

MACKAY REGION MEN'S SHED NEWSLETTER

MARCH 2018

INTERNATIONAL WOMEN'S DAY - MARCH 8

***International Women's Day is powered by
the collective efforts of all***

Collective action and shared ownership for driving gender parity is what makes International Women's Day successful. Gloria Steinem, world-renowned feminist, journalist and activist once explained "The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights." So make International Women's Day your day and do what you can to truly make a positive difference for women.

SOME MEN'S RESPONSES WHEN ASKED WHY THEY SUPPORT INTERNATIONAL WOMEN'S DAY;

***Men will not be belittled by enhancing the role of women. Indeed
they will be enhanced as part of the process.***

***I support International Women's Day because an equal society
benefits men and women. Toxic ideas of masculinity hurt us all.***

***Because sexism and the manufactured impossible "ideal" of
masculinity that nurtured it is as harmful to men as it is to women;
our suicide rates are astronomical, our mental health in general is
constantly punished by what society demands of it, and it allows the
toxic and the perverse to prevail when we try and talk about it.***

***Most of all we support International Women's Day because we want
women to know that although change can often be a gradual
process; we are working on it.***

IONA WEST MEN'S BREKKY 3/2/18



David Saxby modestly claimed that he is not an accomplished speaker. David talked about the work he and his expectant wife (Hayley) are doing to assist victims of the sex trade in Cambodia. As an audience member I can vouch that David's speech was inspirational.

David talked about the work that Bloom is doing in training girls and women, who were rescued sex slaves, to produce and market confectionery. Ongoing work is provided so that trainees don't slip back into the sex trade or other forms of exploitation.

Although there are better opportunities for, and less exploitation of females here in Australia, David said that his hope for his son is that his attitude will be to 'protect rather than inflict'. David was quick to qualify that 'protect means – in a non-domineering manner'.

Doing this work involves a good deal of personal sacrifice. Hayley and David began their contribution as volunteers and are now paid a Cambodian wage. Prior to taking up this mission Hayley was a physiotherapist with the Nth Qld Cowboys. Hayley and David encourage us all to: *be the change you want to see in the world.*

Directory of Men's Sheds in the Mackay and Whitsundays Region:

Iona West Mackay: *7 Brooks Street, West Mackay* *0432 983 181

Beaconsfield Mackay: *Beaconsfield Road, North Mackay* *0749 423 321

Sarina: *40 Lee Street, Sarina* *0402 248 716

Airlie Beach: *Salmon St, Cannonvale (old scout hut)* *0408 775 357

Proserpine: *Proserpine Community Centre* * 07 4945 5915

Bowen: *5 Sinclair Street, Bowen* * 0415 888 778

Clermont *Powerhouse Lane Clermont* *0400 994 146

Mackay *Shed Happens* *0434 908 968

Moranbah Men's Shed *Currently seeking new venue* *0407 033 015

What's on at a SHED near you?

Sarina & District Men's Shed

Opening hours:

8am - 12pm Monday, Wednesday & Saturday

* Smoko around 9:30am

Knock-off early BBQ lunch 3/3/18

Iona West Men's Shed

Opening hours:

Monday: 1pm – 4pm

Tues/Wed: 9am-12pm & 1pm-4pm

Saturday: 9am – 1pm

Monthly Breakfast @ the Iona Hall

7 Brooks St, West Mackay

First Saturday of the Month

3rd March @ 7:30am

Cost: \$5.00

Bowen Men's Shed

Opening hours:

9am – 12:30pm Tuesday

1pm – 4:30pm Thursdays

9am – 12pm Saturdays.

Beaconsfield Road Men's Shed

Opening hours:

Every Monday 9am – 1pm

Every Wednesday 9am-1pm

Airlie Beach Men's Shed - open each Tuesday &
Thursday morning 9am – 1pm

Clermont Men's Shed – open each Monday, Wednesday & Saturday
from 8am to 12pm

Shed Happens Mackay - every 3rd Wednesday (March21) 6:30-
8:30pm in underground carpark at Mackay Christian College - \$10 includes
bbq supper and mateship with good positive males.

Moranbah Men's Shed – MDSS & M'bah MS are working together to
host a free community barbecue on Wednesday 28th Feb at 5:30pm outside
the Moranbah News uptown. Please come along and bring a friend.

Below: A photo from a recent Moranbah Men's Shed Barbecue





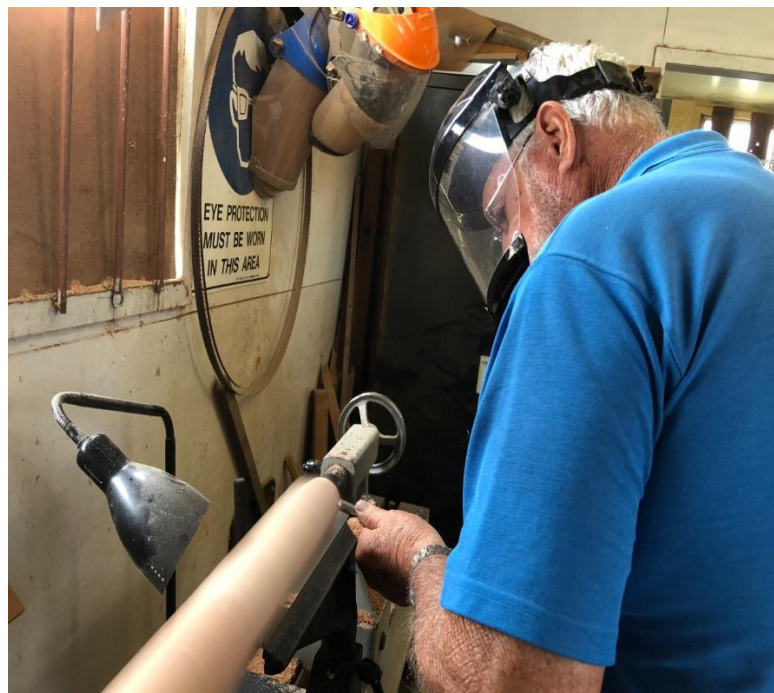
Above: Charlie surveys the area at Beaconsfield Rd Men's Shed which they are hoping to enclose to accommodate more work-space.
Below: Chris at BRMS cutting down a piece of silky oak with the rip-saw to make a document holder.



Below: (from left): Ken, Vic & Chris discussing the year ahead in the smoko room of the Iona West Men's Shed



Below: Alex turning some ornate legs on the lathe at the Iona West Men's Shed.



Below: Ron on the right, a member of the Sarina Men's Shed, makes Jeff welcome during a recent visit (December 2017). Jeff was visiting from the Charleville Men's Shed.



Above: The Monday group at Sarina Men's Shed welcomed a visit from Toni-Marie & Mike (George St NC). The visit was to let people in the Sarina district know that there is free assistance available for anyone still struggling as a result of the cyclone last year.



Depression in men

In general, men tend to put off getting any kind of help because they think they're supposed to be tough, self-reliant, able to manage pain and take charge of situations. This can make it hard for men to acknowledge they have any health problems, let alone a mental health problem.

Depression is a serious and common condition which won't get better by itself. If you had a broken arm or a deep cut on your foot, you wouldn't expect that to heal without medical help. It's the same with depression.

But what is depression? How is it different to just being sad for a bit?

Men are more likely to recognise and describe the physical symptoms of depression (such as feeling tired or losing weight) than women. Men may acknowledge feeling irritable or angry, rather than saying they feel low. Everyone feels 'down' occasionally but if you've been sad, moody, angry or unable to sleep or concentrate for more than a couple of weeks, it could be depression. You might also lose interest in work, sport, sex, going out, or other things you used to enjoy.

Depression is very common, with 1 in 8 men experiencing it at some stage of their life. You need to know the signs – not only for you, but also for your mates and family.

Signs and symptoms

You may be depressed if, for more than two weeks, you've felt sad, down or miserable most of the time, or have lost interest or pleasure in usual activities, and have also experienced several of the signs and symptoms across at least three of the categories below.

It's important to remember that we all experience some of these symptoms from time to time, and it may not necessarily mean you're depressed. Equally, not everyone who is experiencing depression will have all of these symptoms.

Behavior

- not going out anymore
- not getting things done at work/school
- withdrawing from close family and friends
- relying on alcohol and sedatives
- not doing usual enjoyable activities
- unable to concentrate

Feelings

- overwhelmed
- guilty
- irritable
- frustrated
- lacking in confidence
- unhappy
- indecisive
- disappointed
- miserable
- sad

Thoughts

- 'I'm a failure.'
- 'It's my fault.'
- 'Nothing good ever happens to me.'
- 'I'm worthless.'

- 'Life's not worth living.'
- 'People would be better off without me.'

Physical

- tired all the time
- sick and run down
- headaches and muscle pains
- churning gut
- sleep problems
- loss or change of appetite
- significant weight loss or gain



Taking action

A lot of blokes think it's weak to admit that they're going through a tough time.

This myth has been reinforced across generations of men but it's just not true.

When you're experiencing anxiety or depression, you can't just 'snap out of it' or 'pull yourself together'. You wouldn't try to fix a broken leg on your own without going to the doctor for help. So why do so many blokes try to 'fix' anxiety and depression on their own?

Anxiety and depression are just like any other medical condition – you need to have an action plan to manage your recovery and get better.

[Reach out to your family, mates, or co-workers](#)

[Talk to your GP](#)

[Make an action plan](#)

[Making a safety plan could save your life](#)

[Consider whether medication could be useful](#)

[Alcohol and drugs just make things worse](#)

<https://www.beyondblue.org.au/who-does-it-affect/men/depression-in-men>

What Women Want In Life

Young King Arthur was ambushed and imprisoned by the monarch of a neighbouring kingdom. The monarch could have killed him but was moved by Arthur's youth and ideals. So, the monarch offered him his freedom, as long as he could answer a very difficult question. Arthur would have a year to figure out the answer and, if after a year, he still had no answer, he would be put to death.



The question: What do women really want? Such a question would perplex even the most knowledgeable man, and to young Arthur, it seemed an impossible query; but, since it was better than death, he accepted the monarch's proposition to have an answer by year's end.

Arthur returned to his kingdom and began to poll everyone: the princess, the priests, the wise men and even the court jester. He spoke with everyone, but no one could give him a satisfactory answer. Many people advised him to consult the old witch, for only she would have the answer. But the price would be high; as the witch was famous throughout the kingdom for the exorbitant prices she charged.

The last day of the year arrived and Arthur had no choice but to talk to the witch. She agreed to answer the question, but he would have to agree to her price first. The old witch wanted to marry Sir Lancelot, the most noble of the Knights of the Round Table and Arthur's closest friend. Young Arthur was horrified. She was hunchbacked and hideous, had only one tooth, smelled like sewage and made obscene noises. He had never encountered such a repugnant creature in all his life.

Arthur refused to force his friend to marry her and endure such a terrible burden; but Lancelot, learning of the proposal, spoke with Arthur. He said nothing was too big of a sacrifice compared to Arthur's life and the preservation of the Round Table. Hence, a wedding was proclaimed and the witch answered Arthur's question thus: 'What a woman really wants,' she answered, 'is to be in charge of her own life.'

Everyone in the kingdom instantly knew that the witch had uttered a great truth and that Arthur's life would be spared and so it was, the neighbouring monarch granted Arthur his freedom and Lancelot and the witch had a wonderful wedding.

The honeymoon hour approached and Lancelot, steeling himself for a horrific experience, entered the bedroom; what a sight awaited him. There was the most beautiful woman he had ever seen before him. The astounded Lancelot asked what had happened and the beauty replied that since he had been so kind to her when she appeared as a witch, she would henceforth, be her horrible deformed self only half the time and the beautiful maiden the other half.

Which would he prefer? Beautiful during the day....or night?

Lancelot pondered the predicament. During the day, a beautiful woman to show off to his friends, but at night, in the privacy of his castle, an old witch? Or, would he prefer having a hideous witch during the day, but by night, a beautiful woman for him to enjoy wondrous intimate moments with?

What would YOU do?

Noble Lancelot said that he would allow her to make the choice herself.

Upon hearing this, she announced that she would be beautiful all the time because he had respected her enough to let her be in charge of her own life.



COMMUNITY RECOVERY TEAM

07 4957 2626 admin@georgestreetnc.org.au

COMMUNITY RECOVERY PROGRAM

The Community Recovery Program has been developed to support individuals and families in the Mackay region to recover following Tropical Cyclone Debbie.

This is achieved by assisting individuals and families who are experiencing personal, social or emotional difficulties as a result of Tropical Cyclone Debbie access information and resources to improve their resilience, safety and wellbeing.

Both financial and community recovery services are available for individuals and families



For more details or to make a submission to this newsletter please contact;
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