

How Uki Voted

Anita Morton

Another Federal election has come and gone, and wasn't that a busy day in Uki? 852 people voted in our Uki Public School booth, of which 807 people managed to cast a valid vote. Shame on you if you didn't bother to mark your ballot or drew rude pictures instead of voting! Happily, our formal vote was up 1.93% from the last election. Good to see some extra people are bothering to participate in our democracy. Well done Uki. Remember, voting is a privilege and also a duty of all Australians; democratic rights which are not available to all the world's people.

Kunghur is our other smaller local booth. 160 people voted there on the day, with only one informal vote! Well done Kunghurites! Kunghur's voters were strong supporters of the Greens (41.51%) and the Nationals (27.67%),




with Labor coming third on 20.75%.

Uki booth also voted Green (43.99%), but followed that with Labor (25.53%), then the Nats (20.94%). Other candidates showed far lower percentages, but congratulations to them for standing up for their beliefs and giving voters a choice.

In our electorate of Richmond, 37.6% of voters went for the Nats, 31.05% for Labor, and 20.44% for the Greens. Justine Elliot was re-elected when Greens preferences flowed through as their candidate was eliminated from

the race. Labor got an overall swing of 2.16% in Richmond, considerably less than the national average swing of 3.12% (two-party preferred) to Labor/against the Coalition. On a two party basis, Justine Elliot now holds a reasonably comfortable lead over the Nats' Matthew Fraser: 53.74% to 46.26%, but this by no means makes Richmond a safe seat for Labor. With the diverse community of the Tweed and surrounds producing numbers like these, every election will be interesting for us! Viva democracy!



Age categories • Primary School • Secondary school
• Open Age (adults and anyone no longer at secondary school)

Dates. *Opens* June 1. *Closes* August 15. Finalists notified Sept 4 (Final 10 in each age category) announced on Facebook .
Winners announced by email, phone and Facebook Sept 11.

The winner, second and third in each age category will have their song professionally recorded on a compilation CD with established artists and receive a prize.

The remaining finalists in the top 10 in each category will receive a Certificate of Commendation. All entries will be considered for an e-book containing lyrics from various submissions.

Uki Refugee Project | uki.refugee.project@gmail.com | 02 6679 5603

"Change the World with Your Song" is a songwriting competition which aims to generate constructive discussion and to help change the way people think about issues which impact on us all.

From the Editors

Such a fantastic response to the call for contributions this issue. From the practical aspects of campdrafting to the esoteric nature of the art - science interface, Issue 89 once again demonstrates the many and varied aspects of our diverse community. I wish Uki's example of tolerance and diversity were better seen in the wider Australian community. These values start at an individual

and community level and ripple outwards. We need to understand our neighbours even if we do not agree with them. So spread the love Uki, celebrate your differences and keep the contributions coming.

Remember – Uki News *is* your contributions Uki.

Brendan and Kylie

Contact Uki News: **theukinews@hotmail.com**

ADVERTISING

Business card size	\$25	Half Page	\$90	All Advertisers will receive an invoice Advertising revenue helps fund the Uki News
Quarter Page	\$55	Full Page	\$175	

Disclaimer: The opinions and views expressed in this newsletter are not necessarily those of the Uki News nor of UKIRA.

A Word from UKIRA

Philip Carr (on behalf of UKIRA Committee)



The community will soon be able to proceed with fresh artwork for the handrail at Smiths Creek Bridge, once a Public Art Installation Agreement has been received from Tweed Shire Council. The Agreement will be between Tweed Shire Council and the Uki Residents Association and will include conditions for the installation and maintenance of the mountain scape design that was approved by Council at its May meeting. The idea for the artwork was sparked by the death of young boy Marley in late 2014 and will serve as a memorial to all lost children in the district. It will also provide a colourful entry point to Uki.



In June, UKIRA was pleased to contribute \$1,000 to the Uki Public School Parents & Citizens Association who are raising funds for new playground equipment at the school.



Support for local arts initiatives is set to continue within the Uki district following the incorporation of the Ukitopia Arts Collective within the Uki Residents Association. Watch out for news about upcoming creative events and activities.



All residents are encouraged to contribute their ideas to Tweed Shire Council's Cultural Survey (details on page 6). The survey gives residents the opportunity to help Council determine how to allocate cultural resources over the coming years.



The Uki Residents Association will have its Annual General meeting on Tuesday 6 September. The AGM will commence at 7pm and be followed by the usual monthly meeting. Residents of the village and districts are welcome to attend.

Images of Uki

Maya Krasna



Images of Uki will be held this year over the weekend of 16 to 18 September. This annual exhibition is open to all artists living in the 2484 postcode. All media and levels of skill are welcome. The exhibition aims to support local artists and offer an opportunity to exhibit.

Application forms will be available at Uki supermarket and at Yellow Brick studio in Murwillumbah. For online entry please email to mkrasna@hotmail.com. Closing date for applications

is 4 September with artwork delivered to Uki hall on Thursday morning 15 September.

The fabulous opening ceremony will be on Friday 16 September at 5 pm which will include a fashion parade organised by our own Uki based fashion designers. Very exciting! Please come along, bring family and friends. Light refreshment will be provided.

To make the exhibition even sweeter, we have a few encouragement awards to give away and of course the favorite People's choice award.

If you feel inspired to create, great! Get your application in by 4 September. If you feel inspired to help us in whichever small way you can, please let me know at: mkrasna@hotmail.com. Volunteers are always appreciated. ■

Uki Sporting Horse Association

Heather McClelland

The Uki Sporting Horse Association (USHA) will be running the annual campdraft at their grounds in Rowlands Creek Road on August 6 and 7. We welcome spectators to come and watch talented horses and people, working and having fun together. The canteen is open all weekend and we provide a hot meal on the Friday and Saturday nights.

Our committee has put in many hours sourcing cattle and sponsorships and preparing the grounds for our show, any surplus money raised goes to local charities, in previous years being the Westpac Rescue Helicopter, Riding for the Disabled, and particular fundraising for the Murwillumbah District Hospital amongst others.

In the last few months we have had a major injection of new members enjoying our facilities. Sally Mather has been hosting "educational fun days" for people who wish to have another outlet for their riding experience and learn about a variety of disciplines over a series of weekends throughout the year. This is getting back to the original intentions of the foundation members of our club well over thirty years ago. A fun day out where families can gather and progressively improve their



skills and communication with their horses, under the tutelage of respected and experienced educators. Enquiries can be made through Sally Mather's Facebook page.

The USHA is a vibrant, innovative and active club that holds the grounds and assets in trust for future generations. In an increasingly technological world where a lot of the current generation of young people do not work or have contact with an agricultural enterprise, we are a connection to our history and origins. Part of this is passing on the knowledge and heritage of the sport of campdrafting and provide education regarding general stock handling.

Contact Secretary Jennifer Kearney for any information or queries on 0411 404 218 or email: ukisportinghorse@hotmail.com ■

Uki Refugee Project

Bryan McClelland

The Uki Refugee Project (URP) involves more than 100 people from Uki and beyond, working together to offer friendship to asylum seekers, facilitate cross cultural exchange, raise community awareness, and especially to advocate and offer practical support.

2016 has been especially active:

- In May our fifth 'Friendship Visit' was an outstanding success with over 30 refugee visitors, the largest number we've had.
- The Bush Dance was a success with the Uki Hall full to bursting with talk and laughter and music and whirling dancers, everyone having a good time together. Playing Possum Bush Band made the event possible. There was just enough food to go round because of the generosity of everyone who brought a meal to share.
- The following day a picnic was held at Crams Farm giving all a chance to go on a canoe trip. Those not on the water enjoyed chatting, playing boulé and eating! Generous hosts at Mt Warning Forest Hideaway again provided accommodation.



- There have been 2 movie nights at the Regent Cinema, 'Frame by Frame' and 'Chasing Asylum', which were thought provoking, and deeply moving. The latter was also confronting, as it reported firsthand on conditions in Manus Island and Nauru detention centres. These events raised more than \$2000 to assist refugees and women in Afghanistan. More than being fundraisers, they were motivational and helped around 250 people understand why refugees are seeking asylum, and our own nation's responsibilities to them.



- Most recently a musical evening was staged, and around 150 people were dazzled and enthused by a varied program. Valanga Khosa, once a refugee from apartheid South Africa, drove from Melbourne especially, and demonstrated African rhythms, instruments and told traditional stories. Marc Mittag (jazz guitar), Greg Sheehan (percussion), Megan Albany (vocals), and Dominic Rado (strings) entertained in various combinations - all performed free of charge. More than \$2000 was raised.

Thank you to everyone for your support and involvement in these events. The next Friendship Visit is October 15 and 16.

Contact Bryan McClelland uki.refugee.project@gmail.com
www.facebook.com/ukirefugeeproject ■

Uki Public Hall Reserve Trust

Mary Lee Connery

With all major work to the exterior of the Uki Hall completed, the Trust is now planning repairs to and the painting of the interior.

But first our thanks must go to Carla Wilson as project officer for her wonderful job in supervising and recording the new work. She took infinite pains to source the appropriate materials and to replace those worn by time and weather. She documented the prior conditions and recorded all aspects of the remediation. This will be a valuable asset for future custodians of the Hall.

The workers too were marvellous. Thank you Marcos and Albie, for mending, making and painting; Michael for dealing with drainage and gutters; George for the electrics; Murwillumbah Glass for helping the windows look consistent and Ken Rippin (Trustee) for winning the grant from NSW

Trade and Investment, gaining the money needed to help us carry out these repairs. We also received some funding from Tweed Shire Council's Heritage grants in recognition of the significance of our Hall.

Last month we were fortunate to win \$7500 funding from Department of Infrastructure and Regional Development, Stronger Communities Programme Grant. This will be spent on repairs to the ceiling and lining boards and to paint the interior of the main hall and must be matched dollar for dollar from our funds.

The Hall Trust would like to thank Lisa Wilson, Wendy Grace and her helpers for organising the fund raising dance, which put \$1280 towards this project.

Once again we will be looking for some financial support from our community as all grants only partly meet the costs.

Donation boxes are at the General Store and the Post Office or you can contact Kath Mills, our Treasurer, at uki.public.hall@gmail or Phone 02 6679 5198. Please give generously and help us make our Hall a better place for our celebrations, entertainment and community functions.

Mary Lee Connery (Chair), Uki Public Hall Reserve Trust ■



No Buses – only Horse Power!

Esma Thompson

Rowlands Creek & Uki School - Uki and South Arm Historical Society Inc.

Rowlands Creek School opened in 1895, in D. C. Marshall's barn on Rowlands Creek, eight children enrolled. It was a half time school, as was Byangum School. The same teacher taught at both schools on alternate weeks. On 8 April 1895, Teacher Thomas Campbell made a successful application

to the Department of Education for an allowance for forage to keep his horse, which he needed to travel the 5 miles between Byangum and Rowlands Creek Schools.

Rowlands Creek School moved to a new one room building on the present school site in 1901. The school was renamed Uki Public School in 1906 and the small one room building was converted to a weather shed, when a larger school was built in 1908. In 1911 enrolment had reached 82.

In 1913, 10 horses were being ridden to Uki School by the following families:

- Walls - 3 children, 2 horses, travelling 4 miles
- Smith - 1 child, 1 horse, travelling 3 1/2 miles
- Curtis - 2 children, 1 horse, travelling 3 miles
- Garner - 3 children, 1 horse, travelling 5 miles
- McCallum - 4 children, 2 horses, travelling 2 miles
- King - 4 children, 1 horse, travelling 4 miles
- Womersley - 2 children, 1 horse, travelling 3 1/2 miles
- Taylor - 2 children, 1 horse, travelling 2 1/2 miles

To enable these children to travel to school by horse, a secure paddock had to be fenced off at the school which took up some of the children's play area. By 1917, 127 children were enrolled at Uki Public School.

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

Contact: Esma Thompson (secretary)
Ph: 02 6679 5890 | Ph AH: 02 6679 9121
Email: trmuki@tweed.nsw.gov.au ■



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Farmers' Market News

Anita Morton

Saturday Farmers' Market will be closed on Saturday 17 September. We're very sorry for the inconvenience. We'll be back, as usual, on 24 September. ■

A balanced response to the unspeakable

John Tyman

The recent slaughter of innocents in France and the election of Pauline Hanson to the senate is bound to stoke the debate about Islam and terrorism but let it be a call to exercise understanding not ignorance.

A "gentleman" (and I use the term loosely) recently claimed in a letter to the editor of a local paper that "while the civilised West rightly abhors violence, conversely Muslims daily display their love of violence... and embrace it". In reply I said that his words would be laughable if they were not so potentially destructive. And that, if he thinks our hands are clean he should cast his mind back to a man called Hitler and his happy band of mass murderers... Christians, all of them, at least nominally.

Sadly, the editor of that paper chose not to print my letter, and in the absence of a free press I had no way of knowing if others were similarly outraged... till I read the following in The Sydney Morning Herald of July 16-17 (and I have permission to quote him at length):

"Many Australians seem unaware that Islam is as much a religion of peace and tolerance as Christianity, it is just that history has not been on its side.

Jesus preached brotherly love, peace and tolerance but the religion practiced in his name over the millennia has rarely promoted such ideals.

The Crusades against the Muslim world, and against fellow Christians when it suited, occurred at a time when Galileo could be charged with heresy while Arabs were world leaders in art, architecture, astronomy, mathematics and literature.

The actions of Spain and Portugal in the "New World" hardly reflect the teachings of Jesus. Unfortunately, the Muslim world has been left behind by the economic revolution that secured the triumph of rationalism and secularism in Europe and its outposts.

It should not be difficult to accept that terrorism is not the focus of the majority among the devout in the Islamic world today."

Nice to know that I am not a lone voice after all!

John Tyman, Holy Trinity Church, Uki. ■

Photographic Submissions Wanted

The 2017 Uki Calendar will be dedicated to celebrating the artistic and cultural diversity of Uki and District.

Photographic submissions are welcome from local artists, local groups, clubs, organisations and associations. Prizes are awarded for the best three photographs submitted.

Please forward your photographs to the Uki CTC:

Email: ctc.uki.nsw@gmail.com.



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Uki Kids Club: OOSH

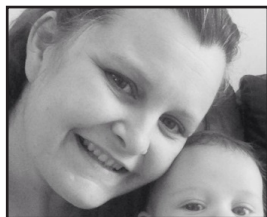
By Natascha Wernick

2016 Term 3 program

Term 3 at Uki Kids Club OOSH brings many exciting things. Our three assistants have been brewing their own creative projects to share with your children. Bookings are still being taken! New children are very welcome.

Introducing Karen Williams - Tuesdays and Thursdays

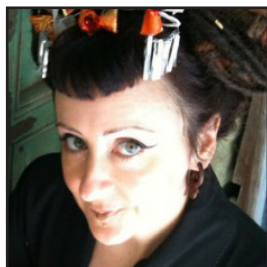
Many of you know me after three years of working at Oosh. Art journaling has become a creative outlet for me over the past few years and I will be sharing my knowledge with the children. On Tuesdays and Thursdays I will be helping the children to create their very own art journal.



Art journaling is all about self-exploration and freedom of expression. You can write about your thoughts and feelings, or work through a problem you may be having. It is a way to process and helping to make decisions. It strengthens your sense of self and helps you realise your potential. It is a safe place to play around with creativity and writing capabilities. For children, it gives them a great place to explore who they are now, and who they want to be.

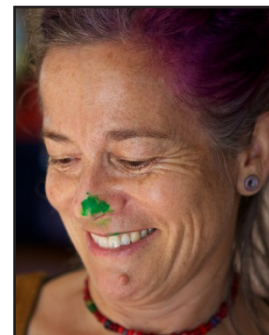
Introducing Jaqueline Sirianni Mondays

Come and explore Japanese language and culture. Learn Japanese language in a relaxed environment, through books, songs, games & craft. Learn to fold origami, draw animals, and write in hiragana. Jacqueline spent 7 years in Japan and looks forward to sharing her love of Japanese culture with the OOSH children. Jacqueline has an Honours degree in Fine Arts, Diploma of Education and Certificate 3 in Childcare. She enjoys sewing, tie dye, origami, drawing & dress-ups. She also co-runs Pangaia in the Buttery.



Introducing Michele Bevis Wednesdays and Fridays

On Wednesdays, Michele will guide the children to develop their own 'zine-style booklet. Using a range of skills familiar and some unfamiliar. They will draw, paint, glue, cut, sew, as well as use simple printing techniques to tell their story. The projects will develop throughout the term, as the children undertake weekly exercises and add to their 'zines. Michele Bevis is a Uki resident and 3rd year visual art student at Southern Cross University. With her passion for the environment and found, wasted materials, Michele encompasses recycled materials in her artworks where possible.



Coordinator Natascha Wernick B.Ed

Monday to Friday

Over 11 years with OOSH I have done so many interesting things from making fairy houses and teaching hula hoop to creating birds' nests. This term my priority with your children will to have them outside running, skipping, kicking, jumping and enjoying as much of the outside sunshine and nature as we can. I will be leading nature missions as well as introducing a new sports game each week. I want your children to try new things, take a few risks and get their hands dirty.



<div data-bbox="124 1624 406 1765" data-label="Section-Header"> <h2>What's the cultural picture?</h2> </div> <div data-bbox="67 1803 454 2103" data-label="Image"> </div>	<div data-bbox="478 1601 798 1657" data-label="Section-Header"> <h3>What's the future cultural picture? You can help create it.</h3> </div> <div data-bbox="478 1668 805 1881" data-label="Text"> <p>Council is preparing a new Cultural Plan for the whole Shire. The Plan will establish a shared understanding of the Shire's cultural life - what we value most about it and how we want to shape it into the future. The Cultural Plan will guide Council's support of cultural activity over the next five years.</p> </div> <div data-bbox="478 1892 805 1971" data-label="Text"> <p>Don't miss the chance to have your say on how you see the Tweed's cultural picture!</p> </div> <div data-bbox="478 2004 805 2083" data-label="Text"> <p><small>Historic postcard showing Wollumbin / Mt Warning in the distance and a Chinese Market Garden, located on the Uki Road, in the foreground - c. 1900. Both features demonstrate the layered nature of the Tweed's cultural landscape. Courtesy: Tweed Regional Museum MS00014.</small></p> </div>	<div data-bbox="845 1601 1380 1657" data-label="Section-Header"> <h3>How to tell us what your cultural picture looks like ... now and into the future</h3> </div> <div data-bbox="845 1668 1506 1724" data-label="Text"> <p>You can shape the Shire's future cultural picture by doing all, or any of, the following.</p> </div> <div data-bbox="845 1736 1506 2083" data-label="List-Group"> <ol style="list-style-type: none"> 1. Read about the Shire's cultural picture, <i>What's The Cultural Picture? A Snapshot of the Tweed Shire</i> at http://yoursaytweed.com.au/culturalpicture/documents 2. Complete the <i>What's the Cultural Picture Community Survey</i> online at https://www.surveymonkey.com/r/tweedculturalpicture If you can't complete the survey at home it can be undertaken online, or in hard copy, at the Tweed Heads, Murwillumbah or Kingscliff Library 3. Upload your own cultural picture Draw, paint, photograph or write about your cultural picture - either as you see it now OR in the future - then follow the below link and upload to Your Say Tweed http://yoursaytweed.com.au/culturalpicture </div> <div data-bbox="1364 2038 1506 2094" data-label="Image"> </div>
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Uki Buttery Bazaar Entertainment

Sue McKenna

To book a stall at the monthly Uki Buttery Bazaar please contact Lisa on **0487 329 150**.

Images from July 2016 Buttery Bazaar



Uki Buttery Bazaar Market

AUGUST Buttery Bazaar

Sunday August 21

It's an extra creamy Buttery show at the Uki Buttery Bazaar Markets Sunday 21 August, with a super rich line up of live music, circus shows from Circustrain, and an extra dollop of fun with the Uki Yokel Pet Parade starting at 10.30am. Bring your pet (leash compulsory) and enter this crazy competition hosted by Captain Chicken, comic smash hit from Woodford Children's Folk Festival. Get your dance shoes ready because this chicken sure is funky. There will be mouth-watering music by The Meerdogs, and special guests, William Bourke and Kevin Thomas will be jammin' your blues away! Thanks to Michelle Thomas and her team for bringing this fabulous family friendly fun to funk up our markets!



f CIRCUSTRAIN

f THE MEERDOGS



Meerdogs



William Bourke



Captain Chicken

SEPTEMBER Buttery Bazaar

Sunday September 18

I'm very excited to have Elena B Williams playing at our markets. Here are some descriptions of Elena's music:

"There are certain sounds that resonate with the human heart on a deep level - the thunder of a waterfall, the delicate vibration of hummingbird wings, a child's laughter. They awaken an awe and reverence of something bigger, something more. Elena's music comes from that place. Like deep calling out to deep, her song originates from and speaks to something we all intuitively know exists, yet so often seems beyond our reach." - Joshua Cunningham (The Waifs)



Elena B Williams

"Elena B Williams is an open vessel and her spirit is aligned to sing in the collective consciousness of the moment - moment by moment! Allowing for deep and powerful moments to be born in song! Elena is an ancient being who lives in a modern context... her voice penetrates deep into the marrow of our cells and gently pulls us toward expanded loving awareness. An honourable female being with a resonate signature sound that soothes and heals! I am honoured to have met and heard this beautiful woman!!" - Toni Childs

This should be a market to remember!

f ELENA B WILLIAMS



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Sibling Rivalry

Maira Jorba



My last two parenting consultations have brought me situations of sibling rivalry, so I thought I'd write about it. There are two main aspects to consider when encountering sibling (or peer) rivalry: one, what does it bring up for us as parents/carers and two, how to respond to our children.

The first step is for us to look inside and repair our own childhood hurt. This is a core concept in Aware Parenting. Our automatic way of parenting will be to

repeat what was done to us as children. If we don't like that, we need to face the internal damage left; otherwise, that pain will impede us. One way or another, we will pass these patterns given to us by our parents, down to our children. Typical wounds from sibling rivalry express themselves in phrases like: 'unfair!' or 'your fault!' or 'you shouldn't', and feelings of not being heard or having needs that are in conflict with someone else's needs. If we have any of those kinds of thoughts or feelings when our kids fight, it is likely there are parts inside us that have not been heard and need healing.

Once we have looked into those, we can then help our battling children. Then we will be able to feel in our

hearts how all involved are in pain and all need connection and support. We will be able to tune into what is needed in every situation and offer it with sensitivity. Takings sides, blaming and telling off are always damaging and only feed the root of the problem. Compassion and understanding nurture children from the inside, so that they don't need to compete with each other but learn resourceful ways of dealing with these challenges.

It's hard to explore these big subjects in such a small space. But I hope you get a feel for what I suggest and it inspires you. If there are any subjects you'd like me to talk about in the coming issues, please let me know!



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Maira Jorba 0427 088 096



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Yoga

At the Uki Hall with Paula Cave



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Uki Kids' Club

After School Care



Uki Public School
OOSH

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Buttery Business

Janelle Barnes

Have you popped in to see and support your local small businesses recently?

This month we feature *Handmade Uki* which is celebrating its 2nd birthday! Not only does the shop support local artists and makers in the wonderful Tweed region, it also offers a range of products that enable you to select a gift for a loved one or friend.

In our beautiful part of the world many of us aim to tread lightly on the earth and recycle and reuse whenever possible. Minimising plastic food wrap by using alternatives is a great start. In addition, this is good for our health, as recent studies have demonstrated that harmful toxins can leak from plastic food wraps and containers particularly if heated or cooled.

Oilskin food wraps have been used for generations, sealing in freshness and keeping food alive. Apiwraps use organic cotton and beeswax that are Eco friendly and free from harmful chemicals. Perfect for storing food in the fridge or on the go. In store at Handmade Uki we have a wide range of Apiwraps that are made locally at Bangalow.

To use Apiwraps, simply wrap the item, then press gently on all overlaps, the warmth of your hands forms the seal. When removing, peel back each layer and smooth the wrap out



for re-use. They can also be used to create a lid over ceramic/glass bowls. Large wraps are great for wrapping veggies, leafy greens as well as bread, sandwiches and cheeses.

With proper care Apiwraps should last about a year. Cleaning is as easy as gently brushing the wrap over with a soapy dishcloth and rinsing under cold water. Air dry, or blot with a clean tea towel.

Whilst Apiwraps are not to be used in the microwave, they work well in the freezer, ideal for keeping cookie dough and other freezer foods normally kept in plastic wrap. Let them come to room temperature before unwrapping. They are also great for covering fermenting foods. Apiwraps are watertight, but they allow a little air circulation without allowing external yeast or bacteria in, providing an ideal environment for fermentation.

For gardeners - They are also great for germinating tomato seeds that need to ferment in the juices to mature and be ready for next year. Simply choose your best tomato, squeeze seeds into a small dish along with the pulpy bits, pop an Apiwrap over creating just the right environment for gently fermenting. Drying out too fast will end the game, staying too moist will grow mould. Don't seal the Apiwrap, just keep it on a shady bench for a day or two, then open right up to dry out.

See you in *Handmade Uki*!

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RELATIONSHIP HEALTH

Children-at-risk

Heather McClelland

'Mindfulness' took on new meaning for me during an International Conference on Child Trauma I attended recently. I will always remember a presentation by two men, both seventy one years of age. They are eminent neuroscientists who also work with 'at risk' children and teens. They support them to recover from early trauma and prolonged stress. They talked about the importance of mindfulness in the way they offer these kids warmth and make them feel safe. As they shared their stories they brought to life the acronym PACE: Playful, Accepting, Curious and Empathic.

All children need grown-ups around them who know how to tune-in to them in these ways. These neuroscientists said that the capacity to be a warm presence for another is neurobiological in nature. Mostly it's about body language rather than words. It's often clearly apparent in those moments when young parents welcome a new born into the world but it sometimes goes missing as children grow older.

I once heard a presenter urging parents to continue giving their teenagers 'safe, affirming touch', but in different forms as they got older. It may have to be a bit sneaky; a tousle of the hair or an arm flung briefly over a shoulder while walking or watching TV. Sometimes nurturing touch is only received if it's in the form of 'rough-and-tumble'.

These two men said that offering kids empathy can be like that. It may have to be 'loud' empathy, or 'matter of fact' empathy. Sometimes it has to be sneaked in using curiosity. Sometimes a child or teenager so 'hates' empathy that all you can do is applaud his tough stance (in an empathetic way).

When kids have been harmed and lack support in their lives, they become defensive. Angry, aggressive behaviours take over. What such children need is not defensive and punishing adults. They need support from grown-ups who exude safety and strength. Kids who are 'acting out' in their behaviours are doing so because they are not 'safe enough' to be sad. These presenters asserted that 'Kids have the right to have at least one adult by their side who is strong/gentle enough to deal with the worst which life brings. ■



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If you have an idea the Ukitopia committee would love to talk with you.

THE PROGRAM CURRENTLY INCLUDES

FRIDAY NIGHT September 16

- Opening Ceremony • Fashion Parade
- Images of Uki Art Exhibition Opening
- Live Music and Picnic on the Village Green

SATURDAY September 17

- 10.30 AM Riverside nature walk with Eddie Roberts
- Saturday morning yoga on the village green
- Crafternoon on the Village Green various activities including origami, flower crowns, with space for more ideas here

SUNDAY September 18

- Uki Buttery Bazaar

So there's lots of room for you to get involved in this special weekend for our village...

For more information contact ukitopia@gmail.com
Or phone: Michele 0411483177 • Alison 0484141787
• Jim 0410635344 • Ann 0413462452

Science-Art Research

Prof Robert Pope

It is great to get an opportunity to explain about why the work of the Science-Art Research Centre's School of Art at Uki won a first prize for art theory and artwork at the Russian Central House of Artists Gallery Museum Moscow under the auspices of the World Art Fund and the European Art Union, at the Russian Art Week, XX International Exhibition & Competition of Contemporary Arts, April 21-28, 2016.

In 2012 the journal Science announced that junk DNA was not really junk but formed many 3D information and communication devices throughout the entire length of the DNA for future health and well-being. We had published local Uki artists paintings showing a previously hidden 3D message in artwork resulting from this discovery.

Scientists have located a dysfunctional virus-like global 3D epidemic having no antidote, transmitted from the mass production of information and communication devices. Our theories and stereoscopic artwork described how to obtain the human survival antidote. The virus is similar to the mathematics used in poker machines using artistic sound and colour forms to create hallucinatory industrial compulsions to move toward a state of bankruptcy, in some as strong as heroin addiction.

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Anita's Cold Eradication System

Anita Morton

Apparently, most adults get at least two colds a year. Someone else must

be having mine, as I haven't had a full-blown cold for many years, not even the current ten-day cold that's been sweeping Uki. I literally haven't been sick since I developed my cold eradication system, so I thought you might like to try it, too.

Important note: These doses are for adults. Don't take these medications if you are asthmatic, suffer from a bleeding disorder or stomach ulcers.

At the first sign of a cold (you will know how it usually appears in your system), take anti-inflammatory pain pills (ibuprofen or aspirin) in the recommended doses with your next meal, plus a zinc tablet and suck an antibacterial lozenge (like a Strepsil).

Continue taking zinc tablets as directed on the bottle, plus the aspirin/ibuprofen and antibacterial lozenge with all subsequent meals (don't exceed the daily recommended amount). Keep it up until you feel the cold has gone – with a common cold it may be knocked on the head in one day, but something

your body is unfamiliar with may take up to three.


Remember that you may still be infectious even if your nose isn't running like a tap, so don't cuddle up to other people and wash your hands. Keep warm, avoid stress and get a good night's sleep until you feel well again.

This simple system has saved me from countless hours of misery – so give it a try. I hope it helps you, too.

2	5	1	8	7	4	9	6	3
3	8	6	9	1	5	4	2	7
4	7	9	3	2	6	5	1	8
8	4	7	1	3	9	2	5	6
5	1	3	4	6	2	8	7	9
9	6	2	7	5	8	1	3	4
6	3	4	2	9	1	7	8	5
7	2	8	5	3	4	6	9	1
1	9	5	6	3	7	8	4	2

Sudoku Solution No 5

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The Argentine Tango

Gary Miller

Unlike what you see on TV the Authentic Argentine tango is a very simple dance with very few sequences or steps. When initially taught, some sequences are used, only to be removed, because every single step is created at a single point in time so your interpretation of the music and space can be used to its best. The Argentine Tango is about the feel and the connection with your partner.

In Argentina it was tradition that your peers would teach you how to dance. This would mean many years of learning and training man to man or women to women and you would not be allowed to dance with the other gender until your peers agreed that you were ready

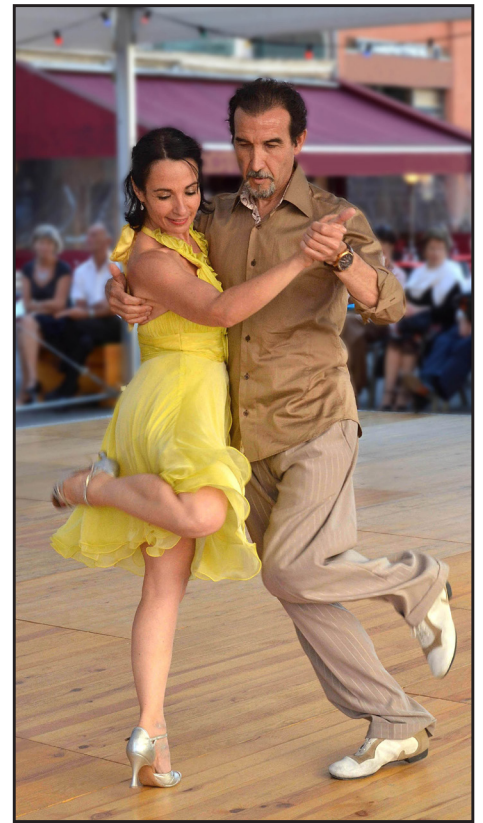
which was usually around 5 years.

The Tango has changed a lot over time but it still retains two specific roles, leading and following. Previously leading was a male role and following was the female role. Now the leading role can be performed by a male or female. Each role requires lots of dedication and involves two very different training methods.

The Role of the leader requires moving your body to guide the follower into various movements to the music. This leading role requires strength and body control as the torso initiates all the movements.

The role of the follower requires that the follower remains in contact with the leader and to feel exactly what is led by the leader and finishing the leader's interpretation. This sounds quite easy but it is actually very difficult not to predict or guess what the leader will do.

When danced properly the partners will dance in a close embrace or hug like style. This allows for an amazing connection with your partner allowing



you to feel the slightest of leads which means the leader can then put his interpretation to the music whilst allowing the follower to garnish the interpretation.



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Fast food foolishness

Pat Miller



Regular readers know that I have thing about the social aspects of cooking. It's an act of love and compassion for family and friends. Chicken soup for the ill, daily bread, sugar & spice, in vino veritas and myriad other epithets celebrate our connections to both what we eat and our people.

So why on Earth outsource this connection?

Uki is incredibly fortunate to have really good small-scale food outlets. Our local produce is exceptional. The pub grub at the Mt Warning is great, the cafes are cool hangouts with terrific food, the pizza joint does a respectable feed. But you don't usually eat every meal at the local cafes, pizza place or hotel. When you do it's an occasion.

Why do the fast food giants pitch their non-food as being the usual? When that awful golden arches outfit first emerged I thought its advertising promoted its products as people's everyday cuisine. Outsource the food preparation, everyone will be (fatly) happy while you pay someone else to prepare the ordure marketed directly to children.

Well that's worked a treat hasn't it? As people are increasingly time-poor their priorities don't extend to cooking; herein lies a huge problem. Have we lost the idea of preparing food, of interacting over a fundamental need, strengthening personal bonds and having a good time doing it?

Those poisonous competitive advertisement shows/ advertisements make us see cuisine as a hyped sport where anything short of a five Michelin-star course is a cosmic failure. People buy fast food to eat while watching a show about impossible food trickery, starring either a sleek celebrity chef, someone overseas or a snarly competitive nobody.

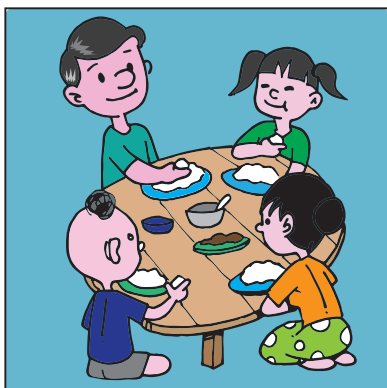
Reject this with all your might! Cook something, anything! An omelette with crunchy buttery toast fingers, a crack of black pepper and a piece of fruit will do you better than a sugar laden double fisted offal rissole with so much preservative you can't even compost it through your alimentary canal.

When cuisine becomes a publicly competitive affair, everyone at home who tries to cook well loses.

Happy real cooking, celebrate the imperfect, cook and eat with your friends and family and enjoy the process.

Pat Miller

www.patmiller.net.au



English as she is Spoke

Anita Morton

Our language, together with regional variants like Spanglish and Chinglish, is a major world language spoken by billions. What a pity then, that so many of us write it so badly! Mistakes are all too common in print, as a glance at any newspaper will reveal. I blame newspaper and publishing house management for sacking all the editors and sub-editors who knew what they were doing, and relying on spell-check instead. One common mistake we see in novels is 'holding the reigns'. The confusion arises because of the homophone reign/rein/rain. Different spellings, different meanings, but same pronunciation. Most have no problem using 'rain' when appropriate, but 'reign/rein' is confusing. The saying, 'holding the reins', meaning to be in control, comes from horse-riding – perfectly obvious when you think about it. The mistake 'holding the reigns' comes about because people are thinking about another situation where someone is in control – a king or queen. A reign is the stretch of time His/Her Majesty is on the throne, so obviously not something one can hold.

I bet you see this mistake everywhere now – I certainly do!

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Asthma

Judith Magee

Definition

Asthma is a chronic inflammatory, immune-mediated disorder of the lungs. In asthmatic patients, the small airways in the lung (bronchioles) become obstructed by:

- excessive mucus
- constricted muscles
- endothelial inflammation
- structural changes over time as airways become thicker

Aetiology / Risk factors

- Hypersensitivity to allergens (e.g. dust mites, cockroaches, animal dander, fungal spores, pollens).
- Exercise.
- Respiratory infections.
- Air pollutants, such as tobacco, perfumes, etc.
- Meteorological changes in temperature and humidity.

Diet and Lifestyle

- Ensuring the diet is rich in fresh whole foods is an important central goal. In particular, increase intake of fresh fruits and vegetables, nuts, seeds, wholegrains like brown rice and quinoa.



- Increase intake of garlic, onions, horseradish, ginger & chilli.
- Adequate fluid intake – vegetable juices, broths, soups, herbal teas.
- Avoid exposure to environmental chemicals, irritants & pollution.
- Avoid damp or mouldy housing conditions.
- Reduce exposure to pets and animal dander, dust mites and cockroaches.
- Reduce intake of sugar, salt, saturated fats, dairy, wheat, processed foods, additives, preservatives, colourings – especially tartrazine (yellow food dye).

Specific nutrients of relevance include:

- Vitamin C supports immunity and decreases inflammation, inhibits histamine release and increases prostacyclin production which promotes vasodilation. 500mg twice daily. Additionally, Vitamin C taken one hour before exposure to allergen may reduce reactions. This also applies to exercise-induced asthma.
- Probiotic containing Lactobacillus rhamnosus GG (L. casei GG) – 1 teaspoon daily
- Omega 3 fish oils
- Zinc

Sudoku Challenge

Test your powers of logic. To complete this Sudoku puzzle, the grid must be filled in so that every column, row and box contains the numbers from 1 to 9. Good luck.

Hard No. 5

Puzzles contributed by Colin Dunbar.

	4	3						
					5	8	2	
		7						
	3		8	5			6	
	7					3		
		2	9				4	
8			6	2				
						6		
		9	4			1		



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