



Austin Applebee - Young Hero.

The Australian Irish Heritage Association decided to make an award presentation to Austin, the young lad who swam and jogged for hours to get help for his family who were taken out to sea on inflatable canoes in Geographe Bay some months ago.

A night was organised at the Celtic Club (his mother is Irish) on the 6th of June where the presentation of the award was made by the Irish Consul to Australia following a fine speech by the President of the Association. The Consul read some comments from Stephen Dawson - WA MP, Roger Cook and Anthony Albanese which all painted Austin in glowing terms regarding his bravery, strength and humility.

The Association asked the MPMS to make an award and Phil Robinson, master of trophies and awards, took on the task. When the award was presented by the Consul Austin was asked to say a few words. He quietly thanked the Association for the award, a little of how his siblings had coped with being left in the dark, not knowing if they would be rescued, and so wished to accept the award on behalf of himself and his brother and sister - what a gesture. The presentation was followed by a meal where all those from the Shed were at one table while Maggie's Delight played and sang some Irish tunes, making chat a little difficult.

The pics below show the Award made by Phil, the presentation to Austin and one of Phil chatting with Austin and showing something interesting on his phone!! Well done to Phil for making such an impressive award. It has a bronze "curagh" (an old form of boat made from light timber and covered with hide), a Celtic knot and a polished aluminium inscribed wave form.



A block of mari with grain resembling waves reaching the shore, a bronze curagh, a Celtic Knot and a polished aluminium inscribed "wave".

The Shed was thanked for its involvement in producing such a wonderful award.



AUTOMOTIVE GROUP AT WORK

On May 27th two members of the Shed's Automotive Group gave the Shed's Ute a service. Retired auto mechanic Stewart Rose, together with retired engineer and auto enthusiast Paul Brades, did the service, which involved fitting new rear brake linings and replacing the timing belt, plus an oil change etc. When the timing belt cover was removed, they found that the water pump was leaking and the serpentine belt was near the end of its life. These parts have now been ordered, and the duo will return to complete the service. A small team of Automotive Group members will be established to look after the Ute's service requirements into the future.



Cash For Containers

We cashed in 615 containers under the containers for change scheme on 2 June 2026 at the Freo council depot where the scheme has an acceptance centre. We received \$61.50 for the containers. We get a printout of the number and types of containers we cash in for recycling. In this case, we cashed in the following:

Cans (aluminium) 392, plastic bottles clear and coloured 35, Glass mostly stubbies 122, LPB 66.

For those of you (like me) who don't know what an LPB is, its short for Liquid packaging board, which is a type of composite paperboard used to make cartons that hold liquids.

So far this year we have donated \$363 to St Barts that helps find shelter for homeless men. Most of us know the saying "There but for the grace of God go I" and it's not hard to imagine the feelings of anyone without a roof over their heads on these winter nights. Every contribution is gratefully received at the shed and goes directly to St Barts via an eftpos type of set up at the collection centre.

Letter to Tony Brown from St Bart's.

Thank you again to you and the team at Men's Shed Mosman Park for your support in helping to build the bookshelves for our café Lime at St Bart's. Your contribution has made a real difference in creating a warmer, more welcoming and engaging space.

We now have an area where our residents can sit, read, and share ideas and literature, which has already been well received.

Please find attached some photos taken by Dana for use in your newsletter. If possible, we would also appreciate a copy once it is published, as we will be featuring a mention in our own newsletter as well.

Thanks again for your generosity and support. We look forward to hopefully working together on future community projects.

Kind regards, Justin.



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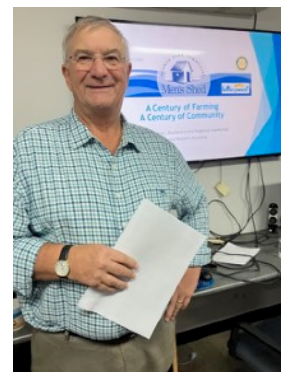


A Hundred Years of Farming

The recent Thursday Talk has the presentation now on the Shed Website and you can view it all by going into the Activities Section on the site. The presentation by Peter Cook (not Dudley Moore's sidekick!!) was excellent and I could not possibly describe it here.

32 farmers, ex farmers and "wannabe" farmers were treated to a terrific story of Peter's beginnings as a farmer leading into all his work in research and development of the modern science, engineering and farming practices of today.

The presentation is well worth visiting on the website. **Editor**



Pétanque - the Classic French and Italian Game.



A neighbour Mr George Wright (committee member) asked if the Mens Shed could make replacement scoring posts for the Subiaco Pétanque club .

Theirs were old and too small to be seen from the other end of the playing area ,so after a few examples of what's on offer I came up with the above design. Using white PVC down pipe I glued and riveted thin steel to the insides , then using 45mm doweling cut to 100mm I drilled and inserted a super magnet in the base which allows the markers to be moved up the scoreboard (green and red for the different teams.).The top and bottom have painted wooden blocks, the base has a 25 x25 steel tube fixed into the base which is then placed into a steel post permanently fixed in the ground . The score posts are kept in two purpose built trolleys and stored away when not in use , the markers are stored in a metal box attached to the back of the trolly.

The posts have been trialled with great success, ready for the international competition being held at Subiaco later this year.

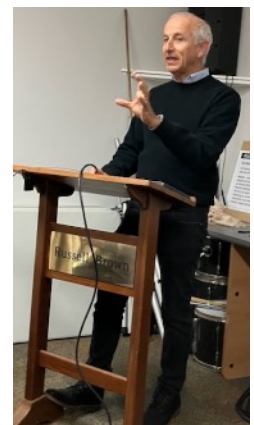
Ian Worrall

The Brain - Professor John Mamo



Tony Brown, himself suffering from Parkinson's disease, introduced Susie Jackson and Professor John Mamo from the Perron Institute. Susie gave an introduction to what she does for the Institute. Her main aim is to get these presentations out to as many sections of the public as she can in order to gain funding and participants in the clinical trials the Institute is running. The current trial for an Alzheimers form of treatment currently has 120 of the required 160 participants signed up. The audience was encouraged to get in touch with anyone they know suffering from Alzheimers to contact Perron - this trial is vital for the progress of the newly researched treatment.

Professor Mamo gave a brief overview of the Perron Institute: it is not funded by Government but depends on grants, donations and philanthropy and is not under the auspices of the Perron family following their initial start up funding. The Perron researchers are risk takers, setting them apart from the other researchers in medicine. Their "discoveries" are extremely important and forward thinking. Despite having spent nearly 2 years in getting their latest research on Alzheimers to the point of having a significant English research group ready to join with them, at the last minute the peer reviewers said only one felt the research was significant - disheartening!!



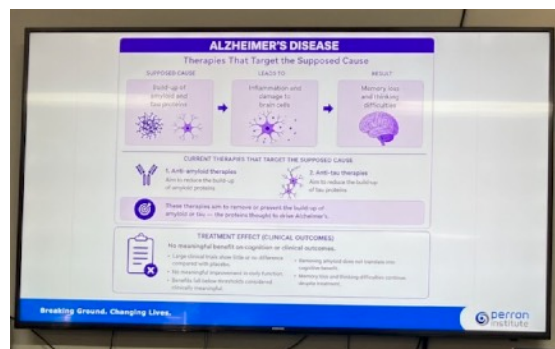
Previous thinking on the cause of Alzheimers (and other brain disorders) was that clusters of amyloid proteins and tau proteins were causing inflammation and effecting memory loss and thinking difficulties. Current therapies are proving to be fairly ineffective. Some therapies boost brain chemicals which help memory etc.

Current research suggest protein clumps are not the root cause of Alzheimers but there is a trigger which starts the chain of inflammation and clumping - metabolism, genetics, blood vessel health etc. John is convinced, and his photographs and very clever video prove this, with metabolism being the main contributor. The video showed fat particles in the blood stream (lipoprotein particles) collect in the small intestine and the liver then breaking through blood vessel walls and entering the brain causing inflammation.

The good news from John is that they are developing a new form of a drug called Probucol (which was removed by the PBS some years ago) as they have become aware of its potential. The drug is still used in Asia for control of heart issues. This research is the core of the trial they wish to commence as soon as possible. The question of statins was raised and John indicated that statins are 5.6% effective in lowering cholesterol while Probucol is 13.2% effective. The two drugs could be used in combination.

The biggest attendance for any of the talks was rewarded with a very well presented talk and wonderful slides.

The photos below show some of the presentation. The other good news is that the presentation is/will be on the Shed web site so you can revisit it or see it for the first time. The challenge has been put out there by Susie to help out financially or by prompting other sufferers to join the clinical trial.



Slide showing amyloid and tau proteins and the effects on the brain.



Magnified view of the "fingers" in the small intestine.



Looking in to the eyes of a sufferer and seeing what has been lost.

Contact Susie Jackson at Perron Institute susie.jackson@perron.uwa.edu.au or 0417 848 829 to donate or join trial.

Oyez, Oyez, Oyez.

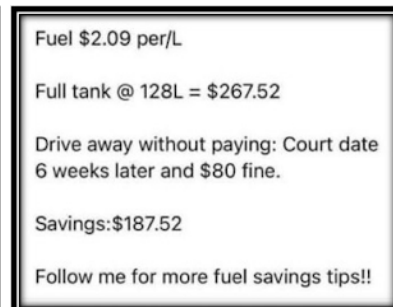
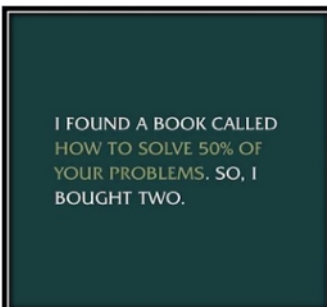
The ShedSong crew will be offering another social gathering to ShedMembers, partners and anyone else who would like to come along for another evening of song, chat, drinks and food, this time at Clancy's in Contonment Street in Fremantle.

The event will be from 6.00 - 8.00pm on Tuesday 14th July.

If you would like to have a meal the kitchen is open until 8.30 and I believe their fish and chips are top notch!! The bar will be open for the duration of the event, This is not as it has been for the Navy Club gigs of the past few years - there is no entry fee and any food and drinks is at your expense.

There will be a lot of songs from the group, led by Jayson and Tim, the two directors. I might sing a few songs too in between the 2 sets from ShedSong. These events have been very successful for ShedSong and their audiences so please come along to make this another great occasion for the Shed members and associated partners.

Editor.



All items for the newsletter to be emailed to
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