

ASTROLOGICAL TRENDS FOR DECEMBER 2007

BIRTHDAY – Sagittarius



by Bev Murray

These are the fun-loving, knowledge seekers of the Zodiac! Usually coming into their own later in life than most they have more of their fair share of interesting stories to tell! They are loyal, spiritual and generous. Others can find them difficult to understand. They love travel and they must have independence! Give them: An adventure holiday, an adventure DVD, and an intimate party with wine and philosophy somewhere in there!

Sagittarius: Jupiter, planet of luck, indulgence and incidentally your ruling planet is about to move into your wealth sector and stay there for most of 2008! Get ready for some capital growth that will definitely increase your net worth. Professional goals are looking good too and those of you that set target goals for the New Year now will benefit hugely later! It's all smiles at last!

Capricorn: You are set to embark on what is likely to be one of the better years of your life! As a consequence December is hectic and full on, but really after all quite wonderful! Just be prepared to go with the flow! Getting the rest you need is optimum but not easy, try meditation or Yoga for a quick boost! Your personal power is on the increase though so you'll be surprised at how much you can do!

Aquarius: Friends can seem difficult at the moment as can anything to do with committees or group related activity. Be cautious where contracts or legalities of any kind are concerned. Now is a time to read the small print very carefully! The New Moon around the 9th is good for you guys though, and will give a break in the routine of things. You will benefit from the change!

Pisces: Distant friends, computer communication and Internet opportunities are the focus this month. You are due to have a little fun, which you probably feel is well overdue! You might have some issues to resolve with yourself regarding your long-term goals and your hidden inner desires! Don't let others and their opinions dictate your course of action! Decide what you really want then go get it!

Aries: This month begins with some family issues that really need sorting. With Mercury and Saturn squaring up on the 6th-7th you will feel less inclined to share thoughts and have more difficulty sharing feelings. None of this really helps your cause! Lay low and wait until later in the month to sort things out successfully. The 11th is an excellent opportunity to make amends and get things clear.

Taurus: Partnerships are well favoured this month and you should be happier than you have been for some time. It can feel as if many of your long held dreams are becoming a reality at last! Watch out for the 6th and 7th however as these are antsy days full of limitation! From the 13th on the focus will be career and there are some very promising happenings on this front! Sit back and enjoy!

Gemini: With Mercury in Sagittarius at the beginning of the month many of you will be focusing upon marriages and partnerships and a good deal of communication about travel and life direction will be going on! From around the 6th on Venus also gets busy in your chart and moves into your 6th house allowing for some healing to take place both in intimate relationships and at work.

Cancer: Your health and attitude are in for a positive makeover this month! Jupiter is moving into your love and marriage sector and is set to bring some happiness into this area Mid December and into the New Year! You will start to feel the better vibes now and get a glimpse of what good things are in store in 2008. Changes around your home-front or residence are very likely.

Leo: there are so many planets gunning for you guys this month! You have no excuse for not enjoying the festive season! Your only disappointment is the financial sector of your horoscope, which is not quite coming to the party! Remember gifts from the heart speak more than gifts from the wallet! Career and business sectors are set to take off mid-month and into January!

Virgo: This is a fun month for you. Children and family are highlighted positively. The 1-3rd of the month can be argumentative but the problem lies within you not in others! Take a step back and look inward for answers to your questions. Real estate is favoured all month and the first weeks of December indicate some wealth around the home sector. Home improvements are also favoured.

Libra: This is a great month for new job opportunities, successes in general and for preparing for how you would like things to be in the New Year! Romance and business look to be the hot subjects now and into 2008! As the month continues you will want to spend more time at home with your family and intimate friends, but as usual this is a socially demanding month and you might need to compromise a little.

Scorpio: Your motivation is increased this month. You are able to make things happen the way you want them to. Anything to do with travel or means of transport is favoured especially. Learning about other ways of life, cultures, religions, ideas and so on is on the cards for you and this energy will continue into 2008. Its all good and you will reap some very nice benefits! Go with the flow!

Email Bev: insightbevmurray@yahoo.com

Xmas: A Pagan Celebration?

So many gods born on solstice

by David McMinn

As we approach another festive season, what many fundamentalist Christians fail to realise is that they will be celebrating a pagan festival associated with astrology and other 'devil worship'.

The date December 25 is based on the winter equinox (northern hemisphere). On December 22 to 24, the Sun rises at exactly the same site on the eastern horizon. On December 25, the Sun rises a little further north on the horizon and hence marks the beginning of increasing day length.

This date was the birthday for many deities, such as Mithra of the ancient Persians and Romans, Osiris of the ancient Egyptians, Dionysus of the ancient Greeks, among others. So December 25 was observed by a number of ancient religions, not only Christianity.



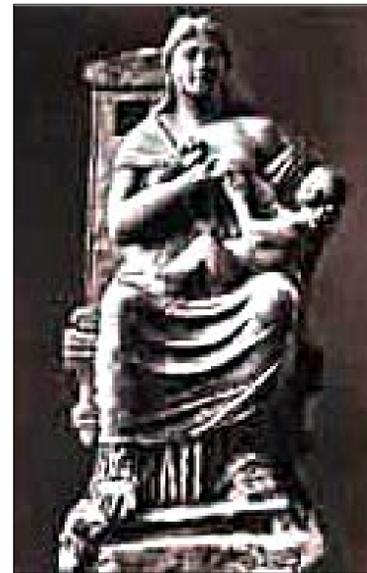
Many gods to celebrate (from top) Isis, Dionysus, Isis again, Mithras and a pre-Christian "Holy Child".



The lives of these gods had many of the elements of the Christ story, but they preceded Jesus by hundreds if not thousands of years. For example, the god Mithra was born on December 25 of a virgin, with a few shepherds present. According to abcpyschic.com, "Mithra, a traveling teacher and master, had 12 disciples and performed miracles. Just like Jesus, Mithra was buried in a tomb, died and after three days was resurrected and rose again!"

Early Christianity was also firmly based on the Mithra cult of ancient Rome and "Orthodox Christian hierarchy is nearly identical to the Mithraic version. Virtually all of the elements of Orthodox Christian rituals, from miter, wafer, water baptism, altar, and doxology, were adopted from the Mithra and earlier pagan mystery religions." Mithra, like Jesus, was called the good shepherd, the way and the truth and the light. "Mithra was sometimes pictured carrying a lamb on his shoulders. Sunday was sacred to the followers of Mithra and called it the Lord's Day." Mithra preceded Christ by 600 years.

Worship of Mithra flourished in ancient Rome and the temple of Mithra was located on the site where the Vatican now stands.



"The male leader of this religion was called Papa (which is how we get the word 'Pope'). Books in honor of Mithra were called "Helio Biblia," which translates to us as either Sun Book or Holy Bible." "The mysteries of Mithra, which fell in the spring equinox, were famous even among the many Roman festivals. Christians observe Easter as the crucifixion of the Christ. This is timed on the first full Moon after the spring equinox (March 22)."

Similar examples for Dionysus, Osiris and other pagan gods could have been presented, as their lives also aligned closely with the life of Christ. If you are interested, do some googles and see what comes up on the internet. The topic has also been covered in 'The Jesus Mysteries' by Timothy Freke and Peter Gandy. All this is very interesting and raises the question on the authenticity of the Christian gospels. Were these works plagiarised from earlier pagan texts? That remains to be seen, but serious questions arise.

When you feast and give presents on 25th December, you will be celebrating the birth of many Gods, not just Jesus.



House Plans
Building Design
Building Supervision

NIMBIN DRAFTING

30 yrs Building Experience

ph (02)6689 1592
fax (02)6689 1492

Building Supervisors License No 39513S

Clarrie & Sally Rose, trading as

Nimbin Mill Farm Hardware & Gas

at the Old Sawmill on Gungah Road.

The name says it all!

We sell bulk landscaping materials and Searles gardening products.

Come out, see our range and compare prices.

Free delivery to Nimbin township

Phone 6689 1206

pool solutions

Sales, design and installation
of onsite waste management systems.
Authorized Biolytix dealer.

BIOLYTIX

Ph Stuart 66897 496
0427 897 496

Nimbin's own darling shock-jock returns from U.S radio gig



Technique. Jen showing Mark how to press the power button on the CD player American style. Photo by Andrew Kavasilas

Brilliant local radio genius Mark (the legend) Jago is angry at the attempt by freak radio Santa Cruz to steal his dizzy sidekick for American radio show.

"I am shocked and appalled at the slutty way in which my supposedly faithful mediocre sidekick Jennifer (big hips) Bongiorno has rolled over and slept with the enemy Freak radio Santa Cruz by agreeing to flee Australia for America in a pathetic bid to be noticed," Jago said.

Jen cuttingly replied, "Jago the reality is, as hard as it is for you to hear, Unlike you, I have a substantial cult following to service."

"I know how you service your cult following Jen!

"How dare you fatface? Just because you're beyond your sexual use-by date doesn't mean I am," said Jen.

(At this point as editor of the GoodTimes I felt it would be appropriate to intervene.)

Bob: So Jen, how successful was your career move into American radio?

Jen: Well Bob, Upstart radio San Diego and Freak radio Santa Cruz experienced record numbers of listeners jumping from the usual 2000 to 7000 when I was on air.

Mark: Well I experienced similar ratios here Jen with you gone.

Jen: Yeah from one listener, the old soak who cleans the pub and listens to you as a cheap and effective way to get to sleep up to 7 people who were trapped in their car in the border ranges last Thursday night, 3 of which I might add fled into the leech and mosquito infested bush as a more attractive option than listening to you.

Mark: OK cut that out of the article Bob please, the readers don't need to know that information.

Bob: Your material and attitudes though embraced and adored by the

local switched on groovy Nimbin listeners would probably have ruffled feathers in America surely Jen?

Jen: Well actually a brilliant genius and star like me is often trivialised and taken for granted in their home town as proven by the fact that not one person has shouted me a wine, dinner, lunch, offered to change my worn-out tyres, or built me a house yet and I've been back for well over 12 hours. This proves how petty and jealous the locals, especially other pathetic wannabe Nim-FM presenters and MCs who envy my position as the most innovative politically correct social commentator in the whole northern rivers can be.

Mark: You're such a wanker Jen. Apart from myself I have never met such an ego-centric dysfunctional sociopath in my life, which makes us a very good partnership when it comes to attacking sacred cows, which believe me are in herd proportions in this chickenshit little town at the moment. Have you heard the hoopla about man made global warming yet Jen ?

Jen: Look Jago, I've heard disturbing rumors that while I've been away the show has deteriorated into two hours of attempted meaningful content based around your delusional conspiracy theories, Bob I'd like to take this opportunity to assure MY listeners that this behaviour will no longer be tolerated while I am on air. For God's sake Jago, understand that your intellectual rantings are over the head of the Nimbin population. And all they want is mindless entertainment and music, preferably pre-1975 when they turn on their radios. See!! Bob is nodding his head!.

The DirtyLaundry Show is on air Nim-FM 102.3 every Thursday night 8-10pm.

The Art of Negotiation

There's a guy at the end of a busy city street
Decides that today he's going to walk its length without stepping aside for anyone

He may have just arrived at that cumulative moment in his life
Where he's realised he's dying the death of a thousand concessions
Cutting away his soul
And he's over it
He ain't gonna take it no more
And it starts NOW

He acknowledges that in the pedestrian bustle ahead
And despite the strategies subtle and otherwise that humans employ to avoid collisions
He may be confronted

Though his resolve is hard as a diamond
He's a reasonable man
And has allowed for this possibility
He will just stop and hold his ground
Be impassive as The Sphinx
Immuneable
The tip of a mighty iceberg
Bedrock

And he will remain thus until they decide to go around him
He will stand there forever if that's what it takes

Not too much to ask

At the other end of the street is another guy

He's over it too
He's really fucking over it

He's going to walk down this street today without stepping aside for anyone
He may be confronted
He has allowed for this possibility
His hands are in the pockets of his coat

In one he holds a hard little handgun
A silencer to hush its deadly kiss
In the other a piece of paper
Upon it he explains his situation

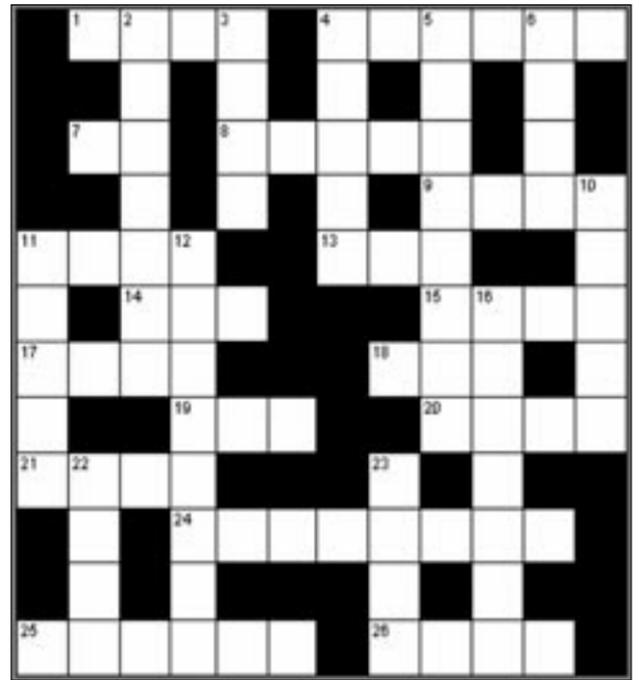
And the gun thing

Nobody had better piss him off today
Robin Archbold

THE DECKCHAIR SCREENINGS
EVERY MONDAY NIGHT
OASIS CAFE 8-10PM
CONTENT DESIGNED TO EMPOWER
\$2

Nimbin Crossword

2007-11
by 5ynic



Across

1. Cannabis
4. Go from larva to butterfly
7. One thousand and twenty-eight bytes
8. Japanese Massage
9. Sloth, envy, lust, gluttony, avarice, pride, anger
11. Only? Fair
13. Breast? Bird
14. Pronounce, For example
15. Thought, invention
17. Not skates, but flatfish, Steve
18. Half two
19. Mardi Grass Organising Body
20. Cold Box
21. Gypsy? Town in South Queensland

24. (4,4) Anchormen read headlines here
25. Twice as much fun as monogamy?
26. What they'll be processing in 12 down

Down

2. Consulate
3. Split up, portion
4. Indicate with finger? Tip
5. Perfectly clean
6. Ripped
10. Dodgy? Out of the sun.
11. Member of the jury
12. Southernmost State
16. Ravage? What we'll do to 12 down for 26 across
22. All? Universal
23. Harvest? Cut a photo to size

Solution Page 19

NIM-FM
Face The Music
102.3
102.3
102.3
102.3
102.3
102.3
102.3
102.3
102.3

Nimbin Truck & crane Hire
Old Cars removed
Tractors & Machinery
Transport & General
Long & Short Haul
Phone: 6689-0050 Mobile: 0429-865-801
35a Sibley st Nimbin 2480

Tree Shape
Eron Young
QUALIFIED ARBORIST / HORTICULTURIST
Tree Trimming Tree Removal
Helpful Advice
Phone: 66 886 297 Mob: 0428 886 297
email: eron.treeshape@yahoo.com.au
Free Quotes. Reasonable Rates. Fully Insured.

STONY CHUTE TILER
Small jobs good
Bathrooms re-tiled
Mosaic paths
PHONE 0419 478 248
LIC R.75915

SEPTIC TANK PUMPING
GREASE TRAP CLEANING
LIQUID WASTE REMOVAL
≠ OILY WATER PROCESSING
NIMBIN ≠ ALL SURROUNDING AREAS
Local Since 1932
RICHMOND PUMPING
6621-7431 After Hours 0407-433-405

Bushwalks - wet, tough, fine ...and cheap!



by Len Martin

Yes, Nimbin Bushwalkers get the lot. Our first November walk, comprising 3 easy grade 2 coastal walks was led by our intrepid vice-president Michael (walk-whatever-the-weather) Smith. I had intended to go, but alas, as a practising Green, had a prior engagement for a certain Rage Against Howard so, over to Michael:

"A week of rain, and more to come, may have greened the grass, but it weakened the resolve of many members to get out of their sodden houses for a splish down on the coast, so just 4 fronted for the 3 walks around Byron Bay. The weather spat a few times but left the happy amblers unmolested to luxuriate in the coastal wonders of wild seas, bursting rivers, wildflowers and sand. Arakwal National Park, a mystery of survival, surrounded by expensive real estate, yet host to Green and Loggerhead turtles who, on special nights, lay their eggs in this sand.

We walked to Tallow Creek, normally a lagoon, only to find it ripped open and spilling its freshwater inhabitants into the briny world of predators and chaos. Just one bare-foot fisherman was witness. We moved on to the Tyagrah Nature Reserve to see the repaired destruction left by the sand miners. Beware titanium and zircon, they come at the expense of ground orchids and botanical diversity. Our ramble covered more heathland and beach, ending at the Brunswick River breakwall where whole farms of topsoil surged into the breakers.

A drive to the other side of the river allowed us to access Brunswick Heads Nature Reserve where littoral rainforest meets sand and water. Here we kept company with terns and a couple of reckless surfers. A showpiece, there is no richer few hundred metres within a week's drive. River sand, beach sand, fallen leaves, mangroves, fish and forest, a playground for people. All were rewarded in this happy place."

The toughest walk of our whole program so far was the overnighter back-pack to the Stinson Wreck led by our intrepid Don Durrant. Don had reconnoitred the track a few weeks back and tactfully suggested that perhaps the walk might be a bit too much for me - which actually got me off the personal hook of "I want to but should I". Thanks Don, I doubt if I would have made it. So, once again, over to Michael for a brief account (I understand he's written a longer, scurrilous version for The Nimbin Magazine).

"A chance to walk to the Stinson wreck had 6 club members throwing out their old gear and buying new lightweight clobber. For Ron and Gerard it was more than 40 years since they carried a pack and a tent into the bush. The route was through a lawyer-vine-infested rainforest and, because it is

a wilderness area, there are no signs or tracks. Fortunately, previous walkers have taped the trees here and there to indicate the way.

It took 8 hours to cover the 8 km to the campsite a few hundred metres from the wreck. In 1937 a Stinson airliner crashed here killing 4 and leaving 3 survivors. One went for help but died before making it out. Ten days later bushman, Bernard O'Reilly, found the two survivors alive and organised for them to be carried out.

At the crash site there are four graves and a few bits of the plane left to mark the spot. We spent the night in the forest and next morning walked down to Christmas Creek and Jim Westrey's grave. He apparently fell down a waterfall trying to get help. The creek, and the rest of the walk, was a magic wonderland of waterfalls, cascades, orchids, fungi and photographic opportunities.

I was surprised at how many bods turned up for our final November walk, which was on Nimbin Rocks Co-op the day after the election (Oh Frabjous Joy!!!!) and immediately preceding our AGM. A few came later for the AGM because they had (*understandably*) celebrated so hard the night before that an early morning walk (shades of!) was just too much.

Kay, our intrepid Treasurer, led the way up and across the slopes through open woodland with kangaroo grass and many epiphyte-festooned rocks (and Lantana!) on tracks Kay has developed over the last year. Ever onwards and upwards to the cliff-face, then across to the Big Ridge and down to a track cut by co-op member Lesley Trott, into our rainforest gully and water-dribble, back up through rainforest on a track cut by Tony Trott, then downhill via another of Kay's to our place for food, coffee and AGM. Three hours of delightful woodland and rainforest in fine weather.

Unsurprisingly, food and caffeine came before AGM - and what a scrumptious spread that everyone contributed to - a positive health hazard but for all the exercise that preceded it - well, for most of us. Won't bore you with minor meeting-details. Most bods seemed happy with the way the club has worked so there was little change in the committee: President, Len Martin; Vice President, (and web-master) Michael Smith; Treasurer & Public Officer (and club statistician), Kay Martin; Secretary, Peter LePatourel; Committee members, Judy Hales, Don Schell, Hilary Fuerst; Publicity Team, Len & Michael. We have 41 members. In this, our second year, we have had 34 walks, averaging 12 per walk. We are affiliated with the NSW Confederation of Bushwalking Clubs who organise state-wide insurance cover - for which we pay an annual per capita levy. When the club started we set our membership at \$25 per annum/ individual (\$40 for couples), to cover the confederation levy of about \$15 per member plus running costs. Since we have kept costs down and the insurance has not risen, we are financially healthy.

So, the Treasurer proposed (and, after some discussion, it was accepted) that, for the forthcoming year, our membership fee will be a flat \$15 per head. Our Confederation levy is based on member numbers in March and is paid in June. It is club practice therefore to extend membership of anyone joining in the second half of the year to the end of the next club year. Visitors will continue to pay \$5 per walk, which goes towards membership if they decide to join.

After our two December walks, none until February - then some beaut beach walks. Watch out for our program in the increasingly wonderful Nimbin Good Times and on our web-page <<<http://www.geocities.com/nimbinbushwalkers>>>.

We have lots of goodies in mind, but always welcome suggestions (Secretary, Peter LePatourel <<leplats@ozemail.com.au>>). Thanks to all our trip leaders, and to all our walkers for making our rambles such a beaut experience. Merry Pagan Festivals and a Happy New Year.

Can we find a permanent home for Nimbin's Physical Activity Centre?

Executive members of the Demons and Headers sports clubs, and local recently-accredited trainers, were amongst the participants discussing exit strategies at the last steering committee meeting for 2007 of the Nimbin Building Active Communities project.

The project concludes in June 2008, and ensuring the sustainability of initiatives currently being delivered in Nimbin has become a major priority for the group.

In 2006 this project received funding from the Department of Sport & Recreation to deliver physical activities to the Nimbin community. The monthly 'Let's Get Physical' column in the GoodTimes has provided the community with regular updates on each of these strategies.

The establishment of the Physical Activities Centre in the showground pavilion has been a major achievement of the project. The Centre has created a venue through which the project's gym equipment has been made accessible to the community, as well as a space where the project's funded trainers have been able to deliver fitness classes. Rental of the pavilion for these activities has been funded through the project's grant.

Unfortunately, with the conclusion of the project in June 2008, these funds will no longer be available. As capital works funding for construction of a purpose-built building was not a component of the original funding, finding or creating a permanent home for the gym has become a challenging issue.

The steering committee is currently investigating a number of related possibilities. A partnership with the Demons AFC to site a purpose-built structure at their home ground, Bellevue Park, was discussed, with the possibility of accessing seed-funding through Lismore City Council's Rural Sports Ground Development fund.

To oversee continuing operations, a possible collaboration with Nimbin's Health & Welfare Association was also mooted.

As none of these possibilities is likely to provide a single solution, the steering committee would welcome creative thinking and input from the community.

Should you have any ideas which you would like put into the mix, please call the project's co-ordinator, Sue Boardman, on 6688-1442, Mondays and Tuesdays or email <sue.boardman@ncahs.health.nsw.gov.au>



Let's get physical! Nimbin Central School sports organiser Stan Kovac (recumbent) demonstrates the leg-lift equipment to students during their regular weekly sessions at the Physical Activity Centre.



Nimbin Bowling, Sport and Recreation Club

Sibley Street Nimbin, phone 6689-1250

What's On in December?

Friday 7th - Finals of Twilight Bowls Competition 6pm
 Sunday 16th - Kids Xmas Party with Antibodies 2-5pm
 Friday 21st - Marcus Makin at the Piano 6-9pm
 Sunday 30th - Boogie Nights 2-5pm

- Members Happy Hours - Tues, Wed, Thurs 5-6pm,
- Sunday noon - 4pm
- Membership now only \$5



- Air-conditioned lounge, bar and dining room
- Courtesy Bus

ASIAN STAR Restaurant

- Lunch & dinner Tuesday - Sunday

Come on Down!
Closed Christmas Day

Wild about your garden?



Call Gai
 Qualified Gardener
 Free advice
 Reasonable Rates
 Your area
 6689-7441

BamboOasis

- Large species variety of non-invasive clumping bamboos, suitable for courtyard to acreage
- Come, see and select from our mature display garden and we will propagate to order
- poles for tipis, flags, fences etc
- structural poles suitable for tree-houses, kids' cubbies etc to order
- fresh, edible bamboo shoots in season

Phone Faye on 6689-7423

Let's get Physical

by Sue Boardman 6688-1442
(Monday and Tuesday only) or <sue.boardman@ncahs.health.nsw.gov.au>

Netball

New date for the Nimbin Netball BBQ! The BBQ will be held from 5pm on Wednesday 19th December at the Nimbin Pool picnic area. Nimbin BAC will be providing food and drink. Please bring your own plates, cutlery and cups with you. All our netball families are welcome but please RSVP to Sue (see above) to help with catering logistics.

Women Keeping Moving Mocktail Party

Hi Girls!
Have you heard about the Women Keeping Moving Mocktail Party?
We are inviting all girls and women to join us down at the Nimbin Physical Activity Centre from 5-7pm on Friday 7th December to enjoy fine finger food; mocktails (non-alcoholic fruit cocktails); vibrant conversation; demonstrations of the various activities that are available at the centre; demonstrations of safe use of gym equipment; the chance to meet our accredited fitness instructors and discuss with them what you want; and the opportunity to discuss health issues with a Women's Health Clinical Nurse Consultant.

Wear your best "mocktail" frock or allow your inner eccentricity to express itself. Take this opportunity to meet girls and women from right across your community and discover how they are caring for their bodies and enjoying life. See you there!

NSW Department of Sport and Recreation Swimsafe Classes

These classes will be held at Nimbin Pool from 7th January – 17th January. Pre-school and Infant, 9.30 – 10.30am, school age 10.30am – 1pm.

Enrol by phone: Call 13 13 02 and have your credit card details ready (Visa, Mastercard). For deaf, hearing and speech impaired people only, TTY (02) 9006-3701;

An enrolment form can be obtained from Sue (see above) or download forms from <www.dsr.nsw.gov.au/swimsafe/enrol.asp> You can complete the enrolment form, include your credit card details and fax to (02) 9006-3888; or send by mail, including your credit card



Susanne and Andre Marcot

details, or a cheque or money order and mail it to: NSW Sport and Recreation, Client Service Centre, Locked Bag 1422 Silverwater NSW 2128.

Walk leaders wanted for local walking groups

The North Coast Area Health Service (NCAHS) is urging community members to become local walking leaders in its latest effort to promote the social, environmental and health benefits of walking.

Under a new initiative with support from the National Heart Foundation, NCAHS will start up a number of new walking groups across the North Coast.

According to Jillian Adams, Nutrition and Physical Activity Co-ordinator of NCAHS, "Walking in groups is a great way to make new friends and get to know your neighbours."

"Walking is easier on the body than most physical activities, so is suitable for people who are overweight, elderly or those who haven't exercised in a long time. Walking is free, can be done at any time of day and can be performed at your own pace and is a very a social form of physical activity."

"Regular walking can help lose body fat, maintain a healthy weight, improve fitness and reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers," Ms. Adams explained.

For more info contact Sue (see above) or Jillian Adams on 6620-7215.

Walking Tips

Did you know that for each km you walk per day, you reduce your chances of being obese by 4.8%?

Walk for 30 minutes a day

To get the health benefits, try to walk for at least 30 minutes as briskly as you can most days of the week. 'Brisk' means that you can still talk you may be puffing slightly. Walking poses little health risk but, if you have a medical condition, check with your doctor before starting any new exercise program of physical activity. And don't forget to be sunsmart – avoid walking between 11 and 3, slip on some sun protective clothing, a broad brimmed hat, some SPF30+ sunscreen and sunglasses. Take some water if it is really hot.

Make it easier

If it's too difficult to walk for 30 minutes at one time, do regular small bouts (10 minutes) three times per day and gradually build up to longer sessions. If your goal is to lose weight, you will need to do physical activity for longer than 30 minutes each day. You can achieve this by starting with smaller bouts of activity throughout the day and increasing these to sessions of more than 30 minutes as your fitness improves.

Make it harder

Once you get fit, push yourself harder:
• Include a hill in your walk pace
• Increase the distance you walk quickly before returning to a moderate walking pace.

Plan your walk so that it happens every day

If you live near work or school, walk instead of using the car. In fact, try and walk for all short trips (less than 2 kilometres) instead of using the car. You'll save money on petrol, save the environment and do something really positive for your health.



Nimbin Garden Club Notes



Len Martin going batty at the club's November meeting.

Photo: Gil Schilling

by Gil Schilling

Australia's Flying Foxes

The November gathering of the club at Janet and Grahame Carthew's heard a most interesting talk from Len Martin about Australia's three major species of megabats – more commonly known as those pesky flying foxes.

Arriving at the meeting bereft of any live specimens to show, it looked as if Len might struggle to stimulate some imaginations. However, when a recently deceased example of a flying fox was found in the Carthew garden, it was immediately put to good use by the speaker.

Many of us were enthralled by Len's relaying of his experiences dealing with these creatures, and especially with his enthusiastic description of the relative size of the male flying foxes 'donga' (a technical term used by reproductive biologists according to Len). Truly startling stuff!

The day was completed with afternoon tea and a wander through Janet's garden, which looked well on the way to recovery following much hard work after the winter frost damage.

Club Support for Headers Sports Ground

Following a request from the Headers Sports Club, the Garden club resolved

to donate \$500 worth of trees suitable for shade and beautification of the Headers' ground. The trees are planned to be sourced through Sue Cook of Charters Hardware, and will be ready for planting by early autumn, to avoid the heat.

The trees and shrubs will be in an advanced stage of growth for durability, and will help complete the designated parking area landscaping, providing worthwhile shade for the future at Nimbin Headers ground.

Christmas Picnic – 8th December

A reminder to members that the club's Christmas party will be held from noon on Saturday 8th December at Crams Farm Reserve, via Kunghur. The event will be a BYO picnic, with certain refreshments being provided by the club.

Next Garden Club Meeting in February 08

The club Christmas picnic will be last event for the year, with the first club meeting for 2008 being scheduled for the third Saturday of February. There will be no club meeting in January.

Further details about the Nimbin Garden Club can be obtained by calling Gil on 6689-0581 or Caroline, 6689-1945.

National push for bridalpaths

The National Bridalpath and Wildlife Corridor Association (NBWCA) was formed in response to the state government's sale of crown road reserves, and a growing interest in this alternative network of thoroughfares.

The Association was set up by long-time Nimbin horserider Miranda Williamson, who said, "It's obvious to anyone trying to

walk or ride along our once-rural roadways that the speed, variety and number of motor vehicles means that it is no longer safe for pedestrians, horse riders or cyclists to use the same route."

She said community groups are generally unaware of their right under Lands Department legislation to tender for crown road reserves to remain in public ownership as walking and

riding tracks.

Similarly, many landowners are unaware that if the community retains ownership, they will no longer need to pay rent for the reserves, nor need to buy them, and they can move the reserve if its site is inconvenient.

Contact Miranda for more information on 6689-7020 or 0427-885-838, or email <nbwca@hotmail.com>

Crossword Solution

See page 17.



Craig Arden Electrical

Lic No. 182289C

All Electrical & Data

Smoke Alarms
Rewires
Safety switches
Specialised Lighting

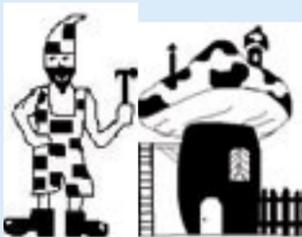
Ph: 6689 0479

Mob: 0429 190 004

PIXIE the BUILDER

Grant Holding Lic No. 30119

NEW HOMES
RENOVATIONS
ALTERATIONS
DECKS



Phone 6689 1728

WALLERS BUS COMPANY



Leaving Lismore through to Murwillumbah

Normal Depart Times			School Holiday Times		
8:00	2:35	3:20	Lismore Transit	8:00	2:35
8:10	2:45	4:00	Goolmangar	8:10	2:45
8:20	3:00	4:15	Coffee Camp	8:20	2:55
8:45	3:20	4:30	Nimbin Ave	8:35	3:10
9:30	3:30		Nimbin depart	9:00	3:30
9:40	3:40		Blue Knob	9:10	3:40
9:50	3:55		Twin Bridges	9:15	3:45
9:53	4:00		Mt Burrell	9:20	3:50
10:10	4:20		Uki	9:40	4:10
10:15	4:25		Mt Warning turn	9:45	4:15
10:30	4:40		Murwillumbah	10:00	4:25

Leaving Murwillumbah through to Lismore

Normal Depart Times			School Holiday Times		
7:10	1:50		Murwillumbah	7:30	2:15
7:20	2:03		Mt Warning turn	7:42	2:28
7:30	2:08		Uki	7:55	2:33
7:55	2:30		Mt Burrell	8:10	2:55
8:00	2:35		Twin Bridges	8:20	3:00
8:32	2:40		Blue Knob	8:30	3:05
8:45	2:50		Nimbin arrive	8:40	3:15
7:50	9:00	3:30	Nimbin depart	9:00	3:30
8:05	9:10	3:45	Coffee Camp	9:10	3:40
8:15	9:20	3:55	Goolmangar	9:20	3:50
8:50	9:35	4:10	Lismore Transit	9:35	4:00
8:55	9:40	4:15	Lismore Depot		

This service runs Monday - Friday excluding public holidays
Enquiries phone 6622 6266 Mobile 0428-255-284