



Measure Twice Cut Once

MAY 2017

The builder's guide to all things timber and hardware.

2 Years On And Parts Of Nepal STILL Haven't Recovered.

By Erin Gardner, Sales Manager

On April 25th 2015 the Ghorka district of Nepal was hit by an Earthquake with a magnitude of 7.8. This earthquake killed some 9,000 people and injured another 22,000. Millions were left homeless. The damage total was 10 billion dollars – about half of Nepal's GDP. This was the worst disaster in Nepal in over 80 years.

Two years on and there are still parts of Nepal feeling the effects this Earthquake.

Through some friends – Chantelle and Barbara, I found out about Arjun and Andrea who are working to help two villages in particular rebuild after the quake. Bahun and Katunji were both devastated by the earthquake.

The amazing thing about Nepal is that so very little money will go a

very long way. Our goal was to raise \$1,000 so we could buy bedding, kitchen supplies, school stationery, tools for cropping and other essentials for these two villages. So far we've raised over \$3,000 and have plenty of donated goods.

The plan is to take the 3 duffle bags full of donated clothing from Oz to Kathmandu, Nepal, where we will then spend the donated money on school supplies, food, clothing etc. Us ladies like to think of ourselves as super strong women, however, 6 x 25kg bags may be a little too heavy for us to trek 18+ km to a number of villages and orphanages around the Dhading District. We plan to employ some village people in need of work, to assist us in carrying the goods. What an adventure this is going to be.



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I've always wanted to go to Nepal. So I'm actually combining a holiday with some community work.

Chantelle, Barbara and I are paying for our own flights and accommodation. Every dollar we raise will go to helping the people it is intended to help (bar the small percentage that went to Go Fund Me). This is something I feel very strongly about. If you want to wind me up, ask me about charitable organisations with paid staff and the attitude of "we can put that lunch on the company credit card." Grrrrr, who are we helping there?

I'll be flying out of Brisbane on May the fourth. We'll be blogging and doing videos regularly. So please like the Care For All Nepal Facebook page to stay updated with our adventure.

Quotes of the Month

Facts are stubborn things, but statistics are pliable.

—*Mark Twain*

All the statistics in the world can't measure the warmth of a smile.

—*Chris Hart*

Time and health are two precious assets that we don't recognize and appreciate until they have been depleted.

—*Denis Waitley*

Health and cheerfulness naturally beget each other.

—*Joseph Addison*

The danger which is least expected soonest comes to us.

—*Voltaire*

We must never forget that the highest appreciation is not to utter words, but to live by them.

—*John F. Kennedy*

There are few, if any, jobs in which ability alone is sufficient. Needed, also, are loyalty, sincerity, enthusiasm, and team play.

—*William B. Given Jr.*

To find joy in work is to discover the fountain of youth.

—*Pearl S. Buck*

Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won't come in.

—*Isaac Asimov*

Wonder is the seed of knowledge.

—*Francis Bacon*

Creativity takes courage.

—*Henri Matisse*

Surprising Facts about Sleep

Despite the critical part that sleep plays in our lives, there is still a great deal about it that is not understood, particularly the consequences involved when people fail to get enough of it. However, some recent discoveries have opened up some important and surprising facts about sleep.

While a complete lack of sleep can be fatal, there can be serious consequences even from mild bouts of sleep deprivation. Lack of sleep can result in the immune system going into overdrive, resulting in the body being less capable of fighting off infections, and wounds also heal at a slower rate than is normally the case.

Lack of sleep also causes people to become more sensitive in regard to pain, with studies showing sleep-deprived rats being more sensitive to electric shocks, and humans also reporting a greater degree of general and muscle pain when not getting enough sleep.

Sleep is also crucial to our mental health, with memories connected to learning and facts being correlated during our downtime. Brains actually flush out daily toxins during sleep, a recent discovery that could prove vital given the build-up of such toxins plays a role in the development of diseases like Alzheimer's.



Product Road Test: Simpson Strong-Tie's® - Quik Drive®.

We all hate either doubling over or crawling around on our hands and knees when we need to screw in decking and other types of flooring... It can be painful after hours and for the softies it might only be minutes – but we might actually be at it for a couple of days or more on a job. It's no fun getting home, needing to recover in time to do it all again tomorrow.

Who's got time for that?

Well the good folks at Simpson Strong-Tie have come up with a neat tool so that all sorts of fastening jobs can be done faster from an standing up rather than bending over or crawling around on your hands and knees.

This will save you serious time on your jobs which means you can either quote a lower price to get a job you might have lost on price or quote the same and save on labour to put a little extra money in your back pocket ;-)

Here are some of the cool things we like about the Quik Drive.

- ✓ Compatible with a wide range of screw guns
- ✓ You can pre-set the depth so that every fastener is driven perfectly. Quik Drive won't let you over-drive
- ✓ Less screw wastage, every screw on the yellow strip is driven (no more dropping screws on the job)
- ✓ Easy and intuitive to use
- ✓ Easy to reload



- ✓ Accurate placement of screws when used with the Decking Clip.
- ✓ It's really hard to jam if you use it correctly
- ✓ The Quik Drive range caters for a wide range of fastening jobs including
 - Decking
 - Flooring & Subflooring
 - Siding/Cladding
 - Framing
- ✓ Tested performance and quality on the Simpson Strong-Tie range of Quik Drive screws to work for their intended fastening purpose
- ✓ It works on a wide range of materials
 - Timber
 - Cement Sheet
 - Decking
 - Roofing tiles
 - Steel framing and cladding
 - Plasterboard
 - And much more

You Can Try Before You Buy!

The good news is we've got a Quik Drive available for hire for \$40 a day –if you'd like to try one on your next project and see how it goes. When you pick it up we will give you the 5 minutes of training you need to be able to use it properly. Take it for your next job see to how it works in the real world.

If you tell us you are a newsletter subscriber you can have first day for free the next time you hire it.

If you like, you are welcome to hire it again in the future or you can buy one from us when you need it.

If you have any questions or want to hire the Quik Drive then let us know when you place your next order or call us on **3277 1988**

Leading by Example

Bill Gates, co-founder of Microsoft, has his own private jet now, but he didn't always. On the *Business Insider* website, former senior vice president, Brad Silverberg recalls that in the 1990s, all Microsoft employees were required to travel by commercial airline—in economy, despite the fact that by that time Microsoft was a thriving organization.

On one flight from Seattle to New York, Silverberg flew with Gates and some other members of the Windows team:

"And there was Bill, sitting in economy, in a middle seat. It didn't matter to him; he spent the whole flight reading. He wasn't as universally recognized then so it wasn't such an issue for him to fly commercial. It made a big impression on me, a new Microsoft employee, seeing Bill lead by example."

See the Quik Drive in action on Youtube!

Simpson Strong-Tie have some great product demonstration videos on Youtube. Just google 'quik drive youtube' or else scan the QR code to be taken straight to the video https://www.youtube.com/watch?v=WTyLNpK_6xQ



Experts Agree On Outlandish Inventions!

The Raconteur website asked a group of scientists, engineers, academics, students in relevant fields, tech journalists, R&D and product development workers, and others to name the most outlandish inventions in history. Here's the list that ultimately resulted:

The bikini: The modern two-piece swimsuit was designed by a French automobile engineer in 1946.

Cheese and onion crisps: Invented at an organization called Tayto by Seamus Burke, an employee of the famous Irish entrepreneur Joe "Spuds" Murphy.

The sandwich: This innovation came about because the Earl of Sandwich disliked leaving the card table to eat supper.

Shoelaces: Strips of leather were used to bind feet to shoes as early as 2000 B.C.

Beer: One story goes that in 5,000 B.C., a farmer drank some water that had a piece of bread fermenting in it for a day or so. He must have enjoyed it.

Looking for a Job? Here's What Not to Do

See if your interview stories can top these... Here are some things actual applicants for jobs have reportedly said or done during interviews:

"Applicant stretched out on the floor to fill out the job application."

"A balding candidate abruptly excused himself. Returned to the office a few minutes later, wearing a hairpiece."

"Applicant asked to see interviewer's resume to see if the personnel executive was qualified to judge the candidate."

"Applicant announced she hadn't had lunch and proceeded to eat a hamburger and French fries in the interviewer's office—wiping sauce on her sleeve."

"Stated that, if he were hired, he would demonstrate his loyalty by

having the corporate logo tattooed on his forearm."

"Interrupted to phone his therapist for advice on answering specific interview questions."

"When I asked him about his hobbies, he stood up and started tap dancing around my office."

"Applicant pulled out a Polaroid camera and snapped a flash picture of me. Said he collected photos of everyone who interviewed him."

"Said he wasn't interested because the position paid too much."

"A telephone call came in for the job applicant. It was from his wife. His side of the conversation went like this: *'Which company? When do I start? What's the salary?'* I said, *'I assume you're not interested in conducting the interview anymore.'*"



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