



Issue 9-July (1) 2019

Dates to Remember.

Mitre 10 BBQ (Volunteers always welcome)	July 13 th and 14 th	Saturday 9 am to 1.00 pm Sunday 10 am to 1 pm
Toolbox Day	July 3 rd	10.30 am
Committee Meeting	July 15 th	9.30 am
Guest Speaker	July 24 th	10.30 am
Toolbox Day	July 17 th	11.00 am
Bread Run	July 3 rd , 17 th and 31 st	6.30 pm to 8 pm
Afternoon Shed opening	Every Thursday	10.00 to 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



WHYALLA MEN'S SHED AND UNIVERSITY OF SOUTH AUSTRALIA

TRIVIA LUNCH

THURSDAY 27TH JUNE

JOIN US TO CELEBRATE OUR
FINAL DAY OF PLACEMENT WITH
GAMES, TRIVIA AND LUNCH

LUNCH SERVED AT 12PM
PRIZES FOOD TRIVIA

TRIVIA STARTS:
10AM

Due to the success of "Men's Week" event we have decided to send this newsletter out. You can look forward to more photo's in our normal July edition at the months end.

Please RSVP to Molly/Alice if you plan to attend – partners welcome

The cost will be **\$5 per person**. includes lunch, tea/coffee, biscuits, cheese and chive scones, and brownies.

Please come along to say farewell to Molly and Alice.

pg. 1

President-Brian Marshall-0408 849 653

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A Whyalla Men's Shed Metal Shop project.



From left Bill Collins, Chris Cowley, Neil Jones, Rebekah North, and Rob North at the new bench built by the Whyalla Men's Shed.

The Whyalla Men's Shed has contributed to the ongoing development of the Sumthin' Tastee Wetlands Café at the **Jim Pollock Wetlands**, building and installing a wooden bench for outside dining.

The Whyalla Men's Shed was asked by cafe owner Rob North to build the new bench, in what is just one of several projects the members have undertaken for community organisations.

Other projects include building tables for the South Whyalla Football Club, bowling frames for the disabled at Bowland Whyalla, and repairing equipment at the Whyalla Golf and Bowling Club. Whyalla Men's Shed Member Neil Jones said the bench had been in the works for around a month and they were proud to have it completed. They are working on a second bench for the cafe as well, which will fit in with Mr North's plans to install shade for a cooler dining experience.

Photo courtesy Whyalla

News



Tip of the Day

Need to keep tiny screws or other objects organized while working on a project? Use the dimples in an egg carton to sort them and keep them safe.

Did You Know?

Mount Everest was originally calculated to be 29,000 feet tall in 1856, but the reported number was changed to 29,002 feet to avoid people assuming it was merely an estimate. The most current figure, set up by a 1955 Indian survey, is 29,029 feet.

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Shipping Container.

Our much-wanted shipping container arrived and was installed in late May. Thanks go to Tony Angel for delivery from Food Bank.

Now that container is in situ Malcolm Roberts will coordinate rust removal and treatment, repair holes in the roof, lubricate hinges and handles and paint the whole container (Gary suggested Port Power colours rather than Essendon; Spider went berserk at that suggestion), then decide what needs to go in, install racks and shelving and possessions.

Photo's this page Ken Godden.

All members are welcome to lend a hand to complete the project. Please see Malcolm Roberts for more help.



Liam Sheedy and Gary Misan taking a break during making another Whyalla Men's Shed project.



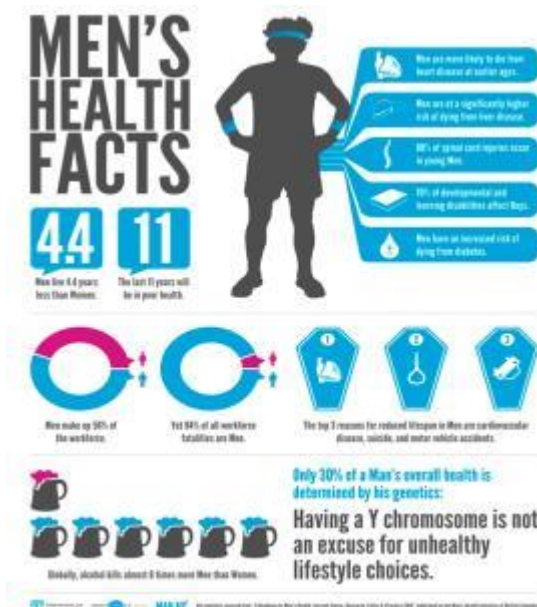
June 7th

Another happy customer ...

This time the Neta Kranz Kindergarten/Day Care Centre where the Men's Shed made and installed a Xylophone for the littlies. Seen here are our OT students (Alice and Molly) on placement from UniSA, who made the item under the supervision of Gary (who took photo). Also pictured are Cassie Lewis (from the Kindy Committee) and daughter making some noise. Well done Alice and Molly.

Thanks to Alice, Molly, and Gary.

From our Facebook page



Men' Health Week

Whyalla Men's Shed held a special day on June 13th

Many members joined together playing games and puzzles with guest speakers followed by a Pizza lunch.

Those that attended were entertained well.



Your August Newsletter will have more "Men's Health Week" cover.

Public speaking - the basics

If you dread speaking to a public forum—whether you are reading in front of the class or giving a presentation at work—you are not alone. Public speaking is a common fear, right up there with spiders and heights. We are here to help.

Even if you do not get the jitters when you think about addressing a crowd, you may still need some refreshers on the finer points of public speaking. The right techniques will allow you to be a more confident speaker, whether you are shaking like a leaf before you get to the microphone. Use these tips the next time you must address a crowd.

When you write your speech, always consider it your first draft. Once you have written down everything you want and need to say, it is time to go back through and remove all the fluff, find your target message, and get to the point.

Make sure your speech portrays what you want to do with it. What is the purpose of what you are talking about? Are you getting your point across?

Once you are sure your speech expresses your key message well, it is time to whittle the text down.

Even the best speakers may get boring if they are giving lengthy speeches filled with unnecessary information.



Here are some things to consider removing from a long speech:

- **Fluff words:** While you do want to offer people excitement, you do not need filler words like just, seems, really, or very. They lengthen your speech, but they supply no added substance to your message.
- **Your ability:** You do not need a lengthy description of why you are the right person to give this speech. You are giving it because people know you have the right experience.
- **Repetition:** While you may want to get the point across on a few elements of your speech, you do not want to spend the whole thing repeating the same ideas over and over. Save any repetition of critical concepts for your closing statement.
- **Anything politically incorrect:** Consider the people you are talking to and what words you are using to speak to them. Tailor your speech to the audience and use words appropriate for the context. When in doubt, err on the side of using more formal and conservative language.

Did You Know?

Various parts of your tongue are not tuned to taste different flavours; every part of your tongue can detect sweet, salty, sour, and other taste sensations as the different taste receptors are evenly distributed across the surface of the tongue.

Did You Know?

If you come across a tiger in Africa, it is most certainly in a zoo or preserve as, despite public misconceptions on the matter, there are no native tiger populations in Africa.



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
WH & 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

“Pain and suffering are always inevitable for a large and a deep heart intelligence and a deep heart”

Raskolnikov