



# THE ANT

## Anglesea and District Men's Shed

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### From the Editor.

Welcome to The Ant again. As Covid has eased a little for us all, members started to travel and also numbers at the shed started to increase. We had our first in person AGM for several years and it was heartening to have so many members prepared to stand for the committee. We thank Clive for taking on our coordinator position and ask everyone to support him where they can.

Several new faces have become committee members. Thanks. A big thanks to Ross for all the work he has put in over the last 6 years as coordinator. He has surely left the shed in a strong position.

We continue to go to the movies at Waterland and while numbers have been down, the enjoyment and fellowship of those attending is very heartening. There was also a trip to visit the 'Liberator' restoration project at Werribee followed by a hearty lunch at the local RSL. Hopefully our new committee can come up with some more outings for the coming year.

Our most recent 'Ladies Woodworking classes' was very successful with 8 very enthusiastic ladies completing, over 3 Wednesdays, 2 useful items. Thanks to all who helped with this initiative.

A large project is nearly completed – A 'Friendship Seat' for the Aireys Inlet Primary School is nearly completed under the talented work and guidance of Alastair. Well done.

We are pleased to welcome back Barry Nancarrow after a lengthy sickness.

### **As stated in every newsletter:**

We would like to learn a little more about member's life before the shed. Everyone has a story! You may not think it is at all remarkable but to everyone else it lets us know you just that bit better. If you would like to relate your story in the next copy of the Ant just forward a few lines to the editor at [sgc133@bigpond.com](mailto:sgc133@bigpond.com).

Other items of interest are always welcome – new ideas, tried and true methods as handy hints, favourite recipes, travel stories, family stories, hobbies outside of the shed, a home project or why you live where you live.

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We welcome our new member John Rathjens to our shed. Please introduce yourself and make him welcome!

*Do you know a man who might like to join the shed?  
Bring him along one day to have a look and share a cuppa with us.*

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You might like to visit our web site and see what is there or give us something to add to it:  
Anglesea Men's Shed website: <https://angleseamensshed.com/>  
If you have something to add let Jeff Wilson know: 0474 748 792

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**How are you travelling???**  
**Feel free to ring any of the committee if you need help or just want a chat.**

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## WHAT'S ON

**Movies at Waterlands:**      **September 29<sup>th</sup> – “Cool Hand Luke”.**  
   **October 27<sup>th</sup> – “Fist Full of Dollars”**  
   **November 24<sup>th</sup> – “Top Gun Maverick”**

**Put these dates in your library. Cost \$10 followed by lunch at the Moriac General Store.**

**Christmas Lunch: either 20<sup>th</sup> or 21<sup>st</sup> December. TBC. Most likely at the Anglesea Hotel.**

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## **Ongoing - Men's Shed Apprenticeship Support Scheme 2022.**

The Anglesea and District Men's Shed are still able to assist young apprentices with a monetary grant under our new initiative to support local female or male 1<sup>st</sup> year or mature age apprentices in developing their "hands on skills". This support recognizes the difficulties that young people in general, and in particular those undertaking a trade course face, when living and working in regional areas such as the Surf Coast. Having skilled trades people, particularly young people and their families, living and working in our local area makes the area more resilient and vibrant. This scheme is open to all apprenticeships, not just the traditional building, plumbing, carpentry, engineering, automotive or electrical trades that a Men's Shed might be expected to support.

The Shed are offering a number of grants of up to \$500 to assist apprentices living or working for a business in Anglesea, Aireys Inlet, Fairhaven and Moggs Creek or working for a local trade in the above areas. The grants are open to all trades and may be used for any purpose to do with enhancing trade education and skill learning. Grant applications are to be accompanied by a letter of support from their employer. So far, the shed has supported 3 apprentices – a first year chef, electrician and cabinet maker.

For more information and application form see <https://angleseamensshed.com/apprenticeship-support/>.

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**[Do You Need a Shed Uniform?](#)**  
**Make sure of your Shirt and Cap – Is it worn out?**

## Replacement/New caps, shirts & jackets available for members to purchase.

Contact: **Doug Philipson** at the Shed or 5263 1922 or 0421 635 380

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### Talking About Men by Rob Whitley Ph.D

#### 3 KEY POINTS

1. It is a myth that men are silently stubborn and do not wish to talk about their mental health.
2. In fact, research indicates that many men are willing to talk about their mental health, but are simply waiting for the right conditions.
3. There are various helpful measures that concerned individuals can take to facilitate mental health conversations with men. These measures are not well-known, and can be used to help male family members, friends, mates, colleagues and other men who are struggling.

Many of us know men who are wrestling with mental health issues. It could be a close family member, such as a husband, a son, a father, or a brother. It could also be a friend, a colleague, a neighbour, or someone else. Some of these men may have been diagnosed with a discrete mental disorder, such as depression. Other men may be struggling with an undiagnosed mental disorder, or with other existential issues including loneliness, bereavement, burnout, or other psychosocial stressors.

As outlined in my recently released book 'Men's Issues and Men's Mental Health' (Springer, 2021), it is a myth that men do not wish to talk about their mental health. In fact, many men with mental health issues are craving a chance to talk about their challenges, and are particularly interested in learning from others about possible solutions.

However, men are often careful about revealing too much about their mental health woes for various reasons, including:

- Wondering if anyone is going to listen and give them the time of day
- Discomfort with burdening another person with personal issues
- Fear of stigma, judgment, rejection, and ridicule

Given this situation, there are various helpful measures that concerned individuals can take to facilitate conversations with men in their life who may be experiencing mental health issues. Much of the research literature indicates the importance of an angular approach (rather than a direct approach) when trying to facilitate conversations with men about their mental health.

In other words, sitting face -to-face and directly asking, "Are you having mental health issues?" is not always the best approach.

Instead, a growing corpus of research shows that men are more likely to talk about their mental health while conducting a shared activity where the explicit purpose has nothing to do with mental health.

This "health by stealth" approach may be especially helpful if the chosen activity has some personal meaning and may be associated with introspection and contemplation. My own research reveals several surprising shared activities that can facilitate mental health talk in struggling men, including fishing, exploring urban heritage sites (e.g., churches, museums, or galleries), a walk in the woods, or a long drive through farmland or natural wilderness. A key ingredient of all of the above-described activities is that they occur shoulder-to-shoulder rather than face-to-face.

This has been identified in the research literature as a critical factor in facilitating the discussion of mental health among struggling men. Indeed, many men report discomfort in the traditional face-to-face clinical encounter, with one man telling me that they "feel fake, and more like a job interview than a remedy." Instead, shoulder-to-shoulder activities are instinctively enjoyed by many, and the primacy of the shared activity means that a man will not feel he is a burden if the talk turns to mental health.

Interestingly, such activity has been identified as a critical ingredient in innovative new men's mental health programs such as Men's Sheds (a kind of youth club for older men), the motto of which contains much wisdom: **"Men don't talk face-to-face, they talk shoulder-to-shoulder."**

Much research indicates the importance of using male-friendly language and concepts when trying to facilitate discussions about men's mental health. In general, this means avoiding the language of official psychiatry. Such language is alien to many men, who will also fear public stigmatization and rejection if they are given psychiatric labels. Research indicates that many men are willing to talk about their mental health, but are simply waiting for the right conditions.

*Source: Rob Whitley, Ph.D., is an assistant professor in the department of psychiatry at McGill University and a research scientist at the Douglas Hospital Research Centre in Canada.  
Extract taken from EMALE Winter 2022*

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After 5 hours sitting in the bar, a man was in no shape to drive, wisely left his car parked and walked home. As he was walking unsteadily along, he was stopped by a policeman. "What are you doing out here at 2 am?", said the officer. "I'm going to a lecture.", the man said. And who is going to give a lecture at this hour?", the cop asked. "My wife!!!" said the man.

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A Jewish man walks into a bar and sits down. He has a few drinks, then he sees a Chinese man and punches him in the face. "Ouch!" the Chinese man says. "What was that for?" "That was for Pearl Harbor," the Jewish man says. "But I'm Chinese!" "Chinese, Japanese, what's the difference?" And the Jewish man sits back down. Then, the Chinese man walks up to the Jewish man and punches him in the face. "Ouch!" the Jewish man says. "What was that for?" "That was for the Titanic," the Chinese man says. "But that was an iceberg!" Iceberg, Goldberg, what's the difference?"

**Fun but a grain or more of truth** (thanks to Clive for this one)

*I used to be able to do cartwheels. Now I tip over putting on my underwear.*

*I hate it when I see an old person and then realize we went to high school together.*

*I told my wife she should embrace her mistakes... so she hugged me.*

*My wife says I only have 2 faults. I don't listen and something else....*

*At my funeral, take the bouquet off my coffin and throw it into the crowd to see who is next.*

*I thought growing old would take longer.*

*I came, I saw, I forgot what I was doing. Retraced my steps, got lost on the way back, now I have no idea what's going on.*

*The officer said, "You drinking?" I said, "You buying?" We just laughed and laughed.... I need bail money.*

*Day 12 without chocolate. Lost hearing in my left eye.*

*Scientists say the universe is made up of protons, neutrons and electrons. They forgot to mention morons*

*The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone."*

*A dog accepts you as the boss... a cat wants to see your resume.*

*Oops.... did I roll my eyes out loud?*

*Life is too short to waste time matching socks.*

*Wi-fi went down for five minutes, so I had to talk to my family. They seem like nice people.*

*If you see me talking to myself, just move along. I'm self-employed; we're having a staff meeting.*

*I won't be impressed with technology until I can download food.*

*Some people call me crazy. I prefer 'happy with a twist'*

*My doctor asked if anyone in my family suffers from mental illness. I said, "No, we all seem to enjoy it."*

*I really don't mind getting old, but my body is having a major fit.*

*Camping: where you spend a small fortune to live like a homeless person*

*Project Manager: Because Miracle Worker isn't an official job title.*

*I told my wife I wanted to be cremated. She made me an appointment for Tuesday.*

*The world's best antidepressant has 4 legs, a wagging tail and comes with unconditional love.*

*Love is how excited your dog gets when you come home.*

*I've reached the age where my train of thought often leaves the station without me.*

*If you're happy and you still know it, it's your meds.*

## **6 Traits of Emotionally Healthy Men**

If you've been feeling emotionally unbalanced or just not yourself lately, it's possible that you're not emotionally healthy. But don't worry - a man doesn't need to be perfect to have healthy emotional functioning. Some key traits of emotionally healthy men can help identify if a guy has what it takes or if he should start taking better care of himself! This article goes over the six essential traits that can make for an emotionally stable man.

1. **Emotionally Healthy Men Know who they are.**

It's essential to have a solid sense of self-esteem and identity. If you don't know who you are and your values, it can be challenging to make choices that feel right to you (or, even worse, make choices that go against your core beliefs). But what separates emotionally healthy men from those who struggle with identity is that they don't constantly question themselves. They may often be introspective and curious, but they're not crippled by self-doubt. For example, if you tend to stay in destructive relationships or jobs because you're afraid of being alone or not being good enough, this may be a sign that you're struggling with your identity. And if your friendships are always characterized by drama and disharmony, you may need to look at which friends are draining your energy and make some changes there.

2. **Emotionally Healthy Men Reflect on their Feelings**

When you're emotionally healthy, you have a solid understanding of your own emotions. You recognize that emotions are a part of your experience and part of the human condition. They can be powerful, but they don't define you. You can't always know what you'll feel in the moment, but you can have a reasonable expectation that you'll feel one way or another. This is a critical aspect of emotional health. It helps you make rational choices instead of knee-jerk reactions to your emotions.

3. **Emotionally Healthy Men Don't Get Caught up in Drama.**

Emotionally healthy men know that drama is a natural consequence of interacting with other people as lovers or friends and even as colleagues. They have a sense of perspective around the feelings and actions of others and can recognize that it's often not worth getting caught up in the drama. Emotionally healthy men don't feel the need to play hero or to "rescue" everyone else from their problems by solving them for them. Sometimes people just need to struggle on their own for a little while.

4. **Emotionally Healthy Men Are Capable of Having Close Friendships, and of Expressing their Feelings Honestly to those Friends**

Emotionally healthy men are comfortable being vulnerable with their friends and close family members without relying on them for support or unloading all of their baggage onto them. Being emotionally healthy doesn't mean that you don't have insecurities; it means that you can own your issues and deal with them on your own. And being honest about your feelings is fundamental to a quality friendship. If you can't be honest with your friends, or you're afraid to tell them what you're feeling, you likely have a lot of unexpressed emotions that are feeding into your behaviour.

5. **Emotionally Healthy Men Are Responsible for their Happiness**

Emotionally healthy men don't run away from problems; they lean into them and try their best to face them head-on. They're confident in their own ability to make things better, and they don't let other people's opinions of them stop them from trying. And, emotionally healthy men don't rely on other people to make them happy or fulfil them. They know that happiness comes from within, and they do what makes them happy, whether it's trendy.

## 6. Emotionally Healthy Men Have a Sense of Connection to Others

Emotionally healthy men are deeply connected to their friends, family, and lovers. They know that being alone is a luxury — and that the essential part of life is how we spend our time together. They don't get too caught up in their problems or those of others that they forget to appreciate the people close to them. And they know how to show gratitude towards those who enrich their lives. If you feel like your emotional health may cause some of your issues in life, don't worry. It is never too late to improve it.

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## Learning RHYMING STRINE is a SIMPLE EDUCATION

Education in Rhyming Strine - For Members in 'Strife' (Trouble) understanding this Simple Language

Today I woke up and thought I will kick a 'Sausage Roll' (**Goal**) today.

So out of bed I had a 'You and Me' (**Wee**), a 'Dad and Dave' (**Shave**), put on a new 'Bag of Fruit' (**Suit**) and a nice cap on my 'Loaf of Bread' (**Head**) and good shoes on my 'Plate of Meat' (**Feet**).

Forgot my 'Reg Grundies' (**Undies OR Underpants**)

I put a 'Gregory Peck' (**Cheque/ Money**) in my 'Skyrocket' (**Pocket**) in case I needed to go the 'Tin Tank' (**Bank**) to get some money.

Not wanting to go out on my 'Pat Malone' (**Alone**), I went to the 'eau-de-cologne' (**Phone**) and called my 'China Plate' (**Mate**), who is a 'Septic Tank' (**Yank/ American**) down on holidays from 'Steak and Kidney' (**Sydney**).

Said cheerio to the 'Cheese and Kisses' (**Mrs OR Wife**) and the 'Billy Lids' (**Kids OR Children**) and Hit the 'Frog and Toad' (**Road**)! Around the 'Jolly Horner' (**Corner**) and right in the 'Hi Diddle diddle' (**Middle**) was a 'Joe Blake' (**Snake**). I really felt 'Butcher's Hook' (**Crook/ Ill**) in the 'Comic Cuts' (**Guts/ Stomach**) so went quick as I could around the 'Hammer and Tack' (**Back**) to the 'Rubbidy Dub' (**Pub OR Hotel**) and met my 'China Plate' (**Mate**).

We bought an 'Aristotle' (**Bottle**) of 'Pigs Ear' (**Beer**) to have with our 'Dog's Eye' (**Pie**) and 'Dead Horse' (**Sauce**).

Now, I am not telling a 'Pork Pie' (**Lie**) but I only had one 'Oxford scholar' (**Dollar**) left because

a 'Tea Leaf' (**Thief**) had 'Half-inched' (**Pinched/ Stolen**) the rest, so I suggested we have a 'Captain Cook' (**Look**) at the 'Red Hots' (**Trots/ Harness Races**)

No luck, so I said goodbye, went home to the 'Trouble and Strife' (**Wife**) and hit the 'Sack' (**Bed**)

Thanks Doug for this contribution.

**FROGS – A Very important part of our Ecology**



### **FrogID data reveals frogs breeding earlier and longer in our cities**

Urbanisation is one of the most intensive and rapid human-driven threats facing biodiversity and it's important to understand how our species are responding. Thanks to thousands of people taking part in FrogID, researchers now have access to the largest frog dataset in the world.

This month, research led by AM-UNSW PhD Candidate, Gracie Liu, revealed that frogs are breeding earlier and for longer in urbanised areas. Over 220,000 FrogID records across 42 frog species were assessed in the study, which is the eleventh scientific paper produced by the FrogID team and the first continental-scale assessment of its kind.



***These two photos are of the editors Brown Tree Frog that mates in our lily pond. We get many hundreds of tadpoles over the season. If you want to participate in recording frogs in your area download the FROG ID app and start recording their call, submit it***

*for identification and help towards a better understanding of the local wildlife and health of our environment on the Surf Coast.*



### ***Litoria ewingii* Brown Tree Frog**

Capture ID: #431855 - Capture date: 2022-08-19 19:25:25 +1000

Location (Lat/Long): -38.4147 / 144.17 (editors house location)

### **Description**

A medium-sized species of frog reaching up to 4.5 cm in body length. It has a cream-coloured, brown or yellow-brown back, with a wide, darker brown longitudinal stripe along the middle that starts between the eyes. There is a black or dark brown stripe from the tip of the snout to past the arm. There is often a white stripe from below the eye to the end of the upper lip. The belly is white, and the male has a darker throat. The pupil is horizontal, and the iris is gold. The backs of the thighs are reddish-orange. Fingers are unwebbed and toes are half webbed, both with small discs. Individuals sometimes have a green back in the far western part of the species' distribution.

### **Breeding Biology**

Eggs are laid in clusters that stick to vegetation under the surface of the water in temporary or permanent ponds, dams, and stream pools. Tadpoles can reach a total length of up to 5.5 cm, and are black, brown, or gold in colour. They often remain at the surface of water bodies. They take six to seven months to develop into frogs, although tadpoles in warmer areas may grow faster. Breeds during any time of the year.

### **Similar Species**

Looks similar to *Litoria dentata*, *Litoria paraewingi*, *Litoria jervisiensis*, and *Litoria verreauxii* in its distribution, but has a different call to *Litoria paraewingi* and lacks yellow in the armpits present in *Litoria jervisiensis*, while *Litoria dentata* lacks reddish-orange on the backs of the thighs. *Litoria verreauxii* has black spots in the groin that are not present in *Litoria ewingii*.

***A Poem from Chris Lagerwey – a bit of his life***

### " 40 Parkstone "

We came with two small daughters  
And now they are very big.  
We've had three lovely dogs,  
Jakey, Zootie and Zig

We've done the kinders and schools  
Really close to home.  
As any real estate agent will tell you  
We're in the Strathmore Secondary Zone.

We've rewired, re-stumped and  
renovated.  
We've paved and fenced and excavated.

Don't talk about painting  
It's been three laps to date.  
As soon as you finish  
The colour is out of date.

We've done the kitchen twice.  
And garden out the back.  
We've updated the shed  
And turned it into a shack.

We sanded the floors twice.  
They now look pretty  
As any real estate agent will tell you  
It's the new inner city

We came with three stags.  
And now it's stag heaven  
As of yesterday,  
I counted ninety seven.

We've seen neighbours come,  
And houses knocked down.  
Everyone wants to live on the good side of  
town.

We've got mighty trees that started as sticks.  
We've built sitting walls out of second hand  
bricks.

They've widened the Tulla twice,  
And built a big wall.  
What do you get for money?  
Three fifths of bugger all.

We've had Canadian backpackers  
And plenty of Dutch.  
Famous last words were  
"We don't drink much!"

We have built in robes  
And central heating and cooling.  
We've resisted going solar  
Who do they think they are fooling?

So we're off to Aireys Inlet,  
With retirement within reach.  
As any real estate agent will tell you  
It's where the bush meets the beach.

Here is a poem I wrote when I was selling my house in Pascoe Vale South. We lived there for 29 years . I worked as a brick paving contractor (Contour Paving) for all of that time.

I remember clearly when I decided to move. I was working on the blind side of house, a slow complicated job, in the middle of winter.

We started looking for a house in Aireys Inlet because it was an area where we had spent many happy holidays .

The problem was, there were very few houses for sale !

After missing out on two properties we came across a little shack that had survived the Ash Wednesday fires. It hadn't been lived in for many years, was built out of asbestos and was VERY musty.

As it happened the auction of our Pascoe Vale Sth house and the Aireys Inlet was on the same day !

Luckily we sold out house in PVS by 11.00 and headed down to Aireys for a 2.30 auction

The agent informed us that three other interested parties had dropped out and she informed me of the reserve price. Things were looking good.

However an unknown woman decided she wanted the property too and there were 65 bids before she finally took her husband's advice and stopped bidding!

Seven times the agent said "Going going..." before she put in another bid, to the groans of the crowd . She cost me a Ute and not a standard one....

So began our journey to knock down our asbestos shack and build our dream home ...  
More next time,

Chris Lagerwey

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A man walks into a bar and asks the bartender, "If I show you a really good trick, will you give me a free drink?" The bartender considers it, then agrees. The man reaches into his pocket and pulls out a tiny rat. He reaches into his other pocket and pulls out a tiny piano. The rat stretches, cracks his knuckles, and proceeds to play the blues. After the man finished his drink, he asked the bartender, "If I show you an even better trick, will you give me free drinks for the rest of the evening?" The bartender agrees, thinking that no trick could possibly be better than the first. The man reaches into another pocket and pulls out a small bullfrog, who begins to sing along with the rat's music. While the man is enjoying his beverages, a stranger confronts him and offers him \$100,000.00 for the bullfrog. "Sorry," the man replies, "he's not for sale." The stranger increases the offer to \$250,000.00 cash up front. "No," he insists, "he's not for sale." The stranger again increases the offer, this time to \$500,000.00 cash. The man finally agrees, and turns the frog over to the stranger in exchange for the money. "Are you insane?" the bartender demanded. "That frog could have been worth millions to you, and you let him go for a mere \$500,000!" "Don't worry about it." the man answered. "The frog was really nothing special. You see, the rat's a ventriloquist."

### **Laughter is the Best Medicine**

***A recent study has found women who carry a little extra weight live longer than men who mention it!***

***Senility has been a smooth transition for me. I may not be that funny or athletic or good looking or smart or talented. I forgot where I was going with this....***

***I love approaching 80. I learn something new everyday and forget 5 other things!***

***A thief broke into my house last night. He started searching for money so I got up and searched with him.***

***Just remember, once you are over the hill you begin to pick up speed.***

*It's weird being the same age as old people.*

*When I was a kid I wanted to be older.... This is not what I expected.*

*Chocolate is God's way of telling us he likes us a little bit chubby.*

*It's probably my age that tricks people into thinking I'm an adult.*

*Never sing in the shower! Singing leads to dancing, dancing leads to slipping and slipping leads to paramedics seeing you naked! So remember.... Don't sing.*

*I see people about my age mountain climbing. I feel good getting my leg through my underwear without losing my balance.*

*If you can't think of a word, say "I forgot the English word for that." That way people will think you're bilingual instead of an idiot.*

*I'm at a place in my life where errands are starting to count as going out.*

*I'm at an age where my mind still thinks I'm 29, my humour suggests I'm 12 while my body mostly keeps asking if I'm sure I'm not dead yet.*

*I don't always go the extra mile, but when I do it's because I missed my exit!*

*You don't realise how old you are until you sit on the floor and then try to get back up!*

*The ups and down of a pandemic: One day you're loving your bubble, doing work outs, baking banana bread and going for long walks. And next you are crying, drinking gin for breakfast and missing people you don't even like.*

**All Care and no responsibility has been taken in preparing this newsletter.**

**Health articles are taken, with permission, from EMALE Winter 2022 edition.**

**Keep well, share this newsletter freely and we hope to see you at the shed very soon!**

**Enjoy your day!**