



THE ANT

NEWSLETTER

FOR

ANGLESEA SHEDDERS

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COORDINATORS REPORT DECEMBER 2014



To all shed members.

Another year has gone [Time flies when you are having fun].

This is the final report for this year, a time to reflect on what has been achieved by the members and the previous and present committees.

In the previous 4 months, as the coordinator ,we have had visits from a number of different groups

Rose Herben, [Estuary watch Anglesea River]

Penny Knox, [Y.R.I.P.P Youth referral and independent persons program about helping youths in custody]

A bus trip to Torquay to attend a play by Alan Hoggood. [My Dog Has Stripes] .Thanks to the Surf Coast Shire for the supply of buses, 26 members and family attended.

The boat we restored and is now in the play area near the river seems to be well received by the kids . A great job.



CHRISTMAS ISSUE 2014

Our new thicknesser has arrived and is ready for use , Check with one of the trainers before using and be trained to use the thicknesser .

Graham Raby is working on the third mushroom man, the other two look fantastic, [a hidden talent]. Thanks Graham.

Both our Bunning's days have been very successful .Thanks to the members for staffing and organizing these days.

Our market stall at the river bank in November was also a great success. Thanks to Bob Dwyer and his merry group of helpers for all the items for sale, and again thank you to members for their help on this day.

The monthly picture day is very popular. Simon has already organized dates with Rick [next 6 months] . Remember there are only 20 seats in Ricks theatre so be quick to put your name on the movie list.

Our membership has now reached 52

In 2015 we hope to organize outings to other sheds and places of interest, Your input for other events would be greatly appreciated.

In finishing we should pause and reflect what Christmas is about, family friends and remembering those who are no

longer with us.

From Alastair and Unice we would like to wish you all a happy, healthy and safe Christmas

The shed will close on the 18th December
reopen 20th January
A MERRY CHRISTMAS AND
A HAPPY NEW YEAR
TO ALL FAMILY
AND FRIENDS
BE SAFE
Alastair and Unice

SECRETARY'S REPORT

So another year has nearly come to a close and I think all the members of the Anglesea & District Men's Shed can be proud of what we have achieved.

We have made lots of things - Christmas gifts such as reindeers, note pads, birds; also fire poker, insect hotels, giraffes, park benches, repaired & restored a boat for the playground, sculptured mushroom gnomes and repaired and restored lots of things for people within the community.

But more importantly we have been able to support one another, share our stories, eaten well thanks to some generous ladies,



Santa Claus has the right idea. Visit people only once a year.
- Victor Borg



had a lot of laughs and looked at men's health and what we might be able to improve in our own lives.

We have enjoyed the movies together and the pub meal that follows, had Bunning's BBQs, worked at the recycle centre and had stalls at the riverbank market.

With all this we are also financially viable.

Thank you to all who have helped throughout the year in any way. I would

TREASURER'S REPORT



especially like to thank the committee for their support for the running of the shed.

It has been a full and busy year but one of enjoyment and friendship. I would like to wish all of our members and their families a **Very Happy Christmas** and a safe start to the New Year. Enjoy the grandchildren if they are coming down, watch out for the crazy tourist invasion and remember your fire plan. If you are leaving - leave early!

I look forward to seeing you around town and back at the shed from January 20th 2015
Simon Clark



Highlights from Treasurer

as at 3rd December, 2014

Current Balance is: \$11,596.17

Significant income since 16th October, 2014 included:

– \$364.00 - Sunday Market
\$523.05 - Bunnings Sausage BBQ
\$250.00 - Balance for Friends of Otways Bushwalking Seat
\$500.00 - Cash paid into Bank

Significant expenses since 16th October, 2014 included:

\$500.00 - Donation to Foodlink
\$100.00 - Repair Water Pump
\$338.18 - One (1) Argon 'D' Cylinder & 5kg Steel Migwire

Siamese twins walk into a bar in Australia and park themselves on a bar stool.

One of them says to the bartender, "Don't mind us; we're joined at the hip. I'm John, he's Jim. Two Fosters beers, draft please.

The bartender, feeling slightly awkward, tries to make polite conversation while pouring the beers. "Been on holiday yet, lads?"

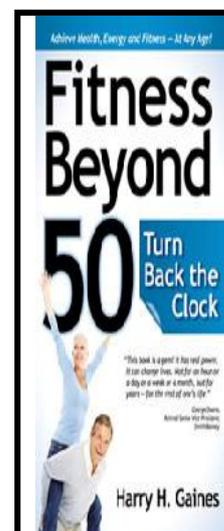
"Off to America next month," says John. "We go to America every year, rent a car and drive for miles. Don't we, Jim?" Jim agrees.

"Ah, America!" says the bartender. "Wonderful country ... New York, L.A, Vegas"

"Nah, we don't like that American crap," says John. "Meat pies and Fosters beer, that's us, eh Jim? And we can't stand the Yanks - they're so arrogant and rude."

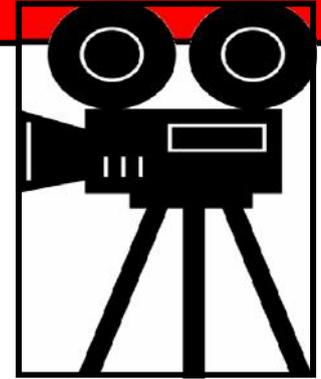
"So why keep going to America?" asks the bartender.

"It's the only chance Jim gets to drive.



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

Anglesea & District Men's Shed Movies for February - July 2015



The following dates & movies have been booked for 2015. If you wish to go, get your name on the lists when next at the shed. We leave the shed at 9.15am and have lunch at the Moriac Hotel afterwards.

February Thursday 19th 2015

"Butch Cassidy & the Sundance Kid" (Western)

Butch Cassidy and the Sundance Kid is a 1969 American Western film directed by George Roy Hill and written by William Goldman (who won the Academy Award for Best Original Screenplay for the film). Based loosely on fact, the film tells the story of Wild West outlaws Robert LeRoy Parker, known to history as Butch Cassidy (Paul Newman) and his partner Harry Longabaugh, the "Sundance Kid" (Robert Redford) as they migrate to Bolivia while on the run from the law in search of a more successful criminal career. In 2003, the film was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant."

March Thursday 19th 2015

"Cromwell" (Historical)

Cromwell is a British 1970 historical drama film, based on the life of Oliver Cromwell who led the Parliamentary forces during the English Civil War and, as Lord Protector, ruled Great Britain and Ireland in the 1650s. It features an ensemble cast, led by Richard Harris as Cromwell and Alec Guinness as King Charles I, with Robert Morley as Edward Montagu, 2nd Earl of Manchester and

Timothy Dalton as Prince Rupert

of the Rhine. The film received 2 Oscar nominations during the 43rd Academy Awards held in 1971, winning 1 for Best Costume Design by Vittorio Nino Novarese, nevertheless losing another for Best Original Score, composed by Frank Cordell. It was also nominated for a British Academy of Film and Television Award (BAFTA) in Costume Design and a Golden Globe for Best Original Score. At the 7th Moscow International Film Festival in 1971 it won the award for Best Actor (Richard Harris), and was nominated for the Golden Prize as Best Picture (Ken Hughes)

April Thursday 23rd 2015

"The Great Escape" (War)

The Great Escape is a 1963 American film based on an escape by British and Commonwealth prisoners of war from a German POW camp during World War II, starring Steve McQueen, James Garner and Richard Attenborough. The film is based on the book of the same name by Paul Brickhill, a non-fiction first-hand account of the mass escape from Stalag Luft III in Sagan (now Żagań, Poland), in the province of Lower Silesia, Nazi Germany. The characters are based on real men, and in some cases are composites of several men. The film was made by the Mirisch Company, released by United Artists, and produced and directed by John Stur



June Thursday 25th 2015

"Quartet" (Comedy/Drama)

Quartet is a 2012 British comedy-drama film based on the play *Quartet* by Ronald Harwood, which ran in London's West End from September 1999 until January 2000.^[2] It was filmed late in 2011 at Hedsor House, Buckinghamshire. The film is actor Dustin Hoffman's directorial debut. Starring Maggie Smith, Billy Connolly, Tom Courtney

July Thursday 23rd 2015

"The Cruel Sea" (Naval Warfare/history)

The Cruel Sea is a 1953 British film from Ealing Studios starring Jack Hawkins and Donald Sinden, with Denholm Elliott, Stanley Baker, Liam Redmond, Virginia McKenna and Moira Lister. It was directed by Charles Frennd and produced by Leslie Norman.

It was based on the best selling novel *The Cruel Sea* by Nicholas Monsarrat. It is a portrayal of the war between the Royal Navy and Germany's U-boats from the viewpoint of the British naval officers and seamen who served in escort vessels during World War II,

5 surgeons!

Five surgeons from big cities are discussing who makes the Best Patients to operate on.

The first surgeon, from New York , says, 'I like to see accountants on my operating table because when you open them up, everything inside is numbered.'

The second, from Chicago , responds, 'Yeah, but you should try Electricians! Everything inside them is color coded.'

The third surgeon, from Dallas , says, 'No, I really think librarians are the best, everything inside them is in alphabetical order.'

The fourth surgeon, from Los Angeles chimes in: 'You know, I like construction workers...Those guys always understand when you have a few parts left over.'

But the fifth surgeon, from Washington , DC shut them all up when he observed: 'You're all wrong. Politicians are the easiest to operate on. There's no guts, no heart, no balls, no brains, and no spine. Plus, the head and the ass are interchangeable.'



MEMBER PROFILE

David Pugh

I was born in Surrey Hills Victoria in December 1935, the youngest of Vince and Rita Pugh's 5 children.

After leaving school in 1952, I joined Sands and McDougal as a junior where I learned the stationery business. My one aim at this stage of my life was to save enough money to buy a MG TC.

After 2 years at Sands and Mac I moved to Valentine Publishing where I became a cadet Rep. and later a senior Rep selling Greeting Cards.

I married Anne in 1958 and lived in Blackburn Sth. Our sons, Rohan was born in 1961 and Martin in 1964.

1963 Anne and I bought a small newsagency in Heatherdale near Ringwood. In the intervening years between 1963 and 1983 ,I managed The Poster Shop in Bourke St Melbourne and continued to be involved with the stationery and greeting card industry.

We moved from Melbourne in 1983 and bought a Hallmark Card and Gift business in Moorabool St. Geelong, relocating to Bay City Plaza when it opened. Our card and gift business developed into a full newsagency at the request of Management, and in those 10 years in Geelong we converted our Anglesea holiday house into permanent living.

For the last 10 years of our working life, we took a giant leap and experienced a huge learning



curve in establishing a Capt'n Snooze Franchise in Hoppers Crossing.

I retired in 2000 at the age of 65 and moved permanently to Anglesea where I have had a wonderful retirement. Anne and I have loved caravanning, experiencing much of Australia. We have also been fortunate to have had overseas trips. My friends in The Men's Shed have assisted me in crossing off an



entry on My Bucket List, - my Man Cave.

The friendships we have in Anglesea is the reason for this wonderful retirement.





When the shearing sheds are silent and the stock camps fallen quiet

when the gidgee coals no longer glow across the outback night

And the bush is forced to hang a sign, 'gone broke and won't be back'

and spirits fear to find a way beyond the beaten track

When harvesters stand derelict upon the windswept plains and brave hearts pin their hopes no more on chance of loving rains

When a hundred outback settlements are ghost towns overnight when we've lost the drive and heart we had to once more see us right

When 'Pioneer' means a stereo and 'Digger' some backhoe and the 'Outback' is behind the house, there's nowhere else to go

And 'ANZAC' is a biscuit brand and probably foreign owned and education really means brain-washed and neatly cloned

When you have to bake a loaf of bread to make a decent crust and our heritage once enshrined in gold is crumbling to dust

And old folk pay their camping fees on land for which they fought and fishing is a great escape; this is until you're caught

When you see our kids with yankee caps and resentment in their

eyes
and soaring crime and hopeless hearts are no longer a surprise

When the name of RM Williams is a yuppie clothing brand not a product of our heritage that grew off the land

When offering a hand makes people think you'll amputate and two dogs meeting in the street is what you call a 'Mate'

When 'Political Correctness' has replaced all common sense, when you're forced to see it their way, there's no sitting on the fence

Yes one day you might find yourself an outcast in this land perhaps your heart will tell you then, I should have made a stand'

Just go and ask the farmers that should remove all doubt
Then join the swelling ranks who say, ' don't sell Australia out'
Author unknown

To be read and thought about!

My travel Plans for 2015

I have been IN many places, but I've never been in Cahoots.

Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven

there. I have made several trips there, thanks to my children, friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent, and I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there.

An admiral visits one of the ships under his command. While eating breakfast with the crew he was impressed to see the naval insignia stamped on every biscuit. He went to the Chief cook to ask how this feat was done, so it could be used on other ships under his command.

The Chief replied, "Well Admiral, after each one is cut out I just slap it here against my belt buckle which bears the insignia." Horrified the Admiral exclaims, "That's very unhygienic!" The Chief shrugs and replies, "If you feel that way sir, I suggest you avoid the donuts."

SHED NEWS

The instigation of a new competition by the Bowls Club on a Wednesday night has led to our Men's shed entering a team.

Players were : Bill Spencer, David Pugh, Ross Davey, Barry Nancarrow and Bob Dwyer.



This Competition ran for eight weeks and the top two teams played off in the grand final to see who would be crowned the Champions.

The Men's Shed team finished fourth on the ladder and had to play the top team for a chance of a grand final berth. We all played very well, however we fell three shots short.

On this final night we will be playing for a chance to finish third if we win

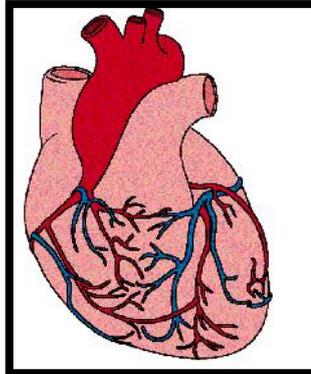
This is a great effort by our boys and they are to be congratulated on an outstanding effort over the last eight weeks

I would like to thank all of our players who represented the

Men's Shed. It is important that we show people that we can do other things, than simply working in the shed.

Bob Dwyer

SELF CPR



The Johnson City Medical Center (Johnson City, Tennessee) staff actually discovered this and did an in-depth study on it in our ICU.

The two individuals that discovered this then did an article on it, had it published and have had it incorporated into ACLS and CPR classes.

It is very true and has and does work. It is called cough CPR. A cardiologist says it's the truth if everyone who gets this sends it to 10 people you can bet that we'll save at least one life.

It could save your life!

Let's say it's 6:15 p.m. you're driving home alone after an usually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that

far.

What can you do?

You've been trained in CPR but the guy that taught the course didn't tell you what to do if it happened to yourself.

Since many people are alone when they suffer a heart attack, this article seemed to be in order. Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm.

In this way, heart attack victims can get to a hospital

