



Shed Torque

The Official Newsletter of the Mount Beauty & District Men's Shed

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Greetings!

G'Day All.

Yes, it's been a while since the last News Letter as so many of our "Shedders" have headed north to warmer climes including me! "Her indoors", "She who must be obeyed", "The better half" reminded me of our baby-sitting obligations at this time of the year so we went north.

First for a week of R&R in Cairns to a small beach location called Trinity Beach to put our feet up and relax, preparing ourselves for the upcoming event. We then caught the train down south to Townsville (never again!).

Everyone was so glad to see the arrival of Granny & Pa! The grand kids because they got to cook with Granny, the daughter and son-in-law because they got to say goodbye to the kids in the morning when they went to work and goodnight to them shortly after they arrived home.

Then it hit the fan! Granny fell ill with asthma and a chest infection and the dog died! Great start. 😞 Anyway, I'm sure those caravanning, camping and sailing up north had a much better time as they haven't returned home yet!

In the meantime the Shed was kept open by a skeleton core of members with no shortage of work and projects to keep them busy.

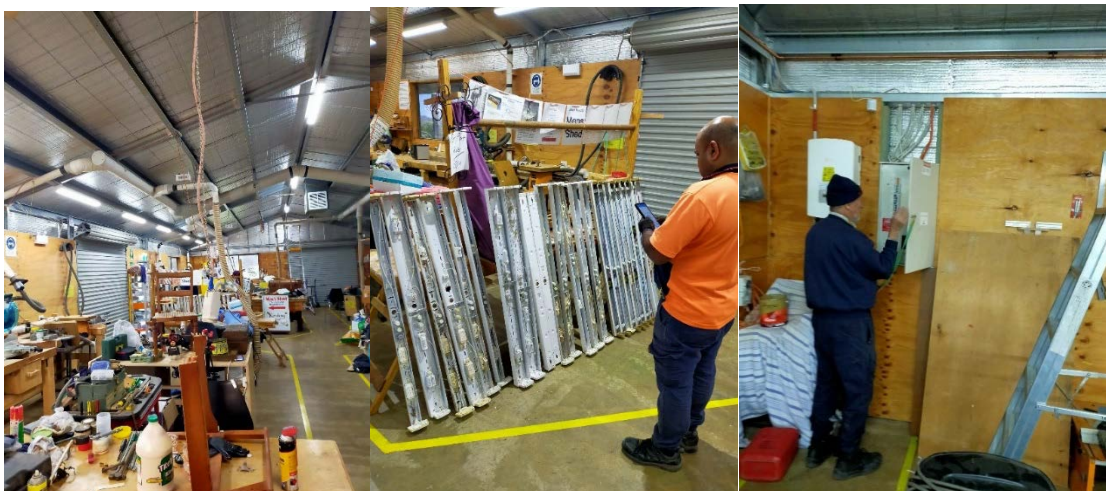
Arriving back to Albury and the subsequent drive home along the Kiewa Valley Hwy at 9:00 pm, it was good to see the locals have taken advantage of the poor condition of our roads.

Coming soon to a street near you!

Street golf



Have you all noticed how much brighter it is in the Shed now? Walked in the other day to find all our **fluro-lighting** had been replaced by **LED tubes**. All this was done at no cost to the Shed!



Culinary Corner

Found some great meal suggestions whilst up north but definitely not for vegetarians.



Follow me for more vegetarian recipes



Oh look plant based meatballs



When you order your steak well-done

ENJOYING RETIREMENT

Why Like Retirement?

Those of you who have not retired yet can see why we love it! We're sure you can relate to some of these points! If you have not yet retired, look what you have to look forward to.

Q: How many days in a week?

A: Six Saturdays and One Sunday.

Q: When is a retiree's bedtime?

A: Three hours after he falls asleep on the couch.

Q: How many retirees to change a light bulb?

A: Only one, but it might take all day.

Q: What's the biggest gripe of retirees?

A: There is not enough time to get everything done.

Q: Why don't retirees mind being called Seniors?

A: The term comes with a 10% percent discount.

Q: Among retirees what is considered formal attire?

A: Tied shoes.

Q: Why do retirees count pennies?

A: They are the only ones who have the time.

Q: What do retirees call a long lunch?

A: Normal

Q: What is the best way to describe retirement?

A: The never ending Coffee Break.

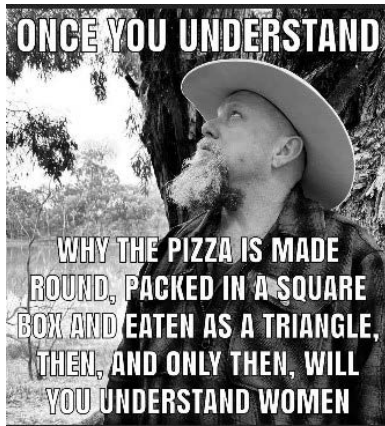
Q: What do you do all week?

A: Monday to Friday - Nothing, Saturday & Sunday I rest.

Warwick's Work Corner.

Warwick was one of our members who didn't track north and has been flat out repairing chairs, making planter boxes, herb gardens and a coffee table from an old steamer trunk. I don't think he made and fitted the door shown bottom right!





Humour

A policeman was rushed to the hospital with an inflamed appendix.

The doctors operated and advised him that all was well, however, the policeman kept feeling something pulling at the hairs in his crotch.

Worried that it might be a second surgery and the doctors hadn't told him about it, he finally got enough energy to pull his hospital gown up enough so he could look at what was making him so uncomfortable.

Taped firmly across his pubic hair and private parts were three wide strips of adhesive tape, the kind that doesn't come off easily --- if at all.

Written on the tape in large black letters was the sentence, "Get well soon, from the nurse in the Ford Focus you gave a speeding ticket to last week."

Back in the early 1400's, chess became super popular in a European community. There was a certain group of people in particular who were especially enthusiastic about the game. They meet up to play chess with each other at every opportunity.

Eventually, this obsession with playing chess caught the attention of the church leaders who noticed that this group of people were skipping church to play chess instead. This was seen as blasphemous, and they were ordered to stop immediately.

Unfortunately, the draw of the game proved too strong for these chess aficionados and after continuing to defy the church, they were arrested and tried for heresy. They were found guilty and sentenced to be burned at the stake.

This public execution, held in the town square, became the first recorded incident of chess nuts roasting on an open fire.

Dolly and Ruby were talking about their grandkids. Dolly said "Each year I send each of my grandkids a card with a generous cheque inside. I never get a thank you message from any of them".

Ruby replies "I send my grandkids a generous cheque too. I hear from them within a week. In fact, they each pay me a personal visit".

"Wow! How come?" remarked Dolly.

"Simple, I don't sign the cheque."

On a serious note.....



Learn the F.A.S.T. signs of stroke

Face	Has it drooped?
Arms	Can they lift both?
Speech	Is it slurred?
Time	is critical! Call triple zero (000).

Act FAST and you could save a life.

More Kindling

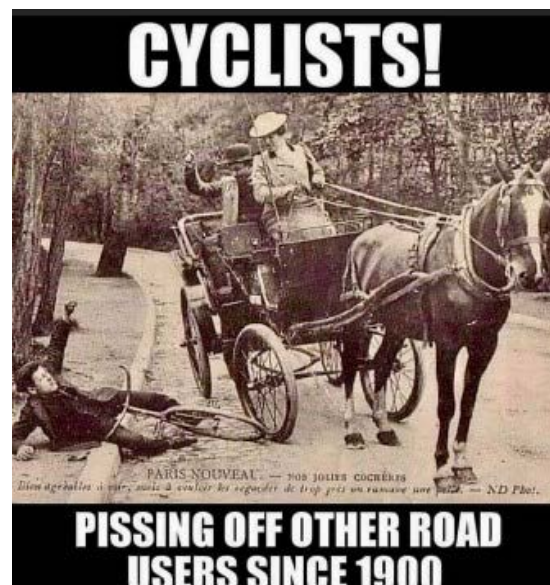
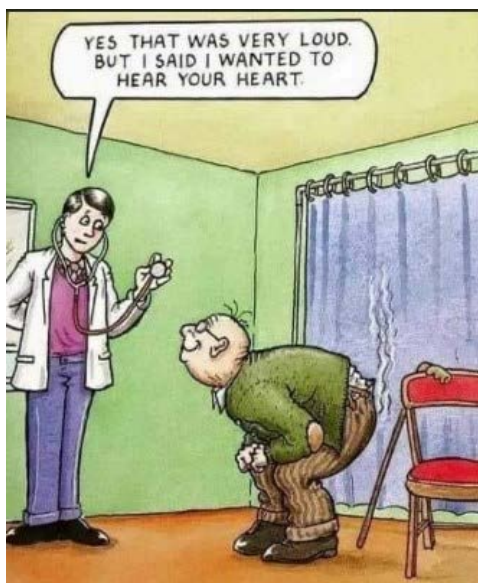
A big thankyou to *Paul L'H*, *Henry Z* and *Peter D* for their efforts in demolishing a clients shed and rescuing more weatherboards for kindling. *We are averaging sales of 10-15 bags over the two work days per week this winter.*



Groups of Americans were traveling by tour bus through Switzerland . As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that goat's milk was used. She showed the group a lovely hillside where many goats were grazing.

“These,” she explained, “are the older goats put out to pasture when they no longer produce.” She then asked, “What do you do in America with your old goats?”

A spry old gentleman answered, “They send us on bus tours!”



The Forge is finished!

Standing proudly besides the new forge is *Les B* who, together with *Mal D* have designed and built the Sheds latest creation.....The Forge! It is currently being used to create fireside tools for the home for the Shed to sell. The boys have worked long and hard to create this tool for the Shed and must be congratulated. I understand that, with more practice, Les and Mal intend to branch out into farrier work and service the UKV horse shoeing needs. 😊 It's a very popular work location on these winter mornings.





Aeronautical Humour



Easy Rider – UKV Style



Monthly BBQ - Friday 18th August

We have local physiotherapist **Gregor McLennan** (*Kiewa Valley & Spinal Physiotherapy*) as our guest speaker. Gregor's topic is '**Backs**'. Don't miss it!

- **Date:** Friday 18th August
- **Time:** 12 noon for a sit down lunch.
- **Cost:** \$7.00
- **Location:** Men's Shed 2 Tennis Court Ave Mount Beauty

Mark Hardidge and his team will be preparing the usual feast so please attend to support their efforts.

The BBQ is a great opportunity to introduce a friend to the Shed.

Editor

Well, that's all for this edition. I know, not as verbose as previous editions but, hopefully, when our migrants return from their interstate sojourns, they will submit articles, photos and stories of their travels.

A recent trip to Albury has allowed me to update the report on the condition of the KV Highway. Whilst still in poor condition for a state funded highway, there were signs of improvement with many potholes "patched" and some small sections resurfaced. This does not mean that we can be complacent and reduce the attention we have been giving to avoid bad sections as there are still many sections requiring attention from road crews. "Patched" potholes are redeveloping as quickly as they have been "fixed" and will require more than a couple of shovels of hot mix.

The dates to watch for:

- 21st August **Committee Meeting**.
- 5th October North East Sheds **Cluster Meeting** hosted by our Shed.
- 16th October **VMSA Annual Meeting** to be held in Melbourne.

Bye for now.

*Cheers,
Mark H...*