

SHED HAPPENINGS

A request for a disabled park has been sent to Whyalla City Council and we are awaiting a reply.

A proposal has been made for a shed open day. Please assist Gary in forming a subcommittee

A bowls tournament (Fun one) for all you old blokes. They say we are welcome to form one or more teams, mixed teams accepted if you call the organisers.

It was very good to see that there were 25 members at the Toolbox meeting on 14 February

February 28 Toolbox meeting saw Karen Harrison Whyalla Citizen of the Year share her award with those members in attendance. Thanks' Karen congratulation on your award.

THE BILLY CART PROJECT WHICH WAS TO RUN DURING EASTER PERIOD HAS BEEN POSTPONED UNTIL THE SPRING.

A plan has been designed by Sam, Davey and Gary which is required to submit to costings before work commences.

NEW MEMBERS

TAIGAN HARTL, MARCUS SUTTON



FROM THE PRESIDENT

Welcome to our March Newsletter. My goodness how time flies. Autumn again from today.

Men's sheds are meant to be a place of refuge for whatever. For whatever upsets you in the rest the world. A member goes to the shed to use tools, to make things and whatever gives members pleasure, and sometimes frustration when something is not quite right.

The WMS was set up with two workshops, a meeting room come lunchroom, kitchen and a display area and a large patio, funded by Medibank, a gardening facility. This facility offers male members to meet to make friendships in our community and to live happier often after retirement.

We have had support from UniSA, TAFE, High schools, Whyalla City Council and many other individuals and timber donations. Mitre10 Whyalla assists with the sausage sizzles which helps with the ongoing running costs of the Shed, thanks all who assist. Gardens rarely make money as it takes, money and dedication every day of the week to realize \$300 a month but so much dedication and support by volunteers.

Anything of that is taken from the shed has value and should be paid for (except scrap.) which could result in higher membership cost if it's not paid for

Members need to be considerate to one another, it is good manners. It is good publicity to visitors.



Walk softly because when you don't attend the shed you are missed by your mates M E R.

Your Brain.

Brains are an extraordinary and fascinating organ and until recently were thought to be physiologically static. However, research has uncovered the fact that the brain is in fact plastic – which means it continually changes and grows according to the amount of stimulation.



YOU NEED TO KEEP

YOUR BRAIN FIT, WHICH REQUIRES SOME EFFORT. Importantly, scientific research suggests that living a brain-healthy life, particularly during your 40's and 50's, may help to reduce the risk of developing dementia later in life. Challenging the brain with new activities helps to build new brain cells and strengthen connections between them. When we learn new things, our brains fire off new neural pathways in response. Try doing things that are unfamiliar, for example, Sudoku puzzles or crosswords, learn to dance or try learning a foreign language. Alternatively, sign up to brain training activities online, new and different activities that reinvigorate your brain. Being socially and physically active is associated with reduced cognitive decline and the risk of developing dementia. This includes going to clubs, visiting friends or being visited, playing

cards and undertaking community or volunteer work. Loneliness (perceived isolation) was associated with more than double the risk of developing dementia. **MORE INFORMATION**

www.brainfacts.org

www.fightdementia.org.au

TIPS FOR STROKE PREVENTION •

Have your blood pressure checked regularly • Regular check-ups with your local doctor to see if diabetes, high cholesterol or an irregular heartbeat are a problem • Exercise regularly and maintain a healthy body weight • Eat a healthy diet and limit your salt and alcohol intake • If you smoke – quit

What do you think?

Half of all Australians think life is better than it was 50 years ago, according to a recent survey, with 33 percent of the those surveyed believing it was worse. The findings come from a global survey of 43,000 citizens of 38 countries including



Australia, which found that those most positive about life today compared to half a century ago live on Australia's doorstep in the Asia Pacific. There were big discrepancies by age group in Australia compared to other countries: 63 per of those aged 18-29 believed that life was better today compared to only 41 percent of those aged 50+. This was the second biggest differential between young and old of any of the 38 countries that participated in the survey, behind only the United Kingdom.

What do you think? Is life today better than 50 years ago? What factors do you think have made life better or worse over the last 50 years?

BASIL

Sweet basil not only works great in recipes, but it also wards off flies. Just plant a pot of sweet basil and place in a sunny spot next to a frequently used door.

AUSTRALIAN WISDOM

A truly happy person is one who can enjoy the scenery on a detour – anon

Before you criticise someone, you should walk a mile in their shoes. That way, when you criticise them, you're a mile away and have their shoes – anon

Never complain, never explain personal motto of, Kerry Packer – billionaire

Winning needs no explanation, losing has no alibi Greg Baum – journalist

I've never seen anyone rehabilitated by punishment Henry Lawson – poet

PETE'S RECIPE OF THE MONTH

FETA AND PARSLEY PIES

These delicious pies are easy to prepare and fantastic for breakfast or lunch. You could also slip them into the kids' lunchboxes. If you bake a whole batch, you can freeze some.

Note: Nigella seeds look like tiny black sesame seeds. They have a unique aromatic flavour and are often sprinkled over baked goods.

Time: 2 hours

Serves: 20–25

Ingredients

- 50g butter, melted
- 125ml olive oil
- 60g yoghurt
- 2 eggs, separated
- 450g plain flour
- 1 tablespoon baking powder
- 150g feta, crumbled
- 15g finely chopped flat-leaf parsley
- 1–2 tablespoons sesame seeds or nigella seeds (see note).

Method

Preheat the oven to 180C.

Mix the melted butter in a bowl with the olive oil, yoghurt and egg whites.

Add the flour, baking powder and a pinch of sea salt, then knead the mixture in the bowl until the dough feels like your earlobe. Cover the dough and let it rest at room temperature for 1 hour.

Mix together the feta and parsley and set aside.

Break off small pieces of the dough and roll them into walnut-sized balls. Using your fingertips, or a rolling pin, flatten them into 10cm rounds, about 5mm thick.

Put about 2 tablespoons of the feta mixture in the middle of each round. Fold the dough into half-moons and



pinch the edges together with your fingers.

Lightly stir the egg yolks with a fork, then brush over the pies to glaze them. Sprinkle with the sesame seeds or nigella seeds, or both if you must.

Bake for 20 minutes, or until the pastry is golden brown.

Serve hot or cold – if you can resist them while they're hot!



Another Ineffective Banner Ad.

MONTHLY FUNNY.

A man stands on the floor of a factory, not doing any work. The CEO comes up and asks his monthly salary. The man tells him it is \$1000. The CEO pulls out his wallet, gives the man \$1000 and says, "Here's your monthly salary. I pay people to work here. Get out and never come back".

The man leaves. The CEO asks the other workers, "Who was that guy?"

They tell him he was the pizza delivery man.

And a quote

But man is not made for defeat. A man can be destroyed but not defeated.

Ernest Hemingway

As a work of art, it reminds me of a long conversation between two drunks –

Clive James

CALENDAR FOR MARCH

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

THE MANAGEMENT COMMITTEE

President	Malcolm Roberts	0419 851 476
Vice President	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
Workshop Super	John Visi	0428 554 588
Gary Misan		0408 894 168
Bill Hatherley		0428 440 984
Liam Sheedy		0451 175 071