



# WHYALLA MEN'S SHED INC

## From President Malcolm Roberts.



*It is with regret that I record the passing of Kevin Dalziel, on Monday 29<sup>th</sup> October, a foundation member of our shed. Condolences to Kevin's family. His shoes will be difficult to fill.*

*R I P Kevin.*

*Welcome to our November Newsletter. Thanks, goes to Johnson, our shedder extraordinaire for his offer to become the shed photographer, skilfully coached by Ken G:*

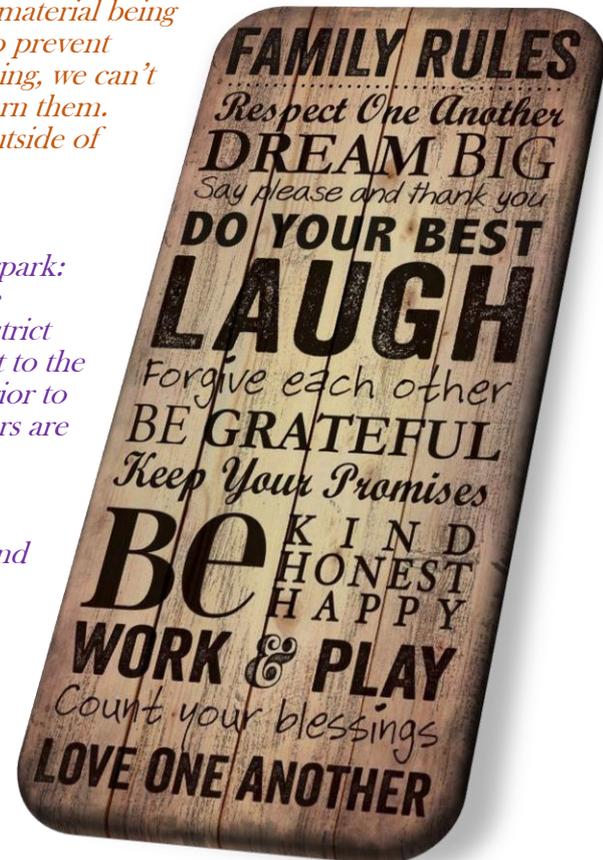
### *Notes from the Committee minutes*

- *Thursday afternoon opening to continue until Christmas*
- *WMS members are covered by AMSA insurance when on Shed business outside the Shed*
- *AGM date to be set until, hopefully, late November*
- *Grant submission to WCC of \$5000 for container purchase*
- *Marked walkway to be extended across the metal shop to the garden outside the gate. Due to a tripping hazard in the recreation area.*
- *Due to safety concerns, two shedders MUST be in the shed as a minimum. I.e. should a member be in the shed alone and a medical episode occurs, who knows?*
- *Request to buy files for the asset register to be costed and reported back to committee for ratification.*

*Around the Shed 🏠 🌿 10<sup>th</sup> October Sixteen members attending. Ken G suggested a follow up to the Myall Retirement Village. He will arrange a date for a tour for those wishing to see for themselves about the setup. He also suggested another talk at a toolbox meeting by them next year to remind all of us what they have to offer.*

*Sam A. notified all members of an accident in the shed due to the material being left on the ground after a delivery. All deliveries are packed away to prevent tripping hazards. Gary M talked about all tools that have gone missing, we can't afford to keep replacing tools so, however, took them - please return them. Sam A. asked about if our insurance will cover us when working outside of shed grounds.*

*October 24<sup>th</sup> Toolbox meeting attended 21 members. Disabled carpark: Moved Gary Misan seconded Ken Godden that two sites are made available on the western side of the pathway. An amendment to restrict the motion to one space was defeated therefore the motion was put to the meeting and carried. We need to have the specifications ratified prior to the installation of signage. Secretary Brian indicated that all shedders are covered by our insurance when on shed business outside the shed. The finger guard was removed and refitted to the guillotine in the metal shop. PLEASE DO NOT REMOVE GUARDS ON ANY MACHINE. Pride in the Park: Gary thanked those that assisted, and we netted \$250 from the sale of Yiros. • Ken raised the Myall Retirement Village as an ideal venue for the future. He has a form on the notice board to have 4 to 6 members each take a tour of the facilities.*





## Pete's Recipe of the Month

### *Rustic Rabbit Stew*

*This traditional, countryside dish is also known as coniglio alla cacciatora (hunter's rabbit stew). The long, slow cooking, the briny olives and the resulting rich sauce help to create an extremely tasty, falling-off-the-bone stew - it's a wonderful way of cooking game meat. You could also use free-range chicken instead for a more delicate stew. This recipe is inspired by the way Nonna Lina, the grandma of the author's husband Marco would have made it.*

*NOTE: If there are any leftovers, pick out the bones and simply toss the stew through some pasta like you would a ragù. Even if there is no more meat left, but plenty of that delicious sauce, it still makes a wonderful pasta dish.*

*A WORD OF WARNING: Be wary of the smaller bones floating around in the stew. If you're careful enough while chopping the rabbit, you can try to avoid using (or at least chopping through) the rib bones, which are the smallest, sharpest ones.*

*Time: 2 hours*

*Serves: 4*

*Ingredients*

*600g rabbit*

*plain flour, for dusting*

*30-60ml extra-virgin olive oil*

*1 onion finely chopped*

*1 carrot finely chopped*

*1 celery stalk finely chopped*

*2 garlic cloves chopped*

*1 rosemary sprig*

*5-10 fresh sage leaves*

*180ml red wine*

*400g tomato Passat (pureed tomatoes) or  
tinned chopped tomatoes*



*1-litre homemade vegetable stock or water*

*100g good quality green or black olives*

*1 handful flat-leaf parsley chopped*

*Method*

*Prepare the rabbit by rinsing and patting dry with paper towel, removing the kidneys and liver if they are still intact, then chopping into pieces on the bone much like you would a chicken. You could also ask your butcher to do this for you.*

*Dust the pieces of rabbit with flour and shake off any excess. Pour the olive oil in a deep pan suitable for a stew and sear the rabbit over medium-high heat until golden. Remove and set aside.*

*In the same pan, cook the onion, carrot and celery over a gentle heat until the onion becomes transparent and soft, about 10 minutes. Add the garlic and fresh herbs and continue cooking a few minutes until fragrant. Return the rabbit back to the pot, season with salt and pepper, add the wine and cook for a further couple of minutes.*

*Add the tomato to the pan with 2 cups of the stock (or water) and bring to a gentle simmer. Cook on the lowest heat until the meat begins to just fall off the bone, about 1 1/2 hours (note that wild rabbit or other wild game may take a bit longer to become tender than farmed rabbit or chicken). If the sauce is getting too thick or dry, top up as needed with the stock or water (you may or may not need to use all of it).*

*Check the meat to see if it is tender. When it is ready, you can either remove the meat from the larger bones for easier eating or leave in large pieces.*

*In the meantime, remove the pits from the olives. Add the pitted olives to the stew right at the end, along with the fresh parsley. Season with salt and pepper to taste.*

*Serve with roasted potatoes.*



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### Quotes by Australians.

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

*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 battler Michael Page & Robert Inapen - authors*

*It's dead easy to die; it's the keeping on living that's hard - Douglas Mawson - Scientist and polar survivor*

*May as well be here we are as where we are -Australian Aboriginal saying*

*A Platypus is a duck designed by a committee - anon*

*Do you know why I have credibility? Because I don't exude morality Bob Hawke - Prime Minister*

*It's no good crying over spilt milk; all we can do is bail up another cow Joseph Chifley - Prime Minister*

*The twentieth century has been characterized by three developments of great political importance: the growth of democracy, the growth of corporate power, and the growth of corporate propaganda as a means of protecting corporate power against democracy - Alex Carey*

### Technology

*Smartphones may only be fully compatible with a single carrier's 5G network.*

*Most 5G smartphones will effectively be locked to specific mobile carriers when 5G networks are rolled out across the U.S. next year, meaning users will not be able to switch networks without buying a new handset.*

*But the reason for this lack of network portability is a technical one rather than a business one, according to Gordon Mansfield, AT&T's vice president of radio networks and device design. The root cause is the fact that different carriers' 5G networks use different radio frequencies.*

*"It's not because there isn't a desire and we don't want to have cross-compatibility," Mansfield explained in a Digital Trends report. "It's just that nobody has figured out how to cram the 28 GHz 5G that Verizon and T-Mobile are using, and AT&T's 39 GHz 5G, into one box yet. And while T-Mobile and Verizon are using similar 28 GHz bands, T-Mobile is also putting 5G on the 600 MHz band, which Verizon is not."*





# Whyalla men's Shed Inc



"Can I have my pen back? Not only does it write, it's also a computer, phone, GPS, camera, printer, scanner, and coffee maker."

## CALENDAR FOR NOVEMBER

Mitre BBQ		November 10 <sup>th</sup> & 11 <sup>th</sup>
Guest Speaker	10.30am	November 21st
Toolbox Meeting	11.00am	November 7th
Committee Meeting		November TBA
Toolbox Meeting	11.00am	November 21st
Bread Runs		November 7 <sup>th</sup> & 21 <sup>th</sup>

## 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
Purchasing Officer	Tony Shaw	0428 440 125
WH & S	Davey Anderson	0429 965 854
Committee members	Bill Hatherley	0428 440 984
	Johnson Darkwa	0416 524 629

*I used to suffer from a lack of motivation... now I just can't give a stuff!*

Information on these pages mainly uses Your Life Choices, Foundation 49, Quora Digest, Over 60's Health, Talking Aged Care and ABC Health.