

LAUGH A LITTLE @ BUGGER™

A BUGGER coffee & laughter... the shortest distance between two people.

April / May 2014



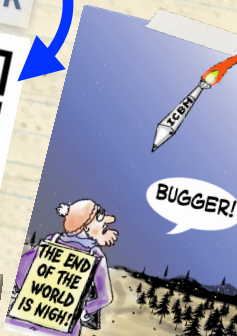
SMILE FOR THE PHOTO...
A TOTAL BUGGER MOMENT

Too bad the only people who know how to run the country are busy driving cabs and cutting hair.
George Burns

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just scan this!



ICBM = inter continental ballistic missile



Experience is that marvelous thing that enables you to recognize a mistake when you make it again.

Franklin P Jones



GUESS WHO ???

KEPT EVERYONE AWAKE LAST NIGHT???

Take home a slice of

BUGGER

Bugger brolleys

You never know when a **Bugger - it's raining!** brolley will come in handy!

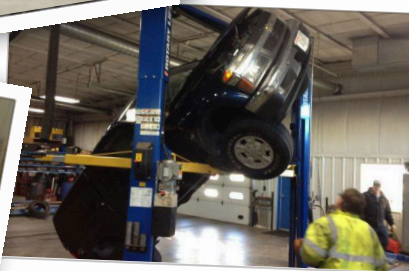


Bugger pickles

Our **BUGGER** pickles are seriously delicious... you'll probably have tasted them in the food you've eaten here. A great way to share a little bit of bugger with your friends!

The **BUGGER** intent

wait for it...



Give us a laugh & send us your **BUGGER** moment. www.buggercafe.co.nz

Like our **BUGGER** sense of humour?

Work with us...

If you like our sense of humour & you've got what it takes to franchise a Bugger Cafe, contact John, chief bottle-washer, on 027 5510 963. We will be rolling out more Bugger Cafes!

John & Glenda Gourley

laugh... *it's what we like to do at Bugger*

Laughter can arise from humorous stories or thoughts.[2] Most commonly, it is considered a visual expression of a number of positive emotional states, such as joy, mirth, happiness, relief, etc. On some occasions, however, it may be caused by contrary emotional states such as embarrassment, apology, or confusion ("nervous laughter") or courtesy laugh. Factors such as age, gender, education, language, and culture are determinant factors[3] as to whether a person will experience laughter in a given situation.

Source Wikipedia 2014



Laughter is the Best Medicine

Health Benefits of Humour & Laughter

Humour is infectious. The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humour and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use

Laughter is strong medicine for mind and body

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

Laughter is good for your health

- Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Source: www.helpguide.org 2014



"Your sense of humour is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health."

~ Paul E. McGhee, Ph.D.



This might seem a bit deep, but at BUGGER we think he has a point!

Bugger Cafe operates on Rule #6

The entire philosophy of Bugger Cafe is pivoted around Rule # 6. The concept of Rule #6 has been adopted from a book written by Dr Wayne Dyer.

He tells the story of an American CEO who was interrupted in a meeting with a visiting dignitary by two staff members who were both agitated in full 'panic mode'. The CEO calmly told each staff member to remember Rule #6. Both nodded, apologized for interrupting and retreated. Intrigued at the stunning state change of the staff, the dignitary inquired if the CEO would mind sharing what Rule #6 was. He willingly shared that the rule was "don't take yourself so seriously". Fascinated how powerful this rule appeared to be, he then asked if he would mind sharing what the other rules were. To which the CEO responded - "oh there are no other rules".

At Bugger Cafe we try to remember Rule #6 at all times.

Rule #6 = don't take yourself so seriously!



BUGGER
CAFE
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www.buggercafe.co.nz