



FROM THE PRESIDENT MALCOLM ROBERTS



People gossip for a lot of reasons. Some feel powerful because they have a secret to divulge, others like to bring people down by revealing something unflattering about them. Gossip is also a kind of currency – people who feel they have nothing to offer a conversation feel they can prove their value by offering up some private information. They might think you will like them more because they have divulged this secret. Gossip also creates a bond between two people, the one telling and the one hearing.



The problem with gossip is that it often feels good at the time, for many reasons. The short term rewards can distract us from the fact that we know we shouldn't talk about people behind their backs. The effects and impacts of gossip can be far-reaching, and it is impossible to know if you could have done some real lasting damage. Gossip always complicates lives, rather than simplifying them. :)

AROUND THE SHED

At the 15th August toolbox meeting Chloe & Hayley from SAPHN were the guest speakers on suicide prevention.

Jointly they talked about training courses in online education to prevent suicide which a free course. There are 12 sites in South Australia and currently 'hot spots' on Eyre Peninsular. During 2015, the latest statistics show 225 people took their life in SA 165 male and 60 females.

The course will show that a person who feels they have no worth can alter this feeling by you asking if they are OK and reinforce they are a valued member of society. For more information visit www.countrysaphn.com.au And use the login code CSA.

Thanks Chloe & Haylee for a very interesting talk.

The shed requires woodworkers to work on customers jobs. Please help if you have a little time.

The AGM will be in October. Can anyone with positive compliments or complaint do so in writing to the committee?

When requesting goods for the Shed, please don't purchase the item, talk with the purchasing officer Tony Shaw. We may have the item required at the shed.

At the Toolbox Meeting on 29th August it was noted that Kevin Dalziel was back home after surgery. Give him a call if you are able. Get well Kevin.

A reminder that annual membership has been due since June 30th, those that have not paid or have paid by via EFT please contact the Secretary to ensure that your insurance cover is current.

Johnson Darkwa is filling a casual vacancy on the committee until the AGM in October. Thanks Johnson.

We have had a suggestion to open in the afternoon, so the members agreed that we should have trial on Thursdays to open the Shed from 9.00am to 4.00pm from 13 September until 18 October to ascertain the response.

- X-LOTTO members!! Moved John VISI seconded Brian Marshall "that if you are not currently financial on the day of the draw you are NOT eligible to a share of the prize, carried by those present Welcome back to Secretary BM and thanks' go to acting Secretary BH. Thanks for a job well done.



PETE'S RECIPE OF THE MONTH



MEDITERRANEAN TUNA RICE SALAD

This simple salad is full of delicious flavours: olives, rosemary and roasted vegetables. You can serve this one up warm for a hearty dinner, or if the weather's fine, cold for a lovely picnic lunch. A little splash of white wine on the side wouldn't hurt either!

Serves: 2

Ingredients

- 85g mixed basmati, red and wild rice
- 1 large sprig rosemary
- 120g good quality canned tuna (drained weight)
- 25g mixed olives halved
- 75g roasted red peppers, roughly chopped
- 75g sundried tomatoes in oil drained and quartered if whole (reserve 2 tablespoons oil)

- 75g canned sweet corn, drained
- 1 large red or regular spring onion, finely sliced
- 50g mixed salad leaves
- salt
- black pepper

For the dressing

- 1 heaped teaspoon mayonnaise
- 1/2 teaspoon sherry vinegar
- 1/4 teaspoon very finely chopped rosemary leaves

Method

Cook the rice in salted water according to the packet instructions, adding the sprig of rosemary to the water. Drain, then spread it out on a tray and leave to cool, discarding the rosemary sprig. Meanwhile, make the dressing. Mix together the mayonnaise, vinegar, rosemary and one tablespoon of cold water in a small bowl. Chill until ready to serve.

Combine the tuna, olives, peppers, tomatoes, sweet corn and spring onion in a large bowl. Stir through the cooked rice, season, and add two tablespoons of oil from the sundried tomato jar. Divide the salad leaves between plates or bowls, top with the rice salad and drizzle over the dressing

Did you know?

Vision acuity is often expressed as a fraction. If you have 20/20 vision, then you can see what people with normal vision see at 20 feet. If you have 20/40 vision, then you need to be 20 feet away to see what other people can see at 40 feet. At 20/60, you must be as close as 20 feet away to see what others see clearly at 60 feet, and so on. Legal blindness is defined as a medically diagnosed central visual acuity of 20/200 or less in the better eye (with the best possible correction) and/or a visual field of 20 degrees or less.



Men's health

Exercise for sitters

These exercises are also good for anyone who sits for long periods.

- **stand up straight with your hands on your hips or in the small of your back. Gently push your hips forward as far as you can hold for a few seconds. Repeat 10-12 times**
- **stand tall. Rise up and down on your toes. Repeat 10-12 times**
- **stand tall. Squeeze your shoulder blades together. Hold for 2–3 seconds. Repeat 10-12 times**
- **chin tucks. Look straight ahead in a seated or standing position. Tuck your chin in (as if to mimic giving yourself a double chin). Hold for 2–3 seconds and repeat 10–12 times. Try to avoid looking down or nodding your head**
- **walk! One of the best exercises to do to break up the long period of sitting.....**
- **....to walk. It doesn't need to be brisk, but walking allows gentle rotation and stretch around the spine. Naturally, the brisker you walk, the more the spine stretches and rotates.**

My Health Record



The confusion and uproar around the My Health Record (MHR) have galvanised the Federal Government into taking speedy action, with Health Minister Greg Hunt announcing two important changes to the digital database – although it remains an opt-out system.

An outcry over privacy concerns has resulted in a promise to change the law so that police and other government agencies must obtain a court order before they can access records.

Participants will also be able to withdraw after the opt-out period ends and their entire electronic health record will be deleted from the system.

The opt-out period was due to end on 15 October but is expected to be extended by a month.

The moves were welcomed by the Australian Medical Association, the Royal Australian College of Medical Practitioners and Digital Rights Watch.

MHR is a digital record of a person's medical history, including medications and test results, which can be accessed by health professionals.

Will you opt-out? Do you think the Government rushed this program, just as it did its 'robot-debt' system? Are you tired of being a government guinea pig?

Where there's a will, I want to be in it.

The last thing I want to do is hurt you ... but it's still on my list.

Since light travels faster than sound, some people appear bright until you hear them speak.

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Whyalla Men's Shed Newsletter September



"Bears really are domesticated around these parts. Instead of taking our food, he took my phone charger."

CALENDAR FOR

| | | |
|--------------------------|----------------|--|
| Mitre BBQ | | September 7th & 8th |
| Guest Speaker | 10.30am | September 12th |
| Toolbox Meeting | 11.00am | September 12th |
| Committee Meeting | 9.30am | September 24rd |
| Toolbox Meeting | 11.00am | September 26^h |
| Bread Runs | | September 12th & 26th |

THE MANAGEMENT COMMITTEE

| | | |
|---------------------------|------------------------|-----------------------|
| President | Malcolm Roberts | 0419 851 476 |
| Vice President | Tony Johnstone | (08) 8644 1093 |
| Treasurer | Helga Fleming | 0427 452 540 |
| Secretary | Brian Marshall | 0408 849 653 |
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| Davey Anderson | | (08) 8649 1719 |
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Information on these pages mainly uses Your Life Choices, Quora Digest, Over 60's Health and other sites including Google.

Be what you want to be and have faith in yourself

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