

Noises from:



A Snapshot of the 2019 Craft Market Provided by Hotshot Photographer, Mochtar.



North, South East or West,
Only these 3 workers know the best!!



The Welcomin Crew or the Bouncers???
Some gourmet stuff going on here!



The Cafe Staff preparing for
the onslaught-With special
mention of the ladies for
helping out.



From Racing Cars to Super Hotted Up Vehicles, there were plenty to see.

View from the Carpark showing how busy the Fair got.



The ShedBoys pumping out a
tune!

Andrea Prelato – Helping Minds

“Helping Minds” is firmly on the agenda of our shed thanks to an exceptional presentation from Andrea Preiato and her assistant Tom Lowther. Member Ian Williams introduced Andrea having gained a clear background on where Andrea and her organisation “Helping Minds” were coming from at our afternoon tea, before the health slot. Andrea is a young person compared to our demographic but she delivered a presentation so exceptional that it was being discussed for several days after the event. The subject, normally taboo, is now being discussed at morning tea. Well done.

Insights shared with us was that mental health issues are caused by genes and environment. A child is not born with mental health problems. The formative years to age three may have a high impact. The brain grows the neural connections in stages until an average age of 25 years. Environmental factors during this period brings on mental health problems. Professional help can reverse mental health issues. It requires patience, time and effort.

Another insight was the effect drugs (including cannabis) can have on a developing mind. Helping Minds helps family and friends of people with mental health challenges.

“Helping Minds” is a private organisation that was founded in 1974 in Subiaco WA on the initiative of approximately 70 private citizens who were concerned about the mental health of friends and family suffering mental health problems and in the absence of what they felt was inadequate services to deal with mental problems. These days its major focus is in helping carers working with people with mental health problems. I would encourage you to look up the Helping Minds Website - <https://helpingminds.org.au>. Allow at least one hour of quiet time to review the site and drill down through the “Green Highlighted” sections and be prepared to be informed. It is very insightful. Also, take the time to thoroughly read the annual report 2017 - https://helpingminds.org.au/wp-content/uploads/2017/01/HelpingMinds_AR2015_web_compressed2.pdf to gain further insight into what “Helping Minds” is about.

Thank you Andrea, Tom and Ian Williams for an exceptional presentation.

Vic Power. Health Rep.

Shed Activities

Scones and pancakes are drawing shedfulls of blokes on weekly Tuesday mornings eager to clean up in every sense! George does scones, Alex flips pancakes, Rob and John churn through dozens of dishes and Barry blasts the dust off tables with his tornado-like blower!!



Alex from Russia, a new shedder, flips pancakes for the Tuesday smoko crowd just the way his grandma taught him. Alex says pancakes can be enjoyed many ways - plain or with jam cream honey or caviar! Raises the tone!



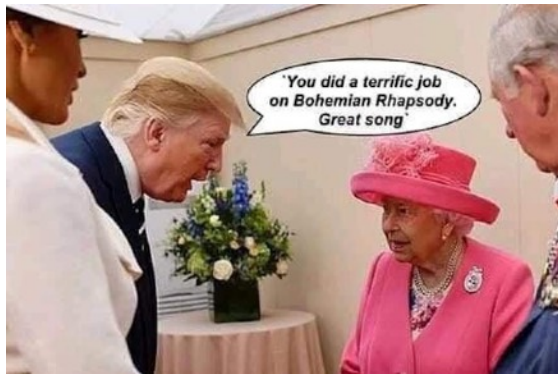
And so the latest “teardrop” nears completion while Phil spreads some dust around as he makes lots of Christmassy stuff for the craft market.



Ian takes the credit for a great restoration job with lots of help from Ritchie Tony and others

German Travellers and Their Camper Van

Many of you will remember the young German couple who were made temporary members of the Shed to allow them to make some adjustments to their camper van. If you check the website <https://www.behance.net/gallery/82230307/Van-build-Australia> you will see what an amazing conversion they did to the van with the additional work completed at the Shed. The Shed got a mention for the assistance provided.



Meanwhile!!

"The Donald", when meeting the Queen, Had not managed to distinguish between "The Queen" and "Queen" so provided this piece of "fake news" to Her Majesty - could explain the puzzled look on her face?

Some Quotable Quotes

Be careful about reading health books. You may die of a misprint. - Mark Twain

I was married by a judge. I should have asked for a jury. - Groucho Marx

My luck is so bad that if I bought a cemetery, people would stop dying. - Rodney Dangerfield

Money can't buy you happiness. But it does bring you a more pleasant form of misery. - Spike Milligan

Don't worry about avoiding temptation. As you grow older, it will avoid you. - Winston Churchill

Fertilized egg business - Vote carefully in the next election!

Sarah was in the fertilized egg business. She had several hundred young pullets and ten roosters to fertilize the eggs. She kept records and any rooster not performing went into the soup pot and was replaced.

This took a lot of time, so she bought some tiny bells and attached them to her roosters. Each bell had a different tone, so she could tell from a distance which rooster was performing. Now, she could sit on the porch and fill out an efficiency report by just listening to the bells.

Sarah's favourite rooster, old Butch, was a very fine specimen but, this morning she noticed old Butch's bell hadn't rung at all! When she went to investigate, she saw the other roosters were busy chasing pullets, bells-a-ringing, but the pullets hearing the roosters coming, would run for cover.

To Sarah's amazement, old Butch had his bell in his beak, so it couldn't ring. He'd sneak up on a pullet, do his job, and walk on to the next one.

Sarah was so proud of old Butch, she entered him in a Show and he became an overnight sensation among the judges.

The result was the judges not only awarded old Butch the "No Bell

Peace Prize" they also awarded him the "Pulletsurprise" as well.

Clearly old Butch was a politician in the making. Who else but a politician could figure out how to win two of the most coveted awards on our planet by being the best at sneaking up on the unsuspecting populace and screwing them when they weren't paying attention?

Vote carefully in the next election. You can't always hear the bells.

Christmas Presents

It is that time of the year when we all get stressed over buying Christmas presents. Well the Shed has the answer. From wooden trucks and cars for the Boys to doll's beds for the Girls. If you have a youngster just learning to walk, what better than a trolley filled with colourful wooden bricks?

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The Space Age Being Returned To History!!

Denham Dunstall (member) is a volunteer at the Carnarvon Space Museum as he worked there during the moon flights. He and his mate decided to drive from Carnarvon to Woomera, via the Central Road, to pick up some relics from the Woomera rocket range. These will go to the museum for display.



For the Office Kris Kringle we have hard wood spatulas. In the right packaging these sell in specialty shops for around \$15. The Shed's price is just \$4, so why not give a few. For the Boss, who has everything, and a pile of papers, why not a Paper weight? A bit up market we still have a number of Food and Drink Palettes or a Food plater & Cheese board. If you get in quick you maybe in time to order one of our famous Picnic Tables. These went off like "hot cakes" at the Craft market. From the Metal Working shop, we have a few Fire pits left. The Shed can also supply fire wood to keep you warm during the chilly Summer evenings. For something for your special friend, we have a steel stake for holding a bottle and two glasses at a BBQ.

So, get in quick and support the Shed.

Merry Christmas everyone. **Dave Russell**

And Some More Craft Market Pics from George W - no not Bush - Williams



Dog fun at the Craft Fair; Vertical Garden of grand red geraniums solves the space problem; Electric Vehicles are the way to go; Classic Craft Fair crew - dogs, mums, babies and wooden toys; Perfect place to perch with ice-creams on a spring day - a steel bench on giant springs; Dream car - Citroen 2CV (Deux Cheveaux....2 horses) and snappy Mondiran paintwork outshone the Mayor's fleet which ranges from a Rolls Royce to a Jeep.



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

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