

The new Shed is finally happening. The site is cleared and tons of rubble removed; permits are in hand, footings laid, the Shed delivered, wall panels picked up by Kevin Swaffield and Ian Lupson . Next week the builders will be assembling the Shed.



# Hume Sunbury Men's Shed Newsletter

Issue no 24    Shed Chatter    November 2017

## Bendigo Men's Shed excursion—what a crew. Sunbury's best!



As our SUNBURY Men's Shed is closed for the time our new extension is being built, some members went on an excursion to one of the best and well equipped Sheds in the country. A good time was had by all and thank you for the Bendigo members for making us welcome and showing us around, then transporting us to the local hotel for a wholesome meal.



The Bendigo Shed at 21 Cunneen Street Long Gully



The biggest anvil I have ever seen and lovely tram model made by a member.



# Shed Details

*This Newsletter is produced by Hume Men's Shed (Sunbury) Inc. 158-160 Evans Street Sunbury, 3429, Phone: 03 9740 2912. Email: mensshedsunbury@gmail.com Website: www.sunburymensshed.com*

## SHED MANAGEMENT

**President** Kevin Swaffield  
**Vice President** Mike Newman  
**Secretary** John Hunter  
**Treasurer** Stan Rasanayagam  
**Editor:** Frank Zambello

## COMMITTEE

Peter Wilkinson, Chris Hogan  
 Fred Paris, Ted Riley  
 Ian Lupson, Frank Zambello  
**Website Management**  
 Alan Beck, Stan Petryk, Frank Zambello  
**Sponsorship Manager** Jim Moffat  
**Grants and WFD Supervisor** Nat Perri

## Member Contributions:

If you have any information that you think Members would be interested in, please contact the Editor and all contributions will be considered.

## Advertising/Sponsors

If you are a business that wishes to advertise or promote its service(s) or products, please contact us.

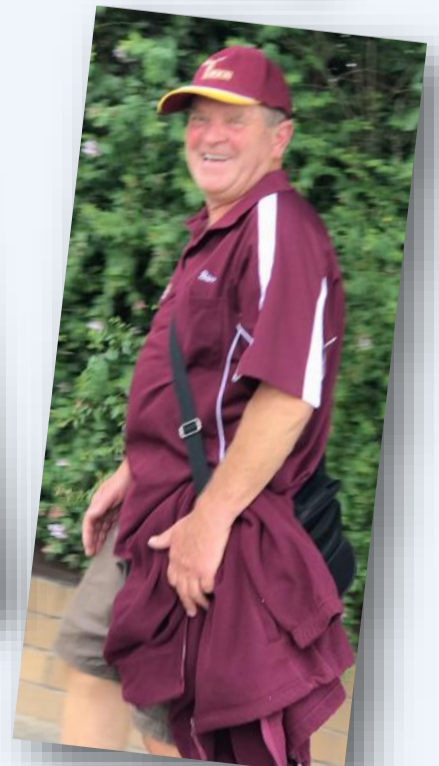
We have a sponsorship package which may suit you.

**Member Business/Sponsorship suggestions** are welcome for inclusion on our new Membership cards.

## Bendigo visit ... Members didn't realise some walking was part of the deal



Going by train was easy



We had to walk off the wholesome lunch. It's all part of being healthy.



**Alan Phillips**

## December Birthdays



- John Staines Dec 11
- Ken Hector Dec 12
- Milne Matthews Dec 12
- Paul Hutchinson Dec 24
- Bryan Coleman Dec 27
- Roy Greenwood Dec 29



## Surplus bikes wanted



Are you or your wife or kids still using your bikes? That's fine but if not, Kevin Swaffield collects them to send to Africa where they will be loved again *bring them to the Shed.*



Any bike will do, just bring it to the Shed.  
See last month's Newsletter edition to see how they end up where they are needed to make a difference to people's lives.



# Trevor Dunn ... profile mark 2

**STILL  
PLAYS  
WITH  
CARS**



The vintage car Trevor restored took 5 years. The 1921 Wolseley 24hp 6 cylinder with beaded edge tyres 935x135. High class car that cost \$1,240 pounds when purchased new from NSW.



We do not have a photo of the finished product which took 5 years to restore, but suggest it would look something like the photo of the car above.



Before restoration. 1924 Austin '20'. 4 cylinder 20hp. High class car. Cost \$620 pounds. 'T' Model Ford at the time cost \$204 pounds. Beaded edge tyres, 880x120. Obtained from Dockers of Bontharambo Farm in VIC.



*Our Newsletters and promotional pamphlets are printed at our State Member for Sunbury, Josh Bull's office and Cartridge World Sunbury and gratefully received as a Community Service*



# Shed Issues and Committee Happenings

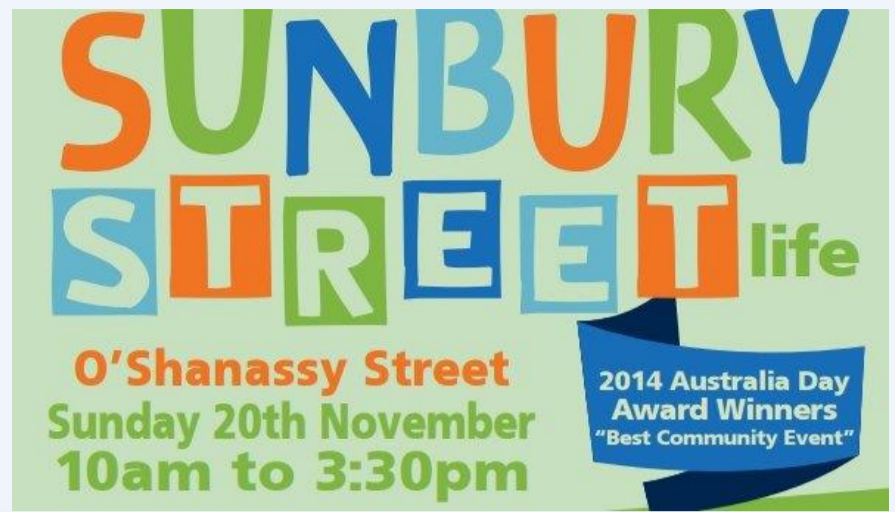
- **VGMSA have its AGM on Friday 1/12/2017 at Sandown Racecourse.** Kevin Swaffield was to attend but cancelled due to the catastrophic weather forecast and warning on the day and weekend.
- **BBQ trailer is all set up and ready to go.** A bond of \$100 will be requested by organisations borrowing the unit and a \$25 charge will be required for the use of gas.
- **As the Shed was closed due to the extension being built,** the opportunity was taken to perform some maintenance on some machines. This turned out to be a good exercise and it has been decided to close the Shed for a short period every year for machine maintenance.
- **A feasibility study will be carried out** to determine if it is better to use a mobile network (Netgear Nighthawk Modem) instead of a land line for shed use. Costings for both scenarios will be carried out to determine which is the better option.
- **StreetFest Display tent has been organised** and members were requested to take photos of the occasion.
- **Members' Birthdays have been included in the Newsletter for 12 months** and Frank asked if they should continue to be included. It was agreed the birthdays should continue to be included.
- **Discussion needed regarding projects for new members** according to Chris Hogan. To be organised.
- **Bendigo Men's Shed report.** Members who attended the Bendigo Men's Shed were welcomed and had a good day. Shed and equipment were very impressive. A list of photos to be taken and questions to be asked should be compiled for future Shed visits.
- **Tony Creed, ex President of Probus advised that members on an organised trip away** should sign a document detailing the excursion for Insurance purposes.
- **Future Logistics who recently donated timber to the Shed** has more timber available. Mike Newman to organise and put in Storage at the National Storage unit next door.



A little known fact. Did you know this about leather dresses???

Did you know that when a girl wears a new leather dress a man's heart beats faster, his throat gets dry and he starts having irrational thoughts? Ever stop to wonder why? Well, it's easy ...she smell like a vintage Truck!





Hume Sunbury Men's Shed participates in community activities such as Sunbury STREETlife. We are supporting the community and displaying our wares. We provide our sponsors with some exposure and acknowledgement and reach out to new members. Ross, Billy and Rob are seen here manning the stall.



**Our Members are happy to participate** in and discuss with the community our main function which is a means for men to get together and support each other.

**Things that are done at the Men's Shed:**  
 Administration, social media, website management, metalwork, sponsorship, woodturning, furniture restoration, gardening, carpentry, sandblasting, sheet metal work with guillotine, roller, folder, all the welding disciplines, turning and fitting, outings, cooking, computers, mechanical work and talking. Something for everyone! If we haven't got it, we'll get it ...

# New Shed Extension

First Kevin Swaffield assisted by Ian Lupson and Dieter Jankovic toiled for a weekend with a demolition saw cutting up the reinforced concrete pad.



Footings



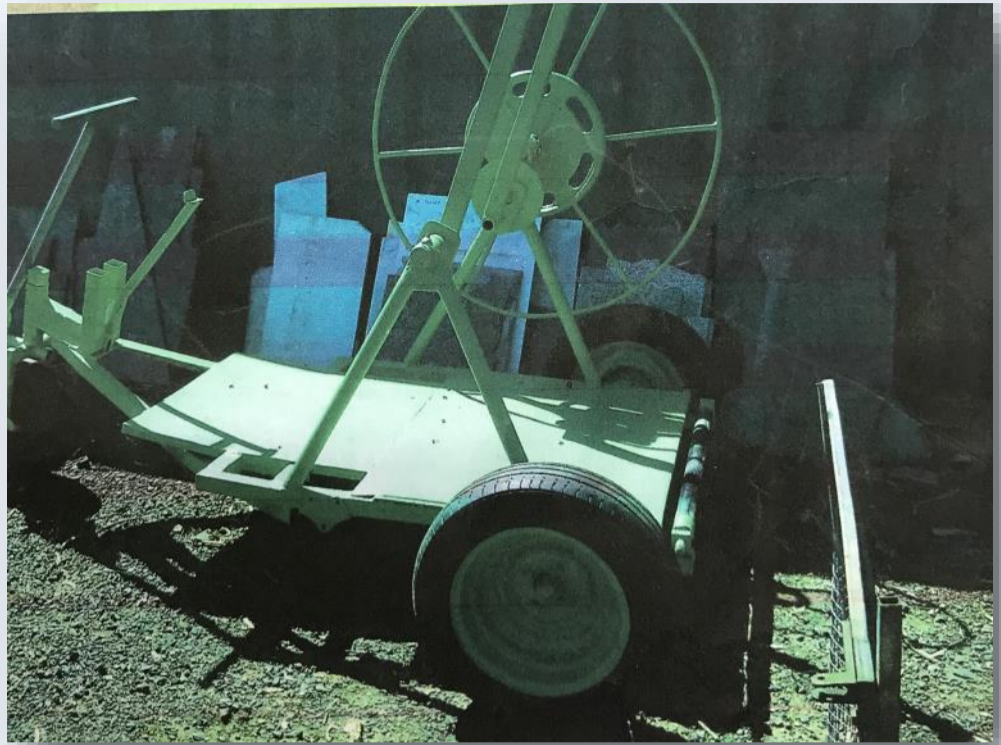
Then Dennis Bottomley from Sunbury Bobcat Hire removed 23 cubic meters of concrete and 72 cubic meters of rubble, then spread scoria around ready for the slab. Footings are now in and Shed hardware delivered.



# Is there anything Kevin Swaffield's mobile crane won't do?



It started off as a concrete mixer



It then evolved to a three wheel trailer with a mechanical manual crane

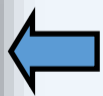


More modifications from Kevin and hey presto[!], a three wheel trailer with hydraulic crane and concrete ballasts to do all the lifting jobs around the Shed. A green can of paint was available so it was used to spray the mobile crane set up which has been named "Kermit"

Our old thickener being loaded



Our new thickener being unloaded



Kevin's latest back saving invention to handle our new Shed sheets of wall cladding donated by **Laminex Industries**.



# Sunbury “Heart Matters”



**SUNBURY** now has a peer support group “Heartbeat Victoria Sunbury Branch “ that assists in improving the emotional, social and physical wellbeing of people living with a heart condition. Carers and family members are also encouraged and most welcome to attend.

The Branch’s membership base is growing steadily and the group meets every second Tuesday of the month at 7pm at Goonawarra Medical Centre. After some brief meeting formalities, there is a presentation, usually health focussed, but not always. There are plans to have a variety of presentations. Then a round table discussion ensues followed by a delicious supper which is a time for sharing experiences, making friends, motivating each other etc.

At the Inaugural Meeting held on 14 November 2017, the guest speaker was one of our Shed members, Dr Chris Hogan, Associate Professor who gave an excellent presentation entitled “Keeping Healthy is Simple” summarised below.

Keeping healthy can be “simple”, but it is not always “easy”. Also “keeping healthy” should not be confused with “getting healthy”. Keeping Healthy depends on diet, exercise, good sleep, obtaining and maintaining mental wellbeing and following medical advice.

## Eat simply

Chris stressed the importance of eating simply. This usually means low fat, low salt, minimal amounts of processed carbohydrates. Try and prepare your own food; not only is it cheaper, it can be adapted to your tastes and preferences.

## Exercise regularly

Regular exercise is certainly important for not only keeping a healthy weight but it also works your muscles – the most important muscle being your heart. Any form of exercise that gets your blood pumping is beneficial regardless of whether it is swimming, incidental walking, deliberate walking at a moderate to brisk pace, bicycling etc. Prolonged sitting is not good.

## The importance of a good night’s sleep

Sleep plays an important role in your physical health. Sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke.

## Quit smoking

Quitting is even more crucial after a heart attack. Smoking is a risk factor for heart disease because it increases your blood pressure and cells within the odstream. This means that your heart works harder to pump blood and has fewer healthy oxygen cells to maintain optimal performance.

## Cut down on excessive alcohol intake

Too much alcohol can damage the heart muscle, increase blood pressure and lead to weight gain. Aim to limit your alcohol intake to two drinks per day (for men) and 1 drink per day (for women).

## Control other risk factors

Heart disease often runs in families, but the majority of heart attacks may be attributed to lifestyle choices. Aside from diet, exercise, and smoking habits, it’s important to control other risk factors that might contribute to future heart attacks. Talk to your doctor about hypertension, high cholesterol, diabetes, unusual amounts of stress, anxiety and depression.

## Know when to seek medical attention

You’re at a higher risk of having another heart event if you’ve already experienced one. If you experience sudden or extreme fatigue, chest pain, rapid heartbeat, sweatiness [without exercising], dizziness or feel faint, shortness of breath, feel generally unwell then don’t hesitate to seek medical assistance or if necessary call an ambulance. Don’t feel foolish if it’s a false alarm. It’s better to be safe than sorry. Have a regular GP. Visit them regularly.

## Be happy

Happiness is a rare gift. Various philosophers have put forward their thoughts on happiness.

1. A roof over your head, 3 meals a day and if you are really lucky ... half a bed!
2. Something to do, someone to love, something to look forward to.
3. Happiness is when what you think, what you say and what you do are in harmony.
4. Everyone has their secret sorrows which the world knows not; and often times we call someone cold when they are only sad.
5. You cannot protect yourself from sadness without protecting yourself from happiness.
6. Don’t cry because it’s over; smile because it happened.
7. Hell is other people; so is Heaven.



Heartbeat Victoria Sunbury Branch’s next meeting is **dinner at Thursday 14 December 2017** to celebrate the end of the year at Sunbury Bowling Club. \$19 per head for a two course dinner, choice of a main and a dessert. The benefits of peer support are well documented. **Come along and join the fun. Call Louise on 0434 400 754 or email [louise@heartbeatvictoria.org.au](mailto:louise@heartbeatvictoria.org.au) .**

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“I hear reggae rhythms, disco drums, thumping hip-hop, toe-tapping western swing, and 80’s techno beats. I think your pacemaker is stuck on ‘shuffle!’”

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