

# THE UKI NEWS

Issue 62

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

December 2011/January 2012



\*\*\*\*\*  
\* Don't forget the \*  
\* Community \*  
\* Christmas Party, \*  
\* to be held on \*  
\* Saturday 17th of \*  
\* December. \*  
\*\*\*\*\*

L to R - Loren, Bill  
Jacoby and Murray  
Kyle, at their Songwrit-  
ers on the Songline  
performance in Holy  
Trinity Church .

Photo—Vibrant Imaging

## ***Ukitopia wows 'em once more***

Walking in to this festival this year, organiser Natascha Wernick was nervous. 'This year we did not receive any outside funding, other than a couple of grand from the council, as opposed to last year where we produced the festival with an extra \$18,000! We cut back the cost and spread the load throughout the village involving more venues and more businesses. It was a calculated risk, and it worked. With \$18500 in in-kind sponsorship, \$3600 in cash sponsorship we walked in to the free festival needing to raise \$5,500 through donations, memberships, cash sales of art work and merchandise.

'As the money came in', Natascha explained, 'the nerves changed to feelings of pride and delight as I realised that we, the Ukitopia Arts Collective's organising committee

and our Uki Community had done it. We had truly created 3 days of community for our community! Totally funded by and created by our community.'

Every year the festival changes form. This year we welcomed the Uki Public School who housed the Images of Uki art exhibition and Words of Wollumbin.

Four new venues were introduced, spreading the business throughout the village. The Mt Warning Hotel: Rockin' Sunday lead by Lil' Fi was packed from the opening act; The Red Piano Bar held the muso's jam space throughout the weekend; Lounge Lizard Café featured the Sunday morning chalkboard set and the Remarkable Aussie Oddities Emporium with the likes of The Nit Circus, Lorenzo and his Lionesses and the troll snot were all enjoyed

thoroughly by a full house for each show.

The live music was brilliant, as always at Ukitopia events, with highlights such as standing ovations for Bill Jacobi, Loren and Murray Kyle at the Songwriters on the Songline on Friday night; a new act on the scene Blue Moon Gypo; 13 year old guitarist Indigo Collins; youth band Lifeline, Andrea Soler and Mystic Beats, youth band The Maples at the Rockin' Sunday alongside local legends James T and Dirk Dubois and finishing with Lil' Fi and the Candy Apples.

Art installations were also a major feature at this year's festival with Trashformers and youth artists Organix working together to create a Trojan horse full of characters randomly entering the festival to take (continues on page 2)

## Ukitopia wows 'em once more (cont. from page 1)

part in a quirky ceremony between two of the humanised trash installations. Costume, props and fun added to the playful vibe of the festival.

500 trees were distributed at the Festival for guests to plant for regeneration. With numbers somewhere between 700 and 1000 spread over the 3 day festival the hot sunny weather seemed to keep only a few away. Festival organisers are taking a break before contemplating what next year will have in store for Ukitopia. A big thank you to the young men of Organix - Jess, Bhima, Justin and Alex, who worked long hours and some 18 hour days to make it easier for so many people. And thanks again to the organising team, Sue and Jake, Lil' Fi, Rich Bell, Michele and Gerold, Thomas and Michelle, Deb, Tony Grumley, Rosie and Sonja, Katrina and Elenor, and Bruce and all of course our many volunteers. Uki is truly an amazing place!

### Ukitopia photos

Top—Loren and Wala

Middle— Ivy Lucille

Bottom— Michelle Thomas

All photos courtesy of Vibrant Imaging



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Or see the Editor at the Farmers' Market every Saturday morning.

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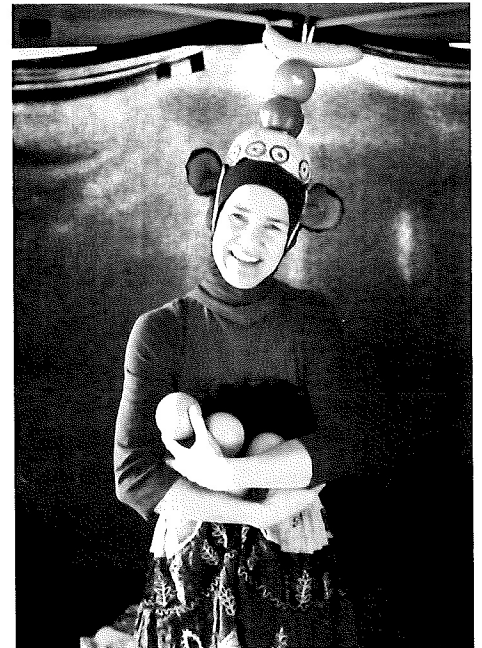
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The deadline for the February/March issue (number 63) will be January 24.



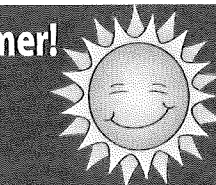
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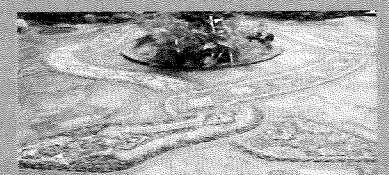
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Hello one and all. Well here we are – nigh on the end of the year, the final Uki News for the year. The Residents Association has had a busy year and anticipates a robust 2012.

Of late, the association has been applying a lot of energy to the ongoing development of the Old Butter Factory in the village centre; UKIRA considers this focus important as it helps to generate income for community projects/donations that UKIRA supports and because of the prominence of the building within the central village precinct. As part of this management role, the Association has recently sought advice from the Tweed Shire Council on how best manage the large cam-

phor laurel trees in front of the Old Butter Factory (which are diseased) and has developed a logo for future promotions and events involving the building and surrounds.

UKIRA is proud to have been able to assist the great work of all involved with the Ukitopia Festival, a fascinating showcase of local talent and diversity. We will continue to support this unique festival event. Great work! Other good news is that the structural timbers for the revamp of the old Tennis shed in the village centre have finally been retrieved from 'the bush'; this will enable the project to commence in the New Year. Once complete the revamp will be a great step forward in opening up the village centre both visu-

ally and in terms of utility as a useful stage for events. A big thanks to all involved so far.

The Uki Christmas Party and Carols will take place on Saturday 17<sup>th</sup> December in the village square, carols will be sung, music will be played; come on down, bring the kids. The following Sunday (the 18<sup>th</sup>) will be the final Buttery Bazaar for the year and a great opportunity to buy a gift or just have a nice day. UKIRA members will be there, feel welcome to come and have a chat.

As this is the last UKIRA report for 2011 I should like to wish everyone a happy and safe festive season. All the best from your Residents Association.

## From the Editor

Thanks to all the contributors for slaving away over a hot keyboard. I hope you all enjoy your Christmas break, and get back to work, fresh and energized, in the New Year.

Unfortunately, I ran out of space in this issue, so readers will have to wait until next year for some of those contributions.

**Anita Morton**

## Late night shopping in Uki

All the shops at the Butter Factory, as well as Curl up and Dye, the Uki Supermarket and the Uki Takeaway, the Lounge Lizard Café and Happy High Herbs, are opening on Thursday nights until 8pm. Your local twilight shopping opportunity runs through until Christmas, so take advantage of the chance to do some present shopping, as well as stocking up on groceries, getting a quick dinner if you're in a rush, or stopping for a restorative coffee.

On related news about the markets; the last Buttery Bazaar for the year will be held on Sunday 18 December. There was a fantastic range of stalls for the last market, and we hope to see that again on the 18<sup>th</sup>.

The Farmers' Market will be on every Saturday, as usual, except for our well-earned holidays. This year, our two week break means that there will be NO MARKETS on Saturday 24 December or on Saturday 31<sup>st</sup> (Christmas Eve and New Year's Eve). We wish you all a very happy Christmas and a relaxing break through until New Year.

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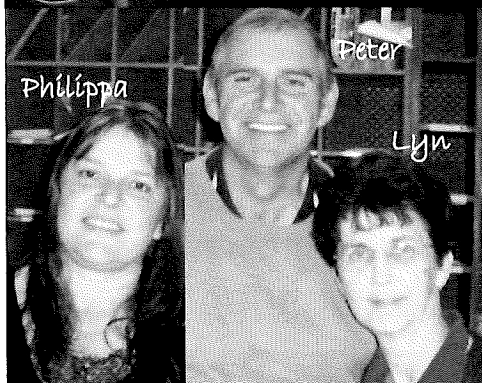
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With the HSC exams over many young people will be soon having time out, but it won't be long before they will have to decide their future: enrol in a university or Tafe course, find a job, travel perhaps?

Astrology can help by pointing the young person towards his/her vocation, what he/she really wants to do, to achieve a sense of personal and social fulfilment.

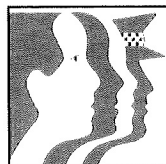
Family and financial considerations contribute to the choices we make; after all a job is a job and pays the bills. It's not just any job though, that can give the satisfaction of doing something one was actually built for and could be excellent at doing.

Is this a Fire person (Aries-Leo-Sagittarius)? They need to feel passion for what they do or could easily get bored, even depressed. The Earth Signs (Taurus-Virgo-Capricorn) are practical and steady, suitable qualities for business, farming, craftsmanship. The Air Signs (Gemini-Libra-Aquarius) love to interact, taking advantage of their

communication skills and mental flexibility. Water people (Cancer-Scorpio-Pisces) will be more fulfilled if able to engage emotionally with others, caring for and nurturing. A strong Moon makes a person interested in history, collecting, antiquities, catering, nursing, teaching, midwifery. A well placed Mars will incline to physical jobs, crafts, sports, and all occupations that require courage and an active temperament. A prominent Venus confers social graces, making the person an ideal mediator, also enhancing artistic inclinations. Mercury is suited for all mental pursuits, secretarial jobs, journalism, fiction writing, any job that entails frequent changes, also commerce. Jupiter inclines one toward the Law, philosophy, politics, big business, occupations that widen one's personal horizons, requiring travelling or even living abroad. A Saturnine person will be happy by

taking personal responsibilities, managerial posts where his/her practical skills and efficiency can shine; the sciences will be attractive. Neptunians make great performers, actors, musicians, artists, dreamers, sailors, fishermen and plumbers. Uranians can become teachers, inventors, social facilitators, politicians and activists. Plutonians can work successfully in medicine, finance, depth psychology, mining or any job that requires resourcefulness and personal power.

Happy Festive Season everyone. Astrology Gift Vouchers available: moonlivingmoon@gmail.com-livingmoonastrology.com



## Project Eyewatch

We recently saw the introduction of Project Eyewatch in the Tweed, effectively bringing Neighbourhood Watch into the 21<sup>st</sup> century.

Project Eyewatch is an online community policing concept, using Facebook to combat crime and engage with the community at a local level.

Eyewatch provides an opportunity for the community to participate in active crime prevention online 24/7 and enables them to voice their concerns to Police, obtain feedback and be part of the solution.

Neighbourhood Watch Groups are also mobilised through Eyewatch by assisting local Police in active crime prevention initiatives.

For further information go to:

[www.facebook.com/pages/Project-eyewatch-NSW-Police-Force/217834118252746](http://www.facebook.com/pages/Project-eyewatch-NSW-Police-Force/217834118252746)

To report local crime or contact Uki Neighbourhood Watch go to:

[www.facebook.com/pages/Uki-Neighbourhood-Watch/165229963569912](http://www.facebook.com/pages/Uki-Neighbourhood-Watch/165229963569912)

**In all emergencies you should still dial Triple Zero (000)**

Crime may still be reported via phone: Crime Stoppers 1800 333 000 – to report crime anonymously or the Police Assistance Line (PAL) 131 444 – for non-emergencies.

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In the last edition of Uki News, I wrote about immunization and how it works. In this edition I will outline some the myths associated with this topic and will discuss each of these myths.

1. 'Immunization is a conspiracy between doctors and drug companies to make money.' Doctors are university trained to weigh up evidence and make up their own minds. Drug companies, by law, cannot influence doctors through financial or other means eg, by supplying branded equipment. The laws about this are very strict.
2. 'I have had my children immunized by the homoeopath.' Homoeopathic preparations have not been scientifically proven to prevent the diseases that are targeted by immunization.
3. 'Immunization weakens the immune system, especially when multiple vaccines are given in one needle.' Immunization strengthens the immune system by stimulating it to produce antibodies against specific diseases. Giving multiple vaccines at once induces the same response as giving the vaccines separately.
4. 'Immunization causes autism.' A theory was proposed in the UK in 1998 that the MMR (measles mumps and rubella) vaccine caused autism. The studies that supported this theory have since been shown to be flawed, and numerous well conducted studies have shown no link between MMR vaccine and autism. There is also no evidence that immunization causes cancer, asthma, brain damage, mad cow disease, HIV/AIDS or SIDS.
5. 'Immunization is painful and causes side effects.' It is true that a needle hurts, but only briefly. Severe side effects are extremely rare. The most common problems are brief slight redness at the site of the needle and a mild fever.
6. 'Measles, whooping cough, mumps, chicken pox and German measles (rubella) are all just a part of childhood, not very serious, and so rare these days it is not worth immunizing my child against them.' These diseases can cause considerable distress and can have serious complications. Of great concern is the risk of spreading these diseases to infants who are too young to have had their immunizations.
7. 'The government is infringing on my rights as

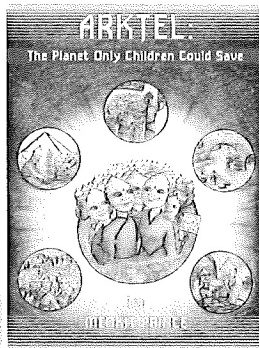
a parent by forcing me to immunize my child.' It is true that the government strongly encourages immunization by withholding welfare payments to parents who do not immunize their child. An exemption can be obtained if your GP is willing to sign a 'conscientious objector' form.

The health department encourages immunization as a public health measure, because there is strong evidence that it prevents deaths and disability. Even if we take the cynical view that the government just promotes immunization to save money, the reason it saves the health dollar is that it prevents hospital stays, loss of productivity, time off work and lifelong disability.

In summary, immunization is a proven strategy for preventing serious illnesses in children and adults. The risks are low and the benefits are considerable. It remains a decision for parents to make, but hopefully this decision will be based on a consideration of the facts.

### The Buttery Bazaar

**Next markets 18 December  
and 15 January**

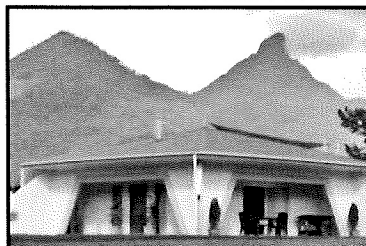


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Orchids—what a vast subject! There is a marvellous book released by ABC's Gardening Australia some years ago called 'Flora's Orchids'. Well worth a look at the library, or maybe on line.

Considerations are many when cultivating orchids from 'where' to 'what size pot', since they do not need normal soil. As to the site, choose a place that receives max winter sun, as it's easier to apply shade than to increase light. Potting materials vary from pine bark, charcoal, gravel, sphagnum moss, perlite, sand and tree-fern fibre. A good tip given to us at the last meeting by one of our Gurus, Don Capner, was the finer the roots, the finer the growing material. Don grew orchids professionally a few years ago.

Many orchid species spend their lives as epiphytes, growing in

trunks, branches or outer twigs of trees, so they need slabs or mounds of cork, or weathered hardwood, in preference to pots. Plants grown on slabs require high humidity; moisture is important.

Early spring is the time to propagate - dividing plants to no less than four growths. Best to pull apart the divisions, rather than cut, as they grow and flower better. Pests and beetles - best to observe and manually remove and kill when you see them. They lay clusters of whitish eggs in developing growths and larvae bury themselves in the shoots, eating the fleshy inside but not usually killing the plant.

Pots - use broad rather than deep pots to give orchids room to move. Fill large pots 1/3 with pebbles to give stability for tall growing plants. *Orchids love being re-potted into fresh mix and they simply need it.*

Use organic fertilizer with primary nutrients nitrogen (N), phosphorus (P), potassium (K) at a ratio of N22:P8:K12 and added secondary nutrients as calcium, magnesium, and sulphur are also required. Nitrogen helps growth & green lustre ...feed in late spring to autumn. What a seemingly sensitive family, but treat them right and you will be superbly rewarded. Anyhow, hope you all have a great Christmas and a wonderful New Year.



## My mother's pantry tips

If you don't like using lots of sugar making Strawberry or Tomato Jam, cover the jam filled sterilized jar with 1cm of melted wax, to avoid mould.

## Water Report

Joanna Gardner

Our thanks to Mayor Barry Longland and Councillors Katie Milne & Dot Holdom for their support against the Byrrell Creek Dam. The outcome of the Councillors' decision to build neither Byrrell Creek nor Clarrie Hall dam is in harmony with the Save Byrrell Creek Group - and the view of many other shire residents. It is a win for the environment, that the council now has no plans to flood any more irreplaceable Tweed Valley land, whether it is wildlife habitat or farmland. Since both dam options are unacceptable to some sections of the

community and to the Councillors, maybe the sensible course is to go back to the drawing board and relook at some of the original options for water augmentation that were discounted, with a focus on reducing water use by reusing the vast quantities of water that are wasted: 70% of urban storm water runoff could be captured. 50% of all household water is used for toilets and outdoor areas which could be provided through greywater recycling and dual reclaimed water reticulation. It is time for these councillors to make some credible decisions on

behalf of your Tweed Shire constituents. Councillors should at the very least take up an opportunity of learning and educating themselves about other solutions to water supply. This workshop would best be presented by a neighbouring shire's local government expert authorities who have already implemented the process of dual reticulation and other sustainable solutions to water supply in their new urban developments. The challenge ahead is to relook at our present (no dam) situation with fresh eyes and an open mind.

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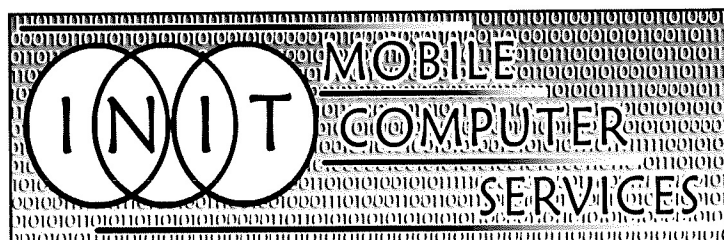
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**Balance in business, fines for late reporting & small business benchmarks**

In business we're often juggling many different tasks. Some we might be good at, others we may need to get support on. We tend to focus on the ones we enjoy/are good at. We also need to make sure we pay enough attention to the ones we are less good at, but which are critical to the survival of our business. Where is my **balance in business?** e.g. between planning for everything and just doing it. Which of these styles is my natural preference; how do I make sure that I do enough of the other? It can really help to talk things over with someone who is a good listener and

can help us to gain a more objective perspective of us and our business; to help us get a clearer idea of how to make our business thrive. Does this resonate with you? If so why not talk to one of your key support people and help your business grow. And now for a couple of practical bits.....

The ATO produces **small business benchmarks** showing the % income/expenses for specific industries. They are used to identify those that may be misreporting. They also provide a useful tool for looking at your business to see how it compares with others in your industry. Find them on the ATO website by searching on 'benchmarks'.

A local business recently got **fined**

**\$3,000** for late reporting BAS/Tax returns etc. even though the government owed them money! The ATO is becoming more rigorous in following up. Now is a good time to make it a priority to bring your reporting obligations up to date. It could save you paying fines and leave you with a feeling of achievement at the end of the year.

Have a good holiday and summer break.



**Power to the people**

**William West**

I used to think a neighbour of mine was mad because their household produced much more solar power that they could use and didn't feed the excess back into the electricity grid, which would make them money. They have a stand alone solar system with battery storage. I have since changed my opinion and admire their independence from the madness of coal seam gas (CSG). The connection? In the *Byron Shire Echo* of 30/8/2011 and subsequent letters to the editor it was pointed out the Origin Energy are to invest \$6 billion in the CSG industry. This prompted me to research power providers and their associations with the CSG industry.

This information was provided by Energy Watch, who gave the following response in answer to my query about an energy supplier to the Northern Rivers that didn't invest in CSG; 'All energy, whether from coal-fired, wind or hydro turbines, is fed into the national grid, so whatever arrives at your house is a mix of all types of generated electricity. Origin own Country, Integral and Power Direct. Tru own Energy Australia.'

AGL have CSG projects in the Hunter, Camden and Gloucester regions as well as other extensive petroleum exploration licences. But, significantly, two Australian-owned companies that produce hydroelectricity are Red Energy (Snowy Mountains) and Momentum (Tasmania).

Red Energy service NSW, and will pay the 60c per kWh gross feed tariff to people with solar systems. The company also gives the assurance that investment in CSG is not in their future plans. So I made the switch, acting on the 'think globally, act locally' idea.

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## Jimi Wollumbin

Having predominantly practiced in family healthcare in Sydney over the last 10 years, it was impossible not to notice the silent epidemic of developmental and behavioural conditions that was affecting so many children. They have been called 'the alphabet kids': ADD, ADHD and PDD (which encompasses Autism and Asperger's). The diagnosis changes depending on where they are on the spectrum, but the underlying pattern is clearly the same.

In addition, these children have a very noticeable physiological pattern that includes: digestive disorders and fussy eating habits, allergies and sensitivities, and ongoing skin and upper respiratory issues. The good news is that these physiological patterns have pointed the way for real progress in the treatment of the more puzzling developmental issues. The fundamental issue is now understood to be an inflammatory immune response with its origin in the gut, generally precipitated by an environmental trigger.

Over the last 12 months of practice in Uki I have begun to realize that this issue is only slightly less prevalent in our rural community that it is in heavily populated urban environments like Sydney. I would therefore urge all parents that suspect that this pattern applies to their child to take hope and take action immediately, as small changes can often give noticeable results within a few months.

## Horstmann Technique

Ned Shoeman

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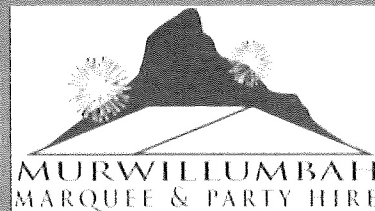
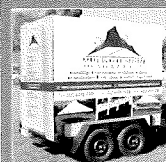
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## Mt Warning Preschool

The new soft-fall has been installed with the main feature a diamond studded snake. (Pictured right).

The preschool Christmas picnic party is being held on Monday 12<sup>th</sup> December at 5.30pm. Santa will arrive at 6.45pm. The children are excited to be working on a Ukitopia 'Images of Uki' entry for the festival.

Preschool will resume for 2012 on Monday 30<sup>th</sup> January.



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We hope you were able to see our photographic display in the 'little Hall' and at the front of our office during the Ukitopia Festival. We showed recently acquired photos of sawmills and truck carriers at Commissioner's Creek. Photos from this area have always been hard to find so we were excited to show these pictures. So much has happened recently so I will hold it over until the next issue.

Esma and Jayne set up a display outside our 'office' on Uki Bazaar Market Sundays, 3<sup>rd</sup> Sunday of the month, and welcome everyone to come by and have a look and a chat.

We will close for two weeks over the Christmas/New Year period but after that the office will be open on Fridays from 10.00 am till 4.00 pm. Our next meeting is Saturday, 11<sup>th</sup>

February, 2012, at 10.00 am. I hope you enjoy the item Penny has found during research as it has a Christmassy theme...

*Extracts from an interview with Jack Lange who lived in Kunghur from 1910.*

'Penny the Picture Show man got his truck stuck out on the highway at Mooball. He got three parts through and the top hit the bridge and he couldn't shift her. He couldn't get through and they was all giving him advice on how to get out and a little kid, three years old said, 'Let the air out of your tyres'. ... They used to often have concerts. The Salvation Army brought them out one time. The circuses went through, they had them at Uki. I met two old camels [on the road] ... and

me horse went up into the grass, wouldn't come near, I had a job to get him back on the road. One I enjoyed most was Bill Dunlop, playing the violin. Oh! Dickie Brown'd sing:

There were fifteen on the parlour floor,  
And in the kitchen, there were fifteen more  
The tables and chairs, they lay in pairs .....

I couldn't sing it, I don't remember it all but I remember those parts.

George Burgur used to sing:  
'Miss Hooligan's Christmas cake;  
It would kill a man twice,  
After eating a slice  
Of Miss Hooligan's Christmas cake.'

Anything to make fun. We all enjoyed it and we was happy.'

## The Transformation Centre opens

The Transformation Centre opened its doors in Uki on Sunday 23<sup>rd</sup> October with celebration and delight. People from Uki to the Gold Coast participated in the festivities, including the wild and wonderful Lil' Fi who sang great songs while other guests offered blessings for the guardians of the land and for the new Centre. New friendships were forged and the creative fire that is Uki was even further ignited. So why the Transformation Centre and why now? The answer is mainly about relevance to this time in our history. We all know how much things are speeding up in our daily lives and this often produces anxiety in people trying to juggle jobs, relationships, kids, and financial concerns. The Transformation Centre offers opportu-

nities to revisit age old wisdom as well as vision new futures. We are experiencing change at a pace, and in ways, that have never happened before in Earth's history and new skills and ways of seeing are needed for such times. Past values that foster aggression, competition and destruction of the environment are giving way to values that promote love, cooperation and oneness with the environment.

The Transformation Centre offers a space for the sharing of information and ideas on evolutionary arts, healing, social change and personal empowerment - placing Spirit at the heart of all activities and processes and where individuals and groups can learn to live with imagination and con-

fidence through these times of great evolutionary and social change.

The Centre is also available for hire by groups and individuals who are in agreement with its key principles and practices.

The co-creators of the Centre, Rosie Jeanne Mere and Sonja Kaleski have between them many years of high level experience in the creative arts, media, lecturing and journalism internationally as well as in Australia. They have also taken spiritual leadership roles within several belief systems including Christian, Buddhist, Yoga, Quaker and Celtic, and bring their skills and experience now into form as the Transformation Centre.

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Among the brilliant one-liners that have impacted upon my life, second only to 'God is Love', have been the words 'Live simply, that others may simply live'. However, a recent article in TEAR magazine suggests that things are not always simple:

'In today's world living simply is no longer primarily about spending less to give more; living simply means consuming less but might mean spending more. For individuals and households, it means looking through products and services to see the people, places and transport behind them. It means looking beyond the percentage returns and security ratings on superannuation statements to ask how our 'investments' are changing the world. The choices we make about toilet paper, groceries, transport,

health-care and holidays communicate more than words and make a real difference. Living simply means giving more and consuming less. It means spending justly, speaking out, and being the change we want to see.'

'Fair Trade' items like chocolate and coffee are likely to cost more, because the grower has been paid a fair price and child labour prohibited. Local farm produce may not appear as spotless as the cosmetically enhanced fruits and vegies displayed in supermarkets, but their transport has caused less environmental damage (and they also taste better!) Recycled papers don't always look as nice: but in choosing them you may save a tree and reduce chemical pollution. No one in Uki wants to invest in arms production, but do we

know what others are doing with our money?

At Christmas, sadly, millions of dollars will be spent on the purchase of gifts for people who already have everything they need, and precious resources wasted thereby. Instead, on our market stall we have catalogues of fair trade items, including handicrafts. Alternatively you may give a goat or a chook to a family in Africa in the name of a friend. And if you can't wait 'til market day, ring me on 6679 5257.

I wish you a Simply Loving Christmas!

Rev'd John Tyman, Holy Trinity Anglican Church.

## Computers

Merry Xmas and a healthy New Year to all.

Well, Xmas is here again and presents will be on the list. Boy, there are plenty to look at in the Techno World. IPads, Ereaders, Mobiles, laptops, Pc's...List goes on. The secret to a successful purchase is to research the item. Google the product with 'reviews' in the search terms, 'Kindle 3 reviews' for instance. This will give many results from other users. Even YouTube the item, as there are most likely many videos for it. Each review will provide you with an unbiased report on just how the item functions. You will be surprised how something you thought was a no-brainer decision

can disappoint you by its performance.

Research what you want to do with the item. For instance, some of the new Ereaders cannot read many forms of data and cannot be used in the dark as they have no back light. Think about battery life, function controls, viewing conditions. Just because it is a Sony does not mean it is better than all the others. What about warranty conditions; if purchased overseas, how is the item returned, you pay the costs? Pick up and return? EBay of course, will be used by many to obtain a bargain – remember to check out the seller's feedback score.

Remember you generally get what

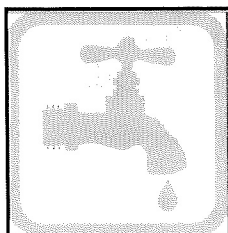
you pay for, so if it's a real cheapo, just be ready for opening the bin lid... Check if it requires batteries, does it come with any? Do they need to be charged? It's a bit tough for the kids to wait 5 hours to charge their eagerly awaited present.... Tough on you too...LOL 'Is it ready yet?' It's not the turkey they are complaining about...

I have a wish list... A Yacht. Just purchased an Ereader and downloaded 4000 eBooks, all classics for free, so I am sorted for those lazy days of no wind.

Well have a great Xmas, be easy on the stomach and the head.



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Last issue we suggested that paying attention to our body signals with sympathy and kindness will often be enough to begin settling our anxiety.

Damasio, who was quoted then, states that OUR FIVE SENSES can also help save us. As well as the interoceptive sense which holds our unresolved body memories, we all have the ability to bring exteroceptive (external) information into our organism via our five senses.

A couple of issues ago I shared a meditation I use at the dentists, when I concentrate on all my five senses as I imagine myself going for a walk on the beach. This settles the anxiety and pain I feel in this and other stressful situations.

Putting on music we love, when our body is anxious, is another way of bringing in the balancing information. Many of us do this instinctively

because we have learnt that the music calms us. We put on a favourite track as we drive home after a stressful day at work or when we feel so angry we are close to blowing a fuse.

**The trick is to listen to our bodies and to intentionally offer ourselves kindness and a bit of space if and when our familiar sensations of anxiety hit.** When we take time to really listen and take in some soothing music this will help us to reap the benefits of noticing our bodies with kindness. The two strategies work in tandem.

When children are displaying out of control emotion, rather than getting more anxious ourselves, we can choose to take positive action. For example we might light some candles (safely) and put on soothing music for them to listen to. By listen-

ing ourselves, we may also feel our anxiety dissipating. Experimenting with using our senses more intentionally is always worth the effort. Each person will have their own unique sensate mix which they will find works best for them as a calmativ.

One of the things COUNSELLING is useful for, is to help us resolve emotional issues from the past, so that energy held in the body from bad events and patterns can be unblocked. It then becomes available for more creative and resilient problem-solving in our everyday lives, and for living more fully.



Uki Community Technology Centre has created a beautiful calendar for 2012 with photographs from 100 years ago presented alongside similar views around Uki today.

The stunning 'Collectors Edition' calendars are produced at the Buttery Building by the creative and dedicated volunteers at the CTC on the new A3 full-colour-to-the-edges Fuji printer.

Since the introduction of this printer the volunteers at the CTC can now help you bring your poster, labelling or other commercial art project in to quality production at competitive prices right here in the village.

Join the CTC now for low cost computer and internet access and explore the range of hardware, software, tutorial and technical assistance available to help you manifest your creativity.

Drop in to the CTC and explore the possibilities

**Jai Morrison**  
Director, Uki CTC

Don't forget to pick up your 2012 CTC calendar, either at the CTC any day, or at the Buttery Bazaar on Sunday 18 December. A great Christmas present!



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## OTHERWISE THERAPY

Heather McClelland is a member of the Australian Counsellor's Association (ACA). She has her therapy practice in Uki village and she invites individuals, parents and/or couples to make contact, for either short or long-term therapy. She offers group work including parenting and couples' groups and workplace training. Heather's fees are on a sliding scale according to each counselee's financial circumstances. Leave a message if she is absent when you phone.

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The thyroid gland consists of two small connected lobes located in the front of the neck. This important gland is responsible for the speed of metabolic processes in the body and therefore affects every organ and organ system. When the thyroid is not functioning properly, *nothing* works well. The thyroid gland uses the amino acid tyrosine and iodine to make the thyroid hormone called thyroxine or T4 which is later converted to the active T3 outside the thyroid gland in peripheral tissues. Under certain conditions, such as stress, metabolic syndrome or endocrine disorder, the thyroid gland may produce sufficient amounts of T4 to obtain normal thyroid blood tests, but its conversion to T3 may be inhibited, causing a relative insufficiency of active T3. Under this circumstance, the person will have hypothyroid symptoms in spite of nor-

mal thyroid blood tests.


Common signs and symptoms of hypothyroidism include the following:

- Goitre (enlargement of the thyroid)
- Slow pulse
- Lethargy
- Hoarse voice
- Slowed speech
- Puffy face
- Loss of eyebrows from the sides
- Drooping eyelids
- Intolerance to cold
- Weight gain
- Constipation
- Dry, scaly, thick, coarse hair
- Aches & pains
- Carpal tunnel syndrome
- Confusion
- Depression
- Dementia
- Headaches

Complementary medicine has *much*

to offer in supporting healthy thyroid function. This includes a number of very effective herbs, homoeopathics and nutrients. Important diet & lifestyle factors, if a hypothyroid picture is observed, include reducing foods that suppress thyroid function – e.g., broccoli, cabbage, brussel sprouts, cauliflower, kale, spinach, turnips, soy, beans, and mustard greens. These vegetables contain isothiocyanates which may block iodine utilisation. Also essential is reducing refined foods, sugar, dairy products, wheat, caffeine, and alcohol. The thyroid gland is very susceptible to toxins, especially toxic metals, so reduce exposure to these and manage existing heavy metal toxicity. If you recognise some of the above signs and symptoms, don't delay - take a positive action, see a health professional and start feeling BETTER !!

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