

ISSUE 7 MAY 2019

## Dates to Remember

Mitre 10 BBQ (Volunteers Always Welcome)	May 11 <sup>th</sup> May 12 <sup>th</sup>	Saturday 9 am to 1 pm Sunday 10 am to 1 pm
Toolbox meeting	May 8 <sup>th</sup>	11.00 am
Committee meeting	May 15 <sup>th</sup>	9.30 am
Guest Speaker	May 22 <sup>nd</sup>	10.30 am
Toolbox meeting	May 22 <sup>nd</sup>	11.00 am
Bread Run	May 8 <sup>th</sup> & May 22 <sup>nd</sup>	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



By the time you receive this newsletter, courtesy of Peter Medlicott, ably assisted by photographer extraordinaire Ken Godden, easter will have passed us by. I trust all your travels were safe and families returned home well.

April saw some warm weather across the Peninsula although we did receive some rain over Easter.

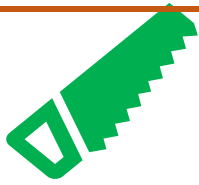
We welcome Molly McCarrol and Alice Brummit to the shed, these UniSA Occupational Therapy Students will be with us for the next nine weeks. During this time they will be instigating a sustainable activity programme to minimise cognitive decline in members of the Whyalla Men's Shed. I am sure you will enjoy their company and make them feel welcome. During the project term Gary will be their mentor.

The committee members are working well together with Liam preparing a roster for the monthly BBQ's and a social calendar. The website problems are near to being solved to allow Gary to update the site.

We have the AMSA biannual Conference coming to Adelaide in September from the 10<sup>th</sup> to the 12<sup>th</sup>, the venue is Morphettville race course. Members of the same shed can get a discount if three are attending. Please look on the AMSA website for details or on our own noticeboards in the common room.

Negotiations are ongoing to have the storage container located on the northern side of the shed.

Glad to see that the walkers are hitting the pavement on a regular basis and I am sure Molly and Alice will be pleased to see the progress. Keep it up fellows.



As recommended at a recent newsletter planning is in place to replace TOOL BOX DAY with a SOCIAL DAY Liam Sheedy is driving this program. Liam is seeking input from shedders on activities included, some early suggestions are, Chess, Computer Games, Pool, Cards, Dominos, Monopoly. Any more ideas are welcome. Photo (L) Liam & Jack discussing potential activities Jacks suggestion of, Liam rejected pass the Parcel.

Liam also supports Terry Browns planned walk on Tuesday's & Thursday's as an extension of Social Day

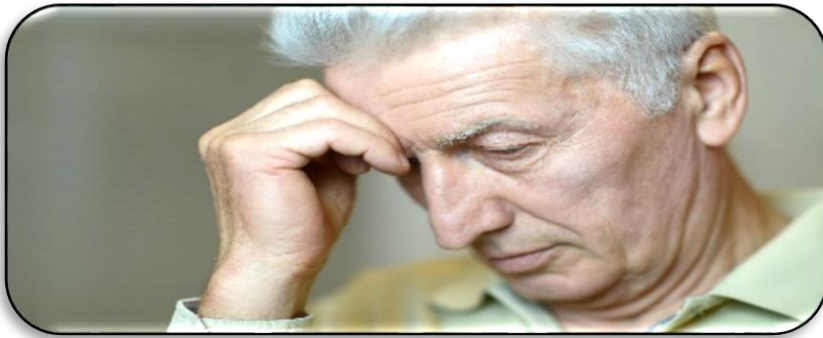
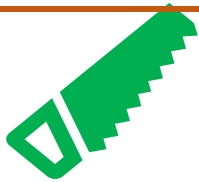


It was good to see Neill Jones at a recent BBQ shortly after a knee operation Neil moved to Whyalla in 1970 from Cowell at the early age of 21 years. Got a job with BHP as a fitter's offsider for about 6 months then changed to lubrication attendant at the rolling mills. Left BHP after 2 years to work at Coca Cola bottlers in Whyalla and stayed for 15 years in sales/distribution. Can drive forklift and semi. Then joined BC&K James Transport and moved to Adelaide for 2 years and then moved back to Whyalla and got a job with Golden North where stayed for 14 years. Left work as a result of a back injury.

Neil cared for sick wife Margaret for several years until her passing in March 2011. Now retired. Has 2 kids and seven grandkids who all live in Whyalla. Neil is a jack of all trades and has mechanical repair experience, has

rebuilt car engines, has done welding, spray painting, tiling, fibre glassing, basic woodwork, painting etc. and will have a go at anything. Joined the shed to keep body and mind active and to keep busy after his wife passed away. Works in the metal shop but helps with other machinery or wherever the Shed needs a hand.

Photos by Ken



There are some pains that will go away with time and rest, and then there are other pains you should never ever ignore. If you have any of the following symptoms, call your doctor – ASAP.

### **1. Tooth pain that wakes you up**

It could be teeth grinding, and frequent grinding could cause nerve inflammation within the tooth and the protective enamel to wear away. See your dentist to find the root of the problem.

### **2. “Thunderclap” headache**

If you experience head pain that is sudden and severe (and accompanied with dizziness and blurred vision) call emergency services. It could be an aneurysm and quick action is necessary.

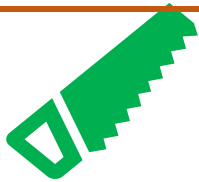
### **3. Dull stomach pain that gets stronger as it moves lower**

If the pain gets more intense over a 24-hour period as it moves to the right of your stomach, go straight to the doctor. It might be appendicitis and if it is, you’re going to need surgery. A burst appendix can be dangerous.

### **4. Back pain and fever**

Don’t just attribute a fever, nausea, and back pain to a stomach bug. If left untreated, it could develop into a kidney infection. It’s best to see your doctor to work out the cause of your symptoms.

**5. Tender spot on calf** A small painful area on your legs could be deep vein thrombosis (DVT), a blood clot in the deep veins. DVT is if you’ve recently taken a car or long pain ride. If your leg is very swollen and the pain getting worse, see your doctor at once. If it’s not, you can wait a day but don’t put it off as the blood clot could increase in size.



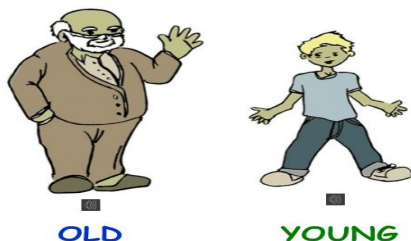
## Tony Johnstone – Assistant Woodshop co-ordinator.

Tony was born in Angaston in SA's Barossa Valley and moved to Whyalla with his family while still young. He went to primary and high school in Whyalla and after leaving school completed a Sand Moulding apprenticeship with BHP. He worked there for 6 years and then worked in the Pest Control industry and at the Company blast furnace and boiler house until his retirement.

He married Carol in 1966 and has 4 adult children, 3 sons and a daughter. Five grandchildren, and two great-grandchildren.

Tony volunteered for many years with the Sea Rescue Squadron and was also a member of the Whyalla Woodies where he honed his skills at the scroll saw. Tony joined the Men's Shed early in its formation and while enjoying the woodwork in all its forms, spends most of his time on the scroll saw and enjoys teaching others.

## RESEARCH. THE YOUNG HELPING THE NOT SO YOUNG!



New research released today by the Office of the eSafety Commissioner shows most younger Australians are keen to help older relatives get new digital skills.

Research reveals that young people are more likely to show an older family member how to use technology (59 per cent), rather than simply do tasks for them online when asked (40 per cent) "Despite the myth of young people being too frustrated or annoyed to help an older family member use

technology, only four per cent of those surveyed reported feeling that way," says eSafety Commissioner Julie Inman Grant.

"Young people from culturally and linguistically diverse backgrounds are even more likely to show an older family member how to use technology – 66 per cent in fact. "The research also shows that younger

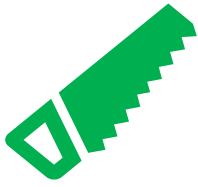
generations believe it is important for older Australians aged over 70 to have better digital skills.

The benefits are seen to be better access to goods and services, alleviating social isolation and supply more independence and confidence. The main barriers to helping older Australians gain better digital skills were found as lack patience, confidence and the potential logistical challenges, such as transport to training venues Do you have younger family members to help you navigate your way online?

Cutting onions makes you cry because the cells release a chemical irritant known as syn-Propanethial -S-oxide; you can reduce the amount of irritant released by cutting the onions with a sharp knife and turning the onions as you cut them, if possible, so that the freshly exposed surface is against the cutting board instead of exposed to the air







## SENIOR MOMENT



It won't be the last one today...



waiting for a bus, that it was impossible for the older generation to

understand his generation.

"You grew up in a different world, actually an almost a primitive one he said loudly enough for the other

A very self-important college first-year student from Ottawa University took it upon himself to explain to a senior

citizen standing next to him while

passengers nearby to hear.

"The young people of today grew up with television, jet planes, space travel, a man walking on the moon, our spaceships have visited Mars. We have nuclear energy, electric and hydrogen cars, computers with light-

speed processing and ..."

Pausing for breath the Senior took advantage of the break in the student's litany and said:

You're right, son. We didn't have those things when we were young ... so we invented them. Now, you arrogant little s\*\*t what are you doing for the next generation?"

The applause was resounding... I love senior citizens.

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Quote: - **"You will never reach your destination if you stop and throw stones at every dog that barks"**  
Winston Churchill

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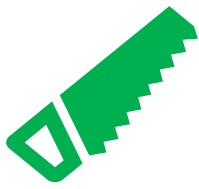
An Aussie and a Kiwi are having a beer on the deck one afternoon. After a while, the Aussie asks the Kiwi:

"If I snuck over to your house while you were at work, made passionate love to your wife and she had a baby, would that make us related?" The Kiwi considered it for a moment, then replies: "Well, I'm not sure about related, but it would definitely make us even!"

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## Did You Know?

Despite the widely held belief that Jeeps were named such because the U.S. Army referred to them as "Government Purpose" or "General Purpose" vehicles (G.P.), the term "jeep" was in use by Army personnel as early as 1914, long before the Jeep as we know it was put into service during World War II.



## YOUR Committee.



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

A man text's his wife "Honey I just having one more beer in the pub and then I am coming home if I am not back in thirty minutes, just read this note again"