

SHED THE LOAD

CESSNOCK MENS SHED & COMMUNITY GARDEN NEWSLETTER
ISSUE 48 WWW.CMSCG.ORG.AU/ MARCH 2017



President's Message



CESSNOCK MEN'S SHED MISSION STATEMENT/ OBJECTS

“Men's Sheds promote **social inclusion and education** among men within the community. We play an important and practical role in connecting men with their **communities**, dealing proactively with **men's health & wellness** issues and giving men a **sense of ownership** of a very worthwhile project.”

As current President and also member of The Shed since it's inception I can honestly sit back and reflect on the success of this organisation, not only here in Cessnock but also throughout Australia and the world.

Many other groups would yearn for such a strong membership base, the high level of attendance, the benefits given to members and the contribution members give back to the wider community. Each and every one of you should be proud to belong to such a group, and be comfortable with “owning” a part of the Cessnock Men's Shed & Community Garden.

Your annual fee of \$25 should have been paid by now and hence you are insured on site for “Voluntary Workers Personal Accident, Industrial Special Risks, Public & Product Liability, and also Association Liability—for the committee”. There are some limitations and exclusions in the above and of course the “**Duty of Care**” remains paramount in all actions.

We continue to be sought out by the public and businesses to repair, make good, access vegies & plants, shape, style, and refurbish wood and metal items. We seek to cover our costs and add on a small component as a donation for our efforts, thus keeping costs down for the consumer and keeping us busy.

I am sure that generally, our member's health has improved as a result of this approach, maybe even the wellness of the family unit has improved too!!

If at any time you feel we have lost our way, or you feel we have not given back something tangible to any of our members, come and have a chat to myself or any of my committee. Having over 100 members does sometimes make it difficult to please everyone, but we do try.

I remain your humble servant ——— Pres. Pete.

THE GARDEN BED

From Shedder Gerry.

“ The concept of Type A and Type B personality theory is so firmly embedded in American culture that it’s hard to imagine there wasn’t a time when somebody would casually describe their overbearing and angry boss as “totally a Type A guy” and their own laid-back personality as “completely Type B”.

The Type A/B personality theory was introduced in the 1950’s by cardiologists Meyer Friedman and Ray Rosenman based on a study they conducted which they believed indicated that personality traits put people at risk for coronary heart disease. The stereotypical quick-to-anger boss was the classic Type A personality that was predisposed to heart disease and people with more laid-back personalities, the Type B people, were not.

Despite the flaws in their study, it served as the impetus and the foundation for the field of health psychology [wherein researchers began studying the effects of mental health on physical health]. Still, it probably would serve as only a historical footnote without the average person being remotely aware of the whole Type A/B nomenclature if not for the U.S. tobacco industry.

The tobacco industry latched onto the research as evidence that it wasn’t smoking which caused coronary heart disease but the inherent personality of the smoker. Over the ensuing decades, well into the 1990’s, the tobacco industry quietly underwrote dozens of studies into the Type A/B personality theory, funded workshops to teach doctors about the theories, and otherwise pushed the theory on the medical establishment and public to further distance smoking from the idea of coronary heart disease.”



Shedder John seen manning the veggie table. The ‘monster’ seen in front of John is a 17 kg grammar, straight out of the “garden”. Last month it was a 750 gram tomato. They grow ’em big down that-a-way.

METAL MATTERS



SAFETY FIRST

Shedder Barry shown in welding bay standing in front of “flash” curtain . The welding section is now equipped with two of these safety innovations to give maximum eye protection .

From our President.

Ancestry DNA and the Family Tree!!

PART 1.

Why did I decide to use the above, and the computer, to delve into the “*Torenbeek*” name and family tree. What I discovered was both frightening and alarming!

I traced way back to “Elric the Peculiar”, a Viking. He was a round shouldered little man, and his feet had a nasty smell. He married a woman called “Winifred the Ready”, who sold unglazed chamber pots to ferret trainers in the forests of Holland. She was known locally as “Winnie the Poo”. She wrote on the bottom of each pot – “If you do not keep me clean, I will tell the world what I have seen”.

They had two sons, one went mad in a box, and was prone to applauding himself in a type of burial crypt, hence the expression “he crept into the crypt, crapped, clapped, and crept out again”.

Winifred also had an affair with a Pict, who, alas, was chewed to death by a wild otter. The Pict however had put a bun in Winnies oven (so to speak), and as snow blanketed the terrain, she gave birth to a daughter – in an upright stance because it was too cold to lie down. This was a true case of stand and deliver! As the girl grew to maturity she was very ugly. She was so awful to look at that a saying arose in the wild border regions “If Rome wishes to keep us Barbarians at bay, let her oversee the border”. The saying stuck, and she became known as..... “Boadicea”. She eventually became Queen of the Icini Tribe.

To be continued next edition.

CONTACTS MENS SHED.

President : Peter Torenbeek : 49901198 M. 0422336367 pst@bigpond.net.au

Secretary : Col Chapman : 49904424 : M 0407003280 col-chapman@bigpond.com

Community Gardens : Lindsay Forbes : 49911986 : M 0417255118
Landforbes@bigpond.com

Editor : Pat Chappell : 49901358 : patrick.22@bigpond.com