

The year 2008 is all about regeneration and transformation. Globally economic upheaval is likely and political tension could create an unstable atmosphere. This is a really important year for tying up loose ends early on and getting your life in good order. If you're dissatisfied with any aspects of your journey, then be bold and make the necessary changes! Procrastinating will only firm the trap! Get involved with your life and the things you believe in!

Aries
March 21- April 20

Try not to get too distracted in 2008 and keep a firm eye on the goals you have set yourself! An organised and diligent approach will work best for you. Mercury's retrograde cycle from late January until Mid February can be just the opportunity you need to resolve differences with friends and tie up any loose ends on the business scene. Saturn will affect your career and business all year and particularly highlights the need for a good routine and work ethic! Working hard will bring rewards and increased responsibility. Just don't expect these to arrive quickly! You'll want to plunge right in and go for whatever it is you want in your usual full on way. But it would be wise to watch yourself. Acting in a rash and impulsive way could hurt your goals more than help them. Slow down and accept the pace as it is offered to you. Late August and through to September, relationships are the focus with Mars busy in this arena for you. You can be sure that the way you behave in partnership is the way you will be treated so act accordingly! If you see something you don't like treat it as a mirror.

Taurus
April 21- May 21

Whatever you do in 2008 do not procrastinate! This is a year for action! The passage of both Jupiter and Pluto through Capricorn could make even your wildest dreams come true. Two eclipses, the first on February 7th and the second on August 17th will be standout opportunities for decision making! The total Solar eclipse at the beginning of August particularly focuses on your home and family arena and suggests anew approach and perhaps a better union between home and work! Just as the Sun enters your own sign in the last half of April, your romantic sector lights up. Venus combines with Mars and Jupiter to serve up a stimulating combination of fun, opportunity, romance and sensuality. The late October New Moon is an ideal time to be objective and plan your intended course of action, both romantically and career wise. From December 2007 and then into January 2008 and onwards you should find you're feeling happier and more able to figure out your place in the world. Education and travel both help this process, along with a widening social circle.

BEV MURRAY'S STARS FOR 2008

Gemini
May 21 - June 20

The year may start with a few financial hiccups but rest assured that this is set to resolve itself quite speedily! Institutions may seem to be daunting but there are folk who will help you so don't get flustered. Overall 2008 is the year when Geminis can really choose to make a difference in their immediate community. Others will look to you for leadership. Travel is likely for many too. February's retrograde Mercury makes you view things from a new angle allowing you to see how the impossible can suddenly become the possible! When you think outside of the box in 2008 you win! Two August eclipses will highlight the travel issue once again, so if you haven't acted on the February ideas then now will be the time. You will notice that your energy levels and self-confidence improve early on in the year too. Changes in your career can see you moving in a different direction as 2008 draws to a close; it is likely that this can take you far away from your home base. It is set to be a dynamic year. Prosperity peaks in early September, and this is an interesting time for you romantically too.

Cancer
June 22- July 22

The first part of 2008 will be characterized by a battle of sorts that is connected with an unresolved situation in your life that is in need of a definitive resolution. Pluto, the transformation planet, begins influencing your personal connections this year. This is the beginning of a long and deep overhaul in your relationship arena and in how you approach your loved ones. You may already be feeling this shift, and things will intensify as the year progresses. Your life is going through a transition in 2008 but it is a healthy and helpful one! It is about purging anything old and outmoded to make room for new and exciting things and people come your way. Saturn will bring you lessons regarding family members and may increase your obligations this year too, but it's all in the name of learning and refocusing for a more rewarding journey! Anything to do with communication or education is favoured, and can provide a foundation for growth and stability that will take you well into the future. Your challenge is to remain focused and keep a balance in your life.

Leo
July 23- August 27

2008 is not about hiding your light under a bushel, get out there and be counted! The louder you speak the more you will be heard and the more of what you desire will be offered to you! The past few years may well have proved quite challenging for many of you due to a heavy Saturn influence, but 2008 sees Saturn moving on and a much more relaxed and enjoyable period arriving for you! August 1st sees a total Solar eclipse

in your sign so this will definitely be a standout period. It is a good time for listening and being sensitive to energies rather than imposing those strong domineering qualities of yours upon anyone or anything. With this eclipse cycle falling in your sign and the sign of relationships this year, there should be some significant relationship developments. During October Venus brings some romance and love into your domain. Watch out for unpredictable factors towards the end of the year that can threaten to undermine your stability. If you keep alert you should be able to act before things get out of hand and overtake any real danger.

Virgo
August 23 - September 22

Some fundamental shakeups to your usual routine are in store during 2008. The eclipses on February 6 and August 16 highlight a need for change in your work environment, and Mercury's retrograde cycle from January 28 through February 18 will urge you to improve communications with your coworkers. Energy levels will be up and down all year, but don't get so frustrated that you give up! If you can retain a calm and balanced approach and go with the flow then you will achieve your goals! This applies to your love life too! Towards the end of the year especially, there are momentous relationship developments. Unexpected events could open your eyes in early November, precipitating some new venture or focus. 2008 is a year when you can readily expand your reach and build up your influence and self-esteem. There is an overwhelming emphasis on everything connected with projecting the self and finding new and more successful methods of self-expression. You should end the year more aware of who you are and what you are about!

Libra
September 23 - October 22

An instinctive diplomat, you may spend much of 2008 working out differences with your family, your love partner, your co-workers and anyone else who happens to be in your field of vision!! But after this 2008, is set to be an overall fun and exciting year for you! Finances should improve dramatically and there will be more time to enjoy children, creative projects and the finer things in life. The good times kick off in early February with the help of an eclipse and Mercury's retrograde period, which enhance your imagination. The trine of Jupiter to Saturn indicates that there is consolidation and growth through investment in the home on many levels. This can be time spent with family as financial. Use your imagination with this one and be surprised at the results! Career may experience upheavals and power struggles and is very energy draining. From August onwards romance takes the front seat and there seems to be quite a few pleasant surprises here! Make the most of this

and plan some special occasions for two if you can. Short journeys are highly favourable.

Scorpio
October 23 - November 21

With both Pluto and Jupiter moving into your solar third house, the prospect of major developments arising in areas like your personal education, mental development and outlook and relations within your local environment is high. You'll find that business interests expand far beyond anything you expected in 2008. If opportunities in this arena arise then definitely go for it! This is the year you have the Midas touch. August triggers a crisis of balance when one eclipse enhances career issues for you and a second will affect the area of your home and loved ones. You will be challenged to find the middle road between these two important parts of your life. Beginning late November some very powerful energy offered by Mars and Pluto in Capricorn creates an opportunity to strut your stuff! You will be in a position to be noticed, so use it! Jupiter and Saturn bring educational success and suggest that you could build up some very constructive connections to a new group of some sort. There is hard work ahead but there are great rewards so keep focused.

Sagittarius
November 22 - December 21

With Venus, planet of love, and Pluto, planet of depth and passion, both in your sign at the onset of the 2008-year, love and romance should take first priority with you. The additional influence of the emotional Moon in relationship focused Libra and romantic Neptune in Aquarius bodes very well for happy and lasting love relationships. This is also influenced by the renewing Pluto factor. Finally after twelve difficult years Pluto is leaving your sign and offering a new period of opportunity and transformation in its wake. You are on the brink of more perspective and a clearer idea of what it is you want out of life. Finances are set to improve and you will have more time for romance. Travel, a change of job or residence, or a revamp of your living arrangements is very likely too! It's like you are suddenly breaking free from the cloud that has hung over you for such a lengthy time! There is an exciting New World of exploration out there just waiting for you to activate it! In 2008 the world really is your oyster and you really can expand on many levels in your life.

Capricorn
December 22 - January 19

This is definitely your year. Your self-confidence will be at an all-time high, and opportunities for advancement will fall into your lap. Pluto enters your sign late in January, an event that occurs only once every 250 years, and one that signifies big changes in your life that will manifest sometime between now and 2025. Exactly

when you should expect this planet's transformative influence depends upon your birthday. The earlier into Capricorn you were born the earlier you will feel this wind of change. For all of you though, Jupiter moving through your sign in 2008 brings many lucky opportunities. Success is on the cards for you but the very real danger is that you will neglect those you love as a result. Keep this in mind and prepare to exert a balance in the areas of your life this year and you will find not only success but happiness also. Plan a short holiday mid year to further enhance the process and you will never look back again! Making time for yourself is also important you know, and at the best of times yours is a sign of overwork!

Aquarius
January 20 - February 18

For the past two years, Saturn has been opposing Neptune in your sign. As a consequence your thoughts may have been clouded, and confusion may have reigned supreme in all areas of your life. By the first of the year, however, Saturn will have moved into Virgo and become settled there - and will remain in that sign until November of 2009. This brings a much-needed clarity into your life. The year also starts off with a bang when Mercury turns retrograde in your sign from January 29 through February 19. It would be wise to double-check all details and clarify any pertinent information. Make sure you're understood, even if you have to repeat yourself. A major solar eclipse on February 7 increases the intensity of your energy levels and challenges you to redefine yourself. You will be asking yourself, 'who am I really?' This actually will set a theme for most of 2008, and you will be on a mission to try and find an answer to this question. Finances are set to improve this year too and you will find a better balance across all the arenas of your Aquarian journey.

Pisces
February 19 - March 20

Your intuitive abilities are set to expand greatly in 2008. On the other hand the universe will continue throwing the unexpected your way in 2008. Uranus, the planet of unexpected changes, will remain in your sign until 2011. Also with Saturn, planet of obstacles and limitations, opposing Uranus, you could find your progress on all levels going in fits and starts. As a consequence 2008 could be one of the more demanding years of your life. It is important to watch for Mercury's retrograde cycle from January 29 through February 18, which is an excellent time to go on a retreat or take a break from your usual routine. If you try to keep your usual routine in tact you will be dogged by secrets and half-truths. Mid-March brings a roller coaster ride of romantic feelings. Venus and communicative Mercury move together into your sign, which signals a fun, flirtatious time, but unfortunately they also have to contend with a severe Saturn. Expect some sort of limitation in this arena to come up.

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Astrological trends for January 2008



by Bev Murray

As well as the year ahead report, I thought I would offer a look at Capricorn as the birthday sign as usual and then give some food for thought for the year to come!

BIRTHDAY – Capricorn

These are the focused and patient individuals who are willing to wait for what they want but are seldom willing to give up on what they want! They are often regarded as serious but in actual fact they have a rather significant if wry sense of humour.

Give them: A book on marketing or business strategy, something infinitely practical, a dinner party or a game of strategy.

Aries: "Iron rusts from disuse; stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigour of the mind." (Leonardo Da Vinci)

Taurus: "Self-love, my liege, is not so vile a sin as self-neglecting." (Shakespeare)

Gemini: "Very little is needed to make a happy life. It is all within yourself, in your way of thinking." (Marcus Aurelius)

Cancer: "We live by admiration, hope and love." (William Wordsworth)

Leo: "A merry heart doeth good like medicine." (King Solomon)

Virgo: "Who works achieves and who sows

reaps." (Arabian proverb)

Libra: "Live your life and forget your age." (Norman Vincent Peale)

Scorpio: "When prosperity comes, do not use all of it." (Confucius)

Sagittarius: "The question is not whether we will die, but how we will live." (Joan Borysenko)

Capricorn: "The purpose of life is a life of purpose." (Robert Byrne)

Aquarius: "Every exit is an entry somewhere." (Tom Stoppard)

Pisces: "If you judge people, you have no time to love them." (Mother Theresa)



Whatever it takes

The first time I saw you I went home and wrote a poem
Mutual friends were organized so I could meet you
I bought you coffee
Chatted in an amusing non-threatening manner
You seemed to like me

I carried your shopping bags to your car
Then when it wouldn't start I checked the battery, cleaned
the spark plugs
And then drove you home when it still wouldn't go
No problem
The next day I replaced the alternator, gave your car a full
service, a cut and polish
And delivered it to your door

You thought you'd cook me dinner in return
But as you weren't feeling well I offered to do it for you
Satisfying your preference for lobster thermidor was well
worth the drive to the coast and back
That's what friends do
Sorry dinner was a little late and you had to retire early
with a headache

It seemed okay to drop in the next day to see how you
were getting on
And I don't mind fixing a few things around your house if
it helps
I'm pretty handy
Shame the headache came back

I took your advice on the deodorant
And you were right
I had let my appearance go a bit
I got my hair cut the way you suggested
And bought a heap of new clothes from your friend's
boutique
I'm swearing less you'll have noticed
And I agree
Smoking's a filthy habit

Please don't feel embarrassed about having to borrow
money from me
Let's call it a gift

And I know the birthday present seemed a bit extravagant
But I thought diamonds would look good on you
I saw an identical necklace in the pawnbrokers a week or
so later
And I felt sorry for some poor bastard

In the year I've known you you've become my best friend
And I'm glad you're enjoying the extension to the house
And the renovated kitchen and bathroom, landscaped
garden, inground lap pool and spa
I told you I was handy

I've been wanting to talk to you about taking the
relationship to the next level
But the timing never seems to be right
You really should do something about those recurring
headaches

Now that I've mastered the salsa
Joined Amnesty
Embraced feminist thought
Learned the piano
Despise football and sports generally
Do yogapilates
Become a vegan
Changed my tastes in music, art, literature and friends
Hold my fucking farts
And ponce about like an effete hippy David Bowie/Jamie
Oliver hybrid castrato
And babysit your fucking hyena of a kid
(No, he's not gifted and independent – the little prick
should be flogged with barbed wire)
While you hang out with your wastrel no-talent poet and
musician friends
I should at least GET A FUCK!

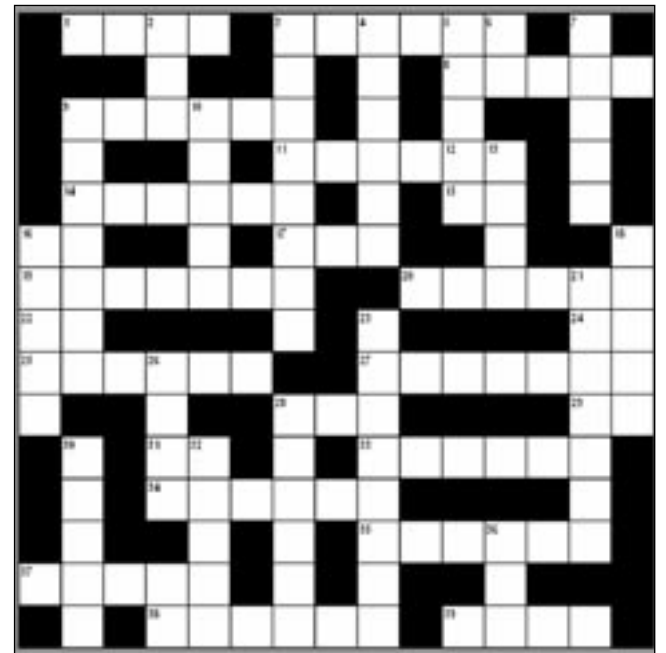
Sorry...
Panadol?

©Robin Archbold

Nimbin Crossword

2008-01

by Sycnic



Across

1. Kiwi beach house?
- Inventor of homeopathic remedies. Composer.
3. Knife? Customs boat.
8. Stay away from
9. (Goddess of the) Dawn
11. He rolls up sails? Joint
14. Painter, sculptor...
15. Behold!
16. Compact Disc
17. Nineteenth letter
19. Counsellor? Gives advice
20. Hot and wet
22. Fee, ____, Fo, Fum
24. Alcoholics Anonymous (init.)
25. First Course? Starter
27. Politically incorrect - intellectually challenged? Howard cabinet
28. Square root of four
29. Not Sundays (init.)
31. Technical Knockout (init.)
33. A little drink
34. Musical genre – US South's mix of blues and Caribbean melody
35. Some yield peyote? Desert plant
37. Drug problem? Nun's garment

38. (2,4) USA's reaction to (32 down, 23 down)
39. White powder?

Down

2. This industry's a reason last PM wouldn't ratify (32 down, 23 down)
3. (And 4 down) Town West of Townsville
5. Hold's canvas for (14 across)
7. Not left
9. Rubbed lamp to call genie
10. People of Oz
13. Not what you do to a joint – but what you play on stage
16. The Rainbow, the e-Bar, the Oasis, the Nimbin Coffee House...
18. Rubbish!
21. Insanity? 80's Ska band
23. (See 32 down).
26. Putting on the _____.
28. Conical native american home
30. Ambition? Imagining when asleep
32. (And 23 down) Framework to make a start cutting greenhouse emissions
36. Sun kiss? Light brown

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Interview with East Timor's Ambassador

by Warwick Fry

Last November 28, the Embassy of Timor Leste held an official function to celebrate East Timorese independence at the Albert Hall in Canberra. The Ambassador used the occasion to express his thanks and gratitude to the long time supporters of an independent East Timor. Among the dignitaries and diplomats representing the Embassies of many countries was a representative of Nimbin's community radio 2NimFM, there at the invitation of the Ambassador Hernani Da Silva, who afterwards granted an exclusive interview to community radio 2NimFM.

Hernani began by explaining that November 28 is the date for the declaration of independence of Timor Leste in 1975 by the Fretilin party 32 years ago, just prior to the Indonesian invasion. He pointed out that it is not to be confused with another important date in Timorese history, May 20; (called Restoration Day), marking the success of the popular referendum in 1999 to reject Indonesian integration.

After describing the history of the events leading up to the Indonesian invasion on December 7, 1975, he was persuaded to talk a little about his own memories of the Indonesian occupation, and his role in the Fretilin resistance from a very early age.

"That is a reality faced by most Timorese. By the end of 82 - 83, according to Indonesian figures, the Timorese population was reduced by around 200,000 people. It means that every Timorese family had lost at least one member. Regarding myself - my father was the regional secretary of Fretilin ... of course. After the Indonesian invasion my father had the responsibility of going with the FALINTIL (the armed wing of Fretilin), to fight against the Indonesians. Unfortunately our numbers were very small and we could not stand and fight and we had to escape to the Eastern part of East Timor to the Matabean mountain and continued the resistance there with others until 1978 when almost all of us were captured by the Indonesians.

"Of course my father at the time was a nurse, and as well as his role as regional secretary he also established at that time what you call the 'guerilla hospitals' to help the Falintil when they were wounded and also to help the community in general. We faced a lot of big problems as you can imagine, when people have no food, no clothing and that whole area was infested with mosquitos, a lot of people caught malaria and cholera and other things. So my father was working on that. As well as medical care for the Falintil and the people in general he was also conducting training of nurses for the future, so that was a double role - a hospital and a school at the same time.

"So, we were there until '78 until the encirclement by the Indonesian forces and we were finally captured. We were detained in the subdistrict for one month for the 'brainwashing' process. When we were released my father, because he was a nurse joined the Catholic relief service continuing to provide medical assistance to the people.

"Of course, because it was known that my family was from the Fretilin party we were blacklisted, so it was difficult for us to have access to any services. You couldn't even think of joining the Civil Service at that time. They'd say "You are Fretilin, you want independence, you have no right to ask for anything". But this is the reality of what you believe, a choice we had made - we had to go with that.

"But fortunately our national awareness, our awakening came very early back in the early '80s. Many people who had been supportive, or at least accustomed to the idea of integration with Indonesia began to change their minds.



Hernani Da Silva, Ambassador for Timor-Leste.
Photo courtesy International Institute for Peace through Tourism, Australia

Then we started a new era of our struggle, after the destruction of our last base in Matabene we started to do what we called the 'clandestine movements' - after we were captured we came down to the city and started the clandestine movement.

"I started to work in the clandestine movements in '82 when I was still in Primary School. We started with very basic small things like passing information, providing medicines, or providing food to our friends who were in the guerrilla, because by that time I had several cousins and nephews who were still fighting in the jungle. So basically we were doing very simple things - not a very sophisticated organization but basically very simple things to help our relatives in the jungle. So whenever my cousin needed something we'd send some out, some medicines or some food, or whenever we got some information about Indonesian military movements we would pass it on to them. We have the contact in the country we know where they are. Of course we don't have much freedom of movement, but there were always ways we could get the information to them.

"That was the situation, and I was involved in this clandestine movement until 1993 when I was repatriated by the Indonesians to Portugal. And from Portugal I went to Macau to complete my studies. By that time I represented the regional Fretilin Committee in Macau. By that time I was working with our friends in Asia and the Pacific trying to work with the Human Rights networks in the region. One of our tasks was to bring to the consciousness of people the reality of what was happening inside East Timor. We were not asking for military intervention but we were campaigning for people to be aware of what was happening inside East Timor.

"And we are very thankful that since '74 and '75 in Australia we have always had these people, our friends, that were actually keeping alive the problem of Timor, in the media, and in the community. We have a lot of friends in Australia who have gone through difficult times, who went against mainstream thinking of the time but they were very consistent in what they believed to be the right of the people of East Timor and finally, that gave encouragement to us.

"I remember because when I was in the jungle and whenever we turned on the radio we could hear people speaking about us we were very happy and it gave us new energy to stand up and continue our fight. So I think those attitudes, those activities that happened abroad, actually become a big inspiration for us in the jungle at that time to continue with our fighting."

Free Software - Open Source

by Rob Harle

The old saying, "You only get what you pay for", implying that if you pay nothing for something then it's worth nothing, has been turned on its head by the fairly recent phenomenon known as Open Source software.

Open Source refers to software which includes operating systems, word processors, graphics applications, internet browsers and so on, which are freely available to everyone. Who creates these programs? People that love computer programming as a hobby or a vocation and who also support the egalitarian notion that knowledge and information should be free, not controlled by zillionaire corporations.

Thousands of hours of programming go into producing this software, then a sort of cyber community develops, adds refinements, fixes bugs and offers support via blogs and online tutorials.

Before you put any programs on your computer you have to have an operating system. For personal use there are three possibilities: Microsoft Windows XP or Vista, Mac O/S-X and Linux. Windows and Mac are expensive, at least \$300, however, Linux is free!

The later versions of Linux are much more user friendly than a few years ago and can be used alone, or as a dual boot system, or even from the DVD drive using a version such as Ubuntu. Copies of the various versions of Linux are available via internet download (you'll need broadband) or more easily from the CD or DVD which comes with the most popular computer magazines.

Many internet service providers and network servers use Linux systems, they are better suited for this purpose than Windows or Mac, and seem to be more stable and far more secure from malicious attacks from hackers and computer viruses.

This means that far more software, both Open Source and commercial, has become available than previously. Most software developers now produce versions of their software to run on any of the three systems. If you have specific favourite applications and are thinking of changing to Linux, check first to see if

that application is actually available for Linux.

After installing your Open Source operating system the next thing you'll need is an internet browser and an email program. There are many of these freely available. Even if you choose to run a commercial operating system such as Windows, Open Source applications are available for this also. For example, an excellent web browser is Firefox (rather than Internet Explorer).

There is absolutely no reason to use an expensive word processing package when Open Office is available, this suite is completely compatible with other systems and has virtually all the same features. You can save or open files in all the popular formats, so you can write your letter in Open Office and then send as a Word document if your recipient requires this. I believe it is also compatible with other spread sheets such as Excel.

The graphics application named GIMP is pretty much the same as Adobe Photoshop, so if you need to manipulate your photos or create stunning artworks this program is free, but needs to run on the Linux system. There seem to be few software applications that now don't come as Open Source, this means all the software on your computer for normal day to day needs is available completely free.

By supporting or using even some Open Source applications you are helping to break down the digital divide and helping people in so-called "developing" countries to have access to the incredible power of modern computers and communication.

As with all things, the quality varies from one product to the next, however, Open Source does not in any way imply inferiority to the commercial counterpart, in fact quite the opposite often applies. Astrology programs are a good example: the best calculating program I have ever seen is called Astrolog, absolutely free, customisable and available for the various operating systems.

Open Source is not a movement, it's a revolution! A revolution in freely sharing information and knowledge across all boundaries. Viva la revolution!



Nimbin Bowling, Sport and Recreation Club

Sibley Street Nimbin, phone 6689-1250

What's On in January?

Monday 7th - Monday Poker Nights resume 7pm
 Sunday 13th - Ted Cox Band 2-5pm
 Friday 18th - Marcus Makin at the Piano 6-9pm
 Saturday 26th - Aussie Day - Chris Aronsten 2-5pm

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



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Nimbin Building Active Communities Project

In 2007 Nimbin Building Active Communities Project:

- Organised five free Community Health and Exercise Information Sessions (Back Pain; Pregnancy and Exercise; Weight Management; Out of the Blues ; and Stay Active! Stay Independent!)

- Funded accredited training in gymnastics coaching and Certificate 3 Fitness Instruction.

- Organised Wednesday evening social netball; hosted the end of year BBQ for players and families; and supported Nimbin Headers Netball Team which made it through to the finals of the Lismore winter competition.

- Supported Tai Chi for Arthritis and Falls Prevention classes.

- Continued to develop and promote the Nimbin Physical Activity Centre.

- Supported the Little Nippers Safe Swimming Project.

- Hosted the Women Keeping Moving Mocktail Party (see below)

- Promoted sport and exercise related events, workshops and training opportunities that are within driving distance of Nimbin.

Nimbin Bushwalkers Club

Nimbin Building Active Communities Project wants to congratulate Nimbin Bushwalkers Club which has taken off since its establishment in 2005/6 with the club organising up to 30 walks per year. Fantastic!

Instructors' display. Rocky supports Anuna Brady-Sime at the Women Keep Moving mocktail party.
Photo: Pam Bourne



Exercise and Women's Health

(Excerpt from the State Government of Victoria's Better Health Channel)

Generally speaking, when compared to Australian men, Australian women are less inclined to exercise and less likely to engage in enough exercise to achieve health benefits.

Lack of exercise is a significant risk factor for a range of medical conditions including cardiovascular disease, diabetes and high blood pressure. Sedentary women are also at an increased risk of developing osteoporosis in later life.

Studies show that older people can achieve significant health benefits after just two to three months of regular exercise. As an added bonus, if you start being regularly active, your body

will continue to benefit from exercise well into your 80s.

If you have a medical condition, are overweight, over 40 years of age or haven't exercised regularly for a long time, see your doctor for medical advice before increasing your physical activity levels.

Women Keeping Moving Mocktail Party

Part of the inspiration for this event came after reading about Exercise and Women's Health. We had several aims in mind. One was to encourage girls and women, who for a variety of reasons had not visited the Physical Activity Centre before, to take advantage of this new facility in Nimbin.

Another was to introduce the girls and women of Nimbin to our accredited instructors and provide a

relaxed atmosphere in which both parties could get to know each other. A third aim was to demonstrate to women of all ages that moving and exercising are beneficial to your sense of well-being and general health.

Over 60 women attended. They were waited on by male waiters and mocktail mixers who, through their good humour, sartorial elegance (see photo at right) and modest demeanour, displayed a courtesy to all the women present that will linger long in our memories.

Thanks Dennis Houlihan, Len Martin, Michael Hannan, Nigel Hayes, Jack Doyle, William Alexander, Abraham Stone, Isaac Stone, Felix Schafer-Gardiner and Richard Parsons.

Thanks must also go to Chris Hanson, Susanne Marcot, Heather Kimber, Sue Adler, Hetty Schaafsma, Lois Kelly, Nimbin Newsagency, Nimbin Emporium, Funfruits, Nimbin Hotel, our fitness instructors (Daniel Keszler, Rocky, Cass Jefferys, Anuna Brady-Sime, Gail M. Clarke) and their students who participated in the demonstrations.

Time will now tell whether we were successful in inspiring Nimbin women, both young and old, to get involved, get active and to live life to the full.

Nimbin Physical Activity Centre

From February this year there will be a new timetable for classes at the Physical Activity Centre.

Cass Jefferys will be offering her Total Body Workout; Daniel Keszler will continue with his Martial Arts, Tai Chi and Fit Ball classes; Rocky's Kickboxing and Weight Training program continues; Anuna Brady-Sime will be joining the team with her



Sartorial. Waiters for the night (left to right) Jack Doyle, Michael Hannan and Nigel Hayes. Photo: Sue Adler

own brand of fitness classes; and I will also be continuing Tai Chi for Health and Arthritis with two classes - one for beginners and one for the more advanced.

Netball now on Tuesdays

Social netball will resume Tuesdays 5pm-6.30pm from 13th February for eight weeks at Nimbin Central School netball court. Cost is \$2 per player. Please wear proper sports shoes and bring some water with you.

As it is still very hot, please wear a hat and put on some 30+ sunscreen.

As this is the start of a new year, all players will have to fill out a new registration form. If you are under 16 years of age you will need a parent or guardian to sign your form. This can be done courtside at the first session.

The Annual Netball BBQ was the usual relaxed and fun event with an enormous number of sausages and hamburgers devoured by the players and their families (see photo below).

A special thank you must go to Veronica Doyle for the cheerful assistance she has given this year to ensure the success of netball in Nimbin.



Daniel Keszler leads a demonstration.

Crossword Solution

See page 17.



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

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