

Noises From The Shed



Thursday Fortnight Soup

Splendid soups by John McLachlan and crew each Thursday fortnight get a strong following from up to 30 spooners keen to enjoy minestrone, mulligatawny, Thai curry and prawn or cauliflower and leak so far.

This initiative to provide a hearty soup during the winter months gets many members there to enjoy the soup and the camaraderie and "craic".

The "soup crew" do a great job and are to be commended for their efforts.

George W, soup connoisseur



ShedSong @ Claremont Showgrounds Shed.

On Sunday 2nd August the ShedSong crew were invited to provide the entertainment for the Claremont Shed first Sunday of the month gathering. ShedSong members and some of their "significant others" joined Claremont Shed members and their partners on this occasion.

The singers performed 2 sets and Tim, one of the Directors and your Editor filled the other spot for songs. The audience really appreciated the singing from all who performed and it was made clear by Tim that Claremont should get on board with this move to get men singing. They had been invited to do so at the time MPMS took up the challenge but, like all the other Sheds in WA, turned down the chance.

There is no doubt that those in ShedSong really enjoy what they are doing and they are benefitting from the "exercise" and camaraderie. a good afternoon of music followed by soup and cake provided by the Claremont "chefs".



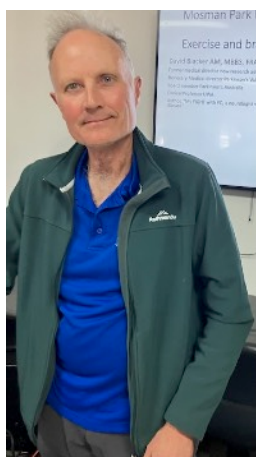
Is There No End to What Jobs Can be Done @ The Shed?

Bob Grocke, a man of many talents, is currently constructing 40 picture frames and one, shown below, 4 picture frame for an artist who runs art classes. The work is very accurate and using light framing material with corners joined by finger joints. The photos below show Bob placing the “fake pictures” in place to check that his construction is spot on.

When I spoke to him later he was trying to square up the actual pictures to get them to fit in the frame - the pictures were not square!!



The Brain and Parkinson's Disease. (PD)



Professor David Blacker AM was introduced by Tony Brown to provide his take on this devastating disease. He, like Tony, is a casualty of PD but seems to have overcome many of the issues with the disease - his talk really exposed how he has managed the disease.

David spent 2 years in Minnesota doing further research into strokes and PD. He returned to Australia in 2003 and continued his research at the Perron Institute where he became the Director of research. When he found he had PD he gave up his leading role at Perron but continued as a researcher.

David had been a runner for many years, including marathons, but PD meant his running gait was affected so he took to swimming but that was not appropriate as at the time he was on call as a stroke specialist meaning he had to be in a position to get to the hospital very quickly, not easy when in the ocean!! What to do next as he was very aware that exercise is vital to reduce the effects of PD? Even Hippocrates, all these years ago said that “walking is strength”.

Referring to Mohammed Ali, who most people thought it was brain damage caused by being punched, it turns out he had PD. This led David to take up boxing as his form of exercise now that running and swimming were out. He met Ray Fazio who had developed a machine that could allow PD sufferers to exercise in a way which meant movements of arms, legs and body counter to the effects of PD. Two videos were shown from a centre in the Town of Vincent where, 3 times/week those with PD can use these machines with Ray driving the participants to reach their potential. There are some 120 participants with a range of abilities and the rehab people from Perron have constructed a chair which enables one participant who cannot move his legs to still be able to “box”.

Four exercises are very useful in minimising the effects of PD - Aerobics, Strength, Balance & agility, Stretching. David also uses Yoga as a tool along with boxing. Interestingly the two methods - yin yoga/yang boxing - use music. Yoga music is very serene and calming, Boxing uses music such as AC/DC played very loud. In boxing the idea is to get BPM up to around 120 while Yoga takes the BPM down to 40+. This seemed particularly interesting.

A really good presentation following on from the one previously by David' colleague John Mamo,

PROSTATE SUPPORT GROUP

“There are now a heap of booklets on all aspects of Prostate Cancer in the cabinet upstairs near the snooker table. Please feel free to read at your leisure and return”

Wood Turning by Ian Christie

When I approached Ian to get some photos of his wood turning I said I couldn't remember his surname. As he told me what it was he indicated he was a distant relative of Agatha through marriage!! No pink in sight when I was there!!!

The pics show a segmented bowl Ian is turning and some completed "plates" turned for another Shed member. Clearly a skilled wood turner Ian spends a lot of time with his art.



Trailer Rebuild

I came across this trailer which was receiving a complete new "shiny" floor (clearly the dreaded rust has overtaken the trailer and it is now being renovated. I could not find out who owns the trailer and is doing the refurbishment but thought it was another example of the range of work which can be done at the Shed - there are a lot of very skilled guys at the Shed.

While in the metalwork area I remarked to one of the members who was in to do some work about how quite the area was. He agreed and thought that maybe it was because George was not around???



Some points from Monthly Meeting

Chairman Paul, in his Chair Report, outlined the many activities at the Shed which are gaining credit. Gentle Gym continues to, have good numbers attending to improve their fitness levels;; ShedSong is spreading its wings and doing more public performances and building numbers up to a more sustainable level; the Shops, particularly the Wood Shop, are bringing in many outside jobs as the public and organisations recognise the abilities within the Shed to complete projects and so the finances of the Shed are continually being upgraded; the collection of tools etc to be taken to the burgeoning small sheds in remote communities in the Kimberley;; the fortnightly Thursday soup is gaining a lot of momentum and there was the suggestion that cooking classes should be brought back

The Monthly talks are proving to be very successful - the last two on Alzheimers and Parkinson's had full houses ready to hear the excellent speakers. The 2nd Thursday talks brought by Gerry McGann have provided incredible information on the topics considered - one was a little controversial, even if a strong presentation. The next talk, prior to the AGM, will have similarities to the two professional ones from the Perron Institute but from a life experience point of view and will be a lot more lighthearted!!

The AGM will be held on Wednesday 16th September from 5.00pm, following the monthly talk. Nominations have been collected after the closing date and all Executive positions have been nominated for with only one nomination/ position so no vote required. There are more nominations for the general member category of ManCom so voting will occur. This means there will be no nominations from the floor so you don't need to "escape" to avoid being nominated - A full house would be great to see for this important meeting.

ManCom are asking for suggestions of possible activities which could be introduced to widen the range of activities to encourage more members to take part and also encourage new, younger men to join the Shed. Opening hours is the bugbear in this endeavour - hours that would suit men still working are hard to come by as these extra hours require "supervisors".

Why is my wife still not talking to me?

Because I accidentally passed her a glue stick instead of a chapstick. She's still not talking to me...

Why did the lumberjack stop chopping in the magic forest?

Because the tree shouted, "Wait! I'm a talking tree!" The lumberjack grinned and said, "And you will dialogue."

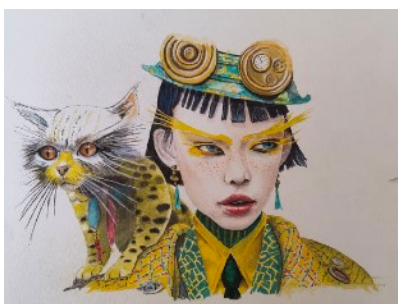
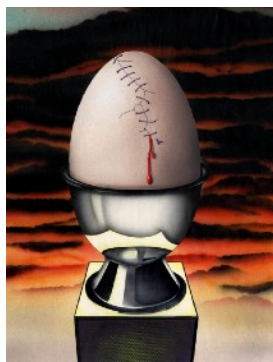


Members eagerly awaiting the start of the Monthly Talk by Prof. David Blacker and the Professor being warmly welcomed by Shed Chair Paul Smith and the organiser of the event, Tony Brown



Is There No End To The Talent of Members?

Paul Whiting is a very fine wood turner, as shown by the picture below but I found out that he now indulges in water colour painting as a hobby which he advances at a painting group at the Mt Claremont library where he is in the minority as a male in the group. The picture below shows his mastery in this medium and could maybe be a new activity at the Shed. There used to be a photography group but that disbanded when the two leaders moved away from the Shed.



Why is a book about anti-gravity impossible to put down?

Because that's literally the point. It's impossible to put down!

Why didn't I think orthopaedic shoes would help?

Because I had my doubts. But I stand corrected.

Why can't a melon get married?

Because it cantaloupe.

Why is apple pie so expensive in the Caribbean?

Because a slice of apple pie in Jamaica is \$2.00 and \$2.50 in the Bahamas. Those are the pie rates of the Caribbean.



All items for the newsletter to be emailed to
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 before the monthly meeting
 0418334513

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