

WHYALLA MEN'S SHED

PO Box 2382, Whyalla Norrie, SA 5608



Newsletter May 2017

How do you take a census in Scotland? Throw 6 pence on the ground!

What's the penalty for bigamy? Two mothers in law!

Man, who cuts self while shaving, loses face!

Advice is free but the right answer cost's plenty!



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Welcome new members

From MADEC crew.

Peter Grocke.

Michael King.

What's New?

New workbench- northern wall

In the foyer, there is a table of unwanted items. There could be a bargain there for you. Please take a look today.

Ex-university computer's for sale fully refurbished i5 core 250 GB HDD includes monitor keyboard mouse & windows 7. Special price for shed members. See Bill (0428440984) or Gary (0408894168)

Guest Speaker May 17 10.30am

Rob Page Steel City Drag Racing Club

Toolbox Meeting 11.00am

BBQ & fellowship @ 12.00pm \$ 5.00

The foyer. A fantastic project. Thanks everyone



The Scot's

They might all sound the same, but they sure look different!



The merry Scotsmen are pictured below having a break from their endeavours. It's rumoured that they were taking a break from fighting the Sassenach

They are Sam, Davey, Archie, Robert, Scott & Bill.

Thanks fella's



Our merry band of 6

They were a band of merry Scotsman,
 Who came to the Shed one day,
 Each with a headstrong opinion,
 Of what we should do or say,
 They set to work with gusto,
 And verily make time to play,
 They speak with such strong accents
 There's naught who know what they
 say.

(Gary Misan)

Tomatoes and Red Lentil Soup

Serves 4

Ingredients;

1 tablespoon olive oil, 3 onions chopped, 1 clove garlic, 1 red chilli deseeded and chopped, 400g can diced tomatoes, grated rind of orange or lemon, 1 cup red lentils, rinsed. (No need to soak) 4 cups vegetable stock, freshly ground pepper to taste, 1 cup chopped Italian parsley.

Method;

Heat oil in large saucepan, add onions, garlic, chilli and sauté.

Add tomatoes & rind

Bring to boil, stir to mix, reduce heat

Simmer 20-30 minutes until lentils are soft

Add parsley just before serving.

Depression in men

In general, men tend to put off getting any kind of help because they think they're supposed to be tough, self-reliant, and able to manage pain and take charge of situations. This can make it hard for men to acknowledge they have any health problems, let alone a mental health problem.

Depression is a serious and common condition which won't get better by itself. If you had a broken arm or a deep cut on your foot, you wouldn't expect that to heal without medical help. It's the same with depression. Men are more likely to recognise and describe the physical symptoms of depression (such as feeling tired or losing weight) than

Upcoming dates

Whyalla Mitre 10 BBQ's	13/14 May
Committee Meeting	May 22nd
Bread run	June (TBA)

The Committee.

Gary Misan President	0408 894 168
Malcolm Roberts Vice President	0419 851 476
Helga Fleming, Treasurer	0427 452 540
Brian Marshall, Secretary	0408 849 653
Bob Melville, Co-ordinator	0419 257 161
Paul Acton, WHS	0455 888 927
Tony Shaw, Member rep.	0428 440 125
Bill Hatherly	0428 440 984
John Visi	0428 554 588