



Rosefield Community Shed, Unley

Ground floor, Southern End, Highgate Park
 103 Fisher Street, Fullarton, 5063
 Registered Shed #iASMA101085
 The Australian Men's Shed Organization
NEWSLETTER No. 1/18

Who Are We and What Do We Do?

Community Sheds are a particular kind of social enterprise. That means they operate much like any other enterprise, working to achieve defined objectives that are both social and financial.

At Rosefield Community Shed, we focus on helping to identify and develop a special niche in our community with a social objective.

We are a "not-for-profit" facility that will allow members to engage in woodworking projects, and create opportunities for social interaction. Men and women from the community are welcomed to join meetings - Tuesdays – 9.00 am - midday.

An opportunity to be creative with wood and our supervisors offer a range of skills in a well-equipped workshop which range from small hand tools to large powered tools.

Our members meet and achieve pleasure and satisfaction by engaging in practical and meaningful activities, events and projects.

The Shed provides members with an atmosphere of inclusion, friendship camaraderie and care for one another and the wider community. As such it has become a valuable community asset supported by the wider community and a thriving and active membership.

Some of the Values governing Rosefield Community Shed include:

- . The improvement of member's health and wellbeing.
- . Compassion, care and respect for fellow members.
- . Responsibly and generously giving back to the community.
- . Teamwork and participation through lifelong learning and upskilling
- . Treating all members equally regardless of - gender, gender orientation or religion.
- . Safe practices and protection of our members whilst attending shed activities.



Fragmented community bonds have caused an epidemic of social isolation and loneliness across South Australia. Older people are staying in their homes, and living longer – but the traditional communities they have relied upon for support are breaking down.

They don't have that community structure where people come and visit them as often as they should, peers have died off, families have moved away.

Social isolation "carries the same health impact as smoking fifteen (15) cigarettes or drinking six standard drinks of alcohol per day.

Activities and Projects



Restoring a much-loved dolls house (left), a traditional rocking horse ready for the Christmas (centre) and members work on other projects (right). Other recent projects are library boxes now seen around the Unley area, bird boxes and the refurbishment of a boat., Come along and find out what else!

Life in the Early Modern Period circa 1500

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s. These are interesting...

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, **Don't throw the baby out with the Bath water.**

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. **Hence the saying... It's raining cats and dogs.**

The floor was dirt. Only the wealthy had something other than dirt, hence the saying - **dirt poor**. The wealthy had slate floors that would get slippery in the winter when wet, so they spread straw on floor to help keep their footing. As the winter wore on, they added more straw until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance way. **Hence the saying a threshold.**

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a **man could bring home the bacon**. They would cut off a little to share with guests and would all sit around and **chew the fat**.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, **or the upper crust**.

Some parts of our lives have certainly got easier!

Thank goodness we are live in the
Contemporary Period.

From the Coordinator's Desk

Gerhard (Gerry) Ganser, Coordinator, Rosefield Community Shed (Photo below)



The financial year ending June 2017 was the turning point of our Shed. John Carrangis who was coordinator since inception of the Shed, announced his intentions to step down to pursue some of his many other interests in life.

Unley Council approved a grant

application prepared and submitted by John Carrangis to fund a paid coordinator for a period of two years, and Gerhard Ganser officially took over the leadership role.

2017 has been about developing a business planning process with the first copy of our Strategic Business Plan being circulated to the Rosefield Uniting Church for review in March 2017. The three-year plan has underpinned our decision-making processes since that date.

Since introducing the business plan, we have

commenced selling items made at the Shed on the internet, pursuing fundraising opportunities, submitted three grant applications and winning two attended numerous networking functions, continued our drive for new membership and formalised most of the processes relating to the administration and governance of the shed operations.

This year we contacted and visited a number of other Men's Sheds in South Australia to widen our network and learn what other sheds are doing. Sheds we paid official visits to includes the Murrayland's Community Shed in Murray Bridge, the Mannum Men's shed, the Mount Barker Men's Shed and the T.O.Y.S shed in Clarence Park. We also had a delegation of five members attend the South Australian Men's Shed Muster held at the Playford Civic centre on the 24th June 2017.

Although we still have a way to go, we believe that the foundations have been laid upon which we can build a solid and prosperous future.

A review within DCSI and their operations has also meant the realisation that our tenure at Highgate Park has indeed come to an end in September 2018. Exciting new premises are in negotiation and will be confirmed very soon.

O solo mio – eating alone

Make sure you eat mindfully and healthily.

Mindful Eating;

- . Even when eating by yourself:
clear clutter from the table,
- . *Set a place at the table, with cutlery and crockery and*
- . *Set a beverage for water or your favourite drink,*
- . *Take a moment to adjust lighting and*
- . *Put on a favourite piece of soft relaxing music, and*
- . *Above all avoid multitasking*
with “screens”.

A further step would be to invite someone to share your meal time to chat over the food and

Changes in Taste and Flavour As a Senior

As we become more senior our ability to sense the flavour of food declines. This can be further complicated by drugs for hypertension (high blood pressure), antibiotics and various other pharmaceuticals. Another change occurs with numerous drugs causing xerostomia (dry mouth) by lessening the amount and quality of saliva produced.

Dry mouth can also have effects on mouth diseases – or decay and gum disease.

To prevent loss of pleasure of flavour a few tricks of gastronomy can help.

With meat, too often, butchers at supermarkets are selling meat that is too new and has not aged. The result is lack of flavour, although aged meat is more expensive buy less, and eat less, better for many of us. Use a good stock, with caution on the salt content. Flavour enhancers are of value, examples are many of the food acids and come

by marinating in wine, yoghurt or many others – tartaric (from grapes and tamarind), malic (from apples), acetic (obtained from vinegar especially cider vinegar) – these also tenderise meats.

Other flavour enhancers are MSG –added in small amounts but also arising naturally from foods during cooking like tomatoes, chicken, mushroom and many others that produce the taste of umami. Caution with the use of salt if used as a flavour enhancer in relation to blood pressure.

Various spices and herbs enhance flavour, but the way you chew can also have a profound effect of flavour release from foods and enhance the perception of texture. Small bites, and thorough chewing before swallowing and taking your time between each portion of food. Water with a meal, especially if dry mouth is experienced.

Warm food enhances flavour.

Flavoursome Bolognese Sauce.

The following sauce is enough for four to five serves and freezes well (tips about food preservation – next issue).

Ingredients:

one brown onion – diced,
one celery stick chopped finely
2 carrots chopped
2 cloves of garlic crushed,
50g Virgin olive oil,
2 anchovies - chopped,
2 rashers of bacon chopped finely,
250g beef mince,
1 tbs tomato puree,
tin of tomatoes (or five fresh),
tsp of stock powder, 200mL red wine
Salt and pepper to taste.
Parsley to garnish.

Method: Sautée the onion, garlic, celery and anchovies in the olive oil over low heat until the oil comes to the top (avoid burning), and sauté the



bacon and carrots Fry the mince in the onion mixture until slightly browned, add the wine and simmer until reduced by one third. Stir in the tomato puree, tomatoes, and chopped basil. Cover and simmer for an hour. Season with pepper and salt. Serve with pasta and grate parmesan cheese. For extra flavour fry finely, chopped chicken liver with the mince.

Flavour is enhanced with – celery anchovy, wine, stock powder and the herbs. Finally, Parmesan cheese adds another layer of flavour.

Eat it slowly and chew slowly – enhances the perception of flavour!!

Loneliness – more harmful than you think. *Involvement is healthy*

As a society we have drifted away from the concept that the older generations can contribute to the wisdom of younger generations. This has resulted in older generations losing a sense of purpose and position. Further, we have become more isolated from community involvement. In the Unley area, the last census revealed that more than 25% of people were over 60 years of age and that more than 29% lived alone. Among those living alone, a proportion will be socially isolate as distinct from being alone. Social isolation is recognised by psychologists as a state of fear – no one can help you, you are apart from “your tribe”.

The idea that if you have had enough healthy relationships in your life all along, you will have developed brain pathways in a sophisticated way and know that you have people out there, and as unlike being isolated you can call a friend or you

can reach out to someone. But, often throughout life these healthy relationships have not developed, there is a relationship breakdown, or a loss, resulting in a feeling of isolation. A strong association exists between social isolation and physical illness.

How can those feeling isolated regain a healthy life?

Firstly, it comes from within, to recognise and acknowledge the situation. Once recognised there are various ways for inclusion – firstly talk with your primary health provider and to seek social engagement through clubs, through churches, through community clubs or



joining neighbourhood groups.

Our community shed is a place where we can provide friendship and support.

This information is based on articles in Medscape and others

Member testimonial

Rather than working on my interests alone, I joined Rosefield Community Shed. The support and friendship among the members is an important part for my wellbeing. The Shed gives me a purpose and I also give back to the community at the same time. I always look forward to my Tuesday work out with a great social morning tea to boot. Rosefield Community Shed, Member since 2015

Member Profile: Robert Perry



Robert proudly presents his recent project of a shoe tidy box.

“I worked as a civil engineer with the Commonwealth Department of works (now disbanded) before moving to a private

consulting firm for 27 years. I worked on the design of the Festival Theatre, West Lakes, North Haven, Moomba Airfield, Leigh Creek South Airport and the footings of several city building. When I was 60, I decided to retire, but worked for another three years. Patricia, my wife, and I have been married almost 58

years and have three children. Since retiring, my wife and I have travelled around Australia with a caravan once and visited our daughter and grandchildren in Alice Springs and Darwin.

I have been involved in several community projects and family projects – renovation of my son, Damon’s home and Parkside Baptist

Church where I have undertaken restoration and remodelling of nearly thirty wooden chairs

I originally attended the Community shed along with son Damon, and continue to attend the people, the activities and the facilities. As well as the shed I spend a lot of time in a



Auspiced by the
Uniting Church
of Australia

Invitation

Come in and have a look at what we do.

Every Tuesday 9am to 12:30pm

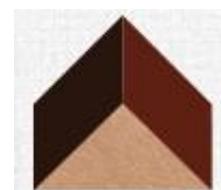
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Australian Men’s Shed
Association