

# THE UKI NEWS

Issue 80

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

Dec 2014/Jan 2015



## Get Ready for the New Pub

*Phil Carr*

With construction of Uki's new hotel well underway there is a buzz of excitement around the village.

Uki has been without a pub for nearly two years since fire tragically destroyed the 99-year-old Mt Warning Hotel on 23 February 2013.

The loss of the historic pub has had a massive impact on Uki not just because of its heritage. Dozens of workers connected with the pub lost their jobs. Many businesses experienced a downturn in trade as locals found watering holes elsewhere. Uki visitor numbers fell away, especially on weekends.

And the community lost a favourite place to meet and socialise. Sporting clubs, music fans, Trivia players, Saturday punt-

ers, families out for dinner, tradies networking, everyone has been missing the old pub.

But the derelict site has come alive again and all eyes are on the new building as it takes shape. So far, work is on track, and the freehold owners of the hotel, Kim and Brett Watson, hope to have the pub ready for the licensee, Geoff Brown, to open by May 2015. What a party that's going to be! Poor Brownie has the unenviable task of deciding who gets the auspicious first beer. The new pub will be a single-storey building in heritage style, featuring wide verandahs. (artist's impression below) On the western side of the property six motel units will be built later as Stage 2.

The hotel's keenly anticipated opening is a shot in the arm for the village.

So give the workers a toot as you drive by!



## From the Editor

As I work away on the News it is swelteringly hot and uncomfortable. How I wish this was all happening next weekend, when the forecast is for cool days and RAIN! My sympathy to all who rely on tank water—it must be very worrying to go for such a long time without decent, persistent rainfall, and I know how disheartening it is to see the garden shrivelling up. November is the hottest month, so we should soon move from the build-up phase into the storms and rain phase. The long-term forecast is a bit disappointing—but then, the meteorologists are so rarely right! Let's all just live in hope of a really wet summer and autumn. A bit cooler would be good, too.....

**Deadline for Issue 81 is 5pm Tuesday  
20 January 2014**

**Anita Morton**

## Uki Sports

Uki Sport & Recreation Club recently held its annual general meeting, and with great pride we reflected on the continued success of the sports facility and the service provided both by and for the community. 'Uki Sport & Recreation Club Inc' is the parent club and governing body of sub-committees for the Uki Soccer Club and Uki Touch Footy club, plus the soon to be formed Uki Tennis Club.

2014 saw the Soccer club grow to its greatest player numbers ever, ranging from competitive male and female seniors, competitive youth age groups to non-competitive 5 to 11 year olds with a noticeable growth in female participation. It was a very successful season on many levels.

Touch football has just fired up for the new season and is looking at being another good, fun season. Touch Footy is a social based competition and so whilst competition points are on offer (with plenty of hard work to earn them) there is an emphasis on post-game cooling down, having a good feed from the canteen and a catch-up with friends whilst the kids play. There are still some spots available to fill for 2014/15 season, so come on down Wednesday arvos from 5pm onwards.

For those who may not know we have been busily building a new Tennis Amenities building beside our Tennis courts. The building consists of two accessible-use toilet areas (with disabled access), two showers, lockable storage area, lockable sheltered club area, and large open undercover spectator area. This building complements the dual tennis courts that

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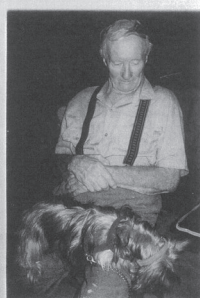
## Clayton Myler

have been provided by the Sports Club for many years. We hope that the new facilities, along with the formation of a new Tennis committee, will lead to increased usage of the courts by the community. The building is in the completion stage now, so watch this space.

The one item for 2014 that struck the committee as a stand out was when we held the ground naming day ceremony for the official naming of the grounds as the 'Vic Bianchetti Sports Ground'. Apart from the obvious opportunity to recognise a person who put so much into the community, it was also a chance for the community to reflect on how many past and present people have put in the past and still put in now an enormous effort

into community efforts and entities of all sorts. This was evident even for the naming day, with assistance given by businesses and individuals supplying food, arranging repairs and maintenance to lighting, fridges, delivering event notices etc. The afternoon and night was thoroughly enjoyed as many folk from different eras in the club's history got the chance to catch up and, of course, reminisce. So from the 'Uki Sport & Recreation Club' to all involved, a huge **THANK YOU** for a great occasion.

**Clayton Myler  
Secretary - Uki  
Sport &  
Recreation Club Inc**



The 2015 calendar is dedicated to the memory of **Kenneth Highfield** - aka Pop or Pom - and his legendary commitment to keeping Uki a tidy



## UKIRA Report

Have you been to the Buttery lately? It's a great place to buy interesting gifts right at your doorstep, and there's no mind-bending Christmas muzak to cope with. Check it out before heading to emporiums elsewhere, you might be surprised.

Shops are open Wednesday through to Sunday.

Thank you to everyone who organised and participated in the Ukitopia Creative Weekend in November.

Once again, much joy was manifested from the goodwill and generosity of many. UKIRA has formally begun the process of securing a site for a community cultural garden/

environmental facility by submitting an Expression of Interest letter to council. There will be opportunities for community involvement during 2015, as the project begins to take shape.

After some initial controversy, at their November 20 meeting council agreed to leave the Smiths Creek Bridge - Rainbow memorial in place pending advice from UKIRA regarding community opinion. Accordingly, in the New Year, UKIRA will be seeking comments from the community.

And finally you are all invited to the annual **Village Christmas Party**,

from 5.30pm on Saturday 13<sup>th</sup> of December on the village green next to the hall. Please come along and join in some festive bonhomie.

UKIRA meets on the first Tuesday of each month at 7pm in the meeting/supper room at the Hall. There will be no meeting in January. Next meeting February 3 2015. Contact us by email: [ukiresidentsassociation@gmail.com](mailto:ukiresidentsassociation@gmail.com) or write to PO Box 3141 Uki.

## My G20 Notebook

I write this on November 15th, the first official day of the Leaders Summit. It is also the 9th day of Micah Challenge's 'Ten Days of Prayer to change the World': and the prayer for today is 'Father God, we pray that policy makers from G20 countries will open their ears to the cry of the poor, we pray for tougher anti-corruption and tax transparency regulations to take place. And we pray that each nation would implement the new standards. In Jesus' name we pray.'

Micah, you may remember, was the prophet who declared: 'What does the Lord require of you, but to act justly and to love mercy and to walk humbly with your God.' And the fact of the matter is, each year tax dodging and corruption costs the world's poorest nations more than \$US160 billion.

In richer countries like Australia and

America tax dodging reduces the government's capacity to bridge the ever-widening gap between rich and poor at home, and it undermines our reputation for fair dealing abroad. A Republican senator in the United State declared last week that Congress should not be investigating companies that manage to avoid paying taxes to the countries whose resources they exploit. Instead they should be rewarded for their good sense! (How sick can you get!)

On occasion in times past I have been told that as a Christian I should not bother my little head with **material** concerns: but the words of the Russian philosopher Nicholas Berdyaev were engraved upon my soul 50 years ago: 'Bread for my self is a material question: bread for my neighbour is a spiritual question.'

At this point in time the words of the environmentalist Wendell Berry also seem particularly apt: 'The most alarming sign of the state of our society now is that leaders have the courage to sacrifice the lives of young people in war but have not the courage to tell us that we must be less greedy and less wasteful.' Winifred Newman wrote: 'Vision is the world's most desperate need. There are no hopeless situations, only people who think hopelessly.' Those imprisoned during the G20 talks may also have been moved by the words of Arthur Burt: 'If you were arrested for being a Christian, would there be enough evidence to convict you?'

See you in court sometime!

**John Tyman,  
Holy Trinity Church**

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## Raw Food Christmas Cake

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### Ingredients:

½ cup pecans  
½ cup sunflower seeds  
¼ cup ground flax seeds  
¼ cup raisins  
¼ cup apricots  
¼ cup goji berries  
¼ cup currants  
3 medjool dates (pits removed)  
1 T miso

1 T agave/coconut syrup  
½ cup orange juice  
1 T ground ginger  
1 T ground cinnamon  
¼ t ground cloves  
¼ t ground nutmeg

### Method:

Soak apricots, goji berries and raisins in orange juice overnight. Soak goji separately from other fruit. Using a food processor with a chopping blade, process pecans, sunflower and flax seeds. Add soaked fruit (apricots, dates, raisins) and remaining orange juice, miso, agave, and spices and process again. Stir in currants and goji. Form into a cake shape about 1cm high and

## Menkit Prince

dehydrate at 40 degrees Celsius for about 5 hours. If you don't have a dehydrator, the other option is to add 3 tablespoons of melted coconut oil in the mixing process and not dehydrate. The coconut oil helps to keep it together. Very yum!

If you have therapeutic-grade essential oils use 3 drops of each in place of the ground spices – even more yum! Keeps your immune system strong as these spice oils are anti-bacterial, anti-viral and anti-fungal.

Have a healthy, happy Christmas and wishing you all peace.

(T = tablespoon, t = teaspoon. Ed.)

## ENTERTAINMENT @ THE UKI BUTTERY BAZAAR MARKET

DECEMBER 21st

**Murray Kyle**, one of our top favourite local, 'you know its gonna be a great musical day' performers is back to grace the space this month.

From a musical journey with no beginning and no end comes the prophetic poetry of Murray Kyle, an established troubadour with over 15 years of performing straight from the heart to endearing audiences around the globe. Murray will be collaborating with some special guests for a great day of music and culture. In the Uki tradition there will also be some great local youth performers, **The Bootlegged Rascals**. The teenage band who blew us all away when they played at the September Markets are back to rock the space again!

**JANUARY 18TH 2015**

**Two Lions** are a warm-hearted folk/roots duo who crafted their uniquely Antipodean take on the genre while singing and playing their way around the festival circuit of Australia. Recently married, Chris and Kara Mallory fell in love to their own soundtrack of acoustic guitar, banjo, mandolin, ukulele and vocal harmony, creating the duo 'Two Lions'.

The travelling balladeers have raised the odd eyebrow recently, performing with Clare Bowditch and supporting Ash Grunwald and Busby Marou. They will be joined by special guests, including one of our favourite local whizz-bang performers **Jerome Williams** and other emerging young talented locals.

Make them feel welcomed y'all!

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## 'Small Acts of Kindness Aid Healing'

**Bryan McClelland**

Abdul, a community worker, made the observation quoted above to ABC's Margaret Burin at the second friendship visit organised by the Uki Refugee Project (URP) in October. He continued, 'I think the Uki community has done an indescribable job to really welcome [the refugees] - being friends with them, talk to them and communicate with them like real people.'



It was obvious – 30 people out in canoes, toddlers to grandparents under a billowing parachute, boomerang throwing, cricket and food, all on Sunday at Cram's Farm. Saturday night at the Forest Hideaway - sitting outside around the fire 'to share in a most beautiful dinner, sing, drum, clap, smile.' (URP supporter) Throughout the weekend locals and visitors together built friendships - 5 families, 23 asylum seekers. **Next time they want to cook for us**, so the giving will be mutual! Contrast that with the URP film

screening, 'New Land, New Life' and DVD launch, 'Home and Away' at the Regent Theatre, Murwillumbah, on November 13<sup>th</sup>. In the movie 5 African refugee families demonstrated the new lives they have built for themselves in Australia, their resilience and Ozzie hospitality. Produced by Uki resident, Matt Ottley, the 'Home and Away' DVD combines a reading of the book of the same name, with images and music. The reader and the soloist are Tweed teenagers. The story (written by children's author, John Marsden), is confronting: an Austral-

ian family is forced to escape by boat in search of a place to call home. Launching the book, Jo Spiller (teacher/librarian – at Uki PS) said '...readers cannot help but identify with the 15 year old protagonist... led on a stunning, harrowing and moving visual journey... the multimodal text pulls the reader into an emotional and intense 'walk a mile in their shoes' experience.' Matt explored the issues further after the screening.

URP has two different emphases— firstly, offering friendship, practical help, cross cultural exchange (the visit); and secondly, awareness raising—encouraging community involvement and advocacy (Film/ DVD ). The film screening was a fundraiser, but that was bonus, as it was really about developing our understanding. John Marsden's message, read to us by Jo, included this comment, 'The work of communities like URP fills me with hope, because individuals and small groups hold tremendous power to change Australia...'

## Essential Energy Upgrade

Essential Energy is working on a major upgrade in our area that will strengthen the power network and boost electricity supply reliability.

Regional manager North Coast, Brendon Neyland, said the work would primarily involve replacing aged poles and pole cross-arms and

upgrading old copper power lines to stronger, higher capacity aluminium. 'Over the next three weeks, weather permitting, nearly 9000 metres of power lines will be upgraded around Uki and along Urliup Road,' Brendon said.

'Much of this work will be done in rural areas and across hilly terrain, replacing power lines that in some cases are decades old.

Work will take place along the Kyogle Road on either side of Uki, and also on Urliup Road. Traffic control will be in place, which may cause slight delays.

'Unfortunately it isn't possible to do this work 'live', so we thank our customers for their patience and understanding while we carry out these enhancements,' Brendon said.

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## The Food Garden

The one thing our gardens need more of this time of year is the one thing we all have less of, unfortunately, and that's water. The hot, dry winds we are currently experiencing are taxing on all living things, including us, and as household water supplies dwindle the veggie patch is often the first to feel the pinch. But there are a good many things you can do to minimise water usage and wastage and it's worth repeating some of these tips, because the long range forecast isn't offering much hope for the near future.

In this kind of weather all veggies need extra water and you need to be extra mindful of what edibles you're putting in the ground to ensure they survive the heat.

Be sure that you are planting crops that like the heat, such as cucumbers, zucchinis, eggplant, capsicum, tomatoes, pumpkin, watermelon, chillies and rockmelon. If you can get some shade cloth over a section of your veggie patch then you can also consider including leafy greens, Asian greens and climbing beans. I have kale and silver beet under cover and both are now thriving without the full sun beating down on them.

Always water your garden very late in the day, preferably early evening, so the water can sit and soak overnight and not be evaporated by the hot sun and scorched earth. Thick layers of comfrey mulch, straw or sugar cane piled up around your plants will help keep the moisture locked in and keep the sun off the earth. If we get a good dumping of rain then you might want to pull some of the mulch back to prevent it from going mouldy\*.

Shade cloth is becoming an almost essential element to a successful food garden in sub-tropical Australia. Adding compost to your soil always helps with water retention and don't forget to fill water containers around your garden to attract birds. Many small birds will feed on the hoppers and other flying insects that would otherwise munch on your plants.

*Live To Grow*

**Shaun Mac**

\* Really good advice—I once lost an entire veggie garden after heavy rain. Ed



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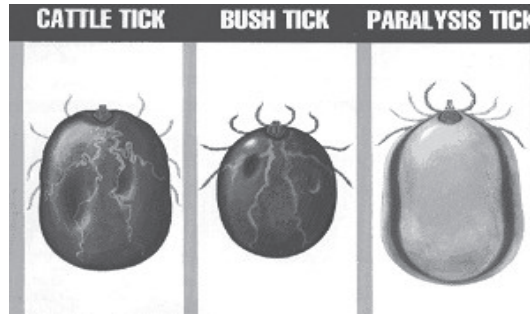
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## Ticked-off

Judith Magee

Ticks – we've all experienced them. Large, small, grass, bush, shellback, cattle, paralysis; a day out in the garden or bush can have unwelcome results.

The most common tick in New South Wales is the paralysis tick, *Ixodes holocyclus*, which is found along the State's eastern coastal strip and inland for about 30 kilometres. Ticks belong to the 'Arachnid' family, and are therefore closely related to spiders, and in some susceptible people, tick bite may be life threatening and urgent medical attention is required. Prevention is certainly the best medicine. Ticks do not jump, fly or drop from trees. They grasp passing hosts from the leaf litter, tips of grass, etc. Most ticks are probably picked up on the lower legs and then crawl up the body seeking a place to feed. Wear appropriate clothing when outdoors in tick areas, including long sleeved shirts, long pants tucked into socks and a wide brimmed hat. Ticks are more



easily detected on light coloured clothing.

The application of a bug repellent on exposed skin can also help. Mix the following 100% Essential Oils and apply regularly (keeping away from the eyes) – it will help with the mosquitos and flies too!

- 5 drops of Eucalyptus
- 1 drop Peppermint
- 2 drops of Orange
- 1 drop Clove
- 4 drops of Lavender
- 1 drop Cinnamon
- 2 drops of Lemon
- 8 drops of Cedar
- 30 mL Carrier oil – (eg sweet almond)

If a tick bite does occur, there are a number of treatment options to consider after removal.

- The essential oils of Tea-Tree, Chamomile and Lavender can be used directly on the site of injury to reduce swelling, itching and inflammation.

- Fresh Aloe Vera from the garden is highly effective in reducing pain and heat and will facilitate healing.

If a local irritation, swelling, tenderness or mild allergic reaction persists; the Homoeopathic remedy Ledum 30c is the main remedy to consider. 3 to 4 doses (2 pilules or 7 drops) over a 24-hour period should be all that is needed to complete recovery. If symptoms persist beyond this, then see a health professional.

For anyone who experiences strong or sustained reactions to ticks, there are highly effective homoeopathic preventative and desensitisation treatment strategies available.

## Historical Society News

Ironically given the dry conditions we are experiencing, this month the Uki and South Arm Historical Society display featured floods. However our research shows floods can happen at any time of the year and often happen as a drought breaking event.

In an interview, John Donoghue, grandson of early pioneers, recalled standing in 18 inches of water in the bar of the Uki Hotel during the 1954 flood. He added 'Reynolds the baker said he was the first man to

dive off the top floor of the Hotel. The bridges at Terragon and Doon Doon and Mt. Warning were all washed away in that flood and Sweetnam Park was twenty feet under water.'

In the words of Doris Scott who lived all her life at Byangum 'One should always treat rivers especially at flood time with the greatest respect. You are lucky if you get a second chance with water – it is very unpredictable and dangerous – there are so many different currents

## Mary Lee Connery

as well as rubbish coming down. It should never be taken lightly.' Our thanks to the many people who helped us with photos and information but we are still looking for more, especially the 1974 flood. This office will close on 17<sup>th</sup> Dec for our Christmas break and open again 14<sup>th</sup> Jan. Our wonderful new Museum in Murwillumbah will be closed from 24<sup>th</sup> Dec to 5<sup>th</sup> Jan.



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A couple of hours shy of certifying as a Strategic Intervention Life Coach, I have already embarked on my next venture: Aware Parenting Consultant Certification (last issue I called it Connected Parenting). In this journey I have, all over again, fallen in love with the philosophy and become fascinated by its concepts. The one that I have been *very* curious about lately is 'control patterns'. You know? The things we do habitually in order not to feel uncomfortable feelings.

The reason a control pattern develops is because, often in childhood, we experienced a situation where an uncomfortable feeling arose and it wasn't welcome, listened to, respected, honoured. Because the

feeling couldn't be expressed safely, we found a lid to put on it so that we could function in the world in spite of its presence. Looking back on to my childhood I see with horror and sadness that it is full of those situations where many of my feelings (anger, sadness, aggression, disappointment, rage, loneliness, envy, hurt, etc. etc... and even feeling silly, clownish or too happy!) were not welcomed, let alone listened to, respected or honoured. And I suspect most childhoods are similar to mine. So I have been racking my brains with this question: how can I make it safer for *my* children to express *all* of their feelings? It's hard because I didn't experience that safety when I was little; and because trying some-

thing of the sort means risking my own uncomfortable feelings, bottled up for years, rising to the surface. And as you can guess, that's *very*, *very* uncomfortable. Yet I am determined to make it better for them. So, as I delve deeper in to the training, I test in my daily life every suggestion I come across, as well as concocting my own experiments. What joy then to be able to share my discoveries, and those of others who have tried before me, with people who feel curious and inspired by this approach! If this is you, please feel free to contact me on maira-jorbagaldos@gmail.com or 6679 4231.

## Uki Art Gallery

With the dedication of our Creative Arts Community, we succeeded in creating an even better 'IMAGES OF UKI', over the hottest days in November.

Opening night we were graced with Wendy and her gorgeous Harp, Michele & Sue performing a painterly clown act, and Barnaby Smith soothed us with his mellow guitar. Almost 400 votes were posted into our ballot box for the 'People's Choice Award', which means that possibly more than 500 visited the exhibition. The winner of the People's Choice was Aetaomah School with 'Sun kissed Mountains'. Some of the runners up will be displayed at the Uki Café Art Gallery. Congratulations everyone, just goes to prove we have some very

talented artists living in our little village. I look forward to the production next year, but maybe in a cooler month.

We have a dream of honouring Ken Highfield - The Legend of Uki. He sponsored awards for the School each year and of course kept our village immaculately LEAF FREE.

To help perpetuate his memory the 'Ukitopian Art Collective' have decided to create a life size statue of Ken. Marie France has produced a clay prototype with which we hope to raise enough money through a 'silent auction' of the miniature, as well as donations made by the community to recreate it in cellular cement (Hebel) and to be placed in a suitable location selected by our

## Lorraine Lintern

residents. The original prototype will be on display at the Uki Gallery. We hope to have it ready by ANZAC Day in April, so please help us to create our dream.

## The Uki Christmas Party

Saturday 13<sup>th</sup> December  
from 5.30pm in the Hall park.

*Food, music, carols, Nativity display—come along and enjoy a relaxed Christmas celebration.*

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## Image Editing - Change the Weather

Software News: New technology in photo editing is advancing and will soon be available for consumers. Computer graphics designer Pierre Yves-Laffont and, other computer scientists from Brown University, used crowdsourcing to develop an algorithm-driven program with advanced photo-editing abilities. The program allows a photographer to take a photo at midday and then transform it into a sunrise or a sunset using key word directives. Images taken in dull weather can be easily brightened up using 'word commands', like 'more sunshine', 'less gloomy', more snow' etc. The program isolates different elements from photos, like sky, buildings, grass, water and the ground;

up to 40 elements are identified in an image as soon as it is uploaded into the software. The developers created a database containing thousands of pre-loaded images and utilised machine learning technology to instruct the software to intelligently respond to key word input and differentiate between the various elements in an image. Changes are made on a pixel level to multiple elements once. The result is instant transformation, until now only possible with advanced editing skills and colour filter overlays using programs like the Adobe Design Suite. With the Christmas season well on its way, many of us will be shopping online, so remember to be vigilant

with security and always check for 'https' in the URL you are accessing to ensure your credit or debit card details are safe. When you are out at shopping centres it is advisable to keep your bank cards in an aluminium wallet or wrapped in foil to protect against card number theft and misuse which is happening more and more. Keep your PC free of malware by using updated anti-virus and anti-malware programs. If you have any problems with your computer or browser security please call 0406 217 804 for all computer repairs and service. Have a great Christmas and New Year. The CTC has a great new Uki calendar for 2015, available at the CTC and the general store.

## Why the Rainbow Bridge?

As most of you would have seen by now, the river-side hand rails of the northern bridge coming into the village have recently been painted in rainbow colours. This was done as a tribute to Marley Morton Cross who died suddenly a year and a half ago. Inspired by a similar tribute near Byron Bay, his mother invited Marley's classmates, who were intimately involved in his last moments, and his family, to paint the bridge, on what would have been Marley's 10th birthday. There are some in the village who are distressed by this and others who see it as a beautiful reminder of the preciousness of life. As a mother who moved to Uki to bring her children up in an atmosphere of acceptance and intention, I fully support the painting of the bridge and feel that it causes no harm to anyone. I encourage you all to have your say in the UKIRA survey (when it's held) whatever your opinion. May good sense prevail.

**Melanie Bloor**



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## The Desktop Doc

### Day of Dance

Ukind 's Day of Dance at Ukitopia's Creative Weekend was enjoyed by many. Despite the heat people who love to dance turned up to do just that. There was an array of dance genres on offer, and the facilitators were all happy with the day's turn out. 'We look forward to hosting another one soon - a day of dance for the children is surely on the agenda' says Ukind.

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## Larrikin Cookin'

Pat Miller

An unenthusiastic cauliflower lurked forgotten in my vegetable patch. A bit of stale cheese, a battered grater, some dodgy milk and voila - traditional cauliflower cheese. It's still as good as when you were ten and (almost) wouldn't eat vegetables. This version has a bit more zing and taste than you might remember but please don't start cooking until you read the variations!

Basic white sauce:

- 1 tablespoon of butter - you can use olive oil but it doesn't work as well
- 2 tablespoons of wholemeal flour
- 250ml milk of just about any sort
- Heat the butter and stir in the flour to make a smooth paste (called a roux).
- Remove from the heat, whisk in

the milk to avoid lumps then return to the heat to thicken.

- Salt and cracked black pepper to taste.

Cauliflower cheese:

- Grate 75g to 100g of yellow cheese into the hot white sauce, stir to blend; use a ripe blue cheese for a bit of mouldy adventure.

- Break up the cauliflower into florets and blanch (dunk into boiling water) for two minutes. You don't want to overcook them.

- Put the drained cauliflower into an oiled baking dish, pour over the sauce, grate some cheese on top and bake until a little glazed and bubbling hot. Just how you feel after half a bottle of wine.

Sauce variations - add one or two (no more) of the following:

- 2 tablespoons of very finely chopped fresh sorrel. Stir this in well or it ends up like khaki mucus. Not a great look.

- 1 teaspoon of ground cumin

- 1 tablespoon of finely chopped sage

- 1/2 teaspoon of fresh finely ground rosemary

- 2 cloves of garlic with salt pounded to a paste in a mortar and pestle - beware the salt balance

- Finely ground cayenne as you like it.

If you use more than two or it will taste like a Keanu Reeves movie - clumsy, undecided and not much of anything. Why only cauliflower? You can layer up other vegetables for a classy mixed vegetable bake. Happy cooking!

## Relationship Health—Body Sculpture

Heather McClelland

Our bodies have a way of telling the truth and if we take notice of them they give us the opportunity simply by changing the way we hold ourselves, to bring about a change of mood, attitude and even behaviour.

'You are on your own. Take a moment with your eyes closed to visualise yourself and your partner walking in a Sculpture Garden. Imagine coming around a large hedge to see a new sculpture. It is an image of the two of you in the midst of an angry altercation. The imaginary sculptor had succeeded in capturing exquisitely the mood and postures of you both.

Once you can see the sculpture in your mind's eye open your eyes and reflect. Try to embody your part of the sculpture. If you were seen be-

rating your partner, take up the stance you were in during the argument. Notice how your body and your face configured itself. Are you reminded of someone else? If so ask the question: 'From whom did I learn my particular way of handling conflict?'

Where are the tensions? Can you get in touch with the way your rage or frustration is commonly expressed? Perhaps noticing your body sensations takes you back in time somewhere. Did your body react in a similar way to some terrible event which occurred when you were much younger?

If you find a connection, use the mantra: 'It's no wonder I feel so mad when...' Perhaps the falling out with your partner occurred because

something small triggered your nervous system into arousal and reactivity.

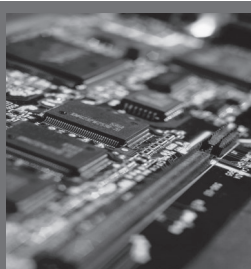
Now take action. Try moving your body so you are standing tall, your back is straight, your breathing is slow and deep and your feet are planted firmly on the ground. Flex your thigh muscles and feel your confidence grow. Take a minute to get used to how your body feels in contrast to the original sculpture. Feel its strength but also any impulse to gentleness and kindness that is there. Imagine how differently you might have conducted yourself in the argument if you had held your ground in this kind of way. Imagine resolving your conflict by meeting your partner in this different body shape.

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# Astrology

**Paola Emma**

## Our little great man, an astrological tribute

In October, preparing my article for Poppy, Ken Highfield, our much loved and missed local hero, I heard the news that another great Australian had also died aged 98, the controversial but also beloved Gough Whitlam.

Born just three months apart in 1916, Ken and Gough's Horoscopes display, of course, similarities in the positions of the slow moving planets, those that define each astrological generation: Saturn in patriotic and caring Cancer, Chiron in compassionate Pisces, Uranus in upbeat, original Aquarius, Neptune a bit confused between collective and individualistic tendencies (cusp Cancer-Leo), and Pluto in Cancer, a difficult placement that brought the collective experience of war and disruption of family ties to millions born between 1913 and 1939. They shared more personal stuff too: the same Moon's Sign, emotionally shrewd and dependable Scorpio. Plus their Sun Signs were both Cardinal, the doers and makers of the

Zodiac: Ken Aries, Gough Cancer, people keen to initiate things, with a 'hands on' approach to problems. Ken Highfield was born a brave and enterprising Aries, energetic/enthusiastic Fire Sign, ready to put his many ideas into action. The Sun close to expansive Jupiter enhanced his optimism, giving him an even greater need for independence, a trait that he maintained to the end, as many feel that he chose to die rather than lose it!

The Moon and Mercury in Water Signs (Scorpio-Pisces) and Sun-Neptune's harmonious contact helped to make him more sensitive of others' feelings and genuinely compassionate. The relationship of gentle Pisces-Mercury with the other planets were overwhelmingly positive, showing a hardworking man and a long and productive life (Moon-Saturn-Venus). The Moon in Fixed Scorpio and Sun-Pluto's contact could have made him stubborn at times, but also greatly enhanced his will power and determination to carry through with his plans. Venus-Mars in Fixed Signs point again to a

will not easily swayed by circumstances or others' opinions. His Venus was in Earthy Taurus, endowing

Ken with creative practicality, physical endurance (slow but sure), real personal charm, an affectionate if reserved nature, love of music and a keen appreciation of beauty.

Mars was in Leo, another Fire Sign, significant placement because both his Sun and Moon were in traditional Martial Signs, fact that makes Mars a sort of Ruling Planet of his Horoscope. Leo-Mars confers a sunny disposition, generosity of spirit, courage, determination, self-respect (or pride), great zest for life, independence. Mars' positive aspect to Jupiter further enhanced his positive outlook, attracting good luck and good will. Aries Jupiter is the placement of people who should thrive pioneering their way through life. It seems that Ken made the best of this placement.

Difficult connections of Sun-Pluto-Moon-Mars-Neptune and tough Progressions+Transits in 1934 (year he immigrated to Australia) show that leaving England and his roots was challenging for Ken, despite his spirit of adventure. Fully embracing his new life here would have been absolutely necessary for his emotional wellbeing and need to belong. Ken was and will remain an icon and inspiration for our community: as all evolved Aries leading the way via right action and true resolve.



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## BreastScreen

Ladies, don't forget that the BreastScreen bus will be in Uki, at the Buttery, from Wednesday 10<sup>th</sup> December to Wednesday 17<sup>th</sup> December 2014, departing at approximately 8.30 am. Phone 13 20 50 to make your appointment.



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## Mavis's Tapas Night Menu

Marinated local olives, dip, locally made salami & sourdough bread.  
Balsamic aged, air dried 'Bangalow' pork fillet, sliced w shaved parmesan, rocket, olive oil & wood-fired sourdough  
Bruschetta w mushroom, basil pesto and sweet goat's cheese.  
Tempura battered prawns w homemade sweet chilli sauce  
Home-made meatballs in tomato sauce w cheesy soft polenta  
Asian style braised beef ribs w cucumber salad  
Home-grown pumpkin & sage risotto balls w sweet, red capsicum sauce (6 pieces)  
Salt and pepper calamari w lemon garlic aioli  
Crispy vegetarian triangles w yogurt and sweet chilli dipping sauce (5 pieces)  
Homemade dolmades with hummus  
Warm spring vegetable salad w orange-scented  
Nimbin goat's curd, sunflower seeds & toasted buckwheat  
Chickpea salad w katafi-wrapped haloumi  
Fresh rosemary salted hot chips w aioli

Dessert

Baked vanilla cheesecake w blueberry compote  
Apple & rhubarb crumble w ice cream  
Flourless chocolate cake w raspberry drizzle

## Mavis's Tapas Night Drinks List

1 litre Sangria (red wine, fruit juices and mint)  
1 litre Mojito (mint, Bacardi rum & lemonade)

### Bubbles

Andrew Peace Sparkling Brut

### White Wine

Shelter Bay NZ Sauvignon Blanc  
The Elms Chardonnay – Yarra Valley  
Kirrihill Moscato

### Red Wine

The Elms Shiraz – Yarra Valley  
Second Nature—Cabernet Shiraz Merlot – SA  
Shelter Bay Pinot Noir – NZ

All wines also available by the glass

### Beer

Stone & Wood Lager – Byron Bay  
Stone & Wood Ale – Byron Bay  
My Wife's Bitter – Burleigh Brewing Company  
(Classic English dark ale)  
Duke Helles – mid strength – Burleigh Brewing Company

### Apple Cider

Mohawk Tasmanian Apple Cider

### Spirits