

FROM THE PRESIDENT

Hi again everyone, another month, another newsletter and who knows, maybe my last as President of this great club given the forthcoming AGM and the President's position up for grabs!



Thanks as usual to Pete Medicott for getting this month's Newsletter started.

As usual there has been plenty of activity this past month. The paving around the garden beds is just about finished under the stewardship of Mark Stains and his helpers. Our outdoor welding bench is also complete and painted. The garden furniture is taking shape with two tables (Sam and Davey Anderson) and two long benches (me and Johnson) now done. A third table is under construction and the timber cut for another 4 long benches, all of which should come together pretty quickly now we have the hang of them. John V, Kingy and Liam have been busy with customer jobs. Tony S. is building another toy trolley. Bill C, Neil J and Archie have been welding and grinding making shelves for the metal shop as well as a storage rack for our gas cylinders, along with a few jobs for external customers. The painting in the games room is just about done. Bill H has been wrestling with DODO trying to get our NBN set up while also trying to work out how to print pictures onto blocks of wood. Lastly, Brian M (Europe) and Spider (Tassie) have returned from their overseas sojourns with lots of stories and photos.

Enough for now, see you at the AGM

Gary Misan, President

SHED HAPPENINGS

Our guest speaker this month was Graeme Lowe from Perrott & Lowe who gave a presentation on "REVERSE MORTGAGES". He outlined "How much one can borrow, risks, negative equity protection and their product details".

There were two Toolbox meetings. Members were reminded to wear safety glasses at all times when in the workshops and to wear ear protection to guard against hearing damage.

Kevin Dalziel has been appointed as interim shed co-ordinator until the AGM.

There was another call for members to pay their shed dues by end of September. This is important because failing to do so means people are unfinancial will be removed from the mailing list, lose access to member discounts on purchases and be unable to use workshops; moreover they will not be able to nominate or vote for Committee positions at the forthcoming AGM.

The Mitre 10 BBQ raised almost \$400 for the effort; the Saturday was a bit quiet because of local football grand finals.

The shed will be hosting two female Occupational Therapy students from UniSA for about 9 weeks next April. For some reason, our shed seems to attract female OT students as opposed to males. Their project is as yet undecided but will probably build on previous student projects, which were related to diet/nutrition and physical activity/exercise.

AGM notices were distributed along with nomination forms for the seven Management Committee vacancies. The AGM will be held on October 11 at 11:00am followed by a BBQ lunch. The seven Committee vacancies to be decided at the AGM include the positions of President, Treasurer, Workshop co-ordinator, WH&S Officer, Member representative, Fundraising/promotion officer and a general member position. All members are encouraged to consider joining the Committee. In particular, for those of you who continue to complain about the the way we've been running things, now is your opportunity to nominate for one of the Committee vacancies, including for President, and be part of the decision making team.

MANAGEMENT COMMITTEE NOTES

The Management Committee met on September 20. We were pleased to host the two OT students - Jo-Jo Xin and Zoe Kleinig - who briefed the Committee on potential themes for their project. They will liaise with G Misan to finalise project towards April next year.

K Dalziel was appointed interim Shed Co-ordinator until the AGM, filling the vacancy left by B Melville. Kevin will supervise the CentreLink volunteers and assist in allocating jobs for the MADEC crew.

P Acton has been asked to return to OneSteel as a part time Consultant WH&S Advisor; he is still keen remain our WH&S Officer, nevertheless.

The monthly Mitre 10 BBQs will be co-ordinated by a different committee member each month. This person will be responsible for assembling the team, checking/ replenishing utility boxes, ensuring gear is transported and retrieved and all equipment cleaned and put away. All members are asked to be prepared to volunteer to help out twice a year.

We still have not heard anything further about our lease, which is due to expire in May 2019; here's hoping no news is good news.

We are slowly progressing through the improvement notices from Work Safe SA. New Start/Stop/Emergency Stop switches have been installed on several grinders; lathe guards are under construction and Test and Tagging all corded equipment should commence about mid-October.

There is now a list of 'accredited machine operators' affixed to each machine in the workshops. Only those personnel listed are permitted to use machines unsupervised. If you require assessment/training please let one of the workshop managers know. To be accredited you need to be able to describe the safe operating procedure (SOP) for the equipment, the operating hazards they present, the processes required to use machines safely, including the use of PPE, and

be able to demonstrate that you can in fact use them safely. Persons recovering from acute or serious illnesses may need to be reaccredited when returning to the shed to demonstrate they are still able to use machines safely.

After receiving new information from MADEC, the Committee revised its August decision so that our Work for the Dole Participants (MADEC Crew) are not required to pay for their tea / coffee / biscuits for the duration of the current contract.

The shed remains in a healthy financial position with no outstanding liabilities. The next meeting of the Management Committee will be held October 23.

MEN'S HEALTH

Cataracts



A cataract is a progressive, painless clouding of the natural, internal lens of the eye. Cataracts block light, making it difficult to see

clearly. Over an extended period of time, cataracts can cause blindness. They are usually associated with ageing but can occur in younger people or as a result of eye injury, diabetes, smoking, excess alcohol use or prolonged exposure to sunlight or radiation.

Common symptoms include blurry, foggy, filmy, or cloudy vision. Glare or sensitivity to light is also common. People may have trouble seeing in bright sunlight, see halos around lights or have a problem driving at night due to glare from oncoming traffic or street lights. Double vision may sometimes occur and the colour of objects can also be affected with vision gradually taking on a brownish or yellowish tinge.



When symptoms begin to appear, you may be able to improve your vision for a while using new glasses, magnification, appropriate lighting or other visual aids. When these don't work, then

surgery is usually indicated, which involves removing the cloudy lens and replacing it with an artificial one.



Many people consider poor vision an inevitable fact of aging, but cataract surgery is a simple, relatively painless

procedure to regain vision. Nine out of 10 people who have cataract surgery regain very good vision. During surgery, which is usually done as an outpatient, the surgeon will remove your clouded lens and in most cases replace it with a clear, plastic intraocular lens (IOL).

For a few days following surgery your eye may be itchy and sensitive to light. You may be prescribed drops to aid healing and asked to wear an eye shield or glasses for protection. It'll take about eight weeks for your eye to heal completely. You may require new prescription glasses after healing is complete.

New IOLs are being developed all the time to make the surgery less complicated for surgeons and the lenses more helpful to patients. Presbyopia-correcting IOLs potentially help you see at all distances, not just one. Another new type of IOL blocks both ultraviolet and blue light rays, which research indicates may damage the retina.

MONTHLY HEALTH TIPS

Keeping healthy (with minimal effort)

- Drink plenty of water each day to keep hydrated and your kidneys functioning at their best
- At least twice a week, do something to strengthen your arms, shoulders, legs, hips, abs, chest, and back: Lift weights, use resistance bands, even dig in the garden
- You should be stretching two days a week (or more) to help you bend and move easily. Gentle practices like yoga, tai chi, and Pilates



improve your flexibility and your balance, too.

- Rather than counting calories, focus on healthy eating patterns. Avoid 'empty' calorie foods like alcohol like soft drinks, chips, and biscuits.
- To work more fiber into your diet, choose whole-grain versions of foods when you can, like brown rice and whole wheat crackers. Eat a whole-grain food with every meal.
- Forget daily veggie servings and cups. Every time you eat, aim to get half of your food from the produce section. Reach for veggies and fruits as snacks.



PETE'S FUNNIES

Just read that 4,153,237 people got married last year; not to cause any trouble but shouldn't that be an even number?

Today a man knocked on my door and asked for a small donation toward the local swimming pool. I gave him a glass of water.

I want to die peacefully in my sleep, like my grandfather. Not screaming and yelling like the passengers in his car.

Funny how people will cross the ocean to fight for democracy but won't cross the street to vote.

You know that tingly feeling you get when you're attracted to someone? That's your common sense leaving your bod

THOUGHT FOR THE MONTH

Some people want things to happen, while others wish things would happen, and then there are those that make things happen.

... make being one of the latter, your goal.

PETE'S RECIPE OF THE MONTH

Lancashire Hot Pot

A hearty and traditional Lancashire Hotpot is just what you'll crave to warm your soul this winter.



Time: 2 ½ hours

Serves: 4

Ingredients

- 55g beef dripping or lard
- 8 middle-neck lamb chops, on the bone
- 225g onions, skinned and finely sliced
- 55g butter, melted
- 900g potatoes, peeled and thickly sliced
- 4 lamb kidneys, cored and sliced (optional)
- 1 carrot, peeled and thickly sliced
- salt and pepper
- 1 tablespoon Worcestershire sauce

Method

Preheat the oven to 200C. In a large frying pan, melt dripping or lard and heat until hot but not smoking. Quickly brown the chops on both sides. Remove from the fat and drain on kitchen paper. Add sliced onions and cook quickly, stirring constantly until softened but not coloured. Remove from fat and drain on kitchen paper.

In a large oven-proof casserole dish, pour in half the butter and cover with a layer of sliced potato. Cover potato with half the onions, season with salt and pepper. Lay the chops on the top of the onion. (Don't worry if the bones stick up, this was traditional in Lancashire Hotpots.)

If using kidneys, lay the slices over the chops, add the carrot, cover with the remaining onions and season. Pour in the stock and Worcestershire sauce to two-thirds of the way up the side of the casserole dish. Cover with another layer of overlapping potatoes, ensuring the surface is completely covered. Brush the potato with the remaining melted butter, sprinkle with salt and pepper.

Cover the pot with a tightly-fitted lid and cook in the oven for 30 minutes. After 30 minutes, reduce the heat to 180C and cook for a further 1 1/2 hours. Remove lid from dish and cook un potatoes on the top are brown then remove from the oven and leave to rest for 20 minutes.

FROM OUR PHOTO ARCHIVE

Remembering the early days . . .

Somewhat sad and overgrown outside area; now our outdoor garden and paved/covered area.



Removing all the rubbish, 5 large skips in all



OCTOBER SHED CALENDAR

Mitre 10 BBQs	October 7 & 8
AGM	October 11
Toolbox	October 25
Committee Meeting	October 23
Guest speaker	October 25
Bread runs	October 11 & 25

YOUR MANAGEMENT COMMITTEE

Gary Misan, President	0408 894 168
Malcolm Roberts, VP.	0419 851 476
Helga Fleming, Treasurer	0427 452 540
Brian Marshall, Secretary	0408 849 653
Paul Acton, WH&S	0455 888 927
John Visi, Workshop rep.	0428 554 588
Tony Shaw, Member rep.	0428 440 125
Bill Hatherly, IT	0428 440 984
Kevin Dalziel, Coordinator	86649198