



Whyalla Men's Shed July



FROM THE PRESIDENT MALCOLM ROBERTS

Welcome to our July 2018 Newsletter. I trust you are well.

A man's home is his castle. His shed is a place that he can hang out with his mates. It's a place where he can make a few things, share his thoughts with his mates, a place where he can play games, learn about computers or just do nothing and have a coffee or tea with his mates. A shedder give's back to his community. Why stay at home doing nothing and be bored when you can have a great time with your mates? Your shed is important because it gives importance to your day and gives purpose to life. **Please make attending the shed a habit that you can enjoy with others.**



AROUND THE SHED

A reminder that annual fee is due before July 31st (if you wish to vote at AGM)

Zoe & JoJo have been at our shed for 6 weeks now. Their aim was to promote Men's health & exercise. They have introduced "Q" cards to help with activities and want the members to organized themselves on June 9th. They came in to obtain feedback on how they went as they wish members to continue "Q" cards after they have finished their time at the shed.

Dave Anderson delivered a word of thanks for the efforts that Zoe & JoJo have put in for the shed during their time at the said. And wished them success in the future

Next week will be the final week for Zoe & JoJo. Thanks for a tremendous job.

A suggestion was made that we seek more sponsors.

There is a concern about how the bugs are eating vegetables in the garden. Wayne Bishop was asked to investigate it and help.

The social club would like numbers for a possible evening "Xmas in July" dinner. See John Visi for details.

Helga Fleming has returned as Treasurer (Thanks Helga)

During Men's Mental health (11th-17th) week the shed held an open day which was a successful day. The shed also attended the Whyalla Fun Day 23rd and held a soup and bread roll stall. Both events raised some much-needed finances.

Scott Grant was our guest speaker on 23/06 and he gave an interesting talk about snakes and the new wildlife Conservation park.

Tony Shaw has accepted the roll of the Shed's purchasing officer to help in buying items for the Shed. Thanks Tony.

New Members.



Pete's Recipe of the Month

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Chicken basil stir-fry:

Make by cutting 500g skinless chicken breasts into bite-size pieces and frying with 1 tsp crushed ginger (in jar) and 2 tsp crushed garlic (in a jar) in a large non-stick frying pan coated with cooking spray. Once cooked, remove chicken and leave to one side. Re-spray pan and sauté 1 cup sliced carrot and 2 cups small broccoli florets for 3 minutes. Add ½ cup water to the pan with 3 small Kaffir lime leaves, ½ tsp chopped chilli, 1 cup sliced yellow capsicum, 1 sliced onion, 1 cup snow peas and 1½ cups sliced mushrooms, stirring regularly. Add 1 tsp salt-reduced chicken stock powder, 1 tsp fish sauce, 3 tbsp Hoi Sin sauce, 1 cup basil leaves, 1 tsp white sugar and a pinch of pepper, combining well. Blend 1 tbsp cornflour with 1½ cups water and pour into pan, stirring well. Add chicken back to pan and mix with vegetables. Before serving remove kaffir leaves. Serves 4, eat 1 serve.



Eat with ½ cup cooked basmati rice, 150g fresh fruit.

Coffee-Good for you?



Drinking three to four cups of coffee a day is associated with health benefits across a range of diseases according to researchers.

The researchers found that drinking three cups of coffee a day was associated with the greatest benefit in terms of cardiovascular disease, coronary heart disease, and stroke when compared with not drinking coffee.

Coffee drinking is also associated with lower risk of some cancers, diabetes, liver disease and dementia.

The researchers carried out an umbrella review of 201 different studies and aggregated the data in this new report.

Drinking coffee was consistently associated with a lower risk of death from all causes and from heart disease, with the largest reduction in relative risk of death at three cups a day, compared with non-coffee drinkers.

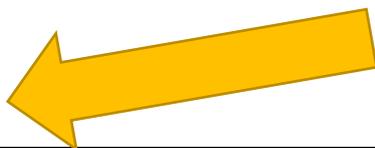
Increasing consumption to above three cups a day was not associated with harm, but the beneficial effect was less pronounced.

Coffee was also associated with a lower risk of several cancers, including prostate, endometrial, skin and liver cancer, as well as type 2 diabetes, gallstones and gout. The greatest benefit was seen for liver conditions, such as cirrhosis of the liver.

Finally, there seemed to be beneficial associations between coffee consumption and Parkinson's disease, depression and Alzheimer's disease

Men's health

Influenza.



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Dr Brett Sutton, Victoria's Deputy Chief Health Officer, explains why it is important for everyone – not just those who are most vulnerable – to get a flu vaccination now.

This is his advice.

We know influenza is a highly contagious viral infection spread by contact with fluids from coughs and sneezes. Typically, Australia's annual flu season occurs between April and October.

For the best possible protection this year, my advice to all Australians is to be vaccinated any time from now onwards. This should ensure they are protected by the time the disease begins to spread more widely in the community.

The record number of flu notifications last year – there were more than 48,000 cases – is a timely reminder about the importance of vaccination. Tragically, there were also several deaths.



This year, we expect to make more than one million doses of vaccine available.

Preparations are already underway to provide free immunisations for several key groups in the community.

Some of us are more vulnerable to complications and are eligible for free flu vaccine: the over-65s, pregnant women, children under five, people of Aboriginal or Torres Strait Islander origin, and anyone with a weakened immune system.

Also, those with chronic conditions such as heart, lung or kidney disease, diabetes, chronic neurological conditions and smokers should all be immunised.

All these groups were among those who were affected by flu last year.

And remember, we all have the potential to spread flu to these at-risk groups.

People aged 65 years and over will receive a specially formulated flu vaccine that potentially increases their protection, especially against one strain of influenza that is more common and severe in the elderly.

Quote's

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 It'll be the only one trying – Jack Lang – Labor premier
"When many of us hear the word cancer, immediately there are concerns because of its risk of spreading," Declan Murphy Peter MacCallum Cancer Centre Melbourne.



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“Lucky for you I was in Anger Management before transferring to tech. support”

CALENDAR FOR July

Mitre BBQ		July 14 th & 15 th
Guest Speaker	10.30am	July 18 th
Toolbox Meeting	11.00am	July 4 th & 18 th
Committee Meeting		July 23 rd
Toolbox Meeting	11.00am	July 25 th
Bread Runs		July 4 th & 18 th

THE MANAGEMENT COMMITTEE

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Vice President	Tony Johnson	(08) 8644 1093
Treasurer	Helga Fleming	0427 452 540
Secretary	Brian Marshall	0408 849 653
Purchasing Officer	Tony Shaw	0428 440 125
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