

# THE UKI NEWS

Issue 78

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

August/September 2014



## **Vale Jacko**

It is with great sadness that we report that Uki recently lost one of its 'heart of gold' citizens with the passing of

John 'Jacko' Griffiths

Jacko was one of the stalwarts of the local fire brigade and a general all round nice bloke. Always ready to lend a hand when needed. They broke the mould, mate.

On behalf of UKIRA and the Uki and District community our thoughts and sympathy are with his family and friends.

**Samuel Quint**

## **Holy Trinity Church Memorial**

A large crowd gathered at the Uki Hall on Sunday 27 July to enjoy a convivial morning tea and to view the display of church and war memorabilia put together by the Historical Society. Penny Watsford was warmly thanked for the effort that she and the other members of the Society have put into the research.

The morning tea followed a special service at Holy Trinity Church to commemorate the start of the First World War in 1914, and the sacrifices made by the local men who volunteered to serve. Holy Trinity is a war memorial church, with many of its interior furnishings donated by the families of those who never returned. I was told that the service, led by our own Dr John Tyman, was deeply affecting and a worthy recognition of the horrors those men endured.



Viewing the historical displays in the supper room.



## **Vic Bianchetti Remembered**

As many will already know, our sports ground has been officially renamed to recognize the many years of tireless service given to the ground and to sporting groups of the district by the late Vic Bianchetti.

A native garden has been established, surrounding the signage, and will in time provide an attractive and welcoming feature at the entry to the ground.

## From the Editor

In this issue of the News we have a theme of remembering the members of our community who have given so much of themselves through the years. We know that it is more difficult now to find time for volunteering, as work fills more and more time for both men and women, but let's not forget that it was no different for them—they had long hours too, yet still managed to find time to give to the community. Perhaps it helped that there was no television or internet! If you are one of the many Uki locals who are giving their time and effort to try to make Uki a better place—well done! You're stepping in the footprints of some wonderful, caring people.

**Deadline for Issue 79 5pm Tuesday  
23 September 2014**

**Anita Morton**

## **Uki District Emergency Initiative** *Carla Wilson*

A group of local people have been meeting since late last year to discuss issues which arose out of the floods of 2012 and 2013. Our Uki and District Emergency Group has formed as a result, in conjunction with the Murwillumbah SES. A number of strategies are being put in place including Neighbourhood Coordinators (NCs), phone trees, a website containing local emergency information and a system of helicopter landing sites for emergency evacuations.

In an emergency NCs will be responsible for disseminating information through the phone tree to their neighbours as well as providing flood and fire awareness information. They will have direct communications with the SES Unit Commander in Murwillumbah and with other NCs in the area.

In the event of a flood, the Murwillumbah SES goes operational when the Tweed River reaches 4m on the Uki gauge. The NCs will activate phone trees at this time. This will be a simple 'heads up' call. Beyond this, the phone tree will be used to disseminate emergency information which has originated in their cluster or comes via the Unit Commander in Murwillumbah or other NCs (e.g. bridges under, roads cut, severe weather warning etc). The NCs can also be contacted by people on the phone tree if they require resupply of food or medication or medical

evacuation.

The real driving force in this effort is to make sure we are all safe during an emergency. It is very important that we have the ability to evacuate a sick or injured person or someone caught by rising floodwater or fire. This means having simple communication strategies in place, evacuation plans and helicopter landing sites.

NC's have been established in 9 neighbourhoods so far with another 7 neighbourhoods in the process of being confirmed. NC's will be making contact with all their neighbours in the coming weeks. Please go to our website [www.ukiemergencyservice.org](http://www.ukiemergencyservice.org) for full details about your neighbourhood (map available) and contact details for your NC. The website is still under construction and we have to change the website address for technical reasons, but please check out our progress.

We meet in the Uki Hall on the second Monday of the month (5.30 to 7pm). This is a community meeting open to all. If you wish to contribute or you need help with emergency planning please come along. Please also check the Hall chalkboard for any changes to meeting times. And we will be sure to inform you of the new website address! (There will be automatic redirection if we change it before the next Uki News comes out.)

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

## **FOODIE FRIDAY FOOD TRAIL 14 AUGUST TO 17 AUGUST**

Don't miss the 2nd of our foodie weekend adventures, visit <http://www.tweedfoodiefest.com.au/events-foodieweekends> and start planning your weekend experience of 'culture and cuisine' in the beautiful Tweed Valley.

## **Tweed Rural Villages Strategy – Uki Village**

The future strategy for rural villages in the Tweed, including Uki, is now being decided.

A second consultation meeting took place at Uki school on Wednesday 16 July, attended by a group of 12 very engaged Uki residents!

Previous consultation processes in Uki produced detailed recommendations which are still largely relevant today, and the results of these processes are being incorporated.

To find out what it's all about and to have your say go to <http://www.tweed.nsw.gov.au/OnExhibition>

Also have a look at the Rural Land Strategy which is closely related. Matthew Zenkteler, Strategic Planner 6670 2585 is the key driver of the project for the council. Carla Wilson, Eddie Roberts and Geoffrey Colwill are your local representatives on the RVS Panel working closely with Matthew on the strategy.

Talk to any of us to find out more.

On July 16 a Tweed Council workshop was held at Uki School as part of the Rural Villages Strategy. I was one of about 12 community members that contributed to a lively discussion around local culture, economy and future development. If you missed the workshop but would like to have input, the discussion paper is on exhibition at Council – [www.tweed.nsw.gov.au](http://www.tweed.nsw.gov.au). Community members are invited to make a submission at <http://yoursaytweed.com.au/ruralvillages>

until August 8. The discussion paper is not Uki-specific, it addresses the Tweed villages as a whole. However, The Community Action Plan 2007 and the Caldera Economic Transition Plan 2010 – (two documents that were created by in-depth community consultation) detail that overwhelmingly residents desire respect and sensitivity to the natural environment and the heritage character of the village to be the values that inform any future development. These documents will be submitted

as part of Uki's contribution to the planning strategy. Our AGM was postponed this year due to a clash with school holidays. It will take place on Tuesday August 6<sup>th</sup> at Uki Hall. All are welcome.

UKIRA meets on the first Tuesday of each month at 7pm in the meeting/supper room at the Hall. Next meeting 2 September 2014.

## Term Three at Uki Public School

Congratulations to our very own Miss Nyah (Year 5) on her selection into the NSW State Woodwind Band. Nyah's passion and dedication to playing the clarinet have reaped the rewards she deserves, as she played centre stage as one of 45 selected musicians from across NSW to perform in the Concert Hall of the Sydney Opera House at last month's Festival of Instrumental Music. All of the Uki School community are very proud of this achievement. Well Done Nyah! We have a lot of exciting activities planned for this term, including sending 40 students off to the Byron Writers Festival. We have had 12 students selected to attend the North Coast Creative Arts Camp to experience workshops in dance, drama, music and visual arts. We have our Education Week Open Day (31 July) and our Book Week Open Day (13 August) so make sure you come in to check out the exciting book character costumes the kids come dressed in. We will have our Story Dogs mufti day and have students preparing for the Premier's Spelling Bee and the Far North Coast Public Speaking Championships. We have our senior students attending a science transition day and a Careers Market Day. Sporting opportunities this term include participation at our district athletics carnival, intensive learn-to-swim program, and cricket and AFL gala days. We have 12 students participating in the children's chorus of Opera Australia's The Magic Flute, following a rigorous selection

process. Our Uki kids do not miss out on any opportunity! The final highlight this term is sure to be our Talk Like a Pirate Day - always a favourite with our Principal! We also have our musical extravaganza, **SPOTLIGHT ON UKI**, coming up on Thursday 21 August, with every student from Kindergarten to Year 6 in our school up on the big stage at the Elliott Centre at Murwillumbah High School for our adaptation of the Wizard of Oz. Our **UKI FAMILY FUN FAIR** will be on again on Friday 12 September from 3pm. Our school playground will once again be transformed into a magical wonderland. We invite all of our Uki School families and members of our community to help us celebrate, with plenty of food, entertainment and games for all to enjoy. We hope to see you there. Our Teddy Bears' Picnic for students commencing in Kindergarten in 2015 will be held on Thursday 4 September from 9.30am until 11.45am, where they will get to spend some time in our Kindergarten classroom, music room and library, before

they are treated to a beautiful picnic with our current Kindergarten students. This is the first part of our Kindergarten Transition program, and is always a very special morning. Make sure you contact the school office (6679 5128) to enrol your child for 2015 and get on the mailing list to get the details. And don't forget your teddy!! There are lots of other things happening at Uki School, but you'll just have to come in and see for yourself. Have a great term 3!

**Sonya Dusi**  
P&C President

## Sonya Dusi

### Position Vacant Buttery Bazaar Market Coordinator

The Uki Village & District Residents Association requires the services of a new market coordinator for the monthly Buttery Bazaar Sunday market. Expressions of Interest in this position should be sent via email to [ukiresidentsassociation@gmail.com](mailto:ukiresidentsassociation@gmail.com) or via post to PO Box 3141, Uki NSW 2484. For further information about the position please call 0431 455 837.

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## Historical Society News

Using Google Earth and map-making software, two innovative local historians, Ian Fox and Harvey Gardiner, have produced an animated DVD giving a bird's eye view of the route of the Nightcap Track. Many people are aware that mail was brought to Uki on the Nightcap Track over the range from Lismore from about 1873. But most of us are a bit vague about the exact route of the track.

The good news is the Ian and Harvey have kindly agreed to show the DVD in Uki on Sunday 14<sup>th</sup> September. The technology used to produce the DVD gives a vivid reproduction of the route; it was thrilling to watch; I felt like a bird, soaring above the mountains. The DVD will form part of the display that the Historical Society is putting together to mark the 100<sup>th</sup> anniversary of the

### Vale Arlie Robson

Arlie Elisma Mary Robson (nee Betteridge) was born on June 29 1913 at Lismore. When she was six years old her family moved to Terragon and from there to Mt Burrell onto a farm. The local Telephone Exchange operated from that home. Arlie went to School at Mt Burrell and later to a girls' school at Ballina, until a family emergency forced Arlie to leave school and help at home. One night at a dance at Kunghur she met the love of her life, Jack Robson (Jock), a young English school teacher who taught at Midjinbil and later at Kunghur. They were married in 1936 and Jock was promoted to Uki on 1941, where he continued through to

Uki Post Office.

All forms of communication are being researched for the exhibition; mail was delivered to the creek valleys by whatever means was possible. Sometimes letters were put in empty cream cans for delivery by the cream carrier. In the Kunghur district, Mrs Friedrichs travelled on horseback to deliver mail. In other areas, the mail went in the local bus. Telephone exchanges, established in each creek valley (e.g., there was one at Commissioners Creek) made rapid communication possible. Although most people did not have their own phones, they were able to use one at the exchange or a neighbour's house in emergencies. Mark Sunday 14<sup>th</sup> September in your diary now – it will be an interesting display.

1968. They then retired to Banora Point.

While at Uki, Arlie became involved in the community Red Cross, which she supported up to last Christmas. The school tuck shop operated in the school-house kitchen, as were preparations for school fetes and all things to do with school matters. Arlie trained the boys' and girls' ball game teams for PSSSA Sports days, and most times they won. She also taught the girls sewing at school.

Arlie was involved in the Concerts, 'wog' days, school Christmas tree, Fancy Dress Balls and the Holy Trinity Church where she helped Alma Milsom with Sunday School on

Uki & South Arm Historical Society Inc.  
Office located in the Uki Hall Park.  
Open with a display every Uki Market Sunday.  
Open for queries Wed & Fri 10am to 2pm  
Meets on 2<sup>nd</sup> Saturday each month at 10 am.  
**All welcome**

**Family Fun Fair**  
Uki Public School  
1463 Kyogle Rd - Uki  
Friday  
**12 September**  
starts 3.00pm  
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- showbags - games - raffle  
- craft and much more ...  
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For further information please contact the school office on 6679 5128

Thursdays. Arlie also had a wicked sense of humour.

Arlie passed away on July 9<sup>th</sup> 2014, aged 101.

Up until a few weeks before her death, Arlie still lived at home with her son Lloyd.

She leaves a son Lloyd, daughter Heatherbelle and their families, grandchildren and great-grandchildren.

**Betty Brims and Joy Armour**

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# Getting Organised, Teamwork and Change!

Geoffrey Colwill

There are three things that successful people do before 9am each morning

- 1 Plan their day – important things first – maybe use Toodledo?
- 2 Exercise – stretches, run – just something to get you going physically
- 3 Inspire and update themselves – keep learning and growing



## The DNA of Teamwork involves people with differing skills/attitudes

- D** Dreamer – vision, passion, inspiration, big picture
- N** Number cruncher – analytical, loves numbers, keeps an eye on the money
- A** Accomplisher – making things happen, finishing tasks, a doer

These balance maybe all within yourself (unusual), with your colleagues, or with your advisors?  
All these aspects are vital for any business.

Opening up to CHANGE makes life much more fun these days  
Invest 15 mins enjoying this video – a great way to learn/remember  
Google – ‘who moved my cheese full movie’ for the best version  
Until next time – all the best



Geoffrey Colwill

[www.linkedin.com/in/geoffreycolwill](http://www.linkedin.com/in/geoffreycolwill)

# Creative Conversations in Uki

Marlena Bassar

Ukitopia Arts Collective hosted their first Creative Conversation session at the Uki Café last Saturday from 1 – 3pm. Thirty people turned up, thrilled to have the opportunity to explore their ideas for how creativity could be further expressed, activated and supported in Uki and beyond.

Ukitopia president, Marlena Bassar pointed out that Ukitopia, as an arts organization, belongs to the community and is keen to support anyone who wishes to initiate and organize any creative or cultural activity.

Ukitopia can offer: insurance; promotion through the website, Facebook page and database; mentoring and project support; calendar coordination; auspicing for funding; as well as being a communication channel to the wider Ukitopia community.

The Creative Conversation/s led to the identification of a number of pos-

sible creative initiatives for Uki. They include;

**Uki Sacred Community Gardens**  
> gardens, teaching of alternative building techniques and sacred space for celebrations. Contact Greg O'Donnell [gudhara@bigpond.com](mailto:gudhara@bigpond.com) / 02 6679 4275

**Dance Week** > a week long workshop and performance program for kids + adults. Contact Sue Collins [sumaree@bigpond.com](mailto:sumaree@bigpond.com) / 6679 7099

**Healing Arts Sharing** > share, exchange and demonstrate the healing arts in conjunction with monthly Sunday market. Contact Shae Industralenergies@gmail.com / 0432 800 853

**Sculpture in the Village**  
> sculpture: at the entries to the village; as traffic calmers; of Pommy; ephemeral / performance art; sculpture trails. Contact Marie France Rose [mariefranceart@gmail.com](mailto:mariefranceart@gmail.com) /

66794225

## Music/Theatre at the Hall

> for rebirth of the Uki:lele Festival; Drumming on the Green on Saturday mornings\* contact Lil Fi [lilfi@lilfi.com](mailto:lilfi@lilfi.com) / 0417 479 152 For Dis – Abilities Performance group contact Ken Corbitt [kcorbitt51@gmail.com](mailto:kcorbitt51@gmail.com) 0458 559 232

**Arts in the Mountains** > weekend arts workshops combining artist's studio visits. Contact Marlena Bassar [marlena@gunnebah.com.au](mailto:marlena@gunnebah.com.au) / 0404 486 712

**Visual Arts Group** > a visual artists 'team' exhibiting and touring together. An artist-in-residency exchange with a group of artists from Canada. Contact Marie France Rose [mariefranceart@gmail.com](mailto:mariefranceart@gmail.com) / 6679 4225

**Crafternoon** > A once-a-month afternoon of sharing craft. Contact Natascha Wernick [babareki@gmail.com](mailto:babareki@gmail.com) / 0412 980 063

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Pictured above are just some of the scores of people who turned out on a beautiful sunny day to plant trees for National Tree Day on Sunday 27 of July. The site, on the corner of Kyogle and Smith's Creek Rd, has plenty of room for the one thousand (or more) new trees to go in, while still leaving an open grassy area sloping up from Smith's Creek. It was great to see so many families and individuals all coming together to plant—many hands make light work, and also make short work of finishing off the morning tea provided!

## **Creative Conversations in Uki**

(Continued from previous page)

**CREATIVE CONVERSATIONS** will take place every two months at the UKI Café, providing a forum for anyone in the community to come along and share ideas and get support for creative initiatives. The next one will be on September 13th, 1 – 3pm. Everyone welcome!

\*Please note that the Hall Park is hired for the markets on Saturday mornings – please talk to Anita before making **any** plans for activities there at that time.

## **UKI ART GALLERY**

As you may have heard through other media, two of our local artists received awards at the Border Arts Exhibition, held at the Tweed Regional Art Gallery. The Uki Gallery is proud to announce that they are presently exhibiting some of their recent works. Michele Bevis received 3<sup>rd</sup> prize for her 'Coffee Table Book', a unique presentation deserving of the prize for its originality. She is currently studying for her Diploma in Visual Arts and was influenced by the human condition /consumerism and the mountainous refuse in our Oceans.

'Articles I reviewed, describe the Great Pacific 'garbage patch' as big as two Texas states; as heavy as 10 Eiffel Towers; another compared its imagery to the stars in the sky, spread far and wide and deep, a universe of plastic in the ocean. I see it as plain old plastic soup, 6 parts plastic:1 part plankton', said Michele.

We hope to see more of Michele's work, drawing our attention to the devastation of our precious earth. Susanne Walden won the first of the encouragement awards from Shirley Kennedy. A well known personality In the Art World, Shirley holds classes at the Tweed Regional Art Gallery.

'Serenity' is a colour pencil drawing and part of a body of works expressing and dealing with Grief, Spirituality, Fear, and Serenity.

'I am delighted to receive the award, it truly gives me encouragement to keep on doing what I love doing most - working to create', said Susanne.

Look forward to you popping into the Uki Café Gallery, where you'll enjoy viewing other prominent local artists' creations in our new Exhibition called **'ALSO, AS WELL AS'**

**Lorraine Lintern**

## **Yoga with Mark & Paula Cave**



**UKI HALLCLASS— Paula**  
Thursday 5.00– 6.30pm  
General Class  
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**MURWILLUMBAH CLASS—Mark**  
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Upstairs from Wheelers Real Estate  
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Mark and Paula have completed Iyengar teacher training

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## Night and Day in This Part of Australia

John Tyman

Much wisdom is to be found in Hasidic Judaism ... the down-to-earth mysticism that flourished in Eastern Europe in the 18th century ... and birthed 'Fiddler on the Roof'. One of the many 'Tales of Hasidism' is, I think, especially relevant at this moment in our nation's history.

An old rabbi once asked his pupils how they could tell when the night had ended and the day had begun. 'Could it be,' asked one of his students, 'when you can see an animal in the distance and you can tell whether it's a sheep or a dog?'

'No,' answered the rabbi.

Another student asked, 'Is it when you can look at a tree in the distance and tell whether it is a fig tree or a peach tree?'

'No', answered the rabbi.

'Then when is it?' his pupils demanded.

The rabbi replied, 'It is when you can look in the face of any man or woman and see that it is your sister or brother that stands before you. Because if you cannot see this, it is still night.'

Sadly, many of us believe that in Australia today it is still night ... as we are fed small fragments of information concerning Manus Island and Nauru, and denied even such titbits concerning the fate of refugees who have fallen victim to what amounts to piracy in the Indian Ocean.

Occasionally, though, there are shafts of light that pierce the gloom ... and there was an especially encouraging one in Murwillumbah on July 11th. The Uki Refugee Project organized a fundraiser at the Regent Cinema that night. They screened 'Between the Devil

and the Deep Blue Sea', which explored the motivations and experiences of those who risk their lives in leaky boats. This was followed by a Q&A session. And the place was packed! Almost all of the 210 seats in the cinema were occupied, and several bean bags too! We raised \$2,500 which will be used to help meet the cost of hosting further 'Friendship Weekends' here, and also help refugee families in Brisbane buy school uniforms. Yet more encouraging was the presence of so many compassionate beings ... and the realization that the night cannot last for ever. Day is at hand ... to those loving enough to embrace it!

Rev. John Tyman,  
Holy Trinity Church

## Safe Online Shopping

Purchasing items online is becoming increasingly popular and it can be particularly useful for those who live in remote areas. However, shopping online has its perils, like the use of phishing attacks, where thieves attempt to swindle people out of their sign-in credentials or credit card info by pretending to be a real website, or even an online bank. Incidences of phishing attacks are on the decrease according to statistics but malware, which uses malicious code to compromise privacy, has actually increased nearly 90% over the last quarter. Avoid becoming a victim!

Shop using familiar websites that are the online version of a regular store. Ensure that sites use

the correct spelling and also use a regular top level domain like .com or .com.au. They should also have a privacy policy and be easily contactable by email or telephone.

Look for the 'secure' site padlock in the taskbar and the https:// in the address bar, as this indicates the installation of SSL (secure sockets layer) encryption. Never purchase from a site that does not use SSL, as your credit card information can be intercepted by a third party during the transaction. Never ever email your credit card details to anyone.

Use Paypal, if the site offers it. This lets you take advantage of Pay-

## The Desktop Doc

Pal's secure payment gateway and makes it unnecessary to provide your full credit card details to the seller, whilst completing a secure reliable payment online.

Beware of any e-tailers asking for your birthdate as this can be used in identity theft.

Always regularly check your credit or debit card statements for unauthorized purchases. After 30 days some banks will hold you liable regardless of fraud.

Keep your computer anti-virus software up to date by checking for updates and installing them prior to doing any online shopping.

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The news of the downing, in war torn Ukraine, of a passenger plane with 298 people on board is still vivid in everyone's mind. I feel that it could be of some interest to explore the view Astrology takes on such events.

Astrology's main tenet is that the planets' positions/ mutual relationship at the time of birth determine the character/ destiny of all individuals. How can we reconcile this idea with the sudden tragic deaths of so many, unrelated to the conflicts unfolding below them? The only answer here is that we all partake not just of our own individual destiny but also of that of the planet and everyone on it; the fate of individuals can be overrun by that of nations.

Taking a bird's eye view by looking at the Birth Chart of modern Russia (Declaration of Independence, 8/12/1991, 7.45pm, Moscow) we find Pluto and Uranus respectively conjunct/right angle Russia's Moon/ Uranus/Neptune! Hopefully this

tragedy will help Russia to make a major shift from its autocratic course, embracing more democratic ways. Pluto's ultimate function is in fact to deeply transform whatever it touches, via a more consciously truthful approach to issues, personal as well as political; while Uranus, from the top of Russia's Chart is upsetting the old establishments in violent and surprising ways, or from unexpected quarters.

There is more: Saturn is at the midnight point of this Russian Chart, meaning that a severe crisis has been unfolding within the country, a reality check that could eventually help Russia to build its national strength on more solid foundations, but not without painful realizations and sacrifices. Plus Jupiter is now approaching Russia's Ascendant, a transit that is already putting this country on the world's front stage in a big way, but also exaggerating its pride and self-righteousness in circumstances that may demand a rather more humble and diplomatic

attitude. The war-mongering Aries Moon, at the time of the missile strike, was right on this Chart's Noon Point, showing this event's strong emotional impact on the Russian national psyche and its worldly reputation. The Russian leader himself, Vladimir Putin, is personally in the grip of the same Uranus-Pluto's angle, his Libra Sun now opposed/right angle Uranus/ Pluto, life changing transits.

The day this crime was perpetrated the short-lived transits also reflected troubled times. The Cancer Sun was reaching a 90 degrees angle (difficult aspect) to Libra Mars (conflict/ violence), while approaching a conjunction to Jupiter (distant travel/ foreign countries), also tending to magnify events; as the Moon, in martial Aries, transited 90 degrees from Mercury (travel/ communication) - another challenge.

More on this and other topics on my site [livingmoonastrology.com](http://livingmoonastrology.com)

## Safe Online Shopping

(Continued from previous page)

Use strong secure passwords. **Do not** use generic passwords for e-commerce sites, online banking or your email. A strong password must contain a mixture of lower and uppercase characters, numbers and at least one special character (%,#,@,\* etc.) and ideally be at least 6-8 characters long.

Using Mobile devices. Shopping with a mobile device is OK as long as you use the apps pro-

vided directly by the retailers, instead of going to the website using a browser.

Avoid public terminals, and only use wireless if you can access the web through a virtual private network (VPN).

For those new to online shopping a good place to start is the website [www.onlineshoppingaustralia.com.au](http://www.onlineshoppingaustralia.com.au) It includes a list of Australian shopping websites that can be trusted as being genuine, using privacy policies and SSL certificates.

If you need any computer help, repairs, upgrades or setting up your backup software please call 0406217804 or visit the workshop at Tweed Creative Studios, 1/19 Buchanan St, Murwillumbah.



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## Full House for Refugee Fundraiser

They queued for tickets down to the street at the Murwillumbah Regent Cinema. They filled the auditorium, jammed the foyer after, continuing to dialogue, obtain information, and register their willingness to be involved demonstrating solidarity with asylum seekers. 'They' around 200 ordinary Australians, from Uki, Tweed and neighbouring shires – confused about official responses, seeking facts, and keen to know how Australia could become more compassionate.

The occasion was the Uki Refugee Project's (URP) fundraiser, Friday 11<sup>th</sup> July. URP is a small group centred around Uki, wanting to offer practical friendship, acceptance, and to understand and forge links with refugees. This followed an earlier friendship visit to Uki by families who live in Brisbane, mostly awaiting visas.

A 'Q&A' session followed the screening of a hard hitting film 'Between the Devil and the Deep

Blue Sea'. The movie featured interviews with asylum seekers themselves – before and after attempting to come to Australia by boat. Panelists included human rights lawyer Emma Robinson, medical doctor Michael Douglas, from 'Sanctuary' (facilitated settlement for numbers of refugees in Lismore), Uki Anglican minister/Cultural Geography Professor John Tyman, and Abdul a former unaccompanied minor/ poet now supporting asylum seekers in Brisbane. ABC journalist, Joanne Shoebridge was prevented from chairing by illness, but helped prepare the questions. Panelists spoke with passion and intimate knowledge of the refugee experience. Abdul shared two moving poems which explored questions deep in the psyche of the refugee – 'home' and 'identity'; his final advice was to 'just be there for people seeking asylum'. URP email quotes afterwards:

*a total joy to experience.*

## Bryan McClelland

*Don't know Joe but ... special thank you for the evening!  
would love a copy of poems, ...so much from the heart..If possible.  
... overwhelming to see how many people turned up - congratulations ... pics from that film in my head, will do everything I can to help*

Over \$2,500 raised will be used for further URP actions. Special thanks: panellists, Murray Kyle (music), Hare Krishna farm (catering), Thomas/Lorenzo (enthusiasm!), Regent Theatre(venue), Marriane Basingthwaite-Jago and Carmen Myler (chair/MC) and everyone else for generosity and hard work!  
uki.refugee.project@gmail.com  
ww.facebook.com/ukirefugeeproject

### The Food Garden

When we think about growing a vegetable patch, we tend to think of those foods that are leafy green, fast growing and easy yielding and often overlook planting foods that might require a much longer period to fruiting, such is our haste to bring the bounty to the table. Nut trees are a good example of this and their nutritional value is also often underestimated. A nut tree is a beautiful addition to any garden and the macadamia is not only one of the best trees to have in your garden, it's the only commercially grown native nut Australia has. There is no better

time to plant a macadamia than right now, because the onset of winter will give the tree time to branch out its roots and get itself established before the heat of summer kicks in. The macadamia has a delicate root base that needs to be kept moist so you want to dig a good size hole and fill it with some chook droppings and compost and then plant your young tree into this. Water it well and then mulch, leaving enough room for breathing around the trunk. Comfrey leaves are great as mulch but also at the base of the hole before putting your plant in the ground because they are rich in potassium and fix nitrogen to the soil,

which will give the macadamia an extra boost through the cold season and help the tree bear good quality fruit. Keep it warm and moist and you'll keep it happy. These trees can actually grow quite tall but they can also be pruned back lightly and kept to a reachable height. I have recently discovered the serrated leaf macadamia and to my surprise the nuts on this variety are considerably easier to crack. In fact, the magnificent yellow-tailed black cockatoo has no problems cracking the nuts on this type as I had the privilege of witnessing not so long ago,  
(Continues on next page)

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## Partnerships in Art

Earlier in 2014, the Uki Café sponsored an exhibition called **MARGINALISED WOMEN FIGHT THEIR WAY OUT OF POVERTY**. Over \$1050 was raised. During the month of August, Sugar BEAT cafe in Murwillumbah is partnering us in a similar way.

Now retired, we will hopefully travel each February to Bangladesh for the purpose of supporting SYMBIOSIS, which is a local non-government organization. Heather's art will document change and hopefully raise funds towards field worker's wages.

In a 95% Muslim country, SYMBIOSIS is inclusive of Hindus, Christians, Buddhists and Muslims. The staff of 250 is made up of both men and women and particularly seeks out representatives of marginalized ethnic minorities.

Having once spent eight years in Bangladesh, we find our language competency is returning but we are also assisted by an interpreter made available by SYMBIOSIS.

We are working to develop the staff's listening and facilitation skills. We also have the privilege of visiting staff in the field and of having conversations with some of the marginalized groups in places where real transformation is taking place. In particular we converse with groups of women (usually about twenty) who are benefitting from SYMBIOSIS' Functional Literacy program, learning to read and write in eight short months.

These women form into Savings Groups which quickly become self-sustaining as they pool regular savings and provide each other with repayable loans. Vibrant small busi-

nesses result and the women, once invisible, are becoming influential as never before.

SYMBIOSIS provides early education for the children of these women and integrates them into the Bangladesh education system. Health outcomes are improving and financial exploitation diminishing.

This NGO educates men as well as women about women's rights.

**If you stop by for a coffee/eats at Sugar BEAT during August you will see photographs alongside art works and you may also like to read documented conversations with the Bangladeshi women. Hopefully these will give you an accurate and meaningful picture of what is 'a good news story' in which you may wish to participate.**

**Heather McClelland**

## The Food Garden

(Continued from previous page)

so unless you're like me and enjoy such spectacles it might be best to cover your tree when the fruiting stage comes around. The northern rivers is the ideal climate for the macadamia to grow and thrive in because it loves good, rich volcanic soil and a sub tropical climate. You can propagate from seed although it is generally considered easier to do so from cuttings and grafts and, for the smaller home, dwarf varieties are now available. Pests aren't known to be a big problem and surrounding your nut tree with flowering plants will ensure there is diversity in predatory insects and bugs so there'll be no need to be worrying about pesticides or the like. Much like the passionfruit, you'll know the nuts are ready to crack and eat when they fall off the tree. Macca oil contains no cholesterol, is fantastic for rejuvenating the skin, has a very high smoke point, imparts a delicious nutty flavour to the cooking pot and is high in all the good fats so do yourself, and the earth, a favour and plant one now. *Live to grow!*

**Shaun Mac**

## Pub Delay

Uki locals have been long anticipating a start on the new Mount Warning Hotel, but can now expect further delays following receipt by Tweed Shire Council of an application from the hotel's owner seeking amendments to the existing approval given in April. The old pub burnt down in February 2013 leaving the community gutted.

According to information on Council's website "the preparation of the detailed Construction Certificate drawings have resulted in some changes to site layout and building design and may not be strictly in accordance with the approved Development Application drawings and hence a modification to the consent notice is required".

The amendment was notified in the Tweed Link of 22 July 2014 and is open for public comment until 6 August 2014. Further information regarding this matter can be obtained from Council's designated contact officer Jamie Warren on (02) 6670 2496.

**Phil Carr**



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## Learning to Listen

This last school holidays have been a big challenge for me. Painful patterns of 'power over' (basically, stubborn head butting) came up between me and our son Aron that made virtually all our interactions painful. In desperation, I rang my beautiful mentor and parenting coach, Marion Badenoch. I'm now seeing the light at the end of this particular tunnel (kids back at school definitely helps).

What can I do to avoid digging myself into such deep holes? I know sometimes there will be no avoiding the trenches, but maybe I can cushion them so they are not so deep and maybe, some blessed times, I can gracefully jump over them... Marion said to me: 'It looks like it's essential for you to have meaningful conversations on a regular basis to help you stay centred'. However, I find not many people know how to listen in a way that is really helpful. And, in some very dark times, even the most skilled of friends won't do... I need a professional. Fortunately, life has blessed me with very good friends and fabulous healers and life coaches whenever I need them. So this is what I was reminded off and I'd like to share with you: don't hesitate! Talk to your trusted friends, open your heart. If you find they don't listen the way you want them to, tell them what would be most helpful. And if you don't know what would be most helpful, come and talk to me. I am *passionate* about this subject, and maybe you will get some good insights...

**Maira Jorba**

## Poached Spiced Chicken

I'm out on the mighty 'Deep Blue' sailing up the Queensland coast for a couple of months and I've discovered 'convenience food'. Not the preservative laden processed mush you get in a supermarket but your own 'convenience food'. Sailing for extended periods requires clever storage solutions. One of the crew shouted the boat a cryovac food bagger – one of those things that sucks the air out of a bag around the food and heat seals it. Fantastic for a few reasons. No waste storage space because of packaging, robust bags and best of all, food-grade heat resistant polyethylene. You can cook or reheat in the bag. The machines are inexpensive – but they are not industrial quality. You get what you pay for – but they work for occasional domestic use.

This was the trial run:

### Poached spiced chicken

- Slice chicken fillets into long strips that are about 2cm thick.
- In a bowl mix finely minced red onion, ground cumin, chilli, coriander, sumac and a bit of pulverized sea salt.
- Coat the chicken in the mixture.
- Cryovac bag the coated strips in the portions of your choice.
- Freeze the bagged portions until ready for use.

To cook in the bag, thaw the required amount but leave it sealed in the bag. Bring a suitable pot of water to the boil, poach the chicken in the bag for 10 minutes then turn the heat off. It's a bit of trial and error depending on the thickness of the strips. Remove the bag(s) from the water and let them sit for five minutes. Remove carefully from the bags, retaining the juice. Keep warm, reduce the liquid to a sticky sauce, pour over the chicken and serve with salad, steamed veggies, rice – whatever you reckon will go with it.

I think this works for fish as well and the next mackerel to come over the stern will be the test run. Email me if you want to know how it went. I'm thinking white wine, coriander and lime in the bag with mackerel fillets.

There are roo fillets marinating in red wine, garlic and olive oil bagged up but I'll barbeque these.

Some things don't work poached. Happy cooking!

**Pat Miller**

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

## STEVEN AND EVAN STRONG

### FORGOTTEN ORIGIN PRESENTATION

Steven is an Australian based researcher, author of 5 books, historian and former High School Teacher with a background in Archaeology. His son Evan has worked with him for many years assembling the facts from their archaeological discoveries.

This presentation will cover their extensive research on the archeological finds at a variety of sites spread through the east coast of Australia including the Northern Rivers.

Slides, artifacts, explorers' accounts, genetic information and traditional Australian Original mythology will demonstrate that earlier highly advanced civilizations existed in this area.

This is an invitation to explore the hidden history that rewrites everything we are led to believe about our identity and origins; it will challenge the fundamental notions that underpin all accepted versions of human pre-history.

#### VENUES:

#### Tyalgum Community Hall

16<sup>th</sup> August  
1pm-4pm

#### Uki Hall

17<sup>th</sup> August (market day)  
1pm-4pm

#### Admission:

\$20.00                      \$15.00 concession

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Their latest book "SHUNNED" will also be available for purchase

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## Food Preservatives

Preservatives limit or prevent the growth of microorganisms such as bacteria, yeast, fungi, mould, present in or that may enter food. Traditional preservation methods include boiling, freezing, refrigeration, pasteurizing, dehydrating, salting, pickling and smoking. Modern day processing and preserving of food often includes the use of a growing number of chemicals, which have the potential to produce serious consequences in the health and wellbeing of sensitive individuals. Examples include:

**210-213 Benzoic acid, all benzoates (e.g. sodium benzoate).**

Found in meat, pickles, flour, margarine, fruit purees, fruit juices, soft drinks, cordials, beer, tea, coffee, ketchup, salad dressing, cheese, chewing gum, sugar substitutes,

lollies, maple syrup. Can trigger allergies, skin rashes and may cause brain damage. Can cause asthma, especially in people dependent on steroid asthma medications. Also reputed to cause neurological disorders and to react with sulphur bisulphite (222). Shown to provoke hyperactivity in children. **220-228 Sulphur dioxide, all sulphites, bisulphites, metabisulphites.** Found in dried fruits, wine, juice, wine vinegar, canned olives and peppers, corn syrup, corn starch, cordial. Can cause headaches, heart palpitations, allergies, can trigger asthma, may cause cancer. Known to provoke gastric irritation, nausea, diarrhoea. Destroys thiamine (Vitamin B1)

**280-283 Propionic acid and all propionates.** Found in bread,

crumpets, hamburger buns, whey powder in bakery products, cakes, cheese. Thought to be linked with migraine headaches

**BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene)** Found in fresh pork and pork sausages, potato chips, instant teas, cake mixes, cereals, chewing gum, beer. May cause liver disease. Have caused cancer in rats but some studies suggest may protect against cancer development. Sources <http://www.fedupwithfoodadditives.info/>

<http://www.foodadditivesworld.com/>  
<http://www.mbm.net.au/health/200-290.htm>

Acknowledgment to Karen Green 'Gaining Health' – Naturopath & Nutritionist .

## Wildlife Rescue App

Tweed Valley Wildlife Carers –  
Hotline 02 6672 4789

Here in Australia we are incredibly lucky to have some of the world's most unique animals. But these animals are under threat daily from hazards such as domestic pet attacks, hunting, becoming the victims of road kill and of course bushfires. December 1<sup>st</sup> 2013 saw the launch of the 'Wildlife Rescue App' a unique smartphone application created solely to help save the lives of injured or orphaned wildlife in NSW. Designed in collaboration with IFAW (International Fund for Animal Welfare - [www.ifaw.org](http://www.ifaw.org)) and the NWC (NSW Wildlife Council) this free app aims to empower people to help save the lives of injured native wildlife by putting them in direct contact



with the nearest rescue organization in the event of finding injured wildlife when travelling anywhere in NSW. Native wildlife carers do such a fantastic job of rescuing and rehabilitating Australian animals. And now

there is an easy way for Australians to help support them. Quite literally, the future of our native wildlife is in everyone's hands thanks to the technology behind the app and the popularity of smartphones and mobile devices.

**The App is easy to use. It is for**

**use in NSW and can be downloaded from the Apple Store or the Android Market. It is also available for mobile devices at [wildliferescue.ifaw.org](http://wildliferescue.ifaw.org). People can download it today and then speak with wildlife carers in their area for advice when they need it.** For advice or information about native wildlife in our area, see the information available at [ww.tvwc.org.au](http://ww.tvwc.org.au) or call the hotline – 02 6672 4789. If you'd like to become involved and make a difference to the wildlife of the Tweed, call the hotline today. Our next Orientation for new and prospective members will be held in Murwillumbah on Saturday 9<sup>th</sup> August (this weekend!). Please register your attendance by calling the hotline.

**Jo Cabale**



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