

Issue 8 June 2019

## Dates to Remember.

**Mitre 10 BBQ**  
**(Volunteers always welcome)**

8<sup>th</sup> June

Saturday 9 am to 1.00 pm

9<sup>th</sup> June

Sunday 10 am to 1 pm

<b>Toolbox Day</b>	5 <sup>th</sup> June	10.30 am
<b>Committee Meeting</b>	17 <sup>th</sup> June	9.30 am
<b>Guest Speaker</b>	19 <sup>th</sup> June Classic & Vintage Car Club	10.30 am
<b>Toolbox Day</b>	19 <sup>th</sup> June	11.00 am
<b>Bread Run</b>	5 <sup>th</sup> and 19 <sup>th</sup> June	6.30 pm to 8 pm
<b>Afternoon Shed opening</b>	Every Thursday	4.00 pm-close
<b>Walking Group – Terry Brown.</b>	Every Tuesday and Thursday	9.30 am



Coming together is a beginning.

Keeping together is progress

Working together is success.

Quote from Henry Ford



I am constantly delighted at how lucky we are! Granted you may have a different focus if you have serious issues with your health and circumstances.

And yet, we have a home and nice things to eat, live in a free and beautiful country and have our senses intact, or at least most of them.

If some part is not working perfectly, there are other parts that are, constantly. Even when we are sleeping the heart pumps, the lungs breathe, the intestines absorb, the kidneys filter and glands produce stuff that balances everything.

We have two lovely young people that are helping us to get the brain functioning with weekly and daily riddles. Their chosen path with UniSA is training them to be of greater service to the broader community when they graduate. They bring a touch of spring into the autumn of our shed and we are grateful to them for that.

All sections of the shed are producing good results judging by the project reports at the Committee meeting.

Winter is coming, have you thought about ordering a polar fleece jacket yet?

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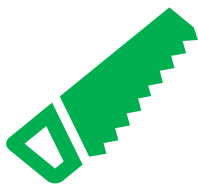
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## Around the Shed

### Gary (and Johnson) Food trolley.

The finishing touches.



Sanded to 80 grit. Sanded to 120 grit and then to 180 grit. No need to sand underside, just legs and frames) inside and out. Wipe over with turpentine.

Varnish with Cabot's Oil Based Satin polyurethane. First coat underside, legs, and frames (inside and out)-DO NOT VARNISH WHITE MELAMINE.

Dilute first coat about 20% with Turps. Allow to dry overnight. Sand with 240 grit when dry, then wipe over with mineral turps.

Apply a second coat of varnish, diluted about 10% turps. No need to apply a second coat to the underside

Allow drying overnight. Sand again with 240 grit when dry, then wipe over with turps.

Apply 3<sup>rd</sup> coat of varnish, undiluted. Allow drying overnight.

That should be all. Stand back and admire a job well done. Gary M.

### Birthday Boy – Spiders 70<sup>th</sup>

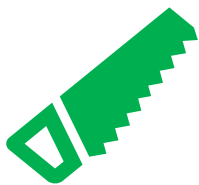
During May shedders joined Spider Saunders for morning tea to celebrate his 70<sup>th</sup> birthday.

The cakes, particularly the cream puffs, were superb, but attendees were sceptical about his assurances that he had risen early to pre-prepare and cook them

Recapping on his 7 score years achievements he continually returns to the story we have heard from him so often, about his success in wining a Beautiful Baby Contest.

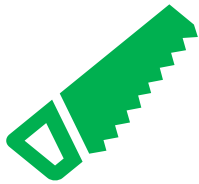
(editor's note. No evidence re. Spiders claims, so we are unable to confirm the accuracy of them.)





From the left: - Gary Misan welcomes Alice & Molly along with Tony Shaw. They will be with us for the next nine weeks they are Occupational Therapy students. Alice and Molly are planning to trial a range of brain exercises. Examples are memory tests, word builder, match quiz's riddles and more. Thanks' girls. These photos show that the girls are also taking on new skills.





When you want something done ask a busy man.  
Johnson has taken on the job of reviving and  
beautifying the neglected planter box near the  
shed entrance.  
By the spring this will be a colourful display.



Malcolm Roberts and Johnson in the manure.  
Again!  
For as long as he can remember Malcolm has  
used his special formula for the garden's  
nourishment and to help the garden grow. As  
can be seen in the produce in the Shed's garden  
It is a great formula.

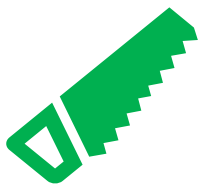
(Photos this issue by Ken Godden)



Quote – Fear is a reaction. Courage is a decision  
A nation that forgets its past has no future

The positive thinkers see the invisible, feel the  
intangible, and achieves the impossible

Winston Churchill.



## Influenza 2019.

**F**lu vaccines work by exposing the body to a part of the virus so it can “practise” fighting it off, without risking infection. The immune system can then mount a more rapid and effective response when faced with a “real” virus. Three types of influenza vaccines are [available](#) in Australia: “standard” vaccines that have four different strains of influenza



a “high-dose” vaccine ([FLUZONE High Dose](#)) that contains three strains of influenza at a higher dose than standard vaccines



- an “adjuvanted” vaccine (FLUAD) that holds the standard dose of three strains of influenza, along with MF59, an immune stimulant designed to encourage a stronger immune response to the vaccine.

The high-dose and adjuvanted vaccines are designed for use only in people aged 65 and over because they can [stimulate a better immune response](#) than the standard vaccine. Standard vaccines should be used by those younger than 65 years.

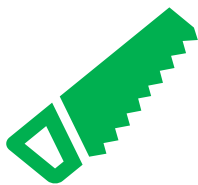
This year, the Australian Government is offering the adjuvanted vaccine for free for over-65s. The standard vaccine is available for free for some groups under 65 under [national and state programs](#). The high-dose vaccine will only be available to buy through pharmacies and customary practices on prescription.

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## Did You Know?

Brass doorknobs, thanks to their copper-alloy composition, are naturally bactericidal and self-disinfecting

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## 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
OH & S Officer & fundraising chair.	Davey Anderson (Sr.)	0429 965 894
Grounds coordinator & Housekeeping trainer	Johnson Darkwa	0416 524 629
Assistant woodshop coordinator & 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
t woodshop coordinator	Tony Johnstone	08 8644 1093
Purchasing & member liaison officer	Tony Shaw	0418 440 125

**Tip of the Day.** If you have no idea what you are paying somebody to do, you have no idea whether they are doing a decent job of it. Hint: They are not.