



FROM THE PRESIDENT MALCOLM ROBERTS

HI, everyone! I hope this newsletter finds you all in good health and enjoying your winter. Another month has passed in 2018. Can you believe it's August already?

I report the passing, on July 13th of member Merton Hodge RIP Merton.

Membership for 2018/19 is due and it remains (at this stage) at \$50 and can be made at the shed or by post or paid into our account at Beyond Bank account number (TBA BSB 325-185) 50% off your membership is to cover shed insurance including public liability, injury, fire and theft and product insurance. The remainder goes to assisting maintain the shed and is in addition to income from fundraising, grants and charges for wood & metal shed products and services. At the latest Toolbox meeting, Tony Shaw suggested anyone that has a problem they should refer it to the Committee, not another member. It has been suggested that the Shed open a couple of times a week in the afternoon to accommodate those members that, due to morning appointments, are unable to attend the Shed. At the July 18th Toolbox meeting-Anna Waters & Pat Walker spoke of the Whyalla Mount Laura Homestead which is operated by the National Trust with an aim to preserve the history of Whyalla and has a functioning blacksmith forge an old jail and telecommunications room.



ROUND THE SHED PHOTO'S COURTESY ANN RYAN AND REBECCA NEILSON WHYALLA COUNCIL

The Whyalla Men's Shed has opened the new outdoor area



(L) Whyalla Men's Shed President Malcolm Roberts addresses the gathering at the Men's Shed Open Day held on June 13. Pictured (L) are Whyalla Mayor Lyn Breuer with some shedders from Boolooroo Centre and (R) Shed member Johnson Darkwa and Mayor Lyn Breuer.



Whyalla Mayor Lyn Breuer was one of many that got a first-hand look at the great work the Whyalla Men's Shed is doing when she attended a recent open day.



Mayor Breuer officially opened the outdoor area. She was joined by councillors David Knox, Tom Antonio and Tim Breuer.

Visitors got to see the facilities and amenities of the men's shed at the old St Martin's Church on Williams St. Along with the new outdoor area and garden, on display was the workshops, display area, games room and IT area.

Mayor Breuer was suitably impressed and said the Council was always keen to help these sorts of endeavours in our community now and into the future.

The open day coincided with Men's Health Week. The council helped with the smoothie bike which made fruit smoothies while those getting a look-around were also able to grab a inexpensive snag and drink

(Above from left are members Ron Harding and Bill Collins with Councillor Tim Breuer.)

"It was a wonderful day and there was even a group of fellas from the Booleroo Centre Men's Shed there," Mayor Breuer said.

"I heard one lady joke that this shed was good because 'it allows the blokes to get away from the wife and the wives are also glad to see them go'.

Quotes.

The true Aussie battler and his wife thrust doggedly onwards: starting again, failing again, implacably thrusting towards success. For success, even if it is only the success of knowing

that one has tried to the utmost and never surrendered, is the target of every battle -
Michael Page & Robert Inapen.



Pete's Recipe of the Month

of the month

Bacon, Egg and Potato Bake

Looking for an inexpensive, filling recipe to feed the whole family? You've

got to give our Bacon, Egg and Potato Bake a go!

Ingredients

Serves: 6

- 575g potatoes, cooked and sliced
- 3 hardboiled eggs sliced
- 225g bacon rashers, chopped and fried
- 1 large onion, sliced and lightly fried
- 50g butter
- 50g plain flour
- 225ml milk
- 1 1/2 beef stock cubes dissolved in 450 ml hot water
- 90g breadcrumbs
- salt and pepper to taste
- 275g grated cheese

Method

Preheat the oven to 200°C.

In an oven-proof dish arrange the potatoes, eggs, onion and bacon in layers, finishing with a layer of potatoes.

Meanwhile, melt the butter in a frypan, then add flour and cook for one minute. Remove from heat. Stir in the milk and beef stock gradually, ensuring there are no lumps. Return to boil, stirring and cook for one minute. Remove from heat.

Add the seasoning and 3/4 of the cheese. Stir well to combine. Pour over potato mixture. Mix the remaining cheese and breadcrumbs and sprinkle over the top.

Bake for 25-30 minutes.

Serving suggestion: add zucchini, pumpkin or your favourite vegetables to this recipe

Men's Health

My Life Record

Concerns about the safety of sensitive health data stored in the Government's My Health Record initiative may be well founded.

"It's impossible to make an online database entirely bulletproof," admitted the head of the Australian Digital Health Agency (ADHA), Tim Kelsey, in a Q&A published on www.abc.net.au.

The Australian Government's My Health Record initiative has been under scrutiny for some time, with public fears about personal information being exposed or accessed by insurers, commercial organisations and third parties.

As of today, and for the next three months, Australians can opt out of having an online summary of their health information shared by doctors and health professionals, otherwise, a record will be automatically created.

While the project aims to give health professional access to important patient information, including test results, scans, treatments and prescriptions, concerns about the safety of our most personal data have not yet truly been addressed.

The good news for those on the paranoid side, you can opt out in one of three ways:

- online: by visiting visit www.myhealthrecord.gov.au (next page)
- phone: by calling 1800 723 471





- on paper: by completing a form available in 2385 rural and remote Australia Post outlets, through 146 Aboriginal Community Controlled Health Organisations and in 136 prisons, then mailing to the return address.

Those who opt out can opt-in again at any time.

But even for those who opt-in initially, there is still a way to control the information processed by doctors. In fact, doctors will upload health information unless you ask them not to.

You can control whether any medical documents, a summary of prescribed medications or referral letters are loaded onto the database. Doctors will upload information about prescribed medications unless you request otherwise, so if you don't want this included, make sure you speak with your doctor each time you visit.

However, 'tailoring' your medical records could come at the expense of your health, as the quality of the overall health summary could be skewed to leave out important information that may one day save your life.

When you first access the system, you'll be also asked to decide whether you want two years of Medicare Benefits Schedule, Pharmaceutical Benefits Scheme, Australian Immunisation Register, and Australian Organ Donor Register data added to the register.

But if your doctor accesses your record first, this information will automatically be uploaded, although you can delete or restrict access to those documents later.

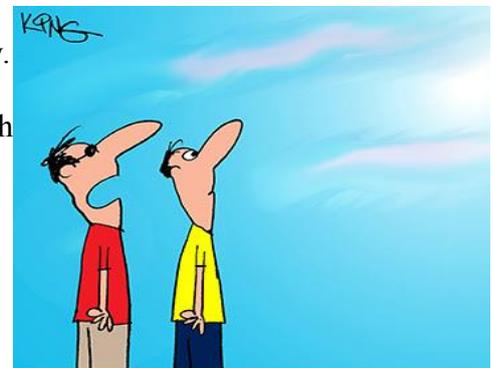
SOME OF THE REASONS TEETH TURN YELLOW, BEIGE OR BROWN INCLUDE:

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| <ul style="list-style-type: none"> • Drinking coffee or tea • Smoking cigarettes • Thinning tooth enamel due to ageing • Eating a poor diet. This includes consuming lots of <u>processed foods</u> high in acid, including soft drinks/soda, candies or sometimes certain fruits. Even some supplements can worsen enamel thinning due to containing acids. | <ul style="list-style-type: none"> • Suffering from dry mouth (since lack of saliva means less protection for enamel) • Breathing through your mouths and having blocked nasal passages. This lower saliva and prevent the teeth/mouth from remoisturizing • Some antibiotics (e.g. tetracyclines) • Excessive <u>fluoride</u> intake, especially if this habit starts when you're a child |
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Funnies

Teacher. "You missed school yesterday didn't you"? Little Johnny.

Teacher. "When is the best time to pick pears?" Little Johnny. "Wh



"No, that's not a giant screensaver. That's actually the sky. You need to step away from your computer from time to time."



CALENDAR FOR AUGUST

Guest Speaker	10.30am	August 1 st
Toolbox Meeting	11.00am	August 1 st
Mitre BBQ		August 11 th & 12 th
Committee Meeting		August 20 th
Toolbox Meeting	11.00am	August 15 th
Bread Runs		August 1 st & 15 th

THE MANAGEMENT COMMITTEE

President	Malcolm Roberts	0419 851 476
Vice President	Tony Johnson	(08) 8644 1093
Treasurer	Helga Fleming	0427 452 540
Secretary	Brian Marshall	0408 849 653
Members Representative	Tony Shaw	0428 440 125
W H & S (Acting)	Ron Driscombe	(08) 8644 1484
Bill Hatherly		0428 440 984