

SHED HAPPENINGS

AGM held on October 11th President Gary Misan has decided not to stand for re-election. Gary will remain a committee member Thanks Gary for your tireless effort's.

Details off the new committee can be found on the last page of this newsletter..

Recently there has been some concern about the shed lease not being renewed in 2019. The news is great however. the lease will be renewed for 5 more years.

Members should consider volunteering when requested. The old standbys are growing weary! A couple of hours a month would assist greatly. Contact the Secretary for more information.

NEW MEMBERS

Ricky Shepard

Michael Waite

Trevor Brown



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Men's health

Overall, South Australian men experience good health and wellbeing, however, population data indicate that there are many opportunities for improvement and for intervening early to prevent health problems commonly affecting men.

Men are very interested in their health and most attend their GP at least annually. Most men with chronic health

attend Men, often



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problems regularly. more than

women, are accused of visiting their doctor later than necessary. This is because of their inherent tendency to self-monitor, and their perceived barriers to accessing care, including work and family responsibilities. It is therefore important that men make the most of their visit to health services.

It is important to raise all health concerns when visiting your GP. You can find men's health information on the Foundation 49 website at www.49.com.au, including an age-specific health checklist that you can take to your doctor to prompt discussion.

You can also take steps towards looking after your health by tackling S N A P lifestyle factors that have the greatest impact on health and wellbeing. These are Smoking, Nutrition, Alcohol and Physical activity!



HUMOUR

A HANGOVER IS SOMETHING TO OCUPY A HEAD THAT WASN'T USED TO THE NIGHT BEFORE.

Light travels faster than sound, which some people appear to forget when they open their mouth. .

Trivia

Australian Famous People 2017

All the people in the questions below were born in Australia

Star of 'A knight's Tale' and 'Brokeback Mountain' who tragically died aged just 28

Heath Ledger

Born Helen Lyndon Goff, she wrote the series of Mary Poppins books under what pen name?

PL Travers

Born in married and his named Lachlan, Chloe, Prudence.



1931, he Jerry in 2016, children are James, Elizabeth, Grace, and Oh and he's very rich.

Rupert Murdoch

Comedy actress who was in the films Bridesmaids and Pitch Perfect?

Rebel Wilson

Publishing tycoon who is best remembered for starting World Series Cricket

Kerry Packer

Wildlife expert and television personality who had the nickname 'The Crocodile Hunter'

Steve Irwin

Born in Hobart in 1909, he found fame in Hollywood with his romantic

swashbuckler roles.

Errol Flynn



Director perhaps best known for the films Strictly Ballroom and Moulin Rouge! amongst many others.

Baz Luhrmann

He has 5 Olympic gold medals, the most won by any Australian, and also has 11 world Championship golds.

Ian Thorpe

THE SHED AS WE FOUND IT.

From the archives photo's of the interior of the shed as found in 2013



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Pete's Recipe of the Month

This chicken and vegetable variant of the traditional sausage roll is a quintessentially tasty snack, a light lunch or a way to sneak vegetables into your family's diet.

Serves: 4

Time: 1 hour

Ingredients

- 70g wholemeal breadcrumbs
- 500g minced chicken breast
- 2 eggs (1 lightly beaten to glaze pastry)
- 1 zucchini, freshly grated
- 1 carrot, finely grated
- 1 small onion, finely chopped
- 25g chopped coriander leaves
- 25g chopped flat leaf parsley
- 4 sheets frozen puff pastry, thawed
- 1 tablespoon sesame seeds
- tomato or sweet chilli sauce



This Photo by Unknown

Method
Preheat oven to 200C. Line baking sheets with

greaseproof paper. Combine breadcrumbs, chicken and unbeaten egg, preferably in a food processor. Add vegetables and herbs, then season to taste. Place half a pastry sheet on a floured board. Spoon mixture lengthways in centre of pastry. Roll into sausage shape, pressing on edge to seal. Repeat until pastry and filling used. Slice into desired size and score two incisions on top of each piece. Place on baking sheet and chill for 30 minutes. Brush with beaten egg and bake for 25-30 minutes until cooked through. Serve with tomato or sweet chilli sauce as a dip



Calendar for November

Mitre 10 BBQ's:	Nov 12th
Guest Speaker	Nov 15th
Tool down day	Nov 15 th
Toolbox Meeting	Nov 22 nd
Committee Meeting	Nov 20th
Bread runs	Nov 22 nd

THE MANAGEMENT COMMITTEE

President, , Malcolm Roberts	0419 851 476
V/ President Tony Johnstone	8644 1093
Helga Fleming, Treasurer	0427 452 540
Brian Marshall, Secretary	0408 849 653
Gary Misan	0408 894 168
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