

# Whyalla Men's Shed-May Newsletter

## FROM THE PRESIDENT MALCOLM ROBERTS

Welcome to our May 2018 Newsletter.

Remember your new friend is waiting for you at the shed – You just have not met him yet

I would like to see you shake hands when you greet other shedders as we did in earlier times.

Davey Anderson has volunteered to be acting W H & S representative. Davey will form a small group to cover any safety issues that may arise.

They are an odd request but please volunteer to something, like the odd BBQ or Bread Run. If you think of something that you would like to see happen at the shed test the waters with your fellow Shedders and then contact me or the secretary with your idea.

While I am in the hospital during May Bill Hatherly will stand in for me.



## **WELCOME TO NEW OCCUPATIONAL THERAPYSTUDENTS**

Jojo Xin and Zoe Kleinig will be with us for the next 9 weeks

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## AROUND THE SHED

All items made in the shed require a job sheet. Costing is done by four ONLY shedders. They are Bill Collins (metal) Bill Hatherly (Computers) Gary Misan (Timber) and Malcolm Roberts (Garden)

Negotiations are ongoing to appoint a new treasurer soon.

On our Toolbox meeting on the 11<sup>th</sup> of the month we had Lisa Lawton, Continence Foundation Promotions Officer and Helen Polkinghorn Continence Nurse from the Whyalla hospital give a presentation on Healthy Bladder and Bowel Habits. The Continence Foundation is an advisory group funded by the Federal Government and is resourced including a free Continence helpline 1800 330 066. Approximately 70% of Australians have a continence problem, the best thing we can do for ourselves is to have a healthy diet,

keep hydrated (1.5 to 2 litres of water/fluids daily) and exercise regularly. Check your urine colour to ensure it is the colour of Chardonnay (wine). The Foundation recommends that we empty the bladder 4 to 6 times per day and do the pelvic floor muscle exercise on completion. Bowel movements vary per person and as such could vary from 1-3 times a day to once every three days.

Help is only a phone call away to 1800 330 066.

We then completed a Myth buster's survey. President Malcolm thanked Lisa and Helen for the great information session and the members thanked them in with acclamation

Thanks to Bill Hatherly for the help and advice given to Dave in the upgrade of the 3 training computers be ready to use at Booleroo Men's Shed

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## Pete's Recipe of the Month

### Slow-Roasted Crushed Potatoes and Garlic

This is my version of roast potatoes – a dish that is always popular in our house. The secret is good quality potatoes and olive oil. The trick is to break them into different-sized pieces so that when they're cooked some are crispy and some are soft. They're excellent for soaking up sauces.

Time: 90 minutes

Serves: 4 as part of a shared meal

#### Ingredients

- 1kg small roasting potatoes, such as Nicola or King Edward, washed well
- 20 garlic cloves, skinned, and brown end bits removed
- 200ml extra virgin olive oil

#### Method

Preheat the oven to 175°C.

Place the potatoes in a large saucepan of cold, salted water. Bring to a boil, then reduce the heat and simmer for 30 minutes, or until soft. Drain in a colander and leave to cool.



Crush the potatoes into a large bowl, leaving some chunks the size of a walnut shell and others smaller.

Add the garlic cloves and olive oil, season with sea salt and freshly ground black pepper, and toss.

Place the potatoes in a roasting tin, spreading them evenly in one layer. Roast for 40–50 minutes, or until golden and crisp,

turning every 15 minutes.

Serve hot, in a large bowl.

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## What is the coolest thing that a science teacher has done?

Chemistry class a long, long time ago...

Teacher to one of my classmates, "Do you intend to mix those liquids together?"

Classmate, "Yes."

Teacher, "Wait 10 seconds."

The teacher then went into the corner and rolled himself in the fire blanket. "Okay, go ahead

## Did you know?

The nursery rhyme "Mary Had a Little Lamb" is based on a true story. The girl in the rhyme is Mary Sawyer who, as a young girl, hid her pet lamb in a basket under her desk after it followed her to school. The rhyme was later written down, as a poem, by one of her classmates.

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## Can retirees ditch their health cover?

**A** report by major investment bank Morgan Stanley says that Australia's public hospital system is now so good that many people consider it as "adequate catastrophe cover".

The report also labels private health insurers as lazy and says the belief that private insurance has eased pressure on the public system is a myth. It notes that recent multi-billion-dollar state government investment in public hospitals has seen a big drop in waiting lists, with quicker elective surgeries and more single rooms on offer.

"The private health industry has become lazy," said Morgan Stanley Executive Director Daniel Toohey.

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... "The Government should refuse any premium rises for three years to force the industry to sort itself out," he told News Ltd.

The cost of private cover has risen 54 percent since 2009, making it one of the most expensive annual bills and forcing 10,000 people a month to cut their private cover or quit completely. Membership has declined from 47.4 percent in 2015 to 45.8 percent in September.

Morgan Stanley predicts that health fund members will continue to quit or downgrade their policies and says public hospitals will be able to cope with increased demand.

People who are grudge purchasers of health insurance "will be better off paying the Medicare Levy Surcharge than buying insurance," Morgan Stanley says.

The investment bank researched private health insurance to advise its clients on stock market investments in health funds and public hospitals. It subsequently cautioned clients about investing in the sector

"In the public system, you don't get to choose when you are treated, you don't choose which doctor treats you and you don't choose which hospital you are treated in," he said.

"In the private system, you do. And apart from the case of major trauma, you will always wait to be treated in a public hospital." Would you abandon health cover

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## Quote's N Joke's

A champion team will always beat a team of champions – Early Collingwood Magpies teams

Unless you're willing to have a go, fail miserably, and have another go, success won't happen  
Phillip Adams – Left-wing journalist

Always back the horse named self-interest, son. It'll be the only one trying – Jack Lang – Labor premier

Adam and Eve had the perfect marriage. He didn't have to hear about all the men she had married, and she didn't have to hear about how great his mother's cooking was.

Husband: "If you had learned how to cook and iron we could have done without the maid"

Wife: "And if you had learnt how to make love we could have done without the gardener."

If you were stranded on a desert island with Hitler, Mussolini and a lawyer and you had a gun with only two bullets what you would do? Shoot the lawyer twice.

A man received a bill from his lawyer. It said for crossing the road to speak to you and discovering it was not you \$40.00

## CALENDAR FOR May

|                   |         |  |
|-------------------|---------|--|
| Mitre BBQ         |         | May 12 <sup>th</sup> 13 <sup>th</sup>  |
| Guest Speaker     | 10.30am | May 9 <sup>th</sup>                    |
| Toolbox Meeting   | 11.00am | May 9 <sup>th</sup>                    |
| Committee Meeting |         | May 21 <sup>st</sup>                   |
| Toolbox Meeting   | 11.00am | May 23 <sup>rd</sup>                   |
| Bread Runs        |         | May 9 <sup>th</sup> & 23 <sup>rd</sup> |
|                   |         |  |
|                   |         |  |

## THE MANAGEMENT COMMITTEE

|                        |                 |              |
|------------------------|-----------------|--------------|
| President              | Malcolm Roberts | 0419 851 476 |
| Vice President         | Tony Johnson    | 8644 1093    |
| Treasurer              | VACANT          |              |
| Secretary              | Brian Marshal   | 0408 849 653 |
| Members Representative | Tony Shaw       | 0428 440 125 |
| Acting W H & S         | Davey Anderson  | 86491719     |
| Workshop Supervisor    | John Visi       | 0428 554 588 |
| Bill Hatherly          |                 | 0428 440 984 |
| Liam Sheedy            |                 | 0451 175 071 |

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