



HOBSONS BAY MEN'S SHED

NETWORK INCORPORATED

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Hobsons Bay Community Workshop
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NEW SHED FOCUS

Edition No 68 April 2020

Presidents Report:

I hope that this news letter finds you all well and safe, this virus is very scary not knowing when it will end. Unfortunately we are closed until further notice which I am hoping around June that we might be able to open the gates again but in the mean time please stay safe and be like me and stay home and only leave home when necessary to do so.

The Sheds phone voice mail now gets converted to an email which Les or myself can reply to. We are not missing any messages that have been left on the answering machine.

PLEASE NOTE Motoring group members, the signing of your club permits, please send them to Ken Inglis, 30 Hunter Ave, Hoppers Crossing 3029 or R Mason, PO Box 264 Ballan 3342. **Please include a self and stamped envelope and your 2019 – 2020 Log Book NO LOG BOOK No Signature**

Important Information for the Motoring Group:

From: John Lewis <John.Lewis@roads.vic.gov.au>
Sent: Tuesday, 7 April 2020 1:19 PM
To: Iain Ross <imgross@bigpond.com>; Neil Athorn <Neil.Athorn@bendigoadelaide.com.au>; jjdavin@bigpond.com.au
Subject: USE OF CLUB PERMIT VEHICLES DURING CORONA-VIRUS PANDEMIC

Please circulate the statement below should you receive any enquiries about the use of club permit vehicles during the current pandemic.

John Lewis
Principal Practice Advisor – Registration and Licensing

VicRoads

USE OF CLUB PERMIT VEHICLES

The only reasons Victorians should be leaving their home are for: obtaining food and supplies, medical care and care giving, exercise, and work or education.

While you can continue to use your club permit vehicle, its use must only be in connection with one of the above activities (as well as being in accordance with the usual rules for use of club permit vehicles).

Victoria Police have powers to enforce social distancing laws and can issue fines of up to \$1,652 for individuals who don't comply.

Be warned if you are caught driving your CPS vehicle without a good excuse you will be fined and that fine is not cheap and you could loose points as well

We have the approval of the CoM and finally purchased the Morris Mini Minor 1968 model. We are looking forward to the restoration and bring the Mini back to its former glory.

I had a radio interview on WYNFM 88.9 Monday 16th March the interview was regarding the activities of the Shed and next years Car Show which they will be supporting and will be doing an outside broad cast from Apex Park on the day. If you wish to listen to the pod cast google wynfm life and style and go to 16 March 2020 03:00pm. My interview started around 4:05 with Rob Richardson. Check it out will help- fill in the day.

The following information was sent to me by Collin Dyall:

Are You Fully Aware?

Some Very Useful Information.

Johns Hopkins University has distributed this excellent summary to avoid contagion.

The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code. (mutation) and convert them into aggressor and multiplier cells.

- * Since the virus is not a living organism but a protein molecule, it is not killed but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.
- * The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.
- * HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.
- * Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.
- * Any mix with 1 part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

- * Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin.
- * NO BACTERICIDE SERVES. The virus is not a living organism like bacteria; they cannot kill what is not alive with antibiotics, but quickly disintegrate its structure with everything said.
- * NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only between 3 hours (fabric and porous), 4 hours (copper, because it is naturally antiseptic; and wood, because it removes all the moisture and does not let it peel off and disintegrates).), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours and can lodge in your nose.
- * The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.
- * UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin, eventually causing wrinkles and skin cancer.
- * The virus CANNOT go through healthy skin.
- * Vinegar is NOT useful because it does not break down the protective layer of fat.
- * NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.
- * LISTERINE IF IT SERVES! It is 65% alcohol.
- * The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less.
- * This is super said, but you have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.
- * You have to HUMIDIFY HANDS DRY from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.
- * Also keep your NAILS SHORT so that the virus does not hide there.

Ken Inglis

President

HBMS Sickies: I went into hospital for an overnight stay, I was admitted to have three hernias repaired and came out with seven repaired, not a bad effort. All is ok I am getting around OK.

Birthdays: We wish all that have Birthdays in April a Happy Birthday.

- Unfortunately due to our shut down all meetings Car Club runs ETC have been cancelled until further notice.

Other information.

Web pages you may like to surf. You may have to copy and paste the Facebook addresses directly into your search engine.

www.hobsonsnet.com

www.facebook.com/hobsonsbaymen

www.facebook.com/pages/Hobsons-Bay-Pelicans-Cycling-Group/436750253111059

www.hobsonsclassics.org.au

www.facebook.com/hobsonsbaymotoringmen

www.mechaworkshop.club

If you wish to opt out of this news letter, E-mail secretary.hobsonsnet@gmail.com stating opt out of newsletter, in heading line.

If you have any news for the Shed Focus, please email to Les or Ken and we will add it in.

Saying of the Month:

“Do to others as you would have them do to you.”



HAPPY EASTER.



The following article is regarding the wearing of masks and for further information on the Corona Virus go to Aus.gov.au. Stay SAFE Stay HOME.



Information on the use of surgical masks

Should I wear a surgical mask?

Most people will not benefit from wearing a surgical mask. Masks are of benefit to people who are sick so they don't cough on others, and health care workers who have frequent, close contact with sick people.

General public

Surgical masks in the community are only helpful in preventing people who have coronavirus disease from spreading it to others. If you are well, you do not need to wear a surgical mask as there is little evidence supporting the widespread use of surgical masks in healthy people to prevent transmission in public.

Specific requirements are in place for people who have returned from a country or region that is at high or moderate risk for COVID-19, or think may they have been in close contact with a confirmed case of coronavirus. Go to www.health.gov.au/covid19-travellers for the list of at-risk countries and isolation requirements.

If you are required to isolate, you should use a surgical mask (if you have one) in the following circumstances:

- You need to leave your home for any reason and will be in public areas
- You are visiting a medical facility
- You have symptoms and other people are present in the same room as you.

Suspected case

If you are suspected of having coronavirus disease, your primary care provider will give you a surgical mask to wear when you enter the emergency department or general practice.

This is a precaution to reduce the risk of spreading COVID-19, especially through coughing.

You should follow your primary care provider's advice on how to fit and wear the surgical mask. You should continue to use the surgical mask in all public places until you are advised otherwise by public health authorities.

If you are suspected of having coronavirus, you can find more information at www.health.gov.au/covid19-resources.

Confirmed case

If you are confirmed to have coronavirus disease, follow the advice of your primary care provider and public health authorities on wearing a surgical mask. You should wear a surgical mask if you need to leave the house; when you are in contact with health care workers; or, when other people are in the same room.

Health care workers

During the course of their work, health care workers may be exposed to patients who are suspected or confirmed of having COVID-19. When caring for patients with suspected or confirmed COVID-19, health care workers are required to wear appropriate personal protective equipment (PPE) (masks, gloves, eye shields and/or gowns) to protect themselves from infectious illnesses and help stop the spread of disease. The PPE required will depend on the

type of interaction. It is important that our health workforce remains strong and healthy during this time.

Information for health care workers looking after patients in hospitals and non-inpatients is available at www.health.gov.au/covid19-resources.

Pathology specimen collectors

Pathology specimen collectors should follow the advice for health care workers above and wear appropriate PPE when collecting specimens from confirmed or suspected cases to protect themselves and help stop the spread of the disease.

Customer service staff

Customer service staff and public officials do not need to wear a mask as there is less chance they will come into close contact with suspect or confirmed cases. All staff are required to practice social distancing and good hygiene practises.

If you feel unwell, stay at home, let your supervisor know and seek further medical advice.

How do I get a surgical mask?

If you suspect you are ill with coronavirus disease, you should seek health care from a hospital or your general practice GP, where you can also get further information on surgical masks.

The Australian Government is supporting general practices that are seeing patients with suspected coronavirus and are unable to access sufficient surgical masks. These surgical masks should be available through primary health networks (PHNs). General practices should contact their local PHN in the first instance and outline their needs.

General practices and medical practitioners are encouraged to refer to the Department of Health website which includes specific information on treating possible coronavirus patients.

How can we help prevent the spread of coronavirus?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses. You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser, and
- if unwell, avoid contact with others (stay more than 1.5 metres away from people).

More information

While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness—not coronavirus.

For the latest advice, information and resources, go to www.health.gov.au

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.

The phone number of each state or territory public health agency is available at www.health.gov.au/state-territory-contacts

If you have concerns about your health, speak to a doctor.