

WHYALLA MEN'S SHED

PO Box 2382, Whyalla Norrie, SA 5608

Newsletter Date 31st March 2015

Shedders thought for the day

- Protect our fellow members
- Preserve the reputation of our members and our shed
- Promote the wellbeing of our members
- Prevent disharmony within the group

Member update:

Welcome to Wayne Worden and Pedro Ryan, trust you enjoy being a Shedder.

What's New

Spida certainly has something new. A new hip we hear let's hope this improves his ability to perform miracles with timber eh!

The gates on William Street, thanks Bill & Len.

Painted facias at great height thanks Jules.

A further order of 10 Memory boxes has been sponsored by Beyond Bank. Packs to be assembled at the Shed.

Sign in/out. To assist with emergency procedures should they need to be used members are requested to sign in or arrival and sign out on departure please.

Management Committee meeting held 19th March 2015

- BBQ for members we haven't seen for some time was most successful and enjoyed by all.
- The shed will be promoted at the Pink Spirits function at the Mt Laura Homestead Museum.
- Following the kitchen upgrade nearly all of the clean up had been done. Suggest a roster be implemented to ensure the shed remains tidy at all times.
- The finances are in need of a programme focus to ensure a regular stream of income.
- The layout of the metal working area is in the process of finalisation.
- We are having a stall at the Easter Fishy Fringe with sale of product, promotion of membership and the monster raffle for the Coca Cola Bike. Please come along if you can assist promote the Shed.
- The Advancing Whyalla group proposed a potential project of a Putt Putt Golf structures. This is up for discussion in the future.
- The installation of the mezzanine is currently on hold awaiting receipt of quotations for materials and design.
- It was suggested that Uniting Care Wesley propose for us to conduct basic safety courses for clients who wish to utilise their loan gardening equipment.
- Stool project: This enquiry to make a stool incorporating an egg timer has highlighted the need for a formalised quotation system.
- Work experience students. Waiting replies from the schools.
- The need to form a group to assume responsibility for the WH & S in the shed was raised to put in place evacuation, first aid and fire warden strategies.

Members health news Pleased to see Malcolm and Allan back on deck after their respective hospital visits.

Apple & Banana Hot Cakes

10 minutes preparation + 20 minutes cooking
7 serves of fruit in this recipe

2 eggs
2 teaspoons margarine, melted
2½ cups low-fat milk
2 cups self-raising flour
2 tablespoons sugar
3 medium apples, peeled, cored and grated
1 teaspoon vegetable oil
4 ripe bananas, sliced
1 tablespoon honey

In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar and gradually stir into wet mixture until smooth. Fold in apple. Heat oil in a non-stick pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear in the centre of the hotcake and cook until golden brown. Serve with banana and drizzled honey. Makes 10.

Variation

Add ¼ cup sultanas to dry mixture.

.....

Please feel free to send me any of your favorite healthy recipes for inclusion in the newsletter, or better still bring a sample along as a taste test.

Yummy and healthy, are you surprised?



Upcoming dates

Toolbox meeting Wednesday 8th April 11.00am

Bob's BBQ Saturday Sunday April 26th

Fishy fringe Booth 4th & 5th April at the foreshore

AMSA National Conference will be held in Newcastle NSW, October 17th to 20th 2015

Contact Info

President;	Gary	0408 894 168
Vice President;	Malcolm	0419 851 476
Treasurer;	Allan	8644 3332
Secretary;	Chloe	0403 767 816
Coordinator	Brian	0408 849 653

WEE WORRIES

Most people have experienced some worry with their waterworks, whether it be leakage at inappropriate times (incontinence) or just needing to go at inappropriate times. Some simple steps may help to overcome these concerns.

What happens?

The kidneys filter nearly one litre of blood every minute. What isn't resorbed goes to the bladder which is emptied periodically.

What goes wrong?

Bladder capacity (normally 300 – 500 mml) decreases with age and the pelvic muscles may become lax. Irritation of the bladder can cause urgency to "go".

What to do:

1. Strengthen pelvic muscles. Identify the muscle—the one you flex to stop urinating mid-stream. Tighten and suck in. Do not contract the buttocks, thighs or tummy, do not hold breath. Hold contraction for 10 seconds, relax and repeat. Do while watching TV, at the computer.
2. Avoid irritating the bladder. This could be coffee, alcohol, foods with aspartame (artificial sweetener). I won't mention chocolate because I cannot believe it can be anything but good for you.
3. Drink more (not alcohol or fizzy drinks). Dehydration makes the urine more concentrated, which can irritate the bladder.

Importantly: Consult your Doctor if the problem persists.

National Continence Helpline 1800 330 066



OXYACETYLENE TORCH:

Used almost entirely for igniting various flammable objects in your shop and creating a fire. Also handy for igniting the grease inside the wheel hub out of which you want to remove a bearing race.



TABLE SAW:

A large stationary power tool commonly used to launch wood projectiles for testing wall integrity.

WHYALLA MEN'S SHED

PO Box 2382, Whyalla Norrie, SA 5608

Stay Healthy, Stay Connected on World Health Day

Author: Movember, **Date:** 7 April 2015

To mark World Health Day, the Movember Foundation wants you to stay healthy by staying connected. After all, it doesn't take much to get in touch with your mates and let them know you're around if needed.

The importance of men having a strong social network was highlighted recently in [research](#) funded by the Movember Foundation, showing how men become lonelier as they reach their 30s and life gets too busy for time with their mates. Although to some this might not be a big deal, this lack of social connection means that men are actually at a higher risk of mental health problems, even suicide.

The Men's Social Connectedness report, funded by the Movember Foundation, found that millions of men have few or no social connections. This is something that we're committed to changing and we will - through relevant program funding and the awareness raised through our Movember campaign each year. We want men to avoid losing their friends or feeling isolated; to instead have a positive and healthy social balance between family, work and friends.

For anyone wondering why you should make time for your mate, the answer is simple. The research shows that there is a clear relationship between lack of social connectedness and psychological distress. The survey revealed that an alarming 79% of men believe that their friends wouldn't be able to help them deal with the personal issues they may be facing so they would be unlikely to bring it up. The importance of good communication between father and son was also highlighted as a protective factor from social disconnectedness in later life.

Adam Garone, Movember Foundation CEO and co-founder, encourages men on World Health Day to reach out to their mates and stay connected:

"Movember itself started with friends getting together, growing Mo's and having fun. This friendship has been essential to help create conversations and change the face of men's health. Today on World Health Day we're reminded once again of its importance. Strong social networks can protect against depression, anxiety and suicide. We're proud to support this significant and compelling research but we all need to use these findings to take action. Maintaining good friendships is of benefit to us blokes, as well as our mates. Whether catching up, watching the game or sending a quick message, it doesn't take much to stay healthy and stay connected."

Here are more significant findings from the report:

- Men aged between 35 and 54 are at the greatest risk of isolation
- Nearly 1 in 4 men experience low levels of social support and may be at-risk of isolation
- 25% of men have no one outside of their immediate family that they can rely on
- More than 1 in 3 men are not satisfied with the quality of their relationships, mainly because they do not feel emotionally connected or supported
- Up to 59% are not satisfied with how much they feel like a member of the community
- Up to 45% are not satisfied with the number of friends and acquaintances they have

Unfortunately men still don't feel comfortable or valued enough to share their personal issues with their mates. The majority of men surveyed did not realise the importance and impact that a lack of social support or loneliness can have on their lives. 70% of men believed that problems were part of life and were something you just have to deal with. However, many men want to open up to their mates but find it difficult to start the conversation, or they don't know how to respond when mates open up to them. There were also many barriers that stopped men from forming new connections - from feeling like they won't fit in to not knowing where to start.

Not sure where to start? Share this article, it's the perfect chance to reach out and let someone know how you are feeling or that you are simply thinking of them.

