

# THE UKI NEWS

Issue 83

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

June/July 2015



Pictured (left) are happy participants in last year's National Tree Day planting.

## **Red Cross Winter Appeal**

The Uki Red Cross Winter Appeal 2015 will be held in Uki Hall on Friday June 5<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 (02 6679 5297) or Pauline Carroll (02 6679 5176), or brought in on the day.

## **National Tree Day in Uki**

This year's National Tree Day (26 July) planting will be at 'Platypus Park', located between Sweetnam Park and the Smiths Creek Bridge on the Tweed River.

UKIRA and Tweed Shire Council are gearing up for another large tree planting (1,500 trees) in this beautiful community site - informally named 'Platypus Park' as both the Tweed River and Smiths Creek are prime habitat for these shy and fascinating creatures.

Platypus Park is the last piece of the puzzle for public riparian land restoration on the Tweed River in Uki.

Given its location and natural beauty, the site will be a fantastic community asset with walking tracks, sitting areas and an interpretive trail planned (linking to the proposed Uki Community Gardens site).

Site preparation will begin in the next month or so with removal and chipping of camphor laurel trees in areas where native trees will be

## **Matt Bloor**

planted. It is necessary to remove these trees before the area is opened up to the public as felling trees, ringbarking or poisoning them is too hazardous thereafter.

UKIRA received a \$21,000 from the 25<sup>th</sup> Anniversary Landcare Grant Program to restore riparian vegetation from the Buttery to Sweetnam Park, control camphor trees and plant 500 trees. Council is matching this amount and will maintain the site over time.

Maps and information will be available at the UKIRA stall at the next Buttery Markets on Sunday 21 June. A date will be set for a site walk and talk prior to National Tree Day.

For more information, contact Eddie Roberts on (02) 6679 4079 [old-growthed@yahoo.com](mailto:old-growthed@yahoo.com) or Matt Bloor on (02) 6670 2580 [loor@tweed.nsw.gov.au](mailto:loor@tweed.nsw.gov.au)

## **Raffle Results**

Winners of the raffle for Australia's Biggest Morning Tea to aid cancer research were; Gayanne Gleave - Night at Mavis Kitchen  
Gary - Rug  
Laurie - Mugs  
Winners, please contact Joy on 6679 5297. Thanks to everyone who helped on the day.

## **First Beer Raffle**

Don't forget—you can still buy tickets in the raffle for the first beer poured at the new pub. Tickets are \$2.00 each and available at Uki Takeaway, Uki Supermarket, Uki Post Office and Newsagent, and at the Lounge Lizard. Latest news is that the pub will probably be opening in September—as always, the fit-out seems to take longer than the actual building!

## From the Editor

We're all settling in for the cooler weather, rugging up and huddling around the fire—and some of us, whinging loudly! The rest of us, reenergized and happy.

This is a great time of year to get out into your garden and tackle all those heavy jobs that you put off over the hot and humid months—time to get those weeds under control, too (see page 4).

## Deadline for Issue 84 is 5pm Tuesday 21 July 2015

**Anita Morton**

## Bats – Forest Pollinators

### Tweed Valley Wildlife Carers – Hotline 02 6672 4789

Bats are divided into two broad categories – megabats (flying-foxes) and microbats (small insectivorous bats). Both are of the utmost importance to ecosystem health and biodiversity. Flying-foxes forage on plant blossoms and rainforest fruits while microbats are incredibly voracious insect controllers – eating up to three-quarters of their own body weight every single night (bye-bye mosquitoes!)

Flying-foxes are responsible for the propagation of a significant number of native forest species; they spread seed over considerable distances (a flying-fox can fly up to 100km a night!) and pollinate many types of trees – including some koala food-trees that rely solely on these amazing flying mammals for pollination. Unfortunately, bats (flying-foxes in particular) get a lot of bad press due to unfortunate (and very rare) incidents as well as misguided urban myths. Australian bat lyssavirus (ABL) and Hendra are two viruses present in Australian bat species. ABL cannot be transmitted without direct contact with saliva from an infected bat onto an open wound or onto the mucous membrane of the eye, nose or mouth of a person. There is no evidence that Hendra virus can be transmitted directly to humans from flying-foxes. Queensland Health advises that there is also no evidence of human-to-

human transmission of Hendra virus, from the environment to humans, from humans to horses, or that it is airborne.

If all people follow some very simple guidelines, there is no need to be concerned about either of these viruses.

- If you do come across a sick or injured bat, call the TVWC hotline for advice and assistance.
  - Never touch a bat.
- If you, or someone you know, **do** get scratched or bitten by a bat
- Wash the wound with soap and water for at least 5 minutes. Do not scrub.
  - After washing, apply antiseptic with anti-virus action eg. iodine tincture or alcohol if available.
  - Bat saliva that has come into contact with the eyes, nose or mouth needs to be flushed carefully with water.
  - Contact a doctor or hospital immediately and arrange for an ABL vaccination.

In the Tweed Valley, we have Grey-headed flying-foxes (a nationally-listed threatened species), Black Flying-foxes and about 25 different species of microbat. Along with all other native wildlife, all bats are protected by law under the National Parks and Wildlife Act 1974, and can be rescued by specially trained and vaccinated members of TVWC. For advice or information about bats in our area, and how we can live with bats, see the information avail-

## Contact the Uki News

Email [theukinews@hotmail.com](mailto:theukinews@hotmail.com)  
Or see the Editor at the Farmers' Market every Saturday morning.

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able at [www.tvwc.org.au](http://www.tvwc.org.au) or call the hotline – 02 6672 4789. If you'd like to become involved and make a difference to the wildlife of the Tweed, call the hotline today. Our next Orientation for new and prospective members will be held in **Murwillumbah on Saturday 1<sup>st</sup> August**. Please register your attendance by calling the hotline. More info is available at: <http://www.environment.nsw.gov.au/resources/nature/landholderNotes08FlyingFox-Camps.pdf> <https://www.ehp.qld.gov.au/wildlife/livingwith/flyingfoxes/importance.html> [http://kb.rspca.org.au/Can-backyard-fruit-tree-netting-be-wildlife-friendly\\_585.html](http://kb.rspca.org.au/Can-backyard-fruit-tree-netting-be-wildlife-friendly_585.html)

**Jo Cabale, TVWC**



## Takeaway Offer

Having a birthday? Go online and 'like' the Uki Takeaway's Facebook page, then visit the shop on your birthday (taking some ID which has your birth date), and get your FREE Birthday Burger!

The Residents Association will be holding our Annual General Meeting on July 7<sup>th</sup>. You are most welcome to attend. If you have been wondering how to enjoy your life in Uki even more, consider joining your community association. We look after the Buttery, the Buttery Bazaar market and support various other initiatives in the community.

One such new community initiative supported by UKIRA is the table tennis facility being developed behind the Historical Society. On Market Day in May a temporary table was trialled and it was very well used. (See photo). We are current-

ly exploring options to have an all-weather table installed, with balls and bats stored in a security box at the back of the public toilets. One of the lovely things about winter in Uki is Cabaret 360, I've been asked to inform you that the show



will be on in July this year. Check noticeboards and Facebook for details over the next month. Speaking of Facebook, UKIRA has taken a bold step into the world of social media with our page - **Uki Residents and Friends**. Content will evolve over time. Please 'like' us and feel free to comment and share.

UKIRA meets on the first Tuesday of each month at 7pm in the meeting/supper room at the Hall. Next meeting 7 July 2015. Contact us by email: [ukiresidentsassociation@gmail.com](mailto:ukiresidentsassociation@gmail.com) or write to PO Box 3141 Uki.

Photo by Kelly Skinner

## Nutrition for a Healthy Mind

It is well understood that there is a direct relationship link between the nature of a person's diet and overall nutritional status and the quality of their physical health and wellbeing. The same applies to mental health, with clinical studies consistently confirming a connection between conditions such as anxiety and depression, in those with a poor diet, and nutritional deficiencies. Eating well and – if needed – using appropriate supplements is an essential part of regaining and retaining mental wellbeing. This needs to be considered carefully and individually, but the following general points apply:

- *Avoid* processed, chemical containing, sugar containing and refined foods. These act as inflammatory aggravators and destabilise the blood glucose balance, which will exacerbate natural mood balancing mechanisms. People with long term mental health issues often crave these kinds of foods, but their conditions are greatly aggravated by them .
- *Avoid* caffeine and alcohol. Both of these substances exert problematic effects on the physiology, which will have a rebound effect on cognitive function and mental health. Additionally they increase the demand for vitamin B1, B6, folate, zinc and

magnesium, all of which are involved in mood regulation.

- *Avoid* long gaps between meals, skipping meals and overeating.
- Eat *lots* of the following:
  - o *Folate/B9 & Magnesium rich foods like* - Dark leafy green vegetables like kale & spinach. Liver, whole grains, lentils, legumes, broccoli, nuts—sunflower seeds, walnuts, maca root.
  - o *B Vitamins rich foods like:* Almonds, liver, kidney, molasses, poultry, crustaceans, fish, eggs, dairy, fortified soymilk, mushrooms
  - o *Vitamin D3 rich foods:* Herring, kipper, tinned salmon and sardines, eggs, mackerel, butter, fortified milks, cod liver oil, and not forgetting **SUNLIGHT**
  - o *Omega 3 fatty acid rich foods like:* Oily fish such as; herring, tuna mackerel, salmon, trevally, tailor, rainbow trout, and whiting; walnuts, flaxseed oil, whole soybeans
  - o *Protein rich foods like:*

Eggs, chicken and turkey, fish, lean red meats, quinoa, whole soy products, dairy, beans, yoghurt, nuts and seeds

- o Drink lots of water

Do some enjoyable and manageable exercise **EVERY** day.

## DID YOU KNOW?

Alfred ATKINS, who was the Uki Post Master from 1912-1915, enlisted in WW1 in 1916. He served in the Australian Army Postal Corps and died of disease in 1919. He is buried in England.



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Ahhhhh winter!

That glorious time of the year when gardeners can sit in the sun with a hot cuppa and NOT see the weeds growing in front of our eyes!

The next three or four months give us a chance to win back some of the ground we lost over summer and recharge the optimism in time for the Spring counter-offensive.

The question is; in areas where weed matting or newspaper covered in mulch isn't an option when it comes to weeds, what wins?

I've never been a fan of glyphosate, reinforced by belief in the adage that anything that seems too good to be true generally is!

Knowing the Dutch have decided to ban it, and the French, Brazilians and a few others are going to follow suit, just confirmed what so many of us suspected.

My Facebook page has also been littered with variations of the vinegar, salt, detergent and water combination as a solution but I've tried a few of the various recipes and my weeds don't seem to go away – I just end up with this compelling urge to go and buy a bag of hot chips! Manually pulling weeds has to be one of the more disheartening and demoralizing forms of exercise ever created, and I gave up the idea of raising the white flag when I realized it would probably be overgrown in a week or two and no one would see it!

In desperation I turned to technology.

One gardening catalogue was advertising a domestic flamethrower to combat weeds. It looks like a metal walking stick and attaches to your barbeque gas bottle.

Yes, there are some dangers associated with it, like igniting your garden mulch (oops!); it isn't an option during fire ban season, and it does have some environmental consequences but at this time of the year it comes into its own.

So far it's been a worthwhile investment, especially in areas like driveways and gravel paths. Succulent weeds take a bit of extra time and effort but results there have been encouraging too.

The best fun though is 'Farmer's Friends.' When you set fire to the seed heads they explode in a crackle and flash and you get a free lightshow that ends with the satisfaction of seeing the next generation of nuisance smouldering at your feet.

That's my best shot so far...what's yours?

## Entertainment at the Buttery Bazaar Markets

June 21st

The 'Kellie Gang' is headed by Trombone Kellie who is an energetic and entertaining performer. This is well displayed through her inspirational vocals which are both versatile and passionate, and her raunchy/ smooth melodic trombone playing...

On guitar is Scrubby Pete who's old-time blues feels are authentic to the traditional roots of their kind. His many years of performance experience, both on guitar and vocals make for great listening and his comical mischievous flair

is endearing...

On double bass duties is Robert Renfrew who's relaxed, intuitive feels add their own unique flavour to the mix. This, along with his vocal and keyboard talents, showcases a horoscope of sound that is wonderful and vast...

The combining of these three musically diverse, vibrant entertainers makes for a dynamic, spontaneous mixture of Rock, Soul, Blues, Gospel, Rockabilly, Country, Rock and Roll and what they call 'Blazz Swing'- Blues and Jazz Swing...

Young Performers include Kellie's talented daughter, Kuwani, who will share her sweet sound.

July 19th

Youthki is back again! This is the market where all the young crew get together and blow us away with their talent, inspiration and originality! The line-up is still forming, but we hope to see all our favourites with a few surprises thrown in. If you are a young performer, whether music, poetry, dance, theatre, juggling, please be a part of the day. Contact Sue on 0437 677 965 to be involved.

See you there!

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In Aware Parenting there is a fantastic tool for parents called Listening Partnership. Two parents agree to meet on a regular basis to offer each other a high-quality non-judging unconditionally-loving type of listening. It's a chance for them to 'empty the bucket', as I call it - off-load and heal any difficult feelings with a trusted witness - so that they don't come up in the most inconvenient moments between them and their children. This is what happened during a session with one of my Listening Partners.

I felt tired. I hold and listen so much in my daily life (to my kids, clients, friends, husband, myself...) that, for a while, I felt like I was going to run dry. I felt like I was giving constantly,

and my inner little girl wanted to receive. She wanted to be held, reassured and comforted; she wanted to let go and know that everything would be taken care of. She hadn't had enough of it when she was little. She wanted to fill her old need, right now. So I told my Listening Partner I wished for tender, gentle mothering. I put my head on her lap and she stroked my hair softly. Slowly, something inside let go; striving stopped; I arrived home. Tears began to flow. I cried with grief for not having had that when I most wanted it as a little girl. And I cried with relief to have the need met there and then, in such a simple, beautiful way.

After the cry came the realisation: 'I

can get this every day!' When we wake up in the morning, the children are very cuddly, but I tend to think of the day ahead and get antsy. I realised that focussing on what had to be done shut my heart down. So the next morning I decided to be really present and open with the children. And as they received tonnes of tenderness and love, I could feel my inner girl receiving them as well. It felt like hitting the jackpot: meeting my needs and those of my children *at the same time!*

For ideas on how to apply AwP in your daily life, questions, or more newsletters, go to <https://www.facebook.com/connectedwhileparenting>

## The Buttery Bazaar

### Next markets 21 June and 19 July

### Uki Community Gardens Tea Party

You are cordially invited to our very first tea party at the proposed Uki Community Gardens space. Join us in celebrating with the land that is so kind to us, providing us with fruits, vegetables and herbs, shady trees and beautiful rivers. It is the perfect place for a tea party and will include:

1. a welcome to country
2. wonderful local musicians
3. chai harem tent (most exquisite range of chai, burnt orange velvet and delicious treats)
4. a magical, uplifting, blissful, healing, relaxing, dreamy range of herbal teas
5. outstanding tea pot collections
6. held by the river with crystals here and there
7. an excellent excuse to dress in your Sunday best
8. dancing on the grass
9. flowers, herbs and vegetables!!!

As a community it will be a great chance to bring a plate of food to share, so we can all have a delicious brunch together in the garden whilst sipping tea and listening to our local musicians singing songs of the land. There will be activities and games for the kids too! Possibly a few fairies around..

#### BEST TEA POT COMPETITION!!

A basket of goodies for the lucky one who brings in the most marvellous tea pot, feel free to dress absolutely magnificently! A glorious gown never goes astray at a garden tea party. PS Bring your own tea cup!

DETAILS: Sunday 14<sup>th</sup> June 10am until early afternoon at proposed garden site between Uki Village and Smiths Creek Bridge.



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Sonos is a system of wireless HiFi speakers and audio devices, enabling the user to access and control digital or analog music from various devices around the house. Using a dedicated wireless channel you create a reliable mesh network to eliminate problems of crowded WiFi networks supporting multiple devices in a household—these often produce inferior audio quality. With a Sonos system it ensures an incredibly low latency between the player and surround speakers, eliminating lip-sync issues on home theatre systems. You can play the same music in every room or alternatively play different music in each room, with extended distances between speakers and your router.

If you've got great WiFi at home, simply buy any speaker and set it up on your home WiFi network using the free Sonos controller app. For those that do not have great WiFi at home, plugging a Sonos player or Bridge into your router automatically creates the dedicated network for all Sonos speakers around your house. The

speakers communicate directly with the player over greater distances than Wi-Fi or Bluetooth offer. The state-of-the-art functionality of a Sonos wireless network means users can set it up without ip address knowledge or the use of wireless security keys, it all just works! Sonos produces crystal clear HiFi sound through small, compact and incredibly powerful speakers which can be added to the system over time as finances permit. Start with one and build on gradually to fill your whole house. You can stream music from the Internet, iTunes, radio, or from your personal music collection.

Sonos can be controlled using a smartphone, a tablet or a PC or Mac through a powerful free app which is easy to download and setup. The Sonos Zoneplayer has multiple Ethernet ports which can be used as virtual Ethernet connections for network traffic, silently bridging between players and delivering streamed audio across the house. For more information you can contact me by email

## The Desktop Doc

(enjoycompany@gmail.com). For all your computer needs, repairs, data recovery or setups I will be available in person by the end of July at Tweed Creative Studios in Murwillumbah, 1/19 Buchanan Street or at the CTC in Uki on Fridays.

## 2015 Ski Trip Bookings Open

We are offering another fabulous five day ski trip from August 9th - 14th.

Five days on Mt Buller including, all food (self cook), 5 nights accommodation on the mountain (ski in ski out), 5 day lift and ski hire.

All inclusive price (to be confirmed):

Adults \$ 1,350.00, Student \$890:00, Kids under 13 \$862:00.

Space is very limited. Bookings \$100:00

**Call Mark Cave on 0419 001 001 for all details**

## Uki Village Website

The CTC is currently undertaking the creation of a new website for the village. If you have ideas to suggest, pictures to contribute or a business to feature please contact us (details at right)

## Did You Know?

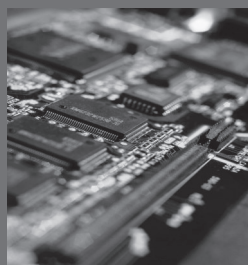
Privates George and Timothy BAMBERY landed at Gallipoli on the morning of 26th April 1915. George was Killed in Action the same day and Timothy was Killed in Action the following day, 27th April. They have no known graves.

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Every day we live our lives together at Uki Public School, and this living of life is so much an important aspect of the education of every student. Not only is the school a community of living and learning within itself, but it also functions as a *community within the community* of Uki. It is for this reason that the interconnectedness of our school with the community of Uki is afforded a great deal of importance to us all. Our students are supported in their emerging understanding of how critical community is in benefiting their daily lives, through informal and more formal experiences. We believe that such experiences form connections that are enduring, valuable and inclusive enabling every student to experience the support and wealth of knowledge that *community* provides.

In light of this, our students have to



Youngest student, Alysha, and community elder, Joy, cut the cake at the morning tea.

date, experienced community in many valuable ways. They have witnessed the heartfelt sorrow of our elder community members who remember war, and have honoured these feelings through genuine cere-

mony. They have celebrated the lives of our most elderly citizens through song at our annual senior citizens morning tea, and have raised money for the victims of the recent Nepal earthquakes. Every experience, from interactions with canteen parent helpers to honouring Mums on their special day by holding a stall, is a valuable community connection.

Such experiences are paramount to every student's life education in helping them to become social citizens of Uki, and the broader community.

**Diane Wilder** (Vice President of the Uki Public School P&C Committee) For enrolment enquiries please contact the Uki Public School office on 6679 5128.

## Mutuality / Flexibility Highlight 3rd Friendship Visit Bryan McClelland

The weekend friendship visit hosted by the Uki Refugee Project (URP) May 9-10<sup>th</sup>, demonstrated increasing mutuality in friendships between refugee guests and locals. 20 guests, most on a third visit, joined 40 plus people linked to URP in perfect weather for a program that constantly morphed and adapted. Mutuality began with food.

Anxious to return our hospitality, guests were keen to demonstrate cooking, and provide food for Uki. A planned cooking demonstration did not happen, but Brisbane and Uki friends had fun together and the food certainly did. One family prepared a large amount of barbecued

chicken with rice (on a special barbecue-grill they brought with them); add food locals provided, and there were lots of delicious alternatives. For the Sunday picnic, another family prepared shish kebabs, which became an impromptu lesson for local people about how to make mince adhere to flat skewers! The kebabs were yummy.


This time some travelled from Brisbane in their own cars, or by train. They enjoyed the independence though some mix-ups occurred. Saturday afternoon the main choice was Cram's Farm for fishing. People enjoyed the day, some went out in a boat though no fish were caught!

That night music at the Mt Warning Forest Hideaway, after the meal, got everyone really involved, flute and recorders and drums.

Sunday early morning a contingent representing all ages and several nationalities enjoyed climbing Wol-lumbin. Others left for the Fingal picnic, which was relaxed and flexible; young people played soccer, some walked on the beach or to the lighthouse, or chatted and cooked.

Quotes:

'a highlight was seeing a person who's been through a particularly tough time, she threw herself into drumming energetically, laughing all the while.' (continues next page)



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## Astrology

In the space of a month, between March and April 2015, Australia lost three of its most iconic personalities: Malcolm Fraser, 1975—'83 Prime Minister (and human rights activist to the end), died on March 20; Betty Churcher, 1990-'97 director of the National Gallery of Australia and well-loved art mentor and educator, on March 31; and Richie Benaud, internationally renowned and respected cricketer and reporter, on April 10.

They were born between 1930 and 1931, and belonged to the same planetary generations of the slow moving planets: Pluto in Cancer (personally touched and made resourceful by the tragedy of World

War II), Neptune in Virgo (whose spirituality is strongly associated with work, service and sacrifice) and Uranus in Aries (visionary, pioneering and reforming spirit). Furthermore they also belonged to the same Saturn in Capricorn's generation, considered one of the best positions for this planet. The accent on the positive expression of Saturn made this a hard working, responsible and ambitious generation, helping these particularly gifted individuals to become outstanding leaders in their respective fields and role models to many.

They died in their 84<sup>th</sup> year, a significant age astrologically, corresponding to a complete orbit of Uranus

around the Sun, a full round of planetary evolution. The best expression of the Uranus in Aries generation is their far-reaching vision and the courage and willingness to take personal risks while trailblazing ideas for future generations, becoming powerful agents of socio/cultural changes.

Their deaths occurred during the autumn Eclipse season of 2015 (March 20 – April 4), an appropriate time for all to focus on the issues of collective significance these three individuals have upheld in their lives and careers, with their inclusive, compassionate and civilized world views, a bright example to all.

For more on these horoscopes, and other fascinating astrological topics, please visit my site:

[www.livingmoonastrology.com](http://www.livingmoonastrology.com)



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### 3rd Friendship Visit (continued)

'A teenager was looking glum - she was so tired after the mountain climb, but when offered a hug she just wanted to smile.' 'What a wonderful thing to have these weekends', 'it didn't matter they did not want to do the particular activity we planned, everyone had fun', 'Climbing the mountain together made me think, they are people just like us...'

**THANK YOU EVERYONE!**

### Pub Opening Draws Near

Building of the new Mt Warning Hotel is progressing smoothly and should be completed in early August, according to part owner Kim Watson. Once the hotel is finished, publican, Geoff Brown, will take over and get ready for first drinks. The impressive new pub is attracting enormous interest from passers-by and the place will be bursting at the seams on opening day.

The original Mt Warning Hotel was 99 years old when it burnt down in

February 2013, suddenly tossing many locals out of work and leaving Uki Village without a watering hole. Tickets are still selling for the 'first beer' raffle. Proceeds will go to local clubs including the Uki Pythons Soccer Club, Uki Fire Brigade, Uki Touch Football, and the Gentlemen of Murwillumbah Rugby Union Club. Tickets available from shops in Uki Village.

### Phil Carr

## Yoga

At the Uki Hall with Paula Cave



Thursday 5:00pm-6.30pm - General class \$15:00

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## Enlivening Our Lives and Relationships

It's easy to complain about life's stresses. Doing this could be called a national pastime.

But actually, we *need* good stress (eustress) to get us out of bed in the morning.

I'm at present inspired by an autobiography from the Mur'bah library, entitled: 'Good Morning Mr Sarra'. Aboriginal Australian Chris Sarra makes the point that, at one point in his career, he was in a high-flying job; although well paid, he found that his spirit was becoming jaded. When he moved out into the front line of education he really began to feel alive again. He gives an honest account of the complex stresses involved in attempting to turn a run-

down school into a whole-of-community endeavour to give every child in the school a high grade education.

In the midst of his story Chris provides an analysis of just how the education system has failed his people. He puts it down to: **a lack of expectation of success.**

His book shows how stereotyping children as incapable victims prevents teachers and others in the community from seeing potential and helping children reach out for it. And it describes the mix of warm love, emotional connection and disciplining rigour by which the tables are turned.

When I was in Bangladesh in Febru-

## Heather McClelland

ary, I was alerted by the words of a fieldworker who supports marginalised women in that country. She said that the small ritual of talking and listening, (described in the last issue), involved an in-built discipline. It was because the 'previously illiterate' women, **were expected to take their turn at talking and listening**, that they responded. Some of them may have never thought that they had any thoughts or opinions worth telling. But when they were listened to attentively, the immediate result was that 'they went up in their own estimation.'

It is always seems to be enlivening to put effort into what will enliven others. It fits the idea of eustress.

## Larrikin Cookin' - Feeding the Masses

A great way to feed a crowd on a cold night but you need to make it a day ahead. Tastes better! It's a delicious lemon-aromatic tomato-based ragout served over mash with gremolata. See the All Natural Meat Co in Doon Doon Road for the veal. Smart-arts tip - you can use lamb shanks instead of veal.

Get:

- 1.5kg osso bucco
- 1.5kg really ripe roma tomatoes (but any variety will do)
- 1 whole head of garlic
- 3 medium onions
- Preserved lemon or a whole lemon
- A slop of good shiraz
- 1 good tsp of smoked paprika
- 1 dessert spoon ground coriander
- Parsley and lemon to make gremolata

Then:

- Brown the osso bucco in a skillet -

don't be scared, really sear them. I used a pan that had last night's lamb chop fat leftovers..

- At the same time stew the roughly chopped onions and whole peeled garlic cloves in a bit of olive oil in the HUGE pan you are going to cook it in.

- Skin and roughly chop the tomatoes - or you can cheat and use 2 x 400g cans of crushed tinned tomatoes; use the wine to rinse out the tins

- Put the browned osso bucco, smoked paprika, coriander, basil, wine, all the tomatoes, preserved lemon (lemon preserved in salt so you need to judge the seasoning) in the pot with the onion. If you don't have preserved lemon, use seeded roughly chopped lemon and salt. Remove the lemon peel before serving.

- Stir to mix and simmer very slowly for four to five hours.

- Cool, put in the fridge overnight, then skim off the excess fat.

- Heat slowly for two hours the day you want to serve it.

Spoon into bowls over buttery mashed potatoes and garnish with gremolata - just fine lemon zest, chopped parsley, a little smashed garlic and salt, wetted with a squeeze of lemon juice. This serves 8.

I'm trying to determine the community interest in people meeting up to create, trade ideas and put the fun back into good cooking. Pitch in for ingredients and cook up a storm. Ideas welcome. Email me if you are interested and we can take it from there. TV cooking show-free zone. Happy cooking!  
pat@patmiller.net.au

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## The Uki Kids Club Designs a New Park!

The Uki Kids Club After school care program is located in the Uki Public School grounds. It is an accredited and approved centre providing afterschool activities for all the children in the Uki area. This term the program includes making circus performances and designing the ultimate kid's park for Uki.

'We thought as there is all this talk of a community garden and public space, we might get the children to dream up what they would like to see if they could create a space,' coordinator Natascha Wernick said.

The children love drawing and making things and this project will see them collaborate to design and integrate their own interests into a model using recycled objects, paint and even play dough. We hope to see all the children's interests reflected in the project including ideas such as a fairy garden, skate park and bike track.

We will be working on this project throughout May and June so if you wish your children to come and join in contact Natascha, The Uki Kids Club OOSH coordinator, 02 6679 5024. Remember the kids love it at OOSH!

Photo: Uki Kids Club Circus starring Georgia Mann, Bodhi and Arielle Camenzind, Savannah Barnett, Annika Quint, Gabriella Wright, Ruben Quint.



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## Historical Society

Usually when reporting on an exhibition words like 'enjoyable' may come to mind.

But when the topic is war, even if 100 years ago, we are more inclined to think, 'emotionally moving' is more appropriate.

The exhibition, 'Our Anzacs Our Stories, The South Arm Remembers' in the Uki Hall on the 25<sup>th</sup> and 26<sup>th</sup> April displayed these elements and more. People 'enjoyed' the singing of 'Sydney or the Bush' and they 'enjoyed' catching up with friends. Some visitors may not have 'enjoyed' seeing military uniforms and objects, but many people said that they did and enjoyed the whole exhibition.

Emotion and tears welled up on reading the quotations of our long past soldiers and stirred memories in those who served in more recent conflicts.

Many proud families shared the war service histories of their loved ones. Amongst them were the Bambery, the McAndrew and the Fogarty families. Our accumulat-

## Helena Duckworth

ed research over many years was on display to contemplate, remember and respect.

One of the highlights was to see Margaret Sweetnam's surprise when she saw her father's photograph as the face of the poem, 'Just a Common Soldier'. Likewise, Colin Reeve was honoured when we featured his father, Stanley Reeve, as the representative of the enlistees who joined the Australian Light Horse Brigade. You may remember Stanley, aged 16 years, was pictured on the front of the last Uki News. Over 700 people visited the exhibition on Anzac Day and the major display on Sunday.

A heartfelt thank you to everyone who helped and supported us bring this important exhibition to the community.

People often come to our Society seeking further information about their forebears. They are given a document to complete with their family's details but often the forms are not returned.

(continues on next page)



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I've lain here in Anzac Cove for a hundred years. I had hoped that my sacrifice would help end all violence: but looking back I wonder what, if anything, you have learnt since we died. Much has, of course, been written:

*'Darkness cannot overcome darkness; only light can do that.*

*Hate cannot drive out hate; only love can do that.'* (Martin Luther King)

*'All violence is the result of people tricking themselves into believing that their pain derives from other people and that consequently those people deserve to be punished.'* (Marshall B Rosenberg)

*'Domestic violence is about power*

*and control. In Bulgaria a husband was tried for severely beating his wife and when the judge asked him if he understood what he had done and if he was sorry, the husband said 'But she's my wife!' He didn't even understand that he had no right to beat her.'* (Antonia Parvanova)

*'Much violence is based on the illusion that life is a property to be defended and not to be shared.'* (Henri Nouwen)

*'Every gun that is made, every warship launched, every rocket fired signifies, in the final sense, a theft from those who hunger and are not fed, those who are cold and are not clothed.'* (Dwight D. Eisenhower)

*'No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.'* (Nelson Mandela)

*'Peace is the wholeness created by right relationships with oneself, other persons, other cultures, other life, Earth and the larger whole of which we are part.'* (The Earth Charter)

As I say, much has been written, but what have you learned? Did I die in vain?

**John Tyman,  
Holy Trinity Church, Uki**

### **What's New in Solar?**

I just returned from the two-day Solar Conference, which was jam-packed with all the latest in renewable technology.

A good example of this is the new Benq ultra light panel which at 10.5kg is about half the weight of traditional 250w panels. This will reduce install time and cost. I was delighted to see the new back saving panel.

When the Solar Bonus Scheme ends on 31 December 2016, you will need to install a Net meter (cost about \$250:00) and then do your best to use the power that your system produces. The problem arises if

you're not home during the day to use the power. The answer is two fold. 1- Storage. Put your excess day-time energy into batteries or heat water with it. Batteries will require that your current system is battery capable. Small scale PV systems that have battery storage can also act as stand alone for a limited period if the power fails.

2—Load control systems. New power management systems can control your appliances, with the inverter connected to the internet and accessing weather reports and radar. It will turn appliances on and off as power is produced by your panels. The aim is to match your power consumption with your renewable

energy production, which will minimise the power you import from the grid and save \$\$\$.

System monitoring and control is moving forward with reduced cost of equipment, more equipment selection and advanced system design. The new PV systems are all coming out with varying degrees of smart capacity. If you are in the market for a new system or upgrading an existing system, then think carefully about your needs and talk it over with a professional installer.

For free advice you can call me on 0419 001 001

**Mark Cave**

### **Historical Society**

(continued from previous page)

We make it our policy that the people who shaped our history will never be forgotten. Their stories and details are recorded in our research files and those of the Tweed Regional Museum.

Cabaret 360 will be at Uki Hall on Friday July 24 and Saturday July 25. Expressions of interest in performing at Cabaret 360 can be submitted to Michele Thomas at michelejtomas@gmail.com



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