



OCTOBER 2021
ISSUE NO 119

The Midland Line Midland Men's Shed Newsletter

Blokes, jokes, mates and more

PRESIDENT'S MESSAGE:



What do we say about this month?

Workshop attendances have been good. Muso's and Artists in good number and in good form with good work being done.

Social Tuesday numbers have picked up towards the end of the month which is good to see. The speakers have been entertaining and Kevin has organised a couple of lunches at a nearby restaurant - thanks Kevin.

The "Rockin' Shedders" have had very good numbers at their Tuesday morning "Jam" sessions. They also played at Bob Jones Farewell Get Together (Bob has only been a member for a short time before cancer caught up with him)

The Workshop Extensions have been progressing with planning work including building plans and electrical planning.

Our Annual General Meeting is coming up next month and I hope to see everyone there.

So that's it from me and cheers.

John Griffiths

President

Email: john@jrgrif.com.au

Phone: 0429 955 229

COMING EVENTS:

- October 12th Annual General Meeting
- October 26th "Your Leisure Years" - Angelo (RACWA)
- November 16th "Accessing Aged Care Services" - Kerry Goodrem
- December 14th Christmas Lunch - Midland Town Hall
- February 8th "The Rights of Older People" -

*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

Workshop Enquiries 0411 833 055



MEMBERSHIP STATS:

TUESDAY MORNINGS	SEPTEMBER
Total Attendance for month	194
Average Weekly Attendance	49
Best Week Attendance	53
New Members	1

MIDVALE WORKSHOPS:

Total attendance for the month	221
Average daily attendance	12

JOKING OF COURSE:

A man was very sick. Doctors feared the worst.

He is at home one day, resting in his bed. He looks up and says, "Is my wife here?"

His wife replies, "Yes, dear, I'm here, next to you."

The man goes, "Are my children here?"

"Yes, Daddy, we are all here," say the children.

"Are my other relatives also here?"

And they say, "Yes, we are all here."

The man sits up and says, "Then why in the world is the light on in the kitchen?"

Men's Sheds of WA Conference INCLUSIVE THRIVING SHEDS

Friday 5 November 2021

Start at 10am - 4pm (then join us for our conference dinner)

Saturday 6 November 2021

Start at 9am - 4pm

Stirling Adriatic Centre
78 Jones Street, Stirling

What makes a good men's shed? How can we future proof them? What challenges will we face?

OUR KEYNOTE SPEAKER

Professor Alex Haslam, University of Queensland 'Social isolation is a greater health threat than smoking, poor diet and lack of exercise.'

COST TO ATTEND

Men's Sheds of WA members

- Conference and dinner \$125
- Conference only \$90

Partners

- Conference dinner \$35

RESERVE YOUR SPACE

Save your seat today online <https://menssheds.wa.org.au/state-conference-2021/>

WHAT IS CHEROPHOBIA?:

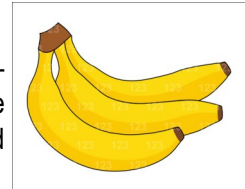
Cherophobia is a phobia where a person has an irrational aversion to being happy. The term comes from the Greek word "chero," which means "to rejoice."

When a person experiences cherophobia, they're often afraid to participate in activities that many would characterize as fun, or of being happy.

BANANAS:

Have you ever wondered how bananas get their unique shape? What is it that makes them curved?

Banana plants produce leaves that are developed into a pseudo-stem and produce fruit. At the beginning, bananas start growing towards the ground, but soon after, a unique process called negative geotropism takes place. During this process, bananas stop growing towards the ground and instead start turning towards the sun.



The fruit grows against gravity and this is why bananas have their familiar curved shape!

TELEGRAM TO HARRY:

- **Pete Arnell**

Thanks

I would like to thank and congratulate all those Midland Mens Shed, members who had the fortitude and endurance, indeed the stamina to withstand being subjugated to 10 monthly episodes [From Dec 2020 to the Oct 2021 issue of the MMS Newsletter] of Harry Barden's life. Some I'm sure found it a riveting good read, and others thought it a rollicking good yarn, as Harry wrote of the Trials and Tribulations that he experienced during his life. But this was nothing compared to the Trauma that many MMS members went through reading all 10 episodes.

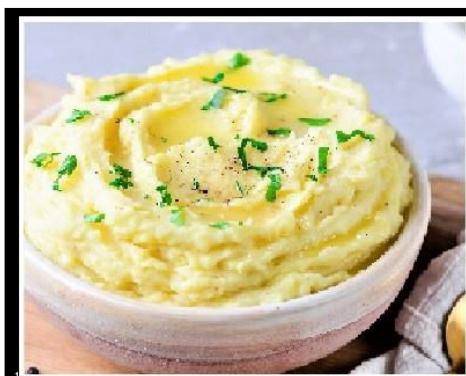
Now I'm not interested in things like Instagram or Facebook or Snapchat and Twitter, or any of the other Social Network sites. No! I'm of the Old School, that used to send Telegrams, and I would like to send [if it is still at all possible] a Telegram, and it would read as follows:

To Harry Barden c/o MMS. STOP.

Congratulations on your life story: STOP

All 10 Episodes: STOP

P.S.: Enough now Please, Please : STOP



I'm new to cooking.

Can anybody tell me how much whisky goes into mashed potatoes?

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

THE TALE END:

- **Harry Barden**

There are many stressful things we have to face during our lifetimes, losing a loved one, Divorce, starting a new job, or moving House. Now moving house can be doubly stressful when you reach 72 years of age, something that Joy and I did, and which I wouldn't recommend to anyone, especially on a hot December day. But thank goodness we had the sense to buy a house with a Pool, so with a fridge full of beer and a selection of Wines, and the BBQ fired up and, before we did anything about settling in, we tested out the Pool, and the chilled Wine. I let out a long sigh of relief, because at long last it was goodbye to having to dress up like a Dogs dinner, in Tuxedo and bow tie. and all the "Yes Sir, No Sir, Three bags full Sir" B.S. Yes, it was time to take it easy, time to stop and smell the roses. Of course, one of the most important things you have to do when you move, is finding out where the Doctor, Dentist, shops, schools, bus routes are in the area you are moving to. And of course, the number one priority is where is the nearest Pub. Also, the whereabouts of any Social Active groups. Because all my life I've interacted with people, and after settling into our new home, I needed to mix and mingle with people once again. It was about this time I heard of an Art Group, which met at a Cricket Pavilion in Lilac Hill. It was here I met some very talented Artists. It was here I started to develop a different style of painting, using the Australian Bush as my inspiration with all its vibrant colours, I also started to introduce a little humour into the paintings, by including people of the Bush, the men dressed in Boots, Shorts, blue singlets and extra-large Cowboy hats and one in particular, who I named Harry Thong, was introduced to the World. This style proved to be very popular with people and gave me the initiative to enter exhibitions in Schools and Colleges, it even prompted me to hold a couple of Solo Exhibitions. I was even featured in a 4-page spread in an Art magazine called the "Artists Pallet". a nice bit of free advertising.

A number of the Artists at the Lilac Hill Group were promoting their works at the Midland Sunday Markets, and I decided to do the same, mainly because it was next to the 7th Avenue Pub, nice and handy for a beer. My successes in selling a lot of my Works, led me to the Kalamunda Markets and numerous Country Markets. and also, to enter competitions that were held in Midland and Guildford Town Halls, these of course were Open competitions, which meant you were competing with professional Artists. I didn't win any major prizes, but I've always maintained "You have to be in it, to win it". At about this time in my retirement, I found that most of my weekends were spent at different venues, in all weathers, hail, rain or shine in freezing cold or burning heat trying to sell my paintings, not very comfortable, but in a lot of cases very lucrative. But after a number of years my creaking bones told me that getting out of bed at 4 am to set up your stall to display my works had lost its appeal, so I allowed it to slowly taper off. This of course meant my desire to meet and interact with people had to be found somewhere different. Time for another interest, I had heard about Men Sheds in the past and found that the Midland Men Shed {MMS} was in my neck of the woods, so I decided to check it out and join, the joining fee was the princely sum of \$50, which took my breath away for a minute, but on reflection, was the best \$50 I've ever spent.

From the first day as a member of MMS I was made to feel welcome, here was interaction in spades, I quickly realised that I was in the company of retired or semi-retired men, who collectively had decided, not to waste their remaining years sitting around doing nothing, but to become involved in activities that held a particular interest for them. Things that they always wanted to have a go at, or things they thought they would be no good at, but for one reason or another, never had the opportunity or the time to do so. But now they found they were surrounded by Men with a multitude of professions, soldiers, sailors, candlestick makers. here were Electrical, Mechanical and Marine Engineers, schoolteachers **etc.** all more than willing to help or advise and pass on their knowledge and to show you how to fulfil your dream.

I'm reminded of a phrase that JFK said in his inauguration speech in January 1961, [Here I'll alter the words slightly] "Ask not what MMS can do for you, ask what you can do for MMS". So I thought what little knowledge do I have, that I can pass on? So, I offered to start an Art Class. So with the help of Pete Arnell a fellow member of MMS, and also the Lilac Hill Group the MMS Art group was born. It has proved to be very popular, for one reason or another a few budding artists have left, to be replaced by others, who are improving by leaps and bounds and it's very satisfying to see how far they have come. I hope one day their art works will be exhibited to show what Old retired "Men of MMS" are capable of. I'm eternally grateful for the genuine friendship from members of MMS and I'm glad I'm still COMPUS MENTIS to be able to give a little back.

Well as Bugs Bunny says in the closing credits of Loony Tunes.

"THAT'S ALL FOLKS"

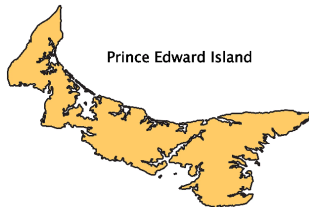
P.S. PLACES ARE STILL AVAILABLE IN THE ART CLASS, SO COME ALONG AND LEARN TO EXPRESS YOUR INNER ARTISTIC SELF.



MEMORIES OF PRINCE EDWARD ISLAND:

- **Donald Goodyer**

Having just worked 9 years in the steel mills in Canada, I thought that I needed a change. A Real Change! All those years in the steel mills, took a toll on me. Shift work, 24/7 all year around, plus the heat and the dust and just doing everything in a safe manner can really get to a guy. I hadn't seen the east coast of Canada. So on the map, I picked out Prince Edward Island. I thought to myself, that there can't be any shift work there because the main industries were fishing and farming. I knew that, in wintertime, you can't fish and you can't farm. If I moved there, I reckoned that I might get a break from working, working and working.



Prince Edward Island (PEI) is a largeish Island at the mouth of the St. Lawrence River, just as it flows out into the North Atlantic. When I got there, I thought that it was lovely and picturesque. (Jacques Cartier, the guy that discovered it in 1520, agreed with me. He said that it 'was the 'fairest' isle that he ever did see') When I got there, I rented some 'digs' and took a couple of months off courtesy of the Canadian Government's Employment system. It was great. Since the Island was only 110 miles long and just over 40 miles wide, I soon settled in and got to know the locals. I was shocked at their attitude to life! There, you just worked to live. In winter time, well, you just watched the snow come down! I was

sort of what I had in mind in the first place. It was summer. It was relaxing and I thanked my lucky stars that I could get a break from it all.

Since PEI was where Lucy Maude Montgomery wrote, 'Anne of Green Gables', they had a big festival there. It included 'sulky races', which was sort of a pastime on the island. Everywhere else in Canada they played football, but in PEI they were really into harness racing. It was fun. And since I had a bike, I went bicycle camping. It was absolutely beautiful with neat, well run potato farms and little beaches and parks that were full of Lupins and Little Blue Herons were wading in the sea everywhere. I signed up for a field trip conducted by a lovely young eco-student and soon found out that I was the only one on the tour. We did the tour anyways and she told me about all the ecology that happens on a beach. (Since, I was twice her age, I didn't become part of that ecology.) She was a lovely girl and taught me where to find the largest mussels and how to 'shuck' an oyster proper way.

And then, there was the time, I told my friend that I always wanted to see how they go lobster fishing in the area. Davy's uncle owned a lobster boat in Rustico, which was just down the road from 'Green Gables'. He was OK to take me out, because he needed a hand on the boat. I, of course, showed up with a six pack at 5 in the morning – ready to go. It was just as the day was breaking. He said that we had to go out and 'haul in the bait'. Up the coast, he had two fishing nets set out overnight. We hauled up each net and one of them had at least 80 mackerel in it. It was all that we could do just to get it into the boat. When we started hauling up his lobster pots, he would chop each one in half and spike each part in a trap. It was hard work. At lunch time we had a scoff of bread, lobster and beer. (Now 40 years later it is still a great memory and I finally painted a picture of me and 'Uncle Tom' hauling in the bait.

And then there was the time that the seal herd came in on that same north shore. It was coming up spring time and the ice flows were jamming into the beach. You couldn't believe it! There were about 8,000 seals laying on the ice having their pups. When you walked over the sand hills onto the beach, all you could hear was the bark, bark, bark of happy seals. Their pups were covered in fur as white as snow. The dark side was that sealers would go out on the ice and club them to death as part of the fur harvest. (They had been doing this for over 300 years.) However, the whole scene soon turned into a maritime 'war zone'. The 'Greenies' showed up as part of their annual protest. They were trying to spray paint the stacks of seal fur red to ruin them. This caused fist fights among the sealers and the 'eco folks' and it was all on. The Dept. of Fisheries guys were there, too, trying to regulate the hunt and break up the fights. Several helicopters were flying over. One with a 'bull horn', telling the protesters to bugger off and 'news chopper', to film it all! Since I was interested in how sealing was done, I approached one of the sealers who was guarding a stack of furs and asked if I could feel them. He was very nervous, but he let me. We got talking about sealing and I felt how soft and white the fur was. I could see how women would love the feel of this fur on a new winter coat. But, perhaps, not with the thought that the poor little things were clubbed to death.



I had so many good memories of Prince Edward Island and it's so fun to think back on them. All I can say is, that you have to go there someday!

HAY FEVER (ALLERGIC RHINITIS):

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Hay fever (allergic rhinitis) is a medical condition caused by allergy to substances breathed in the air.

Most people with allergic rhinitis have a blocked or runny nose, some also have sneezing and itching in the nose and back of the throat, but not every-one with allergic rhinitis has these symptoms.

People with asthma may not recognise that they also have allergic rhinitis because the symptoms can be mistaken for asthma, so if you are asth-matic, you should get yourself checked out for allergic rhinitis.

Allergic rhinitis can make asthma more difficult to manage, but effective treatment for allergic rhinitis may reduce the chance of severe asthma attacks and make the lungs work better.

Allergic reaction makes the inside of the nose irritated, swollen and abnormally sensitive (inflamed), it also affects the back of the mouth and throat.

Approximately 19% (almost 1 in 5) of Australians have allergic rhinitis, at least 3 out of 4 people with asthma also have allergic rhinitis. Asthma and allergic rhinitis are related medical conditions.

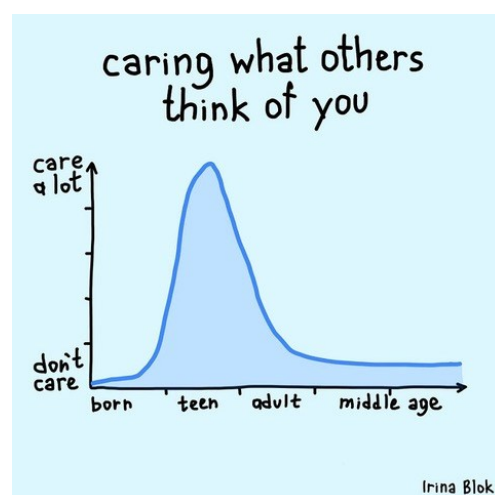
See your doctor (or an allergy specialist) who may suggest oral or injectable immunotherapy, this treatment is to continue for 3-5 years. There are risks and side effects, so make sure that you discuss the benefits and the risks with your doctor.

A clean, healthy environment is important, but don't over-sanitise your home with cleaning products. It is important to work out which allergies in your environment trigger your asthma, your doctor may order or perform allergy tests.

The 2 most common allergy tests are skin prick test and blood tests, these tests identify anti-bodies to specific allergens. Sometimes a scratch test is used.

Your doctor will need detailed medical history from you to make a reliable finding, and all allergy tests must be carried out by specially trained medical professionals.

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



*Everyone has a photographic memory.
Some just don't have film .*