



# IMAGES OF UKI Exhibition 2017

## Lorraine Lintern

Over 250 guests attended the opening of 'Images of Uki' exhibition on Thursday September 14. The exhibition opened with a fashion parade showcasing amazing creations designed locally by Maya Krasna, Pangaia, Desert Owl, and Uzume Welling. The parade was closely followed by the magnificent trio of Thomas, Michele and Sue with their playful version of the alphabet. The duo, 'Playing Possum' enchanted us with Irish jigs played on flute, mandolin & guitar. A fantastic night was had by all.

Around 60 Artists submitted work with over 90 entries in various mediums, producing a rather splendid display of high quality work. Sixteen pieces were sold during the exhibition to both locals and visiting tourists. This year we had a lovely collection of cards from the artists previous works, a great way to remember them.

Thank you to all the artists involved in this year's display and to those that gave their time to put up and take down the exhibition and also those who attended. It was wonderful to share in the joy of the

community's involvement. What a unique and generous hearted village we have.

Selection for the 'people's choice' produced the following votes:

Friday	Saturday	Sunday
136	190	284

With a total of 610 counted votes produced the following results:

1st	<b>Roslyn Oakes</b>	61
2nd	<b>Susan Kinneally</b>	41
3rd	<b>Belinda Van der Leeden</b>	36
4th	<b>Elsbeth Gartly Strassman</b>	31
5th	<b>Edith Streiner</b>	27
6th	<b>Rod Hall</b>	25
7th	<b>Peter Baker</b>	25
8th	<b>Perri Wain</b>	25
9th	<b>Rob Beckett</b>	23
10th	<b>Kylie McCaffrey</b>	22

Thank you ALL for coming and for making it such a worthwhile event.



Images top – bottom:

Desert Owl designs; Maya Krasna designs; Sculpture by Rod Hall; Thomas, Michele and Sue. Photos courtesy of Vibrant Imaging. [www.vibrantimaging.com.au](http://www.vibrantimaging.com.au)



## A New Posting

### Brendan Esposito

Uki News would like to announce Lyn and Peter Messing will be leaving the Uki Post office and newsagency in the very near future. Lyn and Peter would like to convey the following message to Uki:

*We'd like to thank the Uki community for the support and care (especially when Peter has been unwell) they have offered us over the last 15 years that we have been in the post office. Working in the post office has been more than a job to us. It has been a wonderful lifestyle and we have always*

*felt like Uki was our home. Thank you. We'll miss you.*

To exemplify this Lyn recounts the story of the time the Rural Fire Service rang to ask if the post office was on fire. It soon became apparent some fool was having a laugh at everyone's expense. This did not stop Jacko (RIP) barreling through the front door 5 mins later yelling "where's the fire?".

Like the best of all post masters, when Peter was asked for any anecdotes about the last 15 years... he remained silent (although I think I saw a twinkle in his eye). It seems Uki's secrets are safe.

Peter and Lyn took over from Phil and Nora Milsom in 2002 and have been an integral part of the community ever since, raising two girls, Bettina and Alycia in that

time. Peter and Lyn have recently become grandparents and will be moving to Armidale to take on the important duty of grandparents.

Uki News would like to take this opportunity to welcome the new post master Gary Wall who will be taking over in October. Gary will have a period of orientation with Peter and Lyn and then be ably assisted by Pip and Laura who will be staying on to assist.

Please come and say a fond goodbye to Peter and Lyn and take the opportunity to meet and welcome the new post master Gary on Sunday, October 8 at 2:00 PM in the Uki Hall.

# From the Editors

Winter is spent and Spring has arrived with warm weather, flowers and more than a few snakes. What hasn't arrived is the rain. Water, as ever seems a topical subject in Uki... one minute there's too much of the stuff, and now there's not enough or it's being removed from the ground to be put in plastic bottles and soft drinks.

A chockers edition this issue... read on and enjoy. I can't sign off

without saying: thank you to Peter and Lyn for 15 years service to the Uki community. Also... "Go the Pythons!" and well done the under 13's girls and their grand final win! The Great Uki Bake Off is being held again on Sunday 5th November - we hope to see you there! **(And don't forget... Uki News is your contributions Uki)**

Brendan and Kylie

Contact Uki News: [theukinews@hotmail.com](mailto: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.*

## UKIRA Report

**Samuel Quint, President**

Hello good citizens of Uki & District, we trust all is well for you. UKIRA recently facilitated the installation of some large rocks along Norco Street and at the rear of the Buttery. The objective being to help rehabilitate the grassed areas for public recreation by preventing unwanted vehicular movements in what is hopefully a practical and aesthetically pleasing way. Many thanks to all involved with this project.

One key objective that UKIRA holds is to keep the local community informed of local developments, one way to do this is by being aware of local development applications, this can readily be done via Tweed Shire Councils website by following the 'DA Tracker' link from the home page 'Quick Links' section. There is a clickable map that can be used to view DA's in your area and beyond. Be informed! Be empowered!

UKIRA welcomes your input. If you have some skills, knowledge or ideas please come along to our meetings and meet the team, 1st Tuesday of the month in Uki Hall meeting room (out the back). We fold the Uki News every second month and many hands makes light work with good conversation.

Finally, a special thanks to Peter & Lyn Messing from the Uki Post Office, their assistance with various UKIRA activities over the years have been invaluable, in particular the distribution of the Uki News. We wish them all the best for future endeavours. ✱

## Red Cross News



On Tuesday August 8, the Uki branch of the Australian Red Cross held their Annual General meeting at Mount Warning Hotel. The election of officers was discussed and voted on as follows:

**President: Pauline Carroll**

**Vice President: Joy Armour**

**Secretary-Treasurer: Val Bell**

**Publicity Officer: Julie Hitchens**

It was also decided to continue with planning towards the Annual Christmas fundraising day in December. We ask you now, if you could start your own planning for the fund raiser by making cakes, embroidery, crocheting, jam making, etc...

Next meeting to be announced. ✱

## The Great Uki Bake Off returns!



The Great Uki Bake Off is on again! It's a wonderful opportunity to connect our community around a common theme that everyone loves - food!

We have some brilliant home bakers, cooks and all-round culinary creatives in the Caldera and this event is a great opportunity to get some fabulous recipes out of the home kitchen for everyone to try.

Anyone is welcome to bring a favourite dish to share and be in the running for a number of prizes. From deserts to health foods, drinks or savouries... all entries are welcome and can be sampled by the lucky patrons from 11am to 1pm on Sunday November 5. \$5 entry for adults. It's like a great big picnic party in the hall.

All food entries must arrive by 10:30am for the judges to peruse before the doors open to the public.

**For more info: Facebook - The Great Uki Bakeoff / Ph 0421 753 845.** ✱

# Conservation Volunteers sought for Mid Tweed River Flood Recovery

**Matt Bloor**



Tweed Shire Council is partnering with Conservation Volunteers Australia to rehabilitate flood damaged riparian vegetation on the Tweed River between Uki and Byangum during October and November.

Volunteers are being sought to join the Better Earth teams to restore public land hit hard by the record Cyclone Debbie flooding. Many sites have been planted and nurtured by the community over numerous years - this is a great opportunity to join in the recovery effort and protect the Tweed River for the future.

**Dates have been set for 4 consecutive weeks of recovery work:**

- Monday 23rd to Thursday the 26th October
- Monday 30th October to Thursday the 2nd November
- Monday 6th to Thursday 9th November
- Monday 13th to Thursday 16th November

Teams will work four days per week to plant native trees, shrubs and groundcovers on damaged banks to improve habitat for threatened species, reduce environmental weed impacts and restore a critical part of the Tweed drinking water catchment. Some flood debris clean-up will also be undertaken where it safe to do so.

Native plants, materials and coordination of the project will be provided by Council's Natural Resource Management Unit. Volunteers from Uki Residents Association and Friends of Wollumbin Landcare will assist with works at some sites.



## To volunteer:

please visit the **Conservation Volunteers Australia** website  
<https://bookings.conservationvolunteers.org/project/mid-tweed-river-flood-recovery>

Enquiries can also be made with Conservation Volunteers Regional Manager Neil Taylor on 0407471352 or Matt Bloor, Council Waterways Projects on (02) 6670 2580.

# Uki Refugee Project Friendship Visit

**What can one small village do?**

**Please join us! We will be having a FRIENDSHIP VISIT on Saturday 14 to Sunday 15 October and we would like to invite you be part of it.**

Some of our visitors will be staying at the Mt Warning Forest Hideaway and some will stay in people's homes.

- Saturday evening we'll have a "Feast Around the Fire" at the Hideaway - BBQ, delicious food, music, games, and friends.
- Sunday we'll have a Creek & Beach Picnic at Kingscliff's park by Cudgen Creek - picnic lunch, walks, swimming, games, friends, sit and chat. Finish about 3pm.

**As usual, we need a lot of HELP to make the weekend a success.**

- **FRIENDSHIP.** We would like our guests to go away thinking that Australians are friendly. If you just come along - mingle and chat, that will be a big help.
- **FOOD.** We have three meals to cater - Saturday lunch, Saturday evening and Sunday lunch.
- **TRANSPORT.** At this stage we do not know if any help will be needed with transport

- **MUSIC.** On Saturday evening we will have a "Feast Around the Fire" at the Forest Hideaway, share food, make music, and socialise.
- **GAMES.** On both Saturday evening and at the Sunday picnic, we would like a variety of games and other activities. More specific requests will be sent out nearer to the date - but if you could let us know of your interest right now, that would be wonderful. Please contact us - Email [uki.refugee.project@gmail.com](mailto:uki.refugee.project@gmail.com), Or Heather & Bryan 0266 795 603, Or Penny & John 0266 728 223.
- **HOMESTAY.** Thank you to the people who have offered to have some of our guests staying in their homes. We've made contact with the interested hosts.
- **FACEBOOK** Don't forget our Facebook page. [www.facebook.com/ukirefugeeproject](http://www.facebook.com/ukirefugeeproject)

## Uki Refugee Project

**E** [uki.refugee.project@gmail.com](mailto:uki.refugee.project@gmail.com)

**f** [www.facebook.com/ukirefugeeproject](http://www.facebook.com/ukirefugeeproject)

**Ph** Heather McClelland 02 6679 5603

John Tyman 02 6672 8223



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# Crowd Funding

Louise Bally

Crowd funding is the practice of funding a project or venture by raising monetary contributions from a large number of people. Crowd funding is a form of crowdsourcing and of alternative finance. In 2015, it was estimated that worldwide over US\$34 billion was raised this way.

Crowd funding has become a viable alternative to traditional bank funding and private investors for business start-ups, community projects and inventors. It is now officially endorsed by the Australian government that private businesses can raise up to 5 million dollars in any one year period. Previous to this month's latest legislation changes, private companies had to convert to a public company entity to gain access to crowd funding options. The new changes could drive growth for Australian businesses to a new level and boost business growth in rural communities.

For small villages like Uki, crowd funding could be used to raise money to fund community based projects and infrastructure improvements that would otherwise be reliant on grants, volunteer labour and local council funding. Several years ago when Uki's flying fox colony experienced heat exhaustion resulting in dozens of orphaned baby flying foxes needing to go into care, I organised a crowd funding campaign with another TVWC member, to raise funding to purchase specialised milk formulae. The campaign ran for several weeks and we raised enough to cover a substantial portion of the required milk formula.

Crowd funding companies run free workshops that teach people about this resource, how it works and how to build a crowd funding campaign that will yield results. Workshops cover the steps required to present a concise and clear message in your campaign, producing videos and writing copy that will pitch your campaign with confidence and creativity.

If any local business or organisation are interested in crowd funding and need some help choosing which website to use and setting up their campaign, you can find me at the CTC on Fridays or at Tweed Creative Studios during the week.



## Bakers shop

George Barnsley operated a small Bakers Shop and Tea Room in 1905 opposite the Uki School Open Education Centre next to where the Uki E. S. & A. Bank was built. A Mr Smith did the baking and school children used to buy a type of cookie with currants which was regarded as a great treat.

Later Mr Barnsley built a Bakers Shop and Bake House at the site of the Uki Café car park which opened for business in 1916. This building was destroyed by fire in 1920 and was then rebuilt at the same site. The bakehouse accessed water from the spring fed wells situated on a property in Blacksmiths Lane.

Pat Reynolds was the last Baker at Uki and those who were not in good circumstances were often left extra bread at no cost to help them. When the Bake House closed the shop was used as a depot for the Mt Warning Bakery of Murwillumbah. The building was demolished in September 1979.

An old time resident recalls Jim Barnes (the bread delivery man) became something of a folk hero for the way he could drive his little red delivery van over the most wretched boggy roads when nobody else could get through.

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

Contact: Esme Thompson (secretary)

Ph: 02 66795890

Ph AH: 02 66799121

Email: [trmuki@tweed.nsw.gov.au](mailto:trmuki@tweed.nsw.gov.au)

An advertisement for the Community Technology Centre (CTC) at Uki. It features a background image of the building. The text includes: 'CTC@Uki', 'Community Technology Centre', 'The Buttery', '1454 Kyogle Rd Uki', 'P.O. Box 3404 Uki NSW', 'ctc.uki.nsw@gmail.com', 'Ph/Fax: (02) 6679 5399', 'ABN: 89 292 130 424', and a list of services: '@ Print Shop', '@ IT Assistance &amp; Tuition', '@ Internet, Adobe Suite', '@ Office Services', '@ Web Design', '@ VHS to DVD', and '@ Membership Available'. There is a small asterisk symbol at the bottom right of the ad.

An advertisement for yoga classes. It features a background image of a person in a yoga pose. The text includes: 'Yoga', 'At the Uki Hall with Paula Cave', 'yogo' (with a logo), 'Thursday 5.30pm - 7pm - General class \$15:00', 'BYO Mat &amp; Blankets', and 'Enquiries Paula 0429 999 807 or 6679 5999'. There is a small asterisk symbol at the bottom right of the ad.

# Craft-er-noon

**16 September:** A fun family day at Uki with all things crafty! Gnome making, sock puppets, clay play, facepainting, fairy craft, and story telling. Amazing performances by Shawn Recorder Playing Elf and the Enigmatic Cecelia Caleandro on Harp. Followed by a picnic in the park with music by Sydney or the Bush.



Left-right: Storytelling with David Ambrose; Keeta made fairy lanterns with the children. Miranda and Wahla kept the kids colourful with facepainting

## Tai Chi: The Art of Relaxation

by Christopher David

Previously, if asked to describe Tai Chi, I would have told you it was a slow, gentle form of martial arts practiced by the elderly in public parks. The tone of my response would have insinuated a fair amount of disregard for its relevance to me as a man in my late 20s. In my head, I would have been saying, "Why would I need that? I am a yoga instructor, that's the real stuff."

After practicing Tai Chi for the last few months, I can say that my shallow preconceptions about this ancient practice have been replaced by an enthusiasm to study more and dive deeper. Tai Chi has redefined how I inhabit my own body: how I walk, stand, and sit in everyday situations; the way I wash the dishes and the way I drive my car. And I've only been introduced to the basics!

I would describe the practice of Tai Chi as a means of cultivating an understanding of relaxation through movement. In Tai-Chi, we learn that non-action creates action and likewise, softness overcomes hardness. This practice is the only form of movement that doesn't use muscle contraction to generate movement and power. It takes a while to let these concepts land intellectually but, a big part of the practice is to not approach these sorts of apparent contradictions analytically.

Tai Chi is the art of minimising the amount of energy required for the activity you're performing. We learn how to release unnecessary

tension, unnecessary thinking, and stuck emotions in order to discover relaxation as a matter of being in harmony with your environment.

To be relaxed doesn't mean to be collapsed. To be relaxed means to reside in that place in which the energy that comprises your physical, mental, emotional bodies is in balance with the energy surrounding you. It is effortless participation in the unfolding of nature, flowing with the Tao.

Tai Chi is not a quick-fix. This process of harmonising with nature requires patience and hard work, but thanks to a dedicated and practiced instructor, I have experienced what this feels like. This keeps me coming back to class every week.

I have been practicing with Ronny Hickel Friday mornings at Inner Union Studio in downtown Uki. Ronny has been studying Tai Chi for over 10 years, in the tradition of Grandmaster Cheng Man-Ching and his successor Master Huang. I feel incredible gratitude that my introduction has been so thorough and thus felt inspired to share my experiences with the community. I hope to see you there.



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## Tai Chi

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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**.

## OCTOBER Buttery Bazaar Sunday October 15

### As Is

'As Is' Azrai spent most of her early years sequestered in the remote wilds of North Eastern NSW, Australia. Living off the land she spent many fireside hours developing a songwriting technique of such purity and clarity that listening to these songs is as refreshing as taking a drink of water from a wild mountain river. Her songs are born from wide open skies, untamed places and anarchistic frontiers, and are sung by Azrai in a rootsy voice that radiates with an unfettered playful joy. Her tone calls to mind Ricki Lee Jones and other such earthy roots Mummas. These bluesy folk songs are lovingly presented with accomplished musical support from the distinctively lyrical Stu Beaumont on guitar (The Pragmatics, Rebecca Ireland, Ilona Harker) and Jem Nichols on drums, (The Meerdogs). Azrai is a joy to hear, her songs are full of ear worms and are as catchy as all get out. Prepare to be singing along with the wild and free Azrai. To be joined by surprise special guests!



As Is

## NOVEMBER Buttery Bazaar Sunday November 19

### Mark Ridout and the Rhythm

*'Ocean funk' straight out of Byron*

Having played Splendour in the Grass, Byron Bay Surf Festival and Brighton Fringe Festival (UK), as well as renowned UK venues such as The Troubadour and The Bedford, this vibrant duo continue to share their debut EP 'Dive into the Water' with the world. These two men clearly share a deep kinship and chemistry and play with a sense of purpose and rare blend of confidence and open vulnerability.

Originally from London, Mark has supported Ed Sheeran and Kate Miller Heidke, his voice described as "atmospheric and elemental" (acoustic magazine UK) and has worked facilitating music programs for the mental health services in Australia and the UK.

Damo has played with all sorts of bands at the top of their game including; Dubarray & Cheap Fakes, always spreading the love and celebrating the gift that is life!

Joined by special guests Honey and the Ocean, this will be a day to remember!

[www.markridoutmusic.com](http://www.markridoutmusic.com)  **Mark Ridout Music**



Mark Ridout & the Rhythm



Honey and the Ocean



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# Focus on Uki

## Uki Takeaway

**Brendan Esposito**

The Uki Takeaway, tucked away between The Uki General Store and the Uki Steamfunk Happy Herb Shop is not your usual takeaway. The takeaway has been owned and run by Lorraine and Glen Ratjens for the past 8 years. As well as the usual fare the shop also provides delicious home cooked curries, pastas and lasagnes as well as free range chickens, stuffed and cooked on the premises.

Lorraine is an active member of the Uki community, if you can't find her at the takeaway she'll be at the Uki Sports ground. Lorraine coaches and manages the Uki Pythons women's soccer team and last year coached the under 14's girls side. In the near future Lorraine is hoping to pour more energy into her very popular range of curry sauce (which can be found in the Uki General Store), as demand is currently outstripping production, and spend some time with her new granddaughter. As a result, Uki Takeaway is currently for sale.

So drop in and see Glen, Lorraine or their friendly staff for your next meal or pick up a curry sauce. The take away is open 9am - 7pm Monday to Thursday, 9am to 8pm Friday and Saturday and 10am to 4pm on Sundays.



Pizza, BBQ Chooks, Burgers, Fish & Chips,

Mon - Thurs: 9am - 7pm  
 Friday: 9am - 8pm  
 Saturday: 10am - 8pm  
 Sunday: 10am - 4pm

Market Sundays - closed  
 Phone orders welcome  
 6679 5316

# Water DA Re-advertised

**By Phil Carr**

Tweed Shire Council has re-advertised a Development Application for a proposal to take groundwater from a property at Rowlands Creek to a commercial bottler.



The DA was first lodged in December 2016, but receipt of detailed plans for associated road works has triggered the need to re-advertise.

According to Council, the controversial DA has prompted about 150 submissions from the public, with "ninety-nine per cent" opposed to the development.

Traffic safety has emerged as one of the key concerns. If approved, the development would see semi-trailer tankers on Rowlands Creek Road, each weighing up to 43 tonnes fully laden. The proposal is for three loads every day except Sundays. Approval of the DA would require the developer to upgrade sections of Rowlands Creek Road to improve safety.

Council has now invited written submissions in relation to the re-advertised DA. Further details are available on Council's website - reference DA16/0936.

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# News from Uki Public School

## Jeans for Genes Day



By Ebony W and Rueben C

Last month, we had 'Jeans for Genes Day' to raise money for those who are disadvantaged because of a genetic disorder. A genetic disorder can be many different things. It can be diseases passed down from generation to generation or it can also be an organ or body part deformity passed down from generations. If you didn't know, your genes are what decides your hair and eye colour and what you look like. Your genes decide our personality and who you are. You get your genes from your mum, dad and even grandparents. The goal for this 'Jeans for Genes Day' was to raise enough money to make a difference. So we all brought in a gold coin donation in exchange for wearing jeans and mufti. We donated all the money to genetic research, where we hope they can predict and cure some of the bad genetic disorders that people inherit.



By Kai D and Isaac O

Last month, it was 'Jeans for Genes' day at school. We made posters beforehand and put them up around the school. On the day, we got to wear denim for mufti, we did activities like find-a-words and colouring in pair of twisty jeans. We also drew pictures on an old pair of jeans. The Student Representative Council (S.R.C) went around to different classes and took photos of children wearing denim. Everyone brought in a gold coin donation and all the money went to genetic research.

## Award-winning Garden

Natalie and Nathaniel



At Uki Public School we have a luscious garden where we grow delicious healthy vegetables. Our class 3/4T work in the garden with our amazing teacher Mr T. We plant seeds, do weeding, water the garden, mulch the garden, and use organic fertiliser to help our plants grow. Some of the things we grow are broccoli, corn, snow peas, lettuce, tomatoes, celery and beetroot. The crops we produce are used in our canteen to make healthy food for students at our school.

This term our class also used our garden for science experiments. We have been learning about the spectrum of light and how it affects plants and how they grow.

Recently we were so excited to win a prize from the Murwillumbah Garden Club for our work in the Garden. It was the Patron's Award for Participation and Enthusiasm.

We all enjoy being outside in the fresh air, helping in the garden. Every school should have their own garden!



Uki Kids' Club

After School Care



Uki Public School  
OOSH

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# Optimising health after Cancer

Judith Magee

Cancer occurs when abnormal cells are allowed to survive and thrive; growing in an uncontrolled way, hijacking blood supply and nutrients from surrounding cells and progressively leading to destruction and damage.



The enormous physical, mental and emotional rollercoaster of a cancer diagnosis can be life changing for many people. One of the important outcomes can be a renewed commitment to living and eating in a healthy, nourishing and conscious way.

Each person, each type and stage of cancer can mean there are different priorities in diet, lifestyle and therapeutics and it is therefore valuable to spend time with a health professional carefully reviewing individual needs. Some generally important priorities include:

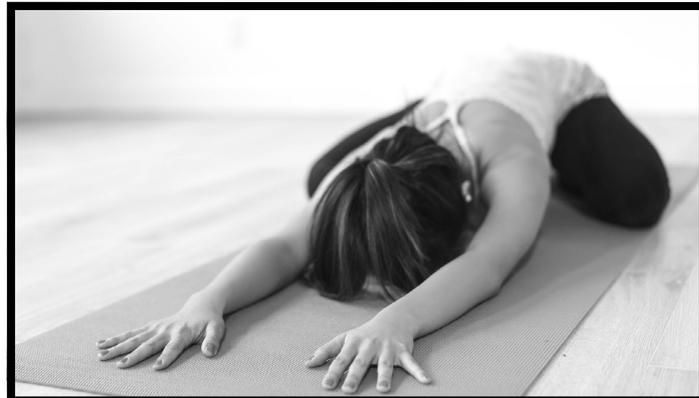
**Reduce your toxic exposure as much as possible – this includes:**

- **Ingested** – go as organic with food as you can afford and try to optimise your water quality, avoid chemical containing, caffeinated, artificial sweeteners, preservatives, additives, smoked foods, fried and chargrilled foods, poor quality oils, trans fat containing foods, etc
- **Topical** – consider very carefully all personal care products, cosmetics, washing powders, cleaning products, perfumes, plastics, etc.
- **Inhaled** – fumes, chemicals, cigarette smoke, paints, plastics, diesel, etc.



**Absolutely eliminate all processed, sugar, chemical and trans fat (hydrogenated) containing foods.** This is a 'must-do' decision/commitment, to optimise your body's ability to heal and regain wellbeing.

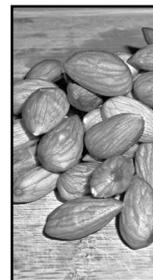
**Eliminate as much stress as possible and improve stress management tools and techniques to improve resilience and limit negative impact from stress.** Effective tools and techniques include relaxation/mindfulness practices, meditation, singing, art therapy, colouring, yoga, chi gong, time in nature. What is critical is that time and priority are given to daily, proactive and accumulative stress support.



**Eat fresh, seasonal whole foods, with a good mix of cooked and raw, include lots of sprouted foods and fermented foods and don't over eat.**

Important inclusions include:

- Fruits and vegetables, particularly:- Cruciferous vegetables (broccoli, cabbage, cauliflower, Brussels sprouts), Flavonoids found in most fruits, Allyl sulfides in onions, garlic, chives & leeks, Phthalides & polyacetylenes in carrots, parsnips, parsley, coriander and Carotenoids in yellow-orange green and red fruits & vegetable
- Legumes contain anti-cancer ingredients such as lignans and isoflavones in soybeans, phytates and saponins in beans
- Nuts and seeds contain cancer-protective substances such as phenolic acids, flavonoids
- Anti-angiogenesis foods: green tea, berries, citrus (oranges, grapefruit, lemons), apples, pineapple, cherries, red grapes, bok choy, kale, garlic, fermented soybeans, shiitake mushroom, licorice, turmeric, nutmeg, artichokes.



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# Kindness and Gay Marriage

**Heather McClelland**

It was crunch time for my father. Different family members had shown their feelings in different ways when a bit more than a year before, at a beautiful commitment ceremony, our daughter Bronwen and her partner Melina had made their vows to each other. Most of us were wholeheartedly with them. Some came out of love but with unresolved questions. Others stayed away. Now, all the family was gathering at our home in Uki. Was my dad still part of this family or did his form of integrity mean he would absent himself?

Fortunately my 'always right' father, for the first time in his life, sought advice from a wise friend. What turned the tables for him was the simple question: "Don, what about human kindness?"

When he arrived at our christmas 'get together' my father welcomed Melina into

the family and embraced Bronwen along with his unborn great-grandchild. It meant the world to them! They belonged. Differences were less important than what we had together.

Since that day, our two rainbow grandchildren have been born. Their dads are themselves a committed gay couple and of course form part of their loving extended family. The South Australian Child Welfare authorities have in turn placed a young child into this male couples' safe care because his heterosexual family was terribly unsafe for him!

I don't think the gay community want marriage equality because marriage itself is such a wonderful institution. In our society marriage is in the habit of breaking down. Nowadays children are brought up in many different circumstances: with single parents and in blended families; in de facto



arrangements with either heterosexual or homosexual partners as their parents.

I think what the gay community is looking for is that same human kindness. Gender differences may be hard for a heterosexual majority to understand. All sorts of fears might be driving the debate but we all belong to the one human family. Marriage equality symbolises this belonging for a group which has always felt pushed to the margins. ✱



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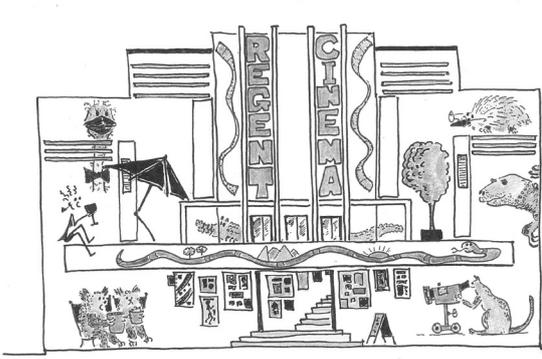


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# Soils Ain't Soils

Anita Morton

As the weather heats up we have to water our pot plants much more often to keep plants healthy and strong. The type of potting mix you use can make a huge difference to how often you have to water and to the quality of the pot plants. Two of the major factors affecting plant growth are the availability of water and of nutrients. Top-quality potting mixes contain both water-holding crystals and slow-release fertilizer granules, and you will really see the difference if you use these. Unfortunately, they are considerably more expensive than basic, supermarket-brand potting mixes. If you are on a budget, cheapo potting mix is very tempting!

Unfortunately, cheap mixes contain neither water crystals nor nutrients. They are basically an inert growing medium, and seedlings planted in them will just sit there, sulking. Even if you add fertilizer, the fact that it is almost impossible to keep these potting mixes moist during hot weather will stunt the growth of your plants.

However, there's no reason why the cheap brands can't be improved. The addition of water crystals and fertilizer granules can bring it up to standard economically. Slow-release fertilizer will generally be applied at a rate of about one teaspoon per 200 mm pot (check the label to be sure). Since one twenty-five litre bag will fill about five of these pots, we know that we need to add five teaspoons of fertilizer per bag. The quantity of water-holding crystals or powder will vary according to brand – just measure out five times the recommended amount for a 200 mm pot. Put the potting mix and additions into a wheelbarrow and mix it well, then store in a covered bin. Keep the potting mix moist at all times to minimise dust and the associated risk of inhaling airborne pathogens. Happy potting! ✨

# Images of Uki/Fashion show

Photos courtesy of Raji Deva 0418 969 925





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## **TAPAS MENU**

Fresh baked baguette w dukah & olive oil (v, gf optional) 8.5

Seared scallops w cauliflower puree & zucchini salad (gf) 4 scallops per serve 23.5

Mavis's three cheese platter

Nimbin Valley Dairy Brie, Blue, Sweet Goat w fig paste, fruit, crackers, (v, gf optional) pp 15.5  
(min 2 people)

Paella – Chef Pepes specialty

Our paella changes very week – ask your waiter about today's paella (gf, df) 20.5

Fresh asparagus w crunchy jamon & boiled egg 15.5

Locally made black pudding w saute potatoes, red capsicum, Spanish onion & aioli (v) 15.5

Hand-made spinach & feta empanadas w yogurt & preserved lemon (v) 2 pieces 13.5

Fresh mussels w lemon, onion & chili (gf, df optional) 16.5

Freshly caught octopus w warm potato skordalia (gf) 18.5

Moroccan spiced chicken w Israeli cous cous salad (gf) 17.5

Fried calamari w salsa verde 14.5

Organic duck liver pate w pedro ximenez jelly & crusty bread (gf optional) 14.5

Zucchini spaghetti w nasturtium pesto & red capsicum sauce (gf, v) 14.5

New England slow cooked Greek lamb w tzatziki, Greek salad & rosemary sea salt chips (gf)  
23.5

Roasted brocolinni w chili almonds, pumpkin puree & black eye bean salad (gf, v, ve) 18.5

Asian style sticky beef short rib w green paw paw & cucumber salad 22.5

## **SIDES**

Bowl of chunky chips w rosemary, sea salt & tomato sauce (v, df) 12.5

Bowl of smoked paprika organic potatoes (v, gf) 12.5

Bowl of organic vegetables (v, gf) 12.5

Bowl of organic garden salad w house dressing (v, gf, df) 12.5

## **DESSERTS**

Chocolate, strawberry & hazelnut dacquoise (gf) 15.5

Chocolate & caramel ice magic 15.5

Lemon lime curd w roasted vanilla bourbon, rhubarb & baked sugar puff (gf) 15.5

Affogato, A single shot of hot coffee, vanilla ice cream + your choice of liqueur  
(gf, df optional, ve optional) 16.9

Devonshire tea, two house-made scones w jam & cream + your choice of  
a regular tea, coffee or hot chocolate 15.5

Ask your waitperson about our Cake of the day 12.5

# Plebiscite Biscuits

Pat Miller

Plebiscite biscuits are to remind you of those little nuggets of delicious nonsense spouted by the 'no' side of the marriage equality yelling match. As the mighty Uki News goes to print the unhinged rants continue to echo from the bastions of conservatism and loopy so-called Christianity. True Christians don't give a rat's ranunculus. We can waste \$122m on this nonsense but have to give tax breaks to the rich and slash benefits for people who are not well off. Gosh what a government!

Plebiscite biscuits require a rolling pin - to either calm what's otherwise a very nice savoury biscuit or to fend off the hungry hordes. The end product is fantastic with a bite of bigotry brie or a slice of supercilious salami.

As always everything in the recipe, like the marriage act, can be manipulated, substituted, mixed up, changed and generally mucked around to suit your own belief system. The idea is to get a great legal marriage of texture and flavour by making a seeded dough, rolling it out thinly between two baking sheets and baking it slowly.

**Get:**

- 1 cup strong plain flour
- 1 tbs olive oil
- Get a combination of pretty much whatever's in your kitchen cupboard that's seed - sesame, pepitas, black sesame, sunflower seeds, flax or millet. Avoid seeds that will break teeth. Leave that to the gay bashers who seem to have got permission the fundamentalist Christian mob in this senseless fiasco.
- Salt to taste
- Cold water

**Then:**

- In a large bowl combine all the dry ingredients you have.
- Drizzle in the olive oil then, stirring all the time, drizzle in the cold water until you can make a fairly soft dough.
- Knead the dough on a floured board until you can feel the gluten in the flour 'give' - about five minutes. If you don't, like two people of any gender getting married, it's not the end of the world. It will still work out.
- Get a large flat baking tray and line it with baking paper.

- Put the appropriate amount of dough on the baking paper, cover it with another sheet of baking paper and roll it out so it covers the baking dish and is very (3mm max) thin.
- Carefully take the top baking paper sheet off and bake your plebiscite biscuit in a very slow oven for about 20, maybe 30 minutes. About as long as a marriage ceremony.
- Put on a rack to cool then break up as you will. Although the song says otherwise, breaking up is not hard to do. So why is getting together so damn difficult?

Someone around the table will ask "Do you like the biscuits?" and someone else will say "I do." There - wasn't that easy? Now can we let everyone just get married to whoever they love?

Seriously, if you don't agree, don't vote. Marriage equality isn't going to take any of your rights away. In fact, you won't even notice the difference. Except there'll be a lot more happy people.

patmiller.net.au



## PENCHANT FOR PEDANTRIES

# Past Tensions

Anita Morton

I've noticed (with a shudder) that writers are using the wrong tense much more often - in newspaper articles, for example, 'lie' is giving them a lot of trouble. The past tense of 'lie' is 'lay', unless you're talking about 'a lie', when it is 'lied' (he lied about his income). So, I lie in bed this morning, and yesterday I lay in bed. I have frequently lain in bed late - because I like lying in comfort. I lie around and read a lot. I don't 'lay around', since I'm not a chicken.

A chicken lays an egg today, after laying one yesterday - today's egg is freshly-laid. That chicken is a good layer. 'Lay' is a separate verb to 'lie', although there is overlap in some tenses.

Lie/lay/lying/lain applies when I'm writing about me. When 'lie' applies to objects, it changes. I pick up an apple and lay it on the table, but yesterday I picked up a pear and laid it on the table. I have often laid fruit on tables. I will be laying fruit on the table until it is laden.

You lie on the beach today, you lay on the beach yesterday, you have often lain on the sand (not laid or layed).

Another problem word is 'hang'. People generally get it right when

speaking about objects; the picture has to hang straight, the painting was hung at eye level. Perfectly fine, until they start talking about hanging as a means of execution. You will see people writing 'he was hung on Friday', not knowing that the past tense in this case is 'hanged'. Again, it's different because we're talking about a human, not an object, so 'he was hanged on Friday' is correct.





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# Community Recovery after Flood

## Brendan Esposito

The University Centre for Rural Health (UCRH) wants to know how you are managing after the April flood. They want to hear about your experiences during and after the flood. How did you, your household, your children, neighbours and animals fare? How have you been supported within the community?

**Why fill out this questionnaire?** The information will be used to inform government, council and emergency services and health organisations to help shape ongoing recovery efforts and improve future responses. People are listening... let them know of your experience and tell them how you feel. Not much is known about the impact of floods on people's mental health and wellbeing in rural areas. The UCRH has been working closely with community organisations, services and local government to make sure the research provides information that is relevant to our region and our needs. Tell your friends, family and work mates everyone needs to be heard.

The questionnaire is for **everyone** over 16 years of age, whether your property or workplace was flooded or not. We were all affected in some way. It is completely voluntary and completely **confidential**. You cannot be identified in anyway as no individual information will be reported, only a summary of the collected data. The questionnaire comes in a long and a short version and starts on September 25 and runs till November 6. It can be found at <http://www.ucrh.edu.au> and paper versions with a self-addressed return envelopes can be found at the Uki General Store. Questionnaires will also be available at the Murwillumbah Library and various upcoming events will also be happening.

So, come on Uki, turn your experience into evidence and paint a picture of YOUR story. We want to hear from you.



A Community Resilience Project

## AFTER THE FLOOD

Community recovery in the northern rivers

Fill in our online questionnaire and support our ongoing recovery and future responses to disasters.

**YOUR COMMUNITY NEEDS YOU**

How did the 2017 flood affect you and your community?

Your information can support disaster recovery now and in the future

This is about EVERYONE, whether you were in flood or not

If you can spare around 15 minutes please go to [www.ucrh.edu.au](http://www.ucrh.edu.au) to do the questionnaire

**WIN!** Go in the draw for local shopping vouchers

\*you must be 16 or over  
Questionnaire closes Monday 6th November 2017



This research is being conducted by the University Centre for Rural Health in partnership with community organisations and state and local government.

## A Return Call from Down Under

### John Tyman, Holy Trinity Anglican Church.

Hello Donald, this is Malcolm, ... you know... the Prime Minister of Australia... Yes, that's right... the home of kangaroos and koalas on the world's backside.

I hope you weren't embarrassed by the leak. It certainly wasn't me who released that transcript. It didn't do my reputation much good either... certainly not my image as an honest, and compassionate Australian!

I'm sorry. I obviously did not make my position clear last time. What happens to the thousand or so would-be refugees in our camps is of no concern to me personally. After all, they are not Australians, and never will be as long as

I am in charge. We have a presidential system of government here, a bit like yours... Yes, Queen Elizabeth is our head of State: but she does not make the decisions here: I do. She lives in a big house far from her subjects, so how could she know what they want. I live among my subjects, and I know what they want.

I simply wanted to get these foreigners off my back... to demonstrate to the Australian public that I have at least tried to do something to "stop the boats".

What's that? ... Yes, we do have a navy, but our existing warships are less than reliable. We have ordered new ones but it will be years before we get them.



It matters little to me whether you take all of these refugees or none at all... as long you appear to give the matter serious consideration, and I am seen to be doing something.

In closing, thanks for the compliment... worse than you, am I? Many Australians will be pleased to hear that: but, sadly, not all.

So keep up the good work.  
Cheerio, Malcolm.



# Ecocide

Michele Bevis

*Ecocide is the extensive damage to, destruction of or loss of ecosystem(s) of a given territory, whether by human agency or by other causes, to such an extent that peaceful enjoyment by the inhabitants of that territory has been or will be severely diminished.*  
– Polly Higgins, Lawyer, UK.

The Rome Statute of the International Criminal Court (ICC) is the treaty that established the International Criminal Court. It was adopted at a diplomatic conference in Rome on 17 July 1998 and it entered into force on 1 July 2002. Interestingly, in times of war there is a law against purposely damaging Earth, the Rome statute states, it is a crime to “intentionally launch an attack in the knowledge that such attack will cause...widespread, long-term and severe damage to the natural environment...”

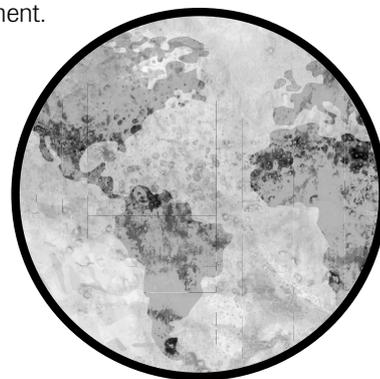
Interestingly Ecocide is not part of this statute in times of ‘peace’. The existing Rome Statute covers only these crimes:

1. The Crime of Genocide
2. Crimes Against Humanity
3. War Crimes
4. The Crime of Aggression.

Polly Higgins, a self-appointed lawyer for Earth, suggests the statute should include The Crime of Ecocide, thereby providing an avenue to address the continued planetary plundering that

adversely affects the environment.

Without this avenue the Earth’s resources can continue to be extracted and exported, one case in our local situation may well be water mining. We don’t know everything about how all the Earth’s systems function nor how artesian water plunder will affect change long-term. We have no idea really what the ‘equal and opposite reaction’ will be. Water is our most precious commodity and we should be humble and respect that and not see it as a quick buck. Water is incredibly precious. Mining water could be considered ecocide. More information is needed. I think we all need to be aware of this and ask questions as to how sustainable removing water from artesian sources is.



The Earth’s resources should not be plundered for the privilege of a few. Earth is a complicated living breathing organism on which we humans live, we are part of this system. We are the microcosm within the macrocosm. Awareness of International Law may be one way of addressing these issues. Let’s acknowledge that wrongs are being done to our planet, across the board, locally and globally. Think global and act local. This is the action you can take!



We’d love to hear from you... Send your letters to [theukinews@hotmail.com](mailto:theukinews@hotmail.com).

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