



AUGUST 2020
ISSUE NO 105

The Midland Line Midland Men's Shed Newsletter

Blokes, jokes, mates and more

PRESIDENT'S MESSAGE:



After a rather rough restart to our MMS shed activities July has seen a more stable result . The workshop got off to a start earlier and has had quite good numbers including the Art group and the Muso's Jam sessions. Numbers have improved at the Social Tuesdays to a level that is now very rewarding.

We were very fortunate to receive a grant of \$10,000, which we were encouraged to apply for. In the grant application we asked for it to be applied to rebuilding our numbers after the Covid19 lockdown. As a result we have offered existing members free membership subscription for the new financial year. To date that has been very well received with a big percentage of members taking up the offer.

Also we have just heard that the City of Swan are actively working towards the installation of 2 new sea containers and all the foundations.

And also the preliminary work to get an extension to the existing workshop is progressing.

So, things are a-happening at MMS. Stay tuned!

John Griffiths

President

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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

10TH BIRTHDAY:

Due to COVID19 we were unable to celebrate our Birthday in our usual style this year. However, Dawn Partridge, the daughter of our inaugural Secretary-Treasurer - the late John Partridge, has donated to us a sum of money to have a "Special Morning Tea" in the coming weeks. Many thanks to Dawn.

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

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MEMBERSHIP STATS:

TUESDAY MORNINGS	JULY
Average Attendance for month (Members)	32.8
% Attendance for Month (Members)	33.9
No. Members 100%	18
Visitors for month	1
Av Weekly Attendance (Inc Visitors)	39.25
Best Week Attendance	49
New Members	1
MIDVALE WORKSHOPS:	
Total attendance for the month	242
Average daily attendance	12.7

C-NILE VIRUS:

*This is a very important warning to all computer users aged 65 + years of age - the Third Strain of the **NILE Virus** is coming. (TYPE "C"). Even the most advanced computer programs from Norton, McAfee, and AVG cannot take care of this one. It appears to target those who were born prior to 1950*

Virus Symptoms

1. Causes you to send the same e-mail twice.
2. Causes you to send a blank e-mail.
3. Causes you to send an e-mail to the wrong person.
5. Causes you to forget to attach the attachment.
6. Causes you to hit SEND before you've finished.
7. Causes you to hit DELETE instead of SEND.
8. Causes you to hit SEND when you should DELETE.

It's called the C-NILE virus!

PANDEMIC:

Two Martians were looking down on Earth and one said "Where have all the human beings gone"?

The other said "A long time ago there was a massive toilet paper pandemic and they wiped themselves out!"

FLAG OF NEPAL:

The national flag of Nepal is the world's only non-quadrilateral flag that acts as both the state flag and civil flag of a sovereign nation. The flag is a simplified combination of two single pennons (or pennants), known as a double-pennon. Its crimson red is the symbol of bravery and it also represents the colour of the rhododendron, Nepal's national flower, while the blue border is the colour of peace. The current flag was adopted on 16 December 1962, along with the formation of a new constitutional government. It borrows from the original, traditional design, used throughout the 19th and 20th centuries, and is a combination of the two individual pennons used by rival branches of the ruling dynasty



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

CHEST PAIN

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.

Although Chest Pain may be due to various medical conditions, pain due to blockage of blood supply (coronary artery disease) to the heart is life threatening and requires urgent medical attention.

Some other causes of chest pain include indigestion, reflux, muscle strain, inflammation in the rib joints near the breastbone, and shingles. Don’t “self diagnose” chest pain, seek medical advice or call 000 for an ambulance.

Chest Pain that is caused by reduction in blood supply to the heart is called ANGINA while pain due to loss of blood supply to heart muscle is called an INFARCT (heart attack).

ANGINA

The pain of angina is most often felt in the centre of the chest or behind the breast bone (retro-sternal) area. It is also commonly felt as an unusual pain in the shoulders, down the left arm, and up into the neck and jaw.

Angina is a short-lasting chest pain that occurs when heart muscle has an inadequate blood supply – often when it has to work harder than usual. This can occur with exercise or high emotion, cold weather or after eating a large meal. The pain eases with rest and is usually over in a few minutes.

Angina is a WARNING sign that there is reduced flow of blood to the heart due to fatty deposits (atherosclerosis) building up on the inner walls of the coronary arteries. This is also referred to as coronary artery disease. Doctors can often help to reduce the chance of a heart attack. SEEK ADVICE – don’t wait for a repeat episodes!

HEART ATTACK – Cardiac INFARCT

Too many Australians die of heart attack because they don’t know the signs or wait too long to act. Immediate intervention (cardiac massage and defibrillators) can save lives. Call 000 and continue resuscitation until the ambulance arrives. Getting to hospital as soon as possible is essential.

Symptoms of a heart attack are similar to angina, but the pain persists after activity is stopped. There may be sudden collapse and loss of heart beat.

Chest pain is often severe; described as a “crushing pain” in the centre of the chest or behind the breastbone. It may feel as a squeezing, tightening, choking or heavy pressure. The pain often spreads (radiates) to the shoulders, arms, neck, throat, jaw or back.

Heart attack symptoms can vary from person to person (atypical symptoms). There may shortness of breath, sweating, a feeling of anxiety, dizziness and sick feeling in the stomach. If “unusual” symptoms persist for more than 10 minutes, CALL 000 for an ambulance, don’t wait, every minute counts. The faster you get to hospital for treatment, the better.

WHAT TO DO IN A HEART ATTACK

If any activity brings on chest pain, stop what you are doing. If the chest pain persists, call an ambulance to report a possible heart attack. If you have any doubt about your pain, call an ambulance anyway.

Stop and rest quietly by sitting or lying down. Lying on the floor where there is room around you gives easier access to you for the ambulance crew, or first responders.

While you are waiting for the ambulance:

If you are alone and can open or leave your door open, do so.

Call for help and keep the phone with you.

Ask a helper to give you Aspirin - Chew 300 mg (ONE TABLET) straight away, unless your doctor has told you not to take it.

Do not attempt to drive yourself to hospital. Wait for the ambulance. It has specialised staff and equipment that may save your life.

FIRST RESPONDER – FIRST AID

If you observe someone clutching his/her chest and suddenly collapsing, put them on the floor and if they are not breathing and unresponsive, initiate cardiac massage - CPR. Call 000 for an ambulance. If the premises have a DEFIBRILLATOR, attach the leads and follow instructions. **RAPID RESPONSE SAVES LIVES.**

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

A RUDE AWAKENING:

- Ray Lewis

You don't expect to have to call out the police in the middle of the night. Well, we don't! Ours is a quiet street. Most of the time at night the only disturbance we get beside the wailing of the sirens as the police attend to some incident on Roe Highway, or the aircraft take off from the airport which isn't all that far away, is the thunder from the occasional storm. Imagine our shock and alarm when we heard what sounded like a groan followed something dragging across our roof at about 2.45 a.m about a fortnight ago. It lasted for about 10 minutes, then it all went very quiet except for some odd little noises which ceased quickly. We didn't know what was worse, the noises or the silence. It was decided that we should call the Police number to ask them to come and check out what was going on,

I rang 131 444 and was answered promptly by a very pleasant young lady. She asked the problem. I explained about the noises. She asked if they were still present. I told her that they had just about stopped. We had turned on our outside lights by this time but there was no response from the roof. The police person explained that a police car would attend and that we should not go out to investigate. That was furthest from our mind. About five minutes or so later there was a knock at the front door, which my wife answered. Two police officers were out there looking around, shining torches into the corners of the garden and at the bushes and trees. They asked if the garage door could be opened so they could check all around the house and the back garden. They walked around the back of the house and found a large pool of water in the patio and on the brick paving.

The problem was solved. The water had come from the overflow from the solar hot water system. There was no water from the taps. We rang the Water Corporation. There had been a water main burst somewhere. The immersion heater in the solar supply had continued to work as the water drained. The water in the tank had got hot and the overflow had done its job. That explained the strange noises from the roof. We quickly turned off the solar immersion heater. Chris made us a cup of tea, offering the two officers a cup. They declined saying that they had other calls to attend and left.

A couple of hours later we returned to our bed, turning off all the lights as we did so. When we got up, we rang the Water Corporation to check on progress. First, it was supposed to be about two hours. Our neighbour, who had gone out earlier in the day reported that the one of the local streets where the pipe had burst was like a swimming pool. Chris knew that we needed water and was on the point of going to buy some from a local shop. She saw the workmen working on the pipe and asked if they had any idea when it would return to operation as we had no water. One of the workmen provided her with some bottled water to tide us over. The lack of water dragged on for another four or so hours. Finally, about 9 hours after the police had called around, the water came on and we were able to go back to washing and cleaning our teeth.

Another chore that had to be complete was to have the hot water system checked for damage as it had been drained of water overnight before we had been able to turn off the power. The man from the company arrived, climbed to the roof, spent about five to ten minutes checking out the unit and descended. His verdict was reassuring. He told us that the unit had suffered no damage that he could see and that it would be checked more thoroughly at its next service early next year. There would be a bill for the callout which would be sent shortly.

It had certainly been a rude awakening in more ways than one.

JOKING OF COURSE:

After a health scare, a husband hugged his wife and whispered, "If something happens to me, there is a present in my closet that's yours."

She whispered back, "If anything happens to you, everything in your closet is mine."

A guy's Budgie broke his leg today so he made him a little splint out of Red Head matches.

His little face lit up when he tried to walk.

He'd forgotten to remove the sandpaper from the bottom of his cage.

*Fish, to taste right, must swim three times -
in water, in butter, and in wine*