



Indooroopilly Men's Shed Inc. 60A Stamford Road, P.O Box 74, Indooroopilly Q 4068.

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## Indro Schedule

MARCH 2024 W3

Sunday 17 St Paddy's Day	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Sunrise 5:49am 92° ESE          Noon 12:00 0°N Azth 64°	6:00am Outdoor Walkers St Lucia	8am Indoor Walkers Indro Shop/Centre    10am to noon Coffee and Chat	6:00am Outdoor Walkers Graceville   9am to 11am Members Meeting followed by Guest Speaker	8am Indoor Walkers Indro Shop/Centre   10am to 12noon Shedflix The Hitman's Bodyguard	6:00am Outdoor Walkers Chapel Hill   10am to 12.15pm Ukulele Group. Venue - Scout Den Kenmore
Sunset 6:03pm 268° WSW	1pm to 4pm Bicycle Maintenance   1:00 to 4:00pm Woodturning with Garth	12 noon to 5pm Woodworking & own projects	1pm to 5pm. Bicycle Maintenance	12noon to 5pm. Woodworking & own projects   1:00 to 4:00pm Woodturning with Bruno	1.30pm to 2.30pm Yoga Anglican Church Hall, Lambert - Fairley St

Activity Co-ordinators	
<b>Bicycle Maintenance:</b> Alan Baker, <a href="mailto:imshedbikes@gmail.com">imshedbikes@gmail.com</a> <b>Book Club:</b> Garth Forster, <a href="mailto:IMSbibliophiles@gmail.com">IMSbibliophiles@gmail.com</a> <b>Computers:</b> Burt Beasley, <a href="mailto:burt.beasley@gmail.com">burt.beasley@gmail.com</a> <b>Drawing:</b> Des Derrington, <a href="mailto:paogong@hotmail.com">paogong@hotmail.com</a> <b>Guest Speakers:</b> Pieter Scheelings, <a href="mailto:pier_scheelings@yahoo.com.au">pier_scheelings@yahoo.com.au</a> <b>Metalwork:</b> Rob Webb, <a href="mailto:8rwebb@gmail.com">8rwebb@gmail.com</a> <b>Chat &amp; Discussion Groups:</b> Peter Murrell <a href="mailto:pmurrell@inet.net.au">pmurrell@inet.net.au</a>	<b>Movie Club/Shed Flix:</b> Chris Walker <a href="mailto:c.walker2@optusnet.com.au">c.walker2@optusnet.com.au</a> <b>Ukulele:</b> Bob Barker, <a href="mailto:indiukes@gmail.com">indiukes@gmail.com</a> <b>Outdoor Walking:</b> Les de Kretser, <a href="mailto:les@dekwright.com.au">les@dekwright.com.au</a> <b>Indoor Walking:</b> Malcolm Halket <a href="mailto:halket.malcolm@gmail.com">halket.malcolm@gmail.com</a> <b>Woodturning:</b> Garth Forster, <a href="mailto:imswoodworking@gmail.com">imswoodworking@gmail.com</a> Bruno Pinese, <a href="mailto:bruno.pinese29@gmail.com">bruno.pinese29@gmail.com</a> <b>Workshop Manager:</b> Alan Harrison <a href="mailto:harrisonplumbing@internode.on.net">harrisonplumbing@internode.on.net</a> <b>Yoga:</b> Larry Whitehead, <a href="mailto:larry.whitehead@bigpond.com">larry.whitehead@bigpond.com</a>

Submissions for the Newsletters please send to Geoff Webb [geoff.webb@indroshed.org.au](mailto:geoff.webb@indroshed.org.au)

**Members Meeting: Wed 20<sup>th</sup> March @ 9:00am followed by our guest speaker;**

## **Michelle Ryan from Niagara Therapy**

Niagara Therapy is a revolutionary medical therapy that has transformed the lives of countless individuals. As a registered Class IIA therapy with the Australian Therapeutic Goods, we are proud to offer a safe and effective solution for various health concerns.

Through extensive clinical research and rigorous testing, we have proven that our therapy delivers exceptional results. By enhancing blood flow in specific areas, Niagara Therapy promotes improved circulation, which is crucial for overall health and wellbeing. This not only helps in reducing swelling, both lymphatic and vascular, but also aids in joint mobility, providing much-needed relief for individuals suffering from arthritis and other inflammatory conditions.

One of the key advantages of Niagara Therapy is its ability to accelerate the healing process. By promoting better circulation, our therapy supports the natural healing mechanisms of the body, making it particularly beneficial for individuals with wounds that require improved circulation for proper recovery.

Our therapy has garnered recognition and trust from medical professionals, hospitals, Olympic athletes, and even the Australian Defence Force. This speaks volumes about the effectiveness and reliability of our treatment.

At Niagara Therapy, we are passionate about improving the quality of life for individuals dealing with various health challenges. Whether it's managing inflammatory conditions, addressing mobility issues, or dealing with complications related to diabetes, our therapy offers a holistic and non-invasive approach to better health.

Discover the transformative power of Niagara Therapy and experience the numerous health benefits it has to offer. Take the first step towards a healthier, happier life today.

Michelle  
0478 020 434

## **Bike News**

Robin and the R&D team from the bike group sent in this impressive video.  
I suspect there would be a considerable market for these bikes.

<https://t.co/HzPV0QjjHP>

It's my first week working at the bicycle factory..  
...and they've already made me a spokesperson.

I keep falling off my bike and injuring myself.  
It's a really vicious cycle.

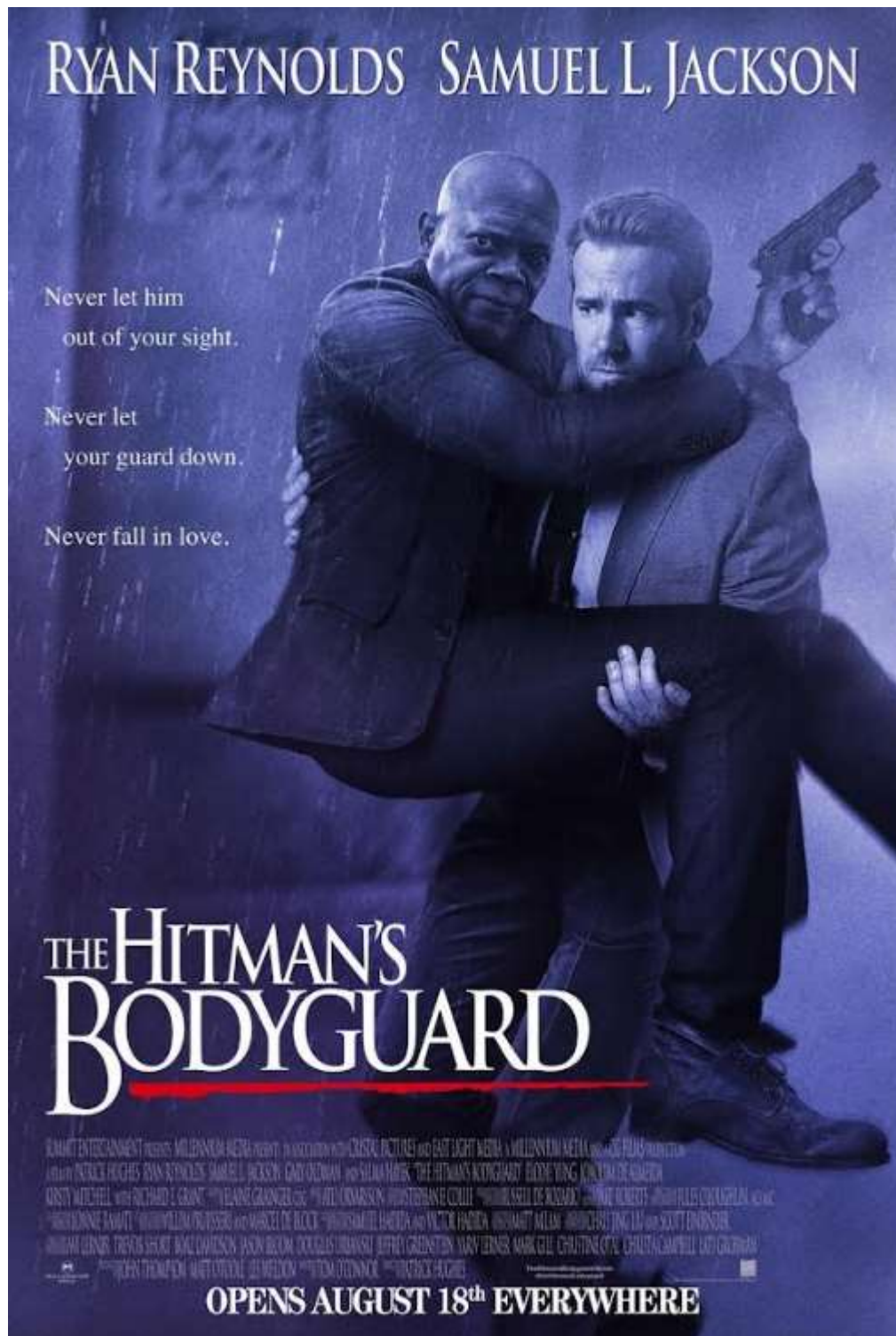
## Shedflix Thursday @ 10am

Proudly re-celebrating the re-election of Putin...

### The Hitman's Bodyguard (2017)

One of the world's top bodyguards gets a new client, a world class hitman who must testify at the International Criminal Court.

6.9/10 (245,762)



# Moggill Road Corridor Upgrade Project - Stage 1

March 2024 update – Moggill Road traffic switch (inbound)

## WHAT WORKS ARE COMING UP?

Coming from the western suburbs you will notice significant traffic changes to Moggill Road from early March.

## WHERE WILL THE WORKS BE?

Please see the map to show the upcoming traffic arrangements.

## HOW MIGHT THIS WORK IMPACT ME?

### Traffic Changes

If you are heading towards Brisbane City (inbound) you must keep left after Station Road intersection.

If you are planning to turn right into Coonan Street you must keep right after Station Road intersection.

You will no longer be able to turn left towards the city at the temporary signaled intersection. Anyone who misses the turn off to the city will be able to U-turn at Belgrave Rd and Allwood Street.

For residents of the service road previously using Nelson Parade, access will now be via Moggill Road.

There will be reduced speed limits, lane closures, changes to traffic flow and short-term traffic disruptions.





## Lithium Batteries

Member David Silcox shared this video about the fire dangers of Lithium Batteries. Once these type of batteries start to burn they cannot be extinguished, adding water just makes the flames bigger. Proceed with caution.

<https://www.youtube.com/watch?v=yGDkiUAwxRs>

## Who Knew?



## Seeing you coming (with 20/20 Hindsight)



**Looking up at dusk in Taringa... Call that a Flying Fox? This is a FLYING FOX!**

In 2020, a resident in the Philippines entered his garage only to find this bat hanging there. Known as Flying Foxes, these creatures boast a wingspan of almost 6 feet, making them the largest bats on the planet.



## And finally for this week

Anyone you recognize?



...just missing the ketchup...

### We return to our weakly mirth and frivolity wrap-up

He was very cheap and brought me the best cup of coffee.  
Unfortunately we lost the case.  
He told me next time hire a barrister and not a barista.

I kept having nightmares about the Genie and Simba.  
The doctor said I was just having Disney spells.

The cashier told me "Strip down facing me."  
By the time I realized they were referring to the debit card it was too late.

I failed my driver's test today.  
The instructor asked me What do you do at a red light?  
I said I usually check my emails and see what people are up to on Twitter.

So you're telling me that when a baby crawls across the floor for its bottle it's cute, but when I do it,  
I need an intervention?

A pessimist sees a dark tunnel.  
An optimist sees light at the end of the tunnel.  
A realist sees a freight train.  
The train driver sees three idiots standing on the track.

Anyone know how to fix a harpsichord?  
Mine's baroque.

A programmer was arrested for writing unreadable code  
He refused to comment

I know a lot of jokes about unemployed people...  
but none of them work.

I was having trouble with my computer at work so I called IT support...  
He said, Have you tried disabling cookies?  
I said, Well, I once bit the legs off a gingerbread man?

I'm a bit worried about the snake that ate the Meccano set.  
Apparently he's now a boa constructor.

Q: What do you call a Satanist who only eats low-carb pizza?  
The anti-crust.

I ordered a new sail for my boat, but realized I'd made a mistake.  
When I called to change the order, the person that answered said:  
"Sorry, that sail has shipped."

My wife's leaving me because she thinks I'm obsessed with astronomy.  
What planet is she on?

My wife left a note on the fridge: this is not working, I'm going to my mom's house.  
I opened the fridge door, the light was on, the beer was cold.  
What the hell did she mean?

What did Spartacus say when the lion ate his wife?  
Nothing, he was gladiator.

When I die I want my ashes placed into an hourglass for my family.  
So they can check on me time after time.

Young Guy to Old Guy: Excuse me, sir, but why do you have a suppository stuck in your ear?  
Old Guy: Well, I'm not sure, but now I think I know where my hearing aid is.