

New Social Activities Officer Albert



Mastramico and his Deputy Howard Bassin setting the Shed up for Social functions...more info inside



Hume Sunbury Men's Shed *Newsletter*

Issue no 29

Shed Chatter

April 2018



As a Shed evolves it breaks out into areas where members want to steer it. . We now feel the need to mix work with recreation; we are going to find a balance of work and play.



Shed Details

This Newsletter is produced by Hume Men's Shed (Sunbury) Inc. 158-160 Evans Street, Sunbury

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.

People and Roles

President: mediator, multitasker, countless other tasks: Kevin Swaffield



Vice President, Membership Manager, Assistant Treasurer: Mike Newman

Treasurer: Stan Rasanayagam



Secretary: John Hunter

Editor, Website, Friday meals: Frank Zambello



Garden Area Manager: Barry Burbridge

Woodwork and Community Projects: Manager Peter Wilkinson



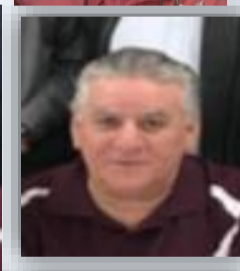
Metal fabricating and welding: Ted Riley

Woodwork and Community projects: Fred Parnis



Electrical maintenance
Kevin Wood

Property maintenance: Dieter Jankovic



Grants Manager: WFD
consultant: Nat Perri

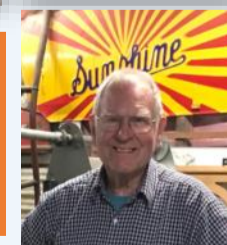
Sponsorship Managers: Jimmy Moffat, Frank Zambello



Special Projects: Ian Lupson



Permanent Sub Committees



Metal fabrication:
Trevor Dunn

Friday Meals: Frank Zambello, Chris Hogan, Milne Matthews, Albert Mastramico

Website and Computer Management: Frank Zambello, Allan Beck, Peter Underwood, Stan Petryk


*John Wade
Ken Kavanagh*



May Birthdays



"There was no way I could fit that many candles on the cake, so I just set it on fire."

Robert	Musson	1-May
Andrew	Swann	1 May
Ian	Baird	9-May
Alan	Tuck	19-May
Gordon	Monks	20-May
Peter	Wilkinson	22-May
Raymond	Strong	26 May
Grahame	Scutts	30 May
Brian	Ross	31 May
		



*Fish
until
you
drop ...*



Idea for a birthday present

Shed Issues and Committee Happenings

Albert Mastramico held a Social Committee Meeting at the Shed on 18 April and was elected Social Activities Officer with Howard Bassin assistant and Frank Zambello Secretary Treasurer. Amongst other things, a Yearly Events Calendar will be produced.

Wildlife Australia requested the Shed manufacture of Possum Boxes for which the Shed will receive \$25 for each box.

The tagging and testing of electrical equipment will be handed over from Brian Girdwood to Dale Wilkes and Kevin Swaffield who will do the course, purchase the testing instrument and forthwith perform the tagging and testing of all Shed electrical equipment plus perform inventory of equipment.

Sunfest remunerated Sheddies for erecting, dismantling and storing the SunFest dance floor at the Festival. This has been the third year we did this,. Sunfest are grateful and we expect this to be a long term arrangement.

The construction of a sanding table will be investigated to eliminate dust problems in the new Shed extension. In the meantime, the wearing of dust masks is encouraged when sanding activities take place.

This monthly Newsletter and future newsletters to be the vehicle for the communication of Committee Meeting decisions and activities to avoid confusion. Sometimes proposals do not come to fruition and Monthly Minutes may contain sensitive information. To avoid confusion and for transparency, future decisions and pertinent information will be delivered via this Newsletter.

Frank Zambello requested that we include appropriate paid advertisements in the Monthly Newsletter and this will be decided at the next Committee meeting. It is a source of revenue and a vehicle for Traders and Sponsors who have requested to advertise their goods and services.

Email messages to members will only be distributed by the Secretary, Assistant Sec or President in order to avoid multiple messages being relayed.

John Hunter has built a professional universal tool sharpening machine and requested to purchase a specialist dedicated slow speed grinder for the project. This has been approved and John was commended on performing this much needed project.

Dale Wilkes to put goods for sale destined for the Gisborne Market on our Shed Facebook site.

Signs sometimes don't mean much



Bren-

Social Committee is formed



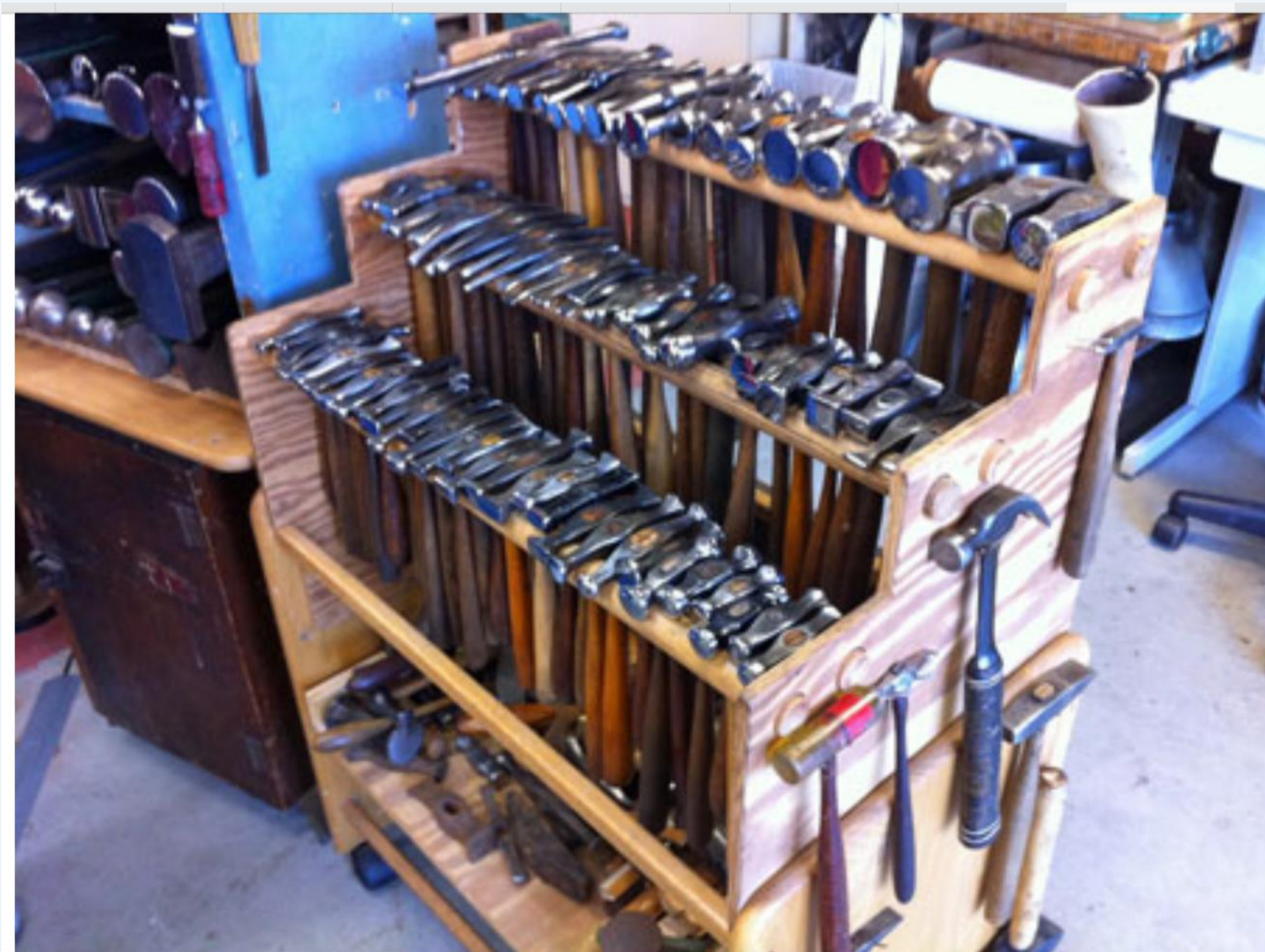
Kevin Swaffield opened the Inaugural Meeting of the Hume Sunbury Men's Shed Social Group on 18th April 2018

Minutes will be distributed to all members.

Albert is the Social Activities Officer. Howar.-.Deputy, Frank Z - Secretary Treasurer.

Some new and interesting initiatives will come out of this Committee which will include Social activities and take the Shed to another level. It is good of Albert to drive this and with the keen members behind him, it is assured of success.

HAMMER TIDY...Every Shed needs one!



SHED Projects and jobs



A challenging job of broken legs on an antique record player in cabinet but nothing our sheddies can't handle..the finished product



Milne and Fred keeping watch on the job

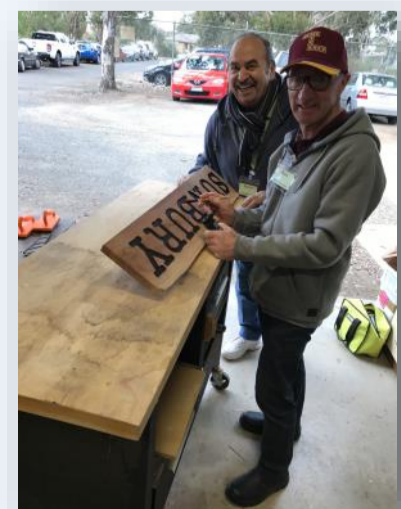


The metal men, Trevor and Gordon admiring our new toy...a 20 ton hydraulic press. This will come in handy for pressing out bearings and all other tasks the press is designed to do and is part of our metalwork arsenal.

Ross has found he has a flair for making engraved signs. What better use than to make a new Sign for our Shed? A great job Ross and Ian has helped you put it up so people know who we are.



Lew keeps himself busy this time by making a sewing thread tidy. Well done Lew.



Multi purpose Tool Sharpening Station



John Hunter. Our Secretary explaining to the Committee why we must have a dedicated grinder to fit into his newly made sharpening station. Nothing else will do....John is big on keeping tools pristine and Sharp.

Here he and Rod are demonstrating the skill at Bunnings.



WORKSHOP PROJECT

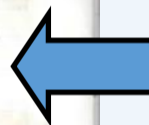
Multi-purpose Sharpening Station

Upgrade your standard bench grinder into an all-around sharpening workhorse. You'll never have an excuse for using a dull tool again.

If you use your bench grinder for most of the sharpening chores in your workshop, you may have found the standard tool supports somewhat lacking in, well, support. But turning your grinder into a capable sharpening machine with precision adjustments is as easy as building our grinder station. It'll make previously difficult-to-accomplish sharpening jobs a breeze to complete.

TWO-WAY ADJUSTMENT. The key to this sharpening station's accuracy is the use of a mitre track and T-bar combination set that allows for the adjustment capability in two directions. The aluminium-edged hardwood tool rest provides ample support and accepts a number of different hold-downs for various sharpening tasks. Building this platform for your grinder might just make it the most-used tool in your workshop.

44 • Australian Woodsmith / No. 139



" One of the fundamentals of Carpentry/Joinery and indeed many other trades and professions is sharp blades/chisels and or whatever else requires a sharp edge to be proficient.

Over the years I have tried many techniques and machines to achieve the ultimate 'keen edge' and was intrigued to find an article in the latest edition of Australia Woodsmith showing plans to build a Sharpening station. This one is different in that it allows for the sharpening of power planer blades which are very difficult to sharpen by hand.

Chisels are a breeze with this machine! With the appropriate permission from the committee I set about constructing one for the shed. It was a very interesting exercise and the machine does work! The grinder recommended in the article is a half speed machine with Aluminium Oxide wheels which are ideal for the job. A normal speed grinder would also work provided it was equipped with Aluminium Oxide wheels, but greater care would still have to be taken to avoid 'blueing' the edge."...John.





Falling off Ladders



BEWARE OF LADDER TUMBLE

This month's article is not really related to all things heart, but an important issue to be made aware of all the same. Most of you will no doubt recall Molly Meldrum's fall from a ladder in 2011.

Fortunately, Molly

miraculously survived to tell his own story!

A review of medical data and the results subsequently published in October 2016 by the Australian and New Zealand Journal of Public Health revealed that each year approximately a staggering 5,000 people are hospitalised for injuries acquired after falling off a ladder - and the trend is on the rise.

The researchers, lead by Associate Professor Kirsten Vallmuur, analysed data on a decade of hospitalisations from 2002 to 2012, and found that hospital admissions caused by ladder accidents in that time have increased by nearly 47% (from 3,374 in 2002 to 4,945 in 2012).

Overall, the time period saw 41,092 people hospitalised, mostly with arm and leg fractures, and injuries to the head. Only 20% of these hospitalisations were due to workplace injuries, which means that most people were falling off ladders at home- sometimes with serious consequences and long recovery times.

After interviewing people in emergency departments about what they were doing and what prompted the fall, some of the trends that emerged were overreaching, inappropriate footwear when climbing ladders, carrying things up on ladders, using the top rung which is not recommended to do and unstable ground.

Meanwhile, the most at risk group turned out to be older men, aged 60 and over. There were several explanations put forward for this; the rise in DIY home renovations, hobbying and an ageing population needing to maintain their homes. It was suggested that financial reasons may be at play here with more people needing to do maintenance at home, rather than getting a professional trade person in to do these things. Added to that may be that people 60 and over may be starting to not have as much balance, they might be taking medications which affect balance, or have poorer eyesight ... all reasons that could affect an older person's ability to safely use a ladder.

Choosing the right ladder for the job, having another person hold it, not working in wet or windy conditions and knowing your limits are all important points to consider when using a ladder. Asking yourself "Am I physically fit enough to climb a ladder?" ain't such silly question after all!

Heartbeat Victoria Sunbury Branch offers peer support for people living with a heart condition, their carers and families. New members welcome. Next meeting is Tuesday 8 May 2018 at 7pm. Due to the steady growth of this group the next meeting will be held at the Community Centre of AVEO Retirement Village, 45 Cornish Street, Sunbury. Call Louise on 0434 400 754 for more information

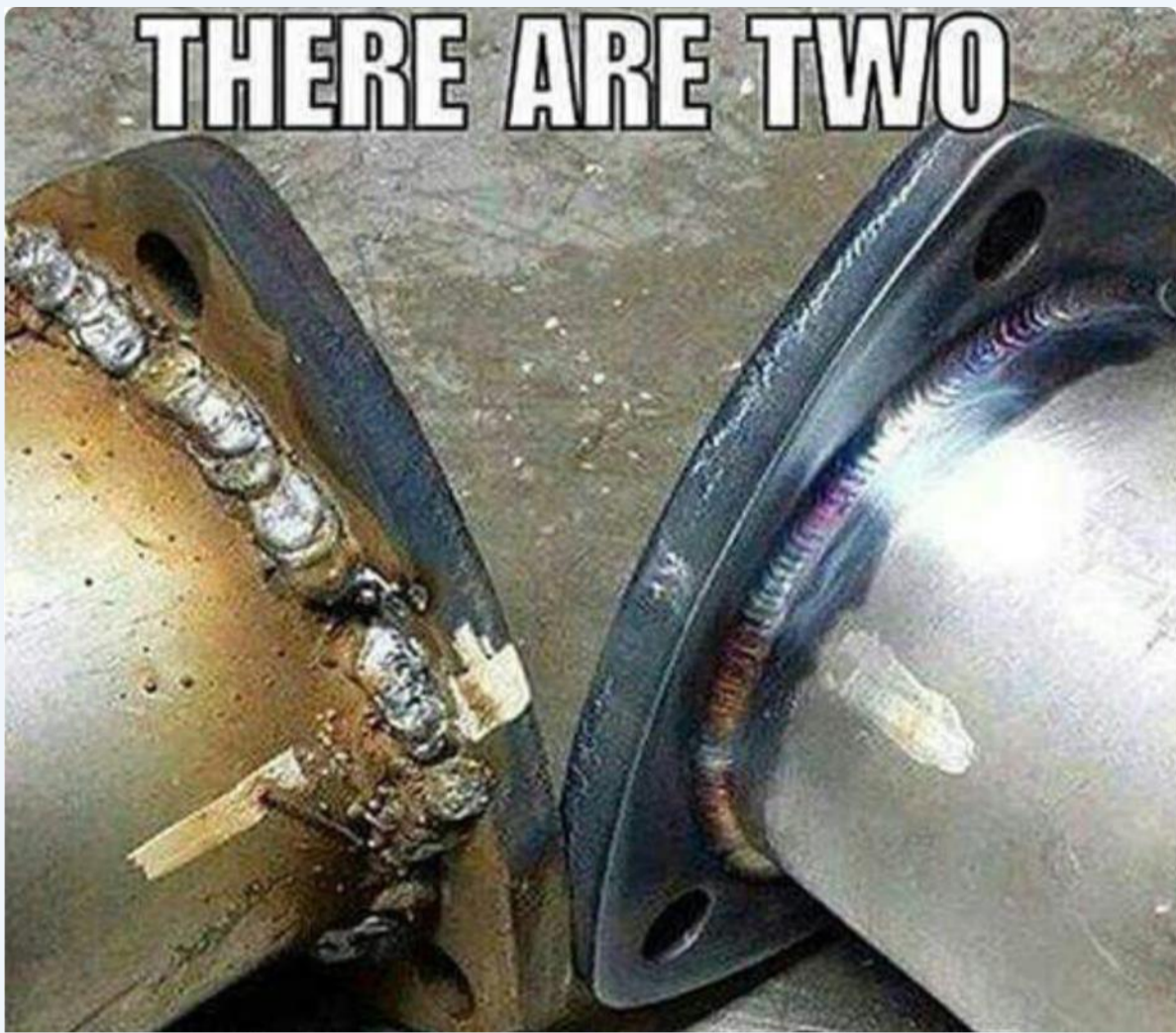
Reference:

<https://onlinelibrary.wiley.com/doi/full/10.1111/1753-6405.12592> .



This is how not to do it.....This is how we do it at the Shed

Welding Courses on Thursday mornings



TYPES OF WELDERS Which one are you?



When Ted isn't having fun, he is teaching people to weld. Book yourself in and you will soon be welding like this....



MORE SHED RECOGNITION



1st March 2018

Mr. Kevin Swaffield
Hume CC Men's Shed
Evans Street Grasslands Pavilion
128 Evans Street
SUNBURY 3429

Dear Kevin,

We would like to express our gratitude to the team at Men's Shed Sunbury for the assistance you gave CareWorks SunRanges. With your generous gift of materials and by allowing Keil Maslen to use the facility to build a safety ramp for use at our facility, many of our clients are able to access our facilities with greater ease. We are sincerely thankful for your support in this process.

All our programs are now up and running for 2018.

These programs include:

- Food hampers which contain fresh fruit and vegetables and other food items to supply three meals a day for three days for each family or individual client assessed by our team. These hampers are put together by our dedicated team of volunteers;
- Delivery of food hampers to people who are physically unable to visit our centre, through the Home Assistance Program;
- Bread and fresh fruit provided weekly to students through the School Breakfast Program;
- Financial aid in emergency situations;
- Christmas Hamper Program which last year assisted 182 households benefiting 448 individuals, with 274 bags provided.

Many thanks once again for the incredible blessing of your support of CareWorks, it is greatly appreciated.

Regards,

Michael Austin
Manager

34 Macedon Street, Sunbury Vic 3429

Phone: (03) 9740 5061

Email: info@careworks.com.au

Donations of \$2 or more are tax-deductible.

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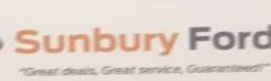
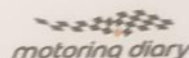
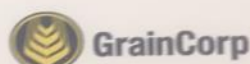
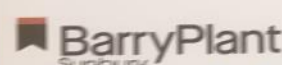
www.careworks.com.au



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