

# uki news

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

## Uki Phone Tower Goes Up

by Phil Carr

Uki residents will soon be able to access enhanced 3G mobile phone and wireless broadband services following the erection of a 30 metre telecommunications tower on a rural property in Meadow Place, near Uki village.

The facility was built to service the Optus network and should become operational in May.

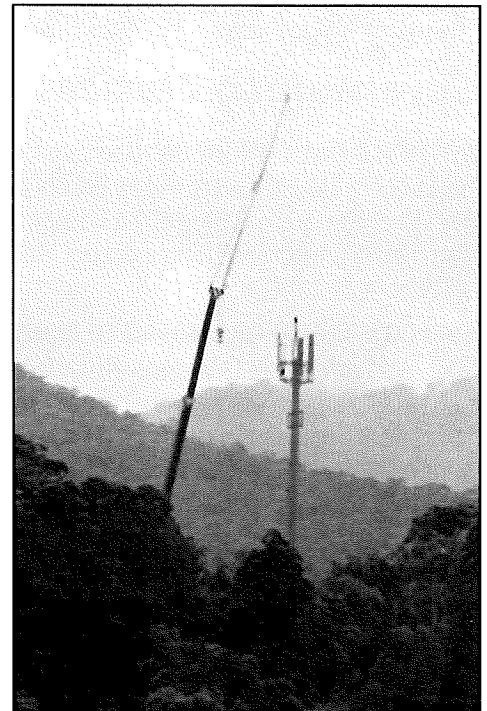
Uki village is the chief target area, but many other locations within

roughly 5km can also expect service improvement, topography and distance being major determinants.

At this stage, only users of the Optus network will benefit, but in the future other carriers may wish to co-locate their infrastructure on the tower.

As locals will know, the tower has not come without controversy. Over the last 18 months many Uki residents have objected to locating the tower in Meadow Place, and on three occasions Tweed Shire Council deferred approval, requiring Optus to find a more suitable location. Despite this, the Meadow Place site was ultimately given the green light.

As fate would have it, in the same week the tower went up, a



*On a drizzly day in March the tower was craned into position*

weathered protest sign in Meadow Place, teetering with an ever increasing lean, finally laid itself down to rest.



## Locals Say NO to Coal Seam Gas Exploration

In a bid to stop our Green Cauldron becoming the "Gas Cauldron", local lobby groups have united. The Northern Rivers Guardians (NRG) and the Tweed Combined Rural

Industries Association (TCRIA) last month announced a united front in a fight to stop any planned coal-seam gas mining in the Tweed, of which around half is covered by exploration licences.

In a show of support, Tweed Shire Council has demanded a moratorium on all coal-seam gas exploration in the shire and is

rushing to head off an exploration licence that is expected to be determined in the next few days.

Council also agreed to provide a submission to the draft NSW Government Coal and Gas Strategy advising that the Tweed Community has serious concerns over the prospect of the "Green

continued on page 2

Cauldron" being utilised for Coal Seam Gas exploration and production because of the lack of clear and understandable advice and information of the technology and its impacts on the environment, the amenity, landholders and water quality.

Opposition to coal-seam gas mining has grown since the screening of a documentary on ABC's Four Corners and numerous local screenings of award-winning film Gasland, as well as protests on rural properties in southeast Queensland recently.

There are many concerns about the impact of the coal-seam gas mining process which involves 'fracking', or hydraulic fracturing, where a mixture of water, sand and toxic chemicals are injected at high pressure underground in order to fracture rock formations and release the coal-seam gas. Aquifers and underground

drinking water sources are at risk from the use of the contaminants and the leakage of gas. In the USA water sources on farming land have been contaminated by the toxic chemicals used.

The new state government has motioned it will push for tougher regulation in response to widespread fears that drilling for coal-seam gas will poison vital underground water supplies.

More info can be obtained from:  
[www.northernriversguardians.org](http://www.northernriversguardians.org)  
[www.calderaenvironmentcentre.org](http://www.calderaenvironmentcentre.org)  
[www.lockthegate.org.au](http://www.lockthegate.org.au)

An Anti coal-seam gas mining demonstration and public info day is planned for Saturday, May 14, at 11am at Knox Park, Murwillumbah. All locals are urged to attend. Contact Northern Rivers Guardians via [www.northernriversguardians.org](http://www.northernriversguardians.org) for more info.

## Community Notices

**MOTHER'S DAY LUNCHEON** Spoil yourself or someone else this Mother's Day at the Uki Public School progressive Mother's Day Luncheon at Uki Cafe and the Lounge Lizard Cafe on Thurs 5 May. This is a fundraiser for the School. Bookings essential, ph Uki School, 6679 5128.

**ANTI COAL-SEAM GAS MINING DEMONSTRATION & INFO DAY** Northern Rivers Guardians are organising a Whole of Community Gathering in Murwillumbah Sat 14 May to express opposition to Coal Seam Gas mining. Starting at Knox Park at 11am there will be a walk around the CBD block, returning at 11:15am to Knox Park for speakers at 12pm. The promo brochure has been uploaded to the Resources section of the Northern Rivers Guardians website (under Brochures tab), [northernriversguardians.org](http://northernriversguardians.org) Come along and dress up to suit. Make your voice heard! For more info ph 6679 3013.

**BUSINESS NETWORKING BREAKFAST** 3rd Thurs/mnth at Uki Cafe 8.30am, \$15. 19th May "The Business of Social Media", presented by Max Haim, "The Internet Go-To-Guy", internet strategist and digital marketing guru. Meet other Uki business owners to develop relationships and promote your business. For info or RSVP: Natascha 6679 7316, [babareki@gmail.com](mailto:babareki@gmail.com)

**SKI YOGA MAGIC** As the cooler weather sets in, it's time to start thinking about snow! This will be the 4<sup>th</sup> year that we offer an amazing family friendly Ski Holiday Package Deal that offers a great quality vacation and value for money. This is a unique, almost all-inclusive package. Except for the airfares to Melbourne, the deal includes 3 meals a day, accommodation on the mountain (twin share & family rooms available), ski hire, ski lessons, 5-day lift ticket, return express bus tickets from Melbourne airport to Mt Buller, and a morning Yoga stretch class for those that can get up in time. All in all, this trip caters for kids and teenagers, as well as couples and individuals. The club we stay at is modern, licensed, well heated, offers full mountain views and open fire places; Ski in, Ski out. If you wish to join us, now is the time to start saving the pennies and make the mental commitment to come and join in on a fun holiday that you will never forget. Contact Mark Cave 66795 999 or go to [skiyogamagic.com.au](http://skiyogamagic.com.au) (updates for 2011 in progress)

**CABARET 360 (AUDITIONING NOW!)** It's on again! 25 & 26 June, Cabaret 360 will present the best of performing arts from all over the Tweed and beyond. Featuring physical theatre, dance, circus, comedy, performance poetry, costume, music, the unique, and the bizarre. Auditions held 24 & 25 May, contact Hamilton via email: [cabaret360@gmail.com](mailto:cabaret360@gmail.com). Original, contemporary pieces will be given priority.

### Who to Contact

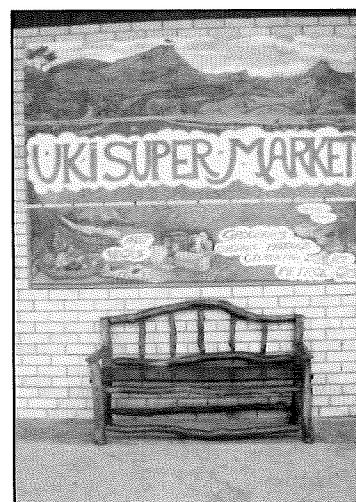
UKIRA is the Uki Village & Districts Residents' Association Inc., a non-profit community organisation that provides a forum for residents to discuss and act upon local issues. Contact President Samuel Quint on 6679 5921. Meetings held 1st Tuesday each month in Uki Hall at 7pm. All welcome.

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

**NEXT ISSUE DEADLINE:**  
23 May 2011  
distribution 1st wk June

The Uki News  
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Hello all, we hope you are all well and enjoying the good life here in Uki and surrounds. You may have noticed that the footpath to the sports-field has been completed. This particular pedestrian access area was an issue raised in the UKIRA sponsored 2007 community action plan and its completion will indeed improve safety for pedestrians.

Another development in the village is sewerage connection at The Old Buttery. This is a project that UKIRA has been working towards for some time. Subsequently, there will be major sewerage works taking place at the rear of the Buttery in the next few months. We apologise for any inconvenience this may cause.

We remain hopeful that renovations to the old Tennis shed between the Buttery and the Hall will commence as soon as we are able to source the materials to facilitate this project. It will improve the function and form of this key structure within the village.


Included in this issue of the Uki News are two surveys. The first is about community readership and general opinions towards Uki News. We would greatly appreciate you taking the time to complete this survey as it will help to drive the future format and content of your local paper. The second survey is to gauge your opinions and suggestions regarding the Ukitopia festival held in the village late last year. Again, your feedback is encouraged to help improve this significant event.

Also, congratulations to the Smiths Creek Road Sustain-

able Street project. The participants were able to significantly reduce their energy use and footprint, and therefore secure funding for local sustainable community projects – way to go!

UKIRA would like to announce that we have a new committee member, Laura Mattocks, who we believe will make a positive contribution to the organisation and community. Welcome aboard Laura!

Finally, the Banner from the last Christmas party has gone missing... if anyone is able to shed some light on its location, then please contact us on 6679 5921.




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# *The Dam Story Continues!*

## *The Ongoing Political Debate About the Byrrill Creek Dam*

*by Joanna Gardener, Save Byrrill Creek Campaign Coordinator*

The Save Byrrill Creek Campaign objects to the claim that the Nationals' recent electoral win in the seat of Lismore is an endorsement for the Byrrill Creek dam. Residents of Kunghur and Uki overwhelmingly showed they do not support the dam (at Kunghur: Greens & ALP 108 votes to Thomas George's 79, at Uki: Greens: 348, ALP: 98 votes to George's 261 votes).

On 17<sup>th</sup> March, at the Meet the Candidates Meeting in Murwillumbah, Thomas George finally stated his case supporting the Byrrill Creek Dam. His statement lacked all credence. His assertion that to extend the Clarrie Hall Dam it would have to be pulled down first, is laughable. A Council staff member was quick to respond the next day in a statement "that if the dam wall was to be raised, the thickness on the downstream side of the existing wall would be increased and the amount of water stored would only need to be reduced to 75%".

I see a local MP's role is to take the time to research and be informed about issues that affect his constituents. I have forwarded and discussed with him a great deal of research and information on the Byrrill Creek Dam over the last six months, including communications from Minister Costa and the reasons he did not allow the dam. We hope Thomas George's upcoming meeting with Council Staff will clarify some of the misinformation being spread around.

A statement from the NSW Liberals and Nationals was issued shortly prior to the election; "We understand there have been mixed reactions to the Council's proposal of building a dam at Byrrill Creek, with many locals in the electorates of Tweed and Lismore expressing their concerns over the potential risks and costs associated with the project. The NSW Liberals and Nationals believe Tweed Shire Council should provide us with comprehensive and detailed information on the project. If elected, a NSW Liberals and Nationals Government would then assess the project, and the issues and risks associated with it."

If this assessment is made in an unbiased way by the Coalition, based on scientific facts, environmental and biodiversity values, with an opportunity for public commentary, and also with the knowledge that there are other options for the future water supply of the Tweed, then I feel our case against the dam is still strong.

### **Geolinks Independent Review of the Tweed Council's Demand Management Strategy.**

For over a year the CWG and many residents called for an Independent Review of the Council's Demand Management Strategy, to relook at population growth, water consumption and choices made by Council.

I addressed Council at the March Community Access

meeting in reference to the recent Independent Review by Geolink, an engineering consultancy firm of 20 years standing, based at Lennox Heads. They offered to carry out a brief review, free of charge, as they could see anomalies within the Council DMS and Water Options.

The Review's main points indicated:

1. At present the Tweed has ample water supply and there is no need to rush into a decision. In fact, with stringent demand management principles it is quite likely a new water supply would not be needed within the projected time frame of 2036.
2. A relatively small amount of extra water supply 1,000-3,000 Mega litres is needed by 2036, which is out of proportion to expected yields of either dam: upgrade of Clarrie Hall or a new Byrrill Creek Dam.
3. Geolink believe there is an opportunity to consider and re-examine options that involve considerably less social and environmental impact than the shortlisted dam options.
4. Undertaking the Demand Management Strategy and the Water Supply Augmentation Options Study as separate processes is unlikely to produce the best outcome as both processes are a means to the same end. The most appropriate and sustainable water supply strategy should be developed by considering all options in an integrated manner.
5. It would have been beneficial to include a variety of Combinations of options (e.g. rainwater tanks and localised recycled water or bore water) which was not considered in the final analysis.
6. Geolink prepared different examples of alternate strategies of how the extra 1,000-3,000MGL needed could be achieved: which included larger rainwater tanks(10,000lt) used for washing and hot water, and recycled water for gardens and toilets.
7. Geolink stated that a recycled water scheme is the most practical in the five Greenfield major development areas: Cobaki, Kings Forest, Bilambil, Terranora and West Kingscliff, and suggested that it be prudent to require the design of the subdivision to include dual reticulation, and that key infrastructure (e.g. pipelines that run underneath roads) should be installed at the development stage, because it will be much cheaper than retrofitting at a later date.
8. Dual Reticulation (for toilets and garden use) has been instigated and accepted by many shires and residents Australia wide. It is considered to be an environmental and social benefit, particularly given the poor health of Tweed estuaries. Council is required at present to reduce pollution into Terranora



# Body Strategies to Manage Anxiety and Anger

by Heather McClelland, Counsellor & Psychotherapist

*As I enter the dentist's rooms I notice a familiar nauseous anxiety in my stomach. I have been in this situation before and childhood memories of pain and discomfort are affecting my body even though I am not consciously afraid. I know intellectually that experiences in the dentist's chair these days are much less traumatic than when I was a child. But my body remembers what happened to me before and it is tensing despite my mind!*

So... routinely now as the dentist begins his work and I open my mouth, I simultaneously take myself away for a walk on the beach. **I concentrate on all my senses.** What can I see? What are the sounds around me? What am I touching, smelling, tasting?

In my imagination the first thing I do is take off my shoes. Then I feel the warm soft sand between my toes. I walk forwards, enjoy the squeaking I can get out of some kinds of sand and when the sand becomes harder, I relish the first bubbly runs of little waves over my toes. I notice the soft sun on my cheeks and the light breeze lifting my hair. And as I lift up my eyes I can take in the sight of all that is before me. Immediately my eyes are taken by children splashing and diving in the waves which rise up like glass and then crash in a myriad of foaming bubbles. Far out I see the way the sea changes its colours and the waves swell and dip. In the distance I take in the horizon and a passing tanker. Sounds wash

over me and I bring them to consciousness. The laughter of the children's voices, the cries of the seagulls and the boom and crash of the waves. I take a breath and notice the salty smell of the air and the aroma of the seaweed nudging my feet. I taste the salt on my lips as the breeze brings it right to me.

I continue my reverie either going in for a swim or walking further down the beach and onto the rocks which jut out into the bay and all the time I explore, using every one of my senses.

When the dentist wants me to spit out or to answer her/his questions, I do that quite easily and immediately return to my meditation. The procedure continues without any discomfort or pain. All my tension and anxiety has disappeared and my body is totally relaxed.

Neurologists tell us that we can settle our bodily anxiety using our imagination just as well as using the direct experience of our senses.

But direct taking in of sensate information also brings immediate lowering of anxiety or its expression in anger. One young mum told me that each time she felt she was about to explode at her kids she took to running her hand over the stitching and the seams of her jeans. She put her mind on the ups and downs of the texture and as a result she was immediately calmed and able to step back from calamitous behaviour.

Inlet. Storm water harvesting would alleviate this too.

I note even the Combined Rural Industry Association and Clarrie Hall farmers have come out in support of dual reticulation for new developments.

To conclude I would like to say with Tweed Shire facing a doubling of population, and in its developmental planning stages for two major developments: Kings Forest (10,900) and Cobaki (10,464), the ramifications of Council decisions made now, will go far into the future.

The 5,000lt Tanks (funded by the property owners) that Council has put forward as their one and only water efficiency for these developments is not in the current "Plan of Commitment" with the Developers. Therefore, at present there is no committed water savings at all for the new developments. For this to happen, with over 20,000 people involved, I consider it is an incomprehensible lack of foresight by Council.

As Geolink's Review pointed out : there is a choice, not just the dams. It is a golden opportunity for the Council to step forward towards a more sustainable water future.

For more details on Geolink's Review visit our website: [www.byrillcreek.com](http://www.byrillcreek.com)

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

## OTHERWISE THERAPY

Heather is a Body Psychotherapist offering hands on biodynamic massage and utilising strengths based narrative approaches in her work.

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Email: [heather@otherwisetherapy.com](mailto:heather@otherwisetherapy.com) [www.otherwisetherapy.com](http://www.otherwisetherapy.com)

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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## Ever Been Told You Have a Virus?! by Bob Harrell

I have noticed the fraudsters are doing the rounds here again. Many people have phoned me regarding phone calls from some company insisting they have Viruses on their PCs, suggesting they will remove them for a fee. Well, all I can say is, stay well away from these characters. They will enter your PC and you will never know what they are up to. Very dodgy. They charge a fee and require your Credit Card details. Please tell them you do not have a PC, they will end the call and will not call back.

This is IMPORTANT. I have seen many new laptops out in the market that are delivered without any System Discs, what so ever. This is the Operating Disc, namely some version of "Windows". If your hard drive fails or you need to reinstall your Operating System, you will find yourself up the proverbial creek, without a paddle. You must create the rescue discs yourself. It will require most likely 4-5 DVD discs. To start the command, type "Recovery" into the search command of Windows. Follow the prompts to back up the system and create the Recovery Discs. Keep them safe, label and number them, and keep them away from small hands. If, and when your laptop does decide to go belly up, you will be asked for these discs. It is most important to create these.

There are many viruses out there at the moment and many are very destructive to your PC. Please run your Anti Virus scanner every week, and if you have a malware scanner, use that too. Microsoft has in fact released a free virus/malware scanner, which is very good. Go to [www.microsoft.com/en-au/security\\_essentials/default.aspx](http://www.microsoft.com/en-au/security_essentials/default.aspx) It does take a rather long time to scan, but it does in fact work quite well, amazing for Microsoft. No Virus Scanner is 100% perfect, a few viruses may get through, so, be aware, update your scanner daily and scan weekly.

I am looking for a room to rent, know of anyone who has one? Call me on 0403 511 278. Computers will be fixed for free! LOL

## Getting the Support You Need For Your Business, to Not Only Survive, but THRIVE by Geoffrey Colwill

When it comes to running a successful business you need **basic** skills in a range of **key** areas: Finance, Sales/marketing, People, Planning, Organising, Motivating... You may be skilled in a few of these areas but not so good at others. Usually we focus on the ones we are good at and ignore the ones we dislike. Developing an awareness of the areas you need support in is critical to the survival of your business. In any case, most people work best with support from others.

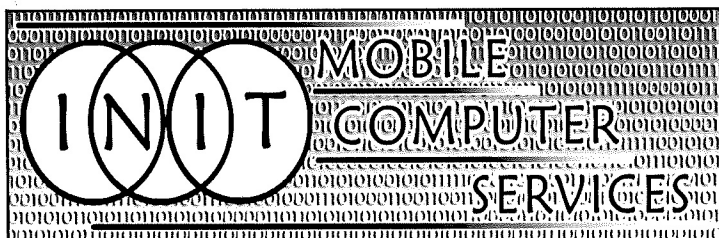
What nearly all of us need is a 'business buddy'. Someone with the knowledge and skills in the areas we are not good at, in order to survive and thrive. Having someone we can talk things over with is really important, particularly for the home based businesses. Can you identify the person or people that provide the support you need? If not, then finding them could be your first priority.

So, get the support you need for your business. Talk to your friend, partner, accountant or other trusted person and be clear how you're handling the critical parts of the business that you don't like. Or, call me on 6679 4231 for a FREE one hour consultation where we can address any, or all of these issues to get you on track. To not only survive, but thrive.

**Did you know...** that the ATO's website states 'You should not use e-Record for your 2011 income year records'.

If you currently use e-Record, what are you doing to replace it? Are you aware that you can now automatically input transactions from your bank account directly into your computer, via the internet? There is a small monthly fee, but you don't pay up front for the software.

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# A Celebration of 100 Years of Community Spirit

by Jayne Parrott

For many, many years residents of Uki village and the South Arm area have shown a strong sense of community in their daily lives and also through their celebrations, art and culture.

On June 11<sup>th</sup> and 12<sup>th</sup> the Uki community will once again come

together, this time to celebrate the 100<sup>th</sup> anniversary of two iconic buildings in the village.

The Uki Public Hall and St Columba's Catholic Church will host combined celebrations and invite all residents, past and present and former Catholic school students to attend.

Both these monuments to the town's community spirit were built with locally donated materials and funds raised within the valley and both are still in regular use. They have stood the test of time and remind us of a cultural past and

lifestyle unique to village settlements.

Events are planned for Saturday morning at the Uki Farmers Market followed by a supper dance in the evening. An early Celebration Mass at St Columba's on Sunday morning will be followed by morning tea, historic photo display, official celebrations and lunch at the Uki Hall.

Anyone with photos or memorabilia that they wish to contribute to this journey through the years is asked to contact Barbara on 6672 3377 or Esma on 6679 5185.



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Mars has the upper hand until May 11, transiting his own Sign of Aries. Like a team playing in its home town he will exert his power over all other celestial bodies also transiting Aries, the Sun, Mercury, Uranus; and, from April 21, Venus.

Mars in Aries accelerates the pace of life. Jobs can get a kick start, and, if the initial momentum is kept, finished quickly. We want to burn down obstacles. We may not see much usefulness in biding our time. In haste we are more likely to make mistakes. Until mid-May this could be more so, due to the retro motion of Mercury, in Aries too. Frustration may set in if you are not prepared to accept necessary setbacks.

The abundant Martial energy will afford everyone an opportunity to tackle life issues with confidence, in particular the Fire Signs (Aries-Leo-Sagittarius). It could also be a stimulating transit for the Cardinal Signs (Libra-Cancer-Capricorn), not without some conflicts though; also for anyone with Moon, Chart's Angles, and/or planets in the same Signs.


In May the focus shifts to Taurus. After a period of acceleration we go through one of deceleration and conservation of energy, slowing down enough, hopefully, to be able to smell the flowers. Priorities may change, with more attention given to our home environment, nature, art, the simple pleasures of life.

Particularly attuned to these transits will be the Earth Signs (Taurus-Virgo-Capricorn); also the other Fixed Signs (Leo-Scorpio-Aquarius); or anyone with Moon, Chart's Angles, and/or planets in these Signs.

To some, Mars in Taurus (until June 21), could bring a bit too much excitement, power struggles, open confrontations, when you may need to come out of your comfort zone to make a stand.

May is the traditional month for weddings. It could be even more so this year, because the two mythical lovers, Venus and Mars, meet again, an intimate encounter, on May 23, in the heart of Taurus, Sign of strong affection, loyalty, sensuality and pleasure.

To read more visit: [livingmoonastrology.com](http://livingmoonastrology.com)



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## Thanksgiving

by Rev'd John Tyman Holy Trinity Anglican Church

I am talking about "thanksgiving", not "Thanksgiving" – the North American celebration at which those who feast on turkey and pumpkin pie may, or may not, feel grateful.

The *Tweed Daily News* has declined to include my letters in its "Local Voice", since I wrote one that exposed the frequency with which the press releases of developers were published as articles which purported to be the work of professional journalists! I still scan the letter page, though, to identify the issues which move people to write. Doing so is rarely a pleasure, as the page is dominated by half a dozen writers who have problems of their own. But I meet with the occasional jewel, like that published on March 21<sup>st</sup> from "Anne F." in Sendai, one of the cities in Japan torn apart by the tsunami. She writes:

"I am pleased to have wonderful friends who are helping me a lot... I am staying at a friend's home. We share supplies like water, food and a kerosene heater. We sleep lined up in one room, eat by candlelight, share stories. It is warm, friendly and beautiful. During the day we help each other clean up the mess in our homes."

"If someone has water running in their home they put out a sign so people can come and fill up their jugs and buckets."

"Utterly amazing: where I am there has been no looting, no pushing in lines (queues). People leave their front door open, as it is safer when an earthquake strikes. People keep saying, 'Oh, this is how it used to be in the old days when everyone helped one another.'..."

"No one has washed for several days. We feel grubby, but there are so much more important concerns than that for us now..."

"The Japanese themselves are so wonderful. I come back to my shack to check on it each day... and I find food and water left in my entranceway. I have no idea from whom, but it is there."

If people can be thankful when their world has been turned upside down, how much more should we, untouched by earthquakes, flood or war, give thanks (and also do all that we can to help those who suffer).

So, when you wake up in the morning, give thanks for another day. If you live in Uki, give thanks (for it's as close as you will get to Paradise on Earth). When you look up at the mountains or walk through rainforest, give thanks. When you witness acts of love and generosity, give thanks.

Give thanks, give thanks, GIVE THANKS.

Eight hundred years ago the German mystic Meister Eckhart declared: "If the only prayer you ever say is 'Thank You', it will be enough."

## M'Bah Business Chamber Seeks Events & Festivals Participants

by Rani Groves

In an effort to streamline events co-ordination in the area, the Murwillumbah District Business Chamber has formed a Subcommittee of Festival Organisers. The Subcommittee's first aim is establish a local supplier database of local food stalls, marketeers and performers to ensure these services are contracted locally. The Subcommittee encourages anyone who fits this category to email their contact details (email address) to the Chamber for entering onto this database (go to [www.murwillumbahchamber.com.au](http://www.murwillumbahchamber.com.au)).

The Subcommittee is also compiling a visitor database to e-market to people wanting to be kept informed of all events in the area. The Subcommittee also wishes to cross promote all events with an up to date Events Calendar on every website willing to promote them, particularly through our Tourism Industry.

There are so many Uki folk that do so many incredible things. The Murwillumbah Chamber wants to see them prosper professionally and financially, so they encourage Uki locals to join their database. The Chamber is not just about shopfront businesses, they have approximately 100 times as many self employed/home businesses/creative people on their books. The Chamber wants to help these people, they just can't find them all!

### Festival

- |  |   |
|--|---|
| • Tyalgum Festival of Classical Music  | Alexsandra Wilckonson   |
| • Uki Eco Expo                         | Rani Groves (Uki local)   |
| • Unity Festival                       | Kerry Turner (Uki local)  |
| • Belly to Big School                  | Kerry Turner (Uki local)  |
| • Caldera Art Festival,                | Andy Remanis  |
| • Banana Festival                      | -   |
| • Ute, Bike & Truck Sustainability     | Cav (Uki local)   |
| • Murwillumbah Show                    | -   |
| • Ukitopia                             | Natascha Wernick (Uki local)  |
| • Destination Tweed (ex Tweed Tourism) | Tracy Armstrong & Emma Cao, Board Member Toni Zuschke (Chamber President) |

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## Uki Community on Facebook

by Irene Brown

At the last Tourism and small business meeting at the Castle on the Hill in January, participants came up with the idea to promote businesses in Uki and neighbouring villages through a Facebook community page. This page is now set up for all to log into and write something about their business. By going to the community page and clicking "like", all communication will go to everyone who has joined.

This community page is a free service. For example, if I am looking for a service, e.g. a plumber, I write on the page and it goes to everyone who has joined. Someone is sure to reply with a suggestion. The aim is to give people and businesses in the villages the first go. This alone will increase business in the villages.

To find the page, go to Facebook and in the data field on top of the page, type "caldera connections Uki". Then, just write a short bit of info about your business and click "like" and you are in the network. Please support this and we can start shunting the businesses to the area.

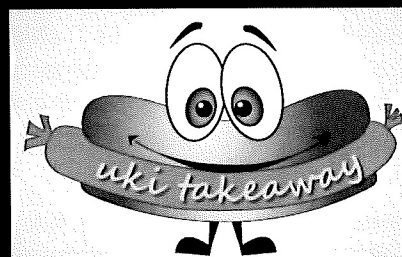
A big thanks to Rachael Richardson for actually setting up the page.




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## Create Locally; Sell Globally

Are you a small businesses owner who has always wanted to learn about networking, personal branding, social networking, blogging, and creating an online product? Then you're in luck! This month, on 12 and 13 May, Natascha Wernick of Babareki Business will be hosting a "Create Locally :Sell Globally" workshop, especially for local small businesses .

"Small business people living in our regional area, often feel isolated and left behind with technology," said Natascha. "I want to encourage these people to consider these workshops as essential professional development for themselves and their business," she said.

The two-day workshop will be held at Doon Doon Hall at Crams Farm, Thu 12 & Fri 13 May, 9am-12pm. These workshops are FREE and proudly supported by Tweed Shire Council and Clubs of New South Wales. Bookings are essential, ph 6679 7316 or email [babareki@gmail.com](mailto:babareki@gmail.com) / [www.babarekibusiness.com](http://www.babarekibusiness.com)

## Uki Historical Society

by Helena Duckworth

Tweed Shire Council is looking to establish a memorial park on council land at Byangum, on the corner of Kyogle and Baker's Rds, adjacent to Byangum Bridge, and replant a seedling from the Hatton Fig Tree which was chopped down in 2010. We successfully approached Council about maintaining the history of the Fig Tree and remembering the settlers of the Byangum area.

Tweed Shire Council staff recommended the proposal for the park be considered. At the 15 March Council meeting, Councillors considered the proposal and it has been determined it will be dealt with "along with other priorities" in the budget.

At the moment the remnant of the once fine fig tree is draped with creepers and looks most unloved. We hope that Hatton Fig Mark Two will soon be in the ground and become a tree to be admired by all.

Mary Lee Connery has been working with Dr. Jo Kijas on the statements of significance of T-shirts (as a uniform) covering the Uki Touch Football and Uki Tug-of-War teams. Mary Lee, along with others, has been working on the May Ball posters donated by Ray and Greta Hunter.

On the long weekend in June (11-12), Uki Hall and St. Columba's Catholic Church are celebrating 100 years of service to the South Arm. Sunday 12<sup>th</sup>, there will be an objects and photographic display in the Hall.

We meet on the 2nd Saturday each month at 10am. The Office is open Fridays from 10am, ph 6679 5890.



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- how to use social media to your business advantage
- the benefits of video marketing
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# Under the Microscope

by Judy Magee, Homoeopath



In the ongoing merging of traditional treatment approaches with advances in diagnostics and pathology testing, a Sydney Homoeopath, Jon Gamble, is doing some fascinating and important work with children who fall into that challenging bracket of autism spectrum, behavioural issues and/or learning difficulties. What he has seen, via hair tissue mineral analysis (HTMA), is that often these children have notable irregularities in their mineral profiles. In particular, he has observed patterns of elevated toxic elements. The HTMA provides a highly accurate insight into physiological factors which can contribute to their symptom picture. The treatment approach is then to use a specific homoeopathic remedy which acts as a chelating, or binding agent, and assists in the removal or balancing of the toxic elements. This is prescribed in conjunction with their constitutional homoeopathic remedy. Clinical results suggest that the children respond quicker and better with the addition of the chelating

remedy. Very satisfyingly, when a subsequent HTMA is conducted, the results are confirming reduction in toxic element levels. This provides a concrete opportunity to confirm physiological change due to a homoeopathic remedy.

Interestingly, interpreted correctly, a HTMA can provide information beyond mineral deficiencies, excesses or imbalances. Hair is the second most metabolically active tissue in the body. The mineral patterns found in the hair reflect the internal metabolic environment. By the nature of its formation, a biological sample may provide a permanent record of the metabolic activity occurring within the body during its period of growth. What this can point to is how the body is 'running' – which pathways are dominant, which body systems are under demand, or under functioning. In particular, it can assist understanding the complex inter-relationship between the different endocrine gland – e.g. adrenal,

thyroid, ovaries, etc. This kind of information can optimise the accuracy of a treatment plan and speed and quality of improvement.

Ideally we would get all the minerals we need from a balanced diet. Unfortunately, today this is rarely possible. Modern farming techniques, fertilisers and depleted soils reduce the mineral content of foods. Environmental pollutants, chemical food additives and stressful lifestyles also have a detrimental effect on our nutritional status. Many health conditions are aggravated by mineral imbalances and toxic metal excesses, including cardiovascular disease, high cholesterol, high blood pressure, migraines, learning difficulties and hyperactivity in children, to name just a few. Be proactive with your health and consider taking advantage of an integrative health test like HTMA.

For more information on this or any health matter, feel free to contact me on 6679 5855

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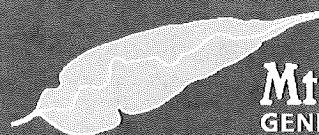
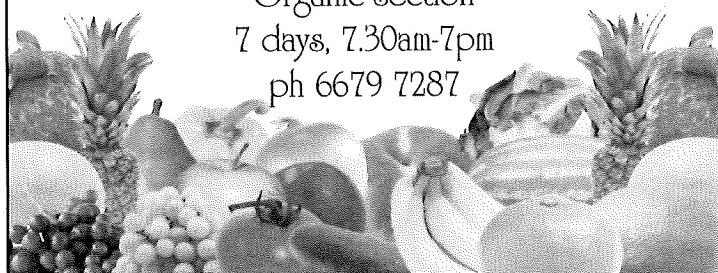
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## Uki Pythons

by William Child

The 2011 Football Far North Coast competition has begun. Uki's senior sides have been training for a couple of months and it is now time to turn that preparation into action.

Wet weather unfortunately caused the postponement of the opening round this year and everyone at the club is hoping for the sun to start shining on the fields again so that training sessions and matches can go ahead as soon as possible.

As always, the Uki Pythons couldn't continue without the hard work of many volunteers and the generous support of our sponsors. Committee members, coaches, canteen ladies (and gents), parents and families put in countless hours of work each year.

Our wonderful sponsors provide the financial backup which allows us to put teams on the park. I would like to thank them all very much on behalf of all the players at Uki.

The off season has been long but the first game is just around the corner. The Uki Pythons want to share the fun of football with everyone in town. We'll see you all down at the sports ground in 2011.

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