

GEORGIE'S TIPS

Useful tips from The Shankill Mirror's Georgie

Here are some tips on taking the heat out of summer:

- Wear light clothing. If you have to go out in the sun, wear a hat and protect your eyes from harsh light with sunglasses.
- Stay indoors and out of the sun, especially during the hottest part of the day.
- Drink plenty of fluids. Avoid alcohol and caffeinated drinks. They increase urine output, which can lead to dehydration.
- Most health experts suggest drinking about eight glasses of water a day. People lose about 10 cups of water daily through perspiration; Keep replenishing your body with liquid to maintain proper kidney function. Fruit juices and sports beverages also can help replace the salt and minerals lost from sweating.
- Never leave anyone in a locked car during the hot weather, even for just a few minutes. Temperatures can rise quickly in the car, leaving those inside to suffer heat exhaustion or even heat stroke. Both conditions are serious, and heat stroke can be fatal.
- If you don't have easy

access to air conditioning, a cool shower or bath is also a good way to lower your body temperature.

Before going on holiday make sure that:

- you have filled in details of your next of kin on the last page of your passport
- you have noted down your passport number and its date of issue and have put these details in a safe place, separate from your passport
- you have made a photocopy of your passport details page (usually inside the back cover) and left it with a friend
- you take one other form of photo ID with you
- If needed 24-hour Passport Advice line 0300 222 0000
- If your passport is lost or stolen abroad you must report the loss or theft of your British passport as soon as possible to the local police and to the British Foreign and Commonwealth Office (FCO) Consulate, Embassy or High Commission of the country you are in. You can get details of your local FCO post by calling +44 20 7008 1500 (0870 606 0290 within the UK)

A Warning for the Lads!!!! Nine Words Women Use

- (1) **Fine:** This is the word women use to end an argument when they are right and you need to shut up.
- (2) **Five Minutes:** If she is getting dressed, this means a half an hour. Five minutes is only five minutes if you have just been given five more minutes to watch the game before helping around the house.
- (3) **Nothing:** This is the calm before the storm. This means something, and you should be on your toes. Arguments that begin with nothing usually end in fine.
- (4) **Go Ahead:** This is a dare, not permission. Don't Do It!
- (5) **Loud Sigh:** This is actually a word, but is a non-verbal statement often misunderstood by men. A loud sigh means she thinks you are an idiot and wonders why she is wasting her time standing here and arguing with you about nothing. (Refer back to No. 3 for the meaning of nothing.)
- (6) **That's Okay:** This is one of the most dangerous statements a woman can make to a man. That's okay means she wants to think long and hard before deciding how and when you will pay for your mistake.
- (7) **Thanks:** A woman is thanking you, do not question, or faint. Just say you're welcome. (I want to add in a clause here - This is true, unless she says 'Thanks a lot' - that is PURE sarcasm and she is not thanking you at all. DO NOT say 'you're welcome.' That will definitely bring on a 'whatever'.)
- (8) **Whatever:** This is one left to your imagination but is most definitely not a throwaway comment. Should under no circumstance be ignored!!
- (9) **Don't worry about it, I got it:** Another dangerous statement, meaning this is something that a woman has told a man to do several times, but is now doing it herself. This will later result in a man asking 'What's wrong?' For the woman's response refer to No. 3.

All you lads out there might want to send this to your mates to warn them about arguments they can avoid if they remember the terminology. For those of you with female friends send it to them to give them a good laugh, cause they know it's true!!!

Shankill Mirror Personal Greetings

COLOURED AND BLACK AND WHITE BIRTHDAYS AND CONGRATULATIONS

FATHERS DAY MESSAGES

Happy Fathers Day
to the best Daddy
in the world
Gary Chisholm
Love you loads
Jacob xxx
C'mon the Hammers



Happy Fathers Day
to the best Daddy
in the world
Ryan
Love from
your little princess
Gracie xxxx



To the best ever Daddy
Noel Cummings
Happy Fathers Day
all our love
Billy and Casey
Thank you for everything
xxx



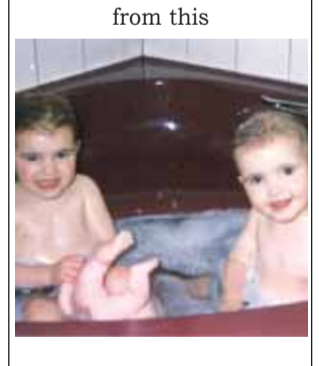
Happy Birthday to our
Chairman
Jimmy Creighton
on 4th June
Have a good one from all
your friends and
colleagues at the Shankill
Mirror xxx



Happy Birthday to the
best boss on the Road
John MacVicar
Hard work never killed
anyone, but too many
birthdays have!! Now your
one closer lol. Have a good
one from all your
wonderful workers xxx



from this
to this
To a very special daughter
Tammy
Wishing you a very Happy
18th Birthday on 6th July
Love from Mummy and
Daddy. Love ya loads xxx



from this
to this
Happy 18th Birthday
on 6th July
to my wee sis
Tammy
Love ya loads from big sis
Shauna xxx



Happy 14th Birthday on
8th June to my
Emma (Wilson)
Love you
from granny Sylvia and
aunt Marci xxx
Birthday Wishes for
Emma
on your 14th. Love from
aunt Florence,
uncle Ramy, cousins
Jacqueline and Elle xxx

Best Wishes for
Emma's
14th Birthday. From aunt
Karen and cousins Claire
and Michelle xxx

Love for
Emma
on her 14th Birthday from
aunt Sally, uncle Dennis
and cousins in Australia
xxx

Happy 14th Birthday
Emma
Love from uncle Charlie
and aunt Angela,
Isle of Man xxx



Happy 6th Birthday
on 13th June
Tegan Keers
Lots of love from
Mummy, Daddy
Stephen and Shannon xxx

Happy 6th Birthday
on 13th June
to my wee sister
Tegan
Lots of love from
Tammie, Scott and
wee niece Chelle xxx



Happy 18th Birthday
on 6th July
to my beautiful
granddaughter
Tammy Millar
enjoy your birthday
Lots of love from
Grannie and Granda
Williamson and all the
family circle xxx



Jim Whitten
Happy 40th Birthday
on 11th June
to my darling husband
Love you millions
hope you have
an excellent day
also

Thank You for a wonderful
Wedding Day
Love you forever xxx

Happy 40th Birthday
Daddy
Loads of love
from Jamie, Tyler,
Claudia and Blake
Love you millions xxx

Happy 40th Birthday
Son
Have a great day
Lots of love
Mum and Dad xxx

Happy 40th Birthday
to my new son-in-law
Jim
Have a great day
love Audrey and Sait xxx

Happy 40th Birthday
Jim
Lots of love
from Nana, father-in-law
Colin, Keith and
aunt Marion
Have a great time xxx

To my Number 1 Cousin
Jim
Happy 40th Birthday
Loads of love
Denise and David xxx

Happy 40th Birthday
Jim
Have a great time
Loads of love
from your bridesmaid
Karen xxx

Happy 40th
on 11th June
Bro
Lots of love
Thomas, Lynzi and Tehya