

# uki news

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

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## Des the Fruiterer Calls it a Day

by Tessa Martin

Most corner stores in Australia seem to have been killed off by mega-supermarkets and discount stores. Not so in Mt Burrell. Des Cecil's Mt Burrell Fruit has successfully sold farm fresh fruit and veg, seven days a week for the last eleven years. But, all good things must come to an end and owners Des and Donna Cecil have decided it is time to call it a day.

The Cecil's have sold the business to two dynamic locals who will continue to provide the quality produce and friendly service which have kept customers coming back for more a little over a decade.

The secret of their success? "We've always believed that ultimately the community owns the shop," says Des. "We've been here to serve them." "We've listened and have consistently provided what they wanted, local, quality produce."

"I'm a firm believer that shopping shouldn't be a chore, but at all times a pleasant experience. And that's what we've tried to make it at Mt Burrell Fruit."

With this attitude it's no wonder neither Des nor Donna have ever had to argue with a customer.

Besides locals, the Cecils have also seen many tourists or day trippers through their shop.

"It's fantastic when a customer from Victoria smiles at you and says 'I'm so glad you're still here, remember me, I was here two years ago'", says Donna. "I'll miss that a little."

Although 4:30am starts will be a thing of the past, retirement is the furthest thing from Des' mind as he will be kept busy running his farms and cattle.

And Donna? She's dreaming of a cruise around the Greek Isles!



Des & Donna Cecil in front of Mt Burrell Fruit & Veg shop

## 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, 4 May or 1 June 2010.

The Uki News, PO Box 141, Uki NSW 2484  
Email the Editor: [theukinews@hotmail.com](mailto: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 again good citizens one and all. Many positive things have happened since the last edition.

The new playground at Sweetnam Park was formally opened by our local councilor Barry Longland. The event was also attended by various council employees, councilors and local citizens young and old. The playground has been a huge success and a testament to what can be achieved with community involvement and commitment.

Sunday 7 March saw a good turn out of people for Clean Up Australia Day, lots of rubbish and recyclable items were collected making a significant difference to the village centre and Kyogle Road approaches.

The CTC held a great fund-raising night at the iconic Mt Warning Hotel with some good photos on view on the village website. The CTC is a vital part of our community and we are lucky to have such dedicated people helping to make it work.

Great news! UKIRA has received a grant of \$20,500 to convert the former tennis clubhouse building into a performance pavilion. Funds were provided under the NSW Government's Community Building Partnership program. Work includes the removal of three walls and the addition of a gabled roof. Thanks to Uki building designer Trevor White for assisting with design work

and drawing up plans. Council is expected to approve the DA shortly. Work is expected to be completed this year. Watch that space.

In brief, Council has extended the submission period for the 2010 draft LEP, now is the time to have your say as it could be a long time till the opportunity arises again (the last one was 10 years ago).

Finally can I just remind everyone that the Uki News is your local paper, if you feel that you can contribute please do. The Uki News, keeping it local !

## From the Editor...

This issue we say goodbye to our Travel Writer Tanya Filak who has gone on Maternity Leave. Good Luck Tanya! We welcome three new regular contributors: Heather McClelland (Counsellor/Psychotherapist), Deborah Burke (Land Use Consultant) and Debbie Hodge (Dru Yoga Teacher). Thank you for sharing your knowledge with the wider community. We look forward to your writings.

*Add to your diary now: the deadline for issue 53 is 17 May 2010*

*Cheers, Tessa Martin*

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## Uki's Sustainable Street

by Justine Stratton

'Sustainable' is an overused buzz word of unclear definition. And what can one street possibly achieve by taking on this label? On Smiths Creek Road, we are attempting to find out. Our sustainable street is metaphorical and virtual (check out our website [www.sustainablestreet.com.au](http://www.sustainablestreet.com.au)) which means anyone is welcome to walk down it, and be involved.

Our sustainable street initiative is not a desperate attempt to bunker down and save the planet from catastrophe. It is characterised by life enhancing, creative and fun activities that refocus our lives on the abundance that is all around us. On the first Sunday of each month at 3pm we have a plant and produce swap in Bopplenut Park. The best stuff goes quickly so it pays to be on time. Other items like magazines, clothing and home wear are also swapped.

Another part of our sustainable street is the craft group Make.Do. We met earlier this month to sew pants out of recycled fabric. Our vision is to learn and create interesting things on a shoestring budget. As such, Make.Do will continue to explore all kinds of creative mediums.

The momentum for this initiative has come from a core group of about five households. We surprised ourselves with how easy it actually was to transform weed

infested council land into Bopplenut Park. Since then it has become a local meeting place, where we've enjoyed solstice bonfires, Christmas parties and many informal get togethers.

Council has recently accepted our application for formal "Sustainable Street" status. This means we will be running workshops on energy and water efficiency and there will be funding for other activities and equipment. Check our website for dates and times, or call Laura 6679 5612 or Justine 6679 5019 for more information.



**It's That Time Again... Time to Think about Snow!**

Find details of our 2009 trip at [skiyogamagic.com.au](http://skiyogamagic.com.au)

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## Uki Website Review

by Anita Morton

UKIRA has recently begun a review of the Uki village website. The site has been up and running for over four years, so we would like everyone to consider if it is meeting the original objectives and how it could be improved. There are some technical problems, purely due to international website standards and construction techniques having changed since its inception.

A working group has resolved that we should start again, replacing the current site with a new version. We would like all members of the community to have a

look at the current site ([www.ukivillage.com.au](http://www.ukivillage.com.au)), think about what could be improved, added or deleted, and give us feedback. UKIRA's original brief for the website gave it two purposes – to act as a central community contact and information resource, and to promote Uki to the wider world. Do you think it is fulfilling those purposes? What would you like to see on the site?

Come see me at the Hall market on any Saturday to or email [anita\\_morton@westnet.com.au](mailto:anita_morton@westnet.com.au). Written submissions can be sent to UKIRA at PO Box 141, Uki.

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# Uki Sustainability Update

by Eddie Roberts

From the results of community input, the NSW Industry and Investment funded Caldera Economic Transition Plan and the Uki Sustainability Project, including some hard and consistent work from various community members all working together, a number of actions are in play in and around Uki. These include:

- A pilot solar electric system on the Uki Sports Club building being negotiated by council and the feasibility of a solar setup on the Buttery roof is being investigated.
- Uki Sustainability Street has gained funding to further their goals in education and a food forest.
- Sweetnam Park's edible native plantings are growing and being maintained by volunteers.
- Wollumbin BUG (Bike Users Group) is active promoting safe cycling. We now have signs warning drivers of cyclists on local roads with more coming to critical sites. Council now has regular meetings with bicycle advocates helping to eliminate some of the mistakes in past bicycle infrastructure.

- Building of more local footpaths with more to come. Council has been busy working on this for us in Uki with the intent to have a path from Sweetnam Pk to the Sports Ground.
- Uki Public School and Mt Warning Preschool are busy educating our younger community members in the art and importance of sustainability.
- The formation of the 'Caldera Institute for Sustainable Community Development' to help steer and project manage some of the larger projects that were identified in the CETP process and common to Uki, Tyalgum the Tweed NW, such as the pilot trails for the Tweed Integrated Trail Network, a community farmers market and commercial kitchen.

A number of other projects are underway. Thanks for your time and input into the Uki Sustainability Project and the Caldera Economic Transition Plan, much has been gained from the process and more is to come. Good things often take time.

# Mother's Day Fundraising Luncheon

by Sonya Dusi

Uki Public School P&C and Mavis's Kitchen at Mt Warning invite all mothers and friends to a Mother's Day Fundraising Luncheon Wednesday 5 May. No more excuses or promises of a get together, we have it all covered! Peter and Charlie of Mavis's invite mums, grans and ladies to enjoy a sumptuous 3 course lunch for \$ 25.00 p/p. You will tantalise your tastebuds with an entree of Marinated Olives and Warm Nuts, followed by a choice of Oven Baked Moroccan Chicken, Classic Greek Lamb Moussaka or a Baked Organic Vegetable and Fetta Tart. Finishing off this fantastic menu is a Baked Vanilla Cheesecake. The luncheon begins at 11am and promises to be an afternoon of fine food and entertainment, concluding at 2pm.

Rebecca Bird of Misoh Organics will showcase her organic sleepwear with a fashion parade. All ticket hold-

ers will be entered into a draw for a chance to win our lucky door prize. Raffle tickets, in conjunction with Uki Public School, will be available for sale with a great list of prizes including: two Mavis's Kitchen Dinner Vouchers valued at \$80 each, a Misoh Organics Gift pack valued at \$100, a Tupperware Pack valued at \$60, a Curl Up 'n Dye at Uki Pamper Pack valued at \$90.

This is a great chance to enjoy good company over fine food and help Uki School raise funds. Bookings are essential and for catering purposes tickets must be purchased by Thursday 29 April. All enquiries to Sonya Dusi on 66795480. Tickets are available at Uki School and Curl Up 'n Dye at Uki.

Hope to see you there and thank you for supporting Uki School. Happy Mothers Day!

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# Uki Historical Society

by Helena Duckworth

What a busy start to 2010! The Healthy Historical Walks through the Valley, as mentioned in Issue 51, are now up and walking. Our first walk was on Friday 26 March. If you missed it make enquiries for future walks by getting the pamphlet from Uki Post Office.

We jumped into action when the notice for the removal of the Hatton Fig Tree at Byangum was published in the Tweed Link. We made phone calls, held radio interviews, wrote emails and letters to newspapers and organised photo opportunities with the tree. It was hectic! I am very proud of the effort put in by all of us to bring this matter to the public's attention.

We have written to Council asking them for assurance, in writing, that a memorial be erected near the Hattons and perhaps other Byangum pioneers. The area of the South Arm extends from Byangum to the Tweed Shire Boundary at Blue Knob (Webster's Creek). We have accepted that the 112year old Fig tree is in a dangerous condition. Many ideas have been suggested to preserve parts of the tree (sculptures). Seeds and cuttings were passed on to the TSC nursery and others to see if they can get a strike.

Working conditions in the office are very pleasant since the installation of the reverse cycle air conditioner. Thanks Esma for making this much needed

equipment a reality.

Interviews have been conducted all over the valley as the Migration Study gathers speed. Mary-Lee is meeting interesting people who have stories of leaving their homeland and starting afresh in the Tweed.

Ukitopia will host an Elders' Day in Uki Hall on 18 April. This event was very popular last year and this year more original locals are expected to recall their memories. Some of our members will be speaking.

Penny Watsford's latest book on everyday and medicinal uses gleaned from native plants will be launched in Uki Hall on 23 May. Penny has written two other successful books and this latest will add to our knowledge of plants in the area. The afternoon will start at 1:30pm with a cuppa and chat, followed by the book launch at 2pm and a guided walking tour of Uki village at 3pm. Our Society will host this afternoon as a way of showing support and promote awareness of the Friends of the Tweed River Regional Museum. The cost is \$7.50 to participate in the walk. Paid up members of the Friends are free if they bring along someone who is interested in becoming a Friend. Of course, this Walk will be open to the general public so please come along to the Book Launch and the Walk.

## Council Set to Decide on Mobile Phone Tower

by Phil Carr

Optus's development application for a mobile phone tower in Uki continues to be embroiled in controversy. The DA is for a 30-metre mobile phone tower on a rural property at Meadow Place, Uki, located within 150 metres of homes. When it was advertised in July 2009, the DA attracted 40 submissions, including 34 objections.

In February, Council again resolved to defer a decision on the DA, pending action by Optus to engage in "public consultation" and to "seek a suitable site for telecommunication with full community cooperation". This followed dissatisfaction by Council with Optus's

responses to similar resolutions made in November and December last year. However, Council has confirmed that recent correspondence received by Optus indicates that there will be no consultation with the community and that Optus considers the search for possible sites to be exhausted.

In December, a suggested site off Hazelbrook Road was rejected by Optus on the grounds that it "does not meet the coverage objectives of Optus". Council's resolve will be well and truly tested at its April meeting.

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# Relationship Health

by Heather McClelland, Counsellor & Psychotherapist

Bryan and I have recently arrived to settle in Uki. Needless to say we are reveling in the lush beauty and quietness of the mountains. Our house frames a most stunning view of Wollumbin. After 8 years in the centre of Sydney as you can imagine the contrasts are not hard to find!

Since arriving we have particularly noticed the strong sense of community in the Uki area. We have also observed that children in this village and its surrounds are respected and well loved.

It's made me think about the question of what builds resilience for children. I am convinced of the importance of strengthening the parental bond so that children can experience stability and security, two factors which will set them up in life to be resilient and adaptive to whatever life sends their way. If you focus on the parent's relationship there are always spin offs for the children. Single parents can also look to improve the quality of the close relationships they have because all healthy adult relationships have benefits for their kids.

In his book "Getting the Love You Want" Harville Hendrix contrast a 'Conscious Partnership' with an unconscious one. He suggests that we are drawn to our partner because something in their character or behaviour unconsciously reminds us of one of our original caretakers.

We enter the relationship with a 'hidden agenda'. Our 'old brain' unconsciously has us seeking a mate who will somehow help us heal our childhood wounds. Robert M Fisher, in "Couples and Body Therapy" agrees saying: "Everyone enters relationships hoping that their partner will finally provide the specific kind of emotional nurturance that they did not have as a child."

I distinctly remember when I began to 'wake up' and to see my own agenda with my partner. I was definitely trying to change him, trying to control who he was and to get what I needed. But it was all happening underneath the radar. It was only later as I chose to try to give up my unfair expectations and to let him be himself that our relationship really began to prosper. I must say he was doing his own awareness raising at a similar time so we were lucky. Unlike society's fairy tales I think that an intimate relationship needs to be embarked on as a journey and then amazing personal growth can take place for both partners.

It seems it is the common experience for partners in any relationship to have left-over wounds from childhood. I've discovered that each needs to seek healing and

resolution of these themselves. We partners cannot 'fix' each other. As Bryan and I have learned more and more to let each other be who we are we have found ourselves drawn closer together. It seems as if true intimacy never develops if we are trying to change each other. But when we accept the 'other' and love them just as they are then the intimate relationship deepens and becomes the environment in which healthy change, healing and growth can take place.

And what a great spin off for our kids! We discovered that if we could also let our children be themselves and concentrate on offering love via lots of eye contact, affectionate touch, active listening and empathy, they could thrive. They needed the structure we could provide with consistent rhythms and clear boundaries so that they could feel secure but we didn't need to use the over control and disapproval patterns which I myself had suffered under. I personally had to learn that giving advice is no more helpful to teenage children than it was

to my partner! However my teens did seem to like it when I shared with them my own experiences of struggle and growth or told them my own stories.

Needless to say this too was a journey and in frank discussions with our adult children now, we can see that they too were left with some wounds and with their own healing work to do. None of us is perfect. Because we can talk now, we also experience the

forgiveness our children freely offer us. I've found that children don't hold a grudge if you are open with them. Our relationship with each of them and their partners has strengthened. We now have them as adult friends. We can give and take and learn from each other in all sorts of arenas. I have learnt heaps from my children's generation.

**What I'm really glad about is that we were challenged not to remain unconscious.** Being able to reflect on how we'd been conditioned gave us freedom to choose healthier pathways.

My family of origin was very closed and isolated. But I have discovered that breaking away from taboos and being able to tell our stories, frees us to get the love we want and then to freely offer it to our partners our children and wider still in the community. I fully believe that our stable and intimate relationship became the bedrock which allowed us both to continue growing and which gave our children and in turn our grandchildren the tools and the resilience with which to meet the adventures and the challenges of life.

Heather McClelland (CMCAPA) is presently setting up a counseling and psychotherapy practice in Uki

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

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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.

## Kids Club Trivia Night a Hit

by Natascha Wernick

The Uki Kids Club Committee would like to thank the community for supporting their recent Trivia night. It was hilarious fun for the adults whilst the kids had their own version of trivia. On show was a cardboard eco village Uki Kids Club had been constructing leading up to Clean up Australia day. It was complete with a community garden with a shop (zero food miles), play zone, solar panels and tanks on all buildings and roads for bicycles or donkeys. Next term's program will involve art and craft on Monday and Tuesday, cooking on Wednesday, basketball on Thursday and Circus skills on Friday. The Club welcomes children aged 5-12 from Uki and district. We are open from 3-6 every week day and provide a safe place for your children to stay whilst you work or just get time out! For all info call Natascha 6679 5128.



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## The Church and the Community

by Rev'd John Tyman Holy Trinity Anglican Church

Once, long ago, before TVs and videos (before even I was born!), in the Middle Ages and beyond, churches and cathedrals, though sacred spaces, were also community buildings. They were owned in theory by bishops in council, but the communities they served clearly considered that they belonged to them also. They were consecrated spaces but served a variety of other purposes. They were concert halls (even venues for dancing!) and meeting places in times of war, plague or famine. Packed with worshippers on Sundays they were also busy during the week.

In recent times, church attendance has dropped off dramatically, largely because of the Church's failure to demonstrate the continuing relevance of the Gospel. This is as true of Uki as it is of Brisbane and Sydney, but our church building remains, beautiful as ever. Those who worship there are keen to bridge the ever-widening gulf which separates many churches from the communities they serve.

We'll be having another "Good Friday Walk through Uki", starting from the Buttery at 9am on April 2 and it would be wonderful if you could join us, on the walk and for hot cross buns in the cafe afterwards. As in the traditional "Stations of the Cross", we will be stopping at fourteen points, between the Buttery and the Sports Ground, to reflect upon contemporary issues that lie at the heart of Christ's crucifixion; like grief and shame, violence and abuse, rejection and betrayal, loneliness and pain, but above all love and compassion.

In addition, this year we'll match our Good Friday Walk with one at Christmas, when we process through Uki singing Carols (like in the old days!) With a piano-accordion as accompaniment we're planning a community sing-along, moving from door-to-door. We'll probably start at the pub and end at the cafe, singing carols for as long as we are welcome.

Meanwhile, we already have four folk music nights booked for the church this year, featuring local artists on Mar 27, Apr 24, July 24, and Oct 9. Do join us. After all, it's your church too!



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## Is Your Computer Hot and Dirty?

by Robert Harrell

Well the summer has been and gone and it was hot. Imagine how hot your computer got on those days. Did you remember the babies like a cool, preferably air-conditioned environment, just like me?!

Household dust can do a lot of damage to any number of PC components, particularly the fans and airflow grilles in your PC case. If these get blocked, your PC can heat up, raising the temperature of the components inside, the computer starts to freeze and behave in odd ways, just what you need on a hot day.



So if you are game enough remove the computer cover or side cover and get a shock to what you may find inside. First of all, it will be the price you paid for the empty space, then the amount of dust, cob webs, and cockroach droppings and in some cases dead animals inside.

Airflow grilles of the case and power supply can often get blocked with

dust and a mini-vacuum cleaner or compressed air will fix this, in addition to a wipe with a moist cloth. Check the CPU fan, for dust and dirt build-up every six months or so and regularly clean the dust off the fan blades with a moist cotton bud, use a small paint brush to clean the CPU heat sink. Check the video card for a fan; remove the card to clean the heat sink.

It's also important to keep your peripherals clean. Keep the 240Volt plug in the wall BUT switched OFF, this will discharge any static electricity.

Just returned from a Sydney-Perth yacht delivery, it's rather brown out there on the land, Adelaide totally dry, with only Albany green. We are lucky to live in such a green valley.

## 112 Year Old Tree to Get the Chop by Penny Watsford

You are probably aware that Council is set to chop down a fig tree at Byangum, planted 112 years ago by a pioneering family, because they deem it a danger, partly due to its age. Many local residents have protested and are blaming the widening of Murwillumbah-Kyogle Road for its poor state and are hoping some pressure on Council may save the tree.

Following is a background on this historically significant tree which was nominated in the 2003 "Tweed Shire Community Based Heritage Study" and is known as 'Hatton's fig tree' amongst locals. The documentation states:

"The fig tree was planted in 1898 by Harry Hatton after the birth of his son, Richard. Mr Hatton had driven his horse and sulky to Dunbible to fetch the midwife. To urge the horse along, he pulled a small tree on the side of the road and the next day stuck it into a stump opposite his blacksmith's shop. The tree took root and grew."

"Harry and his brother, Richard, were among the earliest landowners at Byangum. They established themselves as timber merchants, boat builders, river launch operators and hoteliers. The tree was planted near the location of their wharf which was at the Head of Navigation for the sailing ships taking cedar and pine to markets."

"In 1901 an unknown itinerant artist paid his bill by painting the stump with the fig growing in it and showing three of the Hatton children, Kate, Harry jnr and Richard. He also recorded the tree clearing on Harry's land, the home, a banana plantation and the barn and blacksmith's shop with a figure, presumably Harry, in the doorway."

..."The tree is strongly identified with the pioneering Hatton family who made significant contributions to the development of the Tweed Valley in many fields.

..."Harry Hatton's tree is a recognised landmark and is important to the community's sense of place."



112-year-old Hatton's fig tree at Byangum set for the chop.

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# Living Moon Astrology

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

Five members of our Solar family will be observable in April and May:

**Jupiter**, rising before sunrise, transiting Pisces at top speed, will bring abundant creativity to the Water Signs, Pisces-Cancer-Scorpio: time to reap the fruits of your labours, generally enjoying going with the flow of things.

**Venus** is now the Evening Star, a self-reflective phase, instilling wisdom in relating because it is considered of past experiences and in touch with real needs and desires. All Earth Signs, Taurus-Virgo-Capricorn, will benefit from her rays, until Anzac Day, when Venus will begin to bring light to the love and/or financial lives of Gemini-Libra-Aquarius.

**Mars**, still in Leo but direct, will be also visible in the northern sky from sunset, setting out of view just past midnight. Collectively these are better times to be enterprising, using our energy with more purpose and less wastage.

**Saturn** will be visible throughout the night, setting just before sunrise. It will transit Virgo in retrogradation from April 8. This could bring back some of the restrictions we have experienced in 2008/09. Our collective return may seem scarce for the present time, but the passage into Libra (July) should bring some relief and a fairer go for everyone.

A long stay of **Mercury** in Taurus is on the cards too, entering on April 3 and leaving only on June 10. It will be dimly visible at twilight times (evening in April, morning in May). Mercury will perform its loop between April 18 and May 12, affecting in particular Taureans born from April 21 to May 3). These few weeks could be the appropriate time for a break from routine and duties. If you slow down the pace of your life you are less likely to experience frustration. This will be a test of your mental flexibility and ability to adapt.



## Crystal Wisdom

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

Welcome to 'Leaf-fall'. Autumn is associated with the element of Water, direction of West, energy of emotions, intuition, contemplation, love. It is energetically 'feminine, receptive'. This time of year supports communications with the spirit realms.

A crystal's energy field interacts with our own and these subtle, yet powerful energies can heal, and transform our lives. Each crystal has its own 'unique' vibration and is able to transmit and receive information in the form of thoughts and emotions. Therefore, relationships with crystals are unique as not all crystals will resonate with all people. Different crystals will resonate with you differently at different times dependent upon your own vibration at the time.

Crystals are sacred. Their use for rituals, healing, and protection, is practiced by all indigenous 'healers/shamans/medicine persons' across the earth.

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

The Crystal Combination of the moment is:

### BLUE LACE AGATE and ROSE QUARTZ.

ELEMENT: Water. CHAKRAS: Heart, Throat.

'I express myself calmly, lovingly.'

Peace, Harmony, Unconditional Love, Empathy, Healing, Calmness.

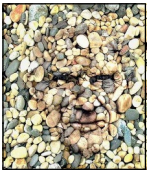
This combination has an effect on our vibrational field that encourages the movement of energy within, supporting us to be 'in the heart', to speak lovingly and gently, to feel freedom in expressing thoughts and feelings. It is strongly supportive of our connection to our emotions, bringing balance to the emotional bodies. One the most powerful ways we can achieve emotional healing is in verbalising our emotions. When we have the confidence to express our emotions, we are able to 'clear' them, thus changing the patterns 'within' on all levels: mind, body and spirit.

Contact Rhiannon at [eaglemoon@live.com](mailto:eaglemoon@live.com) or go to [www.eaglemoon.com.au](http://www.eaglemoon.com.au)



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## An Alternative View

by Geoff Dawe

There is pain in childbirth I would suggest, not because pain is a natural accompaniment to childbirth, but because there is fear in women and that causes pain. In our society women and girls who have not yet birthed experience unsureness of what the birthing process involves because they have not participated in other people's births, or, they have participated and seen it painful, or, they know it is painful from what mothers tell them. Furthermore, the increasing medicalisation of birthing in Australia is the constant transmission of the idea that the birthing process is not natural, needs assistance and there may be pain.

In *The Biology of Transcendence*, Joseph Chilton suggests, "Birthing is an ancient mammalian intelligence, not a problem to be solved through masculine intellect...In all mammals, including humans, at the first indication of some interference during birthing, the slightest foreign noise indicating possible intrusion, millions of years of genetic encoding will shut down the birth process and it will be put on hold until the coast is clear".

Fear of birthing puts in place a natural shut-down response that is opposed to the birthing even as other parts of the body are sending signals that the foetus is now full developed and needs to come into the world. The resulting turmoil is the pain of birth. This women's business needs to be taken back from the masculine intrusion that has usurped it, and demystified for the young girls who follow. The process of men in the birthing process has always been to ensure women feel safe in the *whole* birthing process and that partly involves in this age, making sure they have choice in home and hospital births.

Labour Health Minister, Nicola Roxon, as a feminist, would seem an unlikely candidate to limit the women's business of childbirth, but she is willing in dealing with midwives to deny "...professional registration...should they continue to attend homebirths". More pain, or...drugs! It is very convenient for a drug industry that is not expected to have a conscience to have political policy in place that makes as many people dependent on drugs as possible.



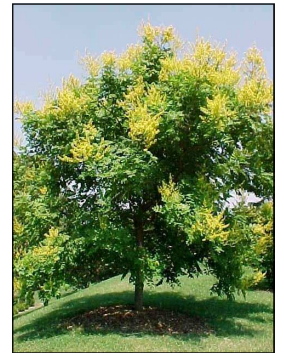
## Practically Native

practical, pertinent & reliable local info  
by Deborah Burke

I have always believed that we have a remarkable capacity to live and learn. What is useless information to one person may be the solution another person is reaching for. That is how my Practically Native Land Use Consultancy came about late last year. With this service I offer a combination of practical local knowledge, education, a farming and agricultural background and a commitment to sound environmental practices. My aim is to assist locals with land use queries and newcomers wishing to purchase land on the Tweed and to assess their compatibility with the land.

Therefore, from this issue onwards with this column I hope to offer workable solutions to local issues in a way that can be easily applied.

To kick off I would like to write about a topic that is close to my heart, Golden-Rain Trees (*Koelreuteria Paniculata*). For those that know me it may seem like the only thing I can speak about. The matter is, they are everywhere. A control needs to be planned and a maintenance strategy implemented now.



These trees are a native to China as are Camphor Laurel. At present along our creek banks, the Golden-Rain Tree is out competing with every other species. They have a high germination rate, are very quick growing and become a monoculture in a very short time. If this tree is on your property and you need help with a management plan contact me for a free management info sheet.

Another issue I have heard lots of opinions about lately is the need for control of wild dogs. The reality is that if you have not enclosed or tied up your dog, you have no idea where your pet is. Remember, it only takes three dogs to make a pack! Ensure the control programs do not affect your dog, know where he is. Contact me for a free management sheet.



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Deb Burke  
35 years local knowledge & national accreditation in:  
Conservation, Land Management, Ag & Vet Chemcert  
02 6679 5853 / debburkeis@yahoo.com.au



# Binge Drinking

by Maggie Wilkins-Russell

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

Research has shown that binge drinking is at epidemic proportions among young Australians, with around 170,000 12- to 17-year-olds drinking at dangerous levels any given week. Binge drinking, or drinking heavily over a short period of time, is usually done with the purpose of getting drunk. However, binge drinking is a major risk factor for illnesses such as liver disease, pancreatitis, diabetes and cancer of the mouth, pharynx, larynx, oesophagus, liver and breast, not to mention brain damage.

Next to tobacco, alcohol is the second largest cause of drug-related deaths and hospitalisations in Australia. More than 50% of all car accidents, suicides and homicides are related to alcohol. It can also lead to sexual assault, domestic violence and family breakdown. Alcopops, or pre-mixed alcoholic sodas, are steadily becoming more popular among young drinkers. These spirit-based beverages are usually sweet and brightly-coloured, making them look like soft drinks, but masking the fact that they contain varying degrees of alcohol. Some contain as much as two or three standard drinks per bottle.

The National Health and Medical Research Council recommends that men and women limit themselves to two standard drinks per day and have at least two alcohol-free days a week. However, it is important to note that 'saving up' drinks for a few days and then drinking them all at once is still binge drinking. If you or someone you care about has a problem with alcohol, speak with your local doctor or phone 1800 422 599. And, of course, if you care about your family and friends, make sure they never drink and drive.

# Uki Pythons Soccer Season 2010

by William Child



Well it's that time again. The Uki Pythons are in pre season training and preparing for the 2010 season. Training for the senior men's squad began in late January. In spite of wet weather the boys are putting in some hard work on the pitch and will be ready for

the first competition game in the week after Easter. Junior sides had their first training session the Wednesday before Easter.

The Uki Pythons are very lucky to have the support of a brilliant bunch of sponsors. 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 have been great supporters of the club and the Pythons are very proud to represent the local community on the field.

The Pythons are a family friendly club and we would love to welcome all little kids, older kids and junior geriatrics like yours truly to come along and take part in this great game of ours. Players and supporters are always appreciated and we hope to see every one down at the Sports Ground.



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## We Raised Almost \$1,000!!!!

A Big Thanks to the businesses who made our fundraiser a roaring success: *Shambala B&B, Mavis's Kitchen, Occult 9, Mt Warning Hotel, Uki Real Estate, Murrell's Bus Services, Uki Takeaway, Studio 9, Re's Intrigues, Happy High Herbs, Uki Pharmacy.* And Thanks to our local Community!



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Described as an inspired comic romp!

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at 7:30pm,

June 6 matinee at 2pm

Bookings at M'bah Music Shop (66725404) or at the door



The Foreigner tells the uproariously farcical tale of a lovable but socially inept Brit who escapes his stressful life by booking a holiday in backwoods U.S.A. He desperately tries to avoid the local yokels by posing as a foreigner who doesn't understand a word of English. But the plan hilariously backfires when he becomes the perfect person with whom all share their deepest secrets and schemes.

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## Homoeopathy Awareness Week

by Judy Magee, Homoeopath

Every year, April 10 to 16 marks World Homoeopathy Awareness Week, coinciding with the birth date of its founder, Samuel Hahnemann (10 April, 1755). Then, as now, homoeopathy has always had passionate supporters, and just as passionate opponents. Right at this moment, lobbying is underway in Britain to have homoeopathy removed from the national health system. This is matched with an equally passionate campaign in support of homeopathy and the absolute need for it to remain a part of the healthcare system.

At the centre of this debate is the age old question "how does homoeopathy work?". How can a substance that is so dilute almost no physical molecules remain, have any kind of therapeutic value? Over the centuries, the majority of the scientific community has concluded that it doesn't work - any positive benefit is due solely to the placebo effect. Much work is done around the world to prove otherwise. David Reilly conducted a placebo controlled randomised trial looking at the use of homeopathic medicines with 28 patients diagnosed with allergic asthma. Homeopathy proved superior to placebo and this trial was so well designed and conducted that it was published in the Lancet and the editors commented that, "either there is something amiss with the clinical trial as conventionally conducted, or the effects of homoeopathic immunotherapy differ from those of placebo... carefully done work of this sort should not be denied the attention of Lancet readers".

To the millions of homoeopathy supporters, the dogged position - 'I don't understand how, therefore it can't work' is frustrating beyond belief - I have great empathy with those that believed for so long, despite absence of firm proof, that the world was *not* flat. Just as in that case I believe that one day it will be possible to fully understand how homoeopathic remedies work. The scientific community will finally be able to analyse, quantify, and ultimately declare what has been patently obvious for 255 years - homoeopathic remedies work!



## Dru Yoga

by Debbie Hodge

Dip Dru Yoga, cert. Hatha Yoga

The season of Autumn offers us as individuals the opportunity to let go of the superfluous growths of spring and summer. If we look at ourselves as being like a tree, then we can imagine these growths or past experiences as being like autumn leaves that fall from the tree, softly and silently. They have no purpose in our future, they live only in the past and do not have a positive influence on our future. Of course, like the strong vibrant trunk of the tree, we still wish to hold on to positive uplifting experiences of the past, which form our foundation.

So it is in Dru Yoga. We begin to deepen our inner strength by focusing on our inner stillness and anchor ourselves, like a tree, with the energy of the earth. Drawing in nourishment and strength.

Try standing in a special place in the garden (and we all are so blessed around Uki to have a special place). Take off your shoes and stand with your feet hip width apart, feel you are placing the soles of your feet directly into mother earth's hands. Lift your body up nice and tall just like a tree, growing out from the earth. Imagine you have roots growing down into the earth. Feel your roots growing down deeper and wider with each in-breath that you take. As you breathe out, hold that space where your roots rest.

Take six breaths like this, then just rest with a natural breath feeling the stillness of the earth where your roots rest. As you rest in this stillness you are aware of the deep sense of strength, and peace in this stillness.

As you draw your next breath in, feel you are bringing that stillness up through your legs, abdomen and into your chest. Allow that stillness to rest in your chest, becoming aware of the great sense of connectedness, with all living energy and feeling your own inner peace. Your inner strength.

Enjoy! May Autumn bring you into a more positive, and strong connection with yourself and all living beings.



**JUDITH MAGEE**  
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 For M'bah classes ph 66724215**



# UKITOPIA

arts collective

Ukitopia invites you and your grandparents to the **Honour Our Elders Day** on April 18 from 9am-2pm. This is a day for all Elders, indigenous and non-indigenous.

**Respect** It is a day devoted to giving time and space to honour the older citizens in our community.

**Sharing stories of forgotten arts** Elders will be given a space to tell their stories in a "stories tent". There will be a historical display and living books in the hall.

**Healing Arts** Uki Hall Park will have a number of tents with alternative healing practitioners providing free massages for those over 65 and advice in many areas of health. There will be an eye sight recovery presentation by Dede in the hall and a mediation and Dru Yoga session by Debbie Hodge.

**Visual Arts** In addition to having Elders' art on display in the hall, there will be a community art workshop on the verandah of the Butter Factory where elders will be making large pottery beads to contribute to storytelling totem poles that will be part of a public art installation

revealed in November this year.

**Music** There will be a variety of specially considered comedy and musical acts throughout the day.

**Cabaret 360**  
is inviting performers to audition for this year's event on May 21/22.  
This unique Cabaret presents the best of the performing arts featuring physical theatre, dance, circus, comedy, performance poetry, costume, music, the unique and the bizarre.  
Performers, contact Hamilton now: cabaret360@gmail.com. The 1st audition is 4 May, 7-10pm, Uki Hall, strictly performers.

**Markets** Buttery Bazaar regular market stall holders will be there with a few extra stalls including The Uki Kids club with a few games for kids.

**Raffle** Tickets available on the day, drawn at 1pm. First prize \$100 voucher from Glorious Organics, 2nd prize \$100 worth of Local Uki Music, 3<sup>rd</sup> prize \$100 worth of Ukitopia Merchandise.

**Buses and Parking** A 17-seater mini bus will be transporting elders from Knox Park, Murwillumbah at 8:30 am and returning at 2:30 pm. Parking available at Sweetnam Park and Gerald Parker Park with a shuttle bus going to and from Uki Town Centre (The Buttery) bus stop as needed throughout the day.

For more info contact Natascha on 6679 7316 or Sue on 6679 5645,

The YWCA Murwillumbah Communities for Children presents

## Belly + Big School Family Fun Day

Especially for families with children under 12  
Sunday 16 May 10am-2pm  
Nullum Street, Knox Park, Murwillumbah

Lots of parent information Preschools, playgroups & care Child & family health info Info especially for Dads Early intervention & support Parenting resources Local schools Local after school activities	FREE children's activities: 'Curly Cousins' music Mobile animal farm Traditional weaving Hip Hop workshop Face painting Jumping castle Hoopla interactive circus Healthy food & market stalls
--	---

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

## Uki Writer Wins Fiction Prize



Uki News is thrilled to announce that Uki local Maris Morton took out the inaugural CAL Scribe Fiction Prize earlier this year. Maris won with her manuscript, *A Darker Music*, a mystery that uncovers the buried secrets of a family who own a merino sheep station in Western Australia.

Maris' win was officially announced on February 18 at the newly opened Wheeler Centre for Books, Writing and Ideas in Melbourne. Maris will receive \$12,000 and a book contract from Scribe.

Maris Morton was born in 1938 and *A Darker Music* will be her first published book. This talented lady currently lives in Uki but has worked in various jobs around Australia including as an English teacher, shearers' cook, shed hand, artist and gallery director.

Maris said of the win: 'Winning the CAL Scribe Prize has made what seemed to be an impossible dream come true. I'm still pinching myself. Winning has given me an added incentive to go on doing what I love best: telling stories!'

Well done Maris! A special congrats from the members of the Uki and South Arm Historical Society. They are looking forward to seeing the book in print and perhaps attend a Uki launch!

## Uki Hall Quilter Wins

by Jayne Parrott



Winner Beryl Vear, with Trustee and project co-ordinator Carolyn Jones

Uki local Beryl Vear was the proud winner of the recent Uki Public Hall 'Heritage Quilt' fundraising project. Beryl, who embroidered the panel representing the Anglican Church, was very pleased that her win meant the quilt would remain in Uki. Thanks to all who supported this undertaking. Money raised due to the generosity and hard work of the community (nearly \$3000), will be directed into refurbishment of the Hall kitchen.

The Hall Trust was also honoured to be awarded the Australia Day "Community Event of the Year" for our recent historic photo display. Our thanks to the Australia Day Committee. Congratulations to all the other award recipients. The photo exhibit is now on permanent display in the original section of the Hall.

The Hall Trust also recently received funding from FRRR (\$5000) and Community Rebuilding Partnerships Fund (\$10,000). The Trustees thank Thomas George MP for his assistance. Much needed roof repairs can now be undertaken to ensure that the Hall continues to serve as a vital community facility as we move toward celebrating its centenary year.

### Red Cross Raises \$2,000

Uki Red Cross raised over \$2,000 at the 2009 Christmas Appeal. What a feat! Thanks to all the locals for their continued support. We hope we can count on you again at our Winter Appeal Friday 4 June 2010.

Also, if you play cards, please join us in Uki Hall every Tuesday, ph me for info, 6679 5297.

Joy Armour

### Uki RSL Report

This year's Anzac Dawn Service will be held Sunday 25 April. It will commence at Uki War Memorial at 4:28am. Uki residents are welcome to lay their own wreaths. Uki Rural Fire Service will provide traffic controllers. A free 'Diggers' breakfast will be held in the Hall immediately after the Service. Everyone welcome!


Ray Blissett

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In our daily lives we all strive to be happy and healthy, yet sometimes life itself gets in the way and we end up neglecting ourselves in the process. Rushing to appointments, skipping meals, taking on stress and not taking the time to have that facial we promised ourselves. So, what is the answer? What can we do to embrace the issues of Health, Wellbeing and Beauty?

The answers are all around us as Tweed Valley is well recognised for having the largest and diverse alternative Health, Wellbeing and Beauty Industries in Northern NSW. The Murwillumbah Chamber of Commerce has identified this "Micro Economy" and are bringing these businesses together under one roof to promote them as a collective at the very first Annual Health, Wellbeing and Beauty Expo.

The Expo will be held at the Murwillumbah Civic Centre on Sunday May 2 from 10am till 4pm. This is where you will meet a vast array of professionals offering services to help you and your family live a happy and healthier lifestyle.

Entry to the Expo is a gold coin donation and there will be lucky door prizes, samples and guest speakers. Murwillumbah CBD will be trading on that Sunday. All shops and restaurants will be open offering great specials for that day only. So, mark Sunday May 2 on your "must do list" and bring the family along to enjoy a unique experience. It's the Sunday before Mother's Day, so a great chance to stop, shop and do lunch.

If your business would like to exhibit, please contact Rani Groves via email [mtwarning@onthenet.com.au](mailto:mtwarning@onthenet.com.au). Stalls are priced from \$79 for a 2M2 with partitions, tables and chairs supplied.

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More sales in and around Uki than most other outside agencies.

#### 4. LOCAL KNOWLEDGE.

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