

UKI NEWS

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

Proudly Sponsored by the Uki Pharmacy

Issue 44 December/January 2009

'The best read on the Tweed!'



Ali at the Images of Uki opening standing next to her portrait 'Ali and the flame' by Alan and Peri Wain. Photo by Barry Longland

Images of Uki

by Julia Hancock

It was a big gamble but we pulled it off. The inaugural *Images of Uki* exhibition held in the Hall on 15 and 16 November was a huge success. As they trickled in on Friday I became more and more excited at the quality of the works; by 6pm I knew that this event was going to be something special!

From the Uki Primary School students in Mrs Porter's art class to nonagenarian Stella Wilkie, the artists and their work was a true reflection of the community in which we live. The common thread was their impressions of life in Uki. There were 173 works of which 72 were by the students.

Approximately 100 people attended the launch, which was hosted by UKIRA and opened by Deputy Mayor Barry Longland. After the opening the raffle prize, a painting by Barbara Suttie of Mt Warning, was drawn. Deb Emmanuel, deputy Captain of the Uki Fire Brigade, was the lucky winner,

while Brian Bertram won Gloria Roszkiewicz's stunning glass dish. Mr Butler won third prize, a message from Kay Bristow.

Throughout the exhibition the number of red dots on the wall grew. By the end twenty-five per cent of works had been sold, and two orders had been taken. Funds raised on the commission of sales amounted to \$1242.90 which will be donated to the Uki Hall Trust for the Hall's new fire escape.

One of the more popular exhibits was Brian Bertram's twin busts of the Rev. John Tyman and a competition was held for the best 'speech bubble'. The wittiest came from Anne Pryke – 'Oh my God, I've been busted!' Luckily, both Brian and John have terrific senses of humour.

One of the most poignant exhibits was Helena Duckworth's oil painting *Not the dawn service, (nor the last war)*. I am delighted to (continues on page 3)

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Uki Community Xmas Party

Saturday 20 December
Starts at 6pm, with Santa
arriving at 7pm.

Come along and enjoy carols
with Wendy Grace and live
music from local artists.

The festive season is upon us again—and what a year it’s been for UKIRA. The implementation of our Community Plan of 2007 is now progressing on a number of fronts, eg new play equipment in Sweetnam Park, installation of a wheelchair-friendly public toilet, proposals in Council regarding street-scaping through the village and a group actively pursuing cycleway initiatives. Without doubt our biggest success so far from the Plan has been the fundraising efforts for the Uki Hall. Over the weekend of 15/16 November, the final event in these fundraising efforts, Images of Uki (see story in this edition), was a stunning success. In the first edition of the *Uki News* for 2008 it was declared that

this was going to be the year of the Uki Hall. The small fundraising sub-committee of UKIRA that took on this task through a range of events throughout the year has just reached its target of \$10,000 – a wonderful effort. Together with other initiatives like a second successful application for late 2008 for Green Corps in the village, the year is ending on a high note. UKIRA will again be sponsoring the Xmas Party in the park on 20 December commencing at 6pm with the usual attractions of mystery Santa, healthy treats for the children and live music from our local artists. There couldn’t be a better time for us to celebrate 2008 together as a community. On a personal note I have to an-

nounce that, from this edition to the next UKIRA AGM, this column will be written by acting President Sam Quint. Council responsibilities are consuming so much of my time that I am finding it impossible to devote the necessary attention to the job of President of UKIRA. I want to express my personal thanks to Sam and the UKIRA committee for their support during this time and I will continue to do as much as I can as a member of the committee for the time being. Finally, on behalf of UKIRA I would like to wish everyone a joyful festive season and a happy and healthy new year.

UKIRA is the Uki village and Districts Residents’ Association Incorporated, a not-for-profit community organisation that provides a forum for residents to discuss and act upon local issues. You can contact President Barry Longland on 6679 5220. **UKIRA MEETINGS** are held on the 1st Tuesday of each month in the Uki Hall at 7pm. Please come along to our next meetings on 6 January and 3 February 2009.

Editorial

Well, it seems likely that a new Editor for the *Uki News* has been found at last. It’s not confirmed yet (as we go to print), so you can look forward to finding out about your new mystery Editor in the next issue!

This is my last ever *Uki News*, after 16 editions and 2½ years. It’s been a great experience, and I’d like to thank everyone who has contributed their expertise or shared their views with the community. Thank you also to all of our regular advertisers, without whom UKIRA could not continue to produce the paper. In the interests of the incoming editor, I’d like to remind everyone of

the rules for contributing to the *Uki News*.

- Every article must fit the 300 word limit—we don’t have space for anything longer. The Editor **will** shorten anything that’s too long.
- Get your articles and ads to the Editor by the deadline—no excuses!
- Remember that we are a family publication and avoid writing anything you wouldn’t want a child to read.
- Submit your article electronically (via email) if it is humanly possible. This makes it much easier for your long-

- suffering Editor.
- Avoid fancy formatting and embedded graphics—send any pictures as separate files, and remember to include the name of the photographer if you would like a picture credit.
- Advertisers—please see the guidelines on page 6. I suggest you cut out and keep these for future reference.

Deadline for Issue 45 is 19 January 2009.

Anita Morton

Who to contact

Disclaimer

The opinions and views expressed in this newsletter are the contributor’s own. They are not necessarily those of the *Uki News* nor of UKIRA.

If you would like to discuss any *Uki News* business, please email theukinews@hotmail.com.

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Email: theukinews@hotmail.com

Ad rates: Business card size - \$25
Quarter page - \$55
Half page - \$90
Full page - \$175

Ukitopia a huge success

Ukitopia celebration... Wow! Thank you to everyone for making Uki the most creative, vibrant, fabulous place to be. What a great community we live in! Sunday 16 November at Uki village square the Buttery Bazaar merged with the creative energies of the Ukitopia Arts Collective to present a day of entertainment.

Beginning with the opening ceremony at 10am, the lineup ranged from soulful solo and duo acts Marty many hands, Phil Eisenberg, Josie Forest, Dave Innes and Michael Fairley through to crowd favourites Loren, Murray Kyle and the youth band 6 Minutes to Midnight. The afternoon's entertainment culminated with the smooth reggae vibes of local artist Imandan and the pulsing dance grooves of Channel Free. Meanwhile the storm that had been gathering during the afternoon broke and the searing heat of the day was



Part of the crowd enjoying the performances. Photo by Natascha Wernicke.

washed away.

The stage also showcased the outcomes of a recent series of Ukitopia workshops. These included Hip Hop and Belly Dance performances, a great display of skill from OOSH's circus workshop and a demonstration of Hapkियusul martial arts.

The kids' arts space on the Buttery verandah provided our young artists with groovy and innovative art activities.

by Natascha Wernick

That Sunday was the culmination of the efforts of many Uki businesses and community groups including UKIRA, the Historical Society, the Hall Trust, the Uki OOSH (after school care), Ukitopia and the Uki Cafe. What a joy to experience the convergence of so many parts of our community co-creating a wonderful day. Thank you.

The Youth Arts dinner in the Uki hall at the end of October (a Ukitopia Arts Collective and UKIRA event) provided performance opportunities for our young artists. Those that attended the inaugural event were treated to a yummy meal and a fun evening full of beautiful voices and musical prowess. (See photos on page 10)

Both of these events will be on the Ukitopia calendar next year (dates to be advised). Become a member and keep up to date – and we can always use more volunteers!

Village Voices

The Tuesday card group will be taking a break over Christmas. Final meeting for the year in the second week of December. If you're thinking about coming along next year, phone Joy on 6679 5297 to get the details.

The BreastScreen visit in early November was a huge success. They were fully booked as local women took advantage of the opportunity to get screened. Organizers are hopeful that BreastScreen will make a regular biannual visit.

The ladies' social tennis group welcomes new members. If you would like to play in 2009, please contact Kristen on 6679 5083 or Rosemary on 6679 5068.

Images of Uki (continued from page 1)

announce that this magnificent work has been jointly gifted to the community by the Historical Society, the Hall Trust and the Residents Association. It is a highly appropriate addition to the display of combat memorabilia in the Hall's supper room.

Special thanks go to the hanging team – Barry Mossop, Laurie Smith, Alan Wain, Peri Wain, Jean Nuttall, Brian Bertram and Sue Walston for their superhuman efforts; the catering team; Uki School; Shirley Kennedy; and, most importantly, the artists, without whom the exhibition would not have happened.

Will we do it again? Yes. When? Don't know. Lots of great ideas have come out of this exercise and we have learnt from our mistakes and our successes. One thing is guaranteed: if we do hold a similar exhibition again it will be bigger, better and even more enjoyable!

PS Would the person who wanted to buy Scott Lambert's 'Spirit of the Ball' (photo of Ida Daly) please contact me on 02 6679 5414.

Car Pooling in Uki

Make a responsible decision for the environment and your community—start to log your car trips on the Uki Village Car Pooling Forum on www.ukivillage.com.au
Cut down on carbon emissions—share petrol costs—make new friends—have fun!

OOSH after school hours care 3 to 6pm Monday to Friday Phone 6679 5128

Birdwatching

by Doug Davidson

Regent Bowerbird
(*Sericulus chrysocephalus*)

The bower of the Regent Bowerbird is usually hidden in tangles of ferns and lawyer vines in dense forest, and is very rarely found. It is a simple avenue bower, and is attended by the brilliantly-plumaged male bird. Several adult males and immature females may attend the bower, which is built on a cleared patch of forest floor.

Thin sticks are interwoven into two upright walls about 150mm high, making an avenue approximately 90mm wide and 160mm long. The walls are painted yellow with saliva and the juice of crushed leaves dabbed on with the bill. The avenue between the walls is adorned with snail shells and small black, red or blue glossy berries. The male is jet black on the face,



throat, belly, back and tail, with glossy brilliant yellow on the crown, nape of neck and upper parts of the wings. There is often a tint of carmine to the forehead and head. The bill is yellow.

The female has a black bill, and yellow eyes with black pupils. She has olive brown upper parts with a black patch on the nape, grey mot-

ting on the mantle and fawn-white below. There is a black mark below the throat, and the underparts have a brown netted pattern.

Immature birds look like females, but with dark eyes. Voice: low chattering, tearing rattles, scratchy, wheezing ventriloquial calls, mimicry.

Habitat: rainforest, margins, coastal scrub, thickets of raspberries and secondary growth.

Breeds: October – January. Nest is a loose saucer of twigs, 4 to 10 metres high in creepers

in rainforest.

Eggs: two pale brownish buff with irregular lines of dark brown, purple.

Range: on and coastward of the Great Divide for Eungella NP (Qld) to Gosford (NSW). Occasionally further south to Royal NP near Sydney.

Enjoy your birdwatching.

Uki RFS report

by Stephen Watson

New Static Water Supply Register

Following recent reports from the NSW Rural Fire Service on local fire management and control, it was found that a contributing factor to the success in rural fire-fighting operations is the local knowledge on the availability of 'immediate water supplies' – creeks, dams, ponds, pools etc.

In order to assist the combined efforts of the Rural Fire Service in the event of a major fire and to prevent the loss of local properties and homes, a 'Static Water Supply Register' is being drawn up.

The Register is voluntary with a prime purpose to gather knowledge from the local community and landholders, and to assist the Rural Fire Service locate these immediate water supplies if needed.

Members of the Uki and Kunghur communities are invited to have their properties listed on the 'Static Water Supply Register' by contacting the Uki Brigade Captain Jacko Griffiths on 6679 5028, or Kunghur Brigade Captain Ron Duckworth on 6679 9121. Thank you for your ongoing community support.

autograph
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Now is the time of year when our older Preschoolers are preparing for big school. School orientations are being conducted to familiarize our preschoolers with their school of choice for next year.

The Little Day Out was held on Sunday 26 October. All those who attended had a fabulous day with so many raffle prizes that it seemed everyone went home a winner. There were kids' activities and games such as cow pat lotto, treasure hunt and the wet sponge throw. The very kind Barry Longland was the first to put his face on the line as a target. We also had entertainment with the Amazing SuperFabs, musical acts and a variety of stalls. We raised almost \$1500 on the day and would like to thank all those who



Family fun and prizes for everyone at the Little Day Out.

helped with the preparations or contributed items. This show of support and community spirit made the day the huge success that it was and we thank the community. Our involvement raising and lowering banners and flags and organiz-

ing the food vendors at the 2008 Speed on Tweed event earned us \$1500 for the Preschool.

The Preschool has also been successful in securing a grant from the Grass Roots Parenting Fund to conduct two Inspir=Ed parenting workshops. These use an interactive approach to parent education that includes the use of arts, games, songs etc. Two workshop series will be conducted by inspirational educator Jane Hanckel. The first one is fully booked but a further workshop series will be run in Term 1 2009. Contact Pauline on 6679 5313 if you would like to put your name down.

There is much excitement because we have entered the Junior Land-care Watermelon Challenge to grow the biggest, juiciest watermelon in Australia. The vegie patch

is prepared and we are waiting the delivery of the seeds in the mail!

Other program activities have included the PALS Program with the chil-

dren using puppets and role playing to learn useful life skills. The children have also had a wonderful time participating in the council's recycling awareness campaign with a visit from Mr Wheelie Bin.

We are now planning for next year, with the final event for 2008 being the Preschool Christmas Party, to be held on Monday 15 December.

The Speed on Tweed experience!



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Important notes for Uki News advertisers

- | | | |
|---|--|--|
| <p>1. Let the editor know if your ad is for one issue only. If you don't, the Editor will assume that you are joining the ranks of our regulars and will reproduce your ad in all subsequent issues until you tell him/her to stop.</p> <p>2. If you provide us with an email address you will get a reminder to forward any changes etc before each edition. Sorry, we can't chase up each advertiser every time.</p> <p>3. Costs for the various sizes of ad that are available are printed on the bottom of page 2 in every edition.</p> <p>4. Advertisers are posted an invoice after each edition—</p> | <p>please pay by cheque or money order to the address on the invoice.</p> <p>5. If you choose to use non-standard fonts, please download and send the font/s with the ad. If you don't do this, the Editor will substitute an available font for your preferred font, with the only criterion being legibility.</p> <p>6. Check the size of your ad. Business card, quarter- and half-page ads all appear in each issue. Print out your ad and check it against the printed size. If you design your ad as full-page, but want it printed smaller, you will have the font size and any images far too large. You</p> | <p>may have too much information in the ad, also. Always print out and check.</p> <p>7. The preferred formats are JPEG or PDF, rather than a Word file. This allows the Editor to re-size the image easily without any chance of losing part of the ad.</p> <p>8. The Editor has very limited time. If you require an ad to be designed for you, please give the relevant information to him/her as soon as you decide to place an ad. Approaching the Editor with a request to design an ad after the deadline for an issue has passed is likely to result in personal injury!</p> |
|---|--|--|

Moon Phases

Full Moon: 14 December – 3.37 a.m. - 21° Gemini
 New Moon: 27 December – 11.22 p.m. - 06° Capricorn
 Full Moon: 11 January – 2.26 p.m. - 21° Cancer
 New Moon: 26 January – 6.55 p.m. - 06° Aquarius



Buddhism

(Theravadin tradition)

Meetings at Mt. Burrell on the

***THIRD SUNDAY OF EACH MONTH
STARTING AT 10.30 A.M.***

The format includes reading and discussing selected Buddhist writings and meditation followed by a shared lunch and chat.

Please bring a plate of food to share for lunch

PHONE: Lyn A/H 6679 7298 if you are interested.



Crop Circles came to Uki on 15 November.

Crop That presented the crop circle documentary *Star Dreams* on the big screen behind the Buttery.

The rain finally arrived just as

the end titles began to run – how lucky was that! The event was well supported and all donations went to Ukitopia. Crop That would like to thank Ukitopia and everyone who attended.

Crop That plan on sharing more sensational viewing in the near future – look out for their flyers or go to www.cropthat.com.au for up-coming events.

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How wonderful it is to wake up each morning to the chorus of our resident kookaburras. They are joined by a wonderful choir of other species of birds that inhabit the forest around our house. I remember a time when this property of ours was fairly devoid of natural habitat, having once been part of a dairy farm. Over the years we have transformed it into a haven for wildlife and are now reaping the rewards of our labour. Many people who have moved to this beautiful valley have done the same. Whether you have a small or large acreage, or just a suburban block

of land, there is always room to create habitat for wildlife. A small pond in that shady corner, surrounded by leafy vegetation, will give our frogs a home. Old logs make wonderful shelter for skinks and lizards. Flowering natives, be they shrubs or trees, provide shelter and food for a large variety of our bird and marsupial species. A nest box or two can replace the nesting hollows used by native parrots and possums. Mulching the garden increases moisture, and this in turn nurtures the earthworms and other insects. These provide a wonderful food source for our birds

and marsupials. Bandicoots and Echidnas love nothing more than to dig around the garden looking for tasty morsels, which include worms and termites. All creatures great and small can be attracted to our gardens. We just have to provide them with the habitat.

As Wildlife Carers, we take on the responsibility for rescue and rehabilitation of our injured and orphaned wildlife. As a community, we can do much more to provide them with the environment they need to survive.

Tweed Valley Wildlife Carers Inc.

RSL Uki Chapter

Not a lot has happened since Issue 43. On 10 September, the chapter made a donation of \$200 to the Uki Hall and Recreation Trust in support of the 'military history of the populace of Uki' pictorial project.

On 21 September the Daily News published a three-page spread on the history of the Uki Sub-Branch. It was written by Di Millar, RSL historian to the paper.

The Remembrance Day ceremony was conducted by chapter members, Rev. John Tyman, John Smith and Peter Ridgeway. It was attended by thirteen Sub-Branch members and the general public, also by eight Uki Public School Student Council members.

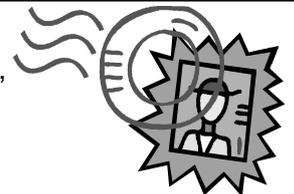
The Christmas BBQ will be held at Brian and Gayanne's residence on 14 December at 1pm. Wishing all a Merry Christmas and a prosperous New Year.

Ray Blissett

The fabulous Uki News is now available online! Check it under the Uki News button on our website www.ukivillage.com.au

(It's a big file, so maybe only suitable for those of us with broadband access)

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CRAG Update

Court Orders Onsite Meeting With All Stakeholders

The Land and Environment Court of NSW will be conducting an on-site Section 34 Conciliation Conference at the Nightcap Township site, No.2954 Kyogle Rd., Kunghur on **Thursday 11 December 2008 from 9.30am.**

This Conciliation Conference is part of the court proceedings in the matter to determine the outcome of this application. Experts will be at this Conciliation Conference to hear all evidence from the community. This is an opportunity rarely granted by the court to the community to assist the court in its final

determinations in the matter. **This will be the community's final opportunity to have a say in opposing this development. Your attendance is vital in opposing this application.**

Those community members wishing to make an oral submission to the court on the day are requested to contact Lesley Finn on 02 9334 8682 or by email at lesley.finn@hwlebsworth.com.au to register your intentions. This is essential for the court in allocating how many days are required to conduct this Conciliation Conference. CRAG urges you to do this immediately. If you would like further information and to discuss any aspects about

the Nightcap Township development then please contact John Donvito on 66797273 or 0408 476 965 and or by email gplanet@aapt.net.au

MEETING RE NIGHTCAP TOWNSHIP

Section 34 Conciliation Conference at Nightcap Township Site

**11 December 2008
9.30am**

No 2954 Kyogle Rd, Kunghur

Kaye's Kitchen

By Kaye Wilson



CHRISTMAS FRUIT BALLS

2 cups Rice Bubbles (slightly crushed)
2 cups coconut
1 tin condensed milk
½ cup chopped raisins or dates
½ cup chopped dried apricots
½ cup finely chopped walnuts
Extra coconut

Blend all ingredients together well, form into small balls and roll in coconut.

Makes a nice Christmas gift packed into gift boxes or on a Christmas plate.

Babareki Business breakfasts are held on the third Thursday of every month at the Uki Café at 9 am. They are gathering an eclectic mix of Uki and districts small businesses and providing them with valuable business skills, brainstorming sessions and general friendly business support and advice. We have had a variety of speakers including Gary Gnapp, Graeme Stevenson and Natascha Wernick and have covered topics like greening your business, internet marketing and networking skills. All are welcome to come along. The next breakfast is December 18. See you there!



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Earlier in the year we hosted an afternoon at Uki to which we had invited members of Murwillumbah and Tweed Historical Societies. It was such a success that Tweed Historical Society recently hosted a similar function at their Museum on the river. It was a wonderful morning to catch up and see first hand the work Tweed is undertaking. We recently attended the presentation of an award to the Tweed River Regional Museum. The Museum publication, 'The Other Side of the World - Migration to the Tweed' by Jo Kijas, won the Museums and Galleries Award of Excellence in Education and Outreach. You may have seen some of our

photos showing Loder's shop in Uki. Mr Loder had crockery and cutlery especially made for his shop. The crockery had the War Memorial reproduced on it and the cutlery stamped. We are grateful to Margaret Clark (Milsom) and Edna Gallard (Irvine) for donating china from this era. Many of you will have attended the Ukitopia Arts Collective festival in November. Our Society, in conjunction with the Uki Hall Trust, played a part, with our presentation in the supper room of photographs showing Images of Uki in the past. Over 500 people signed our visitors' book. The drawcard to the Hall was the Images of Uki exhibi-

tion in the main hall. This exhibition was the brainchild of Julia Hancock who worked flat out for many months bringing it all together. Old Dammies (workers on the construction of the Clarrie Hall Dam), we haven't heard from you. We know you are out there with good and funny experiences. As Peter Cundall would say 'that's your bloomin' lot' for the year. See you in 2009. We will still be at the Office on Fridays but best to telephone 6679 5890 first in case we are on another assignment. Next meeting is on the second Saturday in February 2009, at 10.00 am.



Photos from the Youth Arts Dinner. Srisa Heffernan ably MC'd the evening (left), and the Uki PS Choir featured among the entertainers (above) Photos by Scott Lambert.

UKI BAKERY At the Buttery

We offer you a range of delicious fresh bread, pies, small cakes and slices. We welcome your orders and would love to meet you. Call in and see Michelle, Ron and David for friendly service and wholesome country cooking.

**We are open Mon – Friday 8am – 4pm
Mon – Sat 8am – 1pm.
Phone 6679 5838.**

Season's Greetings. Mars transiting Sagittarius (Nov.16-Dec.27) will stimulate activity and perhaps confrontations in the lives of Sagittarius, Gemini, Virgo, Pisces; an opportunity to gather strength to fight for your rights! There will be a week of possible frustration and/or extra hard work around the middle of December. Mars in Capricorn (Dec.27-Feb.5) will make Cancer, Aries, Libra, Capricorn feel more driven than usual. At times you may need to tone it down a little. Some may feel compelled to act out repressed desires, becoming more uncompromising and wilful. Mercury retrograde (Jan.12-Feb.18) may create temporary communication chaos and also depth of introspection in the lives of

Aquarius (Jan.19/26) and Capricorn (Jan.12/19). They in particular are well advised to postpone the writing of letters, signing of contracts or agreements, or making important purchases. Mercury's retrograde periods are notorious for unseen difficulties.

On Epiphany day, January 6, Jupiter will enter Aquarius. This promises a more humanitarian and altruistic outlook, even the embracing of revolutionary ideals, representing one positive face in the general trend for change. It could help to smooth out the new pathways we are trying to build on our ailing world. This present position of Jupiter is also the same as that of Jupiter in Barack Obama's Birth Horoscope.

On January 26 the first Solar

Eclipse of the year 2009 will coincide with the conjunction Sun-Moon-Jupiter in Aquarius, and will be close to the second occurrence of the Saturn-Uranus' opposition (exact Feb.5; the first concurred with the USA Presidential Elections). These celestial events seem the perfect vehicles for the releasing of the Aquarian energy: shaping a new world, not only by promoting fresh attitudes but also by presenting us with different circumstances. Aquarius (Jan.25/27), Leo (Jul.28/30), Taurus (Apr.25/27), Scorpio (Oct.28/30) may see their general situation improved: time to be more enterprising, believing in your ability to pull it off.

Happy season of change, everyone.

paolaemmastrologia@gmail.com

Hall fundraising update

by Julia Hancock

As the year draws to a close, essential repairs to the Hall are a step closer with the final fundraising event, the Images of Uki exhibition, bringing the activities to an end for 2008. Our target for the year was \$10,000. From January to June \$3640.59 was raised through a programme of events including a dinner, market stalls, a movie night, raffles and the Uki Ball. Since July, a trivia night, more raffles, the Ukitopia Youth Arts Dinner, the Post Office donations box, the Images exhibition and philanthropic donations have brought that total to \$9903.04. The fundraising committee (Natascha Wernick, Judy Magee, Lisa Harrell, Laura Mattocks and Julia Hancock) thanks the Uki community for its generosity and is hoping a kind-hearted Santa Claus will come forward to make up the shortfall.

Stop press! Santa has indeed come forward and now we've just exceeded our target - final total for the year \$10,166.09.

DON'T MISS THE LOCAL PRODUCE MARKET in Uki Hall every SATURDAY from 8am to 12.30pm



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Garden Club

by Barbara Thomas

Our October meeting was at the home of Alex Mitchell and Judith White (our talented writers for the Tweed Echo), high on a ridge of Eviron Rd at Nunderi. Their views of the Tweed Valley and across to Kingscliff are stunning! Alex and Judith have commissioned a timber deck down the ridge from the house to take full advantage of them. A designer rock platform for dining, complete with a unique stone BBQ constructed to a specialised 'no smoke' format, takes up another key vantage point which captures the setting sun perfectly. Alex has added artistic touches along some of the paths by using naturally shaped and aged pieces

of trees. A patch of mature grass trees provides another interesting focus for the property. Plantings of citrus and natives are becoming established on the sloping areas surrounding the house. Judith and Alex have appreciated advice from Garden Club members, particularly Don Capner, in this new-to-them venture of gardening on the grand scale. We all look forward to returning in the future to see the fruits of their labours – they have made a bold beginning! Our Food Group met in early November at Don Edwards' beautifully regenerated property at Palmer's Rd, South of Uki. His vegetable

garden and orchard are nestled amongst giant rainforest trees, mostly grown from seed by Don, beginning 25 years ago. His prize exhibits on this day were a huge pink cactus flower dangling from a hanging basket and a luscious-fruited passionfruit vine on the elevated verandah. Gloria Sandercock and her Mum Bertha reminisced about their days on a working dairy farm. Bertha is nostalgic about those times and I think longed to see a cow in a clearing! The Christmas party meeting is on 29 November at Kym and Greg Petersen's at Condong. New members welcome.

Reversing the brain drain

by Judith Magee

Cognitive decline – an ominous clinical term used for deteriorating brain function. Traditionally, this was seen as an inevitable part of getting older, but increasingly it is being demonstrated that early intervention and support can decrease both likelihood and/or severity of impairment. How pro-active we need to be is based on a number of variables. If someone has a first-degree relative with this problem, they are around seven times more likely to be susceptible. Also relevant are a head injury early in life, poor nutrition and lifestyle – especially a high-fat, high-caloric diet and lack of exercise. Increasingly, sustained high stress is also being seen as a very power-

ful contributing factor. During stress, the adrenal glands release a chemical called cortisol, which is toxic to the memory centre of the brain (hippocampus). Cortisol blocks the uptake of glucose to the brain cells, affecting function and energy. It is also implicated in blocking neurotransmitters; impairing transmission of messages. This initially produces explicit memory loss - many of us will recognise the feeling of confusion and poor quality thinking which can occur during times of high stress. What is now being understood is that over time, permanent damage is occurring, increasing the likelihood of some form of cognitive decline or dementia occurring. So, what do we do?

As always, preventative measures are SO much better than trying to manage disease. The basics of living well are critical – eat well, live well and exercise appropriately. Meditation and yoga can both lower stress, improve circulation, sleep, energy, clarity of thought, etc. Using the brain is also essential – try crosswords, dancing, music, etc. Key nutrients, herbs and homoeopathics can also play an important part in a preventative programme to optimise brain function. Talk to a health professional about your family history and other risk factors, and what therapeutics might be useful for you. Most importantly, don't delay – it's much, *much* too important.



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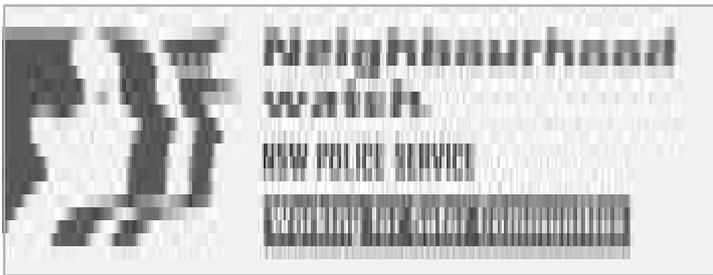
Want a small portable computer?

by Rob Harrell

The personal computer industry is poised to sell tens of millions of small, energy-efficient Internet-centric devices, perfect for solar powered homes. In a tale of sales success breeding resentment, computer companies are wary of the new breed of computers because they sell for a low price that could threaten the PC makers' already thin profit margins. Several makers are taking the low-powered PCs one step further. In the coming months, they are expected to introduce 'net-tops', low-cost versions of desktop computers intended for Internet access. Industry analysts say that the emer-

gence of this new class of low-cost, smaller machines could threaten titans like Microsoft, Intel, HP and Dell, because they have built their companies on the notion that consumers want more power and functions built into their next computer. Some of the big computer companies put a positive spin on the low-cost machines, saying they welcome new categories. It is a market that caught the major computer companies - both hardware and software - by surprise after Asus brought out the \$300 Eee PC. They do not arrive with any CD/DVD device, but USB external drives can be used. They have a

multitude of connections, Web cams, Bluetooth, great battery time of approx. 7 hours, wireless networking. Cute as! Keyboards tend to be smaller but, hey, that's why they are small. Operating systems are XP or Linux. I like the XP systems with the 10" screen and the larger hard drives of 80 GB upwards. The ASUS Eee PC 1000H being my favourite. They weigh about 1.5 Kg. With Xmas coming up these small Pc's could be a great surprise. They are priced from \$300 upwards depending on internals. Merry Xmas to all and I wish everyone a recession-free New Year :)



Here is some advice from the police on dealing with common problems and general security.

NUISANCE CALLS

- Never give callers personal information.
- If a caller tries to upset you, hang up and report it to your phone company.

OUT AND ABOUT

- Don't carry large sums of money. Pay your bills by cheque.
- If you carry a handbag, hold it under your arm or in front of you and never leave it unattended. If you use

a wallet, put it inside your jacket or a front pocket.

- Have your car keys ready before you get to your car.
- If you believe you are in danger, shout out, make a scene and go into the nearest shop or busy place.

BANKING

- Vary the routine of your banking: days, times and branches.
- Put away your money before leaving the teller.
- If you must carry a large sum of cash, place it in an inside pocket.

LEGAL MATTERS

- Read documents carefully and check with your solicitor before signing them.
- Keep all legal documents in a safe place at home, in a bank or in your solicitor's office.

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(for non-emergencies)
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Glo Dance at Ukitopia

The Ukitopia Weekend opened on Friday night with another fantastic night at GLO Dance. The hall was full with shining people, moving on the dance floor and enjoying the friendly atmosphere. The diverse crowd ranged in age from late teens to early sixties and people had come from far and wide to experience the unique atmosphere of GLO and Uki village. The night featured local Uki musician Deya Dova previewing the new dance music from her forthcoming album. This was the last GLO Dance for 2008, so Hamilton would like to thank everyone who has supported the event during the year, including the hall committee, the neighbourhood watch team and residents of the village.

Red Cross Report

With Joy Armour



The Red Cross Christmas Appeal will be held this Friday, 5 December, in the Hall. As usual, we will be serving a delicious lunch in the Supper Room from noon, as well as having stalls selling bric-a-brac, produce, cakes, preserves etc. The Garden Club will also be having a big plant sale to benefit the appeal. If you have anything you'd like to donate to a good cause, you can drop it off at my house or bring it along to the Hall on the day. Your donations are very welcome, and all proceeds go towards the good work the Red Cross does both locally, nationally and internationally. See you on the day!

Another photo from the Little Day Out at Mt Warning Preschool. Masked monsters prowled the preschool!

Uki Hall Schedule

Monday	Yoga 9.30 to 11.00 am Silent Meditation 6.00pm to 7.00pm Male Choir 7.30 to 9.30pm
Tuesday	Cards 9.30 am Middle-eastern dance 9.00 to 11.00am
Wednesday	Yoga 8.30 to 10.00 am Creative Movement/Dance For 3 to 5 year olds 10.15 to 11.45 am Wendy's singing group 6.00 to 7.30pm
Thursday	Yoga 5.30 to 7.00 pm Indoor bowls 7.30 pm
Friday	Yoga (with Naomi) 8.00 to 9.45 am Vocal Expression 10.30 am to 12.30pm GI*o Dance one a month, 3rd or 4th Friday night
Saturday	Produce and craft market 8.00 am to 12.30 pm Hap Ki Do 2.00pm to 4.00pm

The Residents Association meets at the Hall on the first Tuesday of every month at 7.00pm.

For Hall bookings and enquiries, see Lyn at the Post Office.

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ART BEAT

THE TWEED ART GALLERY WILL BE CLOSED TO THE PUBLIC ON CHRISTMAS DAY - AND EVERY MONDAY AND TUESDAY AS USUAL

ON DISPLAY UNTIL MAY 09

***A life in lithographs* – William Robinson**

William Robinson has created self portraits throughout his artistic practice. The 31 prints included in *A life in lithographs* are selected from his Self-portrait, Farm-yard and Parody series, created in 2004 in Paris. Rob-inson writes, 'These works are really a series of self revelations... In every case I am hiding behind a mask in order to reveal feelings that I otherwise could not do if I did not create this guise...'

This exhibition generously supported by The University of Queensland Art Museum and Philip Bacon Galleries, Brisbane.

ON DISPLAY UNTIL 7 DECEMBER 08

Frameworks, LPPP, Cue and Human Soup

The Tweed River Art Gallery is proud of its commitment to display the work of local primary, secondary and tertiary art students. Don't miss the colourful *Les Peterkin Portrait Prize* for primary students, work by Higher School Certificate students in *Frameworks* and the display by TAFE students of Design, Graphic Design and Visual Arts in *Human Soup* and *Cue*.

ON DISPLAY FROM 11 DECEMBER 08 – 25 JANUARY 09

The Border Art Prize

The Border Art Prize is a joint initiative of the Tweed River Art Gallery and Gold Coast City Art Gallery. The 2008 Prize judge Bruce Heiser, Director of Heiser Gallery in Brisbane, will select the winners of prize money totaling \$5,000. The exhibition is open to all media and subject matter and attracts a wide variety of styles from both well-known and emerging artists.

***Canary in a coalmine* - Rachel Stone**

An exhibition of paintings and assemblages that highlight the world of birds, and the gossamer threads which enable them to survive in fragile ecosystems currently under siege.

***Transmigration* – Natalie Kunst**

An installation of nest-like forms constructed from natural plant materials and found objects.

Lana Tyacke is holding some carving classes at her studio at Byrill Creek on Saturday mornings from 9am to 12.00 noon. Learn technique and express yourself by carving an easy-to-work Hebel block.

Cost is \$20 per session, plus a one-off charge of \$10 for each Hebel block.

Lana is donating a percentage of all the class fees to Ukitopia, to support more fabulous events like those we have enjoyed over the last few weeks.

Phone Lana on 6679 7280



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Congratulations

Its been an exciting time for Rosemary Baxter of A View of Mt Warning B&B. Not only was the business a finalist in the Tweed Business Excellence Awards for 'Tourism and Hospitality' and also in 'New Business' category, but they were also the first Bed and Breakfast in NSW to achieve accreditation with the new Australian Tourism Accreditation Program run by the Australian Tourism Council. A View of Mt Warning was actually the first business in Australia to complete all the requirements for the award through ATAP's online program. Well done, Rosemary—you're both committed to excellence and a technical genius! I'm sure the B&B will continue to be full of happy customers.

Anita Morton

Silly Season suggestions

Ah, the delights of the party season! Too much eating and drinking – especially drinking—noisy parties, expensive presents and annoying relatives. It doesn't have to be like that.

Plan your parties for the daylight hours. Everyone drinks less and the party noise isn't such a problem. Feed everyone as soon as they arrive at your party and provide lots of non-alcoholic refreshment.

Among the adult members of the family, practice the **Secret Santa** trick. Put all the adults' names in a hat and draw out one apiece. Keep the name secret, and buy a present for that person only. Every adult gets one present from a mystery donor, and everyone saves money.

Give teenagers money—your carefully chosen gift is almost certainly wrong in some way. Just give them money, and let them sort it out.

Give small children and babies shiny cheap things—they really don't care, as long as it sparkles.

Don't spend all of Christmas day with all of the family. Plan to spend only a few hours with each lot of relatives, separately, and take the kids to the beach or park to run around between visits. Air your own brain out at the same time.

Enjoy small treats. Don't pig out on treat foods, and always have some ready-to-eat carrots, celery sticks etc in the fridge. Eat those first, **then** the chocolates!

Don't borrow money for Christmas. This includes putting stuff on your credit card if you know you can't pay it off in full by the due date.

**A simple financial rule for a happy Christmas (and life), is—
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