



Recovery

Brendan Esposito

Two months after the March flood and there is some semblance of order returning to our community. Manns and Mt Warning Roads are open. The Mount Warning walking track is back in operation. Bridges have been cleared. Byrill Creek Bridge has been (temporarily?) replaced and the Rowlands Creek Bridge is being re-sealed, a welcome reprieve from the fine white dust that has blanketed Kyogle road over the last two months.

Beside the dust, there are many lingering reminders. Abandoned cars, flattened road signs, broken fences, river banks have been severely eroded and debris deposited high in trees. The flood has also left deposits within us individually and within the community, some of which evoke visceral responses... a knot in the stomach when it starts to rain, déjà vu brought on by the smell of mould or hard mud stuck to a pair of boots. This fuels the zeitgeist; undercurrents

of anger, loss, fear and a weariness.

From this fugue, stories emerge that have become bigger in the telling. At no point during the deluge was a house from Convent Road washed passed Uki, severing power lines. This simply did not happen. A shed and demountable were lost in Convent Road and the debris spread into Centennial Park and 'Uki Beach'. Power lines were indeed cut in the Buttery car park but this did not occur as the result of debris floating down the river.

Despite the high tide turning at 02:05am on the morning of Friday 31 March, this did not have any relation to the receding of flood waters at Uki at 02:35am. This has been confirmed by Council hydrologists and SES staff. While these times do coincide with the water level dropping, the two events are not connected. Tidal influence in peak flooding ends at Condong and in normal conditions,

the upstream point of the Bray Park weir.

A release from the Clarrie Hall dam did not precipitate the 12m peak that occurred at lunch time on Thursday 30 March nor the second bigger peak of 12.9m at 02:30am in the early hours of Friday 31 March. By Thursday, water was indeed coming over the dam spillway but at no point over the dam walls or via a release.



The biggest factor that contributed to the highest peak water ever recorded in Uki was the sheer volume of rain that fell into the catchment in the 24-hour period prior to midnight on 31 March. No official rainfall collection station within the catchment recorded less than 408mm. With Uki receiving 539mm, Palmers Road 571mm, Clarrie Hall 541mm and Kunghur 533mm. Of note was the 639mm that fell at Numinbah (just outside the Tweed catchment), the highest value recorded anywhere in Australia for this same period. ✧

Sorry

Heather McClelland

When conflict breaks out in our relationships we are all familiar with the need for moderation. The same is true for wider national conflicts.

It's been inspiring to hear about the Indigenous Gathering at Uluru. What aboriginal leaders are asking of the Australian public at large and of our politicians, is remarkable for its moderation and its dignity. They feel hopeful about Australia's commitment to fairness.

In 1967 the people of Australia's First Nation were finally given the vote which the rest of us including women have now long taken for granted. Their ancestors lived in this

land for 60,000 years while ours first arrived a little over 200 years ago and we pushed them to the edge. Australia developed its own ugly style of apartheid.

It was different in New Zealand where the Treaty of Waitangi was signed between Maori and white settlers right at the beginning of European settlement. Now our Aboriginal sisters and brothers are asking for 'their voice' and 'the right to speak on their own behalf'. They want to vote for their own representative group of parliamentarians. They also want a 'Truth and Justice Commission' to speak truth about the last two hundred years so that reconciliation is not just symbolic but is made real. Shameful statistics and injustices need to be aired, massacres and losses acknowledged. Land rights are important but many more aspects of governance need to be put into indigenous hands. They

want what they are naming a 'Makkarata' commission which will supervise the process towards the treaty that is so needed.

The 'Uluru Statement from the Heart' is a beautiful document. It can be heard (by utilizing the ABC iview application) as it was spoken at the end of last week's Q&A. In a few weeks, after seven long years of Indigenous conferencing across the length and breadth of the country, the wording of a referendum will be presented to our politicians. Those of us who believe in social justice will all need to support our Aboriginal brothers and sisters, picking up on their hopefulness and using our own voices of moderation to help convince others about a new and a fairer way forward and for a better Australia. ✧

From the Editors

We are now well into a recovery period two months after the disastrous March Flood. The initial shock subsided and was replaced by vim and vigour in those who could, to help those in need. This energy is now waned and fatigue set in and in some cases despair. It set in with those who are helping and with those trying to cope with loss. But the clear winter days seem to be coinciding with a clearer view of what occurred and an attempt to make sense of what happened.

Civil repairs are underway and people are getting their houses in order. There has been an admirable and concerted effort by those who can to 'get on with it'. What is less obvious is how we are getting on in our hearts and heads.

Several communities have organised meetings, some have

become heated, this heat generated largely by the friction between those who want to help and offer advice and those who just want an ear that listens, fuelled by a need to de-compress.

We are story telling animals. We process our world by telling and listening to stories. We imagine. We build communities the same way with shared ideals and values formed through shared experiences as we talk and listen to the re-telling of our tales. This how we think. This is how we learn. And this is how we heal. You have a story to tell. There is a community waiting to listen.

(And don't forget... Uki News is your contributions Uki)

Brendan and Kylie

Contact Uki News: theukinews@hotmail.com

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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.



A Call Out for Flood Stories

We are gathering stories from our community to publish on an accessible online platform which will include video and photography.

Story telling is a powerful tool to heal, to relate and to inspire.

Sharing our collective experience of Cyclone Debbie will create opportunities to connect and inform.

Would you like to share your story?

Please email your story or leave your contact details and we will be in touch.

Contact: Kathy Egan
floodstoryproject@gmail.com

It takes a
town

Michele Bevis and Natascha Wernick contributed photos of the flooding and aftermath in Uki and Byrill Creek to the Flood Wrap last issue and were mistakenly uncredited. Many thanks to them for sharing their photos.

Word from Ukira

Samuel Quint

Hello and welcome to the latest edition of the Uki News, we hope that it finds you safe and well and that anyone affected by the recent flooding is well on the way to 'life getting back to normal'.

UKIRA members recently attended a meeting in the village with representatives of the Tweed Shire Council regarding changes to waste collection in the village zone, villagers will now have 3 bins with the emphasis on collection of 'green organics waste' in order to reduce costly landfill fees. Whilst there may be a small short term cost increase to residents for this change, in the longer term there will be savings. The initiative also represents a truer costing of the life cycle cost of consumer goods in the 'modern' age. UKIRA supports these changes.

Membership: UKIRA offers a range of membership options to cater for all resident's needs, you may come along as an interested

citizen who then feels they may wish to become a member and down the track you may seek to upgrade to full committee member status. From there the sky is your limit! Meeting are held 1st Tuesday of the month in the Hall meeting room (entry from rear of building). We will be holding our AGM on the 1st of August.

Also, if you or your organisation has a community based project/activity/ what not, we may be able to assist with such enterprises financially. Just come along to one of our meetings and have a chat or send a letter to PO Box 3141, Uki NSW, 2484, or email to: ukiresidentsassociation@gmail.com

Finally, UKIRA wishes to extend its gratitude to our editors, Brendan & Kylie and the CTC (printers of Uki News) for putting together the last edition's Flood Wrap for Uki News, a sterling last minute effort to cover some historic times in and around the village. Thank you. ✨



Building Community Connections: The Fair Trade Shoppe

Brendan Esposito and Pam McGann



Two and a half years ago Pam and Geoffrey moved to Uki from Brisbane, desiring a tranquil life living more sustainably and the perfect property was purchased not far from the Village. "The Quiet Life" said Pam... until she saw the front of the Old Bank building was for lease. What a wonderfully historical yet peaceful ambience to display and sell the fair-trade hand crafted treasures created by the many artisans from around the world. On Easter Saturday 2015, The Uki Fair Trade Shoppe opened its doors.

The shop furthered Pam's past involvement with fair trade, predominantly in a voluntary capacity that commenced thirty-seven years prior. Pam works directly with fair trade organisations from whom she purchases amazing and diverse products. Many of the artisans and producer groups have become like family to her, with Pam assisting in the development of designs hoping to providing sustainable work for the artisans. Pam's work impacts at a grass roots level. Last year money was raised for an emergency fund in Kolkata, India with immediate medical help given to local artisans. Three years ago Pam attended the opening of a school in Asansol, west of Kolkata. This school was largely funded

through fundraising ventures and donations from kind, appreciative customers.

In September 2016, The Uki Fair Trade Shoppe expanded its floor space with the opening of another beautiful room behind the front shop, and the addition of a side verandah where customers are welcome to relax. With the opening of the second room, the two hallways also provided a space where unique textile art can be displayed.

Every exquisite item in the shop is guaranteed to be made under fair trade standards by our gentle and creative artisans in Bangladesh, India, Thailand, Peru, Pakistan and Indonesia with treasures from the Philippines soon to be added. The eclectic collection includes hand crafted décor, fashion accessories, children's toys and educational resources, handmade paper products, musical instruments, quirky recycled items and our famous Christmas display! There is something for everyone with prices ranging from 20 cents for a palm leaf woven ring made by artisans in Bangladesh to a \$190 jute twine floor rug, hand created in a village in south western Bangladesh.

Pam is grateful to the local community who have warmly embraced the presence of the shop in the Village. The Fair Trade Shoppe has become a popular destination for Australian visitors and to a lesser extent from overseas. The usual comments when people walk in the shop are "It is so colourful"; "It is so beautiful" and when they leave; "I wish we had a shop like this where we live".

The Fair Trade Shoppe is a wonderful addition to Uki Village, adding to the village's already diverse artistic soul, with a hint of exotica and a tangible connection to sister communities elsewhere. ✧



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RESIDENTIAL AND RURAL SALES

Dear Editors,

Thank you for the Issue 93 of the Uki News.

I saw, read and felt that it was an abstract of life in our gorgeous village. It provided so much of the energy of being human and living on this amazing planet, being Uki-centric, and the importance of connectedness. O.M.Gaia!

The 'Flood Wrap' provided a segue to a moment of living in real time; the cover page article reflecting the delayed edition's content in that serendipitous way of collective consciousness. Thank you to all the contributors for their humour, information and insights.

Michele Bevis

We'd love to hear from you... Send your letters to theukinews@hotmail.com.

Butterfly

Thomas Bailey



Today I watched a butterfly
Not fly
I thought it was its time
to die
But then it did rise
flew up into the skies
Quite high
A little bit wobbly

But then that's its style
All the while
This I did see with mine
own eyes
From where I lie
On my fetid bed inside
Listening to my heart cry
I wish I was that butterfly

Uki Wisdom – Ilahn

Corey Fisher

What do you think about the world/life?

Whoa!... So, for me, the world I live on is my provider, without it I'll die, so I'm extremely respectful of this environment, and I'm concerned about the people around me, who are abusing that gift we are given.

Have you ever experienced something that was 'indescribable'?

On the positive side, something that I've found indescribable is nature. Some places I've been, especially in South America, in New Zealand, some places in Australia, ... you can't describe it in words. There is no way, you need to be there. You need to be at the glacier at El Calafate in Argentina, and see this river of ice, just miles and miles, and then exploding at the end!

The other one that is indescribable is war. I cannot put two words together... there are

no words to describe war. I can describe it in words but you will never be able to feel it, and I believe that if you cannot feel the words, then the words are empty.

That's how I see it anyhow... if I say something and you have a gut understanding of what I'm saying, even if its intuitive, not necessarily totally understanding, but just intuitive, you know, this punch in the gut.

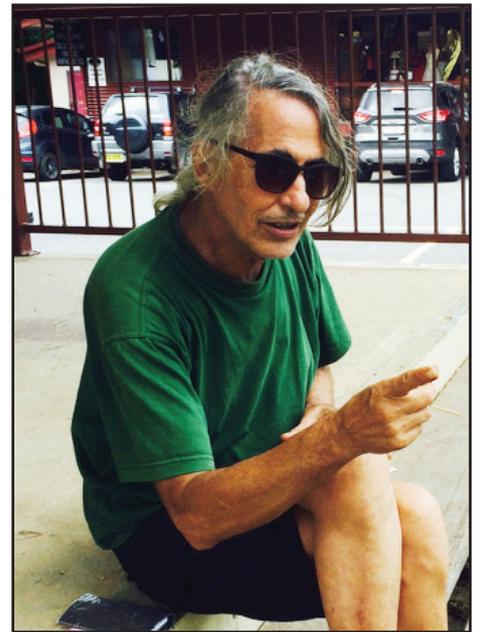
Stalin said that "One mans death is a tragedy, a million is a statistic." You can feel that there's something wrong with that sentence, and it gets you. You know there's something wrong, and the realisation that what he says is actually true, that is what I'm talking about. Something you cannot describe, you can only feel.

What piece of wisdom have you been taught, or have found to be true, that you think should be passed on to the next generation?

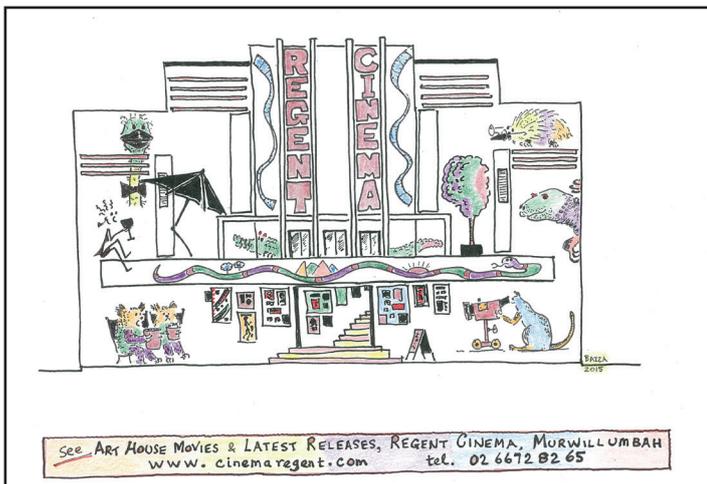
Know yourself before you have an observation of someone else.

What do you want to be when you grow up?

My ego will say, that I want to change the world, but from the place that I am



now, I want to feel peaceful. There's nothing exterior in my growing up. There is only interior, coming back from the last question, I feel that If I find this place of balance, where I can accept bad and I can accept good, and just stay in that balance, then I've achieved something, for me. I want to find me, and I'm finding it hard. ✨



Uki Kids' Club After School Care



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

Heaps of fun for your children, while you get a few hours to yourself. 6679 5128, 6679 5024 3pm-6pm Quality accredited care CCB subsidy available

Uki Public School OOSH

Uki and South Arm Historical Society Inc.

In the 1980s our the Historical Society printed a newsletter with over 180 subscribers. The following is an extract from the March 1983 issue.

My Early recollections of Doon Doon by Mrs Fogarty

Land for ballot was thrown open on Doon Doon about 1908. My father Arthur Deards won a block. In those days there was no road and all goods and mail were brought from Murwillumbah and were left at a property on the South Arm Road near Byrill Creek. The settlers would then bring their goods etc. by horse or sulky or on their backs over Byrill to their respective holdings. The earliest pioneering women of Doon Doon had to make their own bread

and do all their cooking on an open fire in a galley outside their small slab houses. Camp ovens were popular then. The felling of the scrub was very hard work and on very big trees the men would have to lift up their spring boards to where the girth of the tree wouldn't need so much chopping. Thirty shillings per acre was the usual wage for scrub felling and that included the brushing of the under growth. The men would have to supply their own axes and brush hooks etc. and cart their food-stuffs over miles. They would be at work at the first light of dawn every day that weather would permit. Hard work was plentiful but money was scarce. As the road was made teamsters would take timber - such as prime hardwood to Uki to be cut up as by that time a saw-mill was operating there.

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

Contact: Esmá Thompson (secretary)

Ph 02 66795890 / Ph AH 02 66799121



Please slow down

Brendan Esposito

This unfortunate little fellow was killed on June 3 near the Wollumbin turnoff on Kyogle Road. It is not always possible to avoid wildlife but by reducing speeds you can improve the chances. This section of road seems to be well traveled by echidnas, with a similar incident occurring almost exactly a year ago. Bandicoots also seem to be frequent victims between Uki and Byangum Bridge. This little fellow was still warm when we picked him up and now has a young red cedar planted over his body in Sweetnam Park.



The symbol you see to denote the end of an article in a magazine or newspaper is called a 'tombstone' or 'end of proof' mark (or less commonly Halmos or Q.E.D.). It's usually a square or rectangle, though any symbol can be used. You may recognise our new symbol from around Uki - it is by one of our long time resident artists Anthony Grumley.



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FREE ADMISSION – museum.tweed.nsw.gov.au

Village Stories:

Uki

Now showing



Learn some of the secret stories of Uki and discover a collection of local objects that has never been displayed in public before!

This exhibition is a journey through Uki's colourful and not-too-distant past, from fancy dress to the local tug-o-war heroes.

Open Tuesday to Saturday 10am – 4pm
Tweed Regional Museum (02) 6670 2493



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Uki Refugee Project

What can one small village do?

Ralph Summy Annual Lecture & Australian Activist of the Year Award

Saturday 1 July 2017 | 5:30 - 8:30pm
Mullumbimby Civic Hall

Don't miss this one! Get your tickets online now!

The lecture is named after one of Australia's leading peace scholars, Professor Ralph Summy. Ralph is a peace activist and scholar, and established the Australian Centre for Peace and Conflict Studies and heading the Peace Institute in Hawaii.

Julian Burnside QC is an Australian treasure, an individual who has long dedicated himself to pursuing the cause of social justice. In the inaugural Ngara Institute Annual Lecture, Julian tells us why activism is necessary and what it can achieve.

Julian will also present the first award for the Australian Activist of the Year to two leading Indigenous opponents of the Adani Mine in Queensland's Galilee Basin, Adrian Burragubba and Murrawah Johnson.

www.ngarainstitute.org.au/events/2017/5/2/inaugural-ralph-summy-lecture-speaker-julian-burnside-including-the-australian-activist-of-the-year-award

For information contact Bobbi: 0428 886 147
02 6688 6147. Email: bobbi@stillnessinaction.net.

"A Devilish Tale" - The History of Harmony

Saturday 22nd July, 2017 | 6:00pm (for a light meal), with performance 7:00pm to about 9pm.
The Regent Cinema, Murwillumbah

A 50 minute stage performance followed by a magical musical improvisation by some of the area's best musicians. \$25 per ticket (including a light meal).

This unique production, accompanied by video and music, is an entertaining, highly theatrical look into the sometimes quirky, sometimes dark, early development of western harmony in music, raising questions about the power of fashion in shaping political and cultural evolution.



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Saturday: 10am - 8pm
Sunday: 10am - 4pm

Market Sundays - closed
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Homestay Program

Local people are being encouraged to open their homes to refugees for short stays - a weekend or longer. Initially we at Uki would like to begin in conjunction with our next FRIENDSHIP VISIT 22nd to 24th September, with some of our visitors staying in people's homes and some staying in the Forest Hideaway at Byrrill Creek. Potential hosts will be asked to complete an application form, have an initial discussion in their home with committee members and complete a Working with Children check. There is not space here for all the information, but if you'd like to indicate initial interest, please make contact as below.

Asylum Application Process

Peter Dutton recently announced that 7,500 people living in communities around Australia must scramble to apply for asylum by October 1 this year - or be deported. These are men, women and children who have waited patiently for years to go through the proper process and find permanent safety here. But asylum claims are extremely complex, and with legal services already stretched to breaking point - this new deadline is simply impossible to meet. Pro bono lawyers are working flat out. There is a long waiting list of people needing legal assistance.

WHAT YOU CAN DO TO HELP?

SIGN A PETITION. The more we can break the perception that everyone supports this cruelty, the more likely it is that the government will back down. And the louder we are, the more people will join us. Will you sign the petition to stand with people seeking asylum?

The Asylum Seeker Resource Centre has a "Keep Them Safe" campaign: www.asrc.org.au/keepthemsafe/

GET UP has www.getup.org.au/campaigns/dutton/in-australia/sign-the-petition?t=Lm3g4T2xW

Petitions help. This time last year, Get Up members helped to turn around Dutton's decision to send 267 people seeking asylum back to danger on Nauru. They are all still in Australia - and most of them are out of the detention centres altogether.

WRITE LETTERS to newspapers.

RAISE FUNDS for the Community Legal Centres. Refugee Action Coalition. fundraising@racs.org.au (Sydney); Refugee and Immigration Legal Service. admin@rails.org.au (Queensland).

Uki Refugee Project

E uki.refugee.project@gmail.com

f www.facebook.com/ukirefugeeproject

Ph Heather McClelland 02 6679 5603

John Tyman 02 6672 8223



CTC@Uki
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Farewell to Helen Madden

John Tyman

Not everyone in Uki will remember Helen, but those who did know her will be sad to learn that she was diagnosed with liver cancer in late February and died on Easter Sunday. She was a much loved and very active member of the our community for several years, till she moved to Canberra to join the man with whom she had fallen in love.

Helen had moved to Uki from the Sunshine Coast, and she found peace here, making many friends. Her personal experience was no doubt reflected in her passionate and longstanding support for victims of domestic violence in PNG.

She was not only a woman of principle but also a gifted communicator, having previously taught at university. She shared in our ministry at Holy Trinity Church, and when I learned she was moving to Canberra I asked the bishop there to accept her as candidate for ordination.

She actually began theological studies there, but then came 9/11 and the bombing of the World Trade building in New York, as a result of which Muslim women in Australia were often verbally abused and spat upon when they shopped. To Helen's mind this was criminal, and totally at odds with the Christian Gospel. So she decided to accompany Muslim women when they shopped and rebuke their abusers. She made many Muslim friends and eventually joined them at the mosque each Friday. She was highly regarded there, and became their librarian. She had already decided to use her maiden name of Kirk, and now chose to be known as "Salwa" instead of "Helen".



When I visited her in Canberra we were both welcomed graciously to Friday Prayers. At a time when divisions were uppermost in the minds of many people, Helen was a bridge-builder, who drew together the best of two great faiths, and the world will be the poorer for losing her.

Vale Steve Watson 1958–2017

Brett Ryan & Narelle Thomas Blessington

Long term Uki resident, Steve Watson, passed peacefully at home during the night of Wednesday 24 May, aged 58 years. Originally from Sydney, he moved to Uki in 1992.

Steve was a volunteer of the Uki Rural Fire Brigade from early 1997 until late 2016. Not an emergency responder, he was a stalwart organiser of the Brigade behind the front lines. He was Secretary and/or Treasurer for the 20 years of his service, was involved in major fundraising events and a familiar face doing raffles at Mount Warning Hotel. Steve lived next door to the Fire Station and regularly mowed the lawn and performed the duties of caretaker. The NSW RFS Commissioner awarded him his Long Service Medal in 2013.

Steve obtained a Bachelor of Secondary Teaching/Bachelor of

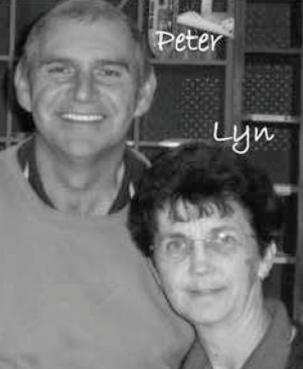


Steve at RFS Long Service Medal presentation, standing between Thomas George and Justine Elliott.

Music from Lismore University, tutoring several local students and was an avid classical guitarist. He enjoyed regular jams with his banjo playing mate, Geoff. Steve had worked at Mount Burrell shop for many years and had been a keen tennis player.

Steve Watson will be remembered as a kind, generous, calm and softly spoken gentleman. Uki Brigade, past and present, and the NSW RFS Far North Coast Team celebrate the life of a true Uki local and honour his commitment to our community.

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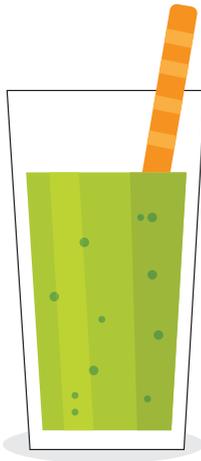
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Judith Magee

Many health conscious people are increasingly choosing to include chia seeds in their diet. So, what are they? Sourced from a flowering plant in the mint family, chia seeds were a prized food to the ancient Aztecs and Mayan civilisations; in fact "Chia" is the ancient Mayan word



for strength. The tiny seeds, which were particularly valued for their energy-boosting properties, are highly nutrient dense, including protein, omega-3 essential fatty acids, fibre, magnesium, calcium and iron.

Chia seeds can be used as an easy, nutritious addition to smoothies, mueslis and to make delicious, a nutritious low allergy 'pudding' style snack, perfect for lunch boxes or after dinner.



✱ To make a delicious pudding, combine approximately 1 cup liquid (water, coconut water, coconut milk (full fat), rice milk, etc.) to 1/3 cup chia seeds and then add whatever appeals - cinnamon or other spices, cacao, blueberries, raw honey, vanilla bean, stewed apple, nuts etc. When allowed to 'set' overnight, chia seeds swell and take on a tapioca-like pudding consistency - without the need to add any thickener.

✱ Chia seeds can also be used to create delicious, nutritious, low glycaemic, gluten free chia seed crackers - perfect for dips, etc. Mix 1 cup organic Chia seeds with 3 cups of filtered water, sea salt, to taste and allow to for

20-30 minutes until a gel is formed. Yummy additions include sesame seeds, poppy seeds, dulse, and dried herbs.

Spread the gel onto baking paper - a thinner layer will produce a crisper, lighter biscuit, great for using with dips. A thicker layer will produce a more solid biscuit. If



making a thicker biscuit, it can be used as a flatbread and topped with your favourite healthy toppings.

Place in a dehydrator for 12 - 24 hours, depending on the thickness of the mixture, or, cook in an oven at 140 degrees Celsius - cooking time varies, depending on the thickness, but it can take up to 2 hours if thick. When almost cooked flip it over to help cook the centre and underside of the biscuit.

Enjoy



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Sue McKenna

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JUNE Buttery Bazaar Sunday June 18

Katia Demeester

Multi Dimensional songstress Katia Demeester is an enchantress of creativity and expression.

Weaving magic within the tapestry of words and music with the intention to empower, inspire and powerfully reinforce the deeper connection to self and all things, activates, elevates and motivates those in the presence of this energy.

Full POWAH Soulful Earth Mama vocals with a lush honey like undertone melting into a unique flavor of Soul Funk Reggae Roots Jazz Hiphop R'nB World fusion, Solid rhythms Deep Bass and melodic guitar this taste is bound to stay on your lips and dance through your mind with lyrics of powerful affirmations. With special guests, this will be a day to remember...



Katia Demeester



Salt & Steel

JULY Buttery Bazaar SUNDAY July 16

Salt & Steel

"Soulful vocals, empowering stories and rising vibrations" Salt & Steel weave their raw, earthy trademark sound through folk and world music.

With foot stomping rhythms, bewitching vocals and alluring guitar melodies Salt & Steel retell sacred songs of the earth and sea, capturing and inspiring the wild spirit of the listener.

Whether it be on a stage to hundreds or an intimate venue, this soulful, gypsy, rock duo entrance and captivate as they deliver

a heartfelt performance. Recognizing and embracing the healing powers of music, Salt and Steel fill the space with a resonating, hypnotic presence, stirring and empowering the audience on a primal level.

"Music has the power to heal and connect. We want to share it"

Formed on the road, Salt & Steel are passionate and excited to continue sharing their adventures, their ever evolving music and stories, with kindred souls across the globe. There are guests yet to be announced, all under these wonderful clear blue sunny winter skies!




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Tending the Garden

Gabrielle Euphoria

Sometimes we find ourselves in relationships that no longer bring anyone any joy.

The beautiful memories of the past are just fumes that barely keeping the relationship running. The dreams that were celebrated in the beginning become threads each person clings to. Is this really living?

There are always ways to rekindle and try new things to get a relationship moving, growing and expanding, but sometimes, for whatever reason, they're just not done. Sometimes we grow in different directions to our partners... and the wonder and excitement of the early days turns instead to a destabilising or inhibiting sense of "they're going to outgrow me" or "I'm outgrowing them". This causes all sorts of responses - most are unconscious.

Perhaps we find ourselves holding back, limiting ourselves from following what makes us happy to prevent a partner feeling something we don't think they



can cope with. We may self-sacrifice to keep the peace; to alleviate tension and postpone facing the vulnerability of speaking up for ourselves and we deny ourselves the life we'd love to have.

Others may be attached to a sense of comfort and "security" by remaining in a relationship that isn't supporting our expansion because we're not yet comfortable to face the uncertainty of life alone.

Perhaps holding on to the relationship provides an appearance we're 'doing OK' or we may be following relationship patterns of our parents and grandparents, attempting to fit into cultural conditioning without questioning what else might be possible.

It often helps me to think about relationships in terms of gardens. If we were a plant in a garden without enough light and space and water and nutrients

in the soil, how would we thrive? What is needed to revitalise the soil? Is it time to weed and mulch and allow ourselves space to be ready for a new season?

That doesn't mean leaving a relationship!

It means learning to have the courage to be there more for yourself within a relationship. Being more honest with yourself and your partner. Less self-sacrificing, more living for what makes your heart sing. Less attached and more present. Modelling loving ways to children by embodying loving ways. Holding yourself more deeply in your truth. Being unapologetically yourself. Honouring your own vulnerability and allowing it to be known by deepening in your commitment to being there for yourself as you express it in the world.

There is no other you! You are divinely unique.

Find out what you relate with externally to make adjustments to your 'soil', 'positioning' and 'nourishing'. Look at what your garden requires, and begin in small ways at first to tend to restoring a balance.

Tend and tend and tend ever so tenderly. A flowering heart emits a holy fragrance that celebrates this life and all its many blessings. And what greater blessing than to bring the fragrance of your own heart to another's who is also dancing in the breeze under the light of the sun. ✨

Astrology

Paola Emma

Hi everyone, welcome to my take on the astrological period June-July 2017, gearing up to be full of new developments.

June:

- Mars-Venus-Mercury shifting Signs: Mars transits Cancer (June 5-July 20): a time that could prove emotionally challenging to the Cardinal Signs (Cancer-Capricorn-Aries-Libra). There is a risk of falling into emotional extremes and giving in to irrational or aggressive behaviour: moderation and control of impulsiveness key words here. To put this transit to good use we could all employ the extra energy to tackle practical tasks and activities that need initiative and courage.
- Venus transits Taurus (June 6-July 5), a positive shift for the Fixed Signs (Taurus-Scorpio-Leo-Aquarius), stimulating creativity, social activities, earthly delights, relationships opportunities and

financial ease.

- Mercury transits Gemini (June 7-21), a helpful development for the Mutable Signs (Gemini-Sagittarius-Virgo-Pisces), encouraging communication, learning, travel and all activities that require mental flexibility.
- The Sun will reach the yearly opposition to Saturn mid-June, best time to observe the ringed planet in the night sky, rising as the Sun sets. This is the time when we confront the results of the previous six months activities, checks and balances, successes and failures.
- If you plan to celebrate the Winter Solstice (the ingress of the Sun in Cancer, northernmost declination), this year it will fall on June 21, 2:24 pm, local time.

July:

- July 5-August 1. Venus will grace Gemini, helping us to bond creative talents to communication skills, especially exciting for the Mutable Signs (Gemini-

Sagittarius-Virgo-Pisces); stimulus for travel, friendship, parties, get-togethers, creative writing, the arts. Mercury in Leo (July 6-26) will also encourage imagination, playfulness, spontaneity, especially for the Fixed Signs (Leo-Aquarius-Taurus-Scorpio).

- July 20-September 5. Mars will transit Leo, a more compatible Sign than Cancer, not much oriented toward the past, but rather projected to the future and its brighter possibilities. This is a positive, outgoing energy, especially for the Fixed Signs (Leo-Aquarius-Taurus-Scorpio).

Looking at the long term picture: on June 10, Jupiter will turn Direct: all the developments that began earlier on in the year, but were considerably slowed down by Jupiter's retrogradation, will once more gain rapid momentum, inciting unexpected breakthroughs and radical changes, but also greater volatility and unpredictability in our personal and collective life.

Happy transits everyone ✨

The Proof of the Pudding

Anita Morton



Have you ever wondered about that old saying 'the proof of the pudding...'? Usually, people leave the end off the phrase, which is, in full, 'the proof of the pudding is in the eating.' I think they leave the end off because it doesn't make much sense to modern people. When this

phrase was invented, 'proof' didn't mean 'the evidence that proves something is true', but rather, simply, 'test'. So, originally, this phrase meant, 'the test of the pudding is in the eating'. The end product is what matters, in other words.

The old meaning of 'proof' also survives in the bread baking process, where we 'proof' dough (check that it's going to rise). We also proof read the draft of any written work (check for errors) and test the proof strength of alcohol (100% proof equals about 50% alcohol by volume).

We get the word 'proof' via old French (preuve, a test), but originally from Latin (probare - to test).



LARRIKIN COOKIN'

Truffles Turnbull

Pat Miller

Honouring our spectacularly ineffective Prime Minister, here's a recipe for Truffles Turnbull. If your kitchen cabinet contains luxury delights befitting someone on a multi-million dollar tax dodge, use real shaved truffles. If not, use truffle oil, then the dish won't have the dry flavour of miserably failed fiscal policy. Don't make it excessively oily though, or your wait staff will think you're cooking up half-clever budget measures that will end in half-baked, self-serving legislation.

Truffles are fungus, like this dish's namesake. In common with most rabid right wingers, they lurk around in the dark waiting to be discovered by something that can detect the odour a few blocks away. In France they use pigs, but in Australia we use dogs because people kept confusing the poor pigs for politicians. When the embarrassed pigs went on strike our Tasmanian truffle farmers

trained shameless dogs. Celebrating Turnbull's May 5 USA visit to praise the orange-haired buffoon for dismantling safety net medical cover for 22 million people - about the population of Australia - here's a flash dish that's really easy. It's cheap if you get paid over \$522,000 annually or inherited money.

Your political donors should provide:

- 500g fresh linguine
- 2 eggs beaten
- 1 cup finely grated parmesan cheese
- 10 drips of truffle oil (Australian of course) or about 10g of shaved fresh truffle
- Salt to taste and cracked pepper
- 3 cloves of garlic
- 200ml fresh cream (without thickener - Truffles is thick enough)
- Chopped chives to garnish



Your maid outsources offshore:

- Pounding the garlic and a pinch of salt to a paste in a mortar and pestle
- Boiling the linguine in plenty of fresh water
- Warming the cream to just steaming

When the linguine is cooked, your butler can

- Drain it and quickly, transfer it to a warm serving dish
- While it's hot, add the cream, eggs, parmesan, truffle oil (or truffles) and garlic to it
- Garnish with a handful of chopped chives

Loved by board members of all the major banks and hugely by Gina Rinehart.

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



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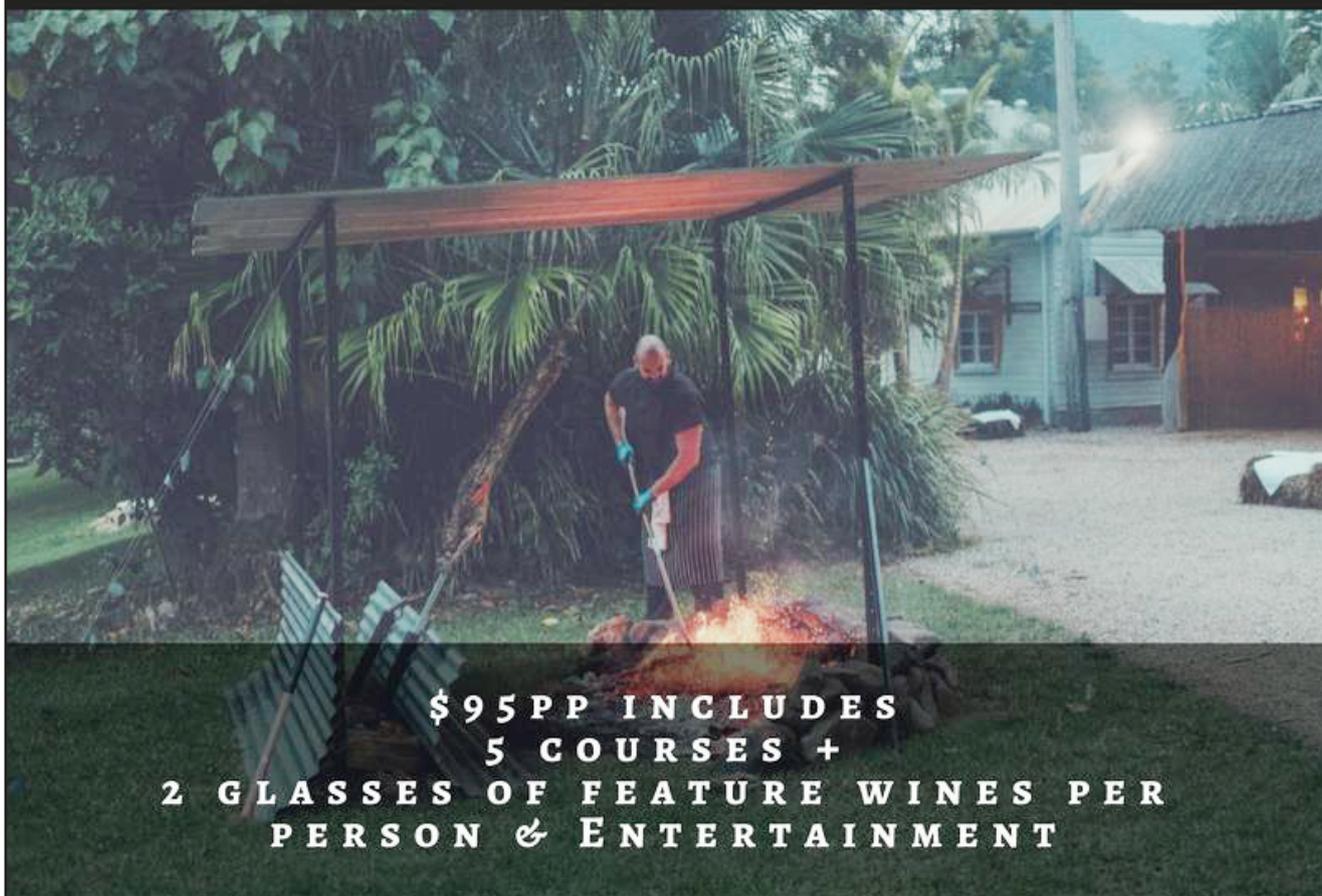
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Interfaith Dialogue at Uki

John Tyman

Some churches are reluctant to venture beyond what they consider "normal". Not so Holy Trinity, Uki! We have a well established pattern of services of Holy Communion and Community Worship on the 1st, 2nd, 3rd and 4th Sundays of each month: but there are four months each year with five Sundays: This allows us to think "outside the box" .. and for several years now we have dedicated our Fifth Sunday to Inter-Faith dialogue and the promotion of cross-cultural understanding. Our purpose in so doing is not to convert our speakers, or to be converted by them, but to grow in our understanding of different belief systems, ... notably how the faith of our visitors influences their way of life. We do this believing that the prejudice and intolerance that at times divides our nation, is usually an expression of ignorance and fear of the unknown.

During this time we have listened to Muslims, Hindus, Buddhists, Sikhs, Jews, devotees of Krishna Consciousness and Sai Baba, followers of New Age beliefs, and even the Goddess Movement. All of these patterns of belief are practiced in our local area and we want to know our neighbours better. For better or for worse we have never lost a member of our congregation through apostasy: but I believe that our role in the promotion of a tolerant, harmonious society has been significantly enhanced.



Last month the focus was on followers of Baha'i, who believe in a progressive revelation that demands tolerance and respect for all faiths. Our speaker was born in Holland and raised a Roman Catholic, but in his teens he became a follower of Baha'i, and said that his love for Jesus had been deeper since he embraced the Baha'i faith with its determination to plumb the depths of different patterns of belief in one's search for God. He shared this with us in a gentle winsome manner and his wife sang a beautiful prayer song. After the service, as is our custom, most of our small congregation adjourned to a local cafe to "debrief" and share experiences of our own journeys towards God. We had a great time and other coffee drinkers seated near us seemed to be impressed by the warmth and vibrancy of our fellowship.

John Tyman, Holy Trinity Anglican Church



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2017 Flood Photos



Above: Uki Pub from Uki side of Rowlands Creek Bridge

Right: Manns Road

Below: Mt Warning Road



Begin as you mean to go on

Anita Morton

All young fruit trees need training if they are to develop a framework of branches that will be easy to look after as they grow and fruit. If you buy a grafted tree, either in a pot or bare-rooted, the initial pruning will probably be done already, but knowing the principles will help you to select a well-formed tree.



The aim is always to make sure that adequate light can get to the centre of the tree, while keeping the fruit at a height that will be easy to pick. Modern rootstocks can help a lot with the latter aim for some fruit types – apples, in particular. Stone fruits like plums and peaches generally grow to a smallish tree anyway, and you can help that along with pruning.

Fruit trees grown from seed will need the most work to get the best shape. Plums, peaches and nectarines are easy to shape into a vase shape. Begin by selecting three or four side branches to form the framework. They should be arranged regularly around the trunk at roughly the same height and be about the same size.

The top of the tree, above your selected young branches, is cut out, and all the other side shoots except the selected framework are removed entirely. On peaches and nectarines the side shoots are not headed back, as they would be for an apple or a plum – just take out any dead tips. This process looks brutal, but the tree will bounce back with strong growth in spring. Keep an eye on the tree as it grows away, and take off any shoots that cross over or rub against one another. Your aim is to keep the middle of the tree open to sunlight and air movement.

Always use very sharp loppers, saws and secateurs for pruning, and wipe over the blades with methylated spirits before you start. That will help control disease.



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