



Uki Unleashes Sustainability

by Eddie Roberts



Over 80 people attended the official unleashing of the Uki Sustainable project in Uki Hall on 9 May. Hosted by

UKIRA, and facilitated by consultants Samantha Mueller and Robert Rosen, the event was designed to draft a vision of how the community will address climate change effects and peak oil.

Welcoming the audience to the event on behalf of UKIRA, Julia Hancock said "the success of this project lies in each of us playing a part, no matter how big or small, to leave this place better than we found it. Coming along with ideas and passing them onto someone else to develop doesn't work."

Some of the challenges identified during the workshop include ignorance and apathy, housing affordability, lack of local employment and insufficient public transport. Julia said "addressing these challenges has to come from the bottom up, the community has to drive the process and that means making changes in our homes, in our schools and in our workplaces." Participant Lothar Legard suggested a good place to start is to "look back to the past for

answers, and be open to new ideas."

Some of the opportunities that Uki residents enjoy are the strength of our community, our potential for ecotourism, good climate, clean water, abundant rainfall, fertile soils, Uki's heritage listing, UKIRA's track record of funding successes and our population's diverse skill set.

As the afternoon progressed, benchmark projects to carry forward were listed in order of popularity, with those winning the most number of votes identified as:

- Safe pedestrian and cycle pathways around Uki, to Murwillumbah and beyond;
- Community gardens, Food Forests, seed bank and a food co-op;
- Bush regeneration and biodiversity protection.
- Minimal-Non-chemical Uki;
- Skills audit;
- Organic Brewery.

Julia was not surprised that the dynamic audience came up with so many brilliant ideas. "Uki is ideally placed to become the model for other villages, towns and cities in Australia, we've got all the talent and all the enthusiasm and all the

very best reasons for making our transition a success, for our children, their children and all the generations to come."

Sustainable development was high on the agenda. "With the population of Tweed Shire set to explode in the next 20 years our village will be a superb example to the social planners and developers of the new towns and villages that are on the agenda to be built in the next decade. We've got to get it right so they can do it even better," said Julia.

The Uki Sustainability Project is part of the NSW Government's Department of State and Regional Development funded Caldera Economic Transition Project. UKIRA, together with Tweed Shire Council and representatives from the other caldera villages are committed to moving our communities towards a sustainable economic, social and environmental future.

Uki's community coordinator Eddie Roberts has been appointed to provide information and ideas and will work with our community until the completion of this project in December. Eddie can be contacted on 02 6679 4079.

Letters to the Editor

Letters longer than 300 words may be cut. Anonymous letters won't be published, include full name, address and phone number. Pseudonyms are not acceptable.

World Rally... I am writing in response to the anonymous letter in your last issue, regarding Byrrill Creek hippiecrites and the proposed rally.

If all you do is sling off at others, being worried about negative responses stands to reason. All things considered, the houses you mention tread much more lightly on the planet than "acceptable" examples. Legal does not always mean right. You would need to look pretty hard to find toxic waste out here. Water tested in Byrrill Creek is some of the cleanest in the Shire. As for car bodies: a group of us, in collaboration with Tweed Shire Council, recently went through five years of court procedures to clean up 150+ car bodies and 15 truck loads of rubbish from our land (not put there by us), possibly the largest single effort in the shire.

Encouraging the practice of "dobbing" instead of negotiating, separates rather than knits a community. Remember, in spite of all the competitive crap out there we are all in this together. There are just 19 years of rainforest of any size left on the planet. Think about it. Try sticking to the topic, by putting your reasons for the rally, rather than attacking other people.

I also think that the Uki News is irresponsible in publishing anonymous letters at anytime, but particularly when they simply dump on people.

My personal objections to the rally are:

- The arrogance of the people behind this rally;
- Who take no notice of development procedures (that you and I have to follow), to push their selfish, competitive agenda.
- Who do not give a hoot about the people who live here.
- Who are happy to accept a huge amount of money for entertainment purposes from the state Gov't when it could have been used to sustain local jobs in our Health Service (which is in meltdown) or as suggested, the bike path (sustainable tourism). How can you stand and watch this display of anachronistic, wasteful, voyeurism when you know this is part of the cost.
- Who do not care and actually encourage, the copycat driving and high speed car culture that will take place around the event.
- Who yap about being aware of ecological responsibility when it suits their purposes, but as always deeds speak louder

than words.

If we continue to batter our neighbours (ourselves) and our environment (ourselves), the term neighbour will lose its friendliness and our environment will become just another urban desert.

This proposed rally is so against the reasons I came to live here. I find it obscene to imagine cars and a media circus ripping through this beautiful valley for no good reason.

Tony Ipsen, Byrrill Creek

Nightcap Village... It's hard to knock a developer who plays within the rules. But ratepayers have good reason to be cynical when developers are allowed to substantially 'bend' the rules.

Case in point, the developer of Nightcap village would know that the minimum individual lot size allowable under the Village 2(d) zoning in the Tweed LEP is 450m² per lot. Because that is the rule. Yet the Nightcap DA includes plans for "low-medium density" precincts where the lot sizes will be on average just 346m², much smaller than the 450m² allowed. In fact, these precincts will accommodate 260 of the total 420 dwellings planned. In other words, 62% of all dwellings will need to 'bend' the rules!

Of course the developer needs big time approval to 'bend' the rules here. But it is hard to see how Council's recent 4-2 decision that it "intends to grant consent" to the DA is not tantamount to approving the necessary amendment to the LEP. Or is it?

Philip Carr, Uki

Thanks... to all the wonderful people of Uki & District who have helped make the Tweed Uki Ball such a wonderful success; Judges Sue & Garry Gnapp, Bianchetti Family, Betty Brims, Harding Brothers, U.K.I.R.A, Uki Shopping Centre, Uki Café, Uki Post Office, Curl-up-And Dye Hair Dressers, George Arronis Uki Electrical, Nitya at Sharp Cuts, Uki Chemist, Uki Bakery, Uki Real Estate, Mt Burrell Fruit, Re's Uki Business, and the men for the heavy jobs! To the helpers in the kitchen and cake makers, bless you and thank you all very, very much, without you there would be no Ball!

Ida Daly

Who to contact

UKIRA is the Uki Village and Districts Residents' Association Incorporated, a non-profit community organisation that provides a forum for residents to discuss and act upon local issues. Contact President Barry Longland on 6679 5220. Meetings are held 1st Tuesday each month in Uki Hall at 7pm. Come along next time, 7 July or 4 August 2009.

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Uki Sustainability Project - Preliminary Report

by Eddie Roberts

Thank you to all 75 people who came along to the first Uki Sustainability Project Workshop held on 9 May in conjunction with the 'Caldera Economic Transition Program'. Thank you to those 25 who couldn't make the workshop but have since filled out the questionnaire. There are still some questionnaires at the drop off boxes at the Post Office, Uki Café or Uki Shopping Centre.

Ideas identified and considered priorities at the Uki Sustainability Workshop:

- 'Safety & Accessibility for All' In regard to Pedestrian, Disabled and Cycling around Uki, to Murwillumbah and beyond for social and economic sustainability;
- Community gardens, Food Forests and seed bank including planting of edible street scapes;
- Bush regeneration and biodiversity protection;
- Minimal/Appropriate/Non-chemical Uki;
- Skills audit and skills sharing;
- Organic Brewery;
- Local educational workshops, lecture series and sharing the information were considered important in all aspects of sustainability.

Other ideas identified with good community support to promote and move towards Sustainability are (not in order of priority):

- Uki Public School as a 'Sustainable School';
- Community Events and Celebrations;
- Promotion of sustainability through the arts and film;
- Traffic calming and safety in Uki with traffic diversion around the town;
- Install alternative/integrated sustainable energy systems on public and residential buildings including hydro system at Clarrie Hall dam;
- Improving energy and water efficiency in new and old buildings;
- Closer contact with the local Aboriginal community with appropriate educational displays of their culture and history;

- Local food growers co-op and distribution centre;
- No non-sustainable subdivisions or developments;
- Better public and bike friendly transport, car pooling, shared transport;
- Engaging youth;
- Eco tourism through walking/biking/canoeing and showcasing sustainable practices;
- Revitalise/Beautify/Rehabilitate the village and the environment;
- Solar powered lighting;
- Public parking outside village area connected with safe accessible pathways;
- Centralised compost facility;
- Increase recycling;
- Extend walking tracks along rivers/creeks and around Mt Warning and to areas of beauty;
- Set up a similar system to LETS (Local Energy Transfer System);
- Many other valuable ideas came forward, however, space does not allow for their inclusion here.

A number of meetings have already occurred regarding some of the issues listed:

- A preliminary funding meeting for the Uki Heritage/Platypus Walk;
- A meeting regarding Supporting Letter/Expression Of Interest under Jobs Fund through EnviTE;
- An update meeting regarding Uki Food Forest and possible locations for the Uki Vegetable Garden.

Keep your eyes open for Working Groups, locations and times on the Uki Sustainability Project 'banner'.

Remember Sustainability starts at home!

- What you buy;
- What you waste or reuse;
- What you eat;
- How you get around;
- It **all** counts!

Check out the Uki Village web site for the complete report in the next 2 weeks. Thanks Uki!

From the Editor...

*If there are two things that seem to unite people in their passion for the environment, it's a proposed rally and new development in their heritage-listed backyard. This issue of Uki News is all about living sustainably and the question "where do a rally and new development fit in?!". Cheers, Tessa Martin
Deadline for the Aug/Sep issue is 20 July.*

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UKIRA Report

by Samuel Quint, Acting President

The year marches on and many things have happened since the last edition of Uki News, including the first of a series of gatherings aimed at making Uki and surrounds sustainable, the first Ukiopia Youth Arts Festival and the unveiling of Uki's first Mural.

Recently, Council invited UKIRA to attend consultation sessions on their Draft Management Plan and Budget for the next three years. We raised the following: the need to improve access, services and facilities particularly for people with disabilities; the need for a specialised disability officer within Council staff; and a request to reinstate the Rural Village Development Program which provided funding for rural villages to implement community projects.

Congratulations to Barbara Thomas who was the winner of the House Numbering competition sponsored by UKIRA (to aid emergency services). \$100 is coming your way, well done!

To anyone who is not aware, Uki has a great website: www.ukivillage.com.au There is lots of cool stuff to be found, not least The Uki News, check it out.

The Uki and District Residents Association (UKIRA) meets on the first Tuesday of the month, 7pm at Uki Hall. So come along and have your say. Please note, the association will hold its Annual General Meeting July 7th at the Hall. We hope to see you there.



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Uki Mural

by Phil Carr

A highlight of the recent Youth Arts Festival was the unveiling of the Uki Mural. The brainchild of local artist Marie-France Boissoneault, the mural is made up of hundreds of small tiles each sculpted with clay to form an individual image of Uki. The tiles have been painted, glazed and fired in a kiln before being glued and grouted onto a backing board.

The project was taken from concept to creation during a series of open workshops run by Marie-France and attended by many in the community including children from Uki Public School. So many people helped, but Marie-France would particularly like to mention Hilda Brulotte, Natascha Wernick and Katia Harrell.

The great Uki Mural is housed at the Uki Butter Factory. Go and check it out.

Marie-France enjoyed the experience so much that she would like to do another, so if you are kicking yourself that you missed out there may be another opportunity down the track.

The project was made possible through a grant of \$2,000 under the Country Arts Support Program which is funded by the NSW Government through Arts NSW and jointly delivered by Regional Arts NSW and Regional Arts Boards throughout NSW.



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Bike Lane Gets Endorsement

by Jo Spiller

Once again the Uki community has whole-heartedly supported the idea of a bike lane between Uki and Murwillumbah. At the Uki Sustainability Project public forum, designed to obtain feedback and ideas on ways the village can move towards a sustainable future, a bike lane was nominated as the top project. As well as a bike lane connecting the two townships, better and safer access for bikes and pedestrians throughout the village and traffic calming measures were identified as real needs. This type of infrastructure will significantly improve the quality of life in and around the village by impacting on community health, the environment and generating a sustainable economic benefit.

Uki Bike Riders have been meeting regularly for the past seven months for short local rides. We have been compiling a contact list of residents who already cycle on our roads and those wishing to if the road conditions were safer.

Please contact Jo Spiller on 6679 5495 or bjrmsspiller@yahoo.com.au or Eddie Roberts on 6679 4079 or oldgrowthed@yahoo.com to be kept informed about rides and our progress in making a bike lane a reality.

A meeting will be held at the Imperial Hotel, Thursday 28th June at 6.30pm to form a working group investigating the 'Green Caldera Bike Path', cycleways throughout the Caldera, of which Stage One will be the Murwillumbah to Uki bike lane. All welcome.



Uki bike riders enjoying a ride down Rowlands Creek Road.

CRAG Update

by Diane Wilder

The Nightcap Township DA was given a preliminary "green light" go-ahead at an Extraordinary Council Meeting held on 5th May 2009. The issue had been previously discussed at length during a Council Meeting held on 21st April whereby Councillors unanimously agreed to defer any decision pending a full workshop to address issues raised by those community members who spoke to Council on that night. Due to intervention by Commissioner Tim Moore and Council Executive Staff, Councillors were placed under undue pressure to make a decision quickly.

Despite extensive media coverage by television networks, newspapers and radio, Councillors voted 2 against and 4 pro the DA to proceed at the Extraordinary Meeting. CRAG would like to thank Councillors Barry Longland and Katie Milne for their unwavering support in casting their vote against any development on the Nightcap site, and for their attempts to push through stringent amendments to the DA such as reducing the population base to 500 persons, that were subsequently voted down by the remaining Councillors.

CRAG has been advised by Lindsay McGavin at TSC that the amendments have now been referred to the Department of Environment and Climate Change (DEC) for recommendations. The DEC have a 28 day response period and then the matter will be scheduled for a further Council Meeting for FINAL determination. CRAG will advise the community as to when this meeting is to be scheduled, and what rights of reply or action we will have to address the matter further.

In the meantime CRAG would like to thank all those community members for their support and affirmative action to try to stop this development from proceeding. For further information call John Donvito on 6679 7273 or 0408 476 965.




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Restoring Biological Heritage

by Roland Vetter

The dedication by Friends of Wollumbin Landcare in systematically restoring and maintaining native bushland along Tweed river can be seen as you drive along Kyogle road, two kms south of Byangum Bridge. A beautiful small forest is now well established and the group is encouraging families to assist in developing the children's planting area.

The plantings on this chemical free Council reserve form part of a larger project to increase biodiversity, provide habitat for native wildlife, control erosion and create a community of like minded people in caring for our local environment.

Volunteers on this project are passionate about environmentally sustainable methods of controlling exotic weed species, which are devastating ecosystems in the area.

Come along and contribute to the Riverbank Project on the first Saturday each month between 8am and 12 noon and in the process learn to identify and control invasive species. Stay for an hour or stay all morning. If possible please bring brush cutter, shovel, wheelbarrow and secateurs.

For further information phone Roland on 6679 5879.

Green Corps Update

by Eddie Roberts

All the good work the Green Corps crew is doing in Uki is unfortunately coming to an end. Work has progressed well on the parklands opposite the Mount Warning Hotel, Centenary Park, The Buttery Bank and Sweetnam Park with major vine weed control taking place and the planting of 1000's of trees. This was all made possible by the teaming up of UKIRA and the Tweed Shire Council through the Water Management Unit and the Uki Community Catchment Nursery at Uki and with other committed volunteers in the community as well.

Sweetnam Park is progressing very well and well worth a visit next time you have time for a short walk along the river bank. Drop in and enjoy the results of what a community can achieve.

We thank the efforts of Shane Spence, Damien Beasley, Cary Caves, Stacey Haynes, Curtis Knight, Allira Mazlin, Latoya Gordon, Katrina Dalton and team leader Bill Cortizo and wish them all the best for the future.

The Green Corps Graduation ceremony is Thursday 4 June 11am-1pm at Uki Hall. All are welcome to show their appreciation for the hard work that these individuals have put into our environment.

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Fire Brigade

by Helena Duckworth

The AGM of the Kunghur Fire Brigade will be held in the Kunghur Fire Shed, Kyogle Road, Kunghur, on July 12th at 10am. Residents from the Kunghur Brigade area, west of Palmer's Road, Terragon to the Tweed Shire boundary are invited to come along and meet their local Brigade volunteers.

It is also an opportunity to ask any questions regarding fire safety in view of the disastrous fires in Victoria recently. You can also enquire about a safe hazard reduction burn plan for your property. The Brigade is available to assist if required. Phone Captain Ron Duckworth on 6679 9121.

Decisions, Decisions!

by Rev'd John Tyman Holy Trinity Anglican Church

I read recently that a German scientist had found a way to turn dead cats into cheap high-grade bio-diesel. He calculated that a fully grown feline could yield 2.5 litres of fuel; so it would take about 20 dead cats to fill your tank! Though I have no hesitation in trapping feral animals that lay waste our local wildlife, I admit that I would hesitate to harvest domestic pets to "put a tiger in my tank", as we were once urged to do. But I guess it depends on the choices we make, and it always does.

I was on the verge of swapping to a diesel vehicle a couple of years back, when I read of the vast areas of rainforest being cleared in Borneo (threatening the survival of the orang-utan) to grow palm oil for diesel. And I now have doubts about whether I should be burning ethanol in my car when the conversion of food crops to petrol substitutes has led to a dramatic increase in the price of food in countries where people are already starving.

In similar vein every time we are tempted to purchase something we want rather than really need, we must decide if that money might not be better spent elsewhere, invested through OXFAM, Amnesty or "Doctors Without Borders".

Decisions, decisions! But that's what it means to be human... to live responsibly, thoughtfully and compassionately.

There are many who believe that God's intention in Genesis was for people to continue the work of creation, moving it further from chaos to harmony and good. God left the world unfinished: and with every action, every decision we make, we contribute to the ongoing creation of our world.

The question is, of course, what kind of world are we creating?

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Preheat oven to 180C. Lightly grease a shallow baking dish. Season the chicken and slice into thin strips. Layer into the base of the dish and top with vegetables. Combine the mayonnaise, cream, soup, and curry powder. Pour over the other ingredients. Using a large spoon, gently mix in the pan. Sprinkle with cheese. Bake for 35-40 min or until vegetables are tender and chicken is cooked through.

Digital TV

by Robert Harrell

Not really a computer issue but you may feel confused over Digital TV.

Australia's first "free to view" digital television broadcasts began in January 2001. The analogue network is due to be turned off by the end of 2013 so there is no hurry to go over, unless you would like to view the new channels with better reception and audio. According to the industry body Free TV, over 90 per cent of Australians have access to digital television. To access these services, you will need to buy either a digital set-top box for your analog TV or invest in one of the growing number of integrated digital television sets on the market. Please remember the Plasma type TV's are power hungry, the LCD's seem to consume less. Most TVs on the market today feature an on-board digital TV tuner, with high-definition tuners becoming increasingly common.

When the transition to digital is complete, our analog PAL system will be replaced by the DVB-T digital television standard, which was first developed in Europe. The first thing to get your head around is that there are two types of digital TV transmissions, Standard Definition (SD) and High Definition (HD).

Standard Definition

SD broadcasts provide widescreen picture with DVD equivalent picture quality. The resolution is 576i (576 horizontal lines interlaced). It is broadcast with MPEG digital stereo sound (similar to CD quality) although some programs may be enhanced with Dolby Pro Logic or Dolby Digital surround sound. Most analog sets are capable of displaying 576i when connected to a digital set-top box.

High Definition

HD broadcasts also provide widescreen pictures, but they have an even sharper image with up to twice the horizontal and almost three times the vertical resolution of SD. Due to bandwidth restrictions, there has been some debate by the public broadcasters over what constitutes "high definition". SBS HD is broadcast in 576p, as is most of ABC HD — although Aunty now broadcasts some content in 720p.

As such, 720p is the universally accepted standard for a minimum HD picture resolution, and consists of a 1280x720 pixels at 50Hz progressive. Of course, this differs from the other HD standard 1080p. The benefits of HD pictures are particularly noticeable on larger screen sets and when using projection equipment.

Now if you need a set-top box, that is if you do not have a digital TV with a tuner built in, do not bother with the cheapos. I have tried many and the reception has been dreadful. I recommend Topfield for our area, great reception, very useful commands and easy to set up. If you have poor picture quality due to your reception, it may be time to change over. I picked up a Topfield Analog set-top box off E-Bay for \$25. Weekends are now sorted... as if!

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Astrological Insights

by Paola Emma

Happy Birthday to all Gemini and Cancer. Mars and Venus take centre stage in June and July, following a parallel path through Taurus and Gemini.

These are the two planets just within and without the Earth's own orbit, astrologically symbolising feminine and masculine energies for ever attracting and resisting each other. Venus and Mars will become conjunct in Taurus on June 21, a significant date, being also the Winter Solstice. They will rise in unison just before the Sun and only a few degrees from the Pleiades, where a keen observer could also discern a faint Mercury close to Aldebaran, the Alpha star of Taurus. The theme behind the close contact of Venus-Mars is definitely 'Relationships', and also 'Creativity'. This could mean a romantic and productive June for people whose Sun Sign is close to the conjunction degree, Taurus (3,4,5 May), Scorpio (7,8,9 Nov.), and also Virgo (6,7,8 Sep.), Capricorn (5,6,7 Jan.), Leo (6,7,8 Aug.) and Aquarius (3,4,5 Feb.). Venus-Mars will continue their twin journey through Gemini in July, bringing relationships and creativity to the fore in the lives of many Gemini and Sagittarius.

On July 7 the Full Moon is eclipsed in Capricorn, an important emotional realisation for some Capricorn (5,6,7 Jan.) and Cancer (6,7,8 July). And on July 22 the Sun will be totally eclipsed at the late Cancer New Moon (a 'blue Moon', meaning the second New Moon in the same Sign). At every New Moon we have a chance to start again and try something new. If the New Moon is also a Sun Eclipse those beginnings seem like real turning points, sometimes even life changing; this time particularly for some Cancer (21,22,23 July), Capricorn (18,19,20 Jan.).

The top ranking transit of the whole period will be the second pass of giant Jupiter over Neptune (July 10) and Chiron (July 22) in Aquarius, transit that became exact already at the end of May. This cosmic alignment will last until the third and last pass in December. Aquarius (Feb.13/16), Libra (Oct.17/20), Gemini (Jun.15/18), Leo (Aug.17/20), Taurus (May15/18), Scorpio (Nov.16/19) are still the birthdays in closer contact with these transits. Many astrologers view them as a spiritually healing influence for the whole of humanity. They certainly have a great potential for good, furthering compassion, understanding and tolerance amongst people. There is an underside however, manifesting as exaggerated optimism, blurring the distinction between reality and make believe, so we should all remember the old wise saying that 'not all that shines is gold'. Tough Saturn's transits (lessons in humility and awareness of our limitations) will still be around for the rest of 2009 and part of 2010, so no one can really afford to be too complacent.

Crystal Wisdom

by Rhiannon Hedley



Crystals have energy fields which have the potential to improve us. Specific crystal combinations can compliment, support, amplify and exponentially increase the potential energies available for healing, clearing, protecting, balancing, or energising. The vibrational energy field created when worn, has the potential to support changes within the wearer's energy field of a beneficial nature.

A piece that I was commissioned to create recently highlighted the amazing benefits of crystal combinations and have been shown to be of importance for many of us at this time.

The currently significant, energetically supported combination of crystals at this time is:

Blue Lace Agate, Lepidolite and Rose Quartz.

'I am balanced, serene and content. I give and receive love, confident in my knowing that all is well in my world.'

Love, Forgiveness, Stability, Serenity, Grace, Clarity, Confidence, Discernment, Balance, Harmony, Healing.

ELEMENT: Water. CHAKRAS: Throat and Heart.

This combination is supportive of our connectiveness with 'All that is'. These crystals all have individual energies which support the emotional aspect of our being. Combined, they are powerfully supportive of stress reduction, neutralising and dissolving anger, fear, isolation and negative thought patterns. They gently support and encourage the resolution and release of old emotional programs, bringing balance to the emotional bodies, penetrating all the way to the cellular level. This healing brings balance to our total being, mind, body and spirit. When we are emotionally balanced, our ability to experience confidence in our connection to 'Source' brings serenity to our 'be-ing'. This combination has an effect on our vibrational field that encourages the movement of energy within, supporting us to be 'in the heart'.

rhiannon_hedley@live.com



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Bold New Dance Theatre

by Transitions Physical Theatre

Newly formed Transitions Physical Theatre will be presenting its premiere season of new bold and exciting dance theatre works choreographed and performed by four independent artists. Local artists Diane Wilder and Suzie Cardiff have collaborated to produce this short season of dance theatre works entitled Transitions with independent artists Sue Boardman and Kalia Lees. Transitions, which has attracted a seed funding grant from Tweed Shire Council, is performed in a series of Acts and delves into a myriad of theatre genres including contemporary dance, movement theatre, and comedy with an intertwining theme of multiple transitions. Performers and audience are on different journeys through the rich landscape of Transitions.



Diane Wilder and Kalia Lees rehearsing
Sole Fiore for Transitions Physical Theatre.

transitions

Bold New Dance Theatre
by Transitions Physical Theatre

Friday 19th June 2009 and Saturday 20th June 2009
Stokers Siding Hall, 7.30pm
CALL NOW to secure your booking 6679 7273
Supported by Tweed Shire Council

Ski, Yoga, Magic

by Mark Cave

When you live in warm tropical northern NSW going Snow Skiing can seem a world away. After a long break (16 years) we, the Cave & Elliott families, discovered last year going to the Snow is a unique family experience.

While we as oldies get about a six-month quota of exercise in a week, the real benefit comes from sharing the fun of trying to stay upright on two planks with our children and friends. I can't remember a week we all laughed so much. When it comes to skiing the kids excel. With the help of a three-hour daily lesson they pick up the techniques that will see them barrelling down the slopes in just five days.

I won't forget the excitement of our kids seeing the first snow and watching as the lush green mountain gums transform into a white magical world, or finding the elusive White (albino) Wombat, or sharing the days' stories with friends in front of the open fire. We all felt renewed by the end of the five days.

In July this year we are organising another group to Mt Buller. We will save costs and share discounts. Accommodation is on the Mountain, ski in and ski out of your front door with out any need for tripping up and down mountains.

The University Ski Club (USC) Lodge has excellent facilities and is located in the village close to all facilities. All food is included (cook it yourself) so you avoid the expense of buying meals on the mountain.

What also makes this community-based trip unique is... Yoga! Julie Dixon (experienced Iyengar Yoga teacher) will offer Yoga classes that will be designed to help get us centred and ready for another day on the slopes. The trip will be all-inclusive with almost everything you need, our aim is to put together the best and most affordable deal possible.

If you are keen to join us for 'Ski, Yoga, Magic', get in touch quickly, as places are very limited. See advertisement below for further details. Namaste!



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Bookings & info Mark Cave

ph: 6679 5999

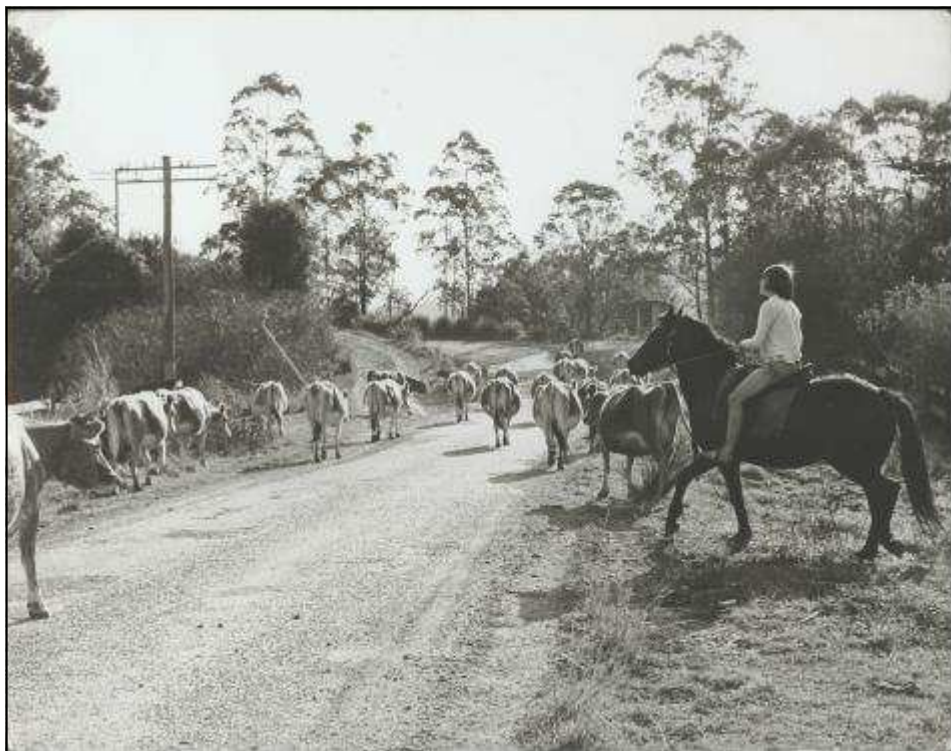
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mark@caveelectrical.com.au

Who's That Girl?!

by Mary Lee Connery

Uki Historical Society needs your help! Can you identify the young lass in the photo or do you recognise where it was taken? The photo was given to us because the caption reads "A young girl on her pet pony driving the cows in to be milked at Uki, north eastern N.S.W." The photo is stamped Beverly Clifford with an address in Dee Why West and a phone number indicating a post 1960 time frame. It is an unusual photo of very good quality. Perhaps we could reunite the "girl" with her photo. If you can help, call in at our office in Uki on Friday or phone 6679 5890.



Love Thy Neighbour

by Tessa Martin



**Neighbourhood
watch**
NSW POLICE SERVICE
Working for Safer Communities

Between 26 May and 3 June Australian communities were encouraged to

observe "Know Your Neighbour Week", a NSW Police Force Initiative, part of the Neighbourhood Watch Program. It aimed to remind us that good neighbours are not just the people who live next door, but that they may live down the road or be a community member. It recommended we make our towns friendlier by organising a dinner, movie, or other social outing with our neighbours.

Well, Uki must be a model village, as the recent Pot Luck Dinner, Crop That Screening and Uktopia Youth Arts Festival are prime examples of great community spirit and connectedness. It's good to see that Uki locals care for their neighbours throughout the year, not just during "Know Your Neighbour Week".

Remember, whether you live in a townhouse or on acreage, good neighbours should help others to feel safe and secure; organise to get together throughout the year; develop a phone network to call those in the community who may be unwell; watch, look and listen for any suspicious activity; collect their mail when on holidays; and go out of their way to be helpful.

Could you name four of your neighbours and say what their interests are?!

Police Assistance Line 131 444 (non-emergencies)

Crime Stoppers 1800 333 000

ukineighbourhoodwatch@yahoo.com.au

ANZAC Day

by Blake Kendrick, Uki Public School Vice Captain

On the 25th of April 2009 at 3:30am I got up to get dressed. I also put my great grandfather's medals and badges on my jumper that he got from being in the war and I was ready to go down to the dawn service at Uki.

It was pitch black as my parents drove me there but when we got there Mr Blisset from the RSL called for the Uki school representatives so I went up to start.



Blake Kendrick ready to place flowers at Uki's remembrance clock

At 4:28am we started the service. Mr Blisset, Mr Smith and Pastor John Tyman took the service and told us stories and facts about the wars. After they finished talking we laid wreaths and flowers at the remembrance clock. I laid a wreath on behalf of the school then I stood there for a short while, and then walked around the clock back to where I had been standing.

Once this was finished we stood and faced the east and then the west while the 'Last Post' was played by Lydia Bohan-Jensen on the trumpet. At the end of the service we were invited to go for breakfast at the Uki hall where there was also a display of pictures, medals and information about the war and local people who went to war. On the day I felt sad that all of these innocent men had to go to war and could have or were shot and killed. We will remember them.

Homoeopathy In The Home

by Judy Magee

Homoeopathy can act as a powerful tool to facilitate a speedy *and* complete recovery from an acute or first aid condition. A well-chosen remedy, given in the correct potency and for the optimum amount of time, can act as a trigger to potentiate the body's ability to get well. A common acute potency is 30c, with frequency of dose related to intensity of symptoms – for example, a fast escalating fever could benefit from a dose as frequently as every ½ an hour, scaling down as symptoms improve. A sprained ankle will recover well with a dose of the indicated remedy once or twice a day. First aid and acute homoeopathic remedies work really quickly. If you have taken a few doses of the commonly indicated remedy, with no real improvement, contact your health professional, as you probably need a more individually chosen remedy. As always, the selection of the best remedy is based on the characteristic presenting signs and symptoms. Some common remedies and their indications include:

Arnica: Useful for treating falls, sprains, strains, bruising, ill affects from over exertion, and shock.

Apis: Treating bites and stings, particularly for things that *fly* & sting.

Ant-Tart: Loose, 'rattly' sounding coughs, which are 'wet' sounding and unproductive.

Belladonna: Useful for treating fevers, characterised by sudden onset, redness, heat.

Chamomilla: Useful for teething, distressed, irritated, unsettled behaviour, red cheek/s, bowel changes, painful red gums. Also indicated for the pain associated with earaches, especially where there is teething also present.

Drosera: For dry, hard 'croupy' coughs, sounds like a seal barking, aggravated by lying down, night-time and cool temperature.

Ledum: Indicated for puncture wounds, where there is a risk of tetanus developing. Also the lead remedy for supporting the body to deal with the effects of ticks, especially paralysis ticks. Suitable for animals.

Focus on... Injuries

by Tessa Martin

When Warwick Selvey became dual Olympian in Discus and Shot Put in Rome and Tokyo in the 60's, he could not have imagined that 40+ years later he would have treated over 20,000 patients with sports, farm or fall injuries.

Still a Masters Athlete in four sports, Warwick, who also won Commonwealth Gold in Discus in '62, knows like no other the pain and discomfort sports or other injuries can cause.

His Gold medal winning athleticism combined with a keen interest in human physiology steered Warwick towards a career in natural pain and injury treatment and prevention.

With his unique combination of osteopathy, acupuncture, chiropractic and sometimes naturopathic or dietary advice, Warwick specialises in old or new injuries from birth, childhood, football, trades, motorbikes, horses, cars, gardening, you name it. Even carpal tunnel, headaches, numb arms, aching legs, arthritic knees, sore feet, elbows and tense jaws find relief in Warwick's very experienced hands.

"Since I began athletic training when I was 13, I've found the hands-on injury treatment approach to be most sensible, quick and effective," Warwick said. "The 'experts' are always so quick to tell you that you need surgery. I've found that using my hands and a few acupunctural pins almost always do the trick. And I've had many happy customers testify to this."

"Here's an example, the experts have told you your knee need surgery. But have they checked your calf and thigh muscles and your back, and the soft tissues *on* the knee?! Osteopathy is about muscles driving bones. Muscles are the key. The "expert" may say cartilage damage demands surgery, but with Hippocrates I say, surgery should be the last resort."

"My work has never been better after 42 years refining. At last I can say "I know what I'm doing"."



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Ukitopia Arts Collective

by Natascha Wernick



The Ukitopia Youth Arts festival held May 16 at Uki Sports Ground gave loads of young talent the opportunity to perform in front of their peers and community. Under the gaze of Wollumbin stages were set, sound was sorted, marquees were raised, flags hung and a rainbow of colours surrounded them.

A staggering 19 acts went from 1 in the afternoon to a chilly 10pm. Performers ranged in experience from Uki public school performances to experienced musicians like James Higgins who has toured with Jamiroqui in Germany. The program varied with shadow puppetry, children's theatre, circus, hip-hop and rap, bands like Ill Nation, Splinter in the Mind and Mediator, and solo musicians such as Jonathan Harvey and Ryan Murphy.

Festival goers attended art workshops like paper clay tile making, anime and Manga drawing, jewellery making, capoeira and elemental art sculpture.

The Youth Arts Festival was managed by the Ukitopia Arts Collective with funding, sponsorship, partnership or in kind support from Tweed Shire Council, Regional Arts New South Wales, Happy High Herbs, Origin Arts, Uki Real Estate, KitnKaboodle Productions, UKIRA, Tweed Echo, Babareki Business, Links for Life, Uki Kids Club – OOSH, Cameron Mercer - Stage, Kelleh Thompson-poster design, Julia Hancock, Uki Public School, Crop That, Wollumbin Organic Providores, Ayla, Marie France and Le-Anne Arane and nearly 70 volunteers on the day.

The organising committee consisting of Natascha Wernick, Kalia, Sue McKenna, Maria Hapberg, Jake Mann and Elenor thank the Uki community for its support.

The next event on the Ukitopia calendar is Cabaret on August 16. Get on the mailing list to keep up to date: www.myspace.com/ukitopiaartscollective

Uki Kids Club - OOSH News Uki OOSH welcomed a new coordinator in 2007, Natascha Wernick has a Bachelor of Education and has had many years working with staff and students at Uki Public School. With the new coordinator came a new paint job, a new program and a new name. OOSH is now known as Uki Kids Club and welcomes children from schools all over the district. Out of school hours care is from 2:50-6pm every school day. Funky Fitness on Mondays, creative play on Tuesday and Thursdays, cooking on Wednesday and Circus on Fridays. The children love it. Why not let the Uki Kids Club become one of your child's favourite places too. For further information contact Uki Public School on 6679 5128.

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Red Cross Report

by Val Bell

The Uki Red Cross Branch held a Morning Tea at Gayanne Gleave's house on 3 March and another \$800 was raised towards the Victorian Bushfire Appeal. Many thanks to all those who attended and supported us, including Marg Matthews for the raffled rug, Des Saunders for the sale of bulbs, Ray for raffle gifts and Jenny Allfree for Body Shop products. We also celebrated Edie Lofts 60th Birthday.

Our next event is the Winter Appeal lunch with stalls held on Friday 5 June in Uki Hall. See you there!



From l to r: Jean Scholes, Ethel Sperrinck, Jean Robinson, Vi Clark and Marg Matthews.

WOODWORK WITH A DIFFERENCE!

My first class will be on laminating timbers of many colours. This system is affordable and the results can be spectacular. Lots of fun, anyone can do it by learning some tricks.



Bring ear muffs and safety glasses, covered shoes essential.

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Saturday mornings 10-12.30 at Rob's Woodwork Shed Uki
\$20 per class and a one off charge of \$10 for a bundle of laminates.
Phone Rob Cottrell to book your spot on 6679 5805

Greening our Preschoolers

by Treena Malcolm

Mt Warning Community Preschool is on a mission. There is a lack of Early Childhood Education resources in sustainability and we are currently seeking funding support from a number of sources to help with the project (fingers crossed). Through our 'Sustainable Playground Project', we endeavour to provide a centre for the learning of green ideas and daily practices to reduce our footprint and usage of resources in a simple, fun and effective way – through interactive, cooperative play. The whole community can get involved and we'll keep you posted on our journey as it unfolds.

Dates for the Diary:

- Calling old students of 2008 – Reunion Tuesday 2nd June 3.30 – 4.30pm;
- Playgroup with Delece – Every Tuesday morning from 9.30-11.30 All welcome, great fun;
- Trivia Night – Friday 12th June from 6.30pm. \$10 Entry. Fab prizes and loads of laughs;
- Fantasy Circus Cabaret Night – Saturday 19th September. Very exciting NEW event which will amaze & delight the young & old. Keep watching for more information!;
- Working Bee – All hands on deck, Sunday 28th June 9-12pm. All help greatly appreciated.

All enquires to 120 Glenoch Rd, Uki, ph 6679 5313.

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NEW CLASSES

Casual attendance is welcomed.

Adult class Monday 10-1 \$20

Kids class Monday 11yrs+ 4-6 \$10

One-off charge Hebel \$10 or Limestone \$30

10% of all class fees is donated to Ukitopia, supporting local arts

SCHOOL PROGRAM Excursions to Lana's Sculpture Studio and Organic Gardens are available by appointment commencing Term 2. For more info go to www.lanastudio.com or phone 6679 7280 to book your place

Murwillumbah Theatre Company presents

By arrangement with Currency Press

RUBY MOON

A disturbing psychodrama staged as theatre-in-the-round

By Matt Cameron Directed by Bryanne Jardine

Murwillumbah Civic Centre Fri June 5 Sat June 6 7.30 pm

Tickets available from Murwillumbah Music Shop or at the door
Adults \$15, concession \$12, school students \$5

Enquiries phone Rosemary on 6672 1520

Gallery 100

100 Braeside Drive, Uki

Sculptures by Brian Batram

Paintings by Sue Walston

Open the third Sunday of each month 10.00am to 4.00pm, and any time by request to 102 Braeside Drive, or phone 6679 5230





Uki Pythons Soccer Season 2009 Underway

The Uki Pythons are off and running with players of all ages contesting the Football Far North Coast Competitions. Some great games have been played already and 9th of May was the first chance for our teams to play at home. It was a pleasure to see all the kids passing the ball, scoring goals, getting exercise and most importantly having lots of fun.

The club's upcoming home games will be held on the following dates; Sun 14th June for the Under 16 girls; Sat 20th June for the Under 8s, 10s, 12s and seniors. We would like to invite everybody to come along and support their local team at these games. Uki Sports ground is a beautiful place to spend the day. For the older folks the bar is open at seniors' games, the beer is always cold!

National Tree Day

PLANET ARK



Please help plant a Food Forest at Sweetnam Park in Uki, Sunday 2 August, 9am to 12pm
BYO Hat, Gloves, Shovel, Mug etc.
Phone Carolyn Rifello on 6679 7333 for info

LOST



Lost May 16
Byrriell creek, Kyogle Road
after Duff party
De-sexed, Micro-chipped.
His family and cat friends are
extremely anxious and waiting
for his safe return.

NANDO

18 mnth old Kelpie Cross

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