

Noises from:



Photography Club Night Visit to Kings Park.



Two shots by Jim Lightfoot and one by Richard Lang.

Spectacular pictures from two of the members.

Health Talk (May, 2017) Prof. Alex Cohen

He began with a slide and asked where is “Wally” in a crowd which he in turn blended into a quote from Robert Owen – philosopher to the effect that “when you see you know but when you don’t see you don’t know”. Alex then reinforced that a lot has been achieved in understanding and dealing with diabetes through medical research, some of it quite bold and some of it from informed observations.

Type 1 diabetes, until the discovery of insulin some 60 years ago was a death sentence. Type 2 that can come on in later life and that is due to genetic factors, diet and lifestyle is less severe but can be lethal if not managed. The good news is it can be managed with doctors guidance by means other than the need for insulin injections. A surprising discovery that evolved after the surgical practice of stomach banding had become common was that the small intestine just beyond the stomach produced insulin. Increments which I understand are protein receptors stimulate insulin production in the small intestine that in turn converts glucose to energy that is essential for body function. To this point the main body organ understood to produce Insulin was the pancreas.

To mitigate or control diabetes Alex strongly emphasised the importance of reducing weight, exercise and healthy diet and minimising alcohol intake. He added even though he was aware of this he accepts this advice does conflict with some of life’s enjoyment and that he does not always follow his own advice.

It was very clear to our full house and his challenging audience that Alex can see “Wally” so to speak, but with the humility to appreciate that sometimes he does not. His lifetime experience in medicine and experience with diabetes was conveyed clearly and was warmly absorbed by us all.



The Shed Extension.

Last month, a few uprights and some roof frames, now the shed is built, the floor is being finished (as the pics were taken!) and the roller doors are ready to be installed. Pretty quick progress!! The flooring guys were cleaning up the overspill from the finishing which ran under the walls.



The Shed “Conversion”

The stud wall was being gyprocked as the photo was taken and other finishing work in the upstairs area continues at pace. Soon this area will be resettled as a “quiet” area for such activities as board games, intellectual pursuits, music rehearsal etc. Much work needs to be done to clear up the “equipment” which currently takes up space but once the extension is finished this should allow for materials and other items to be re-stored more appropriately.



Fold-away Bed

There have been some pretty ambitious projects undertaken by members but this one by Guy Millman as a first one for him, takes the biscuit!! With very complex hinging and bolting the bed comes to bits fairly easily and what does not come apart folds neatly for movement out of the build area or when moving within the home.

Guy intends to make a video of the construction phase and post on YouTube and/or on the Shed website to show viewers what is possible at the Shed.



Historical Records.

You may recall the display boards of tools / implements from past years on your left as one enters our Shed. The majority of which were donated by Shed member; Robin Kay.

Due to continued interest - especially during our Craft Fair; we are attempting to identify each tool and describe its use! Each item now has a number nearby - we ask all members to take note of the items on display and if you know (1) The name of tool (2) what was it was used for; then please write this information on the numbered sheets in our office.

Please assist!

Ian Deany

HEALTH TALKS



Vic Power has done a great job for the past year or so in rounding up speakers for the monthly meeting. He still seems to be a working man and is having trouble in finding the time to research new speakers so your assistance is required.

If you can think of anyone you know or have heard of who might make a relevant speaker for these talks then please send your suggestions to Vic **BUT**, be ready to follow up and organise the date and detail for him. vicpower@iinet.net.au

How Did we get a New Web Site?

Well it all started in the second half of 2016 when two separate teams decided (independently) to set about replacing the original MPMCS web site which apparently had departed on holidays in May 2015 and had then got a better offer or something similar. The "creative team" led by Geoff Paul and comprising Richard Lang and Jamie McKinnon, decided to map out how they envisaged the layout of the site and commenced the preparation of the content, prior to looking for a grant so as to be able to employ a specialised web site developer. Meanwhile another team comprising Bruce Wright and Mike Ansell but being steered by our very IT knowledgeable Daniel Vlahov (since promoted to Shed IT Manager) looked at the more technical side of things. Neither party knew about the existence of the other - all of which just goes to show that although there is a lot of talking in the Shed, nobody listens!

Quite by chance, towards the end of a smoko, someone overheard someone else talking about their progress and thus the two teams came together as one (hallelujah!).

At that time Daniel had identified a new platform being promoted for Not for Profit Associations

by TidyHQ. This provided (initially) a free platform to enable an easy development of a personalised organisational based site with the added benefit of a Membership Register built-in plus other options yet to be introduced. Whilst not perfect it was decided to proceed down the TidyHQ path and, with information from various members of the Shed, the content was sourced and then written up in a conversational style by Geoff. Daniel meanwhile, on his non-working (FIFO) weeks, continued to explore the site and to educate the rest of the team as to the options available. The almost complete site was presented to the Management Committee in April 2017 and was formally adopted. Work then commenced to move the current data base of members into the site and to set up the various messages (pay **NOW – you're overdue!**) that are automatically generated.

So, thanks to Daniel & Geoff we have a new site which will hopefully grow with the Shed - our grateful thanks to both

Mike Ansell Web Site Controller



Attention Potential Investors.

"I am keen to find out if there are any other members of the Mosman Park Mens Shed interested to join a Share Investor Network based at the Shed. The objective of the proposed Network is about sharing and enriching share market knowledge while networking with other investors who are committed to becoming more successful in the market. If interested, please email David Kelsall at kelsalldavid1@gmail.com."

Recognition For John Law

The MP Community Mens Shed honoured John Law for his services as a Rotarian and one of the Founding Fathers of the Mosman Park Community Mens Shed in helping Lobby the Town of Mosman Park to allocate Land for the Mens Shed and helping to find funds from Lottery West and the surrounding Municipalities of Cottesloe, Claremont and Pepperment Grove. The Meeting room at the Shed in McCabe street was officially named The John Law room by the chairman of MPCMS George Klug in front of a gathering of Men Shedders and Mosman Park/Cottesloe Rotarians. George spoke of John's quiet persuasive manner in getting the Mens Shed to its current size (256 members) and recognition as a Western Suburbs regional Mens Shed. John is a true Rotarian who deserved the honour of having a room named after him. A man that works tirelessly for the Community and expects no praise - a quiet achiever.

WELL DONE

Brett Pollock



Is This Another Possible Shed Activity?????

A coffin-making community group has popped up in Tasmania's north-west, allowing people to make their caskets dirt cheap.

The Community Coffin Club meets once a week at the Ulverstone Community Shed, where mentors help people make coffins for themselves and their family.

Facing death 'easier if you've got coffin ready'

Caskets can cost thousands of dollars to buy, and are even being sold in some major supermarket chains. But at the Coffin Club, members only need to supply their own materials.

"It's so much cheaper than buying a coffin," one member said.

"I don't know what the funeral directors think about it, but we can make them for probably a tenth of the cost."

He planned to put his coffin to good use before he needed it.

"It is going to be a coffin for when my time eventually comes, but in the meantime I'm going to have shelves put in it so I can use it as a CD and DVD rack. It's an actual, functional piece of furniture."



This was taken from an ABC piece and is so acknowledged. (Thanks to George W for his morbid interest!!)

WANTED!

Volunteer Members to sit on the next Mosman Craft Market Committee and help to organise the next event.

Selection Criteria:

- Able to produce some good ideas to grow the Market and to follow them up.
- Can't think of any ideas but willing and able to research and follow up as directed.
- OR – just willing to help!



Contact Mike Ansell – mike.ansell@bigpond.com. 7,393 Views

After the Monthly Meeting.

Post meeting chicken wings and drinks with great cooking, serving and provision by these hard working members.



All articles/photos/information to
Jamie McKinnon
by the day of the monthly meeting.

Email any material for the Newsletter to:
jamiemc1wa@gmail.com

Mobile contact: 0418334513

Mosman Park Community Men's Shed

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Chairman

George Klug,