



uki news

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

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Uki Builds Trails To Keep Tourists Longer

A group of dedicated locals involved with the 'Uki Sustainability Project' are developing a 'Tweed Integrated Trail Network' (TITN) that will promote a sustainable eco tourist and art industry. Project members expect the Trail Network will encourage visitors to come and stay longer in the Tweed Valley. The Network will include trails for horse riding, cycling, walking, canoeing and will be accessible to the disabled and elderly.

With eco tourism a rapidly growing niche industry, project members anticipate that the Trail Network can become sustainable by linking in with 'Green Cauldron' and 'Rainforest Way' initiatives designed to promote ecotourism and the environment in our region.

"We anticipate the Trail Network will have many benefits other than

just economic outcomes," said Eddie Roberts, group spokesperson. "The Trail Network will increase social interaction and promote a healthier lifestyle. As trails will be kept open, the Trail Network will create a safer environment as bushfire risk is reduced. Regeneration works along the routes will result in enhanced habitat and biodiversity," Eddie said.

The group expects Tweed, already one of the most beautiful and diverse regions on the planet, will further become one of Australia's outdoor recreation hot spots by providing more recreation options encouraging people to stay longer. "We want to give them something out of the ordinary, something a little unique, a taste of the Tweed," Eddie said.

The TITN working group has identified an Action Plan with a focus on networking with potential partners, including cycling groups, horse riders, bushwalking and bird watching clubs and many more.

The group will study past and existing maps and routes and seek community support through presentations and media exposure. While developing a map they will formulate a protocol for trail use and identify a pilot route to connect the Tweed Villages. Since trail construction is key to the group's Action Plan, they will concentrate on sourcing funding and grants for building and maintenance.

Project members encourage anyone with expertise to get behind this exciting project. Contact Eddie Roberts on 6679 4079 for more information.

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, 3 November or 1 December 2009.

The Uki News, PO Box 141, Uki NSW 2484

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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.

So you think you live in "The Lucky Country"?

When I first entered into Australia, my first impression was of a friendly, relaxed population, a beautiful country with clean white beaches, loads of work and a classless culture. Well, what the hell happened. I am so over the whinging and whining in the Tweed Valley.

Many so called well educated people all ranting and raving about many subjects they have no idea about. Take for instance "Global Warming" There are actually people who think it's been caused by man and that we can prevent it. Well, where did they get that information from, a cornflake packet? Wake up, we cannot stop it, it's the planet warming up as it has many, many times before. Melting Ice? Not in the South Pole, where it's packing it on due to the hole in the ozone layer, which we are supposed to have created. Maybe you believe in the 2012 prophesy in which case you understand it all.

This matter of the mobile telephone towers in the valley, funny how people all move into the valley, build their houses then complain at all the newcomers who spoil their view. If the first ballot that went out for the tower on one of "The Sisters" would have been honest and fair, we would have one by now. Did you know for all the responses that went out, yes were counted, the no's were counted and the non returns were also counted as a NO Do I smell a biased committee?! Well, it's Karma and it seems to have returned and taken a bite out of all concerned.

Now, please don't get me started on the twaddle going on about the World Rally, another complete load of naive protests. Wake up people and look at the facts and not the gushings from some bushy twat. Rallies have been run all over the world, successfully and without any damage to the environment. Do you actually think the Scandinavians, who excel at this sport, would put up with any environmental damage? The positives far outweigh the negatives.

The trouble is, we think we live in the "Lucky Country". Well, I suggest you have a look at the rest of the world and how they live. We are taxed to the MAX. The cost of living is now horrendous. The government try to control us by fear and you all take it due to the fact we live in this so called "Lucky Country".

If Carbon Credit Trading starts then we are stuffed, unless of course you are one of these traders. They will be calling it "The Lucky Country" for sure, being cashed up to the max because of it. Well, that's my whinge. I am now going to grab an imported beer, relax on my new kid skin Italian recliner, turn on my nuclear

powered Plasma TV and watch The World Rally with one of the Escort Girls imported for the event. Just check if the wife is out first.

Robert Harrell, Uki

Rally Divides Community

Dear Neighbours, The Repco Rally has caused division in our community. I would like to open a dialogue in these pages, so that all views can be expressed and everyone can think about the opinions of their neighbours. To begin I would like to express my view.

From the start I was opposed, because for me the rally represents everything we should be moving away from: excessive use of petrol, dangerous fast driving, threatening wildlife, attracting the wrong people to this area, placing entertainment on top of our values, causing young people to copy rally-style driving.

Such events are clearly wrong for an area of natural beauty, heritage value and wildlife of more biodiversity than Kakadu National Park. The idea of speeding through national parks is particularly bizarre to me.

The main argument I have heard is 'money for the area'. So why did Western Australia get rid of the event if it was such a money spinner? Did anyone really believe the 100 million dollar bait or the 'corrected' 30 million? Did anyone from Uki get a dollar from it? I would also like to mention that the rally organisers have finally (why so late?) admitted that the rock-throwing was hearsay and didn't happen. This media spin has tainted the reputation of peace loving demonstrators.

Another important point is that the NSW government removed 12 laws and regulations in order for the event to go through. These laws are there for the protection of public values and the right of individuals. And when a big corporation demands it, these laws are scrapped for entertainment and moneymaking. I find it amazing what Australian Governments can get away with and the majority of people don't seem to care. We all may pay the prize for that attitude: When we don't protest against a provocation like this rally it's a matter of time before we will be forced to swallow more. The Kingsforest township will become as big or bigger than Murwillumbah. Once that is in place another dam in Byrill Creek will be on the agenda again. How many people are going to stand up against that?

Klaus Fuhrmann, Uki

From the Editor...

Foodies, wine lovers, music buffs and art enthusiasts are well catered for in this issue with organic wine brewing in the hills, an upcoming Art, Food & Wine Evening in Stokers Siding at the end of this month, an eclectic mix of music, food, dance and art on offer at the Unity Festival in Murwillumbah next month and all things artie at the Ukitopia Festival in Uki in November also.

So, get out the diary, pencil in those dates and enjoy the cultural diversity and food and beverage offerings of our region.

Deadline for issue 50 (Birthday issue!) is 16 November.

Cheers, Tessa Martin



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Uki Set To Brew Organic Wine

by Samuel Dawson

Wine lovers rejoice: a Uki brew is soon to be uncorked! There will never be a better time to enjoy a good bottle of wine with friends, as this year will see Tweed Shire's very own Wine Co-op/Brewery take shape. The concept has arisen from the Sustainable Villages Initiative and is headed by Eddie Roberts in Uki and Samuel Dawson in Tyalgum.

Sam is calling on locals interested in wine making, to come together and share their ideas and knowledge.

"For the past nine months I have been brewing wine made from wild and cultivated fruits with a great deal of success," said Sam. "It is surprisingly easy, but requires some commitment of time and money to accomplish. I want to share my knowledge with people and help them start brewing quality wine at home."

In its first stage, the Co-op aims to develop a network of people who can trade ideas and resources. As the collective is still in its early stages it requires a dedi-

cated team of people to become involved.

"Not everyone has to get into brewing; perhaps you have a lot of fruit such as loquats, mangoes, guavas or Davidson Plums lying around and going to waste? Why not donate your fruit to someone who will in return brew them into a tasty wine to share with you?," said Sam.



Sam's home brew kit

The second stage of the project will involve sourcing materials directly from suppliers in order to reduce costs.

The Wine Co-op idea has been advertised in The Weekly and already Sam has had a positive response from the community.

The Co-op will organise an information session and training day at Uki Hall in the next few weeks where locals can come together and learn the basics of home wine making. This will involve a small fee to cover costs of materials.

If you are interested please phone Sam on 6672 7765.

Art, Food & Wine Evening Seeks Expressions Of Interest

Another reason for wine lovers, foodies and art aficionados to rejoice! Stokers Siding will kick off its inaugural Art, Food & Wine Evening at Stokers Siding Hall, 31 October, 6-10pm. All local Artists, Food Producers and Food Retailers are encouraged to participate in this delectable event. This is a great opportunity to showcase the wonderful talent and produce from our local community.

The event will be publicised as a "Come Try And Buy Your Gifts And Party Treats For The Festive Season" through local print, radio and web advertising and mail out.

Art space is at a cost of \$20 (own

hanging stands required). Food space is at a cost of \$10 (the organisers expect that exhibitors will offer tastings to all the guests).

Pernod Ricard will supply wines for tasting, Mount Warning Spring Water will supply sparkling water to cleanse the palate between tastings, the Stokers Siding Hall Committee will supply platters of nibbles, tea and coffee.

Please call Rhonda on 6677 9027 or email regan-knights@hotmail.com asap to register your interest.

Closing Date for bookings is Monday 19 October.



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UKIRA Report

by Samuel Quint, President

Hello Folks and welcome to another edition of Uki News, Uki's pre-eminent newspaper. I'll get straight into a quick rap of the positive goings-on of late.

Sweetnam Park is undergoing a transition to become part of the Uki Food Forest. Hundreds of food bearing trees and shrubs have been planted and will eventually serve as a functional and exemplary example of edible community foods. Great work to all involved.

Keep your eyes out for tickets to the raffle for the *Uki Quilt*, a marvellous effort by many members of the community with all proceeds going to the Uki Hall, the heart of the community. Congratulations to Joanne Spiller and Eddie Roberts on the successful official launch of the Bicycle Users Group, BUG. This has been one of the outcomes of the Uki Sustainable Village Program and these guys have been instrumental in its formation.

A warm welcome to new UKIRA committee members, Justine Stratton and Tanya Filak (secretary). It's great to have fresh perspectives on local matters.

Whilst it is still some way off, the Uki Christmas party will be coming up soon so any prospective musical acts please consider this in the coming months.

To anyone who is not aware, it is currently a fire permit period. The warmer weather and ongoing dry spell suggest that this is unlikely to change for some time to come. Please be aware of this fact and do not hesitate to contact the local Rural Fire Service if you have any queries.

As a final comment for this edition can I say that it's great to see so much good stuff happening, lets keep the ball rolling!

CRAG Update

by Diane Wilder

CRAG has submitted documentation to the Environmental Defenders Office regarding Nightcap Township with the view to lodging an appeal against the decision for the township to proceed.

It appears that there may be a case to present by the community to oppose this township. A barrister is currently reviewing the documentation and will be meeting with CRAG representatives within the next week. At this meeting, it will be determined whether to proceed with an appeal or not.

For further information contact John Donvito on 6679 7273 or email gplanet@aapt.net.au



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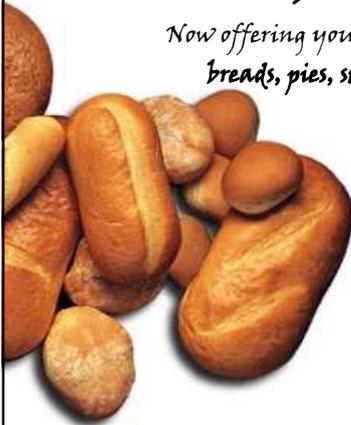
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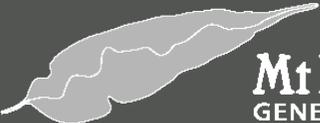
Black Saturday and After

by Jim O'Brien

I have a real concern as I watch the enquiry into the Black Saturday fires in Victoria. Well, concerns at least at what I see in the media. There appears to be a pre-occupation with finding someone to blame, when I think efforts should be on improving fire safety of buildings and clearing wider areas to protect them.

From what I understand of the horrific and unprecedented extreme weather conditions of that weekend, nobody could be expected to anticipate, to handle or to direct adequately. That weekend created bushfire history. Nobody can predict history. We can only learn from it. A blame game achieves only negatives. It destroys the confidence of dedicated officers who must already be suffering from the horrific loss that occurred on their watch. They don't need to be also told they are to blame, they aren't. What happened was unforeseeable and tragic. In the face of this carnage firefighters did their best.

Fifty years ago I was at school with Professor Richard Zann. He, along with his wife and daughter perished in those fires. It took DNA work to identify the bodies inside, Richard with pump, sprinkler system and hoses outside. There comes a point where no amount of equipment, no measure of heroism is enough. Fire becomes unstoppable.



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Unity Festival

by Kerry Turner

If organic wine brewing and an Art, Food & Wine Evening hadn't stimulated your senses enough, the Unity Festival is bound to excite the most discerning music buff, epicure and art enthusiast. This Festival is an exciting family event showcasing the rich cultural diversity of the Tweed Shire. It aims to raise cultural awareness and create opportunities for greater cultural interaction. This year's theme is *Celebrating Diversity*.

This quality event will feature a vibrant display of music, dance, costumes, food, art, craft and stories of Tweed Shire communities including the Aboriginal, Filipino, South Sea Islander, Indian, Indonesian, African and Torres Strait Islander communities.

Organisers aim to create an event that becomes a 'Must See' on national and international event calendars. The Festival also aims to develop mentoring programs, for local youth, in all facets of the event production process from business and financial management through to production and artistic/creative development.

So come along and join in the fun of the inaugural Unity Festival. Visit our website at www.unityfestival.com.au for all the day's activities. For further information contact Kerry on 6672 3003.

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Uki Sustainability Working Bees and Workshops

What: Working Bee Native Food Forest/Riparian Bush Regeneration. **Where:** Sweetnam Park, Uki. **When:** Sat 17 Oct, 5.30pm. **How:** Watering (if needed), finish mulching, hand weeding.

What: Weed control workshop targeting vine weeds and privet. Both chemical and non chemical methods demonstrated to control/reduce some of our more threatening weeds around Uki.

Where: Back of Uki Public School below Rowlands Creek Road. Access from school. **When:** 15 Nov, 9-11am (Ukitopia Weekend).

How: Either come to work with gloves, hat and boots or just watch how it is done by a professional bush regenerator.

For more information call Eddie Roberts on 6679 4079.

Red Cross Report

by Joy Armour

The Annual Zone 1 Red Cross Conference was held in Uki Village Hall on Tuesday 18th August. It was attended by 60 Members from all local Branches. President Pauline welcomed everyone before handing over to Zone 1 Representative Marie Ivos, who introduced Mr. Thomas George MP, Mr. George then officially opened the Conference. The next speaker was Mr. Lewis Kaplan, Executive Director N.S.W. "New Directions". He told us of all the changes being made in Red Cross in the future.

We were then entertained by Uki Primary School pupils with their Band, songs and verse. Years 2, 3 and 4 children from Stokers Siding School made 60 book marks for all who attended. Thanks to Miss Lilly Carroll from Stokers Primary. The next Guest speaker was Mr. Barry Longland, Deputy Mayor for Tweed Shire Council.

After lunch, Mr. Martin O'Brien, a bush poet, told some great tales. There were lots of competition prizes won, also lucky door tickets. Lunch was cooked by local Members and served with the help of volunteers.

Thank you to all who helped and donated prizes, making it a great day.



Jean Robinson, Joy Armour and Ellen Mallee.

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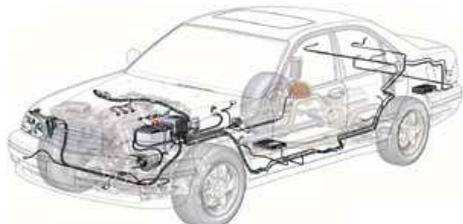
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Uki Garden Club

by Barbara Thomas

Our August Food Group was hosted by our wonderful Librarian Kate in absentia because of an op on her shoulder. Her husband Gary did a great job in her absence to facilitate the meeting and even provided a couple of fresh bags of manure, shovelled that morning, for two lucky members!

Kate's fruit trees, especially a very healthy and productive lemon in a large terracotta pot in the courtyard, were looking great. The garden has several 'themed' areas developing beautifully, with some nice flowering specimens.

Some members got very lost around Dulguigan (Doc Barton needs to upgrade his yellow directory!) but found the Palliative Care's gorgeous property by mistake (or divine guidance!) and there is a plan for members of the Garden Club to volunteer to help with garden design there.

The AGM was held at the end of August at one of our garden guru's, Don's place at Clothiers Creek. All Club positions were filled and plans are thriving (excuse the pun) for our big Friendship Day in May 2010. Lots of enthusiasm and ideas are being submitted for the many aspects of this exciting day.

Don's place looked wonderful as usual, the grevillea garden being a feature. Don has about 12 of the large flowering grevilleas planted in one area and with all in flower it is a delightful show. Many paths lead to interesting spots in the garden with a fantastic view around the caldera from a raised platform.

Speaker John gave an informative talk about Pitcher Plants and provided many cuttings for some lucky raffle winners. The cutting needs four nodes and then lives in water for six weeks before being planted in a hanging pot with an attached saucer as the plants cannot dry out. These unique looking plants are an asset to any hanging basket collection.

Happy spring gardening to all and 'pray' for rain!

Uki: Where The People Touch The Sky (the Heavens anyway!)

by Rev'd John Tyman Holy Trinity Anglican Church



I write as a relative newcomer to the village having been here for only 14 years, but I do not cease to be amazed at the strength of community spirit here and the care shown to those in need.

August 9th, marked the anniversary of Roger Cunynghame's death. Although for most of us the months have flown by, for Sharon and the children both days and nights have passed slowly and painfully. But they are grateful for the many kindnesses shown to them.

This began with the Celebration in Roger's Memory, when the church and its garden were packed to overflowing with people who remembered him with affection and wanted to express their support for Sharon and the kids. Few of us are likely to forget, for example, the music of Deya Dova and Loren.

And this spirit of compassion was maintained in the weeks that followed by a succession of people, some known others unknown, who beat a path to Sharon's door to ensure she was OK. The Café provided evening meals and the Store school lunches. UKIRA gave material assistance. The School staff and the P&C offered both personal and practical help. And, for as long as it was required, money would mysteriously arrive at the Café in "plain brown envelopes" (large sums of money) addressed to Sharon!

Trips to Sharon's house then were made hazardous by gigantic potholes in her driveway: but these, I'm glad to say, are long gone, courtesy of Darryl and the Harding clan.

Forget complicated theology and dogmas, this is what the Kingdom of Heaven is all about. And in Uki people really do reach for the heavens daily! Why would anyone want to live anywhere else?!

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 150g button mushrooms, halved
 3 spring onions, sliced
 1 red pepper, deseeded and sliced
 400ml can coconut milk
 3 telsons double cream
 ½ lime
 Coriander, chopped

Heat 1tblspon oil in wok, add pork, fry
 2-3 mins until brown, set aside. Add
 1tblspn oil to wok and fry thai green
 curry paste, mushrooms, spring onions
 and red pepper for 3-4 mins. Add pork.
 Stir in coconut milk, double cream for
 5mins. Just before serving stir in lime
 juice and coriander. Serve with steamed
 green vegetables or rice.

Windows 7... It's Vista Done Right!!!

by Robert Harrell

It's here, Windows 7, the new operating system for personal computers. I have been running Windows 7 Ultimate for a few months now. I must say, it's a great improvement over the hated, lame, Vista. Surprisingly, it will even run older computers and the new Netbooks. A great improvement on Vista where you had to upgrade your system or purchase a new one due to massive requirements. I'm actually having fun using Windows 7, something I haven't said about a Microsoft operating system since Windows 95.

It has of course all the buttons and bells BUT no email client. So, you have a few choices. You can run Thunderbird from Mozilla or load Microsoft Office for Outlook. Now, MS Office is not cheap BUT surf to USA EBay and get it from there. I did and got Ultimate Office for A\$70. By the way I also purchased Windows 7 Ultimate for A\$65 (\$465 here).

It seems a very solid system, with many options. Windows 7 Starter (limited to

three apps concurrently), Windows 7 Home Basic (for emerging markets), Windows 7 Home Premium (adds Aero, Touch, Media Centre), Windows 7 Professional (Remote Desktop host, Mobility Centre, Presentation mode), Windows 7 Enterprise (volume license only, boot from virtual drive, BitLocker), Windows 7 Ultimate (includes everything). Phew what a load of.....

Before you go out and bite the bullet, please download Windows Upgrade Advisor to see if your PC will run Win 7. This application will scan your PC and notify you if your hardware/software are compatible and if not, what to do. Remember, if installing, back up all data, like you always do, RIGHT!!

Now remember, if you are one of these people who worry about mobile phone towers and such, you should stay well away from these machines called computers. You see they also emit all sorts of nasties, you may wake up a sterile imbecile..... HHHHmmmmmm maybe..... Have fun, till next time.

Uki's Riparian Parks

by Eddie Roberts

During the last couple of years, extensive areas of Uki have been regenerated along the Tweed River banks, Smiths Creek and Rowlands Creek. If you haven't done so lately go and check out a few of these areas including Sweetnam Park on the Tweed River, Centenary Park at the confluence of the Tweed River and Rowlands Creek and Boppelnut Park on Smiths Creek, 400m up from Kyogle Road. These areas are perfect for a quiet stroll but remember, it is the Australian bush and there are hazards, so take care.

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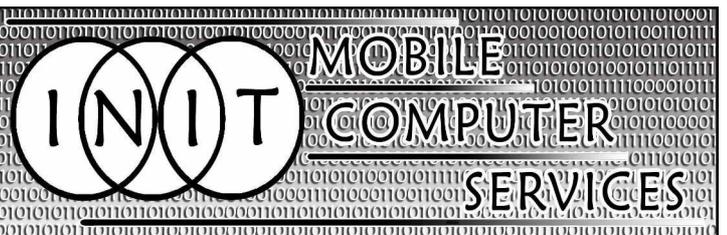
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Astrological Insights by Paola Emma

Federation of Australian Astrologers' Diploma and Gold Medal for Excellence 2007, local astrologer since 1985

Happy Birthday to all Libra and Scorpio. The most significant astrological event during October and November will be the entrance of Saturn in Libra (Oct.30). This splendid and ponderous planet will return to Virgo in 2010 (April-July), but, for the moment, the new birthdays to be touched by Saturn will be Libra (Sep.22/26), Aries (Mar.21/25), Cancer (Jun.21/25) and Capricorn (Dec.21/25).

What Saturn brings to each Sign in turn, every two years or so, is the need to confront the problems of life, fair and square. Saturn doesn't embellish any situation, but presents it to us in a clear, sometimes even dismal light, depending on the degree of insecurity and fear we harbour within. Saturn embodies the energy that drives us to achieve and to commit to projects and relationships. Embracing this energy means thinking long term and building foundations. The worst effect could be a general sense of depression, low energy, weak libido, pessimism and emotional isolation. But even when the less desirable aspects of Saturn surface in our life they suggest the need for some serious soul searching and grounding, an indispensable dimension of psychological growth.

Mars will enter fiery Leo on October 17, an unusually long lasting transit (to early June 2010), due to Mars' retrogradation. The birthdays directly energised by Mars will be Leo (Jul.23/Aug.11), Aquarius (Jan.20/Feb.7), Taurus (Apr.20/May8), Scorpio (Oct.24/Nov.10), Aries (Mar.21/Apr.7) and Sagittarius (Nov.22/Dec.9). Much can be accomplished now and you may find yourself in a more enterprising and brave mood than usual. Caution is necessary though to avoid emotional extremes and confrontations. This will be an ideal time to show some independence, embrace a more dynamic social life, take on a fitness program, or any activity that can help to boost your self esteem and make you feel more alive.

Astrology Foundation Workshops will begin in Uki Monday Oct 19. Enquiries 6679 4037, 0407 359 607.



Crystal Wisdom

by Rhiannon Hedley R.N. HH Dip (S.H.) (Acup.) (M.H.T.)

The magical alchemy of bringing the energy of crystals into our Human Energy Field is one of the most empowering ways to experience Vibrational Medicine. When crystal energy fields interact with our own, they assist us energetically. Subtle, yet powerful, these energies heal and transform our lives.

The vibrational energy field created when crystals are worn as jewellery, combined with intent, offers the opportunity for us to recreate the energetic pathways of our being, including coding of our cellular biology.

This is the Season of Spring, the Energy of Air. It is the direction of East, a time of stimulation of our inspiration, expression, desire to create, and procreate. Associations with the element of Air include:

- The wisdom and consciousness of potential, growth, opportunity, creativity, balance and harmony;
- Birds, like Eagles and Hawks;
- The zodiac signs of Libra, Aquarius and Gemini;
- Projective Energies of change, invocation and creativity.

Crystals that express the energy of Air include Sodalite, Fluorite, Amethyst, Lapis Lazuli, just to name a few.

The Crystal of the moment is **Sodalite** (Element: Air, Chakra: Third Eye). It assists Insight, Intuition and Inner Journey and enhances analysis, intuition and organisation. It facilitates self-discipline and stimulates the release of old limiting belief patterns. It allows images from the deep subconscious to be accessed when we consciously choose to do personal journey work, also known as the 'Shamanic Journey'. The release process brings insight into the meaning of these images assisting the process of integrating all aspects of oneself into the now.

Contact Rhiannon at eaglemoon@live.com for sessions, readings, workshops and Intuitively Channeled Crystal Creations. Coming soon: www.eaglemoon.com.au!!!



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with artists Robert Pope, Robert Todonai and Irene Brown. Be surrounded by beautiful artwork, magnificent castle architecture, sculptured gardens and glorious views of Mount Warning. phone 02 6679 5442 or email irene@castleonhill.com www.castleonhill.com

Fitting-In, Rather Than Overpowering Nature by Geoff Dawe

Environmental technology is an oxymoron. Even rubbing two sticks together to make fire is Earth-harmful.

A recent article (20/08/09) in the S.M.H., "The Ultimate Green Power", talks about the means by which mechanical leaves might be manufactured "to split a few litre of water a day into hydrogen and oxygen [which] would be enough to supply a home's energy needs". One wonders about the rhetoric of fitting-in with nature rather than overpowering it.

Who decides the point where fitting in has begun and overpowering has ended? Any manufactured object that surrounds me can be said to have an environmental journey as well as its obvious un-environmental journey.

The biro that I write with for example, can be said to have an environmental journey in its dissemination of environmental knowledge. A plastic water bottle can be said to be involved in not wasting water, in that if that same water was in the creek, it would end up in the ocean and be unfit to drink. The chair I sit on could be said to be preventing haemorrhoids in that it saves me sitting on the grass and increasing medical costs.

I would suggest that the point at which fitting-in with the environment has begun with all manufactured items, is the point at which they can be done without. Any manufactured item can only supply an *illusion* of an environmental journey through either direct harm to nature, mining, factory operations, pollution and/or disposal.

Rather than turning the mind to enquiry as to how mechanical leaves can be constructed, there could be enquiry as to how there can be contentment without the use of manufactured items. Can three families sharing a milking cow for example, supply themselves with fresh milk daily and therefore reduce their need for a fridge?



Traveling With Tanya by Tanya Filak

Our question this issue comes from Sonia who'd like to know where the best place for a White Christmas is. I have three favourite destinations to enjoy the festive season with snow!

The ultimate Christmas adventure has to be found in Lapland. Every December Rovaniemi offers a magical Christmas package to the home of Santa himself! It really is an unforgettable festive memory. There's an abundant range of Arctic winter activities on offer and Santa makes sure he's a good host at his busiest time of year. I can't think of a better place in the world to spend Christmas than at Santa's house!

Of course if natural beauty is what you crave then nothing surpasses Lake Louise in Canada. Located on the shoreline stands the fairytale-like Fairmont Chateau Lake Louise. You'll be spoilt in this winter wonderland whilst you relax by the open fire with eggnog in hand.

The shop-o-holics will love spending Christmas in Germany. Cologne, Munich, Rothenburg, Nuremberg, Wurzburg and Passau have world famous traditional Christmas Markets to explore. There are coach tours available to take you to ALL of these markets or you may choose to simply visit the Cologne market and have a European River Cruise to spend Christmas Day cruising through the spectacular Rhine Gorge.

Keeping in the snow theme, I am currently calling for expressions of interest for my annual snow trip. Next trip will be 18 to 23 July 2010. Including return airfares, return coach transfers, N.P entry fees, 5 nights accommodation at Ski Rider Perisher, Breakfast & Dinner Daily! Register your interest now so I can negotiate even better rates than I already have! Priority for bookings will be given to registered persons.

Thanks Sonia! Get your next issue questions in to tanya.filak@travelcounsellors.com.au or call 6679 5398.

Happy Holidays!

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Turning Dreams Into Reality

Uki & South Arm Historial Society by Helena Duckworth

Mary Lee Connery, Esmá Thompson and Penny Watsford have been kept very busy working on the Early Families of the Tweed Valley Register (South Arm area). Although this project will be ongoing, it will be an achievement to see this phase completed.

We are very involved with photo scanning and general recording of material which is still being offered to us. Recently we acquired some original photos which will be a great asset to the collection.

On October 11 we are hosting a get together of Tweed Valley Historical Societies in the Uki Hall. This function will coincide with the Hall Trust's photographic exhibition, 'Uki Remembers Those Who Served'. We will have a small photo display of life before and after military service of some of the community who enlisted in the Services. The function will be officially opened at 11am.

We will mount a photographic exhibition in the meeting room of Uki Hall 14/15 November. This will coincide with Ukiopia festival, so please visit us when you come to see the Art Exhibition in the Hall.

The Historial Society office is open on Fridays 10am to 4pm. Phone number 6679 5890. Meetings 2nd Saturday of the month at 10am. Please join us!

RSL Report

by Ray Blissett

Unfortunately, we had to cancel our mid-year barbecue, because most of our members had the flu. The event will now be held in December.

On 20 September, Chapter members journeyed to Burringbar to celebrate the 90th anniversary of the formation of their sub-branch.

The chapter will hold a Remembrance Day service on Wednesday, 11 November. The service will begin at 10:45am.

The Uki
Kids Club

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Gig Guide

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Oct 1 Peacebrother
Oct 25 Kaisha
Nov 1 Playing Possum
Nov 8 Imandan
Nov 15 George Bishop (formerly
Andi & George band)
Nov 22 Rebecca Ireland
Nov 29 Andrea Soler

www.sphinxrockcafe.com

Plant Thief Raids Uki

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

Uki has recently experienced a spate of tree and plant thefts. After a busy day at Sweetnam Park recently, where some 150 native food trees were planted by the community, two dozen were stolen the very next day. Fortunately the old adage of the culprit returning to the scene of the crime came true, so his details were duly noted and reported to the Police.

The following week one of the Village Matriarchs had all her bromeliads blatantly stolen from her back yard while she was at home. Someone was spotted in Murwillumbah selling bromeliads from the back of a ute, so keep an eye out for this kind of activity.

A few weeks later, just after the Uki Café spruced up their front planter boxes, someone removed all the newly-planted herbs. And, of course, like clockwork, every time a new lot of planting is done along the riverbank, holes start appearing where plants have been stolen. We also have a fair idea who this particular culprit is as well.

So, be alert and if you notice any suspicious activity, please report it to Crime Stoppers on 1800 333 000.



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- Equipment for hire - overhead projectors, video cameras;
- CD and DVD burning.

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Flying Fox Baby Season

by Helen Joakim, President TVWC



24 hour
HOTLINE:
02 6672 4789

Spring has sprung and along with spring comes the annual birthing of Black and Grey-headed flying-foxes. The flying-fox colony at Uki is now a valuable maternity home to a number of these animals, with baby season being between October and February each year. During the last two baby seasons, however, we have experienced a larger than normal number of babies coming into care. All flying fox-colonies experience occasional dead babies. However, in the past two years alone, over 200 dead or dying babies have been found in Uki, a staggering number!

A lot of the live babies that were rescued, other than being orphaned, seemed to share a common trait: they are emaciated, dehydrated and fly-blown. For those of us who rescue and care for these fly-blown baby animals which have a poor prognosis, it is heartbreaking to see them literally being eaten alive.

Why are these babies in such a state? Regrettably, we believe that a large number of their mothers are being shot, in addition to the usual problems of them being injured on barbed wire or fruit netting and being unable to return to the colony. For the babies that died, this would have been a horrible, slow and painful death. For those that survived, the care of them was very intense and it took considerable time and resources to bring them back to peak health.

We urge the residents of Uki and surrounds to please report any known or suspected shooting activity in the Uki area to the local office of the National Parks and Wildlife Service on 02 6670 8600. It is an offence to injure or kill any native animals and, for several years now, no licences have been issued to orchardists in the Northern Rivers area to harm or shoot flying-foxes. Therefore, any shooting is highly illegal, breaking several state and federal laws, and carries hefty penalties.

If you see any injured or orphaned flying-foxes, please **do not** touch or handle them but contact TVWC's 24 hour hotline urgently.

This orphaned baby flying-fox was lucky enough to be found at the Uki colony last year before it was too late and was raised and released back into the wild.



Sustainable Health

by Judy Magee

Sustainability is a word we hear a lot these days. As we grapple with climate change and the economic crisis, it is timely to recognise the importance of applying sustainability principles to our health. Many of the common chronic health problems can be traced back to the fundamentals of unsustainable living. The common western adult health picture mimics much of what we observe in the natural world, drained, exhausted, reserves depleted, demand outstripping capacity, with too little time for rest and repair.

Certainly the human body is capable of quite extraordinary things. How long a person can sustain the unsustainable before problems begin to show comes down to a combination of genetics, life events, environment and the quality and quantity of health preserving measures; how well they eat, sleep, rest, exercise and understand and support any susceptible areas in their body. Age is also an important variable. Most people will find that as they age, they need to be more moderate in lifestyle, more attentive to diet and more proactive in therapeutic support.

I would suggest that the key to sustainable health is understanding these components, applying them individually and, adjust 'input' appropriately to 'output'. One of the most important elements is the need to adapt where circumstances change. I.e., what is required to sustain and maintain during pregnancy, is different to being non pregnant, a manual worker has different needs to an office worker and so on.

Being proactive in sustaining health is such an important investment. There is still a tendency to address health issues only when signs and symptoms become obvious, undeniable or problematic. By this time, many people will be very used to living with often a staggering amount of consequences to unsustainable living; poor sleep, adrenal exhaustion, high stress, anxiety, allergies, gut disturbances, menstrual irregularities, and so on.

Think very carefully how you are caring for your most important asset, YOU!



JUDITH MAGEE
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Health Fund Rebate Available



UKITOPIA

arts collective

A big thank you to all who attended our first anniversary Ukitopia Party on September 12. There was a great turn out and wonderful show of support for Ukitopia once again. Those that came were entertained by and participated in hilarious theatre sports, impromptu performances, jamming, images of past events, a hot dance session by DJ Glo and the first preview of the fabulous new Cabaret 360 DVD. The Cabaret 360 DVD and "Up your Arts" bumper stickers are now available for sale. Please contact us to purchase these great gifts and a perfect reminder of that memorable event.

Images of Uki

All artists from all disciplines are invited to exhibit in the up and coming Images of Uki Exhibition. The exhibition has returned to Uki as part of the Ukitopia Celebration weekend November 14/15 2009. Right now, application forms for submission are available, and all ages as well as art forms are encouraged. This includes all visual art media, digital media, anime, photography, performance art, sculpture, sound art, folk art, textiles, whatever your artistic calling.

The theme for the exhibition is 'sustainability', but applicants are urged to think and create as laterally as they dare. The only requirement is that the works are to be connected to or inspired by the Uki district: people, culture, environment, history, issues, community etc.

Images of Uki is a great opportunity for artists of all ages and styles to expose and exhibit their works, particularly as the exhibition is held over the weekend as part of the Ukitopia Celebration Festival, November 14/15 2009. So now is the time to enter your art.

Application forms can be found at Coolamon Cultural Centre, Escape Gallery, the Bower Bird, Heart of Art, New Leaf Café, Magic Mountain health foods, Murwillumbah Music, Uki Café, Uki Post Office and online at www.myspace.com/ukitopiaartscollective To submit, simply fill out an application form and send to: Images of Uki, Po box 3411 Uki 2484 or contact us at ukitopia@gmail.com

Images of Uki curator Kalia is now taking applications

for this community art exhibition held in conjunction with the Ukitopia festival November 14/15.

Ukitopia Festival: Celebrating Uki Life, Arts, Culture

The Nov 14/15 program so far:

Saturday 2-10pm Live music in the Hall Park youth bands; Community Art planting: Creating ephemeral art installations from natural products; Children's activities.

Saturday 6pm opening of the Images of Uki Art exhibition.

Saturday night from 7pm intimate performances in the Anglican church.

Sunday 9am-6pm Live music and performances Main stage hall park; Images of Uki Exhibition in the Uki Hall; Historical Society exhibition in the Uki hall; Live music at the Uki Café; Ukitopia Eco expo in the Uki Public school grounds showcasing Uki's eco businesses, for more details contact Angela Keenan at Curl up and Dye Uki; Children's activities; Weed control workshop; Groovy stalls and raffles and much more. Put it in your diary... You **do not** want to miss this one!

Any other groups who want to be a part of this celebration please contact Natascha 6679

5677. Anyone who would like to volunteer some time or sponsor the event please contact us.

Final call for Workshops - Get Involved

Shadow Puppetry ph Elenor 6672 3245

Digital Photography ph Alan & Perri 6679 5141

Music & Performance Skills ph Sue & Jake 6679 5645

Pottery & Painting ph Marie-France 6679 4225

Art Alchemy ph Jana 0418 191 190

PLANeT eARTh ephemeral nature art ph Heidi 0431 149 853

Small Business Mentoring ph Natascha 6679 5677

Remember to renew your annual membership this month. Forms at Uki Café. For more info go to www.myspace.com/ukitopiaartscollective, email ukitopia@gmail.com or phone 6679 5677.



Natascha, Hamilton & Kalia at the Ukitopia Party



Shadow Puppetry Workshop - photo by Alan & Perri Wain

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Anniversary Print Collection - In conjunction with the Gallery's 20th anniversary we are excited to present a celebratory *Print Collection* of work by six artists, GW Bot, Jan Davis, Graham Fransella, Marco Luccio, Euan Macleod and Graeme Peebles.

The enchanted forest: new gothic storytellers - Works by artists Jazmina Cininas, Deborah Klein, Milan Milojevic, James Morrison, Louise Weaver and Louiseann Zahra-King.

Time and time again: Jenny Kitchener - The print and mixed media work in this intriguing exhibition explores the concept of time as it relates to the cyclical nature of existence.

Chairs in Wonderland: Keith Cameron - As a sculptor, metal worker and farmer, Keith Cameron's passion is for creating art that is available to all people.

FROM FRIDAY 21 AUGUST

Selected work from works acquired over the last 18 months.



Uki Pythons Season Review

by William Child

The coming warmer weather means a break from football and an opportunity to review the season. The kids have been shining stars on the field this year. All junior sides who were eligible made it to the semi finals. What a brilliant achievement. Congratulations to all boys and girls. With this kind of talent in our junior ranks the club's future is looking bright.

Off the field Uki Pythons raised funds throughout the year. We held an Appeal for the Westpac Rescue Helicopter. The senior men participated in Shave-For-A-Cure. We held a Lamington Drive and the under-16 girls washed cars at the sports ground. Thanks to all who supported these events.

We thank our sponsors for their continued support in 2009; Mount Warning Hotel, Mavis' Kitchen, UKIRA, Mount Burrell Fruit, Potters Mowers, Peter Dusi Bricklaying, J & B Buses, Uki Guesthouse, Uki News Agency and Jim Murrel. A special thank you to Mt Warning Pools, incorrectly named Mt Burrell Pools in the last issue of Uki News. Let's support these local businesses in return.

Committee members, players, parents, coaches and supporters have all contributed to a brilliant season. Here's looking forward to a bigger and better 2010.

WATCH WITH WONDER & DELIGHT

James and the Giant Peach

A Play performed by Murwillumbah Theatre Company

This children's classic will be rediscovered as the characters are brilliantly brought to life in this fantastical play for children and adults based on the novel by Roald Dahl. The play tells the story of James' escape from his miserable life with two nasty aunts by rolling away inside a giant peach and becoming a hero to his new insect family. This is "Dahl-icious"



from his miserable life with ing away inside a giant peach and becoming a hero to his new insect family at its best!

Where: Murwillumbah Civic Centre **When:** Fri 23, Sat 24, Sat 31 Oct at 7:30pm and Sun 25 Oct, Sun 1 Nov at 2pm **Cost:** \$15 adult, \$12 concession, \$5 student Bookings at Murwillumbah Music Shop 6672 5404 or at the door.

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Uki Real Estate Turns 1!

by Tessa Martin

The team at Uki Real Estate had good reason to celebrate recently. Not only did they survive their first year in business (and what a year it's been!), they also welcomed two new staff members to help manage the growing amount of listings.

Established in August 2008 by Christian Huettner and Paul and Marta Stobbie, in its first year of business Uki Real Estate was dealt the blow of an economic downturn and worldwide recession. However, a positive attitude and genuine passion for the job saw the team through.

As a result of their dedication and commitment they now rank in the top five of local top-performing real estate agents. Not bad for a relatively small and new business! Their success and recent growth has been bolstered by real team work, in-depth local knowledge and effectively placed online marketing.

As an independent Agent Uki Real Estate is not dictated by hierarchical decision making or boundaries, giving them the edge over Agents bound by excessive red tape.

"We specialise in lifestyle properties from Uki and surrounding Tweed Shire villages, right through to

Nimbin," said Paul Stobbie, Principal.

"When people come in here, they can rest assured that as fellow locals we will represent their properties the very best we can. Although our physical office is small, we have a strong virtual presence with our own website and listings on other national real estate sites to attract out-of-area buyers," said Paul.

"A smaller office also means lower overheads and cheaper rates, which are generally 1% below competing agents' fees. This means a vendor can instantly save \$5,000 on the sale of a \$500,000 property," Paul said.

"We've had fantastic support from locals who've used our services during the last 12 months and would like to take this opportunity to thank them. We encourage other locals ready to sell a property to give us a go," said Paul.

When you walk into the Uki Real Estate office at the Butter Factory, it is obvious from the team's relaxed, yet professional approach that they represent Uki and its lifestyle like no other Real Estate Agent can. If you are selling or buying property, the team at Uki Real Estate should be your first port of call.



Jyoti Windshuttle, Paul and Marta Stobbie

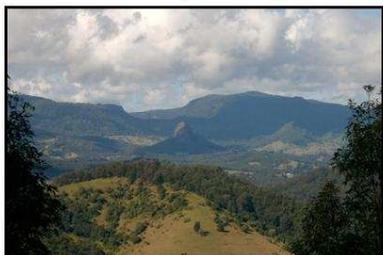


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