



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

Issue 95 | August/September 2017

Edith Streiner

Water DA Raises Safety Issues

by Phil Carr

Council is yet to determine a Development Application lodged in December for the extraction of water for bulk loading and delivery from a property at Rowlands Creek.

A Traffic Safety Assessment commissioned by the applicant in response to a request from Council for additional information reveals that Rowlands Creek Road is not safe to accommodate the large trucks required by the development without road upgrades and widenings on several bends. The traffic study can be found on Council's website under DA16/0936.

The study shifts the onus back to the applicant who, according to Council, is now required to obtain owner's consent for one section of the road that encroaches upon private land. If such consent is received by Council, the DA will then need to be re-advertised.

Ultimately, approval of the development would require the road upgrades identified in the study to be carried out by the applicant.

The controversial DA has met with strong opposition. A public meeting held in Uki in February was attended by at least 150 people where a local heavy vehicles driver said that he would be "terrified" to drive a water tanker on Rowlands Creek Road.

Others at the meeting spoke about water extraction projects



If the DA is approved, water tankers will be a daily occurrence on Rowlands Creek Road.

elsewhere in the Tweed and the need for water hydrology studies to be done throughout the Shire.

The Tweed Water Alliance was formed to oppose industrial scale water extraction from the Tweed Valley for the bottled water industry. Alliance spokesperson, Jeremy Tager, said "the opposition to the industry is based on the fact that communities receive no benefit from the privatising of water, the lack of data regarding the condition of our groundwater systems, the impacts on local communities from increased industrial traffic and the ecological reality that the private water industry produces vast quantities of plastic waste." He added: "the Alliance is calling for Tweed Shire Council to prevent any new or expanded water mining businesses in the Tweed."

The applicant was contacted but preferred not to make any public comment.



'MANIFESTATION of the IMAGINATIONS'

IMAGES OF UKI - 2017 Exhibition & Festival
September 14-17

Once again our local artists will be delighting us with their amazing manifestations of their imaginations.

Thursday 14 September

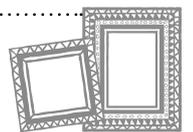
UKI PUBLIC SCHOOL will be setting up their own ART exhibition including Pop-Up performances in the school assembly hall. The P&C will be providing a soup & bread snack.

Opening night in the UKI HALL with the FASHION PARADE, followed by a mini CABERET. Check out the details on our poster, when the date gets closer. Chia Harem will be offering delicious

morsels along with your favourite Chia brews. Wine & fruit drinks will also be available during the opening.

Friday-Sunday 15-17 September

The Hall will be open for DISPLAY



Saturday 16 September

The Children's play Garden with very special activities in the Village Green

Crafternoon on the green



Sunday 17 September

UKI BUTTERY BAZAAR MARKET featuring Murray Kyle.

And the announcement of the very popular PEOPLE'S CHOICE AWARDS.



From the Editors

There's so much going on in Uki! All reports suggest the Uki Pythons are performing well in all age groups this year, attesting to indomitable Uki spirit. Images of Uki is also approaching to light your artistic fire and for those of you with a culinary bent there is a whisper in the wind that the Great Uki Bake off is making a return. The Tweed Water Alliance is also hosting a night that should prove interesting while the Uki Buttery Bazaar

and Saturday's Farmers markets remain the chief opportunities to come together as a community. Not to forget the great stores, shops and services available in the village. There's plenty going on in Uki and in this issue of Uki News.

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

Brendan and Kylie

Contact Uki News: theukinews@hotmail.com

ADVERTISING

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

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



A Call Out for Flood Stories

We are gathering stories from our community to publish on an accessible online platform which will include video and photography. Story telling is a powerful tool to heal, to relate and to inspire. Sharing our collective experience of Cyclone Debbie will create opportunities to connect and inform. Would you like to share your story? Please email your story or leave your contact details and we will be in touch.

Contact: Kathy Egan
floodstoryproject@gmail.com

It takes a
town

Word from Ukira

Phil Carr

UKIRA is once again pleased to be supporting the Images of Uki Art Exhibition will be showing from September 14-17 in the Uki Hall.

Tweed Shire Council has agreed to modify the village entry sign at Sweetnam Park by reinstating the slogan "Uki - Where the mountains touch the sky". The village slogan, which was adopted after a community competition run in 2000, was omitted when the sign was replaced following the March flood.



Well done to the Uki & South Arm Historical Society for putting together a pictorial guide to the Uki Village Heritage Walk. Guides are available from Uki Post Office & Newsagency. The Society become more popular since regularly opening its doors on Uki Buttery Bazaar Market Sundays. We hear that 110 visitors enjoyed the displays and information on offer during the July market.

We have received a letter of appreciation from a Midginbil resident who, last year, UKIRA encouraged to contest an \$110 fine given to her for parking at Gerald Parker Park (opp. Uki Sports Ground). Wrong signs had been installed at the Park. The prosecution was later dropped and the signage corrected. Justice prevails!

UKIRA has arranged for several large rocks to be placed near the corner of Norco Street and Milsoms Lane, Uki Village. The rocks will enhance the area and will also be effective in keeping vehicles off the grass. Thanks to Graham and Helen Dietrich for donating their Dum Dum rocks, and to Hardings Earthmoving for the lifting.

The Uki Village & District Residents Association (UKIRA) is a not-for-profit community group that provides a forum for local residents to raise community concerns and to discuss ideas to improve our beautiful village and district. One such initiative was the purchase of the Uki Buttery Factory in 2003. We hold public meetings on the first Tuesday of each month in the Meeting Room of the Uki Hall starting at 7:00 pm. All residents are welcome to attend. Interested residents are also encouraged to apply for membership of the Association.



Tweed Water Alliance Music Night

Nick Hanlon

SATURDAY, AUGUST 19
3.00pm-6.30pm, Uki Hall

The Tweed Water Alliance (TWA) is hosting a night of music and speakers to raise funds and awareness concerning water mining and industrial scale water extraction from the Tweed Valley. Monies raised will be used for geological studies and legal fees, as well as obtaining information from the NSW Office of Water and processing freedom of information requests. The TWA is comprised of 7-8 volunteers and was formed to oppose industrial scale water extraction from the Tweed Valley for the bottled water industry. The TWA does not oppose the use of water bores for domestic and agricultural purposes.

The night will start with a welcome to country by Uncle Ces and Lewis Walker and continue with musical sets punctuated with short presentations by speakers. There will also be raffles and food and an opportunity to buy bumper stickers and gate signs to show your support. Entry is by (suggested \$10) donation. Come along and get active or just get your boogey on.

 Tweed Water Alliance



SPEAKERS:
 Jeremy Tager
 Scott Sledge
 Michelle Cullen
 Katie Milne tbc
 Chris Cherry

MUSIC:
 Bruce Ray
 Az Is
 Kellie & Kuwani Barnett
 Loren
 Jo Satori
 Wall of Love
 Mantlepeace
 Tomi
 Chana Waters



Red Cross Raffle

The Uki Branch of the Red Cross recently held a raffle to support Brendan Vares, proprietor of The Uki Garage. The garage was badly damaged with the recent flooding. Uki elder Joy Armour presented Brendan with a cheque for \$1050. Thanks go to all those who donated prizes and all those who supported this raffle. A credit to the community. 



Uki Refugee Project Friendship Visit

Note change of date. The next Friendship Visit will be on the weekend of 14th and 15th of October. Some of our visitors will stay in the Rainforest Hideaway in Byrrell Creek Road, others will stay in people's homes.

What can one small village do?

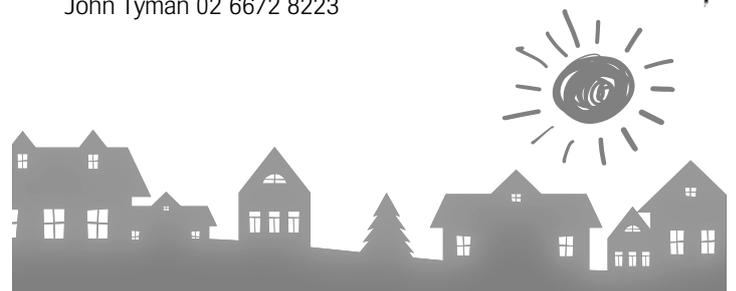
Uki Refugee Project

E uki.refugee.project@gmail.com

f www.facebook.com/ukirefugeeproject

Ph Heather McClelland 02 6679 5603

John Tyman 02 6672 8223



Making AUSTRALIA Great Again!

John Tyman

My title reads like a "Trumpism", but I have a radically different understanding of the meaning of "greatness". I wonder, too, if today's President has any sense of history, and any appreciation of the role played by migrants in the building of America. For many of these newcomers their first glimpse of their new home was the Statue of Liberty, in New York. Inscribed around its base were the words:

*"Give me your tired, your poor,
Your huddled masses yearning to
breathe free...
Send these, the homeless,
tempest-tossed to me.
I lift my lamp beside the golden door."*



Times have changed, of course, and doors are closing. But this could also be said of Australia, where "reception centres" are now places of "detention".

During the recent floods we've seen an outpouring of generosity. Fire Fighters, SES volunteers, house-cleaners, and people who provided food and/or accommodation, rallied to help those in need ... without payment (and often funding their services), in a wonderful example of "love for one's neighbour".

The sad thing is, such mate-ship stops at the border these days. We seem to care little for those in yet greater need overseas ... simply because they live beyond our borders. But border fences do not only keep people out, they fence people in; and we are all diminished thereby.

Australian aid now represents 22 cents of every \$100 of our national income... the lowest ever level of Australian aid. With one of the highest incomes per capita in the world, Australia now ranks 19th of the 28 wealthy OECD member nations that give aid.

Seemingly, the lifestyles of Australian taxpayers are more important than the lives of those who live on the other side of the line... in PNG, Nauru, the Middle East and a host of African nations. However, while "charity" may indeed "begin at home", it does not have to stop there. So, let's make Australia great again!

John Tyman: Holy Trinity Church, Uki.

Rural Fire Brigade Display

On Sunday August 20 at the Buttery Bazaar Market day, the Uki & South Arm Historical Society will be showing a display on the Rural Fire Brigades from the South Arm.

Uki and Kunghur Brigade vehicles and members will be present with information on fire safety and will be able to answer any of your questions. Everyone is welcome to come along

Anyone interested in volunteering with either brigade will have the opportunity to talk to Senior Brigade Officers.

When researching the history of the brigades a common story that was most noted was that of the mateship that develops between members of the brigades and their families and supporters.

The Village History Walk held on May 27, was an outstanding success. The walk was so popular that both the morning and afternoon walks were completely booked out. Our thanks to those who attended for their support and feedback.

Our thanks also to the Tweed Shire Council for funds received under the Community Sponsorship Scheme. The grant will be used to update office equipment used by our volunteers. ✱

See ART HOUSE MOVIES & LATEST RELEASES, REGENT CINEMA, MURWILLUMBAH
www.cinematregat.com tel. 02 6672 82 65

Post Office

UKI POST OFFICE & NEWSAGENCY

Philippa Peter Lyn

- *Post Billpay *Faxing
- *Photocopying
- *Newspaper
- *Magazine *Office item needs

Open weekdays 7am-5pm, Sat 7am-12pm, Sun 7.30-11am
Ph 6679 5101, Fax 6679 4012

Uki Supermarket

Friendly service....

Groceries Fruit Ice & Veg Fuel
Gluten-free & Gas
Organic Prod- DVD hire
nets
Meat

Open weekdays 7.30am to 6pm
Sat & Sun 8am-5pm
Main Street, Uki Ph: 6679 5136

Rural Fire Brigade Volunteers

Helena Duckworth
Secretary, Kunghur Rural Fire Brigade



Rural Fire Brigade members are community minded citizens. They could be your neighbour. But you may only find out they are in the Service when a Rural Fire truck arrives to put out your fire.

They are a dedicated group of men and women from different backgrounds who drop everything they are doing when their pager alerts them of an incident.

The call can happen at anytime, just as dinner is on the table, when you've had a long hot day working or when you are sound asleep.

In times of extreme fire danger bush fire brigades send relief crews to other areas. These crews usually work 12 hours on and 12 hours off until the fire is extinguished.

It is very hard yakka. Our Brigades volunteered crews to the Cabarita and Lennox Head fires in 2017 and worked with other Brigades at that scene.

Brigades on the South Arm, Uki and Kunghur, are being increasingly called out to motor vehicle accidents or stolen cars set on fire. The crews train hard and are up to date with RFS protocol and are professional in their handling of upset family members at an incident. The danger to personnel at incidents is always present especially during bushfires

It is always helpful when calling in an incident to be accurate with the location. Even pile burns that have got away are hard to pin point from the truck when out in

the valleys with only bush tracks to follow. Brigades are required to respond to 000 calls. Many times these 000 calls are made by motorists who don't realise that the smoke they can see is a landholder with a permit to burn-off and that there is no danger.

The brigades are always on call if required by the SES. Kunghur volunteers helped hose mud off driveways and the road after "Debbie". The local Furies know their areas the best.

There is a lot of satisfaction experienced by crews when they finally extinguish a fire which had been burning over a large area in hard hilly and timbered country.

Exhilaration and the adrenaline rushes when it is all blacked out and it starts to rain. This is the best outcome. Then they can pack up and head home for a rest until the next callout. But first they have to wash down the trucks and refill the tanks with water.

Brigades are always on the look-out for committed volunteers. If you are interested to learn more about us come and see Brigade members at the Uki and South Arm Historical Society display on South Arm Fire Brigades on Sunday 20 August - Uki Buttery Bazaar Markets. ✨



Cave Electrical Est. 1967

All types of Electrical Work

Level 2 Metering, Overhead and Underground services
Installation and Repairs, Free Quote



Quality Solar Systems at affordable prices

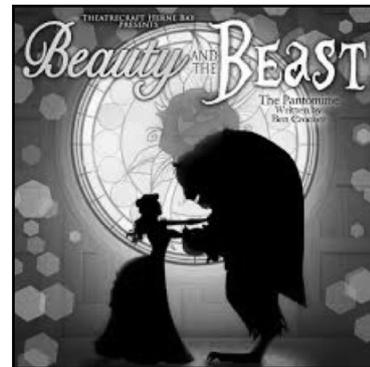
Local business selling the best
major brands

Repairs & upgrades to existing systems
**Call Mark Cave to discuss your renewable
energy needs**

Free design and quote

Ph 6679 5999 Mobile 0419 001001

MURWILLUMBAH THEATRE COMPANY presents



Beauty and the Beast

An enchanting pantomime by Ben Crocker

At Murwillumbah Civic Centre

In October

Fri 13 at 7.30pm | Sat 14 at 5.30pm | Sun 15th at 2pm

Sat 21 at 5.30pm | Sun 22 at 2pm

Sat 28th at 7.30pm | Sun 29 at 2pm

Tickets \$15/\$6 child available from Sept 1st
at www.murwillumbahtheatrecompany.com.au
and Electronics Murwillumbah or at the door

Enquiries to Lesley on (02) 6672 6753

Photogenic Uki

Brendan Esposito

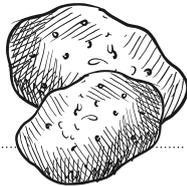
Did you notice cameras and fashionable types in Uki on June 15? Students from the Queensland College of Art, Griffith University were in town using Uki as the backdrop for their photographic assessments. The students produced over 45 000 images collectively and will submit their finished work in October. Their lecturer in photography Peter Thiedeke extended his thanks to Uki village for the hospitality and support shown and has assured Uki News we will see some of the photographic results. 
I always knew Uki had style!



A PENCHANT FOR PEDANTRIES

The Greengrocer's Apostrophe

Anita Morton



We have all seen the blackboards and signs outside shops, advertising potato's and tomato's. Some of us (cough, cough) whip out a pen and correct the sign! So common is this mistake that it has its own name - 'the greengrocer's apostrophe'.

Most words in common usage in English that end in 'o' take an 'es' ending when pluralised, rather than the usual 's' alone. Thus, one avocado, two avocados; one potato, two potatoes. There are some o-ending words that don't take 'es' - one patio, two patios - so it's not an ironclad rule, and it's no wonder some greengrocers consistently get it wrong.

Famously, the then Vice Presidential candidate Dan Quayle once 'corrected' a young student's spelling of potato to 'potatoe' - while being filmed for the news. His candidacy never recovered from the mocking laughter of the viewers. His mistake was back-forming the spelling from the plural 'potatoes', but failing to drop the two letter suffix.

So if you are unsure when pluralising a word with an 'o' ending, try both the 'es' and 's' and see which one looks right - but be absolutely sure that there is no 'i' in potatoes. 



*An accredited,
quality B&B*

*A View of
Mt Warning
Bed & Breakfast*

Delicious breakfasts,
spacious suites, stunning views,
private entrances and verandas,
comfortable beds.
28 Glenock Road, Uki
Phone 02 6679 5068
www.mtwarningview.com
accom@mtwarningview.com

Smallbizfit.com.au



Tailored business systems saving you time & money

Geoffrey Colwill

0427 701 892

geoffrey@smallbizfit.com.au



MYOB
Certified Consultant

560 April 11/2003



Become an instant herbalist
with our magical botanical extraction machines,
and herbs to get you happy, healthy and horny.

Step into this boutique store to find natural
remedies, unique gifts and steamfunk treasures.

The Happy Herb Shop

3/1466 Kyogle Rd, Uki, 2484

Open most days 10.30 - 4.30

Hanson's Halal Harissa Hash Browns

Pat Miller



Pauline Hanson was in Central Queensland when I was there and we didn't get to chat. I wanted to but sailing mates wouldn't even let me be in the same suburb. However, this is her own secret middle eastern-ish recipe: Halal harissa and hash browns.

Harissa is quintessentially middle eastern, a mix of spices, about as unnecessarily mysterious as the current state of affairs in Qatar. Hash Browns are quintessentially middle American - Maccas sells them. Together as a halal dish they represent the perfect voice of moderation for One Nation supporters, other usually white Australians for whom considered, humane thinking seems as foreign as Arabic and people who think Maccas is food. Cooking gives peas a chance.



HARISSA

As blistering as a racist tirade and... like a racist tirade, surprisingly easy to make. Great when you have lots of chilli. For about 400ml you need:

- 30 large red chillies (about 250g), half the seeds removed and chopped roughly
- At least 6 garlic cloves
- The juice of one lemon
- 1/2 cup red wine vinegar (or more lime juice - depends on you)
- 2 tsp cumin seeds, pan roasted and then ground (you can use a mix of caraway and coriander too, suit yourself. Not cardamom though, makes it taste like koala farts.)
- 1 cup (250ml) olive oil
- Salt to taste

Blend the lot, adjust the seasoning and 'stickiness' with olive oil and the red wine vinegar. That's it, you've made halal harissa. Let it sit in the fridge for a few days to see if the electoral commission comes calling. If not, it's safe to eat.

HASH BROWNS

You need to remember this dish has nothing to do with hashish and all to do with making a mess... Just like the lovely Pauline's words about kids with autism in schools, her economic policies, ideas of social justice and a few - well, most - other things. Grate a few peeled waxy potatoes into a bowl, find a clean tea towel and put the grated potato into the middle of it. Bring up the corners of the cloth and twist the cloth onto the potato mix so you squeeze the juice out of it - do this over the sink. Squeeze it like the liberals are squeezing penalty rates and working conditions, squeeze it like Pauline's hold on electoral commission remuneration, squeeze it like it's your power company explaining your huge bill, squeeze it like slim evidence of Malcolm Roberts' intelligence. Squeeze it like the mining company hanging onto a failing business model.

Toss into a bowl, season with salt and pepper, then fry the shredded potato mix in thin lacy patties in hot oil until golden. Serve with harissa for dipping and aromatic tea. Or XXXX Gold depending on just how culturally aware you are.

Pauline's campaign plane has 'Fed Up' stickers all over it. For once you can be confident that with this recipe, it's true. Unlike rational thought and white supremacists, harissa and hash browns go very well together.

Pat Miller
patmiller.net.au



***VOTED #1**
REAL ESTATE AGENT
IN THE WORLD

***by Sally's Grandma * Only Sally's Grandma voted**

SALLY MATHER
0427 545 888

www.facebook.com/sallymatherfirstnational



first national
REAL ESTATE

RESIDENTIAL AND RURAL SALES

Hypertension

Judith Magee

Hypertension is defined as an average or sustained systolic blood pressure over 140 mmHg and/or a diastolic blood pressure over 90 mmHg.

Risk factors include

- Stress.
- Family history of hypertension.
- Alcohol abuse.
- High sodium intake in susceptible individuals.
- Sedentary lifestyle and/or excess weight.
- Mood disorders, particularly depression and anxiety.

Important lifestyle & dietary factors include:

- Reduce obesity—healthy weight is a critical aspect of regulating hypertension.
- Reduced sodium intake.
- Appropriate exercise is essential – yoga, tai chi, chi gong, swimming, etc.
- Reduce/remove alcohol consumption and nicotine.
- Reduce/remove intake of trans-fats, processed, sugar containing refined foods.
- A diet rich in fresh, whole, unprocessed foods.
- Garlic has demonstrated beneficial cardiovascular effects on platelet aggregation, fibrinolysis, aortic elasticity, serum lipids, and BP.
- Stress support – Rest, relaxation, mindfulness and meditation, healthy socialising, community based activities, music, art, creativity and spiritual practice have shown benefit in improving resilience to stress and reducing negative impacts.



Nutrient specifics:

- **Magnesium** (orotate) Essential for the normal rhythm of the heart and a healthy cardiovascular system.

Daily needs - 300–1000 mg/day.

Sources include - Eggs, cocoa, almonds, brewer's yeasts, cashews, kelp, wheat bran, wheat germ, buckwheat.

- **Calcium** - Essential for healthy function of the cardiac muscle and its contraction including heartbeat, regulation of blood pressure and blood clotting.

Daily needs - 1000–2000 mg/day.

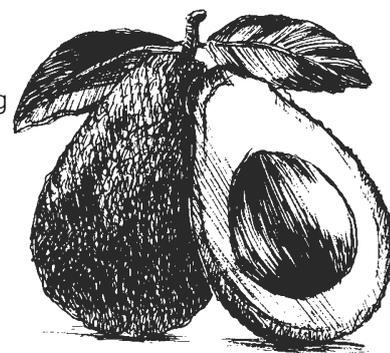
Sources include - Sardines and salmon (with the bones), almonds, fermented dairy products, tahini, sesame seeds, leafy green vegetables & figs.

- **Potassium** - Enhances normal muscle contraction.

Daily needs - 3–8 g/day. Sources include - All vegetables, avocado, apricots, bananas, almonds, cashews, pecans, sunflower seeds, potatoes.



- **Vitamin B complex** - The B vitamins provide energy and support during physically demanding periods. Sources include - Legumes, whole grains, nuts, beans, brewer's yeast, leafy green vegetables.



- **Vitamin E** - Supports lowering LDL cholesterol, healthy circulation helps maintain healthy arteries and capillaries.

Daily needs - 100–1000 IU/day Sources include - Almonds, wheat germ, safflower, egg yolks, corn.

- **Acetyl L-carnitine** - Is the 'shuttle' that carries fatty acids into the mitochondria so that they can be utilised for energy. This is important in the heart muscle when energy needs are high.

Daily needs - 2000–6000 mg/day. Sources include - Avocado, beef, chicken, fish, milk, liver.

- **Fish oil (DHA and EPA)** - Fish oil is a natural source of the essential omega-3 triglycerides, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Omega 3 fats (DHA and EPA) are precursors to prostaglandins that lower blood pressure and reduce platelet aggregation thus helping to protect against atherosclerosis and heart disease.



Daily needs - 250 mg/day – 882 mg/day EPA and DHA in the

average ratio of EPA/DHA 1:2 Sources include - Pilchards, salmon, trout, herring, salmon, mackerel.

- **Coenzyme Q10** - Helps to support and protect the heart and is essential for heart muscle contraction.

Daily needs - 90–800 mg/day Sources include - Almonds, broccoli, chestnuts, hazelnuts, mackerel, rice bran, salmon, sardines, sesame seeds, soy beans.

- **L-Arginine** is an amino acid and a precursor to nitric oxide. It has multiple functions, including vasodilatation, antihypertensive and antioxidant properties, as well as influencing blood viscosity and the coagulation system.

Daily needs - 400–6000 mg/day. Sources include - Almonds, cashews, garlic, peanuts, peas, pecans.





Naturopath
Homoeopath
Herbalist
Nutritionist
Counsellor
Educator

Judith Magee

BHSci. Adv. Dip. Nat. Adv. Dip. Hom. Adv. Dip. Herb. Med.
Adv. Dip. Clinic Nut, MATMS, MAHA, MAROH
ABN: 24 097 815 425

Mob: 0414 370 259
Uki & Murwillumbah
(02) 6679 5855
Southport
(07) 5571 0001
jmagee@judithmagee.com
www.judithmagee.com
Health Fund Rebate Available

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**.

AUGUST Buttery Bazaar Sunday September 17

Rosie Misschief & TK BassDread



Rosie
Misschief



Mantlepeace

Join us on a journey through jazzy-cabaret-pixie-pirate-paradigms with the infectious flow of Rosie Misschief and rambunctious riddims of TK BassDread. Notorious for their escapades with the Sea Gypsy Orchestra, Skankstarz and 4'20 sound, TK and Rose are going back to their roots as a delicious duo. See them at the Uki market on Sunday August 20.

Joined by special guests Mantlepeace fresh back from jamming in the Himalayas and beyond. Other players yet to be announced!

SEPTEMBER Buttery Bazaar Sunday September 17

Murray Kyle

Long time Uki local and esteemed songwriter Murray Kyle is joins us on as he continues sharing his latest album, Talisman.

Hailing from Byron Bay, this mystic troubadour has built a dedicated international fan base from 15 years of grass roots touring all over the world. His live performances of heart medicine and Earth honouring songs, successfully blend conscious lyrics and authentic intention with a well-produced sound. The inner world of this profound artist comes alive on stage spanning Shamanic Soul, Conscious Roots, World, and Sacred Music genres.

If you have not experienced Murray's music you are in for a treat. Fresh home from a European tour, his acclaimed music will sweep you out of your head and into your heart.

www.murraykyle.com

 Murray Kyle



Murray Kyle



LANTERN
DESIGN STUDIO

GRAPHIC DESIGN & ILLUSTRATION

Kylie McCaffrey
P 0421 753 845
E kylie@lanterndesignstudio.com
www.lanterndesignstudio.com
 LANTERN DESIGN STUDIO



Sound Production
Mobile Stage Hire
P.A. Hire
Festivals & Events
Recording & Post
Video & Stills
Graphic Design
Multi-media
Work-shops

Jake - 0266 795 645
mob - 0455 208 443
channelfree@hotmail.com
www.kitnkaboodleproductions.net

Astrology

Paula Emma

August Eclipses and Mars

This Eclipse Season is aligned to the axis Leo-Aquarius (also, indirectly, to Taurus-Scorpio) and made livelier by being associated with Mars. The Eclipses are: a Lunar at the Full Moon in Aquarius (opposite Leo Sun-Mars) on August 8, and a Solar at the Leo New Moon, on August 22, aligned this time to Uranus in Aries, the traditional Sign of Mars, while Mars itself by then will be conjunct the Moon's North Node.

The Mars theme is obviously strong at this time, enhancing the possibility of escalation of conflicts that may have been dormant for a while. In a positive sense this means a clearing of the air and a healthy moving away from stale situations, especially after the second Eclipse. The Lunar Eclipse represents in fact a climax of some kind, when things are revealed or realised, while the Solar Eclipse signifies a cutting off from the past and a radical new start. Mars, the main catalyst of all these cosmic energies, will be transiting Leo July 20 to September 5.

Donald Trump

A case in point: the transits to the Birth Horoscope of USA President Trump. Around the time of the Lunar Eclipse, on August 8, Mars will be aligned to Trump's Pluto (one explosive conjunction, like putting a live match in a keg of dynamite); while, during the second event, Mars will be close to his Mars while the Solar Eclipse's degree will be in near perfect alignment to his Ascendant (born in NY on June 14, 1946, official time 10:54 am). Furthermore, the Solar Eclipse's path of visibility will be from the West to the East coast of North America, making its effect stronger there. Even astronomers are calling it the 'Great American Eclipse'!

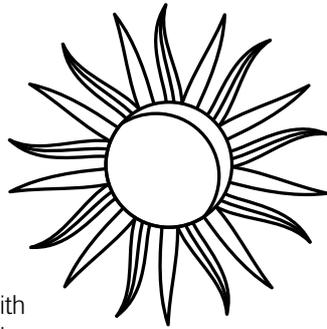
Jupiter

Libran Jupiter will be forming its last right angle to Capricorn-Pluto on August 5 (close to the Lunar Eclipse) and last opposition to Aries-Uranus, on September 28. The Cardinal Signs are highlighted here, showing that accelerated changes, even upheavals are now possible and the start of new chapters in the life of the collective as well as many individuals. Jupiter's role is to lift us from an overly personal outlook on life, fostering greater understanding of our place in the world. These Jupiter's alignments are now matching Jupiter's widening of perspective with greater willingness to cut the roots of deep attachments and lifelong negative habits.

Mercury Retrograde

Mercury will turn Retrograde between August 12 and September 6, from Virgo back into Leo. To read more about Retro Mercury and Trump's evolving saga please follow my site at livingmoonastrology.com.

Happy transits everyone.



RELATIONSHIP HEALTH

Life is about getting yourself out of dark pits

Heather McClelland

The school our seven-year-old grandson attends espouses a policy that, instead of rescuing children from the dark pits that inevitably open in front of them, a teacher is to actively make use of this metaphor. The belief is that gradually all the school's children will understand that 'falling into dark pits' is a part of life. With practice in problem-solving every child will learn their own competency and develop self-belief and resilience.

We coincidentally also shared with our grandson and a host of small girls the joyous adventure and the wonder of how the heroine Matilda in the show 'Matilda, the Musical' repeatedly climbed out of the dark pit of injustice. The Roald Dahl story is about a child with abusive and neglectful parents and a school which itself is a dark pit of horror. The headmistress, Miss Trunchbull hates 'the maggots' (children) entrusted to her care. Matilda however, from the age of five refuses to be squashed or to stay silent. She is well-resourced by books and becomes a role model for other children who have suffered just as much as she, by being mollycoddled by their parents.

As Matilda puts green dye into her father's hair tonic to make him look ridiculous thereby subverting his criminality, she sings about having to be 'just a little bit naughty'. Near the end of the tale Matilda's friend, Lavender is brave enough to put a newt (a small lizard) into the head mistress's jug of water. Mannish Miss Trunchbull flies into a panic and knocks the jug over. Somehow the newt finds its way into her underpants! The TERROR herself is so terrified she disappears and is never heard of again.

Matilda is given the chance to take revenge on her father but instead she chooses the path of forgiveness. Her father in turn acknowledges that she is a girl (not the boy he's always called her) and gives permission for her to live with the kind and empowered newly appointed headmistress of the school, Miss Holly.



TWEED VALLEY **Denture Clinic**

- Full Dentures
- Relines
- Full Dentures over
- Repairs
- Implants
- Mouthguards
- Partial Dentures

Ian Kingston - Dental Prosthetist
 131 Main Street, Murwillumbah,
 Phone 6672 4618
 (next to the Imperial Hotel, Wheelchair Access)

The Ugliness of Unreasoning Prejudice

John Tyman

You would think that at a time when alienated young Muslims and vengeful "Christians" (or people who imagine themselves to be such) are bent on acts of terrorism and retribution, that what our world needed was a good dose of reason and tolerance. However, not everyone is so motivated, for someone I know penned a letter recently to a "community newspaper" that was clearly intended to promote racial hatred, so much so that I was amazed it was ever published. The writer was clearly driven by fear of the unknown, which is the commonest basis for prejudice. This person's misgivings were linked to the sacrifice of the Anzacs at Gallipoli, to "protect our country from invasion (by) a foreign power"; and this was reason enough to worry about Muslims today... yet the threat then came from Germany... a supposedly "Christian" country.

The writer's fear drove him/her to connect Muslims with "female genital mutilation, beheadings, stoning, honour killings, polygamy, increased pedophilia, necrophilia, burquas and child marriages"! But where did this person get all this stuff? ...not from Islam. Some of these practices may well occur in some Muslim countries but they are just as common in other cultures. A while back I lived with two different tribes in East Africa, both of whom practiced genital mutilation, and they were certainly not Muslim. This practice pre-dates Islam and is found throughout much of northern and eastern Africa. Child marriages are common throughout southern Asia. Polygamy is a cultural practice, not a religious one; and, reprehensible though it may be, it is widespread. And, sadly, associating pedophilia with Islam illustrates the danger of people throwing stones when they themselves live in glass houses.

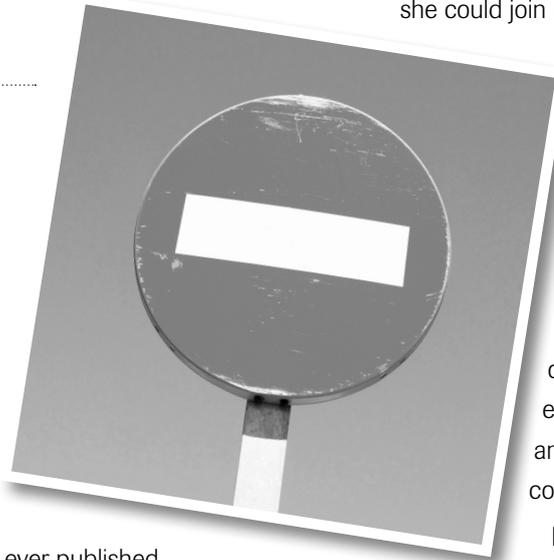
The writer referred in passing to the "peaceful majority of Muslims" but warned that we will nevertheless be living under Sharia Law in 20-30 years: yet many of the Muslim refugees who come to this country do so to escape Sharia Law and related excesses.

If the writer has never had any contact with Muslims, he/she could join in a bush dance at one of the "Friendship Weekends" sponsored by the Uki Refugee Project. And if this person has never chatted with a Muslim woman he/she should have looked at "Speed Date a Muslim" on ABC a two months back. The proprietor of a "soup kitchen" in Melbourne arranges for men and women from the wider community to chat with a Muslim woman over a bowl of soup ... with some dramatic effects in terms of increased understanding and reduced fear of the unknown. (I have a copy I'd be happy to loan anyone.)

It was a passionate letter, but passion has a way of divorcing us from reality and or truth.

No one would deny the threat posed by terrorists, but the writer should remember that Muslim terrorists worldwide kill many more Muslims than they do Christians...nominal or otherwise.

Rev'd Dr. John Tyman, Holy Trinity Anglican Church



Uki Kids' Club After School Care



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

Heaps of fun for your children, while you get a few hours to yourself.

6679 5128, 6679 5024 3pm-6pm
Quality accredited care
CCB subsidy available

Uki Public School
OOSH



Pizza, BBQ Chooks, Burgers, Fish & Chips,

Mon - Thurs: 9am - 7pm
Friday: 9am - 8pm
Saturday: 10am - 8pm
Sunday: 10am - 4pm

Market Sundays - closed
Phone orders welcome
6679 5316

MURWILLUMBAH COMPUTER REPAIRS



Mobile Computer Repairs
Based in Uki

Phone George Watt on 0407 256 892
murwillumbahcomputerrepairs@gmail.com

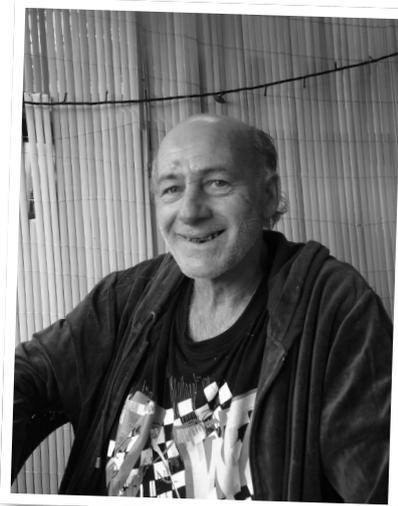
Say 'Hi' to Uki – Michael

Corey Fisher

Michael is a gardener who 'can't not garden' and has been a constant visitor to this area for the past 30 years.

What do you like about Uki?

What I like is that there's a sense of community, a sense of general wellbeing, and a pace of life that I can relate to, because I'm a slow person. It's the kind of place where I've got the time to meet everyone and spend lots of quality time with them. It's a place where you can be who you are, and no one is going to freak out about it.



What is the meaning of life?

Maybe to discover who we are. To be comfortable in who we are. To be ourselves and live a good life where we and everyone else benefits as a result. I think there is a purpose behind who we are, and that it's important to discover the role that we play and act for the wellbeing of all.

What community projects would you like to see in Uki?

A community garden. I'd like to see a regular drum circle which brings a great vibe. I'd like to see full moon, and solstice gatherings so that we can keep in with the natural cycles together.

Something pre-existing that I want to promote is Ghovinda dham. It's a powerful cultural centre that is available for everyone to use for free, and yet hardly anyone goes there. I've always had good experiences with that crew, and they're always trying to help people out as much as they can. It's just 2 k's out of Uki towards Murwillumbah and I call it the 'secret ashram.'

Are we alone in the Universe?

Definitely not. I've seen UFO's, I've seen fleets of UFO's, I've seen UFO's bigger than you ever thought a UFO could be. I'm not the only one who saw them, and they formed in patterns, so we knew they were intelligent.

On a simple note, we're one planet spinning around one sun, and there are infinite suns. So it just makes sense to me that this is not the only place in the Universe where there's life.

Any last words?

Plant flowers because they will attract the honey makers.



What is the Uki CTC?

Located in the old Norco Buttery building the Uki CTC is a business that many locals are unfamiliar with. Community Technology Centres are not-for-profit associations, run by dedicated volunteers.

Since their inception in 2000 as a Federal Government incentive, there are now only two surviving CTC's remaining in operation in New South Wales, the CTC@Uki is one of them.

We have successfully remained in operation through the generous support of local residents, businesses and passing travellers, by offering a wide variety of community and technological services - at very reasonable prices while saving on the extra journey into Murwillumbah.



Some of these services include: VHS to DVD conversion, computer access (fast speed ADSL2), computer and mobile phone repairs, A4 and A3 colour printing, laminations, secretarial services, projector hire, book binding, tuition, Local Visitors Information, Uki and District website administration, printing of the Uki News and the annual Uki Calendar. Also available is membership for computer and internet

access that beats all the big providers.

The Uki CTC at the Buttery is a very social and friendly organisation with dedicated customer service. Outside we have a great place to sit and enjoy a Uki pie or coffee under our colourful shade awning featuring the amazing mural by Marie France Rose.

We thank you Uki for all your support over the years.

Next issue the Desktop Doc will be back with more techno updates.



Yoga

At the Uki Hall with Paula Cave



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

BYO Mat & Blankets

Enquiries Paula 0429 999 807 or 6679 5999

CTC@Uki

Community Technology Centre

The Buttery

1454 Kyogle Rd Uki

P.O. Box 3404 Uki NSW

ctc.uki.nsw@gmail.com

Ph/Fax: (02) 6679 5399

ABN: 89 292 130 424

@ Print Shop

@ IT Assistance & Tuition

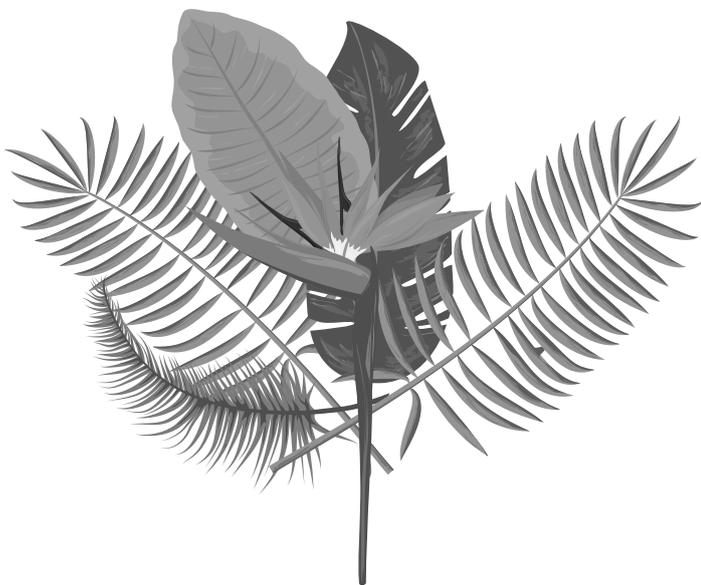
@ Internet, Adobe Suite

@ Office Services

@ Web Design

@ VHS to DVD

@ Membership Available



At war in the garden

Anita Morton

While it isn't obvious to us, our garden plants are continually competing with one another for light, moisture and nutrients. Some plants have a secret weapon they use to gain the upper hand in Plant Wars, and that is a group of naturally produced chemicals that inhibit the growth of other plants. It's called

allelopathy.

You will probably have experienced the difficulty of growing plants beneath trees, and put it down to the root competition. In some cases, it is more than that, as the trees are producing allelopathic chemicals in their roots, bark and foliage. Fallen leaves are particularly common sources of these chemicals, as it gives the tree a double whammy of blanketing mulch and in-built inhibitors of other plants. Some varieties of eucalyptus, bottlebrush, pines and casuarinas do this.

Allelopathy isn't limited to trees. Many grass weeds also produce chemicals to stunt the growth of other plants, so get rid of things like couch grass, windmill grass, summer grass and wild oats. Amazingly, researchers have found that some varieties of rice also chemically suppress the competition, and work is ongoing to introduce those genes into other rice strains so that the use of artificial herbicides can be reduced.

If you notice any plant that dominates its environment, suspect allelopathy. Lantana is an obvious candidate, but I also remember seeing carpets of pigface (*Portulaca* sp.) covering large areas of sandy coastal soils. It turns out that both produce chemicals to inhibit other plants; part of their evil plans for world domination, no doubt!

It's not all bad; plant biologists are developing natural herbicides based on allelopathic chemicals produced by these domineering plants that could partly or wholly replace other herbicides in crop systems. Once they start making something for farmers, it doesn't take long before it's available to home growers, too. ✨

	 <p><i>An accredited, quality B&B</i></p>
<p><i>A View of Mt Warning Bed & Breakfast</i></p>	<p>Delicious breakfasts, spacious suites, stunning views, private entrances and verandas, comfortable beds. 28 Glenock Road, Uki Phone 02 6679 5068 www.mtwarningview.com accom@mtwarningview.com</p>



Fitzys Property
Clean Up Services

Fitzys Property Cleanup Services is a local business employing local people.

Specialising in Acreage mowing and all types of general yard maintenance associated with property 'tidy ups'.

FULLY INSURED, PROMPT & RELIABLE | **CALL JULIAN 0418 835 809**
www.fitzyspropertycleanupservices.com

Uki Ecstatic Dance

Music by Narayana (Willow Beats)



**Wednesdays
9.30 - 11 am
Uki Hall - \$15.**

Medicine For The Body & Soul

Northern Rivers Nirvana

Thomas Bailey

I've got a confession to make
I'm not really a proper hippy
after all mate.
You see I've done all the things
That a hippy should do
Although I've never really
eaten kale
And I react to almond meal too
But all the important things
The alternative lifestyle changes
you must undergo
To become a bonafide hippy
you know
Like elective surgery to cut
away
The excess materialistic dream
And sculpture a new you
And this surgeon is working with
Natural organic fibres
hand woven by nymphs
From lotus stems
Plucked from an ancient
Arcadian stream
And implanted in your mind
Not plastic.

I got the soundtrack
From Pink Floyd to the Wailers
And back via India
Where my mind got fatter
Smoked Ganga
Ravi Bom Shankar
Can tell the difference between
Brahma and Shiva
I eat up curry and hurry up karma
Hare Krsna hare rama
Chillum etiquette still not a

factor
Don't need no tractor
Cause I'm a farmer of dharma
I've Aligned all my karma
With Pleidian Tantra
I chant mantras do yoga
Can bend down and roll over

I can even Ommm with the best
of the rest of my
Insence burning, sandal
wearing,
suburu driving, sour dough
rising

Creative
Artistic
Holistic
Ballistic buddies
All of whom are real
Full time genuine hippies
Or much further along than me
on the spectrum of hippydom.

Some are born hippys
Such achieve hippsterness
And some have hippys thrust
upon em.

In my cupboard lie jars of tahini
Unopened for years
Giving an illusory promise
Of some Home made hummus
Served with crisp
Biodynamic celery
Fresh picked
from my permaculture spiral
Utilising the latest in

Non hybrid seed technology
It's sustainable you know.
We're talking food inches now.
Not miles with zeros

Oh really?
You buy your tahini
We just slip the sesame seeds
We brought back from Morocco
Oh you know.
It was years ago.
Smuggled them pressed into
Blocks of hash
so they resembled
Those chocolate sesame snap
snacks
Pretend they are carob
I tell the kids
So as not to confuse their
Steiner school friends

We put all the seeds
in our new whizz bang thing
It does the lot
extracts juice grinds up bones
it can dice blend and chop
It can butter your nuts and turn
nuts into butter
Make ice cream taste like a
frozen banana
It even turns your smoothies
green
Like our politics should be
And that's how we prepare our
tahini you see

I was never that good. That
dedicated.

Wow look what you can make
It's a sugar free gluten free
raw vegan birthday cake
Or is it a salad.

Somewhere after the failed
dreadlocks
But before the gathering of
rainbows
I lost my garden.
Only to find it again
hiding at the bottom of itself.
All covered in leprechauns
In between planted a good deal
of trees
To offset every litre of carbon I
breathe
Out
As well as what all my
consumption consumes
Good on me.
I have planted myself into
Carbon neutrality.

But is that enough? it is ever
enough?
Stop trying stopped striving
Stopped talking the talk
Stopped drinking the drink
Just stopped even having to
think
Which is kind of like meditation
a bit.
Or so I've been told by people
who do it.
I just eat a banana and let my
monkey mind
run away with itself into a state
of grace
Synapse in hand with those
nymphs from an Arcadian
dream space.



Lic No 198531c

C J Woodcock Plumbing

All plumbing
Rain water tanks
Maintenance
Roofing
Drainage
Hot Water
Bathroom Renovations

Based in UKI—call Craig for 35 years experience.
Ph: 66795 405, Mobile 0428 795 405,

Email: cjwoodcockplumbing@bigpond.com



UKI ELECTRICAL SERVICES

Domestic & commercial installation & repairs
rewiring, meter board upgrades,
safety switches, smoke alarms, security systems,
telephone and data cabling

Level 2 accredited electrician

metering, service lines, connections

Quality workmanship guaranteed

phone George for friendly service & honest advice

ph: 66795915 fax: 66795910 mob: 0411 185 811

10 Church Hill Uki NSW

george.arronis@bigpond.com

Mavis's[®] *Kitchen and Cabins*

Friday nights by the fire

every friday 5pm-8pm
featuring our Winter Soup & Roast specials

bookings ph. 02 66795664



present this advert to
enjoy a set menu of soup of the day, feature roast plate &
1 Glass of mulled wine for \$39 *valued at \$54

MAVIS'S KITCHEN & CABINS (02) 6679 5664
64 MT. WARNING ROAD, MT. WARNING NSW 2484
E: HOME@MAVISESKITCHEN.COM.AU WWW.MAVISESKITCHEN.COM.AU

Your LOCAL AGENTS...



We have a huge database of buyers looking to get into the market!

- We get the best price for our vendors!***
- Local agents with local knowledge***
- Quality service and communication***
- Exceeding your Real Estate expectations!***