

THE UKI NEWS

Issue 64

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

April-May 2012



Success for swimmers

Anita Morton

Two young Uki swimmers recently returned from representing the Tweed at the Lismore Diocesan Championships swim meet in Kempsey. Grace Smith (13) will be going on to the Combined Catholic Colleges Championships at Homebush, Sydney with the other members of her relay team, while Nick Myler (15) brought home a staggering 4 gold, 3 silver and 1 bronze medals, making him runner up to the Age Champion for the region. His trip to the CCC finals will be a busy one!

Grace was taught to swim by her mum, Ruth Smith, who also taught many local kids water safety. Grace's favourite strokes are freestyle and backstroke, while Nick specializes in freestyle. Sport runs in their families, it seems, with Grace's younger brother Harrison being involved in Surf Lifesaving's Nippers program, while Nick's younger brother, also Harrison, is into soccer, and his two sisters play

various sports.

Both young swimmers spoke of the family support needed to undertake their training regimes; early mornings in the pool mean that parents need to be willing to get up at 4.30am to drive them to training. Grace does six sessions a week as well as some running, and Nick ramps it up to eight or nine sessions plus core training. Whew! Hopefully, both the swimmers and their parents will maintain this level of dedication, as both Grace and Nick are aiming for selection for the 2020 Olympics.

In June this year 22 members of the Kingscliff Swim Team will be heading to Japan with their coach, Ian Walker. The trip will involve friendly competition with swimmers in the Osaka region, with the aim being to promote the idea of sister clubs in the region. Of course, trips like this don't come cheap; both young people are keen to earn some money

Easter in Uki

6-9 April

Holy Trinity—Uki
(next door to the school)

9am Good Friday

Inside the church participate in footwashing and remembering rituals.

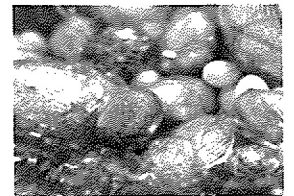
Outside the church interact and reflect at sign-posted displays and enjoy a morning tea of genuinely hot, hot cross buns.



9am Easter Sunday

Take part in a service celebrating aliveness and resurrection with music in the TAIZE tradition from France.

Afterwards lovers of chocolate join children in an Easter egg hunt in the garden!



St Columba's will hold the regular service on the first Sunday of each month, which this Easter will fall on Passion Sunday.

towards the costs. If you have suitable jobs for a couple of energetic, fit and motivated workers, phone Ruth Smith on 0448 646150 or Clayton Myler on 0408 254 543.

From the Editor

What a lot is going on in the village lately! What with building and roadwork, we're all having to be a little bit more patient than usual. If the weather cooperates (for a change) it will all be over soon.

In the meantime you can kick back and relax with Issue 64 of the fabulous Uki News, chock-full of interesting and informative articles.

I've had a few things come in after the deadline for this issue, so I just want to remind everyone; there is a time constraint on the editing and printing of the News—it is folded ready for distribution on the first Tuesday of every second month at the UKIRA meeting (your community representatives in action!). I have limited time, the printer needs time..... So contributors **must** stick to the deadline!

Anita Morton

Deadline for Issue 65 (June/July) is 22 May

Did you know?

Holy Trinity Anglican church was built as a memorial to local men who served in World War 1. The fittings were donated by people of many faiths.

Tennis Shed update

Work is progressing on the Old Tennis Shed on the village green. All going well, it should take about three weeks in total to open up and beautify the building, but in the meantime please keep clear of the site and cooperate, if necessary, with builder Pat Carroll and his workers.

UKIRA and the Hall trustees would like to thank **Peter van Lieshout**, who donated the trees for the timber used in the project. **Don Mackay** gave a very generous deal on the on-site milling and then transport of the timber from Peter's property, and was assisted by **Paul Scott**.

Money for the build was generously donated by **Twin Towns and Kingscliff Bowls Club** under their Community Development Support Expenditure Scheme, and by the **NSW Government** under the Community Building Partnership Program. On behalf of the Uki community, thank you to all involved.



Contact the Uki News

Email theukinews@hotmail.com
Or see the Editor at the Farmers' Market every Saturday morning.

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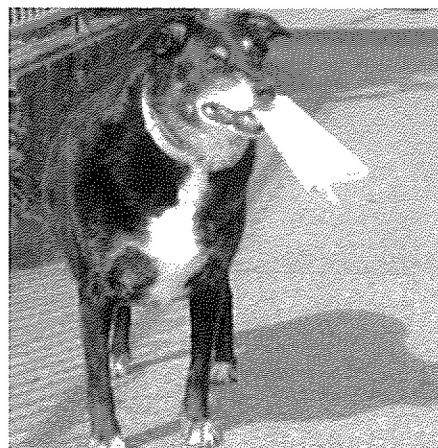
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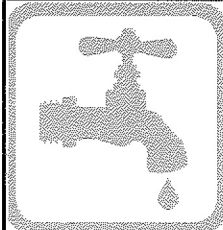
Disclaimer; Opinions and views expressed in this newsletter are the contributors' own, not necessarily those of the Uki News nor of UKIRA.



Village residents will be missing the sight of Millie the mail dog, village character and sometime media star. Unfortunately, Millie recently reached the end of her long and happy life when an illness made a peaceful quietus the only kind option for owner Maggie Wilkins Russell to take. All loving pet owners will sympathise with Maggie over this hard, but necessary, decision.

The Buttery Bazaar

**Next markets 15 April and
20 May**



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Hello and welcome to the Uki News. Significant road works in the centre of the village are currently being undertaken on Kyogle Road between Rowland's Creek Road and Smiths Creek Road. Continued wet weather is hampering the pace of this road reconstruction work so please be patient and take care as you drive through the work site. Once completed the works will be a vast improvement on what was a particularly bad stretch of road.

The Association sees vehicle and pedestrian access issues as significant challenges, we have held meetings with concerned locals about some of these matters and we will continue to do our best to improve how things work in the village in the coming months and beyond. The challenges posed by these, at times, competing modes of movement are often highlighted on Market weekends and so we ask all visitors to and residents of the village to be mindful of this and to always consider how your actions may affect others. (You'll find a reminder of the parking rules on page 11. Ed.) UKIRA has received a response

from the Tweed Shire Council with regard to some requests we put forward for improvements to amenity and facilities in the village and surrounds. Some of our requests have been met with positive action, e.g. – signage to the public toilets, and we thank the Council for these jobs done. We will continue to press for improvements in other areas, such as bollards and better parking facilities at Gerald Parker Park and improved pedestrian access paths in the central village precinct and approaches along Kyogle Road. UKIRA members met with Tweed Shire Council representatives to discuss how best to manage the ageing and diseased Camphor Laurel Trees in front of the Old Butter Factory. It is likely that they shall need to be heavily pruned as an interim measure and their health monitored beyond that to assess what best to do. Depending on the ongoing cost of such pruning a staged removal, and replacement with more suit-

able species may eventually become the best way forward.

A big thanks to all involved with Clean Up Australia day with particular thanks to Eddie Roberts for organising this important community event.

Remember, if you wish to become involved, or have an issue you would like to discuss, the association meets 1st Tuesday of the month at 7pm in the Uki Hall. Alternatively you can catch up with us at our stall at the Buttery Bazaar, 3rd Sunday of the Month. So that's it for now, until next time be safe and well.



Coming up in Uki....

The **Uki Red Cross Annual Winter Appeal 2012** will be held in Uki Hall on Friday June 1st. A street stall will start at 9am and lunch will be served from 12 noon till 1.30pm. Donations of cash, produce, cakes, pickles and jams, craft work or any saleable goods will be gratefully accepted.

Goods may be left with Joy Armour (02 6679 5297), Pauline Carroll (02 6679 5176) or brought in on the day.

Uki Ski Trip 2012

It's that time of the year again. As the sun begins to sink in the sky and cooler nights refresh us, we are pre-planning our next trip to the snow. 2012 will be our fifth group ski trip, and we are looking forward to offering this wonderful opportunity to the families and friends of Uki and surrounding community.

At this stage **we are asking for expressions of interest** and pre bookings to get started.

I would like to take this opportunity to thank an anonymous sponsor who gave financial assistance to three teenagers last year, helping them see snow for the first time ever.

For more information contact Mark or Paula Cave on: 66795 999 or 0419 001 001.

Emubeads offers jewellery revamping workshops at studio9artspace on 2nd Saturday of the month. Contact Michele at michele@emubeads.com or at Studio 9 for details.

Cabaret 360 2012 AUDITIONS

- Mon May 7th 6pm. Uki Public School music room.
- Sun May 13th 4pm. Uki Public School music room.
To audition please contact Hamilton Barnett
e: cabaret360@gmail.com
m: 0439 021 233

Miss Tweed 2012 Ball Season

The Miss Tweed ball season is starting soon. The first Ball is at Uki Hall in Uki, on the 14th April. These Balls are a great fun night out for all the family. Good prizes in all sections. Miss Uki, Matron and Senior Beau, Junior boy and girl (10-14 years), Tiny Tot boy and girl (9 years and under). A country style supper is served, music by Ross Johnston and band. Lucky door prize too. So, come along for a great night's entertainment.

See also Ukitopia's programme on Page 9.

Uki Pythons

William Child

The Football Far North Coast Season is set to kick off on the last weekend in March. While officials are still putting the finishing touches on the competition draw, the Uki Pythons senior men will play their first games on Saturday March 31st.

The Pythons will field three senior teams in 2012, with the Uki women in fourth division and the men's sides in second and fifth divisions. Coach Joe Scholl and the boys are looking forward to the challenge of the step up from third division, and will be spurred on by the memory of last season's grand final loss, while the depth and quality of the squad should see the club being very competitive in fifth division too.

The Uki sports ground has received some much needed work in recent weeks. With the help of our great supporters at Harding's Earthmoving, and a team of volunteers, the sports club was able to install additional drainage and top dress a large part of the playing area, which should help to have the pitch in tip top condition for the coming season.

There will be one Python with an extra spring in his step this year, with Chris Mitchell having the good fortune to tie the knot with his lovely bride Bec on St Patrick's Day. Congratulations to them both and best wishes to Chris and Bec from everyone at the club.

It's an exciting time for the Pythons, with the first games just around the corner. The Uki Pythons are proud to represent the local community on the field, and aim to provide a club for players of all ages from throughout the district. We invite everyone to come along and enjoy the great game of football at the Uki sports ground in 2012.



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From Fundamentalism to Terrorism

Last time I wrote about faith as a personal quest that offered no grounds for being judgmental, because it was about seeking, not knowing. In contrast, fundamentalists think they have arrived. They don't believe, they know!

I want now to talk about fundamentalism, its links with tribalism, and their devilish offspring ... sectarianism and terrorism. First, though, I would challenge the validity of the label 'fundamentalism'. Christian fundamentalists, for example, place the 'Written Word' ahead of the 'Living Word'. They use particular texts to condemn other Christians to hellfire and to define the moral (especially sexual) codes, but they demonstrate little or no familiarity with Christ's own teaching and overlook the most fundamental text of all – that **GOD IS LOVE!**

It puzzles me how those who claim to worship One who they believe is the source of life itself, can commit the blasphemy of destroying life in the name of the One who gave it! The worst acts of terrorism, and the worst atrocities have been justified by differences of belief: Catholics burned Protestants and Protestants burned Catholics ... yet both were Christians, supposedly! These days, although Muslims may slaughter a few 'infidels', the greatest death toll occurs within Islam – when Sunni terrorists blow up Shia worshippers, and vice versa – both sects claiming to worship the same God!

And when you blend tribalism with religion all hell breaks loose! Patriotism is directed towards a 'common good' but tribalism favors clan and family interests. Afghanistan is a tribal basket case. So is Libya. And, tribalism also contaminates religion. Most of us associate honor killings and genital mutilation with Islam: but I knew tribes in Kenya who 'circumcised' their women but were not Muslims. And, in Egypt, 'honor killings' are as common among Christian Copts as they are among Muslims. Easter, in contrast, reminds us that the only blood that should be shed by any man or woman is his or her own – in the service of others, and in hope of the resurrection to eternal life.

John Tyman, Holy Trinity Church

OTHERWISE THERAPY

Heather McClelland is a member of the Australian Counsellor's Association (ACA). She has her therapy practice in Uki village and she invites individuals, parents and/or couples to make contact, for either short or long-term therapy. She offers group work including parenting and couples' groups and workplace training. Heather's fees are on a sliding scale according to each counsellee's financial circumstances. Leave a message if she is absent when you phone.

Phone: (02)6679 5603 or 0423 693 744

Email: heather@otherwisetherapy.com

www.otherwisetherapy.com

Osteoporosis

Osteoporosis is a bone disease in which the bone mineral density is reduced and bone micro-architecture is disrupted and therefore more susceptible to fracture. The underlying mechanism in all cases of osteoporosis is an imbalance between bone resorption and bone formation.

Dietary and lifestyle guidelines which may assist in the management of osteoporosis:

- Get regular weight-bearing exercise
- Eat a minimally processed diet rich in antioxidants, phytonutrients, protein and bioflavonoids (see below)
- If you smoke, stop now.
- Minimise intake of caffeine, alcohol and salt.

The following are important for general health and well-being with particular emphasis on bone health:

- **All super green foods** - e.g. Barley grass, Spirulina, wheat

grass, chlorella. These are extremely important.

- **A daily fresh vegetable juice** – carrot, celery, apple and beetroot – will help cleanse and alkalise the system.
- **Sesame seeds ground with flax seeds** - a highly nutritious nut butter, which can be used in cooking or on bread, etc. An excellent balanced source of calcium.
- **Acidophilus/bifidus:** The health of the digestive tract is highly important and is often compromised.
- **Calcium:** A principle nutrient in bone health. Optimal sources include egg yolk, green leafy vegetables, molasses, sardines, and soybeans.
- **Magnesium:** Also plays an important role in bone health and works as a co-factor with calcium. Present in almonds, cashews, molasses, parsnips, soy-

beans, and whole grains.

- **Vitamin D:** Synthesized by the action of the sunlight on the skin. Present in fish liver oils – cod, halibut, herring, tuna, egg yolk, milk, and sprouted seeds.
- **Boron:** A trace mineral, which is very important to the health and strength of bones. It is found in almonds, apple, hazel nuts, peanut butter, pear, prunes, raisins, and soymilk.
- **Vitamin C:** Required in the body to activate the enzyme necessary for the manufacture of collagen – a major component of bone.
- **Essential Fatty Acids (EFA)** These contribute to reducing the presence of inflammatory cytokines and therefore the level of osteoclast activity and loss of bone density. Sources include tuna, salmon, cod, linseed, flaxseed, evening primrose oil, tofu, butternut pumpkin, walnut oil.

Judith Magee

Tweed Water Review update

My thanks to those who wrote in a Submission to Council on the Review of their Integrated Water Management Cycle Strategy (IWCM) This Review has been a long time coming and was initially requested by the Community Working Group in early 2010. 60 Submissions were received in total, many of them requesting greater water saving measures to be implemented in the new Greenfield developments. These submissions are being collated at present, and a Brief will be prepared by Council, and then ad-

vertised for tender. There will then be a recommendation from water staff of their choice for the consultancy firm, which will then be approved by Council. The process during the actual Review will also involve general community consultation, so come along and have your say.

The Tweed IWCM Strategy 2006, outlined in its aims and objectives the necessity for Integrated Water solutions such as Water Sensitive Urban Design, storm-water retention/capture, reducing nutrient discharge into rivers and estuaries, encouraging Environmentally Sensitive Development, and the reuse of wa-

ter and dual reticulation in new developments. With my research, I found it was clearly illustrated that not one of these objectives had been achieved, or implemented during the last 6 years. I sincerely hope that the Review will produce actual implementation of policy, rather than fine words on an endless paper chase. Tweed Shire residents, (Byrriil Creek and Doon Doon residents particularly) deserve the best possible water future with truly sustainable developments, and the implementation of world's best practice water management.

Joanna Gardner



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Fish pie

A baked 3kg snapper fed eight assorted wine-fuelled suspects, the leftovers became fish pie with the egg trickery stolen shamelessly from a 1985 Mary Blackie cookbook. Clearly you need to judge according to how much fish you have. The weight of fish in grams about equals the volume of white sauce in millilitres.

Get:

- 500g cooked boneless fish (the chooks went ballistic over the snapper skeleton)
- 3 x sheets puff pastry
- 3 x eggs
- Less than enthusiastic green vegetables out of the fridge
- Salt and cracked pepper to taste

- Fresh sage and tarragon are good but whatever you've got works pretty well (Try lemon balm, thyme, parsley...)

Then make 500mls basic white sauce using:

- 2 x tablespoon butter
- 4 x tablespoons wholewheat flour (atta flour is good)
- 500mls milk

Melt the butter until quite hot, then stir in the flour to make a roux. Cook briefly, then stir in the milk quite quickly to avoid lumps. Keep stirring until it thickens, then allow to cool while you;

- Line an oiled pie tin or baking dish with puff pastry. Finely chop the vegetables and add to the white sauce mix.

- Separate the three eggs. Stir the yolks into the slightly cooled white sauce. If the sauce is too hot the yolks will cook before you get a chance to stir them in.
- Fold the fish flesh, salt, pepper and finely chopped herbs of your choice into the white sauce.
- Then whip the egg whites until they form peaks and gently fold this into the fishy vegetabley mix.
- Spoon it all into the pastry lined dish, put a puff pastry lid on it, cut a small vent in the lid to let the steam out and bake for 30 minutes in a hot oven until golden.

Very cold crisp lager goes really well with it. Beware burnt roofs of impatient mouths!

patmiller.net.au

Busy start to 2012 @ Uki PS

Sonya Dusi

The school has had a busy start with the introduction of 16 new Kindy students to the Uki School Community. It's always a delight to see the excited faces of the boys and girls as they tiptoe into Big School. We welcome all the new students, parents and families to Uki School and look forward to building many new friendships along the way.

First term has been action packed with 'A Walk in Her Shoes' fundraiser, Red Food Day, Harmony Day, Snake Tails interactive visit, School Leaders Induction Ceremony, Quality Teaching Conference and the announcement that once again the school is representing Uki @ The Sydney Opera House.

WOW!!!

The Instrumental Program is cruising along with 41 dedicated students learning to play musical instruments taught by experienced tutors and under the magical wing of Mrs Vikki Armour. Many were rewarded by the chance to play centre stage at Dreamworld on the Gold Coast. The smiles and pride on the kid's faces was so dynamic. They then enjoyed a fun-filled day on the rides.

Don't forget to mark Wednesday 9th May in your diaries! It's Mothers Day @ Mavis's Kitchen.

We held this event two years ago and it was a tremendous luncheon and fundraiser. You will get a three course meal, an amazing setting and lots of laughs

for \$30.00. Fantastic food and great company, definitely a recipe for a successful afternoon.

The P & C has proudly pledged to donate over \$10,000.00 towards the Mathletics Program, a new Public Address system, classroom and library resources, Outdoor Learning Centre and Playground Art and Markings. A huge thank-you to P & C members, parents, students, staff and community for helping us achieve our fundraising efforts. All money raised goes to benefit the students at our school. Well done everybody!

We're looking forward to the next instalment in Term 2. Have a safe and enjoyable Easter break.

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The Home First Aid Kit

I recommend that you keep a kit that contains the following items;

1. about 3 large bandages for snakebite and to wrap around wounds
2. cotton buds to remove foreign bodies from eyes
3. gauze squares to put onto open wounds to keep them clean
4. a packet of menstrual pads which are a good clean temporary cover for deep or bleeding wounds, bandaged on with the bandages above
5. a small bottle of saline with a nozzle to wash out eyes
6. some disposable gloves
7. some antiseptic e.g. Chlorhexidine to clean wounds
8. a triangular piece of calico to use as a sling
9. some tape to fasten bandages and slings... and to 'buddy strap' a possibly broken finger to the one beside it
10. clove oil which is useful for toothache – apply with cotton bud to the dental cavity or socket
11. some Panadol (painkiller) and Nurofen (anti-inflammatory)
12. some antihistamine e.g. Phenergan for allergic reactions
13. Ventolin and a spacer if there are asthmatics in the family
14. a pair of fine forceps for pulling out ticks

Extra items may be needed depending on the family, e.g. elderly people may need Anginine tablets or Nitrolingual spray for angina pain, those with severe allergic reactions may need their 'Epipen', and diabetics would need glucose tablets.

This can all be put into a tackle box or a cardboard box with a lid, and it's recommended that a poster explaining CPR techniques is glued to the lid, with a reminder about phoning '000' in an emergency. Learning first aid is a very useful skill and everyone should take the opportunity to learn CPR (cardiopulmonary resuscitation). It is important to remember that First Aid Kits contain just the minimum to assist with treatment until help arrives, therefore they do not contain complex equipment. Providing first aid should not delay calling for help.

Dr Shauna Purser



JUDITH MAGEE

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Humans are storytellers by nature. We have been sitting around campfires for thousands of years using the oldest and most effective tool we have ever had, to influence and to engage.

We now tell even more stories than ever to more people, through the Internet and other media. Television tells us the 'news' story. Advertisements are tiny constructed stories of desire and satisfaction.

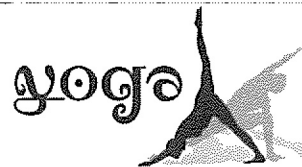
We buy endless magazines and newspapers telling the same stories over and over of Brangelina, political she-nigans and sporting events. They all contain the structures we know and love – goodies and baddies, challenges to overcome and tales of failure and heroism. Many of our own personal stories are memories of a real or imagined past while others are equally imagined stories of our future. Then there are the great mythic stories; fairytales and rhymes; parables and poems, and novels of romance and fantasy.

We will present a series of workshops and events at the Transformation Centre, celebrating storytelling and showing how you can use it in your life - in your business, your relationships, to reclaim your history and create your future.

Come and join us around the campfire.....

Rosie Mere

Yoga in Uki



General Iyengar Yoga Class with Mark Cave

at Gynea eco retreat & Spa
Top of Bonny Doon Rd, Uki

Saturday 9:00am - 10:30am

Casual \$15:00 or \$130:00 for ten classes

Beginners Yoga classes

with Paula Cave - \$10:00 per class.

Tuesday - 3:30am - 4.30pm

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Thursday - 5:30pm to 6:30pm

Uki Hall

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Also Belly Dance for fitness & fun with Jaimee,
Monday 5:30pm - 6:30pm, \$10:00, also at Braeside Drive

This year marks the 30th birthday of our Society and on reflection we have many achievements to celebrate.

On Sunday, April 15th (also Uki Buttery Bazaar Market day) we are having a photographic display out the front of our room entitled, 'Faces of the South Arm'. This exhibition is our contribution to Elders Day. Come along and have a look. Maybe your photo is included. Esma Thompson and Jayne Parrott have been displaying items and photos on Bazaar days and this has helped boost our visitor count to 805 for 2011.

The Butter Churn, in front of the But-

ter Factory, is in need of TLC. Mary Lee Connery has been researching its history to assist in acquiring funding to restore it. There are hundreds of butter churns, all types and sizes, on the internet but none exactly like this Waugh and Josephson model.

Barry Harding has offered to assist us with the mapping of all the timber mills on the Tweed. The South Arm has a long history with the timber industry and Barry's involvement is most welcome.

As regular readers will know our Society is part of the Tweed River Regional Museum. Recently Judy Kean was appointed Director and

we look forward to working with her. Mary Lee, Esma and I attended a weekend workshop in February covering the conservation of items plus much, much more.

If the rainy conditions are driving you crazy read this edited excerpt from 'The Way it Was'

'Rubber boots and a Grimsley oil-skin was about all you could get then. A cornbag around your shoulders was probably just as good. Make sure you had plenty of dry wood in. When it got wet you never knew when it was going to be fine again.' Rex Loxley-Lewis.

Nothing much has changed has it?

Astrology

Paola Emma

Let's talk about Venus entering Gemini on April 4, a significant transit for all of us, but particularly so for individuals with Gemini-Virgo-Sagittarius-Pisces-Libra-Aquarius highlighted in their Birth Charts.

Normally Venus transits one Sign in about a month, this time though, due to retrogradation, she will linger in Gemini until August 8, a four-months-long transit!

Venus in Gemini represents an opportunity to improve our social life, adopting diplomacy to tackle divisive issues. It can also stimulate writing/communicating/study skills, inspiring a genuine friendliness and curiosity for life and people.

It could prove an auspicious time for travelling and making new friends, or renewing relationships amongst siblings and school friends. Gemini-Venus shows her lighter and intellectually vivacious side.

One thing we should not be doing is trying to stick to some outworn patterns of relating, because this could prove frustrating, and increase restlessness. Venus and Mars will come at right angle to each other (90 degrees) twice, on April 8 and again on June 5. We can expect some fireworks in our emotional lives, either exciting or disruptive. While aspiring to achieve greater clarity in our communications/relationships and efficiency in our daily tasks (Gemini-Venus versus Virgo-Mars), we'll run the risk of becoming overly critical/self-critical, or victims of negative criticism from other people. Venus' Retrogradation (May16-June28) adds a deeper dimension to this placement. It is time perhaps to trim from our lives those superficial friendships that do not satisfy our real needs and longing.

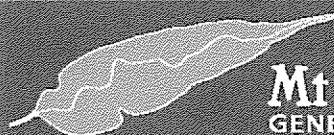
Try not to miss a special astronomi-

cal event connected with this retrogradation (wearing sun protective glasses): Venus' visible conjunction across the Sun disk, on June 6. Another one like it will not take place until December 2117! This is the same Transit of Venus that Captain Cook was sent to study in 1769, all the way to Tahiti.

Astrology Foundation Course begins on April 23 in Uki. moonlivingmoon@gmail.com - (02) 66794037 - 0407359682

Did You Know?

The house situated at the back of the Buttery—Joy's house—was built for Jim Mitchell, the first engineer at the butter factory. Mitchell Street is named after him.



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The Food Garden

'It's all about the soil!' What a common catch cry that's fast becoming amongst avid gardeners, and it's oh so true. For vegetables to be really happy and healthy you'll want to plant in dirt that's chocker's full of healthy bacteria and teeming with life. If you feed your soil artificial fertilisers it's akin to feeding yourself processed foods, there'll be negative consequences in no time at all. If, however, you feed your soil broken down food and plant matter then that's much the same as feeding yourself fresh fruits, vegetables, nuts, and seeds, and the positive consequences will be almost immediate as well as ongoing. If you don't feed or water your soil then that's just like starving yourself to death. Get the picture?

So, here's how to get a really easy composting system set up; get a plastic garbage bin with lid, the sort we used to put at the front gate to be collected. Secure the lid to the base with 2 removable but tight bungee cords and then drill 40-odd holes through the lid and the sides so air and moisture can pass through. And there you have it, done! To use, simply remove the lid, recycle your daily food scraps and equal amounts of leaf litter into the bin, replace the lid and secure it with the bungee cords and then you simply chuck the bin in a sunny spot and every few days get the kids

to roll it around on its side to help aerate and break down the contents. Adding comfrey leaves will speed up the decomposition process, as will coffee grounds. Once the bin is full don't keep adding to it, but do keep rolling it, and in about 6 weeks you'll be able to add the broken down matter to your veggie bed and you will be well on the way to growing your own soil.

'Live to Grow!'



11 May	Songwriters on the Songline (Women of the Valley)
8-9 June	Cabaret 360 : A Feast of Performance
15 July	Honour Our Youth Day
20 July	Songwriters on the Songline
7 Sept	Songwriters on the Songline
September	AGM and membership renewal
Nov. 16-18	Ukitopia Festival: A Celebration of Uki Life Arts and Culture

Murwillumbah Theatre Company presents



When their vicar passed away in the middle of a service, the inhabitants of the small Oxfordshire village of Dibley expected his replacement to be another old man with a beard, a bible and bad breath. So, when a boisterous female minister with a bob-cut and a magnificent bosom comes to serve in the eccentric, conservative small village's church, mayhem and comedy are sure to follow.

MTC's stage version of this hilarious, yet heart-warming BBC TV sitcom features *all the eccentric, yet lovable characters*, including *Alice*, the blonde, dippy verger, *Owen*, the earthy, local farmer and the stuttering *Jim* who prefaces most remarks with "no-no-no-no-yes"! And, of course, there's *the inimitable vicar* herself.

The script is by Richard Curtis and Paul Mayhew Archer, writers of *Blackadder* and *Mr Bean* & has been adapted for the stage by our own Bryanne Jardine & Julie West. **Get a group together**, bring your nibbles, take-aways and drinks (alcohol permitted) and have a great night out. Performances are at the *Murwillumbah Civic Centre*



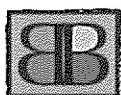
Fri 25 May 7.30 pm
Fri 1 June 7.30 pm
Sat 2 June 7.30 pm

Fri 8 June 7.30 pm
Sat 9 June 7.30 pm
Sun 3 June 2 pm

Sun 10 June 2 pm

All tickets are \$15

Further information - Rosemary Hume
02 6672 1520 or rosemaryj.hume@gmail.com



Babareki Business Networking Events

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at the Uki Café 8:30 am & **the following day**
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In a severe flood, cyclone or even a disease epidemic you won't be able to buy food for weeks. The emergency might even be the loss of your job or a big unexpected bill. It will help if you grow some veggies and keep chooks, but realistically most of us rely on buying a lot of our food. We should all put aside some reserves of non-perishable tinned, dried or shelf-stable foil-packed foods. The power might be off, meaning fridges and freezers won't be an option. Start by making a list of all the food your household gets through in a week—don't forget the family pets. Think about what length of time you

want to cover and remember that you might have to help out less-prepared neighbours. It's a good idea to double your first thought, just as a safety margin. Some people think that a three-month supply is barely enough, while those who really expect the breakdown of civilization probably have a bunker somewhere stuffed with supplies already! The foods you select to replace your usual purchases need to have long shelf-life, though you will be rotating them to make sure they don't go off in the cupboard. Have a look at the list and see if there are long-life versions of your usual foods, e.g. dried

rather than frozen peas. Start buying one or two extra items each week from your list; it will take some time to build up the reserve, so we'll just have to hope no major disasters happen before we're ready! Cooking is another limiting factor. You should have some pans that you can use on a barbecue or camping stove, plus fuel for that equipment. You will want to conserve fuel because you may not be able to top up supplies for some time, so reserve foods need to be quick-cooking. In the next issue I'll go through a few possible options.

Relationship Health

Heather McClelland

When grounded dialogue is practiced, no problem is insurmountable
Barbara Jo Brothers,
Couples and Body Therapy (2001)

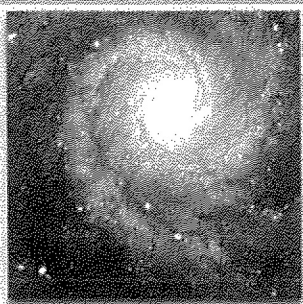
If you have skied a steep mountain you will know that the steeper the hill, the closer you bend your knees to the ground. Look at a dog or a cat when they sense danger. They will crouch closer to the ground. A cat which becomes ungrounded, will leap away in terror. Something very similar can happen to us. We humans tend to withdraw into our heads at the least sign of stress. In an automatic, usually unconscious reaction, we set the wheels of the intellect into motion. This is our attempt to get control of intense feelings and anxiety. We tense certain muscle groups or lock our

knees, thus cutting ourselves off from our connection with the ground. Our breathing becomes shallow and inefficient, our energy depleted. Because of what we have learned in our familial, educational and social environments, we fall into patterned ways of losing our connection to mother earth. The result is that in stressful situations:

- Some of us space out and seem to almost leave our bodies.
 - Some helplessly expect others to make us feel more comfortable and then blame them when they can't.
 - Still others lash out in ungrounded aggression.
- When couples are experiencing conflict in their relationship this loss of grounding may occur whenever the other is around. Trying to have a

discussion turns into a nightmare. The partners literally cannot take in what the other person is trying to say. Using simple grounding strategies before beginning any conflict-driven conversation is a way to settle runaway emotions. The grounding process is innately nurturing and can help partners to 'hear' the other and to speak in a more measured and objective way, from a more mature space. This can lead to a respectful dialogue where differences and perspectives are allowable and no problem proves insurmountable.

A person's grounding is their connection to the earth. A simple grounding technique is to stand, consciously pressing your feet to the floor, while bending your knees ever so slightly. Do it intentionally whenever you are stressed.



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You may have been startled by seeing the parking rangers in Uki for the last two Buttery Bazaars. Markets and special events don't change the parking rules, which are there for the whole community's safety. If you're like me and it's been some years since you reviewed the parking rules, here is a brief summary of the parts most applicable to Uki.

You must not stop your vehicle (even if you stay behind the wheel) in the following circumstances:

- Across a driveway or footpath
- In an intersection
- On footpaths, nature strips and median strips
- Within 10 metres of an intersecting road at an intersection without traffic lights UNLESS a sign allows you to park there
- Within 3 metres of ANY double centre lines
- On or within 20 metres before and 10 metres after a pedestrian crossing or bus stop
- When you are double parked
- Within one meter of another vehicle parked before or behind

If there is a parking sign it overrides these basic rules, but you must obey any time of day restrictions, such as those for school bus parking. NO STOPPING/NO STANDING signs mean that you must not stop your vehicle on the road or curb, unless there is a medical or other emergency. You will find a complete parking rule rundown in the RTA's Road Users Handbook, available on the RTA website. This is only a very brief summary of the most common and possibly costly mistakes people make.

Another problem which comes up at both the weekly Farmers' Market and the Buttery Bazaar is unrestrained dogs – your dog might be the nicest, friendliest animal in the world, but that won't stop other dogs from attacking it. ALL dogs must be under control, on a lead, at ALL times when they are in a public place. The penalty is a \$220 fine, plus \$165 if they don't have a collar and tag, another \$165 if they're not microchipped and are over 12 weeks of age, and another \$165 if they are over six months old and haven't been registered. That could be a very expensive ranger visit!

There are still some completely irresponsible people who leave their dog's crap lying around to disgust everyone and be a public health threat. For heaven's sake, people! Dogs shit, you own them, PICK IT UP! The fine for not having a plastic bag with me/I didn't think anyone could see/I'm a disgusting idiot is \$275 minimum. If you find it difficult to bend over, revolting etc, get a pooper scooper. NO EXCUSES!

Did You Know?

The butter churn at the old butter factory was restored and installed there as a memorial to the pioneers of the dairy industry in October 1987.

Curl Up & Dye

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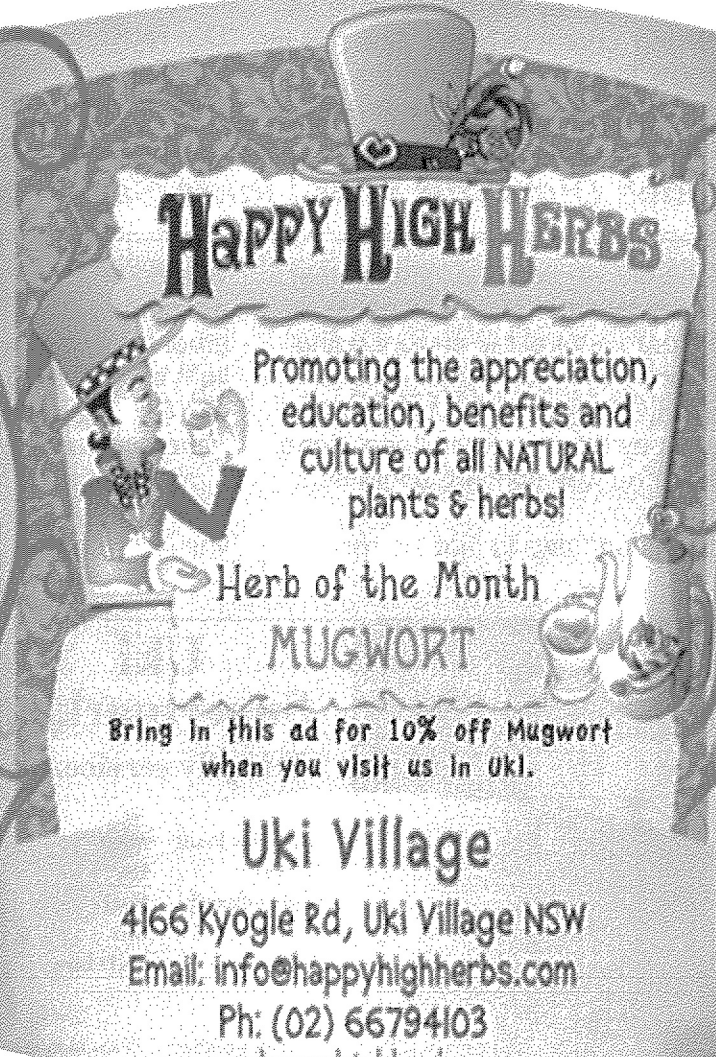
Angela, Lil'Fi, Amy & LiAnna

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Women of the Valley

7pm May 11th at the
Uki Holy Trinity Church

Women of the Valley is a special one off project bringing together Lil'Fi, Sue McKenna, Jo Satori and Nick Hanlon to collaborate and celebrate their journey through music. All are very different artists; the common thread that weaves them together is that they all acknowledge music as a means to communicate with the Sacred Divine.

When they get together incredible music is created.

Nick Hanlon has toured the world extensively as a singer and instrumentalist with various rootsy bands. Her unique style has been described as having a 'haunting medieval beauty' (Revolver). Her heartfelt ethereal singing was described by the Sydney Morning Herald as having 'charm to burn'. She has the ability to sing to your insides.

Jo Satori was on stage before she



was born and sang before she could speak. This Dolphin award winning songstress has a powerful and expressive voice reminiscent of the great singers such as Ella Fitzgerald. She says that when she sings she 'creates little worlds' and has the ability to transport an audience to a magical realm.

Sue McKenna is a musician, songwriter and performer with Mantlepeace, Imandan, Channelfree and

good as it gets'. Blues legend BB King compared her to Bonnie Raitt when she received a standing ovation after she warmed the stage for him. Lil' Fi translates the Blues into a uniquely Australian celebration. Part blues, part rockabilly, all unique, all Lil' Fi.

Come and witness this special collaboration to hear some of the most beautiful voices in the Tweed Valley.

the Rainbow Roots Roadshow. She is also an experienced workshop facilitator. Her earthy and connected to spirit style has garnered much respect and joy in the Valley and beyond. Her commitment to spreading the transformative energy of music is truly inspirational.

Lil' Fi is a multi award winning retro-punk vision described by Lucky Oceans as 'an uncommonly convincing Blues-Mama...as

Does Dimming Your Lights Save You Money?

Mark Cave

The old version of a light dimmer (rheostat type) used a variable resistor to control the current going through the light circuit. Unfortunately this meant that power was used by the dimmer instead of the light and was converted into heat, so no savings.

The good news is that the modern

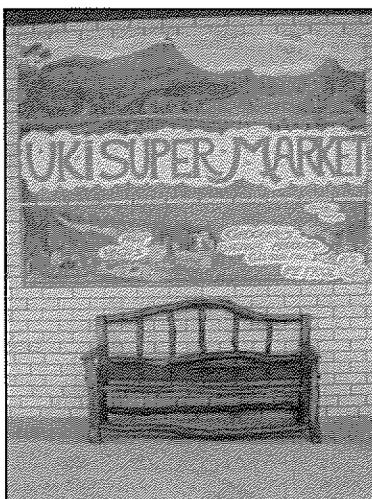
version of a dimmer works by using a 'Triac Switch'. This limits the total amount of energy available to the light by switching the circuit on and off. This happens so fast that you generally can't see it unless your dimmer is faulty.

Not only will you save power, but you will also extend the lamp life as

the bulb will not run as hot and will last longer.

So my advice is to get rid of your toxic mercury filled energy saving lamps and replace them with high efficiency halogen or better still LED lights.

Use a quality dimmer like Clipsal and enjoy the savings.



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