

FROM THE PRESIDENT MALCOLM ROBERTS

Welcome to our June 2018 Newsletter.

I have been away for a period in hospital. Thanks go to Bill Hatherly who assisted whilst I was away

I thought that this month we should talk about what is the Whyalla Men's Shed.

Whyalla Men's Shed is a dedicated, friendly and welcoming place for men to come together and undertake a mutually agreed activity. They are open to all men of all age's regardless of culture and ability, a place that you can share your skills and knowledge with others and learn new skills yourself. You can be assured that there is something for everyone as you have the ownership of your projects. The Shed is also a social event aimed at the core value of men's shed, health, including quality and inclusion.

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AROUND THE SHED

The Toolbox on 9th May saw 20 members in attendance.

JoJo & Zoe, UniSA students are to teach men's exercising for us oldies. The project aim is to support members of the Whyalla Men's Shed in creating sustainability and participation in physical activity.

Liam reminded everyone that is at the Shed should be polite to all members and show respect to everyone – we are here to have fun and enjoy everyone's company.

Our Open Day will be held on June 13. Many thanks to our two OT students – Jojo and Zoe – for putting this together. The main aim of the day is to raise our profile and generate interest from potential new members.

Should be a fun day if everyone pitches in. Bring your partners, friends and family and most importantly, anyone you think might benefit from what our shed has to offer.

We're aiming to showcase all the shed facilities, amenities, – inside and out – the various spaces, as

well as the various tools and machinery so let's give some thought to how best to showcase our Shed

The shed will be open between 9.30am and 1.00pm which is in Men's Health Week. We will be doing tours, displays, a recruitment drive and a \$1.00 sausage sizzle & cans of drink. Coffee & tea are free.

Guest speaker, 23rd May, was Bianca Blayney from Myall place Retirement village (*Eureka village*)

Eureka retirement village group own about 20 villages in Queensland & other states.

Bianca & her husband live on site with their two children, they do all the cooking and overseeing of the village.

They have a present 52 tenants & 57 units.

Rural Men's health will be holding a forum on June 28th at the Whyalla Golf Club 9am - 4.30pm. If you are interested contact Gary for more details.



DONALD MARTEN

Fake Doctors.

Cases of impersonation, identity theft and fraudulent practice happen across a range of disciplines.

So what drives people to go to such extremes, and how do they get away with?

A modern phenomenon

Before this, doctors would be trained by an apprentice-type system, and there was little recourse for damages. A person hired a doctor if they could afford it, and if the treatment was poor, or killed the patient, it was a case of *caveat emptor* — buyer beware.

But as science made medicine more reliable, the title of "doctor" really began to mean something — especially as the fees began to rise. By the end of the 19th century in the British Empire, becoming a doctor was a complex process. It required long university training, an independent income and the right social connections. Legislation backed this up, with medical registration acts controlling who could and couldn't use medical titles.

And when the road ahead looks too hard and expensive, it may be tempting to take shortcuts.

Today, there are four common elements that point to weaknesses in our health-care systems, which allow fraudsters to slip through the cracks and practise medicine.

1. Misplaced trust
2. Foreign credentials
3. Regional and remote practice
4. It's not easy to do

“Never be afraid to try something new because life gets boring when you stay within the limit of what you already know”

Did you know?

Your right lung is larger and has a higher volume than your left lung (despite the right lung is slightly shorter to make room for the liver, the left lung has a significant

indentation, known as the cardiac notch, to accommodate the heart).

The Greek philosopher Chrysopsis' death is attributed to laughter—he allegedly laughed so hard from watching a donkey drink wine that the exertion did him in.

The US Secret Service was created on July 5, 1865. Although this was mere months after the assassination of President Abraham Lincoln, the original mission of the Secret Service was to suppress the production and distribution of counterfeit currency. They would not take on their now very visible role as presidential protection until Congress requested they do so after the 1901 assassination of President William McKinley.

A couple went to McDonald's and ordered a burger, fries and a soda. A man next to them saw the man split everything in half.

He went over to the table and offered to buy them each a meal if they couldn't afford it. The old man appreciatively declined and said that he and his wife had shared everything in the 40 years they were together.

The man went back to his own table and then noticed the old woman wasn't eating. She was just sitting there. He went back over to the couple and asked why she wasn't eating. The woman said, “Oh, that's only because it's my husband's turn to use the teeth.”

Men's health

Flu Vaccination

Dr Brett Sutton, Victoria's Deputy Chief Health Officer, explains why it is important for everyone – not just those who are most vulnerable – to get a flu vaccination now. This is his advice.

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We know influenza is a highly contagious viral infection spread by contact with fluids from coughs and sneezes. Typically, Australia's annual flu season occurs between April and October.

For the best possible protection this year, my advice to all Australians is to be vaccinated any time from now onwards. This should ensure they are protected by the time the disease begins to spread more widely in the community.

The record number of flu notifications last year – there were more than 48,000 cases – is a timely reminder about the importance of vaccination. Tragically, there was also a number of deaths.

This year, we expect to make more than one million doses of vaccine available.

Preparations are already underway to provide free immunisations for several key groups in the community.

Some of us are more vulnerable to complications and are eligible for free flu vaccine: the over-65s, pregnant women, children under five, people of Aboriginal or Torres Strait Islander origin, and anyone with a weakened immune system.

Also, those with chronic conditions such as heart, lung or kidney disease, diabetes, chronic neurological conditions and smokers should all be immunised.

All these groups were among those who were affected by flu last year.

And remember, we all have the potential to spread flu to these at-risk groups.

People aged 65 years and over will receive a specially formulated flu vaccine that potentially increases their protection, especially against one strain of influenza that is more common and severe in the elderly.

QUOTES

Unless you're willing to have a go, fail miserably, and have another go, success won't happen
Phillip Adams – Left-wing journalist

Always back the horse named self-interest, son. It'll be the only one trying – Jack Lang – Labor premier

Do you know why I have credibility? Because I don't exude morality
Bob Hawke – Former Prime Minister.



"I've got an app that lets me know whenever a pretty woman has an interest in me. It must not be working."

CALENDAR FOR June

Mitre BBQ	June 7 th 8 th
Guest Speaker 10.30am	June 11 th
Toolbox Meeting 11.00am	June 11 th
Committee Meeting	June 18th
Toolbox Meeting 11.00am	June 25 th
Bread Runs	June 11 th & 25th

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