



# Ukitopia's Cornucopia!



Maya Krasna

**W**ow! What a weekend. Firstly, I want to thank all the volunteers who contributed their time to this event, it was a huge effort, so worth it. My vision for a community event is that we involve as many community members as possible, and that certainly happened. Thank you so much for your support. Also, I would like to once again give thanks to our sponsors, it would be impossible without you!

I feel very happy that we can all find a way to work together and give space to each other, compromise was necessary at times. I feel that events like this create positive ripples in a community which we can't always see immediately but which become apparent over time. We support each other in our creative processes and inspire each other to do our best. It was the first time for some artists to exhibit their work in the Images of Uki - do you remember doing something like that for the first time and the pride you felt? Baring your soul to the world - how exciting and scary that is.



The Fashion Show had its own ripples; I hear that many of the young girls in our community are suddenly more interested in learning their way around a sewing machine! I can confirm it is very satisfying to wear clothes you've made yourself. The fact that the fashion show had a full house was lovely, but the fact that we inspire each other, that our girls of all ages and sizes have confidence about themselves, that is what I consider to be the real success. And how were the kids with their part of the Fashion Show?! I was so proud that it all came together for them. I think it's really important to support our next generation not only to dream their dreams, but to make sure they get there. That takes work and focus, as finishing a project is a very different skill from dreaming one up. Congratulations to our youngest designer Tashi Wollumbin and also to Tara Kyle, who is 17 years old and is already designing and making clothing.

Well done! (Video of the fashion show will be available at the Ukitopia Facebook page and on Vibrant Imaging YouTube channel).

We all loved the inclusion of the fantasy wearable art by students from the Shearwater Steiner School. They added to a magical evening and showed us that kids under the right guidance can achieve amazing things.

Saturday's Crafternoon and music stage were lovely again, as every year. The interest was so high that some stalls had to pack up early as they ran out of craft materials. Sorry about that folks, we had more success that we could handle. Local musicians played some lovely tunes on the busking stage, the Uki Cafe had a great vibe and Mt. Warning hotel had great entertainment later in the evening.

The Sunday Buttery market was packed with stalls, music and food. Many people came to see Images of Uki and make their last purchases of art and to vote for the People's Choice award. I know you are curious who won, so here they are:

- Number one by far was a portrait of our favourite elder Ida Daley, called "Ida" by Shauna Purser.
- Second favourite of People's choice was a portrait of "David Preston at Work" by Jeff Gant.
- Third place was "Purple Haze" by Belinda Vander Leeden. Congratulations!

Raffle prize winners have been drawn and notified, (there are too many to list) and congratulations to all of them! Big thanks to everyone who donated raffle prizes too.

The organisers can now take some well-deserved rest and I'm excited to say that there is a new team forming to organise next year's Images of Uki to ensure continuity of this wonderful event.

*Over and out for now...*



Images from Ukitopia 2018 courtesy of Vibrant Imaging.

More images on page 8.



# From the Editors

## Water DA Approved

After an assessment process lasting almost two years, Council has finally given a Rowlands Creek property owner conditional approval to use

Rowlands Creek Road to truck up to 24 megalitres of extracted water each year from his property.

However, opponents are hoping that a subsequent rescission motion

will work in their favour. The rescission motion gives councillors until the 4 October Planning meeting to reconsider their 4-votes-to-3 decision.

*Philip Carr*

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

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*Uki News* is printed by Uki CTC. Current and past issues are available from the Uki Village and District Website.

## Letters To The Editor



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

## Uki and South Arm Historical Society Inc

The Society would like to thank the gentleman who read the article about our break-ins in the recent Uki News and expressed his disappointment at what had happened and gave a monetary donation. We would also like to thank Alan & Perri Wain for their kind donation of display stands.

*Esmá Thompson*



## Council needs to walk the walk, not just talk the talk

On Sunday 16 September, about 60 people gathered at the Uki War Memorial to commence a 3.5 km walk to the corner of Rowlands Creek Road and Chowan Creek Road. This walk was organised to highlight the safety issues associated with water trucks shipping water from this proposed site through Uki. After a safety briefing from Greg Dixon, Mayor Katie Milne spoke to the group. She encouraged us not to give up on opposing this water licence on Rowlands Creek Road, even if the development application goes through, as water licences need to be renewed regularly. While there were many reasons why this particular development application was not appropriate, our focus on the day was its impact on road safety.

We had advised locals along Rowlands Creek Road to take care and slow down, which everyone managed to do. The group walked in single file along narrow stretches of the road, stopping where it was safe, to take photos of the crumbling infrastructure and land slips along the way. Eventually we reached the site. The existing bore is in a tin shed just up the driveway of the private property of Mr Jack Hallam. Looking at this narrow driveway we wondered how a truck could get in and then be able to turn around safely.

Several things became apparent from this walk, some captured on film and others which were pointed out in a later email to the councillors of the Tweed Shire Council. In particular the complete lack of road safety when large trucks utilise this road, the narrow bridges, the increase in heavy traffic through Uki and passed the Uki Primary school. In particular, the validity of the recent Bitzios traffic and safety report comes into question when the assumption of the average vehicular speed along Rowlands Creek Road has been assessed as being 60km per hour rather than actual measurement having been completed to come up with this number.

We completed the walk back to town with a greater understanding and of what it means to travel this section of road. The walk enabled dialogue and highlighted significant issues which will impact Uki significantly if trucking of water occurs along this stretch of road.

*Greg Dixon*



Letters to the Editor Continued on Page 14



# UKI Hall Trustee Change Over

Mary Lee Connery

Chair - Uki Public Hall & Recreation Reserve Trust

In October, the current Trustees of the Uki Hall will come to the end of their term of service. As Chair of the Trust, I would like to thank Carla, Carolyn, Geoffrey, Kath, Ken and Narelle for their work over the last 6 to 12 years.

They have been a splendid team - efficient, cheerful and co-operative.

I'd also like to thank the Uki community and the South Arm residents. Without the support of our regular hirers and their audiences/customers/pupils we could not keep the doors open and the lights on. They are the reason we have kept going.

The helping and skilled hands of local tradies, have made a great contribution to the upkeep and function of the Hall; fixing things, installing improvements, all the while working around the bookings wherever possible. This has made the juggling act of the committee's work so much easier and we are really grateful. For our general cleaning and maintenance, thanks also to Brad and Dirk who do their very best to keep the hall and park "ready for visitors."

The last several years have seen many major repairs and restoration of Heritage features both externally and internally.

These include:

- Pavilion in the park
- Roof and guttering upgrades
- Painting of the exterior
- Rewiring of the entire building
- Termite eradication, remediation and prevention
- Repainting and repair of the interior
- Stage area heritage restoration
- Renewing of the rear deck

There is always more to be done though, so we will pass on our to do list to the new team!

Much of this work has been made possible by grants from Shire, State and

Federal governments. It also needs to be acknowledged that in many cases, monies raised by our community have been a vital factor in winning these grants. So, thanks to those who organised the raffles and to those who

bought tickets, to the concert masters, performers and their audiences and to those who put their hands in their pockets and their money in the donation box. Well done, a fantastic community effort.

We wish the incoming committee of "Land Managers", as they are now called, every success in caring for our Hall and Park, and in meeting the varied needs of our communities within the community.

We have enjoyed our time on the Board and hope they do too.



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# Sporting Horse

Jennifer McDonald

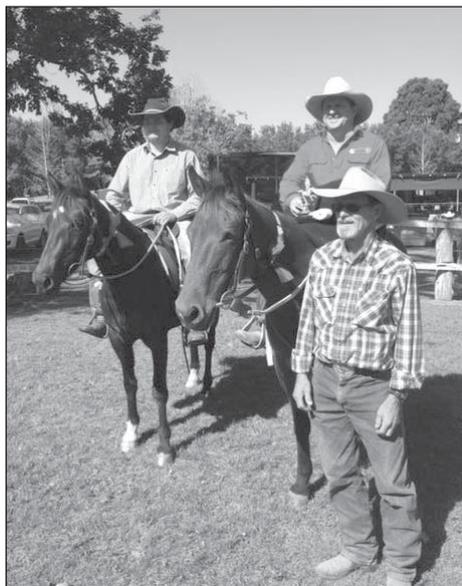
The Uki Sporting Horse Association at Rowlands Creek held the annual Campdraft in August. This required both rider and horse combining to steer or "draft" a beast (cow) picked out of a mob in the yard or "camp" and manoeuvre the animal around a course within a time limit of 40 seconds. This deceptively simple task is quite difficult and requires years of training. The horse must learn what to do at speed while accepting that it has to stop whenever you say in order to complete the course with safety and style. Over 100 individual competitors and their families came from as far away as 5 hours to enjoy this great weekend of competition and socialising.

For the first time we ran a Challenge competition, more like an equestrian event but in Australian stockman style. This was enthusiastically embraced by over 60 competitors from junior riders to adults, and just to add to the versatility and fun we had children's sporting events and a jackpot barrel race for adults, with the winner George donating the winnings to be spent at the canteen for those competitors.

Most of our sponsors for the draft come from Uki and Murwillumbah and we encourage members to spend money with local businesses as a way of thanking them for their support. Any spare money raised at the various events throughout the year is donated to charity. This year we will be donating to Westpac Rescue Helicopter and Wedgetail Retreat.



Feature Novice Campdraft presentation with President David Toms, major sponsor Nic Crompton and winner Wayne Olive on Blues.



Winner of Camdraft Encouragement Award  
David Toms (Club President)

On the weekend of 11 September a successful Western Pleasure Ranch clinic was held to teach both horse and rider what is required in this type of event. Like different codes of football there are many different disciplines and events that require varied equipment or techniques, but the basic horsemanship principals remain the same.

Animal welfare issues are at the forefront of our minds when holding an event. Cattle and horses are expensive and we are also mindful of taking care of their wellbeing. All cattle that we use are donated to us by local landowners and we are very grateful for their generosity. Our club is committed to teaching children and adults that are new to riding, good horsemanship and handling that will help them and their horse enjoy whatever type of riding they continue with.

We usually hold some sort of training day or weekend each month.

Contact Secretary Rachel Trevaskis for any information or queries on our Facebook page or email [ukisportinghorse@hotmail.com](mailto:ukisportinghorse@hotmail.com)



## Picnic in the Park

Malcolm Fitzgerald

Picnic in the Park was put together after seeing the successful community evenings that are regularly held at Crabbes Creek and Stokers Siding and Laura Coppin and myself thought "Well... why not Uki".

Permission was gained from The Uki Hall committee to utilise the village green, local food stalls organised, and dates are set and advertised by Postmaster Gary Wall.

Initially we did not know if anyone would turn up, however, in perfect conditions at least 120 enjoyed the first Picnic in the Park and the Posts Office's inaugural art exhibition. Six months on (and with the great support from Post Office crew and Hall committee), we now have live music and a beautiful opportunity for the community to catch up and enjoy the evening; along with Gary's Art Post art exhibition openings. The Fire Brigade organise raffles, Esma has opened the Historical Society (in the warmer months) and the numbers are growing.

It's a fun night, where locals can catch up for a few hours, enjoy some food and a chat and watch some great local talent, then wander down to the Post Office and get to know more of their artistic neighbours.

Watch your letter box for dates and details and come along and join in the fun.



### Shop/Studio for Lease

#### Uki Buttery Factory

A commercial space of 40 sq m is available for lease upstairs at the Uki Buttery Factory. Accessed from the front of the Buttery the space has been previously used as a photographic studio and gallery, and art and craft studio and shop.

Please send Expressions of Interest to:  
UKIRA, PO Box 3141 Uki 2484, or email  
[ukiresidentsassociation@gmail.com](mailto:ukiresidentsassociation@gmail.com).  
For further info call 0403 314134.

# WALK THROUGH HISTORY

a walking tour through UKI village  
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10am Saturday  
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contact phone number and number of people attending or  
email: [trmuki@tweed.nsw.gov.au](mailto:trmuki@tweed.nsw.gov.au)

## Feelings

Julie Gant

**F**eelings control our lives, they control what we say or don't say, also what we do or don't do, feelings also affect our attitudes and all our decisions, so they are very important in our daily lives.

Feelings can be positive or negative (unwanted), constructive or destructive. Here in lies the key to finding happiness and success in the various areas of our lives be it, at work, at home, or in our social life.

Think about this fact, we can't actually see our feelings, but we can experience them. Positive feelings are fine, they feel expansive, light and enjoyable. Negative feelings feel heavy, restrictive and they often stop us doing what we would like to do or motivate us to act irrationally, which can and does result in unhappiness or lack of success in our lives.

Research shows that we each create our own feelings. This research has found that once we are overwhelmed and have upsets, it's almost as if we stay in the bubble of them and re-experience the unwanted feelings every time life even slightly reminds us of the old upsets, until they are addressed.

This may seem like bad news when we think of our unwanted negative feelings, but it has led to some very good news. If we are responsible for creating our own negative feelings, then we can also be responsible for deleting them permanently, with a little help and direction.

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# Histamine - do you have too much of a good thing?

Judith Magee

**H**istamine is an important compound made by various specialty cells throughout the body and is critically involved in local immune responses, as well as regulating physiological function in the gut and acting as a neurotransmitter for the brain, spinal cord, and uterus.

Many will be familiar with the powerful, acute, short term impact of histamine when they are exposed to an allergen; hives, swelling, hay fever, etc. What is less known is that there can be physiological, genetic and biochemical factors at play, which result in chronically elevated histamine levels and a poor ability to 'clear' or metabolise dietary histamine; this can create a state called Histamine intolerance.

The causative factors generally include some combination of genetic susceptibility (MTHFR, DAO, MAO, HNMT, PEMT), microbial pathogens (a number of which produce histamine or block clearance), nutrient deficiencies, medications (antibiotics, antacids and even antihistamines - long term), stress, anxiety, lack of sleep,

## HISTAMINE



hormonal insufficiency (adrenal fatigue), hormonal excess (oestrogen especially), lifestyle (excessive exercise & alcohol esp.), diet, environment (mould, mildew, especially) and associated conditions (leaky gut, IBD, IBS).

Signs and symptoms will vary from person to person, but can include headaches or migraines, chronic, persisting nasal congestion or sinus issues, fatigue, especially with associated body pain, recurring hives, chronic digestive issues, including pain & IBS like symptoms, irregular menstrual cycle, cardiac issues, including high blood pressure, irregular heart rate and dizziness, anxiety and difficulty regulating body temperature.

Normalising histamine levels and improving capacity to clear effectively from the body can be achieved, but can take time, professional support and an understanding of all the factors involved. Meanwhile, limiting histamine intake can be helpful:

Histamine-Rich Foods:	Histamine-Releasing Foods:
Alcoholic beverages, especially beer and wine, Anchovies, Avocados Cheeses (especially aged or fermented cheese) Cider and home-made root beer. Dried fruits Eggplant Fermented foods, such as pickled or smoked meats, sauerkraut, etc. Mackerel, Mushrooms, Processed meats - sausage, hot dogs, salami, etc. Sardines, Smoked fish - herring, sardines, etc. Sour cream, sour milk, buttermilk, and yoghurt - especially if not fresh. Soured breads, such as pumpernickel, coffee cakes and other foods made with large amounts of yeast. Spinach, tomatoes, Vinegar or vinegar-containing foods, such as mayonnaise, salad dressing, ketchup, chili sauce, pickles, pickled beets, relishes, olives. Yoghurt	Alcohol, Bananas, Chocolate, Eggs, Fish, Milk, Papayas, Pineapple, Shellfish, Strawberries, Tomatoes



## Trivia Corner

For those Uki Residents waiting with eager anticipation for the answers to Trivia Corner Issue 101 here they are:

1: BRANDENBURG, 2: ROTTERDAM, 3: ARKANSAS,

4: TIBER, 5: ISLAMABAD, 6: SHEFFIELD,  
7: LIVERPOOL, 8: ARARAT, 9: VIENNA, 10: AFRICA  
Combining the first letter of each answer reveals the name of the European Capital City of - BRATISLAVA

*Congratulations to all those trivia champs with correct answers.*



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# From Uki Garden Club

**Uki Garden Club**  
Friendships through gardening

Susanne Holzkecht

In the Tweed we can grow many tropical and sub-tropical edible plants that have other advantages than just their amazing flavours and textures. They have health-giving properties as well as being delicious. Most are easy to grow, and prefer well-drained soil in full sun.

**Aibika** (*Abelmoschus manihot*): Related to Hibiscus. A good source of folate and mineral micronutrients. Said to be equivalent to Slippery Elm bark for stomach and bronchial complaints. Usually cooked with root vegetables in coconut cream or wrapped around grated cassava and cooked in coconut soup as dumplings.

**Amaranthus species**: Large family of leafy greens with edible, highly nutritious seeds. Use the leaves as for spinach. Popped seeds are sold in health food shops. Scatter seeds in the garden as a cover crop and harvest when young.

**Arrowroot**: *Canna edulis*. Contains several B vitamins and minerals; the powder from the dried rhizomes is gluten-free. Use instead of wheat or cornflour for thickening. The leaves make good fodder for animals and mulch for gardens.

**Cassava**: *Manihot esculenta*, also called Tapioca. What we buy as "Sago" and "Tapioca" is probably made from starch from rhizomes of the Cassava plant. Grate the peeled rhizomes, mix with grated coconut, sweeten and

make into pudding, or roll into balls as dumplings.

**Okinawa spinach**: *Gynura crepidoides*. A low-growing, dense plant, forming good ground-cover in sun or semi-shade. Older leaves and stems are steamed, stir-fried, fried in tempura batter; use young leaves in salads.

**Sweet potato**: *Ipomoea batatas*. Sometimes called Kumara, a Maori name. Very high in Vitamin A: the darker the colour, the higher Vitamin A content. Low in sugar and cholesterol. They are cooked in many ways; the young leaves are edible too, stir-fried or added to soup.

**Winged bean**: *Psophocarpus tetragonolobus*. All parts can be cooked and eaten and are highly nutritious: leaves, bean pods and seeds, flowers and tubers. Seeds are high in protein, calcium and iron.

Some are available at Farmers Markets and from specialist nurseries. Or go online or Facebook and ask a member of Uki Garden Club if they have some to share!

Web: [www.ukigarden.club/wp/](http://www.ukigarden.club/wp/)

Facebook: Uki Garden Club



Arrowroot



Winged Beans



Okinawa Spinach



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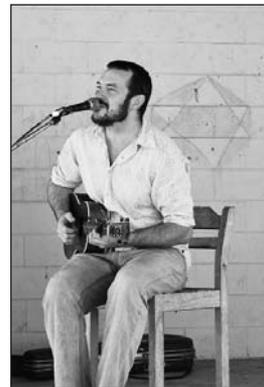
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# Images from Ukitopia 2018



These images courtesy of Vibrant Imaging



Images 3 and 4 (left) courtesy of Raji Deva Photography



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# Relational Health: Guilt or Resentment?

Heather McClelland

I recently heard a trauma specialist; Dr Gabor Mate engage with several members of an audience in 'three-minute therapy'!

One woman was in a frenzy because of the denial and passivity of other members of her extended family who wouldn't acknowledge that the life support for her brother-in-law needed to be turned off. She couldn't rest until she 'fixed' the situation.

Gabor Mate simply asked her when she'd previously felt so frantic. Immediately she remembered her childhood. Because her father was a gambler as a child she had come under incredible pressure and begun to believe that fixing the family was up to her.

She immediately recognised that she was repeating the past but she said she didn't know how she could 'live with the guilt' if she just butted out of the family dilemma. Gabor asked her what emotion she would feel if she pushed against the family dynamics and the others didn't like it.

Her answer was that she'd feel resentful. At this Dr Gabor held out both arms.

*On one side I'm holding onto guilt, he said. On the other, resentment. Resentment is a corrosive, life-destroying emotion. Personally if I had to choose between guilt and resentment I'd choose guilt every time.*

He went on to suggest that the woman make guilt her friend, feel it and let it go.

He went on to describe the two universal needs each infant is born with. One, to connect and belong and the other to be authentically themselves.

Mostly he said parents find it hard to let children be themselves. When they can't handle the child's negative emotions the child learns to suppress those feelings. The need to belong and to connect is always strongest.

The result is that we may grow up feeling guilty about being ourselves. As adults, it's hard to say 'no' to any request. However, if we go on living to please everyone as we did as children, resentment always takes over.

Real honesty and respect for self and the other allows healthy mutual connections to flourish.



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# Uki Buttery Bazaar Entertainment

Sanna Grace Kenna

 Uki Buttery Bazaar Market

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## OCTOBER Buttery Bazaar

Sunday OCTOBER 21

### Bellevue Social Club

**B**ellevue Social Club are a local band of eclectic musicians with a great sense of fun. Playing favourites from 70's, 80's, 90's. Featuring Marta on saxophone and beautiful vocal harmonies. Soaring lead guitar, strong beats from Latin, dance, ballads and funky rock sure to please everyone. Vocals from Petra, Marta, Tony and Ray. Rhythm guitar, Petra, Tony. Lead guitar, Richard.



## NOVEMBER Buttery Bazaar

Sunday NOVEMBER 18

### Mantlepeace

**M**antlepeace is the musical collaboration of Sanne Kenna & Jake Mann, both innovative multi-instrumentalists and composers. This music showcases an original blend of influences from classical, folk, jazz, rock & ethnic world groove combined with the unique uplifting vocal styles of Sanne. Mantlepeace create an adventurous, poetic, intimate and dynamic genre all of their own.

Mantlepeace have been performing far and wide for over a decade, releasing their first full album 'Answers Tree' in 2011, and recently their second album 'Shelaybyou'. Collaborating with some of Northern NSW finest, to bring you an eclectic selection of fresh new tunes. As a duo Sanne & Jake perform with bass and guitar and incorporate percussion and effects to enhance Sanne's lyrics and melodies. As a band, Mantlepeace play with Dan Smith on drums and special guests on keys and sax. *Check out the videoclip for the track 'So I Can Be' on YouTube.*

Enjoy!





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# Let the children come to me ... and suffer

John Tyman

No, that isn't a typographical error or a careless mistake in quoting Christ's words "Suffer the little children to come unto me". Instead it is a description of what is being done on Nauru in our name!

As an Anglican priest I am in no position "to cast stones" but my church has at least acknowledged its abuse of children and tried to repair the damage done. Our government has done neither: and as an Australian citizen I have every right to protest the trauma to which children are subjected in my name ... children whose only crime was to flee here to escape violence in the home country. Many of them were traumatized when they got here! Others were born here and know no other home.

The Immigration Department will tell you that, technically, no children are held in detention now, but that is manifestly untrue ... as you will have learnt from the ABC's 7.30 Report on 27 August. You will also know now that one reason why we have so little idea of what is actually happening, is that Australian field workers who reveal what they have seen are liable to be imprisoned!

Self-harm has been described by one brave psychiatrist as a 'contagion' on Nauru. One 12-year-old refugee recently tried to set herself alight, having made previous attempts to kill herself. Several adults have also tried to burn themselves to death, including an entire family with children. An 11-year-old child was admitted to hospital



after over-dosing on unknown medications, and a 10-year-old was caught swallowing pieces of barbed wire!

Thirty children have been diagnosed with "pervasive refusal syndrome", and effectively withdraw from life – refusing to eat, drink, toilet, leave their beds, speak, or even open their eyes. When children become comatose there is nowhere for them to be treated. Their parents are left to force food and water into them. One such girl, now in a critical condition, had previously been considered the brightest and most articulate of the refugee children and dreamed of becoming a doctor in Australia, to help others! When medical practitioners request that a patient be transferred to a hospital in Australia, the Border Force is typically slow to respond and the patient's health suffers accordingly.

On the day I wrote this, the two enforcers of the present system of detention without trial ... Messieurs Morrison and Dutton ... were rivals for the role of Prime Minister. I knew then that whoever won was unlikely to display compassion for refugees... unless we let them know that there are people in Australia who care ... and they are voters! And this explains why I write.

For Christ's sake, Prime Minister, bring them to Australia!



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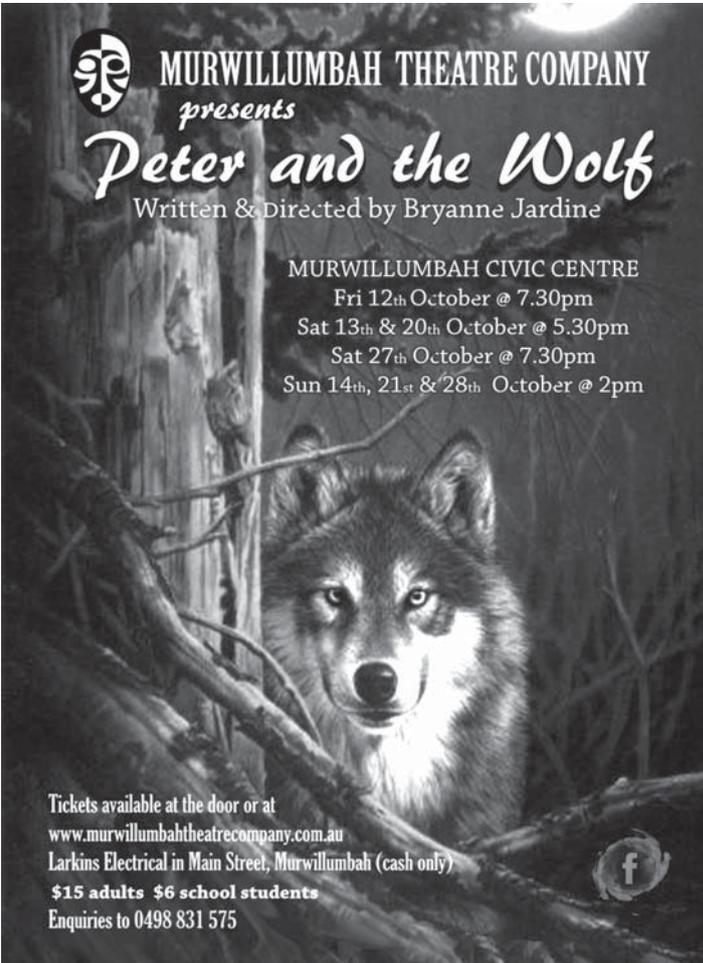
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# Uki and South Arm Historical Society Inc

## WW1 Display 11.11.1918

Esma Thompson

An invitation is extended to the community to join us at 11:00 am on the 11 November 2018 for the Remembrance Day Ceremony which will be conducted by the Uki RSL Chapter at the Uki Cenotaph.

Afterwards the Society will be mounting a display in the covered outside office area at the back of the Uki Hall Village Green to remember and commemorate the end of World War 1.

There will be a banner displayed at our office depicting a sign that was written on the Rowlands Creek Bridge with heart felt emotion by a local, to mark the end of the hostilities.

As we are all aware there is no glory in war, only sacrifice and we as members of this community feel a need to acknowledge what our local boys endured.

This display is to mark the celebrations that took place at Uki in the aftermath of the signing of the armistice. Bells were rung, whistles were blown, tin cans were hit, kicked, or otherwise forced to give out their discordant sounds; cheer after cheer rang out.

Amongst the display, we will be show-casing a copy of the 1913 photo of the Rowlands Creek Crossing, featuring Ernie Leighton (*"Lest We Forget", Oxen Conductor, E. Leighton K.I.A. World War 1*) as the bullock driver. This was presented to the Patrons of the Mount Warning Hotel by the Members of the Uki RSL Sub Branch. Sadly the original photo was destroyed in the Mount Warning Hotel fire 2013.

We will also feature information on the Spanish Influenza Epidemic which struck Uki in 1919. It is

interesting to see what measures the community went to, to escape the epidemic and how the community rallied together in their efforts to fight the illness once it had arrived here. The Uki Public School was used as a make shift hospital with a total of 60 locals nursed there. All areas of the South Arm were affected and other patients were either nursed in their own homes or at other community areas.

Morning tea refreshments will be provided at the display.

## WAR MEMORIAL

The Uki War Memorial was designed by Sir John Sulman and built by Messrs Roberts and Davis of Lismore. Charlie Milsom (local Postmaster) and Len Loder (local general store owner) (WW1 Veterans) were responsible

for organising public donations to finance the project. The memorial was built with Gosford Stone. It was decided to have four tablets of Bowral trachyte, one on each face with one tablet to contain the names of those killed in action. The original intention was to have those names only but the decision was made to record the names of all the 93 volunteers who enlisted from the area, those who fell and those who returned (a most unusual decision as usually only the names of the fallen were recorded). Total cost of the memorial including erecting a galvanized fence was £497.

Originally the memorial had two large clock faces installed driven by batteries installed from a master clock placed in the Uki public school.

The memorial was unveiled on Saturday 10 December 1927 by Mrs George Sweetnam senior (who had the distinction of being the oldest lady resident of the South Arm who lost a son in the Great War). There was impressive silence as Mrs Sweetnam pulled a cord allowing the flags that draped the monument to flutter to the ground. The people stood with bared heads, and the Murwillumbah Town Band rendered the National Anthem. The chairman of the Memorial Committee was Mr D. C. Marshall (who is known as the father of Uki).

The ladies of Uki organised a stall in the Uki School of Arts during the day.

The plaque commemorating WW2 servicemen and women was unveiled after the Anzac Day March that marshalled at the Mount Warning Hotel and marched to the War Memorial in 1952.

The plaques for Korea, Vietnam and Malaysia were unveiled by Sir Roden Cutler Tuesday 16 October 1973.

Over the years the memorial and grounds were maintained by the Uki RSL members. In 1993 the RSL decided to upgrade the memorial by replacing the old tiles with granite, resurfacing and repainting the structure and replacing the over-head power lines and light with a ground mounted flood light and underground power at a cost of approx. \$6,000 (the money was raised by the Uki RSL through Friday night raffles held at the Mount Warning Hotel). Following the refurbishment of the memorial Tweed Shire Council accepted responsibility for the maintenance of the memorial and surrounding area.

The cycads growing on the Memorial grounds are descendants of those planted in 1927.

Dawn services are held every Anzac Day and Remembrance Day is held on the 11 November each year.

In the late 1940's early 1950's the local Higgonbottom boys used to like annoying the Caretaker at the old butter factory. One of the things they liked to do was bang a stick along the war memorial galvanized fence at night to make as much noise as possible. One night the caretaker had had enough of their shenanigans and fired her shot gun towards the memorial. Evidently the pellets made a terrible noise when the fence was hit along with Colin

Higgonbottom who was hit in the leg. Needless to say that put a stop to the boy's idea of fun for quite a while.



Private Hector Russel Clark No.5247  
Enlisted 15th November 1917  
(Photo courtesy Tweed Regional  
Museum UE-12)



Photo courtesy Tweed  
Regional Museum  
US000060



# Transpersonal Counselling

Andy Travis

Going through some personal challenges?

Tired of talk therapy?

Or just wanting help to clarify your next move?

Owner/operator of Meeting Point Counselling, addiction-recovery specialist and former founding host of the Men's Show on Bay FM 99.9, Andy Travis, introduces transpersonal counselling.

'Transpersonal' means transcending the ordinary sense of self. The idea behind transpersonal counselling is to facilitate clients' exploration of 'non-ordinary states of consciousness' (without drugs). This can enable clients to access more resources than ordinary talk therapy.

Any good therapist listens well and supports you to find your own solutions. In addition, here are four non-ordinary states of consciousness that you could be taken through during a session at Meeting Point Counselling:

- **Tailor-made guided meditation.** Starting with a relaxation of the body and a centring into the present moment. From there, the meditation could include one or more of the following, depending on your preference: Grounding; tuning in to and feeling alignment of energy centres up the spine; awareness of the third eye, understood in mystical traditions as the seat of consciousness; opening to a Higher Power; feeling for a resource or inspiration to deal with a particular issue; affirmations and/or visualisations that could help you move towards greater wholeness.

[www.brahmakumaris.org](http://www.brahmakumaris.org)

- **iRest Yoga Nidra.** iRest stands for Integrative Restoration. It's a meditative and nurturing practice that can be done on your own or as part of a counselling session. One of its key components is exploring what primary sensations are in your body. The process then integrates opposing sensations (and/or thoughts and/or emotions.)  
[www.irest.us](http://www.irest.us)

- **Focussing.** During a session, sometimes a client comes up with a burning personal question about an issue or difficult situation. Sometimes they just can't get a satisfying answer with their analytical mind alone. Focussing is a simple technique you can be guided through to ask *your own body's wisdom* that question.  
[www.meetingpoint.consulting/c4627](http://www.meetingpoint.consulting/c4627)

- **SEEL** stands for State-Enhanced Exploration and Learning. It's a transpersonal process that's like hypnosis. Whereas Focussing enquires of the body, SEEL enquires of the unconscious. A guided SEEL journey can often be a gold mine of symbology / deeper meaning and hidden resources for clients.  
[www.meetingpoint.consulting/38010](http://www.meetingpoint.consulting/38010)

Andy and his partner, Despina, moved from Byron Shire to 7 ½ acres on Smiths Creek a year and a half ago. During this time as a new Uki local, along with learning to be a farm boy, he's completed an Advanced Diploma of Transpersonal Counselling. He's meditated with Brahma Kumaris Australia for 29 years, facilitated addiction recovery group and individual work for 10 years, and facilitated men's groups for four years. Meeting Point Counselling operates from the cabin (pictured) on their property. ✨

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# Community Gardens Update

Greg O'Donnell

We recently had a wonderful celebration at the proposed Uki Community Gardens site west of Smiths Creek Bridge. Food was shared, ideas were discussed, and lanterns were made to create a wonderful preparation for the gardens. The gathering culminated with a drum led lantern parade with adults and children walking the perimeter of the site imbuing it with high aspirations and good vibes!

There will be a special meeting at the Uki Farmers Markets, 9:00 am Saturday September 29 to discuss the next steps forward. So, come along and share your inspirations and ideas for this great community initiative.

For enquiries phone: 0403 203 963



## Letters To The Editor



Continued from Page 2

### Riddled with Flaws: Council approval of Hallam mine cannot be allowed to stand

Jack Hallam has been given approval for his water mine, courtesy of his ALP mate Reece Byrnes.

The decision (delayed by a rescission motion unlikely to succeed) is based on a report from staff and is rife with errors and pro-business bias we have come to expect. The decisive vote was from Councillor Byrnes whose clear conflict of interest was ignored. It is still deeply disappointing that the overwhelming opposition not only of residents of Uki, but the entire shire is being so glibly dismissed by council.

The report claims that the pumping of 24 ML of water will have no impact on natural systems or people because the bore isn't connected to Rowlands Creek. That was the conclusion of a 24-hour pumping study commissioned by the proponent. It was endorsed by the Office of Water (their review of the pumping study is cited in the recommendation report as a brief email with no author and no qualifications of the author provided). The Tweed Water Alliance commissioned its own review, by Professor Peter Cook, probably the leading fractured rock hydrogeologist in the country. That review was sent to the Council on Saturday 1 September shortly after we saw that Jack Hallam's development application was on the agenda. Professor Cook's review completely contradicts both the pumping study and the Office of Water email. Here is one critical quote:

"The extent of connectivity between the fractured aquifer and the river is currently uncertain. However, if there is a strong connection between the two, then the above analysis suggests that flow in Rowlands Creek will be reduced by the entire pumping volume (i.e., creek flow will reduce by 24 ML/year) over a very short timeframe. Even though the connectivity between the fractured rock aquifer and the creek may be low, the proximity of the pumping bore to the creek makes an impact on the creek a real possibility."

Residents of Rowlands Creek take note. You are being screwed by Council. Actually, we all are.

Even though the email sent to Council and all Councillors was marked 'urgent', staff didn't read it between Monday, and the Thursday evening meeting. It isn't clear whether Reece Byrnes read it. Remember, Council must be satisfied that the extraction will have 'no adverse impacts.' Cook's review makes it clear that adverse impacts are in fact likely.

That was bad enough, but it was compounded by the absolute negligence of staff when it came to traffic matters. The intersection of Rowlands Creek Road and Kyogle Road, which requires outgoing trucks to occupy both lanes of Rowlands Creek Road was considered dangerous enough for Council staff to require Hallam's traffic consultants to find a solution to the intersection. They recommended taking out a chunk of the Uki Cenotaph. That wasn't going to happen, so the traffic engineers simply, hey presto, declared the current configuration is 'best practice' and that the right turn is 'easy' for a 15m truck. The blind corner at Mitchell Street was ignored.

The areas of road measuring less than 5.64m, the width considered safe for a car and truck to pass, were ignored. And then there was the Council discussion of the public interest. If residents want to know how little their lives, lifestyles and opinions are valued by Council staff it's an analysis worth reading. This development is in the public interest because Jack Hallam benefits and the development generally complies with relevant planning legislation. The hundreds of voices opposing the development (there wasn't a single submission in support) were dismissed as 'parochial'.

It's time to get mad.

As soon as the final decision is made we will determine if there are legal grounds to challenge it. If not, to stop Jack Hallam and the kind of greed that doesn't belong in this community it will, like Bentley, depend on you. If you aren't already, get involved now.

Jeremy Tager

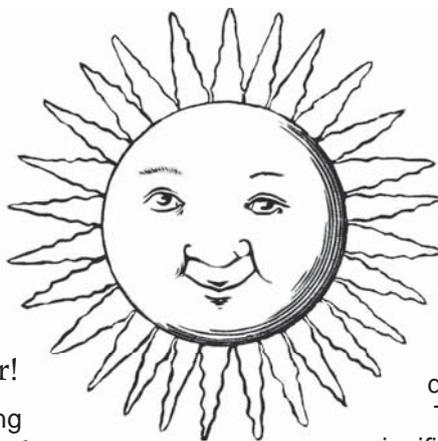


# Astrology

Paola Emma

October-November 2018...

from the fascinating depths of Retrograde Venus in Scorpio-Libra (October 6 to November 16) to the lofty heights of Jupiter in Sagittarius, a spring to remember!



In Scorpio since September 9, peace loving Venus will continue to explore the depths of this emotional Sign in October, returning to Libra on November 1, and finally back into Scorpio on December 3. Only on January 9, 2019 will Venus finally leave Scorpio to enter Sagittarius.

You will be aligned to this Venus event if you happen to have the Sun, Moon or any Planet/ Angle on the first ten, eleven degrees of the Fixed Signs (0-11° of Scorpio-Taurus-Leo-Aquarius), or the last five, six degrees of the Cardinal Signs (25-30° of Libra-Aries-Cancer-Capricorn). It is a common belief that Venus is exclusively the planet of sensuality, love, relationships, art and creativity. She exerts a great influence on self image, aesthetic tastes, likes and dislikes, finances, assets and all things contributing to comfort and joy in our lives etc. Venus' retrogradation can then offer significant insights into all these areas of experience, according to age and circumstances.

At this time Venus will also dance a strange dance with Mars in Aquarius: first an intense tango, in September-October (September 10 and October 11&12), then a romantic waltz, in November (crucial day November 10). With the emphasis on Venus-Mars and Scorpio-Libra many relationships, romantic, financial, legal etc., could take a beating during this period or, positively, find new levels of connection and honesty.

We could dig out some disagreeable truths about ourselves and/or meaningful truths of others, but also realise the potential for transformation and redemption. Perhaps the hard way we may learn whom we can trust and who will be willing to truly support us emotionally, financially, legally and through hard times.

Relationships, artistic or financial enterprises beginning at this time will prove challenging at first but could eventually bloom into something really special. People

from the past often reconnect with us, allowing forgotten or repressed feelings to flood back into our lives. Alternatively, we could get obsessed and emotionally stuck about someone or something, experiencing emotional, financial or creative blocks, all generating some depressing feelings for a while.

The first week of November will see some significant planetary shifts too.

Retro Uranus will re-enter Aries on November 7, while still at a 90 degrees angle to the Lunar Nodes (link to past and future eclipses). This is an ongoing transit that has manifested recently in intractable political chaos in many countries, as well as unprecedented weather events. More of the same, I suspect, is in the cards later this year.

On November 8, we will witness Jupiter's splendid entrance into Sagittarius. Sagittarius is a more suitable environment for Jupiter than Scorpio was. The Fire, Air and Mutable Signs in particular, but all of us could profit from the inspiration and optimism of this year long transit, offering opportunities to right some of the wrongs we have uncovered during the Jupiter's transit through Scorpio and to look with greater confidence into the future. Jupiter will be in Sagittarius until early December 2019.

For more astrology navigate to my site: [livingmoonastrology.com](http://livingmoonastrology.com).





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