



SEPTEMBER 2021
ISSUE NO 118

The Midland Line Midland Men's Shed Newsletter

Blokes, jokes, mates and more

PRESIDENT'S MESSAGE:



It has been a good month. After the end of the financial year shake out we now have 108 Members. A few dropped off our membership list and we are sad to see them go and wish them well wherever they find themselves. We have picked up some new ones to start building our numbers.

Attendances at Social Tuesdays has been fairly good, but we would always like to see more. The Workshop has been doing well especially with the side attractions of the Art group and Muso's.

The planning work for the Workshop Extensions is underway with the City of Swan Project Manager getting an Architect, Surveyor and Native Title consultations progressing.

John Griffiths

President

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COMING EVENTS:

- September 9th Lunch - Plum Valley Restaurant - South Guildford - Fully booked
- September 14th "C Series Railcars" - Metronet
- October 12th Annual General Meeting
- October 26th "Your Leisure Years" - Angelo (RACWA)
- December 14th Christmas Lunch - Midland Town Hall

SHUTDOWNS:

Members are reminded that when the Government makes the wearing of masks mandatory then Social Tuesdays will not be held. Also if there is a limit to numbers who can attend functions then this will have an effect on Social Tuesdays and the Workshop. An email is sent out to all members advising when Social Tuesdays and the Workshops are closed.

*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	AUGUST
Average Attendance for month (Members)	51.4
No. Members 100%	28
Visitors for month	2
Av Weekly Attendance (Inc Visitors)	52.4
Best Week Attendance	57
New Members	1
MIDVALE WORKSHOPS:	
Total attendance for the month	254
Average daily attendance	14

JOKING OF COURSE:

A man was sitting in a Chinese restaurant last night and it suddenly went dark. The waiter came over and said: "You all need to start clapping!"

"What a weirdo," he thought.

Anyway they all started to clap and the lights came on!

He said: "How did that happen?"

The waiter replied: "Old Chinese proverb, many hands make light work." .'

What do Alexander the Great and Winnie the Pooh have in common? Same middle name.

The conceited young man had been in the hospital for some time and had been extremely well looked after by the pretty young nurse.

"Nurse," said the patient, one morning. "I'm in love with you. I don't want to get well."

"Don't worry," replied the nurse cheerfully, "you won't. The doctor's in love with me too and he saw you kissing me this morning."

SOCK CITY CHINA

The Datang district in eastern China is the top producer of socks in the world, producing roughly 40% of the world's socks each year. This has caused it to become known as "Sock City", as it is estimated that in one year they make enough socks to supply two pairs for every person in the world.



HOW IS YOUR VISION?:

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For many of us, as we age our vision deteriorates and we may end up needing reading glasses for example. HOWEVER what if we were to suffer a major vision defect that could not be restored with spectacles? The most prevalent causes of vision loss and blindness in Australia, as in other developed countries, are the age-related degenerative eye diseases such as macular degeneration, glaucoma and cataract.

Macular degeneration is a lasting eye disease that causes vision loss. It is caused by damage to the nerves in your eye. It causes blurred vision and loss of vision in the middle of what you would normally see.

Macular degeneration is the leading cause of legal blindness and severe vision loss in Australia, responsible for 50% of all cases of blindness

Age-related macular degeneration (AMD) is the leading cause of severe vision impairment in people aged over 40 years in Australia. AMD affects the macular region of the retina which is used for straight ahead sight. Activities which rely on the macula functioning well are reading, writing, looking at detailed objects, and colour vision.

Those most at risk of developing AMD are people with a family history of AMD, people over the age of 75 and smokers.

A Cataract is a clouding of the clear lens in the eye and is one of the leading causes of vision impairment. While cataracts most commonly occur in those who are older, they can develop in younger people as well. Some people are born with a cataract.

Symptoms include blurred, distorted or double vision and glare sensitivity. When symptoms begin to appear, vision may be improved through the use of new glasses, stronger bifocals, magnification, appropriate lighting or other visual aids. In more advanced cases, cataract surgery is very successful in restoring vision.

Glaucoma is one of the most common conditions which affects vision for the elderly. It is a group of eye diseases which result in damage to the optic nerve and cause vision loss. Risk factors for glaucoma include increased pressure in the eye, a family history of the condition, and high blood pressure.

Some people may have high eye pressure for years and never develop damage. Conversely, optic nerve damage may occur with normal pressure, known as normal-tension glaucoma. Diagnosis is by a dilated eye examination.

If treated early, it is possible to slow or stop the progression of the disease with medication, laser treatment, or surgery. The goal of these treatments is to decrease eye pressure. Treatment of certain glaucomas is a medical emergency. Glaucoma occurs more commonly among older people.

Detached Retina is a Medical Emergency and is more common after the age of 40. It's often caused by the ageing process. The interior of the eye is filled with a gel-like viscous substance called the vitreous. As we get older, the vitreous can shrink and lose its flexibility and in doing so may pull on the Retina as it shifts.

Sometimes it pulls with enough force to tear the retina, separating it from the back of the eye so that the retina no longer works effectively. Ophthalmologists can easily detect a detached retina and re-attach it using laser surgery and although it may be complex surgery, surgeons get good results.

So if you start seeing black spots, or worse bright flashes of light, you need to **ACT FAST** and get to a Vision specialist as fast as possible. **DO NOT DELAY.**

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

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

MONEY, MONEY, MONEY:

- **Harry Barden**

As the song from the Musical "CABARET" goes "Money makes the World go around". So the success of any Business relies on how well the National Economy is going. None more so than the Hospitality Industry, if the economy is strong and buoyant, borrowing money to fund big ideas is relatively easy and in the 1970's and 80's in Western Australia Financial Institutions were throwing open their doors and welcoming Entrepreneurs and Businessmen with open arms. Money was being thrown around like there was no tomorrow, it was pouring into the State to be used by these businessmen to buy and sell everything from TV and Radio stations, Breweries, Newspapers and Magazines, to large building developments and high rise buildings in the City to house their Corporate offices. There was a Mining Boom in full swing, which was attracting Overseas investment, and these Investors were flying into the Country in their droves, with their cheque books at the ready. They of course were treated like Royalty and were accommodated in the best Hotels, {and if there was a shortage of such places, there was plenty of money floating about to build some} They were wined and dined in the finest Fine Dining Restaurants that were on offer. So a lot of the local Businessmen were using these Restaurants as places where they hoped lucrative deals could be settled, to their benefit, some of the deals were negotiated by some Businessmen who were as honest as the day is long, some were carried out by some rather shady people, and some were carried out by people who were definitely criminal in their dealings, Which became that monster that was to become known as WA Inc.



There is a old saying "It's not what you know, it's who you know that counts" this was certainly true in my case in the late 70's, at the time I was running the Garden Restaurant at the Parmelia, and things were looking up, when I heard on the grapevine, that a local Entrepreneur {one of the Honest ones} was negotiating in taking over a Business Club on the Esplanade and turning it into a Hotel and Fine Dining Restaurant that was to be called "The Room with a View" and was looking for a Maître "D. I applied and was successful, and this position was to prove to be the best job I have ever had.

The pay was great, I was given a Company car, dining out expense account, free vouchers to concerts and an all expensive paid "working holiday/ conference" in Adelaide, where I received lots of free promotional gifts, I also spent a lot of time drinking fine S.A. wines. During my time at "The Room with a View" I also was fortunate to meet many well known personalities, Count Basie, the Rock group KISS, and famous people from Stage, Screen and Radio {and those who's careers were on the wane} the Labour Exchange. It didn't take me long to realise that if you looked after the patrons [especially the good tip-pers] and pampered them and their every wish, I would be well rewarded in turn. It was not unusual for me to receive a phone call from certain High Flyers, who wanted a window table for 20 in half an hours time, and if I came up with the goods, my income would be supplemented by quite a healthy amount. These were the best and most lucrative 7 years that I had in the Hospitality Industry. But by the late 80's we had, [according to Paul Keating] the recession we had to have, and things began to sour, The Room with a View was sold and I moved on.



My next enterprise was running in partnership a Restaurant called "The Bulls-Eye" in Mt Hawthorn, but after a few years I realised that all work and no play is a bad mix for a man of advancing years. I decided that semi-retirement beckoned. So a trip to an Employment Agency, where it was suggested that perhaps Teaching Hospitality at Bentley TAFE as a part-time lecturer would be better that walking the streets. What did I know about Teaching? NOTHING!! In fact how I got through that first lesson is a complete mystery, I had no notes, I had a hangover, but on a wing and a prayer and my gift of the gab, I got through. I must have done something right, because I went on teaching in various TAFE Colleges for a number of years. Semi-retirement gave me the time and opportunity to take up painting again, and I entered 6 oil paintings at the Capital Building in St Georges Terrace, and to my amazement I sold the lot. I then started to receive commissions to paint Murals in Restaurants and private homes,

I was even approached to teach Art, which I found rewarding, I had now reached the ripe old age of 72, and even though I was still fit and able, and eager to have a go at another enterprise I knew inwardly that full blown retirement was inevitable, so Joy and I sold our house in Nollamara at a tidy profit and moved to Stratton and the NEXT CHAPTER IN OUR LIVES!!!

To be continued

You cannot shake hands with a clenched fist.

JUST COOKING:

- **Donald Goodyer**

I'm from Canada. In the early '80's I decided to see a bit of my country. Canada is a lot like Australia. It's a big country with many diverse landscapes. For some reason, I wanted to go up and live in the Arctic for a year or two. Since I'd just finished a government 'TAFE like ' cooking course, I thought I'd just go there. There was just me to look after. And I thought that, 'Well, no one ever starved working in a kitchen, I may as well give it a try.' I worked in a hotel in Yellowknife in the North West Territories for nine months. It was fun, but I still wanted to see the real Arctic. I had no idea what to expect, but I climbed into a 737 and 900 miles further north, I got out in the village of Inuvik. Inuvik was a government town at the mouth of the MacKenzie River and it sort of looked after all the little villages away up there. We were past 68 degrees north. The Arctic Circle is on 66 degrees north, so I knew that I made it.



Believe it or not, I got a job as a kitchen hand on a Canadian Forces Base. This was a communication station that backed up the big American Radar Base further north at Tuktoyaktuk. The whole effort was about giving early warning to all those soldiers down south that the Russians were attacking us across the Arctic Ice Cap. (We civilian cooks thought that, if we saw all the radio guys 'hitting the road', we'd better follow them.) Anyway, when I applied for the job, I had to face a panel of army brass to see if I was suitable. There I was sitting in front of a major, a chief petty officer, 2 sergeants and some other dude, I didn't know about. I thought that I was going to be interrogated about my cooking experience or if I had any Russian sympathies or something like that. But the Major started out by asking me, "How do you make a salad?" I was astounded that all they wanted to know was if I knew how to do the simplest things in the kitchen. Then it was, "How do you wash dishes?" Then it was "What's important about sanitation and cleanliness?" (Duh! Somehow, it seemed typical of the Canadian Army!)



Well, I got the job and I had a ball there! There were 6 forces cooks, a CPO and a sergeant to supervise us. There were 6 of us kitchen hands and we only had to feed about 60 personnel. (When the Winter Warfare program was on, we maybe get up to 200 more army folks.) But we had so much fun. The forces guys had served all over the world and had some hilarious stories. One of the guys learned that he was to be transferred to being a cook. He was in the infantry, digging a rifle pit in Germany and he threw his pick so far away no one could find it! He was put on charge, but he maintained that some German stole it.

Another time, one of the cooks came in one morning a bit hungover and a female hand said, "Good morning, John!" He said, "I've had ENOUGH of your shit!" and he picked her up and plunked her rear first in a sink full of water! Actually, he was being nice to us!

And, we get all our food flown up to our station by Hercules. The forces down south sent us all kinds of stuff. This one time, they sent us a whole box of Kiwi fruit. They were at least a dollar a piece at the time, but no one knew what they were. So no one would eat any green fruit like that. So we kitchen hands got into them. Man! After eating 20 Kiwi fruit I was starting to look as green as those things!



And then there was the time that I came in the morning and all over the kitchen floor was bits of fur, bones and hooves of 5 caribou that some of our guys were cutting up. Apparently the herd was on it's way up to 'Tuk' so that they could have their calves on the tundra. Then it struck me! That's why that caribou head was outside the door with the antlers still on it! Wow! We got to take some stakes and roasts home and was it ever good! Caribou has a wild flavour because of the lichen that they eat and has hardly any fat on it at all. These were just some of the things that we got into in the kitchen, and it was so much fun. The sergeant let us sometimes, have a lot of the steak bones and scraps and leftovers from the meals which we would give to our friends who owned sled dogs. They were some of the best looking, best fed, dogs that you would ever see in the Arctic.

Oh, yes! And I should say that the Russians never did attack us across the Arctic Ice Shelf. Our guys would sometimes pick them up on the radio net and it seems that they 'couldn't be bothered!'.

IMAGINE:

- **Roger Patten**

John was the first. He knew what the world needed. I too look at the world, and see people and see that there is so much pain.

What are we doing to each other? Why?

I'm old now and have learned so much, seen so much, felt so much.

Why is it that we can all see stuff? Stuff that needs fixing! It's everywhere.

Why can't they see it? The leaders. The politicians. The "influencers." The parents!!

Ah!! They don't want to see it. If they did, they would have to give up their huge profits.

John said "Imagine no possessions!,

We can't do that!

We need stuff. big house, fast car, pretty jewels, they exist only at someone's expense.

Ask the homeless woman outside the IGA that begs for a dollar to buy a smoke.

I helped her once! Five bucks.

How come people have to ask for a place to live or a warm meal?

Where is all the money?

Go to Africa to watch the bones walking around. They used to be human once. The food they relied on to keep them alive, donated by the charities, sold on the black market.

Palestine, COVID, Myanmar, planet-warming, Putin, Paedophiles, Hitler. All of this and we are still able to crack a joke, smile at a neighbour, donate to a good cause, give blood, help a mate or volunteer to work for free, helping those in need.

I tell my kids that I apologize on behalf of my generation, for leaving such a mess for them to clean up. We messed up. badly!!!

The generations of the future will learn the meaning of John Lennon's "Imagine" as it will go down in history, giving hope for many generations to come.

Let it be part of the message that you tell your grandchildren. Tell them that there is hope. Tell them to teach by example. Tell them to treat others how they would like to be treated.

Imagine !!

WORDS THAT BEND:

Adult - A person that stopped growing at both ends, and is now growing in the middle.

Beauty Parlour - A place where women curl up and dye.

Chickens - The only animals we eat before they are born and after they are dead.

Committee - A body that keeps minutes and wastes hours.

Dust - Mud with the juice squeezed out.

Handkerchief - Cold storage.

Inflation - Cutting money in half without damaging the paper.

Mosquito - An insect that makes you like flies better.

Raisin - A grape with a sunburn.

Secret - Something you tell to one person at a time.

Skeleton - A bunch of bones with the person scraped off.

Toothache - The pain that drives you to extraction.

Tomorrow - One of the greatest labour-saving devices of today.

Yawn - An honest opinion openly expressed.

Wrinkles - Something other people have, similar to my character lines.

*You can change a person's life with a kind word or action.
That's the true purpose of life.*