



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*

Lakeside Nursing Home Visit

On Thursday 31st August, several male residents from Lake Side Nursing Home, along with their carers came to the Shed for some friendship and hospitality.

The pizza oven was fired up in preparation for the visit, while at the same time in the kitchen flour and dough went flying about. The results being voted, hands down, the best pizzas in Laurieton, some of the culprits in the kitchen were Tony, Dave and John.

Examples of our Shedders skills were put on display, then with full bellies, several Shedders made our guests feel welcomed by volunteering their time to show them around.

The visit was considered something special for these members of our community, who although well cared for in the Aged Care Home, greatly miss the opportunity to reminisce about their past careers and skills, that although not now used, are definitely not forgotten.

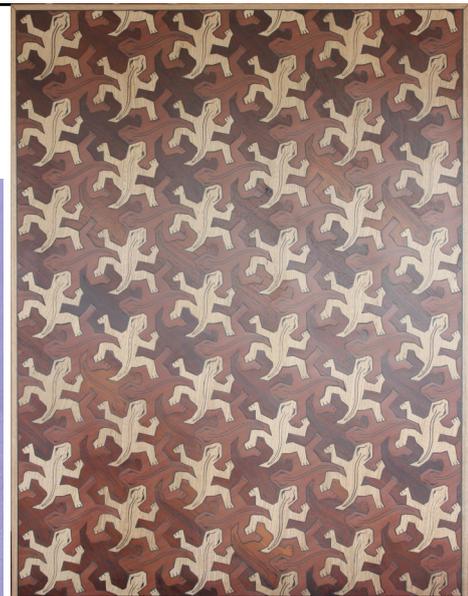
Did you see the item in the Camden Haven Courier (6 September) about the Men's Shed Father's Day event. Does Tony Hills have a new look, or has Robert Scott changed his name? Still good publicity for the shed.

September Annual General Meeting and monthly meeting. Tuesday 19th September at 10:30am.

Shed Closure. Essential Energy works will interrupt power to the shed again on the **20 September**. Power will be off all day, so unfortunately the shed will not be available to the members.

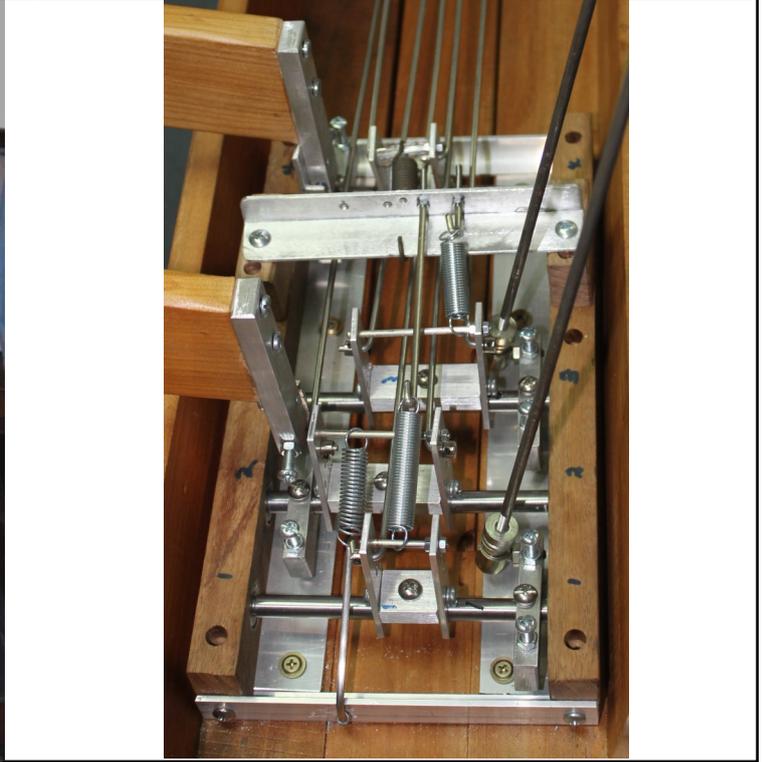
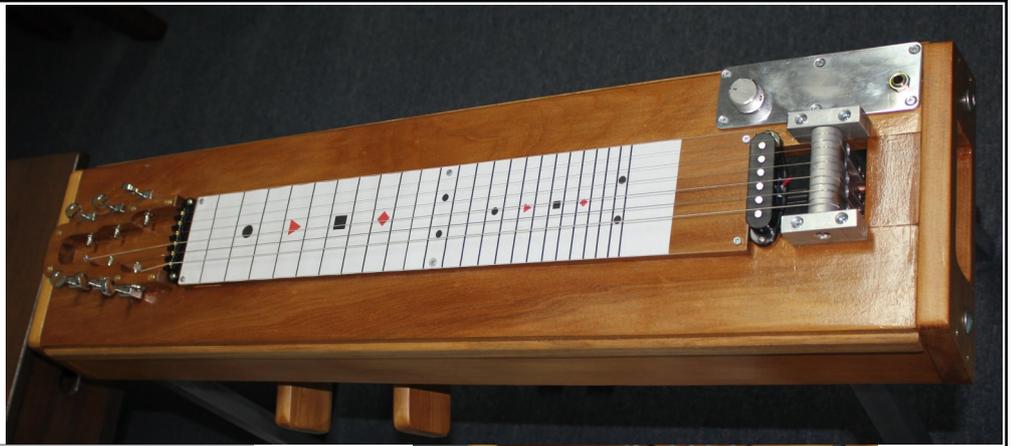
And what have the Shed blokes been up to lately?

This is a sample of the creations from the woodwork shop. Something for the garden, or woodwork meets art.



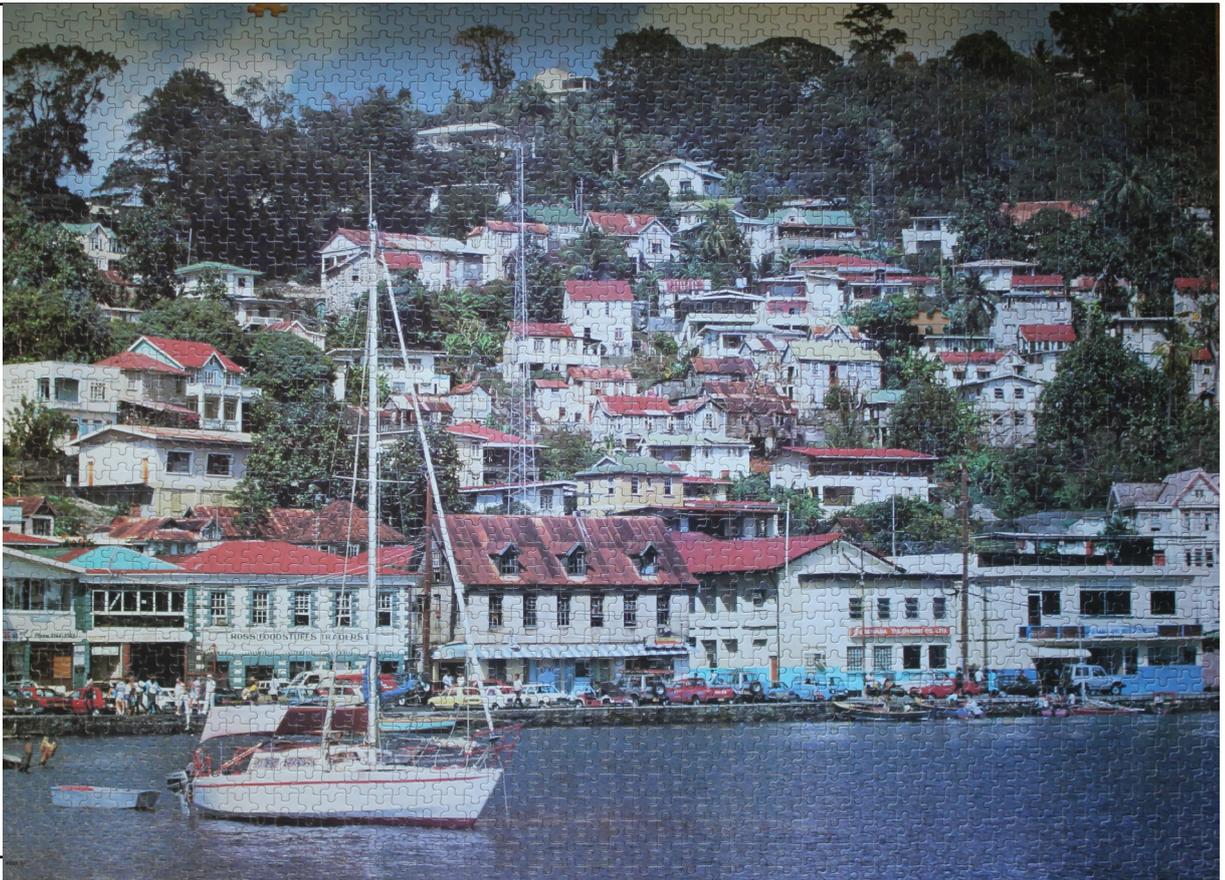
Steel Guitar.

Do you remember the challenge made in the June Shavings newsletter—to build and play a steel guitar. The challenge was accepted and here are pictures of the result. If you were at the August general meeting you would have also heard the excellent sound quality of the instrument.



Puzzling?

You may have noticed Dick working through an array of pieces spread across a table at the shed in recent months. Well it is finally finished and this is the result.



Charles Williams' Glen Innes Shed Visit.

May/June this year on our travels we had a trip through Pilliga bore baths / Long Reach / Cloncurry to Gregory Downs & Burketown in the Gulf, returning via Emerald & Texas on the NSW/ QLD border. On our way home we stopped a couple of



nights in the showgrounds at Glen Innes to find the local men's shed base. Here they have a large well established

workshop with office just inside the front gates. The building is in very good condition & well stocked with some good quality new machinery including panel saw / planer / sanders etc, also a new dust extraction system is about to be installed. There is a mezzanine floor where they have a lot of timber & steel stored over the main workshop. They have another large storage shed

30mt x10mt, about 200mtrs across the other side of the grounds that was assembled by the prisoners of the local prison farm. It was donated to them by the Defence Department. The prisoners worked for food & drink. There are 120 blokes on their books with around 90 paid up members. Their visit fees are the same as our at \$2 & \$1per coffee/tea with the usual sign in/out. They have many local projects including the retirement village, high school, (no Bunnings). Their vehicle is a cab over 1 tonner & a fully enclosed box trailer also a petrol powered golf cart to drive around to the spare shed. On the Monday we were there, there were about 40 guys on site with some very busy & some not?? ALL VERY FRIENDLY MEN. (Woodsie drove us into town so we didn't have to unhitch, he also did the shed tour.



Sex After Death

A couple made a deal that whoever died first would come back and inform them if there is sex after death. Their biggest fear was that there was no after-life at all. After a long life together, the husband was the first to die.

True to his word, he made the first contact:

"Marion ..Marion ..."

"Is that you, Tom?"

"Yes, I've come back like we agreed."

"That's wonderful!....What's it like?"

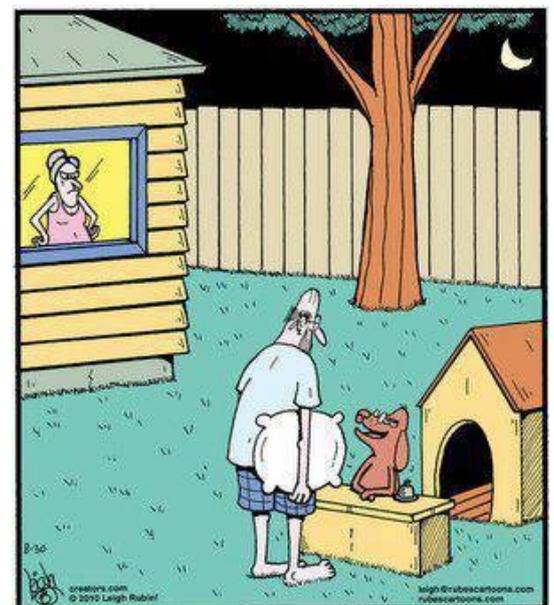
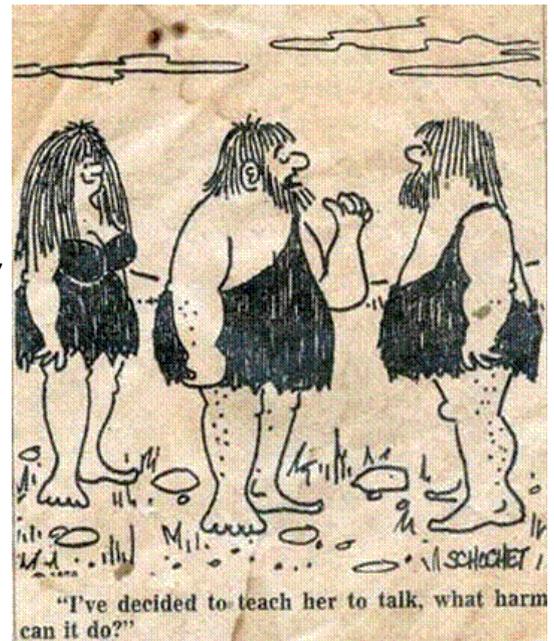
"Well, I get up in the morning, I have sex. I have breakfast and then it's off to the golf course. I have sex again, bathe in the warm sun and then have sex a couple of more times...Then I have lunch...you'd be proud....lots of greens. Another romp around the golf course, then pretty much have sex the rest of the afternoon. After supper, it's back to the golf course again. Then it's more sex until late at night. I catch some much needed sleep and then the next day it starts all over again".

"Oh, Tom! Are you in Heaven?"

"No....I'm a rabbit somewhere near Mildura."

OBE

Doc' said "Silly old bugger, I'm afraid you have o,b,e".
"Sounds serious Doc, it's new to me".
"You're over bloody eighty, pushing eighty three.
"You're not twenty one anymore, not even 41 on the go.
"You're double that, or didn't you even know"?
He was right about the age bit, I lifted a piece of timber,
a piece of cake, then I felt my shoulder tear.
Thought I could lift twice that much, or as much as I
could bear..
But that was many years ago, when I was in my prime.
Now time is racing, I can't keep track of time..
Doc says have to slow down, take a pill for this and that.
Then he takes my blood pressure, writes in on a page.
Hope to have that reading when I reach your age".
Blood tests show everything is fine. heart, kidneys, liver,
prostate as well.
Should live to be one hundred, as far as he can tell.
Even though prognosis is good, he said to take it easy, no
gallivanting around.
"Why not"? I ask, "You said everything is fine and sound".
He said "I meant act your age, don't do anything silly like
lifting heavy wood.
Think of your body when trying things, even though you
think you could.
Act your age, a strange play on words .Does it make you
stop and think.
"Oh migosh, can't do that, on the brink. of old age.
Is it a number or a state of mind.
If you think old, you will be old. That is what you'll find.
Act your age, think of what it means.
If you're over 21, don't act as if in your teens?
If you're over 30, don't act as if you're in your twenties.
The list is endless, if you and you're body feels up to it..
"Do It" ..don't care what others think.
Do what you damned well like, enjoy life before you slip
over the brink..



Volunteers Needed.

Men are needed to assist with the Riverwalk Markets on **Sunday 17 September** starting with setup at 6:45am. Please contact an executive committee member for details if you are available for a couple of hours.