



# Kunghur & Surrounds Community Resilience Team (KSCRT) Update.

Karen Challand

Thanks to the generous donations from many local businesses to our raffle, monetary donations and the public's support, we raised just under \$3000 for a Automated Emergency Defibrillator (AED), Portable First Aid Kit and other emergency equipment.

**Please take note:**

**24/7 Access to Emergency Defibrillator (AED) & First Aid Kit**

**At: 27 Cooloon Street, Kunghur Village.**

**Follow signs on Kyogle Road, at Kunghur Village.**

While someone performs CPR and First Aid, someone collects the equipment. The AED tells you what to do when you switch it on. No training required.

The **KSCRT** covers a huge area from the Palmers Road turn off on Kyogle Road, to the Shire borders on both Blue Knob Road and Kyogle Road near the Borders Rangers. It also extends out to Commissioners Creek and areas in between. It does not cover Byrill Creek, which like Uki, have their own Community Resilience Teams (CRT).

We currently have nine of the 17 areas covered by volunteer Street Coordinators. Their roles are to liaise with their immediate neighbours, to both gather important information and to relay information in preparation for

emergencies and during emergencies. The "phone tree" involves emergency responders: SES, RFS, Red Cross and Tweed Shire Council.

We need more in the community to volunteer to be part of this, so we can both help each other and emergency services, to be better prepared and more efficient during emergency events.

*To learn more about Emergency Services in our area, please attend the following, advertised separately in this edition. "South West Tweed, Community Day"*

*Or contact: Karen Challand: 0400 015 927, kazwithpazaz@gmail.com*

For current factual information, Follow and Like: "Caldera Community Emergency Support" FB page. WEB page in development.



## Bindi's Farewell

Kelley Skinner

On Sunday the 17th of January a great number of family and friends gathered at the 'Squaretunda' in Uki green to farewell our dear and long-time (on-and-off) resident Bindi (Belinda Pursey). Bindi passed away unexpectedly in her home recently leaving many in a state of shock and grief. She leaves behind her beautiful boys Samuel and Ashley, their father Jamie, her loving partner Ian, siblings Jo, Mark and Adam, mother Sandra, and many friends and acquaintances whose lives she touched.

The farewell gathering was one of stories, song, tears, laughter, feasting and sharing. People spoke about

Bindi's life and of growing up in Murwillumbah. Family and school friends voiced her enthusiasm, determination and kindness. Others told of her extensive local and global adventures.

Singing was a highlight of the assembly. Bindi had enjoyed attending Wendy Grace's singing groups, so on this day Wendy led everyone in songs that Bindi loved. A feast was shared with dishes brought from near and far including colourful platters gifted from Pure Love of Uki Takeaway. The finale of this bittersweet ceremony was a video of Bindi performing an original song with her good friend Ronny Cox at the 2011 Cabaret 360 show in Uki Hall called CELEBRATE!

There were tears aplenty and many stories and smiles to fill your heart with inspiration and compassion. A true Uki-style service in honour of Bindi.



# From the Editors

## Welcome to Uki News Issue 116.

You may have noticed that the Uki News has been reduced to 12 pages. As a result some current and future contributions may be edited in size or require passing over in order to accommodate contributions that are date sensitive. Your advertising

will take some precedence in order to cover the UKIRA printing and distribution costs associated with the Uki News.

Due to the space constraints and to eliminate the editing of your contributions we ask that contributions be limited to 300 to 350 words so your

message retains your original intent.

We thank you for your continued support and look forward to your future contributions that will continue to shape the Uki News for a long time.

*The Editors*



Contact Uki News: [theukinews@hotmail.com](mailto:theukinews@hotmail.com)

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

*Uki News* is printed by Uki Community Technology Centre (aka CTC) at the Buttery building.

Current and past issues are available at Uki Village website – [www.ukivillage.com.au/uki-news](http://www.ukivillage.com.au/uki-news)

## Letters To The Editor



We'd love to hear from you... Send your letters to [theukinews@hotmail.com](mailto:theukinews@hotmail.com).

## Community Theatre Company

I am looking for expressions of interest to establish a Community Theatre Company in Uki. If you think this may be of interest and you would like more information please contact me at [penny.irving@live.com](mailto:penny.irving@live.com)

*Penny*



Hosted by: "It Takes a Town" ("Side by Side") & "Kunghur & Surrounds Community Resilience Team"

**Learn about systems in place to help in times of emergency and recovery.**

**Chat to representatives from "Side by Side", about social activities needed in the community.**

**Covid Safe  
Practices  
Implemented**

## "South West Tweed Community Day"

**Covid Safe  
Practices  
Implemented**

**Sunday February 7th from 9.30am to 2.30pm**

**Cram's Farm, Clarrie Hall Dam,  
Commissioners Creek Road, Commissioners Creek.**

### **On the day and for our Community:**

Side by Side, SES, Kunghur Rural Fire Service, Red Cross, Tweed Shire Council, local Community Resilience Teams, Caldera Community Emergency Support FB page.

### **Fun Things:**

Kids Activities, Food Vendors, Market Stalls, Musicians, Fire Trucks, SES Truck and Boat  
**OR Bring a Picnic**



Contact: **Kym McMillan** "Side by Side": 0417 076 700, email: [kym.mcmillan@outlook.com](mailto:kym.mcmillan@outlook.com),  
**Karen Challand** "Kunghur and Surrounds Community Resilience Team": 0400 015 927, email: [kazwithpazaz@gmail.com](mailto:kazwithpazaz@gmail.com)

# Uki Refugee Project

"WITH LOVE FROM UKI - Reflections on life today"

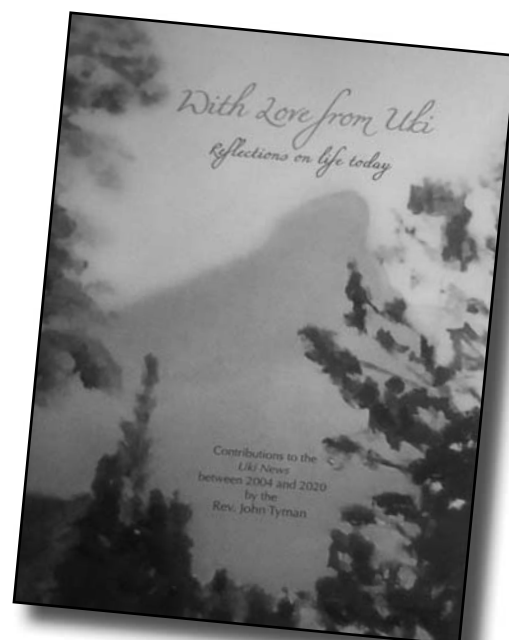
We are excited to announce that the copies of John's book have been delivered today, just in time for tomorrow's market, where you will be able to see John in the morning to say hello and have a chat with him about the book.

The wonderful Rev. Dr. John Tyman has produced a new book "With Love from Uki" which is a collection of many thought-provoking articles which John has penned for the Uki News over the past two decades.

We are honoured that John has chosen to gift this work to Uki Refugee Project, and that the proceeds of the book sales will be used, to quote John, "to support programs designed to demonstrate what we believe to be a more accurate expression of Australian hospitality and a 'fair go'." All proceeds will be used to support people who are asylum seekers and refugees.

The books will be on sale for \$15, and would make a unique gift for friends in Uki. Copies will be available at the Buttery Market on the 3rd Sunday of each month.

If you are unable to get to the markets, please email us or call John on 02 6672 8223, and we will arrange for you to obtain a copy.



## Apology from UKIRA

The story in the last issue about Uki's brand-new, dog-friendly water bubbler failed to acknowledge the support of the Uki Hall Trust, and, most importantly, Tweed Shire Council who funded and installed the bubbler.

Apologies for this omission.



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*Health is your greatest possession. Lao Tzu*

# Relationship Health: Best Versions of Ourselves

Heather McClelland

Looking back on their early days together Jan and Mike told stories. They revealed how strong qualities of commitment and closeness had developed early in their relationship. They named Jan's warmth and understanding and Mike's strength and love of fun, as what had drawn them together. Along with the chemistry between them, they'd been 'learning' each other and their backgrounds and coming to appreciate their differences. A solid core of friendship developed despite contrasting life experiences.

Years later as so often is the case, the stories had changed. They entered couple therapy and what emerged was problem-saturation: distrust, emotional distance, avoidance, criticism and tension. There was a sense of complaint that had invaded and was constituting (making up) what they said to themselves and how their day-to-day relationship was played out.

Louis J. Bevilacqua and Frank M. Dattilio describe their experiences with this couple. They encouraged Jan and Mike to look for exceptions to the labelling and problem saturation that had become the norm. Jan and Mike were eager to search their memories and began to unearth examples of the very qualities that had first drawn them together. They began to tell stories and to share brighter memories, even of more recent times. Again and again 'sparkling moments' stood out.



Eventually Mike and Jan were challenged to compare the problem-saturated stories with which they'd arrived, with those they'd been kept from seeing by the stories of distrust and tension, labelling and negativity. It was easily apparent to them, the way of living they preferred and which kind of story they wanted to live out of.

Narrative Therapy suggests that in all our relationships, not just our intimate partnerships, we are making ourselves and each other up as we go along. Telling each other and ourselves and our friendship circle good and nourishing stories about each other, helps us all to live out the better versions of ourselves that we can easily lose sight of, in the midst of life's ups and downs and the inevitable arrival of characteristics in us all that are less endearing.

*Narrative therapy with couples...and a whole lot more! by Jill Freedman and Gene Combs, 2002, Dulwich Centre Publications, Adelaide, 5000, SA*



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# Tweed Water Alliance wants their Sign Back.

Tweed Water Alliance

The Tweed Water Alliance sign on the eastern approach to Uki was vandalised on December 19, 2020 then stolen on or about January 09, 2021. The old sign - the original we put up to notify people of the 99% community opposition to water extraction for bottling - is in its place.

On the basis of one complaint to Council we had to change the original sign to the one that has been stolen. Fair enough, that's how political and environmental struggles work. We clearly made someone uncomfortable.

But our view is that if you have to resort to illegal, if not criminal activity to make your point, you haven't got anything left. Tweed Water Alliance's grassroots campaign is based on meticulous research, ethical lobbying and a solid community presence to protect our groundwater.



A fence on a property at Kunghur was vandalised some time ago, the culprits hanging our stolen 'Stop Water Mining' signs on it in a clumsy attempt to blame us. Our members and supporters repaired the fence, quietly, at our expense. It was the honourable thing to do.

It appears clear some of the supporters of the bottled water industry do not share those ethics. We have made a formal police complaint.

We are asking our community for information on our sign. We are sure you find trespass, vandalism and theft as abhorrent as we do.

Please send any relevant information to:  
info@tweedwateralliance.org.



**TWEED SHIRE COUNCIL**

## Notices

### BLUE-GREEN ALGAE ALERTS AT UKI AND BRAY PARK WEIR

As at **THURSDAY 14 JANUARY, 2021** (more at <https://www.tweed.nsw.gov.au/waterandwastewater>)

Treated water from the Tweed mains supply remains safe to drink despite alerts for blue-green algae being extended in the Shire. Today, amber alerts for blue-green algae were issued for the Tweed River at Uki and Bray Park Weir. Last week an amber alert was issued for Clarrie Hall Dam.

Council testing has shown the level of blue-green algae has quadrupled at the dam in the past week, most likely due to the high level of nutrients washed into the dam by the December rains and continuing hot weather.



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# Traditional Chinese Medicine

Roy Mumford - is a Doctor of Traditional Chinese Medicine beginning his 30th year of practice.

Everyone I've met in the 20 years since I've called the Valley home has a different story of how they ended up here. But common to all is a love of the natural earth that surrounds us. On a recent trip to Melbourne a friend said he thought I'd added 20 years to my life by moving to the mountains. My nervous system, hammered as it was by 3 decades of city living, thanks me most for making the move. These sentiments represent the very real benefit that comes from living close to nature.

Traditional Chinese Medicine, TCM, recognises that the human body is a part of, and inseparable, from the natural world. Living amongst the mountains and forest we can better observe the cyclical nature of things. Everything in nature runs in cycles: day into night, the seasons, the waxing and waning moon, and the ebb and flow of tides. Our own body's health responds best when we adapt to and align our lives with these cycles: regular nocturnal sleep patterns, rising with or close to the dawn and eating healthy, home grown, seasonal foods at regular times.

As befits a Medicine that originated in a culture where the majority lived rurally, TCM saw environmental energies such as Wind, Cold, Heat, Dryness and Damp feature strongly in disease. Each of these are natural phenomena that has affinity to a particular season. It is only at their extremes that they are considered a cause of disease.

Dryness for example is a normal characteristic of Autumn and Winter here in the Valley. One year on

from the excessive dryness that wreaked havoc with the health of both our valley and our bodies, the opposite and comparatively welcome extreme of Dampness is upon us. TCM maintains that excessive damp primarily affects the digestion. The digestion generates gastric fluids that help us break down food. If we make it work too hard by eating greasy fried food, or overstimulate it with refined sugars, then the digestion overproduces fluids in response. These fluids can congeal to form damp. This internal accumulation of dampness is then compounded by external damp and digestive problems result. Dampness is heavy and sluggish like a swamp. Similar symptoms such as low energy, clouded thinking, bloating and weight gain are damp patterns.

What and how we eat is most important.

- Avoid mucus forming 'damp foods' ie; dairy
- Ginger tea warms the digestion and promotes movement of fluids.
- Vegetable soups made with or without meat stock are easy to digest and very nutritious.
- Leafy green Salads with every meal and seasonal fruits are in.

Lastly the digestion is said to 'house the intellect' which relates to the physiological fact that the brain is the most energy hungry organ in the body. Excessive thinking (worry) weakens our digestion. Getting out of our heads, into our bodies and out into nature is the antidote.





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# Quantum Computers - A look into Computers of the Future

Louise Bally

Quantum computers use the properties of quantum physics; a quantum computer differs from a traditional computer because it is capable of dealing with uncertainty. The bits that make up regular computer processing are a series of on and off switches (or zeros and ones), using minute transistors on a silicon chip. A quantum computer uses qubits (quantum bits), using atoms, ions and subatomic particles instead of transistors. In addition to being in the on or off position, a qubit can also be both on and off at the same time, or partially between one or the other. This is called "superposition". This allows for all possibilities to be viewed simultaneously in contrast to a regular computer which processes each potential possibility one at a time when solving problems.

Another unique aspect of the qubit is its ability to integrate "entanglement", a process in quantum mechanics where two random possibilities become entangled influencing the outcome of the other. This uncertainty factor theoretically will allow for complex calculations, processing millions of times faster than a regular computer processor.

Complex computations and simulations using quantum computing would enable researchers to simulate complex molecular reactions, useful for example in chemistry, medicine research, battery and solar cell technology, speeding up technological advancement considerably.

Cryptography for cyber security would mean the creation of encryption codes that could not be copied or hacked. They would be completely unbreakable. Future quantum computers will easily decode the current encryption system in use, a problem that has necessitated advance preparation for this event.

Building the architecture for quantum computers is an engineering challenge; current models resemble a giant chandelier made of copper tubes and wires. Recent research into the use of microcrystals and rare earth ions that can work as qubits, hopes to reduce the high error rate caused by the qubits extreme sensitivity to its surrounding environment, particularly electrical interference. For this reason they need to be kept isolated from all interference and kept at a temperature close to absolute zero and accessed remotely.

It will be some time before quantum technology advances enough to reach the projected goals in AI development, accurate weather prediction, industry advancements and a better understanding how to tackle climate change. The race is on to accomplish "quantum supremacy" a term coined to define the moment of achievement when quantum computing exceeds the capability of a supercomputer for a given task.



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# New Service Providers at Uki Public School After School Care Centre

Rachel Watkins - Principal

Uki Public School's After School Care Centre (also known as OOSH – Out of School Hours) has new managers.

For many years, the school's P&C Association has managed the OOSH Service, providing excellent child care for school-aged students until 6pm each school night. The centre has been rightfully proud of its reputation for quality care, engaging activities - and delicious afternoon teas!

Towards the end of 2019, the P&C started to discuss the possibility of handing over the management of the centre to an outside provider. At the same time, the Department of Education launched a BASC (Before and After School Care) Reform Strategy, so that as many families as possible in NSW would have access to quality care, even in rural and remote areas.

Throughout 2020, Uki Public School P&C worked closely with the Department of Education BASC Reform team who recently appointed a highly reputable company, 'After the Bell', to take over management of the OOSH service from the beginning of this school year.

This is an excellent outcome which will see quality After School Care guaranteed to the Uki Community. Any school-aged child is welcome to attend the centre; students do not have to attend Uki Public School to attend

the centre. If there is demand, 'After the Bell' will consider offering Before School Care and Vacation Care as well.

If you would like your child to attend the OOSH Service – either with a regular booking or on a casual basis – the first step is to register at <https://afterthebell.com.au/register-now/>

You're also welcome to contact the school on 6679 5128 or pop in to the school office for more information.



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# Is Stress Putting Pressure on your Relationships?

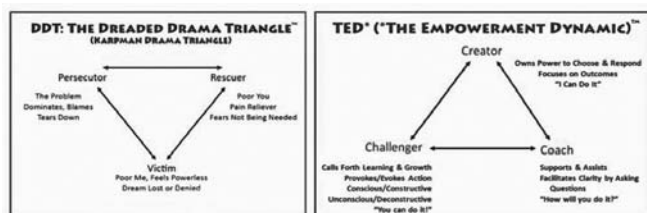
Andy Travis

Developed by Stephen Karpman, The Drama Triangle, and its later-suggested solution, The Empowerment Dynamic, could possibly help you to build healthier relationships.



Three roles play out in The Drama Triangle:

- The persecutor feels powerful by blaming, dominating and being aggressive.
- The victim feels powerless, is passive and thinks 'poor me'.
- The rescuer thinks 'poor you' about the victim, and is compelled to 'save' them. The rescuer feels needed by



doing so.

## The Solution

Developed by David Emerald, The Empowerment Dynamic turns the Drama Triangle upside down, suggesting new roles: Victim to Creator, Persecutor to Challenger, and Rescuer to Coach.

According to this model, if you find yourself in victim mode, practise moving towards creator role: Find ways to be self-responsible. Avoid submitting to and then blaming

the persecutor. Be careful of being 'rescued' by someone, which may temporarily relieve your problem, but would ultimately keep you powerless.

If you find yourself in persecutor mode, practise moving towards challenger role: Be assertive rather than aggressive. To clarify the right-hand diagram above: Be a challenger consciously; doing it unconsciously won't be constructive. Motivate others by using a 'power-with' rather than a 'power-over' approach.

If you find yourself in rescuer mode, practise moving towards coach role: Check that your help is strengthening others and not making them dependent on you. Work on your self-esteem so that you no-longer 'need to be needed'. Being a coach means preferring to do things with someone, rather than for them. Help people to find their own solutions by asking them questions, instead of giving advice.

Caused by trauma or dysfunctional family conditioning, you and people in your life may have been enacting and swapping roles in The Drama Triangle for decades. Remember that sometimes the most proactive thing you can do is to withdraw from a situation or person, temporarily or permanently. Be patient as you try out The Empowerment Dynamic, and initially practice with supportive people. If you're stuck, see a counsellor or therapist, or check out a support group.



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### Celestial Serpent Band

Celestial Serpent Band brings a rich mix of textures and grooves that Carry their powerful consciousness message. Combining Live Hip hop, dub, reggae, funk, and rock there is something for everyone. Delivering Nutrition for the soul body and the mind.

Celestial Serpent is a Filmmaker, Artist, Musician and Polymath Educator from New Zealand. He is most well known for his revolutionary messages and his powerful hip-hop presence. Quoted as one of the worlds best Freestylers, Celestial serpent earns his esoteric alias Speaking/rapping in ancient tongues such as Maori (NZ), Metu Neter (Africa) and Sanskrit (Veda). Celestial has played in a number of Bands including Wandering eyes, Substance, Soundbugz and the Celestial Serpent Band. Musically he is known for his intellectual lyricism, improvisational abilities and his High-energy stage presence. Performing with the likes of Salmonella dub, Nicky Bomba (John Butler Trio) Oka, Sticky Fingers, Dubbaray, Matiu te Huki and more.

Joined by Mantlepeace and other special guests.



Mantlepeace



## MARCH Buttery Bazaar

Sunday th MARCH

### Waterwall

Get ready to preview a vibrant "Live" set of original music. Chantal and Benny Wah-Wah, Australian songwriters with a difference. Their music captures the listener with heavy grooves, electronic funk and wailing guitars. Uplifting soulful vocals and lyrics tell stories about profound emotions and finding peace of mind. Driving Riffs and nu-skool breakbeats became the formulation of the power-driven energy that make up Waterwall. Fresh and engaging, this duo residing on the Northern Coast of NSW formed in 2015 and continue to write, record and play live.

Catch us at the Uki Markets from 9am with special guests;

#### 9am:

Tweed Creative Studios Murwillumbah Community Old-Time Music Group. Old-time music refers to the traditional fiddle music of the American South and Mid-West. It is music that is aurally handed down through the ages, and consists of jigs, reels, hornpipes, Rags and breakdowns. Most of the tunes have no known composer and have changed over time through the interpretation of the musicians who play them.

Our community group consists of professional and amateur players who come together every Thursday morning at Tweed Creative Studios to follow the tradition of playing and enjoying this music.

10



TCSMCOTMG



Leash



Waterwall

We play fiddle (of course) and banjo, ukulele, guitar, tuba, bass and percussion, but at this point in time – because of Covid-19 – there is no singing!

This is traditional music that gets your toes tapping and your spirit flying. It's lively and requires skill on your instrument. By participating in this group, your brain cells are stimulated and your mental health is being looked after. Its a great hobby with a ton of fun – just ask anyone who takes part in the session!

10am - Special Guest (TBA), 11am - Waterwall, 12:30pm - Leash Live



# Astrology

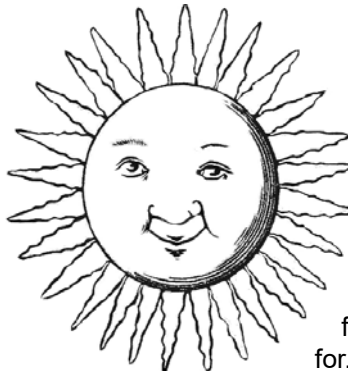
Paola Emma

## February Moon Phases tell a Story

**A**strologically February appears unstable, even unpredictable. The Lunar Phases and Mercury's Retrogradation (Jan31/Feb21) confirm this knotty pattern.

Excellent cases in point: January 29 Leo Full Moon and February 12 Aquarius New Moon, extending their influence over the whole month. At the Full Moon, the Sun, Jupiter, Saturn, Mercury will all be in Aquarius; while the Moon and Venus will join them too at the New Moon, all forming a difficult right angle to the troubling Uranus-Mars' Taurus conjunction. These alignments show that conflicts and/or unforeseen circumstances could disrupt our best laid out plans, even locking us into temporarily unescapable situations.

The first pass of the 90 degrees angle between Saturn and Uranus, 2021 signature transit (Feb18-Jun15-Dec24) could prove difficult to navigate because of the conflicting nature of the planets involved. And Mars, this time around, provides the volatile element. Saturn wants to transform potentials into workable realities; Uranus the drive for radical changes often spurred on by ideologies rather than practical considerations. Saturn will curb maverick Uranus' penchant for revolutions. Embracing the changes our inner



compass is urging us to make could clash with previous commitments and limiting circumstances, a frustrating situation. This tension though could be what we need to prepare better for the time when we will be freer to embark on the new life path we long for. It will be worth the wait.

March: focus on the Mutable Signs

In March the focus shifts to the Mutable Signs, Gemini and Pisces.

Mars, transiting mentally flexible Gemini from March 4 to April 23 will call for open, direct, sometimes antagonistic communication among people, but it should be less war like than Taurus Mars. Most importantly this trouble maker is separating from the major planetary action between Aquarius and Taurus which has been setting the tone for 2021: Aquarius' free thinking and reforming spirit, represented by Jupiter, but also somewhat hampered by Saturn, against more conservative and utilitarian Taurus, where Uranus is struggling to break the old mould, with the risk of causing great social and economic upheaval.

The right time to celebrate the Aries Autumn Equinox will be March 20 this year, 8.37 pm.

For more astrological insight please visit my site: [livingmoonastrology.com](http://livingmoonastrology.com)



## Uki and South Arm Historical Society Inc

# Terragon School 1916-1942

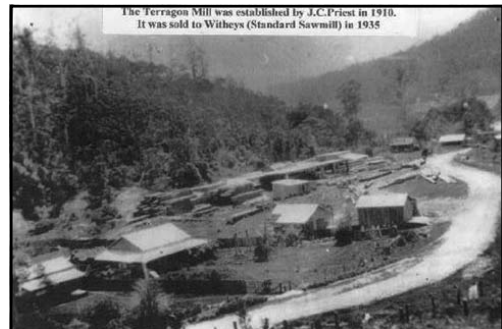
Esma Thompson

Even after repairs white ants kept eating the building. The teacher wrote several times and eventually the Department decided to send a "white ant expert". He was to go to all the schools in the area but when he arrived at Murwillumbah Railway Station he discovered that he couldn't get accommodation anywhere on account of the Flu, so he camped the night in the Station waiting room and caught the next train back to Sydney. Eventually the white ant expert did get to Terragon and found that the school was built on a white ant nest. White ants were still a worry in 1926. The expert was called in again. He said that they made a mistake in the first place by not using white ant resistant timber and the cappings were faulty. When Mr George Fenning took over as teacher in 1938 he had similar complaints as previous teachers in regard to white ants and the need for repairs.

Joseph "Bunny" Whitby remembered; 1929 when Mr Eric Baker became the teacher at Terragon he was the proud owner of a T. Model Ford. From then on all the kids who lived on his route to school always made sure they were on the road in time to be picked up by Mr Baker in the Ford which would arrive at the school with children hanging all over it.

The school was at the junction of the main South Arm Road and Byrill Creek Road which led to the timber forests. The bullock teams used to cross the stream known

Continued from Issue 115



The Terragon Mill established by J. C. Priest 1910  
Photo Courtesy Tweed Regional Museum

then as Reynolds Crossing on their way to the Terragon Saw-mill with loads of logs. It was common for the teacher to take the children down to a vantage point to watch the manoeuvring and cajoling that took place as each team negotiated the steep climb and sharp corner leading up to the main road. Having completed the most hazardous part of the journey and onto a better road most of the teams would be lined up along the front of the school and given a rest while the drivers boiled their billies and had lunch. Pupil numbers started decreasing and in April 1942 the Terragon Provisional School closed.

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