

# Noises from:



## The Games Are On!!

Hello Members

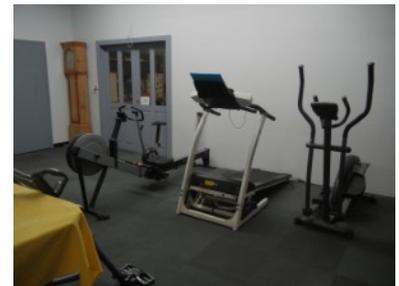
Now that the upstairs room is in a respectable condition with tables and no dust or junk we are wanting to run a games afternoon each Wednesday 1.30 pm to 3.30pm starting this Wednesday 27/9/17. Please come if you can and if you have some cards or a stray board game then bring them along. We will have snooker, darts, cards, dominoes and if someone brings monopoly then that too. Feel free to bring a friend if you think they may be interested as an introduction to a new or revitalised membership.

Thanks also to the numerous people who helped with the renovations – great job. Bob G, Neil, Tony, Barry, Jim, Paul, Mochtar; to name a few who deserve special mention as they did key tasks.

**David Russell, Richard Lang**



Dave Russell in the final stages of cleaning up and setting up the new facility - great job by all concerned with special thanks to Dave for pushing it all along. Some of the exercise machines ready for action.



Bush Rummy got many engaged in the card games while misspent youth came to the fore as Richard demonstrated his skill and knowledge on the very good pool table.



## The ShedBoys

Recently the Shed Boys, music group which formed a bit over a year ago, took to the road to perform for residents at the RAAF retirement area in Bull Creek. Unsure of the audience, the lads were a little conscious it could be that they would be playing to people who had no idea what was going on but were relieved to find that these residents were, mostly, pretty alert and ready to enjoy "something different" to go along with their happy hour on that Friday afternoon.

Running through their set list the ShedBoys soon found that they had arranged too short a program so then had to improvise a little as the crowd "bayed for more"!! The music was so much enjoyed the group has been asked to go out to Bull Creek again in November to do a longer set - fame at last!!!

If member knows of a facility which might like some entertainment some time the Shed Boys, via Bruce Varley, would be pleased to hear from you.

During one song John Ryder took the dance floor with Lily, a worker at the RAAF care centre, to demonstrate his R&R skills but there are no photos as Lily was the photographer of all the shots shown!!



Next up is the Craft Fair when the ShedBoys will play at the second music venue so come along and hear how the group has developed and give them the support they crave!!

## Tony Brown's Take on Call Centres

The Personnel Manager said,  
'Mujibar, you have passed all the tests, except one.  
Unless you pass it, you cannot qualify for this job.'  
Mujibar said, 'I am ready.'  
The manager said,  
'Make a sentence using the words  
**Yellow, Pink, and Green** ....'  
Mujibar said,  
'The telephone goes **green, green,**  
And I **pink** it up, and say,  
**Yellow,** this is Mujibar.'  
Mujibar now works at the Telstra-Clear call centre.  
No doubt you have spoken to the bugger, I know I have.



## The Parrot Speaks...

During a lull between the speeches at the recent presidential swearing-in ceremony, Melania Trump leaned over to chat with the Secretary of State, Rex Tillerson.

"You know, I bought Donald a parrot for Christmas. That bird is so smart, Donald has already taught him to pronounce over two hundred words!"

"Wow, that's pretty impressive," said Tillerson, "but, you do realise that he just speaks the words...he doesn't really understand what they mean."

"Oh, I know," Melania replied, "Neither does the parrot."

## Prostate Support Group

Meets 3rd. Tuesday of the month 7pm. Phone Malcolm 0405345191

## Towards a Better Shed

The Management Committee and the Overseers group have discussed a number of strategies to engender a better climate in our Shed. To promote this with members it has been proposed that each copy of the newsletter would explain a number of those strategies. Here are the first four:

- To develop a friendlier, congenial and welcoming atmosphere we all need to encourage friendly chats, good humour and friendly smiles.
- We all need to give 'fragile' and new members some more of our time.
- The borrowing of Shed equipment has been presenting some problems. The Shed's policy is that it's equipment is not for loan.
- If you come across a piece of equipment that is faulty or if you have caused the damage, please let the Overseer know so it can be taken out of service and repaired.

## Craft Fair

That crafty crew at the Mosman Park Community Men's Shed are putting in a big effort for their Craft Fair on Sunday November 5 at Tom Perrott Reserve on McCabe Street from 9.30am to 2.30pm.

Admission by gold coin donation.

*Members including farmers, a bank manager, teacher, pilot, accountant, journalist, town clerk, and a GP are shaping and polishing wood and metal craftworks and brushing up their barbecue and Devonshire Tea secrets.*

The fair will have more than 60 market stalls full of treats including elegant jewellery, fashion, cosmetics and wooden models.

A special Antiques Rediscovered show with experts who will run their specialist eyes over your family treasures and estimate a value.

Perhaps that dusty old what-not in the corner is worth a fortune!

People who have spent years learning the secrets will assess coins, art and antiques at \$5 per item.

It's The Shed's equivalent of the Antiques Roadshow,

Exotic foods from around the world will be on sale – along with classical Devonshire Teas (with fresh baked scones and fresh cream).

A vintage car parade will arrive at 11 am spanning 100 years of motoring.

Children's entertainment includes Rosie O and her fabulous face painting and a bouncy castle.

The market is run by the Mosman Park Community Men's Shed – the biggest in WA with more than 200 members.

Free tours of the two-level shed will be run throughout the day.

## September Health Talk



The talk for September was given by Dean Dyer, ex military but now a consultant in men's health and wellbeing. The talk was entitled "Retirement, to what?"

Beginning with a video clip of Peter Costello, former Federal Treasurer, depicting the notion of *work til you drop* introduced the idea of investment returns and linked to the concept of 20 years of value and productivity using experience, gifts, wisdom, eldership to make a difference to family and community, to make a difference and to reinvent ourselves to do this.

As 5 men die each hour from preventable causes there is clearly a need to improve the mental and physical health of men and these issues are much worse in vulnerable groups such as Aboriginals, the disadvantaged and those in remote situations.

We can all do something to assist in this regenerative process - *take some action; explore and redefine; embrace eldership; not retire - keep working, paid or unpaid; enjoy life, have fun; be of service; fulfil your purpose take on activities which give you joy, meaning and purpose.*

The talk was excellent and clearly caught the attention of those in attendance. Dean delivered it all from a background of resilience and knowledge of what faces the young people crying out for guidance as well as what experienced men can offer.

## Meningococcal Prevention

A free Meningococcal vaccination program is available to young people aged 15 to 19 in 2017.

The Western Australia Men's Shed Association has supported previous Department of Health campaigns to promote flu and chickenpox vaccination to staff members and their families, and we request your help once again as we aim to protect as many of our community as possible through our current Meningococcal vaccination program.

Details of the program are available here: [http://healthywa.wa.gov.au/Articles/J\\_M/Meningococcal-vaccine](http://healthywa.wa.gov.au/Articles/J_M/Meningococcal-vaccine)

**Meningococcal is life-threatening. Is your teen protected? A free meningococcal vaccine is now available for 15 to 19 year olds. Book the vaccine at your GP today.**

[Learn more.](#)

Steafan Twomey    Communications Officer    Dept. Of Health.

## Shed Extension Opening



Chairman George extends his thanks to all who contributed to the building of the Extension.



Some of the fine array of finger food prepared by Joost for the occasion.



Members and Guests enjoy the fine fare and camaraderie of the occasion.

## Some Jobs Are More Tricky Than others!!



**Paul Whiting** offered this one up as a challenge faced by the fine craftsmen “resident” in the Shed.

Paul’s photography is outstanding and many of the photos you see in the Newsletter come from his camera.



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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