



Uki Community Gardens Update

Greg O'Donnell

Over the last 6 months there has been a flurry of activity in preparing a seventeen-page Plan of Management (PoM) for the Uki Community Gardens which has now been lodged with Tweed Shire Council (TSC). The site being proposed for the gardens is a small parcel of land between Smiths Creek Bridge and Uki Village which borders the Tweed River. A PoM is required as the land is currently Crown land managed by the TSC.

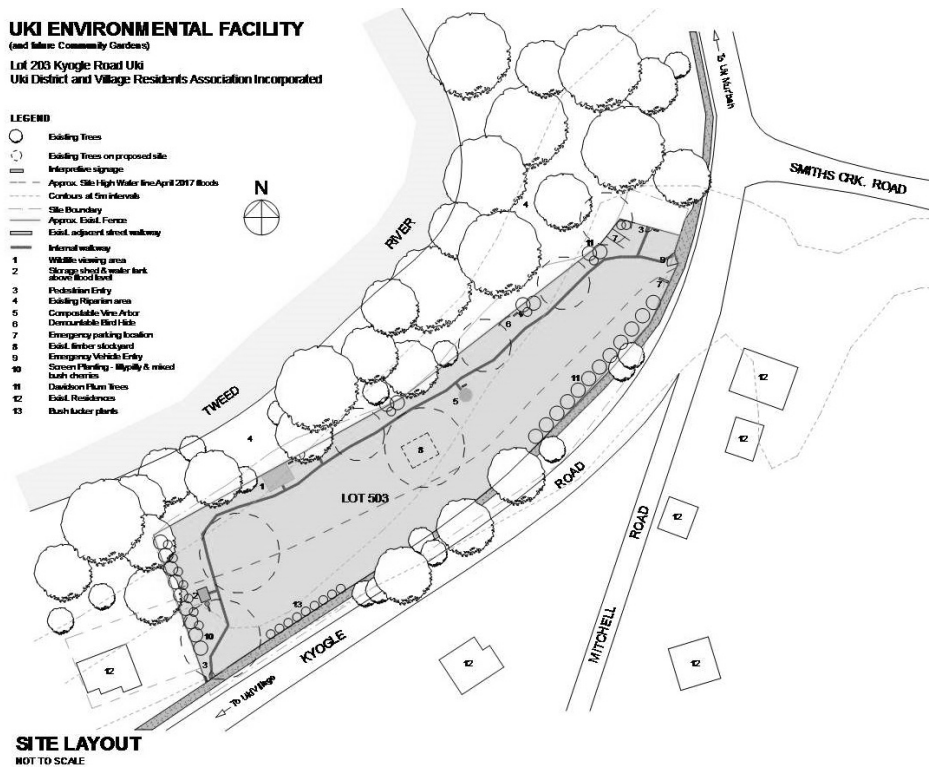
One of the activities leading up to this has been a community consultation with residents and business owners in the vicinity of the proposed site to gain valuable feedback about how the gardens can best serve the local community. Locals have keenly supported the initiative with 243 people registering their interest in being part of this great community project. There are also now 312 Facebook likes!

UKIRA (Uki Village and District Residents

UKI ENVIRONMENTAL FACILITY (and future Community Gardens)

Lot 203 Kyogle Road Uki
Uki District and Village Residents Association Incorporated

- LEGEND**
- Existing Trees
 - Existing Trees on proposed site
 - Interpretive signage
 - Approx. Site High Water line April 2017 floods
 - Contours at 5m intervals
 - Site Boundary
 - Approx. Fossil Fence
 - Existing adjacent street walkway
 - Internal walkway
 - 1 Wildlife viewing area
 - 2 Storage shed & water tank about flood level
 - 3 Picnic/BBQ area
 - 4 Existing/Proposed area
 - 5 Compostable Vase/Arbor
 - 6 Dismountable Bird Hide
 - 7 Emergency parking location
 - 8 Existing timber stockyard
 - 9 Emergency Vehicle Entry
 - 10 Street Planting - Ripply & mixed bush cherries
 - 11 Darkbrown Plum Trees
 - 12 Existing Residences
 - 13 Bush ladder plants



SITE LAYOUT
NOT TO SCALE

Association Incorporated) has taken the project under its wing and the gardens will operate as a sub-group to it.

The first stage of the gardens will be an environmental facility (see drawing above) and then develop as a multifaceted community space taking on activities largely determined by the ideas and enthusiasm of those who come along!

There is an on-site open day event planned for early 2018. Everyone is welcome to

get involved whether doing working bees, dreaming ideas for the space or sitting around drinking chai! ✨

Please call Greg O'Donnell if you would like to get involved on 02 6679 4275.

Visit the Facebook page at: <https://www.facebook.com/UkiCommunityGardens>

Cardiac Defibrillator

Brendan Esposito

The Mount Warning Hotel now has an automated external cardiac defibrillator (AED) available for emergency situations. The defibrillator was kindly donated

by Simone and Jeanette Renton and is housed at the hotel with ongoing care provided by Brett and Kim Watson.

What the hell is an automated external cardiac defibrillator?!

Sometimes a 'cardiac arrest' is not the heart stopping but the heart fibrillating with abnormal electrical activity (quivering spasms that stop it pumping blood effectively). The AED is an easy to use, portable pack that can detect these

abnormal cardiac rhythms and provide a timely shock that boots the heart back into its normal function. These machines are now in common use in hospitals, airplanes and public places; are easy to use and have saved thousands of lives. ✨



From the Editors

It is with sadness that I announce this issue is the last with Kylie McCaffrey as my co-editor. Kylie has been responsible for layout and editorial duties since issue 87 and brought a fresh look and creative spirit to the newsletter. Big thanks and my best wishes go to Kylie for all her hard

work... we're going to miss you. Starting this issue, we would like to encourage contributions from the younger members of our community with a "Kid's Corner". This could be written, pictorial or something totally out of the box! Put your thinking caps on. The last issue of

the year is a bumper one, with a wealth of great contributions from the fabulous Uki Community... Enjoy.

(And don't forget... Uki News is your contributions Uki)

Brendan and Kylie

Contact Uki News: theukinews@hotmail.com

ADVERTISING

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

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

Farmer's Market Closure at Christmas

Anita Morton

Please make a note in your diaries – as usual, we will be closing the Farmers' Market for one Saturday during the Christmas break. We will not be open on Saturday 30 December, but will be back on 6 January 2018.

The last market for the year falls on the 23rd of December, so you'll be able to get all your fresh produce and stock up the kitchen for all your festive meals. Please note, however, that Jumuna will not be running the café on that date, and nor will I be baking cakes, muffins etc. We are both taking a well-earned break.

As you will have noticed, these are rough times for retail businesses, including market trading. Please support your local market by shopping with us where possible, as without our community's support it will not be viable to continue to hold the market each week. While visitors and tourists can help out by their spending, we rely on the locals shopping with us.

New and intending stallholders can always contact me at the market, by phoning me (6679 5438) or through the Facebook page (Uki Farmers' Market).

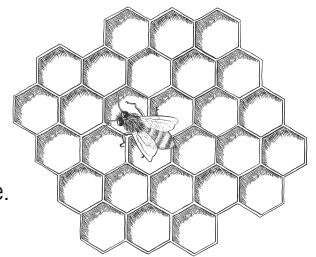


Letters to the editor

Native bee habitat concern

Howard Dickie

It was brought to my attention that the native beehive in the Camphor tree at the front of the buttery has been vandalised again. The technique being to poke a stick into the small hole in the trunk of the tree which the bees use as their sole entry and egress from the hive.



I assume that the culprit is a misguided child. If it is otherwise then the situation is even more appalling.

May I suggest that the parents of children that aggregate at the Buttery to catch their school buses have a quiet word with their offspring and inform them of the profound necessity of bees to the survival of our habitat. they could also inform them of their social responsibility as humans in this same habitat.

We'd love to hear from you... Send your letters to theukinews@hotmail.com.

Uki News

UKIRA needs a co-editor for Uki News formatting and layout duties.

Interested?

Email ukiresidentsassociation@gmail.com or for further info, including remuneration, phone Phil Carr on 0403 314134.

Debbie's gone but the clean-up continues

Eddie Roberts

Saturday September 9 saw an energetic group of people come together to truly help the environment around Uki by cleaning up the debris left by the floods as a result of Cyclone Debbie.

Twenty-five committed people, aged from 7 to 70, helped drag, bag and haul the garbage out of the Tweed River, Smiths Creek and Rowlands Creek and their riparian parks up to the roadside for council pickup.

With the help and support from Uki Residents Association and the Tweed Shire Council, two dump trucks full of garbage were sent off to the tip with some going as toxic waste. Where possible, sorting for



Audrey Paige O'Donnell-Parr, working hard for the environment.

recycling and reusing took place.

It was so good to get that dangerous and toxic stuff out of our creeks. Stuff like oil drums, timber with nails hanging out of it, plastic, broken glass and twisted pieces of metal.

Now our kids are much less likely to

come into contact with these hazards and can enjoy the parks and river in a safer manner than they could have before the clean-up.

If you still have garbage littering your piece of river front beauty, please get it out of the flood plain and to the tip. Don't leave it there. Good on you Uki!



Water Extraction – Decision Pending

Phil Carr

Tweed Shire Council is gearing up to disallow future Development Applications for commercial water extraction in the Tweed.

In response to community concerns about the impact of such operations on road maintenance, traffic safety, local amenity and water security, councillors are expected this week to remove the current provision in the 2014 Tweed Local Environmental Plan (LEP) that permits 'Water Bottling Facilities' in the Tweed. The motion will be debated at Council's Planning Meeting at the Murwillumbah Chambers on 7 December. If carried, the required legislative change would also involve the NSW Government and the entire process could take around 12 months. According to the Department of Planning, existing water operations would not be affected.



Council's Draft Rural Land Strategy 2017, which went on public exhibition in November until 28/02/2018, also flags Council's intention that water bottling facilities be removed from the Tweed LEP.

Meanwhile, Council has deferred its decision on a development application for the loading and delivery of extracted water from a property at Rowlands Creek, pending further consideration of:

- Apparent discrepancies in the Traffic Report.
- The impact of the development on natural water systems and agriculture.
- A Destination Tweed report to be prepared on the impact on experiential tourism.
- The estimated long-term cost of road maintenance due to water trucks using Rowlands Creek Road.

Council is expected to determine the DA in February 2018.



Uki Sporting Horse

Jennifer McDonald

The Uki Sporting Horse Association has had a great year with a new influx of members from near and far. The demand for events and training days has seen the grounds being used more this year than any other in its 40-year history.

There has been numerous training and practice days, trail rides and educational clinics for children and adults, with many more planned for the coming year with some new events in barrel racing, extreme cowboy and stockhorse challenges (a mixed discipline contest) and an endurance ride late next year.

The committee has also been updating the facilities with renovations to the canteen and the addition of a relocatable classroom (that was no longer required at the previous address) it is being refurbished and will be a valuable asset for years to come.

We ran a successful campdraft this year (which went ahead on the actual date organised!) with great support from the local community. ✨



UKI & SOUTH ARM HISTORICAL SOCIETY NEWS

A Bush Christmas

In years past the Uki RSL held a Christmas party for all the South Arm children in the Uki hall each Christmas. The decorated Christmas tree would be of such a size that it would brush the ceiling in the main hall and each child would receive a present from Santa that was placed on or under the tree.

Charlie Milsom the then Uki Postmaster would intermittently get up on the hall stage and read a telegram from Santa saying how much longer it would take before Santa arrived.

Before and during WW2 Len Loder (General Store owner) and Charlie Milsom would provide all the presents that were handed out to the children.

Flora Rowe (nee McAndrew) whose family lived at Kunghur, remembers one Christmas morning when there were no



presents from Santa left at their home, Len Loder arrived at their house with an armload of presents saying that Santa had made a mistake and left the presents at his shop at Uki.

One of the treats for the local children at Christmas lunch was to have jelly for their dessert. When asked how the jelly would set without refrigeration an old time local described how a hole was dug in the ground and lined with sand and a container that resembled an Esky was put

into the hole. The jelly was placed into the container with sand placed over the lid and every now and again would be watered down to keep the jelly cool. Another local identity remembered her mother putting the jelly in a bowl and placing it in the creek to keep cool she remembered they got used to eating runny jelly each Christmas.

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

Contact: Esme Thompson (secretary)
Ph: 02 66795890
Ph AH: 02 66799121
Email: trmuki@tweed.nsw.gov.au ✨

News from Uki Public School

New Playground For Uki Public School – Thank you

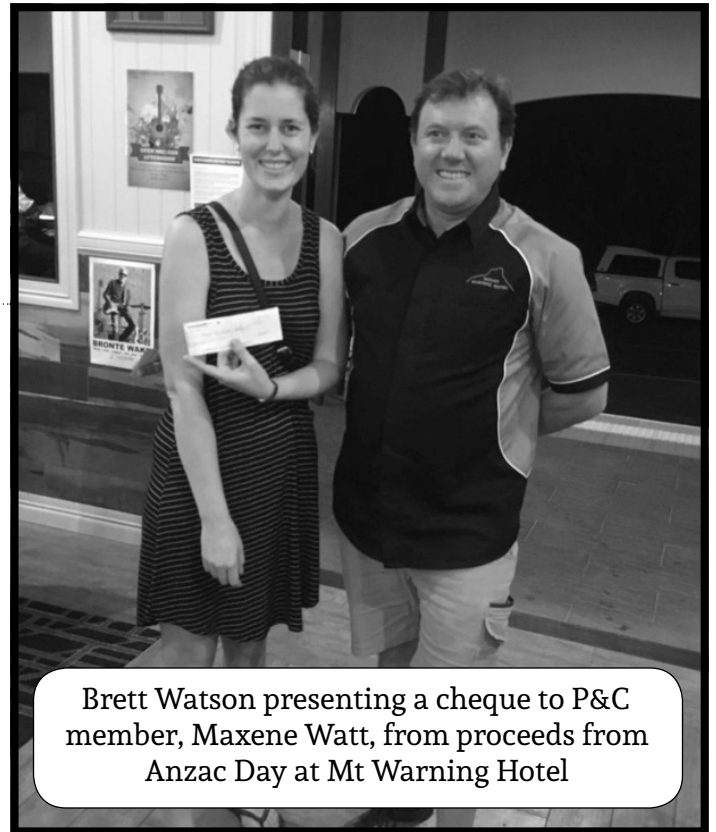
Selina Stillman, P&C President

Excitement is building at Uki Public School with works underway to install our new play equipment. This follows three years of intense fundraising by our P&C with the support of our staff, parents, students and community. The Stage 1 budget of \$35000 has been achieved, an incredible effort for our small community and one that could not have happened without the generous donations and support from our local businesses.



Recently, Mt Warning Hotel donated \$300 to the project from their 2017 Anzac Day event. On behalf of the P&C, I would like to thank Mt Warning Hotel and all of the wonderful local businesses that have provided donations, fundraising prizes and in-kind support to our playground project as well as the Uki Residents Association. Your support is greatly appreciated. I would also like to acknowledge the benefactors and families whose memorial trust funds also contributed substantially to the project. We are extremely honoured by and grateful for your gift.

The new playground will consist of a series of rope structures designed specifically for the senior students. The design was voted on by our Student Representative Council and was selected following consideration of the student feedback. The existing playground will remain for use by our younger grades. Stage 2 (fitness elements) and Stage 3 (concrete murals) are planned as more fundraising is undertaken. Stage 1 works are due for completion by the end of school term (weather permitting). ✱



Brett Watson presenting a cheque to P&C member, Maxene Watt, from proceeds from Anzac Day at Mt Warning Hotel

Uki Kids' Club After School Care



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So, what's the problem?

HPL tightly binds Vitamin B6 and Zinc, which are then excreted from the body with the HPL molecule, leading to a deficiency of these two nutrients. In the majority of people with PD, the chronic Zinc deficiency allows Copper to accumulate and secondary nutrient deficiencies to occur, including other B vitamins, magnesium, manganese, arachidonic acid and chromium. Vitamin B6 and zinc are utilised in hundreds of bodily processes; deficiencies may contribute to immune dysfunction, anxiety, depression, heavy metal toxicity and mineral imbalances and can result in a diverse range of potentially very difficult signs and symptoms, including:

Little or no dream recall	Insomnia
White spots on fingernails	Low morning appetite/morning nausea
Pales skin (face) / poor tanning/easily burnt	Sensitive to bright light and loud noise
Reading difficulties	Poor stress response
Argumentative, explosive temper	Anxious tendencies, fearful, 'edgy'
Increased alertness in the evening v. mornings	Dry skin
Digestive difficulties, esp proteins	Loner tendencies or dislike of large groups
Poor sense of taste or smell	Abnormal body fat (abdominal) distribution
Unpleasant body odour / 'fruity' breath	Frequent colds and infections
Fatigue	Difficulty recalling past events/people
Tendency to depression or nervous exhaustion	Poor short-term memory
Tendency to anaemia	Prone to acne, psoriasis, eczema
ADHD symptoms	Hypoglycaemia
Changes (schedules, travelling etc) stressful	May be sensitive to alcohol, tranquilisers, drugs
Family history of mental illness or alcoholism	Stretch marks on skin
Delayed puberty, stunted growth	Easily upset by criticism

Pyrrole Disorder

Judith Magee

Pyrrole disorder (PD) is caused by an excess of a waste product from the production of heme, a component of haemoglobin, called hydroxyhemopyrrolin-2-one, abbreviated to HPL. The excess production of HPL is thought to be from a genetic predisposition, made worse by stress, either emotional stress or physical stress such as chronic illness.

*Adapted from Gedgudas NURTURE NATUROPATHY
Acknowledgement Samantha Marks

Pyroluria is diagnosed by testing the levels of kryptopyrroles in urine. As Kryptopyrroles are sensitive to light, this must be done via a specialist laboratory. Other blood and serum markers are also need to understand impact – in particular of copper – and be able to then formulate individualised treatment protocols. Also critical is the 'whole of person' attention to eating a fresh nutrient dense and 'clean' diet, healthy lifestyle, gut support and stress support. This provides the platform for optimal wellbeing and for pyrrole disorder to return to a 'quiet' genetic susceptibility. ✨

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Judith Magee

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The Birds and Lila.

Angie

Once upon a time... There was a flower. A lady walked into the garden and her name was Lila. A little fire-tail flew into the garden. The lady saw the fire-tail and was delighted when the bird sat in a nearby tree and she enjoyed its spring call and when she looked down she saw paw prints. She looked at them and was confused. She wondered what type of bird or animal had made these prints. Lila followed the trail of prints. The trail stopped at a bush. The trail had taken her into the forest. She saw the big bush. There was a medium hole under the bush. Looking inside she saw a little fox cub. There was a rainbow coloured parrot in the distance. Lila loved the colours. With a dash it flew off. She walked home only to find the parrot in her garden.

The next day she went down to the river

and caught some fish for her dinner. When she walked home the parrot was there on the roof of her house. Lila's grand children came over and drew one lovely picture of the parrot. Lila had five grandchildren. Her grandchildren had a white fluffy dog. It was night when the grandchildren were there and there was a big, big, big, storm that was blustery and blowy. It blew a freezing cold gale and nobody wanted to go outside. There was flashes of lightening. There was thunder. Three trees fell down. One of these trees had the parrots nest in it.

The very next day it was sunny and they had the fish for their breakfast. Then Lila took her grandchildren on a walk. She went and got a box. The parrot had laid some eggs on that night. Lila and her grandchildren collected the eggs and the poor sick parrot, put them in the box and took them inside by the fire. Her grandchildren wove a nest together out of straw and put some moss inside it and fluffy feathers. Lila carefully put the eggs in the nest. One of the baby grandchildren was tapping on the eggs and said, "are you in there?". The eggs hatched the very next day. Lila with her grandchildren took the bird to the vet. The vet listened for a heartbeat and heard a faint beat. The bird

was alive! The grandchildren picked a tree in Lila's garden. They kept the parrot and the babies and a couple of days later they put the parrot back in the chosen tree. And everyone lived happily ever after.

The End.



Uki Ecstatic Dance
 Music by Narayana (Willow Beats)

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Thank You

Louise Bally



The Uki CTC committee & staff wish to thank all our supporters who signed a letter of endorsement last month, and to those who submitted letters of their own for community grant applications. Special thanks to: Uki News, UKIRA, Uki Rural Fire Brigade & Jeremy Tager.

Our quest is to replace our current printer, now out of service warranty, with a new faster multifunctional high-quality colour printer for the printing of the Uki News, as well as posters for community projects and events.

Hopefully we will be able to attain a grant early next year; we will keep you posted.



GoFundMe

Louise Bally

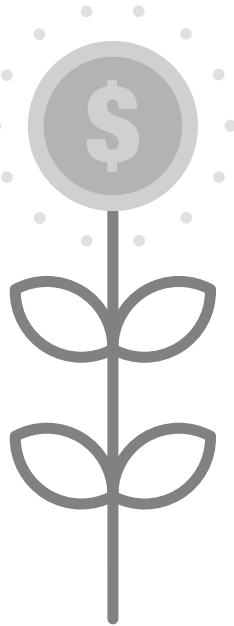
Continuing on from last issue's article on crowd funding, Go Fund Me is platform often preferred by not for profit groups seeking donations because it is not limited to a specific goal and can be used as an ongoing donation portal for charities, community centres, wildlife groups.

Go Fund Me provides donators with official tax deductible invoices, making it attractive to large companies as well as to individuals wanting to donate to community causes.

The flexibility of Go Fund Me makes it easy to set up as a donation portal, users having access to mobile apps, email support and bank transfer for raised funds. Go Fund Me takes 3% of each donation and a 3% processing fee.

GoFundMe targets Social Media platforms to create awareness for campaigns.

Ref: <https://en.wikipedia.org/wiki/GoFundMe>



PENCHANT FOR PEDANTRIES

The Possessive Apostrophe

Anita Morton

We've already covered the other use of the apostrophe – for contractions, where it replaces one or more missing letters (isn't, can't etc.), and also the greengrocer's apostrophe, where it shouldn't appear at all (potatoe's!).

Apostrophes also show us when something belongs to someone (or something). For example, Dave's house, the tree's bark, Karen's teapot, the bike's chain. It can get confusing when you're talking about multiple owners or multiple objects, or when the owner of the thing has a name that ends in 's'.

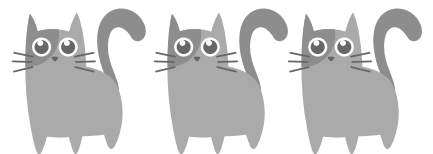
First, multiple owners. If you've got a list of owners, put the possessive apostrophe and the 's' after the last name. For example – Jenny and Kate's pony, Lara, Don and Alex's restaurant. Here, 'Jenny and Kate', or 'Lara, Don and Alex', are effectively one owner, though in two or three bodies.

With multiple objects, the apostrophe goes with the owner, not the objects, even though the objects end with 's'. So we write things like; Marie's investments, Cal's books, or the tree's leaves.

When the owner's name ends with an 's', the simplest thing is to tack on the apostrophe and another 's'. Malcolm Roberts's mistake, for example. Some people also use an apostrophe on its own, with no extra 's'. Jess' jeans, or the two cats' basket. Either form is correct, so just choose the one you think makes it clearer to your reader.

The point of punctuation is always to make things clear and easy to read. If you read 'the tree's leaves were

turning yellow in autumn', you would know that means just one tree. If you read 'the cats' tails were fluffy', you'd know that there were multiple fluffy cats.



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The Illusion of Innocence

John Tyman

I have probably had no more than half a dozen "nightmares" in my entire life, but there is one I remember still... one that I hope I will never forget, for in that dream I killed someone. I can't remember how or why I did it, and that really does not matter. I was horrified, terrified, and I was haunted later by the very idea of causing the death of another human being.



As a result, I could not begin to understand how anyone would feel who had slaughtered a whole crowd of people. How could they do such a thing... worse still, do so in the name of God... theirs and mine... a God whom they claim to honor as the very source of life?

I groan audibly when I here on television of yet another terrorist attack: but I acknowledge that I am far from being innocent myself. Eisenhower once declared: "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." Consider this when now Australia is spending billions of dollars on "border protection"... while our aid budget is the lowest ever.

I wrestle with Eisenhower's words every year around this time... at the running of the Melbourne Cup, and as Christmas draws near... when billions of dollars will be spent on indulging the whims of people who actually have no **need** of anything, but are compelled to throw money around... money that could improve the lives of millions, and save the lives of thousands!

The title of my piece is the sub-title of Peter Unger's book *Living High and Letting Die*, which highlights our illusion of innocence...




"after all, I haven't killed anyone have I?" In a companion volume, *The Life You Can Save*, he illustrates how in everyday life we make decisions at the expense of other human beings. And, sadly, this is particularly obvious at Christmas when millions of people spend billions of dollars buying gifts for people who do not actually **need** anything! How could anyone, for example, actually **need** a trail bike, or even a new gold watch?

I acknowledge the importance of maintaining some sort of balance in our lives, but I'm sure Jesus would be perfectly happy if we invested at least some of our gift-giving money in making this world a more loving place. And if you don't know how to do this contact "Oxfam Unwrapped," and in the name of your child or a friend give a goat, or a well, or a toilet to someone who really needs it. At the Church, here we also have a stock of the "Useful Gifts Catalogue" produced by TEAR Australia.


So, spend wisely, and generously, and have a Happy and Peaceful Christmas. ✨

At the Church, we have a stock of the "Useful Gifts Catalogue" produced by TEAR Australia.

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DECEMBER Buttery Bazaar

Sunday December 17

Bill Jacobi & Mark Gray

Local loved legendary song man Bill Jacobi will be gracing the space this month. As a solo artist, singer songwriter Bill Jacobi has embraced the role of multi-instrumentalist and one-man band. Using foot percussion, lap slide, open tuned guitar and banjo, Bill has developed his own take on the roots, folk and alternative country genres. Laden with a down to earth honesty and a healthy sense of humour, his songs are an eclectic amalgamation of swamp/roots, alternative county and hillbilly funk; that manage to look back at a wealth of musical tradition, have a good poke around and then turn and run the other way.

www.reverbnation.com/billjacobi  **Bill Jacobi**

Special guest Mark Gray is a guitarist/singer/drummer who lives in a truck and travels the country. Since leaving his band behind to live a simpler life he now plays the whole band by looping guitar tracks, mixing it with fresh beats on live drums and cooking up a unique brand of one man band style funk.

www.markgrayband.com  **Mark Gray Music**



Bill Jacobi

Mark Gray

JANUARY Buttery Bazaar

Sunday January 21

Cliff Fletcher

Cliff Fletcher is an award-winning musician based in the Byron Bay region of NSW. He has been a working musician most of his life, has performed at many music festivals, many functions and many clubs and pubs over the years. In particular he has performed at numerous outdoor markets including Bellingen, Coffs, Woolgoolga, Byron Bay, Bangalow, The Channon, Lennox Heads, Brunswick Heads, and Mullumbimby. His music is singer/songwriter, acoustic guitar based, relaxed, and always positive, plays a mix of original songs and popular covers... Special guests to be confirmed.

 **Cliff Fletcher Music**



Cliff Fletcher



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O Christmas tree

Anita Morton

Plastic Christmas trees have the advantage of a long shelf life, but they can't rival the scent and living presence of a 'real' tree. There are many attractive dwarf conifers that grow happily in a pot. These trees are a good investment, as they can be brought indoors year after year for the holiday period, then taken back outside to decorate the landscape.

If you choose a potted tree, also invest in a heavy-duty pot-plant stand on castors so that it will be easy to move. Water the tree regularly and give it a tree fertilizer tablet in the early spring, and it will look great for Christmas. Don't keep living trees indoors for more than two weeks – traditionally, a tree was brought in and decorated on Christmas Eve, and taken down on Twelfth Night, the 6th of January.

Cut trees need to be treated much like cut flowers. Buy a fresh tree that hasn't been standing in the sun for hours, and take it home carefully – keep it cool and covered to reduce transpiration. It will last better if kept in a pot of wet sand than on a metal tree stand. Saw off a centimetre or so of the trunk to expose a fresh, moist surface, then immediately plunge the end of the trunk into water. Keep the tree there until you have the pot and its saucer in place, then transfer the tree to the pot and get someone to hold the tree upright.

You will need two wooden crosspieces that fit inside the top of the pot. Screw them to the trunk to hold it steady, and then fill the pot with wet sand. Water the tree every day and keep it as cool as possible, and it should look great for a couple of weeks.

Happy holidays to us all, and may everything in your garden flourish!



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Consuming Christmas

Pat Miller

Here's to a thoroughly
modern Christmas.

The season is beset with traditions that don't necessarily translate well into the Australian twenty-first century. Snow motifs seem very odd unless they're stuck on your air conditioner.

There is an art to giving presents. Author George Monbiot in a 2012 essay put it well:

"But many of the products we buy, especially for Christmas, cannot become obsolescent. The term implies a loss of utility, but they had no utility in the first place. An electronic drum-machine t-shirt; a Darth Vader talking piggy bank; an ear-shaped i-phone case; an individual beer can chiller; an electronic wine breather; a sonic screwdriver remote control; bacon toothpaste; a dancing dog: no one is expected to use them, or even look at them, after Christmas Day. They are designed to elicit thanks, perhaps a snigger or two, and then be thrown away."

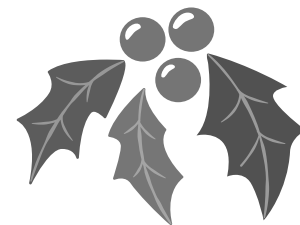
Can we not throw money away on junk this Christmas please? Traditional present-giving involved making practical objects or food. The modern solution is to go back to that.

Kissing under the mistletoe was banned in Reformation England, deemed immoral because of all the slightly lumpy fun it caused. Mistletoe was replaced by holly to represent Christ's crown of thorns and its red berries the blood. How cheery and romantic! Can we be modern and just have a quiet (age appropriate, mutually consenting please) snog?

Don't forget to replace your Christmas cards with Christmas social media 'likes'. So special. So personal. Like disposable presents, disposable emotions don't mean anything. Take a little food, visit your friend. Sit on a verandah and tell stories.

Modern women and Christmas stockings are a really bad fit.

St Nicholas was prone to dishing out bags of gold. Feeling sorry for a poor family whose three daughters had no dowries, old Nick threw a couple of bags through the window and one down the chimney for good measure where it was caught by a daughter's stocking hung to dry. Retailers' "stocking stuffers," instead of being cheap junk, could be really expensive. Resist the stocking stuffer. Resist dowries.



But don't resist the urge to cook for family and friends. Cold poached freshwater bass is always a hit, the recipe inspired by a friend who has turned over his in-ground swimming pool to breeding these tasty little elves.



Catch a few freshwater bass, humanely kill, gut and scale them. Make a court bouillon (fancy name for an easy stock) - with 1 litre of water, the juice of four limes (or lemons), whole peppercorns, a couple of peeled chopped carrots, a good pinch of salt and bay leaves. Bring your stock to the boil, slide the fish in and simmer (so the surface of the stock is just moving) for 20 minutes then turn it off. Leave the fish in the stock until cool, then lift them out carefully, remove the skin, carefully lift off the fillets and remove the bones. Turn the fish over and do the other side.



Reduce about 150ml of the court bouillon to a sticky sauce, allow to cool and serve with the fish, salad greens and a glass of something nice.

Regardless of your belief system or the hype around Christmas, spend it with people you love.

Happy Christmas.

Pat Miller <http://patmiller.net.au>

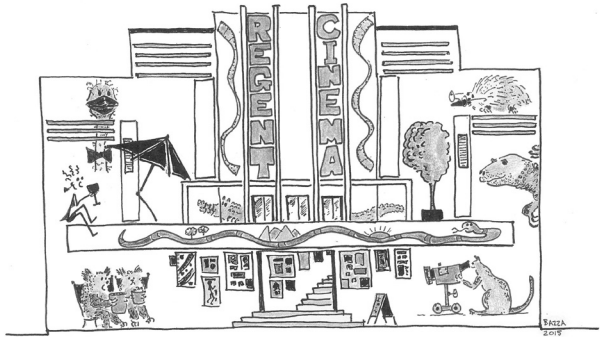




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The Great Uki Bake Off

Kylie McCaffrey

Photos courtesy of Raji Deva
0418 969 925

Once again, we had loads of fun and heaps of scrummy food at the second Great Uki Bake Off on November 5.

The Uki hall was filled with delicious food, music and our wonderful community bakers and cooks. Judges Pat Miller and Ida Daley did a fantastic job and the prizes were awarded as follows:

Best Dressed: Barb Roberts

Nutritious: Judith Magee

Moddi T'Anni: Creativity

Dylan and Eartha: Child Prodigy

Mad Murray Oddity Award

Kylie McCaffrey People's Choice.

Thanks to our generous sponsors for the prizes: Happy Herb Company, Men's Shed Murwillumbah, Chrissy Schyff Kahuna Massage, A Tinkers' Cuss, Uki Cafe, Uki Pies and the Regent Cinema. Special thanks to our awesome MC, Kellie Butterworth! See you at the next one!



Kellie Butterworth & Kelly Skinner



Jacqueline & Amulet



Kylie & Loren



Dylan and Eartha won the Child Prodigy award. Dylan admitted "Eartha did all the work!"



Jenny & Carmen trying out the produce



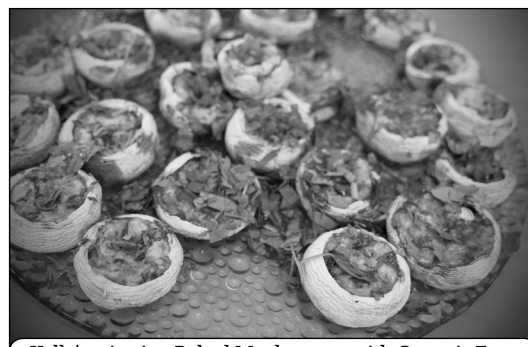
Jacey with her delicious bread



Judges Pat Miller and Ida Daley



Moddi's winning Rainbow Cake



Kelly's winning Baked Mushrooms with Organic Feta

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Astrology

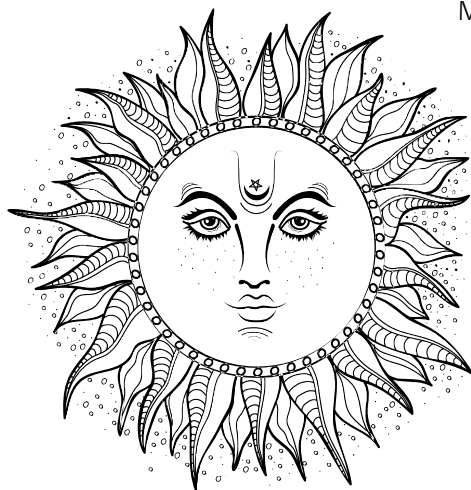
Paola Emma

2017 has been a year of surprises and unsettled conditions for many of us, individually and collectively. With Air/Fire Signs highlighted by Uranus in Aries, Saturn in Sagittarius and Jupiter in Libra, 2017 has been a time of speculations, aspirations, or just a lot of hot air, stimulating changes but often failing to put them into realistic frameworks.

The Earth Signs instead will come into play in 2018 and beyond, with Saturn in Capricorn from December 10 this year (until December 2020, a once in thirty years event), and Uranus making its first ingress into Taurus on May 16 2018 (a once in 84 years event). The Water Signs will also come more to the fore with Jupiter now in Scorpio and Neptune still transiting Pisces.

This evolution from the Fire to the Earth Signs signifies doing rather than speculating, taking action on matters that are important to us. Capricorn Saturn will not tolerate procrastination, guiding us to put in the hard work, commitment and integrity necessary to restructure our lives, at home and work, in business, finances, politics, ecology, streamlining our plans and making more efficient choices.

I predict that the beginning of Uranus' shift into Taurus (between



May 2018 and March 2019) will not be a timid one! Uranus is in fact the planet manifesting as abrupt changes, while Taurus is the most Fixed of all Fixed Signs, resisting changes via its conservative outlook and sheer inertia. The combination spells if not disaster certainly a breakdown of many outdated tendencies in us and our world, confronting us with difficult choices, ultimately proving constructive and beneficial. Taurus holds sway over our Earth resources, so Uranus in Taurus, across seven years (until 2016), will bring some form of breakdown of our present ways of doing business and using/abusing natural/

financial resources. Economic/currency revolutions are indeed possible between 2018 and 2026. A reminder that the last period Uranus was in Taurus (1934-1941/42) the world experienced the greatest financial disaster in modern history and the start of a global war. This doesn't have to be repeated, of course, but shows the negative potential of the combination.

Last but not least is the effect of Jupiter in Scorpio (until November 2018). Expansive Jupiter is already showing the Scorpio's tendency to dig out stuff that has been kept secret for a long time. We are seeing this in the public disclosure of famous people's sexual misconduct (Scorpio also relating to sexuality), facts that are helping to uncover the same in the everyday world of people. The truth about financial and sexual misdemeanour is coming out in a very public way. It is liberating to be able to talk about issues that have been festering in the dark forever, a sign, among others, that consciousness is rising on this planet. ✧



Soils Ain't Soils

Anita Morton

As the weather heats up we have to water our pot plants much more often to keep plants healthy and strong. The type of potting mix you use can make a huge difference to how often you have to water and to the quality of the pot plants. Two of the major factors affecting plant growth are the availability of water and of nutrients. Top-quality potting mixes contain both water-holding crystals and slow-release fertilizer granules, and you will really see the difference if you use these. Unfortunately, they are considerably more expensive than basic, supermarket-brand potting mixes. If you are on a budget, cheapo potting mix is very tempting!

Unfortunately, cheap mixes contain neither water crystals nor nutrients. They are basically an inert growing medium, and seedlings planted in them will just sit there, sulking. Even if you add fertilizer, the fact that it is almost impossible to keep these potting mixes moist during hot weather will stunt the growth of your plants.

However, there's no reason why the cheap brands can't be



improved. The addition of water crystals and fertilizer granules can bring it up to standard economically. Slow-release fertilizer will generally be applied at a rate of about one teaspoon per 200 mm pot (check the label to be sure). Since one twenty-five litre bag will fill about five of these pots, we know that we need to add five teaspoons of fertilizer per bag. The quantity of water-holding crystals or powder will vary according to brand – just measure out five times the recommended amount for a 200 mm pot. Put the potting mix and additions into a wheelbarrow and mix it well, then store in a covered bin. Keep the potting mix moist at all times to minimise dust and the associated risk of inhaling airborne pathogens. Happy potting! ✧



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