

Noises from:



Happenings Around The Shed - Projects, Extension and Refit.



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1. Bob G's taper jig
2. Another toy for a lucky grand son
3. "Damn, these bearings for the thicknesser will not come off!!"
4. Stud wall for the Lions Club area under construction
5. Wall up and lined one side
6. Fence being erected to seal off the land around the extension.

June Health Talk - Addiction *Dr Geoff Paul.*

This was a superbly prepared interactive talk presented by Dr Geoff Paull. We had a full house for the occasion. Passion, Geoff suggested is defined as suffering, and is associated with the drive to achieve. Passion is accompanied by concern about failure and this in turn leads to anxiety. Anxiety is the dark side of passion. When change outside expectations occurs, passion can revert to obsession that is symptomatic of addiction. Passion, obsession and addiction are strongly connected.

Addiction to mood altering chemicals can be habitual. However, such habits are a mood altering distraction to the dark side of our passion namely obsession.

Geoff flagged up the concept of the hamster wheel in psychology. Such behaviour includes living in the past and not realising a change of direction is necessary. There is no point in ruminating. History does give experience but when we fail to learn from it and change direction obsession, depression and addiction may ensue. This is not good.

Professional help may be worthwhile. However inclusiveness such as that offered by the Men's Shed can be a path out of the dark shadow.

We should recognise that addiction is a cause or symptom of mental struggles within us.

Vic Power Health Representative.

Woodwork Prize



Trevor Gorey keeps on receiving awards!! This time it is for his hand made harp as he made the winner's circle at the Perth Wood Show at the Claremont Showgrounds recently.

Here he is seen being congratulated on his award by George Williams in the John Law Room at the Shed.

Trevor started a ball rolling with his harp making and other members have joined in so maybe we could see some more musical instruments being made. Luthiers and percussion makers are few and far between and VERY expensive so this could be another outlet for skilled woodworkers and even some metalworkers - resonator guitars, steel drums???

Well done Trevor.

The Shed Boys

Having put together a fairly long list of songs and tunes over the past year and a bit the Shed Boys were drifting a little with not much to aim for so a review of what they were doing indicated a more varied performance platform with different singers - not relying solely on one "front man" - and having players move in and out of songs/tunes was needed.

Once the most popular tunes/songs were selected from the full list much more concentrated practice has resulted in a more varied program and more concentration on getting the song/tune playlist up to performance standard.

When ready to perform this new material they need to get out and find venues to show their wares so if you know of a club or organisation which would welcome a 30 minute set then please let Bruce Varley know. The Shed Boys have been in touch with the Gosnell's Shed music group and intend going out there for a joint "session" in the near future.

Newsletter Photos

Some members have indicated that photos have shown up as pixelated on past newsletters (for some this may be because they have a large screen) but on the MacBook Air I use the photos all look fine.

I have spent some considerable time trying to find a simple solution - tried different programs, different ways to create the PDF's etc - and now think I have found a reasonable fix which will not make the PDF you receive too large.

If you could email me to let me know if there is an improvement - **or not**, more importantly - I would appreciate it so that I can relax or get stuck into trying to get things better!!

Jamie McKinnon Editor

Brian Millmore - "OUR TRIP TO PORTUGAL AND SPAIN"

Part I - Portugal

After spending 12 cold, wet and windy days in Ireland we left Dublin for Lisbon.

On arrival in Lisbon it was 42 degrees. Fortunately, we had booked a room at an airport hotel so it was just a short walk to our accommodation. Within minutes we had changed our winter clothes for casual summer clothes. An icy cold beer was very welcome over dinner.

Next morning, after a light breakfast we transferred early to our hotel in the city we met up with our tour group. After introductions, the group transferred to our mini tour bus with our guide and driver. There were only 17 of us on the tour, all of us were about the same age and all of us Australians (except for two from New Zealand). Our guide was Portuguese but lives in the United Kingdom, he was a real hoot and a lot of fun.

Our first day was spent exploring the city and visiting the various sights, the statue of Christ similar to the one in Rio which overlooks the river, Jeronimos Monastery and the Tower of Belem. Later in the afternoon Luis (our guide) went to a special bakery to buy Portuguese egg custard tarts,

The next day we ventured out of the city to Sintra and visited the 19th century palace. Later we travelled to Cascais a busy fishing port and beach area for Lisbon. Here, I was able to sample the local sardines and an icy cold beer over lunch.

Lisbon is blessed with good beaches which are very popular with the locals and visitors alike. Later in the afternoon we rode a vernacular to the headland overlooking the beach before returning to Lisbon.

Our tour was sold as a back roads tour which enabled us to see smaller villages and the countryside rather than speeding along the many freeways.

After leaving Lisbon the next day we stopped at the village of Obidos which is surrounded by medieval walls. The speciality of this town is chocolate cups filled with port wine. You have to be quick to drink the wine before the chocolate cup melts (especially on a 40 degree day). We then moved on to the tiny fishing village of Nazare for a seafood lunch before

travelling to the world heritage site of the Batalha Monastery. The monastery is huge and the church is very well decorated. We spent the night at a very comfortable boutique hotel nearby.

The next day there was a lot of smoke in the atmosphere and we learnt there were bushfires in the area. Portugal grows a lot of Tasmanian bluegums for its paper industry but has very poor forestry practices with no firebreaks. Later in the day we learnt that 60 people had been killed.

Our first stop was at Fatima where the Virgin Mary is claimed to have appeared before three shepherd children in 1917. There are several shrines at the site and a beautifully simple church where the children are buried. Later in the morning we visited Conimbriga which was a large roman settlement.

After lunch we arrived at Coimbra, where we stayed for two nights. Coimbra is a university town with many medieval streets, Romanesque and Gothic buildings. The next day we took a trip to Vista Alegre where exquisite porcelain is produced. Then on to Aveiro which is often referred to as the Venice of Portugal. After a leisurely cruise on the canals (with local sparkling wine) it was time for lunch at a nearby restaurant. After lunch it was back to Coimbra for an afternoon by the pool.

After breakfast, we headed for the Douro Valley which is famed for port wine and olives. This morning, the smoke was very thick and the sun was blood red. Lunch was had at a small roadside restaurant. I had roast goat with a beer which was

absolutely delicious. After lunch we were treated to an electric launch trip on the river for about an hour, drifting past historic wineries. We followed a very winding and steep road to our overnight accommodation at a vineyard set on top of a steep hill overlooking the river. After an inspection of the winery and tasting the produce we then enjoyed our accommodation with most people taking time out by the pool. Dinner was at the winery with roast suckling pig the main feature.

The next day we headed for Porto (after which port wine is named), On arrival in Porto we were treated to more cathedrals and cobbled streets. There are many bridges over the Douro river and a good public transport system. One highlight was the main railway station where there are many large porcelain





murals. Our hotel was centrally located and close to the promenade along the riverfront. Here there are many outdoor restaurants and you are spoilt for choice with the menu.

The final day of our tour saw us heading to Guimaraes, a medieval town with a medieval castle and cobbled streets. There is a baroque-style staircase leading several feet to the main basilica. After some last minute shopping we returned to our hotel for a farewell dinner.

Portugal in short

A great country to visit; there are many under-utilised freeways with very little traffic; food and drinks are cheaper than other countries; most locals can or attempt to speak English; watch out for pick pockets.

Next month - Spain *Brian Millmore.*



Monthly Talk

Bitcoins emerged in 2009 just after the 2008 Global Financial Crisis. Credit extended for housing was an unsustainable expansion in USA national wealth that challenged the basis of the world financial system, underpinned by inherent value of USA currency. Some 21 million bitcoins were created as a digital encrypted currency in 2009. No more can be created because of the encrypted algorithms. Bitcoins then had a value each against the US dollar of less than one dollar. They were arranged in Block Chains of Digital Ledgers that recorded who owns the Bitcoin Wealth “banked” in the ledger. The visual analogy of this is the stack of money a team of 4 people I was involved with on a project in inland Guinea took with us to cover a week of costs.



If this Block of Money (Bitcoin Block Chain Equivalent) was restricted to say 21 million and could not be counterfeited or expanded and was the only means to transfer wealth then my block of Guinea currency would become increasingly valuable as a means of exchange for goods and services of value. But in Guinea the Government prints more and more of them and more blocks of money are required in time to pay for the same goods and services. Not so with Bitcoin and the Block Chains. There are 21 million bitcoins and the digital algorithms that control the Bitcoins prevent any more from being created. The result is scarcity and Bitcoin Miners bid for ownership of the Bitcoin Value within the Block Chains. The scarcity and demand causes the value of Bitcoins to



increase. They have risen from under USD1.00 in 2009 to around USD5,000 each today. They are flexibly exchanged in the Bitcoin Market Place with any national currency.

To trade in Bitcoins you need a computer device (a smartphone or desktop), the internet, and a Bitcoin account number and pin. This is very similar to the way you bank electronically. The difference is the method of exchange, “Bitcoins” are not controlled by the banks who can expand the currency supply. Also, the transaction skim (fees) are negligible.

I am mindful of the fact that some members found these ideas rather strange. If you would like to know more, go to Google and type in FIAT. Google will come up with “Fiat Money Explained”. Chase around the articles including explanations about Bitcoins and you will learn a lot.

Vic Power. Health Rep



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