

Maxi Shavings

Laurieton Men's Shed

www.laurietonmensshed.com

Shed Mob: 0491110605

Information Flyer
What's on and when,
and other stuff



No 83
October 2017

Editor: mjbarrow52@gmail.com

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*

September AGM A new committee was elected at the AGM on 19th September.

President: Barry Hume

Vice President: Richard Curry

Secretary: Mike Carroll

Treasurer: John Denyer

Members: Graham King, Brian Wood & Michael Pearson

Check out the shed web site for information regarding all aspects of your shed. If you don't find what you're looking for, contact one of the Committee members above.

The Committee is planning future capital expenditure and is seeking suggestions from members. They are preparing a list of various machines and facilities for both workshops and recreational areas. If there is anything you think would benefit our members please let the Committee know.

The Committee is also looking to expand the social aspects of our shed. If you have any ideas for **social outings**, please mention them to a Committee member, or raise them at the monthly meetings.

At previous shed meetings you may have seen a shed member present a story of their career, a project, or other activities they have been involved with - a sort of **DIY This is Your Life**. You don't need to be a superstar to talk about your life experiences. You might not think your life has been particularly interesting, but you could be surprised how talking about it can open up social connections with other members. You don't need to prepare a computer presentation, although it may help (if the technology works). Just a few artefacts can make your story more interesting. If you would like to have a go, talk to the Committee to arrange a date.

RIVERWALK Markets on Sunday 15th October. Helpers needed. Contact Brian Wood for details.

October monthly meeting. Tuesday 17th October at 10:30am. Please try and make it as members' views are needed on different happenings around your Men's Shed. Stick around afterwards for a light lunch and chat.

Saturday 28th October will be a busy day for Shedders with the following two events:

KENDALL COMMUNITY PRE-SCHOOL Fundraising BBQ Saturday 28th October 9am to 1.00pm.
Contact Mike Carroll 0488 048 628, if you can help.

THE MONSTER GARAGE SALE at THE SHED, also on Saturday 28th October from 7:00am. Captains are John Denyer & Brian Wood. Let them know if you can help on the day, or just come along and find yourself a bargain. Donations of saleable items for the Garage Sale will be gratefully accepted.

And what have the Shed blokes been up to lately?

Laurieton Men's Shed members Steve Constantine, Stan Barron and John Denyer put in a big effort on their feet overseeing the parking of cars on the school oval the North Haven School fete on Sunday September 17th. This work helped the school to run a successful fete and raise considerable funds for their school.

Health Warning—Shingles.

1 in 3 adults may develop shingles in their lifetime and the risk of developing shingles increases with age, particularly over the age of 70.

In fact, 97% of adults have the virus that causes shingles within them and there is no way to predict who will develop shingles, when or how severe it will be.

Most people with shingles develop a painful rash, which usually appears as a band or belt on one side of their body. Shingles pain can be described as excruciating, burning, throbbing and stabbing and can disrupt sleep, mood and everyday life. The most common complication is long term nerve pain, which may last for months, even years. Nerve pain can occur in up to one in five people with shingles. There is also a risk of other complications; if shingles affects the eye, loss of vision is possible and in the first 6 months after shingles, the risk of stroke is increased.

If you are 70 years or older you should speak to your doctor about shingles, because you are at a higher risk over the age of 70 and the risk continues to increase as you age.



There has been a distinct medical theme to many of the contributions for Shavings lately.

My Recent Knee Surgery.

The surgery went well. My first knee x-ray highlighted the problem right away. One knee didn't have enough cartilage and had to be replaced.

Mine must have been a very unusual case because every nurse at the hospital had to come take a look at the x-rays.

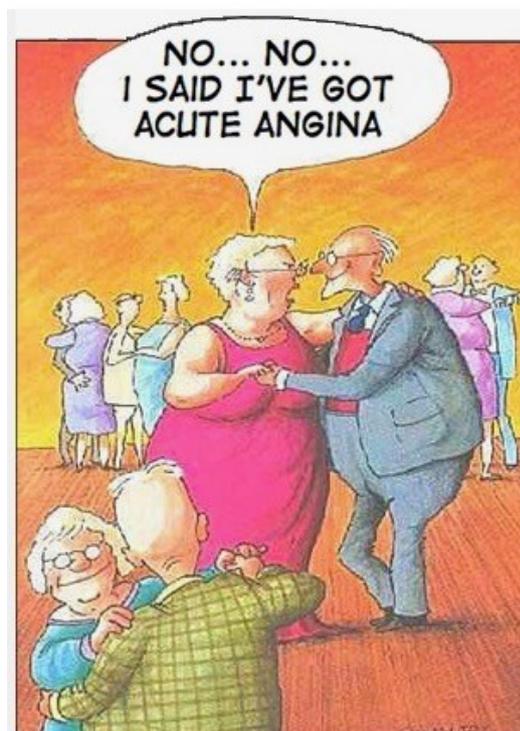
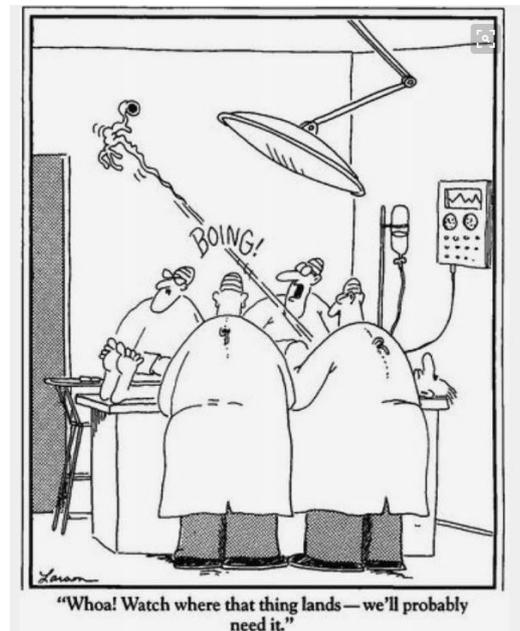
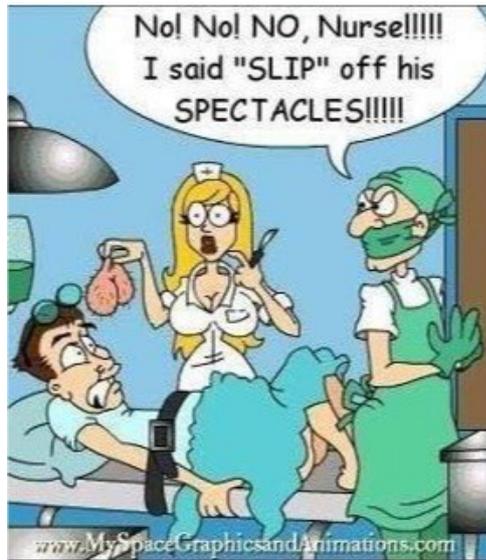
They started bringing me extra trays of food, milk shakes, and boxes of chocolates. They even left their phone numbers so I called them back to thank them.

They were all so nice. They wanted to help me at home with my recovery. One even said she'd move in until I could get back on my feet.

I'm a lucky man.



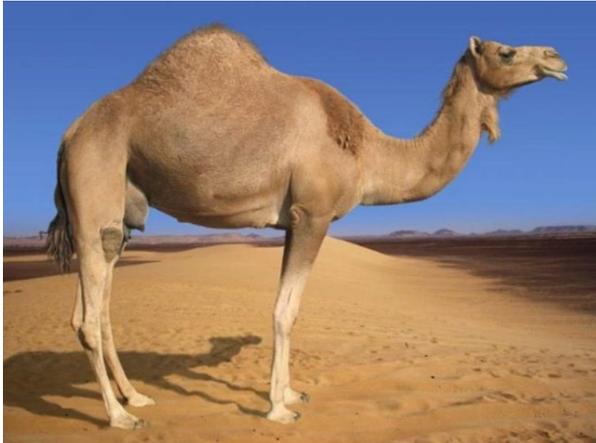
Every damn nurse had to come in and look over my X-ray. It was like none of them had ever seen a knee replacement before.



Once upon a time there was a very handsome male camel named Alfred with two huge camel humps.



He fell in love and married a beautiful female camel named Marie, who had one perfect camel hump and beautiful lips.



As time progressed, they became the proud parents of a wonderful baby boy camel born with no humps.



They contemplated long and hard on what to call their beautiful little boy. They finally decided on.....Are you ready for this....

Humpfree.

A farmer went to a local bar and ordered a glass of champagne.

The woman sitting next to him said, 'How about that? I just ordered champagne too!'

'What a coincidence' the farmer said. 'This is a special day for me. I'm celebrating.'

This is a special day for me too, I am also celebrating,' said the woman.'

'What a coincidence!' said the farmer. As they clinked glasses he added: 'What are you celebrating?'

'My husband and I have been trying to have a child and today my gynaecologist told me that I am pregnant!'

'What a coincidence!' said the man. 'I'm a chicken farmer and all last year my hens were infertile, but today they are all laying eggs again.'

'That's great!' said the woman, 'How did your chickens become fertile?'

'I used a different cock,' he replied.

The woman smiled, clinked his glass and said 'what a coincidence!'



An elderly man is stopped by the police around 2 a.m. and is asked where he is going at this time of night.

The man replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asks, "Really? Who is giving that lecture at this time of night?"

The man replies, "That would be my wife."