





# January 2010

MON TUE WED THU FRI SAT SUN

				1	2	3
4	5	6	7	8	9	10 Rutherglen Market 
11	12	13	14	15	16 Opera in the Alps at Beechworth	17 Yackandandah Market 
18	19	20	21	22	23	24
25	26 	27	28	29	30 	31



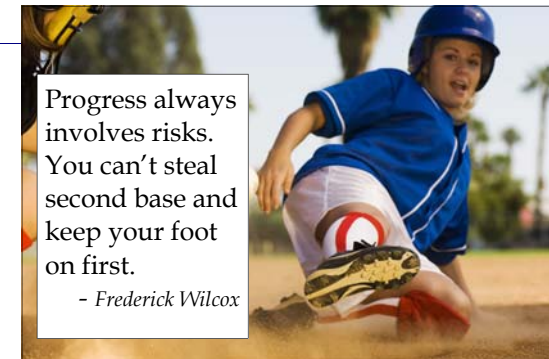
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### REMINDERS FOR THIS MONTH

Alexander Technique - www.austat.org.au

Alexander Technique Display  
 Australia Day 2010 event - Melb



Progress always involves risks. You can't steal second base and keep your foot on first.

- Frederick Wilcox