



FROM PRESIDENT MALCOLM ROBERTS



WELCOME TO OUR OCTOBER 2018 NEWSLETTER. PLEASE READ & CONSIDER MY WORDS OF WISDOM ESPECIALLY AS OUR AGM WILL BE HELD SOON.

Remember past accomplishments. It can be something other people recognized, like being at the top of your class, or something only you know about, like a quiet act of service to make life easier for someone else. Realize how great this was. You go!

- Think about the qualities you try to cultivate. No one's perfect, but if you're actively trying to be an honourable, good person, give yourself some credit for effort. The fact that you think about bettering yourself at all says that you're humble and good-hearted, and those are positive attributes and write them down. No matter how down little and remember the things you excel. Focusing on your better attributes will distract you from perceived flaws and boost your sense of worth. Think of your good qualities in looks, friendships, talents, and most of all, personality.
- Think back on compliments from other people. What have they told you about you that you otherwise haven't noticed or acknowledged? Maybe they've remarked on your smile, or your ability to stay cool and collected in stressful situations.



TOOLBOX MEETING'S

WMS Management Committee conducts a "Toolbox Meeting" every two weeks and is for all members. The meeting should provide an opportunity for members to raise issues and concerns this includes being considerate to all members of the Whyalla Men's Shed.

It is of concern to me that current members which have the floor do not bring up concern at these meetings but activate issues when back on 'the floor' which greatly affect your committee. This has got to STOP.

It appears to be a deliberate issue that makes my role as President almost untenable. You will be aware that I became President by default, some months ago, when the previous President resigned. I have tried to carry out the position to the best of my ability but am, repeatedly, "white-anted."

I understand, on the grapevine, that 'others' have decided on the makeup of the executive committee prior to the AGM having been announced. I do hope that it is just troublemakers weaving their mischievous ways!! I only wish that I had been included in the decision.



Whyalla Men's Shed Newsletter October



Men's health statistics.

Men live, on average, **FIVE YEARS LESS** than women.

More than **4 MEN DIE PREMATURELY EACH HOUR** in Australia from potentially preventable diseases.

The **SUICIDE RATE IS 4 TIMES HIGHER FOR MEN** than women.

ALMOST TWICE AS MANY AUSTRALIAN MEN DIE OF SKIN CANCER THAN WOMAN, the fourth most common cancer amongst men.

EVERY CIGARETTE YOU SMOKE TAKES 8 MINUTES OFF YOUR LIFE. Smoking a pack per day for 20 years reduces your life by 13 years.

75 % OF PEOPLE WITH DIABETES die from cardiovascular diseases.

A man's life span is affected by **GENETICS (25%)** and **MODIFIABLE RISK FACTORS (75 %.)**

Men account for **70 % OF ALCOHOL RELATED DEATHS.**

ONE THIRD OF MEN HAVE NOT SEEN A DOCTOR IN THE PAST YEAR 10% have not seen one for five years.

MORE THAN TWO THIRDS OF AUSTRALIAN MEN ARE OVERWEIGHT OR OBESE – increasing their chances of many diseases.

72 % OF MEN ADMIT TO BINGE DRINKING – Which can lead to long term brain, heart, and liver damage and increased risk of cancer.

Men in blue-collar jobs are **TWO-AND-A HALF TIMES MORE LIKELY TO DIE FROM LIVER DISEASE** than white-collar workers.

[Courtesy Foundation 49](#)

Did You Know?

The deepest point in all the Earth's oceans is the bottom of the Mariana Trench in the Pacific Ocean. The deepest area within the trench, appropriately named the Challenger Deep, is a staggering 36,070 feet (10,994 metres) below sea level

The word cancer comes to us by way of the ancient physician Hippocrates, who used the Greek terms "carcinomas and carcinoma" or "crab" to describe instances of cancer he encountered, based on the finger-like projections that gave the cancer masses a crab-like appearance. The Greek terms were later translated by the Roman physician Celsus into cancer, the Latin word for crab.

President Malcom Roberts 0419 851 476
ABN 1746 772 826
Secretary Brian Marshall 0408 849 653
Incorporation No A41739

Website: www.whyallamensshed.org.au.

Email: secretary@whyallamensshed.org.au



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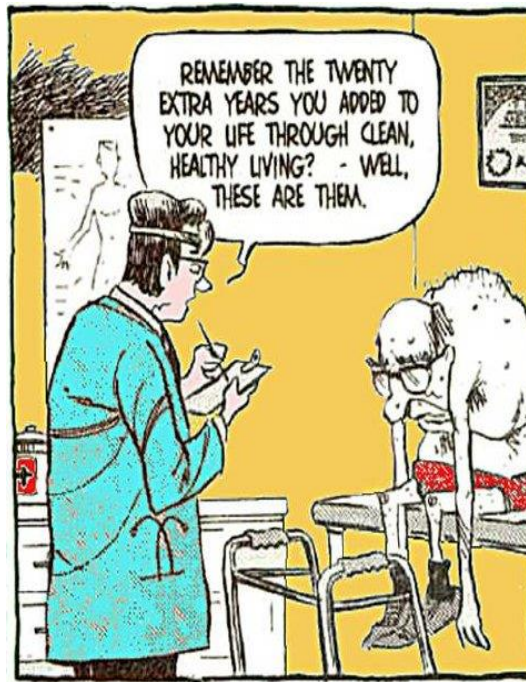


Barbara Binland is the pen name of a senior, Julie Grenness, in Melbourne, Victoria, Australia. She is a poet, writer, and part-time English and Maths tutor, with over 40 years of experience. Her many books are available on Amazon and Kindle.

Perils of Men in Retirement

Here's an ode for ladies of a certain age,
Your men are going to retire one day,
Very old joke—is this your hunch?
You married him for better or worse, not lunch!
His first day at home, what's he going to do?
He wants to come to the supermarket with you!
Now, this is a man on a mission,
Buys half the shop with no permission,
Well, that was an expensive shop,
Now he wants you to cook this lot,
A retired husband is a full-time job!
What's this? He's gardening with his chainsaw,
Well, those were your plants... but wait, there's more,
He's bought an electric guitar,
You wish his grey boy band would go far
Away, that is! Oh no, not this,
He wants to go camping with his grey old miss,
NO! NO! God gave you a home, not a tent,
Yes, girls, camping is a defence,
Well, aren't we both having fun?
Wife wishes she'd bought a gun, Never mind, it's the only retirement together, day one.





CALENDAR FOR October 2018

Mitre BBQ		October 7th & 8th
Guest Speaker	10.30am	October 24th
Toolbox Meeting	11.00am	October 10th
Committee Meeting		October 22nd
Toolbox Meeting	11.00am	October 24th
Bread Runs		October 10th & 24th

THE MANAGEMENT COMMITTEE

President	Malcolm Roberts	0419 851 476
Vice President	Tony Johnstone	(08) 8644 1093
Treasurer	Helga Fleming	0427 452 540
Secretary	Brian Marshall	0408 849 653
Purchasing Officer	Tony Shaw	0428 440 125
Johnson Darkwa		0416 524 629
Bill Hatherley		0428 440 984

Information on these pages mainly uses Your Life Choices, Foundation 49, Quora Digest, Over 60's Health, Talking Aged Care and ABC Health.

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