

ASTROLOGICAL TRENDS FOR FEBRUARY 2008



by
Bev Murray

BIRTHDAY – Aquarius

These individuals are the innovators of the Zodiac! They are not afraid of change and new things excite them more than most. Their only real problem is that others often misunderstand them or fail to see the breadth of their vision. On a personal note they are not particularly good at connecting to their own emotions either.

Give them: scope to invent and create, a surprise, a travel voucher, alternative therapies or self help books!

Aquarius

A new moon (solar) eclipse occurs in your sign on February 8, the first of several that will occur in the signs of Aquarius and Leo over the next couple of years. This heralds some changes for you guys in the near future. In other words, the events that occur over the next two years could change the course of your life for the next decade or so and it all begins now. Be aware of this and make solid choices.

Pisces

Your main task this month is setting real objectives for yourself, not just dreamy ones! Neptune in your solar 12th house is not so inclined toward honesty as it is toward self-delusion. You need to sit down and write a list of all the things you desire and need in order to lead a fulfilling life! Use the new moon to meditate on your goals and find your true path.

Aries

OK, there's no stars for Aries this month. Who knows why? It doesn't matter. Sometimes you've got to trust your intuitive anyway. This could be disappointing for some good Aries souls undoubtedly, but for the rest of the signs of the zodiac, they'll see a space filled under Aries and feel all the bases are covered. Sorry.

Taurus

This month the sun's in square to your natal sun as it transits your solar 10th house of career. This should set your career path in positive direction and open previously closed doors! Neptune has been trying to guide you towards your best career field for years now. Now is the time to take the bull by the horns and go for it. Enjoy the feeling of energetic activity that fills you this month.

Gemini

There's a new moon eclipse in your solar 9th house this month, Gemini, on February 8. This increases restlessness and often brings on a desire to travel. Mars goes direct in your sign this month too increasing the urge to move on things and get it all happening. Learning new things is also favoured and highly recommended. Expansion is what it is all about.

Cancer

There's a lot of energy in your chart this month but it is all a bit erratic and unsettled. No need to worry, though, the energy largely seems to be beneficial. You are also likely to receive some good news early on in the month that will keep you on high for the rest of it! Relationships seem to be in focus too, especially new ones of all kinds, so enjoy the social diversion.

Leo

This month, almost all of the energy in your chart is focused on those you know or are close to. You are in a mood to either explore your intimate relationships or get a new one started so that you can start exploring it. For romantically minded Leos, this can be one of the most romantic times of your life, conveniently occurring right around Valentine's Day.

Virgo

It seems many of you will begin a process of making change with regards to work or career, this month. New friendships are also on the cards this month and they will be long lasting ones. You should embrace change with an unusual gusto and new relationships with openness, both of which are traditionally unlike you! Go with it and see what it brings.

Libra

Your chart is a good one in a good month this month, Libra! It's especially in a good mood if you're a Libra looking to boost your romance quota. The New moon on the 8th will give your idealism a boost, and allow you to think outside the square, a great time for making plans of all kinds. The 30th will bring a surprise and you will be made very happy by this!

Scorpio

It's possible, that you will be spending a lot of time at home this month because some sort of crisis has occurred or something there is presenting challenges that you need to deal with. A family member needs your help. Hopefully you are prepared and happy to help, the long term rewards are well worth it. The new moon on the 8th and in Aquarius can be confronting in some way.

Sagittarius

Pluto leaves your sign this month, and you should be aware of an upturn in your energy and vitality levels. You may actually feel a bit physically lighter for awhile. New friends and interesting or important acquaintances are likely to be made this month. There is a lot of activity generally in your chart and you will be glad of the increase in energy levels due to this!

Capricorn

Psychologically, this is a pretty important month for Capricorn, because Pluto moves into your sign. What this means exactly will take a very long time to play out but essentially a slow and thorough psychological transformation is just now beginning for you. You will need to reassess your values over the next few years and it all starts here and now.

Email Bev: insightbevmurray@yahoo.com

Sorry...ready to listen?

The long road to real conciliation

by Binnah Pownall

How can White Australia, Gubbahs and Balander alike, heal past injustices and 'recognise' the First Peoples of this land, the Goori, Murray, Noongah and more, when we have hardly met them, haven't listened to them and their story and still don't really understand the depth of their spiritual connection to this land?

If we did really understand, we wouldn't be treating them the same way as we have in the past and still do, to perhaps a lesser extent up to now.

From the colonies onwards, it just got worse for the original inhabitants. Then, from the late nineteen-fifties on – as happens in the natural process of events (usually when they can't get much worse) – things started to radically change.

Both the sixties and the seventies were turbulent times of great upheaval on many levels. For the first time, some of the younger generation brought Australia's own version of racial intolerance, discrimination and oppression into the general populace's notice. Initially, it was shown through the Springbok Rugby tour of 1971 that we actually seemed to be more concerned in general with what was happening in other countries than with the Indigenous Peoples in our own home. Our story, up 'til then, was kept out of the history books and relatively hidden away. The protests of the Springbok Tour against the more obvious oppression of apartheid in South Africa was a turning point in our social history that helped wake mainstream Australia up to the ugly racial reality that festered in our own backyard.

Through the years, the harsh policies of the government towards Aboriginal people, urged along by the powerful lobbying of the miners and pastoralists was something that happened away from where most Australians lived – in the cities. It was out of sight and out of mind and was simply not commonly known about...it certainly

wasn't taught at school...

Has it ever occurred to anyone presently that, as a country, we still do not know who the Aboriginal people really are? That we still do not know who they were before we got here and we still haven't listened to the story of what has happened to them since yet?

Despite Prime Minister Keating's Redfern Speech, we have witnessed for the last ten years the classic stalling of the white establishment – personified through the Howard government's refusal to move ahead on righting the wrongs of the past and approaching 'sorry business' for fear of losing something they think they own.

In this present climate of political change, with the Rudd Government sounding like they are willing to move forward on the 'Aboriginal issue', we finally have a window of opportunity as we move towards 2012, to attempt to heal the gross injustices that have been carried out in the past.

If the Aboriginal people of what is now called Australia are to stand strong again, in unity and equal respect with the rest of us, we must first respect their ways, and that comes with understanding them more.

When white man first arrived, right up to this present time – with our accompanying 'English table manners' – we looked on in derision at the families happily cooking 'roo on the ashes, and simplistically wrote them off as 'primitive'. We immediately judged that these people had nothing to teach us – end of story.

This summation may have been the biggest single mistake in Australian history.

If the statistics are right, about 85% of white Oz has not made proper face-to-face contact with a First Nation person.

It is just now starting to dawn on the majority – as the rivers dry up and the climate changes and we experience the first throes of Global Warming – that as we arrived in this new wide brown southern land, it just may have been wiser to look around a bit more and see how the locals lived and

sustained themselves for so long. It's clear we've got some catching up to do...

If and when we finally do say sorry (as a nation) to the First Peoples, it would be more heartfelt if we truly understand where they have come from – to now.

Saying sorry is recognising and acknowledging the huge changes and the terrible tribulations that Aboriginals have been through since colonists arrived here. To be afraid to say sorry because we think it is an admission of guilt of our forefathers and is nothing of our doing is not including many other new Australians from say, Asian nations that were not involved in the same way as those from England and Europe were in establishing the colony of Australia in the seemingly genocidal way that they did. Therefore, it's a 'no-brainer' argument.

The diminished Aboriginal Nation that remains today is not any less strong in spirit than their Ancestors. This surely is testimony to the strength of their spiritual connection with the land, just the fact that they continue to survive – despite all the atrocities and attempts to cast their bloodlines to the wind like red dust. That in itself is something to greatly respect and bow to.

Saying sorry simply acknowledges that we have listened and we understand what has happened to Aboriginal people. Maybe moreso, they have a need to be heard – to get it off their chests, so to speak.

But first we must do just that – just be quiet for once and listen. Perhaps we need a Truth and Reconciliation Court as they did in South Africa, an institution set up to properly listen to the stories that ALL Black Australians may have to tell to White Australia. We must all be individually prepared to hear with an open heart. It is not a pretty story.

Are YOU ready for REAL CONCILIATION? It won't be easy, but it is something that must be done if Australia is to really shine on the world stage and lead the way, as is its destiny when all colours unite.

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Tales from the River

she takes the Brisbane ferry from Eagle Street Pier same day every year stands tall in the bow like a figurehead a posy of cornflowers in her hand for the grandfather she never knew whose eyes like hers were cornflower blue

she tells me he helped build the Storey Bridge seventy years ago and fell from it to his death so she casts flowers on the river with thoughts of this man she wished she knew whose eyes like hers were cornflower blue to drift away down to the sea memories given to the current water under the bridge

Robin Archbold July 2007

Troll to A9

row after row after row
silver steel trolls
stacked silently,
waiting,
awaiting the grip of my warm hands
a jerk of the wrist
violent Coitus Interruptus
and we wobble on our way.
stack upon stack upon stack
cardboard cartons of eggs
stacked silently,
waiting,
waiting and swelling and hatching
eggs become chickens
miniature battery hens
Eveready to solve the universal paradox.
shelf upon shelf upon shelf
sturdy steel stairways to heaven
provisions for the mythical mystical journey,
I slip past, a sly smirk
saviours, savouries, sauces
shadows in the chessboard, chequerboard floor,
my move,
Troll to A9.
light upon light upon light
burning cold
burning into my back
burning coldness
coldness colder than midnight graveyard vigils
chilling my grip on the troll steel
chilling my grip on childhood,
I wobble off, terrified
sadistic troll dragging me into A8
and Checkmate

Rob Harle

Len and Archie go to Woodford

Since the early days of Woodford when Robyn Scott, David Hallett and Bob Tissot carried the Nimbin Poetry banner in triumphant (and noisy) fashion, Nimbin has been well represented in spoken word at the Woodford Festival.

Although the festival has grown much larger, Nimbin poets still make their presence felt. Len Martin (*below*), a Woodford virgin at the age of 70, used his mellifluous voice and irreverent manner to win the novice section of the Poets Brawl and the \$100 prize in a hotly contested field of budding bush poets after a week of warming up at the daily Poets Breakfast.

Meanwhile, over at the Empire Theatre, home of performance poetry at the festival, Archie (*right*) was making amends for his near-miss in the Spirit of Woodford Inspirational Story Award (won last year by David Hallett) by winning first the Woodford heat of the Woodford Poetry Slam, and then the final on New Years Eve.

The packed house of 250 avid



spectators gave him the only standing ovation of the event as he described, in his usual flamboyant manner, the difficulties faced by a gentle Nimbin poet gearing up for the big city scene, culminating in the evisceration of the butterfly who dared to land on his nose while he was "getting in the mood" on his sunny verandah.

He won first prize of \$1000, free season pass to next year's festival and some paid gigs, so he's pretty happy with his finish to a big year on the east coast poetry circuit.

He reckons he'll have to keep an eye on that young up-and-comer Len Martin, whose star is on the rise. Archie reckons age has not withered Len - it's the drink he has to watch out for. Fortunately, they are good friends and mutual admirers and Len *can* take a joke.

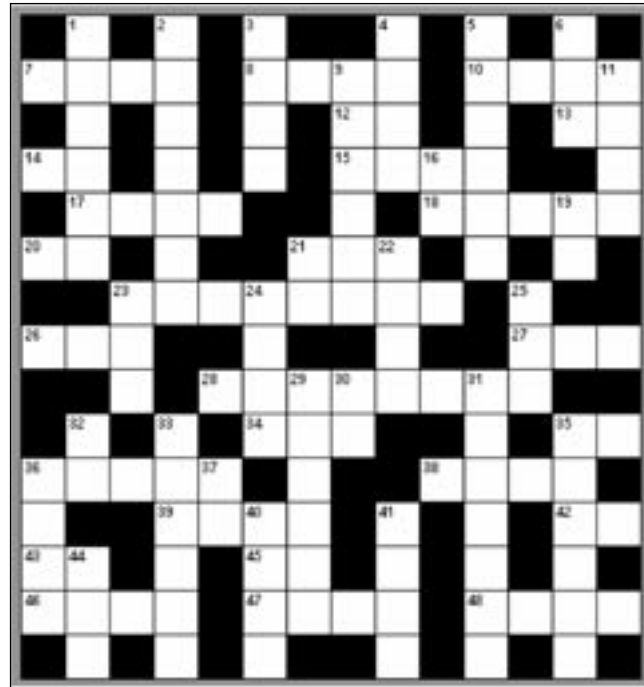


Crazy Elf, Miles Merril, Ella, Archie and Ghostboy at Woodford

Nimbin Crossword

2008-02

by 5ynic



Across

7. Female horse
8. Against
10. Not amateurs
12. Pertaining to
13. Number (innit.)
14. Yes (Russian)
15. Strip lighting
17. Flower - symbol of both sides in the English civil war
18. Ray
20. Belonging to me
21. Do It Yourself (innit.)
23. (And 29 down) Good Nimbin dining.... Bright black native bird.
26. Highest (lowest?) card in a pack of 52.
27. Flying saucer (innit.)
28. When the day ends and begins
34. Cook in fat - as in tanning-oiled European tourists
35. A pencil of medium hardness (innit.)
36. Pirnting errors such as tehse
38. Eldest son of Isaac. Stood to inherit Abraham's covenant
39. Pathetic curse? Mend clothing
42. Staff used by martial artists
43. Exists
45. King of the giants. Killed by Moses in the Old Testament
46. Chest muscles
47. Bean curd
48. What's left when you've smoked most of the spliff, but more than the roach remains...

Down

1. Mongolia? Kingdom of the Tatars.
2. (5, 2) Warning? "Incoming!"
3. Mafia Boss? Used to change key on a guitar
4. Longest possible prison sentence
5. Of the backbone
6. Mafia Boss? Put on clothing
9. Body part located at the top of the throat
11. Ritual vedic drug to induce sacred sleep
16. Mantra. Chant to express the Brahma
19. Thanks
21. Director General (Innit.)
22. Abominable Snowman
23. Three or five make a tennis match
24. A suggestible or easily led person. A mark
25. Wooden shelter? Where mountaineers weather storms
29. See 23 Across
30. New York (innit.)
31. Resin
32. Next to
33. Small? Unassuming and not arrogant...
35. Background chatter
36. Journey, physical or otherwise
37. In between Vic and Wa (innit.)
40. Royal Officer Training College (innit.)
41. Mind (or body) altering substance
44. For procreation, fun, or both

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Nimbin bushwalkers stride into their third Year

by Len Martin

Or maybe we should say "slosh" or even "paddle", cause it's been so wet that water is flowing where water ain't flowed for a long long time, and much "firm" ground has become very, very squishy - not to mention the flaming grass. So the walking boots will need a load of dubbin or whatever to keep the dampness at bay.

On the good side - this could well be the year of the waterfall - many falls that have been no more than a dribble in recent times are now splashing merrily away. Even the main one on our co-op - which has been little more than a seepage, now has a respectable flow, while another that does a sheer drop over the cliffs on the south of our place has reappeared. So we're doing a walk to these, plus a few others in coming months - let's just hope the water keeps flowing.

Yes it is coming up to two years since the club did its first walk - on Sunday February 5th 2006 - The McPherson Trail, Mt Nardi.

The club has maintained its numbers - well actually it has got bigger, and we have been able to put the membership fees down from \$25 to \$15 - the main cost being insurance which is organised by the NSW Confederation of Bushwalking Clubs, to which we are affiliated. We continue to explore new walks - like Currumbin Creek Gorge, but also return to favourites - like Twin Falls Mulgum Creek, and we are really going to push the limits with a Walk



on Water. Just how wet can you get?

There is also good news for people who might wish to go bushwalking but cannot fit in with our schedules. Michael Smith, our IVP, has just published 'Bushwalking in the Rainbow Region' which gives maps and track notes for fifty nine walks - most of which the club has done.

He recommends The Pinnacle Lookout for its spectacular views, Helmholtzia Loop for its full-on rainforest, Brummies Lookout for its magic and mystery, and the Broken Head to Whites Beach walk for a blast of coastal wildness.

On the cover is a photograph taken at Selva Falls in the Border Ranges National Park of Judy Hales from the Nimbin Open Learning Centre, and Joy Smith, formerly physiotherapist at Nimbin Hospital, both members of the club.

The book is in full color with many photos, and is available from the Nimbin Information Centre or Perceptios for \$7.

Nevertheless, I reckon that it is much more fun walking with a mob like Nimbin Bushwalkers Club Inc., cause, amongst other things, there is so much expertise - and humour. So, give it a go. We don't go too fast. There is a tendency to dawdle, bird watch, photograph flowers and toadstools, chat and enjoy it all. Visitors are always welcome. Happy New Year of the Waterfall.



Keep on treckin' The bushwalkers in Wanganui Gorge.

Walks Program for February

Walks meet Nimbin car park next to Information Centre for car pooling, or at start of walk. Unless otherwise specified, visitors (non members) welcome, but will be required to pay a fee of \$5 per walk - deducted from membership fee when they join Club.

2008 Membership (fee \$15) due now to Treasurer Kay Martin PO Box 61 Nimbin, 2480 (Tel. 6689-0254).

Saturday February 9th Currumbin Creek Gorge

Grade 3.5, 3 hrs. Initially walk on old track to historic sawmill beside beautiful Currumbin Creek. Swimming and photo opportunities, and then continue up the creek into harder walking through rainforest. Leader Don Durrant (6633-3138, at night). Meet Nimbin car park 8.30am then proceed in convoy to Tomewin across the Queensland border to Currumbin Creek. Bring food and water.

Wednesday February 13th Nimbin Rocks Co-op Waterfalls (members only)

Grade 4, 3 hrs off-track walking with some rock-hopping to waterfall in rainforest, thence up steep slope to base of southern cliffs and another waterfall. Leader Len Martin, 6689-0254. Meet 9am at Martin's place, 2345A Nimbin Road (entrance opposite Shipway Road). Bring picnic lunch, water.

Sunday February 24th Walk on Water, Razorback Lookout and Norries Head

Leader Michael Smith, 6689-9291. Meet 8.30am Nimbin car park or 10am at Minjungbal Aboriginal Cultural Centre car park cnr Kirkwood Rd East and Duffy St, South Tweed Heads. Grade 1, 30 minutes, easy, level walking on bush tracks and elevated timber walkways, 1.1 km. In moist conditions sections of walk can be slippery due to moss and mould. Features Picnic area, BBQ, ceremonial bora ring, koalas, ferns, paperbarks, she-oaks, mangroves, vines and the novelty of walking over the water and gazing down on feeding fish and cruising stingrays. Mosquitos and midges may be a problem at times. Also the dramatic Razorback Lookout and a stroll around Norries Head, south of Bogangar, with opportunity for swim. Bring lunch, water, swimming gear, camera.

Saturday March 1st Bells Bay Walk and Eden Creek Falls

Leaders (BBW) Peter and Coral (6633-3330) (ECF) Don Durrant 66333-138, at night. BBW Grade 1, 2½-3 hr. walk from Toonumbar Dam spillway beside the water to Bells Bay. Very good swimming opportunity. A very easy, quiet walk. Lunch at Bells Bay. Then ECF Grade 3, 3hr pleasant walk on tracks, 3 sets of falls. Meet 8am Nimbin car park, 9am Afterlee School to meet leaders. Bring food for picnic and, as usual, water.

Open Source Software + Part 2

by Rob Harle

In the last edition of NGT I introduced Open Source (free) software. There was some good feedback from this article so I thought Part 2 could expand some of the concepts and clarify a couple of confusing issues.

Open Source refers to software which includes: operating systems, word processors, graphics applications, internet browsers and so on, which are freely available to everyone.

The first point which is a little confusing is that you do not have to run Open Source applications on an Open Source operating system. This is important to understand because many people don't want to change operating systems from say Windows to Linux. To be absolutely honest there is a reasonable learning curve in this changeover and many of us just don't have the time or energy to do so. Simply search for the Open Source software you need and ascertain if it is available for Windows or Mac platforms. If so, merely download from the Internet or a CD/DVD and install it following the instructions.

Software applications are getting larger and as such often come on a DVD not a CD - this means you need a DVD drive in your computer. If you don't have one of these they are relatively inexpensive to buy and very easy to install. They may replace the existing CD drive or be installed alongside it.

If you are just starting with home computing and want to install an Open Source operating system there are many versions of Linux available. From my limited experience with these, Ubuntu and Red Hat are excellent. These may be installed as the only operating system or can be installed together with a Windows operating system. This is called a dual boot-up arrangement and works by locating each operating system on a separate partition on the hard disk. I have both Windows XP and Linux Red Hat (version 9) on my laptop. I did this by first installing Windows XP, then with this running, installed Linux from a CD. Linux took care of creating its own partition and importantly, the very first boot-up menu. This gives me the opportunity to boot from



whichever system I choose.

I have no commercial software within either system. So, I needed to obtain two versions of Open Office Suite, one for Windows and one for Linux. In the Windows section I use AVG Virus Checker (free for home use), which I have found to be exceptionally reliable over the years. For quick graphic manipulation, a brilliant free program called IrfanView. For complex Photoshop type work, GIMP does the job well in either system. The web browser of choice for either system is Mozilla Firefox, which is really starting to rival IE as a popular browser.

A friend recently questioned the power of Open Office Calc compared to Microsoft Excel. I'm not an expert by any means with this program, however, Calc appears to be a very powerful application with every imaginable Function from statistics to mathematical to financial, with the ability to create, manage and run Macros and also import and export all sorts of databases. Compatibility between the two is assured, however, if this is an important issue obviously some simple tests are advised before totally committing to one or the other.

As an operating system, Linux has challenged the supremacy of Microsoft and Macintosh. I think this is a good thing as competition generally benefits the consumer and some of the software packages for the latter two systems are expensive to the point of obscurity. I recently priced some software for audio work, for the full versions these are thousands of dollars. Most applications of fully featured software such as Adobe products, astrology programs, CAD drafting programs and mathematical/scientific programs are all over \$500. Open Source applications are now challenging the monopolies these companies have had and are providing free software of at least equal quality, and generally a lot of friendly online support.



Nimbin Bowling, Sport and Recreation Club

Sibley Street Nimbin, phone 6689-1250

What's On in February?

Sunday 10th - Sabotage 2-5pm
 Monday nights - Poker Nights 7pm
 Friday nights - Huge Raffles
 Saturday nights - Members meat tray draws

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



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February 12th 5-6.30pm for
8 weeks at Nimbin Central
School Netball Court. We
will use the multi-purpose
space if it is wet. Please
remember to wear proper
sports shoes and bring water
with you.

As this is the start of a new
year all players will need
to sign a registration form
for 2008. Those under 16
years of age need parental/
guardian consent. The forms
can be signed on the first
night courtside. Cost \$2 per
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Speed Training for Sport

Effective coaching requires
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This workshop offers
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related skills, speed is often
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ability and not a learnable
skill. This workshop explores



Fitness training Cameron Hatty and Dion Wales, also Kirra Bayles on the gloves. Photos by Rocky
Below: Don't let the weather stop you exercising! Photo by Michael Hannan

speed for field sport athletes
and how it can be learned as
a skill.

What you will learn:

- The biomechanics of running fast and good sprint technique
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- How to develop speed as a progressive skill
- Associated training techniques to optimise speed

Who should attend:

- Coaches and athletes of all levels
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- Students studying year 11-12 health related topics
- Teachers of physical

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Date: 8 Mar 2008 Time:
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Cost: \$40 (includes
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Call (02) 6618-0400 for
more information. For deaf,
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3701.



Level 1 Skateboard coaching course

NSW Sport and Recreation, in conjunction with Skate Australia, is conducting a Level 1 Skateboard coaching course in 2008 as part of the National Coaching Accreditation Scheme (NCAS).

NCAS approved courses are recognised internationally and nationally as the standard for skateboard coaching, and participants will receive NCAS registration, valid for four years.

The course includes general principles of coaching, delivered on-line, and a skateboard-specific coaching component, which requires the completion of a number of practical hours, 10 hours supervised and 20 hours unsupervised.

On completion of the course, Skate Australia can offer member benefits previously not available to



the extreme sports fraternity. These benefits include public liability and professional indemnity insurance as well as providing pathways to advance their coaching qualifications.

The course will run on Saturday 8th March, from 9am to 4pm, at Lake Ainsworth Sport and Recreation Centre, Pacific Parade, Lennox Head. The cost is \$299, including GST. To enrol, phone (02) 6618-0400 and have your credit card details ready.



Crossword Solution

See page 17.



Nimbin Garden Club Notes



by Gil Schilling

The Nimbin Garden Club will hold its first meeting for 2008 at Rob Fleetwood's five-acre forest garden 'Heartwood' at 2pm on Saturday 16th February. 'Heartwood' is located on Boyle Road, Coffee Camp. The club sign will point the way.

The Nimbin Garden Club is comprised of a diverse group of over 50 members with a love of and enthusiasm for gardens. We are certainly not all experts, though we do have a few very knowledgeable gurus – whose brains we pick. Nor do most of us have perfect show gardens, though those that do are very willing to share them with the rest of us. But what we are good at is getting together once a month to share our experiences, successes and failures, swap plants, listen to guest speakers, wander in someone else's peaceful garden, have fun and socialise.

If you think you would like to join us or find out more, why not contact either Gil, on 6689-0581, or

Diverse. Garden Club Christmas Picnic. Below: A garden visit last year.

Caroline on 6689-1945. Other meeting venues for the coming months include a significant new rose garden at Mountain Top and a commercial organic sunflower sprout farm. Details will be published in future editions of the NGT closer to the scheduled meetings.

Coffee Camp Hall Landscaping

Funds donated last year by the club to the Coffee Camp Community hall, for grounds beautification and landscaping have been used to purchase soil and plants. Plantings by the Coffee Camp volunteers started in January with more to come.

Donation to Nimbin Fire Brigade

At the February meeting of the Nimbin Rural Fire Service, the club will hand over a cheque for \$560 for the purchase of four new fire-ground radios for the Brigade.



Term 1 • Nimbin Physical Activity Centre

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.15am		Cass Jefferys 66891462 Stroller Body and Mind 8.15-9.15am		Rocky 66897167/945154 7938 Open Adult Training 8.30-9am Please ring Rocky for more information	Cass Jefferys 66891462 Stroller Body & Mind/Grass 8.15-9.15am
9am	Sue Boardman 66891731 Tai Chi for Health: Beginners 1- the first 10 movements 9-10am	Sue Boardman 66891731 Tai Chi for Health: Beginners 1- the next 9 movements 9-10am	Cass Jefferys 66891462 Stroller Body Bits 9.15-10.15am	Rocky 66897167 School Class 9-10.15am	Social Kestler 66899547 Fitball 9-10.15am
10am		Cass Jefferys 66891462 Stroller Body 10-11am			
1.45pm				Cass Jefferys 66891462 Stroller Body and Mind 1.45-2.45pm	
3.15pm	Cass Jefferys 66891462 Stroller Kid Fit 3-7 years 3.15-4.15pm	Rocky 66897167/945154 7938 Girls Fitness Training 3-4pm Please ring Rocky for more information			Rocky 66897167/945154 7938 Girls Fitness Training 3-4pm Please ring Rocky for more information
4.15pm	Cass Jefferys 66891462 Stroller Kid Fit 8-10 years 4.15-5pm	Rocky 66897167/945154 7938 Open Adult Training 4-5pm Please ring Rocky for more information			Rocky 66897167/945154 7938 Open Adult Training 4-5pm Please ring Rocky for more information
5.15pm					
5.45pm			Cass Jefferys 66891462 Stroller Body & Mind/Grass/Grass 5.45-6.45pm	Social Kestler 66899547 Tai Chi 5.15-6.15pm Please ring Rocky for more information	
7pm					
7.15pm				Social Kestler 66899547 Martial Arts 7.15-8pm	

PIXIE the BUILDER

Grant Holding Lic No. 30119

**NEW HOMES
RENOVATIONS
ALTERATIONS
DECKS**

Phone 6689 1728



Craig Arden Electrical

Lic No. 182289C

All Electrical & Data

Smoke Alarms
Rewires
Safety switches
Specialised Lighting

Ph: 6689 0479

Mob: 0429 190 004

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