



www.laurietonmenshed.com

Shed Phone: 5519 8019

The Editor: kamaru@spin.net.au

Our 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.

Have you marked 15th April, for the next General Meeting. Get up to date on what is happening around your Shed, and what is in the pipeline. And we should have a 'chat' from Chat, as guest speaker. Are you able to consider being one of the volunteer drivers for the Queens Lake Village bus trips. A great service and the Shed is paid. Talk to Sec. Phillip to find out more. And of course, we all wear our name badges ???



Don't FORGET! 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 outside the front door. And your \$2 coin in the tin, helps cover your electricity, Insurance, coffee 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. you too could join our "over 90's club".

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

Want to have some fun?? Run the raffles at LUSC. Good fun, money for the Shed. Talk to Richard.

It's almost 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 the maximum clean heat. (We sell wood by the bag)



New mobile For Seniors!



My super power is holding onto junk for years and then throwing it away a week before I need it



"It's only when you see a mosquito landing on your nose that you realise that there is always a way to solve problems without using violence."

