

# THE UKI NEWS

Issue 77

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

June/July 2014



## ***Refugees blown away by Uki welcome***

During the first 'Friendship Visit' of a dozen refugees to our community in early May, our visitors expressed the sentiment that they felt 'overwhelmingly loved'.

Uki offered a sensitive and generous embrace of the group with a beautiful morning tea on their arrival at the Farmer's Market. Food went on being lovingly prepared and shared: rich soups and warm winter casseroles on day one, then a wonderful array, savoury and sweet for the Cram's Farm picnic the next day. The warm well-appointed cabins at Mt Warning Rainforest Hideaway in its secluded natural setting provided the needed mix of privacy and community. Most of all, a variety of people engaged in conversation and built relationships.

From the moment our guests emerged from their cars, it was clear that they were eager to talk to all and sundry. Their hearts were open towards us.

Every age group tried out the drums in the toasty circle around the brazi-

ers on Saturday night, though the winds raged. One grandmother, an 'expert' drummer, introduced some of Uki's seasoned drummers to a new and exciting rhythm. Late that night a contingent visited Uki's Glo dance and remarked on their introduction to whole-hearted Aussie entertainment which didn't require alcohol or drugs.

The teenagers in the group talked animatedly with people of all ages and they happily translated for their mothers whose English learning opportunities have been more limited. The refugees told us how happy they were to see our countryside and to have a chance to get close to nature. One young man spent two hours alone just exploring mountain and creek. Some worked at overcoming fears of dogs and snakes. An older man expressed his amazement that a number of men talked with him and were genuinely interested in his life.

A teenage girl found getting into a kayak and pushing it against the

## ***CTC News***

CTC Uki wishes to thank all those who purchased our 2014 Mt. Warning Hotel Commemorative Calendar. For those who are interested hardcopy printouts of the plans for the new hotel are on display at the CTC.

We also want to thank everyone who has contributed photos for the calendar and to let you know that we are rolling the competition over for the 2015 calendar. So please keep sending us your pictures of our beautiful village.

## ***Heather McClelland***

wind at the dam, helped her begin to conquer her fears. This was a healing experience. She spoke of terror at sea and her long days without food and water.

Some of the group noticed how the atmosphere of safety and peace helped a couple only recently reunited after years apart, to relax and have fun together.

The chief interpreter was beside himself with happiness about the visit, which he said went beyond his highest expectations.

If you are interested in the UKI REFUGEE PROJECT look it up on Facebook.

Email and ask to be added to email communication list:

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

Watch for upcoming events:

Band music fund raiser

Film night with Q&A expert panel –At the Regent -July 11<sup>th</sup>

Opportunities to host refugees individually and to provide them with informal paid work for a week or school holidays

The next Friendship visit –probably in September

## From the Editor

Congratulations to all the fantastic, community minded people who have contributed to this issue. Reading of the wonderful ways so many of you have engaged in trying to improve our village (and the world) is heart-warming.

It sometimes seems (especially when listening to our politicians) that Australia is steadily getting more and more mean-spirited and selfish. Then you pick up your *Uki News* and our wonderful contributors remind you that people everywhere are still trying to make the world a better place. Marvellous!

Many contributors compounded their goodness by getting their articles in to me well ahead of deadline!

**Deadline for Issue 78 is 5pm Tuesday  
22 July 2014**

**Anita Morton**

## Contact the Uki News

Email [theukinews@hotmail.com](mailto:theukinews@hotmail.com)

Or see the Editor at the Farmers' Market every Saturday morning.

## Advertising

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

## The Buttery Bazaar

**Next markets 15 June and 20 July**

## Doing history

When recording history, the Historical Society is dependent on stories, photos and objects from the wider community. We can put together facts, but local colour and interest comes from people's memories and personal experiences.

This year we are focusing on the Uki Post Office because it is 100 years since the building was constructed. It was not the first Post Office in Uki; initially there was a 'receiving office' at D. C. Marshall's farm in Rowlands Creek Road. Following that, a combined fruit shop and Post Office was located near the E. S. & A. Bank. In 1914 a disastrous fire destroyed the bank, the Post Office and other buildings. Damage was limited by 'by the desperate efforts of the bucket brigade' ensuring the new School of Arts escaped destruction. After the fire, a new Post Office was built on a different site - the building we have today.

The Post Office in Uki is the hub of the community - everyone goes there. We are curious to learn of your involvement with the Post Office. History is not just about what happened 100 years ago - what happened last year is now history. Uki residents in hundreds of years' time will be curious to know how we live today. Possibly, by the year 2114 there will be no such thing as a Post Office - people will look back and be fascinated to learn that we purchased paper stamps, glued them on envelopes and put the letters into a small red box. Please share your memories of the Uki Post Office, so that your great-grandchildren will have an idea of life today. Your assistance with this project will be appreciated. Contact Esma 6679 5185 or email [trmuki@tweed.nsw.gov.au](mailto:trmuki@tweed.nsw.gov.au).

CTC@Uki

## Photo Competiton

The CTC@Uki is seeking pictures depicting the people of Uki and local events

**for the 2015 Calendar**

Closing date for entry of photographs has been extended to: 31st October

**1<sup>st</sup> Prize: \$100 CTC voucher\***

**2<sup>nd</sup> Prize: \$ 50 CTC voucher**

**3<sup>rd</sup> Prize: \$ 25 CTC voucher**

Enquiries: email: [ctcuki@bigpond.net.au](mailto:ctcuki@bigpond.net.au) or phone: 0266795399

\*CTC services include internet access, printing & photocopying, technical assistance & tuition, web pages, binding, laminating, DVD & CD burning, VHS to DVD conversion, and Fax service, etc.

The Uki & South Arm Historical Society Inc. is in the Uki Hall park.

Open with a display every Uki Market Sunday.

Meets on 2<sup>nd</sup> Saturday each month at 10 am.  
All welcome.

## UKIRA Report

One of the street-front shops in the Buttery is available for lease. The Buttery is owned by the Residents' Association and offers low-cost leases to locals wishing to establish a small business. Rents collected from tenants goes toward the mortgage, building maintenance and insurance, and the rest is donated to community groups. We are seeking a tenant who is able to open their business at least 30

hours a week, particularly on the weekend, when the village is at its busiest. If you are interested, please put your proposal in writing and forward to PO Box 141 Uki or email to [ukiresidentsassociation@gmail.com](mailto:ukiresidentsassociation@gmail.com).

Did you know that volunteering has been linked to many positive health outcomes? That's right, becoming involved in a community group has been shown to mitigate depression

and anxiety. And not only that, a Harvard study has also linked volunteering to lower blood pressure, increased longevity and a more satisfying sex life (OK, I made the last one up). So don't die wondering, come along on the first Tuesday of the month, 7pm in Uki Hall and help us make stuff happen.

This year the Annual General Meeting will be held on Tuesday July 1<sup>st</sup>.

**Justine Stratton, President UKIRA**

## The Food Garden

Growing a healthy food patch involves much more than just planting seed and waiting for the outcome. A good food garden is one that is prepared properly and set up to ensure all your plantings flourish and thrive. Good ground work is essential. A vegetable plot needs digging at least once a year and for some crops deep digging is essential. A good vegetable bed is typically no more than a metre wide and the length of the bed can be as long as you're prepared to stay on the shovel and dig. A smaller width allows you to access your bed from both sides without walking on the bed directly and compressing your soil. When you begin digging a bed start by barrowing the soil to one side so that you're lifting the dirt right out and leaving a hollow as you move along. Fork over the bottom of the trench and then spread a nice layer of manure or compost over the base, before returning the soil. This way your plants will have plenty of good organic material to feed off throughout the year. When planting seedlings I like to lay a thick layer of mulch over the top of the bed, using cane or straw or even dried out grass clippings, and then you can plant your seedlings straight in, allowing sufficient space between plants for growth. I am currently planting cabbages, broccoli, kale, cauliflower and coriander in a newly dug bed, with a trellis of snow peas at one end because I know they all favour the colder conditions and they all enjoy a similar amount of water. Because I'm using compost and manure at the base of the bed I won't need to think about fertilisers at

all for the rest of the season, although I will probably feed the plants juice of comfrey leaves soaked in a bucket of water half way through their growth cycle, just to ensure they have an optimum amount of nitrogen, without being too heavy handed. Unlike chemical fertilisers, comfrey feeds the soil and fixes the perfect balance of carbon and nitrogen stimulating soil growth. Don't be afraid to allow some of your plants to flower to encourage predatory insects and bees to visit your garden and to assist with pollination and keep bugs and leaf eaters down. This approach will also provide the seeds for next year's winter crop. *Live To Grow!*

**Shaun Mac**

## Thank you for your generosity

It is one of life's redeeming features that when something bad happens, the unpleasant experience is often counter-balanced by people's kindness and generosity. That's how it was for the Historical Society after the recent theft. We could not believe that someone would be so mean as to steal numerous valuable, useful items from a small community group of volunteers. However, the immediate sympathy and assistance from several community-minded folk made us thankful for their warmth and caring. Especially, we'd like to thank Stephen and Jennifer from the Lounge Lizard, Val Bell, Kush Drinkwater, Brad Dunlop, Alan Thompson, Lorraine from Uki Takeaway, the General Store, Julie Hitchens and Louise's Pie Shop.



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## Larrikin cookin' - Soupe du Jour

Pat Miller

Winter is coming. Regardless of whether or not you are a 'Game of Thrones' addict, hearty soup conjures up a medieval feeling. The base for a good soup is a good stock; if you want a sensational soup make your own sensational stock.

A note on store-bought stock. The tetra-pack supermarket chicken stock is about the best but still nowhere as good as your own. The vegetable and beef incarnations taste of chemicals, the fish version is suspect. Don't touch the powdered ones with a barge pole – they are basically chemicals and salt. If you run a slow wood-burning stove over winter you are most of the way to making a master stock. A master stock is simple if a bit messy – everything goes into it

and it sits on the stove top simmering away all winter. Well – not quite everything. Clean (as in scrubbed) vegetable peelings, bones and carcasses of chicken roasts, the water you steam/boil veggies in, leftover vegetables all go into the pot on the stove. A nine litre boiler is great; whatever it is it has to have a well-fitting lid. Daily you need to strain the stock – or go fishing with a slotted spoon – ready to add new ingredients. Simply ladle out a litre or two of it when you want to use it and top it up with water. Don't salt it. Skim the fat off the top. It works just as well with only vegetables but regardless of what you put in it, it has to stay just boiling. The master stock can be the basis of just about any soup or stew and what's left over you can

freeze. A year ago you got the recipe for pea and ham soup – if you base this on your own master stock it's fantastic.

To feed four take a litre of your stock and cook just about anything in it. Potatoes, pumpkin, pulses, green vegetables, handfuls of herbs, onion, lots of garlic, basmati rice or pasta for the last 20 to 30 minutes before serving. Salt, pepper, a sprinkle of dried chilli flakes for the adventurous. Curl up in front of the fire on a cold night with a friend, a good book and a big bowl of soup sopped up with a sourdough rye bread washed down with a glass of decent red.

Warm and decadent but don't forget to do some exercise to burn off the 'yum'. Maybe a bit of jousting! Happy cooking!

## New Gallery for Uki

It has been a long time coming to Uki, but there will be a new Art Gallery, focused on our local talented residents. At the last 'Images of Uki' exhibition, held under the banner of Ukitopia last November, many people formed the opinion that we should have a permanent showing of the local artists. There have been Galleries here before, 'The Old Bank' in the village supplied the facility and it was very popular. As with many establishments, the day came when they closed their doors, much to the disappointment of many.

The Uki Café owners - Ali and JD, have generously offered a space to fulfill this great need.

## Lorraine Lintern

Many of the 'Images of Uki' exhibitors, who expressed this need, have been contacted and are participating in the opening exhibition.

The Gallery and Exhibition was officially opened by our Mayor, Barry Longland, on Saturday the 31st May at the UKI Cafe. Gallery opening hours are from 10:00 to 4:00pm Thursday/Friday/Saturday/Sunday. Please come along and enjoy this exhibition.

The Gallery intends to change the exhibition every 6/8 weeks, with fresh exhibits and possibly more local artists. For further information regarding the Uki Gallery, please contact the curator, Lorraine Lintern - [llintern@tpg.com.au](mailto:llintern@tpg.com.au)

## Ski trip 2014

We are organising another five-day group ski trip, staying on Mt Buller in the beautiful University ski club, from **August 10 to 15**.

The trip is five full days of peak season skiing or snowboarding and includes bus return to Melbourne, all food, ski hire, lift tickets, mountain entry and accommodation. The only exclusion is your airfare to Melbourne. We expect the trip to cost around \$1,350.00 for adults. Kids get a great deal at \$844.00 and high school students 895.00. This represents the best value we can get for a high quality, family-friendly trip. If interested give **Mark Cave** a call ASAP on **66795 999 or 0419 001 001**. Places are limited!

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# 'The War to End all Wars' ... but the Killing Continues! John Tyman

*'The countless white crosses stand mute in the sand, To man's blind indifference to his fellow man, To a whole generation that was butchered and damned'. (Eric Bogle)*



Holy Trinity, Uki is a war memorial church. It was built following the First World War to honour those who had left the village to die far from home, in a conflict that was supposed to put an end to wars! In July this year there will be commemorative services world-wide to mark the centenary of the declaration of a war which was to lead to carnage on an obscene scale and rob many communities, large and small, of their finest young men. In Uki we have a special service planned for 9.00 a.m. on July 27th in association with the Historical Society's display of photos illustrative of the village's involvement in World War One. We will also be launching

a booklet on the history of the church and its community. The sacrifice of five of those who did not return was marked by contributions to the church that are used still. The father of **Howard and Arthur Deards** gave a prayer desk; Howard was killed in action and buried at Messines Ridge; Arthur died in hospital. **Jacob Gresinger** died on the Somme, his parents giving a font in his memory. **John Hall** (known as Jack) also died in France and his four surviving brothers gave us a lectern. **Percy Roberts** was buried at Villers-Bretonneux and his father gave an altar in his memory. The families of those who died are now spread nation-wide and we

need your help in alerting the descendants of these men, and their friends, to the commemoration which will honour them. Please extend to them a warm invitation to join us on July 27th. And, since none of us are getting any younger they may like to know that we now have wheel chair access! Please note **we will not be celebrating war** but remembering with thanksgiving those who died, and joining with millions elsewhere to pray for an end to any and all violence: for, returning to Eric Bogle and his 'Green Fields of France': *Did those that lie here ... believe that this war would end wars? The sorrow, the suffering, the glory, the pain, The killing and dying was it all done in vain? For ... it's all happened again, and again, and again!*

**Rev. John Tyman, Holy Trinity Anglican Church**

## National Tree Day 2014

Sunday 27 July 9am to 12noon

This year's National Tree Day will be held at the corner of Smith's Creek and Kyogle Roads in Uki. Tweed Shire Council Tweed in partnership with Tweed Landcare Inc and UKIRA are working with the local community to revegetate the public lands along Smith's Creek Road as part of this year's National Tree Day event, to be held on Sunday 27 July.

It is proposed to plant 1000 trees in the pre-prepared holes. In keeping with tradition, native fruit trees will be in the mix of species planted and volunteers will be given a tree to take home on the day.

We ask that people please bring a hat, sun screen, gloves and shoes as well as morning tea to share. Tea and coffee will be provided.

Residents and community members are invited to join a walk on the site on Sunday 13<sup>th</sup> July from 10.00 - 11.00 am to discuss the tree planting event and the future use of the site.

Residents interested in helping coordinate the event are invited to contact Council Waterways Program Leader, Tom Alletson on (02) 66702577 or talletson@tweed.nsw.gov.au

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The first astrological event I like to mention is the return to direct motion of Mars in Libra, on 20 May, after being retrograde since the beginning of March. If the planet of action and enterprise has held you back from doing what you want and need to do, the next few months will be the time to try again, with renewed energy and a clearer sense of direction. Until 26 July, when Mars will enter Scorpio, the Signs directly affected by this transit will still be Libra -Aries-Cancer-Capricorn.

In April/ May Mars became embroiled in the most important and difficult configuration of transits of the present time, activating, with the help of Jupiter, the ongoing Uranus-Pluto's square, while an impressive eclipse season was on! We have in fact witnessed an escalation of extreme events around the world and also in many people's private lives. The same configuration has also

brought some positive outcomes though, an example: the victory of grassroots power over corporate greed in the 'Metagasco versus the people' saga. The most severe effects of this planetary configuration should be easing in June and July, now that Jupiter, always a magnifying influence, has moved away from it. Mars however will again form difficult angles to Pluto-Uranus (90-180 degrees), mid to end of June. At the same time Venus in Taurus will reach her yearly opposition to Saturn in Scorpio. More stress could be felt in our relationships with the need to be realistic rather than romantic, and also more honest and independent, as Pluto-Uranus demand, particularly people whose Birth Charts show an emphasis on the Fixed Signs (Taurus-Scorpio-Leo-Aquarius).

The Sun will also align to Uranus-Pluto in early July (3to10), another period to watch for some extreme events and intense per-

sonal experiences-realizations. Little Mercury has entered the Sign of Cancer on 29 May but will go through another period of retro motion (7June-1 July), re-entering Gemini on 17 June, another period during which carefulness in communication and all financial dealings will be a must to avoid misunderstanding and all sort of unforeseen troubles.

The last but not least piece of news is the entrance of giant Jupiter into the Sign of Leo on 16 July, after one year in Cancer, opening many new doors of opportunity and increasing self-esteem and optimism for Leo in particular and also the other Fire Signs (Aries-Sagittarius), while challenging the Fixed Signs of Aquarius-Taurus-Scorpio to get more out of life by being more hopeful and taking some risks. This Jupiter's Leo journey will last a whole year. Enjoy your transit; with my Ascendant and Venus in Leo I certainly hope I will!

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## Tweed Foodie Fest

This year the Foodie Fest will be running a Farm Tour on Saturday 14 June. Participants will enjoy a trip to Tropical Fruit World, followed by visiting Avi and Zehavit's organic farm, then enjoy lunch at Mavis' Kitchen with Peter and Charlie giving a talk about their food-growing philosophy.

If you need more information, or would like to make a booking, go to [www.tweedfoodiefest.com.au](http://www.tweedfoodiefest.com.au)

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## Spotlight on Uki

If you're a local or visit often, you will have seen a man raking and keeping the village clean. That man is none other than Kenneth Highfield, who is also fondly known as Poppy (or Pom), and he simply took it upon himself to contribute. Kenneth was born on 22 March 1916 at Firval, Yorkshire, England, to his parents Charles and Edith. They were tailors by trade and operated from the front rooms of the family home. Kenneth also worked in the shop growing up and was not impressed when he had to sell ladies' bloomers.

After he'd worked on two farms and down a coal mine (which didn't last long, about one week), Kenneth's older brother George talked him into emigrating to Australia. George also paid for Kenneth's ticket.

Kenneth sailed from England on the 31<sup>st</sup> of August 1934 (aged 18) on a cargo boat. It took 6 weeks and 4 days from England to Brisbane but he finally spent his first night in Australia at Sid Hopkin's Farm. Kenneth once said in an interview, 'I've never once had to ask for work since I've been in this country. Never once'.

When WW2 broke out Kenneth enlisted, joining the 2/4<sup>th</sup> Pioneer Battalion. Kenneth worked for the Intelligence Unit of the Battalion I section CO staff and was made a Corporal.

Kenneth was discharged and returned to Kunghur in 1946 where he bought a truck and started a wood run. After this Kenneth went back to farming and bought land at Hopkins

Creek for dairying, and then started growing bananas.

Kenneth met Una Merle Bailey when he attended a farmers' church service near Tyalgum on Sunday nights. They married in 1949. Kenneth did many volunteer jobs



over the years, in the community he helped the RSL Women's Auxiliary, was a member of Uki Masonic Lodge, Uki RSL and a member of Lismore Legacy from 1957 to

2007. He became a Justice of a Peace. He did many odd jobs to help local people. Kenneth was also a member of the Murwillumbah Philharmonic Choir. He performed in skits at Uki Hall, the old Murwillumbah School of Arts and at Chillingham, especially enjoying singing parts. He was MC at local dances.

Unfortunately Kenneth has lost most of his hearing, so I wasn't able to ask him what he thinks and feels about our community. However, I talked to his second daughter Esma Merle. She took the time to sit with me and tell me more about Kenneth. Esma explained to me that Kenneth loves his community. To him, Uki has always felt like home and he wants to keep giving back so that others may prosper and enjoy our village. Maintaining Uki's grounds also gives 98 year old Kenneth an interactive experience in the community and keeps him active.

Poppy is an inspiration to all, a beautiful, loyal and hard-working man. So on behalf of our community and the Uki village I would like to say how grateful we are to have such a caring person in our lives. Next time you see him, give him a hug or a thumbs-up and tell him how much you appreciate what he does.



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### **Red Cross News with Joy**

The Uki Red Cross Winter Appeal 2014 will be held in Uki Hall on Friday June 6<sup>th</sup>.

A street stall will start at 9am and lunch will be served from 12 noon till 1.30pm.

Donations of cash, produce, cakes, pickles and jams, craft work or any saleable goods will be gratefully accepted.

Goods may be left with Joy Armour (6679 5297) Pauline Carroll (6679 5176) or brought in on the day.

The 2014 Great Australian Morning Tea, held in Uki Hall on Thursday, May 22<sup>nd</sup> was a great success.

A big thank you goes out to all who helped out, in preparation and on the day.

Winners of the raffle were;

Joy Armour—Marg Bulmer—Carmen Myer  
Barb Pouloudis—Ray and Greta Hunter  
Heather McMaster—Helen Mills



There are thousands of apps available for both iPhone and Android that can assist you every day, providing instant information on subjects like food additive checking, road maps and consumer information, price comparisons, games, music players, sms text messaging, the list goes on. Generally you need an iPhone or an Android smart phone to use apps, but there is a great little program called BlueStacks that is free and will enable you to load apps onto your Windows PC or Macbook Pro. There is even a version for the Windows Surface tablet. The URL for BlueStacks home page is <http://www.bluestacks.com/>

home.html.

## Installation and Use

**Step 1:** On your desktop or laptop, go to the BlueStacks website and click on the download button for your operating system. Choose between XP, Vista and Windows 7; Windows 8; or Mac. Follow the steps for installation, opening the .exe file. Follow the prompts to allow installation and accept the terms agreement by clicking on the 'Welcome to BlueStacks' Continue button.

**Step 2:** Verify that App Store Access and App Notification check boxes are enabled on the following screen and then click Install. Allow the BlueStacks application to load.

**Step 3:** Click on the My Apps tile and then on the App Search button. You can then search for an app that you use regularly on your smartphone or tablet. Allow the in-BlueStacks search to complete and then click on the Install button adjacent to the search result.

**Tip:** The app doesn't install from this search. It just tells you which store has

the app you want.

**Step 4:** Choose an app store from the selection. **Tip:** Select an app store you are familiar with as it is cheaper to migrate an app that you've already paid for.

**Step 5:** Add your account details if prompted. If you already have a Google account, add it here. Allow any sync to take place and then select Finish Setup. Click on any terms and conditions check boxes and then press Continue.

**Step 6:** Perform a second search for the app that you want to install. Allow the search to take place and then choose Accept and Download. Allow the app to install and then open the app. This search is from within the app store that you chose in step 4. **Tip:** Use the on-screen keyboard that pops up, instead of your regular keyboard if you run into keyboard mapping issues when communicating with the app.

Enjoy more everyday functionality from your PC or Mac. If you have any issues with your computer, need an upgrade or repairs call me on 0406 217 804 or visit my workshop at Tweed Creative Studios 1/19 Buchanan Street Murwillumbah.

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**Thursday - Sunday**

## Work to Start on Uki Pub

Rebuilding of the Mount Warning Hotel moved one step closer in April after Council approved the owners' Development Application.

Building is now likely to commence in July once a Construction Certificate has been issued. A Construction Certificate is necessary to ensure that all aspects of the construction are in accordance with the Building Code of Australia.

Spokesperson Des Watson said that a builder has been lined up and is ready to go. Construction is expected to take at least six months weather permitting. A headache for the owners is where to locate a 300,000-litre water tank that will provide adequate water supply in the event of a fire, as required under the Building Code of Australia.

The historic hotel was tragically destroyed by fire in February 2013, one year shy of its centenary. After the new pub is up and running the owners will turn their attention to Stage Two of the project for seven motel units to be constructed on the western side of the property.

**Phil Carr**

It's always busy at Uki School. So far this term, we have had many exciting highlights including:

**Pottery Program** - our kids are super excited to be working with clay again with the commencement of our pottery program. We are very lucky to have Karen and Jessica Creighton who volunteer every Tuesday to work with the kids on creating some spectacular pieces of pottery which are then fired in our own kiln here at school. Thank you to Jessica and to Karen for volunteering your time.

**Sport** - students proudly represented Uki School at the District PSSA Cross Country Carnival. It was a tough competition as our kids competed against other runners from other schools. Congratulations to Ella Mai and Jordan

(Pictured at the front of the pack) who will now represent our school and our district at the Far North Coast Cross Country Carnival in Bangalow. Good luck girls! We are about to get under way with preparations for our upcoming athletics carnival too, so our kids have started practising different throwing, jumping and running skills. The kids were treated to some skills based hockey clinics and we were lucky

enough to have Coach Bazza in with his inflatable soccer pitch for the kids, which they always love. **Music** - Opera Australia are coming to town! A production of The Magic Flute will be performed by Opera Australia at the Murwillumbah Civic Centre on Saturday 30 August. Congratulations to our 12 of our Uki stu-



dents who auditioned for and were selected to sing in the Children's Choir for the show alongside the superstars from Opera Australia. What a huge opportunity for our young singers! It is certain to be an experience that will stay with them for many years to come. Congratulations to Nyah for her recent selection into the NSW State Woodwind Band. This is a prestigious opportunity with the top 50

woodwind students selected from across NSW. Nyah will now play the clarinet at the Sydney Opera House in August as a part of the Festival of Instrumental Music. Well done Nyah - a fantastic achievement!

**Community** - thank you to the many wonderful community members who came along to participate in our Uki P&C Mother's Day Luncheon at Mavis's Kitchen recently. We were all treated to a sumptuous meal, which was complemented by great company and beautiful surrounds. We hope all of our Uki mums were spoiled on their special day!

**Excursions** - The Tweed Shire Council invited our school to participate in an excursion to our local Resource Recovery Centre to witness how recycling has an impact on our environment and the footprint it

leaves on our world. Thank you to TSC for allowing us to be a part of this fantastic venture.

Sadly, we had a break-in during the Easter long weekend which resulted in damage to our school property. I urge all local community members to keep an eye out for our school and if you see anyone in the school grounds to please alert the police to save further damage.

### **Entertainment at the Uki Buttery Bazaar**

JUNE 15TH

Loren, much loved local performer and friend of many, has been a thread in the fabric of this community for the past eleven years and during that time has taken his music far and wide, traversing this country countless times sharing his songs from festival stages to peoples' living rooms.

Loren will offer up some new songs as well as revisiting some seasoned tunes to help set the mood at this month's Uki Markets. Special guests and young performers will be joining him.

As Ash Grunwald says, Loren is 'Fantastic artist. Fantastic songs.

Amazing voice ...'

[www.soundcloud.com/lorenmusic](http://www.soundcloud.com/lorenmusic)

[www.facebook.com/lorenmusic](http://www.facebook.com/lorenmusic)

[www.youtube.com/lorenmusicchannel](http://www.youtube.com/lorenmusicchannel)

[www.loren.com.au](http://www.loren.com.au)

JULY 19TH - 20TH

YOUTHKI

The Uki markets will be fostering a youth theme, involving the participation of many young, community-minded individuals. The young people of our community will be providing a sound system, decor and performances for the day's entertainment. A youth stall will also be present to encourage participation and audience interaction with all that is Youth. Pass the parcel, free face painting, and Chalk Art are key features of the day offered for our

younger ones. Musical entertainment will be provided by Organix, Jerome Williams, Indigo Collins-Cook, Lacey Hay, Milan Martin, Kuwani Barnett, Audrey Spence, Biku and many more inspiring young performers.

On Saturday the 19th of July preceding the Sunday Youth markets, there will be a dance event held in the Uki Hall called MASH.

MASH will be hosting electronic music performances from local DJ's and local Electronic Music Producers and indulges us in the new age of art and freedom of expression. Tickets will be \$10 per person, food and drink will be available from the Kitchen.

Wow! What a great community we live in! See you all there!

A few tips and suggestions for tax time.

**Feeling on top of things?** Are you organised? Financial records up to date ready for tax time? If not, why not get some support to get organised and set up so it's as easy as possible

### Opportunity to improve financial systems

The easiest time to change how you record your business finances is at the beginning of the new financial year.

Simplest is best. If manual records or Excel spreadsheets work for you, stick with it!

If you want a really easy time at BAS and Tax time, use a basic finance tracking system from MYOB, Xero or Quickbooks, in the Cloud or on your Desktop.



**Tax time** Do it yourself with etax or the new mytax. Get your records straight and send to your accountant or tax agent, or why not try eTaxLocal [www.etaxlocal.com.au/](http://www.etaxlocal.com.au/)

**Get support and advice and make life easier** Many professionals will be happy to speak with you on the phone at no cost to you! Some of those calls may turn into paying clients, so it's worth their while. Whether its help with getting your work/life organised, choosing the most suitable systems for your business AND keeping it Sweet and Simple, asking for help can make life a whole lot more fun! [www.linkedin.com/in/geoffreycolwill](http://www.linkedin.com/in/geoffreycolwill)

## How's your prostate?

**Judith Magee**

The prostate gland is located deep within the pelvis and produces the fluid that accompanies the sperm during ejaculation. In an adult male, the gland is normally about the size of a walnut, but because of its location, if it becomes inflamed or enlarged, it may exert pressure on the urethra, so obstructing the flow of urine. This can cause interrupted or difficult urination (dribbling incontinence), urgent or frequent urination - especially at night. Urine trapped in the bladder may become infected and cause cystitis, and backward pressure can lead to kidney infection and damage.

Congestion and overgrowth of the prostate gland is virtually universal in men over the age of 60, with the process beginning possibly as young as 40. Why this happens is not completely understood, but theories suggest hormonal responses of glandular cells as hormone levels vary with age. This enlargement

process is called benign prostatic hyperplasia, and whilst often associated with unpleasant and uncomfortable symptoms, it is not generally a life threatening condition. A small number of enlarged or inflamed prostates may be cancerous. This fact underlies the need for a proper investigation and therapeutic support if any symptoms begin to appear.

Natural therapies have a long and effective history in supporting optimal prostate health. The herb Saw Palmetto (*Serenoa Repens*) has been traditionally used in treating male urogenital conditions. It produces a small berry that contains important fatty acids and sterols that affect testosterone metabolism. It is also a 5-alpha reductase inhibitor that acts to block the formation of dihydrotestosterone, the hormone responsible for prostate enlargement. Other important treatment options include the homoeopathic

remedies Sabal Serrulata, Thuja and Causticum, and relevant nutritional supplements including Zinc and Vitamin E.

Commonly, men are slow to seek professional help about health issues. It is important to *not* to delay, as early intervention can ensure a simple and effective treatment programme with a positive long-term outcome.

## Shop Available

Front of the building shop at the Buttery available for a new tenant. Contact [ukiresidentsassociation@gmail.com](mailto:ukiresidentsassociation@gmail.com) for details.



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Health Fund Rebate Available

Many new members have joined this year to take advantage of our progressive and informative programme of clinics and practice days, held over an area that covers from the border to Mullumbimby, Goolmangar, Kyogle and Casino. From November to March we held a series of three campdrafts with a novelty driving/ herding competition the next day that proved very popular and successful. There is a plan to hold a practice day soon although we have not decided on a date yet. We have been very industrious by updating the old viewing platforms and some of the wooden fencing,

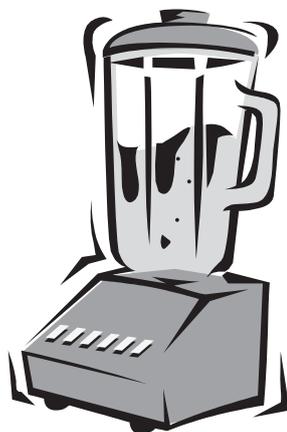
with steel so that the white ants can't ruin it. We are getting close to the competition season with many drafts being postponed with the drought conditions and feed for cattle being in short supply. Some towns are still trying to run a one day competition instead of a whole weekend in the hope that their major fundraiser for the year will still provide some capital for the local charities that are supported by this sport. The USHA is a vibrant, innovative and active club that hold the grounds and assets in trust for future generations of the Tweed Val-

ley. We are a connection to our historical origins and part of this is the passing on of the knowledge and heritage of the sport of campdrafting and education of general stock handling procedures, in an increasingly technological world where a lot of the current generation of young people do not live, work or, sadly, even have contact with an agricultural enterprise.

Contact Secretary Jennifer Kearney for any information or queries on 0411 404 218 or email ukisporting-horse@hotmail.com

## Raw Food Dips

Here are a couple of delightfully delicious sauces or dips you can spread on tortillas, salad, sandwiches, steamed vegies, rice – whatever! The great thing about these recipes (besides the winning flavour), is how quickly you can make them and the fact that they're raw! So fire up the blender.



### GADO GADO

#### Ingredients

1 cup almonds  
2 Tbsp chopped onion (optional)  
2 cloves garlic  
1 Tbsp agave or maple syrup  
2 Tbsp lemon juice  
1 Tbsp finely chopped ginger  
1 Tbsp tamari soy sauce  
1 Tbsp sesame oil  
pinch cayenne  
½ cup water

### Directions

Peel garlic and put it through a garlic press. Grind almonds in blender till flour-like. Add all the other ingredients and blend till smooth and creamy. Keeps well refrigerated up to 2 days.

### CASHEW CURRY PÂTÉ

#### Ingredients

1 cup cashews (soak in water 4 hours)  
1 cup sunflower seeds (soak in water 4 hours)  
3 cloves garlic  
2 Tbsp olive oil  
2 Tbsp lemon juice  
1 tsp Himalayan pink salt  
1 tsp curry powder  
½ tsp cayenne

### Directions

Drain and rinse cashews and sunflower seeds. Peel garlic and put it through a garlic press. Add both to blender along with olive oil, lemon juice, salt and spices. Blend till smooth. Keeps well refrigerated up to 2 days.

## Menkit Prince



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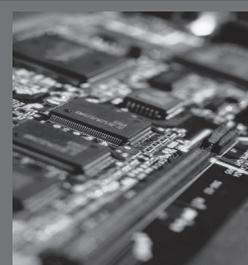
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## Cabaret 360

Cabaret 360 is back in Uki. After five successful years, the director and producer team of Hamilton Barnett and Natascha Wernick have stepped down from their roles with Cabaret 360 to pursue other interests. But the show must go on. Michele Thomas and Thomas Bailey will take on this popular Ukitopia production for 2014. Uki audiences will be familiar with both of these performers who have appeared in previous Cabaret 360 productions as well as at various festivals and in productions across Australia. 'It's an honour to be asked to continue the Cabaret,' Thomas said. 'I believe it's Uki's Night of Nights ... errr, after the Miss Uki Ball of course. And the final of the indoor

bowls competition. That's a big night too. In fact there are lots of great nights at the Hall now I think about it, but Cabaret 360 is certainly up there with the best of them.' The event will feature the best of local talent performing across a range of genres including: dance, comedy, music, spoken word, and physical theatre. Cabaret 360 is truly a feast of performance and not to be missed.

This year Cabaret 360 will break with tradition and run for ONE NIGHT ONLY on Friday 20th of June. Given that in previous years, the event has run over two nights and tickets sold out, folks will need to get in early this year to avoid

## Thomas Bailey

missing out on the limited tickets available.

Tickets are available in Uki at The Uki Cafe and The Steamfunk Herbshop, or in Murwillumbah at Crystal Treasures. Also available online at [www.trybooking.com](http://www.trybooking.com) Price is \$35 or \$30 for Ukitopia members and concession holders.



### Smile

Smiling, even if you don't feel like it, will automatically improve your mood. Smile at other people and they will usually smile back. They feel better, you feel better. So smile! Go on, give us a merry grin!

Ed.

## Coaching for a Positive Life

I'm about to finish my training in Strategic Intervention Life Coaching, based on the work of Tony Robbins. It's a bit of a mouthful but, really, what it means is that I have learned a bunch of tools to help people get the results they want in life (basically, being happier). But the closer I get to the end of it, the less motivated I feel to tick off the last bits. Interesting! Searching a bit into my lack of drive I have realised that I am afraid of what might happen once I'm finished. There is a voice in me that shouts: 'people don't want to dig in their pain and, least of all, pay for it!' And, of course, another one that whispers: 'and if they did, would I *really* be able to help them?' Yet, I have dug in my own pain. I've

been doing it ever since I studied my module in psychology at university. In fact, there is nothing I like better! I know that when I don't resist being with the pain, and look at it with curiosity, I have always gained powerful insights. I've done it so often that I know very well that if I just go with it, eventually, I'll be better off.

I have also witnessed this change thousands of times. And every time I feel incredibly touched by the process, moved to my soul by our ability to heal; overwhelmed with awe and reverence by how it all works. So much so, that I have decided to make it my profession to accompany people on these journeys. I have learned so much from it all, I just want to share the knowledge. It

## Maira Jorba

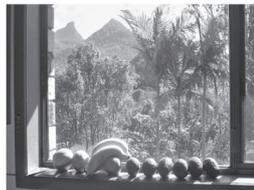
feels like spreading good news: 'Don't despair! You *can* overcome these challenges! I've seen it happening! We can make our lives whatever we want them to be. We can be winners in every aspect of life!' I have seen it in myself and others over and over. So in a world where it is hard to hear that good news and keep our spirits up, you can do two things: have a chat with me and subscribe to Positive News (the world's first solution-focused newspaper, <http://positivenews.org.uk/>). So, if you have any issues you could do with some help with, give me a call on 6679 4231 or 0427 088 096 for a non-obligation chat and see how it feels!

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