

Noises From The Shed



ShedSong Headline the Last Show @ The Navy Club

As the long running Navy Club seems about to close its doors with the Club awaiting a sale to go through the ShedSong crew decided to bid the building farewell with another sold out show.

Led by director Tim with his other director joining the bass section, the lads gave great performances of a range of songs from sea shanties to The Eagles, a Scottish anthem, a Joe Cocker smash, Cold Play and an old parting song which befitted the last song of the night.

The ShedSong "whip" then sang a few songs before the food break and was very well received with the audience joining in the choruses.

There seemed to be plenty of food to go around this time and the bar did a good trade. The two ladies working on the night did an excellent job of hosting the event and will be happy for ShedSong to come along for other nights at the new venue for the Club if and when it opens.

ShedSong is always looking for new members. You know how good this program is for your mental health and musical skills so call Jamie on 0418 334 513 or email: jamiemc1wa@gmail.com.



More Musical Mayhem

The QLD for July was open to Members and partners but also to the ShedBoys who played two sets of songs to entertain those in attendance. The songs were from a wide range - Willy Nelson, James Taylor, Neil Young, Lindisfarne, John Denver and Dire Straits to mention a few. With all members of the band taking turns at lead vocals and the others providing harmonies and the two keyboards, two guitars, mandolin and bass providing the backing the sound was pretty full and seemed to please the audience.

Just another show of the diversity of talent and skill from Shed Members and further confirmation of the aptitude of the "kitchen crew" who provided plenty of finger food to accompany the drinks from "the bar".

Police have confirmed that the man who tragically fell from the roof of an 18th floor Nightclub Was not a bouncer

MY WIFE ASKED ME WHY I SPOKE SO SOFTLY IN THE HOUSE. I SAID I WAS AFRAID MARK ZUCKERBERG WAS LISTENING! SHE LAUGHED. I LAUGHED. ALEXA LAUGHED. SIRI LAUGHED.

Do you ever wake up, kiss the person sleeping beside you, and feel glad that you are alive? I just did and apparently will not be allowed on this airline again....

Health and Wellbeing.

The Men's Shed Organisation in Western Australia offers far more than practical guides and general overviews on how to organise a Shed. One aspect sometimes forgotten is that the origin of the whole organisation was to provide in large part for the overall health of men. And very much that includes their mental health, and in extremis, those men amongst us who may feel that they have no value, who might be contemplating suicide.

With the offer of a room at the Men's Shed in Bayswater, the WA Shed's Wellbeing Support Co-ordinator, Ms Fiona PETERS introduced the 12 attendees from various Sheds in the Perth area to our afternoon Mental Health Programme Co-ordinator, Mr. Alistair MILNE.

Alistair emphasised for those who were attending that this was a specifically educational course, in which we might learn how to offer mental first aid to others, but absolutely did not offer any introduction to professional therapy nor any form of long term support.

During the afternoon Alistair provided a clear and fascinating introduction on how to recognise and then undertake the first responses to people who might be in danger of self harm and specifically, suicide. Under his direction the course showed us how to identify the warning signs for suicide, how to confidently approach and support a person in crisis, help them stay safe and connect them to appropriate professional help and whilst doing so manage our own self-care. We each received a very useful booklet to aid our memory of the steps to take.

The speaker was congratulated on his excellent and illuminating address. He received a large number of questions from the various Shed members present, and was again thanked for his time and valuable information that was so clearly presented.

Peter Mack.

Containers For Change.

\$29.30 worth of containers were cashed in at Containers for change depot on Thursday 3 July 2025 bringing the total sent this calendar year to St Barts homes for the homeless to \$341.80. Please remember to bring all your ten cent containers to the shed – very bit helps for this worthy cause

Don Frayne

Visit to the motor museum of Western Australia at Whiteman Park

On Friday 4th of July a group of shed members and a friend visited the motor museum in Whiteman Park organised by Dave Russell. The museum opened in 1994 and is a not for profit organisation staffed by volunteers. With over 200 cars and motorcycles and many items of motoring memorabilia on display there was plenty to see. Cars range from a replica of an 1886 Benz to Daniel Ricciardo's 2014 Formula One Red Bull racing car in which he won his first F1 race and went on to win another three races that year. It is owned by Daniel but on loan to the museum and is valued at \$4 million - it is the star of the show. Among some of the more interesting cars is a 1914 Brougham electric car which did not catch on due to only having a range of 60 miles due to battery technology at the time. Another one was a 1923 Stanley steamer with the boiler filling the engine space. A 1952 VW Beetle was one of only 40 exported to Rhodesia (Zimbabwe) which made its way to Australia. VW's were only available in Australia from 1954.

The museum is Home to one of the largest collections of diecast models in the world with over 15,000 models of all brands and scales

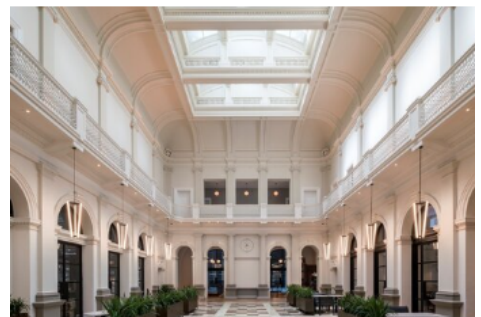
Glen Roda

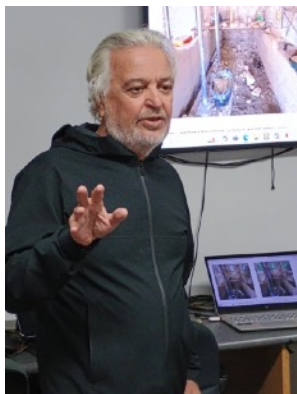


Thursday Talk on Architecture

Kevin Palassis is an award-winning architect who thrives on complex briefs. Some of his specialities are conservation and rebuilding of Australia's architectural heritage. Kevin first mentioned some of the projects he had been involved in over nearly 50 years:

The Old Treasury Building Perth (photo) Fremantle Prison, Midland Railway Works, Brookfield's City Square and St George's Cathedral.





Kevin then concentrated on his work on the Rottne Prison. Since being built in 1867, Over 4000 mainly aboriginal prisoners walked through the gates of the prison and some 450 died there. Up to five prisoners were housed in very small cells, with no toilet and often with little protection from the winter cold or summer heat.

The prison building has been through many changes in its life, being converted into holiday accommodation in about 1910. These changes, plus attempts to strengthen the building in the 1880's with cement have resulted in rising damp and much damage to the original structure.

Kevin emphasised his company's extensive efforts to understand these changes to the building and his present efforts to stabilise it from further degradation. The building can tell us many stories, much of them yet to be discovered, as shown by recent discoveries of quokka bones being made into implements by prisoners. He believes this building will eventually be internationally recognised for its cultural significance.

About 35 members attended and enjoyed Kevin's encyclopaedic knowledge of this and many other restoration projects in western Australia

Gerry McGann

Chairman's Report July 16th

I was fortunate recently to attend the regular MSWA organised Zone meeting of Sheds in the northern corridor held at the Wanneroo Mens Shed. Apart from visiting another amazing Shed I came away feeling more than happy with what we are doing in our Shed and buoyed by the knowledge that we are not unique with our problems. It seems that most of the larger Sheds have the same growing problems that we have, and the same issues with membership and participation. A few have embraced lady members with varying degrees of success, but none have regretted their decision to take this path. We are a very fortunate Shed with great premises, a good landlord and strong membership making us quite unique in WA. This does not mean we should rest on our laurels; we must look ever forward and remain at the forefront of WA Sheds.

It was heartening to have other Sheds recognise our own issues, such as succession planning, membership numbers, diversity and the most common one, dispute resolution and the many ways it can be tackled. Most Sheds have used the standard template Rules of Association (RoA = old Constitution) which do not have strong powers within them regarding suspensions or cancellation of membership when faced with serious issues. It has long been our understanding that to change the RoA to cover this would mean a long and difficult process culminated by referring our member-approved changes to the relevant Government department and waiting a extreme time for a response. It seems we are incorrect in this assumption and have advice from the Department that turnaround for changes to RoA are now counted in weeks, not years.

Last year saw approval given for a new clause in our By Laws to give priority positions to two new members on the Management Committee (ManComm) each year to try and achieve a turnover of members. However, this potential turnover can be disrupted by members continuously re-nominating and being re-elected. ManComm discussed adopting a process of staggered terms plus fixed terms at last week's meeting, but did not reach a resolution. At the August ManComm meeting I now will be proposing that we adopt fixed terms, but not staggered terms. Fixed terms, eg for 3 successive years, in combination with the two new members having priority each year should provide us with an adequate level of turnover. We will continue with all positions becoming vacant each year and with the current election process.

Again I reiterate the need for de-cluttering our Shed. Upstairs, downstairs, inside and out there is more 'stuff' around than we need or can use. If you have 'stored' projects that have been in the Shed for some time, here is a **WARNING** for you to either come in and finish the job, or remove the offending material otherwise you may find the Shed pixies will despatch it elsewhere. As an aside to this MSWA are looking at setting up a system whereby Sheds with excess tools and equipment can pool resources and so provide tools and resources to newer Sheds and are asking us to become one of a number of "storerooms" for this excellent initiative. Given the above we may NOT be able to help MSWA in this

The first wave of photo shoots of existing members and their stories calculated to assist in our quest for new, younger local members have taken place. We look forward to the results of this concept.

FEES – these are due on July 1 2025. Please help our hardworking Treasurer by paying promptly, and remember, if paying by Bank transfer, please PUT YOUR NAME IN THE DETAILS AREA so we can apply your funds to the right member!

Finally, a call for nominations for all officers and Committee posts are open each year to every member. Nominations for all posts will open mid-July so please give this some thought before then.

Tony Lalor

Shot Hole Borer - The Monthly Talk



A first impression from Estee Vorster's talk was amazement that such a tiny pest could wreak so much damage on our precious suburban tree cover. It can also potentially threaten our national agricultural tree crops. Another shocking fact is that DPIRD will shortly be moving from an eradication approach to management because of failure of the eradication program. Management has yet to be defined.

The above is not reflective on our local DPIRD team. The polyphagous shot hole borer originated in SE Asia but has now spread to most of the world. So far only metropolitan WA is affected in Australia. No effective solution to the beetle problem has evolved anywhere. Hope is pinned on research being undertaken collaboratively within our local universities. Our nation is so

concerned that research funds are coming to WA from all states within Australia.

This tiny black beetle is a mere 1.5 mm diameter and 5 mm long. It has a 30-day life cycle, it flies and is a prolific breeder. Estee suggested that just one beetle lodging on a susceptible tree variety can multiply profusely and kill the entire huge tree within two years. Estee urges the public to be alert to the infestation in any metro trees, maybe take pictures and forward them to MyPestGuide Reporter website at DPIRD. The app is on your phone.

Detailed information on the borer can be found by logging into the TidyQ website then heading to the Menu item Resources, then click on Items of Interest.

Vic Power.

From Don Frayne, who met with Rebekah Cicero from the Australian Parkinson's Genetics Study

It was lovely to chat with you this morning. Great idea about bringing this worthy cause to the attention of your Men's Shed group. As promised I have attached the most recent letter which was sent, via Services Australia, on behalf of the study. This should answer any questions that people may have about eligibility and what participation entails.

I have also included the link below which will take people directly to where they need to go to complete the survey online. You are more than welcome to forward this on.

Thank you very much for your interest in the Australian Parkinson's Genetics Study.

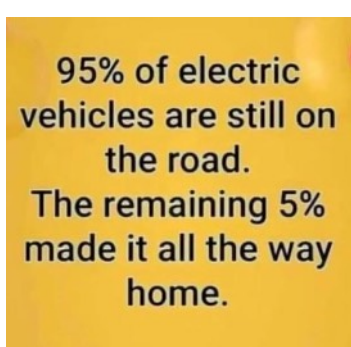
To visit the site, learn more about the study and to register to participate, please click on the below link (or copy and paste it into your browser).

<https://www.qimrb.edu.au/clinical-trials-and-research-studies/apgs>

Then click on the Red **'PARTICIPATE NOW'** button and select the **relevant link**. This will take you to the Participant Information sheet where you can learn about the study and from there, register to participate and complete the questionnaire. Your support of this important research is greatly appreciated.

Rebekah Cicero | Research Project Support Officer Psychiatric Genetics QIMR Berghofer

**** I have added the letter Rebekah left with Don which details the study and the importance of getting involved in the study on a page after the usual Newsletter format.**



All items for the newsletter to be emailed to
jamiemc1wa@gmail.com
before the monthly meeting
0418334513

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PO Box 4373 Mosman Park 6012
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Chairman
Tony Lalor



Help Us Understand Parkinson's Disease – Even If You Don't Have It

More than 150,000 people in Australia live with **Parkinson's disease**. It's a neurological condition that affects movement, independence, and quality of life—but we still don't fully understand what causes it or how to stop it.

While most research focuses on those living with the disease, **researchers also need thousands of volunteers without Parkinson's** to take part in research. These volunteers play a critical role in helping researchers pinpoint the genetic and environmental factors that make some people more susceptible than others. **That's where people like you come in.**

About the study

Researchers at the **QIMR Berghofer Medical Research Institute** in Brisbane—with support from the **Michael J. Fox Foundation for Parkinson's Research** and the **Shake It Up Australia Foundation**—are leading this nationwide research project to better understand the role of genetics in Parkinson's disease.

More than 10,000 Australians with Parkinson's disease have joined the study, and scientists are now calling for **10,000 people without the disease**. To understand the root cause of Parkinson's, we need to compare genetic data from people living with the condition to that of people who do not have Parkinson's and have no family history of it.

By including people without the condition, scientists can better identify which genetic differences matter most—and which ones don't. It's a crucial piece of the puzzle that only you can provide.

Why are you receiving this letter?

This letter has been sent by Services Australia to a random selection of people aged between 58 and 78. While you may not have Parkinson's, we want you to know that you still have a powerful role to play. **Volunteers like you are the unsung heroes of this research.** If you're unable to help or prefer not to participate, that's absolutely okay—we thank you for taking the time to consider this invitation.

Only 5% of people who receive this letter will take action to help.
We're hoping you will be one of them.

We are looking for 10,000 volunteers like you—

Men and women from all walks of life and backgrounds, from cities, rural towns, farms, and coastlines. Whether you've worked behind a desk, driven trucks, raised a family, built houses, or cared for others—**this study needs you**. We are particularly interested in **men in their 60s and 70s** to match the sociodemographic characteristics of the existing participants with PD in our study.

Every contribution brings us closer to understanding Parkinson's and to developing treatments that work better, sooner, and for more people.

What's involved? It's Simple and Free.

Participating is easy and can be done from the comfort of your home:

1. Register online at www.qimrb.edu.au/studies/apgs, or call 1800 257 179 (free call).
2. Complete a short questionnaire (15–25 minutes at your own pace) about your health.
3. Receive a free saliva collection kit in the mail.
4. Return your sample in a prepaid envelope—we'll take care of the rest.

A friend, carer or family member is welcome to help you at any time.

Do you have any questions? Contact us via email: pd.genetics@qimrb.edu.au

Your privacy is protected

This letter was sent to a random selection of people by Services Australia. No personal information has been shared with the research team. Taking part is entirely voluntary and confidential. The study has been reviewed and approved by the QIMR Berghofer Human Research Ethics Committee (P3711) to ensure it meets the highest ethical standards.

Ready to join?

Visit: www.qimrb.edu.au/studies/apgs or call 1800 257 179 (free)

Prefer paper? Just ask—we're happy to send one.

Why take part?

“Medical research like this is absolutely essential. Parkinson's affects so many lives, and the more people who take part, the faster we can find answers. If you're thinking about it—please do it. It's easy, and it really does make a difference.”

— Rob, 73, VIC, study participant

“Solving Parkinson's is a team effort, and we need everyone playing their part. As scientists, we are working tirelessly to uncover the causes of this disease and to help develop new and better treatments. But we cannot do it alone. We urge people from all walks of life to consider joining us in this research—your involvement truly matters.”

— Dr Miguel Renteria, lead researcher, QIMR Berghofer

Thank you for taking the time to consider our invitation. If you are keen to join, please respond within the next 3–4 weeks so your contribution can be included in the next stage of our research, which is about to begin.

We thank the generous support of the funders of this research study - The Shake It Up Australia Foundation together with their partners - The Michael J. Fox Foundation, are the largest non-government funders of Parkinson's research across multiple institutes in Australia. It is only through international collaboration that we will find a cure for Parkinson's.