

Issue 11 – August 2019

Dates to Remember.

Mitre 10 BBQ (Volunteers always welcome)	10 th 11 th	Saturday 9 am to 1.00 pm Sunday 10 am to 1 pm
Toolbox	14 th & 28 th August At the Shed	11.00 am
Committee Meeting	19 th August	9.30 am
Guest Speaker	28 th August	10.30 am
Bread Run	14 th & 28 th	6.30 pm to 8 pm
Afternoon Shed opening	Every Thursday	4.00 pm close
Walking Group – Terry Brown.	Every Tuesday and Thursday	9.30 am
Men's Shed Muster	18 th October	10.00am to 3pm



Coming together is a beginning.

Keeping together is progress

Working together is success.

Quote from Henry Ford



How are you enjoying winter?

This being the first winter in five years that Anita and I have experienced we are not enjoying it very much. Especially the way the two SA teams are performing in the AFL. However it was good to see my NSW Blues finally get two series wins in a row. The Queenslanders have held the cup by the throat for many years.

Things are progressing well at the Shed with the harmony of the members being paramount, the Muster is coming together under Gary's guidance and the fence out back has a Scottish flavour. The new dust extracting systems have been installed, thanks John and his team. The winter crops have been planted, thanks Malcolm but where are the "chillies"?

We have agreed to assist the hairdresser across the lane to install a security light on the wall, they will pay for the installation and running costs.

Thanks to all for keeping the supply of firewood up to our customers as it is a good source of income for us for little expense. The Christmas in July function received good reviews apart from a table service problem which I am told John settled with his order of sweets. Where did all the ice cream go John?

Meanwhile, stay warm and keep up the good work

Please be advised that membership fees for the 2019/20 financial year are due as of July 1, 2019.

pg. 1

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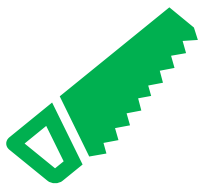
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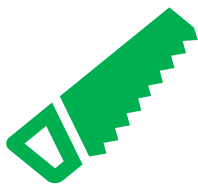


Farewell and thank you Alice and Molly June 27, 2019 Thanks' also to all the Shed members who contributed.

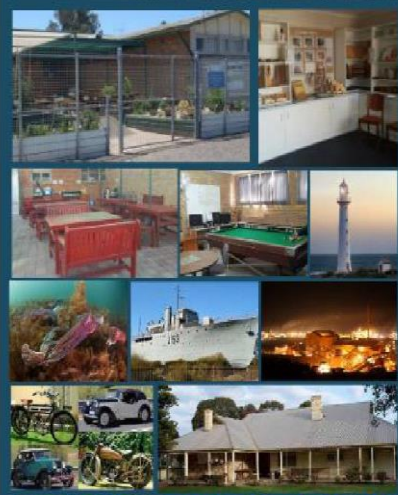


Johnson.

Recently showed off his work and added to his other passion, his church. The pew was in need of a little tidy up after many years of use.



SAVE THE DATE
**EYRE PENINSULA
MEN'S SHED MUSTER**
HOSTED BY WHYALLA MEN'S SHED



ACTIVITIES INCLUDE:

- Tour of the Mount Laura Museum, including the stationary engine display
- Display by the Whyalla Vintage & Classic Car Club
- Guest speakers to update on the great things happening in Whyalla
- Raffles and door prizes
- Yummy lunch, morning and afternoon tea
- Look at the Whyalla Men's Shed

\$10 per person

FRIDAY OCTOBER 18TH 2019 10AM-3PM

DON'T JUST COME FOR THE DAY, MAKE IT A WEEKEND
EXPLORING THE SIGHTS OF THE WONDERFUL EYRE PENINSULA!

OCTOBER 18th, 2019 10 AM – 3PM.

You are invited all to the Men's Shed Muster to be held at the Whyalla Men's Shed in **October 18th, 2019.**

We timed the Muster so it would be held after the AFL Grand Final, the SANFL Grand Final, the Rugby Grand finals, Bathurst, and the October long weekend, so there is no excuse for not coming along.

Bring your partners, bring your caravans, motor homes, camper trailers or just your swags, but come along.

There will be lots to see and do on the day and then lots more to see and do in Whyalla and the beautiful Eyre Peninsula afterwards. So, make a weekend of it and enjoy what the region has to offer.

We look forward to seeing you all.

More details as the day comes along.

secretary@whyallamensshed.org.au



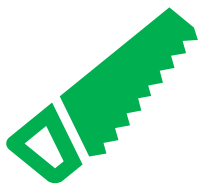
Your diet is not only what you eat. It is what you watch, what you listen to, what you read, the people you hang around... be mindful of the things you put into your body emotionally, spiritually and physically.

Quotes

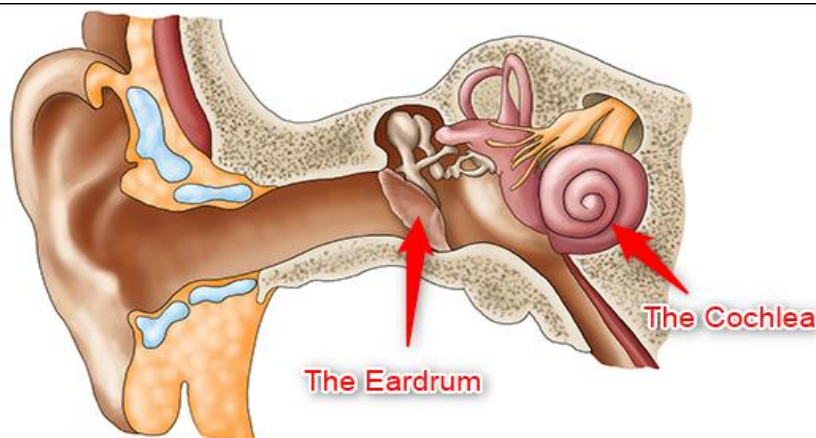
"There is nothing government can give you that it hasn't taken from you in the first place"

"The best argument against democracy is a five-minute conversation with the average voter"

Winston Churchill.



Sounds Are Just Vibrations



Before diving into bone conduction, let's first look at how sound works. Like light, sound travels through the air in waves. But unlike light, sound can also travel through dense objects. Therefore, sounds are usually referred to as "pressure waves." They cause objects to vibrate, even if you can't see it.

There are a bunch of tiny organs in your ear designed to react to sound. In other words, they're great at vibrating. The star of the show is your eardrum, which is a thin flap of skin that vibrates like the head of a drum or the diaphragm of a microphone. It encourages your other ear organs and tiny ear bones to vibrate. (As a side note, don't look up pictures of the eardrum. It's gross.)

Once everything starts shaking, your cochlea looks around and records what's going on? It then sends that data to the brain, where it's translated into music, voices, or any other noise that you're subjecting yourself to.

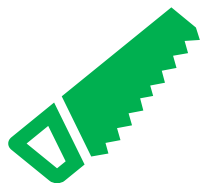
So far, it seems like hearing is a relatively simple process. And guess what? Bone conduction is just as simple.

Bone Conduction Skips Your Eardrums

All right, so typical hearing depends on the eardrum to vibrate all the little organs and bones of your inner ear. The eardrum isn't *necessary* for hearing, but without it, your inner ear bones and organs would be static.

See where this is going? Bone conduction bypasses your eardrum by sending vibrations to your inner ear through your skull. Once all the tiny bones and organs of your inner ear start moving, your cochlea doesn't know the difference. It records the vibrations, sends them to the brain, and you suddenly hear music, podcasts, or the obnoxious videos that automatically play on news websites.

Now, this doesn't mean that bone conduction headphones are silent. They're still audible (a lot less audible than earbuds), but they're designed to push sound waves through your skull, rather than through the air.



Please be advised that membership fees for the 2019/20 financial year are due as of July 1, 2019.

Can you please make arrangements to pay the fee as soon as possible, and no later than August 31, 2019?

The membership fee remains unchanged again this year at \$50 per annum. Electronic payment to BSB no 325-185, Account number 01986430 Account name WMS operating account.

My shed is important to me because it gives me a reason to get up in the morning and something important to tell my family in the evening.

YOUR COMMITTEE.



Role.	Member.	Contact.
President	Brian Marshall	0408 849 653
Vice President, Workshop coordinator.	John Visi	0428 584 588
Treasurer	Helga Fleming	0427 452 540
Secretary	Gary Misan	0408 894 168
Metal shop coordinator.	Bill Collins	0447 095 978
OH & S Officer & fundraising chair.	Davey Anderson (Sr.)	0429 965 894
Grounds coordinator & Housekeeping trainer	Johnson Darkwa	0416 524 629
Assistant woodshop coordinator social events & fundraising	Liam Sheedy	0451 175 071
Garden coordinator.	Malcolm Roberts	0419 851 476
Chef extraordinaire & materials management	Marcus Sutton	0497 869 309
Assistant metal shop, coordinator Shed machinery & equipment check	Neil Jones	0427 869 309
Assistant woodshop coordinator	Tony Johnstone	08 8644 1093
Purchasing & member liaison	Tony Shaw	0418 440 125