

Weekly Newsletter for the 14th July 2025

Our Purpose - To Sustain or Enhance Members' Mental Health and Wellbeing.

Read the whole newsletter before clicking any links. Otherwise you could get lost and miss out on some vital information.







Our electronics wizards get plenty of challenges these days.

The latest was a Dolls house that needed a complete new set of lighting. Alan Simpson loves a challenge, so after declaring the existing lighting unreparable a completely new set of lighting was sourced and installed using his trusty soldering iron and a ton of patience. Alan even used his 3D printer skills to produce some missing cabinetry. Some little person (or maybe a big person with lots of memories) will have many hours of fun, to look forward to

Speakers Corner

Replay of Presentation CLICK HERE

De-mystifying Ai

"Seductively Smart, Occasionally Clueless"

By John Tattersall (Mr AI for short!)

Our Shed Muso's got dressed up for John's surprise

(his special moment!)

Listen to the Ai Version of the Mens Shed Song HERE or click the pic



Next Speaker

Tuesday 22nd of July at 10.30am

(Morning Tea will be early at 10.15 am because there is a

GC meeting to follow.)

"Making Sense of Your Medicines -

Practical Advice from Your Local Pharmacist"



Pranto Rahman, Pharmacist, Manager, and co-owner of Unichem Lunn Ave Pharmacy, will join us for a down-to-earth session on how to get the most from your medications.

Bring your questions — and your curiosity."



Hide Your Joints with a Biscuit Joiner

CLICK HERE or the pic





2025 - 2026 subscriptions Due Now:

Payment by bank deposit please.

It is now nearly two years since we

changed our account from Westpac to ASB

Some members are still paying Westpac -

we are about to close the Westpac bank account

PLEASE PAY YOUR SUBSCRIPTION into the ASB Account

ASB 123618 0064616 00

(The ASB account number is also on the subs invoice)

The Governance Committee (GC)

MEETS Tuesday 22nd July.

NEXT BARBECUE

Friday 25th July at midday

Join US!



Your Prostate Cancer Toolkit

Early Detection can mean a Better Outcome!

Keep your eyes open for Symptoms

Expert information and resources. <u>CLICK HERE or the picture</u>

SUPPORTING YOUR HEALTH AND WELLBEING

Prostate cancer support, services and information



Partners, Families & Carers



Support Groups



Health & Wellbeing



Nursin

Time for an AUSSIE BREAK?

Their sheddies use this site for an amazing deal.....

TRAVEL AUCTIONS

See more & pay less! Your next holiday is just a bid aw







Since 1992, Travel Auctions has sent over a million people on shortstay holidays in Cabins on the coast, B&Bs in the outback, houseboats on the river,

and everything in between...for the price you want to pay.

Go Here or click the image for more information

FOR SALE in the Shed

Lawnmower



Peavey Electric Guitar



Talk to Douglas Ormrod.

Any reasonable offer accepted.

(Funds used to pay the power bill!)



I'm going to retire and live off my savings –

what I'll do for the second month I have no idea?

An American footballer said -

I've never had knee surgery on any other part of my body

Your family support payments were stopped on 30th June,

because we have been notified you passed away.

May God bless you.

You may reapply if there is a change in your circumstances :-((

I bought a bag of air today

at the end of it there were a few crisps!

OSHKOSH AIRVENTURE 2025

Starts next week

Click the pictures to **ENJOY** the Videos.



Biggest Airshow of its type in the world.

2024 AirVenture Statistics



Total attendance: Approximately 686,000—the largest in history, Total aircraft arrivals: Over 10,000 aircraft flew into Oshkosh and surrounding airports At Wittman Regional Airport alone, 16,780 aircraft operations occurred over 11 days—

averaging ~113 takeoffs/landings per hour

Showplanes on display: 2,846 total,

Camping: Over 15,000 campsites hosting more than 40,000 campers



Exhibitors: 861 commercial exhibitors—a record Forums & workshops: More than 1,600 sessions at 65 venues Volunteers: Nearly 6,000 volunteers, contributing over 250,000 hours Media presence: 836 media representatives from six continents International participation: 2,581 registered international guests from 98 countries Economic impact: Estimated US \$170 million in the Oshkosh regional economy



Another great Video below



Our Shed is open Monday to Saturday 9am till midday

and on Tuesday afternoon till 3pm

IT WILL BE A GREAT WEEK IF YOU MAKE IT SO

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