



WRINKLY RAG.

FEBRUARY 2016

A REQUEST TO ALL MEMBERS

The Wrinkly Rag is your newsletter and we need every member's input, where you were born, went to school, got married, started work, what you did, where you travelled etc. Do you have a story to tell? Put pen to paper or compose an email and send it to the editor. A few lines will do or you can even write a few instalments.

We would also welcome jokes, adverts or even critiques if you're that way inclined.

DON'T LEAVE IT TO OTHERS, IT'S YOUR SHED, IT'S YOUR RAG.

SPEAKERS CIRCLE

The February speaker was from COTA (Council of the Ageing) and she spoke of 'downsizing' the family home, COTA have a wide range of subjects and they will forward a list of these so we can select one for a return visit later in the year

The **March** speaker's circle features Tony Harding, a retired London Bobby, who will relate stories of his experiences.

4th March – 2:00pm

April features Clare, an author, who will tell her real life story. This is a must for every parent and grandparent.

7th April – 2:00pm

The May speaker is Ryan Rowland, travel guide and historian, who will tell of the hardships endured by Australian POW's of the Japanese in Sandakan, Borneo during WW2.

5th May – 2:00pm

EXCURSIONS

Wednesday March 9th we have arranged to visit the SAS Historical museum at the Swanbourne Barracks. We will depart by 12 noon and car sharing, returning about 4.00pm. Please let Allan know of your interest ASAP.

Cost will be approximately \$10 p/p plus lunch, to be arranged.

SOCIAL

Following the success of the lunch we had at the Mallard Duck in Henley Brook last year, we will have another lunch on May 4th. This will be for members and partners, a 3 course lunch, tea or coffee will cost around \$50.00 per head, (could be less) Please put your names and how many will be attending on the sheet at the Shed.

FROM THE PRESIDENT

What a stunning sight when I saw the completed New Building for the first time. The building itself looked great but the landscaping was the part that really surprised. Not only the extent of the work but the very attractive way the rock walls and the plants had been put together. As I said at our last meeting, the blokes that have worked on the landscaping have done us proud. We will all be very happy to show any visitors our sheds and gardens.



Rita and I have just returned from our 12-month caravanning trip over East. We had a wonderful time and I would recommend it to you all. The usual question is "What was the highlight of your trip?" We talked about this many times and the answer really is "The whole thing." It was all fabulous.

While we were away we did visit quite a few Men's Sheds. Some seemed to have bigger facilities, some not so big but the common theme was a bunch of really great blokes having a good time together.

I noted a few ideas from these sheds too, for example;

- Making small items for the local op shop for them to sell.

- Having a display at the library.

- Offering to repair items in the Historical Society's collection.

- Setting up a metal casting bay.

- Making a table-top lectern for the signing in book.

The Shed has been growing since 2007 and we now have a fabulous centre thanks to the generosity of community groups, local people and the hard, persistent work of our members. To my mind, we have developed a top reputation in the community too, of which we should all be proud. Now something to think about is "Where do we go from here?"

My thinking is that we should be a bit more proactive towards local people and groups by offering our help and expertise to them. Maybe by creating and circulating a flyer outlining the scope of work we can undertake at the shed. Or visiting groups and speaking to them offering our help. We should bear in mind that sheds do their "job" by having blokes together, so off-site working parties might not be good. However, work that can be handled in the shed would be the go. What do you think? Suggestions should be written on the back of a \$10 note and given to the treasurer.

In the meantime, let's continue to look after one another, take care of your safety and have fun.

Marty B

FROM THE EDITOR

A sincere thank you to Ivor Bridges for his dedicated work and his constant patience in getting the Wrinkly Rag together over the many years. He not only chased up the content every month, he did all the preparation, got it to the Council for printing, prepared all the hard copy for mailing, sent the emails and then got ready to do it all again. I also appreciate all the help and advice Ivor gave me prior to taking on the task, I am sure he will also be happy to advise me in the future.

Allan Pope

NEW MEMBERS:

A warm welcome to David Walker and Tim Roberts who joined in early February



GET WELL SOON:

Ron Shannon suffered a minor stroke recently, we hope to see you back soon.

Andy Page is still undergoing rehabilitation at St John of God, Midland.

Ron York should get the plaster off his leg soon following his dive on the veranda a couple of weeks ago.

Welcome back to Wally following his knee replacement, he should be back walking the trails soon.

THANK YOU

A big thanks to Ashley for repairs and setting up the dart board in the rec room.

Another big thanks to Brian Parham for the pool table/ card table which is already getting a good workout.

FAREWELL

Gone South

Jim Wright has made the move. He and Trish have sold up in Chidlow and migrated South to Busselton. Was it something we said? Or did they want to be near the children?

Jim has been a very valuable member of the shed. He was one of the main men in the building of the dust extraction system in the woodwork shed. Jim's expertise as an electrician was called upon many a time. Switches that had gone bung, new switchgear that needed installing, Jim was there to help every time. He was always there when volunteers were needed for shed events too. As they say, he will be greatly missed.

Jim has posted his details on the notice board so if you want to get in touch give him a ring. We wish him and Trish all the best in the new home and hope they can find time to visit us now and then. They will always be welcome.

According to a primary school student—

Ancient Egypt was inhabited by mummies and they all wrote in Hydraulics. They lived in the Sarah desert and travelled by Camelot. The climate of the Sarah is such that they have to live elsewhere.

IN THE NEWS

PENSION PORTABILITY

SENIORS groups say the passage of new pension portability rules will disadvantage Australians born overseas.

The changes, due to take effect in January 2017, will reduce from 26 weeks to six weeks the time an Age Pension recipient can be outside Australia before payments are affected.

They were announced in the May 2015 budget but are yet to pass the Senate, where they have been opposed by opposition Senators.



Worst affected will be older people who have migrated to Australia and still have family in their country of origin.

Residents who have lived in Australia longer than 35 years will continue to receive the pension even after six weeks, but for those who have lived in Australia for less time, their pension will be reduced on a pro rata basis.

This means someone at pension age would need to have been in Australia since they were 16.

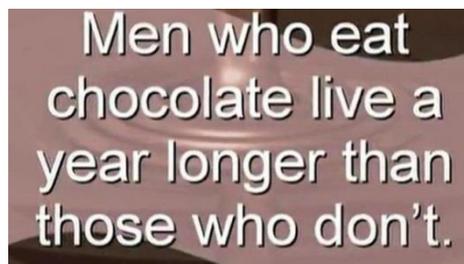
Council on the Ageing chief executive Ian Yates said with about 40 per cent of age pensioners not born in Australia, the impact of the measure would be significant and unfairly borne by one community group.

National Seniors chief executive Michael O'Neill said the change would be drastic for a significant proportion of pensioners.

"The tightening of these portability rules is a step too far, especially as 18 months ago the rules were already tightened," he said.

CHOCOLATE – IT IS GOOD FOR YOU

Australian research has revealed that people who eat chocolate at least once a week performed better on multiple cognitive tasks, compared to those who ate chocolate less frequently.



The research was done by Dr Georgie Crichton, of the University of South Australia in collaboration with the University of Maine and the Luxembourg Institute of Health.

"Chocolate and cocoa flavanols have been associated with improvements in a range of health complaints dating from ancient times, and have established cardiovascular benefits, but less is known about the effects of chocolate on neurocognition and behaviour," Dr Crichton said.

With Professor Merrill Elias, who headed the Maine Study (MSLS) tracked 1,000 people over 30 years, measuring a whole range of health variables, they examined whether habitual chocolate intake was associated with cognitive function, such as brain function – memory, concentration, reasoning, information processing, and found that those who ate chocolate at least once per week (or more), performed better on multiple cognitive tasks, including verbal memory, scanning and tracking, visual-spatial memory and organization, abstract reasoning, including testing the ability to remember and recall a list of words or remember where an object was placed, retain information, process it and then recall it.

Dr Crichton is keen to emphasize that chocolate consumption should always be balanced against a healthy diet and lifestyle.

SOCIAL EVENTS

Sundowner's

Held on the 2nd Thursday of the month. After the workshop at 2:00pm

Members only, with occasional invites to others

“Sing – a – Long “ Group

These are held at 2 weekly intervals – subject to change if Meg is not available

Next dates – 10th March, 24th March, 7th April, 21st April

Shed policy meetings.

The 3rd Thursday of the month

Games Night

7th March – 7:00pm

Ralph Squance has organized a games night so you can try your skill at darts, pool and/or cards. You can also form a cheer squad to support the contestants

No cameras please.....

This is hoped to be a regular monthly event, so come along and give it your support

Keep checking the notice board in the woodworking shed for updates and new events



And the garden grows.....