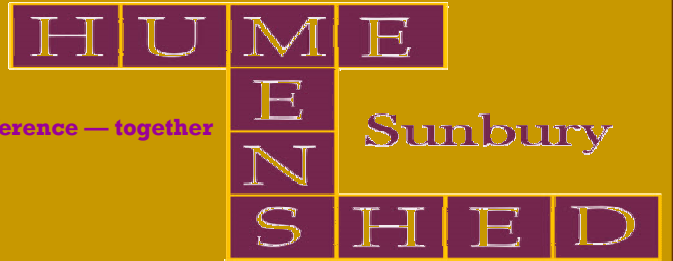
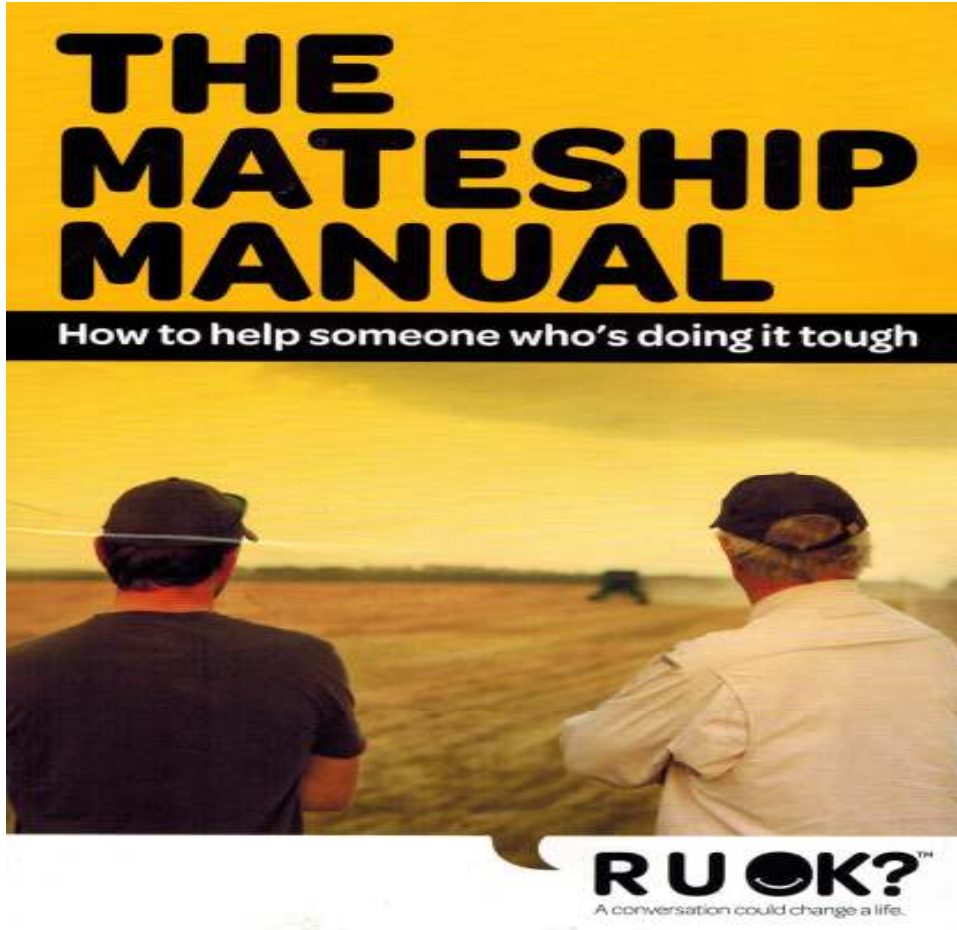


September
2020

Making friends, making a difference — together



SHEDDERS NEWS



"RUOK" will be continued in the newsletter over the next two issues

There's a lot of good things about living and working outside Australia's bigger towns and cities, but it also has its unique challenges. Fewer services, isolation and extreme weather events are just a few of the things that can be harder to deal with out there.

- If someone you know—a family member, neighbour or work mate—is doing it tough, they won't tell you
- Sometimes it's up to us to trust our gut instinct and ask someone who may be struggling with life "are you ok?"
- By asking and listening, we can help our mates and others we care about feel more supported and connected long before they even think about suicide. *Continued next issue*

President's Report

September 2020

Hi Members

Still not a lot to report with the pandemic still upon us.

The Committee is still working behind the scenes with getting all the electrics sorted with council before we go back to the shed.

I was also involved with a zoom meeting with The Stroke Foundation with Kevin English and a number of members from the Shed, called FAST.

It was quite interesting and a couple of pointers for all you guys to remember is that F = Facial drooping – A = Arm weakness – S = Speech difficulties and T = Time to call emergency services.

Also Dale and myself was on a zoom meeting with Josh Bull and a whole lot of other volunteer services in a forum as to what the other clubs/ organizations were doing to help in this pandemic with their members.

Hope all you and your family are all fit and well, and by now your gardens and SHEDS should be up to date!!!!!!

Just thought that the welding tips will be a little light reading and of some interest to some.

And remember

‘YOU WILL NEVER NEVER KNOW – IF YOU NEVER HAVE A GO’

TED



We are sad to report that Robert (Bob) White lost his battle with cancer. Bob joined the Mens Shed in 2017.

Our condolences go to his wife Chris and his family.

He will be sadly missed.

Don't wait to be asked to volunteer, offer to volunteer

Extract of Minutes of Meeting 127 Tuesday 15st September 2020 9.30am

Minutes of previous meetings

Item 7 Wait until shed reopens

Item 8 Milton will be supplying communication Guidelines

Correspondence in

27 pieces of correspondence received including

AMSA NSDP grant outcome **Grant received for Mental Health**

General Business

Before reopening, Test and Tag catch up, Machine housekeeping, Lay Kitchen Floor, Install Hand sanitiser (stocktake sanitiser supplies)

To be decided once we have an opening day. This will enable the committee to see what limitations we have.

Bendigo Bank electronic banking

Pay anyone and BPay can now be done electronically.

AMSA and VMSA to be recognised.

Power box upgrade

Hume City Council has requested their own contractor to upgrade the power supply in the shed. The contractor has inspected the facility and will begin works as soon as the parts has been received. Contractor to have access to the shed.

EBAY & Facebook sales



Tables and chairs have been sold through EBAY and Facebook, with Facebook not charging any fees.

Albert to control EBAY and FACEBOOK sales

Acknowledged that Bob White passed away.

Meeting closed 10.35am



  **Law of Mechanical Repair-** After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Don't wait to be asked to volunteer, offer to volunteer

Don't wait to be asked to volunteer, offer to volunteer**Secretary's Report****SUMMARY MINUTES OF COMMITTEE MEETING****Date /2020**

1. If poison passes its use by date, is it more poisonous or is it no longer poisonous?
2. Which letter is silent in the word "Scent," the S or the C?
3. Do twins ever realise that one of them is unplanned?
4. Why is the letter W, in English, called double U? Shouldn't it be called double V? (No..look it up..there **is** an answer!)
5. Maybe oxygen is slowly killing you and It just takes 75-100 years to fully work.
6. Every time you clean something, you just make something else dirty.
7. The word "swims" upside-down is still "swims".
8. 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
9. If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.
Four great confusions are still unresolved:
 1. In cinemas, which arm rest is yours?
 2. If people evolved from monkeys, why are monkeys still around?
 3. Why is there a 'D' in fridge, but not in refrigerator?
 4. Who knew what time it was when the first clock was made?Enjoy the lock-down and stay safe.

Dieter staying busy during the COVID 19

Since the dreaded Covid 19 arrived in our district early in the year (it seems so long ago now!) I've been busy whittling away at my vast "to do" list as I've managed to rearrange most higher priorities so that the refurbishing of my shed became my top priority, so since May I've been refurbishing my 3.8 x 4.4m weatherboard shed.

Firstly, the shed needed emptying! Boy, what a job that was!! So much GOOD stuff had to be stored offsite, so a 20ft container was hired for storage in Maryborough (only \$20/wk) and once I'd stuffed that to the gills the remainder went into our Kyneton storage. It took a month to empty the shed.

The plasterboard ceiling, wall lining, timber flooring (the shed's on stumps), windows, and electricals were ripped out and any rotten studs and floor joists (termites & wet rot) were replaced and finally in the first week of June the shed structure was weatherproof and structurally sound and ready for its internal fit-out.

The rockwool wall insulation was held in place with 25mm wide strips cut from a roll of 125mm wide plastic Damp-proof membrane (\$8/30m roll) and a friend of a friend installed the new LED fluores and power points. The interior wall cladding is 12mm ply as I want to be able to nail/screw heavy things to the walls. I had 3 sheets of ply in storage so used them in the most needed areas. When I can travel again, I'll get the other 14 ply sheets from northern Victoria at a good price.

Next, I erected a timber framed 800mm deep mezzanine storage rack around all four walls at 2.2m above floor level. This gave me a height of 450 – 750mm above the mezzanine floor to store good stuff, (you won't find any useless stuff in my shed!! haha).

Suspended from the mezzanine framing are 450 deep, metal-framed steel sheeted two level shelves running right around the shed walls. The material for those was found in the bush near Tennant Creek (N.T.). I salvaged 28 lengths of 30mm x 1800 long square metal tube and 18 sections of 450 x 900 steel shelving trays. (Owning a van does have its upside!)

A potbelly stove made from a 15litre LPG cylinder sits in one corner, and a 220litre fridge/freezer sleeps in another corner. There's a big piece of woolblend carpet on the floor so I'm not concerned about welding inside the shed as the carpet doesn't carry a flame. The potbelly stove needs a bigger flue/chimney as the air in the shed gets smoky on a cold night if I stoke up the fire too much. The red fire extinguisher by the bench is repurposed as a portable high pressure air storage cylinder.

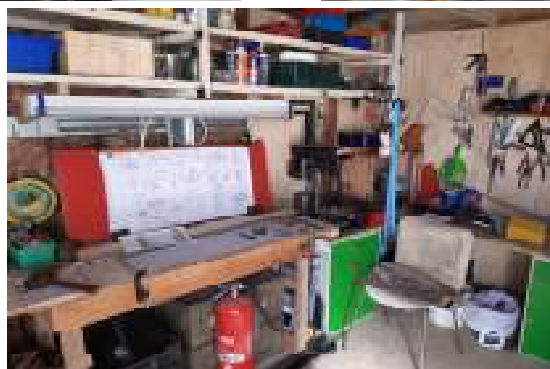
An old B&D radial Arm Saw sits on a castored workbench and an old 600mm deep tallboy is now fitted with castors and side drop-leaves and serves as another workbench. Other benching and shelving has been built using salvaged materials purchased from the Tip Shop, (good value bargains!!).

Next on the list for the shed is to refurbish the shed's veranda, but as we are also minding our 2.5yo grandson (little "Tassie devil") on a regular basis, so that'll have to wait until the Tip Shop opens up again, but in the meantime it sure is great to sit by my warm stove with a beer in my shed listening to my music on a cold clear night.

There's still heaps to do to complete the shelving and other things, however the immediate need to stay warm in the shed is done and I now work in reasonable comfort.

So stay healthy in mind and body until we can meet again down at our Men's Shed!

Dieter



This is what we, who are aged 70 or 80 years plus, can look forward to.

This is something that happened at an assisted living center. The people who lived there had small apartments but they all ate at a central cafeteria. One morning one of the residents didn't show up for breakfast so my wife went upstairs and knocked on his door to see if everything was OK. She could hear him through the door and he said that he was running late and would be down shortly, so she went back to the dining area.



An hour later he still hadn't arrived, so she went back up towards his room but found him on the stairs. He was coming down the stairs but was having a hard time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right. She told him she was going to call an ambulance but he told her no, he wasn't in any pain and just wanted to have his breakfast. So, she helped him the rest of the way down the stairs and he had his breakfast. When he tried to return to his room, he was completely unable to get up even the first stair step, so they called an ambulance for him.

A couple of hours later she called the hospital to see how he was doing. The receptionist there said he was fine, he just had both of his legs in one side of his boxer shorts.

I'm sending this to my children so that they don't sell the house before they know all the facts.

Thanks Peter H for your contribution

Don't wait to be asked to volunteer, offer to volunteer

Shedder behind the badge

Ian Phillips

I grew up on a dairy farm near Swan Hill in Northern Victoria and spent the first forty plus years in the Swan Hill area where I met a young nurse who I married 50 years ago. Swan Hill was a great place to bring up our family until I was forced to find employment in 'the big smoke' during the recession in early 1990's and relocated to Sunbury.

While our children attended school, I served and held office bearer positions on the school committees and councils. I was also a volunteer in the local SES operating mainly in the area of flood boats and road rescue.

Other family members.. Wife; Sandra

Our two children and their families live in Geelong and Berwick.

Our grandchildren..5 aged from 18 to 5 years old.

Previous occupation/s

Dairy farmer / Hay making Contractor

Metal Fabrication - T.A. / Engineering Supplies Sales & Admin.

Semi-Trailer Manufacturer - Sales & Admin.

Heavy Vehicle Parts & Components - Parts Manager

Rubber Component Manufacturer – Technical Sales Manager & Admin.

Hobbies

Family...Men's Shed...Caravanning...Men's Shed...Geocaching

Prior to children I raced off-road motor-cycles in events known in those day as scrambles.

Other interesting items to share with your fellow shedders

I have spent most of my working life in technical sales and manufacturing.

I loved the whole process of taking a customer's enquiry, converting it to a viable concept then on through specifications, costing, prototyping and finally manufacturing.

Men's Shed Clothing

For anyone wishing to purchase items with the Men's Shed logo on it, these include:

- Polo shirts.....\$30
- Caps\$18
- Fleecy Jacket.....\$40

Go to shop 7 Evans Street Arcade, and place your order



This is Buddy,

I bought him as a surprise present for my husband but it turns out he's allergic to dogs. So unfortunately I'm going to have to find a new home for him, and I'm just wondering if anyone out there can help?. His name is Alan, he's 61, great at DIY, drives a nice car and plans wonderful holidays.

Don't wait to be asked to volunteer, offer to volunteer



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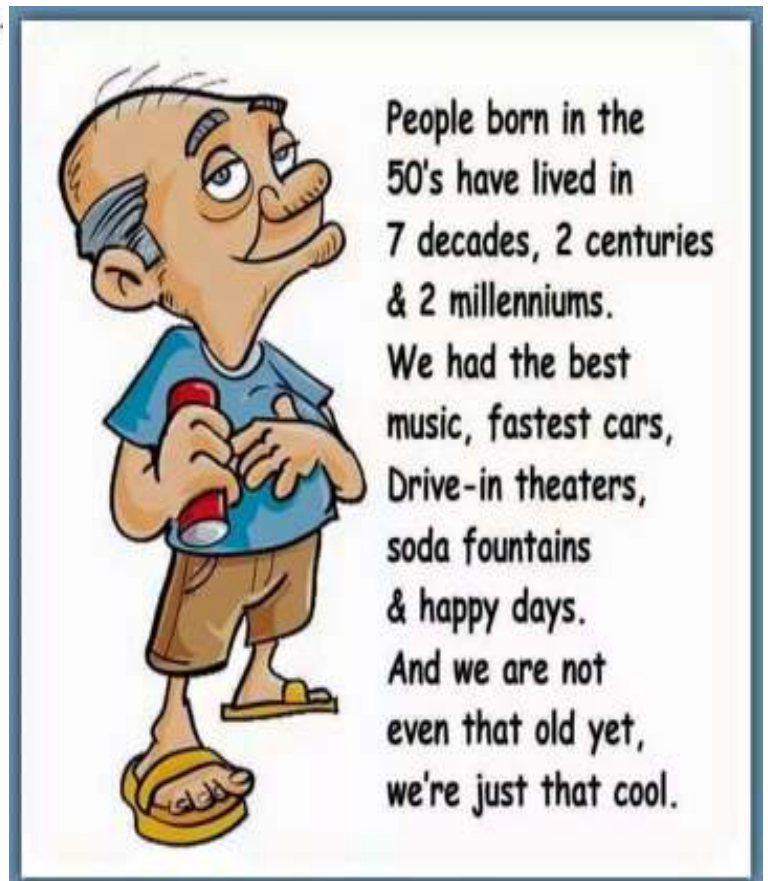
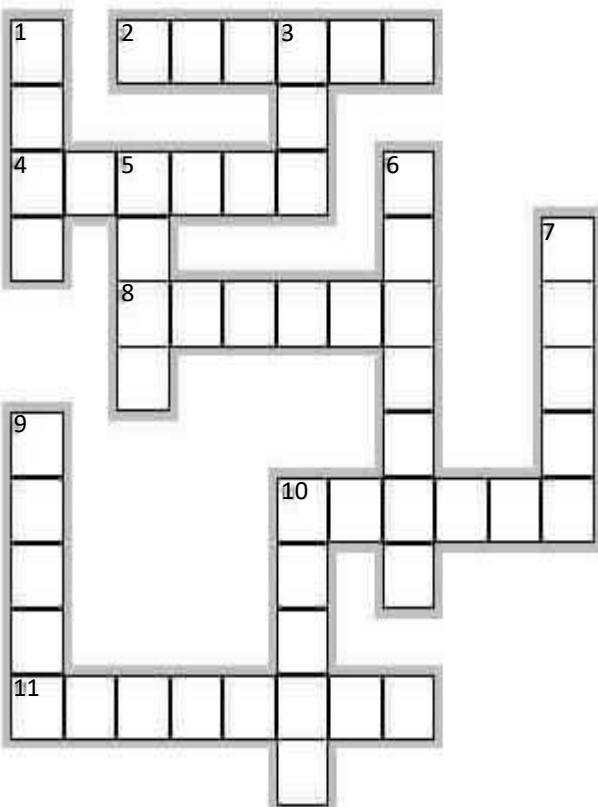
Across

- 2. Love Me _____
- 4. Puppet on a _____
- 8. Crying in the _____
- 10. Return to _____
- 11. Are You _____ Tonight?

Elvis Presley Crossword

Down

- 1. A Little _____ Conversation
- 3. Hound _____
- 5. Jailhouse _____
- 6. Can't Help _____ In Love
- 7. It's Now or _____
- 9. Heartbreak _____
- 10. All _____ Up



Birthdays For the month of September

Christopher Davis

Gregory Shoemith

Michael Newman

Jimmy Moffat

Peter Canning

Michael Priest

Stanislaus Rasanayagam

Lewis Galpin

Kenneth Kavanagh

Over the next few months we will be having tips on safety and how to weld.

WELDING TIP No. 1

- **PREPARE YOUR AREA FOR WORKING, MAKING SURE THAT THE AREA IS FREE OF DUST AND DRY**
- **YOU WILL NEED A HELMET, GLOVES AND APRON FOR YOUR PERSONAL PROTECTION**



People of importance

| | |
|--|-------------------|
| President (Metal Fabrication..Welding) | Ted Riley |
| Vice President | Dale Wilkes |
| Secretary | Albert Achterberg |
| Assistant Secretary | Ian Phillips |
| Treasurer | Stan Rasanayagam |
| Assistant Treasurer | Peter Canning |
| General Committee (Special Projects) | Ian Lupson |
| General Committee (OHS, Property Maintenance) | Kevin Swaffield |
| General Committee (Woodwork and Community Projects) | Peter Wilkinson |
| Assistant (Woodwork and Community Projects) | Peter Hobbs |
| Woodwork and Community Projects | Fred Parnis |
| Editor | Norm Ripp |
| Assistant Editor | Bill Lingam |
| Sponsorship | Jim Moffat |
| Grants | Nat Perri |
| Electrical Maintenance | Kevin Wood |
| Garden Area | Barry Burbridge |
| Metal Fabrication...(Fitting & turning) | Trevor Dunn |
| Barbecue, trailer stocking... (everything to do with food) | Peter Morphou |



Shed Details

This Newsletter is produced by Hume Men's Shed (Sunbury) Inc.

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SUNBURY MEN'S SHED
PROUDLY ACKNOWLEDGE
SUPPORTERS FOR 2019/2020



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JOSH BULL MP

MOWATT'S (Scottish foods)

ROB MITCHELL MP

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