

FROM THE PRESIDENT

Hi again everyone. Pete's been busy again with the September newsletter. As you might have gathered, we're trying out a new format and template, one that is a bit easier to incorporate text and pictures than previously. Hopefully you like it.



Another busy month. Our revamped library is nearing completion with bookshelves painted and books and magazines in place. ; well done Phil and Co. Skye is now busy painting the architraves and door in the games room. We have new batch of computers that Bill H is busy configuring; Bill has also re-organised the file server so that anyone can access required files from any computer in the place.

Peter G. has re-organised the paint shed so now it is easier to find different types of paints (e.g. acrylic vs. enamel) and varnishes (e.g. oil based vs. water based as well as clearly labelling the other oddments therein.

In the garden area Malcolm is tending his vegies which are growing nicely. Mark S is making inroads into the paving around the vegie beds. Archie with help from Mark S. and Johnson has finished the mobile work steel table in the garden area; he will need a few helpers to turn it rightside up because it is very heavy. Davey A. (DA1) is busy with Johnson and others making the first of our outdoor tables and Johnson has finished the painting around the garden area and front of the shed.

In the wood shop Kingy is ever busy repairing chairs and dolls cradles, varnishing chess boards and a myriad of other jobs, under the watchful eye of J Visi. Spider is making cutting boards and trays and Wayne is busy with bird boxes by the dozen.

Our other Davey A. (DA2), has revamped the notice boards and is now busy thinking how best to re-organise the storerooms.

Of course there's much other activity with little space to mention, and other busy bodies. Thanks to all.

Gary Misan, President

SHED HAPPENINGS

Quite a bit going on in August. As well as being President Gary has been busy as Acting Secretary, Treasurer and Co-ordinator this month with people away on leave and other commitments, no rest ofr the wicked, perhaps! We had St John's Volunteers give us a helpful demo on how to use the Emergency Defibrillator. There were two Toolbox meetings, a Management Committee meeting. Our August BBQ raised about \$300. We received a donation of a printer from Osteoscan P/L. Some of our MADEC crew finished up about mid-August, we wish them luck in there job searching. We've signed another contract with MADEC and had a meeting with Sue Rose about expectations of the MADEC crew and Centrelink volunteers which I think all involved found quite helpful. We've had quite a few jobs from outside on the go, raising several hundred dollars. We sold out of our last batch of computers and have just received a new shipment. Our Facebook page seems to be gathering popularity. We're making arrangements to comply with the improvement notices from WorkSafe SA. We've received our new Test and Tag Appliance Tester purchased with funds from AMSA. A few new members have joined our ranks. Our fortnightly bread runs are proving ever popular. Our finances are healthy. And importantly, no one, not even John V, did themselves a significant injury during August.

NEW MEMBERS

We are pleased to welcome a number of new members to our fold –

Dean Jacobs	Kieron Scanlon
Mark Hallowell	Peter Groecke
Davey Andeson	Harry Hermes



MANAGEMENT COMMITTEE NOTES

The Management Committee met on August 21 and there are several things worth noting. We welcomed P Acton back to the Committee as WH&S Officer after a brief absence. We've decided to have a different person each month co-ordinate the Mitre 10 BBQs. We are still waiting to hear from our Landlord about developments on our lease which expires in about 18 months, fingers crossed that we will still be here. We've agreed that computer prices for other not-for-profit organisations will be the same as for non-members. We agreed to sign a new MADEC contract for 5 participants for the next 6 months. We've arranged for an electrician to tend to some extra emergency stops on some machines, a couple of outdoor powerpoints and a new fan in the men's toilet, as well as providing guidance on Test and Tag processes. We'll be signing up to the NBN (DoDO) saving us about \$40 per month. We found out that as long as we keep our first aid kits, clean and tidy and packets of bandages and other items sealed, that we don't have to replace things every 6 months, saving us several hundred dollars each year.

PROJECT GALLERY

Kitchen trolleys

We've been experimenting with different designs for kitchen / serving trolleys / benches that some call 'butchers blocks'. They consist of a cutting board and a trolley with shelves, some with handles and wheels and others not. Some with recessed boards, stretchers or internal shelves. Some stained to match other décor, usually finished with a satin oil based topcoat..



A DOSE OF HUMOUR



The **two doctors** studied how many germs were transferred between people when they shook hands, gave high fives and performed a fist bump.

The findings showed that a traditional handshake transferred 10 times more germs than a fist bump which was generally a lot more hygienic.

Doctors in the US and Britain are now considering handshake bans in a bid to reduce hospital infections, some of which are resistant to antibiotics.

Two bottles of herbal remedy meet in the pharmacy. One says to the other 'Aloa Vera'!

Inflation is cutting money in half without damaging the paper.

The economy is so bad that I got a pre-declined card in the mail

A man bought a new Ferrari and took it out for a spin. He decided to see what it could do and pushed it to 150km/h. When he saw the red and blue lights of a police car in his rear-vision mirror he pulled over. The cop came up to him, took his licence without a word and examined it and the car.

"I've had a tough shift and this is my last pull over. I don't feel like more paperwork so if you can give me an excuse for your driving that I haven't heard before you can go!"

"Last week, my wife ran off with a cop," the man said, "and I was afraid you were trying to give her back!"

"Off you go," said the officer.

A couple of hunters are out in the woods when one of them falls to the ground and stops breathing. The other whips out his mobile phone and calls the emergency services. He gasps out to the operator: "My friend is dead! What can I do?"

The operator, in a calm soothing voice says: "Just take it easy. First, let's make sure he's dead." There is silence, then a shot is heard. The guy's voice comes back on the line. He says: "Okay, now what?"

PETE'S RECIPE OF THE MONTH

BEEF, STOUT & PEA PIE

There is simply nothing heartier than this Beef, Stout and Pea Pie. It's a deliciously rich pie and surprisingly inexpensive and easy to make. So, why not give it a crack tonight?

Ingredients

- 4 tablespoons vegetable oil
- 150g frozen peas
- 2 onions, chopped
- 2 carrots, diced
- 2 sticks celery, diced
- 1kg chuck steak, cubed
- 2 tablespoons flour
- 375ml stout
- 200ml beef stock
- 1 sheet shortcrust pastry
- 1 egg, lightly beaten



Method

Fry the peas in a tablespoon of oil until they turn a bright green. Add the onions and cook until lightly brown. Stir in the carrots and celery and cook for three or four minutes. Set aside.

Place the meat in a plastic bag with the flour and toss until coated. Add the remaining oil to the frying pan and brown the meat.

Pour in the stout, stock and reserved vegetables. Bring to a simmer, cover and bake in the oven at 150°C for two hours.

Remove the meat and set aside. Reduce the sauce until thick and rich, then stir the meat back into the sauce.

Place the pastry over the top of the mixture, brush with beaten egg and cut a couple of vents in the pastry.

Return to the oven and bake at 200°C for a further 40 minutes

HEALTH TRIVIA

Where are my specs?



Are you having difficulty remembering names and faces? Or maybe you've tried learning a language in

retirement, but to no avail? Don't fret, it's not *you* per se – it's just that you've probably already 'peaked' at those skills.

Scientific studies indicate that there are specific ages at which human's peak at certain abilities. For example, muscle strength peaks at 25 years of age while arithmetic skills are at their strongest at 50.

So, while you may be 'past your best' in terms of:

- learning a new language (age seven)
- brain processing power (age 18)
- running a marathon (age 28)
- playing chess (age 31) and
- making a Nobel Prize-winning discovery (age 40)
- You may be excelling at understanding others' emotion and happiness with your body (age 74)
- ...after that, it's all downhill ☹

UP-COMING EVENTS

September 2017

Whyalla Mitre 10 BBQ's:	Sep 9/10
Guest speaker/Toolbox Meeting	Sep 27
Toolbox Meeting	Aug 30, Sep 13 and 27
Committee Meeting	Sep 18
Bread run	Aug 30, Sep 13 and 27

THE MANAGEMENT COMMITTEE

President, Gary Misan	0408 894 168
V/ President, Malcolm Roberts	0419 851 476
Helga Fleming, Treasurer	0427 452 540
Brian Marshall, Secretary	0408 849 653
Paul Acton, WH&S	0455 888 927
Tony Shaw, Member rep.	0428 440 125
Bill Hatherley	0428 440
John Visi	0428 554 588