



WAXING MOON: Good time for gardening and improving general health. If you suffer headaches or migraines avoid stimulants like caffeine, nicotine, red wine, cheese and chocolate while the moon is waxing or full.

FULL MOON: Worst time for operations. Good time for a get together.

WANING MOON: Best time to clean your house. Favourable for cleansing facials and mud wraps and for operations.

STAR BRIEFS

Arts and craft show

WARDELL Red Cross is having its annual Arts and Craft show tomorrow. It will be held at the Wardell Memorial Hall from 10am until 2pm. There will be a variety of stall holders and morning tea will be available.

Dragon boats

TRY dragon boating for free at Lake Ainsworth at Lennox Head tomorrow from 9.30am. Men and women over 18 are welcome to come along on the day, which is being hosted by the Rainbow Region Dragon Boat Club. Another "come and try" day will be held on July 24.

Transport shake-up

A SHAKE-UP of NSW's transport sector will abolish four agencies and cost about 100 public servants their jobs. A new mega-agency - Transport for NSW - will take over the work of the Roads and Traffic Authority (RTA), NSW Maritime, the Transport Construction Authority and Country Rail Infrastructure Authority, following a three month review by the Coalition government.

Child car safety

NSW State Coroner, Magistrate Mary Jerram, yesterday urged parents to make sure their most precious cargo is properly secured in their vehicle, as they return home from school holidays. "Since July 2000, there have been 27 completed coronial investigations into the deaths of children in vehicle accidents on NSW roads," she said. "The State Coroner said parents should regularly check that infants are secured in their capsule or other suitable restraint during road trips.

more news online at northernstar.com.au

Being in tune with the moon

By KATE O'NEILL
Reporter

TOMORROW is the perfect day to clean your windows or wash your hair.

Why? Because the moon is waning in Aquarius. Of course.

It sounds far-fetched, but Mullumbimby author and astrologer Iris Detenhoff says timing household tasks and health routines to match with phases of the moon results in less effort, less cost and a smaller environmental footprint. Her book and website, *The Moontime Diary*, which she has published since 2007, suggests the perfect days to embark on everything from plaque removal to treating warts to mowing the lawn or mopping the floor.

Among her claims: stains dissolve more easily and less laundry detergent is required when the moon is waning in Cancer; hair regrows stronger if cut when the moon is waning in Leo; and cakes turn out well when the moon is waxing in Gemini.

Ms Detenhoff, who is also a

Astrologer tells of timing household tasks and health with lunar phases



MOONBEAM: Mullumbimby author of the *Moontime Diary*, Iris Detenhoff.

trained nurse, says it is all about living "in tune with the moon". "We know that fishermen always go out with the tide instead of struggling against it. You can choose the right

moment to achieve better results with less effort."

She says farmers have been following the cycles of the moon for centuries, and the principles of her

book are no different.

The first two weeks of the moon cycle is when cells absorb and retain moisture, making it a good time to nourish your body and avoid toxins. This culminates at the full moon, she says, when cells are full and things get tense - making it a bad time for operations. As the moon wanes, cells release moisture, making it a good time to cleanse and detoxify your home and body.

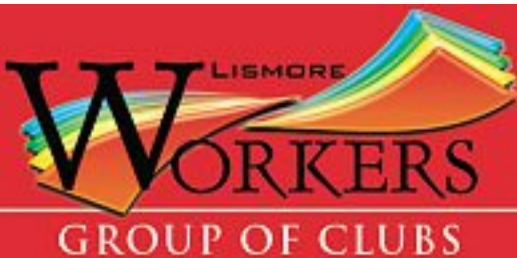
"It's quite logical. It's nothing mystical," Ms Detenhoff said.

But North Coast astronomer Dave Reneke is sceptical of anything that links human behaviour with the moon.

"There's definitely no scientific evidence of the moon influencing human activity," he said. Violent incidents did spike around a full moon, but this had more to do with more people being around and staying out longer because of the extra light, he said.

The 2012 *Moontime Diary* will be available in local bookshops from September.

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THE ONE CLUB FOR YOU!

LISMORE WORKERS SPORTS CLUB

Friendly affordable casual dining at Sporty's Cafe Thursdays \$10 rump steaks - dinner only Friday night raffles

LISMORE WORKERS GOLF CLUB

Friday raffles including Trivia Night 7pm Sunday Specials \$12 Members Endless Golf

WORKERS HEIGHTS BOWLING CLUB

Every Friday from 5.30pm - T Bone Steak from \$14, children's meals from \$7 30 meat trays drawn Friday raffle from 6:30pm 30 meat trays drawn Sunday raffle from 5:30pm New pool table

WORKERS HEIGHTS BOWLING CLUB

Fri 22nd July - Check 2 7.30pm
WORKERS MAIN LOUNGE
Sat 16th July - On the Move 7.30pm
Fri 22nd July - Ruff Mix 7.30pm
Sat 23rd July - Legend 7.30pm
Sun 24th July - Country Carna 11am

WORKERS BISTRO

Sat 16th July - JD Duo 6pm
Sat 23rd July - Slim Pickins @ Dr Baz 6pm

COMING SOON TO THE LISMORE WORKERS CLUB:

Morning Melodies - Theatre Royal - Thursday 25th August - Tickets \$7.50
Tom Burlinson - Saturday 17th Sept - Tickets \$33
Suzi Quatro - Friday 14th October - Tickets \$79.90



WORKERS CLUB SUPER SATURDAY RAFFLE - TONIGHT

Saturday 16th July. Tickets on sale from 5.00pm and drawn from 6.30pm. Fantastic value. Sensational prizes: includes Manchester, electrical, tools, homewares and much more. Members buy \$5 worth of tickets and get \$5 worth of tickets FREE!

THE WOLVERINES
Tonight 8.00pm

They're funny, they're tight, they're likeable rogues, they're irreverent, and they'll rock your socks off. The show has it all...hard hitting rock, the odd beautiful ballad, a classic or two. Adults only as there is some course language.

Tickets: \$22 plus \$2 booking fee



SUNDAY BREAKFAST

All you can eat from the cold buffet with orange juice and cereals, tea and coffee along with the usual plated cooked to order favourites.

"The Works" brekky, all for just \$13 from 8am to 10am "EVERY SUNDAY AT THE LISMORE WORKERS CLUB"

"DIRTY DICKS"

Friday 26th August @ 7pm For a riotous evening of mirth, merriment and feasting, don't miss "Dick Turpin Rides Again", when Dirty Dicks comes to Lismore Workers Club. Medieval Banquet brought to your table by saucy wenches and lusty lads. Tickets \$45 includes 3 course dinner and show.

