



WHYALLA MEN'S SHED

PO Box 2382, Whyalla Norrie, SA 5608

Newsletter June 2017

In the mind.

I need to have an open mind but my brains keep falling out.

**My mind works like lightning,
one brilliant flash and it's gone.**

**People with narrow minds usually have
broad tongues.**



shed@menlock.com.au

Welcome new members

Brett Smith, Dale Gray, Bryan Adams,
Phil Cornick

What's New?

If you are rostered on to an event such as a BBQ please give as much notice as possible if you cannot attend. Please just not turn up. This puts pressure on those who do turn up. Please check the roster.

Bread runs now every fortnight.
Wednesdays

SAMSA muster June 24 in Elizabeth; Brian Marshall co-ordinating.

Toolbox 14 June @10.30am GUEST SPEAKER from Uniting Care Wesley

Guest speakers. 17th May. We had Robert Page and Ronnie Mathews, both Life members of the Whyalla Drag Club chat about the origins of the Club, from its beginnings along the Port Bonython road in 1969 to today's magnificent venue on Mulaquanna Road. One of the early highlights was the use of the water pipeline from Morgan to Whyalla as the seating for the spectators during the early years. The club today is rated for Group 3 Racing which is the category of type of races that can be held.



During 2016 a proposal by Olivia & Amv, Occupational Therapy students, from Uni SA saw Sheddars provided with pedometers for recording collectively daily steps to walk around Australia, now with mission accomplished, Paul Acton is looking at us conquering Tasmania.

Our new Shedder Darren Blade has already made a great contribution by building a concrete drain to divert rainwater from Northern side of our shed.

Thanks Darren for your valuable effort.↓



Simple ingredients make for a delicious and flavourful, pasta thanks to the nutty roasted cauliflower and sweet red onions. Our **Roasted Cauliflower Pasta** with Lemon is great vegetarian dish to serve up on those cold nights.

Serves: Four



Time: 45 minutes

Ingredients

- 1 medium-sized cauliflower head, cut into small florets
- 1 red onion, sliced into wedges
- 2 tablespoons olive oil
- 1 teaspoon paprika
- Sea salt
- Red pepper flakes
- About 300g spaghetti or pasta of your choice
- 2 cloves of garlic, crushed

Method

Preheat the oven to 220°C. Toss the cauliflower, red onion and paprika with one tablespoon of olive oil. Spread veggies out onto two baking trays lined with baking paper. Sprinkle with salt and crushed red pepper flakes (amount depends on how spicy you like your food). Roast for 20 – 25 minutes until cauliflower is tender. Stir halfway through. Meanwhile, cook pasta according to packet instructions. Drain and reserve 1/2 cup of the cooking water. Heat the remaining tablespoon of oil in a large frying pan over medium heat. Sauté garlic for about one minute until fragrant. Add in the pasta, lemon juice and zest, and roasted vegetables. Stir through, adding salt and crushed pepper to taste. Add a little of the cooking water if the pasta seems too gluggy. Serve immediately with fresh grated Parmesan.

Are you an insomniac?

Sleep is something that we often take for granted until we're having trouble getting it. A sleepless night can be frustrating, but when this becomes a regular occurrence, the effects can be highly detrimental to our health.

We spend roughly a third of our lives asleep, and for good reason too. Sleep is crucial for the human body to refresh and repair itself. While we're getting our shut-eye, important body processes take place. These include the release of growth hormones to repair cells and tissues and maintain muscle mass, the resting of the brain, and the restoration of energy within the body.

Eight hours each night is the recommended amount of sleep for adults, but as we age we tend to get fewer hours of sleep. This is usually the result of greater difficulty in falling asleep and/or staying asleep. And, this lack of sleep primarily manifests itself through increased irritability, poorer concentration and memory, a slower reaction time and reduced alertness. A further side effect of poor sleep can be increased appetite, with greater cravings for high-energy foods in, or if you are struggling to get good quality sleep- consult your doctor.

Upcoming dates.

Whyalla Mitre 10 BBQ's:	June 10-11
Toolbox Meeting, Guest speaker (10.30am) and Tools Down Day with BBQ	June 14
(Guest speaker Uniting Wesley-Problem Gambling.)	
Toolbox Meeting	11.00am June 28
Committee Meeting	11.30am June 19

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
Tony Shaw, Member rep.	0428 440 125
Bill Hatherly	0428 440 984
John Visi	0428 554 588

Men's Health Week 12—18 June 2017

The theme for 2017 Men's Health Week – Healthy Body, Healthy Mind: Keeping the Balance – naturally fits with the ethos of Men's Sheds. Every shed works to make a positive contribution to their community through the prevention of social isolation, the promotion of positive health and wellbeing, and local community projects and activities. Sheds are encouraged to celebrate Men's Health Week—information packs have been posted to member sheds with men's health resources and event information. Don't forget to register your event at menshealthweek.org.au/En/RegisterEvent.aspx

From the President ...



Welcome to all our readers of the recently reincarnated Whyalla Men's Shed Newsletter. After a break of a year or more I'm very pleased to see the return of our regular Newsletter, resurrected by the ever capable Peter Medlicott with support from Ken Godden, both foundation members of our shed. This issue is the fourth in quick succession since Peter took the controls and

promises to continue the tradition of keeping readers up to date with shed happenings.

Secondly, if you haven't visited the shed recently, then the first thing you will notice when you walk in the front door is our new, shiny, very professional looking, display area. Complete with white melamine cupboards and shelving (thanks to J Visi, B Melville, K Dalziel, Guy Hewitt and yours truly) and the matching powder blue bench top (thanks to B Hatherly, M Roberts and me again). Ken has been busy arranging our wares and reviewing the pricing of the various items as well as taking pictures for our new Facebook page.

Thirdly and finally, at least for this issue, I'd like to give a warm welcome to Helga Fleming, who has joined our Management Committee in the demanding role of Shed Treasurer. Few probably know the amount of work this now involves with the Shed having grown significantly in just a few short years and turning over about \$45,000 now each year, including purchases, equipment maintenance, grants and donations, fees for services rendered, and fundraising. That's a lot of money going in and out and something that requires diligence and attention to detail, so I am very pleased to have Helga on board to take away a burden that had fallen to me for the last year or so. Helga's experience has seen our systems both refined and updated, including implementing new accounting software.

That's all from me for the moment. In the next issue I'll cover developments in our computing area, website and Facebook and our involvement with the Work for the Dole program.

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...where men work at play