



Water Options Survey Finds Support for Population Cap

A survey on Tweed Shire's future water options revealed overwhelming local support for a population cap and other methods to reduce water use.

The community driven survey came in response to Tweed Shire Council's proposed water demand strategy and was undertaken by community representatives from Tweed Shire Council's Community Working Group (CWG) which was established by Council to provide community feedback to the strategy.

The options tabled by Tweed Shire Council to increase the shire's water supply are:

- raising the wall of the Clarrie Hall Dam to double capacity;
- build a new dam at Byrrill Creek;
- build pipelines to South-East Queensland or Lismore water supplies.

Many locals and green groups are opposed to any dams and instead have called for a range of other options such as a population cap to reduce demand as well as mandatory high-volume rainwater tanks for household and commercial use.

- Almost 84% of survey respondents said they were

against planning for a doubling of the shire's population by 2036 (a figure used as a basis for increasing the water supply);

- 91% said the population should be capped to suit current available water supplies;
- 96% said the population should be limited to suit environmentally sustainable levels.

"The proposed dam at Byrrill Creek could mean six dwellings and 24 locals may be affected," said Joanna Gardner, Byrrill Creek resident and CWG representative.

"I urge people to come along to the next public Water Options meeting at Uki Hall Saturday 27 February at 2pm," said Joanna. "There will be guest speakers a film and slide show, and assistance to help people write their submissions which close on 26 March. Byrrill Creek is the highest conservation riparian area in the Tweed."

A community picnic and field day is also planned at Byrrill Creek Sunday 14 March at 10am. Ph 6679 7039 or email peter.symons8@bigpond.com

For detailed survey results go online: www.calderaenvironmentcentre.org

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, 2 March or 6 April 2010.

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

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

Family Photo Tips by Kathy Booth

Diploma of Photography M.L.T.C. 1986 Specialising in children's studio photography since 1992.

Picture postcard Uki; every shade of green, it's mid summer and the soft light after rain reminds you why you fell in love with the place all over again. Imagine the scene with your family in it. Now imagine this as a photograph beautifully framed and hanging proudly in your home. Better still you are the person who created it and how fantastic would that feel.

Your family looks wonderful, the scenery (background) is truly amazing, but putting one into the other to make it all look terrific need not be so difficult.

Background: Is there somewhere convenient where both you and your family could BE that photograph. Somewhere in a lush green area of your garden or paddock with a distant view? As a background, a simple colourful shrub can and does make all the difference. Time of the day is critical. On sunny days the best light is after 4pm or before 10am. Otherwise surprise yourself and try the on-camera flash outside.

The group: Create layers by having some people sit and others stand close behind stretching their heads forward. Besides focus issues this is a kindness to those of us with too many kilos as it will minimise the double (triple) chin look.

Because you know your camera settings flick on self timer and rejoin the group. Have your camera carefully positioned on a stand with books to about eye level to the central face in the photo.

Real smiles to fake smiles takes just a silly joke. No smile looks better on some people. Plain bold coloured clothes work well for group photos or casual dress, especially denim. Remember to be time efficient, have a convenient location. A quick photo is a good photo. Get the location sorted before the shoot. Get your camera settings and focus sorted by doing a trial group photo with just you in the photo (at the same time of the day as the real photo).

Do your cropping on the computer after the shoot and if it's a fantastic group photo but the lighting, colour, or background is not good enough, turn it into a black and white or sepia photo. Digital photography can be that easy. Enjoy!

Mt Warning Preschool News Flash

Enrolments at Mt Warning Preschool are available for 3 to 5 year old children. The early childhood service is now offering extended hours in 2010 on Wednesdays and Thursdays from 8:30am to 5pm. If you are interested email mtwarningpreschool@bigpond.com or call 6679 5313.

The Preschool received a \$5000 grant last year for an Eco-cubby and there are plans to get it underway as soon as our community partner T.S.C. gives the green light. Thanks to parents Tenna Malcolm and Maria Hogan for their valued work on this project.

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THE HEART OF THE TWEED

Happy 2010

From the Editor...

Cheers, Tessa Martin

Deadline for issue 52

is 22 March 2010

Tweed Shire Water Augmentation Options

by Joanna Gardner (Byrrill Creek Community Working Group Representative)

Many thanks to the people who returned their surveys with feedback on Tweed Shire's Water Supply Augmentation Project.

It was a difficult time to conduct a survey, being so close to Christmas, however, the results needed to be collated prior to the CWG Meeting on the 18th January.

There were 159 responses out of 700 surveys distributed. This sample reflected the majority of people wanted environmentally sustainable solutions to Tweed Shire's Water Augmentation.

If you would still like to participate, it's not too late. Go to the Caldera Environment Centre website ASAP: www.calderaenvironmentcentre.org.

Your response can be emailed to Jai at: tweedwaters@gmail.com

For those who want to peruse water options in detail and see the size of the new developments proposed within the north and eastern part of the shire, with no major recycling water planned, check out Council's newly released Water Supply Demand Management Strategy Plan for public Comment. Go to Council's website: www.tweed.nsw.gov.au

Dates to Remember:

What: Public Water Options Meeting

Where: Uki Hall

When: Saturday 27 February at 2pm

There will be guest speakers on environmental issues, a film and slide show, and the EDO Lismore will advise on legislative matters. Help will be given to lodge submissions. Public submissions close on 26 March. Please come along and have your say.

What: Community Field/Water Day

Where: Byrrill Creek

When: Sunday 14 March at 10am

Detailed information will be provided. Everyone is welcome for walks and a picnic. Bring lunch, drinking water, walking shoes, swimmers. It should be a fun day.

For more details check out the Uki Hall noticeboard, email peter.symons8@bigpond.com or phone 6679 7039.

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....providing a support and network system for the businesses in our community.

Welcome again everybody to the Uki News, we look forward to bringing you 'the news' again in 2010 as it affects our village and surrounds for the coming year and beyond.

People may have noticed that the playground in Sweetnam Park has moved ahead fantastically and is useable but as yet not quite finished. It's such a great facility to have for so many reasons.

To anyone who is not aware the Tweed Shire now has a new draft Local Environment Plan, which is the principal document used for development control for the shire. Now is the time to have your say on the outcome of the final version.

Likewise, now is the time to contribute to the Tweed Shire's water supply/demand management strategy. Various meetings are being held with the next local one at the Hall on 27 February. Given Uki's proximity to the actual source of Tweeds water the outcome of this program is likely to have profound long-term affects for the village and surrounds.

Another interesting development is that Uki is forming its own Sustainable Street and information on this project may soon be accessed via a Sustainability Street Uki Website being constructed by some

generous local talent. It should be an interesting project that helps to lay some groundwork for how 'sustainable living' can be enacted on larger scales to meet the demands of the future.

Also, Clean Up Australia Day is on Sunday 7 March, starting 8am at the Buttery. Come on down, it's a fun social morning and helps to send a positive message that our community prefers a litter free public environment. Finally, UKIRA wishes to say a big thankyou to all the local Australia Day awards recipients – Thankyou!

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Uki & South Arm Historial Society by Helena Duckworth

Welcome to 2010!

The Society has embarked on the next two stages of the Migration Project. These projects will concentrate on the South Sea Island and Sikh communities and highlight their contribution to the sugar and banana industries of the Tweed Valley.

Also featured will be incomers from the 1970's to 1999. This includes the hippies, new age and the start of the sea /tree change phenomenon.

Dr. Jo Kijas, who wrote the earlier publication 'The Other Side of the World' is on board for these two stages and is very happy to be back for this project.

We will also be working with Julia Gill who is known for her Healthy Historical Walks through the Valley. The Society will supply photos and information for the pamphlet guiding people to the history of our village. Something to look forward to.

The Society meets at our office in Norco Lane, Uki, on the second Saturday of the month at 10am. The office is open on Fridays from 10am to pm.

New members are always welcome, please phone 6679 5890.

YOUR River, YOUR Valley and YOUR Chance to Repair the Damage!

by Rev. John Tyman

In the Creation Story sacred to Muslims, Jews and Christians our ancestors were entrusted with the stewardship of the earth. They stuffed things up and were thrown out of the Garden of Eden. In Uki, however, we've been given a second chance, for we live in another Garden of Eden. Could any place on earth be more beautiful? And there could, surely, be no greater earthly blessing than that enjoyed by those who live here? Yet it is a privilege and a responsibility which we often ignore.

We are today's stewards of the lands, which have been entrusted to us: and much needs to be done to compensate for mistakes made in the past. Forest was cleared where it should never have been touched. The banks of our rivers were degraded and their channels plugged with silt. Plants that were introduced ran rampant as weeds and choked the life out of native plants. The region's wildlife were decimated: and the loss of plant and animal diversity continues to this day.

But it's not too late to do something. It may well be "close to midnight", but where there is a will there is always a way -- when that will is expressed in action. The people of our valley have spoken on behalf of the environment whenever it was threatened by Council.

The debate over the Repco Rally, for example, illustrated how our values differ from those of city folk whose priorities are "development" and "progress". However, while we may **believe** these things we are sometimes slow to **do** anything -- or, more likely, are held back by doubts that there is anything we can do. Well, there is... lots!

The Friends of Wollumbin Landcare Group were established in 1997, with the aim of enhancing the biodiversity of our region, and the provision of corridors for wildlife between Mount Warning and Mount Nullum. Since then they have waged war on weeds and planted a tremendous number of trees native to our area. In recent years, while maintaining earlier plantings, they have focused on the rehabilitation of the river bank opposite Boulder Close -- as you will have noticed on your way to town. Again, thousands of trees have been planted: but much remains to be done, and since none of us is as young as we once were, we are in need of additional volunteers.

Join us next Saturday 6 March (and the first Saturday each month thereafter) on our Community Riverbank Landcare project, Kyogle Road, Byangum from 7:30am to plant trees and Lomandra in the gully area at Gate 4, 6kms north of Uki. The area will be prepared for plantings by funded Bush Regenerators. Bring mattock, shovel, bucket, hat, gloves water, chair and morning tea to share at 10am. For further details phone Marcia 66728146 / Roland 66795879.

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Defeated by Nutgrass!

by Penny Watsford

Did you hear the plaintive cry from Sweetnam Park Native Plant Garden? Nut Grass has proved to be an ineradicable problem, undermining the aim to establish a diverse range of forest floor plants in the native plant garden in Sweetnam Park. A new invasion of Nut Grass is moving rapidly towards the yellow daisies, and I cannot wrestle with it any longer.

An added contribution to the non-viability of the establishment of flourishing understorey plants is the proximity of the new children's playground. If we had been more successful in growing delicate ferns, we would now be worried about their safety, as children may be tempted to run around in the garden. As it is, an additional cause for concern has been created. That is, the safety of the children in the playground. One of the plants we have growing is Cunjevoi, every part of which is poisonous. Right now the Cunjevoi has attractive red berries, so appealing to children.

One idea seems obvious: Now that a playground has been established nearby, with no shade, why not convert the Native Plant Garden into a shaded picnic and play area. Having a natural play space would complement the structures recently installed.

I am no longer willing to take responsibility for the eradication of Nut Grass. Every method has been tried – hand-weeding, smothering with newspaper and mulch, Round Up. Still it comes. I cannot do it any more. For eight years I thought that once we'd get on top of the Nut Grass problem, then we'd be able to establish more small plants. Now I realise the day will never come. Without someone to keep on top of the weeds, the understorey is not possible, the moment has come to abandon the project as envisaged.

The notice board is neglected and should be removed. I shall ask for a meeting with Council Parks & Gardens to discuss ways of modifying the garden to make it easier to maintain. If adopted, I am willing to remain an active worker assisting others while the necessary changes are made: removing dense undergrowth and dangerous plants and pruning lower branches of established trees to allow easy access.

The Salvation of Uki

by Rev'd John Tyman Holy Trinity Anglican Church

Listening to "the Spirit of Things" on the ABC recently I was thrilled with the answer given by the American "evangelical" Brian McLaren to the question I was asked many times in America: "Are you saved?" This is his answer in part:

"For many Christians, Catholic and Protestant, the Christian message has primarily been about the afterlife, and we assume the Kingdom of God meant where you go after you die. But it's very, very clear that when Jesus talked about the Kingdom of God, he was talking about something that happens in this world, that's a transformative movement within this world for justice and reconciliation and peace."

"Many Christians have a view that God plans to destroy the world very soon, and so all they're interested in doing is getting more and more souls into the lifeboats to go to heaven. Well when you have that attitude, it's very hard to take global climate change seriously, which is a problem that stretches out for decades and centuries, and my view is very different."

"I believe that we have to care for this planet, I believe that that's a very, very high value, and that to be a Christian means to take seriously the future of this planet, not its abandonment. Many Christians are more concerned with Darwin's "Origin of Species, than they are with the extinction of species here and now!"

"What does it mean to "be saved"? To me, it means to be saved from a life that's wasted, living for money and personal pleasure and one's little in-group to the exclusion of everyone else. There are so many ways we can waste our lives with materialism, consumerism, racism and nationalism, and not realise that God loves everyone: and so to me to be saved is to be saved from a really wasted life. To me, that's what sin really is. Sin is a tragic waste of a beautiful and good human potential. And then it's to be not only saved from something, but it's to be saved for something, and that's to join God in the healing of the world."

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Imaging Computers

by Robert Harrell

Well, Happy New Year to all.

Since my last post I have been asked 'who shall maintain their computers when I have gone'?

Well, I shall remain here until the house has been sold. If I am not in residence, I'll be out delivering yachts. If it is possible to wait, great I'll work flat out when I return getting the beasts back into shape, but I can also take control of your pc out at sea and fix it. It's best to ring me first and find out my ETA or where the bloody hell I am... excuse my Swedish!

Another way is to partition your hard drive with some free downloadable software from the web. Go here and download: <http://www.ranish.com/part/> Split the drive in two, give it a name like "Back Up" get the new drive formatted and then create a few folders, one for mail, documents and downloads for example. Then configure your email application to store the data in the mail folder, your documents to be stored on the newly created folder on the new partition.

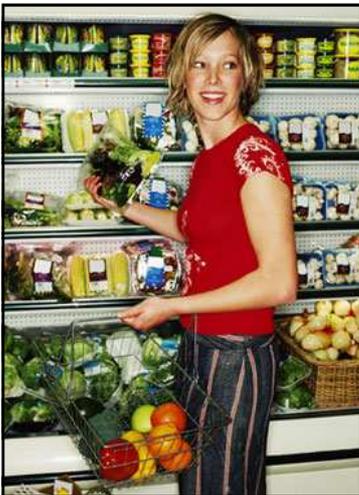
Now you need some software to create an Image. Now an Image is a copy of a drive, usually C: Drive,

compressed to save storage space. Go here: <http://www.runtime.org/driveimage-xml.htm>. This software will create an Image which can be stored on your hard drive or removable media, e.g. DVD Discs. Now remember to create a rescue disk. Now when and if, and it will, go belly up one day, due to virus/software/malware installations, you can boot your PC with this rescue disk, follow the prompts and return your system to where it was when the Image was created, just remember where you have stored the Image. If you have split your drive into two, the system will already be configured to read the contents of your documents/mail/etc. Sounds easy doesn't it?!



This way you can rescue your system yourself, save yourself hundreds and spend it instead on your favourite pastime, be it drinking beer, driving fast motorbikes or chasing the opposite sex... you know what I mean...

Anyway, there is no need to panic, leave that to me. Five meter swell, a 35 Knot wind up your rear end and you're in the middle of Bass Strait, alone on deck at night... Yup, leave it to me.



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

Hi, everyone, and a Happy Birthday to all Aquarius and Pisces out there. For Pisces people the year has began truly on January 18, when Jupiter, their Ruling Planet, moved out of Aquarius into their Watery Sign. Until early June, the giant Planet will rapidly transit Pisces, inspiring confidence and optimism, first to those of you who were born in February and then the ones born in March. Jupiter often makes us feel as if the skin we are in were too tight, creating an irresistible urge to expand and improve. Opportunities will come your way, but excess of optimism could prove misleading.

If there is room for improvement in your life (who can honestly say there isn't!) this Transit will remind you of the principles you want to live by, the need for richness and variety in your experiences. You need room for expansion and to adjust your life to your higher ideals, otherwise this Transit could prove frustrating, making you feel restless, unsatisfied and rebellious. Travel and/or study are some of the most common expressions of this cosmic influence.

Other Sun Signs that will be in contact with Jupiter are Cancer and Scorpio, for whom too opportunities will open up and restrictions feel unbearable for a while. To a lesser degree the Signs Capricorn and Taurus could also benefit from the friendly rays of Jupiter (sextile, 60 degrees distance).

The Mutable Sign, Virgo, Gemini and Sagittarius will also receive some intense energy from Jupiter (right angle distance), and could in fact manifest the less desirable side of this Transit. Slowing down and making a conscious effort to remain realistic could help you to put things into better perspective.

The period of major activity for Jupiter's Transit will be February to early June, and then again September to late January, 2011.

To read an extended version of this article and many more (about the Astrology of Mary MacKillop, Haiti, Eclipses, Obama, Sorry Day, Copenhagen, Future Transits, Tutorials etc) go to <http://livingmoonastrology.wordpress.com/>



Crystal Wisdom

by Rhiannon Hedley
R.N. HH Dip (S.H.) (Acup.) (M.H.T.) Reiki Master/Teacher

Crystal Healing is the Art of understanding and connecting with the energies of crystals to facilitate a 'healing'. 'Healing' is bringing your mind, body and spirit back into alignment – harmony, which is all aspects of the whole working together. Crystals are one of the oldest forms of 'healing'. There is archeological evidence which supports our 'knowing' of this. Crystals were sacred across the ancient world. There is evidence which dates to 40,000 years BC of the use of crystals for rituals, healing, protection, and tools.

Crystals assist us energetically; they have fields of energy which interact with our own energy fields. The choices of crystals have the potential to improve us. Working with crystals enhances your ability to feel the interconnectedness of all things. These subtle, yet powerful energies heal and transform our lives.

Crystals are able to transmit and receive information in the form of thoughts and emotions. Each crystal has its own 'unique' vibration. Relationships with crystals are unique, not all crystals will resonate with all people. Different crystals will resonate with you differently at different times dependent upon your own vibration at the time.

The vibrational field of energy created when crystals are worn as jewellery, has the energetic potential to provide so much for us, on all levels of our 'be-ing'.

The Crystal Combination of the moment is:

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This combination supports our first three Chakras. It facilitates balanced, discerning, confident action. It ensures that we 'get things done' in a way that supports our highest good, with ease and grace. This combination is strongly supportive of our Sacral Chakra, ensuring that we have confidence in our creative desires. It stimulates the flow of life-force energies within our be-ing. This combination provides the vitality, enthusiasm, and willingness to action the necessary activities to bring our creative desires into manifestation.

Contact Rhiannon at eaglemoon@live.com or go to www.eaglemoon.com.au



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Traveling With Tanya

by Tanya Filak

Happy New Year Uki! I hope you're all busy dreaming big for 2010!

This issue's question is from Helen who would like to know some helpful tips for flying and traveling with little ones.

A Survivor's Guide for mini jetsetters – the most important thing you need to remember whether traveling with an infant or toddler, is to be prepared! You need to bring everything with you. Don't rely on the airline to provide entertainment; these are quite often not to your child's liking.

Bring boredom busters for totts, for example playdough, colour books with crayons, stencils, etch-a-sketch, travel games etc. Pop into Dinky Di Discounts in Murwillumbah and get a kid's travel pack ready. This can also work a treat on long driving holidays too.

Also ensure you fly on an airline that has individual seat back mounted tv screens. Little ones can't see the overhead ones. It also helps to keep the little ones in routine too, so make sure you take their pj's and a book on board with you and when it's sleep time, put them to bed as normal.

For infants, get your baby used to being in a sling or carrier. It will help immensely to keep your hands free when boarding and disembarking and will let baby feel safe and secure. DO NOT EVER wake a sleeping child on a flight for meals, simply give the child some snacks you've brought along when the child wakes up.

Once at your destination you can hire all your necessities like strollers, cots, highchair, pram etc, but make sure you book in advance or you could miss out. Pack the kids own pillowcases, you'd be amazed at the difference it can make to sleeping.

Email your travel questions to tanya.filak@travelcounsellors.com.au or call 6679 5398.

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RSL Report

by Ray Blissett

A happy and prosperous New Year to all. The Chapter held its Christmas barbeque at Brian and Gayanne Gleave's residence on 14 December. An enjoyable afternoon was had by all attending. Unfortunately, several members were unable to attend because of illness and other commitments.

On 10 December, members attended the Uki Public School's presentation day. The Uki RSL's School Service Award – Student was presented to Caroline Ridgeway (daughter of Peter and Maxine, Chapter members).

Our next event will be the ANZAC Day Dawn Service and all are welcome to attend breakfast in the Hall after the ceremony.

Finally, members are reminded that 2010 subscriptions are now due and payable at the reception desk of the Murwillumbah Services and Memorial Club.



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No Rest for the Wicked!

by Maggie Wilkins-Russell



**Neighbourhood
watch.**
NSW POLICE SERVICE
Working for Safer Communities

This information is
provided as part of the
NSW Police Service

During the holiday season we unfortunately experienced a spate of break-ins, theft and vandalism around the school and village.

Windows were smashed and computers, fire extinguishers and builders' tools were stolen. On two occasions the public toilets were vandalised and items strewn around the park and laneway.

Given the range of items left found it was obvious that alcohol had played a major role and a number of young people were seen wandering around the park and road, with one young girl even lying on the pedestrian crossing.

All incidents were reported to the Police and enquiries are in progress.

We are indeed fortunate that vandalism isn't a common occurrence in Uki village, but in order to keep it that way, we all need to be vigilant, especially during holiday periods.

If the public toilets continue to be trashed, Tweed Council (who is responsible for the cleaning) will be forced to lock them, at great inconvenience to everyone.

And children as well as adults are advised that the school grounds are off limits outside school hours unless express permission has been given by the Principal.

If you're seen on the property you may be charged with trespassing and/or implicated in an incident. If you notice anyone in the school grounds after hours, please call school security on 1300 880 021.

It's your neighbourhood – be watchful.



JUDITH MAGEE

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Health Fund Rebate Available

Matters of Weight by Judy Magee,

It has been long understood that there are a complex collection of factors at play in the issue of obesity. Health professionals know that successful initial weight loss and then *permanent* maintenance of a healthy weight is absolutely dependent on understanding what these factors are and how they need to be supported.

The mental and emotional components are critical – supporting self esteem, improving anxiety levels, building strategies for how to live well, and so on. Education about food - what, when and how much we should eat - is also important. The key is to develop healthy eating habits, rather than imposing a short term 'diet', which will almost inevitably end, with return of old habits and weight – sadly, usually more of it.

What is also *essential* is understanding and supporting the metabolic factors at play. The metabolic and biochemical chaos present in an overweight body is both cause and effect. Defects present in neuroendocrine systems will almost inevitably disrupt the body's normal regulatory processes relating to insulin levels, appetite control, adrenal function, neurotransmitter activity, metabolic rate and so on. This will affect appetite level, cravings, inability to get full, slow down of metabolism, conversion of glucose to fat, poor oxygenation levels, easily fatigued muscles, sluggish digestion and poor elimination. Even with a very committed mental attitude and well thought out diet and lifestyle plan, unless these metabolic factors are addressed, achieving a permanent healthy weight is unlikely.

Research has identified that persistently obese people can have a genetic abnormality with a key regulatory enzyme called methylenetetrahydrofolatereductase (MTHFR). This abnormality has consistently been associated with:

- Higher BMI (body mass index)
- Higher WHR (waist to hip ratio – one of the key indicators of obesity and predisposition to diabetes, cardiovascular disease, etc)
- Higher serum androgens – present in conditions like metabolic syndrome and poly cystic ovarian syndrome
- Lower SHBG (sex hormone binding globulin – present in a range of hormone irregularities)
- Central adiposity (presence of abdominal fat)

This genetic irregularity can be identified through integrative pathology testing and then if needed, key supplementation can be provided to correct the compromise enzyme function.

These consequences of obesity are devastating, with cardiovascular disease and diabetes the major causes of death in Australia. It also profoundly affects quality of life for the person and their loved ones. It is improvable; it is possible to have a healthier body and relationship with food. Make 2010 *your* year.

Dru Yoga

by Debbie Hodge
dip Dru Yoga, cert. Hatha Yoga

Yoga is a practice that works with the individual, to help them achieve a positive healthy life. The word Yoga comes from *Yo- Yoke* or *Union* and *Ga- God* or *Life Force*. Yoga was recorded in an ancient text known as the Yoga Sutras, written by a Yogi named Patanjali. These Sutras are described as having eight limbs, or principles. Asana, or body movements, form the third limb of Yoga. The other limbs include breath and meditation plus other principles to live by in order to attain peace within yourself and the community and with Mother Earth.

Yoga works positively to balance your seven major energy centres known as the Chakras, so that they may glow as a wonderful rainbow of light, in and around your body.

Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind, spirit - improving strength and flexibility, creating core stability, building a heightened feeling of positivity, and deeply relaxing and rejuvenating your whole being.

In 2005, 450 participants in Dru Yoga courses worldwide were asked about the effects of their practice:

- 72% found it reduced back pain
- 92% experienced improved spine flexibility
- 86% enjoyed increased energy levels
- 89% experienced improved breathing with yoga
- 89% can now reduce and control stress levels
- 81% have greater confidence and self-empowerment
- 84% benefited from enhanced mood since practicing Dru Yoga
- 83% felt emotionally balanced
- 91% gained peace of mind by overcoming negative thinking

I have personally found Yoga to be so healing and supportive and have been encouraged to share this with others since 1992 when I first began to teach in Uki. I am passionate to continue to share Yoga in 2010 as it has the key to the door of peace!



Looking For a Positive and Complete Approach to Health & Wellbeing?

Try Dru Yoga!

Designed to be practised by people of all abilities, fitness levels and age groups, Dru is a style of yoga that can be quickly dipped into or learnt in more depth over a lifetime.

**Classes at Uki Hall
Mon 6pm, Wed 8:30am
Debbie Hodge Ph 66795905
For M'bah classes ph 66724215**



UKITOPIA

arts collective

WHAT'S NEW & WHAT'S ON

Ukitopia Arts Business Month workshops :

What: Grant Writing Workshop
Where: Coolamon Centre, Murwillumbah
When: Thursday 18 Feb and Thursday 4 March, 9:30am-12pm
Cost: FREE

Learn grant writing skills to secure that grant for you or your organisation. Facilitated by Lesley Buckley, Tweed Shire Council Cultural Development Officer. Places are limited, book now.

What: Marketing for Artists Workshop
Where: Canvas & Kettle room, Civic Centre, Murwillumbah
When: Friday 19 Feb and Monday 22 Feb, 9am-4pm
Cost: \$100 for 2 days

This is a two-day intensive course specifically designed to empower you with networking, media and internet marketing tools to take your creative business to new heights. Facilitated by Natascha Wernick from Babareki Business and Johnnie Mac and Mykee from Alchemy Music. Places are limited.

2010 Event Dates

What: Honouring Our Elders Day
Where: Hall Park, Uki
When: Sunday 18 April

This is a new event focused on celebrating our older generation. There will be a story sharing space, a youth auction, workshops and performances. Stay tuned for more information or to get involved, have a chat with Ida, Sue McKenna or Natascha.

What: Cabaret 360
Where: Uki Hall, Uki
When: Saturday 22 May
A performance extravaganza!

What: Ukitopia Festival & Images of Uki Art Exhibition
Where: Uki
When: Saturday 20 and Sunday 21 November

For workshop registration, sponsorship, membership or any other enquiries please email Natascha Wernick at ukitopia@gmail.com or phone 6679 5677. Read our blogs at ukitopiaartscollective.wordpress.com or visit www.myspace.com/ukitopiaartscollective

Kick Up Your Arts

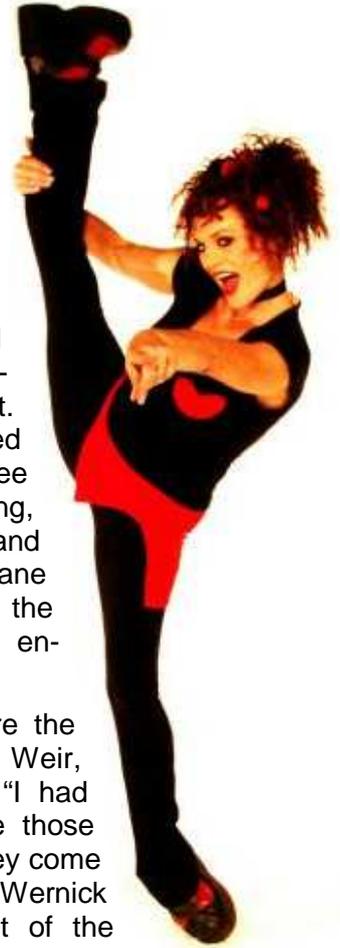
A Review

Kick Up Your Arts is certainly what Ukitopia did last month in Uki. The hall once again filled to capacity and brimming with a happy and eager audience and community members, was a sellout. They were not disappointed with a scrumptious three course meal by Ki Jai catering, and hours of entertainment and laughs, including a paper plane throwing competition! Even the most upstanding citizens enjoyed this play!

Some of the highlights were the performances by David Weir, Soolaba and Fiona Ryan. "I had people asking me who are those performers and where do they come from?" organiser Natascha Wernick said. "The biggest moment of the evening for me", Natascha explained, "was when Beat Boxer Bernie Van Tiel had the audience in tears repeating "Rest In Peace" with her song about Mullumbimby Student Jai who was tragically killed last year at school. This was then contrasted with the stunning operatic voice of Elenor Sapir from Tupenny Opera. When they came on, the audience just looked at each other, amazed that such a stunning voice could come from one of Ukitopia's hardest works." Keep a look out for more concerts from Tupenny Opera in 2010.

The finale, the Collaborae, an interactive in-the-moment jam and dance session lead by Sue McKenna involving many talented musicians and dancers, began with a taste of modern dance from Kalia flowing to breathtaking acrobalance by Bonnie and Eliza. The crowd then took over the dance floor and danced till the end of the show.

"The main purpose of the evening was to state our intention to seek a large organisational partner to cover some core funding and to begin our campaign to raise \$10,000 in sponsorship from businesses who wish to align themselves with our strong non-profit organisation, take advantage of the huge marketing benefits and invest in the culture of our community," Natascha explained. "We need to get this sponsor-



ship finalised before the end of February so that we can fully put our heads into gear for planning the next community event, which will be the Honouring Our Elders day April 18th."

With the event being a sellout Ukitopia certainly raised a bit of money to get them on track with their fabulous 2010 program. Thanks to all those that came.

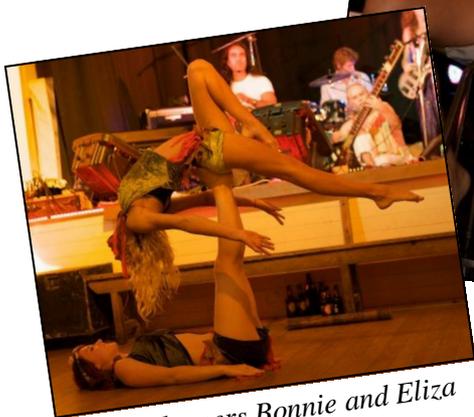
If you would like to enquire about sponsorship, potential partnerships, membership, or upcoming events please contact Natascha 66795677, ukitopia@gmail.com or read our blog ukitopiaartscollective.wordpress.com.



Elanor Sapir and David Weir from Tupenny Opera



Beat Boxer Bernie Van Tiel



Acrobalancers Bonnie and Eliza

Gallery 100



102 Braeside Drive, Uki
Sculptures by Brian Bortram
Paintings by Sue Walston

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Friday 22 January – Sunday 14 March

Sidney Nolan: the Gallipoli series - a new Australian War Memorial travelling exhibition

Sidney Nolan was one of Australia's most innovative, and prolific artists. In 1978, Nolan presented the 252 drawings and paintings that comprise the 'Gallipoli series' to the Australian War Memorial. Completed over a 20-year period, these works were donated in memory of his brother Raymond, a soldier who died just before the end of the Second World War. This exhibition showcases a selection of these works, which constitute both a personal and public lament, commemorating not just the death of Nolan's brother but a campaign that cost so many Australian lives.

My Favourite Australian

In 2008, a joint initiative between the National Portrait Gallery and ABC TV called on the Australian people to vote for their favourite Australian. Filmmakers and artists were commissioned to create video portraits of the ten Most Popular Australians and twenty Unsung Heroes. Tweed River Art Gallery will display these thirty 'moving portraits' in a digital display in the foyer.

Code

The concept of 'code' links the 3-dimensional works of local artists **Kate Maurice** and **Kat Shapiro Wood**. Reclaimed materials bearing marks of the past are often the starting point for Maurice in her explorations of new techniques and processes. Wood maintains a quietness in her works through simplicity, repetition and subtlety. The juxtaposition of work by these two talented young artists form visual and poetic relationships that excite the eye and mind.

5 February - Sunday 11 July

Printer's Proofs: from the Fred Genis Collection

From the age of 32, Fred Genis was able to realise his dream of working with artists as a lithographic printer. The selection of Australian prints exhibited in *Printer's Proofs* represents only a small number from the hundreds of prints in Fred's collection. The diversity of artistic styles evident in the exhibition reflects the breadth of artists that Genis has worked with and his skill in adapting to each artist's style.



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