

Lucky Legs Newsletter

20p

Blaenau Gwent Leg Club



27th July 2006

Issue 3



FUNDING SUCCESS

Time to pass on some good news, we have just received a letter from the awards of all Wales to tell us that they have awarded us a grant. This is the first for us to get and I hope to obtain more in the future. Now we can go forward with a light at the end of the tunnel.



"THE SHOW"!!!

At last the day of the show arrived food was organised and the people started to arrive. After worrying that it was going to flop the hall filled up and everyone in a good mood.

Sean started his performance and he was terrific a real talent with a wonderful voice. The show was in two

halves with bingo in the interval.

Tony was on the door and sold the raffle tickets he did really well taking about £200 on both. Carole and Sharon were on the tote table and me on bingo. The ladies of the club and others who I didn't know dealt with the catering so everyone was fed watered and entertained. A superb night, when is the next we have been asked.

My only regret is that I forgot my camera so no record for the future and pictures to show those who didn't come.



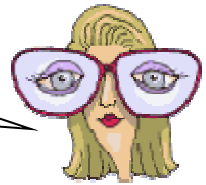
Visit Tony's Tea room
Tea and Toast in a
Friendly atmosphere
Also pop and squash
50 p

Car Booting at St Mary's Church on Saturday 15th July

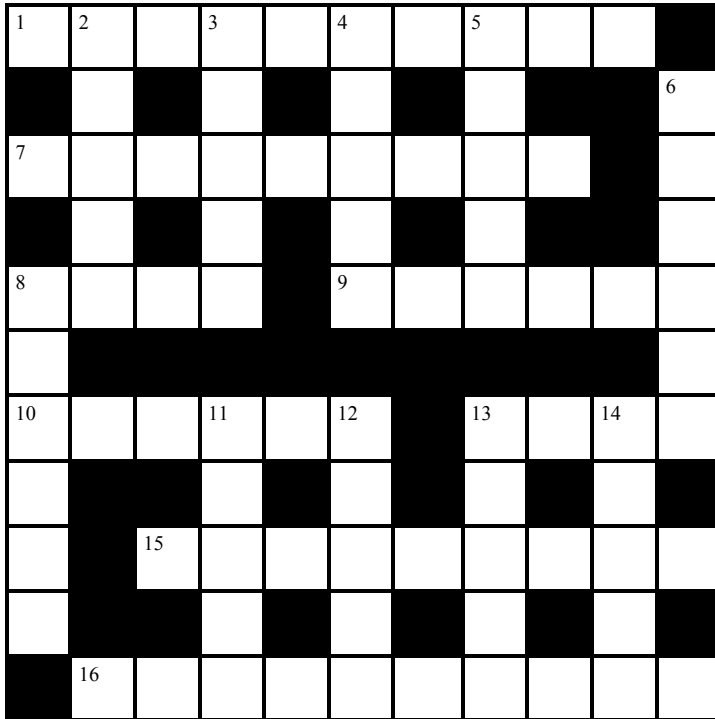
A few of us trooped off on Sat and set up stall at the car boot sale in Brynmawr. A good result, it raised just over £100 for the kitty. It was a enjoyable morning, weather was good and plenty of people about. Had a visit from Gordon who called to support us, Thanks!!



CROSSWORD CORNER



ANSWERS CAN BE FOUND ON
BACK PAGE. NO CHEATING MIND



ACROSS

- 1 party costume(5,5)
- 7 Telephone number book (9)
- 8 Assist (4)
- 9 Colour of lemons (6)
- 10 Affectionate gestures (6)
- 13 Infant (4)
- 15 Practice sessions (9)
- 16 Sheets, for example (10)

DOWN

- 2 Opposite of dead (5)
- 3 Advance stealthily (5)
- 4 batty, loopy (inf) (5)
- 5 Join, register (5)
- 6 Half-asleep (6)
- 8 Rambling, walking (6)
- 11 Velocity (5)
- 12 Thief (5)
- 13 Incinerated (5)
- 14 Horse's facial stripe (5)



FIND THE MAN'S HEAD

Read this First:

According to medical experiments if you can find the man's head within 3 secs your right brain is more developed than normal people.

If you find the man's head within 1 min your right brain is developed normally.

If you can find the man's head in 3 mins or more your right brain is a disaster extremely slow in reacting.

Only suggestion is to watch more "cartons" to help develop the right side of your brain.

Wisdom Rules:

It's more powerful than God
It's more evil than the Devil
The Poor have it



The Rich need it

If you eat it you will die.

What is the Word?

Let me know if you figure it out

DIABETES AND YOUR FEET

Having diabetes may put your feet at risk, so good foot care can prevent this. Visiting a Chiropodist for a Diabetic foot exam can prevent further complications.

DO'S AND DON'T'S

- 1 Examine your feet every day, or get someone to check them.
- 2 Wash feet daily making sure to dry well between the toes
- 3 Visit a Chiropodist to cut your nails if you can't attend to them yourself, if you can cut them to your natural curve.
- 4 Check inside shoes for foreign objects
- 5 Report any skin damage, septic areas to your GP or Chiropodist
- 6 Do not walk barefooted
- 7 Do not place feet on hot water bottles or radiators
- 8 Do not treat corns or callous yourself with acid treatments.

If your skin is dry use a moisturising cream suitable for Diabetics. If you notice any colour change, discharge, swelling or throbbing REPORT to the GP or Chiropodist immediately. This advice was given by your Chiropodist, Tracy
Any further advice needed please ring Tracy Morris on 01495 315221

HUMOUR (Or trying)



I was sitting in the waiting room of the hospital after my wife had gone into labour and the nurse walked out and said to the man sitting next to me, "Congratulations sir, you're the father of twins!" The man replied, "How about that, I work for the

Doublemint Chewing Gum Company." The man then followed the nurse to his wife's room.

About an hour later, the same nurse entered the waiting room and announced that Mr Smith's wife has had triplets. Mr Smith stood up and said, "Well how do you like that, I work for the 3M Company."

The gentleman that was sitting next to me then got up and started to leave. When I asked him why he was leaving, he remarked, "I think I need a breath of fresh air," The man continued, "I work for 7-UP."

Blaenau Gwent Leg

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The Editor

Cats
 For Carole to drool
 over



"Hey, you've handicapped my car!"

Unwanted Callers!!!!

There have been reports of bogus callers saying they are from one of the utility companies (gas, water etc.). Please make sure they have identity cards and if you are not sure close the door lock it and phone to check. If they are genuine they will wait and not object to you checking.

BE SAFE NOT SORRY !

Perhaps you will notice that we have decided to make a small charge of 20p for the newsletter. This has been done because as you know we have to be self funding and the cost of paper and ink has to be found. Doing the paper is done freely as I enjoy it. I'm still waiting for you budding reporters to donate entries !



SOME DEFINITIONS OF BEING OLD

Sent to me by an anonymous donor:

Old is when

- 1 An "all nighter" means not getting up to have a pee.
- 2 "Getting Lucky" means you find your car in the multi-storey car park
- 3 "Getting a little Action" means you don't need to have any fibre today.

ANSWERS TO CROSSWORD

ACROSS		DOWN	
1	Fancy dress	2	Alive
7	Directory	3	Creep
8	Help	4	Dotty
9	Yellow	5	Enrol
10	Kisses	6	Drowsy
13	Baby	8	Hiking
15	Rehearsal	11	Speed
16	Bedclothes	12	Steal
		13	Burnt
		14	Blaze

- 4 You are cautioned to slow down by the Doctor instead of the Police.
- 5 You don't care where your spouse goes as long as you don't have to go along.
- 6 Going Bra Less pulls all the wrinkles out of your face.
- 7 A "Sexy little thing" catches your eye and your pace-maker opens the garage door
- 8 Your friend compliments you on your new alligator shoes and your barefooted.
- 9 Your sweetheart says, "Lets go upstairs and make love," and you answer, "Pick one , I can't do both.