

THE UKI NEWS

Issue 74

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

December 2013/January 2014

Ukitopia Festival 2013 an inspiring community event despite storms and rain

Extreme weather dominated the weekend, but you can't keep a good community down. Between beautiful sun and raging storm local residents came out in droves to celebrate life, art and culture in Uki.

'The feedback from the community has been overwhelmingly positive this year' said festival director Jodi Jo Liddell. 'So many people told me what a wonderful time they had and, most touchingly, that it made them proud to live here in Uki.'

The opening ceremony percussion parade with Lil' Fi was a real hoot with a parade of 70+ drummers leading the crowd to the Images of Uki opening.

Honorary local Kerriane Cox did a wonderful Songwriters on the Songline opening gig, with the audience singing along and dancing in the aisle.

The wishing ceremony was definitely a community highlight this year. With the bird tribes as a theme amazing local dancers and circus performers wove together a mesmerizing and touching wishing ceremony performance. The finale saw the amazing Deya Dova sing in a giant mother bird puppet. 'Deya's vocal performance was so moving it really embodied everything I had hoped the wishing ceremony would be this year' said Jodi Jo.

This year the weekend offered up a feast of local performers, highlights being The Uki Primary and the whopping big band. Uki welcomed local lad Kyle Lionhart back to the fold, he is an up and coming artist to watch! Every act was in top form but Lifeline were stand outs this year. The kids

danced in the mud and rain to local dance act favourite Willow Beats, who gave an entrancing performance.

Images of Uki attracted a very high calibre of art this year, and was impressively curated by the lovely Lorraine Lintern.

The new Uki Café owners embraced Ukitopia hosting 3 successful events, the highlight being Caldera Word Weavers organized by Thomas Bailey. The community really loves this event.

Jodi Jo said, 'The community response has been more than I had hoped for. The artists have been so generous with their time and local businesses, which funded the whole festival this year, have been an absolute pleasure to work with. The locals really rallied around the festival this year. I couldn't be happier. Ukitopia has a long legacy and I am very proud to have contributed to the community in such a meaningful way.'

At Right—Marlena Basser, Deya Dova and Maya Sapir fly the mother bird into the wishing ceremony

UKIRA Christmas Party

Welcome one and all to the annual UKIRA Christmas Party. Family fun with carols, Santa, craft stalls and food stalls. Saturday 14 December from 5.30pm, in the Hall park. Bring your singing voice and come prepared to enjoy this great community event.

BreastScreen Bus

The Bus will be visiting Uki in early December, (dates not yet fixed at time of printing). Phone **13 20 50** to make your appointment.



From the Editor

I know it's the silly season, but wow! Some people were really late and disorganized in contributing to this issue! Your frazzled editor also had to deal with the modern blowing up in a storm just before the deadline. Thank you, George, for sorting it out for us. I'm sure you'll all do much, much better after Christmas is over, and look forward to Issue 75 being much easier on my nerves.

**Deadline for Issue 75 is 5pm Tuesday
21 January 2014**

Anita Morton

PS. Despite all that, I still managed to record and watch the first Test. Go you good things!

Contact the Uki News

Email theukinews@hotmail.com
Or see the Editor at the Farmers' Market every Saturday morning.

Advertising

Business card size \$25

Quarter page \$55

Half page \$90

Full page \$175

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

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

Farewell Dot Lange

Dot Lange, an energetic, resilient long-time resident of the South Arm, died last week at the age of 87. During her lifetime she saw huge changes. From childhood she helped her father, Tom Grant of Mt Burrell, with the tough work of making a living from dairying and bananas in the days before electricity. Dot did not visit Murwillumbah until she was aged 13 – and she got lost in the big town! After marrying Arthur Lange, she continued farming at Midginbil, then Uki, while raising a family. In all, she worked for 60 years as a farmer.

After her retirement, Dot pursued new interests with vigour – caring for family, travelling overseas, supporting her church, collecting for the Salvation Army appeal and especially compiling local and family history. She was President of Uki & South Arm Historical Society Inc. for 20 years and instigated projects such as the erection of the settler's hut and branding rail in Uki Hall Park.

Dot loved a joke and was always looking for ways to help others. Farewell, Dot, we have lost a good friend. (From USAHS members.)

The Food Garden

When we talk about growing our own food we usually refer to fruits and vegetables alone, although herbs are just as important a food item, if not more so. Herbs are usually easier to grow and also require less space for yield given that edible quantities are typically smaller. Herbs are powerful plants and they are much more than just a food source, offering a wide range of health and healing benefits to assist with all kinds of ailments. (See Bill's article on page 5. Ed.) Their medicinal value is second to none and they often have more potential for healing than modern day pharmaceuticals, without unwarranted side effects. In fact, many of our western medicines are synthetic versions of age old healing plants and herbs. The use of herbs has been docu-

mented throughout history, across cultures and has long been celebrated and used in rituals, feasts and offerings to Gods. There is something very special about being able to grab a handful of your own parsley or coriander from a pot at the kitchen window or the back door and adding it to a meal for flavouring or spice. It's one of those pleasures any cook will always appreciate. Herbs can also be used to make a tea infusion, either fresh or dried. The leaves of fresh mint, lemon thyme or chamomile are widely used amongst home gardeners for their morning brew. Simply add some fresh herbs to a cup, pour boiling water over the top and let it steep for a few minutes while allowing the fragrance to permeate the air, then drink. I often make a tea

Shaun Mac

with the leaves of my favourite herb, comfrey, which I let steep until the brew cools down before applying it to my skin to relieve the effects of sunburn. Unlike most herbs, comfrey needs to be planted in the ground so its roots can mine for nutrients way deep into the earth, but generally speaking you could fill some nice pots with a good organic potting mix and then plant any of the more commonly available herbs straight into it, it is that simple. So next time you're at the local market or nursery and browsing the tables look out for some potted herbs and be sure to ask the seller to explain the optimum growing conditions and feeding requirements to you. *Live to grow.*

We hope that you can find time in your busy pre-Christmas whirl to drop in to the annual **Uki Village Christmas Party**. It is being held in the Hall Park from 5.30pm on **Saturday 14th December**. Hot food will be available to purchase or bring a picnic. Carols, Santa and other musical performances will be part of the event. This year we are also offering space for those with Christmas Craft items to sell. Bookings are free, and you will have to bring your own display table. Contact

Laura Mattocks – 6679 5612 to book a space. Thank you Jodie and the Ukitopia crew for staging another great Festival in November. The art, the historical display, the markets, the music, it all worked really well – great stuff. The new bike track seems to be getting plenty of use. Please be mindful of cyclists young and old, and take it slowly when you are driving through the village. Finally a reminder, in case you were thinking of coming along, that there is no general meeting held in Janu-

ary. Our first meeting for 2014 will take place on the first Tuesday evening in February. Have a beautiful Christmas.

UKIRA meets on the first Tuesday of each month at 7pm in the meeting/supper room at the Hall. Next meeting February 4 2014.

Larrikin Cookin' – Food for Away

December and January comprises festival season. Wwe celebrate according to our beliefs, including solstice, Christmas, Bodhi day, Hanukkah, Yuletide, Eid-UI-Adha or just the end of the calendar year. Whatever your belief, celebrations include food. The rituals around good food are something special for family and friends.

Australians have ditched the winter nonsense from the northern hemisphere. We prefer to spend hot summer days outdoors keeping cool. When it snows in Uki on December 25th I'll eat my yard hat poached with home made aioli.

This issue's column is about taking food places and being a bit clever about it. Here are some tips and ideas.

- A water-filled 1.25 soft drink bottle frozen in one of those freebie advertising complimentary cold packs will keep a lot of food very cold for about four hours. A Barambah yoghurt container works too.

- Two in a styrofoam veggie box with a picnic rug covering the lot will do almost as well. This also gives you a supply of cold water. Avoid those stupid cooler bricks – waste of space.

- Make your salad to go by putting your fresh leaves and quartered tomatoes, cucumbers and whatever else in a plastic bag, inflating it and tying it off so it remains inflated. Then you can squeeze it into the cold pack without destroying the contents and use the bag to take your rubbish home.

- Make your dressing in a screw top glass jar and let it get warm. Tastes better.

- Nothing works as well as drinks in a real esky with real ice.

- Put glasses in stubby coolers and transport with the drinks.

- Use outer cabbage leaves as plates for cold food but make sure nothing needs cutting. Not good for steaks unless you like stabbing your own thigh.

Pat Miller

- Support the local op shop – buy cutlery from them then give it back after you've finished. Better and cheaper than plastic horrors. Doesn't matter if you lose some.

- Zip lock sandwich bags are good for just about everything except sandwiches. Sandwiches are not for lazy eating – they are for one-handed in-a-hurry eating. Use baking paper to wrap them, not plastic.

- Wooden boards for cold, ceramic tiles for hot food.

Cooking in midsummer is too hot and hard. Fresh and cold works. May your end of year celebrations be all you want them to be. If you want help go to the Woodford Folk Festival!!

Happy cooking!

www.patmiller.net.au



Uki Supermarket

Friendly service....

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

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



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: craig@cjwoodcockplumbing.com

Using the Windows Key Shortcuts








Knowing some of the useful Windows shortcuts really saves time when faced with a mountain of computer tasks. We often find ourselves multi-tasking on the computer, needing to switch from a word processor to an Internet browser, checking email, finding files to attach to emails or documents and safely removing USB devices, the list goes on. Shortcuts will help make these tasks faster to perform, freeing up time for other important things.

In the table at right are some useful shortcuts that use the Windows key, which looks like this



A quick reminder to all computer users, now that the storm season is upon us to ensure you use a surge protector and unplug computers, TVs, gaming consoles and stereos whenever a storm is imminent. Switching them off at the wall is not sufficient to avoid damage from a power surge or lightning strike; they must be fully unplugged.

Wishing all the Uki News readers a festive Christmas and a Happy New Year. Those people getting new computers for Christmas don't forget to set up your security software, set up a backup routine, create a restore point and create a system repair disk. If you need any computer related help over the holidays call 02 6679 3835 or 0406 217 804.

 + Pause/Break	Opens System Properties dialog box
 + E	Opens Windows Explorer
 + M	Minimize all open windows
 + Shift + M	Maximize all open windows
 + TAB	Scrolls through open programs(task bar) press enter to open window
 + F	Opens 'find files' dialog box
 + F1	Opens Windows help

Liquor Licence Application

Residents may not be aware that the Uki Café has applied for an extended liquor licence.

You can see all the details on the Office of Liquor, Gaming and Racing website, which is www.olgr.nsw.gov.au. Click on Application Notice-board—the application number is 1-2175523639. You can comment, if you wish, by completing the form available on the website.

Iyengar Style Yoga Classes with Mark & Paula Cave



Tuesday 9.30am—11am

YOGA CENTRE, upstairs from Wheelers Real Estate
Murwillumbah

Thursday 5.00pm to 6.00pm

UKI HALL

General Classes With Paula

BYO Mat

Casual rate \$13:00

Wednesday 6:00pm - 7:30pm

YOGA CENTRE, upstairs from Wheelers Real Estate
Murwillumbah

General Class With Mark

Saturday 8.45am to 10:30am

CAVE RESIDENCE on the Deck

With Mark

General Class

47 Braeside Drive, Uki

Mark's classes: Casual rate \$15:00 or
\$130:00 for 10 classes

Mark & Paula Cave 02 6679 5999
Mark 0419 001 001 Paula 0429 999 807

Uki Now Has a Bike Park

About 30 people turned out in November to shape and groom the new bike park in Uki opposite the sports ground.

Locals followed the directions from the Tweed's bike park designer Andrew Jaggars and did the fine grooming on the berms and pumps following the earth works kindly donated by Harding's Earth Moving.

This project was made possible by the support from Council, generous local help and Ukira (Uki Residents Association).

Take your bike and check it out.

Enjoy!

Eddie Roberts

TWEED VALLEY Denture Clinic

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

Ian Kingston - Dental Prosthetist

131 Main Street, Murwillumbah,

Phone 6672 4618

(next to the Imperial Hotel, Wheelchair Access)

Essential oils are extracts distilled (or cold pressed) from the flowers, blossoms, leaves, stems, peel, bark and roots of aromatic plants. They differ from vegetable oils (e.g. olive, flax, sesame oil) in that they lack glycerol which makes oils greasy. Essential oils contain no fat whereas vegetable oils are 100% fat.

Is it Safe to Ingest Essential Oils?

Ingesting essential oils is nothing new because thousands of foods already use essential oils for aroma and flavour (e.g. chewing gum, chocolates, lollies). The US FDA (Food and Drug Administration) has listed certain essential oils as GRAS (generally recognized as safe) e.g. Lemon, Orange, Nutmeg, Black Pepper, Peppermint, Ginger, Mandarin, Sage, Tangerine, Lemon-grass, Grapefruit, Fennel, Spearmint, Cinnamon Bark, Oregano, Lime, Dill, Rosemary, Clove, Basil,

Geranium, Rose, Rosewood, Cumin, Cardamom, Lemon Myrtle, Tarragon, Mountain Savory. Some essential oils have toxic components but are only harmful if ingested in large quantities. Since only a drop or two are required for flavouring, no harm results and they vaporise out of the body without accumulating. Moderation and basic common sense should reign in the kitchen. Ordinary table salt could be dangerous if ingested in high amounts, it would be an over reaction to suggest that salt should not be allowed in the kitchen cupboard. Because 98% aromatherapy oils are adulterated to stretch the oil (i.e. make it cheap), only use therapeutic-grade oils in food.

Medical Doctor's Comments

'A drop or two of Cinnamon, Peppermint, Oregano or any other essential oil added to a recipe will defi-

nitely contribute to a total internal purification without any harmful effects. In addition, these powerful aromatic molecules will neutralize toxins remaining in the intestinal tract from any past junk foods ingested. Also, the rich tastes and aromas of the oils will stimulate the olfactory and taste receptors to generate endorphins (mood elevators), which are themselves powerful healing substances. The overall effect on the immune system for all age groups is tremendous.....'

Daniel Pénoël M.D.

Read other medical doctors' comments at <http://essentialoilcookbook.com/html/endorsements.htm#medical> For more information about my recipe book 'Weigh Less Eat Like Royalty' visit www.essentialoilcookbook.com.

The Buttery Bazaar

Next markets 15 December and 19 January

**Slashing and Acreage
Mowing Services
Uki and Surrounding Areas
Call Julian Fitzgerald on 0418 835 809
for your Free, No Obligation Quote
Prompt and Reliable Service, Competitive Rates
SERVICES:**

- Slashing and acreage mowing on commercial blocks, farms and residential
- Wood cutting and Splitting
- Brush cutting, Hand Spraying and General Clean up of properties
- Rubbish removal
- Fencing Repairs

CONTRACT WORK WITH THE USE OF:

- 100 horse power 4x4 tractor with 6 foot slasher, bucket and forks.
- 6 ft 4x4 outfront mower, 40 tonne hydraulic wood splitter, chainsaws
- Brush cutter, pressure cleaner
- 4x4 Ute and Tandem Trailer for rubbish removal

Julian Fitzgerald has recently moved to the Uki area and, having previously owned and operated his own farming business for over 30 years in Victoria, came to the area with a lifestyle change in mind. Drawing on his past skills and locals sharing a need for prompt and reliable mowing services, Julian decided to establish a new business to service the local community needs.

The Sakti of Northern Rivers Women

'For love, one has a girl' is a saying from southern India. There, a daughter is the ultimate blessing whereas for the Hindu of the north, a son is preferred. Women of the south manage the house, by providing food and controlling the finances, maintain the shrines and religion, care for the health and well-being of the family, and are responsible for the upbringing and education of the children. The 'economy' of the house depends on the wife and mother. Indeed, the very word comes from the Greek *oikos* – house, plus *nomos* (der.) – manage, because the role of the wife in Ancient Greece was similar to the description above. Contrast Australia today where 'the economy' is politicised to mean the well-being of big business and the state. However, it is the healing sakti (feminine energy) that I wish to focus on here. Women of south India are expert in Ayurveda or traditional herbal medicine. It is a comfort knowing that many people in The Northern Rivers (perhaps women especially) value herbal medicine. Here, professional and lay practitioners and teachers abound in disciplines such as naturopathy, homeopathy, aromatherapy, yoga etc. And though they are dismissed by some as 'alternative' – they work. Here is one such story.

'Sammy' was a name given to the Brims' four-month old poddy calf by Rowena because, she says, (Continues on next page)

One of the most stressful and distressing health issues people can experience is infertility. According to ACCESS, an Australian organization for those who are experiencing infertility, around 15 percent of couples have difficulties conceiving. Complementary Medicine can play a very important role in potentiating natural conception and/or supporting and improving outcomes with assisted reproductive processes like IVF.

As part of my clinical support for those experiencing infertility, I use the internationally recognised Liz Lalor Fertility Program® which was developed by Melbourne homeopath Liz Lalor, who has a pregnancy success rate of 87%.

The program consists of a series of

4 or 5 homeopathic remedies to be taken by the woman at various times during her menstrual cycle. Homeopathic remedies are made from natural substances, are easy to take and the risk of side effects is minimal. The program can be started at any stage of the menstrual cycle. The remedy protocol is generally combined with some very specific dietary work which focusses on optimising pH levels and key micro-nutrient levels.

The program is designed to support the female body to produce the fertile conditions necessary for conception and retention of pregnancy and is suitable for couples dealing with unexplained infertility, irregular cycles, no cycles, PCOS, endometriosis, poor egg quality and poor sperm

health. Generally, the male partner is also prescribed a homeopathic remedy and relevant supplements. Usage of relevant blood tests and other diagnostics such as saliva testing which tracks the full menstrual cycle can provide invaluable insight into hormone levels, stress levels, heavy metal toxicity, thyroid function, etc. This can ensure accuracy of prescribing for each individual.

If you or someone you know is experiencing difficulty conceiving - don't delay taking action - support is available.

Yours in health

Judith x

The Sakti of Northern Rivers Women

(Continued from previous page)

'Samuel' means 'God has heard' in the Hebrew language. Certainly, the healing of the animal after it had been savaged by wild dogs is a miracle. So bad was the calf's injury that it would normally have been put down. All the flesh was torn from its rear leg-joint exposing the bones through which daylight could be seen. Its rawness made Rob Brims feel sick, nevertheless he treated the injury with antibiotic powder as recommended by the vet. This was ineffectual though, and the wound became fly-blown. In desperation Rowena took the calf home, formula fed it, and treated it with herbal remedies. Her mother had read of the healing power of cayenne (*Capsicum frutescens*) in the New Zealand magazine 'Natural Medicine', so twice a day Rowena applied a paste of manuka honey, salt and cayenne pepper and bandaged the joint. Healing was rapid such that within a month the wound had repaired completely, the hair had grown back, and Sammy could walk normally. Unbelievable? Ask Rowena to show you the 'before and after' photos.

Bill West



Set up • Training • Tune up

Geoffrey Colwill

Business Consulting & Training

Geoffrey is not only fantastic with MYOB selection and training, he is great at understanding our situation and providing insightful, practical suggestions which have enabled us to work more effectively. I highly recommend his services to any small business.

Willow @ Andy's Removals, Murwillumbah

6679 4231

geoffrey.colwill@findhorn.cc

Red Cross News

The Uki Red Cross branch held their AGM in July. They had a very good year. New Office Bearers are; President – Pauline Carroll Vice President – Joy Armour Secretary – Desiree Saunders Treasurer – Helen Fleming They would like to take this opportunity to thank everyone who helped in some way, large or small throughout the year.

The Red Cross 2013 Christmas Appeal and street stall will be held in Uki Hall

on Friday, December 6th. Starting at 9am with lunch served between 12pm and 1.30pm. Donations of cooking, jams, craftwork and any saleable goods gratefully accepted and appreciated.

Goods may be left with Joy Armour, Pauline Carroll or at the Hall on the day.

Next year's (2014) Miss Tweed Ball for Uki is Saturday, June 21st. Put it in your diary and get your dancing shoes ready!



UKI POST OFFICE &
NEWSAGENCY



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

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

New Pub Open in Twelve Months

Phil Carr

After fire tragically destroyed the Mt Warning Hotel in February the owners have now finalised their plans to build a new hotel and seven motel units on the site.

A Development Application (DA) is expected to be lodged with Tweed Shire Council in early December starting an assessment process that Council says could take 3-6 months. Building cannot commence until the DA has been approved.

The owners are hoping that the new single-storey pub will be open in time to celebrate the 100th anniversary of the Mt Warning Hotel on 22 December 2014.

With a planning team including an architect and a heritage consultant, it has taken months to complete the design for the hotel and to prepare the DA in line with Council requirements.

Council needs to be satisfied that the development is sympathetic to the heritage significance of Uki Village.

According to the owners, an arborist has reported that the three large Hoop Pines on the property are in poor health. The owners were hoping to retain the Hoop Pine in the car park, but they plan to remove the other two trees, in which case Council will require a succession plan for their replacement.

Council also requires the developer to build a paved footpath on the road reserve along the property

frontage.

The separate motel block is to be built on the western side of the property soon after the pub. One of the motel's seven units will include wheelchair access.

Detailed plans and the full DA can be viewed online at www.tweed.nsw.gov.au/propertyenquiry using the *DA Tracking Tool* and searching for recent Uki DAs. During the assessment process Council will advertise the DA in the Tweed Link triggering a 14-day window for public comments.



NORTH ELEVATION

Entertainment at the Buttery Bazaar

December Markets will be an 'All Stars' event, with all our favourite local musos invited for a big end of year jam, co-creating 'in the moment' music together, reflecting who we are right here right now. Jake and Sue will be holding the space and you know how they love to jam!

Much loved artist and musician Marty Manyhands will also be performing a special set to celebrate the release of his debut album 'Light Being Sound'. SEE YOU THERE!

January market entertainment will be hosted by Murray Kyle

Come and be inspired by the powerfully tender performance of this esteemed songwriter.

Murray has emerged as a highly respected musician in the Australian roots music scene,

and is based right here in the tiny town of Uki in Northern NSW, a creative centre of valleys and mountains.

His music honours the connection we all share as humanity, carrying a conscious message for these changing times and inspiring joy and positive awareness into the listener. A multi-instrumentalist, Kyle's song writing inspiration developed as he travelled the world, and added guitar, yidaki, woodwinds and percussion to his trained piano skills. He will be joined by friends and special guests.

UKI ELECTRICAL SERVICES



domestic & commercial
installation & repairs
rewiring, meter board upgrades
safety switches, smoke alarms
security systems, telephone & data cabling
metering, service lines, connections

Quality workmanship guaranteed

Phone George for friendly service & honest advice

Level 2 accredited electrician

Ph: 6679 5915, mob: 0411 185 811, george.arronis@bigpond.com
139 Chowan Creek Road, Uki

Uki Auto Electrical

Mobile Service

Bikes-Cars-Trucks-Machinery-Boats

Cec Brims Ph 6679 5481

Tweed Valley Wildlife Carers – Hotline 02 6672 4789

Although birds can fly into windows at any time of the year, it is more common at the moment, as they are more active. This is due to young birds just fledging (learning to fly), food being abundant (birds can be very focused on trying to catch something rather than looking where they're headed) and increased social behaviours (chasing, protecting young, breeding behaviours etc).

A bird that flies into a window may have just stunned itself (slight **concussion**) – but even that needs rest (in a safe, warm, dark and quiet place) and monitoring for 24 hours. This is due to the fact that any animal that has suffered any kind of trauma will be suffering from **shock**. Unfortunately, window strikes can also result in **brain bleeding**, **neurological** damage, **spinal** damage, a **fractured coracoid** (in the shoulder), **beak damage** and even

death. Due to the very strong *preservation reflex* (looking like they're fine even if they are ill or injured) in birds, a short while after colliding with a solid object (while it is still stunned), a bird will often fly off, as its adrenalin is flowing through its system and its fight-or-flight instinct is activated. This may result in a predator attack, a further collision (possibly with a car this time), or an attack by a dog or cat. It is therefore essential to:

- rescue and contain the bird as quickly as possible in a secure box with a towel on the bottom
- call the Tweed Valley Wildlife Carers Hotline for advice
- get it to a vet or experienced carer for assessment as soon as possible

Signs to look for when you rescue a bird that has flown into a window include uncoordinated movement, an inability to fly, one or both eyes

closed, inability to stand, blood from beak or ears. If you see any of these signs, the bird must receive appropriate care as soon as possible. For advice or information about birds in our area, see the fact sheets available at www.tvwc.org.au or call the hotline – 02 6672 4789. If you'd like to become involved and make a difference to the wildlife of the Tweed, call the hotline today.



Wompoo Pigeon—just like the one I saw at our place this week. Ed.

Astrology

What is that bright star visible in the south-west in the evenings and early nights? It is Venus, the ancient Goddess of Love, Art and Beauty, our stunning Evening Star since late March.

Venus is still increasing in brilliance and will reach her brightest moment around the 10th of December. All these are signs that she is nearly ready to end her Evening Star phase and another of her 584-day cycles. Each of these begins with an alignment to the Sun, from Earth viewpoint, while the planet orbits between Earth and Sun (inferior

conjunction). This year the alignment will happen on 10/11 January, in the Sign of Capricorn. There are five of these events in a period of eight years, forming an uncanny five pointed star pattern, after which Venus begins her greater eight-year cycle anew around the same date and part of the sky (same Sign-degree).

Venus will reappear on the 17th of January 2014, this time in the pre-dawn skies in the south-east, becoming again for 236 days our Morning Star. Due to this she will

enter Aquarius only on the 6th of March 2014.

Venus will be Retrograde between 21/22 December and 31 January. During this period she will be at her closest to planet Earth. Matters of relationships, personal values, creativity and even finances will gain intensity in the lives of many people, this being a time to be tested and to grow in understanding in all these areas of experience. The Cardinal Signs in particular (Capricorn-Cancer-Aries-Libra) and also the other Earth Signs (Taurus-Virgo) (Continues on page 11)

Paola Emma

**This ad space
could be yours!**

Only \$25 per issue

Contact

theukinews@hotmail.com

**CVE
ELECTRICAL**

**Electrical
Contractors
since 1967**

Murwillumbah & ALL Surrounding Areas
All Types of Electrical, Phone, Data and Security work
Level 2 authorised—metering and new connections

Ph: (02) 6679 5999

Mob: 0419 001 001 Fax: (02) 6679 5667

Email: mark@caveelectrical.com.au

24hr emergency breakdown service
ABN: 45 070 066 102

Work/Family Balance

I believe that one of the most effective ways of making the world a better place, is to support our kids to grow up as healthy as possible. Healthy on all levels. Leaving them with as little baggage as possible to enable them to lead fulfilling lives full of purpose and joy!

Nina and I recently attended a Dad and Daughter weekend at Tambourine Mountain with www.fatheringadventures.com.au I learnt a number of simple tools/questions to help me be more effective as a father.

Time = Love

So when I'm working from my home office and the kids come home from school at 3.15 and come into my office wanting attention, how do I choose whether to keep working and earn more money to provide for them, or to stop what I'm doing and to give them my full attention?



Nina and Aron need three main things, 3As – Attention, Affection, Affirmation

How often do I give these to them?

How often do I spend time with each of them, one on one, doing the things that they want to do?

Just spending the weekend away with Nina sent her a message that she was important to me. I have felt a subtle shift in our relationship as a result of our weekend together.

When Aron turns 7, it will be his turn. He's already wanting to know how long he has to wait!

Geoffrey and Nina Colwill

And of course, when I go away with Aron, Nina then gets to spend one-on-one time with Maira.

So what about the work/family balance?

For me it's about continually reviewing the choices I make in every moment. Do they want more of me, or more toys, holidays....? Sometimes it's important to work, sometimes I can choose to spend more time the family.

Mothers and daughters/sons?

I've been trying to find a reference to cover mothers, without success. If you can let me know of any then I can pass that on, and/or maybe you would like to write an article with info on mother weekends for the next Uki News?

Thanks. Go well.

Geoffrey

Images of Uki

Roses are Red, Violets are Blue.
But the Exhibition was a bright one too.

I am going to take the liberty of devoting this issue to the 'Images of Uki' Exhibition, part of the Ukitopia Festival. Opening Night was a SMASH.

Firstly, let me salute the Hall Committee for allowing us to use THE HALL.

We enjoyed previous years in the Primary School, but THE HALL is the Heart of the Village. I thank the Saturday Market for holding their market near the green, and giving us use of the space. It was a great pleasure to share the Hall with the Historical Society, who were in the meeting room. Many people took advantage of their well presented and informative display. 'We had a record attendance through out the week end', said their President, and I believe we did too. During the exhibition we decided to have an impromptu

'Peoples Choice Award'.

Which proved to be very successful, and our community took the voting very seriously, viewing the very fine array with a more discerning eye.

The result of the voting seemed to be based, not only on quality but also emotion.

1. Marie France Rose - The Uki Pub
 2. Amelia Batchelor – Wollumbin Girl
 3. Dallas Brown – That Night
 4. Jenny Mac – Coffee Fetishism
 5. Edith Streiner - Bush Stone Curlew
 6. Lisa Gair- Gokotta
 7. Barb Suttie – Come Walk With Me
 8. Ros Oakes – Barred Romance
 9. Heather McClelland – A Village Enfolded
- Amelia Batchelor - Tweed Tweets



JUDITH MAGEE

Adv.Dip.Nat, Adv.Dip.Hom, Adv.Dip.Herb.Med,
Adv.Dip.Clinic Nut, MATMS, MAHA, MAROH

Naturopathy
Classical Homoeopathy
Clinical Nutrition
Herbal Medicine
Holistic Counselling

Uki & Murwillumbah
ph 02 6679 5855 or 0414 370 259

Southport
ph 07 5571 0001

Health Fund Rebate Available

Congratulations to all artists for a very fine Exhibition. It has been my pleasure, along with Maya Krasna, Heather McClelland, and Marie France, who were the hanging team, to present the Exhibition.

'Words of Wollumbin' was beautifully displayed by El-fira Fisher and presented for the very first time our 'Local' Authors. And Thank you to Elias Fisher, not only a presenting artist, but a soulful musician. Also to Thomas Bailey, who organized the 'Caldera Word Weavers' after party on Sunday at the Uki Café.

A great big THANKS to Jodi and Chris Liddell – Festival Director & president.

The creation of Nativity Scenes depicting the Holy Family in a stable began with Francis of Assisi in the town of Greccio 800 years ago. His words to his host then were: 'I wish to re-create the birth of the Babe born in Bethlehem, so that I will see with my own eyes how he did not even have the barest necessities, how he lay in a manger, how, with an ox and an ass standing by, he lay upon the hay where he had been placed.'



In the years since then the meaning of such displays has often been forgotten. With help from Santa Claus and retail stores we have focused more on the Wise Men and their gifts than on the gift of God. That first Christmas God entered the world in the same way as you and I ... as a baby: and the significance of that event was made clear 30 years later ... on a hill at Calvary. The greatest gift offered in Bethlehem then was not frankincense, or myrrh, or even gold ... but Love ... the love of God ... a love measured by sacrifice ... the sacrifice of One who chose to share in the world's suffering. And this is how we are called upon to live ... from Christ-

mas onwards. By all means introduce children to the wonder of giving and receiving presents at Christmas: but the greatest of all gifts is still love.

I was wracking my brain thinking of suitable presents for my adult children and their children when the cyclone struck the Philippines: so I phoned OXFAM and made donations to their relief appeal in the name of each member of my family. My teenage grandchildren have few if any material needs, but like the rest of us they need to know they are loved ... and also need to be

loving. So I shall be writing to them at Christmas, enclosing their receipt from OXFAM, assuring them of my love and explaining that while they might be surprised at my 'gift' this year, I know it is something they too would want to do. (In previous years they have 'given' goats, cows, chickens, and outdoor toilets!)

Why speak of 'nativity scenes'?

Well this year, to demonstrate that we are not talking about dolls and toy animals but real people, we are preparing a **life-size nativity scene**, with a large-as-life Holy Family, and (hopefully) live animals. Booklets for children, on the meaning of Christmas, will be available for those who want them.

Mary, Joseph and Jesus will be attending the Ukira Christmas Party on December 14th, and will rest at the Anglican Church in the following week, ready to share their story with school-children ... on the 16th, 17th and 18th. At the Ukira party those who wish to may pose for photographs in Middle-Eastern gear.

**Rev'd John Tyman,
Uki Anglican Church**

Ukitopia Raffle Results

3rd place went to Greg Vail (the coffee oasis man) winning the **Gynea** one hour massage and 2hour steam and sauna

2nd place went to Jandra Faranda and she won the overnight stay at **Mavis's Kitchen** and a 3 course meal

1st place went to Mercilen New and he won the overnight stay at the **Amazing Wollumbin Palms Retreat**

Michele Bevis

Uki Takeaway News

The team at Uki Takeaway has had a very busy few months, we have reduced our opening hours (See ad at left) due to illness of one of the owners, however, everything else remains unchanged. Having the ATM installed has seen an increase in customers as more people coming in to the shop to use it has made them aware of the great home made meals we offer as well as our popular burgers and other fried food. The opening of the Mt Warning walking track has also seen an increase in hungry people after climbing the mountain. Uki Takeaway once again supported the Ukitopia Festival by providing sponsorship and our delicious Nepalese Vegetable Curry to sustain the hungry volunteers. We will also once again be having a stall showcasing our Pinnacle Curries at the Tweed Foodie Fest's Biggest Dinner Party. We have thoroughly enjoyed being a part of this for the last two years and can't wait to participate again.

We will be closing from 21st December to the 28th December for our Christmas Break, we tend to find that there is little demand for takeaway food in the lead up to Christmas and everyone eats leftovers for the first two days afterwards. We wish all our customers a very Merry Christmas and Happy New Year.

Lorraine Ratjens



Pizza, BBQ Chooks, Burgers, Fish & Chips,
Daily Blackboard Specials & Healthy Vegetarian Options

Mon-Tues: 10am-4pm
Wed-Thurs: 10am-7pm
Fri-Sat: 10am-8pm

Sun: 10am-3.30pm
Phone orders welcome
6679 5316

I'm writing today in response to a request. I remember well the first time I did the Myers Briggs type indicator (available on line) and I was introduced to a way of defining the extraversion-introversion continuum. Research demonstrates that we display these traits according to **how we naturally derive and direct our energy.**

Extraverts are energized by being surrounded by lots of people. They love parties! Their communication style is usually verbal and assertive. They generally have heaps of friends and can easily build new friendships. They often need to talk, in order to know what they think. Introverts, on the other hand are energized by thoughts and ideas within themselves. They tend to find large

groups draining and seek fewer and deeper friendships. They tend not to like unexpected visits and don't make them either. They are great listeners. They know what they want to say after they have reflected a while.

Strong extraverts tend to be the 'movers and shakers' in the community. They can be catalysts for great activity. If you think of them as like the waves of the sea with their rhythmical impact you'll understand the force of their influence. They do well when they also hone other aspects of personality like empathy to balance a powerfulness which might otherwise overwhelm others.

Introverts prefer to stay in the background with one other or a small group. Their influence can be de-

scribed as being like dropping a pebble into a stream. The ripples go out. They can challenge themselves to be strong leaders, for example in a work role, so long as they always permit themselves the recovery time needed to re-fill their batteries.

The continuum idea means of course that the majority of people are not at the extremes. All of us can experiment with what makes the energy flow for us and we can observe how we most easily direct our energy and work out what we think. Understanding how our 'other' be it partner or friend or child naturally finds and offers energy can help us be supportive towards them and to relate with less conflict.

Farmers' Market Christmas Trading

The Saturday market will be trading as normal up to 22 December. On that date there will be a market, and you will be able to buy all your Christmas fruit and veg, but some of the regulars stallholders will be having the week off.

I will be having a bake-break, for example, so only my non-perishable items (muesli, jams/pickles, biscuits, muesli bars) will be available. If you need bread or cakes, please make sure you order them two weeks ahead and pick them up on December 15. The market will be closed altogether on December 28, reopening on January 4 2014. Merry Christmas, everyone!

Anita Morton

Astrology

(Continued from page 8)

will be presented with situations helping them to re-evaluate their relationships, seeing their partners and social networks in a more realistic light, penetrating through the veil of external appearances. We could all approach problems in these areas with greater seriousness and commitment.

As Venus returns as a Morning Star in mid-January we will feel again more eager and willing to begin new relationship or to open new chapters in the old ones; also to start new creative-financial-business ventures with fresh attitudes and hopes.

Make a note that on the 5/6 of December the crescent Moon will appear close to Venus after sunset, for the last time in 2013. It's always a beautiful cosmic show.

Did You Know?

The Masonic Lodge situated in Marshall St was consecrated in March 1924 and closed in 1998.

Historical Society Penny Watsford

Another busy year has flown by! The Historical Society is delighted to report that there were about 1,500 visitors this year. To the impressive recent display of transport photographs - 520; to view displays on Uki market weekends - 700; to the office on Fridays - about 300. We could not count the visitors who admired the old vehicles in the Hall Park on 17th November, but there were many enthusiastic comments - people love seeing real old things. Thank you, Samuel Quint, for arranging safe passage for the vehicles on such a busy day.

For the curious, the Mystery Item was a holder for a whip on a buggy.

Research in 2013 has focused on the old butter churn (unique in Australia), the Butter Factory, the Uki Pub and the Anglican Church. At a history conference in Lismore, Kerry O'Brien spoke, observing that Historical Societies are unrecognised, unsung heroes – diligently saving valuable information for future generations.

We appreciated the benefits of our partnership with Tweed Regional Museum with a well-equipped office and access to professional development – Oral History; dating photographs and computer training. Members volunteered time to Museum projects, including relocating the items from Murwillumbah museum, researching the history of objects and maintaining the extensive photograph collection.

Please come to see our displays, share your information and/or join the society. We'd appreciate your help in the important work of collecting and preserving local history.

Happy Christmas and New Year.

Uki & South Arm Historical Society Inc.

Open Fridays & Market Sundays

**Next Meeting - 2nd Saturday in February 2014, 10am
All welcome**

HarcourtsTM

SINCE 1888

MURWILLUMBAH

A MEMBER OF THE
HARCOURTS GROUP

**Paul & Marta
Stobbie**
Ph.0448191351
Ph.0455176563



**KUNGHUR / CREEK FRONTAGE /
QUEENSLANDER ON 5 ACRES / 3 BED / 1 BATH /
CLOSE TO AMENITIES ONLY \$399,000 CALL MARTA...**



**UKI—RAINFOREST SETTING / 1000m2 BLOCK
4 BED / 2 BATH HOME / WALK TO VILLAGE
POOL / DOUBLE GARAGE \$399,000 CALL PAUL...**



**MOUNT BURRELL 4 ACRES OF USABLE LAND / YURT /
FENCED PADDOCKS / RUNNING CREEK / FRUIT TREES
FREE HOLD / ONLY \$280,000. CALL MARTA**

**Specialising in
Lifestyle Acreages &
Multiple Occupancy Shares.**

Anne Besgrove

(4th GENERATION IN THE
TWEED VALLEY)

Ph.0402608503

anne.besgrove@harcourts.com.au



**BURRINGBAR / 20 MINS TO BYRON
3 BED HOME ON 7.5 ACRES / 2 DAMS / BORE
WALKING TRAILS / QUIET LOCALE P.O.A CALL ANNE**



**BURRINGBAR / 208 ACRES (7L & 1B ZONING)
ROADS AND TRACKS / HOUSE PADS
RAINFORESTS / CREEK/WATERFALL P.O.A CALL ANNE**



**EXCLUSIVE DALLIS PARK AREA IN MURWILLUMBAH
4 BED / 3 BATH LARGE FAMILY HOME ON 1+ ACRE
EASY MAINTENANCE GARDEN P.O.A. CALL ANNE**