

Noises from:



The Shed Back To Normal? But Still Keeping the Distance Call!! Shed Spontaneous Fashion Synchronicity... Checks Rule!



Thanks to George W for the photos

Amazing video of a Walk on Christ The Redeemer - Makes you scared just looking at it!

Watch this video to see how two guys did some work on the famous statue overlooking Rio!!

Check it out o YouTube - pirelli an amazing walk on christ the redeemer.

<https://www.google.com/search?client=safari&rls=en&q=pirelli+an+amazing+walk+on+christ+the+redeemer&ie=UTF-8&oe=UTF-8>

Two of the Best Darwin Awards

Nominee No. 5: [The News of the Weird]: Michael Anderson Godwin had spent several years awaiting South Carolina's electric chair on a murder conviction before having his sentence reduced to life in prison. While sitting on a metal toilet in his cell attempting to fix his small TV set, he bit into a wire and was electrocuted.

THE WINNER! [Arkansas Democrat Gazette]: Two local men were injured when their pickup truck left the road and struck a tree near Cotton Patch on State Highway 38 early Monday. Woodruff County deputy Dovey Snyder reported the accident shortly after midnight Monday. Thurston Poole, 33, of Des Arc, and Billy Ray Wallis, 38, of Little Rock, were returning to Des Arc after a frog-catching trip. On an overcast Sunday night, Poole's pickup truck headlights malfunctioned. The two men concluded that the headlight fuse on the older-model truck had burned out. As a replacement fuse was not available, Wallis noticed that the .22 caliber rounds or cartridges from his pistol fit perfectly into the fuse box next to the steering-wheel column. Upon inserting a round, the headlights again began to operate properly, and the two men proceeded on eastbound toward the White River Bridge. After traveling approximately 20 miles, and just before crossing the river, the round apparently overheated, discharged and the bullet of the round struck Poole in the testicles. The vehicle swerved sharply right, exited the pavement, and struck a tree. Poole suffered only minor cuts and abrasions from the accident but will require extensive surgery to repair the damage to his testicles, which will never operate as intended. Wallis sustained a broken clavicle and was treated and released. "Thank God we weren't on that bridge when Thurston shot his balls off, or we might be dead," stated Wallis. "I've been a trooper for 10 years in this part of the world, but this is a first for me. I can't believe that those two would admit how this accident happened," said Snyder. Upon being notified of the wreck, Poole's wife Lavinia asked how many frogs the boys had caught and did anyone get them from the truck.

As We Age!!

- #1 - Talk to yourself. There are times you need expert advice.
- #2 - "In Style" are the clothes that still fit.
- #3 - You don't need anger management. You need people to stop pissing you off.
- #4 - Your people skills are just fine. It's your tolerance for idiots that needs work.
- #5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
- #6 - "On time" is when you get there.
- #7 - Even duct tape can't fix stupid - but it sure does muffle the sound.
- #8 - Growing old should have taken longer.
- #9 - Aging may have slowed you down, but it hasn't shut you up.
- #10 - "One for the road" means peeing before you leave the house.

A Journey to Recovery:

A Journey to Recovery is a feature written for The Countryman by Tony Alan, from our men's shed. Tony features in TV advertisements shown on commercial TV during the Covid19 crisis. He was inspired to take a public role supporting farm groups and talking about his experience after one of the health talks that I arranged at our shed.

The shed is a haven for him. It is exactly as he describes. It is a place to relax and our morning teas, lunch breaks and afternoon teas are events where male banter and fun prevails.

Should you feel down take heed of what he says herein. There need not be a bottom. Our lives can be joyous.

Vic Power Health Rep.

It was illuminating to read a recent article in the Sunday Times by Rebecca Parish, regarding Mental Health issues. I know it resonated with many people !

Like Rebecca, I have had what are called lived experiences, where people have suicidal thoughts, ... and with others, attempting suicide. I've also been affected by the most common mental health disorders anxiety and depression.

I would like to follow her process and examine what men may go through, and their perceptions of particular health issues.

A mental illness is a health problem that significantly effects how a person feels, thinks, behaves and interacts with other people.

The leadup to serious depression, is very similar for all, as there eventually appears to be no hope with an eventual lack of energy ! It's very overpowering with a feeling of being alone and useless.

Men particularly, manage to hide their own negative feelings from other people, even family and friends, by giving the strong impression that " I've gotta be tough mate". They will probably give the same message to any of their mates, should they be suffering. Having worked in male dominated work places I can confirm the existing "blokiness".

Such negative responses are called stigmas

Any serious negative experiences I have had at different times, I've shoved under the carpet so to speak, however those negative issues returned to haunt me in the form of those stigmas !!

For instance I have always thought I am not good enough, following serious traumas as a young fella, ... and then making poor financial decisions during my farming days.

Sharing stories of any difficult experience with caring, helpful people can be one of the best ways to negate those effects.

That's why I feel good about providing information at any presentations I'm involved in.

The strongest message we can give is, get help; (you may have a carer or family member); your doctor; or if necessary ring Lifeline on 13 11 14

The earlier treatment starts, the better and earlier the outcome.

On reflection, the dark hours before dawn have been the most difficult for me. I find the expression, "the long dark night of the soul" very apt. For me, it increased my anxiety ! At those times suicide, beckons, as a way of gaining some peace.

In terms of people being affected by mental health, women are more conversational and network well, I think they are more balanced in their views.

(Now, with the added complication of the Corona virus, many younger people are also experiencing anxiety in losing jobs etc.)

I have felt for a long time that it would be helpful for both husband and wife to hear the same messages at appropriate functions.

Hear it together talk about it, and deal with it together

Once again, on reflection, given my serious financial position I tended to work harder and longer to cover up any shortcomings in my lifestyle and mental state ... and, to give the impression that I was ok.

My developed stigma was "If I pushed myself hard enough, nobody will ever notice my low self worth !" Similarly, much later on If I immersed myself in socializing and discussion then nobody will notice the low opinion I have of myself.

Eventually my family quite rightly stepped in and determined, that I should move to Perth. They were right of course ! But, with no hobbies, and no preparation for a retired lifestyle, given my very physical background, it was very difficult. Hardest thing I've ever done!

Dare I say it, but they were right ! I should have moved, or prepared, earlier, closer to a normal retirement age !?

However I joined a men's shed ... and at some point attended a function to listen to a bloke discuss his own personal demons over a prolonged period. He displayed real courage and determination in discussing something very close to his heart and those attending.

Given my own situation and history with particular issues, I felt that I could achieve similar success, as a speaker, or presenter. So I did, and I am proud of what I do. My life changed once again !

I accept that the odd difficult morning is likely to remain. I say just get out and about and the feelings will dissipate somewhat. Medication is another issue which involves your doctor.

Some Observations:

Having driven road trains up north with it's spectacular scenery and glorious sunsets 4-5 years ago, I never expected to later, experience mornings where I couldn't get out of bed whilst experiencing anxiety.

As I mentioned, more people, and men are becoming more affected by this virus. With families and businesses as serious responsibilities, whether in the bush or the city this virus and its financial ramifications is causing serious health issues, particularly mental in nature.

Trust your mates, because some will want to help, so sharing and talking to people is a really important thing to do. The many Men's Sheds throughout country areas are good places to meet and talk. I do know that various organisations have financial counsellors available .. to help. CWA facilities are also available. Keep in touch with your bank !

It's very easy to be really hard on yourself , but as I said, get out with mates, a coffee and the paper, go to a movie, try and remain attached to your community. And yes ... go and watch the footy.

Remember Lifeline .. talk to them at any time; 131114

Touching on Men's Sheds once again; they provide a relaxed environment ... you would find mostly older blokes who just love to take the micky out of each other, whilst somebody does the same to them. And the continuing laughter and banter with the tea and scones. We end up laughing at ourselves.

I also enjoy quieter moments at home where I can enjoy and admire photos of my family and be proudly reflective. And that certainly gives you perspective !

As homo sapiens we are social creatures and should not spend extended periods by ourselves, in isolation and loneliness, whether in the bush or the city.

I have found this article deeply personal, because I have been reflective of my difficult times the main reason I have responded, is because if it helps some people successfully address certain issues then that's good. Also as you can see, I've spent many productive and satisfying years in the country.

We'll get over this virus; just look after yourselves and your families in the process.

Tony Alan

A Man And His Bike!! A Good Will Story.

Wit no driver's licence and being too afraid to go bike riding Shed member Alan Feldsted was very grateful to Barry Moore for his generosity in giving hime the bike pictured here. Vic Power provided the motor and some "driving lessons" - a 6km trip to Fremantle with advice on how to work with the bike. Alan is now confidently riding around and very happy with his new wheels.

The bike was originally intended for Barry's son but sadly his son felt unable to ride the bike and so Barry passed it on to Alan allowing hime to become mobile. Alan has said he will pass the bike on to the Shed when he is unable to ride any more or, as he put it to me, "pops his clogs!!" - the real value of Sheds to the fore here.



CHAIRMAN'S REPORT

Hi All

This report is to bring everybody up to date with what is happening at our Shed. We cannot, under the present COVID restrictions, run a General meeting so I hope that this report will serve a similar action for the dissemination of information. I cannot see us being able to run a General meeting for at least a couple of months.

We are running Management Committee meetings each month to keep things going. If you have anything that you think should be on the agenda for those meetings, please put it in writing so we can consider it before we take it to a meeting.

Despite the disruption of COVID, including the eleven weeks closure, our shed is thriving. In the years I have been a member (6 I think) I have never seen such enthusiasm and activity. We have a constant flow of new members, many members coming in to talk or work or both each day and a constant stream of money earning jobs to be done. We all owe our gratitude to the group of Overseers (and others) who are there to ensure the Shed is operating smoothly and are there to help with your problems. Please remember we can all help them, and other members, by doing the right thing. Things like cleaning down the areas where you have worked before leaving, storing your job out of the way of others and with a label on it to make life for everyone more comfortable.

COVID has put an extra load on members, particularly Overseers. Most members have cooperated with the expectations, but at time we all slip up. Please keep up with the registration, hand hygiene and the social distancing. All are especially important. Just look at the Eastern States experience where a few people slip up and don't do the right thing. None of us want to revert to those weeks of isolation.

From all reports we would have one of the best equipped sheds in the State, if not in Australia and to maintain this position means we need to earn money. Most of this money comes from members giving some of their time to the tasks in the Shed. We do get grants, but these only cover a small proportion of our costs. If you use materials from Shed stock, please pay for it and do not use the Shed for commercial purposes. The facilities are for personal use not as a means of earning an income.

With the provision of top class equipment comes a responsibility by you to know and implement correct use of equipment and if it breaks down let the overseer know so that it doesn't prevent a fellow member getting their job completed.

Last, but most important, on behalf of all members I congratulate member Tony Allan on his recent article in the Countryman Newspaper. Tony wrote a very succinct and honest article on men's mental health. The article was written about his own experiences with depression and anxiety, particularly when he was in the country. What was really heartening was that Tony said that he was a strong supporter of the Men's Shed movement and how much he had personally benefitted from being a member of Mosman Park Men's Shed.

Tony Brown *Chairman*

Some photos Showing Different Weather around Perth Shed Photographic Group.



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

Email any material for the Newsletter to:
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