

TOOL TALK



with **David James**
NORTH EAST FASTENERS

◆ **CHRISTMAS FUN:** Celebrate Christmas with Kinchrome Bon Bons where you will receive a Kinchrome gift, a paper crown and a joke.

Countdown to Christmas with Kinchrome

JOIN in the Christmas spirit with Kinchrome's Christmas Tool Bon Bons.

Each bon bon contains a crown, a joke and Kinchrome gift.

Kinchrome gifts you could receive include a tape measure, a permanent marker set, an adjustable wrench or a folding hex key set

You can also countdown to Christmas with the 2023 Kinchrome Advent Calendar.

This year's advent calendar features 24 days of gifts and is perfect for anyone who loves tools.

The gift inside includes a 33 piece Deep ¼" Socket and Socket bit Set.

There are also 65 prizes to be won if you strike gold making the advent calen-

dar the gift that keeps on giving.

If you find a golden ¼" Ratchet you instantly win a 275 piece 14 drawer EVOLUTION Workshop Tool Kit and if you find a golden 10mm Deep Socket you will win a 182 Piece 6 Drawer EVOLUTION Chest Tool Kit.

You can also be in the chance to win one of 30 Promo Packs if you share your experience of the Advent Calendar in a creative way on Facebook and Instagram while using the hashtag #kinchromeadventcalendar2023.

The advent calendar and the bon bons are now available and North East Fasteners to help you celebrate a blue Christmas this year.



YOUR HEALTH

◆ **STAYING SOBER:** This time of year can add extra stress to staying sober with family expectations and social events.

with **TERESA MCMAHON** Clinical Pharmacist and Practice Manager at South Wangaratta Medical Centre

Top three tips for surviving a sober silly season

If you've recently committed to staying sober, or you're trying to, this time of year might bring some added stress.

Juggling social events, family expectations, and the constant barrage of alcohol-related promotions can be quite a challenge.

When everyone else is raising a glass and you're not, it's super easy to feel like you're missing out or not really getting into the spirit of things.

Well, at least that's how it feels at first.

Some may say going alcohol-free is actually the best way to survive this slightly silly time of the year.

We hope that these tips and techniques may make everything feel a little bit easier.

1. Go in with a plan: Enter a situation with a solid decision already made.

An uncertain "maybe" or an "I'll make up my mind later" almost always ends badly.

Take some non-alcoholic drinks with you.

There are so many more options nowadays for non-alcoholic drinks that are more "special occasion worthy" than good old cans of cola.

2. Communication is key: Prepare a response in readiness for someone offering you an alcoholic drink or asking why you

are not drinking at the occasion.

If you are not comfortable enough to express that you are choosing not to drink alcohol, other simple responses may include "I'm driving / I'm tired / I'm not feeling well".

Respond firmly and then move the conversation on. Maintain some perspective and bear in mind that this choice is yours alone, not anyone else's.

Those who attempt to persuade you that abstaining from alcohol during Christmas is a sin might benefit from broadening their horizons.

3. Have an exit plan: It's no big deal to leave a party early.

Ensure you have a plan for getting back home (or someone who understands that you might need to leave early and can help you to get home).

If you're hosting, ensure you can take a breather when necessary.

Step into another room, take a walk, or make a phone call.

Prioritize what you need to do and don't feel guilty about it.

We hope that these tips can give you the best chance of creating a festive season you genuinely love!

KINCROME

CHRISTMAS TOOL BON BONS 2023

LIMITED EDITION



FEATURES

- 2m Metric Tape Measure
- Fine Tip Marker 5 Pack
- Adjustable Wrench 150mm (6")
- 7 Piece Folding Hex Key Set

\$39.95 inc.gst

Each **BON BON** Contains a Kinchrome Gift, Crown & Joke

 Tape Measure 2m	 Permanent Marker Set 5 Piece	 Adjustable Wrench 150mm (6")	 Folding Hex Key Set 7 Piece Metric
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