers are in for a treat this month with a free music concert on the Uki village green. Showcasing an eclectic array of local talent, the concert will take place on Saturday 12 October at 2pm in Uki Park.

The program includes baroque, chamber, indigenous folk and ancient music, with performances on piano, cello, violin and guitar. All you need to bring is friends and/or family and a picnic.

For this inaugural, family friendly event, organiser Dave Innes is keen to recreate his experiences growing up in England where he enjoyed free "magical" music events, including brass bands and string quartets at the local village green.

"We're so lucky here in Uki to have an amphitheater with a stage where we play most Saturdays anyway. I thought wouldn't it be great to create a more formal event that showcases classical music, which often doesn't get an airing outside of a concert hall or the Opera House," he says.

Dave has lived in this area for 20 years and has been a stalwart in the local music scene, playing in several bands. He also knows a thing or two about hosting successful community events as one of the pioneers behind the

Ukitopia (2009-2019), a festival that showcased Uki's creativity and quirkiness with a marvelous mishmash of music, acrobatics, juggling and clowning, art, comedy and fashion.



A stellar line-up of local musicians in a free event of classical music.

"We're spoiled for talent here in the Northern Rivers, with some of the most amazing musicians tucked away in the hills," Dave says.

Performing at the event are some of the incredible musicians Dave has collaborated with over the years, including classical pianists, cellists, a viola player and an opera singer, singing a Bach Aria.

The program will include composers other than Bach and genres other than classical, including baroque, chamber music, indigenous and French folk music, with a special appearance from a hurdy gurdy.

As a pilot event, Dave is keen to gauge the local appetite for classical music. "I know Tyalgum has done a similar event that has been popular over the past few years. With an increased retiring population in the area and a bit more gentrification, I think classical music will be well received," he says.

The musicians are all generously donating their time for the initial concert, with a hope that with if it's well received, they can apply for funding and create an annual event.

Running for about 2.5 hours, the concert will take place at 2pm on Saturday 12 October, rolling on from the weekly Saturday markets. Dave says many parents have already expressed their gratitude that it's a daytime event, which means they can bring their kids.

Let's keep our fingers and toes crossed for a temperate, sunny day to accompany some sublime music.



From the Editors

Welcome to Issue 137

We've got a jam-packed, spring issue for you, filled with fabulous events, including a free classical music concert, a free mini Shakespearean festival, a film fundraiser and two ceramic exhibition openings.

In fact, this issue is so packed that we've had to hold over part 2 of the Historical Society's story on pioneer Pauline Radel until our next issue.

We share stories of the love and goodwill in the Uki community, including a run down of the recent visit from our Brisbane-based refugee friends and the amazing efforts of Uki Just Dance who raised more than \$1000 for Medicin Sans Frontier.

Uki Public School has been being singled out by local member, Janelle Saffin in Parliament recently for its outstanding work introducing Auslan classes.

Resilient Uki unveils its new website, ensuring the local community can stay stronger together and weather any curveballs that nature throws our way.

Tech writer Louise Bally suggests we extend the idea of a spring clean into a digital detox, taking regular breaks from our devices. Happy reading.

Andia

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The Uki News is a bimonthly, free publication by the Uki Village and Districts Residents Association (UKIRA).

Disclaimer: the opinions and views expressed in this newsletter may not reflect those of the Uki News or of UKIRA.

Uki News is printed by Uki Community Technology Centre (aka CTC) at the Buttery building. It is delivered to most households on the South Arm of the Tweed River. Copies are also available at various local outlets, including the Uki Supermarket.

Current and past issues are available at Uki Village website - www.ukivillage.com.au/uki-news

Letters To The Editor

Thanks so much for the LARGER type font used in the latest issue of the Uki News

For me as an older person it makes it a much more pleasant experience to read.

Keep up the good work.

All the best,

Geoffrey Colwill

On September 10, I went off-grid. The critical failure of my old battery and inverter system on October 26 last year put me back on the electricity grid without the benefit of solar panels.

Power companies engineered a massive rort at consumers' expense. In June, my electricity retailer advised staying on the grid increased to \$2+ a day, the tariff to buy grid electricity 'generously' dropped to \$0.467/kWh; I'd get \$0.04/kWh for the power feed into the grid. So I was paying \$60 a month for the privilege of giving them very cheap electricity.

My very energy-efficient house costs \$400 a quarter without the benefit of solar. The new \$16,000 system has a 10-year guarantee. Subsidies are often available.

I understand the up-front cost may be steep, why would anyone stay on the electricity grid if they didn't have to? Happy to share the details.

Pat Miller pat@patmiller.net.au

Contact Uki News: theukinews@hotmail.com

I am writing to you to suggest the slogan
OH MY-IT'S UKI.

Yours faithfully,

Ted Davis

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LARRIKIN COOKIN'

A Recipe for Disaster

Pat Miller

On September 7, I invited seven friends to dinner. There was a catch.

Over Tuesday beers one of them opined that he'd like to cook with a group of people as a social activity and to learn culinary skills. My fiendish next door neighbour and I devised a devilish plan to effect this.

Everyone was allocated, by throw of the dice, one of the five food groups. A six meant you could choose any. Everyone was emailed their food group that day at 1.00pm and had to forage in their houses for four serves in the allocated food group to bring. They were honour bound not to go shopping.

When we cook we generally put together whatever's at hand. When people come for dinner the quest for glamorous perfection outweighs the fun of cooking for friends. I rest my case.

Everyone can cook, how well varies. There was some robust debate about this too!

This was an exercise in fun; everyone was warned not to overthink it. This was where the personal politics arrived.

Culinary suggestions morphed into something else entirely, navigated around a couple of tricky dietary requirements.

From a collection of kale, zucchini, rice, beef mince, plain flour, eggplant, milk, cheese and a variety of rather



wonderful random ingredients we made from scratch and ate:

- a variety of cheese and crackers to start
- chappatis
- rissoles with cumin and garlic, topped with quark
- fried tofu coated in harissa
- steamed brussels sprouts and



leek tossed in butter

- stir fried eggplant with kale, spinach, kimchi ginger and topped with dried seaweed
- pickled zucchini as a side dish
- whole grain basmati rice

We joked that the compost bin looked so good we should top it up with stock and make soup.

While the food was great, the company was fantastic. The place was alive as cooks and non-cooks negotiated using the random ingredients. It was creative, funny and loud. Smart people fuelled on very good wine (2 x 2015 Cape Mentelle Shiraz to start) engaged with a challenge.

The politics of food was never this much fun. No disasters in sight.

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LIVE THEATRE

Free Mini Shakespearean Festival

Shelley McNamara



Uki Public School will provide a picturesque setting when Uki Moon Theatre (UMT) brings a taste of Shakespearean magic to the town in October.

Teaming up with the renowned Sydney-based professional Shakespearean troupe, Come You Spirits, UMT will host a FREE Mini Shakespearean Festival on Saturday, October 19, with gates open from 4pm, for a 5pm start (bookings essential).

A very special rendition of William Shakespeare's *A Midsummer Night's Dream* is set to transform Uki into Uki-Upon-Avon for one fairytale-like evening.

It's a free event, and we're excited to partner with the Uki school to offer something special for the local community. We're thrilled to be able to bring top-class performers from a troupe like Come You Spirits to Uki Public School!

Bring a picnic and dress up in medieval/Shakespearean get-up and make the most of it!

Come You Spirits is a touring troupe of actors – Jo Bloom, Charles Mayer, Sontaan Hopson and Ciarán O'Riordan, with storyteller Nathan Meola, who perform all the plays in their

Uki Moon Theatre presents a mini Shakespearean festival

in collaboration with Come Your Spirits, a professional Shakespearean troupe

William Shakespeare's
A Midsummer Night's Dream

Join us for a magical family-friendly fun evening on the grounds of Uki Public School

Date: Saturday October 19, 2024
Show starts: 5pm, gates open at 4pm
Bookings essential: <https://www.trybooking.com/COEVP>
Food & Drink available + BYO Picnic & Blanket/Chairs
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repertoire in magnificent outdoor and indoor spaces. The actors adapt Shakespeare's plays to be retold in clear but magical fashion by just four characters.

As the sun sets on Saturday evening, Uki Public School will become the stage for romance, comedy, and a touch of magical mayhem. The audience will step into a mystical forest filled with mischievous fairies, confused lovers, and an amateur theatre troupe trying to put on a play.

From the whimsical plots of fairy king Oberon and his jester, Puck, to the hilariously heartfelt attempts of the town's tradesmen to stage their own drama, this play has something to charm every family member.

It's a wonderful opportunity to share the magic of Shakespeare in a fun, accessible way for all ages. We can't wait to see everyone there.

Bookings: <https://www.trybooking.com/CUIED>

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Authorised by Janelle Saffin MP. Funded using Parliamentary entitlements.

Cutting Red Tape For Teachers | Gold Star for Uki Public School

Janelle Saffin MP, Member for Lismore

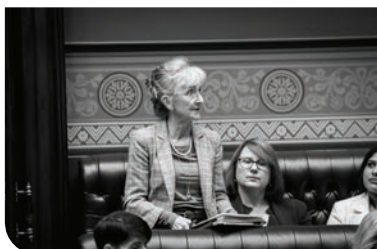
Great news for our teachers, with changes to teacher accreditation and professional development, freeing them from a lot of tedious red tape and administrative work.

Teachers must do 100 hours of professional development every five years to maintain their accreditation.

The changes mean they won't be forced to do 50 of these hours in previously mandated areas, but will be able to choose the professional development that is most relevant to their teaching and the education of their students. Teachers will no longer need to write time-consuming evaluations of the professional development they complete.

These changes will ensure that every hour of a teacher's professional learning is valuable to their classroom.

In the September Parliamentary sittings I made the following statement in recognition of some outstanding initiatives at Uki Public School:



**Janelle Saffin
in Parliament
congratulating Uki
Public School for
introducing Auslan
lessons**

Congratulations to staff and students at Uki Public School for implementing Auslan lessons in its youngest classes at the beginning of this school term.

This move was prompted by the enrolment of twins Nikitya and Eliya Lakaez in kindergarten this year.

The twins are hearing children in a family where their mother, Kirsty Cumming, is deaf and their father, Jex Lakaez, is deaf and blind.

Principal Rachel Watkins told The Tweed Coast Times newspaper that learning any other language increases people's awareness of the needs of others, and Auslan is a language and a culture for a whole community of people.

"It increases students' empathy and perspective and develops their availability to be inclusive," she said.

Deaf teacher Marie Ware's lessons have been interpreted by local translator and deaf community and culture advocate Michelle Maguire.

In other news, Uki Public School held its Art and Pottery Show on Thursday 12 September, this year partnering with local community pre-schools.

Principal Rachel says Uki has a proud history of excellence in visual arts. "The local community is blessed with many celebrated artists, who enrich the village with their creativity," she told The Tweed Valley Weekly.

RELATIONSHIP HEALTH

"It's About Attitude": Arthur Collings

Heather McClelland

At almost 87 Arthur Colling's slim upright figure is well-known at Murwillumbah Golf Club. His handicap hovers around 15.

Arthur remembers WW2.

"We moved to Wales to escape bombs that fell constantly because of a Royal Navy Dockyard nearby. One week later, a stray German bomb destroyed a family five doors away. Nowhere was safe!

With wartime shortages my desperate mother saw children fading away. She over-fed me not realising this might be problematic. I became grossly overweight and the butt of schoolyard bullying. As a result, I don't like people taking the micky out of others.

By 16, I realised I couldn't have everything I wanted. I took charge of my eating. Sport was my saving grace. I loved to be fit and active. I adored cricket and soccer at school and at 46, golf.

Through my teens I'd enjoyed going dancing. I met Sheila in my early 20s' and she put me at ease as we danced the quick-step. She helped me gain confidence and we did life together".

Arthur always had a reputation as an enthusiastic worker, turning up with a smile on his face. He says:

"It's an attitude of mind! It was when my company went bust and I was out of work that I was miserable. I wrote to every electrical shop in Brisbane and months later got a good job."

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Sheila's lifelong vocation was in nursing and midwifery. Together, they raised their two boys, migrated as 10-pound poms, made lifelong friends, lived in caravans and moved states for better housing until at retirement.

Arthur built their home and bespoke furniture on acreage in Uki with peace-filled views of Wollumbin.

When Arthur lost Sheila to cancer after caring for her at home it was hard. "I slammed into the wall and had to suck it up for a couple of years. After a 57- year marriage I can't imagine anyone else...I was reluctant to give up our dream home, but eventually downsized.

Now it's a solitary existence. You can see why golf, friends and family are so important to me".



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Uki Bike Park Film Night

Eddie Roberts

Tens of thousands have come to Uki to enjoy our bike park, bringing health, fitness and economy to our community all mixed with a lot of fun.

Keep your eyes open for Tweed Valley Mountain Bike Riders first film night at the Citadel "Anytime". It's a Red Bull production, screening 2nd November. Doors open at 6pm, movie begins at 7.30pm. Food, drinks and great raffle prizes available. Hope to see you there.



One of the smaller shredders at Uki's bike park

Suitcase Rummage @UBBM

Michele Bevis, Market Coordinator & UKIRA Member

UKIRA's market team are planning some festive changes to the Sunday Uki Buttery Bazaar Markets (UBBM) in December and January, including a suitcase rummage.

Suitcase rummages are an affordable way to sell your pre-loved and handmade creations straight from a suitcase, no need for marquees, racks, tables or your own insurance. Just you and your suitcase.

Members of the public can support local makers and buy second hand. It is important that as a community we create more conscious consumer habits by diverting products from landfill. We are encouraging and creating the revolution in goods and good-will, by choosing where stuff comes from and where it ends up!

There will be face painting, potentially some workshops and Santa has been invited and we are waiting to hear back from them.

Follow us on facebook www.facebook.com/UkiButteryBazaarMarket or text 0487 329 150 for more information.

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email : expressions4212@gmail.com



Andia Cally

little gallery

Ancient Culture | Rich Foundations



Ceramicist Cathryn Binstead's October exhibition is inspired by Japan

On Friday 4 October at 6pm Uki, ceramic artist, Cathryn Binstead opened her exhibition – Ancient Culture, Rich Foundations (4–27 October 2024) at Little Gallery in UKI. This exhibition features a series of pieces influenced by Cathryn's recent trip to Japan.

In this exhibition she uses clay to represent the textures, patterns and repetition she enjoyed in two of the ancient rural and urban landscapes she visited in Japan.

During her recent visit to Japan she was struck by the simple beauty of two sites, the 1,200 plus year old Buddhist temple Koyasan and the picturesque historic village of Kurashiki. Through her pieces she aims to recreate the feelings of "peace, harmony and serenity that both these sites evoke through their understated external environments and stone structures."

Upcoming Workshops

Join us at the Little Gallery in UKI for an exciting series of artist-led workshops this spring. It's a wonderful opportunity to learn new art techniques, connect with community and create a precious keepsake or a unique gift for someone special.

We've recently added some new eco-dyeing workshops. Check out our [facebook page](#) to RSVP.



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Finding the Right School

Rachel Watkins, Principal, Uki Public School

At this time of the year, families with a child ready to start school next year are often thinking about which school would be the right one. Most parents say that they want their child to be happy and to learn well. Teachers want the same thing! Parents also talk about "the feeling" they get from a school, so the best way to find out whether a school is the right "fit" for your child and family is to pop in for a chat and a look around.

There are all sorts of factors to consider, including the values promoted in the school, whether your child's wellbeing will be supported, the number of children and potential friendships, whether there are enrichment opportunities, such as creative arts and sport, and whether your child will have access to expert teachers to support or extend their learning.

Your local community school, Uki Public School (UPS), has an excellent reputation for learning and wellbeing. Former School Captain Abi says, "I love the things we do at school. I sing in the choir, play in the school band and enjoy all the art. We do great things on the iPads and computers. It's good fun."

Parents like Vicki are involved and supportive. "The caring, friendly teachers and amazing environment makes Uki a great school. The school promotes wonderful values like responsibility, care and respect for others," says Vicki.

UPS has an extensive kindergarten transition program starting soon that ensures the littlies are feeling ready and confident for "big" school next year. Children spend one day a week for six weeks with their 2025 kindergarten teacher, so that they are familiar with each other, the teachers, the environment and the routines. If you'd like to organise a tour of the school or to book in for the transition program, please call our office on 6679 5128. Our transition days are from 8:55am to 2:30pm on the following dates:


- Monday 14 October
- Monday 21 October
- Monday 28 October
- Monday 4 November
- Monday 11 November
- Monday 18 November




"We couldn't be happier that we've chosen Uki Public School for our family," say parents James and Joanne.


"The teachers and staff genuinely care about the children, and the opportunities provided are fantastic."

We'd love to have your family join the Uki Public School community. Pop in any time.





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Uki Buttery Bazaar Market

To book a stall at the monthly Uki Buttery Bazaar please contact the Market Coordinator on 0487 329 150

PLENTY OF PARKING AT RAINBOW BRIDGE AND SWEETNAM PARK

OCTOBER Buttery Bazaar

Sunday 20 OCTOBER

Bill Jacobi's Rogue Elements. This October we welcome singer/songwriter and multi-instrumentalist Bill Jacobi and his eclectic band of Rogue Elements back to the Uki Market stage. Bill plays dobro, banjo and acoustic guitar, and will be joined by acclaimed blues man Nick Churkin on drums and vocals, the ever-effervescent Rob Renfrew on bass and vocals, and the multi-talented Peter Haddock on flute, electric guitar, percussion and vocals.



BILL JACOBI'S ROGUE ELEMENTS

Stepping into the guest artist spot, the aforementioned Robert Renfrew, will be stepping out of his bass player persona and into his storytelling troubadour alter ego, with a collection of his own material, and a selected mix of what he affectionately calls his 'fireside radio favourites'.

Music kicks off at 9:30am.



BILL JACOBI'S ROGUE ELEMENTS



NOVEMBER Buttery Bazaar

Sunday 17 NOVEMBER

Chris Fisher is an eclectic singer songwriter musician who has released five studio albums and performed consistently through an enduring career in music.

He began performing at the folk clubs and music festivals of Far North Queensland before moving to the Byron Shire in 1989 and becoming a popular regular at North Coast gigs playing solo and in various duo and band line ups. He released his first studio album: 'Progress' in 1990.

Fisher is a dynamic performer and will present his songs and favourites through three different acts and formats at Uki Market.

Soul-Fish is Fisher's latest musical project in which he plays keys and electric guitar. Sparking off the successful pairing from Monkey & the Fish with Marcelle Townsend-Cross, Chris Fisher's life partner, which began in 1997.



SOUL FISH

Collaborating in the line up are George Urbaszek bass, Rex Carter drums, Julius Hofstetter sax, Alfie Zaki percussion.

A much celebrated and experienced collective delivering a soul and roots influenced repertoire of originals and original interpretations of classic tunes. Emotive arrangements and musicianship meld an engaging lucid lyric, vocal style and groove.

Soul-Fish released their first single, 'Hearts Together' in September 2023.



CHRIS FISHER

Chris Fisher's solo set includes a selection of intimate acoustic folk originals and interpretations.

Uki Dances to Make a Difference

Mary Woo Sims

Uki Just Dance aims to bring community, parents, kids together on Friday mornings from 9 – 10:30 a.m. Our music playlists are created by anyone who wants to offer one. In a truly unique do it yourself-style, every Friday brings a different experience at the Uki Hall; however, on Friday, September 13, there was a special evening dance event.

People from all over came together to fundraise for Médecins Sans Frontières (MSF) also known as Doctors Without Borders.

The “kids disco” was from 6-7pm, with a special dance playlist that Stephen, the father of one of our younger dancers, created. There were dance performances by Eve E White and the NAYIKA ODISSI Dancers. Daz Proco provided yummy food, with the Just Dance community overseeing the rest of the dance preparations.

By all reports, everyone had a marvellous time. More importantly, we raised \$1,100 for MSF, which was acknowledged by them in their social media feeds on Facebook and Instagram.



Community members, from left to right, Jenny Pearson, Kayla Finlayson and Pattie Virag.

MSF is a non-governmental organisation of French origin, known for its projects in conflict zones and in countries affected by conflict, epidemics, natural disasters and endemic diseases.

MSF won the Nobel Peace Prize in 1999 and is currently working all around the world to provide medical aid.

Tragically, MSF workers

have also lost their lives delivering urgent medical aid. Most recently to six MSF workers in Gaza.

When people in our community come together, wonderful things happen. Helping each other like we did post 2022 flood and now, bringing aid through MSF to others worldwide.

Thank you everyone. We hope to see you some Friday at the Uki Hall for Uki Just Dance.

Have Your Say: Sweetnam Park

Tweed Shire Council is upgrading Uki's Sweetnam Park with new play equipment and park facilities designed to be more flood resilient, welcoming and accessible for everyone to enjoy.

While we've included a new playground and a half basketball court, based on previous feedback from the Uki community, the design isn't set in stone. We want to hear your ideas for additional features. We also know you're keen on incorporating public art and showcasing local artists.

There was a complimentary breakfast and children's activities at Sweetnam Park on Sunday, 22 September, which was an opportunity for council to get feedback and help shape the final design of our community park.



Here's a glimpse of what's proposed:

- New play equipment for 2- to 13-year-olds with inclusive play elements
- Natural play elements, including a cubby and climbing net for the littlies
- Half basketball court for youth
- Small scale skate elements
- Seating and drinking fountain
- Picnic table and shelter
- Connecting pathways
- Landscaping and tree planting.

Left: Sweetnam Park slide. The existing facilities at Uki's Sweetnam Park are set for an upgrade and residents are invited to provide input into the Draft Concept Plan.

You can review the draft concept plan and share feedback with us at www.yoursaytweed.com.au/sweetnampark.

Have your say by Sunday 27 October 2024.



Sunshine and Community Create Friendship Connections

Bryan McClelland

Unseasonably warm days, unrestrained generosity and unexpected relationships meant another successful Friendship Weekend for Uki Refugee Project (URP) this year.

Uki and Murwillumbah residents hosted 33 visitors, from eight different countries, associated with the Romero Centre in Brisbane. Papua New Guineans (escaping tribal or domestic violence) joined refugees from Colombia, Cuba, Iran, Bangladesh, Afghanistan, Namibia and the Congo Republic to travel down by train. Volunteer drivers transported them to and from Varsity Lakes.

Bonds were built with drivers, hosts and fellow newcomers from other lands. Refugees and locals enthusiastically embraced community interactions.

We learned some refugees had never interacted with Australian families before. A mother and her nine-year-old daughter loved their host's garden - their current accommodation is a motel room!

Eighty-five people had a rip-roaring good time at the Saturday night feast and Bush Dance, stimulated and instructed by Uki's 'Playing Possums' band. Refugees also took turns to regale us with songs. Thanks to the Uki Hall Trust for a subsidised hire fee.

The weather and tides smiled on our Sunday picnic. Under the watchful eye of the Cudgen Headland SLSC team many unfamiliar with the water experienced their first



Cudgen SLSC supporting first-time swimmers.



The Happy Picnicers

swim, splash or kayaking experience. Little children loved the sand play. Donated sausages from IGA were complemented by a choice of delicious salads, followed by sweet treats, including carrot cake donated by Wollumbin Street Bakery.

We were thrilled to discover that one of our guests from Afghanistan was friends with a man URP has been supporting. Both had supported the allies in the war before the Taliban took over and shared life together while trying to escape retribution. Efforts continue to search for ways to help this man find safety.

We continue to be astounded by the extensive support our own community offers for events such as Friendship Weekend. If you would like to support our work in raising awareness, engage in advocacy, participate in future events, email us at uki.refugee.project@gmail.com.



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TECHNOLOGY

Digital Detoxing for Wellness

Louise Bally

When it comes to screens what is a healthy balance? Does it differ for adults and developing and growing children? Many concerned parents are asking these questions wanting the best for their children, without too many rules and regulations.

As adaptive creatures, it is possible that our youth have already started adjusting to prolonged screen time; however, a healthy balance is important. The old adage "If you don't use it, you lose it" can be applied here to our innate skills, like memory, orientation etc. Doing sport, playing music, dancing and outdoor activities are an integral part of human life and should be part of our daily activities.

Many studies show the effects of screen glare on our eyes, especially before bed, which can lead to headaches, disturbed sleep and poor concentration.

Tip: Take a break before bedtime

Unplug, tune out and switch off an hour before bed to improve your sleep. Try this for three consecutive nights and see if you sleep better. Tune into your body and listen, observe your energy levels after a long session on the phone or computer and notice their effects on your sleep and vision.

Tip: Take regular breaks throughout the day

Limit technology use at specific times of day, allowing your body to regenerate, refresh and rehydrate. A walk in nature without a phone will ground you, improving circulation, concentration and balancing mood, leading to healthier relationships, both at work and at home and greater overall productivity.

Many of us have become reliant on our GPS, favouring it over navigating from memory, landmarks, or instructions from a friend. It wasn't too long ago that we had to calculate (for ourselves) when to leave home to arrive on time.



Although technology is useful and convenient, does it also lead to memory deterioration and cognitive dissonance?

Tip: Turn off your GPS and turn on your internal navigation skills

Improve and sustain your spatial memory skills through navigation and mental mapping. Avoid using the GPS when travelling to familiar spots. See if you can locate north, south, east and west from any location.

Tip: Choose remembering over reliance

Relying on technology to save information and remember for us can reduce memory recall. For example we used to remember phone numbers and now rely on our phones to remember for us.

Start memorising the mobile numbers, this is a great cognitive neural pathway exercise that keeps our memories sharp, like practicing scales on an instrument or with the human voice. When recalling a number, scan your physical memory before checking your device. You may be pleasantly surprised how easy it is to get back into the habit of relying on memory.



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New Community Resource Website

Carmen Myler, Secretary RUKI

Resilient Uki (RUKI) is pleased to launch our new website, a local resource for residents of Uki and surrounding communities to help us get better connected, to be prepared for whatever the future holds, and to be a key resource in times of emergency.

It's been a challenging five years with fires, floods, landslips and a pandemic. We've had our fair share of disasters that have resulted in most of us being isolated at some point, roads and causeways washed away, communication being cut off, and food security threatened. It might be paradise here, but we're also highly vulnerable.

Nature is powerful, but we are too when we come together. As the opening quote on our website says: "A community that is engaged and working together can be a powerful force." – Idowu Koyenikan (author of Wealth for All)

Whether you're new to the area or you've lived here for years, the resilientuki.org site has some great resources, including:

- A new residents' kit for you to download and share with folks who've recently arrived.
- Communication in 'peace time' and emergencies, including the local UHF radio network (stay tuned for more on that in a future article).
- Details of who is who in the neighbourhood. RUKI's community-led Neighbourhoods Project kicked off after the 2022 floods to support 12 neighbourhoods from Mount Burrell to Mt Warning Road, building our capacity to support each other. Find your neighbourhood group and say "hi".
- Tips for preparing your household for a disaster – what to do before, during and after a

bushfire, storms, floods, landslips and heatwaves (did you know that heatwaves are the leading natural hazard risk to human health in Australia?)

- Links to key apps, agencies and websites to download/bookmark.
- Tips and resources for health/mental health, animal care and food security.

Special thanks to Uki artist Marlena Bassar for donating her beautiful artwork for the website banner. We also wish to acknowledge and thank the team from The Channon Resilience Inc. who generously allowed us to share content and model our site on their site, thechannonhub.org.

The Resilient Uki website was made possible partly through funding from the Community Wellbeing and Resilience Flood Recovery Grant Program (funded by Healthy North Coast through the North Coast PHN Program) and partly from volunteer effort (thank you all!).

Community for community in action!

Visit: www.resilientuki.org



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US Presidential Elections

The race is on

Paola Emma
.....



The US Presidential Election will be held on 5 November. At the time of writing, most polls and pundits indicate a likely victory for the Democratic candidate. The astrological community is divided on the subject though. Here are some of my reasons for predicting a Harris victory.

Kamala Harris: on election day the feminine planets Moon and Venus, conjunct in Sagittarius, will become part of two particularly harmonious configurations in her birth chart, known as "Grand Trines", involving her Moon-Mars-Ascendant/Descendant-Sun-Saturn-Lunar Nodes.

Saturn-Sun's transits show the likelihood of her reaching a position of great authority and the inevitable weight of responsibility coming with it. Saturn is; however, also in opposition to her Virgo Uranus-Pluto-Venus, while aligning to Chiron, showing the grave challenge she is facing. She may even experience a bout of illness. All of these Saturn's transits will be over by February 2025, suggesting though that the election itself will not be the end of trouble for her and the US.

The transits of Jupiter in Gemini are also very much to her advantage. The planet of opportunities and good luck is in fact getting closer to the degree of her Gemini Ascendant, a traditional signature of success and the start of a new expansive cycle.

Donald Trump is still experiencing the grave difficulties posed by Uranus shaking his career/reputation sector (conjunct Mid-Heaven + square Mars-Ascendant). The first pass of this transit was on the very day of the first attempt on his life (July 13), soon followed by his controversial choice of Vance as running mate and Biden leaving the race and endorsing Harris. The second pass of the same transit is due on October 6 and the third on May 8, 2025.

This contact is one of the most troublesome of all possible planetary patterns. The same configuration could be problematic to anyone, but it is proving particularly so for Trump, because at birth, his Gemini Sun was conjunct Uranus and his Sagittarius Moon was opposing Uranus. The transiting Moon-Venus will also oppose Uranus on election day, unfavourable placements, as he is competing against a woman! Trump's innately unpredictable personality, wilful and prone to extremes, is becoming overly stimulated at this crucial time. The same Uranus is instead conjunct Harris' Jupiter, exciting for her, explaining her unexpected rise in popularity and delivery of inspiring performances.

The main reason why some astrologers believe Trump could win is Jupiter's alignment to his Gemini Sun/North-Node, generally considered helpful. The positive effect of Jupiter may explain why, against all odds, he remains competitive.

In my view this transit cannot outweigh the disruptive effect of Uranus, but actually contribute to his undoing. It seems that Jupiter is expanding his already inflated Ego, amplifying his grandiosity complex. Proof: his disturbing behaviour during the recent presidential debate, as Jupiter reached the exact conjunction. This transit will repeat in April, spelling more trouble for all involved.

Finally, Neptune was favourable to him in 2016 (trine Mercury), unfavourable in 2020 (square Uranus-Sun-Nodes) and it's again unfavourable this time, tangled up with his Uranus' troubles (quincunx Mars-Ascendant).

Looking at just the planetary alignments on election day, irrespective of individuals, one transit definitely sticks out: the opposition of Mars, on the cusp of Leo, to Pluto, on the cusp of Aquarius (the great reset). This suggests a very intense, resentful atmosphere, hopefully not escalating into violence. Mars' retrogradation from early December will activate the same transit just before the Election official certification (January 6)!

Pluto in Aquarius: the great reset. On November 20 Pluto will enter Aquarius. This 20-year-long transit through the most humanitarian and progressive among signs seems to me a hopeful development for the future of our planet, despite various setback coming in 2025/26 (read: Saturn conjunct Neptune in Aries etc.).

Pluto in Aquarius will hopefully strengthen our collective drive toward humanitarian and ecologically sane reforms, even forcing us to transform the norms we have adopted since the last Pluto in Aquarius' period (1777-1798), when immense socio-political, technological revolutions jump started our modern era.

Now, an epoch of new ideals and sense of community is slowly been born. There will be dragons though; no transition of such magnitude can be without them.

More astrological insights and tutorials available at: <https://livingmoonastrology.wordpress.com>.

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