



**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*

**Happy Birthday** to any members who celebrate birthdays this month. We now have 2 members over 90 yrs old. On 26<sup>th</sup> July this year we add both Laurie Orchard and Geoff Sainsbury. They join Ted Seltin, and later in the year Ken Cowell joins them. We won't attempt to name the over 80's. Apology if I have missed someone.



Did this one stick on the ceiling, or did it come to earth?

Because some members were struck down by the lurgy, no meals were cooked at the last Friday social, so a group of Shedders decided to cook up a few scones and pizzas last Thursday (18th May), for those who were on deck on the day.

Dave made a large batch of lemonade scones, that were devoured with jam and cream while the pizza oven came up to temperature.

Then once the pizza oven reached the optimum temperature, pizzas, one after the other started to land on the cutting board, only to disappear as quickly, devoured by the waiting hordes.

Pictured is a vegetarian pizza which was made especially for our one and only, Mr Les, who commented, "great crust, it's very nice but



not enough salt". Well! You can't win them all, but going by what was left over, which was nothing more than a few crumbs, they must have been OK.

Then today, Thursday 8th, the regular Thursday cooking group, were at it again. A meal prepared and enjoyed by the cooks and those who booked in for lunch. Each Thursday you can join the gang for lunch, \$5 and a bit of help with the clean-up.

And remember that on the third Friday of each month, the "Card 'n Cook" event is held. A meal and a drink and fun. \$5.



A few old palings, a nail or two and the expertise of our timber-man, Les, and some one will have a "pot plant barrow" for their garden.

**Clever kids:** A traffic policeman found a perfect hiding place to watch for speeding motorists. The Cop was amazed when everyone was under the speed limit, so he investigated and found the problem. A 10 year old boy was standing on the side of the road with a huge hand painted sign which said "**Radar Trap Ahead.**" A little more investigative work led the policeman to the boy's accomplice: another boy about 100 metres beyond the radar trap with a sign reading "**TIPS**" and a bucket full of money at his feet.





This old Dutch sewing machine has had a make-over by our clever men. New curved top on the cabinet, new catches and lock, and a small metal plate to cover the bobbin. Now it's almost as good as new !

## AN EXERCISE FOR PEOPLE OVER 60....



Don't try this unless you feel confident.

Begin by standing on a comfortable surface, where you have plenty of room on each side.

With a 1-Kg potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can.

Try to reach a full minute, and then relax.

Each day you will find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 5-Kg potato bags. Then try 10-Kg bags and eventually try to get to where you can lift a 50-Kg bag in each hand and hold your arms out straight for more than a minute

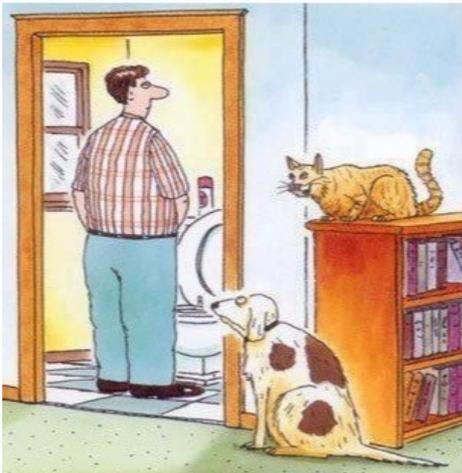
After you feel confident at that level, put a potato on each bag.



Another 'happy customer' on the steps that were built for Wayne Bowen. By the smiles, they work well.



Sign in when you arrive at the Shed, and sign out when you leave. This verifies that you are on the site. Otherwise you are not covered by our insurance, should something unforeseen happen. The book is on a desk, just inside the front door. And your \$2 coin in the tin, helps cover your costs. And be safety conscious at all times, don't attempt something that you are not familiar with, get help. And covered shoes at all times. Follow these rules and you too could join our "over 90's club".



So if you're his best friend, why is he peeing in your drinking water ??

**It's winter** and now is the time to organise your firewood stacks if you use a wood burning fire to heat your home. Remember to buy wood locally—from within a 50k radius. (or from the Shed) This helps eliminate the chances of transporting pests and things to your place. If you're buying seasoned firewood, the most important thing is stacking it properly. Fresh cut firewood is green and has a high water content—at least 60 percent. Green, unseasoned wood is tough to ignite, and if you do succeed it doesn't burn well or produce much heat. Burning unseasoned wood also adds to creosote build-up in your flue, which isn't the safest situation. Seasoning firewood is a process that takes from 6 to 12 months. The result is wood with a moisture content of 20 percent. The end goal of seasoning, is wood that burns strongly, safely and produces heat. (We sell wood by the bag)



**OUT WITH THE OLD, IN WITH THE NEW...** This is the last "Shavings" put together by your Editor, Milton Job. With edition No 79, he hands the production over to Michael Barrow. Michael has plenty of experience with this kind of thing, and looks forward to your help as Editor of your Shed Shavings.

*" Thank you to all those of you who have assisted me over the years as Editor. I took over from Clive Chapman, the man who instituted the news-letter, they were big shoes to fill. I have appreciated getting bits and pieces from you, the members, and would encourage you to submit stuff to Michael. News, pictures, jokes, in fact anything that you feel might interest the reader. And my apologies to all those members who have had my camera pointed at them. You can rest easy now. Thanks again. Milton"*

*P.S. Someone asked me where I got all those proverbs from. The book of Proverbs, Old Testament.*