



MARCH 2021
ISSUE NO 112

The Midland Line Midland Men's Shed Newsletter

Blokes, jokes, mates and more

PRESIDENT'S MESSAGE:



I said last month that January seemed to go very quickly, well, this month went even quicker. I was away for two weeks holiday so you guys decided to have two weeks off as well. I hope you did better than I did, one week lock down flooding rains and a short stint in hospital. So much for the holiday, least we didn't spend too much money.

On the home front things went along OK The meetings we did have were well attended both for Social Tuesday and the Workshop.

Action on the Workshop Extension planning is progressing although has slowed a bit because of the forth coming election. We will have to wait and seen.

Not much more to report except we are starting to get back to our guest speakers which will be good.

John Griffiths

President

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COMING EVENTS:

- March 9th "Celebrating Australian Storytelling – Telling Australian Stories - Fact versus Fiction"
- Linda Moore
- March 16th Free Hearing Tests
- March 30th "Advance Care Planning" - Rachel Collins - Legal Aid WA
- April 20th "Transperth" - David McMahon
- May 18th "Building Better Friendships" - Greg Cream
- June 15th "Reptiles" - Eric McCrum
- June 22nd 11th Birthday

*Midland Men's Shed Social Tuesday every Tuesday 9.30 to 11.30a
in the Baptist Church Hall Bellevue.*

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Workshop Enquiries 0411 833 055



MEMBERSHIP STATS:

TUESDAY MORNINGS	FEBRUARY
Total Attendance for month	108
Average Weekly Attendance	54
Best Week Attendance	56
New Members	2

MIDVALE WORKSHOPS:

Total attendance for the month	155
Average daily attendance	13

DEPRESSION:

- **Roger Patten**

All of us have had a dose of depression some time in our lives. For most of us, it goes away. But the kind of depression that lingers on, untreated, is what can lead to other kinds of illnesses such as heart disease, cancer and even suicide.

In Men's Sheds, our age is against us because the things that are most likely to happen that can bring on depression, happen in later life. The loss of a spouse, a sibling or even a child is the most horrendous thing that can happen to anyone. Moving house, especially under circumstances where you don't want to, can be as devastating as the loss of a loved one. All these things are happening to someone in Men's Shed every week. Some of the guys talk about it and some don't.

Its up to us to be a good mate!

When someone talks about his wife that could be dying, or he is having to move house, or anything else that makes him seem unhappy, then ask him if he is ok. If he wants to talk about it, let him talk. Alternatively, I have had some training in Mental Health First Aid and can be a good listener, or can point him in the right direction to get some help. Just have a quiet word in my ear about your concerns and I will do what I can to help.

SCOTSON'S ELBOW:

- **Terry Boruke**

When I was a young bloke up until I was 15 years of age our family lived in a place called Ora Banda there were a few shops, a Pub, a Town Hall, Post Office and about 10 houses and a population of about 50 people and a few who lived in the bush.

There were also some very eccentric people and a few people who liked a drop now and then, so the Pub did all right.

One day my brother and I were riding our push bikes out to the Old Ora Banda town site which is about 3 miles (5Kms) north of Ora Banda, when under a tree branch that hung over the road was this pile of ashes and pieces of burnt timber and sheets of corrugated iron. On arriving home that night we told our parents what we had seen, so my Father went down to the Pub and made some enquiry's. Tom Scottson had an old 1930 Dodge truck about a two tonner and on the back he had built a wooden and tin shack, it even had a No 2 stove in it with the chimney sticking up out of the roof and also in the back he had an old Indian motor bike which he used to go prospecting.

It seems that Tom Scottson had had a bender a few nights before and was driving home late at night and in his drunken state had forgot about the branch across the road, there was a by-pass road he would normally take, but on this occasion he forgot. When he went under the branch which luckily was higher than the cab of the truck.

The force took the camp off the back of the truck and landed on the road No.2 stove, motor bike and all. In a rage Tom took the motor bike out of the demolished remains of the camp and set the camp alight. The next day he returned to the scene and retrieved the motor bike and salvaged what ever bolts and nuts and nails he could find.

From then on the tree was called Scottson's elbow.

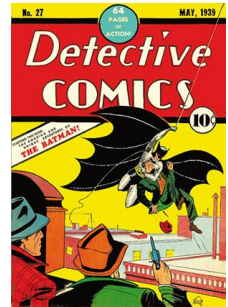
BATMAN MAKES HIS DEBUT:

The caped crusader first appeared on May 1st, 1939.

The Caped Crusader made his entrance on the US comic book scene in the monthly Detective Comics. His creator was Bob Kane, an artist and writer aiming to find a new hero to rival Superman, who had appeared the previous year. Kane did sketches of a character with wings like those of a bat and showed them to a comic book writer called Bill Finger. The two men, both in their mid-twenties, collaborated on the Batman stories, though it was Kane who got all the credit and most of the money, to Finger's eventual resentment.

In his ordinary human persona the character they invented was a rich, idle playboy called Bruce Wayne. Finger coined the name from Robert the Bruce and 'Mad Anthony' Wayne, an 18th-century American general in the revolutionary war against the British. He lived quietly in Gotham City (which was New York City), while as Batman he used his genius-level intelligence, supreme physical abilities and indomitable will to wage a ruthless war against criminals. In an explanation supplied by Finger, he was driven by seeing his parents murdered by a street thug when he was a child. Batman was instantly popular and sales zoomed still higher when his young sidekick Robin was introduced by Finger in 1940. There were female Robins later on. Many other writers and artists were employed on Batman tales over the years and he starred in films, on television and in video games. Recent suggestions that the early Batman was gay have been fiercely disputed. From the 1950s Superman and Batman worked together in some stories. The rogues' gallery of villains Batman worsted included the Joker, the Riddler and Catwoman, by whom in one tale he had a son. In the hugely profitable 1989 Batman film, the Joker was so brilliantly played by Jack Nicholson that he stole the limelight from Batman himself.

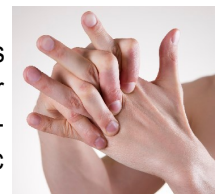
Finger died in 1974, Kane in 1998. Together they created a US cultural phenomenon, who long outlived them.



CRACKING KNUCKLES:

Cracking your knuckles may aggravate the people around you, but it probably won't raise your risk for arthritis. That's the conclusion of several studies that compared rates of hand arthritis among habitual knuckle-crackers and people who didn't crack their knuckles.

The "pop" of a cracked knuckle is caused by bubbles bursting in the synovial fluid — the fluid that helps lubricate joints. The bubbles pop when you pull the bones apart, either by stretching the fingers or bending them backward, creating negative pressure. One study's authors compared the sudden, vibratory energy produced during knuckle cracking to "the forces responsible for the destruction of hydraulic blades and ship propellers."



Even if knuckle cracking doesn't cause arthritis, there's still good reason to let go of the habit. Chronic knuckle-cracking may lead to reduced grip strength. And there are at least two published reports of injuries suffered while people were trying to crack their knuckles.

JOKING OF COURSE:

While going through his deceased father's things, a man finds a 25-year-old claim check for a shoe repair.

Curious, he goes to the store and hands the owner the ticket.

The owner goes to the back and then reappears. "Good news," he begins, "they'll be ready next Friday."

A woman is getting on a bus when, just in front of her, a man gets up from his seat. She thinks to herself, "Here's another man trying to keep up the customs of a patriarchal society by offering a 'poor, defenceless woman' his seat."

She pushes him back onto the seat. A few minutes later, the man tries to get up again. Again, she refuses to let him up.

Finally, the man says, "Look, you've got to let me get up. I'm two kilometres past my stop already."

WAR IN ACTION - 1945:

• Harry Barden

1945, was nearly done, and the War was finally coming to an end, and so were my School days. I was ready to break away from the apron strings. As a 14 year old it was a time for adventure a time to face the World and experience all the wonders that I had seen on the Silver Screen. In my mind I was going to make a fortune and be a Boss in my first job, but that idea rapidly slipped away by the 5th or 6th job, and I began to realise how naïve I was. There I was a pimply youth still wet behind the ears, thinking that the World was beating a path to my door to offer me riches and fame. But when I took off the Rose coloured glasses, boy did I get a rude wake – up call !!!!!. But I didn't let the grim reality of 1946 Britain get me down, because I made, what was to prove, one of the better decisions in my life. I enrolled in the Bristol Art College. Now here was something I loved, I was in my, element to express myself, on a blank canvas, with a brush and a few paints, I was beginning to enjoy my teenage years.

This was the time when the Big Bands were in full swing, Where each Weekend a different Band played at the Winter Gardens Ballroom, Bands like Ted Heath, Oscar Rabin, Harry Gold, Ray Ellington, Harry Roy and Victor Silvester to name a few. It was also where the girls of my age group went to a dance, so "Yes" you guessed it I learned to Dance !! Tap dancing, Balloon, Old time, and finally jive. So every Saturday night there I was ready to strut my stuff like Fred Astaire, dressed up to the nines, looking like a poor mans Beau Brummell, with my hair plastered down with Brylcreem, and a comb in my back pocket, ready to make sure that my Ducks Arse haircut was perfect. All ready to impress the girls, but someone forgot to tell the young ladies, because a lot of the time I was totally ignored.



Then in 1947, at the tender age of sixteen, I was off to London, I had successfully landed a job, (That I loved), with an American Animation Film Company. Discovering the City of London, for the first time on my own, was exciting and eye opening, with so much to see, a vast change from Weston-Super-Mare everything was bigger and things moved faster. My first priority of course was to find some digs that I could afford, I found a place in Star Street just off the Edgeware Road near Paddington station. It was a one room with the wall paper peeling from the walls and rather large mice to keep me company. This area, I was soon to find out was a area of ill repute where Ladies of the Night and their Pimps would try to relieve you of your money, which I did not have, with promise of Heavenly delights. It was a continuous battle to get to your door at night without getting accosted. To discover the wonders of London, with very little money you soon learned of places where you could be entertained for free or with very little in your pocket. Places like speakers corner in Hyde Park where on Sunday mornings, if you had a soap box, stand on it and let rip with your views. There was window shopping down Oxford St where you could pop into Selfridges for a feed of beans on toast to keep you going. Then there were the Art Galleries and Museums all free, where you could see great masterpieces all free. There was Trafalgar Square or Piccadilly Circus where you could just watch the world go by. Then there were the Spivs selling Dodgy watches or cheap jewellery out of suitcases on a fold up table for a quick getaways at the first sign of the Boys in Blue like greased lightning they would disappear, then reappear 5 minutes later, business resumes as usual. To me this was another bit of free entertainment carried out on foot, so when fatigue got the better of me, I would go into one of the Flea Pit Cinema's that specialised in short film's and cartoons run on a continuous loop to recharge my batteries to discover more of this great city of London.

And the place to go at night was the West-End in particular Soho where I was introduced to Jazz and where people like Humphrey Lyttelton was blowing up a storm in a cellar, which was of many Jazz clubs in the district. The one I frequented was in Windmill St, opposite the Windmill Theatre, which was famous especially during the war and the beautiful nude show girls that performed there, and quite regularly they would come across the street for a coffee break and I would sit



with my mouth wide open and testosterone oozing out of each pore, which didn't impress any of them, I wasn't exactly Cary Grant double even if I thought I was. But for two years I was having a ball, and a great job in London. Then I reached the age of eighteen and was invited by H.R.H. King George VI to spend the next two years serving my country as National Serviceman in the R.A.F. I became one of the few who never flew. The only plane I saw was on the recruiting poster on the wall of the Military Police Guard House where I was a guest on a few occasions, I'm sure many Servicemen have been on a charge during there service, but I finished the two years as a Leading aircraft man with Honourable Discharge.

To be continued.

Frustration is trying to find your glasses without your glasses.

TYPES OF POLYPS AND WHAT TO DO ABOUT THEM:

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Polyps are common and usually harmless, though there are many different types.

Polyps are clumps of cells that grow inside your body. While most polyps aren't dangerous, some can develop into cancer.

There are two common types of polyp, pedunculated and sessile. Pedunculated polyps hang from a small stalk, while sessile polyps grow from the tissue around it and are flat.



Stomach polyps

Usually harmless and without symptoms, stomach polyps are often diagnosed when your doctor is looking for something else. While they are usually not cancerous, having these polyps can make you more likely to develop cancer later in life.

If your doctor does identify a type of stomach polyp called an adenoma, which can become cancerous, they will likely perform a biopsy and prescribe antibiotics should H. pylori bacteria be found. Larger polyps may need to be removed.

Colon polyps

Nearly half of us will develop colon polyps over our lifetimes. Adenomatous polyps are more common, and while they are usually noncancerous, some larger ones can develop into cancer over a matter of years. Hyperplastic polyps don't become cancerous and grow around the end of the colon.

To locate and identify colon polyps, your doctor will perform a colonoscopy. If polyps are discovered, your doctor will remove them during the procedure and have a sample sent off for a biopsy to determine if they are dangerous. Most people will have their first colonoscopy around the age of 50.

Vocal cord polyps

Polyps on the vocal cords will usually only grow on one side. They are usually harmless but can cause your voice to sound deeper and feel hoarse, making it harder to speak normally. These symptoms are also associated with other conditions including allergies, hormonal imbalance and acid reflux, so your doctor may check for these before inspecting your vocal cords. They will most likely go away by themselves.

Nasal polyps

These grow inside your nasal passages and sinuses and are usually noncancerous. They can cause headaches, runny noses, snoring, reduced sense of taste and smell and may even make it hard to breathe or cause infections if they grow larger.

While these types of polyps are usually harmless, they may be removed to reduce symptoms. Your doctor may remove them using an endoscope during the examination, or you may require surgery.

Aural polyps

These grow in clusters in your ear canal or middle ear, and they can grow organically or as a result of an infection. Your doctor may prescribe antibiotics to see if the polyps are associated with an infection. If they don't go away naturally you may need to have them removed surgically.

Endometrial polyps

These polyps are sometimes pedunculated and sometimes sessile and grow on the inside of the uterus. Also known as uterine polyps, they are usually noncancerous. They can, however, make it difficult to get pregnant and affect your monthly period, causing spotting and changes to the heaviness and frequency of periods.

While these polyps are usually harmless aside from their side-effects, if they develop after the age of 50 it may be best to remove them. While only surgery can remove polyps, some medicines can help to manage their symptoms.

Disclaimer: This article contains general information about health issues and is not advice. For health advice, consult your medical practitioner.

One way to get the most out of life is to look upon it as an adventure.

DO YOU PLAY CARDS?:

• Dane Hall

The Chinese invented playing cards in AD 1000.

Some interesting facts and observations about "Playing cards":

Did you know that the Traditional Deck of the Playing Cards are a strikingly coherent form of a Calendar?

There are 52 weeks in the year and there are 52 Playing Cards in a Deck.

There are 13 weeks in each Season and there are 13 cards in each suit.

There are 4 Seasons in a Year and 4 Suits in the Deck.

There are 12 Months in a Year so there are 12 Court Cards

(Those with faces namely Jack, Queen, King in each suit)



The Red Cards represent Day, while Black Cards represent the Night.

If you let Jacks = 11, Queens = 12, and the Kings = 13, then add up all the sums of $1 + 2 + 3 +$

...to 13 = 91. Multiply this by 4, for the 4 Suits, therefore $91 \times 4 = 364$, Add 1 that is the Joker and you will arrive at the number 365 being the Days in a Year. Is that a mere coincidence or a greater intelligence?

Of interest is the sum of the letters in all the names of the cards,

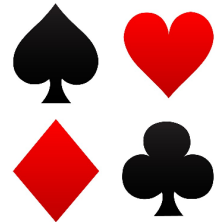
e.g., add up the letters in "one, two, three, four, five, six, seven, eight, nine, ten, Jack, Queen, King" = 52

The Spades indicate ploughing or working.

The Hearts indicates love thy crops.

The Clubs indicates flourishing and growth.

The Diamonds indicate reaping the wealth.



Also, in some card games 2 Jokers are used; Indicating the Leap year.

There is a deeper Philosophy than just merely Playing Cards. The Mathematical perfection is stunning.

A TRUE TALE OF HARRY & THE BULL!

• Harry Barden

Date September 1967- Oh, be joyful with Joy on our Honeymoon!

Spain was the ideal place for the Poms to holiday on the cheap! Air Flights, Hotels, Booze (vino) and the (eating kind of bull) to give you the trots! Plus a lot of sunshine to get a nice tan to show off when you got back home!

The day that still stands out in my memory is when we visited a stud farm for young bullocks. It started well, with loads of cheap plonk being poured down your throat. I wasn't complaining just getting boozed out of my mind! Whoever was running the show was looking for someone daft enough to take his chances with one of the young Bulls!

Danger! Guess who volunteered! Being under the influence of alcohol I am now the great Matador! Entering the arena with trumpets blaring, the crowd cheering, and clapping. In I go prancing and waving to the crowd doing what I do best showing off! The moment of truth, there I was standing at the ready with my cape waving outwards (the wrong way) yelling Torro! Torro! BUT This bull was out to get me, I will show you how to show off! Charging at a rapid pace I pulled my cape in towards me. Bang! Right on the crown jewels OUCH! Ending up seeing the Doctor saying to him take away the pain, but leave the swelling I am on my honeymoon!



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