

Whyalla Men's Shed Newsletter June 2014

Winter has caused some chills to be evident with some of our members who have succumbed to the dreaded flu and common colds. Get well soon folks.

New Members

- Welcome to the following new members, Frank House, David Jewell, Owen Ellis, Ken Coyne, and Jack Haldane. We now have a total of 44 members with new applicant's seemingly coming in each week.
- During the next couple of weeks you will be receiving the membership renewal invoices; your prompt payment would be appreciated.

Grants

- Brian Marshall attended the Medibank Community Fund grant event in Adelaide that was held at the Port Adelaide Football Clubrooms at Alberton on the 3rd June 23, 2014. This was a great opportunity to showcase the WMS. There were three other recipients including the Yankalilla Area School garden project, Port Adelaide Community Ltd, and the South Australian Special Olympics Group.
- The equipment that the Community Benefit SA grant provided has been delivered to the shed and is currently being installed as we await some additional electrical switch gear to be fitted.

Promotional materials

- The new sign for the front of the building has been installed and thanks to King Signs and Monarch Pharmacy; it was erected prior to the Business Open day that was held on June 11th 2014.
- We were a little disappointed with the response to this day however the Shedders attended in numbers and some great finger food was shared with our visitors.
- Shirts and Aprons-new stock is available in a range of sizes. Buy your gear from Kevin and wear it in the shed with pride.
- Thursday 19th June saw our first 'Promotional/Sales/Letting Whyalla know we are here' day at Westland Shopping Centre. Ken was pleased with the amount of Shedders that came along to share the load and the response from the community and the sales that were made. To ensure we have enough stock for the next one we have forgone July and August and will be back with a vengeance in September.

Repairs in progress

- The metal workers are now able to forge ahead with the manufacture of some benches as our expected donation from McLeod's unfortunately melted into a pile of slag.
- Tiling of the kitchen can now be completed as we purchased the additional tiles to allow Neil to progress.
- The kitchen cupboards are complete with only ONE handle not accounted for (if you find it please let Gary know eh!!)
- To date no one has volunteered to make the brew food so please keep it in mind. By the way did you enjoy the Creamy vegetable Soup from the last newsletter??

- Our Picasso Malcolm is being challenged by the efforts of Allan and Terry with the locker replenishment.
- John and Wal have now seen the light from the top of the Coates Hire scissor lift.
- Kevin is in heaven with the delivery of the new machinery and computers from Adelaide although with the gear donated from TAFE to some of the computers. This of course has been dampened by him being laid low with a cold (Man Flu)
- The first stage of the carpet laying in the computer and games room was completed on June 26.

Management Committee meeting

The Management Committee had its regular monthly meeting on June 19th 2014.

Key items under discussion were-

- Finance (we are still solvent)
- Life Without Barriers fence repair (again) (Don't you just love schools holidays?)
- Costing model (the shed wasn't meant to be free!)
- More computers for sale (\$50ea to members)
- Street signs
- Fundraising with an approach to STRATCO to be registered on their roster for 2015.
- The Business Open day evaluation
- Media coverage, this has been exceptional by the Whyalla news and Spencer Gulf TV.
- Improve induction process and safety standard and process which will need to be completed prior to using equipment.
- Gary & Brian attended a Safety workshop hosted by the Mitcham Men's Shed on Friday 13th and received valuable feedback from other sheds and a Safework SA consultant. **Watch this space**
- Official Shed Opening to be an Open day, garage sale Sausage sizzle on Sunday 14th September 2014.
- Hire of facilities, the shed has been approached and asked if meeting rooms can be hired by other community groups. This item has been deferred to July.
- Jamestown Shed opening on the 10th July. Those of you that visited them last time will recall that they were meeting in the RSL hall and were making wooden clothes dryers in the billiard room. They now have access to the Child care Centre which has been relocated to the school.

November 2014

Do you think we can get involved????

The Movember Foundation is a global men's health charity committed to changing the face of men's health. With an official presence in 21 countries, the Movember Foundation is committed to driving significant improvements for the prioritized men's health issues – prostate cancer, testicular cancer and mental health.

Significant steps have been taken toward achieving our goals but there is more to be done. Each of the causes we support remains in desperate need of further funding and continue to be issues that many don't feel comfortable discussing openly. We're committed to continuing our work to raise vital funds and much needed awareness, with the goal of having a real impact on the lives of men and their families in the future.



At the start of Movember, guys take action by signing up with a clean shaven face and for the 30 days of November commit to growing a moustache. These selfless and generous men known as Mo Bros, groom, trim and wax their way into the annals of fine moustache. Mo Bros are supported by the women in their lives, affectionately known as Mo Sistas- together our Mo community raises money and awareness to change the face of Men's health.

With sprouting the new moustache, Mo Bros effectively become walking, talking billboards for the month and like a run or walk for charity they use their hairy ribbon to spark conversations around the often ignored issue of men's health and seek funds to support the work of the Movember Foundation.

At the end of the month the Movember community celebrates their Mo growing efforts either by joining in one of the official Movember Gala Parties held around the world or by hosting their own end of month with colleagues, friends or community groups.

Yours thoughts??

Brian Marshall

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Here's a story to bring a smile ..

David Beckham hopped into a London taxi and sees the driver looking at him in the rear vision mirror. After about five minutes the taxi driver asks "OK give me a clue"

David replied "I had a glittering career at Manchester united, played in the USA and received over a 100 caps for England. Is that enough?"

The driver then replied: "No you thick clod, where do you want to go?"

Easy Beef Hotpot

15 minutes preparation + 2 hours cooking

18 serves of vegies in this recipe 1kg chuck or blade steak, cubed

2 tablespoons flour

2 teaspoons paprika

425g can crushed tomatoes

2 medium onions, sliced

1 clove garlic, crushed

2 sticks celery, sliced

2 large carrots, thickly sliced

1 turnip, cut into large chunks

3 medium potatoes, cut into large chunks

1 cup red wine or stock

Preheat oven to 180°C. Toss meat, flour and paprika in a plastic bag, tip into a heavy casserole dish. Add all remaining ingredients and stir to combine. Press a piece of baking paper over the ingredients and cover closely with a lid. Cook for 2 hours without lifting the lid. Check for seasoning and tenderness, returning to oven if more cooking time is required.

Serves 6.

Serving suggestion

Serve with mashed potatoes and steamed green vegetables.



Notice

Effective from Monday June 30th 2014

\$1.00 per day at the Shed will buy you numerous cups of tea, coffee and bickies