

uki news

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

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Uki Mobile Phone Tower Deferred

by Philip Carr

Council has voted to defer a decision on the controversial Optus Mobile Phone Tower for Uki, pending the outcome of a public meeting.

The deferral follows the lodgement of a development application (DA) by Optus in July for a 30-metre mobile phone tower to be located high on a private property in Meadow Place, Uki.

Forty submissions were received by Council in response to the DA including 34 objections.

A flyer circulated by residents of Meadow Place in response to the DA argued that "a more suitable site can be found, one that is further from homes and schools and one that does not hamper views". The following concerns were listed in the flyer:

- close proximity to residential properties
- visual impact
- spoiling of views
- emissions
- negative impact on property values
- lack of community consultation

Despite a council report recommending approval of

the DA, the motion for deferral was put by Councillor Barry Longland on the basis that Optus had not consulted with the community. It was seconded by Councillor Katie Milne and passed five votes to two.

Council will now invite Optus to arrange a public meeting in Uki. Details are not yet available.

YOU ARE INVITED

to Uki's Community Xmas Party

Sat 12 Dec 2009, from 6pm Hall Park

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Band, Bill Jacobi and Andrea Soler

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Kick back and enjoy!



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 Samuel Quint on 6679 5921. Meetings are held 1st Tuesday each month in Uki Hall at 7pm. Come along next time, 5 January or 2 February 2010.

The Uki News, PO Box 141, Uki NSW 2484

Email the Editor: theukinews@hotmail.com

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

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.

Optus Mobile Phone Tower

I love Robert Harrell, but doesn't he go on sometimes? Like he was fully wound up in the last issue of the Uki News. I know everyone is entitled to an opinion, but as a long standing member of the Uki Village and Districts Residents Association I am disappointed that Robert has described the Association as "biased".

Robert's outburst was in reference to the current controversy over the proposed Optus mobile phone tower in Meadow Place, Uki. Robert suggested that Uki would already have a tower if the "first ballot" (a survey carried out by the Association in 2002 to determine residents' views on a proposed television tower on the side of the Sisters) was "honest and fair", and further suggests that a "biased committee" miscounted the survey responses.

By way of background, in 2002 the federal government was offering to install a telecommunications tower and associated equipment in television 'blackspot' areas. The offer required communities to manage, maintain, repair and, where necessary, to replace this infrastructure, all funded, supposedly, from leasing space on the tower to, say, a mobile phone company.

At the time, the Association decided to run a survey, as it does on such controversial issues. A total of 59 surveys were returned, with nineteen 'for' and forty 'against'. Somehow, Robert is claiming that all of the surveys not returned were counted as a 'no'. This is absolute rubbish! The full survey results were published in Issue 5 of the Uki News.

The results were then presented to a public meeting, which concluded that the ongoing task of managing the project was too much for our small community. So on behalf of the community the Residents Association had to decline the government's offer.

Obviously, Robert was not happy with the outcome, but let me assure him and everyone else that the entire exercise was handled honestly and fairly and without bias.

Philip Carr

From the Editor...

This month we celebrate the 50th issue of Uki News! Wow, what an effort. Who would have thought when we started the paper in 2001. Since our humble beginnings, we have doubled our content, secured loyal advertisers and faithful contributors and have become a regular bi-monthly addition in 1,000 local mailboxes between Byangum and Mt Burrell. All this has only been possible through a team of dedicated volunteers. So, a big thanks to all involved. Let's celebrate!

Cheers, Tessa Martin

Deadline for issue 51 is 18 January 2010

Murwillumbah District Business

Chamber by Toni Zuschke, President

The Chamber has had a great 2009 with an incredible increase in membership numbers since my April appointment. Camaraderie is back in the business community we affectionately refer to as "The Family".

The Christmas promotion is currently underway with TV Commercials airing at the moment, giving our members the benefit of TV exposure for their businesses. We are hoping that our "Heart of the Tweed" branding and generic advertising campaign will make Murwillumbah and District a destination for day trippers from the Gold Coast down to Ballina and west to Tamworth.

A lot has been achieved, but there's still so much more to be done in 2010. Julia Hancock and Board member Rani Groves are working together on making the area "plastic bag free". We are also planning a Health, Well-being & Beauty Expo at the Council Auditorium late April-ish.

New members are always welcome. Working together as a business family, sharing ideas, getting to know one another on a professional and social level, helps us all go that little bit further and become that little bit smarter.

All enquiries are welcome, see advertisement below.

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Happy 50th Uki News!

by Julia Hancock

Issue 1 of the Uki News was published in May 2001 by UKIRA to fill the communications gap within the village and districts. **Issue 2** was twice the size and by **Issue 3** advertisers began to support it. Heartfelt thanks to Jeanette Simpson who has worked tirelessly as advertising manager.

UKIRA aims to foster economic development within the village and **Issue 5** celebrated the successful application for a grant of \$170,500 to enable the purchase of the old Norco butter factory. Renovations began in June 2003 and the Butter Factory now houses nine shops.

The Uki Branch of the Red Cross was formed in 1936 and the first of regular reports by Joy Armour appeared in **Issue 7**.

Issue 8, November 2002, celebrated the launch of the Uki Community Technology Centre which offers training, technology support, internet, photocopying and scanning facilities. Soon after opening, the CTC developed our website, www.ukivillage.com.au and the Uki and District Phone directory.

Uki's Saturday markets now attract shoppers from far and wide. **Issue 10** advertised its official opening on 5 April 2003 and it is now one of the best sources of locally grown produce in the Tweed. Uki's monthly buttery Bazaar Markets are also a magnet for locals and tourists alike, offering a vibrant array of stalls, great food and fabulous music.

Issue 19 covered the launch of Uki Hall 100th birthday celebrations. The hall continues to house weekly activities such as indoor bowls, cards, and kids' dancing.

Issue 22 announced the arrival of ADSL Broadband in mid 2005 which spawned a whole new set of business opportunities for locals who could now operate as direct marketers over the internet.

The front page of **Issue 29** announced the approval of the Uki Locality Plan and the Uki Development Control Plan (DCP). A landmark outcome of the process was the identification of the village as a heritage conservation area in the Tweed Local Environment Plan (LEP).

Uki Public School has been a part of the Uki News since day one. After twelve long years of fundraising, planning and building, the school's Special program Centre was officially opened by Senator Fiona Nash on Tuesday 21 August 2007, as reported in **Issue 37**.

The Uki Ball is an institution that has been running for 38 years and on the cover of **Issue 42** an overview of its history was recorded. Ball stalwarts describe the event as four generations of family fun and with newcomers more than welcome the institution looks set to continue for generations to come.

Issue 47 announced the unleashing of Caldera Economic Transition Plan. During 2009 Eddie Roberts, Uki's project co-ordinator, conducted workshops, field days, demonstrations, educational events, market stalls and brainstorming activities to address the issues in tackling the world's climate change and peak oil challenges.

UKIRA would like to thank everyone who has donated their time, energy and talents into putting The Uki News together over the years. Special thanks go to editors Edwin McPherson, Phil Carr, Tessa Martin, Anita Morton, Lindy Treasure and Tony Grumley. And to all those contributors too numerous to mention, we salute you.

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UKIRA Report

by Samuel Quint, President

Well hello there, here it is, the 50th edition, who would have thought. It seems a timely opportunity to publicise what UKIRA is about. UKIRA became an incorporated body in 2001 with numerous significant achievements since then. Throughout this time UKIRA has operated under a statement of objectives that expresses the intentions of the organisation:

- To be an effective and representative body of the Uki Village and Districts
- To encourage participation in local issues
- To promote community awareness
- To foster social integration and harmony within the local community

We like to think that over the years the group has upheld its belief in these core values and represented community views in a balanced and impartial manner. To anyone that has the inclination, come on down and check out our meetings held 7pm every 1st Tuesday of the month at the Hall.

Other stuff. A big congratulations to the organisers of the recent Ukitopia Festival in the central village precinct. What a great event, showing what great diversity exists in the local community.

Keep an eye out for developments in Sweetnam Park as progress takes place on a new children's playground at the village end of the park (with great support from local businesses and Tweed Shire Council).

Thanks to everyone who has helped to get the new speed hump / pedestrian crossing working in the village centre, with the school and so much pedestrian activity in the village in general it's a great step forward.

As this edition goes to print we are heading into a busy time of year. May I just encourage everyone to take extra care of themselves and others to ensure that we enter the new year in style. So folks, please enjoy this edition of the Uki News, hand folded with care by UKIRA members and others.

Top Ten Reasons To Eat Organic

by Tessa Martin

1. Keep chemicals off your plate

Many approved pesticides in Australia were registered long before extensive research linked them to cancer and other diseases. Now the Pesticide Authority considers 60% of all herbicides, 90% of all fungicides and 30% of all insecticides are carcinogenic. The bottom line is pesticides are poisons designed to kill living organisms and can also harm humans. Pesticides are implicated in birth defects, nerve damage and genetic mutations.

2. Taste, Taste, Taste

There's a good reason why many chefs use organic foods in their recipes... it tastes better. Unlike organic farmers who leave the fruit to ripen on the vine, commercial growers may pick earlier to get it to market in good condition. This doesn't allow development of natural minerals usually present at mature green stage. Also, selling produce out of season (discouraged in organic farming) can affect taste. Soil with high biological activity means the transfer of nutrients to the plant. Organic farming starts with the nourishment of the soil, which eventually leads to the nourishment of the plant and, ultimately, our palates.

3. Protect future generations

The average child receives four times more exposure than an adult to at least eight widely used cancer-causing pesticides in food. Food choices you make now will impact your child's future health.

4. Prevent soil erosion

The American Soil Conservation Service estimates more than 3 billion tonnes of topsoil are eroded from US crops each year. That means soil erodes seven times faster than it's built up naturally. Soil is the foundation of the food chain in organic farming. However, in conventional farming, the soil is used more as a medium for holding plants in a vertical position so they can be chemically fertilised. As a result, farms are suffering from the worst soil erosion in history.

5. Protect water supply

Water makes up to two thirds of our body mass and covers three-fourths of the planet. It is estimated pesticides (some cancer causing) can contaminate groundwater, polluting the primary source of drinking water.

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6. Support a true economy

Although organic food might seem more expensive than conventional foods, conventional food prices don't reflect hidden costs borne by taxpayers, including federal subsidies, pesticide regulation and testing, hazardous waste disposal and cleanup, and environmental damage. You must consider the costs of the use of pesticides on society as a whole. If it costs society to clean up the problems caused by conventional farming, are organics actually cheaper?

7. Save Energy

Farms have changed dramatically in the last three generations, from family based small businesses dependent on human energy to large scale factory farms. Modern farming uses more petrol than any other single industry. More energy is now used to produce synthetic fertilisers than to till, cultivate and harvest crops. Organic farming is still based on labour intensive practices, such as hand weeding and green manure and crop covers instead of synthetic fertilisers to support soil.

8. Protect Farm Workers

A National Cancer Institute study found that farmers exposed to herbicides had six times more risk than non-farmers of contracting cancer. Farm worker health is also a serious problem in developing nations, where pesticide use is poorly regulated. An estimated 1 million people are poisoned annually by pesticides.

9. Help small farmers

Although more and more large scale farms are making the conversion to organic practices, most organic farms are small, independently owned family farms of fewer than 100 acres. It's estimated that the US has lost more than 650,000 family farms in the last decade. Organic farming could be one of the few survival tactics left for family farms.

10. Promote bio-diversity

Mono-cropping is the practice of planting large plots of land with the same crop year after year. While this approach has increased farm production, the lack of natural diversity of plant life has left the soil lacking in natural minerals and nutrients. To replace nutrients, chemical fertilisers are used, often in increasing amounts. Single crops are also much more susceptible to pests, making farmers more reliant on pesticides. Despite a tenfold increase in the use of pesticides between 1947 and 1974, crop losses due to insects have doubled – partly because some insects have become genetically resistant to certain pesticides.

Bio Organic Farm Open to Locals

by Tessa Martin



When Avi and Zehavit Mishtler migrated to Australia from Israel eight years ago, they came with conventional agricultural and date palm farming expertise.

After they settled on a rural property at Byangum, Avi, inspired by the Tweed's pristine environment, realised his conventional farming days were over. "I decided to start farming organically, so I can pass the land on to my children," said Avi. "It became important to me to be sustainable in my farming practices and to think about future generations."

After operating a Certified Organic Farm for the last eight years and supplying wholesalers only, the Mishtlers recently decided to give locals direct access to affordable organics by building a roadside farm stall at their Bio Organic Farm. "I want locals to have the choice to buy certified organic foods without the supermarket price tag," Avi said.

So far, the feedback from locals has been nothing short of sensational. After all, who doesn't want food that's safe, healthy, free from pesticides, yet affordable? Call into the Bio Organic Farm at Byangum if you care about your and your family's health.

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Uki & South Arm Historial Society by Helena Duckworth

As 2009 draws to a close the fading year is bright with achievements undertaken not only within our Society but with the Tweed Heads and Murwillumbah Societies under the mantle of the Tweed River Regional Museum. Other collaborations with the Uki Hall Trust have strengthened our ties within the community as well as past residents who have returned to Uki for the last two exhibitions.

In October, our Society presented Archivist Mary Lee Connery with Life Membership in appreciation of her dedication in preserving the history of the South Arm for the last 27 years.

On behalf of the Society I would like to thank everyone who has either donated their treasured family photos and histories or has come to our aid whenever we looked like we needed a hand. Our small band of volunteers give tirelessly and as I have said before, the knowledge contained within this group is amazing. Many will have enjoyed the talks given at the Ukiopia Festival.

This interest in our Society gives us strength to continue to protect and treasure your treasures. We will take a break in January but will be back in 2010. We meet the 2nd Saturday of the month at 10am in the office next to the Hall.



Kaye's Kitchen

Ginger Nut Chocolates

Ingredients (makes about 20):

100g cooking chocolate, in pieces

½ cup coarsely chopped pecans or walnuts

½ cup coarsely chopped, drained ginger in syrup

1 tblspn cophia

1 tspn rum

In a bowl over barely simmering water, combine chocolate with nuts, ginger, cophia and rum, Stir frequently, until melted and well-mixed. Spoon mixture into small confectionary cases, keeping quantities small as these chocolates are very rich. Chill until set.

Store covered in a cool dry place.

NOTE: you can vary this recipe by replacing rum with liqueur, and by using mixed dried fruits or glace cherries in place of the ginger.

Makes a nice Christmas gif presented in decorative tins or boxes!



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Let's Be Really Silly This Year!

by Rev'd John Tyman Holy Trinity Anglican Church

People refer to Christmas as "the silly season"... not stupid, just silly. So why not be really silly this year? Here's how.

You could buy a toilet for \$70 for friends at Casuarina who already have four expensive toilets of their own. Sounds stupid, but in so doing you could transform the health of an entire family in Cambodia. They would get the toilet, your friend would receive a gift card from you, with a photo of the gift you have purchased and a description of its likely impact.

Alternatively you could buy them a fake fire-place to fit beneath their reverse-cycle air conditioner, or maybe a large imitation crystal vase, both of which will sooner or later end up either at the dump or St. Vinnie's. That, surely would be stupid!

Alternatively, you buy a goat for \$50 for a friend in a high-rise apartment at Surfers and provide milk, cheese and income for a family in Tanzania, instead of giving this friend yet another set of fancy table mats.

Supplies for a school in Ethiopia would cost you \$5, a mosquito net \$10, a chicken \$14, vegetable seeds \$16, clean water \$20, a kit for new mums \$54... and so on.

We now live in a small world, where even small things matter and choices we make in Australia can have a tremendous impact for good in places we've never even heard of!

Although the gift catalogues come out in time for Christmas, they can be used throughout the year, for birthdays and such like. They are available at the church, from our stall at the market, from me personally (6679-5257) or direct from OXFAM (1800-034-034), TEAR Australia (1800-244-986), Compassion Australia (1800-22 4453) and CARE Australia (1800-020-046). TEAR even have a catalogue kids can use!

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Red Cross Report

by Joy Armour

This Year's **Christmas Appeal** will be held in Uki Hall Friday 4th December 2009. Goods will be on sale from 9am and a scrumptious lunch will be served between 12-1.30pm As always your donations of cash, cooking, produce, jams, or any saleable goods will be gratefully accepted. You can leave them with Joy Armour, or at the Uki Hall on the day. For further information phone Joy on 6679 5297.

Please remember that when the Nomination Forms for **Australia Day 2010** come out in early January, to take the opportunity to put forward your Nominations for all sections for our Australia Day, held at Uki Sports Ground on January 26th, 2010. Nomination Forms will be available from our local shop.

How To Minimise Computer Storm Damage

by Robert Harrell

Boy, has it has been a busy month with storm damaged computers. Damage to computer hardware from power surges is surprisingly a common problem. Not only is your computer at risk of being damaged from a lightning strike during a storm, even on windy or rainy days can computers be at risk.

The damage caused to computers from these types of surges can vary in severity. Sometimes you might lose a power supply or a modem, and other times you might lose more. During some recent storms in Uki a client was unfortunate enough to have their computer totally destroyed - the power supply, the modem, the processor and motherboard, the CD-ROM, the hard drive (ouch) - even the keyboard and monitor!

Even for the single PC user at home, you should invest in a product that protects your computer from surges through both the power lines and the phone line. However, always remember

that most power surge protectors are only designed to protect you from the "normal" fluctuations in power and other minor surges. What's your insurance like? A lot of people make the assumption that they are covered for computer damage, but in fact many insurance companies don't pay for computer damage caused by surges. Many insurance companies will only pay if the damage is caused by a direct lightning strike during a storm. It may be worthwhile running some "what if" scenarios past them to be sure. And shop around if you need to in order to find an insurance company that will give you the cover you need.

Well I wish you all a very Merry Xmas and a healthy New Year. This will be my last article for Ukira, it's time to pull the pin, retire and follow my dreams. I am going to sail around the world... slowly. Many thanks for all the support from my clients, it's been an enjoyable ride but I'd rather go sailing...



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The last alignment of Jupiter to Chiron-Neptune will be active between December and January. In 2009 these transits have helped raise our spirits during the global financial crisis. We have also become more aware of the plight of millions for whom the crisis means hunger. These transits coincide now with the Copenhagen Congress on Climate Change (Dec 7/18). The conjunction Jupiter-Chiron will become exact on Dec 7 (opening day!), while the alignment Jupiter-Neptune occurs Dec 21.

Talking about Global Warming we often forget that it is not simply a question of higher temperatures, but principally a looming ecological disaster, with massive displacement of people. The awareness of collective issues of pain (Chiron) and the stirring of universal sympathy (Neptune) are very much on the agenda. The meeting Jupiter-Neptune, at the end of the summit, will hopefully create a sense of unity. There is a catch: the negative side of Neptune is to idealise every situation. It could instil a sense of unrealism and wishful thinking without providing real answers.

The conference begins close to the Last Quarter phase, not an ideal time to start anything. On Dec 16, there will be a New Moon in Sagittarius. This suggests a lot of inconclusive talks, at first, with the possibility of a leap of faith toward the end. This New Moon, however, doesn't seem to suggest a great outcome in practical terms. The beginning seems difficult because Mars will oppose Jupiter-Chiron-Neptune: fierce opposition (ego concerns, Leo, versus collective concerns, Aquarius) will not stop at the conference, but continue throughout the retrogradation (Dec 20/March 11).

At the personal level the effect of Mars will be powerful for some Leo (Jul23/Aug14), Aquarius (Jan21/Feb10), Taurus (Apr21/May12), Scorpio (Oct23/Nov13). Retrograde Mars works somewhat against itself, frustrating if you want to make things happen quickly. Ideal, however to look into the way you normally assert yourself and the impact of your self-centred actions on other people.

For more Living Moon Astrology: <http://livingmoonastrology.wordpress.com/>



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Crystal Wisdom

by Rhiannon Hedley

R.N. HH Dip (S.H.) (Acup.) (M.H.T.) Reiki Master/Teacher

Crystals are of the Earth. They contain coded information about all that is. Working with crystals attunes your energy to that of the magnetic core of the earth. Crystals are able to transmit and receive information in the form of thoughts and emotions.

Crystals assist us energetically as their energy fields interact with our own. Our choice of crystals have the potential to improve us. Working with crystals enhances your ability to feel the interconnectedness of all things. These subtle, yet powerful energies heal and transform our lives.

The vibrational energy field created when we wear crystals as jewellery, combined with intent, offers us the opportunity to re-create the energetic pathways of our 'be-ing'.

The Crystal of the moment is: **CITRINE** "I manifest my desires" Element: Fire. Chakras: Base, Sacral, Solar Plexus, Third Eye.

Citrine stimulates our **creativity**; it promotes a **joyful** experience of life. It is warming and energising, excellent for supporting us in our **manifestation** of our desired creations. Being a 'stone of **abundance**' it supports all of our intentions towards **success**, prosperity, wealth, health, intuition, spiritual enlightenment and connection to our 'higher self'. It cleanses, **purifies** and regenerates the Solar Plexus Chakra, ensuring that our personal will is healthy, balanced and in alignment with Divine Will. It stimulates the flow of energies that support the process of making things happen, for our highest good. It is also a highly protective and cleansing crystal, which is a very useful energy to employ when working with the energies of 'personal power' of the Solar Plexus Chakra. Citrine is also strong in its ability to absorb, dissipate and ground negative energy, making it a powerful ally in all workings of the 'Fire' element energies.

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An Alternative View: Progress

by Geoff Dawe

We white fellas have run into a trap of our own choosing. It is a trap that has a length of centuries, made of technological dependence. Most people who run into the trap bang against a wall of material attachment that prevents them progressing. The wall has a sign on it that can be seen occasionally on misjudged approaches to superhighways. It says, "Stop. Go Back. You are going the wrong way." People push up against the wall wanting apparently to continue a suicidal journey into the face of oncoming traffic. The oncoming traffic is environmental degradation and its flagship, climate change.

The trap of technological dependence is entirely synonymous with ecological unsustainability. One cannot become ecologically unsustainable *except* by becoming technologically dependent. A corollary is that ecological sustainability occurs *only* as one becomes technologically independent.

There is a way out of the trap. It is extremely simple and yet at the same time extremely disconcerting...for white fellas. Turn around and face the other way! If we look in the direction from which we came we will notice the entrance to the trap. As with superhighways where one is in danger of confronting oncoming traffic, the way back *is* the way forward.

Technology cannot save us. It *is* the trap. Once there is an admittance of this, and the facing of the other way, so begins a return journey that is never the same as the coming "forward". Discoveries are made of the perfection of nature that were not noticed in the journey to technocracy, for technocracy *is* the rejection of the perfection of nature.

This thought of the essential perfection of nature, although overturned in the western tradition of original sin, was flourishing in the East. "Taoism" emphasised rather than a Supreme Being, "a *Supreme State of Being*, an impersonal perfection from which beings including man are separated only by delusion".

Humanity does not meaningfully progress physically. We have been warned for centuries and across cultures and scriptures, to not physically attach. Humanity progresses in change of perceptions brought on by experience.



Traveling With Tanya

by Tanya Filak

A big thank you to Bronwyn this month who asks what she can do in our local area over the summer holidays to keep the kids entertained.

Why not become a tourist in our own backyard? People travel from all over the world to visit right here where we live! Have you explored our region yet?

The obvious answer is the Theme Parks on the Gold Coast. Take advantage of pre-purchasing tickets and gift wrapping them under the Christmas tree so it's not such a strain on the budget.

You can also pre-purchase tickets to other attractions such as The Australian Outback Spectacular, Currumbin Wildlife Sanctuary, Infinity, Q Deck, Crab Catching Cruise, Jet Boating, Surf Lessons, Hot Laps, Zorb and more! All of them make fantastic Christmas gifts for the kids.

If the budget doesn't extend that far, then we are surrounded by World Heritage Listed Rainforest Areas and the walking tracks are free! You can make a game of your hike by asking the kids to find 'Treasures' on a map you can either make yourself or pick up at any tourist information centre. A few gold star stickers as they collect their 'Treasures' of spotting animals or landmarks you set.

Also remember Tropical Fruit World? When we were kids it was Avocado Land! Introduce your youngsters to an old favourite. Crystal Creek also has the Miniature Animal Farm where I'm sure you'll take plenty of precious photographs.

During the heat, a trip to the beach and an ice-cream would be well received – just remember to Slip, Slop, Slap and swim between the flags.

A great holiday doesn't have to cost the earth – you just need to get creative!

I hope to see everyone on Sunday 21 February for the Uki Travel Expo from 10am to 2pm.

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02 6679 5398 or tanya.filak@travelcounsellors.com.au

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Turning Dreams Into Reality

Have A Safe Christmas

by Maggie Wilkins-Russell



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

*This information is provided as part of the NSW Police Service
Neighbourhood Watch Program*

With the holiday season upon us and the added stress of Christmas, we have traditionally seen an increase in domestic violence, often fueled by alcohol abuse.

Domestic and family violence is a crime that takes many forms, including emotional and psychological abuse, intimidation, harassment, stalking, physical and sexual assault, and can also include animal abuse, e.g. pets, and damage to personal or joint property.

It is the most under-reported of crimes because the perpetrator knows the victim intimately through a long-term, close or developing relationship. During the early stages of the relationship the perpetrator relies on developing a strong bond through friendship, love, trust and loyalty, to create a high degree of co-dependence. The underlying behavioural traits of power and control are then employed as tactics to commit the crime.

The more times a perpetrator commits the crime, the greater the likelihood the affected partner will become vulnerable to further abuse and violence. This frequently results in the affected person developing

feelings of anxiety, fear, guilt, low self-esteem and a sense of isolation and being 'trapped' in the relationship. This will often result in a 'Cycle of Violence'.

Children living in a relationship with abusive behaviour are considered to be at risk of harm, either directly by being abused or indirectly by witnessing the abuse of the parent or carer.

Children who live in families where domestic and family violence occurs are at a greater risk of being sexually abused. The continuation of abuse and even exposure to such abuse could result in serious problems impacting on the child's health as well as his/her personal, social and educational development.

The NSW Police Force will respond to all reports of domestic and family violence and pursue the perpetrators, holding them accountable for their criminal behaviour under NSW law, by placing them before the courts.

Don't ignore the violence! Call the Police. We all have an obligation to act for the safety of others.



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RSL Report

by Ray Blissett

On 11 October, Chapter members and Uki residents attended the opening of the 'Uki Remembers Those Who Served' photographic exhibition. The ladies who put together this display are to be congratulated. Bruce McAndrew and Ken Highfield had the honour of cutting the ribbon to open the exhibition.

On Remembrance Day, 11 November, Chapter members, Uki Primary School children and residents commemorated the 91st anniversary of the end of the First World War. The service was conducted by the Rev. John Tyman, Peter Ridgeway and myself.

The Chapter will hold a Christmas BBQ at Brian and Gayanne's residence on 13 December. On behalf of the Chapter I wish you all a Merry Christmas and a prosperous New Year.



JUDITH MAGEE

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The Top Fifty

by Judy Magee, Homoeopath

It is very satisfying to be preparing an article for the 50th edition of the Uki News. Its longevity is a credit to the time, effort and expertise of past and present contributors and editors. In honour of this milestone, I would like to offer – in no particular order - my 50 best tips for good health!

1. Don't smoke
2. Get enough sleep – if you don't sleep well, get some help to understand why & improve it – without exception, poor sleep will erode health & wellbeing.
3. Drink plenty of fresh, pure water
4. Limit intake of fruit juices, soft drinks, sport drinks, etc
5. Only 1-2 good quality coffees or black teas a day
6. Drink more herbal teas
7. Eat well – fresh, whole, complex and where possible organic
8. Eat smaller meals more often
9. Eat a wide variety of foods
10. Chew your food well
11. Eat slowly
12. Don't drink too much during a meal
13. Be moderate with alcohol and very sparing with soft drink mixers
14. Keep processed, refined, fried, sugary foods as occasional items, not staples
15. Eat garlic and ginger every day – directly supports immunity & circulation
16. Ensure that *each* of your major meals meets your macro nutrient needs (protein, complex carbohydrate & essential fatty acids).
17. As much as possible, try to limit eating on the run – sit down together, TV off and enjoy.
18. Support your gut health - compromised gut *always* equals compromised health
19. Support your mental health – if you have negative, destructive, toxic thought patterns or memories – get help to get more free of them
20. Exercise your brain regularly – e.g. crosswords, sudoku, puzzles, scrabble, etc,
21. Breakfast is always necessary. If you don't feel hungry in the morning, it's because things aren't quite working right – absence of appetite *does not mean absence of need*
22. Eat lots of sprouts – nutrient rich, delicious, economical and easy to eat
23. Manage your stress – take the time to find what works for you and do it
24. Be prepared to speak up when you need help or support – good quality mind reading is very rare.
25. Ladies, your period should be regular (preferably 28 days), not unduly heavy, long, painful or clotty and there should be minimal premenstrual build up – if this is not you, get some help to improve things, because unhappy hormones always ends up equaling unhappy body.
26. Spend some time writing down what you do each day/week – review it – is the balance right between work, rest & play? Can you improve it?
27. Exercise regularly - a routine which combines aerobic, resistance and stretching
28. Include balancing exercises every day – *particularly* valuable as the body ages
29. If you are overweight – particularly abdominal weight, *lose it*, otherwise you will definitely be susceptible to diabetes, heart disease, inflammatory conditions, etc.
30. If you carry extra weight and can't seem to shift it or keep it off, there are probably metabolic factors at play – these can be improved – get some help.
31. Rest – a longstanding lack of rest is *always* present in chronic disease states
32. Start each day with a hot lemon drink – wakes up liver & digestive system
33. Learn about and eat predominantly low to medium glycaemic index carbohydrates – it will assist metabolism, weight and blood sugar health.
34. Laugh more
35. Speak your truth more
36. Be pro-active and attentive to your health – don't allow signs and symptoms of dis-ease to become 'normal' to you.
37. Work on your ability to listen – *really* listen. This is the centre piece of good communication. This includes listening to self!
38. Limit chemicals – cleaning products, make-up, personal care items, pesticides, etc
39. Limit where possible usage of soft plastics and glad-wraps, etc
40. Develop the habit of a fresh vegetable juice every day – it will make your body sing
41. Most of us will benefit from some basic supplementation – a good quality multi vitamin/mineral complex, an anti-oxidant (e.g. Vitamin C, Co Q10, green tea) and some omega 3 oils – e.g. fish oils or flaxseed.
42. Use natural, mineral rich unbleached sea salt instead of the commercial variety.
43. If you or your children struggle to eat lots of fresh fruit and veges, consider food based supplements like the 'super greens' – spirulina, green barley, etc
44. Use smoothies as another delicious and easy way to provide quality nutrition – include a quality protein powder as well as fresh ingredients.
45. Make extra and freeze in ice block containers for a yummy, healthy snack
46. Eat less meat and more fish
47. *Lots* of burping and flatulence is not normal, - it means something is out of balance which, over time will compromise health
48. Learning a new skill or doing something active or creative enriches life and helps us connect and relate to others.
49. The human body needs 1-2 good bowel motions every day. Stool should be formed, not unduly smelly and contain no undigested matter – if this is not how it is for you, get some help.
50. Don't forget to breathe!

Have a safe, enjoyable and joyous festive season, and consider carefully what you would like to do for yourself in 2010.



UKITOPIA

arts collective

The Ukitopia Festival on the 14-15 November weekend has left the Uki Community and the Ukitopia Arts Collective organising committee bathing in happiness and ecstatic at the success of the event. The intention of the event was to celebrate all aspects of the Uki life, arts and culture and with hundreds of the Uki and district people coming out and participating in all aspects of the vibrant program, the intention was very clearly realised. The event far surpassed volunteer event organiser Natascha Wernick's expectations, "I received so many thank yous over the weekend, I was overwhelmed by the end!"

Although the committee had applied for various grants for the festival, none were received. This meant the festival had to rely on the Uki community to come forward and donate generously for this free event. And donate they did, with the festival breaking even. In addition to our annual sponsors Uki Real Estate, Happy High Herbs, Origin Arts, Kitn Kaboodle and Babareki Business, many other Uki businesses donated generously including UKIRA, The Mount Warning Hotel, Studio 9, Glorious Organics, Re's Intrigues, the Uki General Store, Pharmacy, Post Office and Bakery.

The event also encouraged other Uki groups to get involved and as a result the Uki Public School jumped on board with the Eco Expo - highlighting the region's sustainable businesses, the Uki Kids Club: OOSH provided a day full of carefully considered children's activities, the Historical society presented a historical display and the Rural Fire Brigade and Uki Resident's Association also participated.

Saturday afternoon's music encouraged Uki's youth to come out and experience the glory of their peers with youth musicians Lacey, Right Left of Centre and James Higgins taking the stage. The younger children who were not painting gourds and flags and making lanterns were kept entranced by Dudley and Falcon's magic show and Rainbow Eagle Sparkle land, showing the children how to be caretakers of the land.

The opening ceremony on Saturday afternoon was a

major highlight of the festival. Organiser Natascha Wernick sang out some of the many community's wishes that had been woven into the wishing wall. Natascha was soon backed up by a stage full of the Uki's most talented musicians including Deya Dova, Sue Mckenna and Loren who helped Natascha launch the communities' wishes and open the festival. The crowd of about 300-400 were all on their feet singing the wishes out or dancing to the awesome beat. Natascha then lead the pulsing crowd into the Images of Uki Arts exhibition in the Uki hall where the crowd were treated to an art exhibition from the Local Uki community, a huge and imaginative variety of works, many of which had sold by the end of the weekend.



Josie Forest performing in Uki's Anglican Church



Didge player

The night was filled with people dancing under the stars to Mystic Beast, Imandan and DJ Pulse or experiencing an exquisite concert in the Anglican Church gig featuring four of this region's top indie signer songwriters, Josie Forest, Andrea Soler, Richard Bell and Loren.

And that was just Saturday!

Sunday with the Buttery Bazaar markets the Eco Expo and the Art and Music the crowd doubled. The Pitts Family circus left the crowd in stitches and Deya Dova managed to get a huge crowd up dancing in the 31degree heat.

One of Sunday's highlights was the Elders tent. This space dedicated to the elders of our community both indigenous and non indigenous. They had microphones and

held the space like an interview session with community members able to ask all kinds of questions, like "how did you make butter when you were young?". Uncle Harry the Indigenous Elder from the area and the non- Indigenous Ida Daley marked the event as reconciliation. For the first time members of the two tribes had come together.



Michelle Thomas & Co performing Magic Tricks

All photos courtesy of Alan & Perri Wain from Vibrant Imaging - www.vibrantimaging.com.au

Photos, audio and video of the event are all available. Keep up to date with Ukitopia news on:

ukitopiaartscollective.wordpress.com, [twitter](https://twitter.com/ukitopiaartscollective), [Facebook](https://www.facebook.com/ukitopiaartscollective), or www.myspace.com/ukitopiaartscollective.

TWEED RIVER ART GALLERY

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Open 10am to 5pm Wed to Sun (closed every Mon and Tue).
The Gallery is closed on Christmas Day, and open on Boxing Day Saturday
and New Year's Day.

Friday 20 November – Sunday 6 December

The Tweed River Art Gallery presents exhibitions of art work by local primary, secondary and tertiary students each year.

The **13TH Les Peterkin Portrait Prize** attracted a staggering 1,300 entries from students of 25 local primary schools. Under the theme **Go Green!** students depicted faces as trees, hills and animals, they represented mother nature, portrayed environmental warriors, and addressed issues such as global warming and the destruction of habitat. The judges selected 40 works as major Award winners, which are displayed on the Gallery walls. An additional 81 works, which were awarded Judges Awards for Excellence, are presented in display folders.

Frameworks 2009 is a dynamic display of work by 36 Higher School Certificate students from eight local secondary schools. In a feast of individual expression students explore subjects of global and personal significance.

surface showcases work by 9 graduates of the Diploma in Visual Arts at Murwillumbah TAFE, and **big bag** presents work by 14 graduates of the Diploma of Graphic Design at Kingscliff TAFE. These students embrace old and new techniques to explore cultural history, politics, personal identity, and the natural and social environment.

Friday 11 December – Sunday 17 January 2010

STEP RIGHT UP! The Circus in Australian Art looks at 'circus' from a fine arts perspective, exploring the many mythologies surrounding the circus tradition.

Drawing breath is a collaborative exhibition of work by four artists **Michael Baartz, Donna Malone, Jude Roberts and Gabriela Soelkner**.

Here be monsters, based on research and armed with acute drawing skills, intelligence and humour, artist **Michelle Dawson** explores the phrase "Here be monsters" in both a literal and a metaphoric sense.

Friday 27 Nov 2009 – Sunday 31 Jan 2010

Stories of our making: contemporary prints from Australia presents work by 17 contemporary Australian printmakers whose work investigates Australian identity.



Pythons Xmas Party

by William Child

It may be the off season right now but there's still plenty going on at Uki Pythons Soccer Club. December 18th looks like being a great night for the whole family. Karen, Clayton and the rest of the management team have organised the Pythons to join forces with Uki Touch Football and Tennis clubs and hold a combined Christmas Party.

There will be a jumping castle and free drinks available for the kids, while the bar and canteen will be open for the rest of us. A Karaoke jukebox will be in operation and Soccer club president Karen has promised to entertain the crowds with her version of Kenny Rodgers' classic "The Gambler" which will be an event not to be missed.

With any luck there may be a surprise guest in attendance. We can't give too much away at this stage because this guy has to travel all the way from the North Pole and he is very busy at this time of the year, but we think he may be able to make it.

The whole community is welcome to this great night.

The Pythons would like to congratulate The Uki News on achieving the 50th issue milestone. We'd also like to wish the people of Uki a merry Christmas and a happy new year. We hope to see you all on December 18th.

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