

## FROM THE PRESIDENT- MALCOLM ROBERTS

Hello, I hope that this newsletter finds you well. Welcome to your April newsletter.

I suggest that those of you with computers view our newly constructed web page at [www.whyallamensshed.org.au](http://www.whyallamensshed.org.au).

Just a reminder about who we are as formulated in 2013.

We are Whyalla men with a place to go, a vision a purpose, a name, a committee and a constitution.

We come together with other blokes and have a cuppa, a biscuit, a joke, a laugh, a mate, a game and a project.

Please remember that you can do anything, within reason, that you want, as little or as much as you want.

The Shed is presenting a “Healthy Bladder & Bowel Habits information session” on Wednesday 11<sup>th</sup> April between 10.00am & 11.00am. The session is open to the General Public. Your committee believes that the session will encourage new members. Please do your best to attend this session. MR

## NEW MEMBERS

### RON DISCOMBE

## AROUND THE SHED

Long-time member Leo Chur- Hansen passed away on March 13<sup>th</sup> at Copperhouse Court  
R I P Leo

Paul Acton who has done sterling service to the WH & S role has resigned due to employment. Therefore, there is a casual position on the committee. Davey Anderson has taken on this vacancy so please assist him with the decision making process with suggestions as they come up for your consideration

Thanks Paul for your work.

New web site. Tahlia has given Gary a *good* start in assembling the new website.

WMS would like more member profiles and photo's to include on the web page. Please visit the web page at [www.whyallamensshed.org.au](http://www.whyallamensshed.org.au)

As you are seeing there has been a change in this newsletter. Do you like the change of format? Do you have any suggestion or preference? If so please let the Secretary know and we will look at your suggestion.

Michael Waite has resigned as Treasurer for personal reasons. Are you able to fill the role? If so contact President Malcolm or the Secretary.

Shelly Jonker from Red Cross Transport was the Guest speaker the Toolbox meeting on March 28<sup>th</sup>. She gave a very interesting speech (See the summary in the Toolbox notes). Shelly was thanked in the usual manner.

The shed will be closed on Good Friday and Easter Monday. Saturday by negotiation.



## Nuisance phone calls.

There are few things more annoying than nuisance phone calls from private numbers. It is bad enough when a caller that you know interrupts you when you're having a meal, but when it is a cold caller from a call centre, it can be infuriating.

Depending on your phone manufacturer, they are all roughly the same, once you open the phone app from the phone app tap More > Call Settings > Call Rejection.

Next, tap 'Auto reject list' and then toggle the 'Unknown' option to the on position and all calls from unknown numbers will be blocked.

### iPhone

The iPhone process is a little different to Android.

Go to Settings > Do Not Disturb.

Then turn 'Do Not Disturb on Manual' and select to only allow calls from your contact list.

You can also block repeated calls from the same number getting through within a three-minute period.

If you would like to block only the spam callers without blocking potentially hidden numbers that may come from someone you do know, try the [Trap Call](#) app. Trap Call's spam call blocking will automatically block more than 100,000 known spam numbers from your phone, depending on your phone manufacturer, but they are all roughly the same once you open the phone app.



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## PETE'S RECIPE OF THE MONTH

Banoffee pie is a household favourite and this no-bake recipe makes it a quick and easy treat.

Serves: 8

Ingredients:

- 23cm diameter springform cake tin
- 250gm packet of Granita or Marie Biscuits
- 125gm butter, melted
- 495gm tin sweetened condensed milk
- 50 gm or 2 ½ tablespoons of butter, cubed
- 3 tablespoons or 60gm golden syrup
- 4-5 firm bananas
- 400ml cream, whipped
- 50gm dark chocolate, grated



Method:

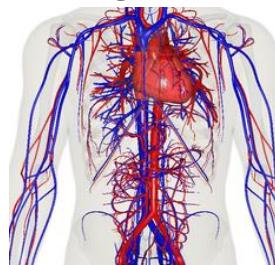
1. Crush the biscuits in a food processor until you have fine crumbs then add the melted butter. Process again to combine. The crumbs should stick together when squeezed.
2. Press into the springform cake tin halfway up the sides.
3. Refrigerate while you make the filling.
4. Place the cubed butter and the golden syrup into a saucepan and heat, stirring until melted.
5. Add the tin of condensed milk and stir on medium heat for approximately 5-8 minutes until the mixture bubbles, thickens and starts to change colour.
6. Remove from the heat and cool for a couple of minutes before pouring into the chilled crumb crust. Refrigerate until cold and firm.
7. The pie can be made up to this point and finished when you are ready.

8. Slice three bananas and mix them with the whipped cream Pour into the tart shell on top of the chilled caramel and smooth down to a nice flat surface.....
9. Sprinkle chocolate shavings onto the top of the tart and then decorate with sliced banana.

## Men's health

### **Your Heart & Circulation**

Despite significant improvements in detection and treatment, heart disease remains the leading cause of death in Australian men. **FOUR AUSTRALIAN MEN HAVE A HEART ATTACK EVERY HOUR.** The human circulation functions as a series of connected pipes with the heart as the central pump. The heart and blood vessels are essential to transport blood containing oxygen and nutrients to tissues, while simultaneously removing waste products. Our Arteries can narrow over time, reducing the amount of blood flow through them. The narrowing of the arteries is caused by damage due to cholesterol, smoking, high Biological DIES OF A HEART ATTACK EVERY 2 HOURS. high blood sugar levels and develops over many years. flow of blood to the heart muscle itself may result in shortness of breath, particularly with activity. This is must work harder on exertion, so what the body may at rest is not possible with effort. This chest pain with and may be one of the signs of an impending heart is a sudden blockage of an artery that supplies the causes pain as the muscle begins to die. It can also rhythm problems. Rapid recognition of the early signs of a heart attack can lead to earlier treatment or even prevent it from occurring; if you are worried, see your GP. Erection difficulties can also be a sign of heart disease, so if you have this problem talk to your GP. The good news is you can make changes that will help to keep your heart healthy. There are risks that influence the chance of a heart attack occurring - see the tips below to reduce your risk. **TIPS FOR HEART HEALTH** • Physical activity is good for the body and good for the mind – being active and sitting less is essential for a healthy heart. • Avoid being over-weight – see your GP for an assessment if you are unsure • Eating fresh food with plenty of fruit and vegetables is the way to go • Have your blood pressure checked and limit salt intake • If you smoke – quit • Get assistance for depression and anxiety • Drink alcohol in moderation.



Plumbing A MAN blood pressure and Restriction in the chest pain or because the heart be able to cope with effort is called angina attack A heart attack heart itself. This lead to fatal heart

Your heart.docx

## Quotes

"Eating is not all good. It's necessary but having a rest from it is probably going to give our bodies a rest from those processes."

A determined soul will do more with a rusty monkey wrench than a loafer will accomplish with all the tools in a machine shop Robert Hughes – art critic and author

The bigger the hat, the smaller the property – Australian proverb

All our best heroes are losers Richard Glover – radio presenter

## Windscreens.

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When you see the windshield of an automobile after an accident, despite the glass being shattered six ways from Sunday to Saturday and miraculously held together in a giant glittering spider web of cracks, you're bearing witness to one of the biggest automotive safety innovations of the 20th century this side of the three-point harness seat belt: laminated glass. What's even more incredible is that the lamination process that layers the glass with plastic polymers to ensure that it doesn't shatter into a million pieces that go flying into the inside of the vehicle on impact was invented entirely by accident. Back in 1903, the French researcher and all-around Renaissance man (he was also an artist, writer, and composer) Édouard Benedictus accidentally knocked a flask off of his workbench. The flask most certainly hit the ground and it most certainly broke, but rather than send shards of glass shooting all over his lab, it instead retained its shape as if frozen in time.

The secret, Benedictus quickly deduced, was that the interior of the flask was coated with a plastic cellulose nitrate

number of injured in windshields, he shatterproof his safety glass been in use ever



windows, and even "bulletproof glass"—which isn't truly bulletproof, as it was, but is created with enough layers of laminated glass to make it highly resistant to bullets for a period of time until the glass is completely compromised.

from an earlier experiment. Inspired by the accounts he had heard of people being seriously automotive accidents due to shattered used his new-found discovery to create laminated glass. The first automobiles to bear rolled off the line in 1927 and the technology has since for automotive applications, high-rise

## CALENDAR FOR April

Mitre BBQ	April 14 <sup>th</sup> & 15 <sup>th</sup>
Guest Speaker 10.30am	April 11 <sup>th</sup>
Toolbox Meeting 11.00am	April 11 <sup>th</sup>
Committee Meeting	April 23 <sup>rd</sup>
Toolbox Meeting 11.00am	April Anzac Day date to be advised
Bread Runs	April 11 <sup>th</sup> & Anzac Day to be advised

## THE MANAGEMENT COMMITTEE

President	Malcolm Roberts	0419 851 476
Vice President	Tony Johnson	8644 1093
Treasurer	VACANT	
Secretary	Brian Marshall	0408 849 653
Members Representative	Tony Shaw	0428 440 125
W H & S	Davey Anderson	8649 1719
Workshop Supervisor	John Visi	0428 554 588
Gary Misan		0408 894 168
Bill Hatherley		0428 440 984
Liam Sheedy		0451 175 071