

WHYALLA MEN'S SHED

...where men work at play

Newsletter August 2017.

Ode to John V.

There is retired sparky from Hungary
Who now fancies himself as a chippie
While handy with blades
Oft his attention does wane
The result is fingers all bloody.

From the President ...

Hi again everyone,

Another month, another newsletter.
Thanks again to Pete.

I am amazed how fast this year is passing.
Being retired doesn't seem to have given
me any more spare time!



As usual plenty has been happening in the shed. Johnson and I finished the shelving for the games room and that is now in place. Phil T and co. have removed all the books from the library and are busy painting the bookshelves as well as the other timber surrounds in the games room to match. At the rate they are going should be finished by December, so glad we're not paying them by the hour / week / month ! Davey A. is reorganising the crib room and is cleaning out all old notices and other rubbish. All woodwork books and magazines have been relocated to the games room.

We've put in a new desk in the office for Helga our treasurer and some linoleum in the entrance way to the foyer and to the woodshop to keep dust and mud off the carpets. Neal J and Co. have finished the covers to the saws in the garden area and Johnson has painted the new downpipes.

We've had the plumber connect water to the northern side of the shed so we can wash paint brushes outside. CBA donated a metal storage to lock away some of our more specialised tools. Terry B is making some extra shelves to fit.

WH&S has taken a front seat this month with tool induction processes and systems being put in place. People now need to be able to demonstrate safe use of machines before being authorised to use them; thanks to all for their cooperation in this regard.

Safework SA has visited and overall given us a big tick for our WH&S systems but has asked us to install a few emergency stop switches and guards on some of older machines as well as get out Test and Tagging up to date. In regard to the latter we've just purchased our T&T tester so John V. and me will get to work on that over the next few weeks; there are about 200 items to check !

So busy as always, until next month then.

Gary Misan, President

Sports Trivia

As any tennis player, amateur or professional, can tell you, a fresh tennis ball is important to good play, and the staggering number of tennis balls they go through at Wimbledon, the oldest and most prestigious tennis tournament in the world, reflects that. Over the course of the two-week tournament, they burn through an average of 54,000 tennis balls!

Shed goings-on

- **Membership fees** for 2017/18 are now due. Fee remains at \$50 for the year, a bargain given the facilities on offer I'm sure you will agree. Please pay up as soon as possible to Helga or any of the Committee members.
- **WH&S** - Paul Acton gave a us slide show with explanations of State Laws that govern WHS requirements for all organisations including our Men's Shed. Like it or not, we have to implement systems in accordance with Government Legislation, Regulations and Codes of Practice.
- Brian Marshal, our **Secretary** is overseas for about 8 weeks till mid-September, anyone interested in picking up some of his duties see Gary Misan.
- Bob Melville has relinquished his position as **Shed coordinator**. If anyone is interested in filling his shoes, then please contact Gary Misan.
- **AGM** will be held on October 11 so please pencil that date in your diaries and think about joining the Committee. We will follow with a BBQ.
- **Mitre 10 BBQ**, August 12 / 13, support your Shed.
- **Guest Speaker**, How to use the Defibrillator, August 9, 10.30am. BBQ & fellowship after meeting, cost \$5.00
- **Whyalla Show** – Unfortunately, the Men's Shed won't be having a stall at the Show this year due to a lack of volunteers.

Membership fees.

Payment is now due for 2017-18

\$50.00 annually

\$15.00 per quarter or \$5:00 per month

Pete's Recipe of the Month

Delicious, crispy and golden potatoes.

Who does not love fried potatoes for brunch?
This makes a lot of potatoes, so if you are having a few people over for brunch, reduce the recipe.

Serves: Six to Eight

Time: One hour

Ingredients

- 2 kilograms red potatoes, roughly chopped/diced
- 4 cloves garlic, minced
- 1 onion, diced
- 1 green capsicum, seeded and roughly chopped
- 1 red capsicum, seeded and roughly chopped
- ¼ cup olive oil
- ½ stick butter 1/2 teaspoon cayenne pepper
- sea salt and freshly ground pepper
- 1 teaspoon seasoning salt

Method

- Preheat the oven to 210° Celsius. In a large bowl, thoroughly toss all ingredients together to combine.
- Bake in a preheated oven for 20 to 25 minutes. Stir the potatoes around a bit, twice, while cooking.
- Raise oven temperature up to 260 degrees Celsius (as hot as your oven goes), for another 10 to 15 minutes, until crispy and golden.
- Sprinkle with salt and pepper to taste



Men's health— Tips to lower your cholesterol

A healthy diet and regular exercise can help to lower the level of cholesterol in your blood. It's important to keep cholesterol in check because high cholesterol levels increase your risk of heart disease and stroke.

There are two main types of fat: saturated and unsaturated. Eating foods that are high in saturated fat can raise cholesterol levels in the blood. Foods that are high in saturated fat include: meat pies, sausages and fatty cuts of meat; butter, lard, cream, hard cheese, cakes and biscuits; foods that contain coconut or palm oil.

Eating foods that contain unsaturated fat instead of saturated fat can help reduce cholesterol levels. So try to replace foods containing saturated fats with foods that are high in unsaturated fats, such as: oily fish (for example, mackerel and salmon); nuts (for example, almonds and cashews); seeds (for example, sunflower and pumpkin); vegetable oils and spreads (for example, sunflower, olive, corn, walnut and rapeseed oils).

To reduce the amount of fat in your diet try microwaving, steaming, poaching, boiling or grilling instead of roasting or frying. Choose lean cuts of meat and go for low-fat varieties of dairy products and spreads (or eat just a small amount of full-fat varieties).

Plant sterols and stanols, can reduce levels of cholesterol in the blood. These are found in nuts, seeds and legumes, vegetable oils, breads and cereals, and fruits and vegetables. You need to eat 2 to 3 grams a day (about 1 teaspoonful) to assist in reducing cholesterol.

An active lifestyle can also help to lower cholesterol levels. 30 minutes of moderate-intensity aerobic activity on most days walking, swimming, cycling) can improve your cholesterol.

Adapted from: <https://www.healthdirect.gov.au/how-to-lower-cholesterol>

Calendar events for August

BBQ's at Whyalla Mitre 10, August 12/13

Guest Speaker, August 9, 10:30am ; Use of Defibrillator

Tool Box meetings, August 9 and 23 @11.00

Committee Meeting, August 21

Bread runs, August 2, 16 and 30th August

The Committee

President, Gary Misan	0408 894 168
Vice President, Malcolm Roberts	0419 851 476
Helga Fleming, Treasurer	0427 452 540
Brian Marshall, Secretary	0408 849 653
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