

ASTROLOGICAL TRENDS FOR JULY 2007

BIRTHDAY – Cancer



by Bev Murray

Cancerians are the nurturers of the Zodiac. At their best they are sensitive and compassionate, at their worst they are touchy and manipulative. Cancerians love their homes and generally dislike change. They experience the world subjectively, through their emotions.

Give Them: A cosy dinner at home, a traditional birthday cake, a good book to curl up with – preferably romance, moonstones.

Cancer

July will work best for you if you plan ahead and organize events. Romance can be a bit up and down and will need some care and tactful handling. Sharing difficulties with others can actually make them worse this month so try to do your own problem solving. The 10th is a lovely day so do something special if you can.

Leo

It is important to catch up with chores and responsibilities this month as things can easily get out of hand. Finances are looking pretty good and any budgeting you do will pay off nicely! Whatever you do though, try not to rush as slow and steady will definitely win the race for you in July. Speed will only equal mistakes.

Virgo

Your social life picks up dramatically this month and invitations will generally be worthwhile taking up. Others are more receptive to you than usual and will really listen when you talk to them. A great opportunity if there's anything you want! After the 14th you will notice how much easier things seem to flow.

Libra

Finances are quite high on the agenda and anything to do with money will take up a good deal of your time. You are not particularly lucky this month so tried and true financial processes seem the best! The 4th could be contentious when the Moon opposes Venus so watch what you say and how you say it!

Scorpio

Romance is on the agenda this month and is especially unexpected or unusual! Those who are employed in creative areas will fair very well overall. Venus trine Pluto on the 9th is very helpful and implies that you will have the opportunity to hone skills and revive old knowledge to good ends.

Sagittarius

You are feeling confident and energetic throughout most of July. Others will be obliging and you'll get your own way easily! Communication improves and odd jobs that have been awaiting your attention will suddenly seem easy to complete! Watch over doing though, keep an even pace for best results.

Capricorn

It is important to check all the facts before rushing into things this month! Socially it's a bit of a laid back month and will best be enjoyed if you are happy staying at home and taking it easy! The Moon opposite Saturn on the 30th can make the end of the month a bit difficult, especially where authority figures are concerned.

Aquarius

Others will not respond to being pushed around at all this month so if you need to get something done and engage cooperation, do it gently! Getting things organised and finishing off jobs will take up a good deal of July for you. You will be happy with the results though! Avoid speculation.

Pisces

Your intuition is very good this month so listen attentively! If you need to do anything with finances then take care of the details yourself for the best results. Speculation of any kind is to be avoided. Stay with the tried and true. The Moon sextile Neptune on the 26th is nice for romance and creative pursuits.

Aries

Money leaves your pocket very easily this month so be aware!! Try to budget and stick to it! Romance might require a little kick-start from you if you actually want something to happen. Large groups may present problems and there are definitely possibilities of poor communication where organizations are concerned.

Taurus

You seem more disciplined than usual this month! You are getting that life of yours on track and taking care of details! Long term investments could pay off very nicely this month and speculation is actually favoured! The Moon trine Venus on the 8th turns your mind to romance, but it may need more work than you feel like giving!

Gemini

You have a good sense of things this month. Your intuition is spot on. Try to keep things to yourself, especially at work or you will meet obstacles. Romance can be a bit iffy, but with work you can get it back on track. Travel is favoured, especially if it is work related. Keep positive and you'll like the outcome.

Email Bev: Insightbevmurray@yahoo.com

Numerology – the essence of numbers

by Majika

I remember one day in Blaxhall Street Public School yard, I had an epiphany about the nature or personality of numbers, each a separate character:

Each number danced before me and each revealed its' true nature:

0 is potentiality, 1 is self, 2 is sharing, 3 is communication, 4 is structure and order, 5 is creative freedom, 6 is about love, 7 is lessons, 8 prosperity and 9 is kindness and completion. It was a real 'satori' moment for me. Absolute truth is a rare thing in this world, there was so much more in numbers than numeric values and calculations.

As I grew up the New Age alternative thinking blossomed. This movement was paralleled by advancements in the study of Chaos theory, and sub atomic particle behaviour. Unbelievably beautiful Fractal images of simple equations generated in a super computer had brilliant scientists talking like poets, or at least, ones that had a satori moment themselves. The strange thing is that these studies have gone a long way to explaining the interconnectedness of the Universe, and actually validates much of the new age theories and practices such as Astrology and Numerology.

Scientists called Astrology a flawed science because when the Ancients delineated the celestial sphere in the heavens and divided the sky into 12 sections, the section of sky of the constellation of the Aries became 0 Degrees. They were not aware that the Earth has a slight wobble in its axis, which is causing 0 Degrees to now be in the neighbouring constellation of Pisces. It's a 26,000 year cycle which the ancient Mayans were aware of, they actually based their calendars on it!

Despite this, so many scientific experiments on top sportspeople showed they had the 'Mars Effect', where Mars was rising or setting on the horizon at the time of their birth. Fire signs are invariably more outgoing, Water signs somewhat introverted, Air signs are intellectually inclined, while Earth signs are practical. There certainly is truth there, as many have intuited.

Pythagoras developed Numerology – where mathematics and philosophy meet.

Numbers came to life, and I discovered a world of meaning and correlation. What a revelation! This helped me to understand that being a ruling number 5 meant I'd have trouble in my life, if I wasn't free to express myself creatively. I have become more consistent within my nature. We become known by the image we create to defend our sensitivities and in doing so, deny the light and beauty of our Inner selves.

As we cast off the conditionings of environment and heredity, our true individuality is no longer limited in attaining an understanding of what makes you and others tick.

Numerology can give so much more insight than Astrology alone, add in some Palmistry and Tarot and you can create a matrix for your intuition to flow into.

"Number is the law of the Universe"
- Pythagoras

The most fundamentally important number is that which reveals the basic guidance of our life path – our Ruling number: This is the total of each individual number of our birth date, and resolving it to a single digit. My birthday is 10th October 1956 to attain my ruling number I add $1+0+1+0+1+9+5+6 = 23$ to resolve to a single digit I add $2+3 = 5$.

The ruling numbers start at two and continue to 11, then jumps to 22. No ruling number 1 exists – numbers that total 19, 28, 37, 46, are ruling number 10. The special numbers 11 and 22 have metaphysical significance, 11 is Illumination and 22/4 is the Master Builder.

Ruling Number 2: Intuitive, sensitive, reliable, supportive, egoless and expressive with their hands. Peacemaking and compassionate. Lacks confidence. Birthdates that total 20,29,38,47

Ruling Number 3: Thinking, reasoning people, mentally alert and socially bright. Most powerful mind number, excellent memory. Lack of sensitivity. Birthdates that total 12,21,30,39,48

Ruling Number 4: Practical, organising, materialistic, reliable, trustworthy, hard-working, very capable with their hands. Somewhat inflexible. Birthdates that total 13,22,31,40

Ruling Number 5: Highly sensitive, freedom loving, expression through creativity, intuitive with a strong artistic flair, Nervous, uncertain, impractical. Birthdates that total 14,23,32,41

Ruling Number 6: Exceptionally creative, home focussed and loving they are comforters to mankind, dedicated but prone to worry and anxiety. Birthdates that total 15,24,33,42

Ruling Number 7: Lessons to be learnt through analysis and understanding. They must learn their own way, assertive, philosophical and helpful. Birthdates that total 16,25,34,43

Ruling Number 8: Independent, strong character but can be undemonstrative to their loved ones. They are good at business and are very kind. Birthdates that total 17,26,35,44

Ruling Number 9: Responsibility and concern for humanity. They are extremely honest, idealistic and ambitious, serious but not good with money. Birthdates that total 18,27,36,45

Ruling Number 10: Likeable but insecure people, confident and capable at buying and selling. Bright, buoyant personalities who can be dominating. Birthdates that total 10,19,28,37,46

Ruling Number 11: Exceptionally high level of spirituality, lovers of beauty and culture. Very sensitive, refined people who rarely succeeds in business. Birthdates that total 11

Ruling Number 22/4: Very sensitive people with deeply loving natures. They appear to lack emotion yet are fast learners who achieve their goals. If living negatively, lazy misfits. This number attracts highly evolved souls because of the huge responsibility it brings. Birthdates that total 22.

I hope you find it of interest to see beyond the form of numbers into their essence.

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DIRTY LAUNDRY SHOW BACK ON AIR. WHY?

Nim-FM's highest rating comedy show *The Dirty Laundry Show* is back on air every Thursday Night between 8 and 10pm.

The brilliant comic genius of Mark Jago and Jennifer Bongiorno has been recognised by the Nim-FM committee and, after intense negotiations between both parties, Mark and Jen agreed to pay their membership fees and climb back into the saddle for one more ride.

Nimbin GoodTimes caught up with the dynamic duo in between signings of their limited edition CD "The best of the dirty laundry show" on Monday afternoon.

NGT: So Mark & Jen how do you feel about winning the war against the Nim-FM committee to get your spot back on air?

Mark: Well Bob, firstly let me say that our article oops I mean your article in the *Nimbin GoodTimes* some weeks ago really had the committee on the back foot. I think some of them realized that they had grabbed a Tiger by the tail.

Jen: Yes Bob, the unceremonious sacking at short notice really made me become quite mentally unstable, which I might add is fairly difficult as I am considered by my friends, well friend, to be a mental Rock of Gibraltar.

NGT: Yes, word did get back to us here at the *Nimbin GoodTimes* that you were involved in quite a



few incidents around town in relation to your censorship from community radio

Jen: Look Bob, losing the show was like having my tongue ripped out and served as nibbles at a free speech and civil liberties fundraiser. My first action involved the use of a mannequin from All Tribes with the words "Be Quiet" written on it. I carried it up and down the sidewalks of Nimbin as a silent protest at what had been done to us.

Mark: I wish I could have been there, just to be close to her when she isn't talking. It would have been a new experience and I'm sure took a lot of discipline. Mind you, I did get concerned when I heard she had abducted the poor little Maggie Simpson

chess piece from the Hemp Bar.

NGT: Well I did notice the poster Jen distributed around town stating that unless you guys got your show back the baby would get the blowtorch.

Jen: Yes, unfortunately there is always collateral damage in times of war. And the boys and girl at the Hemp Bar were shocked and angry at my apparently unrelated terrorist action. But there was method in my madness. People immediately wanted to find out why I was acting so strangely. The whole town erupted in passionate debates on free speech and the rights of artistic expression, even at the cost of offending squares and straights. But despite my histrionics, the real victim in all of this was poor Mark, my slightly bald over-the-hill and up-the-next-one sidekick. This show for him was his last shot at fame and fortune.

Mark: I admit the desire to be a success in my life was the driving force behind my decision to candidly talk about my failed relationships and pathetic sex life on air. "Attention, any attention" was my creed.

Jen: I was shocked when visiting his lean-to at Billen Cliffs to find him bedridden, unshaven, surrounded by empty casks of Sunnyvale red, wailing about his meaningless pathetic life. As I hand washed his soiled tracky bottoms, I vowed as his only friend (well acquaintance) to get the show back on the rails.

Mark: I will always be in debt to Jen for offering sexual favors to the Nim-FM committee in a desperate attempt to get the show back on air. Less than half of the committee took her up on the offer because unfortunately the word somehow leaked out that she was a dud downstairs performer, if you know what I'm saying.

Jen: Yes it came as a rude shock to realize that the majority of the committee were only interested in getting my \$30 membership fee. I begrudgingly handed over the cash after abstaining from Pizza for two nights straight.

Mark: Bob you have no idea how difficult and torturous it was for Jen. She was pure hell to be around. Pizza is her life.

NGT: So your wheelchair petition protest action, did it put pressure on the Nim-FM committee?

Jen: Oh it most certainly would have if Mark hadn't accidentally used the 500 signatures to light his fire bath with that night. Don't mention that Bob, people will get upset.

NGT: So to sum up; What have you learnt from this experience and where are you heading in the future?

Mark: Well Bob, we have learnt our lesson. We have become very careful about how we offend people these days.

Jen: Yes we've found it's much safer to attack and belittle whole groups of people instead of individuals. When you attack groups it requires a series of committee meetings before a formal response reaches the station. This can take months especially around harvest season. By which time the show will have gone national and any bridges burnt can be rebuilt by those left behind.

NGT: Well, Good luck with the show and thank you for giving up some of your precious time to talk to us. Ahh Jen, are you going to tie me up again now?

Jen: Later Honey. You know the rules, only after the article gets published.

Nim-FM membership is now due.

Nimbin Crossword

2007-05
by Synec



Across

- (and 2 down) (8,6) Our region
- David's has six points, the federation eight points
- Funk? Black American street talk
- Wild horse
- Exxon Valdez, brought to you by _____
- This is one
- Ourselves? America. (init?)
- That is to say (init.)
- Kinds of native tree
- A pretty girls' name whichever way you read it. A retreat at the Channon.
- Cry of inspiration? Flag of resistance
- Caused by banana skin? Fielding position
- Badgers' home
- One half of Bart Simpson's favourite cartoon duo

Down

- See 1 across
- Playthings?
- Car tax
- Arguments?
- Where you plant flowers
- One of these tempted Eve with fruit
- Our High Street
- Vietnam era acronym - "Situation Normal..." (init.)
- Switch? 4x100, for example
- Access forbidden data
- Latter day roman? Sloping font!
- H₂O? Oui!
- 15 across might be _____ of evil, Or _____ of weasel?
- Tidy way to drink spirits

Solution page 19

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Sustainable Growth - a contradiction in terms

by David McMinn

In 1972, The Club of Rome released a book titled 'The Limits to Growth'. The basic thesis was that the world's resources were finite and the world economy would strike its growth limits within a century.

As economic activity expands, high grade resources are depleted, leaving ever more marginal resources to be developed. At some point the rising environmental and production costs outweigh further exploitation.

The Limits to Growth attacked the prevailing economic paradigm that growth is good and can be maintained almost indefinitely. The book was widely ridiculed at the time as being overly pessimistic and alarmist.

Capitalists saw the solution in the market mechanism - rising prices for raw materials would see substitution by cheaper, more plentiful alternatives. Communists saw technology as being the means to maintain continuous growth. Ultimately, the findings were just ignored by politicians and economists both right and left.

It is rather ironic that 35 years later we now face growth limits from our most plentiful resources - water and air. Around the world, clean water is becoming scarce as rivers are sucked dry for human use and sub surface water is not being replenished fast enough to offset the

high rates of extraction. Air is being overloaded with greenhouse gases, leading to global warming and environmental catastrophe.

Peak oil is coming soon and this will place another economic brake by imposing much higher energy costs. Your grandchildren will see peak iron, peak copper, peak zinc, peak, peak, peak, etc. It is not physically possible to maintain exponential exploitation of resources, unless economists can overcome the laws of time and space. They will try, but any such attempts are doomed, for obvious reasons.

To my knowledge, no government has widely implemented comprehensive resource conservation policies within their economy. This would require a fundamental shift in economic thinking and myopic conservatives only change when the crisis is upon them.

They see peak oil as something that can be overcome by finding other energy sources - wind, solar, nuclear, etc. It will take another decade or two before conservative economists and politicians accept there will be a problem with the long-term supply of all finite resources.

Efficiency of Resource Use

On the positive side, there are various options to lessen the impact of resource depletion.

Miniaturisation. This boosts resource use efficiency. The potential in the field is enormous, especially with new developments in nano technology.

Banning planned obsolescence. This is probably one of the most obscene practices within the capitalist system. It is a consumer

prevail amongst the powers that be.

Hippy Visionaries

Hippies were the visionaries of our culture. In the 1960's and 1970's, they were the ones trying to save the planet and promoting lifestyles with a low environmental impact. Now concern for the planet is finally becoming mainstream, but only because there is no other option, if humanity is going to have much of a future.

It is annoying that mainstream Australians still uses 'hippy' as a term of derision, along with 'tree hugger' and 'greenie'. Conservatives fail to acknowledge the huge environmental contribution made by the hippy movement in Nimbin and elsewhere.

Like most people in Nimbin, we consume far fewer resources than your average suburban Australian. We have had solar hot water for over 20 years, a wood heater for winter and have resisted the temptation to get air con or a dish washer. New technology solar panels may soon become available with a payback period of only 5 to 10 years. We will look at installing them on our roof as a low carbon option.

We will also consider induction cooking as another means to further reduce our energy use. We

have been planting trees for over 20 years and now have nice patches of rainforest. Despite all this, we are still Western consumers, with all its adverse environmental implications.

Opportunity Lost

Changes should have been made in the mid 1970's after the first oil crisis, but the opportunity was completely missed. Our free market capitalist system is slow to change, because the greedy and the ruthless hold the financial power and it is in their interests to maintain the high growth status quo. The only hope is for a worldwide grass roots movement to force the environmental and resource issues to the top of political and economic agendas.

This can be achieved - look at the impact Al Gore had on the global warming debate. Even in Australia, there has been a major shift towards environmental concern by the general public and the corporate sector. Meanwhile, John Howard, our most famous global warming skeptic, is sidelined and looking more and more archaic.

It is physically impossible to keep exploiting resources ad infinitum. Even so, the problem continues to be ignored in economic and political circles. In coming decades, there will be major crises with the supply of many raw materials, resulting in rising prices and disputes over resource security.

It ain't going to be pretty.



rip off as products are made to fail prematurely, to boost product turn over and thus company sales. Heirloom products should be made that can be handed down to your children.

Products should be made to be fully recyclable. There have been moves towards this goal. However, this was more because landfills around the country are overflowing with trash rather than any great concern for resource conservation.

People can still maintain good lifestyles and at the same time use far fewer resources. Although obvious, this view will take time to

Musical "Mad-ri-gals" visit Kyogle Library

Kyogle library clients were once again very generously treated to the sweet musical sounds of the "Mad-ri-gals" musical group (pictured) on Friday 22nd June, for FREE.

The very talented "Mad-ri-gals" group members include Cloud, Meg Ainsworth, Meg Sams, Leanne O'Shannessy, Mary Cannon and Wendy Scott. The ladies played and sang a selection of enchanting musical pieces, entertaining library clients of all ages with their unique eclectic sound.

If you missed the amazing "Mad-ri-gals" visit in June you can catch their next FREE performance at Kyogle library Friday 6th July from 10am - 12noon.



Free School-hols fun for kids

For Kids aged 5 - 12 years, on Wednesday, 11th July 2007, 10.30 - 11.30am in the Kyogle library children's area. Cost: FREE!!! Bookings are essential (limited places).

Contact Kyogle library staff @ Stratheden Street or phone 6632-1134.

Nimbin Garden Club Notes

Club Members eligible for discounts on plant purchases

Following last month's successful club visit to Precious Plants Nursery in Lismore, the new owner of the nursery, Nimbin local Sharon Staples, has offered Garden Club members a 10% discount on plant purchases.

To take advantage of this offer, members need only present their club name badges at the time of purchase.

Precious Plants is located at 74 Conway Street, Lismore, and carries an excellent range of native and exotic plant species chosen for their suitability to our region.

Sharon also has a good selection of starter bonsai species, and is able to assist with appropriate advice in their care and development.



Garden Club members searching for plant bargains during the club's recent visit to Precious Plants nursery, Lismore.

Next Garden Club Meeting

The next meeting of the club will be the Annual General Meeting, planned for Saturday 21st July at the property of Michael and Joy Smith, 121 Cox Road, Koonorigan.

The meeting will begin at 1.30pm (half an hour earlier than usual), and will be followed by a talk

from Dr Leyland Minter on the subject of organic pesticides and practices.

Members are reminded that membership fees (single membership: \$10, couples: \$20) for 2007 are now due, and will be payable at the July meeting.

Further details about the club can be obtained by calling Gil (6689-0581) or Caroline (6689-1945).

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Bushwalkers Gorge in June

by Len Martin

Only a brief report. Our final walk for June occurs after NGT is put to bed. Our first walk of the month (Lismore Rotary Park and flying-fox camp) was washed out by the rain system that delivered far too much water to the Hunter and all too little to Nimbin. However mid-month saw some of us intrepids once again enter Wanganui Gorge.

"Once again", because this impressive gorge was one of the first walks done by our newly formed club in 2006. It all seems so long ago. So much water has flowed down the creeks, so many bruises, so many aching limbs, scratches, leeches, mosquitoes - so much fun - so many friends, great times, evenings by the camp fire etc. But I digress.

February 2006, the great Wanganui Gorge trek. A pleasant sign-posted walk across paddocks, through delightful rainforest, Bangalow palm groves beside a beautiful creek, AND... the sign-posted track sorta, kinda, fades away into nothingness, and we must return to our vehicles, gorge unconquered.

This time, not to be beaten, we went equipped with protective clothing, loppers



Don Schell

galore etc., to clear passage through the lantana - high-tech satellite pathfinders - you name it, we had it.

On to where the track faded away - cut, bash, thrust - so much labour, trampling up and down the slopes, scarred by impenetrable thickets of lawyer vine - searching, always searching - so much heart-break, frustration.

Meanwhile, two club members, arriving late, somehow missed a turn on the sign-posted track and, stumbling on, chanced upon the lost track that leads to the other end of the gorge - just as some of our first group finally, exhausted, had also

found it. The late-comers pushed on towards the other end of the gorge.

Our exhausted companions rejoined us at the creek to recount the tale, and it was reluctantly agreed that we should again return to our vehicles, gorge unconquered.

Back at the vehicles, some of the more juvenile members of our team spent time bouncing on the nearby heritage suspension bridge - no doubt to relieve the tension of the day.

Your correspondent hopes to give you a full account of the conquering of Wanganui Gorge in the next issue of *Nimbin GoodTimes*.

Walks Program for July 2007

Nimbin Bushwalkers Club Inc.

<http://www.geocities.com/nimbinbushwalkers>

Sunday 8th July

Hanging Rock Lookout, Border Ranges

Leader Don Durrant 6633-3138

2 hours Grade 3 off-track walking on escarpment edge to look-out. Fairly demanding, need to be fit.

Meet 10am Nimbin car park for car-pooling, or 10.30am National Park entrance on Creegans Road from Barkers Vale - there are NP car fees.

Bring food for picnic and water.

Saturday July 14th

Giant Ironbark Tree Mebbin National Park, AND Byrriil Creek AND Brummies Lookout

Leader Ron Ronan, 6633-7207 after dark or between 2.30-3.30pm

Meet 10am Nimbin car park, then drive in convoy to start of walk (about half an hour), or 10.30am start of walk at intersection of

Cadell & Lemon Tree Roads 2 km south of Mebbin Camping Area.

Giant Ironbark Tree: Grade 2,5km, 1.5h return, mostly on a closed forest road.

Byrriil Creek: Grade 2, 450m, 30 min return on a good track, some easy gradients. Up to this stage 2WD drive vehicles are OK: 4WD or good clearance adventurous vehicles will be needed for Brummies - will not do it if roads are wet.

Brummies Lookout: Grade 3, 30 minutes return. Moderately steep rocky walk to lookout, 600m above sea level. Spectacular views of Mt Warning, only 4km away, unforgettable place. Magic flora.

Bring food for picnic and water.

Wednesday 25th July

Mt Nardi - Wallace Road

Leader Judy Hales 6689-0254

4-5 hours, Grade 3, downhill from Mt. Nardi, via Mt Matheson.

Meet 9am Nimbin car park to organise car shuttle to provide transport at walk finish. Bring food for picnic and water.

Let's get physical goes global!

A Postcard from Shanghai by Sue Boardman

Our first contact with Chinese-style physical activity was towards the end of our 10 hour flight to Shanghai. China's National Ballet Company presented, via DVD, a series of seated exercises with elegant precision. The same could not be said for the attempts made by passengers and crew to follow the exercise program. What was impressive is that everyone on board participated and the exercises did help prepare you for imminent arrival in a city of 20 million people.

Next morning while exploring the shopping mecca of East Nanjing Rd pedestrian mall, we encountered an all-female drumming troupe. Using stylised movements while drumming they offered a colourful and unique variation on the ubiquitous "aerobics class".

On our final day in Shanghai it was a pleasure to observe the grace and fluidity of the early morning Tai Chi groups gathered in Peoples Square and Remnin Park opposite our hotel. As we walked around these parks we also saw people practicing with swords, sparring with each other under the direction of a master teacher and playing a rebound style of tennis.

That evening we left for Paris. Once again as we approached the end of our 12 hour flight, the Chinese National Ballet returned for a reprisal of our inflight exercise session. This time however, no one participated. Whether this was due to the overnight flight or the nature of the passengers flying to Paris is open to debate.

Au revoir.



Tai Chi in Shanghai

Physical Activity Centre, Nimbin

3rd Term Classes

16th July - 22nd September

Fitness, Martial Arts, Tai Chi

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
RESISTANCE TRAINING *		9:15AM -10:45AM		
STRENGTHS ENDURANCE *			9:15AM -10:45AM	
ENDURANCE A LA KUNG FU *				9:15AM -10:45AM
INTEGRAL MARTIAL ARTS-KIDS(6-9YRS)	3:30PM -4:10PM			
INTEGRAL MARTIAL ARTS-JUNIORS (9-12YRS)	4:15PM -5:15PM		4:15PM -5:15PM	
INTEGRAL MARTIAL ARTS-ADULTS (14YRS+)	7:00PM -8:00PM		5:30PM -6:30PM	
TAI CHI (TAI JI) CHEN-STYLE			6:30PM -8:00PM	
TENSEGRITY (PRACTICE GROUP, NO DRESS)	8:00PM -9:00PM			

Gym section of building is open for casual users during all classes. Please bring a towel and a drink.

Costs: \$10 / class. \$8 / class conc., IMA kids \$5 / class, IMA juniors \$8 / class, PIA: lower fees, Use of gym: \$8.

Enquiries: Daniel Keszler, phone 6689-9249.

NB: No classes on Friday 20th July, Friday 17th August, Friday 14th September.

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		

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

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