



Objects : *The objects of the Shed are to advance the health and well-being of our members by providing a safe and happy environment where men can, in the company of other men;*

- a) By their efforts, contribute to their families, their friends, the Shed and their community*
- b) Learn about their own and other men's health and well-being*
- c) Learn new skills, practice and pass on old skills*
- d) Pursue hobbies, pastimes and interests*
- e) Mentor younger men*

GENERAL MEETING next Tuesday, 16th. Come along at 10 for a 10.30am start. Several things to talk about, and you can catch up on what's happening around your Shed. Also you can have you say if there is something that you would like discussed. Contact Secretary Neil; 0427 783 336 or e-mail goodnews44@dodo.com.au It's you Shed, support it every way you can. Yet to be confirmed, the "This is Your Life" speaker may be the 'boy from Bournewood'.

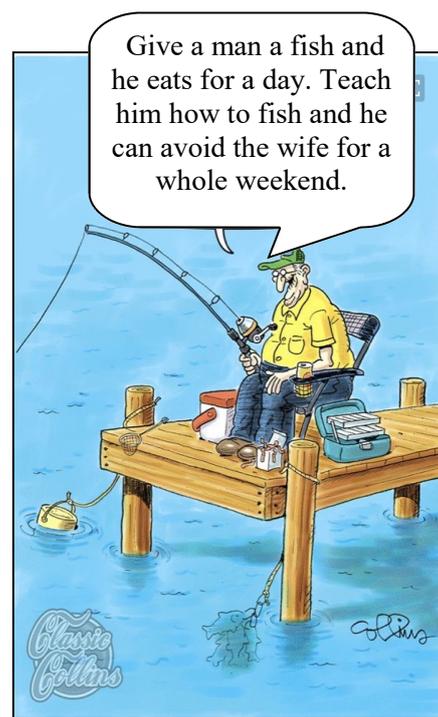
Social Evenings. Almost every month, on the Friday evening following the monthly general meeting, we have had a social event. Starts at about 3 to 3.30 and finishes at about 7.30 but some leave earlier or later. Good food is cooked and eaten so no need to have tea when you get home. \$5 buys the food and a can of drink. Extra cans are \$2 each but there is not much beer consumed as we all drive home. After some drinks we play the now "traditional" game of UNO. This game is big on a combination of laughter, rule adjustments (as advised by Robert Scott) and the inevitable cheating that arises from 10 "rubber necks" sitting around a small table. (IT IS FUN, and even JD get's into the swing of it.) But we also have seen games of darts and we have cards for 500 or Euchre and jig saw puzzles or the TV to watch. Air conditioning keeps it comfortable.

We would love to see more men at these "do's". Is it the wrong night?? Is it too early, too late ?? Should there be more things to do ?? Let the Committee men know if you have a suggestion.

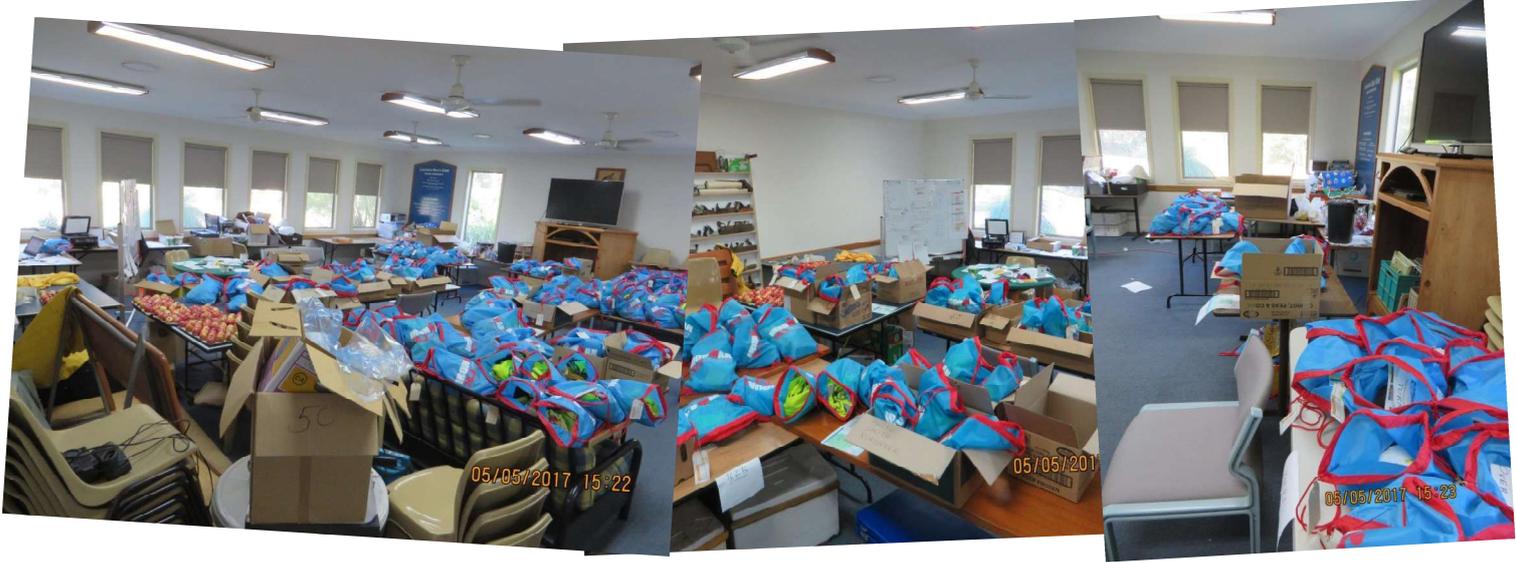
Another internet scam doing the rounds, is promoting a "new and powerful" anti virus programme, 'Scanguard'. If you do some checking you will find it is a scam.



A bit out of shape, "then we have the answer for you" Some gym equipment has arrived, so use it while it is decided what to do with it. Just check the muscles on these two 'actors'.



PROVERB: "Kind words heal and help; cutting words wound and maim"



THE IRONMAN

About 56 members (including a few partners and ex-members) participated. Other local organisations contributed about 67 Volunteers as well, to assist us and to get a share of the funds. The weather was excellent and so it was a successful fundraising event and a chance for a close up look at serious competitors. Some of the traffic marshals did a full day of 9-10 hrs . Several men delivered the kits of food and maps and T-Shirts and caps etc. A few got the wrong shirt or the wrong time. Some men worked at the shed during the week packing the Kits and some did the Biathlon (packing and marshalling). BUT it was not all excitement and crashes. Some was boring time, doing nothing much. Some marshals had to deal with cranky drivers intent on testing their patience and tolerance.

My thanks to those (you know who you were) who played a part in the day. John Denyer.
And on behalf of the Shed, thank you John, "HIP HIP HOORAY ", now have a cup of tea and a good lie down.

Now we all know that we have some good cooks amongst us, no names please. But here is an idea, so simple, and pull this off and you may end up amongst the elite. A great recipe with only four ingredients, yes four, easy to prepare and cook, and great to eat.



So, let's go for it.....

You need;
 600g (that's grams) lean cubed beef.
 The supermarket likely has it cubed for you.
 420g can of condensed mushroom soup
 2 cups button mushrooms..
 250g sour cream.....that's all.....now cook...

Place the beef in a slow cooker. Add soup and mushrooms. Cook on low for 6 hours. Stir in the cream before serving. Or....brown the meat in saucepan over low heat, add the rest of the stuff and simmer until the sauce thickens and meat is cooked. And then...WOW.....*"Please Sir, may I have more"*

Try this at your own risk. The Editor

Wife: "How would you describe me?"
 Husband: "ABCDEFGHIJK."
 Wife: "What does that mean?"
 Husband: "Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot."
 Wife: "Aw, thank you, but what about IJK?"
 Husband: "I'm just kidding!"

Handy hints for gardeners.....
*Why are husbands like lawn mowers?
 They are difficult to get started, emit foul smells and don't work half the time.
 Why do melons have fancy weddings? Because they cantaloupe.
 Gardening Rule:
 When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it.
 If it comes out of easily, it is a valuable plant.*

Some clever silhouette metal work around the place. They pop up everywhere !

