



## Uki Unleashes Sustainability Further

by Eddie Roberts

By the time you are reading this the Uki Sustainability project will have progressed even further, but here's an update of outcomes so far.

The Premier's Dept is interested in the outcomes of the Uki Sustainability Project as part of the Caldera Economic Transition Program. They have been advised of the desires to move Uki towards a sustainable future. A full outcome report will be submitted to them at the end of the project.

A few identified projects in Tyalgum and the Tweed NW are very similar to those identified in the Uki Sustainability Project. So, in a desire to save duplication and collect momentum, some aspects of projects will be shared. These include the Green Caldron Trail Network, Skills audit, Food security, Brewery/Wine making, Funding sources/applications and Bush regeneration.

**Transport;** Over the last couple of months a number of initiatives have taken place. A letter was tabled and a number of subsequent meetings with council staff regarding access for all, pedestrian and cycling infrastructure in and around Uki and the Tweed took place. The new 'Beware of Cyclists' signs along Kyogle Rd are in part

due to your community's energy and commitment to sustainability and cycling. Council staff advise me that 'The Cutting' at Bray Pk will be realigned with access for pedestrians and cyclists beside the new carriage way. Work is meant to start sooner than later.

A bike user's advisory committee has also formed with the purpose to make cycling safer and advise council staff on issues that affect cyclists and pedestrians throughout the shire. I am advised that council will be seriously looking at improving pedestrian and cycling in Uki and the other caldera villages. When future road works are carried out the need of cyclists and pedestrians will be considered and catered for where ever possible. Look up the council website for the Cycling 'Black Spot Program' to identify and inform council on trouble spots for bicyclists and pedestrians.

**Food;** Northern Rivers is undertaking a food security audit and Uki is having input. Stage #1 of the Uki Food Forest will be in at Sweetnam Park by the time you read this. Thanks Cas.

A number of other areas have been identified for further stages of Uki's Food forests with planting being

undertaken to implement them. Keep your eyes open for times and locations for further plantings. A letter has been sent to TSC requesting help in locating suitable land for a veggie patch. People willing to share good veggie growing land are also requested to contact Julia Hancock on 6679 5414 for this purpose, as it is hard to find community owned land for this project.

We are organising a workshop to develop a Uki Community Food Growing Plan at Sweetnam Park on Saturday 15 August at 4pm. With a workable community food growing plan we will be able to access government funds to develop our food security and amenity in and around Uki. Promoters of community gardens, food forests, seed savers, grower's coops and edible landscapes are requested to come and share their ideas and get them into the plan.

**Uki Bush regeneration** workshops will be announced soon. These will be in conjunction with the Uki Primary school, council and local landcare and will focus on the problem weeds of our area with best practice techniques demonstrated including non chemical methods. Dates to be

*continued page 3*

# Letters to the Editor

Letters longer than 300 words may be cut. Anonymous letters won't be published, Include full name, address and phone number. Pseudonyms are not acceptable.

## Ski Yoga Magic

I am writing this update "from the top of the world", Mt Buller. Well, not quite the top of the world, but there is plenty of white stuff out the windows, and more coming in the next two days.

I am amazed that a group of 24 people, mostly families from Uki and surrounding areas have committed to our first Ski group trip. These very lucky Skiers are now in front of the open fire and looking tired but very relaxed. The kids are interacting and playing card games, the atmosphere created by this group is wonderful.

The early morning and post skiing Yoga classes have proven so popular that some club members have joined in given thanks for the Yoga stretching that has revitalised stiff bodies so that they could ski another day.

As we look forward to another Three days of Skiing I will take this opportunity to invite you to our next trip, dates TBA or see: [skiyogamagic.com.au](http://skiyogamagic.com.au) for details. Remember that "Thoughts become things!" So spend more time thinking about what you want, rather than what you do not.

Mark Cave, Julie & India Dixon, University Ski Club, Mt Buller

## From the Editor...

This issue two new contributors have kicked off a regular column, Geoff Dawe, with his Alternative View, and Tanya Filak with her Travel Diaries, both on page 11. A big thank you to these writers for helping to fill the pages of your community voice.

Please note, if you'd like your business or service featured in an advertorial, we now offer a half page write-up, including a business size card ad for only \$90! This is a great way to promote your business and boost sales and awareness. Please email me at [theukinews@hotmail.com](mailto:theukinews@hotmail.com) to book your date and discuss your needs. Deadline for the next issue is 21 September.

Cheers, Tessa Martin

## SICK OF INJURIES, PAIN AND A RESTRICTED LIFESTYLE? Your Ache Or Pain Is My Special Interest!

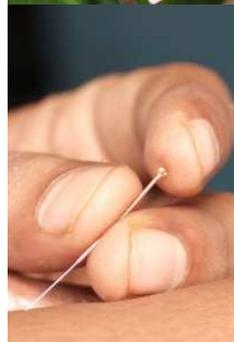
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## Calling All Therapists

If you are a local alternative therapist and have not yet listed your contact details on the Uki Village website, you are strongly urged to do so!

A new tourist brochure will be distributed in the next few months and it will note that a list of alternative therapists can be found on the website. However, if one does a search, there's no-one listed!

To list your details, go to [www.ukivillage.com.au](http://www.ukivillage.com.au) now. On the home page click on "Guest" then log in. You will need to join if you don't already have a username and password. If you encounter any problems, just email the Webmaster.

## 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, 1 September or 6 October 2009.

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## Uki Sustainability Continued from page 1

announced.

'**The Green Caldron Trail Network**' project continues.

Workshops and meetings, networking with Tyalgum and the Tweed NW residents, continue, where trail routes for walkers, horses, bicyclists and canoeists are developed. Your local knowledge is required. As the project develops further, a team to promote the project will also be required. This project has big advantages for sustainable enterprise within the community, by bringing a constant flow of eco-tourists into the area who will spend time and dollars in cafes, hotels, B&Bs and galleries. If you have knowledge, a business or a passion to promote this idea further, please contact Eddie on 6679 4079.

Due to the various government stimulus packages there are many types of **funding** options out there right now for 'not for profit' community groups. Jobs Fund has the possibility to bring in the labour component for a project. Volunteer groups have the possibility of getting help from mature aged workers fulfilling commitments for Centrelink. NORTEC has

\$5000 for small rural projects that fulfil community needs. All groups/clubs are encouraged to call Eddie on 6679 4079 or email [oldgrowthed@yahoo.com](mailto:oldgrowthed@yahoo.com), so he can send the info that may help you with possible funding sources.

At present funding applications are being written for the **Uki Village Platypus Walk**. This project needs a willing, energetic person to help with submitting a DA to council and another to help with developing story boards about Aboriginal culture and interesting environmental information. Other funding options are also being evaluated for their ability to help our needs within the community.

The **Brewery Group** is asked to contact Sam Dawson on 6672 7765 to further this idea.

As time and energy become available within the community, more projects will get under way. For those wanting to see the results of info gathering sessions please go to [www.ukivillage.com.au](http://www.ukivillage.com.au) To all, thanks for your help in moving these exciting projects forward. We couldn't do it without you!

## Uki Sustainability Workshop Dates

by Eddie Roberts

**What: FOOD GROUP**

**Where:** At the Sweetnam Pk Food Forest planting.

**When:** Saturday 15 August 4-5:30pm

All aspects of local food growing to form a community food growing plan for Uki; Site locations for Vegies, food forest, edible street scaping projects; Seed savers; Growers Co-op; Uki School.

**What: BIO CHAR DEMONSTRATION**

**Where:** Uki Markets, Main Street, Uki

**When:** Sunday 16 August 9am-2pm

Why is biochar so fabulous for plants and people?; Why does the planet need it?; How do we make it?

Geoff Moxham will answer all these questions and more in a fascinating live demonstration in the park next to the Uki Hall. Free entry. Enquiries 6679 4079.

**What: FARMING FOR CLIMATE CHANGE**

**Where:** Uki Buttery Veranda

**When:** Saturday 12 September, 12-1pm

Greg Reid from the Department of Primary Industries will explain how to succeed at farming after peak oil and in a changing climate. Aimed at farmers, agricultural groups, home growers, hobby farmers, backyard producers, graziers. Find out how to unlock your soil's fertility while increasing the growing capacity and moisture in your paddocks. Discover other advantages of keeping/increasing carbon in the soil.

Free entry. Enquiries 6679 4079

Keep your eyes and ears open for further updates on Bush Regeneration, skills audit, trail networks and other workshops.



# UKIRA Report

by Samuel Quint, President

Hello folks, I hope this edition of the Uki News finds everyone feeling good! As always lots of things are going on, many of which can be read about in this edition. One such topic is the Uki Sustainable Village Project, which is starting to deliver some tangible outcomes as a result of the working groups that were formed at the most recent meeting in the Uki Hall.

Anyone passing Sweetnam Park of late will have noticed the sign relating to National Tree Day on 2<sup>nd</sup> of August. This project aims to create a food forest area for the village and surrounds and was one of the more popular suggestions to come from the Sustainable Village Project.

Another positive development is that Tweed Council is working closely with the 'Uki-4-Kids' working group, which formed out of the 2007 Community Action Plan. As a result Sweetnam Park will benefit from a children's playground area in the coming year.

Finally, a big thank you to Maggie (from Uki Village Guesthouse) who recently resigned as UKIRA's Secretary. Maggie has fulfilled this role for the last few years and has made an outstanding contribution to the community through her commitment and dedication. We express our gratitude to her, Thank you Maggie!



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# Warning! Tree Thief!

by Eddie Roberts

Over the last few years Green Corps teams have planted thousands of trees in Centenary Park, along the Village Platypus Walk behind Uki Buttery and shops and in other parks around town. It has come to UKIRA's attention that a large number of these small trees have been dug up and removed for use in other landscape projects. We would like to remind the individual that they are committing an offence and we will bring the full weight of the law down on them when they are caught. We have a good idea who you are, so consider yourself warned!



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## Uki Garden Club

by Barbara Thomas



Our May meeting members had the pleasure of journeying to Limpinwood Gardens Nursery. We heard about the history of the Nursery and, for those who aren't aware, this is the hotbed of discovery for Syzygium 'Cascade' and Grevillea 'Pink Surprise,' shrubs greatly appreciated by many gardeners Australia wide. In fact 'COOLABAH Flora' is the icon on a plant label to look for if you're interested in plants developed at our local Limpinwood. The Nursery kindly donated shrubs for raffling and several addicts bought shrubs and beautifully blooming cymbidiums.

The June Food Group meeting at Jean and Ron Nuttalls at Eungella was a delight at 10am one Sunday morning (specially scheduled to cater for working members). The sun, view, produce table and beautifully prepared property, all made for the perfect morning. Kumquats are weighing down Kevin and Merle's trees and so marmalade makers were satiated. Members are having variable success with seeds but most are now seeing greens of many types bursting forth. We had another chance to see Jean's very interesting citrus 'Buddha's Hand', a large and aromatic gnarled hand-looking fruit.

June's meeting was held at the home of Anne Pryke, where we sat under a glorious light canopy of autumnal trees, surrounded by many delightful areas of the garden including rustic timber sheds, a cubby, benches, etc. A large area of bromileads along Ann's driveway created an attractive 'pool' of colour. Many generously brought along some of their 'pups' for the Swap Table.

The Club's hosting of the 2010 FRIENDSHIP DAY (when the Garden Clubs of the region get together) was discussed, with interest obtained for members to work on the various small committees needed to create a great day, also exciting ideas proffered. We plan to hold it at the heritage Uki Hall and Green and it promises to be a 'Fab Day.'

## CRAG Update

by Diane Wilder

### Controversial Township Gets Green Light

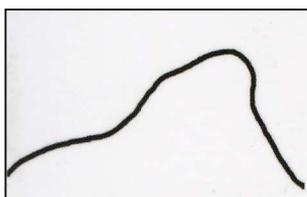
Despite successive representations to Councillors by community members opposed to the Nightcap Township development at three Council meetings (April, May and June 2009), Council proceeded to approve the township. This is a major disappointment for our community who consistently presented logical debate that approving this township would cause a plethora of unnecessary environmental, social and economic impacts on our World Heritage environment, and that the location for this venture remains unsuitable given its rural amenity.

This decision is even more unpalatable given that the people living within this shire possess the highest environmental credentials in NSW evidenced by the highest take-up rate of solar energy, and by its opposition to previous and current socio-environmental campaigns including Kings Forest, Cobaki Lakes and No Rally In This Valley.

Despite the efforts of Councillors Longland and Milne and the 600+ community submissions objecting to the township development received by Council, of which only four were in support, Council is determined to proceed with a pro development agenda at all cost that is in direct conflict with the will of the community. The community has been let down by Councillors Holdom and Skinner who failed to deliver on any of the proposed amendments despite being elected on **supposed green tickets**.

CRAG is currently liaising with its legal representatives in assessing the documentation for Nightcap Township with the view to lodging a third party appeal to the decision within the Land and Environment Court. CRAG has three months to lodge this appeal from 14<sup>th</sup> July 2009, and will keep the community informed as to the progress of this appeal.

For more information phone John on 0408 476 965 or email [gplanet@aapt.net.au](mailto:gplanet@aapt.net.au).



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# Historical Society

by Helena Duckworth

Have you noticed the excellent improvements to our outdoor space? The concrete slab and additional pavers gives us a larger and safer area. Thanks to Alistair and Brad for all the hard work and to Mary Lee for supervising. We still have some more to do but as all historians know, "Rome wasn't built in a day."

The Society recently held its AGM. 2009-10 Office bearers: *President:* Helena Duckworth, *Vice President:* Betty Brims, *Secretary:* Esma Thompson, *Treasurer:* Marion Roberts, *Archivist/Research:* Mary Lee Connery, *Publicity:* Helena Duckworth, *Patrons:* Joy Armour, Dot Lange. Mary Lee was nominated to become a Life Member in recognition of 27 years devotion to the Society.

Some members attended the Northern Rivers Zone Conference of Historical Societies in Lismore.

Fourteen societies from Tweed to Coffs Harbour were represented.

The photo published in Issue 47 has been identified. Debbie Bale recognised her sister Karina as the girl on the horse with a herd of dairy cows. Thanks Debbie and thanks also to everyone who showed interest in solving the mystery.

After our last meeting we walked from the Butter Factory to Sweetnam Park. We exchanged stories of areas and buildings that have been added or disappeared to the landscape due to floods. Our next walk is to Gerald Parker Park and the Sports field.

The office is open on Fridays. Phone 6679 5890. We meet on the 2nd Sat each month at 10am. New members welcome. Info available on joining Tweed River Regional Museum.

# Garden Share

by Eddie Roberts

Do you have a corner of your garden that you would be happy to share? On a recent trip to Totnes, UK, one of the world's first transition towns, Julia Hancock discovered the locals are operating a very successful gardenshare scheme that would work extremely well in Uki. Set up for people who either have too much garden or none at all, gardenshare brings locals together to enjoy the benefits of home growing.

What do the participants get? A share of the produce; the pleasure of seeing a lovely developing vegetable plot; being part of a share initiative; the opportunity to share gardening knowledge and skills; a sense of community.

This service matches and introduces growers with garden owners who want to see their gardens used more productively. UKIRA is calling for a volunteer to coordinate the scheme. For more info call Julia 6679 5414.

Check out 'An Alternative View' on page 11 for more about sustainable agriculture

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# Fire Brigade

by Helena Duckworth

Landholders are reminded that the Fire Permit season commences on 1st September, 2009. If the wet weather continues, it may be pushed back to 1st October.

Following our recent AGM office bearers for 2009-10 have been elected as follows:

*President:* Jim O'Brien, *Vice President:* Ken Vincent, *Secretary/Treasurer:* Bebe Bateman, *Captain:* Ron Duckworth, *Senior Deputy:* Morry Milsom, *Deputy Captains:* Jim O'Brien, Simon Flower and Michael Kendrick. *Communications:* Helena Duckworth. *Permit Officers:* Ron Duckworth (66799121), Jim O'Brien (66897267), Brian Edwards (66799115) Simon Flower (66725258), Ken Vincent (66797210), Morry Milsom (66797141). New member, Hanna Kendrick, was welcomed by Ron and Jim.

We hope to see you Saturday 3rd October, at the "Springtime in the Valley" event at the Longhouse Dining Facility, InterAction Centre, Kunghur, in support of the Kunghur Fire Brigade. More details closer to the event.

Information about joining our Brigade and training times phone Captain Ron Duckworth 66799121.



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# Little Children Burnt as Witches!

by Rev'd John Tyman Holy Trinity Anglican Church

If you watched "Foreign Correspondent" on the ABC a couple of weeks back, you would have been appalled, even sickened, at the way many children in southern Nigeria have been (and continue to be) horribly mistreated. In a society where anything and everything, divorce, disease, road accidents, or job losses, is blamed on witchcraft, the tendency today is to blame everything on those unable to defend themselves. Little kids, even babies, have been denounced as witches, rejected by their families and their villages. Hundreds, perhaps thousands, have been identified as being in league with the Devil... and have been burnt, poisoned, slashed, chained to trees, murdered, or simply beaten and chased into the bush to die alone.

This action was particularly horrifying to me as it was committed, supposedly, in the name of Christianity... by the pastors of a host of roadside Pentecostal churches whose belief system had more in common with ancient tribal superstition than it had with the Christian Gospel. Many would style them "evangelical fundamentalists", but as is true of most "fundamentalists" today they displayed little or no understanding of the fundamentals of the faith they professed. Jesus said "let the children come to me and forbid them not". He also said "you shall know the truth and the truth will make you free". But these so-called "Christians" were not free: they were slaves still to primitive beliefs, fear and superstition.

Worse still, several pastors had grown very rich extracting large sums of money from parents, typically four or five months' wages, to exorcise their children... but with the warning that they themselves may have been contaminated and need "deliverance" later. In the same way, if parents abandoned or killed the child who was "possessed", the curse would still be upon them, until they, too, had been "delivered". The pastors who identified the most "witches" were not only the most powerful, they were also the richest!

There were two bright spots in the story, though. One was Sam Ikpe-Itauma, who refused to believe these Pentecostal "prophets" and opened his home to three little "witches" and now cares for 200, establishing a "Child Rights and Rehabilitation Network" (CRARN for short). The other was a graduate student from the UK who came to study agriculture and ended up organising a chain of children's refuges, "Stepping Stones Nigeria".

These are the charities we will be featuring on our market stall "Loving, Caring and Sharing" during the next couple of months... but if you can't wait till then use Google to learn how you can help. May God bless you for doing so.



## Kaye's Kitchen

### Quick Chocolate

#### Caramel Slice

Ingredients: 2 x 250g packets jersey caramels, 3 cups (75g) Rice Bubbles, 1 cup unsalted peanuts, chopped  
1 cup dark choc bits, 60g copha, melted  
Line base and sides of 20cm x 30cm lamington pan with foil. Place caramels in a pan, stir constantly over heat until melted. Combine Rice Bubbles, peanuts and choc bits in a bowl, stir in caramels and copha; cool. Press mixture into prepared pan, refrigerate until set. Cut into triangles to serve.

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## Saving Dollars: Configuring Computers To Turn Off

by Robert Harrell

According to PCWorld.com, the average computer uses between 150-800(!) watts while in use and 50-400 while idle. By taking advantage of power-saving configurations, you can save \$75-100 per year on your energy bill. Power-saving techniques also extend your computer's life and reduce its carbon footprint.

**Turn off monitor:** This allows you to have the computer turn off the monitor after a certain time of inactivity. By turning it off, you are saving 1/2 the energy you possibly can, so if you choose to do anything, do this. Also turn the screen saver off completely, it actually uses more energy than being idle. Instead, use this option. My recommendation: 10 minutes

**Turn off hard disks:** This is already accomplished by the following two options, so we usually recommend to never turn off. By only turning off the hard disks, you barely save energy yet compromise convenience. My recommendation: Never

**System Standby/Sleep:** This turns the monitor, hard drive, video and sound cards, and almost everything else off. It saves your current state in the RAM.

This saves substantial energy. The only drawback is that in the case of a power outage, your current state and all unsaved open documents will be lost. For desktops (and laptops for their plugged in option), we recommend using this option over hibernate, at a time of 30 minutes. For laptops (running on battery option), we recommend using hibernate. My recommendation: Desktops and plugged in laptops, 20 minutes.

**System Hibernate:** This is similar to Standby/Sleep as it shuts everything down allowing you to return to your computer just the way you left it. The difference is how it stores your information. Instead of storing the information in the RAM, it writes it to the hard drive, then shuts absolutely everything down. This allows you to shut down the memory as well, in Standby, you cannot. Also, if for some reason your computer loses power, the information is stored on the hard drive, so you do not lose it. Since this does save fractionally more energy than Standby, we recommend it only for laptops, especially while running on battery. My recommendation: 10 minutes for laptops running on battery.

## Uki Hall Benefits From Club Grant

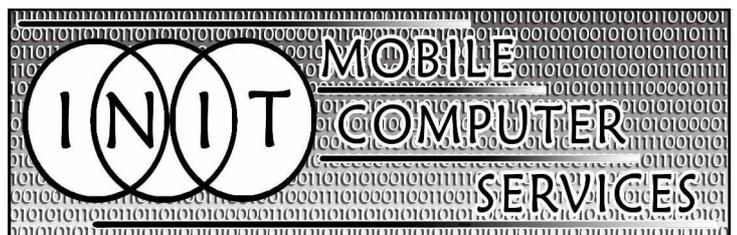
by Bruce Ray

Twin Towns Services Club has donated \$5,000 to Uki Hall under the Club Grants scheme. This much needed funding will be used to improve the stage, install a front-of-house lighting bar, safety ladder and improve Hall acoustics. The Hall Committee would like to hear from anyone interested in providing other suggestions for Hall improvements. Phone Bruce Ray on 6679 7192.

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# Astrological Insights

by Paola Emma

Venus steps into the realm of Cancer on Aug 1 intensifying our more nurturing emotions. An opportunity for excellent family vibes, especially for Cancer other Water Signs (Scorpio and Pisces).

As Venus leaves Cancer (Aug 27), Mars enters (Aug 26) and will remain there until Oct 17. This transit will intensify activities, but also accentuate differences. Discordance is more possible and perhaps necessary to work out grievances. This energy could be utilised positively by undertaking home improvements. Mars needs activities when in a Cardinal Sign like Cancer or things could degenerate into arguments. This will be more pertinent to Cancer and also Capricorn, Aries and Libra, during Sept-Oct.

Venus will transit Leo between Aug 27 and Sept 20, positive for Leo and Fire Signs (Aries, Sagittarius). Love yourself enough to find time for activities that please you and help express your more creative side.

Mercury begins one of its regular loops on Sept 7, retracing its steps from early Libra to late Virgo, until Sept 29. This backward transit can affect anyone, but will be felt more by Libra (Sept 24 to Oct 1) and Virgo (Sept 14/23). Disruption of regular routine and communication breakdowns could affect your life negatively. Be patient and tolerant!

Just before, during and after its loop, Mercury will conjunct Saturn (Aug 24, Sept 22, Oct 8), making it easy to give in to depression and cynicism.

The Aquarius Moon Eclipse on Aug 6 will be significant, especially for Aquarius (Feb 2/4) and Leo (Aug 5/7). Full Moons are times of emotional climax, when we can realise the impact of our feelings and insecurities on our life and wellbeing. A Moon Eclipse can make those experiences more profound.

After the Full Moon the Sun will get closer to its yearly opposition to Jupiter, Chiron and Neptune (Aug 15 to 18). Great visions (Jupiter) and dreams (Neptune) could show a glimpse of a positive future, with an accent on healing old wounds (Chiron). The next close encounter of the Sun to Saturn (Sept 18) will provide real ground to realise these visions.

On Sept 15 the third and last pass for 2009 of the Saturn-Uranus opposition will take place. More tension can arise around the world. On Sept 17/18, the Sun will conjunct Saturn and oppose Uranus. The American president in particular will be tested here, having been elected under the first pass of this same transit. Hopefully this is positive, as the opposition of such planetary giants always implies a terrible tension between conflicting forces and world views, in this case the old order and desire to maintain the status quo (Saturn) and the new order with the need to revolutionise and reform (Uranus).



# Crystal Wisdom

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

Crystals are able to transmit and receive information in the form of thoughts and emotions. The very first radio in the world was a 'Crystal set', you touched a wire to a Quartz Crystal and then you could hear the radio signal through the speakers. Crystal is able to pick up the electromagnetic signal in the radio band of frequencies. Did you know that Crystals are how computers work? Without Crystals, computers would not exist.

That's why we humans can benefit greatly from wearing crystals as jewellery, because a unique vibrational energy field is created.



The current, energetically supported Crystal is **Ocean Jasper**, 'Calming the Emotional Sea'. (Chakras: Throat, Heart, Solar Plexus. Element: Earth.)

Ocean Jasper is a rare and unusual form of Jasper found only at a remote location along the ocean's edge in Madagascar. It can only be mined at low tide. It occurs in an amazing variety of colors and shapes, patterns include wild polka dots, wavy lines and multi colored floret patterns.

Ocean Jasper is a powerful stone, it lifts negativity so one can fully appreciate blessings. This release then facilitates the increased expression of love in words and actions, this being the natural on-flow of feeling safe and supported emotionally. For those who don't need such emotional work, Ocean Jasper can offer a soothing, grounding effect, which is helpful for dealing with change in a gentle and gradual way. It is known for its nurturing energies. It supports during times of stress and brings tranquility and wholeness.

The positive vibrations of Ocean Jasper make it a stone of joy, supporting feelings of calmness, centredness and bliss. It gently brings into focus the positive aspects of one's life. Jasper can be used for long periods of times as it works slowly. It is particularly useful because it does not over stimulate the body.

## Rhiannon's Crystal Creations



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\*only valid with creations over \$100

# The Alternative View

by Geoff Dawe

There is only one path to environmental repair and that is learning to be content with less material things. All too often, however, we say we want the environment repaired, but we don't want to change our lifestyles. Lifestyles that are sustained by increasingly technologically dependent agriculture.

The path to sustainable agriculture is unlikely to be provided by a broad-acre, technologically dependent agriculture that, counter to the Rio de Janeiro protocol, thinks greater economic sustainability leads to overall sustainability. It doesn't. It leads to further unsustainability.

Leonid Sharashkin, English Editor of the 'Ringing Cedars Series', provides statistics that of Russia's total agricultural output in 2004, independent farmers produced 6%, corporate farms 43% and food gardens 51%. Most of Russia's food for 2004 was provided by gardeners. There is no doubting the importance of the return of labour to rural areas for food and fibre gardening and the necessity to reduce costs in doing so.

Where gardening is carried out intensively and on small scale, greywater and blackwater cannot afford to be wasted as pollutants, but are used in the growing of produce. It is possible to cart greywater to compost heaps in buckets for example, providing industry involved in the making of soaps, shampoos and detergents do not add toxins or sodium to their products. The expense of greywater neutralising industry toxins is then bypassed. Development by this means would require legalised bucketing as a permanent greywater solution for example, to be tied to the sustainable agricultural livelihood of the participants. Such development facilitates sustainable agriculture, affordable housing and lessens watercourse pollution.

The environment cannot be fixed without alternatives being put forward and tried, Uki's Gardenshare project a great example of a grassroot initiative.

(see Gardenshare article on page 6).

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# Traveling With Tanya

by Tanya Filak

Yes it's official, Uki now has its very own Travel Agent!

My aim with this regular column in the Uki News is to keep you updated by showcasing various destinations and product, as well as sharing with you important travel tips. I am also happy to answer any travel related questions you might have, so put your thinking caps on and email me those questions to tanya.filak@travelcounsellors.com.au or call me on 6679 5398.

Recently I achieved the prestigious Commodore status in Princess Cruises' Academy training program, certifying me as an expert cruise professional. To earn this distinction I had to complete 25 courses & exams to graduate. From River Cruising, Small Ship Adventures, Traditional Sailing right through to the big Cruise Ships & Luxury Ocean Liners, there's a cruise to suit every taste! Cruising is one of the most value for money holidays. A cruise includes all meals, accommodation and entertainment. It's the best of both worlds combining the pleasure of unpacking just once in your room with the excitement of waking up to a new destination every day!

But I don't just offer you cruising! I have been a fully qualified travel professional since 2003 and I would be proud to be your personal travel counsellor for all your travel needs.

Travel Counsellors is a global company spanning 7 countries and is widely regarded as the most professional home-based travel company in the world. Founded in the UK in 1994, the company has over 1100 full time mobile professional travel agents.

Again, thank you for including me as a member of your community and I'm looking forward to writing my Travel Diaries and helping you to turn your dreams into reality. Remember to send me in your questions, see you soon!



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Turning Dreams Into Reality

## Landcare Partners Waterwatch by Amanda Johnstone

Sally Jacka, the Community Support Officer in Natural Resource Management at Tweed Shire Council spent a morning with members of Friends of Wollumbin Landcare testing the quality of the Tweed River at Byangum using a Waterwatch kit. Tested were temperature, pH (acidity and alkalinity), electrical conductivity (salinity), turbidity (suspended material in the water), phosphates and dissolved oxygen.

This site scored well in all the tests except dissolved oxygen. However, just one testing event will not give you a true story stream health. Friends of Wollumbin Landcare have committed to at least one year of testing, so conclusions can be made on river health.

Waterwatch is a national ongoing program that involves community and schools in monitoring local waterways. In the Tweed it is supported by the Northern Rivers Catchment Management Authority and Tweed Shire Council. The program focuses on building community skills so it can be run regularly and long-term.

Community monitoring is increasingly valued by natural resource managers and planners. The procedures, equipment and methods for Waterwatch have been developed to ensure that the data collected is quality assured and can be used by other organisations such as Catchment Management Authorities, Local Government and Water Authorities for planning purposes.

If you would like to know more about Waterwatch, give Sally a call on 6670 2561. For information on Friends of Wollumbin Landcare community projects, phone Marcia 66728146 or Roland 66795879.

**FRIENDS OF WOLLUMBIN LANDCARE**  
**NEED HELPING HANDS Sat 5 Sep 8am-1pm**  
to plant, mulch & maintain this successful community project.  
Over 6000 trees and still growing. Kyogle Road, Byangum  
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## Beware of ATM Skimming by Maggie Wilkins-Russell



**Neighbourhood  
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*This information is provided  
as part of the NSW Police  
Service Neighbourhood  
Watch Program*

ATM skimming is a method used for stealing your identity during an ATM transaction. This method utilises a card skimmer to collect, record and store your card number and PIN. The person 'skimming' your card can then use this information to program his/her own card with your information.

This skimming device, when placed on the ATM, is virtually undetectable if you are not aware. It looks like a normal part of the ATM.

### How to protect yourself from ATM skimming

- Be aware of anyone acting suspiciously near you.
- Be alert to anyone trying to look over your shoulder while entering your PIN.
- Always cover the keypad with your hand when entering your PIN.
- Never let anyone distract you while using the ATM.
- Look for anything that doesn't appear to belong to the ATM, e.g. a fake speaker, an extra panel, a pin-hole camera, or a device placed over the ATM card slot. If you suspect there is something amiss, contact the bank immediately.
- Always check your bank statements.



*TVWC member, Jan Bishop, attends to two Tawny Frogmouth chicks that could not be reunited with their parents.*

## TVWC Needs Volunteers

If you are interested in finding out more about Tweed Valley Wildlife Carers and how you can help our native wildlife, whether with caring or rescuing sick, injured or orphaned animals, doing a shift on the hotline, or helping with other tasks, we invite you to attend our next Orientation Day, on Sunday, 27 September. Find out more by calling 02 6672 4789.

## Getting Ready for Baby Bird Season by Helen Joakim, President TVWC



24 hour  
HOTLINE:  
02 6672 4789

Spring is a crazy time for Tweed Valley Wildlife Carers. The main culprit: baby birds! Actually, the main culprits are humans who, usually with every good intention, 'rescue' baby birds they believe to be orphaned. In fact, the majority of these aren't orphans at all, are being well cared for by their parents, and don't need help! So, next time you find a baby bird, if unhurt, before intervening, stop and watch for a while.

If fully feathered, able to perch and hop around, the chick will usually be no more than 3 days away from flying. At this age it is probably a youngster learning to fly and they often jump or tumble out of the nest. The mother will continue to protect and feed it while it learns to use its wings. If the parents are still feeding or calling to it, do nothing or perch it in a heavy shrub or low tree keeping pets and children away. Observe from a distance for 2 hours, if its mother doesn't appear, or you're sure she's dead, call TVWC.

In the case of partially-feathered chicks, with some exposed skin, or a mixture of down and pin feathers, either return them to the original nest, or make an artificial one using an old ice-cream container, with some drainage holes, lined with dry grass. Hang this on a tree branch closest to where found, away from the trunk and with overhead branches for protection. Observe from a distance, making sure the parents reappear and begin feeding baby. If the mother does not appear, the baby may need to come into care.

Remember, not all birds nest in trees and some start running around as soon as they hatch, e.g. plover or brush turkey chicks. Other species have nests in the grass or embankments, so recognising the species and knowing where to look for the nest is important. If you can't find it or the parents, call TVWC.

With no feathers or only a light downy coat, hatchlings cannot survive very long without warmth. If it is clear the parents are around, return the chicks to the nest and make sure that the parents begin caring for them within a short time. Otherwise, they will need to come into care. While waiting for a carer, keep the babies very warm, on a wrapped hot water bottle, in box.

Of course, if a chick is injured, gently pick it up in a towel, and put it in a box. Place a hot water bottle underneath the towel, all injured animals need warmth. Do not give food or water, just call TVWC. Remember, most of the time, the best thing we can do for a baby bird is to leave it alone. A wild animal's chance of survival is greatly increased when left in its natural environment, being raised by its natural parents, not human substitutes.

## Homoeopathy In The Home Part II by Judy Magee

As discussed in our last issue, homoeopathy can act as a powerful tool to facilitate a speedy *and* complete recovery from an acute or first aid condition. A well-chosen remedy, given in the correct potency and for the optimum amount of time, can act as a trigger to potentiate the body's ability to get well. A common acute potency is 30c, with frequency of dose related to intensity of symptoms; for example, a fast escalating fever could benefit from a dose as frequently as every half hour, scaling down as symptoms improve. A sprained ankle will recover well with a dose of the indicated remedy once or twice a day. Some more useful acute remedies include:

**Arsenicum:** for treating upper and lower gastric disturbances, nausea, vomiting and/or diarrhoea. Characterised by exhaustion, paleness, and chilliness, with possible fevers. There can be a marked thirst and a preference for cold drinks. Also for upper respiratory infections, characterised by fever, exhaustion, clear, irritating nasal mucosa and sore, irritated eyes.

**Colocynthis:** for abdominal cramping, easing griping gut pains. Wonderful remedy for a colicky baby.

**Calendula Herbal Tincture:** Applied topically to bites, wounds, scratches and grazes. Reduces the chance of microbial activity and promotes healing.

**Ferrum Phos:** At the first inkling that an acute is developing, can help the body's ability to not get sick.

**Gelsemium:** for flusymptoms, marked exhaustion, aches and pains, headache, sore, heavy eyes.

**Hepar Sulph:** Infective conditions, topical or internal, always associated with marked irritability.

**Ledum:** for puncture wounds, with tetanus risk. Also for effects of ticks, especially paralysis ticks.

**Nux Vomica:** Nausea and biliousness especially after overindulging in rich or over stimulating food and/or drink. Headaches, irritability, exhaustion.

**Pulsatilla:** for early stages of developing ear infection, painful reddened ear, weepy, clingy behaviour. Fragile and needing lots of cuddles.



### JUDITH MAGEE

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# UKITOPIA

arts collective

## Member's Only Party

On Saturday September 12, Ukitopia is celebrating all its achievements in this last year. We have been registered as an incorporated association for a whole year and what a time we have had! There will be a slide show of all the events, music, opportunities for your input and general feasting. You will also have the opportunity to renew your yearly membership. Before the party we will hold our AGM. All welcome.

## Ukitopia Membership

Annual membership is \$10 and entitles members to:

- regular email updates with news, grants info etc.
- discounted entry to Ukitopia events
- voting rights at AGM
- input in Ukitopia decision making and planning
- access to Ukitopia public liability insurance for supported workshops/events (with prior negotiation)
- assistance in finding grants
- Ukitopia auspicing member's art related projects
- an artist page on our "under construction" website.
- support from an experienced mentor

Memberships will be available at the members only party Sept 12 or by emailing [ukitopia@gmail.com](mailto:ukitopia@gmail.com)

## Ukitopia Celebration - November 14 & 15 2009

It's on again, bigger and better! A great opportunity to do your Christmas shopping locally!

Saturday 14 November:

- arvo - live youth music outside the hall
- evening - Images of Uki art exhibition opening.
- night - Shadow Puppet Show and intimate solo and duo performances in the Anglican Church.

Sunday 15 November:

- day - artisans market and regular Buttery Bazaar market stalls; live performances on the outside stage; kids and adult workshops
- evening - a film

The Historical Society will have a display in the hall. This is a great opportunity for other groups to run workshops or simply a stall to raise interest. Stall holders get in fast, contact Kara now. Any other groups who want to be a part of this celebration contact Natascha on 6679 5677.

## Images of Uki Art Exhibition

We have a loose theme of sustainability and

encourage artists of all disciplines to think and create as laterally as they dare. Entry forms available soon. Contact exhibition organiser Kalia on 6679 5707.

## Workshop Program

Just like last year we are running a workshop program leading up to the Ukitopia Celebration event so that all have the opportunity to perform or be guided through a photographic, visual arts or sculpture workshop to present a piece in the Images of Uki exhibition.

## Cabaret 360

By now you witnessed the spectacle of Cabaret 360. What a fantastic show directed by Hamilton and Elenor. Thank you to all who attended this sell out event and to all the performers who entertained us.

This will be a regular Ukitopia event. Next year it will be held in May so start getting your act together!

## Grants

Ukitopia received a CASP grant leading up to the Youth Arts Festival to support the band Emerge, the Shadow Puppet Show and the Hip Hop performance.

Just this week we received an Art Start Grant. Ukitopia is working with Fi Sproule of

Chillingham, Sue and Jake from KitnKaboodle Productions, Josh Phoenix photographer and Sooloobah a digital media artist to create a 10 minute production to be showcased at the Art Start Regional Showcase later in the year. It will involve the development of a 10 minute percussion and accapella youth band performance accompanied by a blended slide show of images taken by youth of favourite spots around the Tweed Shire and video edits from the Youth Arts Festival.

We have also applied for ARTS NSW funding, a NORTEC Community Grant and will be applying for Regional Arts and Australia Council funding. Join our grant writing team if you want to gain experience.

## Ukitopia Youth committee.

As a result of the Youth Arts Festival we have formed a Ukitopia Youth Committee representing ages 9-25. We welcome Srisa and Puspa Heffernan who attend our regular Tuesday meetings. Our next meeting is August 11 in the Uki OOSH room in the Uki School grounds. New members welcome.

For further info phone Natascha Wernick on 6679 5677 or visit [www.myspace.com/ukitopiaartscollective](http://www.myspace.com/ukitopiaartscollective)



*Ukitopia's newly formed Youth Committee*

## Red Cross Report

by Pauline Carroll

Uki Red Cross held their AGM Tuesday, July 21. Zone Rep. Marie took the Chair for election of Officers. President: P. Carroll, Vice Presidents: D. Saunders and J. Armour, Secretary: V. Bell. Treasurer: B. Brims, Publicity: J. Armour, Auditor: H. Mills, Patron: V. Bell.

Greetings everyone! I start my first President's report with a sense of pride and gratitude to the wonderful group of Red Cross members and volunteers without whom all of this just wouldn't happen. This last year has seen members leave for various reasons, however, we have also added some new faces to our team. Our membership now reaches 21! Some members celebrated a significant birthday this year. A 60<sup>th</sup>, an 80<sup>th</sup> and two 90<sup>th</sup>s. What great milestones!

Australia saw some terrible natural disasters, including drought and the Victorian bushfires. Several fundraising events took place; the December and June street stall and luncheon, Australia day activities and the Victorian bushfire appeal. With help from volunteers and the community we raised \$7,713.62!

## RSL Report

by Ray Blissett

First of all, I apologise for missing the last edition. Our Anzac dawn service was very successful with approximately 150 people attending. The chapter, women's auxiliary, Tweed Shire council, Uki Primary School and members of the public laid wreaths. Rev. John Tyman, Ray Blissett and John Smith led the service. Miss Lydia Bohan-Jensen played The Last Post and Reveille. 117 people signed the attendance book. Members' wives, Hall committee members and other volunteers served breakfast in the Hall after the service. The donation bucket contained \$400.50. \$300 was later passed to the Uki Rural Fire Service.

Our thanks go to *Uki Rural Fire Service* for providing finance for breakfast supplies and beverages, and traffic controllers. *225 Regional Cadet Unit* for providing the Cenotaph Guard. *Mt Warning Hotel* for supplying ice and eskies at no cost. *Uki General Store* for supplying soft drinks at no cost. Our next barbeque will be held at Brian and Gayanne's residence on 9 August, commencing at 12.00 noon. Look forward to seeing you there!

If you haven't been to **TWEED RIVER ART GALLERY** for a while, now's a good time to visit. Check out especially the **OLIVE COTTON AWARD for Photographic Portraiture**, on exhibition 14 Aug-27 Sept. 2 Mistral Road, Murwillumbah, phone 6670 2790

## WOODWORK WITH A DIFFERENCE!

My first class will be on laminating timbers of many colours. This system is affordable and the results can be spectacular. Lots of fun, anyone can do it by learning some tricks.



Bring ear muffs and safety glasses, covered shoes essential. [www.robcottrell.com](http://www.robcottrell.com)

Saturday mornings 10-12.30 at Rob's Woodwork Shed Uki \$20 per class and a one off charge of \$10 for a bundle of laminates. Phone Rob Cottrell to book your spot on 6679 5805

## Learn to Carve with Lana...



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Learn techniques by carving an easy-to-work Hebel or Limestone block.

Saturday morning adult class 9-12, 10.30-1.30 \$20 or 9-1.30 \$30

### NEW CLASSES

Casual attendance is welcomed.

Adult class Monday 10-1 \$20

Kids class Monday 11yrs+ 4-6 \$10

One-off charge Hebel \$10 or Limestone \$30

10% of all class fees is donated to Ukitopia, supporting local arts

**SCHOOL PROGRAM** Excursions to Lana's Sculpture Studio and Organic Gardens are available by appointment commencing Term 2. For more info go to [www.lanastudio.com](http://www.lanastudio.com) or phone 6679 7280 to book your place

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## Gallery 100

100 Braeside Drive, Uki

Sculptures by Brian Bartram

Paintings by Sue Walston

Open the third Sunday of each month 10.00am to 4.00pm, and any time by request to 102 Braeside Drive, or phone 6679 5230





# Uki Pythons

by William Child

With the halfway point of the season now behind us the junior sides from the Uki Pythons club are doing the district proud on the field. From the under 6s right through to the under 16 girls the results have been brilliant. Age groups 6 through to 9 do not keep a competition table but all have scored plenty of goals.

Our under 10s are currently in 6<sup>th</sup> position on the table but are only a couple of wins from the top four. Uki under 12s currently sit 4<sup>th</sup> on the ladder which is proof of a consistent season so far. The under 16 girls are third on the table right now which is the highest position held by any of the current Uki sides. What a great effort so far from the girls.

The recent Family Fun Day was a great success and a credit to all of the volunteers who helped to put the day on. The parents versus kids game was a highlight of the afternoon with some brave but heavily outnumbered parents doing their best against an energetic bunch of Uki's finest juniors.

As always the club is appreciative of our sponsors and would like to again thank The Mount Warning Hotel, Mavis' Kitchen, UKIRA, Mount Burrell Fruit, Potter's Mowers, Peter Dusi Bricklaying, Mount Burrell Pools, J and B Buses, Uki Guesthouse, Uki Newsagency and Jim Murrell for their generosity.



Your local not-for-profit  
community technology asset!

## We want YOUR photos for the Uki Village 2010 Calendar!

If you have photos that capture the feel of Uki, we want them for our 2010 calendar! Subjects can range from local identities, landscapes, art and nature shots. All photos are given recognition. Closing date for entries is 3rd week of August.

## VHS to DVD Conversion!

Don't risk losing those precious memories stored on old VHS tapes. Bring them in and we will convert them to DVD for only \$10 per copy (\$12.50 each if we supply DVD)

## Did you know we offer...

- Computer lessons for beginners and advanced on Wednesdays from 5pm, ask for next course details
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