



JANUARY 2022
ISSUE NO 122

The Midland Line Midland Men's Shed Newsletter

Blokes, jokes, mates and more

PRESIDENT'S MESSAGE:



Well we have come to the end of another calendar year, not totally unscathed but virtually intact, as was evidenced by a big roll up to our Christmas lunch which was enjoyed by all of us. A special thanks to the CWA ladies for another very tasty and satisfying lunch. Also a very big thanks to Kevin and all the guys who helped on the day in any way.

Looking back I see a year that had its moments like the COVID restrictions but also many positive things that go to make MMS a very positive influence in our community. Our membership numbers are strong and attendances are very good.

I wish you one and all a very happy and prosperous New Year full of good health and happiness.

John Griffiths

President

Email: john@jrgrif.com.au

Phone: 0429 955 229

COMING EVENTS:

- January 25th "C Y O'Connor" - Mike Lefroy
- February 8th "The Rights of Older People" -
- February 22nd Free Hearing Tests
- March 15th "Life Down Under" - Dr Lesley Gibson
- April 19th "Stay on Your Feet" - Sophie MacDonald
- May 18th "Ocean Liners" - Chris Frame
- April 19th "Stay on Your Feet" - Sophie MacDonald
- June 14th Eric McCrum
- December 20th Christmas Lunch



*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	DECEMBER
Average Attendance for month (Members)	59
No. Members 100%	34
Visitors for month	15
Av Weekly Attendance (Inc Visitors)	64
Best Week Attendance	86
New Members	2
MIDVALE WORKSHOPS:	
Total attendance for the month	210
Average daily attendance	12

JOKING OF COURSE:

You know you've still got it when you're walking across the beach with your wife and there's a couple of young girls waving at you while she isn't looking.

There's no way that you were ever gonna swim out that far to save them though.

There are only two instances when people hate the alarm clock:

1. *When it rings.*
2. *When it doesn't ring.*

PYROGRAPHY

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Pyrography is the free handed art of decorating wood or other materials with burn marks resulting from the controlled application of a heated object such as a poker. It is also known as wood burning. It is one of the oldest forms of art, using two elements of the natural world: wood and fire.

The generic term Pyrography (from the Greek pur =fire and graphos=writing) refers to the same technique applied on any suitable surface like wood, leather, gourds, even paper.

It is the art of burning a design, picture or script in wood or leather using a heated metal point.

A large range of tones and shades can be achieved. Varying the type of tip used, the temperature, or the way the iron is applied to the material all create different effects

Safety

The main hazard to be wary of is the extremely fine wood dust when sanding the wood or in some cases the pitch/sap or resin that emits harmful fumes when burning. All wood dust is hazardous & can cause respiratory problems if you do not wear a mask, some more than others & should be avoided. You should always wear a quality dust mask/respirator while power carving, and use a good dust collection system to avoid a lifetime injury to your lungs. These recommendations really are not just for power carving or sanding, but they should be used for burning as well. Remember:

- **DO NOT** burn on pressure-treated wood. It is treated with chemicals that, although safely bound in the wood fibres for construction purposes, are inherently dangerous to wood-workers and woodburners.
- **DO NOT** burn on any type of treated wood: Chemically treated, stained, painted, sealed with a finish, etc. If you must use this type of wood be sure that you have thoroughly sanded it to remove all traces and are burning on bare wood.

Prepared Wood, Medium Density Fibreboard (MDF), man made boards and plywood should never really ever be burned on for several reasons. Prepared wood usually has been chemically treated and burning on it will release toxins into the air. MDF is made out of toxic materials and may cause cancer and other health issues. Man-made boards and such also have layers of glue that releases toxins that may not cause immediate harm but impact one later on in life. Regardless of what you decide, it is always important to work in a well ventilated room with a running fan to encourage the circulation of fresh oxygen and to remove the lingering smoke.

PROSTATE CANCER SYMPTOMS TO LOOK OUT FOR:

This article is reproduced with the kind permission of Your Life Choices

It turns out that most men are unable to recognise any symptoms of prostate cancer.

Prostate cancer symptoms to look out for

Most men, it seems, are generally unable to identify any of the signs or symptoms of prostate cancer – despite it being the second most common cancer diagnosed in men in Australia and the third most common cause of cancer death. One in six men will be diagnosed with prostate cancer by the age of 85.

According to a survey of 1456 men polled for YouGov, 68 per cent were not aware of any of the symptoms and even among older men – who are most at risk – knowledge is fairly low. In fact, 62 per cent of those aged 50-59 didn't know any signs, neither did 60 per cent of 60 to 69-year-olds and 54 per cent of 70 to 79-year-olds. And only one in eight men (13 per cent) spotted the most recognised symptom, which is having to – or feeling the need to – urinate more frequently. So what else do you need to know about prostate cancer?

Where the prostate is

According to Prostate Cancer UK (PCUK), prostate cancer starts in the prostate gland, which is at the base of the bladder and is about the size of a walnut. The prostate gland gets bigger as you age, and its main job is to make the thick white fluid that creates semen when mixed with sperm produced by the testicles.

Initially there don't tend to be symptoms

Localised prostate cancer (contained inside the prostate) doesn't usually trigger any symptoms. Signs don't normally appear until the prostate is big enough to affect the urethra (the tube that carries urine from the bladder out of the penis).

If symptoms do kick in, they'll likely affect you when urinating

If the prostate does become enlarged, it may lead to an increased need to urinate, straining while you wee, a weak flow, dribbling urine after you finish, and a feeling that your bladder hasn't fully emptied.

PCUK says that while some men might have urinary problems, "these can be mild and happen over many years, and may be a sign of a benign prostate problem, rather than prostate cancer". Another cause of such symptoms can be a non-cancerous enlarged prostate, which is very common. But anyone with any symptoms should get them checked by a GP.

Further symptoms

Other symptoms of prostate cancer can include lower back pain or rectal pain or discomfort, as well as difficulties relating to sex, such as blood in the semen, pain when ejaculating or erectile dysfunction. Signs of more advanced cancer can include bone and back pain, a loss of appetite, testicular pain and unintentional weight loss.

How it's diagnosed

Men with symptoms may have a Prostate Specific Antigen (PSA) blood test, as those with prostate cancer may have a raised PSA level. However, Cancer Research UK (CRUK) says PSA levels can also be raised in benign prostate conditions, or if you have an infection, so a diagnosis of cancer isn't usually made on a PSA test result alone. Men may also have an examination of the rectum, which involves a doctor feeling inside the rectum using their finger. There may be scans and a biopsy too.

Not everyone needs treatment

Some prostate cancers grow too slowly to cause any problems or affect how long you live, and because of this, many men with prostate cancer will never need any treatment. However, some prostate cancers grow quickly and are more likely to spread, so do need treatment.

The risk factors and who gets it

You're more at risk of prostate cancer if you're over 50, if a close relative (father or brother) has had prostate cancer, or if you're black.

What you can do to decrease your risk

CRUK says there's evidence that being active might help to lower the risk of developing prostate cancer. Plus, being overweight or obese increases your risk of advanced prostate cancer. Sticking to recommended alcohol limits, eating a healthy balanced diet and not smoking are all thought to be potentially beneficial too.

If you're concerned about your prostate health and family history, always speak to your GP.

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

NEW SCAM ALERT:

- This article was reproduced, with the kind permission, of the Waverley Men's Shed Phishing SMS and emails aim to capture personal and banking details via fake websites.

What's new:

- You receive a payment to your bank account.
- Someone claiming to have sent you the payment in error contacts you via phone or SMS, asking you to return the funds to an account number. Callers may claim to be the bank or sender of the funds.
- You complete the payment via Online Banking.



Bank customers actioning these requests noticed further payments to the payee by scammers using the compromised credentials.

Financial institutions have processes for mistaken payments, notifying you in writing (not a phone call from a number that may appear to be genuine).

If you think you've entered your details into a fake website or have been asked to return a payment in error, please reset your Online Banking password, and call your Bank immediately.

For more information contact your Bank

HOW HOT IS LIGHTNING?:

Technically, lightning is the movement of electrical charges and doesn't have a temperature; however, resistance to the movement of these electrical charges causes the materials that the lightning is passing through to heat up.

If an object is a good conductor of electricity, it won't heat up as much as a poor conductor. Air is a very poor conductor of electricity and gets extremely hot when lightning passes through it. In fact, lightning can heat the air it passes through to 50,000 degrees Fahrenheit (5 times hotter than the surface of the sun).

When lightning strikes a tree, the heat vaporizes any water in its path possibly causing the tree to explode or a strip of bark to be blown off.

BOYFRIEND 5.0 TO HUSBAND 1.0

Dear Customer Service,

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a slowdown in the performance of the flower and jewellery applications that had operated flawlessly under the Boyfriend 5.0 system.

In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.9, and installed undesirable programs such as AFL 7.4 and CRICKET 3.2.

Conversation 8.0 also no longer runs and Housecleaning 2.6 simply crashes the system.

I've tried running Nagging 5.3 to fix these problems, but to no avail.

What can I do?

Signed

Desperate

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

MY BOOKS:

- **Neil Hamilton**

I was thinking the other day, one of the items not appearing on the Newsletter is people's reading reviews or the likes thereof so here goes.

I've been through the usual authors like John Grisham, Lee Child, David Baldacci, Harlan Coban, Michael Connelly, Jeffrey Deaver and so on.

But of late I have been reading books by Australian authors such as Chris Hammer and Peter Temple.

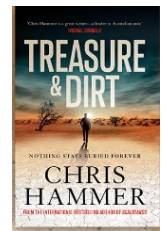
Peter Temple is the author of the Jack Irish stories as appearing on the TV program of the same name. Not wanting to go over the past Jack Irish stories I have found several other stories mainly devoted to Australian crime particularly in Melbourne area and from a police inspectors activities.



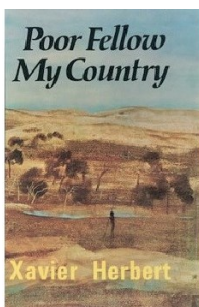
Chris Hammer wrote a series of books: Scrublands, Silver and Trust mainly focussing on a investigative journalist employed by the Sydney Morning Herald by the name of Martin Scarsden who is sent by his editor to go to the outback bush town Riversend where 12 months earlier the local young priest murdered 5 parishioners and then kills himself.

His project is to find how the town is surviving after the event. His seemingly easy job turns chaotic, dangerous and at times romantic as investigations prove the killings were not as they seem not, and a priest either. Hells Angels, drug trafficking, coppers turning a blind eye and so on take the story to a much different end. I found the stories well written and impossible to put down until the conclusions.

Hammer has also written another book called Treasure and Dirt, again detective story but in the opal fields of Finnigan's Gap where a opal miner is found crucified in his mine. Again a good story and equally demanding.



Another Australian author I have followed avidly is Michael Robotham, who initially commenced his story based on a psychiatrist assisting police investigations so naturally his initial stories focus around his analysing cases and coming up with the goods. Although an Australian author most if not all his following books focus on crimes in the UK. Robotham after his early psychiatrist stories has ventured into other avenues all of which again I find fascinating and unputdownable. So far, I have sixteen of his books.



Looking through my library I remember my first Australian book purchased around 1975/76 as being Poor Fellow My Country by Xavier Herbert. This was and I still regard as being a brilliant book. Recently I pulled the book out with a view to rereading it. The book is still in it's original box and glancing through the book I quickly found out it has 1463 pages of the most tiniest writing and 48 lines approx. per page. So I put it back, I'll need a magnifying glass before I can manage it. This book cost then \$16.95

The second book I purchased was Capricronia again by Xavier Herbert first published in 1938 but my edition was published in 1981. Equally very tiny writing and many lines page.

Both these books focus on life in the Gulf country and discusses the interaction between the indigenous Australians and the white settlers.

There are many other Australian authors whose books I have read but this article could go on for quite some time so I'll close here.

Perhaps some of you would like to follow up on books you have read then maybe some form of quasi book club could eventuate out of it.

CHRISTMAS LUNCH:

Our Christmas Lunch in the Guildford Town Hall was attended by 80 members and invited guests. We were pleased to welcome our guests - Michelle Roberts MLA Member for Midland - Speaker of the Legislative Assembly, Donna Faragher MLC Member for East Metropolitan Region - Shadow Minister for Community Services; Early Childhood Learning; Youth; Seniors and Ageing and Cr Aaron Bowman - City of Swan.

Our catering was once again carried out by the local CWA Ladies who did a superb job—well done ladies.

During the morning we witnessed to the World Premiere of our new Singing Group under the direction of John Bath.



**I WANT TO GROW
MY OWN FOOD
BUT I CAN'T FIND
BACON SEEDS.**

*For every minute of anger,
you lose 60 seconds of happiness.*