

WHYALLA MEN'S SHED

PO Box 2382, Whyalla, Norrie, SA 5608

Newsletter – August 2014

New format for Newsletter

We hope you like the new format for the Montly newsletter. Thanks to Chloe for the template.

Shed funny ☺

A child asked his Dad "How were people born?" So his Dad said "Adam & Eve made babies, and then their babies became adults and made babies and so on". The child went to his Mum and asked the same question and she told him "We were monkeys and then we evolved and became like we are now." The child ran back to his Dad and said "You lied to me" His Dad replied "No, your Mum was talking about her side of the family"

Member update

This is the first month we have not had a new member application. So please tell you friends about the fun you are having at the shed.

Reminder: membership fees for 2014-15, are due by end August, otherwise you are not insured and can't use the workshop.

What's New?

Members have now made 8 shuffleboards in 3 designs – for Yeltana, Copperhouse Court, Ameroo Lodge and the University of the Third Aged as well as two for the Shed. Thanks to Peter and Leo for the idea and contacts.

Members rebuilt the car park fence for Life Without Barriers at Knight St.

Members erected a barrier at the shed to stop cars driving over our new concrete entry path.

Management Committee

The August Committee meeting was held on 21st August 2014. Decisions were made regarding the Shed Opening & Open Day, Working bees, Whyalla Pride Week, AGM and fundraising BBQs. Committee members were also updated regarding finances and membership and recent grant and award submissions and a visit to the shed by senior staff from Santos - Whyalla. Other items raised were the UniSA Students Association donation of ladder to the shed and advice from Kayleigh Bruce, President of Young Tradies & Professionals (Whyalla, that the Whyalla Men's Shed has been selected as the recipient for this years YTAP fundraising Ball to be held on Oct 25th 2014 (more details to follow). The Committee was also pleased to hear that the Shed received a \$1000 grant from Eyre Peninsula Community Fund (will be used for purchase of Fire Extinguishers).

Other items raised –

- Jim Hewitson RIP
- Whyalla Pride event, WMS unable to participate this year due to other commitments
- Shed opening
 - Mayor Pollock to perform the official shed opening
 - K Godden co-ordinating display of shed products for sale
 - B Marshall & P Medicott co-ordinating publicity
 - B Melville co-ordinating garage sale
 - C Oosterbroek in charge of catering and bake sale
 - W Bishop co-ordinating plant sale
 - Shed Working bees on August 30 & Sept 6, 10-4:00pm (please come for a few hours)
 - Items needed for garage sale, plant stall and bake sale. All contributions welcome.



From Peter Medlicott

There are many things that are shared at the Shed and I have had some comments passed that highlight the benefits of belonging to the shed. The fellowship of sharing the work load with others, the camaraderie and confidential chats has produced a feeling of euphoria, new life and hope to those that were not previously engaged by other men in Whyalla. For this we can all feel very proud that we have achieved such a lot in a short time.

Recipe of the month

Cabbage Rolls

20 minutes preparation + 1 hour cooking
16 serves of vegies in this recipe

½ cup white rice
8 large cabbage leaves
1 onion, finely chopped
250g lean pork minced
50g packet reduced-salt cream of chicken soup mix
1 egg
¼ cup chives, chopped
3 spring onions, chopped
2 ripe tomatoes, chopped
1 large capsicum, seeded and finely diced
425g can crushed tomatoes

Cook rice following packet directions and cool. Preheat oven to 180 °C. Blanch cabbage leaves in boiling water for 1–2 minutes until soft, drain onto a clean tea towel and remove coarse stems. Combine remaining ingredients except canned tomatoes. Divide between the cabbage leaves and fold into rolls, ensuring the filling is enclosed. Place seam side down and pack tightly in an oblong baking dish. Spoon over crushed tomatoes and cover tightly with foil. Bake for 1 hour. Serves 4.

Variation

Substitute chicken or beef for pork mince. Add 50g grated Parmesan cheese to the rice mixture for added flavour.

Other happenings

The SA Black Dog Ride members appreciated the hospitality that was afforded them on Monday 18th August at the Shed. Some eighteen riders enjoyed the lunch provided by the UniSA mental health unit. Ours is the first Men's Shed that they have seen and were very impressed with the purpose and theme of "where men work at play".



Three members attended a Breakfast with Beyond Bank for Phoenix Society where we networked successfully.

Gary & Brian did a presentation of the WMS for Whyalla Rotary Club



Upcoming events

September 2nd 2014 receive EPCF Grant

September 14th 2014 the official opening of the Shed

October 22nd WMS AGM 11.00am at the Shed

October 25th YTAP Fundraising Ball

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