

★ ELECTION ★
★ 2018 ★

Our current and past Presidents have said they would like to see new talent on the Committee of Management. Kudos to the current Committee, but we need new and innovative ideas to progress a Shed where its membership is growing steadily. Now is the opportunity to see some new people join the Committee.



Hume

SUNBURY MEN'S SHED

Newsletter

Issue no 31

Shed Chatter

June 2018



Birthdays and guests and lunches ... a day at the Shed. Sometimes we even work ...



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

People and Roles

President: mediator, multi-tasker, countless other tasks: Kevin Swaffield



Vice President, Membership Manager, Assistant Treasurer: Mike Newman

Treasurer: Stan Rasanayagam



Secretary: John Hunter

Editor, Website, Friday meals, Pantry stocker: Frank Zambello



Garden Area Manager: Barry Burbridge

Woodwork and Community Projects: Manager Peter Wilkinson



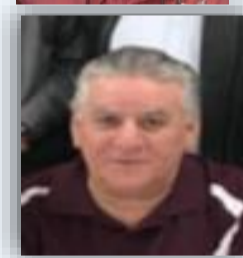
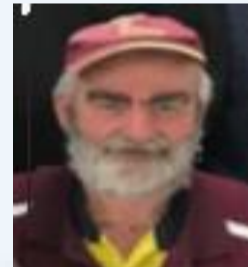
Metal Fabricating and Welding: Ted Riley

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

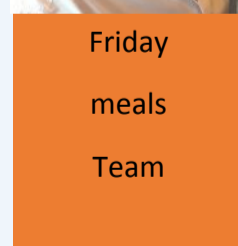
Barbecue trailer stocking manager: Peter Morphou



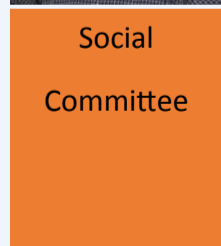
Metal Fabrication: Trevor Dunn



Chris Milne Albert Frank



Friday meals Team



Social Committee



Albert Howard Frank-

Website and Computer Management:

Frank Zambello, Allan Beck, Peter Underwood, Stan Petryk



Editor's rant



This is my 31st Newsletter since John Hunter our Secretary came out of a Committee meeting three years ago. He mentioned the members were requesting a Newsletter to keep them informed of what is going on in the Shed. He then asked "Would you like to do it?" The rest is history ...

From all accounts, I have delivered.

Whilst some members always comment and want to be in front of the camera there are others that go to great lengths to hide so as not to be featured doing something good or silly in the Shed. I've received plenty of positive comments from sponsors and Sheddies from other Sheds who see how active we are.

What I have now discovered is that the Newsletter is a means to satisfy our various sponsors; there are quite a few now and more requesting to join up which will benefit making our Shed even bigger and better. We are now in the process of putting together a formal "Sponsorship Package".

This year we are requesting members to put their names down for the many roles we have identified—some interesting, some menial and some financially viable such as the Bunnings Sausage sizzle and SunFest dance floor to name just a few regular money raisers. A "reward" for

work well done is currently being discussed to motivate people to assist the progress of the Shed.

On another note, Shed members are being encouraged to put their names in the hat for Committee jobs to be elected at the next AGM on 15 August 2018 to take the Shed forward.

Our stalwart Committee members have done an admirable job over the last few years. Dieter Jankovic, past President and Kevin Swaffield, current President both agree ... if you have the energy and ideas that will involve all the Shed, don't hesitate ... put your names down for the job.

We need new men, extra energy and new ideas.

During the next "reign", there are plans to have more guest speakers, visits to other Sheds and interesting outings and the creation of a new commercial kitchen with adequate seating arrangements.

The happiest Sheds are the ones with the fees kept to a minimum, members being made aware of plans and most importantly being part of the decision making process.

Let's be one of those Sheds!

Cheers
Frank

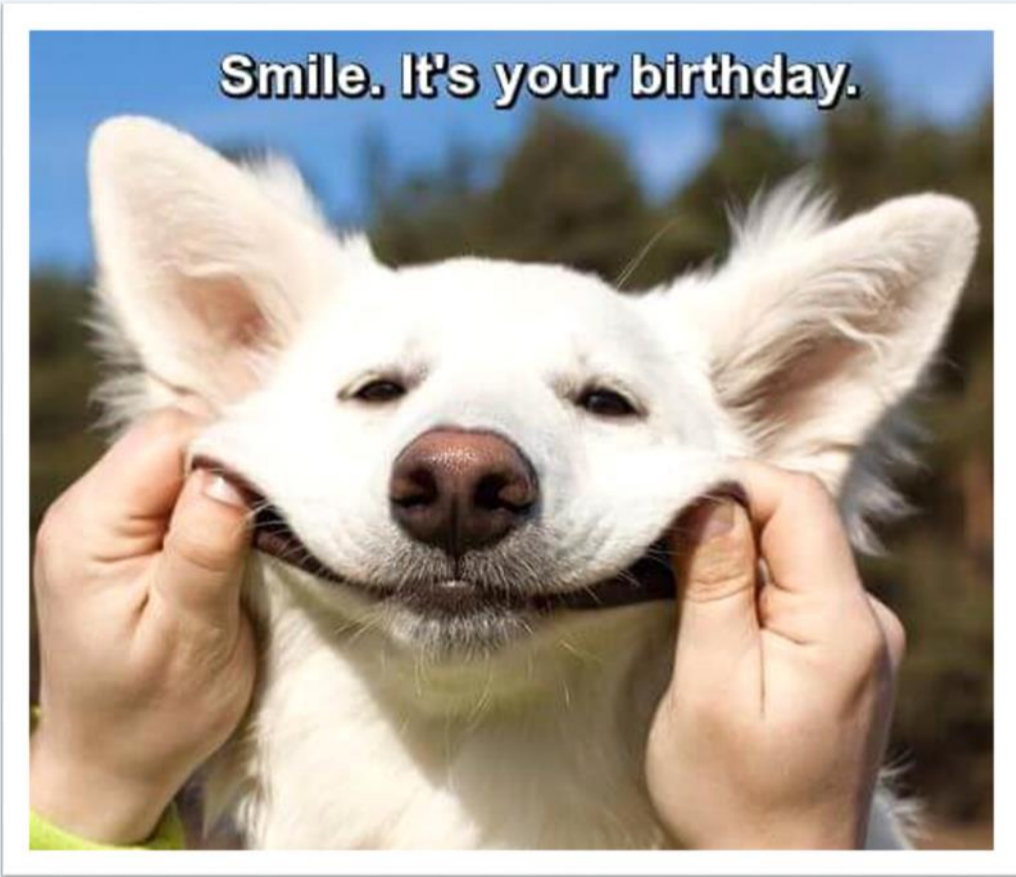
After the meal is the big clean up—on the agenda is a roster system




Greg is a new Member and generously started cleaning a few plates, then found they just kept on coming! Fortunately some assistance arrived from the people on the right. For his efforts, Greg receives a Quick Pick from Nextra Newsagency this week for his initiative.



July Birthdays



Jeff	Sharpe	2 July
Tony	Kumar	2 July
Geoff	Bradfield	3 July
Blake	Rudge	5 July
Carl	Mejak	8 July
Peter	Gooderham	11 July
Kevin	Swaffield	22 July
		



- Milvan Francescutti*
- Ken Garth*
- Greg Cameron*
- Annesley Caspersz...*

New Members



Shed Details

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

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.

Keeping warm is the order of the day at the welding shed and every man and his dog spend some time chatting, sometimes welding and keeping the fire going.



Keeping the fire going takes a lot of wood and we could do with supplies like this if anybody wants to go to the trouble.



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

Members will be asked if they wish to participate in the Sunbury Street Festival later this year. If sufficient interest is shown we will book a site and organise a theme.

It was requested that a dust extractor be installed in the new Shed extension to eliminate walking into the workshop with work to be assembled but this still needed investigation and justification. It has been decided that this is not required at the present time.

A paint pressure pot has been purchased to remove air bubbles from personal pens to be provided to Sponsors.

Brian Girdwood has sold the Shed a piece of equipment for the Shed to use in tagging and testing our electrical equipment which is a Statutory requirement.

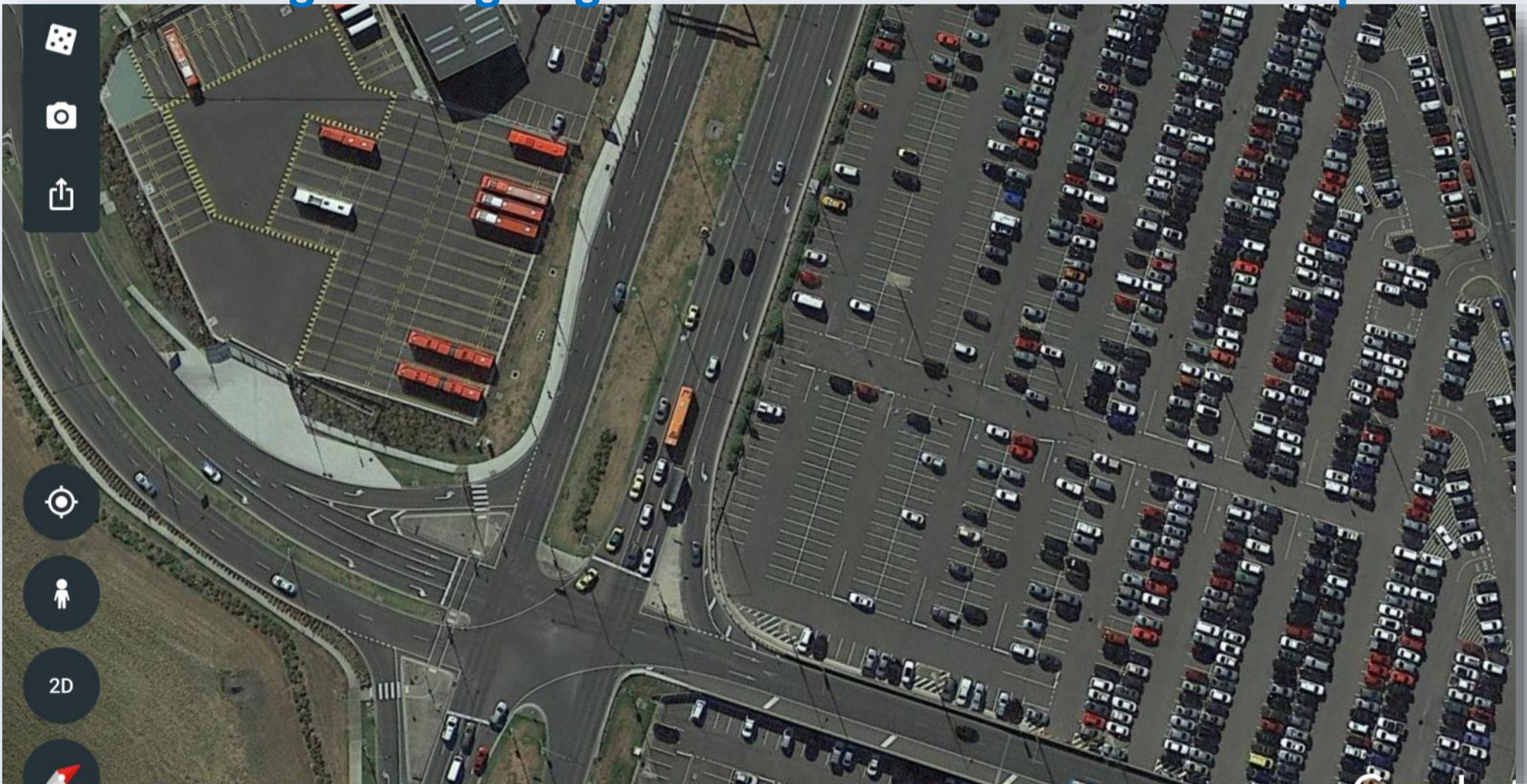
The AGM has been scheduled to take place on the 15 August 2018 and all the necessary forms will be sent out and processed by Mike Newman, acting President and Frank Zambello, acting Secretary.

A comprehensive set of Ryobi tools will be purchased for the Shed so we have one brand for all our portable tools and will use common batteries and chargers. People with an interest in this equipment will be asked to comment on a preliminary list produced by John Hunter, our Secretary before a quote is requested.

The Social Sub Committee has been provided with a set of guidelines to which amendments have been made and implemented.

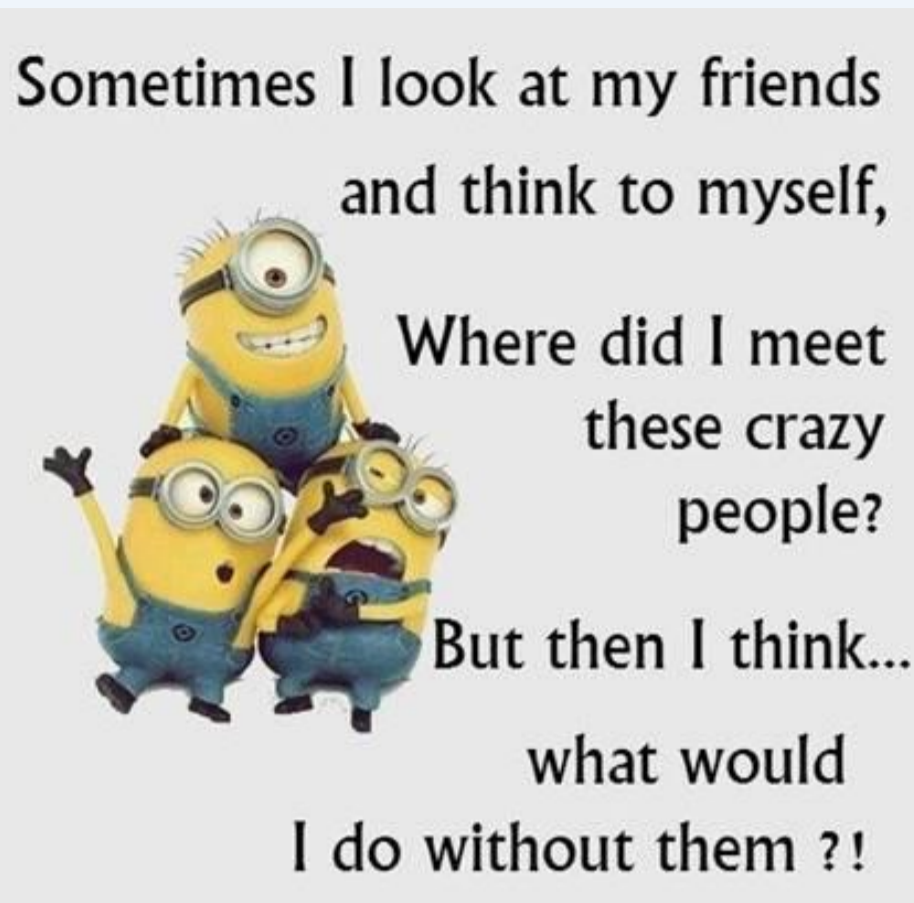
Sunbury Rotary has made a donation to the Shed which we acknowledge and will be highlighted in our Newsletter.

Who hasn't got lost going to or from Terminal 4 at the Airport?



In my opinion, designers of the Airport extension could not have made it any more difficult to find T4 if they tried. It is the talk of the Men's Shed that we always get lost going to or coming from T4. This is the aerial shot of where we need to do a U turn at the lights and stay in the left lane otherwise you end up in woop woop.

Xpand your Social Circle



Incorporating social networking into our daily lives is a way to stay in touch with our family, friends, former colleagues and networks. Having a computer and emailing to everyone is convenient, especially when we are retired. All we have to do is turn on our computers and login onto Facebook, send an email, visit and contribute to our favourite blogs and chat rooms. Phone texting is even easier. It's certainly a way of keeping in touch with everyone, but while convenient, a computer or a mobile phone do not replace the face to face social interaction which is so important for our overall mental and physical health.

Did you know? Research shows that being connected and going out with friends really can help you live longer, lower your Alzheimer's risk and more. Judith Horstman, author of *The Scientific American Healthy Aging Brain: The Neuroscience of Making the Most of Your Mature Mind*¹, shares six reasons why keeping your social life humming may do the same for your brain and well-being.

Add years to your life – It turns out, being social really may have an influence on how long you live ... and there's research to prove it. According to a study conducted at Brigham-Young University, loneliness and isolation can have a bigger impact on your life span than obesity. Another study from BYU and University of Chapel Hill North Carolina found that people who had fewer social connections had a 50% higher risk of dying within the seven year study follow up period.

Reduce the risk of stroke or a heart event - Research has shown that spending time with friends lowers your blood pressure and reduces inflammation in your body which in turn can decrease the probability of stroke or other brain damage. According to research in the Harvard School of Public Health newsletter, being engaged in life and having a sense of enthusiasm, seems to reduce the risk of coronary heart disease.

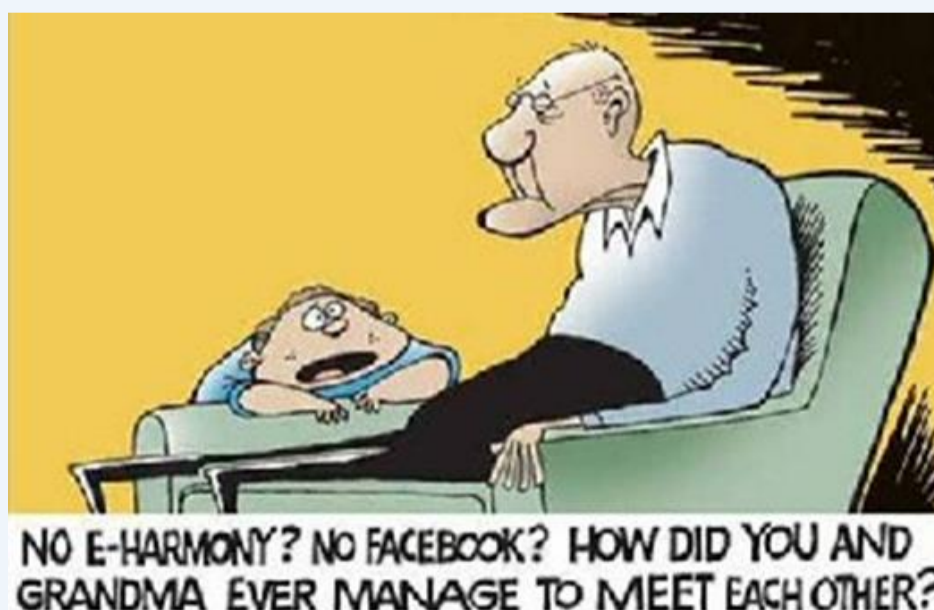
Boost your immune system - University of Chicago psychologist Jon Cacioppo, who studies social isolation as it affects the brain and our other biology, finds it disconcertingly associated with illness—both mental and physical. And research has shown that being socially isolated can lower your immune system; a Carnegie Mellon University study found that being more social upped your resistance to colds and flu, while being isolated, was a major risk factor in getting sick.

Encourage good habits - Having relationships with people to whom we are important can lower stress and the tendency to depression. And, so long as our friends have healthy habits, it also decreases the tendency to unhealthy habits such as smoking and drinking.

Lower or delay your risk of memory loss or Alzheimer's disease – We know that any social activity that engages your brain and keeps it active is good for you. But interacting with friends who are younger than you are may be especially therapeutic. Dr. Sharon Arkin, a psychiatrist at the University of Arizona, runs a clinical program in which Alzheimer's patients engage in exercise sessions with college students. Her program helps to stabilize cognitive decline and improve patients' moods. And, as if you needed another reason to babysit your grandkids, research has shown that women who spend one day a week caring for their grandchildren may have a lower risk of getting Alzheimer's.

Relieve pain- If you ever had your mother stroke your fevered brow or kiss a skinned knee when you were a child, and somehow felt better, you're not alone and it wasn't just your imagination. Research shows that something as simple as holding hands with someone you care about can lower pain perception, as well as blood pressure. So whether you hold hands, give someone a hug, or get a massage, it can help reduce pain and help you feel better

¹The Scientific American Healthy Aging Brain: The Neuroscience of Making the Most of Your Mature Mind, Judith Horstman, GoodReads, Published 3 May 2012 by Jossey-Bass <https://www.goodreads.com/book/show/16347604-the-scientific-american-healthy-ageing-brain>



Rotary Club of Sunbury Inc



**ROTARY:
MAKING A
DIFFERENCE**

**The Rotary Theme for
2017/2018 is**

Rotary Making a Difference

**The Rotary Monthly theme for
May is Rotary Fellowship
Month**



Kevin Swaffield our President and Ian Lupson, Past President with Joe Scordia receiving a Donation from Sunbury Rotary for which we are grateful

Birthplace of the Ashes

The Rotary Club Clocktower was constructed by the Rotary Club of Sunbury and presented to the citizens in recognition of Sunbury being the birthplace of the Ashes.

Sunbury is the site where a tiny terracotta urn, believed to be a perfume bottle bought by Lady Janet Clarke at an Egyptian bazaar, was presented to Ivo Bligh, the Captain of the English touring team of 1882-83. Although the date of the presentation is not confirmed, it is generally thought the urn was presented at Christmas in 1882 after a private game at Sir William Clarke's Rupertswood mansion.

The urn, which still sits at the Marylebone Cricket Club, is thought to contain the ashes of burnt cricket balls.



Beating the bulge



"If more than 50% of the population is obese, then I'm not overweight, I'm average!"



"To prevent a heart attack, take one aspirin every day. Take it out for a run, then take it to the gym, then take it for a bike ride..."

We all know that obesity is widely recognised as a health risk. In the media this week it was reported that for the first time in a decade, Australia's obesity rate is showing its first drop in a decade. Data collected for the latest Medibank Better Health Index¹ indicated the rates of overweight or obese Australians dropped from 63 percent to 62 percent in 2017. This translates to 200,000 formerly overweight Australians now falling into a healthy weight range. The quarterly Medibank Index interviewed more than 1,000 Australians a week since 2007 to track the nation's health status.

However, we certainly shouldn't be celebrating just yet. It's been suggested that it will take several further big data studies with similar findings to confirm a trend. Hopefully it's a sign that all the work being done by health professionals and various Government bodies to raise awareness about obesity and the need to exercise could be having an impact but the bottom line is that obesity rates remain at crisis levels.

Meanwhile, not everyone who is obese has problems, but the risk certainly rises if you have a family history of heart disease and stroke, high blood pressure, diabetes, some cancers, gallbladder disease and gallstones, osteoarthritis, gout and breathing problems such as sleep apnoea and asthma.

Extra weight makes you more likely to have high blood pressure and high cholesterol. Both of those conditions make heart disease or stroke more likely. The good news is that losing a small amount of weight can reduce your chances of developing heart disease or a stroke. Losing even more weight has been shown to lower the risk even more.

Believe it or not small changes can lead to really great weight loss results. And it's not all about willpower, it's about being realistic. Here are just a few suggestions to get you motivated²:

- Have a clear goal.

- Eat more veggies and fruit which fill you up without providing many calories but avoid dressings.
- Lifting weights builds more muscle and burns more calories and do full body exercises like squats, deadlifts, chin ups and push-ups, however, it's important to note that if you haven't exercised for some time or have high blood pressure or a history of heart disease, please see your GP before attempting exercise like this.
- Drink water instead of those fizzy sugary drinks.
- Keep a food journal - there's no better way to track what you're putting in your mouth.
- Use the stairs instead of the elevator or lift.
- Embrace plain rolled oats which will fill you up more than the high sugary breakfast cereals.
- Skip the chips, dips and other high fat junk food and to avoid temptation, don't bring them into the house.
- Use smaller plates and bowls.
- If your friends prefer pizza, wings, nachos and beer on a regular basis, find new friends who are like-minded and want to be healthy.

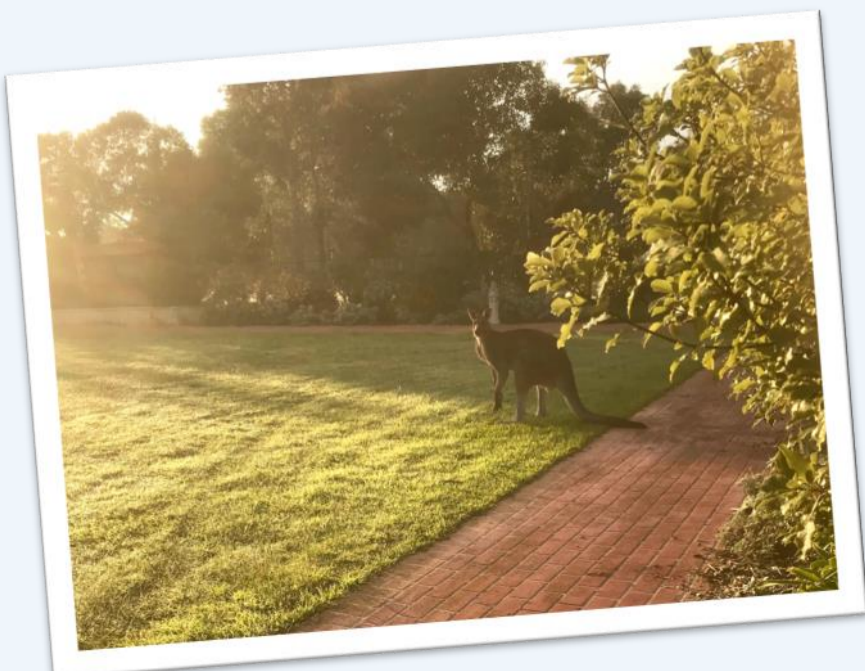
Heartbeat Victoria Sunbury Branch provides peer support for people who have suffered a heart event. Family members, carers and anyone interested in health and wellbeing are also invited. Call Louise on 0434 400 754 for more information.

¹ Medibank, <https://www.medibank.com.au/livebetter/tag/better-health-index/>, June 2018 [conducted by Roy Morgan Research]

² WebMD, <https://www.webmd.com/diet/obesity/obesity-health-risks#1>, June 2018



Sunbury still has that rural feel ...



This very large kangaroo decided to pay me a visit one very cold morning this week

Hume

SUNBURY MEN'S SHED GARAGE SALE



25th August

158 -160 Evans Street
Sunbury

You need our stuff

Lots of tools, hand made burnt timber pictures, novel coat hangers, wardrobe, children's and wrought iron tables and chairs and lots more!

Carrom ... a new game at the Shed



[From Wikipedia] thanks Annesley for providing this explanation of our new game

A Carrom Board - Carrom is a "strike-and-pocket" tabletop game of South Asian origin. The game is very popular in Nepal, India, Pakistan, Sri Lanka, Bangladesh and surrounding areas and is known by various names in different languages. In South Asia, many clubs and cafés hold regular tournaments. Carrom is commonly played by families, including children, and at social functions. Different standards and rules exist in different areas.

Origins—The game of Carrom is believed to have originated from the Indian subcontinent. It is believed that Carrom was invented by the Indian Maharajas. It became very popular among the masses after World War I and during the early part of the nineteenth century. Serious Carrom tournaments may have begun in Sri Lanka in 1935, but by 1958 both India and Sri Lanka had formed official federations of Carrom clubs, sponsoring tournaments and awarding prizes.

The most expensive boards are made to a high standard with high quality wood and decorations, though cheaper boards are available. The game has similarities to billiards, table shuffleboard and shove ha'penny; though smaller. It may be ancestral (via British India and French Indochina) to several similar Western games including novuss, crokinole, pichenotte and pitchnut.

Objective of the game—The objective of play is to use a striker

disk with a flick of the finger to make contact with and move lighter object disks called carrom men, which are thus propelled into one of four corner pockets. The aim of the game is to pot (pocket) one's nine carrom men and the queen before one's opponent does.

The game is usually played on a board made of plywood. The dimensions of the standardized game is a 29 inches (74 cm) square playing surface on a board of lacquered plywood. The edges of the playing surface are bounded by bumpers of wood, and the underside of each pocket is covered by a net which is 10 cm² or larger.

Carrom men and two strikers are arranged at the start of a game.

Carrom is played using small disks of wood or plastic known as carrom men. Carrom men are designed to slide when struck, and are made with a smooth surface that slides easily when laid flat on the board. They are struck by a Striker of standard specification which is larger and heavier. Carrom follows similar "strike and pocket" games, like pool, with its use of rebounds, angles and obstruction of opponent's carrom pieces.

A Carrom set contains 19 pieces (striker not included) in three distinct colours. Two colours to represent the players' pieces and one colour for the queen. The usual colours are white (or unstained) and black for the players and red for the queen.

Please speak with Kevin or Annesley (our newest member) or visit Wikipedia for more information.

Below are photos of the first-ever Carrom board recently constructed by Kevin (while working at the Sunbury Men's Shed). There are also photos of the players who participated in the first-ever games of Carrom played on Friday, 8 June 2018. Barry, although a novice to the game, could beat Annesley (who had previously played the game on many occasions). Another novice was Stan, who also showed talent in quickly learning the game. Although the game is ideally played using one's fingers, some of the players successfully used a billiard cue (stick).

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