

FARM GATE NEWS

Written & Published By

GRANT
SHEDS™

JAN - FEB 2017

A BI-MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN YOU

Wise Grower Branching Into
**LUCRATIVE ASIAN
MARKETS** P5

**YOUR FARM SHED
SOLUTIONS** P7

WARNING
**Beat The Latest
Steel Price Rise**
It's the Second in Just 4 months!
**Order Before Feb 28th
TO SAVE**



Sixth-generation SA Cherry grower, Tony Hannaford is working hard to expand into untapped export markets. Story on page 5.

AUSSIE BLOKES SOLUTIONS
To everyday Problems P8

What Makes Country Life So Good?

**SEE YOU AT THE
FIELD DAY**

South East Field Days
March 18-19th

COMMUNITY

Another Adorable Grandchild



Our daughter Melanie and her hubby Matt welcomed their 3rd child in early December. Logan Xavier Harrington is a much loved baby brother for big sister Kallie (6) and Nate (3).

Melanie is on maternity leave from her Administration position here at Grant Sheds.

Logan is our 7th beautiful grandchild. We can't believe we're old enough to have grandchildren, let alone 7!!!

Here's our adorable mob.



Yabbies Galore in the Riverland

After a high river in our local River Murray during November to January, the yabbies are running!

The water levels have receded and it's yabby breeding season. In the backwaters you can catch hundreds of yabbies in a day and it's bloody good fun. Large yabby numbers are expected until late March though of course there is no guarantee.

If you'd like to come and try your hand, give us a hoy and we'll give you some good places to try. By boat or from the bank, you'll likely catch 'em.



Left: Brenton & his boys, Jaxon, Riley & Ayden out yabbing near Katarapko Creek. Great Fun!
Right: Riley & Ayden with part of their catch.



Gay Wedding In Tahiti

Back in November, we attended a relatives gay wedding in Tahiti. It was quite an experience.

Now I tell you that it was a gay wedding but do I really need to mention that? Was it simply "a wedding"?

And yes, in theory that's how it probably should be described. However I wanted to mention our most lasting impression from the happy event.

How genuinely accepting all the guests were about the situation. Parents, siblings, friends and wider family were simply delighted for this loving couple to share their special day.

The wedding was an opportunity for us to travel to Tahiti. It wouldn't have been on our radar otherwise. In fact, I had to look up a map to find where it is (way north of New Zealand and way south of Hawaii).

The wedding was a lot of fun with a Polynesian flavour.



The grooms enjoy a Tahitian dance troupe to celebrate their marriage.



Danny & Ali dancing together on the sands of Tahiti. What..? You don't believe that's sexy Ali in the left photo dancing with Danny and Danny's muscular back in the right photo dancing with Ali?

Christmas At North-Monash

Each year we hold onto a European Christmas tradition of celebrating on Christmas eve. Danny's family has always done it and we continued it as it leaves our adult kids free to celebrate with their families on Xmas day. And it's fun...!

Short version... because if you've been on our FARM GATE NEWS subscription list for a while you'll have heard this before.

Our kids, grandkids and our parents arrive at our place late afternoon. The kids play together and decorate our old Grant Sheds ute and our dinghy with tinsel and baubles. Then we go inside and enjoy a casual meal together.

As the sun begins to set, the kids and most adults clamber into the back of the ute and into the dinghy and head off driving around the bush tracks by our home and around the nearby Grant Sheds factory, singing Christmas carols at the top of their lungs and searching the sky for Santa using a



Brenton (part of our sales team) with the Tin Lids itching to start the search for Santa

high powered spotlight (no... no guns!!)

While away the few remaining adults rush around getting presents under the tree and when ready, give a call to the ute driver that it's ok to come home.

As they return, a loud cow bell is rung from our house and much "Ho..Ho..Ho'ing" called out.

The excited kids dive out of the ute and dinghy and rush inside to find that they've just missed Santa and all their presents are scattered under the Christmas tree.

It's a delightful experience and a tradition we are happy to uphold every year.

Wishing You All The Best for 2017

Ali & Danny Halupka & Family
Owners Grant Sheds



Our family including our adult kids & partners, grandkids, Danny's mum and Ali's Dad Grant Telfer in the white overalls.

You Little Ripper LOCAL AUSSIE LEGENDS

Local True-Blue Legend

John Girke purchased his 2nd Grant shed for his Meadows property late last year. At 15m x 22.5m x 5.1m, she's a beauty!

He's a great bloke and if you know him this is one time that you can have a laugh at him at his expense.

John is a Director of Access Capital Finance Brokers and he's sported his trademark outrageous moustache for 32 years! His wife, children and many friends and clients have never seen him without "The Mo".

In an effort to raise \$10,000 for the incredible Royal Flying Doctor Service, John shaved his mo off in October. It was a 'twist' on the Movember theme when blokes grow moustaches to raise money. In John's case he shaved his OFF in a month he termed "Offtober".

In true-blue Aussie spirit, Grant Sheds donated to his event on the understanding that we could parade his before and after mug-shots



in FARM GATE NEWS. And like a genuine Ocker bloke, he (nervously) agreed. So here he is ... BEFORE & AFTER.

Seriously, we think he looks 10 years younger with it off... and told him so. But I haven't heard yet whether it has been re-grown or not. Either way ... **Good On Ya John.**

Support John in return by talking with him about your Capital Finance needs.

John Girke, Access Capital Ph: 8334 2100
Email: jd@accesscapital.com.au
www.AccessCapital.com.au

WARNING
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Read the enclosed loose flyer for more information.

Don't Mess With This Farm Girl!



Sandy, Phil & Chelsea Kernich

A Facebook Post By Sandy Kernich, 'Burrundi Acres' Yamba SA

Sandy: Just had 3 blokes on motorbikes turn up at the house saying "We are going through here to get to a public road."

Sandy's Reply: "No you're not mate. This is private property."

Bike Rider: "Aw, but we are following the GPS. And there's no private property sign out the front of your property."

Sandy: "So it would be ok for me to come to your house and say this looks like a nice place. Might go for a wander around the back?"

Sandy: Bloody City Wankers!

Danny Halupka: Should have just shown them your fully loaded double barrel "map" that shows there is no road.

Ali Halupka: OMG ... now I have this picture in my mind. Sandy the Redneck gal!

A few weeks later I met Sandy in the local hardware store ... picking up several "Private Property - Keep Out - Trespassers Prosecuted" signs.

Black Water Kills Murray Cod



Our grandchildren with a 4-5' long dead Murray Cod at the Berri Marina in December 2016.
Nate & Kallie Harrington,
Riley & Ayden Halupka

The recent high water (let's not call it a flood) in the River Murray caused a "Black Water Event."

Instead of the usual milky green water colour, the water turned dark brown and quite smelly. It's said this is caused by tannins leaching from fallen leaves and vegetation on the floodplains and then being washed back into the main river.

It made for dirty, smelly water in households that rely on unfiltered river water for showering, clothes washing etc for a few months.

Sadly it also caused the deaths of a number of large Murray Cod like this one. Interestingly it didn't kill large numbers of small fish.

It is said that it only affected the old Murray Cod to this degree because they need more oxygen than smaller ones and the black water caused there to be less oxygenation in the water.

I'm no expert, but that's my understanding of the situation.

Thankfully the black water is no longer a problem and on the upside, yabbies are in plentiful supply in backwaters (possibly until late March).

It's worth a trip to the Murray to give yabbing a go.

Semi-Retired Farmer Finally Gets His **BOYS TOYS SHED**



Barry Williams of Murray Bridge (right), pictured here with Grant Sheds owner **Danny Halupka**, is delighted with his new 12m x 15m x 3.6m shed. It is 12m span with a 9m deep enclosed area at the back to securely protect Barry's "toys" like his caravan, cars and trailer. The front Garaport section gives him a huge entertaining area in his back yard and additional undercover parking area.

It's a little bit later than expected and holds a caravan instead of hay, but farmer Barry Williams finally has his Grant Shed. The grain producer from Cooke Plains recently semi-retired to Murray Bridge where he is the proud new owner of a 12m x 15m x 3.6m "boy's toys shed".

"Well I always wanted a Grant Sheds hay shed out at Cooke Plains. Because I never got it on the farm, I said I'll make sure I get one in town." And earlier this year, he did. Barry's new shed comprises a workshop, storage area for his caravan and a patio area for entertaining. "It's an area where the grandkids can play out in the open space," Barry says.

The shed also boasts two rain tanks, extra clearance for the caravan, and Barry reflects, has been a good experience from beginning to completion. Danny did the measuring up, Barry

added any extras he wanted like additional doors and, once delivered, the shed was up within days. It was built by one of the excellent Grant Sheds building teams.

"I thought about this shed for six months and now it's gone up within three days," he says.

While semi-retired, Barry maintains an involvement with farming, sharing a 1500-acre lease with his son. It allows him to keep his hand in, growing winter oats for export hay and some barley and a little wheat.

But he'd always been keen on the "Grant" sheds he read about in the Farm Gate News. Now he has one that he'll get to enjoy daily, delighting in the quality of it.

"It's got quality in this shed everywhere you look," he says. "I got my Grant Shed..and I might even have another one, someday, who knows?"

If anybody asks me should they get a Grant shed or something else, I'd say
DEFINITELY GRANT'S!

"Have a look at this shed. I'm happy to show you the quality of the shed here if you want to come and have a look ... the steel, the way the footings are done..."

Years ago I had another brand of implement shed and it only had 10" long x 1/2" footing bolts where as this one has 1" bolts that are 2 feet long. That makes a big difference for a solid shed.

And that's what I like. This shed has quality in it everywhere you look."

A lot of people around here buy a certain brand of shed from Adelaide (I won't mention the name) but this one has much more solid steel and steel thickness than those others. Those others I consider only a 10 year shed life whereas this shed from Grant Sheds is a 50 Year or more shed. That's the difference ... It's in the strength!

Get in touch with the helpful guys at Grant Sheds. They'll take you through a process for planning your new shed and you'll be more than happy when you buy one."

Barry Williams, Murray Bridge SA

The Secret To The Vast Numbers of Happy Grant Sheds Customers Lies In The Unique Combination Of...

- ✓ Listening to and consulting with farmers to work out a shed size and layout that will best suit your own personal needs rather than expecting you to choose from a limited number of sheds available
- ✓ Strong "Aussie Tough" sheds that won't blow down
- ✓ Easy-glide sliding doors even in the biggest farm sheds
- ✓ Sheds designed to be easy to build yourself or by a local builder or
- ✓ Expert shed builders with years of experience and top class workmanship to build it for you
- ✓ Help with your Council building approval
- ✓ Friendly, helpful Grant Sheds team who are here to make sure you are happy with your completed shed and the process that gets you there.

Being country folk just like you, we understand some of the difficulties that the relative isolation of country living and farming can create.

You're not 'just down the road' from the city steel suppliers to get an extra piece of something that isn't supplied right first time.

Bitumen roads don't reach to your farmhouse door and freight of all sorts (sheds included) needs to be prepared to travel country roads. What use is it to you if the freight co says "We don't deliver on dirt roads!"

Give us a call for your next farm shed and experience the Grant Sheds difference.

Freecall 1800 088 528

Email: sales@grantsheds.com.au

Or: brenton@grantsheds.com.au

Optimistic SA Cherry Grower FINDS NEW MARKETS

Sixth-generation South Australian farmer Tony Hannaford has his eye firmly on the future, backing an increasing cherry market that could soon extend into Asia.

Tony is the owner of Torrens Valley Orchards. Over the years the enterprise has grown everything from apples to Nashi pears and grapes, but in recent times it's cherries that have been the big player as the market for fresh cherries increases and farms become more specialised.

At present the business supplies 60% of its crop to domestic supermarkets and 40% for export, but as demand in places like China and Southeast Asia grows, the increase could soon see more of his offerings head off shore to the lucrative Asian markets.

This fresh interest has seen Tony branch out from holdings in the Adelaide Hills to an additional property at Barmera in a bid to lengthen the cherry season and better utilise equipment, while taking advantage of the pest-free conditions.

"By going north we can go earlier in the season and then use our packing facilities and marketing system to supply for a longer period," he says.

The push is buoyed by the recent acceptance of Riverland nectarines into China, and the fact other cherry suppliers like Chile don't have the air access into Asia that Australia has at its disposal. Within 3 days from picking it can be in a supermarket in Ho Chi Minh.

"The market in China is very, very large. They've got the money to pay for this type of product and they do love Australia. They're also after fresh high-value food, and I'm thinking, rightly or wrongly, that could potentially grow over the next decade."

While the growth potential is exciting, Tony notes it's not without its challenges. The fruit supplied has to be firm, the industry is labour intensive, and the equipment list is lengthy.

And that's without even mentioning the weather and water restrictions. But that's just the nature of farming, Tony notes.

He has spent time travelling around the world looking for specific varieties suited to the growing conditions of the Riverland area.



Tony Hannaford, owner of Torrens Valley Orchards, is optimistic about the export future for high quality, high value fresh fruit such as cherries and strawberries as well as vegetables, grown in SA.

His new 15m x 30m x 6.3m fully enclosed colorbond shed at Barmera, has a roller door, PA doors and 55mm blanket insulation in the roof and walls, plus a 9m roof only leanto.

"It's definitely more marginal for lots of pome or stone fruit crops. It's not really ideal, and there's lots of risks, but we've travelled a bit to different regions around the world, particularly Southern California and the San Joaquin Valley. We're looking for different varieties that have the right characteristics that can grow in this region."

This year weather conditions have seen a later, smaller crop across the country, which is likely to drive up prices in the coming months.

"If the cherries were ready now (October 2016) they would be \$20-odd per kilo, so it's a higher value crop."

And he continues there's strong support from the Federal Government, which is keen to see future exports, economic expansion and job creation in Australia.

Meanwhile Tony is tackling the equipment issue head-on with his new Grant Shed at Winkie, near Barmera. The 15m x 30m x 6.3m shed will house cool rooms, including a hydro cooler to remove field heat as quickly as possible. The cherries are then transported to Adelaide for packing. Equipment like tractors will be protected under a 9m leanto that comprises the second element of the shed.

"We don't want to use too many tractors and implements inside the shed so the lean-to makes it easy for keeping things out of the weather."

And as for the result? *"I'm pretty proud of it,"* he says. *"Everyone says it looks good, I want to put a sign out the front. I'm very happy with it."*

NEW SHED BUILT WELL & OWNER NOT EVEN ON SITE

Regularly receiving our Farm Gate News magazine prompted Tony to contact Grant Sheds when he was in need of a new shed for his Barmera cherry property.

"I chose Grant's because the price seemed to be pretty good when compared with a couple of other options I had."

It all went pretty well and I wasn't even on the building site.

There were cost advantages to the size we chose as the dimensions were standard sizes. We needed the height for the cool rooms. And we chose to add the leanto to house the tractors and implements as we didn't want those inside the shed, yet wanted them out of the weather.

Everyone says it looks good and I want to put a sign out the front so obviously I'm pretty proud of it. I'm very happy with it. The whole experience has been very good."

**Tony Hannaford, Owner
Torrens Valley Orchards**

We Welcome New Members To Our GRANT SHEDS FAMILY

We are delighted to welcome the following people into our "Grant Sheds Family". As you can see our members (shed buyers) come from a broad geographic area and buy a wide range of shed types. And there are lots who have bought multiple "Aussie Tough" Grant Sheds over the years. I've marked those in blue and with a red asterisk *. The number of 'Grant' sheds they've had is in blue brackets ().

It's quite amazing to see how many repeat-buyers we have and just how many sheds they've bought.

Do you think that's because they are delighted with their Grant Sheds experience?

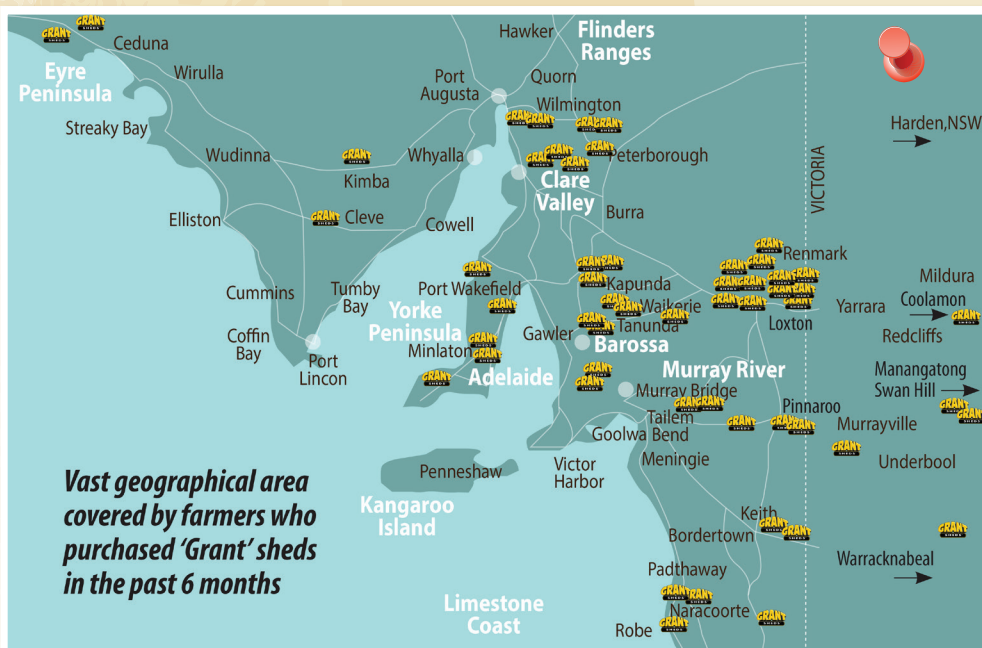
We thank you all sincerely for your ongoing faith in our sheds and in your relationships with us.

Strong Sheds, Great Builders, Building Relationships, Communication and Service. That's what we do.



Tony Hannaford	Barmera	Machinery Shed	15m x 30m x 6.3m	Colin Mackereth	Cape Jaffa	Garage	9m x 15m x 3.6m
Greg Patten	Blanchetown	Garage	9m x 14.4m x 3.8m	*Greg Schaedel (2)	Jabuk	Hay Shed	9m x 18m x 3.3m
*Andrew Whitehorn (3)	Koolunga	Hay Shed	13m x 36m x 5.4m	*Trevor Bottrill (8)	Monash	Garage	7.5m x 15m x 3m
Elliott Girdham	Kimba	Garage	7.5m x 12m x 3.3m	*Greg & Patsy Lowe (2)	Hamley Bridge	Machinery Shed	6.5m x 18.5m x 5.4m
*Milton Chandler (7)	Penong	Machinery Shed	12m x 30m x 6.3m Lean-To	*Shawn Klose (2)	Cambrai	Hay Shed	12m x 27m x 5.1m
Trevor & Allison Russell	Pt Turton	Machinery Shed	12m x 36m x 5.1m	Roger Grocock	Bordertown	Machinery Shed	15m x 22.5m x 5.4m
*Clive Wilkie (2)	Pinnaroo	Garage	6m x 9m x 2.7m	*Rodney Lush (2)	Keith	Hay Shed	12m x 25.5m x 6m
*Andrew Whitehorn (3)	Koolunga	Hay Shed	13m x 5.1m End Wall Addition	Brian Hudson	Tanunda	Machinery Shed	9m x 21m x 4.2m
EE Muir & Sons	Renmark	Garage	4m x 16m x 4m	*Owen Croser (2)	Kanmantoo	Hay Shed	7.5m x 12m x 3.6m
Michael Hettner	Barmera	Machinery Shed	12m x 13.5m x 5.1m	Joe Caudo	Cadell	Machinery Shed	15m x 27m x 6m
Aaron Southern	Daveyston	Machinery Shed	12m x 30m x 4.2m	*Noel Fraser	Wilmington	Machinery Shed	15m x 27m x 6m
*Greg Carmichael	Minlaton	Hay Shed	12m x 18m x 6m	*Peter & Angela Dalby (2)	Loveday	Garage	7m x 12m x 2.7m
Mark Coleman	Kadina	Machinery Shed	12m x 18m x 5.1m	*Peter Gericke (3)	Naracoorte	Machinery Shed	8m x 18m x 3.3M skillion
*Rob Broad (3)	Angaston	Garage	10m x 16m x 3m	Lynton Dabinett	Pinnaroo	Machinery Shed	15m x 27m x 6m
Allen Milton	Hamley Bridge	Machinery Shed	9m x 14.4m x 4.2m	*David Lehmann (3)	Renmark	Machinery Shed	12m x 18m x 4.2m
*Tony Trezise (2)	Renmark	Machinery Shed	15m x 15m x 6m	Gil Gric	Curramulka	Machinery Shed	12m x 18m x 5.1m
*Richard Howard (2)	Lameroo	Machinery Shed	12m x 21m x 5.1m	Thomas Horgan	Tarlee	Machinery Shed	15m x 27m x 6m
*John & Liz Girke (2)	Meadows	Hay Shed	15m x 22.5m x 5.1m	Bernard Lindsay	Lah (Vic)	Garage	9m x 18m x 3.9m
John & Cindy Polkinghorne	Penong	Machinery Shed	15m x 31.8m x 5.7m	Ian, Janene & Nathan Dodgshun	Swan Hill	Hay Shed	21m x 40.5m x 7.8m
Roy Moncrieff	Coolamon NSW	Fertiliser Shed	7.5m x 15m x 2.4m	*David Lehmann #2 (3)	Renmark	Machinery Shed	10.5m x 10.5m x 3m
Kelvin Frick	Wilmington	Machinery Shed	12m x 18m x 5.1m	Michael Martorella	Barmera	Garage	7m x 9m x 3m
Steward Lodge	Ardrossan	Machinery Shed	15m x 34m x 6.3m	*Andy Withers (2)	Naracoorte	Hay Shed	12m x 16.2m x 6m
*Neil & Emily Byerlee (16)	Orroroo	Garage	7.5m x 15m x 3m	*Rob & Nathan Rover (3)	Paringa	Machinery Shed	15m x 22.6m x 6m
Tony & Barbara Nutt	Orroroo	Grain Shed	15m x 30m x 6.3m	Des Sleep	Peterborough	Machinery Shed	12m x 18m x 5.1m
*Paul & Cherie Anderson (3)	Wynarka	Garage	6m x 10.8m x 3.9m	Angas Wachtel	Moorook	Garage	7.5m x 18m x 3m
Dieter Bator	Naracoorte	Aircraft Hangar	13m x 12m x 3.6m	Peter Wake (Snr)	Cleve	Machinery Shed	15m x 30m x 6m
*Brad Zanker (5)	Manangatang V	Garage	7.5m x 18m x 3.6m	Grant Crawford	Clare	Garage	6m x 12m x 3m
*Craig McWaters (2)	Morgan	Machinery Shed	12m x 12m x 5.1m ext	Noel & Kellie Watson	Murrayville V	Machinery Shed	15m x 30m x 5.1m
*Craig Boughen (2)	Karoonda	Machinery Shed	15m x 6m x 5.1m extn + 9m L-To	*George Tryfopoulos (2)	Renmark	Machinery Shed	Doors

Note: The shed numbers listed in () above are going by our computer records. Given Grant Sheds 65 year history, it's quite possible our numbers may be lower than truly correct. If you know you have more Grant sheds than listed, please give us a call to update and correct if for us. Thanks



Vast geographical area covered by farmers who purchased 'Grant' sheds in the past 6 months

70% bought a 'Grant' shed due to their own past experience or the experience of someone they know and trust in their advice.

48% = Existing Grant Shed owners buying from us again.

22% = Referrals from existing Grant Shed owners & people who have always known of Grant Sheds.

That makes us very proud of what we do and also grateful to you for putting your trust in us to build your new Aussie-Tough shed.

Thank You



Ideas to Help You With Your FARM SHED SOLUTIONS



Top: 12m x 20m x 7m for Fertiliser Storage

Fully enclosed. 4 x 5m wide sliding doors. 1 Personal access door.

Bottom: 12m x 22.5m x 5.1m Equipment Shed

Fully enclosed with 5 x 4.5m wide sliding doors. 1 PA door. Colorbond cladding: Classic cream walls. Cottage Green roof, gutters, ridge cap & flashings.



Graham Schulz of GJ Schulz Pty Ltd is a Loxton based fertiliser supplier. He invested in 2 more Grant sheds in 2016.

"Very happy with the sheds. Builder did an excellent job."

Graham Schulz, Loxton SA



12m x 24m x 4.5m Machinery Shed

Brian Nitschinsk of **Robe SA** invested in this shed which has 4 x 6m wide beams and 8 easy-glide sliding doors that open to allow up to half of the shed side to be open at any time. It also has a partitioned off bay that is insulated for wine storage. 2 Personal Access doors for easy entry.



12m x 18m x 3.6m Fruitgrowers Machinery Shed

Fully enclosed with 2 x 6m wide span beams and 4 sliding doors on one side, plus 2 x 3m wide sliding doors on one end. Each pair of doors opens to give a 6m wide clear opening for easy storage of vehicles and implements (& less columns to manoeuvre around).



"The shed was built very quickly even though it was very windy and cold on the 2nd day. Drove out at 3pm on the 3rd day with the shed finished off nicely. Brad's building team was faultless."

Trevor Bottrill, Monash SA

This is the 7th Grant Shed purchased by Trevor, for a number of properties... and he has his 8th on order with us now.

How's that for impressive!!



12m x 24m x 4.8m Machinery Shed

Built for Steve & Darren & Joan Millar, Nandaly Vic this shed is open on one 12m end, and also has a 6m wide opening on the side wall in the back corner.

The open 12m end is a very cost effective way of getting a 12m wide clear bay for your wide machinery that you can park at this end. The length of the shed gives you plenty of depth for very long machinery and the back corner opening gives easy access for narrower vehicles while still giving 12m depth when entered from this direction.



Some farmers choose to install sliding doors over the back corner opening if that's the direction of prevailing weather. The open front (gable end) can also have sliding doors and outriggers if you prefer to fully enclose the shed for full weather, or theft, protection.

The Millar's have 3 large sheds from Grant Sheds. 1 Grain shed and 2 Machinery sheds



Aussie Blokes Solutions



To Everyday Problems



No Barbie... No Problem!



No Esky....Solved!



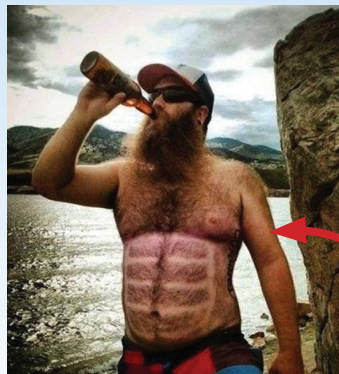
No Air Con ... Go Natural!



No Thongs ... Improvise!



No Pool ... Make Do!



No gym time ... No Worries!



Looks a lot like our son Tony (above)!

MONTHLY HUMOUR

Set Your 2017 Goals

- 1 My goal for 2017 was to lose just 10 pounds. Only 15 to go!
- 2 Ate salad for dinner! Mostly croutons & tomatoes. Really just one big, round crouton covered with tomato sauce. And cheese. FINE, it was a pizza. I ate a pizza.
- 3 How to prepare Tofu: **A - Throw it in the trash. B- Grill some Meat.**
- 4 I just did a week's worth of cardio after walking into a spider web.
- 5 I don't mean to brag but ... I finished my 14 day diet in 3 hours and 20 minutes.
- 6 A recent study has found that women who carry a little extra weight live longer than men who mention it.
- 7 Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.

Life is Like a Camera

You focus on what's important.
Capture the good times
Develop from the negatives
And if things don't work out
Take another shot...!



Mobile Phone Advice
A farmer foolishly placed his mobile phone on the bonnet of his ute.
As he drove forward it fell off and was run over.
"I know what's wrong with it..."he claims.
"The Battery's Flat!!!"

Progress involves taking risks.
You can't steal second base and keep your foot on first!

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