



The Midland Line Midland Men's Shed Newsletter

JULY 2020
ISSUE NO 104

Blokes, jokes, mates and more

PRESIDENT'S MESSAGE:



Well what a month it has been!!! Covid19's changing effects and MMS trying to cope and get some things going again.

We have been able to start the Workshop and it is working well and coping with the Covid19 regulations. Tuesdays, have started although somewhat with reduced numbers, but now looks to be heading in the right direction. With the Government easing the restrictions further it looks as though we can get into full swing. As of the 18th of July almost all of the restrictions will be lifted and we will be able to act as normal, social distancing will be encouraged, but not forced and good personal hygiene is being encouraged.

Good news came in the form of MMS being successful in our application for a \$10,000 grant to mainly alleviate the effect of what the Corona virus has had on our operations. This is great News.

Also the Guys working to get some extensions to the Workshop is progressing and they are now talking to several builders to progress that project.

My thanks go out to all who have gone out of their way to help when things were tough, good effort and thanks again.

John Griffiths

President

Email: john@jrgrif.com.au

Phone: 0429 955 229

COMING EVENTS:

- August 25th "Cape Horn or Bust" - Fran Taylor
- September 15th "Sandakan Death Marches" - Bob Coventry
- September 23rd "Ageing Disgracefully" - Swan Active Beechboro
- December 15th Christmas Lunch

MEMBERSHIP STATS:

ZOOM SESSIONS

JUNE

Total participants for the month	89
Average participants per session	17.8

Midland Men's Shed Social Tuesday every Tuesday 9.30 to 11.30a

in the Baptist Church Hall Bellevue.

Contact - Kevin Buckland 0417 961 971

PO Box 1035 MIDLAND DC 6936



SPLENDID ISOLATION—WHEN WILL IT BE OVER:

- **Ray Lewis**

“Splendid Isolation” is a political statement that comes from a politician’s pen in the 19th Century when Victoria ruled the British Empire. It is also a reflection of what has been Western Australia’s answer to the monster that has stalked the streets of the world striking down targets indiscriminately. Yes! That’s correct, Covid-19 virus, a less than happy addition to the viruses out there in today’s world.

In the last weeks since the suspension of meetings of the Midland Men” Shed, I have been tempted to paraphrase my favourite source of quotations, William Shakespeare.

“When shall we meet again?”

Is almost a line from the opening scenes of The Scottish Play. We don’t need the blasted heath or the thunder and lightning. Just some tables and chairs tastefully arranged for a large number of blokes. It must also be the question that is on every member’s lips. (And those of a few of their wives and partners, too.) No Zoom for me. It never has floated my boat. Nor will it scratch the itch or satisfy my craving. The craving that comes from being in a room with some fifty or sixty people in fairly close contact.. For me, social platforms are just another excuse to isolate us from our peers and friends. I aim to be a social person, though I don’t always succeed. No matter how many people attend Zoom meetings, it just doesn’t replicate the atmosphere of a roomful of people, many of whom are all trying to talk at once. The atmosphere and hubbub that creates can’t be replicated with however many members get to use Zoom each week no matter how well-intentioned they are.

Yes, from 18 May we were able to have twenty people in a room. But, and it is a big but, each person was supposed to have 4 square metres of space surrounding him or her. That is, for 20 people, 80 square metres. Allowing for a square of sides TWO metres, the most economical use of this space would be FIVE squares by FOUR squares. If my mathematics is correct this would be in a room of at least TEN metres by EIGHT metres. This doesn’t allow for a space of about a metre on each end of the square for access, away from close contact. That would make the room TWELVE metres by TEN metres. In imperial measurements for the sake of some of our older members, like me, that equals FORTY feet by about THIRTYFOUR feet. For an average weekly member attendance of approximately sixty members that would be THREE times that for twenty. Doing the mathematics fairly quickly that is about the size of an Australian Standard Basketball court. The floor area of the Perth Arena for a basketball tournament should be that size. I haven’t included the signing in requirements for each of our members. Allowing for a space of 1.5 metres between each person in the queue, there would be a line of some 90 metres long at the sign-in desk. Again, in Imperial we would have a line of about 100 yards. Hope that if we were able to hire the Perth Arena, that it isn’t raining on the day. Every member would have to have his own broolly. Oh, I just thought about setting up the room. There would have to be separate tables for each person, all set out in their own space, all to be taken away at the end of the meeting. What about morning tea or coffee? Where would there be room for the mugs and urn? Would we have to have some sort of roster for the members to collect their individual choice of tea or coffee in their own mug? The mind boggles. It is all too hard. The problems just mount. We will just have to wait until things return to what passes for normal so that we can return to our usual venue. I suppose the Midland Men’s Shed could have hired the Perth Arena on a Tuesday morning each week. But that wouldn’t be allowed. Until all restrictions are lifted It could not come soon enough. I am sure respective partners, wives and girl-friends cannot wait for the day to arrive either.

Hooray and hallelujah, the day has arrived. The Tuesday meeting can restart. Everything has changed but .rules are much less arduous. Naturally, there are a host of rules to govern the meeting. The social distancing rules are 1.5 metres between members and the separation must be maintained. Tea and coffee might be difficult although the disinfecting of the hot water system after each use might give the resultant liquid a strange taste. Using a personal mug or cup brought from and returned home shouldn’t be difficult although there might be a few absent-minded members who would have to do without liquid refreshment. Yes, what I wrote earlier has come to pass.

The rules have been changed. Hooray! Hurrah! Three cheers for the passage of time and the common-sense of most of the population. No, it isn’t the politicians’ fault that we have been restricted from meeting with our friends. They have been doing what we elected them to do, keeping us relatively safe from dangers. Sometimes, I wish they would all pull in the same direction, but that’s just my fantasy.

I am sure the Tuesday morning when we all come together in our usual setting will be welcomed with open arms, even if we have to follow the rules that the committee sets down. Of course, the committee might have to hire someone who has lots of experience in herding cats if the standard meetings are anything to go by.

Roll on the day!

The following two articles have been “stolen”, with their permission, from the Waverley (NSW) Men’s Shed Newsletter

SHINGLES:

This article is not intended, nor should it be read, as medical advice. It is merely information to be used in recognising some symptoms and if in any doubt, medical attention should be sought.



Shingles is caused by the varicella-zoster virus (the same virus that causes chickenpox). To begin with patients often notice a tingling or burning sensation in an area usually on ONE side of their body or face; that often changes to a painful blistering rash. There are now good treatments that if started **EARLY** can reduce pain or even prevent progression to the blistering phase.

The varicella zoster virus gets into your body, either through Chickenpox infection or immunization, it then moves into nerves where it sits quietly for the rest of your life. The immune system keeps it at bay.

When the immune system is weakened (as is common with ageing), sometimes the virus “wakes up” and travels along nerve fibres to your skin, causing a painful rash that may appear as a stripe of blisters on the torso or face causing shingles (also called herpes zoster). The pain can persist even after the rash is long gone (this is called post-herpetic neuralgia). Treatments include pain relief and antiviral medication.

A shingles vaccine as an adult can reduce the risk of developing shingles, see your doctor.



HAVE YOU HAD YOUR SEASONAL FLU SHOT YET?:

Most of our members are of an age when the Flu Shot is free, so there should be no barrier to updating your Flu Shot if you have not yet done so..

With the change of seasons getting a bad dose of the Flu, which de-pending on your age and health, can be almost as dangerous as the infectious virus we just survived (we hope).



ZOOM SESSIONS:

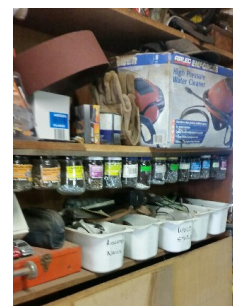
After 14 successful sessions they have now ceased due to our Social Tuesdays now being back in action.

Many thanks to John McKenna for organising these sessions. They have enabled our members to keep in contact with each other during our enforced shut down.

COVID SHED TIME:

- **Brian Beer**

Had some spare time last couple of months. It took me 8 days to empty my shed and a lot longer to reorganize. I made a couple of wooden log cabins for my wife's garden—HAPPY WIFE HAPPY LIFE



DISCLAIMER

The information in this publication is of a general nature. The articles contained herein are not intended to provide a complete discussion on each subject and or issues canvassed. Midland Men’s Shed (Inc.) does not accept any liability for any statements or any opinion, or for any errors or omissions contained

MENTORING:

- **Roger Patten**

This article is about my experience as a volunteer mentor.

I have been mentoring for just over 2 years now and have enjoyed the experience immensely.

I usually have four students who I see for about an hour each, once a week. They are all primary school age and are selected because of issues in their lives that affect their development into happy responsible adults.

When I first started this, I initially envisioned working with teenage kids, who I can relate to much easier than 8 to 10 year olds, but the need seems to be greater in the younger age group so I was convinced to give it a try.

As it turns out, primary school-age kids aren't scary at all!

To start the process, I did a one day training seminar with Edconnect. They also train people to help in the classroom as teacher's aids and the main thing to learn is the procedures and rules and the rest is just common sense. We are required to develop a rapport with the children with the ultimate goal of getting them to open up and talk about their problems both at school and at home. If they are struggling with any schoolwork that you could help with, then you are encouraged to do so.



Each of the sessions that I have with the kids, is filled with fun games, chess, Uno etc. even a cooking session where we made scones.

All of the kids assigned to me were done so because of domestic issues, which affect their behaviour in class, often with meltdowns and sometimes refusal to cooperate with the teacher. That's the bit I was scared of when I started. What I found is that when they are with me, getting one on one attention, they are really nice kids, so sweet and well behaved, never showing me any of the emotional problems that brought them to me in the first place.

The feedback that I get from the teachers is amazing. I am constantly being told that whatever it is that I do makes so much difference to the attitude and behaviour of the child.

If you are ever looking for volunteering that gives rewards, then this may be for you!!

LAUGHING KOOKABURRAS:

- **Bob Lawson**

One of the largest Kookaburra's of the world, also known as Giant Kingfisher, Laughing Jackass and Settler's Clock.

Many forget that this bird was introduced into Western Australia between 1897 and 1912 from the Perth Zoo, often in the vain hope of removing snakes from many areas of the city.

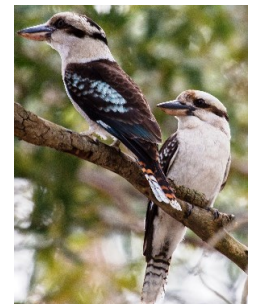
The Kookaburra thrived in Perth and by 1927 they had expanded their range as far as Denmark on the south coast. They now cover a range from Dongara in the north and then follow a line through Moora and across to Ravensthorpe.

Sadly the kookaburra is a bit of a pest in W.A. As with most introduced species, the laughing kookaburra has had an environmental impact on other Western Australian wildlife but they are now a 'naturalised' species and it is doubtful that anyone would ever seriously think about trying to eradicate them.

They can sit motionless except for an occasional turn of its head, looking for unsuspecting birds and reptiles, and will take chicks from nests.

They nest in hollows of both dead and live trees, clutch size between 2 and 4 white eggs, (normally 3). Breeding season: September to December

Food: small reptiles (including snakes), insects, crabs, and fish, and as above they take chicks from nests of other birds.



JACK DEMPSEY:

Our oldest member, Jack Dempsey, turned 90 on the 2nd July.

Hope you had a great day, Jack.



1918-1919 SPANISH FLU:

- Keith Donetta

World-wide this pandemic infected 500 million people (1/3 of the entire world population). It killed between 20 and 100 million people. The true figure is impossible to obtain. It first appeared in the latter days of the First World War. Because Spain was a neutral in that conflict, its press was able to report details of it freely, without censorship. Because of this it was known as Spanish 'Flu'. It's origins actually had nothing to do with Spain.

It first appeared in Europe, USA and parts of Asia in early 1918. The first wave was very mild and most people recovered after several days. There were few deaths. A second, highly contagious phase followed in late 1918. Victims died very quickly after developing symptoms. The most vulnerable people were between twenty and forty years, with under five and over sixty-five being high risk victims.

Its rapid spread was compounded by the movement of a vast number of troops in crowded ships and trains. The medical profession had absolutely no idea on how to treat it, or even what it exactly was. There were many 'quack' remedies offered, but these were all just about useless. Some doctors prescribed large doses of aspirin; up to seven times what is now accepted as safe doses. Consequently, a large number of people died of 'aspirin poisoning'. The pandemic was very quick to kill. Many people seemed normal in the morning, yet were dead by nightfall.

Many more US soldiers died of the pandemic than were killed in the war. Forty percent of the US Navy and thirty-six percent of the Army were infected.

In Australia the pandemic was anticipated before it actually arrived here in early 1919 and steps were taken to minimise the effects. In late 1918 a conference was held consisting of the Federal and State Government ministers as well as doctors. The outcome of this was that the Federal Government was responsible for proclaiming which States were infected and for organising maritime and land quarantine. The States were responsible for emergency hospitals, vaccination depots, ambulance services, medical staff and public awareness. Unfortunately, this did not work well and the Federal Government was almost ignored as each State largely did its own thing.

In 1918 Australia developed its first experimental vaccine in anticipation of the arrival of the pandemic. This vaccine addressed the serious bacterial infections that were liable to cause death. The Commonwealth Serum Laboratory produced three million free doses for the military and civilians. Later evaluation found the vaccine only partially effective in preventing death.

Because of remoteness and a closed border of Western Australia, nobody in Perth was infected until June 1919. Crowds gathering to celebrate 'Peace Day' on 19th July 1919 caused a spike in infections.

Australia lost 15,000 people to the pandemic after losing 62,000 people during the Great War (First World War). Australia's death rate due to the virus was 2.7 per 1000 of the population. (0.27%) This was one of the lowest in the world. Tasmania had the lowest death rate in the world – a total of 171 people due to its very strict restrictions on just about everything. The Spanish 'Flu' epidemic was considered over by the end of 1919.

My observation on this story is that it all seems very much the same today. The States squabbling with the Federal Government and all of them trying to do their own thing and the medical people completely lost and busy disagreeing with each other. However, on the whole I think our State and Federal Governments are doing a great job of protecting all Australians.

Let's all hope that this Covid-19 virus is as short-lived as the Spanish 'Flu'.

*When a man marries a woman, they become one;
but the trouble starts when they try to decide which one.*

JOKING OF COURSE:

Dear Mother-in-law,

"Don't teach me how to handle my children, I'm living with one of yours & he needs a lot of improvement"

Just think, if it weren't for marriage, men would go through life thinking they had no faults at all.

A young son asked, 'Is it true Dad, that in some parts of Africa a man doesn't know his wife until he marries her?' Dad replied, 'That happens in every country, son.'

MESSAGE FROM ROGER:

- **Roger Patten**

It saddens me to see the stories on the TV news about the scams where people have been seeking online connections to find someone to share their lives with.

This in itself is a great idea and has worked for many people, including those in our age group. Unfortunately, there are people out there using our emotions, waiting to scam you.

It happens so often that people become drawn to a relationship with the promise of a loving partner to share their lives with. That's when the scamming starts and they ask for money.

Once that starts, you're in trouble! Your emotions won't let you resist, and you can send yourself broke chasing the dream. You can bet your life on it that if you do get asked for money from someone that you haven't met face to face, THEN IT IS A SCAM!!

Meanwhile, go online, look for a connection, but if anyone asks for money, drop them and move on. There are many genuine ladies out there so be careful!

LEXOPHILIA:

Lexophilia is a word used to describe those that have a love for words, such as "you can tune a piano, but you can't tuna fish", or "to write with a broken pencil is pointless."

A competition to see who can come up with the best lexophiles is held every year in an undisclosed location. Here are some of the latest entries

- When fish are in schools, they sometimes take debate.
- A thief who stole a calendar got twelve months.
- The batteries were given out free of charge.
- A dentist and a manicurist married. They fought tooth and nail.
- A boiled egg is hard to beat.
- Police were summoned to a day care centre where a three-year-old was resisting a rest.
- Did you hear about the fellow whose entire left side was cut off? He's all right now.
- A bicycle can't stand alone; it's just two tired.
- When a clock is hungry it goes back four seconds.
- The guy who fell onto an upholstery machine is now fully recovered.
- He had a photographic memory which was never developed.
- When she saw her first strands of grey hair she thought she'd dye.
- Acupuncture is a jab well done. That's the point of it.

*Eventually you will reach a point when you stop lying
about your age and start bragging about it*