

SHED HAPPENINGS

Best wishes go to stalwart member Bill Collins who has been indisposed in recent times. We are thinking about you and wish a speedy recovery for you Also on the sick list currently is David Anderson jnr. Get well soon Dave.

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Whyalla Men's Shed is supporting the Whyalla Billy Cart Derby to be conducted next Easter. Many Shedders who felt they had built their last Billy Cart decades ago, enjoyed revisiting the excitement in 2018.

pic. Promoters Jeremy Head and Jeff Handyman inspecting our craftsmen efforts with Gary & John



New member Brian Walters will be looking after the grounds outside the Shed boundaries. Thank you, Brian.

FROM THE PRESIDENT



Welcome To our February Newsletter. I trust you are well.

On Friday last we were rewarded for our nomination of a Community Service Award for our hard working, long term mentor Gary MISAN.

Congratulations Gary, an award well deserved for your personal commitment to the community of Whyalla especially in the health sector and the mental health of males in the region.

###

The Committee has been asked to review fundraising projects should we not have the co-operation of members to crew the BBQ's at Mitre 10

The shed acted as marshal's in during the recent Fun Run. Thanks to all who assisted.

We have the services of Michael Waite who has stepped into the Treasure's role. Thank you, Michael,

NEW MEMBER

BRIAN WALTERS, RAY SAUVOLA,
TAHLIA WITTER, RON DISCOMBE AND
PETER ROZOKOS



PETE'S RECIPE OF THE MONTH

Sausage rolls go down well with most people – children and adults alike. These are especially well received as they use pork and buttery puff pastry.

Makes: 16

Ingredients

- plain flour, for dusting
- 500g puff pastry, chilled
- 8 good quality chipolatas
- pinch salt
- 1 egg

Extra filling ideas:

- wholegrain mustard
- sweet chilli sauce
- onions, caramelised
- cheese, grated
- dried cranberries
- dried apricots, finely chopped
- apple, grated
- bacon, cooked and chopped
- chives, finely chopped

Method



Preheat the oven to 220°C and line 2 baking

trays with non-stick greaseproof paper. On a lightly floured surface, roll the pastry out to about the thickness of a \$2 coin and to a 45 x 20 cm rectangle. Cut the pastry in half lengthways so that you have two thin strips measuring 45 x 10cm. Take 4 sausages, cut a hole in the end of the casings and push the meat out directly onto the centre of one of the pastry strips. Continue until the whole strip of pastry has a line of sausage down the middle, leaving a 2cm gap from each edge.

Repeat for the other strip of pastry with the remaining chipolatas.

Add whatever extra fillings you think your crowd will like. Grated apple goes down very well with younger ones and wholegrain mustard and bacon with the older. Add the salt to the egg and beat well. Paint the egg wash down one long edge of each piece of pastry and fold the opposite long edge over to meet it, pressing down to seal. Cut the pastry into 5cm pieces, making 8 sausage rolls from each strip. Place the rolls on the baking trays, then use scissors to snip four 1cm-deep cuts into the sealed pastry edges to make the 'claws' on each one. Egg wash over all the rolls completely. When all the rolls are ready, bake for 20 minutes until well risen, golden and cooked through. Serve warm or cold to baby bears.

Recipe taken from *Recipes from a Normal Mum* by Holly Bell.

###

DID YOU KNOW?

There's a "Santa School" in Midland, Michigan that has been offering classes and guidance to Santa's around the world since 1937

###

Quote

Some mistakes are too much fun to only make once – anon

MONTHLY FUNNIES

Think about them!!

A man walks into the cinema with a dog. They start watching the movie (a comedy) and laugh all the way through it. When the lights go up, a woman who is sitting in the row [This Photo](#) by behind, taps the man on the shoulder and says: "I was really surprised to hear your dog laugh all through the film



"So was I," replied the man. "He hated the book!"

A couple is walking through St Petersburg on Christmas Eve when they feel a slight precipitation.

"I think it's raining," says the man.

"I think it's snowing," says the woman.

"How about we ask this Communist officer here? He's always right!" says the man. "Officer Rudolph, is it raining or snowing?"

"Raining," Officer Rudolph replies before walking off.

The man turns to his wife with a smile. "See? Rudolph the Red knows rain, dear."

###

Quote.

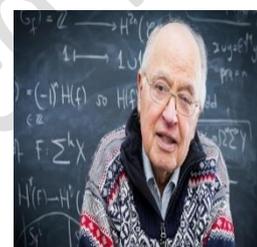
"One advantage of talking to your self is that you know at least somebody's listening"-Franklin P Jones.

MEN'S HEALTH

Smart people

Differences in intelligence have so far mostly been attributed to differences in specific brain regions.

However, are smart people's brains also wired differently to those of less intelligent persons? A new study [supports this assumption.](#)



In intelligent people, certain brain regions are more strongly involved in the flow of information between brain regions, while other brain regions are less engaged.

Differences in cognitive abilities - and the resulting differences for example in academic success and professional careers - are attributed to a considerable degree to individual differences in intelligence.

Researchers from Goethe University in Frankfurt combined functional MRI brain scans from over 300 people with modern graph theoretical network analysis methods to investigate the neurobiological basis of human intelligence.

The study shows that in more intelligent persons certain brain regions are clearly more strongly involved in the exchange of

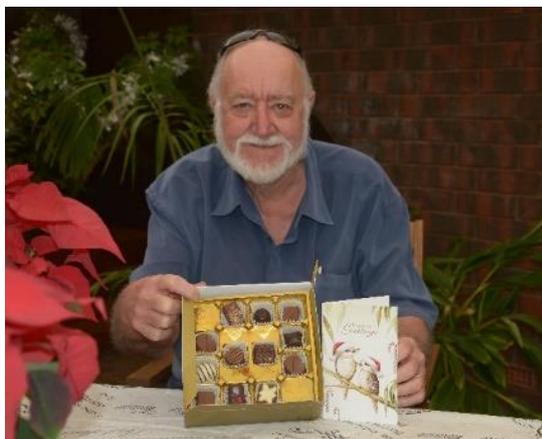
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information between different sub-networks of the brain for important information to be communicated quickly and efficiently.

On the other hand, the research team also identified brain regions that are more strongly 'de-coupled' from the rest of the network in more intelligent people. This may result in better protection against distracting and irrelevant inputs.

What do you think makes a person smarter or more intelligent than their peers?

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Jan Barr of Uniting Care Wesley visited the Shed prior to Christmas with a gift, to thank Spida Saunders for the support he gave in training men in their care to develop woodworking skills. Spida responded "It had been a pleasure seeing the progress these men have made this year and I look forward to continuing teaching more skills to the Uniting Care Wesley folk in 2018' Thanks Spida.

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"Sure it's a smart phone. It has computing capabilities."

CALENDAR FOR FEBRUARY

Mitre 10 BBQ		February 10 th 11 th
Guest Speaker	10.30	February 14 th
Toolbox Meeting	11.00	February 14 th
Committee Meeting		February 19 th
Toolbox Meeting	11.00	February 28 th
Bread Runs		Feb 14 th & 28 th

THE MANAGEMENT COMMITTEE

President	Malcom Roberts	0419 851 476
Vice Pres	Tony Johnstone	8644 1093
Treasurer	Michael Waite	0451 353 833
Secretary	Brian Marshall	0408 849 653
Members Rep	Tony Shaw	0428 440 125
W H & S	Paul Acton	0455 888 927
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Bill Hatherley		0428 440 984
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