



Dates to Remember.

Mitre 10 BBQ

(Volunteers always welcome)

14th April

Sunday 10 am to 1 pm

Toolbox Meeting	10 th April	11.00 am
Committee Meeting	17 th April	9.30 am
Guest Speaker	24 th April	10.30 am
Tools Down Day	24 th April	11.00 am
Bread Run	10 th & 24 th April	6.30 pm to 8 pm
Afternoon Shed Opening	Every Thursday (Unless over 38°C)	4.00 pm-close
Walking Group – Terry Brown	Every Tuesday and Thursday	9.30 am



Coming together is a beginning.

Keeping together is progress

Working together is success.

Quote from Henry Ford



Hello from beautiful Perth WA.

This visit to the family was planned some six months ago and I am enjoying the benefit of spending time with both girls, (daughter and granddaughter) for their birthdays.

I was pleased to see that Terry's walking group has commenced and is heading off around 10.30am on Tuesdays. Don't forget the pedometers boys!

I trust you enjoyed the discussion with Mayor Clare on the 27th and expect that you had some questions for her regarding the new jetty and the town's future direction.

Thanks to Bill C, Bill H and Andrew for attending the Port Augusta TAFE course and being qualified to join the Test and Tag team for the Shed.

All committee members have settled into their respective roles well and I feel sure that we can grow their involvement and expertise in the future with your assistance and cooperation.

Discussions are underway for the purchase of the storage container with various suggestions being canvassed to ensure the best outcome for the Shed.

Early September is the AMSA Conference in Adelaide, so I hope you have put a plan in place to attend this national event, more details to follow.

It's always pleasing to welcome fellow Sheddors visiting from other towns. Recently Geoffrey Woodland & Ken Faulkner from Quorn Men's Shed called in to have a look at our premises & discuss some of the Common issues & challenges facing the Men's Shed organization, that we all share.

pic. Geoffrey Woodland (red shirt) & Ken Faulkner on his left.



Guest speaker on 27th March was Whyalla Mayor Clare McLaughlin.

Clare is enjoying her appointment and is keen to make most of the opportunities for Whyalla. Clare is on several peaks bodies in our region, so Whyalla is strongly represented in key decision-making areas. Council is mostly new (apart from two councillor's) so a lot of talent and energy and a mix of backgrounds and experience. The Mayor said "new council is looking forward to making strategic plans on how to respond to predicted population growth, e.g. schools, health services, amenities, aged care, infrastructure, accommodation, security, retail, etc. And hoping to reap benefits from future planned defence force exercises"

Council recognises that it can't hitch the city's future to iron ore and steel only. Council is looking forward to looking at ways which can diversify the Whyalla economy.

Population projections – hoping for about 5000 people over the next few years, particularly as GFG and other projects come online

All project announcements are on track as promoted, most in planning and due diligence stages – jetty, One Steel, Solar farm, pumped hydro, Bennet Oval, Playground upgrades



There is a lot of interest in Whyalla from State and Federal Politicians of late, particularly with a federal election looming. Trying not to dwell on personalities but rather on policies, plans and opportunities with both State and Federal government

She thought the Shed was an important facility for Whyalla men and the Whyalla community, the Mayor praised us for our efforts to date.

Clare said "She would like to come back in about 6 months and apprise us of developments"



From left-Spider Saunders-John Visi-Liam Sheedy-Clare McLaughlin (Mayor)

Friend or Foe. A short story from WW One from Ken G.



"Then I saw my first enemy. A figure in brown uniform, wounded apparently, crouched twenty paces away in the middle of the battered path, with his hands propped on the ground. I turned a corner, we caught sight of each other. I saw him jump as I approached, and stare at me with gaping eyes, while I, with my pistol, stalked up to him slowly and coldly. A bloody scene with no witnesses was about to happen. I was a relief to me, finally, to have the foe in front of me and within reach. I set the mouth of the pistol to the man's temple-he was too frightened to move- while my other fist grabbed hold of his tunic, feeling medals and badges of rank, he must have held some command post in these trenches.

With a plaintive sound, he reached into his pocket, not to pull out a weapon, but a photograph which he held up to me. I saw him on it, surrounded by numerous on a terrace. It was a plea from another world. Later, I thought was a blind chance that I let him go and plunged onward. The one man often appeared in my dreams. I hope that he meant to see his homeland again "Ernst Junger, 'Storm of Steel'(1920)

**Got tasered picking
up my friend from
the airport today.
Apparently
security doesn't
like it when you
shout,
"Hi Jack!"**

OPTOMETRISTS

What did the Asian call his shop?
Asif Eye Care.

Optometrist: "Have your eyes ever been checked?"
Patient: Never. They have always been blue.

Optometrist: "You need glasses"
Patient: "But I'm wearing glasses"
Optometrist: "Then I need glasses"

What do Optometrists Listen to?
iTunes.

Mike: "Guess who I bumped into today?"
Marty: "Everyone"



A reminder that Terry Brown is leading a walking group each Tuesday and Thursday leaving the Shed at 9:30 for a 20-30 minute leisurely stroll around the local streets. Do your heart, lungs and joints a favour and join the group

When grilling fish, is it best to do them whole with the head and bones, or after they are filleted?

Hi. When grilling, I think it's better to cook them whole When ready, separate the fillets from the skeleton and enjoy. They will pull away quite easily. Some fish should be filleted, and the fillets grilled.

Salmon can be cooked whole but are best poached.

Big game fish, should be steaked.



Experts call for national driving test for older Australians



Researchers are calling for Australia's system of managing driver retirement for people with dementia to be overhauled.

A University of Queensland (UQ) study found a lack of suitable screening and assessment measures remained an issue for General Practitioners.

Dr Theresa Scott of the UQ School of Psychology said the research revealed several complexities in the existing system.

"In Australia, as with most other countries, GPs are often the first medical professionals approached to identify changes in the functioning of their patients that would potentially impact on driving safety," Dr Scott said.

"GPs tell us that advising patients about driving cessation is one of the most challenging aspects of clinical dementia care and the process can alter long-standing relationships with their patients.

"A standardised approach is needed to allow doctors to medically assess whether their patients are fit to drive."

Dr Scott said other health professionals, as well as other related groups, also required programs to identify and assess driving capability.

"With limited information and prior training about how to evaluate fitness to drive in primary care, it is a poorly resourced area of clinical dementia care," Dr Scott said.

"GPs are often under time constraints during consultations and they fear the negative effects on the doctor-patient relationship if they are the sole decision-maker in removing someone's mobility.

"To preserve this relationship, a system that gives the relevant licensing authority principal responsibility for determining a patient's fitness to drive, while the GP assists in the referral and screening process, should be investigated.

"Similarly, community education and awareness about the impact of dementia on driving were identified as especially important for the person with dementia and their family members, to ensure acceptance of the decision to eventually cease driving."

Are you worried about drivers with dementia on our roads? What do you think should be done to address the issue?

Your Committee



Role.	Member.	Contact.
President	Brian Marshal	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 officer	Tony Shaw	0418 440 125