

Shavings

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Vision Statement: The Laurieton Men's Shed aims to be the venue of choice for men of all ages in the local community; to share their interests, skills and ideals in a spirit of mateship and a place to benefit their health through participation in a variety of activities with a sense of belonging.

COVID Awareness. It's still around, but now has similar status to the Flu we have been living with all our lives.

If you're unwell with anything, please stay away from the shed.

Happenings Around Your Shed.

OPEN HOURS

The trial social mornings on Fridays have not been popular with members. Consequently, the management committee has decided to close the shed on Fridays - EXCEPT FOR THE MONTHLY P&C DAYS.

JULY P&C

The July P&C day will be on 26th July to avoid conflict with setup for the Garage Sale.

RFS Storage Lockers.

Job completed. Brian checks the locks before delivery to RFS.



VALE

The following members and ex-members have passed away in the first six months of 2024. Peter Hanley, Ian Jessop, Laurie Orchard, Ronald Allen, Leslie Gould, Michael Kirkham, Russell Taylor.

P&C 27 June.

Pizza day for the Choir.

Pictures tell all.



Not Just Pizzas



Topping



Cooking



Cutting



Delivery

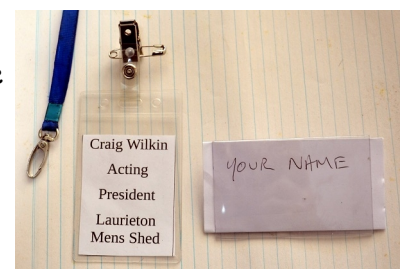
TONKA Toys.

Jon Holmes is searching for unwanted Tonka Toys to be restored for disadvantaged kids.

Most Aussie families would have had a couple at some time. Best places to find them: in the backyard shed, under the house, in the garage, bottom of the toy box, buried in the sand pit. If you have any lying around, and your kids /grandkids /great grandkids have outgrown them, please contact Jon.

Name Tags.

Folks can we please wear name tags, if you don't have one let the committee know and we will organise one for you. We have different styles, clips, pins and lanyards, hopefully one will suit.



Jobs To Do.

Anyone interested in doing any of the following jobs:

- Framing two paintings - indigenous dot art.
- Building raised garden beds from fence palings. No floor 1200 x 600 x 400h.
- Making wooden handles from hardwood dowel. 110mm long with rounded ends and a 6mm hole through the middle.

Contact Craig Wilkie at the shed Mondays and Wednesdays, or email craig@wilkydiney.io.au.

Coming Events

July Monthly Meeting – 10:30am Tuesday 16th July.
At the shed – 164 Diamond Head Road Dunbogan.

LMS MONSTER GARAGE SALE

SATURDAY 20TH AND SUNDAY 21ST JULY **Note change of dates.**

8:00am – 2:00pm both days.S

P&C Friday 26th July from 12:30pm

A week later than usual due to the Garage Sale.

Choir – Tuesdays 9:00am.

With a few extra rehearsals, performance with the karaoke system continues to improve.
New singers needed. Contact Graham King for details.

Computer Group.

Computer and Mobile Phone help is now available on Wednesdays with John, and Thursdays with Mike, (9am-12noon). Help is available with technology issues in mobile phones, tablets, laptop and desktop PCs.

Writing Group.

Thursday mornings 10:00am – 12:00noon. Tony Robinson provides assistance to members wishing to document their memoirs, or need help with other literary works.

Are Electric Vehicles the solution?

So when these Electric Car's batteries overheat and burst into flames, is it still considered a zero emissions car?
Asking for a friend.



Medical Advice.

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that's it... Don't waste time on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it's like saying you extend life of a car by driving faster. Want to live longer? - Take nap.

Q: Should I reduce my alcohol intake?

A: Oh no. Wine made from fruit. Fruit very good. Brandy distilled wine, that means they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Grain good too. - Bottoms up!

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of one, sorry. My philosophy: No pain...very good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food fried in vegetable oil. How can getting more vegetable be bad?

Q: Is chocolate bad for me?

A: You crazy?!? HEL-LO-O-O!! Cocoa bean! Another vegetable! It best feel-good food around.

Q: Is swimming good for your figure?

A: If swimming good for figure, explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is also shape!

Well... I hope this has cleared up any misconceptions you may have had about food and diets. And remember:

Finally, the Japanese Doctor summed up: Look mister, Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Beer in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride my life was"!!!!

Eat whatever you like because you will still DIE, don't allow motivational speakers to deceive you.

1. The inventor of the treadmill died at the age of 54.
2. The inventor of gymnastics died at the age of 57.
3. The world bodybuilding champion died at the age of 41.
4. The best footballer in the world Maradona died at the age of 60.

BUT

5. The KFC inventor died at 94.
6. Inventor of Nutella brand died at the age of 88.
7. Imagine, cigarette maker Winston died at the age of 102.
8. The inventor of opium died at the age of 116 in an earthquake.
9. Hennessy Cognac inventor died at 98.

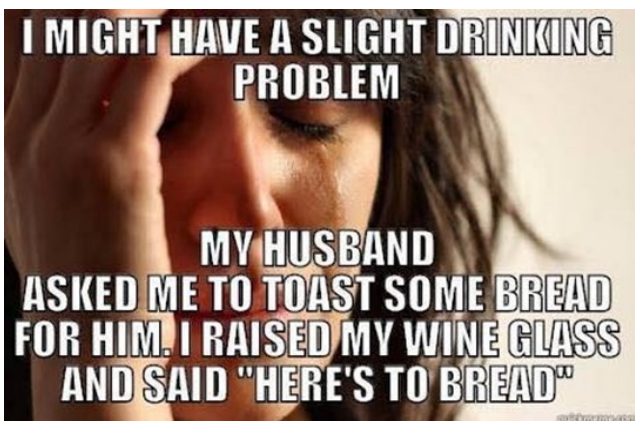
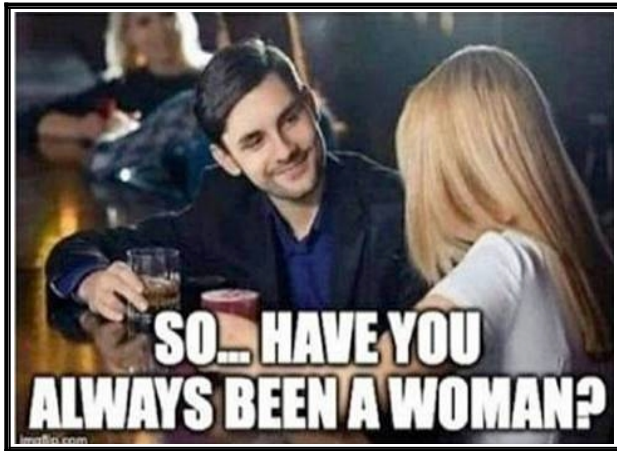
How did these doctors come to the conclusion that exercise prolongs life?

The rabbit is always jumping up and down but it lives for only 2 years and the turtle that doesn't exercise at all, lives 400 years.

So, take some rest, Chill, stay cool, eat, drink and enjoy your life.

For a Laugh.

WARNING - Items on this page might offend some readers.



I hate when Doctors asks questions like. Are you sexually active? Depends on what you mean by "active". There are plenty of "active" volcanoes that haven't gone off in over 50 years.

