

# THE UKI NEWS

Issue 76

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

April/May 2014



## Red Cross Dates for your Diary

The Uki Branch of Red Cross has a busy year ahead. We will be having our Winter Appeal in Uki Hall on the first Friday in June. Then on the 21<sup>st</sup> of June we will cater for the 2014 Miss Uki Ball. It's a wonderful night for all the family, be sure to come along.

In September we will be host for the Red Cross Conference, celebrating 100 years of Red Cross in Australia.

Then in December, on the first Friday we will again be having our Red Cross Christmas Appeal street stall and luncheon.

It will be a busy year for all our members and Committee!

We look forward to your continued support, thank you.

*Joy Armour*

## Uki Public School News

It has been a busy but exciting start to our 2014 year here at Uki Public School. We have welcomed our new Kindy Kids and their families into our school family. They are all settling in nicely, proving that our Kindergarten Transition program was a roaring success. We are also thrilled that we have many new enrolments in other grades, so welcome to the Uki School family. Uki School is set in a wonderful environment right in the heart of our village. This year, we welcome our new Assistant Principal, Mrs Sue O'Regan, who brings with her a wealth of knowledge and enthusiasm to add to our dynamic school. Sue has worked in our Far North Coast Network of Schools for over 10 years, with experience in other local schools, in our DEC District Office as our Mathematics and Equity Pro-

grams Consultant, and more recently, as a mathematics consultant in New York. Sue has worked here at Uki PS on many previous occasions, even relieving as Principal for 7 weeks in 2012, and she is thrilled to be back here as a permanent member of our team.

Congratulations to Keats from Year 6 (pictured above) who recently travelled to the Central Coast north of Sydney to compete in the NSW State Cricket Carnival. Keats is an outstanding young sportsman who played all games for his North Coast team as their wicket keeper, taking 2 stumpings and 5 catches in 200 overs of cricket, with his team winning 3 of the 4 matches played. What a great effort! He had a wonderful time with the support of his dad.

Our school provides many wonder-

ful opportunities, including an assortment of technological equipment, a comprehensive sports program, supportive student welfare and values programs, and specialised art and music programs and resources that are sure to accommodate every student. Our school gates are always open to family and community members who wish to get involved in a range of ways to help our students.

Thank you to our school community that came in and supported our annual Senior Citizen's Morning on Friday 14 March. The students entertained their grandparents and community members in a morning concert of music and song to help celebrate Seniors Week 2014.

(Continues on Page 2)

*Sonya Dusi*

## From the Editor

Hello all, and doesn't the next edition of the News roll around quickly? It seems like no time at all since Issue 75.

I'm delighted to acknowledge our new advertisers—thanks for coming on board, and we look forward to a long and fruitful relationship. Advertising in the News is very effective for local businesses, as Julian and George will attest, and, of course, your advertising payments support the paper. Please support our advertisers and keep your money local!

The Uki News was set up by UKIRA to allow locals to share their views and knowledge with their community. So don't be shy—if you have something to share, please email me at [theukinews@hotmail.com](mailto:theukinews@hotmail.com)

**Deadline for Issue 77 is 5pm Tuesday  
20 May 2014**

**Anita Morton**

### Local Casual Employment Opportunity

#### Child Care Assistant

#### Uki After School Care Centre (OOSH) Uki Public School

The small friendly Uki OOSH is seeking to appoint a caring, fun and energetic Assistant to join the team. Uki OOSH is open Monday to Friday during school term and offers a range of fun after-school activities including creative play, games, craft and outdoor sports.

Working under the direction of the Coordinator, the Assistant is responsible for assisting with the day to day running of the Centre and supervision of the children.

Hours of work are variable from 2.45pm to 6.00pm up to two days per week. Award rates apply. Working with Children Check and Senior First Aid will be sought.

To express interest in this appointment please contact

## Uki Public School News

(cont. from Page 1) This event has always been a highlight of our schools calendar so we can say thank you to all of the senior citizens in our community. We all shared in a wonderful morning tea provided by our Uki PS P&C and staff from the school. Thank you to those who were able to attend for allowing us to showcase our Australia themed concert. It was joyous to watch the audience sing along with our kids. Our newly renovated OOSH/

Community Room has been finalised and is a fresh and inviting place for our After School Care kids to spend their afternoons. Remember that it is open from 3.00pm until 6.00pm Monday through to Friday. Our community groups now also have a place to meet and greet and to run workshops in our community. This is a great space for workshops, book clubs, meetings and other endless prospects. Please contact the school on 6679 5128 for further details.

Once again, Peter and Charlie from Mavis's Kitchen are hosting our famous Mothers Day Luncheon.

## Contact the Uki News

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

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

### Advertising

Business card size \$25

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All advertisers will receive an invoice. Advertising revenue helps fund the Uki News.

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

## Milsom's Lane Upgraded

Potholes and dust on Milsom's Lane, Uki will be a thing of the past thanks to a joint project involving the Uki Residents' Association, Tweed Shire Council and local businesses and residents. Milsom's Lane provides rear lane access to shops and houses as well as to the Hall and the public toilets, which are getting more and more use. With Council's annual roads and maintenance budgets stretched to the limit, it was clear that Milsom's Lane would not be sealed for a very long time, meaning that locals would continue to experience dust in the dry and potholes in the wet. But an offer from the community to contribute toward the cost of the bitumen sealing from Norco St to the supermarket was accepted by Council and, now, just a couple of months later, the job is almost done.

Contributions were made by UKIRA, Uki Hall Trust, Uki PO & News, Uki Supermarket, as well as three Milsom's Lane property owners. Also, Tweed Shire's Water Unit was happy to chip in, as they use the lane to access Council sewerage infrastructure.

Drainage work was also carried out in an attempt to manage stormwater and to mitigate erosion of the riverbank. The work has been rain-delayed, but should be finished in April.

**Phil Carr**

Come and enjoy a tantalising three course meal, set in a beautiful location amongst great company. We invite all school and community members to celebrate with our mums and our fellow mothers. It is a great afternoon of food, fun and festiveness. Tickets are available at the school office for \$35.00 per person. Bookings are essential for catering purposes. Vegetarian options are available. Save the date for Wednesday 7 May.

**Sonya Dusi  
Uki PS P&C President**

## UKIRA Report

Recently we have become aware that some in the community perceive the Uki News to be a 'UKIRA newsletter'. This is not the case. UKIRA pays for the cost of publishing the News, and then the committee folds it, so that it fits neatly into your post box. However, we do not decide upon content or contributors. The editor is a local volunteer. We encourage anyone who is interested to contribute to the News, the more voices and views, the better. New minimum opening hours for all the shops at the buttery have recently been agreed upon. You will find all your favourite local shops will now be open between 10am and

4pm from Thursday through to Monday each week, with some shops choosing to open even more than this. We anticipate these new regular opening hours will make it easier for locals and tourists to browse and explore all that is on offer, and support local retailers.

UKIRA recently made a donation of \$145 to the Miss Uki Ball 2014, to cover the cost of sashes and medals.

I would also like to clarify our position regarding the rebuild of the Uki Pub. Despite reports to the contrary, UKIRA has not put in a submission either for or against the proposed development. Opinions are

too divided within the community. We would only write a submission in a situation where the majority of residents agreed, such as, No Dam at Byrill Creek.

And finally a reminder for anyone who is able, please join the real conservatives at the Bentley protectors' blockade when you can. The only thing left to stop coal seam gas in the Northern Rivers is ourselves.

UKIRA meets on the first Tuesday of each month at 7pm in the meeting/supper room at the Hall. Next meeting May 6 2014.

## The Buttery Bazaar

Next markets 20 April and 18 May

### Historical Society News

The Far North Coast Chapter of 'Museum Australia' held a meeting in Murwillumbah recently, with many delegates from Uki attending. Being able to meet people from small local museums such as Yamba and Alstonville helps us to find ways to improve the quality of our service. In the Tweed Valley, we are very fortunate to have excellent support from the Tweed Shire Council. Professional museum staff members have introduced sophisticated methods of handling historical items, photos and information. Items can now be stored in conditions required for long-term preservation (secure, dry,

clean, labelled, adequately ventilated, temperature-controlled for fragile items). We were taken on a tour of the large off-site storage facility (it is not a 'shed') and also the almost-completed museum extension in Murwillumbah – it's a lovely building.

Some Uki people are sad that all historical items cannot be retained here in the village, but our office is too small, and objects deteriorate unless stored correctly.

Esma and Jayne will continue their good work of opening the Historical Society every market Sunday, with many photos and interesting items on display. The display in April (Sunday 20<sup>th</sup> – near to Anzac Day) will focus on the military.

Research projects for the year include the Uki Post Office. It is 100 years old and will be the subject of our major display in September. The antique butter churn is an ongoing research task – it is the only one of its type in Australia. The histories of the Anglican Church and the Butter Factory are also being documented.

The Uki & South Arm Historical Society office is at the back of the Uki Hall Park

Enquiries: Fridays from 10am.  
Displays: Every month on 3<sup>rd</sup> Sunday – Uki Market Sunday.  
Meetings: 2<sup>nd</sup> Saturday each month at 10 am.

All welcome



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Hi everyone, welcome to more thoughts on the role of the Elements in 'Relationships Astrology'. The Fire Signs (Aries/Leo/Sagittarius) are better suited for relationships that can allow them to be assertive and shine in their own light. Relationships that bind them too closely and where too many emotional demands are made could prove difficult. If you don't mind an individual who can be a bit arrogant at times, impatient, short tempered, but also brilliant, creative and fun to be with, this is your type. Independence is very important for the Air Signs (Gemini/Libra/Aquarius). Some emphasis on good communication, the sharing of ideas/ideals and cultural interests is

also a must. Sameness and boredom can be a serious hindrance, Air Signs needing diversity and mental stimulation. If you are very sensitive this type could appear too cold and indifferent instead. If you like breezy, open minded, friendly types Air Signs are for you. Earth Signs (Taurus/Virgo/Capricorn) could thrive on sameness and routine instead, seeking 'safe' relationships, based on commitment, even a degree of co-dependency, where financial stability is often crucial to happiness. Sexual compatibility, the sharing of practical responsibilities can help strengthen their relationships too. If you are looking for excitement a strongly Earth type may not do for

you. Their realistic approach to life may seem calculating to more idealistic types. If you are instead looking for someone solid, reliable and efficient the Earth type is for you. Water Signs (Cancer/Scorpio/Pisces) look for emotional support and nurturing, to share feelings with someone. Insensitivity to these needs could cause estrangements, irrational moods and demands. Water Signs can also be very clinging and touchy, reflecting readily other people's emotional state, so they would be better off with someone who can help them to stay grounded, to find their inner core of stability. If you are looking for a caring, supportive, imaginative type a Water Sign may fit your bill.

**Uki is Missing its Pub!**

Many Uki residents and businesses are growing impatient as plans for the new Mt Warning Hotel await approval from Tweed Shire Council. It seems that not having a pub in the village is impacting both socially and economically.

According to advice from the Council, officers have all but completed their assessment of the Development Application lodged by the owner on 6 December 2013, including comments made in submissions from the public. But additional information has been sought from the owner in regard to the provision of onsite water for fire fighting capability.

At the time of writing, a councillor had called up the DA for consideration at a monthly Council Planning Meeting, meaning that the earliest approval could not be expected until the Planning Meeting on 1<sup>st</sup> of May, and if councillors have issues with the DA, approval could be further delayed.

Once the DA is approved building cannot actually commence until a Construction Certificate has been issued.

The pub's spokesperson, Des Watson, said that he expected it would take 6-8 months to build. Des's dream of opening in time for the 100th anniversary of the Mt Warning Hotel on 22<sup>nd</sup> December is shared by the rest of the Uki community, but is now looking increasingly unlikely.

**Phil Carr**

**Tony Oniper**  
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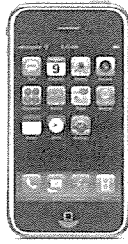


## Mobile and Wireless Security

Over the last few years the focus of cyber criminals has increasingly moved from computer networks and personal computers to mobile devices and wireless networks. With almost every person now owning a smart phone and having a wireless network in their home, it is becoming vital to secure these devices.

Most people are unaware of the security threats in the mobile environment and take few or no steps to protect these devices. Security threats have increased 250% in recent years.

Mobile devices often get lost, stolen or misplaced, which makes the owner's personal information accessible to others. Social engineering attacks are common, attempting to collect personal, credit card and banking information from users. Malicious software and other security attacks can occur in a variety of ways including SMS text messaging, but by far the most prolific way malware finds its way onto your mobile device is through downloading apps and games. Some applications can



turn the mobile device into a *zombie* device which can then carry out the commands of a central hacker, unbeknownst to the user. Malware is also attached to email messages or embedded in applications or web sites. Users usually must consent to downloading an app or opening an SMS message so it is important not to accept requests or click on links from unknown sources. As many people also use wireless networks to connect their mobile devices to the Internet, it is vital that the wireless routers have security. Mobile malware can steal personal sensitive information from users which is then sold onto a third party for profit. **Protecting your mobile device** Having a keypad lock or passcode is a simple measure that will protect your device from unauthorized ac-

## The Desktop Doc

cess if it becomes lost or is left unattended. Most people fail to use this measure. Do not use 0000 or 1234! Mobile users should refrain from sending any personal, proprietary or financial information when you are connected to and using a public wireless network, such as in airports, coffee shops and McDonalds. If it becomes necessary to use a public network, then it is essential to encrypt any data transmitted and use a virtual private network (VPN) to securely connect to other networks. Wireless security WPA2 is a security protocol developed by the Wi-Fi Alliance which uses encryption to transmit data. Use this for all home or office wireless networks. Always keep Bluetooth and Wi-Fi turned off when you are not using them. Lock down all social network sites like Facebook, so your information cannot be accessed publicly. Download a mobile security app to further protect your device and keep it updated daily.

### Can You Help UKIRA?

The Uki Residents Association (UKIRA) provides a forum for locals to come together with ideas on how to make living in the Uki community even better. Everyone is welcome to attend.

New residents often ask how they can help. The only qualification needed is that you care for your community. The best way is to come along to one of our meetings where various projects get dis-

cussed and new ideas are planned out. You may just want to listen, or you might decide to get involved in an area that interests you – for example: the Uki Buttery Bazaar Market; Sustainability projects; Uki Village website; Uki Butter Factory history display; working bees; reporting for the Uki News; maintenance at the Buttery; or even administration and grant applications, etc.

Our very relaxed meetings are held at the rear of the Uki Hall on the first Tuesday of each month (except

January) starting at 7:00pm. We always love to see new people getting involved. For more info please contact Justine Stratton on 6679 5019, or come and say 'hello' at the UKIRA stall at the Buttery Bazaar Market on the third Sunday of each month.

**Phil Carr**

### UKI ELECTRICAL SERVICES



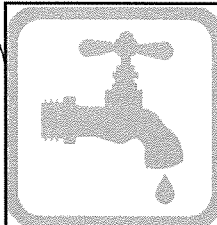
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## The Magic of the 80/20 Rule

Geoffrey Colwill

Did you know that for 20% of the effort we get 80% of the results? So that by being clear about what we do that is most effective, we can either work much less or earn/achieve four times as much! For most of us that means being:

- much more clear about what we want to achieve
- ensuring that our energy is focused on these activities
- spending time making conscious choices every week/day/moment about how we invest our time and energy.

**It's good to start out the week/day being clear** about what are the most important things to focus upon. Such as appointments first, then family stuff, then, if I only achieved 1/5 other things today, which would they be, and which comes first? **People organise themselves in many different ways – what way works best for you?**

For myself, I am more peaceful if I

invest 20 minutes every morning (or the night before) planning my day and working out what outcome is most important to achieve in that time when I can choose what to do. The busier I am, the more important it is for me to invest time in ensuring my effectiveness and peacefulness. **Jobs always take longer than I expect!**

As a rough rule of thumb when planning my activities I need to double the time I think it will take for me to complete a task. I need to be honest with myself about how long it takes me to do things.

**To arrive at appointments on time and peaceful!**

I need to write in my diary the time I need to start preparing to leave, rather than the time of the appointment.

**To manage activity priorities rather than time.**

We can choose to focus on the abundance of opportunities, rather

than an apparent shortage of time! I find I am much more peaceful if I regularly revise my prioritised list of tasks and remind myself that what is important is not how many I have ticked off, but that I did the most important ones first.

**Toodledo - a web based activity manager, on my computer and on my smart phone.**

I have been using Toodledo for the last 5 years. It helps me to be more effective and peaceful.

Different systems work for different people.

I am passionate about being organised and supporting others in finding ways to be more effective.

Happy to talk (for free) about this with anyone, if you feel this may be helpful.

**Until next time, have an effective and peaceful life :-)**

### Iyengar Style Yoga Classes with Mark & Paula Cave



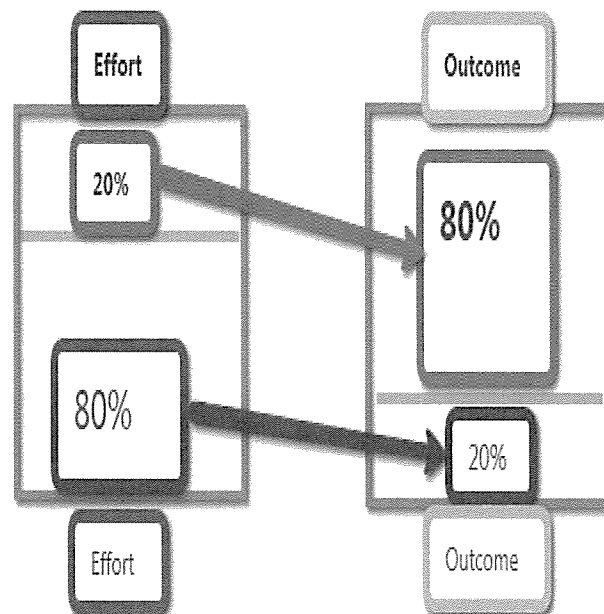
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## Increasing Respect for Women in Bangladesh

Heather McClelland

On our recent month in Bangladesh we experienced the way that respect for women is increasing there. The twin provisions made by NGOs across the country, of Functional Literacy Courses and a Group Savings system, have been seized on. Previously illiterate women, usually sitting in the open air, learn to read and write and to do simple sums in just eight months. Then the same twenty or so women learn that from their own minute savings they can accumulate and share start-up funds.

As we listened to many such groups we heard sentiments like this: 'When I bring income into the family I go up in the estimation of my husband. By learning to read and write I am increasing my knowledge and I can help my children with their

school work. My children are impressed'. Heads were nodding. 'They respect their mothers more'.

Another said that when new knowledge opens up for her children, they can share it with her. All concurred that they have developed a love of learning.

Another told us about a proverb which her son brought home from school. 'Educate a woman and you educate a nation!' A ripple of energy and smiles ran around the group as they realised that their lives are making an impact. In that group the members were in a joint business enterprise taking loans to buy a truckload of bricks. These are broken by hand into gravel using a hammer, because Bangladesh has very little rock to make roads!

Last Saturday we listened to the

Australian High Commissioner to Bangladesh speak about the healthy relationship which our country has with Bangladesh. Australia was one of the first nations to recognise that fledgling nation when it achieved its independence in 1971. Now there is energetic trade between the two. Wheat, lentils and Higher Education are provided to Bangladesh and such items as pharmaceuticals and garments come our way. During the last ten years this tiny country with its small land mass (two thirds the size of Victoria) and its population of over 160 million people has been developing at an amazing speed. An explosion of building is going on. As a strong middle class prospers, the poor also find more work.

## Entertainment @ Uki Buttery Bazaar Markets

The April Uki Buttery Bazaar Market has, in recent years, been combined with **HONOUR OUR ELDERS DAY**. This year we again showcase as many fabulous local musical Seniors as we can find, and we invite everyone to bring their grandparents out for the day to celebrate their wisdom, decades of life experience and service to the planet!

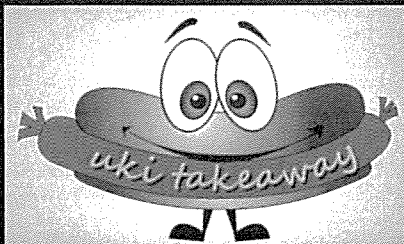
As well as showcases from local favorites Applejack, Shameless O'Hooligan, Sisters Healing Earth, Barbara Brewster, Sydney or the Bush, and more, there will be an 'Elders Sharing Stories' panel with special guests and hosted by Elder Raine.

Last year's panel inspired tears, hilarity, respect and indeed, honour!

Iconic Elder, Ida Daly, has organised a healing tent, where Elders may sit and receive free shoulder, foot and hand massages from local masseuses, whilst enjoying the entertainment. A day for giving..

The May market entertainment will be hosted by **TROMBONE KELLIE** and the **MUDDY ROADERS**. Trombone Kellie and the Muddy Roaders indulge listeners in what they call 'Blazz Swing', and exciting, energetic mix of Blues and Jazz. The young and old alike will find themselves singing and swinging to familiar tunes from the good ol' days when music was played by real musicians and with real instruments. It's back to the roots of Blues and Jazz, with inspiring vocals, raunchy horns and tasty guitars, making this a versatile mix of 'Blazz Swing' – with a twist of some Gospel, Country, Rockabilly and much more. Young performers Kuwani Barnett and Audrey Spence will also be gracing the space with their music and song. Special guests as always... See you there!

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Now that I have your attention! .... At 5.00 pm on February 23rd no fewer than 48 people turned up at church for a candlelight vigil, to grieve the killing of a young refugee on Manus Island, seemingly by persons hired in our name to guard him. They also came to protest the inhumanity of government policies enforced, supposedly, in our interests! They had less than 24 hours notice, so it was obviously something that concerned them deeply. They were not church-goers, just Australians determined to add their voices to the disquiet manifested at 720 vigils nationwide.

Pauline Hansen is an Australian too, so am I: and I wonder sometimes how her views and mine could be so radically different? I suspect it has something to do with our origins. She is an Australian by accident (her parents may have wanted her but she had no say in it!) and, having had little experience of the world beyond Ipswich, she naturally fears

that which she does not understand, and so embraces policies that she believes will preserve unchanged the way of life she knew as a child. In contrast, I am an Australian by choice, not by accident. I could have settled in any number of countries; but chose to make my home here. Yet, I have difficulty 'feeling at home' in a country that treats so callously those who have fled persecution elsewhere. A recent poll found that 60% of Australians wanted the Abbott government to 'increase the severity' of its policy towards asylum seekers. I was not one of them: and I am glad to know that at least 47 of my neighbours — most of them born here — are similarly outraged.

In a recent article in *The Sydney Morning Herald*, Waleed Aly explained the government's objective as 'whatever these people are fleeing, whatever circumstance makes them think they'd be better off chancing death on boats hardly worthy of that description, we must offer

them something worse. That something is Papua New Guinea.' His article was entitled 'The point of detention is to horrify': but it also horrified me, and I arrived on an ocean liner!

I'm not sure exactly what we can do just now. I tried writing to our MP for help with our community's plan to host refugee families, but I got nowhere (and Labor was in power then!). Yet you can write to the Minister for Immigration and/or national newspapers: you can take to the streets when the opportunity arises, and/or you can help our local Refugee Action Group provide short-term hospitality to persons traumatized by life in internment camps.

**Rev John Tyman,  
Holy Trinity Church  
(ph 6672 8223)**

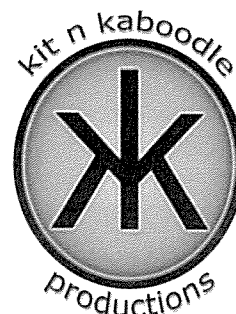
## Market Manners, Please!

Lately, a number of people have held meetings and stalls in the Hall Park during the Saturday morning Farmers' Market. Please be aware that the market hires both the Hall AND the Park on a Saturday morning. If you want to use the park or have a stall, phone me first (6679 5438) to book in. In general, there will be no problem, but if you intend to sell something, you will need to pay a stall fee, as everyone else does. Money from the market hire is an important source of revenue for the Hall, so do the right thing!

The same applies to the BATTERY Bazaar—if you want to sell stuff, phone Samuel first on 0431 455 837.

As always, some people need to be reminded to keep all dogs on their leads and either tie them securely out of the way or delegate someone to hold on to their leads. Bring your own leads with you—and don't, as some person did, steal a handy bit of rope that was in use on a sign!

**Anita Morton**



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### Did You Know?

The houses next to the old bank building on Kyogle Rd used to be known (rudely) as Rotten Row!

## Are relationships made in heaven?

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## Can you Please Take it Away?

Tweed Valley Wildlife Carers – Hotline 02 6672 4789

*'I really love living in the bush and I love animals, but I have this native animal that is causing problems and I want you to come take it away.'*

The TVWC hotline receives calls like this all too often, but with a little information and understanding, members of the public can learn to appreciate the wildlife with which they share this beautiful part of the world. All native animals are protected and it is illegal to relocate them. All wildlife is very aware of where it lives, and moving animals compromises their survival. In a new, unfamiliar environment they don't know where they are, what to eat, where to hide, or the predators and dangers that may be around.

The most common relocation request is for snakes. Being naturally

cryptic and secretive, snakes generally do a great job of staying away from humans. If one is seen, it's best to leave it alone (keep kids and dogs away) and let it move on. Clear rubbish and piles of wood (including firewood) from around buildings, keep grass short, don't leave pet food around attracting rodents, keep outdoor pets in snake-proof enclosures and wear covered shoes when working in the garden.

Brush turkeys are in mound-building and breeding mode mainly from September to December. Mound building is done by the males, and is a strong instinct that cannot be curtailed, although a few simple strategies can protect house gardens from 'excavations' from these birds.

Mulch with gravel or pebbles, use tree sturdy guards, lay chicken wire or shade cloth over garden beds

and build compost heaps well away from gardens.

Lace monitors and raptors are attracted by unprotected free-ranging chickens, rabbits and other small pets. To protect them from becoming an easy meal, ensure that they are kept in enclosures with hiding places - safe from wildlife and feral animals.

For advice or information about native wildlife in our area, see the information available 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 Sunday 11<sup>th</sup> May. Please register your attendance by calling the hotline.

## Jo Cabale, TVWC

## Raw Food

Here is a tasty recipe from my cookbook 'Weigh Less Eat Like Royalty' that still works for end of summer. It's particularly good with raw zucchini. Peel the skin and discard. Peel the rest lengthwise using a potato peeler, line up all the strips and slice longitudinally to make noodle-like strands. Stir the Pesto into the noodles.

### Mardi Gras Pesto

(Makes 1½ cups)

1 bunch fresh basil

1 Tablespoon lemon or lime juice

1 Tablespoon reduced-salt soy sauce or Bragg's

1 Tablespoon water

½ cup tofu, diced (or ½ cup mashed avocado)

½ Tablespoon garlic, minced (not grated)

¼ cup raw pumpkin seeds (pepitas)

1 drop Black Pepper oil

Grind up pumpkin seeds in blender till fine. Release any powder stuck in the blender base with a spatula.

## Menkit Prince

Pour into a container. Wash and chop basil leaves. In a blender place basil, lemon juice, soy sauce and water then chop intermittently (using pulse button) till basil is well bruised and volume is reduced down to one third. Stir with a spatula in between to release ingredients stuck in blender base. Add tofu/avocado and garlic and blend. Next add ground pumpkin seeds, blending till smooth. Stir in Black Pepper oil last. Let sit several hours before serving.

This is elegantly rich on sprouted bread for breakfast - as a party dip served with raw bell peppers and celery - or with salad, rice or parboiled greens.

For more recipes using aromatherapy essential oils see [www.essentialoilcookbook.com](http://www.essentialoilcookbook.com)

P.S. Be sure to use only therapeutic-grade essential oils for ingestion.



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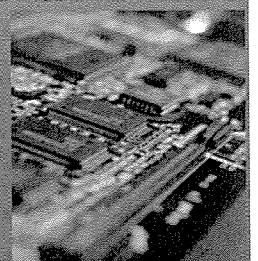
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Autumn is probably the most productive time of year for planting and growing food. It typically signals the end of the summer heat, which is only now just starting to show signs of abating. It has been a summer of extreme heat and there have been plenty of challenges with regard to falling water levels in the creeks and in the tanks. The temperature extremes we now seem to be becoming accustomed to are throwing up many challenges to food gardeners all over the region.

As well as protecting our plants from the temperature extremes we also need to be protecting ourselves. Early mornings and last light are the only good day times to be out in the garden because the heat has been too intense during the full sun period, even with long sleeve shirt and

broad-brimmed hat on.

Lucky us, we can escape indoors or under the shade of a tree but not so your prized vegetable patch, which has no choice but to grin and bear it. But there are some things you can do to ensure your food plants stay healthy and happy during the extreme parts of the day. Keep your soil healthy, and the simplest way to do this is to add compost or liquid manure to it so that your seeds and seedlings have all the nutrients they need in order to grow and be productive. Thick layers of mulch over the soil and around the plants will minimize water evaporation and help keep the underlying soil moist throughout the day. If you're lucky enough to have water for your garden then water your plants late afternoon, after the sun has dipped

and some of the heat has risen from the earth. Your plants can then drink overnight and be better equipped to deal with heat the next day.

If you haven't planted out your seedlings yet then wait a bit longer, until the temperature moves back to a more appropriate level for the season, otherwise get some shade cloth over them. I often just drape shade cloth or old mosquito netting over my plants during the hottest part of the day and then remove it again before nightfall. If you don't have any mulch on hand grab large comfrey leaves and lay these around the base of your plants as mulch and feed, they'll love you for it.

*Live to grow!*

### Spotlight on Uki—the Organix Crew

Many Uki locals may not be aware of the emerging young talent popping up around these parts. In a community so artistic, it shouldn't be that surprising. With only a handful of venues and outlets locally, a lot of artists would pass by unnoticed, especially if their style wasn't necessarily 'everyone's cup of tea'. In the last few years a posse was formed, not intentionally at first, but the passion and enthusiasm could not be denied.

Organix, a group of home grown lads who are stepping up and applying their craft, came about through a love of dancing, cutting edge electronic music and Aussie hip hop. The core crew of Jess, Bull and Justin, have been working hard to accu-

mulate gear for the last couple of years, (including a sound system, recording gear and various devices for sound control and generation), with the intention of, not only creating great music, but establishing and representing a scene for young people to express, interact and co-create.

Organix, since inception, have voluntarily participated in numerous community events, including Ukitoopia Festival, Glo Dance, Cabaret 360 and several Buttery Bazaar Markets. In this time they have also been collaborating with Jake and Sue from Kitnkaboodle Productions live sound, at various festivals and music events.

Gaining great experience and connections along the way, the crew has been sharing their various individual elements of rap, beatboxing, dj'ing, production, lighting, photography, event management, promotion etc. to continue exploring all possibilities in achieving sustainability in the entertainment industry. Originally, Kitnkaboodle proudly supported the Organix various ventures by providing equipment (once they were sufficiently skilled in set-up and operation), but recently Organix was able to return the favour, by providing full production and a great mix at a gig Jake and Sue were playing (Imandan @ Sphinx Rock Cafe).

(continues on Page 11)



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## Smoothie Ideas

Smoothies are an easily absorbed, convenient and popular way to supplement nutritional needs – particularly for busy adults, fast growing adolescents and young children - ideally, involve the children in the making of their own smoothie, trying different combinations to find the ones they enjoy.

Basic smoothie ingredients are:

- 1 cup of either rice milk, oat milk, one of the nut milks or organic coconut milk – generally cow's milk is best avoided or only used occasionally. A delicious lighter alternative is coconut water
  - Fresh seasonal fruit or frozen berries
  - 1 tablespoon of good quality yoghurt – plain. (Jalna or Valia brands recommended).
  - 1 serve of good quality protein powder (rice, legume or whey) – between ½ to 1 scoop, depending on age
- Place the above ingredients in a blender and mix until smooth and creamy. For a change, the milks can be exchanged for water, fruit juice or ice. Additional ingredients can be

added according to taste and therapeutic need. These include:

- **Slippery Elm** – a finely ground bark which acts to soothe and balance the gut mucous membranes and regulate bowel function. Usually ½ teaspoon added to the smoothie is sufficient.
- **Flaxseed Oil** – high in omega 3 & 6 fatty acids, helpful for regulating hormone levels, promotes healthy skin, hair and nails, supports endocrine function, anti-inflammatory.
- **Nuts and seeds** (unsalted) – almonds, sunflower seeds, cashews – avoid peanuts
- **Chia seeds** – rich in fibre and amino acids
- **Raw cacao powder** – rich in antioxidants and micronutrients – particularly magnesium
- **Blackstrap molasses** – high in iron and calcium
- **Spirulina powder** – a micro-algae containing 60-70% protein, B12 and high in

essential fatty acids. Liver protective, cholesterol lowering and helps to stabilise blood-sugar levels

- **Barley grass powder** – Excellent blood cleanser and detoxifier. Rich in chlorophyll, minerals and enzymes. Powerful antioxidant, which supports the body's capacity to clear heavy metals
- **Lecithin** – Supports cellular health, keeps cholesterol soluble, integral for a healthy nervous system and brain function.
- **Oats** – an excellent source of complex carbohydrates that helps to sustain energy. They contain protein selenium, thiamine, phosphorus, and manganese, and some quantities of copper, folate (folic acid), vitamin E, and zinc. Oats provide a highly soluble fibre that has been credited with helping to lower blood cholesterol levels.

## Spotlight on Uki

(continued from Page 10)

Former Organix associate, Alex, also raised in Uki, has moved on, to hook up with a stage and lighting company and is working on large events all over the country.

From an observer's point of view, it has been awesome to watch these individuals' enthusiasm for achieving a high quality standard in all of their work. The Organix members show a mature sense of respect and responsibility when concerned with dealing with other's visions and exhibiting great communication skills to achieve this. Check out some of their music and art on [www.jgrae.com](http://www.jgrae.com)

Welcome the next generation.

**Jake and Sue**

## The School for the Work

Ojai, March 9th-18th 2014.

I write this Ojai, California where I have been staffing the nine-day school for The Work of Byron Katie. There are about 250 people on this journey of self-discovery that Katie calls the school of you! Byron Katie offers a unique method of inquiry that shows people how to question their stressful thinking and free themselves from what is often a lifetime of pain and suffering. What I have seen here has been truly inspiring.

Mark Cave 0419 001 001

Facilitator in The Work of Byron Katie.

## 2014 Ski trip to Mt Buller

As summer ends we are starting to think snow! Now is a good time to make the resolution to be on the mountain this winter and start saving \$\$\$\$. We will apply for a group booking and have our ski date by the end of April. Feel free to give me a call and ask questions and get on the list for the most fantastic ski trip ever.

Mark Cave ph. 0419 001 001



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## Larrikin Cookin' – Guilt Free Food

Pat Miller

The entire idea of food is swamped by people trying to tell you what's good for you. I admit I'm probably as guilty as anyone too. If your food is fresh, local, in appropriate quantities, cooked with a bit of skill and a lot of love, you are on the right track. It's simple really.

Tricked up convenient/packet/processed food is just stupid. Evangelical vegetarianism isn't for everyone. Nor is the bozo carnivore diet. Superfoods, weight loss miracles, radical detoxes, the new latest and greatest are just cons. As are those appalling fast food companies who try to tell you that eating fat laden burgers is the new norm for your kids. From the land of the fat comes food advice via ads populated by impossibly slim, sleek, zit-free automotons. Just the kind most people aren't. They target youngsters whose taste buds are conditioned at a very early age to like grease, salt and sugar. Lead the fight-back from your kitchen. Here are some knock-out treats for your youngsters with some twists for adults.

### Pirate tonic

A favourite among the seven year olds, Pirate Tonic started when I realised there's so much chemistry in soft drinks your teeth would drop out in fright if they knew what was washing over them. Get all of the excess citrus on your trees. Lemon is best; tangerine, tangelo, orange too – grapefruit is an epic fail. To each 500mls of juice add 750grams of raw sugar and heat this very gently in a stainless steel pan. Add a lemon rind or two but never let any pips get in the brew. Kids will pick up the bitter taste a mile off. Adjust the density with more sugar if you like, dissolve the sugar completely then strain the slightly cooled sticky mix into a bottle. Let it cool completely and print out the appropriate label. Water / soda water and ice make it the coolest kid drink around. Still loaded with sugar but you know what's in it.

Adult version – great base for vodka and soda. Make your own alcopop! I've made a version with guava. The kids hated it but the adults em-

braced its camouflage effect.

### Real twisties

Sprinkle a thin mixture of grated mozzarella, parmesan and cheddar (hey, whatever yellow cheese you've got as long as it isn't that awful processed Kraft stuff) on a sheet of puff pastry (you can easily make your own), cut it into 7cm wide strips and mould it into twists – think drill bits. Cook on a greased baking tray in a very hot oven for 10 minutes or until the pastry is golden and crisp. Allow to cool and break up into bite sized bits. Loaded with fat and salt! Adult version – add cracked black pepper or a pinch of cayenne for a bit of a kick.

### Fat Max – the real hamburger

Between two slabs of crisp toasted Turkish bread assemble, in no particular order, grated cheese, slice(s) of ripe Roma tomato, rocket, a hamburger puck thing (see below), pickles (see below), sauce (see below) Mix and match whatever you've got, dream up a name and voila!

Happy cooking!  
www.patmiller.net.au

### Hamburger puck thing

Lamb mince, rosemary bound with an egg and flour

Swiss brown mushroom (whole) fried in olive oil

Beef mince with basil and chilli

Pan fried haloumi and onion rings

Fried bacon and egg

Ham and (fresh) pineapple, grilled

Fish cake (tiny tin of tuna and leftover mashed spud, fried)

### Pickles

Sweet mustard

Polski ogorki

Pickled onion

Eggplant/brinjal

Who needs it?

Hot lime

Preserved lemon

### Sauce

Mint

Hommous

Tomato

Worcestershire

BBQ

Who needs it?

Cranberry

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