

WHYALLA MEN'S SHED

PO Box 2382, Whyalla Norrie, SA 5608

Newsletter - April 2015

Shedders thought for the day:

We respect and uphold.

- Our respect for each other
- The laws of this land
- The code of conduct of this shed and the community
- The integrity of the shed

Member update

- **Welcome to Lewis Williams and Bob Kesby as new members**

NB: Always have \$ 5.00 in your pocket when you come to the shed, you never know when a spontaneous BBQ is on!!!

News:

Tools down day on Wednesday the 22nd went well with eleven visitors coming through and two applications for membership being completed. Darts and draughts were two activities that were popular plus lots of chat went on during the morning. Although there were a few members that couldn't keep their hands off the start button on some machines.

UniSA Student Project

Nicola & Courtney, Occupational Therapy students will be with us for the next 9 weeks. They hope to teach us a thing or two about diet and nutrition and how to cook healthy means including healthy BBQs. Thanks to John V. for taking them under his wing. Please make them feel welcome.

Committee meeting 23rd April 2015

- Fishy Fringe raised the profile of the WMS plus raised \$1179 from raffle and sales. Thanks to AM & KG and all who assisted over the days.
- Stuart High School work experience students may still be coming – watch this space
- Our treasurer said at the last meeting that we are solvent for a while yet.
- Fundraising with repairs and outside work is a great source of income. Small projects still needed. Firewood could be the next good one. Brian and Ken are investigating the possibilities.
- The Committee is considering how the shed will do all the things that need to be done (from the complex to the mundane) to keep us running and how to involve the members more in the day to day running of the shed – any ideas from members welcome.
- The WMS's involvement in the Male-out day event on June 14 was confirmed. Shed will have two stalls, one displaying crafts and the other selling drinks and other food items. Terry, Allan, Ken to coordinate.
- Suggestions for Outdoor area will move to quote stage before approval can be considered. Minimum requirements are for decking, paving / concrete, shade sails, raised garden beds and planter boxes as described in Medibank agreement. Brian to liaise further with working group and to co-ordinate quotes.
- Next Committee meeting May 21st at UniSA Research Annexe.

Advanced notice

- The next AGM will be held in October 2015. Our Constitution requires that at the Second AGM at least the positions of President, Secretary and one other committee member be declared vacant. Please consider nominating for one of these positions.

Help please

- Anyone with any Web skills who can assist in maintaining our website, please contact Chloe.

Funny ☺

☺ A bank is a place that will lend you money, if you can prove that you don't need it. Bob Hope.

☺ WHY NOT, is a slogan for an interesting life. Mason Cooley.

A recent article in a reputable newspaper reported that a woman had sued a hospital saying that after the surgery they performed her husband had lost all interest in sex.

A hospital spokesperson replied "He was admitted for cataract surgery. All we did was correct his eyesight".

If you have a tasteful joke, health tip or favourite recipe, please forward to Brian so he can include in the Newsletters.

Health notes

Normal age-related forgetfulness.

The following types of memory lapses are **normal** among older adults and are not considered warning signs of dementia:

- Occasionally forgetting where you left things you use regularly, such as glasses or keys
- Forgetting names of acquaintances or blocking one memory with a similar one, such as calling a grandson by your son's name
- Occasionally forgetting an appointment
- Having trouble remembering what you've just read, or the details of a conversation
- Walking into a room and forgetting why you entered
- Becoming easily distracted
- Not being able to retrieve information you have "on the tip of your tongue"

Recipe of the month

Zucchini & Sweet Corn Soup

8 minutes preparation + 10 minutes cooking
7 serves of vegies in this recipe

2 medium zucchinis, chopped.
4 cups vegetable or chicken stock.
310g can creamed corn.
½ cup low-fat evaporated milk.

Place zucchini and stock in a large pot and bring to the boil. Simmer over gentle heat for 10 minutes or until zucchini is tender. Remove from heat, puree in a blender until smooth. Stir through creamed corn and milk.

Serves 6.

Zucchini & Sweet Corn Soup is featured on the bottom right of the photograph.



Upcoming events:

Toolbox meetings: Wednesday May 6th and Thursday 21st

Bob's BBQ Sunday June 7

AMSA National Conference Newcastle NSW Oct 17 - 20

Contact Info

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