



Celebrating Volunteers



Bruce Ray

After years of fundraising, the bronzed sculpture of Ken Highfield (AKA Pop) has been erected in the Centennial Garden Uki. The sculpture is dedicated to the great volunteering spirit of our community. Uki village is home to over 16 voluntary organisations - all of which add vitality and diversity to our area. This sculpture recognises all volunteers, past, present and future.

A small group of locals, Marie-France Rose, Ida Daly and myself, along with Ken's immediate family, decided to recognise Ken's contribution to our village. Ken Highfield spent many years of his life in the Tweed. He was an active member of the Masonic Lodge and several other organisations.

I grew to know Pom as a dedicated volunteer at Uki Public School through the 1990's. Pop would supply each class with copious amounts of mandarins when in season as well as be available for gardening and paving. Each year at the annual school awards,

Ken provided \$50.00 each for the most improved girl and boy student in year six. Many of us will remember Ken raking leaves in the school and on the footpath of Uki in his later years.

Ken was by no means a saint. He did however set a fine example of what a village citizen can do to improve local life. He passed aged, 99 years working up to a week before his death.

I am proud to say that all funds spent on the project were raised within the Uki community after several grant applications were unsuccessful. Warm thanks go to all who helped contribute to the project ranging from raffle ticket buyers to major personal benefactors. The project cost under \$6000.00 and was auspiced by UKIRA.

Perhaps this sculpture will help remind us of the values of volunteering and inspire citizens of the future to continue to contribute to the welfare of others.

A quote from Ken's eulogy:

"You can tell a Yorkshireman..... But you can't tell him much."
Vale Ken Highfield



*"You can tell a Yorkshireman..... But you can't tell him much."
Vale Ken Highfield*



Is it hard, rubbish?

Brendan Esposito

I'm sure you've seen them of late, piles of rubbish popping up around Uki. They start small and then seem to grow magically overnight into unsightly piles.

One such pile just outside Uki near the Smiths Creek bridge then seemed to expand and take on a life of its own as it attempted its escape. But this isn't magic!

Tweed Shire Council have recently stopped the bi-annual hard rubbish pick up. Replacing it is an 'on call household clean-up' which householders who own a red bin can organise twice a year.

It should be noted that that adding further rubbish to piles that have been organised by individual households will be considered illegal dumping... not to mention creating messy beasts that risk taking over Uki.



new

On-Call Household Clean Up Collection

IT'S YOUR CALL!

TO BOOK

CALL: 02 6670 2400

ONLINE: www.tweed.nsw.gov.au/HouseholdCleanup

PLAN AHEAD There could be periods of high demand. If a collection period for an area is booked out, another period for that location will be available in 2-4 weeks.

Items that ARE accepted



(only worn, damaged and/or unsellable items)



Baby items & kids toys



Sporting goods & equipment



General junk / bulky household items that cannot be reused



Household furniture & mattresses



Rugs & carpet scraps



Garden tools & equipment



Appliances

2 On-Call Household Clean Up collections per financial year

LOOK TO SELL, RECYCLE & REUSE ITEMS WHERE POSSIBLE BEFORE BOOKING

See our additional recycling options online www.tweed.nsw.gov.au/WasteDisposal

Items NOT accepted



- x Hazardous Waste (asbestos, chemicals, paint)
- x Window and sheet glass
- x Household renovations (including fencing material)
- x Car parts and tyres
- x Food and garden waste
- x Builder's rubble, earth and stone
- x Gas bottles, oil and oil heaters
- x Farm clean up

Steps

1. PHONE OR BOOK ONLINE Households* who receive a red wheelie bin collection service will have access to: 2 On-Call Household Clean Up collections per financial year. Do not place items on your nature strip without a booking as this will be deemed illegal dumping.

2. NOTE THE COLLECTION DATE ON YOUR CALENDAR Do not place items out earlier as this may encourage others to illegally dump items on your pile, making it non-compliant.

3. PLACE ITEMS OUT 1 DAY BEFORE You can have up to 2 cubic metres of materials (equivalent to one box trailer load) collected twice a year. Only place items out 1 day before your booked collection date. Items that need to be degassed will be tagged and picked up separately (ie fridges). Excess rubbish will not be collected and removal will be the responsibility of the householder.

*Residents of multi-unit developments need to organise collections through Strata Managers/Body Corps. This service is not provided to caravan parks and mobile homes.

FOR MORE INFORMATION GO TO:
www.tweed.nsw.gov.au/HouseholdCleanup



Tweed Council supports regenerative land development project

Steven Liaros and Nilmini De Silva

(Directors of the mobile town planning consultancy PolisPlan)

Over the past few years we have been researching how cities and land development might be transformed by renewable energy micro-grids, Sharing Economy platforms and Circular Economy principles such as zero waste and systems thinking. In 2017 we had a number of discussions with Tweed Shire Council (TSC) to determine whether we could implement these ideas near one of the rural villages in the Shire, as the project aligns with the vision of Council's Rural Villages Strategy.

The proposed project can be imagined as a high-tech, resort-style, live and work campus within a sustainable environmental framework. The 'Circular Economy Innovation Hub' integrates work and living spaces with water and energy micro-grids and a diverse, local agricultural food system.

The collaborative campus environment efficiently provides residents with their living needs, while also lowering their cost base and so operates as an effective platform for start-ups in a range of industries. It also has potential to be a research and education centre and offers eco-tourism opportunities.

After a number of meetings and two workshops with

Councillors, we tabled a comprehensive report at the December 2017 meeting. The report describes the regenerative development project for up to 200 people and also indicated how it could be implemented in the

Tweed through Council's current planning framework. The Council was unanimous in voting to give us in-principle support for the project.

Our report and the Council resolution can be downloaded from the website BeautilityDevelopments.com.au, which we have developed to describe the project. Beautility Developments ('blending beauty with utility') has been established as a separate land developer that will include other research and funding partners.

CSIRO have already expressed interest in including the project in their Urban Living Labs program and researchers at the University of Queensland are also keen to collaborate.

We will be back in the Tweed in March to continue the community engagement. The next steps will include further discussions with Council and local communities in the rural areas to determine an appropriate locality and then, if all goes well, identify a site.

We look forward to discussing the project with interested people and groups when we return. If you would like to participate in the community engagement process or would like to stay informed of our progress then send us an email at PolisPlan.com.au.



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www.polisplan.com.au

We specialise in 'New Economy' planning, such as for Co-Housing, Eco-Villages & Eco-tourist facilities
 (Visit BeautilityDevelopments.com.au for an introduction)

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From the Editors

I trust all readers had a happy and healthy holiday break... welcome, everyone to the fresh, new year! With the new year comes Issue 98 of Uki News and a new co-editor...

I'd like to welcome Jeff Gant who is picking up editorial duties where Kylie

McCaffery left off. As day manager at the Uki CTC, Jeff brings with him a close connection to the faithful printers of Uki News for some time.

So, sit back and enjoy the read supplied by your hard-working regular contributors and also some new and

interesting material from some fresh faces. *Brendan*

I would like to thank Kylie for her support in my transition to the co-editing role. The challenge will be to continue the good work that Kylie has established over time Jeff

Contact Uki News: theukinews@hotmail.com

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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.

Letters To The Editor

CORRECTION TO CTC CALENDAR

The 2018 edition of the Uki CTC Calendar attributes the

image of 'Ida Daly on her 90th Birthday' to Robyn Herbert. The image should be correctly attributed to Leigh Fraser-Gray. CTC would like to take this opportunity to offer an apology to Leigh for the mix up.

UKI AND SOUTH ARM HISTORICAL SOCIETY INC - NEWS

ENGLISH SCOTTISH & AUSTRALIAN BANK

Esma Thomson

The original building was constructed in 1910 by D. C. Marshall who leased it to the E. S. & A. Bank. There were stables at the back of the building.

The bank opened 1910. In August 1914 the Main Street fire destroyed this building, along with many other businesses. Local farmer Gerald Parker sat overnight in front of the safe with a loaded double-barrelled shotgun until bank representatives from Murwillumbah could arrive to empty the safe. By all reports the contents of the safe survived the fire intact.

The Chubb safe was built in the front room where customers would have been served and was locked with a two-key system. The strongroom door came from England in 1905 and was sold to the E. S. & A. Bank for £54/7/- .

The original building had been built in timber and when it was rebuilt around the original vault and fire places it was built in expensive fibro imported from France (fibro was not made in Australia till 1917). In September 1931 during the Depression the bank was downgraded to an agency.

In 1942 the back residence was rented to the Connolly family for 15/- per week. The Murwillumbah manager came out one day each week until the bank agency finally closed 30th July 1955.

In 1967 the Connolly family purchased the entire building. The Old Bank building was restored and heritage listed in 1992. Quaint touches included in the restoration were a repolished yellow teak floor, a special key for the historic



Chubb safe and a "scrubbed up" old stove dating from the 1800's.

The Old Bank building has since housed many local small businesses, among them a Chiropractor, Art Gallery and Pottery, Organic Food Store and Fair Trade Shoppe.

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.

Contact:

Esma Thompson (secretary)

Ph: 02 66795890 - Ph AH: 02 66799121

Email: trmuki@tweed.nsw.gov.au



A Sensitive Community Issue

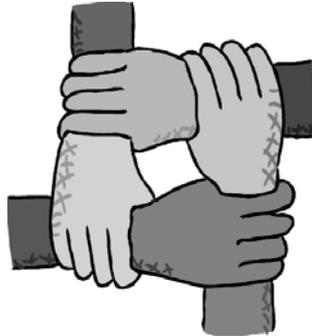
Anonymous

Since the March flood last year and the council crackdown on illegal camping around the Tweed (www.tweeddailynews.com.au/news/no-way-cant-camp-here/2213236/), Uki Village seems to be experiencing an increase in homeless people, especially those with apparent mental health issues.

The increase of homelessness in the Northern Rivers region is only to increase with the upcoming Commonwealth Games on the Gold coast.

"The complex interrelationship between mental illness and homelessness has long been noted by service delivery agencies, public health workers and social justice bodies.

Following changes in mental health service delivery in the latter part of last century, the observation was swiftly made that the homeless reflected higher rates of mental illness than the rest of the population." (<https://www.homelessnessnsw.org.au/resources/mental-illness-and-homelessness>). This is not a condemnation of homeless or mentally ill people, but just a few can create fear and insecurity for the vulnerable in our community.



In general local people have a different take on dealing with extreme or inappropriate behaviour, (such as disturbing the peace, break and enter, trespassing) compared to those in an urban or metropolitan situation.

That is, the first reaction is not usually to call the police; there is a degree of tolerance: a friendly conversation or warning may suffice.

Even when, in desperation, the police are called and they make the long trek from Tweed Heads, there is little



or nothing they appear to be able to do. What can they do except move them off and then have to deal with them again in another village or town.

There does not seem to be any cohesive council or state policy on this as rural issue (see <http://www.tweed.nsw.gov.au/Homelessness>). Is it time to have an open community discussion, a sharing of experiences and suggestions on what can be done? *

Uki Kids' Club After School Care



Creative program, Outdoor fun, Physical activities (Dance, Yoga, Ballsports etc.), Lots of Games, Cooking sessions ...

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Sleep

Madeleine Murray

Last year, I spent seven months on pain killers and three months getting off them. At one point, I had insomnia – such a simple word but complex phenomenon. My bedroom used to be somewhere I looked forward to going to at night – a sanctum of silence, darkness, peace, and interesting dreams.

It became a battleground. I approached it with fear and paranoia. I'd lie down and suddenly my feet would be burning and my legs in spasms. I'd try and calm myself with yogic body scanning, or mantras but eventually I'd have to leap out of bed.

I was doing yoga at 2 in the morning, drinking wine and eating cheese, reading a Dalai Lama text that I would never normally read. The book, called *Illuminating the Path to Enlightenment*, was incredibly dense and incomprehensible, which somehow helped me to go back to sleep. I chose a phrase from it: 'The nature of consciousness is luminous and pure' and took that back to bed with me. I forced myself to repeat that instead of thinking "I can't sleep, I can't sleep, I'll never be able to sleep again, I'm going mad."

After a few weeks, the spasms stopped, my sleep anxiety abated and I was able to look forward to my bedroom again. I used sleep music on YouTube, and various herbs.

Since then I have spoken to many people who have trouble sleeping: "Last night, I went to bed at 10pm, then got up at midnight to pack my van all



Photo by Hernan Sanchez on Unsplash

night for the market the next day." 60-year-old woman.

"I go to bed at 9pm, get up at 1am and stayed up: I read about 10 books. I was mowing the lawn in the middle of the night last night." 40-year-old man

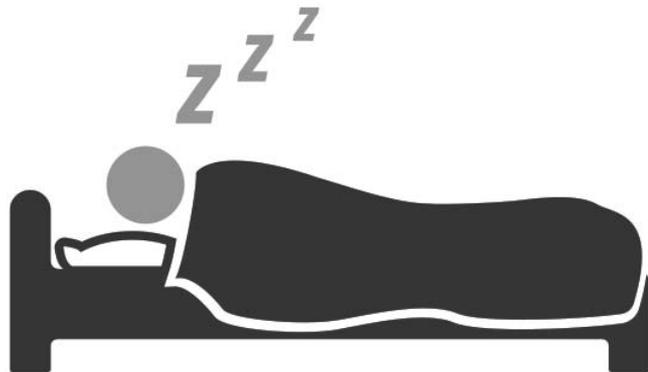
"I have a brain anomaly which means I can't sleep most of the time. I take industrial strength sleeping pills every third night to get a proper sleep." 50-year-old woman

But some people have no problem sleeping at all.

"I go to bed, set my alarm for eight hours later, and wake up then." 30-year-old woman.

"I only need four hours of sleep a night. I go to bed at 1:30am, and get up at 5:30am. I wake up refreshed and fine." 50-year-old woman.

Sleep a normal necessary activity we all take for granted... until its gone.



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Colour - therapy or art?

Judith Magee

I was recently reminded of the importance of colour; its capacity to enhance, enliven, repulse and repel are well established. Choice of colour is generally seen as a product of personality, gender, age, culture, ethnicity and societal influences.

But are there more complex factors at play that influence the colours we are drawn to; and those we can't stand? And can this provide insight into the impact of colour on our mental, emotional and physical wellbeing?

So what is colour?

Simplistically, it is the capacity of an object to produce different sensations on the eye that are in turn interpreted by the brain, as a result of the way that object reflects or emits light. Importantly, there is a degree of subjectivity to the perception of colour – i.e. people can vary in what colour they believe the same object is (remember that dress!! <https://www.livescience.com/50842-dress-debate-color-perception.html>).

The potential for colour to have therapeutic properties has been explored since at least the Ancient Egyptians, where the hues of the rainbow were as significant as language and generally a part of hieroglyphics. Colour was seen as both diagnostic and therapeutic.

One of the 20th century pioneers of colour therapy, J Dodson Hessey noted "The great importance of Color (sic) lies in the fact that it can influence all the aspects of man – physical, mental, emotional and spiritual, and so help to produce that harmony which in itself, implies perfect health".

The impact of colour on mood and behaviour has been extensively researched, both formally and by accident. Prisons that have painted different wings in different colours have noted that violent behaviours increased among inmates living in red and yellow wings and decreased among those living in blue and green wings.



Psychologists at Vermont College of Norwich University tested emotional reactions in college students following their exposure to particular colours. Results demonstrated that blue-violet produced sadness and fatigue, whereas cool green produced confusion and anger. In general, colours comprised of longer wavelengths, like red, are considered more stimulating to the nervous system than colours of shorter wavelengths, like green and blue.

More recently, the impact and potential therapeutic role of colour is being explored in children diagnosed with Autism Spectrum Disorder (ASD). It is thought that up to 95% of those with ASD present with heightened sensory sensitivity, especially to sound, texture and colour.

Many with ASD experience significant visual stress, where things seem to appear disjointed, threatening, move around or even disappear. This visual stress is thought to contribute to social anxiety, 'coping' behaviours and language difficulties and likely impair capacity to correctly interpret facial emotion in others.

Studies have suggested that wearing spectacles with coloured filters resulted in positive changes in behaviour, improvements in social anxiety, better facial recognition and improved literacy. Aside from autism, colour filters have also been shown to offer symptom relief in several central nervous system disorders that involve the visual system, including photosensitive epilepsy, multiple sclerosis and migraines.

Whilst there is much more to understand about the therapeutic role of colour, the potential for positive benefit on both the central nervous and endocrine systems seem clear – so embrace the beauty and importance of colour and benefit on every level.



.... the potential for positive benefit on both the central nervous and endocrine systems seem clear - so embrace the beauty and importance of colour and benefit on every level.



Naturopath
Homoeopath
Herbalist
Nutritionist
Counsellor
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Cryptocurrencies

Louise Bally

CTC@Uki

Released as open source software in 2009, Bitcoin was the first decentralised ledger currency in the world and has extremely high market capitalisation, in recent years reaching a top value of \$22,000. This new type of currency not backed by gold or oil reserves is mined with the processing power of high-end CPUs, using complex algorithms. Crypto currency transactions occur in real-time without the backing of centralised banks. Transactions take place between users directly.

As of February 2015, over 100,000 merchants and vendors accepted Bitcoin as payment, its value now, after a recent 20% drop is about 14336.54 Australian Dollars. The success of Bitcoin encouraged the creation of countless other crypto currencies which are now attracting traders all over the world to invest in and buy and sell as the values rise and fall. Petro is the first crypto currency to be based on Venezuela's reserves of oil. It was announced very recently in December of 2017.

Ripple, designed for peer to peer debt transfer, is not based on Bitcoin and it operates on an open source decentralized platform allowing for a **seamless** transfer of money in any form, including all other crypto currencies, \$US, Euro and \$AUS. Ripple transactions are settled within seconds on the Ripple network, despite the platform handling millions of transactions frequently. This is unlike regular banks which can take days or weeks to complete wire transfers. The fee to conduct transactions on Ripple is also minimal.

Investing in crypto currencies is considered to be high risk, however small investments can yield high returns despite the risks of the currency becoming outlawed, issues from hackers or forgetting your currency wallet ID or password.

[i] Cuthbertson, Anthony (4 February 2015). "Bitcoin now accepted by 100,000 merchants worldwide". *International Business Times*. IBTimes Co., Ltd. Archived from the original on 28 November 2015. Retrieved 20 November 2015.

[ii] Chappell, Bill (4 December 2017). "Venezuela Will Create New 'Petro' Cryptocurrency, President Maduro Says". *National Public Radio*. Retrieved 2017-12-05. ✱



Red Cross Update

Greg Armour

The Uki branch of Red Cross held their annual Christmas Appeal day on Friday December 1. The day was a great success raising over \$1500. President Pauline would like to thank all who donated money, goods, cakes and preserves, the loyal members and helpers who worked tirelessly throughout the day in the kitchen, on stalls and the raffle, and served lunches and sweets to all of our guests.

Raffle competition winners on the day were;

- Bob Flannery
- Selena
- Warren French
- Pip
- Marg McMahon
- Stewy
- Sue
- Tom Mills
- Barb O'Brian
- Betty Brims



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THE POWER OF HUMANITY

Pauline would also like to wish everyone a safe, happy and healthy New Year. ✱

Need to print or scan some important documents or images?

At Uki CTC we can print and/or scan up to A3 in colour or black and white.

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Uki 2018

The Uki 2018
Calendar is now
available at a
discounted price

CTC@Uki

Uki Hall by Tony Granville

Relationship Health

Welcoming Muslims

Heather McClelland

There was a time when extreme prejudice existed between protestants and catholics and Australians had difficulty welcoming Italians and Greeks into a predominantly Anglo society. Since then migrants have often been shunned by the 'entitled'.

In Uki the opposite is true. Since 2014 the Uki Refugee Project has been bringing refugees, mainly Muslims, here for Friendship Visits. A sense of hospitality has greeted them from the outset.

The past owners of the Rainforest Motel at Byrill Creek generously made accommodation affordable. The new owners are wonderfully open to continuing their tradition. More and more households are having families stay with them with potential to build lasting friendships.

On one occasion a refugee family couldn't join in because their house had been burgled and their car stolen. Uki people who had gathered for the bush dance with 'Playing Possum', passed around a bucket and dug deep. More than a thousand dollars was raised to help!

After climbing Wollumbin with a group of refugees a Uki resident was heard to say, 'I hadn't met a Muslim face-to-face before, but they are just like us aren't they?'

The following is the URL for a YouTube documentary titled 'Resilience' (https://www.youtube.com/watch?v=j2EG62-4Cwk&feature=em-share_video_user), where you can meet four Muslim women from Bangladesh.

These women are fighting their way out of poverty. An Art Post Uki exhibition in the near future will give residents and visitors a chance to buy art or to donate in order to make life just a bit better for some in that secular yet predominately Muslim country of Bangladesh, who will never know the luxuries we take for granted.

There is great richness in diversity. In Uki there seems to be a 'knowing', (a spirituality?) that connects us closely with each other (and with every part of the wonderful



environment in which we live).

We remember with sadness what happened in Northern Ireland and what is devastating Rohingya Muslims today and we choose to withstand the forces of fundamentalism, extreme nationalism and self-serving politics.

We choose to embrace Muslims, especially when they come to this country primarily to find a haven from oppression. ✨

Uki Ecstatic Dance

Music by Narayana (Willow Beats)



Wednesdays
9.30 - 11 am
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Uki Buttery Bazaar Entertainment

Sue McKenna

 Uki Buttery Bazaar Market

To book a stall at the monthly Uki Buttery Bazaar please contact Lisa on 0487 329 150.

FEBRUARY Buttery Bazaar

Sunday February 18

The Kellie Gang

The "Kellie Gang" is headed by Trombone Kellie who is an energetic and entertaining performer. This is well displayed through her inspirational vocals which are both versatile and passionate, and her raunchy/ smooth melodic trombone playing. On guitar is Scrubby Pete whose old-time blues feels are authentic to the traditional roots of their kind. His many years of performance experience, both on guitar and vocals make for great listening and his comical mischievous flair is endearing. On double Bass duties is Robert Renfrew who's relaxed, intuitive feels adds its own unique flavour to the mix. This along with his vocal and keyboard talents showcases a kaleidoscope of sound that is wonderful and vast. The combining of these three musically diverse, vibrant entertainers makes for a dynamic, spontaneous mixture of Rock, Soul, Blues, Gospel, Rockabilly, Country, Rock and Roll and what they call "Blazz Swing"- Blues and Jazz Swing...

Guaranteed to get the voice box and dance floor humming...
Joined by special guests tbc.

<https://www.facebook.com/trombonekelliesingertrambonistguitarist/> 



MARCH Buttery Bazaar

Sunday March 18

Ka Ching and friends

You're in for a treat this month folks with Tweed Valley's very own Ka Ching, original alternative funky rock band... Featuring soul diva Chana Waters on vocals, shredmaster Ben Wah Leblanc on guitar, local all-rounder Jake Mann on drums, rock legend Billy Williams on bass.

Ka Ching will get your feet moving so get ready to dance!
Joined by special guests and young performers from Chanas' Tweed Creative Studios, premier entertainment hub.




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Fouling our only nest: the pale blue dot

John Tyman

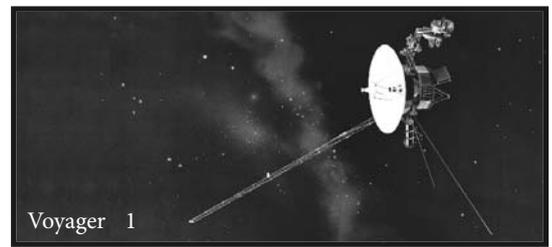
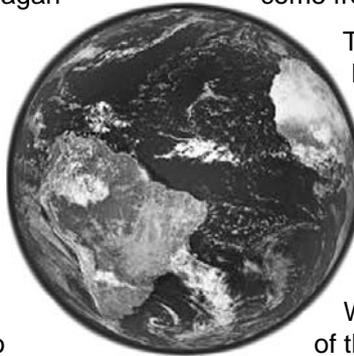
On February 14, 1990, as Voyager 1 headed for outer space it turned for one last photo of our planet. From a distance of 6 billion kilometers, the earth was just a pale blue dot. In an inspirational video ("Pale Blue Dot" available on YouTube) the astronomer Carl Sagan proclaims:

Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives... on this mote of dust suspended in a sunbeam....

The Earth is a very small stage in a vast cosmic arena. Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this blue dot on the scarcely indistinguishable inhabitants of some other corner, how frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturing, our imagined self-importance, the delusion



Voyager 1

that we have some privileged position in the Universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known so far to harbour life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment the Earth is where we make our stand.

It has been said that astronomy is a humbling and character-building experience. Well, there is perhaps no better demonstration of the folly of human conceits than this distant image of our tiny world. To me, it underscores our responsibility to deal more kindly with one another, and to preserve and cherish the pale blue dot, the only home we've ever known.

We looked at the film clip in church on the first Sunday of the New Year, and considered how its message might affect our way of life in 2018.

How about you?





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Me You





Larrikin Cookin'

Brexit Blinis

Pat Miller

Brexit was another modern example of a really bad decision made on the back of hype and populism. So, here's a recipe to cosy up to the Russians as venture capital flees Britain. Depending what you have it with, this recipe explains the fishy smell of Boris Johnson and the right wing nongs who bankrolled and browbeat the vote to leave the European Union.

Here's a recipe to cook when you are watching the national economy slide down the storm water drain on the back of global warming-induced heavy weather. Gee thanks, Theresa May and her merry band of Brexiteers. These blinis will only cost billions.

If ever there was another reason for Australia to become a republic and ditch the English apron strings, it's **Brexit blinis**.

You'll need:

- 100g buckwheat flour
- 75g plain flour
- 7 gm (1 sachet) dried yeast
- 170 ml milk
- 1 tsp honey
- 50 gm butter, coarsely chopped
- 120 ml buttermilk
- 2 eggs, separated



Then:

- Sift flours into a large bowl, add yeast and a pinch of salt, stir to combine and form a well in the centre.
- Warm the ordinary milk, honey and 20gm butter in a small saucepan over low heat to lukewarm, remove from heat, add buttermilk (to cool it down a little – regular milk works fine) and yolks, whisk to combine.
- Gradually add warmed milk mixture to flour mixture and mix to combine.



- Stir until a smooth, thick batter forms. Cover with a damp tea towel and set aside in a warm place to prove (1 hour).
- Whisk eggwhite and a pinch of salt in a clean bowl. Gently fold eggwhite through flour mixture.
 - Brush a frying pan or crêpe pan with a high flashpoint oil and add a little butter, heat over medium heat. Add tablespoonfuls of blini mixture in batches, cook until bubbles form on the surface (2-3 minutes).
 - Turn, cook until golden (30 seconds), remove from pan. Wipe out pan with absorbent paper, repeat with remaining oil/butter and batter. Blini are best eaten on day of making.

Depending on your income bracket, top your blinis with one (or more) of

- Caviar (Iranian for the toffs)
- Smoked salmon
- Mascapone
- Cream cheese
- A tired lettuce leaf (for most of us)

Happy cooking.

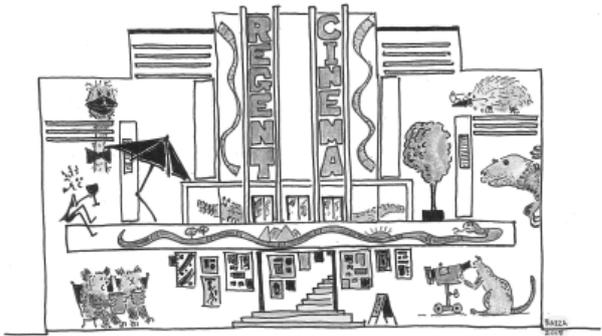
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Centipede

Roland Bound

Hot air burnt the inside of my nose and I could feel its heat enter my lungs. The leaf litter was crispy underfoot. Eucalypt leaves crunching to dust under the big honkey nut tree where my brother and I would play war with our toy soldiers in the hard-packed earth and sand.

A huge swing was slung from a high branch. As tall as this tree was it never provided any shade and the hairy bark used to make us itch.

From the leaf litter, it appeared. It was not easy to catch. I knew I had to be quick and definite with my motions and drop the bottom of the bug catcher straight over it in one motion with absolutely no hesitation or I would be bitten.

I feared this thing, the speed it moved, the erratic changes in direction it took, the way it seemed to magically disappear into the hard ground where no cracks existed, only to reappear out of the corner of my eye, racing over fallen twigs.

At one point raising the front portion of its body up like a snake to warn me of its anger or maybe to get a better vantage to bite. Maybe to tell me something as it swayed once and raced off again. I was scared and hesitant but somehow my fascination overpowered my fear and I brought the bug catcher down pinning the creature half under the lip.

Now I had a choice. Press down harder or let it go and risk the thing running up my arm. As I pressed down I could feel its hard body through the plastic of the catcher. As I pressed the centipede turned to fight the crushing force on its back but could not bite anything so it pulled away, up into the bug catcher. I slide the base into place.

Its movements were ceaseless. It raced around the inside of the clear bell looking for an escape. It found the air vents immediately and could push a portion of its head through, enough that I was reluctant to hold the vessel anywhere but near the very top. I was holding it thus when I presented to my mother sitting at the green laminex table in the kitchen, on that hot Perth afternoon waiting for the doctor to blow in. "Jesus" she recoils in horror.



"Can I keep it?"

"Kill the bloody thing, it's a menace."

"I want to keep it."

"I don't like it, what if it gets out, that's a trip to hospital."

"It won't get out."

All the time the centipede racing around the inside of the bug catcher, at one point making a noise across the distance between us, trying to bite its way out, many hard needle feet scraping the plastic, trying to force its bright red head through the vents.

Fascinated and horrified, I kept it on my night stand. It entered my dreams. I could hear it as it spent the night trying to find an escape. The next morning, I went to my mother.

"I want to let it go"

"What? Christ all mighty! You keep poor bloody moths in that thing and they die after a week and you want to let that abomination loose. It will bite you. Kill it!"

"I can't Mum"

I could not keep this creature. I would never be able to feed it. It horrified me. Its snaking ceaseless motion. Its bright red head and bowel blue body. The shiny black legs that look like the fangs of a hundred spiders. It had not stopped moving since capture.

It knew I was the one. It wanted its revenge. How was I going to let this thing go? The second the lid came off it was going to attack me. I went back to where I had caught it with echoes of Harry Butler in my head. I cracked the base of the bug catcher, just enough to loosen it. This thing was right on to it, streaming down the side and pushing to get out.

I put the catcher down and backed away watching the animal bang against the base. With a branch the length of my arm I pushed the catcher over. The base stayed put and then it popped off as the centipede made its escape and... in an instant was gone, like it hadn't existed.

Forty years later looking into my child's mind the fear and fascination are all mixed up, having captured an abomination I could not keep and was afraid to release. My mother dismissing me from the kitchen with the unspoken sentiment that the danger was mine to deal with, despite her horror.

A dream made real. An evil spirit on my night stand like a genie that would exact its revenge if it was not released. But it didn't bite me.

Maybe I got my wish.



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Astrology

Paola Emma

Welcome to my thoughts on the astrological trends for February/ March 2018.

The first eclipse season of the year: A lunar eclipse at the 11°Leo Full Moon (Jan.31), and a solar eclipse at the 27°Aquarius New Moon (Feb.15). The Full Moon will be closest to Earth, about 30% brighter than usual. Weather permitting we'll witness the Lunar Eclipse's magic from our region (Jan.31 at 11.51pm to Feb.2, 11am).

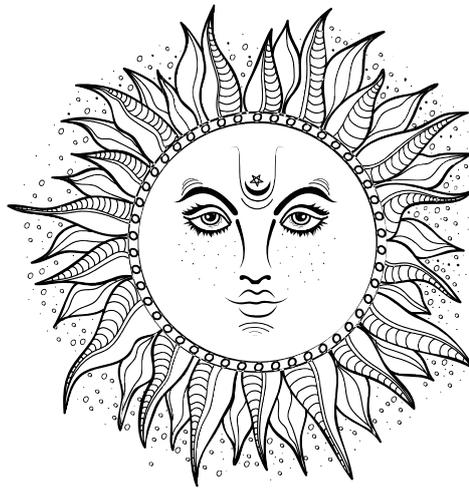
If any of the above degrees in the Fixed Signs (Leo-Aquarius-Taurus-Scorpio) are highlighted in your Birth Horoscope these cosmic events could prove significant for you.

Falling in proximity to any sensitive points in a Horoscope eclipses can have far reaching consequences, not only now but in the long term, becoming activated by transiting planets in the weeks and months ahead or even anticipated by transits before the eclipses take place.

The positions of the present eclipses are close to those that occurred in August 2017, swapping signs from new to full moon. I wrote then that the eclipses 'degrees' were close to the ascendant and Mars of American President Donald Trump (born June 1946), corresponding with some serious troubles he was experiencing in his controversial presidency, troubles that, if anything, have got worse since then. These February events are even

closer to Trump's Mars and, this time, to his Pluto also, the latter transit shared by many individuals born around the same time. The generation that shares with Trump, Pluto on 11-degree Leo (Sep.1945- Sep.1946) could experience life changing events and/or profound inner transformations.

When the sensitive points touched by the Eclipse are Pluto and Mars, as in Trump's case, the disruptive potential

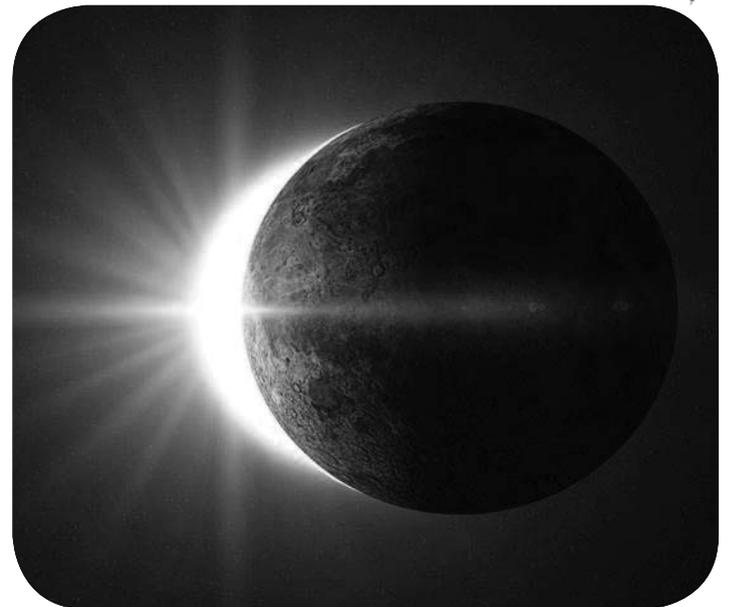


is magnified. Eclipse+Pluto could bring about extreme power struggles and Eclipse+Mars antagonism and conflicts. Because his Mars was also the closest planet to the horizon the eclipse could impact on his physical well being, confidence, temperament, as well as his close partnerships.

Furthermore, the Aquarius solar eclipse (Feb.15) will align with the USA's National Chart Moon (Jul.4,1776), symbol of this nation emotional pulse. And Saturn in Capricorn is moving toward a once in 30 years opposition to the USA's National Sun in Cancer, a reality check on a grand scale, maturing in early 2019.



This year and the next could be a time of huge changes for this man personally and for the United States and the world, let's hope they will ultimately prove positive.



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