

Just yesterday somewhere in Whyalla.

Smile a while: A bloke was stopped by the local Whyalla Police at midnight and was asked where he was going. "I'm on the way to a lecture about the effects of alcohol and drug abuse on the human body" The police officer asked, "Really? That sounds very commendable and who's going to give the lecture at this time of night?" "My wife", came the reply.



Welcome to new members

A warm welcome to our latest members -Phillip Templeton, Brett Smith, Liam Sheedy, Auguste Schaaf, Dale Gray & Bryan Adams.

Is there anything that you would like to see in a newsletter? Please ask.

During June, the Shed was awarded \$1750 for an electrical safety-testing machine, which eliminates the need for expensive six monthly testing. With the machine, we can do the tests in house.

National pain week is 25-30 July.

Reminder to all to place WMS Posters in public places e.g. Doctors, X-ray, Hospital, Chiropractor.

Guest Speaker July12 @ 10.30am

To be advised

Toolbox Meeting 11.00amBBQ & fellowship@12.00 pm \$ 5.00

Newsletter July 2017

From the President

Hi again to all our Shed readers. Thanks again to Pete for his continuing work on our newsletter. I'm always pleased to report on the activity around the shed every few weeks. Since I last wrote the outdoor garden area is really starting to take shape with shade cloth up on both pergolas, all painting done, downpipes installed, scaffolding gone and wine barrels and other pots now being positioned. The weather cover for the outdoor cutt-off saw and radial arm saw is also nearing completion, The welding bench is also positioned and painted. We hope to commence work on the outdoor furniture in July. Thanks Malcolm, Neil, Archie, Johnson, the MADEC crew and others for their work.

On the northern side of the shed we now have two very substantial outdoor workbenches thanks to Dave and Sammy and helpers. Darren, with some help from Johnson and others has replaced the ceiling in the games room alcove and also done some repair work on some of the internal doors around the shed. Leanne has lent a woman's touch to the kitchen and rearranged the kitchen drawers and cupboards and we will soon be installing a couple of new shelves in the cupboards as well as new cup racks.

The metal shop is as busy as every with the two Bill's, Neil, Archie, Terry and others beavering away at several projects. Likewise, John, 'Kingy', 'Tiny', 'Spider', the two Tony's, myself and others have been busy in the woodshop with customer construction and repair jobs. Andrew has finished assembling the new table top clamps purchased to make assembly of our cutting boards a bit easier and yours truly and Johnson have been busy making a start on some new shelving for the games and computer rooms. Bill is already configuring & selling our latest batch of computers as well as offering tuition and advice to members about NBN and other IT matters. And if you need help with your phone systems at home after connecting to the NBN then Andrew is pleased to provide mates rates for members. Over the next few weeks we hope to purchase our new Test and Tag equipment and get busy retesting all our tools and testing for the first time all our other electrical appliances.

Finally, having just returned from the inaugural SA Men's Sheds Muster it was pleasing to note that our shed is up there with the best of sheds in SA despite not having a major sponsor as do some of the bigger sheds. That being said, we did hear some ideas worth noting as well some WH&S things that like it or not we will need to implement. Well that's it for this issue so cheers to all until next time.

Gary Misan, President.

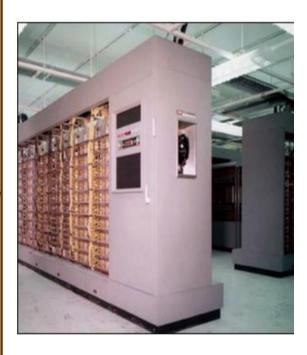
Did you know?

The pattern of your tongue surface is as unique as your fingerprints (but thankfully, fingerprinting caught on before tongue printing, so none of us has to lick a stamp pad)

Heavy?

If you've ever complained about how heavy your laptop is (and we certainly have more than a few times over the years), know that your chunky business class laptop, no matter how the laptop bag digs into your shoulder, has nothing on the biggest computer system ever built.

The AN/FSQ-7 Combat Direction Central, thankfully just called "C7" in day-to-day usage, was a collection of Cold-War-era computers built by IBM in the late 1950s for the U.S. Air Force. Each of the machines weighed 250 tons and had two computers. The entire system was comprised of 24 machines linked together to perform radar analysis for the Semi-Automatic Ground Environment (SAGE) air defence network and, collectively, weighed 12 million pounds.



Learn something every day.

Never stop learning.

Share what you learn.

Shedders your support is requested to distribute these Posters to your Doctors Surgery. We all know the benefits of Men's Shed membership let us spread the word to Encourage more people in the Whyalla community to Participate, expand our group and have even more fun.

Exciting & Rewarding Whyalla Men's Shed



Where men work at play, drink lots of coffee or tea, play pool, & tell tall stories

.... and maybe, if time permits, work on challenging projects

Will you join us?

Interested?...... You will find us at C/r of Norrie Ave & Williams St. enquiries ph. 86441484 or President. Gary Misan 0408894168 Secretary. Brian Marshall 0408849653

Upcoming dates

Whyalla Mitre 10 BBQ's: 10/11 July

Toolbox Meeting & guest speaker 10.30am July12

Toolbox Meeting 11.00am July 26

Committee Meeting 11.30am 17th July

Bread run July 12 & 26

The Committee

Gary Misan President	0408 894 168
Malcolm Roberts Vice President	0419 851 476
Helga Fleming, Treasurer	0427 452 540
Brian Marshall, Secretary	0408 849 653
Tony Shaw, Member rep.	0428 440 125
Bill Hatherly	0428 440 984
John Visi	0428 554 588

PO Box 2382, Whyalla Norrie, SA 5608

www.whyallamensshed.org.au

admin@whyallamensshed.org.au

Guest speaker June

President Gary chaired the meeting and introduced Richard Parker a counsellor with Uniting Care Wesley to enquire,

"What's the problem with problem gambling?"

Richard told the story of a friend who embezzled \$60,000 to continue his addiction and outlined the stigma attached to "not a bad person" because of his actions. He outlined that most problems stem from an underlying source of issues facing the person, i.e. low self-esteem, feeling of worthlessness and problem gambling effects approximately 5 million Australians.

The most disturbing aspect of problem gambling is the number of 11 to 17 year-olds who gamble illegally but have no support mechanism as it is illegal for them to gamble. The technology available today encourages the culture of "so called rewards" through online gaming and starts when the child is very young. \$23 Billion is the value of gambling in Australia and Richard amazed us all when he showed that in Whyalla last year the profit from poker machines alone were \$15,460,168 for 200 machines.

The overall message was "Seek help if you think you have a problem"

The help line is 1800 656 858

Members thanked Richard by acclamation

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Recent Guest Richard Parker Uniting Care Wesley 1800 656 858



Many Australian men delay or even skip crucial health screenings such as prostate exams, colonoscopies or endoscopies for one simple reason: fear. Overcoming your dread of these tests can literally save your life so we have some tips to minimise your discomfort when you get all squeamish or embarrassed

Prostate exams

the main way to check for any prostate problems or early warning signs for prostate cancer is through a digital rectal examination (DRE) at your doctor's surgery. Being probed in a doctor's surgery makes many men uncomfortable, particularly if it is the first time they have submitted to the procedure. The most important thing to do before the prostate check is try and stay as relaxed as possible. If you are anxious about the test, take some deep breaths and try to shift your focus to more pleasant thoughts. Tell your doctor if you are particularly nervous and they can tell you what they are doing at each step of the procedure, which may help calm your nerves. More to come.....



...where men work at play