



WHYALLA MEN'S SHED INC.
NEWSLETTER MARCH 2019
WILLIAMS STREET WHYALLA NORRIE



ISSUE 5

Dates to remember.

Mitre 10 BBQ
Volunteers always welcome

March 9th - 10th

Saturday 9 am to 1.00 pm
Sunday 10 am to 1 pm

Toolbox meeting	13 th March	11.00am
Committee meeting	TBA	
Guest Speaker Foodbank	27 rd March	10.30am
Toolbox meeting	27 rd March	11.00 am
Bread Run	9 th - 13 rd	6.30 pm to 8 pm
Afternoon Shed opening	Every Thursday (Unless over 38 °C)	4.00 close



Coming together is a beginning.

Keeping together is progress.

Working together is success.

Quote from Henry Ford.



The month of March was supposed to be the beginning of autumn however I think someone forgot to tell the weather gods that it should be cooler. However we shedders will continue to produce the goods required to enjoy the fellowship and fun that stems from the gathering together from all walks of life.

Your committee has worked to ensure that all have a committed role to play in the management of the Shed. I have included these roles in the list of committee members in a later section of the newsletter. Should you have any queries please don't hesitate to discuss them with me or the member of your choosing.

The committee members will be providing feedback via oral reports at each meeting regarding the status of their area of responsibility.

Notes from the February meeting

- We have invested a term deposit to ensure we will be sustainable into the future.
- The WMS trailer has been insured with RAA
- Community notices have been updated in all media outlets
- We should be represented at the AMSA Conference in Adelaide in September so help us think of ways to get some members to attend.
- A reminder that we are hosting a Shed Gathering later in the year with the subcommittee meeting early March.
- "Tools Down Days" Have not been successful recently so we are looking at a different format by having Liam formulate a "Social day". More to come at the toolbox meeting, watch this space.
- The AMSA insurance broking firm has reduced the insurance premium per member by \$4.19 per member however the committee agreed that we should retain our annual membership at \$50 per annum per person

THE TIME CAPSULE AT OUR WILLIAMS STREET SHED COMES ALIVE AFTER 60 YEARS.

February 4th 2019.



Some exciting news. Some of you may remember that when Peter Medlicott was doing some research on the history of the Church (now the Shed) he discovered a time capsule had been placed behind the memorial plaque (behind the display cabinet in the foyer) in 1958. At the time we didn't think any more about it, but we had an inquiry from the new Minister (Rev Heather Kirwan) at St Martin's a few months back about whether we knew anything about it. She contacted the building owner who didn't know anything but said we were welcome to look. Rev Kirwan came to see us again a few weeks back to inquire whether we had any more info. because

the Anglican Bishop John Stead was visiting Whyalla and if we were able to confirm it was still there, that it would be a good opportunity to have him retrieve it.

Well today, Gary, Brian, John and Liam did a few measurements and went looking. We removed a few bricks from the wall in the woodshop with a diamond saw, rotary hammer drill and cold chisels and we found it. So, a bit of history in the making.

As a result, the Bishop visited the Shed on at 10:00 am to retrieve the capsule.

The Whyalla News and Southern Cross TV were in attendance as well as several members of St Martin's Church.

We held a morning tea. We meet Bishop John Stead and Rev Kirwan and see the capsule that's been buried in the wall for over 60 years





The unflappable Bill Collins of the Shed's metal workshop applies a little force on the lead capsule.



Brian Marshall, the President, carries out his presidential duties.



The Bishop, with a time capsule in hand and his Flock

With some green clad shedders at the removal of the capsule.

Photo' courtesy Ken G. Thanks' again.

Liam Sheedy - *Committee member*

Growing up in Ireland, Liam moved to Whyalla over 50 years ago where he worked at the Whyalla hospital and at WMC in Roxby Downs. Liam has three children, one of whom is a physical education teacher, and another owns his own business. Liam likes to be around fun energetic people and in his spare time he enjoys going to the gym, swimming and walking his dogs. He joined the men's shed around 9 months ago to get out of the house and spend time with friends. While at the men's shed he thoroughly enjoys woodwork and would happily do it all



Superhero John Visi built this display stand for a local business. Well done John for promoting the shed with your work.

A must-have for the up would Geriatric

Take a walk around the block!

The Block, made at the shed, are only \$5.00 each.

These men's shed logo pens are only \$2.00 each.

- Come on down before these run out. Spot the error and you will never see what Ken G will give you.



ARE YOU FORGETFUL?

THERE IS A DIFFERENCE BETWEEN MEMORY LOSS AS A PART OF NORMAL AGEING AND AS A SYMPTOM OF DEMENTIA.

This information describes those differences and provides some tips on keeping your memory sharp.

One of the main symptoms of dementia is memory loss.

We all forget things from time to time, but the loss of memory with dementia is very different. It is persistent and progressive, not just occasional. It may affect the ability to continue to work or carry out familiar tasks. It may mean having difficulty finding the way home. Eventually, it may mean forgetting how to dress or how to bathe.

An example of normal forgetfulness is walking into the kitchen and forgetting what you went in there for or misplacing the car keys. A person with dementia, however, may lose the car keys and then forget what they are used for.



KEY POINTS ABOUT NORMAL FORGETFULNESS



- As we get older, the most common change that we complain about is memory change. Knowledge of how memory changes as we get older is a lot more positive than in the past. Memory change with healthy ageing certainly doesn't interfere with everyday life in a dramatic way.
- Everyone is different and the effect of getting older on memory is different for each person.
- Recent research describes the effect of getting older on attention processes, on the ability to get new information into storage, on the time it takes to recall things, and "on the tip of the tongue" experiences.

NATIONAL DEMENTIA HELPLINE

1800 100 500

The new longevity - what's changing?



Longevity is still increasing – but don't believe the negative headlines. There are good news and research to back it up.

As we get older, we're typically likely to live longer and better than previous generations. But the headlines suggest things are getting worse. Financial challenges (not enough money), out of work (nobody wants us anymore), age discrimination (those old people just aren't up to speed), aged care (it's like a goal in there), Alzheimer's (we're all losing our marbles)

More information www.mylongevity.com.au team@mylongevity.com.au or Gary Misan 0408 894 168

THE COMMITTEE.

Role.	Member.	Telephone.
President	Brian Marshall	0408 849 653
Vice President, woodshop coordinator	John Visi	0428 584 588
Treasurer	Helga Fleming	0427 452 540
Secretary	Gary Misan	0408 894 168 - 08 8649 1856
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
Assist 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
Assist metal shop, coordinate shed machinery & equipment checks	Neil Jones	0427 869 309
Assist woodshop coordinator	Tony Johnstone	08 8644 1093
Purchasing & member liaison officer	Tony Shaw	0428 440 125

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