



# uki news

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

## Flood Disaster on the Tweed in 1954 by Penny Watsford

The recent floods and devastation in Queensland and Victoria have brought back memories of our region's very own 1954 flood disaster for many locals mature enough to remember. The Uki Historical Society has compiled excerpts from the national papers at the time covering the '54 floods:

### Shambles on Tweed

Murwillumbah looks like a great laundry drying yard with clothing stretched out on fences and furniture laid out in streets to dry. ... seven feet of water had stood in the main business area for over 24 hours. (*Courier-Mail* 23 February 1954 p3)

### Shocking Fury of Floodwaters

Disaster has come to 3,000 square miles of the NSW northern rivers area, from Tweed Heads to Lismore and as far west as Kyogle. With shocking fury whole townships have been torn apart by racing floodwaters and hurricane force winds.

Hundreds of cattle are dead, whole families are marooned on roof tops in an ocean of muddy water, and railway lines, roads and bridges have been destroyed. Like maniac giants the rampaging Tweed and Richmond Rivers have seized pieces of homes, personal belongings, livestock, crops, and, thousands of tons of rich farming soil and dumped them into the sea. For miles out, the Pacific Ocean, fringing the coastline of this shattered district, is a yellow whirl pool of floating debris. Between Murwillumbah and the sea, the Tweed River has flung its waters from mountain range to mountain range, creating a sea 20 miles long and seven miles wide.

Hundreds of people in the valley townships have fled for their lives in cars to the surrounding high hills. The bewildering swiftness of the disaster is evident from the scores of cars and trucks over turned and

submerged in the streets. Scores more have been abandoned in the foothills ... Many families in districts beyond the towns are still marooned on rooftops with miles of water between them and safety. In many instances only the peak of the roof shows above water. ... It was horrifying to discover that what appeared in the distance to be debris was matchwood remains of entire homes. (*The Advertiser* (Adelaide) 22 February 1954)

### 21 Feared Dead In Huge Flood Disaster

Twenty-one people are dead or presumed dead. Damage runs into millions. ... Whole towns have been torn apart from Tweed Heads to Lismore, and as far south as Armidale. ... Between Murwillumbah and the sea, the raging Tweed River has spread into a lake 20 miles long and seven miles wide. ... The Richmond River is six miles wide at Kyogle.

The Army is rushing "ducks" to the flood areas from Sydney, Newcastle, and Brisbane. R.A.A.F. aircraft are standing by to drop food and rescue gear. (*The Argus* (Melbourne) 22 February 1954 p1)

### Death and Destruction in Northern Rivers

A *Courier-Mail* reporter who went in to Lismore on a Duck from Brisbane reported by telegram transmitted through Sydney last night: The Ducks had to push their way through wind fallen trees and had to use winches countless times to pull each other off underwater snags. (*The Courier-Mail* 23 February 1954 p1)

### Railway line destroyed

Floodwaters tore away a section of the Murwillumbah-Casino railway line only 100 yards from Murwillumbah station. (*The Sydney Morning Herald* 23 February 1954 p5)

*Continued on page 2...*

# Community

## Notices

**UKI RED CROSS** Uki Red Cross held a successful 2010 Christmas Appeal 3rd Dec, raising over \$1700. President Pauline thanks those who supported the stall and members and helpers for their hard work. Winners of competitions on the day were M. Carroll, E. Lofts, D. Harding, M. Roberts, Maggie, D. Saunders.

**SATURDAY NIGHT FEVER** Put your dancing shoes on! The Uki Ball will be held Sat night 26 March 2011. This one is the first to kick off the annual Tweed Balls. Going strong 39 years! It's a great family night with lots of competitions and prizes to be won. Four generations will be represented, from Grand Parents to Tiny Tots. Come along and have some family fun with old time dancing and dances for the young at heart. Sections are Tiny Tots Girl & Beau, Junior Girl & Beau, Miss Uki, and Matron & Senior Beau. Adults \$9, Teens \$4, Tiny Tots \$2. Supper supplied.

**BYRRILL CREEK PICNIC & BUSH-WALK** 1st Sun/mnth, 10:30am. Walks to appreciate the beauty and diversity of Byrrill Creek. All walks fairly easy. Bring lunch, water, shoes, swimmers. Sun Feb 6 - Cabbage Tree Creek, Sun Mar 6 - Mebin National Park, Sun Apr 3 - Brummies Lookout, Sun May 1 - Terragon Ridge Walk. For all walks meet at the creek flat past the lagoon, 5.6kms along Byrrill Creek Rd, ph Janaki, 6679 7163.

**BUSINESS NETWORKING BREAKFAST** 3rd Thurs/mnth at Uki Cafe 8.30am, \$15. Meet other Uki business owners to develop relationships and promote your business. For info or RSVP: Natascha 6679 7316, babareki@gmail.com

**RAW VEGAN POTLUCK/CLASSES** Learn how to prepare delicious, raw vegan food and find more energy, better health and a more positive outlook. 3rd Thurs/mnth. Bring a plate of organic raw food (no meat, dairy, eggs, fish, sugar etc) to share. Enquiries 6679 5863.

*From the Editor... Happy 2011 Uki! We are starting the year with a very skinny issue of Uki News as there were significantly fewer contributions than usual. Now that the holidays are over, I hope you can start thinking about your contributions for the next issue. Everyone is encouraged to contribute. Remember, this is a community paper for locals, by locals, including you. Wait to hear from you ;-)*

Tessa Martin

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...Continued from page 1

### Queen's Visit

Tonight the north coast area of N.S.W., which, a little more than a week ago, was in gay carnival mood for the Queen's visit to Coffs Harbour, Lismore, Casino and Grafton, is a wide flood-ravaged ruin. (*The West Australian* 22 February 1954 p 3)

### Picturesque Playing Field

Murwillumbah residents are making Australia's richest hockey field ... In a community effort all the townspeople helped dump more than 5000 tons of flood-smashed belongings into a swamp half a mile from the town. Council officials ... said the reclaimed

swamp would be converted into a picturesque playing field. ... Tweed Shire Council president (Cr. C. Cox) said yesterday that the hockey field would be the best on the North Coast when completed. (*The Courier-Mail* March 1954 p1)

### Courier-Mail Flood Relief Fund

It is now £12,653 for flood areas! The Courier-Mail Flood Relief Fund last night soared to £12,653. ... Today we are sending £4,000 more to Murwillumbah and Lismore, centres of the areas in which there is most distress. (*The Courier-Mail* 2 March 1954 p1)

*Uki & South Arm Historical Society office, behind the Uki Hall, is open on Friday. Meetings are on the 2nd Saturday of the month at 10am. All welcome.*

## 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 month.

The Uki News, PO Box 141, Uki NSW 2484  
Email the Editor, Tessa Martin:  
theukinews@hotmail.com

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**ADVERTISING RATES:** Business card size \$25, Quarter page \$55, Half page \$90, Full page \$175, Half page Advertorial \$90, includes write-up about your business and Business card size ad. All advertisers will be invoiced.

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

Hello and Welcome again to the Uki News in 2011. We trust that everyone is well and enjoyed the Christmas period, despite the major and tragic flooding events that have occurred. Our deepest sympathies go out to anyone affected by these events.

On a brighter note, UKIRA is pleased to have facilitated last year's Uki Christmas party – thanks again to all involved. We look forward to assisting and participating in various events in the coming year again.

The first monthly market for 2011 has come and gone and we welcome Deb Hodge as the new Market Coordinator and contact point for booking stalls. If you would like to contact Deb regarding holding a stall at the Markets please call 6679 5012 or drop in to her new shop at the Butter Factory in the village centre.

Changes are in the pipeline for Uki Dental Surgery and Uki Pharmacy, as sadly, the Pharmacy will be closing. However, the dental service will remain and occupy the soon to be vacant space. I am sure that I speak for all in saying that the Pharmacy will be missed and that we wish Elissa all the best for the future.

UKIRA's projects this for this year include an edible street tree planting project, an upgrade of the Uki village website ([www.ukivillage.com.au](http://www.ukivillage.com.au)) to make it more user friendly, and finalisation of the solar panel array

on the old Buttery. UKIRA will continue to engage with local council initiatives and other community orientated projects for the betterment of the village and surrounds.

We currently have a vacancy on the UKIRA Committee, so if you have been thinking about becoming more involved in this aspect of the community, please come along to a meeting to see if it is something that resonates well with you. UKIRA holds general meetings every first Tuesday of the month at 7pm at the rear of the Uki Hall.



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# Byrrill Creek Dam and Water Options Update

by Joanna Gardener, Save Byrrill Creek Campaign Coordinator

Many thanks for your support in opposing a dam at Byrrill Creek through writing letters to Ministers, collecting petitions, singing, and attending meetings. People power in lobbying has truly made a difference in the outcome of the proposed dam and Tweed's Water Options.

The NSW Govt legislation to not allow Byrrill Creek Dam within the new Tweed Water Sharing Plan (WSP) was gazetted on 17 December. This legislation is legally binding for 10 years. It illustrates the environmental concerns of the Government about the dam project, both by Minister Costa, NSW Department of Water, and Minister Sartor, Department of Environment & Climate Change (DECC).

This WSP decision, which Mayor Kevin Skinner had asked for publicly, yet in the media has not been accepting of, has also come early enough to halt the dam now. The early timing, in the preapproval stage of Byrrill Creek Dam, could save Tweed ratepayers a lot of money; \$67 million for the larger dam or \$45 million for the smaller, and the already Council committed preapproval plans of \$3.6 million.

The Water Sharing Plan has given an opportunity for Council to bow out gracefully from the proposed Byrrill Creek Dam.

The Dam does not just stop here. At present the decision is in limbo until the Council decides in what direction they will proceed, which will likely be at the February Council Meeting, Tuesday 15<sup>th</sup>, 3:30pm. There will be some speakers prior to this at Community Access on Thursday 10 February at 4:30pm. Support at these meetings and letters to Councillors and Council's Department of Water prior to the 15<sup>th</sup> are important and much appreciated. Check out our website for any further info: [www.byrrillcreek.com](http://www.byrrillcreek.com)

If the Council continues on its path, Byrrill Creek Dam will go through a part 3A Process, through the Department of

Planning, which may override the WSP recommendations, however, a precedent has been set and the Department of Planning will refer to recommendations from other Government departments (including DECC & Water) during their decision making process for approval for the dam.

A part 3A process will take years of cost, time, planning (just like the Traveston & Tillegra Dams which were stopped) and, as has already been indicated, with little chance of succeeding.

Furthermore, the NSW Department of Water and the Department of Environment & Climate Change are very aware that the matter will be referred to the Federal Government, due to its close proximity and corridor linkage to World Heritage areas and to threatened species under the EPBC Act.

We call on Tweed Shire Council to immediately cancel its \$3.6 million pre-approval plan for the Byrrill Creek dam.

There are other options for water

supply: Proactive water saving measures in all new Greenfield developments - particularly grey water recycling and 10,000 litre water tanks are an immediate necessity within the approval phases of these new developments. The amount of water saved, based on preliminary calculations from Council's own Demand Management Strategy, shows that Clarrie Hall Dam would not need to be raised either.

Tweed Shire Council needs to reassess its direction in water augmentation and move towards a genuinely sustainable water solution for the future.

Please join us for a **Bushwalk & Picnic at Byrrill Creek**, Sunday 6 Feb, 10:30am, contact organiser Janaki on 6679 7163. We plan to walk along Cabbage Tree Creek. Bring food, water, swimmers, shoes etc. If it's wet, it will not be on. Meet at the Creek Flat, just past the lagoon, approx 5.6 kms along Byrrill Creek Rd.



Save Byrrill Creek Campaigners at the website launch in Uki.



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# Relational Health & Body Strategies to Settle Anxiety

by Heather McClelland, Counsellor & Psychotherapist

*I'm having trouble with the computer. Nothing I do seems to work. I must be stupid... Suddenly my chest is feeling an overwhelming pressure. It's hard to breathe. I need to get out of here!*

The computer has triggered me into anxiety. My body is remembering the myriad times in childhood I was controlled by my father who always knew everything and whose dogmatism left everyone else in the 'stupid' basket. My body's response then was to tense itself and its tension is remembered and re-enacted in my body as this trigger is pulled and the 'know all dogmatism of the computer' catches me out.

I have had times when I've rushed out of the building and started walking fast to get away. Now I can master the trigger of the computer more quickly and readily.

Last Uki news I introduced the strategy of offering kindness to your body when you are triggered and anxiety hits. This means taking a minute to actually focus on, for example, the pressured chest, with kind and sympathetic understanding.

*As I gentle my chest and keep my awareness on it, the pressure decreases. I am able to take a deep breath. My thoughts slow down. I realise that I know this feeling. I even know its origins. I use my mantra: "It's no wonder I feel this way!"*

We may never remember why a certain set of circumstances or someone's comment or behaviour triggers our body into anxiety (or nervous system arousal). Whether we have the clues to the past or not our out of proportion anxiety/rage tells us something fearful from the past is being triggered. Our own body will signal in quite unique ways and its truth will be available to us.

Another strategy some people find useful is to saturate themselves using their senses. If you focus on one of your five senses, probably sight or touch are the easiest, you can quickly bring your nervous system back into balance. Concentrate on looking at a tree or

a picture and detailing in your mind the light and shade, the movement, the depths of colour etc. OR... run your hand over the texture of your shoes or a handbag or a chair and notice the variations, the ups and downs and whether the surface is cold or warm.

*Jan was a young mum who found that whenever her 3 year old had a tantrum she would go into a rage! Both she and her child were escalating their emotions badly and as they hyperventilated their bodies were feeling scarily out of control. Jan had learned her pattern of escalating emotion from her own childhood scenarios. She didn't want to keep repeating them. But she couldn't seem to stop. Her child's screams were an enormous and instant trigger... It was as if she also became a 3 year old!*

*Jan began to use sensate saturation! At the moment she felt herself ready to scream she ran her hands down the seams of her jeans. She focused her mind to notice the texture of the material. It was enough. She could stop her runaway anxiety and then give herself a moment outside her daughter's vicinity, even sitting on the toilet seat if necessary. She would repeat the mantra, recognizing that she had been triggered and needed to soothe herself. Having calmed herself quickly, she found she could go back into the situation as the objective rational adult her daughter needed her to be.*

Heather McClelland's (CMCAPA) counseling and psychotherapy practice is functioning in Uki

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Heather hopes to offer groups, including help for parents, specially teaching body strategies for helping themselves and their children with anger and anxiety. She and Bryan offer Couples Enrichment weekends as well.



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## The Disappearing Computer

by Robert Harrell

Computers are becoming increasingly smaller and more powerful, like "Smart Phones". Soon they may be so small they could be implanted into our own heads... hang on, we already have brains! Weird...

These gadgets are capable of serving most of our communication requirements and every day needs. They have large screens that satisfy most eyes, especially the over 40's ;-). However, there are pitfalls. Take for instance the new iPhone with its reception issues, short battery life, its software (Safari, Apple's web browser), its warranty requirements and of course its price, phew exe...

Other Smart phones carry the new Android Operating System, which I prefer. They use Firefox as their browser. The new Motorola "Defy" works very well in rural areas, has a great camera with flash, is water and dust resistant and has a scratch proof screen - very appealing for our country environment. It even has a GPS to get you home from the pub... ;-)

Smart phones are usually much larger than the usual mobile phone, so it's another gadget to fill your pockets. There are thousands of appealing applications that cater to your taste and lifestyle and many are free to download. Best of all, when they give you the you-know-what, they are easier to throw out the window than your computer!



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## Organise Your Home Based Business

by Geoffrey Colwill

If you are a home based business owner, the beginning of the New Year is a great time to get yourself organised and focused. It is a great time to 'spring clean' your home based business, create a fresh energy and make 2011 your best year ever.

Ask yourself... Do I have a clear picture of where I'm going with my business? Have I set up systems to effectively do what I need to do? What sort of office area set up do I need? How do I run my business in an environment that includes kids?

In March I will run a FREE Home Business workshop where I will provide the tools to help you get organised, teach you how to get set up at a basic level, and help you with Goal setting, Action plans, Marketing strategies and Brainstorming.

Make time to get organised and focused so that your time and energy are used to maximum effect for the rest of the year. Whether it's your physical space, your papers, catching up with BAS/Tax returns or simply a lack of clear direction, this FREE workshop may be exactly what you need to get your Home Business on the right track in 2011.

Call 6679 4231 or email [geoffrey.colwill@findhorn.cc](mailto:geoffrey.colwill@findhorn.cc) to ensure we include what you need and for more details about the time and location of the workshop.

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# Practically Native

by Deborah Burke

Happy Abundant New Year to all. The recent rain has brought out the inherent human generosity of spirit, offering assistance and kindness wherever needed. The efforts in the Uki community are wonderful and all Practically Native profit for January and February has gone to financially assisting with the flood appeal.

This year Practically Native will continue with the work to manage Golden Rain Tree, working in

conjunction with BFNS on a sustainable management plan.

We will also be publishing the results of our Platypus study. This is the first study of its kind in the Uki area since 1975. It will be made available to all in November of this year. Council will receive a copy and Australian Geographic Magazine have expressed interest in the methodology of the undertaking. Exciting stuff!!

This year Practically Native will be running a series of workshops. Bookings are essential, only \$10, all of which will be contributed to the ongoing work necessary in

flood affected areas.

Enjoy the best of everything this year, live well, laugh often and love much.

## Workshop Calendar 2011

- 12 Feb: Gardens for Free (propagation techniques)
- 26 Mar: Easy Composting
- 7 May: Moon Planting
- 18 Jun: Choosing Varieties
- 30 Jul: Weed Control
- 10 Sep: Companion Planting
- 22 Oct: Indigenous Medicine
- 3 Dec: Plant Identification

For further info phone 6679 5853.



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

What makes astrological news in February and March? Jupiter entering Aries on January 23, followed by Uranus on March 12. For Uranus it will be a long hold of seven years (until 2018/19); while for Jupiter it will be a four month trip, lasting until June 5.

Aries is the Sign that symbolises the impulse to action, so that any planet here (even the Moon, once a month) is 'fired up' and given a push to become more active, and also more volatile.

The individuals more likely to feel the expansive rays of Jupiter will be the Fire Signs (Aries, Leo, Sag) and the other Cardinal Signs (Libra, Cancer, Capricorn); also, to a lesser degree, Aquarius and Gemini.

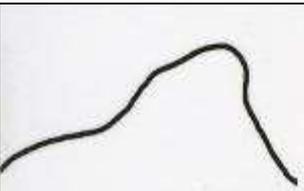
Between Feb and early June, Jupiter will inspire optimism and self confidence, bringing about real opportunities to better your conditions. There may be a tendency to make big, risky steps, but what better chance than a Jupiter transit to feel a bit invincible and attempt things we do not usually dare to try?

At the same time Uranus will move one degree in Aries, becoming prominent in the lives of some Aries (Mar21/22), Libra (Sep22/23), Cancer (Jun21/22), Capricorn (Dec22/23), Leo (Jul22/23) and Sagittarius (Nov22/23).

Independence is the word, obtained at the cost, perhaps, of emotional or financial security. Don't be surprised to see a spike in the divorce rate or of open conflicts amongst friends or family. Taking and giving more space for individual choices will be a must.

These could be exciting times, when you reach for the stars and get there. Some people make complete U-turns in their lives under such influence, Uranus re-orienting the individual toward a more authentic expression of their personality and inclinations. With other major transits active now, Uranus in Aries represents a challenge to the present state of affairs, individually and collectively.

To read more about the current and future transits and many more astrological topics and tutorial, please visit [livingmoonastrology.com](http://livingmoonastrology.com)



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## Flerd of Valuable Farm Animals Escapes from Uki

by Rev'd John Tyman Holy Trinity Anglican Church

Before Christmas I wrote of the amount of time and money that would be wasted on gifts that would be thrown away in the New Year. The national papers, at much the same time, reported on a research project that documented the waste this would involve. I confess, however, that among the gifts I have received in the past, the one that occupies pride of place in my collection of treasures, this one was, materially speaking, the most useless.

I was living with an Inuit (Eskimo) family in the Arctic, and after Midnight Communion on Christmas Eve it was the custom for half the people in the town to go home and for the other half to go from door to door with gifts. One of the families that called on us had been away hunting for two weeks and did not know that my hosts had a guest – for whom, of course, they had not wrapped up a present. Our visitor rummaged around in his bag looking for something he could give me – in return for the toy koala I had given to the child his wife carried on her back – and with due ceremony he handed me a puncture repair kit for a bicycle!

There were no roads there and no adults on bikes – just a few kids riding BMX bikes across the tundra in summer – so his gift was of no earthly use to me: but I treasure it still because of its heavenly significance. It symbolises for me the need we all have to give... and not to receive all the time. Indeed, having lived among a number of indigenous societies worldwide, I have found that those who were the poorest, materially speaking, were often the most generous, and the keenest to share what little they had.

And I was reminded of this in the course of our community smorgasbord in December. It wasn't meant to be a fund raiser – just an offering of food and companionship – but, just in case, we had a box under the tree and offered those who wanted to give as well as receive, the chance to invest their money through OXFAM in gifts for those less fortunate in the Third World.

I had (optimistically?) thought we might receive enough to provide a "flerd" (neither a flock nor a herd but a combination of the two) comprising, one sheep, one pig, one duck, and a chicken - for \$120 - and possibly throw in a calf. Instead, those present donated \$375, to which a further \$105 was added later by those who had no money with them on the night. The Uki "flerd" now comprises one calf, 2 lambs, 2 pigs, 3 ducks, and 5 chickens! Such is the Spirit of Christmas at Uki!

Thanks a million...well, almost a million!



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## Uki Cafe Paints the Town Red!

Next time you drive past the Uki café, pop in and say hello to Ivy 'Lucille' Hekimian and Kenny Grierson who took over the management reins in September last year. You may have seen Ivy playing her piano in her cabaret act and Kenny has been working the northern rivers as a chef for some time now. Together they have breathed new life into the four walls of the café with some bright colours creating a funky bohemian feel with a touch of class which goes perfectly with Kenny's great new menus from breakfast to dinner... yes dinner!

Kenny and Ivy are now introducing Uki Café's alter ego 'The Red Piano bar and restaurant' which is open Friday and Saturday nights from 6pm till late. In the next few weeks they will be starting live entertainment with great local and touring artists. Make sure you check the front board and flyers for details. The food is a gastronomical experience of the senses, catering for all tastes and budgets! A great mix of modern Australian cuisine with a few old favourites and awesome vegetarian and vegan food too.

The café has a new menu with a variety of yummy tasty treats. You have to try Kenny's famous Fish tacos (KFFT to regulars)... YUM! Then there's the gluten free orange and poppy seed cake which is to die for. Kenny has a constantly evolving menu and if you're a vego, you'll now actually have somewhere to eat with a chef who understands vego food should be delectable! Everyone's bellies are well taken care of.

Kenny and Ivy have recently introduced the Locals Loyalty Card which is available at the café's counter. "The locals have made us feel so welcome and we want to give something back to the community," Ivy said. The card will entitle the bearer to discounts on coffee and food in both the café and restaurant. Just check out the board at the front of the café for new exciting events and specials.

Both the café and the restaurant cater for functions, parties and weddings. "There's a great atmosphere to have a wedding with such a beautiful view of the mountains" Kenny said. "We can cater to all function needs, from food to music. We will take care of it all."

The Red Piano is fully licensed and this week sees the start of regular Friday happy hour from 5pm – 7pm with tapas and other nibblies available too. There's a new bar and relaxation area on the verandah to sit, eat and watch the view in a great relaxed atmosphere.

The Uki Café and The Red Piano bar and restaurant is a great place to chill with wonderfully fun and happy staff... come in and say hello!

The Red Piano bar & restaurant is now on facebook. Become a "friend" or tell them you "like" them!

Ivy, performing New Year's Eve



Ivy & Kenny on their first day as new Cafe proprietors.



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# UKITOPIA

arts collective

The first *Songwriters on the Songline* event for this year will be hosted by the Ukitopia Arts Collective, with Rich Bell at the mixing desk, in the atmospheric Uki Holy Trinity Church on February 11. Ukitopia is excited to present the ethereal and glamorous **Renee Searles**, and direct from Woodford sharing his spiritual music, **Andy Copeman**.

**Renee Searles** writes elegant sepia-tinged songs of love, longing and desire, bringing to the stage a touch of glamour and mystique from a bygone era. Ethereal, romantic and bewitching, her music weaves a tapestry of lush melodies, lilting poetry and cheeky old-time blues.



Accompanied by Oles Krolkowski and Marcus Patterson on guitars and her tiny friend the ukulele, Renee leads her audience on a journey into the vulnerable places we all share, breathing life into the lost words of the human heart.

**Andy Copeman** sings songs from the heart, songs of love, passion, spirit, con-

nection to the Earth and connection to others. After many years in the folk, world and rock scenes trying unsuccessfully to change the world by telling people how bad things are, he is now successfully changing the world by telling people how good things are, and how amazing they can be.

He's a multi-instrumentalist, singer, composer, recording engineer and producer, video artist, sound healer, shamanic practitioner and sweat lodge facilitator based in Maleny, where he and his partner Laurel Hefferon run a centre of excellence in Love, Light, Music and Healing called Awakening Centre.

His music is full of influences from ancient Celts, the Middle East, Eastern

and Northern Europe and beyond, with touches of jazz, rock, reggae, electronica, mantra and poetry.



At the recent Woodford Folk Festival his specially-commissioned music was heard by a crowd of around 15,000 people at the Fire Event. His workshops on Shamanic Consciousness, "Drumming Between Worlds" and the Sound Meditation Journeys, co-facilitated with Laurel, also drew excellent crowds and great responses.

Advance tickets (limited to 80) available from Feb 1 at Uki Café, or at [www.ukitopiaartscollective.com](http://www.ukitopiaartscollective.com), and on the door at 7pm on the night, for those of you who like to be in the moment. Tickets are \$20 or \$15 for Ukitopia members.



## Uki Pythons by William Child

Here we are in 2011. The New Year has only just begun, but the football season is not far away! It's almost time to dust off the boots and start preparing for the season ahead.

Like the rest of NSW and Queensland, the Uki Pythons are hoping for a little clear weather to allow the fields to dry out and the grass to be mowed. It seems a similar story as the beginning of last season.

Training for the senior teams will begin in February and they will soon be working hard for coaches Joe Scholl and Steve Moss. Anyone interested in playing at Uki in 2011 should talk to Joe or Steve or just come down to the sports ground when training starts.

Pre season training for the junior sides will be a little less formal, with a focus on having fun, playing some soccer and possibly a chance to take on some parents and show them how the game should be played.

All potential players should keep their eyes peeled and their ears to the ground because dates for this season's sign-on days will be announced soon.



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# Asthma, the Natural Approach

by Judy Magee, Homoeopath



For many, the recent rain and increase in damp and mould, means their asthma is active and unstable. Named after the Greek for 'panting' or 'short drawn breath', asthma is a chronic inflammation of the airways associated with excess swelling and mucus production, resulting in obstructed airflow. The susceptibility to asthma often runs in families and is thought to be caused by a complex mix of genetics, allergy, environment, lifestyle and abnormal immune responses. Acute asthma can be triggered by a variety of things:

- Hypersensitivity to aeroallergens (dust mites; cockroaches; dog, cat, or other animal proteins; fungal spores; pollens; dusts; and fumes)
- Respiratory infections
- Gastroesophageal reflux
- Air pollutants, such as tobacco, aerosols, perfumes, fresh newsprint, diesel particles, sulphur dioxide, elevated ozone levels, and fumes from chemical-cleaning agents and gas stoves
- Meteorological changes in

temperature and humidity

- Exercise
- Emotional behaviours that alter breathing (laughing, shouting, crying)
- Stress
- Hormonal changes

Usually, a chronic asthmatic will have a complex mix of the above contributing to their acute and chronic symptom picture. Successful reduction in frequency/severity of the acute events and progressive improvement of overall wellbeing, respiratory health and normalisation of the allergy/immune pathways requires a multi-faceted treatment approach. Key elements include:

- Effective acute and constitutional homoeopathic treatment.
- Identification and reduction or elimination of food allergens. Common culprits include dairy, soy, citrus, peanuts, wheat, fish, eggs, corn, food colourings, and additives. It is possible to conduct an IgG food sensitivity test which will provide concrete data about

exactly what the body is reacting to, and how severely.

- Reduction of pro-inflammatory foods including saturated fats, refined foods, and sugar.
- Increase intake of fresh vegetables, whole grains, legumes, onions, and garlic (if not sensitive to those foods).

There are many useful herbs and nutritional supplements which can assist both chronic and acute elements of asthma. Important ones include *Boswellia serrata*, *Curcuma longa* (Turmeric) and *Zingiber officinale* (Ginger), Zinc, Omega-3 fatty acids and good old Vitamin C.

It is *definitely* possible to improve general well being and the frequency and intensity of acute asthma episodes. As a consequence, often the quantity of medication needing to be used can also be reduced. This process needs to be carefully managed – take a DEEP breath and consult your health professional!

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