

Uki News

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

Issue 92 | February / March 2017

TSC Yet to Decide on DA to Sell Tweed Water

Brendan Esposito

A development application (DA) has been put before Tweed Shire Council (TSC) for the property at 350 Rowlands Creek Road to supply 24 mega litres of water per annum from an existing bore on the property. The property's current water licence permits up to 25 mega litres per year in any 12-month period, to be used for domestic and agricultural purposes. The current DA16/0936 lodged replaces a similar DA withdrawn by the owner last December. This DA contains a statement of environmental effects for a proposed bulk loading and delivery site on the property and states that:

"The owner has received an expression of interest from a water bottling and distribution company and expects to finalise a contract agreement with that company to take the available water allocation by bulk containment to its own bottling facility. That of course is dependent upon the approval of this development application. No bottling facilities are intended to be established pursuant to this proposal."

This is to be achieved by using trucks no more than 2.5 meters wide, capable of carrying 28200 litres (28.2 ton) of water and being operated Mondays to Saturdays from 7a.m. to 6 p.m. with a suggested three loads (or 6 trips ends) per day. The proposal is for water to be transported by bulk containment to a bottling facility at Yatala (QLD).

This DA has generated much discussion and considerable opposition within the Uki



The public meeting at Uki Hall drew a large crowd

community. A public meeting, attended by at least 150 concerned members of the community, was held in the Uki Public Hall on January 19 to raise awareness regarding the issue. Concerns expressed at the meeting centered on the use of Rowlands Creek Road by heavy vehicles; a road that has seen several fatalities due to road traffic accidents over the years, has several low and narrow bridges and joins roads that are adjacent to Uki village and the public school. The DA proposes the use of trucks with a total weight of 43 ton. A local truck driver with 45 years of experience described this situation as "terrifying" and suggested TSC place a load limit on Rowlands Creek Road.

The meeting revealed that across the shire there is considerable community concern that too much water is being extracted from bores in the Tweed and that approval of this DA will impact even further. Environmental concerns also extend to the end use of this water, with a strong opposition to plastic bottled water and the greenhouse gasses generated by food

miles required in shipping. Philosophical opposition was also noted to the sale of water conflicting with the belief that the right to clean water, is an inherent right of all beings. Health issues also exist with the ongoing dependence on sugary drinks, which this water will no doubt contribute to, fueling the current obesity epidemic. Submissions to TSC regarding this DA will close soon, after this it is up to council to approve or not the application. The community of Uki and the Tweed Shire await the TSC decision. The Uki News will be reporting on the result.

You can have your say regarding this DA. The DA and associated documents can be viewed at:
s1.tweed.nsw.gov.au/Pages/XC.Track/SearchApplication.aspx?id=726885

Proceedings of Uki Public Hall meeting on January 19 can be viewed at:
youtu.be/sLAC2LI1HOA

From the Editors

There's a lot to be worried and frightened about in the world today. But, I can't help but feel this pessimism is overstated. There is a lot to be grateful for, especially in Uki. I am grateful that despite community differences in views and opinions, there is still room to come together peacefully as a community and discuss them. The recent public meeting (see front page) demonstrates this. Importantly there are also governed (Shire Council) processes for approving changes within the community and structures for airing individual views and opinions concerning these changes. You are encouraged to utilise these

processes. Whilst encouraging you to do this, I also encourage you to maintain your sense of community and respect for those within it, even when you may not agree with everything that is being said and done. A community is built on the relationships between individuals, and that starts with you. You will gain from a community what you contribute into these relationships... even those you may not agree with! Enjoy the first issue of the year and remember – **Uki News is your contributions Uki.**

Brendan and Kylie

Contact Uki News: theukinews@hotmail.com

ADVERTISING

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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.

Word from UKIRA

By Phil Carr & Samuel Quint

- UKIRA has received loads of enthusiastic feedback about the new artwork at Smiths Creek Bridge. Thanks to Art Director Sarah Browne and all the families who helped. Approved under Council's Public Art Program, the painting serves as a memorial to all local children who have lost their lives. A suitable plaque will be installed on the bridge.
- Going by the comments expressed at January's public meeting over the Development Application for the extraction of water for commercial purposes from a property on Rowlands Creek Road, it is clear that within the Uki region and wider Tweed community there is strong opposition to the idea. UKIRA has not yet heard from anyone speaking in favour of the DA. No doubt motivated by this community sentiment, Tweed Mayor Katie Milne is taking steps for Council to "instigate the processes for a planning proposal in regard to prohibiting commercial water extraction from all rural zoned land in the Tweed Shire". This significant motion will no doubt attract lively debate at February's Council meeting. If adopted, it is expected to be given the "highest priority over and above any other planning reforms." However, Council management has flagged the probability of legal action against Council unless exemptions are given to existing businesses and pending approvals.
- For two years, a 30 metre NBN antenna has been standing high on a hill overlooking Uki Village, just east of Sweetnam Park. The whisper is that by April, households within reach of the tower will have the opportunity to access wireless internet and home phone services. With the promise of faster broadband it will be interesting to see how this wireless communications infrastructure affects life and work in and around the village over time – it seems the future is here!
- Residents are free to come along to UKIRA meetings, and even to apply for membership of the Association – we could sure do with some help. UKIRA's next meeting is on Tuesday 7 February at 7pm in the Uki Hall (access from rear carpark). We would love to see some new faces (old faces are good too 😊).

Christmas in Uki

Saturday 17th December

• The Uki Rural Fire Brigade brought Santa in their fire engine to deliver treats to the children

• Fun dressing up as characters from the story of Christmas.



Uki Sporting Horse Association

Jennifer McDonald

The Uki Sporting Horse Association (USHA) is a vibrant, innovative and active club that holds the grounds and assets on Rowlands Creek Road in trust for future generations of the Tweed Valley. USHA is a connection to our historical origins and part of this is passing on the knowledge and heritage of campdrafting and other sporting horse pursuits. Our members have put in many hours renovating and updating the club facilities with the most obvious being a new relocatable building that will provide us with a venue that is very versatile in its uses, not the least of which will be a much warmer place to hold meetings in the winter!

The USHA has increased its membership in the last six months with the advent of a new programme of tuition and sporting days



run by knowledgeable members and invited experts from various horse disciplines. We are aiming to hold about six of these events per year, where people with horses can come and learn new riding and communication skills; gain improved rider knowledge of the technical aspects of riding and a better understanding of themselves and their horse.

Past events have proven very popular with children and adults and it is a great day for the family. It has also been great to see people's faces when they suddenly comprehend what they are being taught and then put into action to connect with their horse completely. These event days were part of the original intentions of the founding members of USHA nearly forty years ago, to provide a place for people to learn and have fun with their horses no matter what sport they do.

A western and sporting weekend will be held on the weekend of **25-26th February** starting at 9am Saturday. Saturday program will include a cattle handling clinic in the late afternoon. Sunday will start (at 8am) with a practice campdraft for members and sporting later in the day. Watch out for kid's clinics and more member's days throughout the year.

Contact our new secretary Rachel Trevaskis for any information or queries on **0427 618 036** or email **ukisportinghorse@hotmail.com**. Alternatively you can find us on Facebook  Uki Sporting Horse

Bye Bye Brownie

Brendan Esposito

For just on a decade Geoff 'Brownie' Brown has been the publican of the Mount Warning Hotel. This is no longer the case with Brownie retiring from the position at the end of January.

Brownie started his working life as a boilermaker and, after a work place injury had a change of direction. Brownie now has been in the hospitality industry for over 28 years working in clubs and pubs around the region. Brownie was pleased to come back to work as the publican in Uki as his family has a lot of history in the village with Brownie growing up here as a boy, his mother living in a house close to the old butcher's shop (now the dentist) in the main street. Brownie and his family were residing at the Mount Warning Hotel

the night in February 2013 the when it caught fire and burnt to the ground. This tragic night was to impact on the family financially and emotionally with the loss of many personal possessions and their source of livelihood.

It is sad to wish the crew goodbye. At the same time we welcome new publicans Kim and Brett Watson who have taken over duties at the beginning of February.

The Uki community and the Uki News thank Brownie and his family, as well as the devoted staff, for their commitment to The Mount Warning Hotel and the support it has shown the community over the years. All the very best to you all and enjoy the golf Brownie. ■



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Uki Refugee Project

What can one small village do?

The Uki refugee support group will be active this year. Come and visit us at the monthly Uki Buttery Bazaar held on the 3rd Sunday of each month. We are also offering a letter of support for a Sri Lankan Asylum Seeker who is appealing, on compassionate grounds, to remain in Australia.

Minister Peter Dutton has decided to take the mobile phones from all refugees and asylum seekers in onshore detention centres. The inability to keep in contact with friends and family will further erode the fragile mental health of these refugees. Get active and sign the petition at: <http://www.communityrun.org/petitions/let-them-connect>. Are you really energetic? Write to Mr Dutton: PO Box 2012, Strathpine QLD 4500; or Email: minister@border.gov.au.

Do you have further queries or can you help?
Email: uki.refugee.project@gmail.com

Yoga

At the Uki Hall with Paula Cave



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Uki Refugee Program CALENDAR OF EVENTS

22-23
February

Refugee Council of Australia – Conference

(In conjunction with University of NSW). at the Ainsworth Building, Sydney campus UNSW. A two-day event, focusing on improving policy, practice and public support with speakers: Emeritus Professor Gillian Triggs, President of the Australian Human Rights Commission and Elizabeth Ferris, Research Professor with the Institute for the Study of International Migration at Georgetown University's School of Foreign Service.

Details can be found at: www.eepurl.com/cs-6uj

16 March

A screening of “Constance on the Edge”

At the Regent Cinema in cooperation with Pottsville Refugee Support Group.

Weekend
5-7 May

First Friendship Visit with Bush Dance in Uki Hall

14/15 July

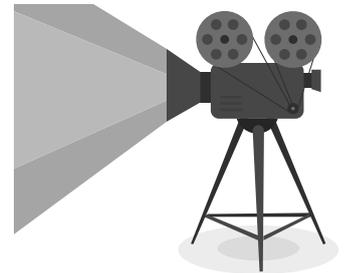
Concert: Matt Ottley’s “History of Harmony”

Weekend
22-24 Sept

Second Friendship Visit.

19 October

Screening of “Silk Road” or “Caste from the Storm”



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The Great Uki Bake-Off!

Can you believe it? The Great Uki Bake-Off is coming! March 12, 11:00am - 12:30pm at the Uki Hall.

Delicious breads, cakes, biscuits, desserts and drinks are being created every day in the creative kitchens around Uki. This is the opportunity to share your best recipes with the whole village and to showcase these local delights. Join

in the fun by cooking up a storm and sharing your favourite creations and recipes, or participate by coming along and sampling all the delicious creations on offer.

As if that's not enough incentive, prizes will be awarded for the following categories:

- Breads
- Gluten free breads
- Sweets
- Savouries
- Drinks
- Health foods

Our Judges will be marking on:

- Presentation
- Creativity/originality
- Taste
- Texture
- Healthiness

**Want to know more?
Expressions of interest, questions
and entry forms, please email Kylie
at kylie.mack@yahoo.com.au,
or visit the Facebook event page
The Great Uki Bake Off.**



A PENCHANT FOR PEDANTRIES.

Make Fewer Mistakes

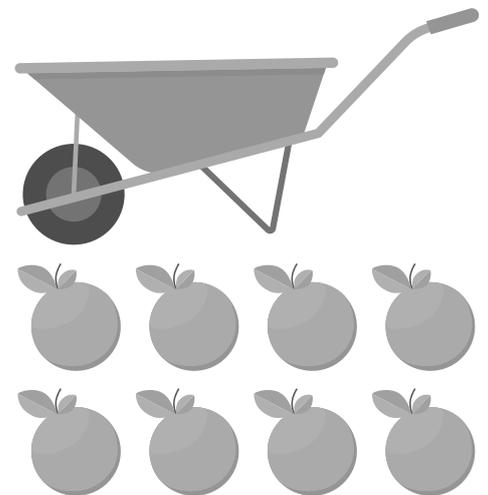
Anita Morton

Every time I go into a supermarket, that checkout aisle labelled '12 items or less' annoys me! It should be '12 items or fewer'.

An easy way to remember which of the two words 'less' or 'fewer' you should be using,

is to picture how you handle the thing you're describing. Do you tip or shovel it out, or do you pick items up individually? If it's a bulk commodity, use 'less'. If it's individual items, use 'fewer'. So bulk flour can be less or more, while packets of flour can be fewer or more.

It can be confusing if you think about bulk quantities of things like fruit, and in that case you need to be flexible. So the bin of oranges can be more or less full when it's lifted onto the truck, while you might take out of the bin fewer or more individual oranges than you need. Just think about the handling difference, and it all becomes clear.



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Healthy Relationships

Heather McClelland

The movie 'Inside Out' provides amazing ways to talk with children about their emotions when life gets tough.

Childhood trauma is not uncommon. A therapist (Schroeter, 2016) reports:

A five-year-old client told his mother he was going to "jump out the window and kill myself". The Mom had expected him to be "my happy little boy" even though he was upset because his parents were getting a divorce.

The therapist brought out a box with wooden balls that had to be hammered vigorously with the wooden mallet to go in the holes. The little boy hammered those balls for 40 minutes!

Afterward his Mom reported he could verbalize, "I am mad that you sent Dad away." When Mom validated his anger, he said, "I love you."

After many years of research, Neuroscientists (Porges, 2011) have recently discovered that automatic and primitive Fight, Flight and Freeze responses of a person's nervous system to trauma are not the full story. We have a more recently evolved Social Engagement System we can access. It is through the closeness of our personal relationships that we can be soothed. We need to be able to hear the interested tones, see the kindness in eyes, face and gesture which all tell us that our feelings matter.

This little boy's nervous system had first gone into angry 'fight' mode. But when he felt helpless, the 'freeze' mode moved him automatically into a kind of depression which had him expressing 'the worst'. No wonder his mum sought help!

Fortunately, the therapist had the knowledge to engage the child 'in the present moment'. Any means of doing this calms the nervous system. She knew that the intense activity would return him to 'fight' mode, moving him naturally away from depression. Her encouraging tones and those of his mother were important. Once he was enlivened again the little boy could express his anger more moderately. He could receive his mother's understanding words. Now he could calmly deal with 'the trauma'.

Once traumatised, adults whose Social Engagement System may have become weakened can learn to access and strengthen it again.

Sri Govinda Dham Open Day

Kylie McCaffrey

Sri Govinda Dham Krishna temple held a public open day festival on 27 December 2016. Over 100 people – neighbours, residents and visitors alike – arrived to enjoy the day's offerings: cooking demonstrations, music, a play, kids' activities and jumping castle, a public Q&A and a wonderful vegetarian feast.

Members from the community participated in the Q&A: Ida Daley, Kylie McCaffrey and Jimi Wollumbin; with questions being answered by visiting guests Bhakti Ranjan Madhusudhan Maharaj, Bhakti Kamal Tyagi Maharaj and Bhakti Lalita Devi. A fun and heart opening day for everybody!

 Sri-Govinda Dham



The Q&A provided some interesting discussion!



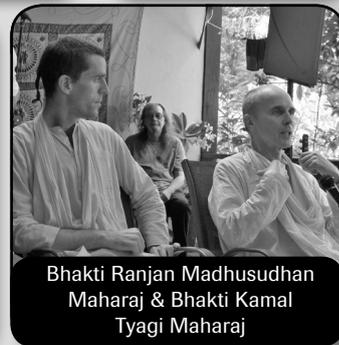
Children enjoyed the play



The big feast



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Beware the 'X' Factor

Judith Magee

First identified in 1988 by researchers at Stanford University, 'Syndrome X' (SX), also called 'Metabolic Syndrome' is a term used to describe a group of abnormal metabolic conditions in the body, which predispose the development of many of the key diseases in the Western world, including obesity, high blood pressure, diabetes and heart disease.

Central to SX is insulin resistance (IR) – i.e. a growing lack of sensitivity by the body's cells to the hormone insulin, which is released by the pancreas after eating foods that contain carbohydrates. In a healthy body, insulin acts as a chemical 'escort', transporting the digested carbohydrates (known as glucose) from the blood into the cells for use as energy. Once the cell's energy needs have been met, any excess glucose is then converted to glycogen and stored in the liver and muscles, ready for quick conversion to meet extra energy needs. Finally, if there is still glucose remaining in the blood, insulin will then trigger its conversion into storage, as fat – as far as the body is concerned, you never know when a famine is coming and it likes to have lots in reserve!

In a state of IR however, the cells progressively lose their ability to



respond to insulin. This has a range of complex consequences throughout the whole body, but put simply:

- The body struggles to meet its cellular energy needs
- The increasing levels of excess glucose present in the blood gets converted and stored as fat.

In addition, the pancreas releases more and more insulin, trying to get the glucose out of the blood, which acts to both exacerbate the reduction of cell sensitivity, plus stresses the pancreas.

So where does it all start to go wrong?

Our body is not designed to cope with the typical Western diet – high in processed, refined carbohydrates and simple sugars. This type of diet results in quick, excessive blood/glucose 'floods', which in turn trigger excessive insulin release. Over time, a little like the loss of sensitivity that sustained, excessive noise can cause in our hearing, the body's cells become more and more desensitised to insulin.

How do we fix it?

This can be complex, and individualised and will often require help from a health professional, but will always include the need to choose better food – more complex, nutrient rich, whole foods, containing a good ratio of carbohydrates, proteins and good fats.

Insulin resistance is fixable, and will result in enormous short and long-term health benefits – make some better choices - NOW! ■

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Uki Buttery Bazaar Entertainment

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 Uki Buttery Bazaar Market



FEBRUARY Buttery Bazaar

Sunday February 19

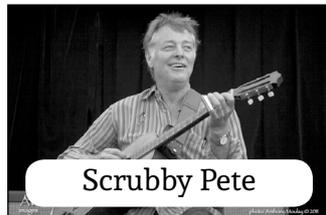
Trombone Kellie Gang are Headed by Trombone Kellie who is an amusing, entertaining performer.

Kellie displays inspirational vocals which are both versatile and passionate with her raunchy yet smooth melodic trombone playing. On guitar is Scrubby Pete whose playing stays authentic to the traditional roots of old time blues. 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 is Robert Renfrew whose relaxed, intuitive feel adds its own unique flavour to the sound.

Along with his vocal talents his vast kaleidoscope of sound is wonderful. The combining of these three musically diverse, vibrant entertainers make for a dynamic, spontaneous mixture of soul, blues, gospel, rockabilly, country and more. 'Trombone Kellie Gang' plays fantastic music for any occasion guaranteed to get the voice box and the dance floor humming. The Trombone Kellie Gang will be joined by special guests: Scrubby Pete, Euphonium Phoenix and The Trombone Gals. This will be a seriously rockin' Sunday!!



Trombone Kellie



Scrubby Pete

MARCH Buttery Bazaar

SUNDAY MARCH 19

Adam Harpez is a multi-instrumentalist, indie folk musician who busks during the day, performs at venues during the night and surfs in between. The Byron Bay based singer-songwriter paints pictures of peaceful coastal living through heartfelt performances and lyrical integrity. Adam has been featured on Triple J, performed at major festivals such as Splendour in the Grass, and has sold out shows across the country. Adam has also shared the stage with the likes of Missy Higgins, Hein Cooper and the Art of Sleeping. Having recently released his second record, All For You, Adam is set for a big 2017!



Adam Harpez



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Steiner Education Today, For Tomorrow's World

Ron Caisley

Steiner education is a growing system throughout Australia and the world. Many parents are questioning the existing mainstream approach in a time of rapid change.

Steiner education is based around a thorough understanding of child development, (physical, emotional and mental) tested and observed by Steiner teachers and parents around the world for almost a hundred years.

Children from birth to around 7 learn predominantly through imitation and play. Doing what the teacher does, (cooking, gardening, painting, drawing, modelling, dancing, exploring and more) is the method of "instruction" in kindergarten. The children are given time to play out life's activities.

The love and respect for a teacher who can lead them imaginatively into the world is the ideal for children from 6 to around 13. At this time learning is based around lesson content guided caringly by the Class Teacher, using what is natural at that age: imagination.

Through story (the letters, for example, become living characters), lessons are presented and developed through the arts. Children by nature want to learn. Whilst it is important to be able do things that

you don't want to do, overall the children should enjoy learning. Grammar can be fun; singing the times tables to a catchy tune, whilst drawing an animal in detail develops understanding of its physiology.

At this age the social skills are developing. Through story, lesson content, (based on N.S.W. curriculum requirements), is presented and a consistent daily rhythm and social skills are fostered. The children learn to respect each other and work together.

From around 14 to adulthood, critical thinking and judgement come to the fore. Now is the time to explore and de-mystify technology and use it creatively.

Opening up to the possibilities in life, being aware of the way the world is unfolding into a vastly different future than the one we have grown up in and giving children the flexible capacities and initiative that will enable them, as securely as possible, to flow into that world is the daunting task facing all teachers. Steiner teachers must be conscious of the world as it is and as it appears to be evolving, while being aware that life's path is never certain.





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Becoming

An exhibition by Susan Kinneally

Former Melbourne High School Art Teacher and now Uki Resident, Susan Kinneally's BECOMING exhibition opened 10 December 2016, and is currently on display at the Tweed Regional Gallery.

"The kind of work that I like to do is the sort that totally absorbs me... I live in another world when I'm making art, and it's hard to get out of that delicious space - it's a joyous place to be", says Sue "I love intricate detail and line and enjoy using watercolour, which is a wonderful medium, transparent and sensitive.

In my work I've merged fantasy and fairy stories with sci fi and wild theories of quantum physics. In this world, parallel

universes are colliding, slowly and the kingdoms of flora and fauna are melding. The work evolved into my own botanical world".

Sue and her husband David, arrived in the Northern Rivers in mid 2013 and since

that time Sue has been inspired by the animals and floral forms from the area which led to the creation of this series of wonderful images as well as other creative pursuits such as life drawing, sculpture and ceramics.

BECOMING, the exhibition, is on display at the Tweed Regional Gallery until 26 February 2017.

If you would like further information or to speak to Sue you can use the following contacts:

Mobile: 0435 030 114

Email: suekinneally@hotmail.com

 Susan Kinneally

www.susankinneally.com



The Blue House

David Preston



At the age of 12 I had my first view of Wollumbin and chose Uki as my spot on the map but it took 56 years and hundreds of paintings to respond. I am here now and have turned the "Blue House" across the road from the church into a studio/gallery. Visitors are welcome by appointment and on Sunday market days.



Live Music Every Sunday from 3pm | Trivia Night Every Thursday Starting 7:30pm



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The Ugliness of “Truth” in our Time

John Tyman

In my high school days long ago I was introduced to the poems of John Keats, and two lines from his “Ode on a Grecian Urn” remain with me to this day:

*“Beauty is truth, truth beauty, that is all
Ye know on earth, and all ye need to know.”*

Just what he meant then is uncertain: but he was obviously writing long ago for no one would describe as “beautiful” that which passes for truth in our day!

According to the Oxford English Dictionary the past year will be remembered for the word “post-truth” and the phrase “post-truth politics”, defined as “relating to or denoting circumstances in which objective facts are less influential in shaping public opinion

than appeals to emotion and personal belief”. Instead, in Australia as well as America, to quote our own bishop: “*Crowd think and emotive appeals to self-interest have tapped into disappointment and alienation... (and) the success of post-truth politics will lead us further into a society where truth is optional, reason is abandoned, and compassion is seen as foolish rather than a virtue.*”

Sound familiar? How about the “children overboard” story of John Howard, or his “weapons of mass destruction”? The pronouncements of President-Elect Donald Trump? Putin’s insistence that Russia can in no way be held responsible for the downing of a Malaysian Airlines flight over the Ukraine, or the bombing of hospitals in Syria? Or, closer to home, the lengths to which our own politicians will go to justify expense-paid trips which have nothing to do with their jobs? Or in the way in which Alexander Downer was able (with the help of intelligence operatives) to speak of a “just settlement” of the rival claims of Australia and East Timor, to the oil fields in the Timor Sea. The agreement has now subsequently been declared invalid by the International Court sitting in the Hague.

As both a teacher and a priest, I pray that even if Keat’s poems are no longer featured in Australia’s high school curriculum, children will still learn that there is something beautiful about truth... and always will be. ■

Keeping Your Cool

Anita Morton

Horrible heatwaves are very uncomfortable for everyone not to mention dangerous for some – especially if you don’t have air-conditioning. Here are a few things you can do to cope.

First, open every door and window of the house as soon as the outside temperature drops below the inside temperature in the evening. You might like to put a fan in the doorway where a breeze (if there is one) comes in. Set the fan to blow inwards to suck extra cooler air into the house. Leave as many doors and windows as you can open all night. Early in the morning, before the outside air starts to get hotter, close everything to trap cooler air in the house. Make sure everyone knows to keep doors shut!

During the day, close curtains and blinds, and pull any external awnings down.

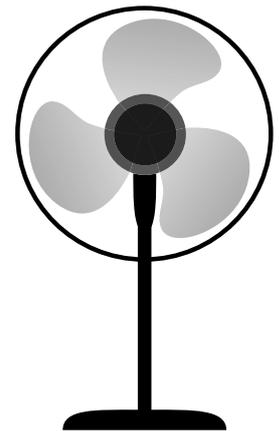
A floor fan will help you keep cooler, but will be quieter and more effective if you take it apart and clean the blade and the safety

grilles. To make a fan into a makeshift air-conditioner; buy a bag of ice and prop it up (inside a basin) in front of the fan, so that the air stream blows around the ice. The ice won’t last long, but it will help you get through the hottest part of the day.

Another trick is to fill a large plastic basin with cool water, and sit it on the floor (on a towel). Sit down with your feet and ankles in the water and you’ll feel cooler all over. Put a few ice-cubes in the water for extra cooling effect.

At night, set a fan on a timer so that it blows across your bed. A couple of hours should be enough to help you get into a deep sleep. You might also like to try wearing a pair of wet cotton socks to bed – this is extra cooling if the fan is blowing right at your feet. You won’t even need a sheet over you if you spray the room with insecticide fifteen minutes before bed-time – no mozzies to bite!

Stay cool! ■



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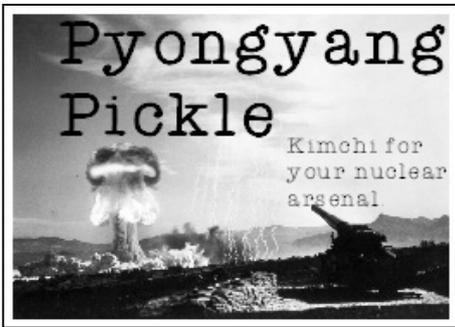
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LARRAKIN COOKIN'

Nuclear Cabbage, Pyongyang Pickle

Pat Miller

The nongs seem to be universally in power now so I had to find a recipe befitting one of the greatest nongs, North Korean dictator Kim Jong Un. Here's my recipe for Pyongyang Pickle. It's kimchi,

the staple dish of both Koreas. Fermented wombok beats demented warmongering hands down.

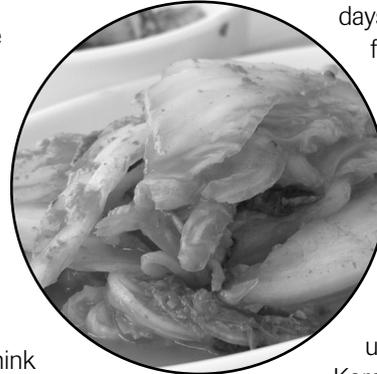
As always the idea is more important than quantities.

Find some wombok (Chinese cabbage), chop it roughly. Pretty much any cabbage will do but in the interest of cross border relations, Chinese is best.

For each 500g of cabbage use:

- 375ml warm water
- 50g sea salt, medium to fine ground
- 7 garlic cloves (or more – Why? Just because...)
- At least a knuckle-sized piece of fresh ginger (think knucklehead dictator)
- 4 tablespoons of chilli powder or flaked chilli or 3 long fresh red chillies, chopped (Your call on how much. I like it reactor-core hot.)

- 2 tablespoons fish sauce
 - 2 tablespoons sugar
 - 3-4 green shallots, peeled and sliced
- This is a wild ferment and it's really easy.



Mix the cabbage and salt, let stand for two hours then rinse at least three times. Then let it stand so the cabbage is almost dry.

Finely chop / process garlic, ginger and chilli. Toss this through the cabbage. Then add fish sauce, sugar and shallot. Quickly and thoroughly mix everything carefully and well. Seal in a large sterilised glass jar(s), allowing a healthy gap at the top of the jar.

Store at room temperature for 2 to 3 days to ferment. Keep it in the fridge after that.

Be careful to leave that gap in the jar as it ferments or it will explode like a Samsung phone and your kitchen will look like a failed missile test. In fact, if you fill all the jars all the way up you might re-enact the Korean war in a cupboard.

Seriously and despite the pudgy despot, in 2014 UNESCO granted "Intangible Cultural Heritage" status to North Korean kimchi-making.

Delicious as a condiment, it's pungent, slightly acidic and has the wow factor. You should be able to overthrow the western world with it.

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Uki Pioneer Store

Esme Thompson

F. J. Ryder established Uki General Store in 1909. He also had a residence on the rear laneway beside the store. In early 1914 the store was sold to Mr A. S. Loder who was



a local bullock driver. On Sunday 30 of August a fire started in the Uki Post Office, which at that time was situated next to the E.S. & A. Bank. The fire destroyed the Bank, Post Office, an Auctioneers Premises, Loder's Residence and the General Store. After the fire the store operated out of the Uki Hall until a new two storey building was built, with the residence on the top floor.

This store re-opened for business on the 24 May 1915. The shop sold everything including furniture, drapery, groceries, produce and hardware, and was at that time reported to have the biggest floor space of any store between Newcastle and Brisbane. At one time Loder's Store had a staff of 14. A sign displayed on an inside wall of the store stated that they sold "Everything from a Needle to an Anchor". In the late 1970's the store was torn down and rebuilt as it is today by the then owners Jack and Judy Dalton.

For more information or enquiries the Historical Society is open Wednesdays and Thursdays 10am to 3pm and every third Sunday of the month. Visitors are welcome.

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