

UKI NEWS

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

Proudly Sponsored by the Uki Pharmacy

Issue 43 October/November 2008

'The best read on the Tweed!'



Hard at work on the essential repairs to the Hall. Photo by Jayne Parrott

Uki Hall Trustees appointed by Jayne Parrott

The big news for this edition is the Department of Lands gazette announcement of the appointment of seven Trustees to the Board of the Uki Public Hall & Recreation Reserve Trust. The Trustees, who will serve the community for a five year term, are all enthusiastic about this commitment and looking forward to some productive teamwork.

The new Board consists of Carolyn Jones, Bruce Ray, Jayne Parrott, Mary Lee Connery, Kevin Donaldson, Wayne Fraser and Kay Bristow. By special resolution Esma Thompson has been appointed to continue as treasurer. The restoration project has made great progress thanks to major funding received under the CDSE (Community Development & Support Expenditure) Scheme run by Clubs NSW.

With the help of volunteer tradies — Trevor Scott, Chris Webster, Matt, Wayne, Kevin, Lance Westren and Jim Murrell — the water damaged front wall has been repaired and braced. Plantation Shutters, Murwillumbah, were employed to manufacture, install and repair fire doors to meet Council requirements. New locks were installed by Dave from Gav's Locks, to meet Fire Safety regulations, and other projects have been also been completed. The remainder of the funding will be used for repairs to areas damaged by termites. Thanks to this funding from Clubs NSW the Trust will now be able to reapply to Council for renewal of our license to operate. We were also excited to receive a grant from Tweed Council this week to re-polish the floors.
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Uki Church Services

Mass at St Columba's Catholic Church 1st and 3rd Sundays of each month at 10am.

Holy Trinity Anglican Church Holy Communion 1st and 3rd Sundays.
Morning Prayer 2nd, 4th, 5th Sundays all at 9am.

The pressures of the past couple of months have meant that my attention to matters UKIRA has been a little diverted. Thanks to my fellow committee members for their indulgence over this period and their willingness to keep the issues under control.

It was great to hear of Eddie Roberts' report at the September meeting that the Association has a good chance of sponsoring another Green Corps project in early 2009. The format for the next round is likely to include the joint management, with other rural villages, of the team, with a program of work covering a larger number of sites. So far as Uki is concerned, a continuation of riparian restoration work on the river and adjoining creeks would be high on the agenda. Essential follow up activity

on the work undertaken earlier this year will also be a feature of the new application. Thanks to Eddie for his hard work on developing the case.

UKIRA would also like to congratulate the new composition of the Hall Trust that was announced recently. There is a mix of new members and those continuing that will take on the difficult tasks involved in the restoration of the Hall and management of the adjacent Trust lands. Readers would be aware that UKIRA is heavily involved in fundraising for this work and, as always, we look forward to working with the Trust for the benefit of these priceless community assets. I would also like to recognise the efforts of the UKITOPIA Arts Collective in focussing the attention of the community on the valuable so-

cial and cultural benefits that we derive from the presence of so many talented people living in our district. I hope that we can be of assistance to that group with the many activities that they have scheduled for the remainder of 2008.

Finally, heartfelt personal thanks to all those who supported me at the election. It has been a long time, if ever, since a resident of Uki has served on the Council and I hope that my contribution to the Shire as an elected representative can also be of benefit to our beautiful part of the Tweed.

UKIRA is the Uki village and Districts Residents' Association Incorporated, a not-for-profit community organisation that provides a forum for residents to discuss and act upon local issues. You can contact President Barry Longland on 6679 5220.

UKIRA MEETINGS are held on the 1st Tuesday of each month in the Uki Hall at 7pm. Please come along to our next meetings on 3 November and 2 December.

Editorial

I know, I know—you're all thinking, what's she still doing there? I thought things would be different and exciting, with a new editor at the reins! Unfortunately, I'm still here. Srisa, who was very enthusiastic about taking over the editorship, is not able to take it on at present. As I know from experience, trying to fit full-time education **and** part time work **and** editing the Uki News into just one life is very difficult!

So, we are still looking for someone to take on the editorial role. It's a voluntary job, but because of the regular publication dates we

still need someone who has the time to commit to the task and will take it seriously. Ideally, the new editor will have journalistic or desk-top publishing experience, be a competent user of the Microsoft Office suite of programs, will have broadband access, and will be involved with and accessible to the community.

The editor will need excellent written communication skills, and—most importantly—the ability to edit other people's work without fear or favour. If you think you fit the bill, please email me on the address below.

Disclaimer

The opinions and views expressed in this newsletter are the contributor's own. They are not necessarily those of the Uki News nor of UKIRA.

Deadline for Issue 44 is 17 November.

Anita Morton

Who to contact

If you would like to discuss any Uki News business, please email theukinews@hotmail.com, or see Anita at the market any Saturday morning.

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Village Voices

Ladies— interested in playing social tennis? Wednesday mornings at Uki from 9.30am. Please contact Kristen Long on 6679 5083 or Rosemary Baxter on 6679 5068.

If anyone is interested in playing cards on Tuesdays at the Hall, please phone Joy on 6679 5297.

Caldera Environment Centre will hold a fund-raising DANCE at Uki Hall, Friday 7th November with SPANKINHIDE. Entry \$15. Food from 7pm (donations of cakes or vegetarian food welcome). There will also be workshops on African drumming and dance. Contact Nat on 6679 5553 or Christine on 6679 5363 for more info.

Thank you

Sharon, Laura, Olivia, Georgia, Liam and Ayden Cunynghame extend their sincere thanks to the Uki community for all the support, generosity and kindness that has been shown to them over the past weeks.

Your ongoing support gives them the strength to get through this most difficult period. 'We are very blessed to be living in such a close and loving community,' said Sharon.

Angels exist, but sometimes, since they don't all have wings, we call them friends.

Thank you to everyone.

With much love,
the Cunynghames.

Congratulations

Uki's Jonathan Harvey has been elected School Captain of Wollumbin High School. His peers and teachers recognised and rewarded Jonathan's leadership qualities, calm and sensible approach to life, and musical talent. Congratulations and best wishes from the Uki community.

Letter to the Editor

Dear Uki,
Aren't we lucky to be living in paradise? It's a shame that we don't have enough of Uki to share it around. The shortage of homes and rentals has made our town an extremely expensive place to live and buy. Great for the seller, not so good for the homebuyer or tenant, especially a young family. Uki School is about to lose its Principal and a fantastic teacher, forced to move on due to diminishing student numbers. During school holidays you can fire a cannon in the main street and hit no one, so what does the future hold for all the businesses and our school with a depleting younger

generation?

The school community gives much needed patronage to the shops, bus companies, cafes etc. How sad it would be to lose the economic viability of Uki. Development does not have to be on a huge scale but please do not veto it all. It can only benefit ALL residents with better roads, employment, economic growth and educational funding. Our kids are Uki's future and important to Uki's short and long term sustainability, so please consider them, your local school and services next time you object to ANY progress.

Sonya Dusi

Mother, Homeowner, Uki Resident



Young performers from the Uki district will be singing up a storm in the Uki Hall on Saturday 18 October. The Youth Arts Dinner promises to be a great night out for all the family. This big event from the Ukitopia Arts Collective and Ukira will provide an opportunity for emerging stars to strut their stuff. The line-up includes local band 6 Minutes to Midnight, singer Jonathan Harvey, flautist Roslyn Barnett, the Hot Chilli Drummers, trumpet players Angus and Vanamali, and the Uki School Choir (to be confirmed).

Everything about the evening will reflect the creativity of our youth. Even the two MCs, Srisa Heffernan and Lachlan Banbach, are young, local identities; and the colourful backdrop for the show was painted by kids at the most recent Buttery Bazaar. (see photo at right.)

The alcohol-free evening will kick off at 6.00. The entry fee - \$20 for adults, \$5 for under eighteens and free for under 7s (with a 10% discount for members of Ukitopia) - will include a delicious dinner for vegetarians and omnivores alike, and yummy desserts, tea and coffee will be available. All profits from the evening will go towards the restoration of the Uki Hall. The last Ukitopia dinner sold out quickly, so book your seats early by calling Natascha on 6679 5677.



OOSH after school hours care 3 to 6pm Monday to Friday Phone 6679 5128

BreastScreen visits Uki

The BreastScreen mobile unit will be coming to Uki on Monday 3 November to provide women from the area with free mammograms. The visit is part of a trial program to determine the need for screening services in smaller rural areas. October is Breast Cancer Awareness month—a timely reminder that one in eight women will be diagnosed with Breast Cancer in their lifetime. Approximately 900 NSW women lose their lives to the disease each year. Mammograms remain the best defence against Breast Cancer, enabling cancers to be detected in the very early stages, when they are about the size of a pea. Without screening, lumps are more likely to be noticed when they are much more advanced, about the size of a small cherry. If treated in the early stages, the chances of survival from Breast Cancer are very good. The five year survival rate for localised disease is 97%, however this rate decreases as the disease spreads.

Women in the highest risk age group of 50-69 are encouraged to have two-yearly mammograms, however all women over the age of 40 are eligible for screening (including those over 70). Appointments take approximately 10 minutes and can be made by telephoning 13 20 50 (for the cost of a local call). The bus will be located in the Buttery Car Park and will be offering screening over two days, Monday 3 and Tuesday 4 November. If women are unable to attend during this time, a new permanent facility has been opened at Tweed Heads, providing free screening all year round. Here is the experience of one local lady –
'My experience may help those of you who are undecided about the value of the BreastScreen program. I started BreastScreen mammograms at age 50. Each subsequent 2-year reminder was greeted with little enthusiasm due to the

inconvenience and discomfort involved, but nevertheless, I would 'front up'. I was always very pleased to hear that 'no abnormality was detected'. However, I put my last reminder aside for a while. It took a further reminder letter to jolt me into action. I had to go up to the new Tweed Heads Hospital screening facility for the scan. This time, there was no reassuring message. I received a recall, and had to go to BreastScreen Lismore for further investigation. In my case, an area of tissue thickening was of concern – a biopsy confirmed early stage breast cancer. The diagnosis was devastating as I was not aware of any problem before I had the mammogram. The early detection gave me options for treatment and a better prognosis. I am now receiving excellent care, thanks to the many people who have become involved since my diagnosis.'

Uki Hall trustees (cont.)

(From page 1)
On a not so positive note the hall is now missing 5 trestle tables and the timber lectern. Four tables have gone missing in the last 6 months! If anyone spots any black trestles with aluminium edging wandering lost in the area, please return to the Hall as they are sadly missed. You can drop them off any Saturday when the Market is on, no questions asked! Unfortunately, the Trust budget is not able to cover the cost of replacing these and a number of other missing items.

Images of Uki update

We've had a terrific response to the Images of Uki Exhibition, with submissions coming in from all over the Tweed. If you haven't put your entry form in, please do so. Forms are available from the CTC and Precious Earth Studio in Uki, and Jabiru craft shop in Murwillumbah. Please read the form carefully, and return it, together with the fee, to the address on the form (not the CTC please). For more information please phone 02 6679 5414.

DON'T MISS THE LOCAL PRODUCE MARKET in Uki Hall every **SATURDAY** morning.

Stokers Dunbible Community Project

We are seeking an experienced and enthusiastic person to co-ordinate activities in our community. Funding is available to employ the right person to organize

- A Community Garden
- Junior Discos (primary children) at the hall
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Infertility—strategies for hope

by Judith Magee

One of the most distressing health issues people can experience is infertility. According to ACCESS, an Australian organization for those who are experiencing infertility, around 15 percent of couples have difficulties conceiving. Conception and pregnancy are complicated processes that depend upon many factors, including:

- The production of healthy sperm
- The production of healthy eggs
- The production of a healthy embryo
- Functional fallopian tubes
- The sperm's ability to fertilise the egg when they meet
- The ability of the fertilised egg (embryo) to become implanted and retained in the uterus
- The hormonal environment.

When just one of these factors is impaired, infertility can result. Major causes and risk factors that can contribute to the incidence of infertility include the following:

- Stress—extended periods of stress lead to elevated levels of glucocorticoids, which inhibit ovarian function.
- Structural reproductive disturbances (due to trauma, genetics, mumps, etc)
- Functional reproductive disturbances, such as hormone irregularities, Polycystic Ovarian Syndrome, cervical mucous problems, endocrine disturbances, nutritional deficiencies and age.

Careful assessment of all the factors contributing to infertility is essential to ensure that an effective treatment plan is created. Natural therapies can play a very important role in potentiating natural concep-

tion and/or supporting and improving outcomes with assisted conception. Diagnostics such as a saliva test tracking the full menstrual cycle can provide invaluable insight into the levels of oestrogen, progesterone, testosterone and the stress hormone DHEA-S. Other important factors can be developing individually tailored dietary and lifestyle guidelines, improvement of stress levels and stress management, detoxifying the whole system and the regulation of endocrine function and all the relevant hormone levels.

Whilst it is very, very important not to raise false hopes, it is *definitely* possible to improve, strengthen, balance and potentiate fertility. Don't delay taking action – support is available.

Historical Society notes

by Mary Lee Connery

Calling former 'Dammies'! We have been given a wonderful collection of photos taken by Colin Small showing the construction of the C.H. Hall Dam, from tree covered hills to its opening, full to capacity, a first for the State. Unfortunately Colin died before identifying the photos.

They are wonderful. There are shots of machines and men at work. But we don't know who they are or what they are doing nor where and when. There's some of a large pink concrete truck having a little lie down across the road.

What happened?

Included is an irreverent 'Ballad of the Doon Doon Dammies' with references to Mad Mick and visits to Billy's. These we understand but others remain a mystery. We know the answers are out there in people's memories. If you can help, the office is open on Fridays from 9.30am till around 4.30pm. We're at the back of the old tennis court, beside the Hall. If that doesn't suit, just ring us – 6679 5890. Speaking of tennis we've added some great tennis photos to the collection, thanks to Peg Connolly.

They show Dalton's tennis court in the late 50's with the main street in the background.

And further on tennis, can anyone repair/restore the mesh fence around our building? It needs a proper job to give it a new lease of life and help us maintain the grounds and their history. If you'd like to help, it's the same address, same time, same number. We hope to hear from you. Remember our monthly meetings are held in the above mentioned building on the second Saturday of the month, from 10.00am till 12 noon.



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Birdwatching

Laughing Kookaburra
(*Dacelo novaeguineae*)

The Laughing Kookaburra is the largest member of the kingfisher family (41 to 47 cm), but unlike most of its relatives it is sedentary and occupies the same territory the year round. Before the spring breeding season, when family groups adjust their boundaries, an observer can actually locate the territories by listening to the noisy choruses at dusk. Kookaburras live in woodlands and open forests and do not need access to water to survive.

Their diet consists mainly of insects and other small invertebrates, but they also eat snakes, lizards, rodents and small birds. Kookaburras are pale below, with a brown crown and a dark brown ear patch. The eye is also brown, as is the wing, but the latter is mottled with pale blue. Older males have a blue-



green coloured centre rump. Immature birds have a shorter, dark bill and fine brown scallops. Mature birds have large bills that are black above and pale below. All have a lighter brown tail with dark brown bars and a white tip.

by Doug Davidson

Pairs are territorial. Groups often form, with a dominant pair and subordinate helpers. Kookaburras perch watchfully and make sloping glides down onto prey. Flight is level and direct, showing white wing patches. Voice is the familiar 'hook, hook, hook' rising to a shouted 'hook, hook, hook-ha-ha-ha', slowing the chuckles answered by others in the group. Breeding – September to January. Nest is made in a level tree hollow up to 20m high, a hole in a bank or aerial termite nest. Eggs – 2 or 3, white and roundish.

Range and status – mainland Eastern Australia from Cape York (Qld) to Eyre Peninsula (SA). Kookaburras were introduced to WA in 1897, Tasmania in 1905, Kangaroo Island in 1926 and Flinders Island in 1940. They are common and sedentary. Enjoy your birding.



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Spring is in the air

by Maree Coley

It's that time of year again and there's a busy time ahead for Tweed Valley Wildlife Carers. I have just returned from a trip to Africa and must say with relief that at least our wildlife doesn't come in the shapes and sizes I have seen over there! To rear and rehabilitate a baby elephant requires a carer to be with them 24 hours a day for two years and then to virtually live out bush, watching over them until they can integrate into the wild herds. It is an incredible example of true commitment and hard work. Our orphans come in much smaller packages, but still require time, patience and care to bring them to the stage of rehabilitation and release. This is where our dedicated carers come in, and at this special time of the year, we are usually inundated with lots of babies, who have been tossed, fallen, blown or forced by some other means, out of their cosy nests.

Tweed Valley Wildlife Carers also perform many other tasks, such as fundraising, transport, rescue and locating suitable sites for release. The frontline troops are the phone volunteers, who answer calls from the general public needing assistance with an injured animal, making enquiries or just needing advice.

Like all volunteer organisations we are always looking for people who are willing to give some of their time to assist us in the important role of caring for our native wildlife. If you share these ideals and are willing to spare some time to lend a hand or an ear, please contact our group on 02 6672 4789. Orientation days and wildlife workshops are held throughout the year to keep carers up to date with the latest techniques on rescue, care and rehabilitation.

CRAG Update

Tweed Shire Council have until 3 October 2008 to lodge a 'Facts and Contentions' submission to the Land and Environment Court concerning the Nightcap Township development. There are several issues that TSC will be highlighting in its submission regarding this proposed development of which the developer has not addressed to Council's satisfaction as yet. These include:

1. Lack of adequate consultation regarding Indigenous issues;
2. Inadequate addressing of

stormwater catchment;

3. Issues with the proposed sewer system;
4. Issues with the proposed road structure;
5. Inadequate access to the area;
6. Issues surrounding the question of suitable drinking water.

When the Land and Environment Court receives this submission from TSC, a date will be set for all the facts to be heard by an independent expert, established by the

Kunghur Fire Brigade

People are reminded that we are in the Fire Permit season. It is required by law that all fires, excluding cooking fires, have a Permit. As stated on the Permit Form, the person issued with the Permit, **must notify all adjoining neighbours** 24 hours before lighting up. The law states that lighting a fire, in Permit season, without a Permit can incur a fine of \$550 and failing to notify neighbours also has a fine of \$550. People have been reporting fires to 000 when they have seen smoke from a distance without investigating that it is a permitted fire which is under control. Not only does an unnecessary callout take up the time of the volunteer crews it also is embarrassing for the property owner when the fire trucks turn up with lights flashing and sirens wailing. (All 000 calls must be responded to by the Brigades.) Kunghur Brigade Permit Officers are: Ken Vincent – 6679 7210, Brian Edwards – 6679 9115, Jim O'Brien – 6689 7267, Ron Duckworth – 6679 9121. All fire enquiries may be made at Fire Control, Murwillumbah – 6672 7888.
Ron Duckworth, Captain.

Court. Tweed Shire Council has clearly stated that they do not want this township to be a burden on ratepayers. For further information contact John Donvito 6679 7273 or CRAG at www.crag.asn.au

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Hi everyone. The most powerful transit of this period will be exact on November 5: the Saturn-Uranus opposition (Virgo-Pisces). The tension and creative potential of this historic transit will actively remain with us until September 2009. The old ways are challenging the new, big time (it sounds like the long waited American presidential elections doesn't it?). This is Saturn, 'Lord of time', conservative and restrictive, becoming polar opposite to Uranus, 'Lord of change', reforms and revolutions; individualism against societal conditioning, a battle of Titans as it were. This is the last of the historic Saturn's oppositions which began in 2001: the Saturn-Pluto opposition in 2001 (one cannot help thinking of 9/11),

the Saturn Chiron 2003/06 (the second Iraq War, just to mention one conflict amongst many), and the Saturn-Neptune (2006/07), the collective eye then focused on climatic upheavals and the global financial crisis.

The challenge now is for the old to recognize the need for rapid and drastic changes necessary to usher future developments, and for the new to uphold some of the values of tradition, those destined to pass the test of time. Our relying on technology (Uranus) will be tested, perhaps due to global computer breakdowns or severe power shortages (Saturn).

Some Virgo (Sep.11-14), Pisces (Mar.9-12), Gemini (Jun.10-13), Sagittarius (Dec.11-14) will be di-

rectly aligned to this transit, feeling pulled in two different directions, craving the new but fearing the uncertainty of fully embracing it. The black and white nature of this opposition is eased this time by the fact that giant Jupiter in Capricorn happens to be in harmonious relationship to both planets. Jupiter, as wise King Solomon, could help the opposing factions by grounding our vision (Saturn) while we remain committed to the future (Uranus). Most importantly Jupiter will bring hope and faith into the intense picture of the Saturn-Uranus opposition, making us realize its more creative and exciting potential. Happy transits, everyone.

paolaemmastrologia@gmail.com

Uki Public School Olympics-a-thon

Uki Public School recently had a special Olympics-a-thon day at school to coincide with the Beijing Olympics. The students formed teams which represented 16 different countries. They carried the national flags and dressed in the chosen countries' colours as they performed a march-past.

The opening ceremony included the lighting of the Olympic flame (with the help of an incredibly useful large wok on a pole) while sparklers were used for the amazing fireworks display. The students then readied themselves for the 8 events in

which they moved around a circuit.

Events consisted of pool noodle javelin (as seen in photo), bean



bag shot put, quoits discus, relay run, soccer goal kicks, bin basketball, hockey dribbling and gymnastic jumps. All students were very enthusiastic, working through the events with true Olympic pride.

Another highlight of the day was the multi-nation morning tea prepared by the wonderful members of the school canteen committee.

So far approximately \$1000 has been raised – a worthy reward for the fun and games that were shared on the day.

Next Uki Buttery Bazaar Market Sunday 19 of October

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A letter from the Creator

by John Tyman

From the Creator to Residents of Rural Subdivisions
... A Letter and a Prayer

I know why you came here. I also have reason to love this corner of the world. I made it and I care for it. But there were others here long before you, and you must not forget them. I am thinking of the forests that have survived to this day and of the life within them – the plants and birds and animals ... each and every one of them loved by me.

You can't live here as you might in town. If you are a gardener (and I love plants), fill your yard with trees and shrubs that belong here ... indigenous species that won't take over the bush. Every year new weeds are introduced to Australia by gardeners ... imported because 'they look nice'.

Think of the animals here too. Many say: 'It's great having a large block: our pets can run wild and free.' They could, but at a price ... a terrible price paid by wildlife. Dogs must be kept in fenced enclosures. Dogs will be dogs!

House cats are even worse. I made them too, but for companionship around the home... not to wreak havoc in the bush. Cats should be kept indoors (certainly at night) and if you do let them out during the day, put bells on them!

The invasive animals research unit at the University of Canberra estimates that the prey of feral animals in Australia would each year fill 32,000 semi-trailer loads at 25 tons a load!

When I said, way back in the beginning, that you should have 'dominion' over the earth, I did not mean for you destroy it: I meant love it and care for it – for on it your life depends.

Rev'd John Tyman, Holy Trinity Anglican Church

Banana Festival



Two noble ladies added a bit of class to Uki's float at this year's Banana Festival Parade.



'Maid Marian', 'Robin Hood' and 'Friar Tuck' entertain the crowd. 'Friar Tuck' looks particularly convincing! Photos by Mary Lambert.

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**STELLA WILKIE –
'THIS IS YOUR LIFE'**

Life Membership of the Uki Garden Club Inc. was presented to Stella Wilkie on 26 June 2008. Here is a 'potted history' of Stella's amazing life.

Stella was born in New Zealand, lived a happy childhood there, married, widowed, was married again, and widowed again. She has always been an active member of her community.

In New Zealand Stella belonged to many gardening societies. Stella grew roses and camellias with great skill in grafting and layering. She enjoyed floral art and 'did' many floral presentations for weddings, fashion parades, and displays at the large emporium where she was the Head Cashier for 20

years. When WW2 was declared in 1938 Stella joined the Red Cross as a Voluntary Nursing Aide (VAD) and was subsequently awarded a Medal of Merit for her services. All through the War she worked and did her VAD duties at a hospital every weekend.

Stella's mother came to live with her when her husband was ill and was cared for by Stella for the rest of her life.

Stella retired from paid employment in 1960 and started her world travels, visiting the Middle East, Greece, Egypt, Jordan and Austria, then Canada – Quebec, Montreal and Vancouver.

In 1997, at the age of 81, Stella came to Australia. She lived in Uki with her sister and brother-in-law

Hilda and Rozaire Brulotte but moved to Mountainview Village when her sight started to deteriorate.

Stella has always had varied interests – focused on arts, crafts and gardening. She commenced painting at age 86 and has converted her garage at the village to her art studio where she can be found working away on oils, silks, pastels and water-colours.

When the Uki Garden Club was formed in 1998 Stella was one of the early members. Ten years later, Stella is still an active member of the Club, always ready with ideas, suggestions and tips for successful propagation and garden maintenance. What a woman! Well done, Stella.

**Red Cross
Report**

With Joy Armour



The Uki Red Cross held a meeting on 16 September. It's lovely to have several new young members in our Branch, and we do welcome you all.

At the meeting, we discussed arrangements for our Christmas Appeal which is to be held in Uki Hall on Friday, 5 December. There will be stalls and a luncheon. Donations of saleable goods, baking, jams etc are very welcome.

We are to host the Zone 1 Red Cross Conference in August next year.

Contributions sought

Do you have an event coming up, a special achievement, a worthy cause, or a particular interest? Share it with your community by contributing to the Uki News! Email contributions to theukinews@hotmail.com, or post them to The Uki News, c/- Post Office, Uki.

MEDITATION

Mt. Burrell




**THIRD SUNDAY OF EACH MONTH
STARTING AT 10 A.M.**

The format includes group discussion on various philosophies and meditation, followed by a shared lunch and chat. Optional bushwalk afterwards.

Meetings for 2008: 16th November & 21st December

Please bring a plate of food to share for lunch

PHONE: Lyn A/H 6679 7298 if you are interested



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Kaye's Kitchen

By Kaye Wilson



CHICKEN WITH TANGY GINGER SAUCE

- 8 pieces of chicken
- ½ cup dry sherry
- 2 tbs oil
- 2 tbs vinegar
- 2 tbs honey
- 2 tbs tomato paste or purée
- 1 tbs cornflour
- 1 clove garlic, crushed
- 1 tsp grated ginger
- Salt and pepper

Put chicken into a shallow ovenproof casserole dish. Combine all the other ingredients and bring to boil in a saucepan, stirring till thickened. Pour over the chicken. Cook in a moderately hot oven, basting occasionally, until the chicken is tender—around 1 hour. Serve with rice. Serves 4.

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Here are a few hints on dealing safely with uninvited visitors and con artists.

- If you're not sure who it is, don't open the door.
- If someone is at the door and you are alone, pretend someone else is there.
- Be suspicious of people wanting to enter your home. Ask for identification, look at it carefully and contact their office for verification.
- If someone wants to use your phone for an emergency, offer to make the call for them, but keep them out.

Con artists are friendly and clever – and they want to trick you out of your money or property. If they attempt to bully you, call the police. Beware of:

- something for nothing
- 'you have won a contest'
- cash only 'opportunities'
- home improvement offers
- get rich quick schemes
- 'service calls' you didn't request.

Boat and Trailer Theft

The Police are asking the community to be on the lookout for stolen boats and/or trailers, which are being taken across the border for sale. Should anyone notice anything suspicious please contact the Police immediately.

Useful numbers:

Police Assistance Line 131 444

(for non-emergencies)

Crime Stoppers 1800 333 000

It's been a busy time for the Preschool with ongoing program developments and lots of activities. The Preschool Management Committee held a successful Special General Meeting in August. There was a pleasing turnout and we thank all those who attended for their commitment and dedication to the Preschool. The Committee is focusing on fundraising and public relations to increase our numbers and raise money for a number of upgrades.

We enjoyed a week of Teddy Bear's picnics which culminated in a visit from a very large, friendly and popular Teddy Bear. There was a Trivia Night on Friday 12 September which was loads of fun as well as helping to raise funds for the purchase of a new camera and electronic photo frame. Many thanks to those who came and made the evening such a great success. Our working bee on Sunday 14 of September was very successful with a pleasing turnout from parents and the Preschool grounds are much improved.



Thank you to those fabulous families, who gave their time and energy to help our staff. A Rainforest Adventure excursion was held on Thursday 18 September. Children followed the Lyrebird walk up to Lyrebird lookout, followed by a picnic. Ranger Steve Foreman did a wonderful job entertaining and informing the children. The Preschool also played a part in the final Speed on Tweed event with an energetic group of parent volunteers putting up and taking down flags and banners, as well as selling food. It was a lot of fun to be part of and we'd like to extend a huge THANKS to those who put in their weekend time to assist with this amazing event.

Our biggest fundraiser of the year is fast approaching in the form of our LITTLE DAY OUT on Sunday 26 OCTOBER. It's set to be our best yet with a huge range of activities and stalls, and lots of fun to be had by all. It is a great family day out and we look forward to seeing you all there!

Uki Rural Fire Service

The Uki branch of the Rural Fire Service has a new Captain. John Griffiths (Jacko) has taken over from Darryl Harding and one of his first tasks is to call for new volunteers. Volunteers are not expected to fight on the fire front, but he needs help with back-up duties such as catering, fundraising and communications. Anyone over 16 can volunteer and the positions are open to both men and women. The RFS is currently focusing on hazard reduction and have put together a program which will continue until March. Please phone 02 6679 5571 if you can assist.

Murwillumbah Theatre Company

By arrangement with
John Marsden



Presents

A Roomful of Magic

4 Kids + 1 Sleep-over = a Strange, Scary, Magical Experience!

A pantomime adapted from the novel by John Marsden Directed by Bryanne Jardine

MURWILLUMBAH CIVIC CENTRE

**Fri 17th, Sat 18th & 25th, Fri 31st Oct,
Sat 1st Nov all at 7.30 pm**

Sun 19th & 26th Oct, 2nd Nov all at 2 pm

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Adults \$12, Conc. \$10, School student \$5

Phone 02 6672 5404 or at the door

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Do you need faster broadband?

by Robert Harrell

Most of you will now be enjoying the benefits of broadband internet – faster speeds, VOIP phones and faster communication abilities. But did you know the exchange at Uki can now handle 8 Meg connections for ADSL and that Telstra have now installed ADSL 2+ ? This new ADSL2+ connection speed *can be* up to 20 Meg – but don't rely on this speed. First of all you must have a modem capable to run ADSL2+; many modems are able to be updated with 'firmware' to make this possible. ADSL 2+ is not guaranteed to run at the maximum speed of 20,000/1000 as it depends on many factors. The speed

is 'best effort' in other words *up to* 20,000 mbps.

No one has ripped you off if your connection isn't that fast; you're simply not getting the max speed because of distance from exchange, gauge of cable, quality of cabling, distance, looping, etc. ADSL is a distance based technology – the further from the exchange the slower speed you get. It's basic physics.

Later in the year the competition will arrive to set up their connections. The sooner the better I say as Bigpond ADSL2+ is not cheap compared to their offers. It may be better to wait.

The 8 Meg connection is worth considering. Having had it for a few months I enjoyed incredible download speeds and great performance from my VOIP connection. Mind you it was also great for the family; they have their own computers on the home network and just LOVE downloading : (I ended up returning to a 1.5 Meg connection due to the cost, which was \$69.00 for 18 Gigs of download.

So think about these new connection speeds if you are frustrated with your broadband connection.

Stoker's Siding community project

by Gloria van Mosseveld

The Stokers Siding community has been successful in obtaining funding. We have three aims: A community Garden, Junior Discos and Stokers Dunbible Memorial Hall repairs and maintenance.

Several stages are planned:

1. engage a facilitator to work with the Stokers Dunbible Memorial Hall, the Stokers

School P & C and interested residents to identify priorities establish a community garden for the village

- 2.
3. sustain the Stokers Dunbible Memorial Hall

4. provide funds to establish a Youth Disco (under 13 years) to provide a healthy, safe activity for young people.

We have obtained funding to hire a Project Coordinator - his/her purpose is to work with the local community.

Experience or qualifications, referees and well developed written and oral

communication skills are needed. Expertise in planning and record keeping, capacity to work unsupervised and as part of a team, a sound knowledge of the local area and community, and enthusiasm are all prerequisites.

The Coordinator should be able to attend meetings during and after business hours and hold an ABN. Applications should be submitted by 13/10/08 to:

Project Coordinator Position, Stokers Community Project, PO Box 264, Murwillumbah 2484.

Interested people should call into Stokers School for more information. Any questions/suggestions can be directed to Stokers Community Project, C/- The President, Stokers Siding Dunbible Memorial Hall, Phone 6677 9236 (work) 6677 9234 (home).

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ART BEAT

TWEED RIVER ART GALLERY
On display until 16 November
2008

Wish you were here!

The 20th anniversary of Tweed River Art Gallery is a time to celebrate our successes and acknowledge our supporters. This special birthday also marks a coming of age for the Gallery and the future of our Collection. *Wish you were here* is a 'wish list' exhibition of works of art by Australia's leading visual arts practitioners that we would love to include in our Collection.

Saturday 18 October - 6.30pm Anniversary Event: 20th Anniversary Fundraising Dinner

An exciting black tie event with guest speaker Lex Marinos OAM. Tickets \$110 - contact the Gallery for bookings.

Sunday 19 October - 11am Anniversary Event: The Architect's Viewpoint

Bud Brannigan, award winning architect of the Tweed River Art Gallery's landmark building, will present a talk about designing and overseeing this major project.

Tweed Naturally Art Awards '08

Entrants in the 2008 *Tweed Naturally Art Awards* were in-

vited to submit work in any media, which depicts the flora, fauna and landforms of our region's rich natural heritage. To promote awareness and understanding of regional biodiversity and conservation issues, the Natural Resource Management Unit of the Tweed Shire Council, alongside other organizations, have provided significant prize money for this award.

Sunday 12 October - 11am Exhibition floor talk: Tweed Naturally Art Award

A journey down the Tweed River - from rainforest catchment to river estuary.

Gifts from Friends

The Friends of the Tweed River Art Gallery have played an integral role in the development of the Gallery's fine collection. This exhibition highlights only a small number of the many fine works of art generously acquired by our supportive Friends.

Not for voyeurs

Helen Celeste-Allen's personal iconography speaks of shades of grey in our gender, our identity, our spirituality and of our meditation on relationships. In a surreal transformation of the body, she contrasts abstraction with finely detailed fragments of our physical selves in a series of detailed works on paper.

Sunday 16 November - 2pm Exhibition floor talk: Helen Celeste-Allen

Facelift

The current display in the Withey Family and Anthony Galleries presents an attractive selection of painted and photographic portraits from the Gallery's *Australian Portrait Collection*.

Gallery 100

100 Braeside Drive, Uki
Sculptures by Brian Bertram



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Uki OOSH News

Sadly, our coordinator, Anita Agland, is finishing at OOSH at the end of term 4. This means that we are now seeking a replacement Coordinator. We are looking for someone with childcare qualifications to work Monday to Friday afternoons. If you are interested in applying for the position please contact OOSH Secretary Stephanie Jarvis 6679 4224 or Conve-nor Re Burke 6679 7078.

The OOSH centre at Uki Public School is open five afternoons a week offering quality child care from 3.00pm to 6.00pm.

OOSH Fees can be subsidised by the Child Care Benefit, costing as little as \$4 per session to those on the maximum benefit. Please enquire at the school office on 6679 5128 or with our Coordinator, Anita Agland, in the OOSH room.

Uki Hall Schedule

Monday	Yoga 9.30 to 11.00 am Silent Meditation 6.00pm to 7.00pm Male Choir 7.30 to 9.30pm Cards 9.30 am to 3.00pm
Tuesday	Middle-eastern dance 9.00 to 11.00am
Wednesday	Yoga 8.30 to 10.00 am Creative Movement/Dance For 3 to 5 year olds 10.15 to 11.45 am Wendy's singing group 6.00 to 7.30pm
Thursday	Circle Dance 10.00am to 12.00 noon Yoga 5.30 to 7.00 pm Indoor bowls 7.30 pm
Friday	Yoga (with Naomi) 8.00 to 9.45 am Vocal Expression 10.30 am to 12.30pm GI*o Dance one a month, 3rd or 4th Friday night
Saturday	Produce & craft market 8.00am to 12.30pm Hap Ki Do 2.00pm to 4.00pm

The Residents' Association meets at the Hall on the first Tuesday of every month at 7.00pm.

The RSL meets at the Hall on the second Sunday of every even-numbered month.

RSL Uki Chapter

On 6 August, a final luncheon was held at the MSMC. 41 members, wives, widows and ex-members attended. Of those attending were six ladies of the Uki Women's Auxiliary, and ten committee and ex-committee members of the Sub-Branch. Visitors came from North Queensland, Banora Point, Kingscliff and Ballina.

On 26 August, a donation of \$200 was made to the Uki Primary School. This donation was made for the purchase and maintenance of an annual trophy to be known as the 'Uki RSL trophy for school service.'

Sixteen members of the Sub-Branch have been transferred to the Murwillumbah Sub-Branch and one to the Ballina Sub-Branch. These members now form the Uki RSL Chapter of the Murwillumbah RSL Sub-Branch.

Our next activity will be the celebration of Remembrance Day on the eleventh of November at 11.00am at the Uki War Memorial.



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Volunteers Needed

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