

uki news

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

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Doon Doon Hall Reopens

by Helena Duckworth

Torrential rain did not deter over 70 people attending the re-opening of Doon Doon Hall in its new location at Cram's Farm on Sunday 5 December.

Auntie Kathleen opened the celebrations with the Call to Country. Steering Committee member Melaina Faranda welcomed Deputy Mayor Barry Longland, Cr. Joan van Lieshout and Cr. Dot Holdom. Council's Community and Cultural Services Manager Gary Corbett and Community Development Officer Jenni Funari also attended.

Melaina thanked Jenni for her support in setting up the Steering Committee. She also thanked Bob Taylor from TURSA's Work for the Dole team, Tweed Shire Council and Community Builders NSW for funding.

Many locals recalled memories of their connection with the hall. Allan Cram told of all the agricultural associations who regularly met there. Ida Daly hoped the Hall would rejoin the Tweed Country Halls Association and have a Miss Doon Doon Ball again. Ron Cram spoke about life on the family farm, and when he was dance caller at the dances. Margaret Sweetnam recalled that the women of the district met for craft. The Hall was also used during World War Two to send food parcels, birthday presents and Christmas cards to soldiers from the Doon Doon/Commissioner's Creek area. It was also the venue to welcome families to the district, organise departures, teas and church services. John Smith said he still remembers the welcome home party after his tour of duty in Vietnam.

Jenni Funari praised the Steering



Committee and wished the Hall every success in attracting new members. Gary Corbett compared the moving and re-opening of the Hall to giving it a heart transplant and said the people of the community will be the blood flowing through it.

Margaret Sweetnam cut the ribbon and the cake and everyone enjoyed a burst of sunshine and reminiscences.

A Hall Committee is to be elected at a meeting in the Hall at 7pm Thurs 9 Dec. Anyone who has an interest in the Hall, be it Committee member or to conducting activities, is invited to attend.

Uki Gets New Cultural Land Mark

by Natascha Wernick

A pottery bead structure and new Uki cultural landmark has been in-

stalled at the playground in Sweetnam Park. This community art project has involved all sections of the community, from its commencement at the Ukitopia "Honour Our Elders Day" in April to regular workshops at the artist's studio, the Uki Buttery Bazaar and the Uki Kids Club OOSH.

At the workshops, each participant

constructed their own bead, telling a story about their life or their connection to the community. The project has been facilitated by Marie France Boissonneault, managed and auspiced by Ukitopia Arts Collective, part funded by the Country Arts Support Program, Regional Arts New South Wales and supported by UKIRA.

Community Notices

UKIRA CHRISTMAS PARTY Yes, it's time once more to get together for a non-denominational community celebration of Christmas. Saturday 18 December from 5pm we will be gathering in the cool shade behind the Buttery for music, carol singing and a visit from Santa. Everyone is welcome! Food will be available, or you could bring your own picnic and drinks, and there will be lollies (free from artificial colours etc) for the kids. Music by Play-ing Possum, carol singing, harmony and goodwill by all of us.

RAW VEGAN POTLUCK/CLASSES Learn how to prepare vibrantly alive, delicious, raw vegan food and find more energy, better health and a more positive outlook as you adopt this natural way of eating, the most Earth and animal-friendly diet. 3rd Thursday of the month. Bring a plate of organic raw food (no meat, dairy, eggs, fish, sugar etc) to share. Enquiries 6679 5863.

UKI RED CROSS Uki Red Cross Christmas Appeal will be held in Uki Hall, Friday 3 Dec 2010. Goods on sale from 9am, lunch served 12 to 1.30pm. Donations of cash, cooking, produce, jams, and any saleable goods gratefully accepted. Leave with Joy Armour or at Uki Hall on the day. Ph Joy, 6679 5297.

POSITION VACANT The monthly Uki Buttery Bazaar needs a Market Coordinator. Some remuneration available. Phone 6679 5855 NOW fore more info!

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



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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.

Byrrill Creek Biological Treasures

The water meeting in Uki, 5th Nov, expanded my awareness of the uniqueness of the biological treasures to be found in Byrrill Creek, thanks to the address by our Tweed ecologist Dr Steve Phillips. Of the 26 threatened plant species that exist in the Caldera, 20 endangered plants occur in lowland rainforest on alluvial flats and can be found in Byrrill Creek. The proposed dam will create a major break in the connectivity for a diverse range of species from Mebbin National Park to the Tweed River. Some of these species occur nowhere else in the world. When further surveys are conducted during the approval process for the dam it is likely that further populations will be discovered. When it comes to animals, Byrrill Creek has 45 threatened species in the area to be inundated of which 15 are restricted to lowland rainforest and wet sclerophyll forest and cannot move out of their lowland habitat to higher ground above the water level. They will simply not survive.

I also learned that lowland rainforest on flood plains in the North Coast bio region was listed as an Endangered Ecological Community [EEC] in 1999, while Subtropical Coastal Floodplain forest was also listed as an EEC in 2008, and both of these EEC's occur along Byrrill Creek. They are irreplaceable biodiversity assets with plants and animals that do not occur anywhere else in the world and who are dependent on the lowland riparian habitat between Mebbin National Park and the Tweed River for their survival. Our Council's decision to build a dam at Byrrill Creek will cause the possible extinction of these species so the Tweed population explosion can flush their toilets with drinking water. Because the inundation will cause localised extinctions a Species Impact Statement will be required under the Threatened Species Conservation Act which should finally knock the dam proposal on the head but by the time this happens millions of dollars of ratepayers' money will have already been spent. The good old days of environmental vandalism are over Councillors, and if this contempt for our precious natural heritage continues the people of the Tweed should question your competency to hold office.

P Symons, Byrrill Creek

Who to contact

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

The Uki News, PO Box 141, Uki NSW 2484

Email the Editor, Tessa Martin:
theukinews@hotmail.com

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

Hello good citizens one and all, welcome again to the *Uki News*, the last for what has been a great year for the community. It's been busy, busy, busy and happening. How good was Ukutopia?!

What's UKIRA been up to? UKIRA has committed to the installation of a 5-kilowatt photovoltaic electric system to be installed on The Buttery roof. This was a big decision for the association but in the end the consensus was that the system install made both good environmental and economic sense. The decision represents the fruition of one of the many great ideas to come about from the various community forums that UKIRA has been involved with over the years.

Residents may have noticed some changes in the tenancies at The Buttery lately. UKIRA will always do its best to ensure that an appropriate balance is struck between the viability and vitality of The Buttery, with appropriate respect to the heritage of structure. We trust that the community understands and sees this in practice.

UKIRA successfully lobbied Tweed Shire Council to undertake some maintenance work on Milsoms Lane (behind the Main Street). This area had long been a bit of a mess, so we were happy to get a positive result with some commitment for ongoing maintenance.

The Residents Association is pleased to have made a small donation to the public primary school Out of School Hours (OOSH) care facility. It was agreed that the service is valuable and well worth supporting!

If you feel you can contribute to *Uki News*, please don't hesitate to do so. It is variety that helps to make our truly local paper so good. That's it for now, all the best for the festive season and we look forward to doing our best for the community in 2011. I'm going to go out on a limb and predict a great year ahead with lots of good stuff to come from this great little community!



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Tweed Water Options: The Facts... Refuting the Rumours

by Joanna Gardener

"Tweed Shire is running out of water"

Clarrie Hall Dam as it exists, can provide sufficient water up until 2031 and depending on population increase and water saving reduction, this time frame may be extended.

"A new dam at Byrrill Creek will provide the best water security"

Raising Clarrie Hall Dam will hold more water at 46,000 ML, compared to 16,000ML for a small dam at Byrrill Creek or 36,000ML for the larger dam at Byrrill Creek. Environmental water flow releases for a new dam will have to meet strict government regulations and will reduce the amount of water available for town water supply. Dam water contains toxic pollutants and is unfit for human consumption without high quality treatment processes

"2 dams are better than 1"

The catchments are side by side, the dam walls are only 6.5 kms apart, and receive similar rainfall patterns (in fact Byrrill Creek receives 10% less than Doon Doon). So, if one area is dry, then the other will be also. Because dam water is exposed, it is subject to high evaporation and spoiling in hot dry times when it is needed most.

"Clarrie Hall will have to be emptied to rebuild the Spillway, so we need a 2nd supply of water"

In 2002 the NSW State's Dams Safety Committee advised TSC that they would have to increase the size of the spillway on Clarrie Hall Dam to cater for a maximum flood event and the upgrade was to be completed by 2016. Council are preparing plans now and during construction the dam will have to be reduced to 65% capacity, which is not a problem, unless there is a severe drought. In this time frame, Byrrill Creek dam will still be in its planning phases (9 yrs) and will not be the 2nd supply.

Costs of the Dams to rate payers (TSC Reports 11/2010)

The estimated cost of raising the Clarrie Hall Dam wall is \$34,450,000. The estimated cost of a new small Byrrill Creek Dam is \$45,437,500 and for a larger dam which council has chosen the estimate is now at \$67,355,000. In April 2009 it was costed at \$51 million, in October 2009 \$58.4 million and now \$67 mill. With inflation over 9 years, costs will increase and ratepayers will be paying for the cost over many years. Eg Tilligra Dam near Newcastle: August 2006 estimates \$300 mill, October 2009 costs had risen to \$477 mill, a 159% increase in 3 years.

"Millions of \$ have been spent at Byrrill Creek and council owns the land"

The Council does not own all of land affected by a dam at Byrrill Creek. At the very least, 1/3 of the land inundated by a 36,000ml dam is owned by Peter Van Lieshout, with a further 5 property owners directly inundated bringing the total to approx 110 ha. National Parks own a further 21ha.

Council purchased the land in 1986 (1,131ha, of which only a portion is flooded) and it was not worth "millions" - \$882,200 is the estimated cost based on land values at that time. No other landholder in Byrrill Creek Rd has sold their property to the council, and 2 properties affected by the dam have been sold privately this year.

We should follow the vision of our "forefathers"

One of our "forefathers", Max Boyd, former Mayor, has stated that times change and that Clarrie Hall Dam, because of the upgrade to the spillway needed, is the best option. Byrrill Creek is the most valuable riparian conservation area in Tweed, as such, preservation for future generations is crucial. Numerous Aboriginal Cultural Heritage sites will be inundated at Byrrill Creek, flooding 20,000 years of cultural history.

There are other Alternatives to Dams

If grey water recycling was introduced for businesses and industry in the Tweed, and if it was a Council requirement for the new developments at Kings Forest and Cobaki to reuse water for toilets and outdoor garden use only, there would be no need for a dam, either at Byrrill Creek or Clarrie Hall. Large scale water tanks and storm water harvesting would further reduce the need for dams. Dams increase dependence on a single source of supply and delay necessary technological changes and inevitable social changes. Water saving methods, as above, are already mandatory requirements in SE QLD, eg Pimpama and Coomera Waters.

Is the Council's Decision based on Scientific Facts and Recommendations?

The Councillors' shortsighted decision flies in the face of all recommendations; from their own Council Water Staff, the CWG Consultation, to the NSW Dept of Environment & Climate Change & Water, National Parks & the NSW State legislation, and Federal Government legislation on endangered species. The NSW Weirs Policy states: "An increase in town water supply for the purposes of meeting projected population demand cannot be used as a justification to approve a proposal to build a new, or expand an existing weir, if environmentally friendlier alternatives to meeting that demand exist, which are also economically feasible".

How you can help

Urgently email the Office of Water (Minister Costa, office@costa.minister.nsw.gov.au) and the Dept of Environment & Climate Change (Minister Sartor, office@sartor.minister.nsw.gov.au) to ask that the prohibition on Byrrill Creek dam is upheld in the New Tweed Water Sharing Plan. Join the Facebook site, "The Battle for Byrrill Creek". The campaign itself is called Save Byrrill Creek. Watch out for news-feeds and sample letters to Politicians. Watch You Tube videos Save Byrrill Creek and Dam the Tweed. Website coming soon. Enquiries Joanna Gardner 6679 7039.



Relationship Health and Anxiety

by Heather McClelland, Counsellor & Psychotherapist

In the next few articles a variety of body strategies will be presented and some exercises will be provided which you can experiment with. These are simple strategies which can be used to settle anxiety. Our nervous system makes us anxious, when it is aroused. The arousal brings with it body signals and sometimes unpleasant sensations, which tend to affect our functioning. ie) ability to think rationally and clearly, capacity to contain our emotional intensity, our good habits of responding moderately. If our nervous system is often aroused, our sense of ourselves and also our relationships tend to suffer. Anxiety has its roots in past traumas and family dysfunctions.

Nervous system arousal can be caused by quite ordinary everyday events. Often they are events which make us feel overpowered or put down in some way. The present day dynamics are triggering memory of something similar from the past, even from childhood which the body still remembers. The energy of what happened long ago is still held in our nervous system. So that energy erupts in our over-reaction.

Strategy 1: Kindness towards Self

Exercise: Think of a time when you found yourself over-reacting to someone or responding a lot more strongly than circumstances warranted. For example you erupted in anger, felt frantic feelings or a sense of overwhelm. You were reactive rather than being able to choose your objective response.

Identify your body's signals:

Scan your body and see if you can recall exactly **how your body drew your attention** right when you over-reacted. We are all different in how our body signals at such times. One person may feel hot in the face. Another experiences shortness of breath, clammy hands, nausea in the stomach or shoulder tension etc.

Scan your body again remembering the above experience. Try to think about the context and details of the activating event which affected you.

See if you can measure the intensity of the pressure as you notice the part of your body which called your attention. Circle the appropriate number to gauge the intensity (low on the left of the scale and increasing in intensity as it approaches 10).

1 2 3 4 5 6 7 8 9 10

Body Strategy 1: Notice the Body with Kindness

For about a minute keep your awareness on the part of your body drawing your attention ie) your clenched fist, tight chest, lump in the throat, churning stomach etc. It is very important to **notice it with kindness** not with impatience or self criticism, which is our usual response. Now measure the intensity on the scale again and see if it has changed at all.

Taking notice of our BODY is highly empowering. The body is always truthful. It gives us **signals** to help settle anxiety and to calm ourselves. Sometimes our body will take us back to a childhood or traumatic event. Our body remembers. Once our anxiety settles (our nervous arousal comes back into balance) we can reflect on and respond rationally to the present event. We may also be able to resolve what happened to us long ago or at least understand why our present reaction was greater than the present circumstances warranted.

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.

Phone: (02) 66795603 or 0423693744

Email: heather@otherwisetherapy.com 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.

LOOKING FOR A POSITIVE AND COMPLETE APPROACH TO HEALTH & WELLBEING?

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You Can Do Something... It's Not Too Late!

by John Tyman

Those of you who have been glued to the TV on Sunday nights watching the series "Last Chance to See", with Stephen Fry, may with good reason be feeling both sad and helpless. So many precious animals and plants have become extinct since Douglas Adams' trip 20 years ago. In our own area, too, a number of animal and plant species are endangered and/or on the verge of extinction.

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

The debates over the Repco Rally and Council's wish to build yet another dam illustrate how our values differ from those of city folk whose priorities are "development" and "progress". However, while we may believe these things we are sometimes slow to do anything - or, more likely, are held back by doubts that there is anything we can do. Well, there is... lots!

The Friends of Wollumbin Landcare Group was established in 1997, with the aim of enhancing the biodiversity of our region, and providing corridors for wildlife moving between Mount Warning and Mount

Nullum. Since then we have waged war on weeds and planted a tremendous number of trees native to our area. In recent years, while maintaining earlier plantings, we have focused on the rehabilitation of the river bank opposite Boulder Close - as you will have noticed on your way to town.

The work done by The Friends of Wollumbin has been recognised by government on many occasions and we have been awarded a series of grants enabling us to purchase seedlings and equipment: but governments do not provide people.

Thousands of trees have been planted: but much remains to be done, and since none of us is as young as we once were, we are in need of additional volunteers. There is space for yet more trees to be planted, and since we have chosen not to use chemicals those planted in the past need ongoing assistance till such time as they have established a decent canopy.

We meet on the river bank opposite Boulder Close on the first Saturday of each month at 8am. Bring some food, if you can, to share for morning tea; plus gloves, a hat, sunscreen and your own tools if you prefer them... we look forward to your joining us!



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EVERYONE IS WELCOME

to contribute
a drink
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If you can't contribute
COME ANYWAY!



To help with planning
RSVP John on 6679-5257

If you can't RSVP
COME ANYWAY!



What is the Uki Public Hall & Recreation Reserve Trust

by Uki Public Hall Trust

What or who is this entity that administers the Uki Hall? The Hall Trust, to the locals often called Hall Committee, is a Board of Trustees, appointed from within the local community, by the Lands and Property Management Authority (previously the Dept. of Lands). They are charged to administer the upkeep, management and use of *The Hall And The Attached Reserve (village green) Area*, as a community asset. The Trust must comply with all the guidelines and regulations of the L.P.M.A. under the *Crown Lands Act 1989*. Trustees are required to be aware of and meet all Federal, State and Council legislation, comply with occupational health and safety standards and ensure that all hirers also adhere to all rules applying to a 'place of public entertainment'.

The Uki Hall, which will celebrate its centenary in 2011, is one of few halls left in the region that is managed by its own local community rather than administered by Council.

To cover the running costs for a Hall of this size each year can be quite a challenge. Every year there are various licensing fees, electricity and numerous costly areas of general upkeep. Our thanks to the LPMA, who now assist with insurance costs, and to the Council who have been generous in approving a donation to cover the cost of rates. Over the last few years the Hall has had dry rot repaired, termite treatments, electrical wiring upgraded, new fire doors and exit light system installed, extra fire safety equipment, a fire exit deck added to the back and a long list of smaller tasks completed, in order to satisfy Council building codes and be allowed to continue to operate and offer a continually improving facility to the community. Current projects are repainting (in stages), improved kitchen and further roof repairs.

The Hall is there for all to use, community and private groups. The fee structure is cost effective for 'non-profit' organisations, at the same time providing adequate income necessary to maintain the Hall. For this reason the Hall is **not available 'for free'**.

The Hall Trust welcomes new ideas and assistance from anyone with a passion to preserve this important piece of cultural heritage. Join our meetings the 2nd Tues of the month at 5.30pm.

For bookings email uki.public.hall@gmail.com. Please remember that we need time to process applications.



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The Obscenities of an Australian Christmas

by Rev'd John Tyman Holy Trinity Anglican Church

No, I'm not thinking about "office Christmas parties", but about what we have done with what was once referred to as a Holy Day. Persons raised in the northern hemisphere who once thought it "normal" to stuff themselves with roast turkey and Christmas pudding may well question the advisability of indulging themselves in the same way when temperatures are in the thirties. But the real issue is not the appropriateness of the dishes chosen, but the injustice of over-indulgence when millions elsewhere face starvation.

Billions of dollars will also be spent (wasted?) on buying gifts for people who actually *need* nothing (however much they may *want*) and who will eventually send many of these presents to the dump! Yet for months beforehand well-meaning parents and friends will become nervous wrecks trying to identify suitable gifts and (later) paying for them!

Religious zealots from Crusaders to suicide bombers have invariably wreaked havoc in the name of their god: but on what unfortunate being can we blame our abuse of Christmas? Certainly not the Baby whose arrival we celebrate (in theory at least). Jesus was born in a shabby little stable, and later played among wood shavings in his father's workshop, not on a well-carpeted floor beneath an expensive Christmas tree.

Some will justify their expenditure on presents by referring to the gifts brought by the Wise Men... but those gifts would not have been welcomed by Mary, for they were symbols prophetic of her son's ministry and death. Maybe we should blame the department store and magazine in New York that invented the "Jolly Old Saint Nick" with a sales pitch to match.

But we don't have to live like that! From our church's stall in the monthly market (or by phoning me on 6679 5257) you can obtain "gift catalogues" that could change the world. From TEAR Australia you could for \$20 reward a friend with a card reading: "Your Christmas Gift is the gift of Safe Water for a family in the Third World". Through OXFAM you could for \$10 provide a family with enough seeds to start a vegetable garden. For \$25 you could offer safe refuge to a victim of domestic violence in New Guinea. For \$45 you could provide someone with a pregnant goat through "Compassion Australia" or a chicken for \$16. Through CARE Australia you could send a pig, or even help with land mine clearance!

If you really do need to hand presents around why not buy Fair Trade items that will provide their makers with a fair return, instead of profiting middlemen and department stores. At our stall we'll have catalogues from the OXFAM Gift Shop, from New Internationalist, Amnesty International, and Australians for Native Title, advertising a host of wonderful gifts. See you there!



What is a Computer Virus?

by Robert Harrell

A computer virus is a small software program that spreads from one computer to another and interferes with its operation. It may corrupt or delete computer data, use an e-mail program to spread to other computers, or delete everything on the hard disk.

Computer viruses are most easily spread by attachments to e-mails or by instant messaging messages. Therefore, never open an e-mail attachment unless you know who sent it, or you are expecting the attachment. Viruses can be disguised as attachments of funny images, greeting cards, or audio and video files. They also spread by using Internet downloads, can be hidden in pirated software or in other files or programs that you may download.

Many masquerade as your Virus Scanner or notify you that you are in fact infected. NOW, be very careful as to what you do here. If the message/popup is from your own program, accept, but if it is from some other application, say "Windows", forget it and get the hell out of there. If in doubt, do not say "yes", but exit that application. If you cannot, reboot, then run your own virus scanner and see what it finds.

Have a great Xmas and New Year. I am off to sail a Tall Ship "The Black Pearl" - who said I am a Pirate - from Adelaide to Sydney for the Syd-Hobart bash.

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Pricing to Market or to Cost?

by Geoffrey Colwill

I was Skypeing with a client last week who works out of Hong Kong supplying shops around the world. Pricing was our topic. We talked about how many businesses undervalue their products or services. How we had even seen businesses shutting up shop, because their margins are too small to sustain a viable business, without even experimenting with higher prices, to see if the market would be happy to pay them.

Conversely, there are others who frequently review their pricing to provide a margin that enables them to develop their business and to provide an even better product or service. People are happy to pay more if they feel they are getting good value for money.

A fear of being greedy, or of not valuing ourselves and our products/services, can often be at the heart of this 'blind spot'. Not realising that to be a force for good in the world we need to value ourselves appropriately. Often it only takes a few well pitched questions for people to gain a new perspective and to move forward. The sense of abundance can then free us up to devote more time to supporting projects that make a real difference in the world, or following other of our passions with more energy and enthusiasm.

Thanks for listening to one of my passions. Have a great Christmas and summer break.

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

Two Eclipses are coming, those magical moments in the Earth-Moon-Sun cycle, when the three align, creating a powerful nexus of energies, from the solar centre of consciousness through the lunar world of psyche to the earthy world of physical experience. These events so close to the Capricorn Solstice point to another intense and eventful year ahead.

The Total Lunar Eclipse is first, on December 21, a few hours before the Summer Solstice. Significant for people with Sun, Moon, Ascendant and/or Planets on the cusp Gemini-Cancer, Sagittarius-Capricorn, Virgo-Libra, Pisces-Aries. Time for peak experiences, emotional heights and profound realisations. We should not expect anything less from a Moon eclipsed on the Cusp of Magic, Gemini-Cancer, where reason and feeling embrace.

The Partial Solar Eclipse, on January 4 2011, is a New Moon in Capricorn. This coincides, to the day, with the last pass of the Jupiter-Uranus' conjunction, promising upheavals, changes of direction, also the willingness to embrace new circumstances with optimism. Jupiter is again expanding the scope of Uranus, the planet of revolutions and reforms. The Sun's Eclipse will carry the effect of this conjunction into 2011 and beyond; a very helpful transit in rather difficult collective circumstances.

The whole alignment in Capricorn at the time of the Eclipse shows in fact that pressing material problems are vying for our attention. The last pass of the Jupiter-Saturn's opposition is still maturing (March 29, 2011), and the global crisis far from over.

Between December 10 and 30 Mercury will go through one of his frequent retrograde periods, just at the start of the Christmas holidays. This may not be good news for smooth travelling and communication, essential ingredients of the festive season, but it could make all more memorable or a bit different.

To read more about the current and future transits and many more astrological topics and tutorials, please visit: <http://livingmoonastrology.wordpress.com/>

Byangum: Our Front Door

by Penny Watsford, Uki Historical Society

"The upper township on the river is Byangum. It consists of a public house, a wheelwright's shop, and a telephone office...". So wrote a reporter visiting the Tweed Valley in 1891. (Sydney Morning Herald, 29/12/1891).

For thousands of years, the junction of the Middle and South Arms of the Tweed had been Aboriginal country. Their peaceful lifestyle was shattered when, from about the 1860s, Byangum, at the upper reaches of navigation, became a loading area to transport cedar logs that had been floated downstream.


Surveyor Rowland, in 1863, selected Byangum as a suitable place for a village but the problem with flooding meant that as early as 1871 the settlement at Murwillumbah took precedence. Nevertheless, a Byangum Village went ahead and from about 1890-1920 it was an active centre with a school, Post Office, hotel, a 'lying-in' hospital, blacksmith, wheelwright, saw-mill, vehicle ferry, river boat for transport, dairying, cane growing, banana farming and sandstone extraction.

From about 1920 to 1926, there was a vehicular ferry to cross the river and Harry Hatton's launch to take cream, goods and people to Murwillumbah. When the bridge was completed in 1926, communication with the outside world became much easier, although Harry Hatton and the ferry operator lost business.

During the second world war, small boats were confiscated from their owners and tied up at Byangum, to hinder the possible advance of Japanese soldiers.

Byangum is the "front door" to the South Arm – the area upriver from that spot was commonly known as South Arm by the early farmers. It comprised all the small settlements up various creeks, plus Uki village whose development overtook Byangum village. Today, we use the phrase "Uki and District" instead.

During the Ukitopia festival, Uki & South Arm Historical Society explored Byangum history with a display of early photos and quotes. If you'd like to see them, call in to our office behind Uki Hall on a Friday. Meetings are every 2nd Sat of the month at 10am.



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An Alternative View: Technology & Superstition

by Geoff Dawe

We pride ourselves as a society on our rationality, and science has become rationality's flagship. Yet, the foundation of the society is still firmly based in the belief and superstition, rather than reason.

We superstitiously believe nature imperfect or inadequate and have built machines and technology to fill perceived gaps in nature in the ongoing process of wrapping ourselves in cotton wool. There is no proof that nature is inadequate; first enquiry left undone.

So irrational has become the belief in technology that its by-products are *believed* without scientific veracity to be more innocuous than the by-products of organic substances. In the 14th century, European consciousness suffered a setback from which, I would suggest, it has not fully recovered. The black Death caused European consciousness to become irrationally fearful of human shit rather than wary of it. Combined with sewerage in the growth of cities, the overall effect was to hold humanure away from, rather than return it to, soil as part of the nutrient cycle that can be learnt from any elementary science book. Science has factually allocated a particular place for human shit that is toward the well-being of the whole. The society nonetheless largely does otherwise.

In the 15th century, German-Swiss physician, Paracelsus determined that when different toxins were combined, the resulting toxic mix was more toxic than the sum of its toxic parts. Yet, six centuries later that scientific information is all but ignored, as there is pretence that the by-products of technology; its pollution surrounding us in many forms, is minimally harmful even as with increasing

technology dependence it increases daily.

Why do we not test the synergistic (combined effect) of chemicals added to the water supply? It is because we do not want one of our worst fears realised that we poison tap water with our own hand, and we wish to maintain a *belief* that its toxicity in combination with the many other toxins in the environment is now existent or minimal.

No science. Belief! It is with this belief that we are prepared to bet increasing chemical loads in the society do not cause cancer or degenerative diseases such as Alzheimer's. Superstition! Why else are there appeals for funds to research cancer cures, whilst the known deterioration of air, water and soil, the bases of life, are not considered reasonable areas to begin enquiry into immune system dysfunction?

The irony is that it is humanure, other manures and organic matter generally, that enliven soil life so important to the proper functioning of immune systems. By withholding organic matter, including humanure from soil, there is the deterioration of immune systems and greater susceptibility to all disease including the potential pathogens in humanure. Thus there is a Catch 22 of escalating environmental degradation: the danger of humanure is increased if it is not used in soil to strengthen immune systems to resist the danger of humanure!

The superstitious belief that nature is inadequate has led to the doing of things backward: withholding organic matter from soil, deteriorating immune systems and pretending that increasing chemical loads will not cause ill-health.



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Now, you can have your very own Ka Huna experience in Uki. The newly established Uki Health Collective has three Ka Huna trained practitioners, Emma Geraghty, Chrissy Schyff and Trish Lyons.

In addition to Hawaiian Massage, Emma has also trained in Thai Massage, Ili Ili Hot Stone Massage and Seated Chair Massage and holds a diploma in Remedial Massage.

Chrissy has been doing bodywork in Nimbin for the last year and can incorporate hot stones into your Massage also.

Trish provides a range of holistic energetic modalities. These include Hawaiian Massage, Transformational Kinesiology and Flower Essence Therapy/Holistic Counselling (Mind-Body Medicine). (check out her website www.thelightedhouse.com.au)

All three practitioners are also trained in pregnancy massage.

Now, you can benefit from their fantastic introductory offer. You will receive a FREE extra 1/2 hour massage when you book an appointment during the months of December and January. Don't delay, BOOK NOW!

Gift vouchers are also available for those you wish to spoil this Christmas or on any other occasion.

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Fri/Sat: **Naturopathy, Herbal Medicine, Massage and Hot Stone Therapy** with Deanna Kiger/Heart of Nature Apothecary

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Homoepathics for Animals

by Judy Magee, Homoeopath



Animals respond wonderfully to Homoeopathy, and it can provide a safe and effective form of treatment for both acute and chronic conditions. Interestingly, in many European countries, up to 80% of their veterinarian students receive Homoeopathic training. Some of the common remedies used are:

Aggression: Chamomilla, Belladonna
Anger: Staphisagria, Lycopodium
Bad Breath: Mercury
Broken bones: Symphytum
Cataracts: Phosphorus, Silica
Diarrhoea: Arsenicum, Arg - nit (from emotional excitement)
Fear: Stramonium, Arsenicum
Flatulence: Sulphur, Carbo-Veg
Fleas: Pulex Irritans
Needy behaviour: Pulsatilla)
Overstrain, muscle fatigue: Arnica
Rheumatism - Rhus-Tox, Bryonia
Skin irritations: Sulphur, Psorinum
Ticks: Ixodes, Ledum
Vomiting: Ipecac, Nux Vomica, Arsenicum
Worms: Cina, Oxyzan

Commonly, good results can be achieved with animals at 30c potency and below. However, for very acute conditions, a higher potency may be required. Dosage methods vary according to the animal involved. Remedies may be dispensed via pilules or liquid directly into the animal's mouth. If this proves difficult, the remedy can be placed in a small amount of water or milk - ensuring that it is all drunk! For larger animals, a larger quantity of the remedy can be placed in a water trough.

More general health measures can also be very effective in keeping your animal well. For example, attention to diet - especially where there are skin problems, weight issues or behavioural problems. Discuss the best range of food and 'snacks' for your animal/s with an appropriate health professional. Supplementing their diet with cod liver oil, linseed oil or flaxseed oil can be especially effective for irritated dry skin. Flower Essences can also be effective in assisting with mental/emotional issues.

For any serious conditions, or where there is a lack of response to home treatment, please see an appropriate health professional.

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UKITOPIA

arts collective

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You'd be forgiven for thinking you were at a Cirque du Soleil performance last month in Uki, with a giant teapot and elaborate animal costumes delighting the crowds at the spectacular Ukitopia festival opening ceremony on 20th November.

To top off winning this year's Australia Day Arts and Culture Award, the weekend-long festival had enough financial support to put on a marvellous show.

"This year we received Festival Australia funding as well as funding from Tweed, so we were able to hold six weeks of workshops to make the animal costumes," festival director Natascha Wernick said. "We also had a large teapot installed so people could put their wishes on teabags and have them sung out as part of the opening ceremony."

Throughout the weekend, festival goers were treated to musical performances, market stalls and a wide variety of street performers and circus acts.

"The festival provides an important economic boost to the community with market stall holders and Uki supermarket recording an increase in sales," Natascha said. "62 people were employed leading up to and during the weekend, helped by over 50 volunteers."

The third annual Ukitopia festival wrapped up after three successful days of community celebration and a promise to make next year's festival even better.

Mt Warning Preschool

Mt Warning Preschool children were proud to show their papier mâché model of their favourite mountain at the Ukitopia Festival. A big thanks goes to Ella Byrne, Oscar's mum, for her patience in sculpting the clouds that surrounded Mt. Warning.

The preschool would like to thank the organisers of the festival for providing a fantastic opportunity for all the children of the area to be a part of such a creative community experience. The children have shared their experiences of the Festival and the creatures of the Opening Ceremony were a definite highlight.

The Preschool Xmas Picnic Party is to be held on Monday 13th December at 6pm. Bring your picnic and picnic rug. Santa will arrive at dusk.

We would like to wish all our families and friends a happy Christmas and holiday season.

'Goodbye and Good Luck' to those children off to their new schools in 2011.

Preschool will resume on Thursday 27th January.



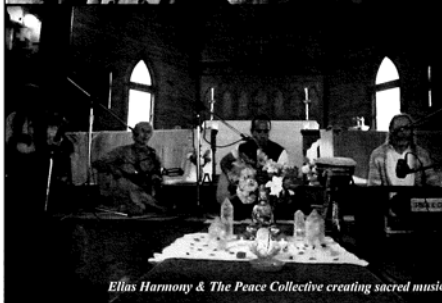
Four old Indigo Cook performing a guitar solo



Wendy Grace enchanting the crowd with her choir



Public School pleasing the crowd



Elias Harmony & The Peace Collective creating sacred music



November and December are quiet months on the field for the Uki Pythons but behind the scenes things are as busy as ever. As soon as the final games of the season were completed, Karen, Lisa, Clayton and the rest of the Pythons committee started planning for a bigger and better 2011. While the leadership of the club looks towards the future, the fans can afford to look back at some highlights from the season just completed.

There's no doubt that the big football story for Uki in 2010 was the Under 13 side's premiership. To go through the home and away rounds undefeated, taste defeat in the finals series, and then bounce back with a grand final victory was a great achievement. After being beaten for the first time all year by Tumbulgun in the semi final, the 13's bounced back in the best possible way, turning the tables on

Tumbulgun with a Two nil victory in the decider. Well done to Steve, Paul and the team

Action on the field is set to begin early in the New Year, with training sessions to commence in January.

Any enquiries regarding training times and dates can be made to Clayton on 0408 254 543. There will be signs around the village as well as information in school newsletters regarding sign on dates. Everyone is welcome and there are teams to suit players of all ages and experience levels. We encourage everyone to come along and play.



Uki Pythons Under 13 football team created history by winning both the minor premiership in FFNC U13 Division 2 North and scoring a victory in the Grand Final.

The Uki Pythons would like to thank all of their Sponsors, supporters and players for making 2010 a successful year. We'd love to see everyone back next year for more success and most importantly more fun in 2011.

Volunteers Wanted

Uki CTC is seeking community minded volunteers to assist Day Managers.

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