



HOBSONS BAY MEN'S SHED

NETWORK INCORPORATED

Inc No A0052699G ABN 49 347 062 360

Hobsons Bay Community Workshop

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NEW SHED FOCUS

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Welcome to the June Shed Focus and Winter, we are currently in lockdown and my gut feeling is that this fourth lockdown will go more than the seven days the Vic Gov has announced.

Stay safe and warm.

As you can see, we have had the slab poured for the motoring groups new shed, we are now waiting for the delivery of the shed so it can be erected, hopefully this will be soon.

The PA system has been installed and working.

We are planning a fire evacuation in the near future so be prepared,

TO ALL MEMBERS

Over the last few years Peter Wolfe has staffed our reception desk on Thursdays and Fridays, unfortunately Peter has advised us that after the end of July 2021 he will no longer be available to undertake this role. We thank Peter for his years of hard work and wish him well in his new endeavours.

As a result of Peter's advice (even though he will be a hard act to follow) we are now seeking a replacement for the role of Membership / Reception.

The requirements of the role are:

- Ability to be available and reliable on Thursdays & Fridays 9.30am - 2.30pm
- High level interpersonal skills
- Technology savvy
- Able to handle money
- Medium to advanced excel skills

Note: Training will be provided

If you would like more information about the role, please feel free to talk to Peter directly

If you are interested, please contact a Committee of Management Member in person or email: secretary.hobsonsnet@gmail.com

Thank you, Peter, for standing in and taking on the job as Membership Officer and Reception, you will be greatly missed when you leave, and I wish you well in your future endeavours.

Ken Inglis

President

Motoring Group report:

Geelong Vintage Market/Waterfront run held on the 23/5/2021.

The weather Gods were with us and although pretty chilly to start with, it soon warmed up once the sun came out.

A total of 3 members, plus one Guest joined Sue and I before we headed off in "Convoy" to Geelong, once we arrived at the Vintage Market we were joined by another member. making a total of 6 cars, 11 people, very disappointing!

The positive side of this small turnout meant that we were able to sit in the Pickers Café and share a coffee/chat prior to our exploration of the Vintage Market.

We finished in the market around about 12.30ish, when once again because we were only a small group the decision was made that instead of going down to the Waterfront where parking would be at a premium it was suggested by Ian McDonald that we go to the Shell Club located not far from the Vintage Market, for lunch.

We then spend a couple of pleasant hours discussing and solving the problems of the world whilst having our lunch, this would not have been possible with a larger group, so another positive side to a small turnout.

To sum up, those that did join I believe had a good day and also made some new friends, from a personal point of view I found it disappointing that not more members joined the run, and furthermore that not at least one of the Committee members, other than an apology from one, cared too support me on my first organised club run.

Cheers
Lou Artz.

Woodwork Report:

The woodworking workshop is extremely busy at the moment filling an order for 600 bird templates from the Newport Gardens Primary School..

Each student will be given a template for decoration and it will form part of a Flock of Birds. The order is due to be delivered on 14th July 2021 so any assistance cutting the birds out or sanding rough edges would be appreciated.



TERPS MAY REPORT

Firstly, a big thank you to Peter and Helene, who were custodians of the keys while we were on our interstate holiday, and for sending summaries and photos of the working bees on 4 and 11 May. And to all the team, who achieved so much. Well done to everyone in the volunteer team!

Thank you to all those volunteers who came to the National Trust Heritage Festival Open Day and helped with various tasks, your help was greatly appreciated, and we got two new volunteers for the team, John and Graeme. John is a retired project engineer with experience in a number of areas, particularly hydro power. Graeme is an electronics whiz, particularly with old radios and sound reproduction equipment. He is also a museum conservator who works part time at ScienceWorks.

The Open Day was a great success, with over 150 people through the gate and nearly \$400 in donations banked, thanks Mainly to afternoon teas and the BBQ. Sincere thanks to Hobsons Bay City Council for supplying the BBQ food and the great barbecue trailer!

Today we had a visit from six members of the Photography Group at the Men's Shed, who spent the morning with us. They will be sending some photos of their work.

This bulletin is a summary of the last three working bees, and we have simply used Peter's reports verbatim for the first two.

Tuesday 4 May.....

It was a rather cool day here, and 40 mm of rain overnight, although it did stay mostly fine. The ABC just announced that Altona received the maximum fall for Melbourne for the past 24 hours.

We welcomed a new potential member today, who attended the open day on Sunday, and spoke to Ralph - John Arnold. John was thrown into the thick of things, helping move the ever increasing in size, wind mill tower. Vince and Charlie continued their metal magic, and the tower is looking grand.

John also helped Neil and Lionel in pulling off the old Masonite, and then repositioning new lining in the back room.

Three cubic metres of mushroom mulch arrived, but it was delivered in a huge truck, and Phil, Ken, Dave and Gary did the muscle work in wheelbarrowing the mulch to the garden area.

Helene and Ailsa continued their good work in the garden, and Peter continued with the painting.

Graham and Anne worked diligently on archives, and Graeme, the heritage radio technician rejuvenated the old radiogram in the sitting room of the managers house.

Serge and Ted continued their fine woodworking for the cabinets, although Ted had much trouble with his overalls, as they seemed to get turned inside out several times before they found the right way up. Sergei also educated us on edible mushrooms and ensured us that the new outcrop in the lawn outside the cottage were quite edible. Needless to say none of us took any home, preferring the safety of the rather hot and spicy capsicums.

Tuesday 11 May....

Weather was rather "bleak".

Frank did some good maintenance on the wheelbarrow.

Helene and Ailsa worked diligently in the garden.

Dave and Phil prepared veggie garden beds for the winter crops.

Anne continued her good work on the archives.

Graeme "the 2nd" has lovingly restored the radio cabinet in the main house.

Sergei continued his fine woodworking skills on the cabinets.

Neil, John and Lionel finished the lining boards for the cottage back room.

Vince and Charlie continued reconstructing the wonderful steel tower.

Peter finished painting the east awning unit.

Tuesday 18 May....

Peter, Neil and John installed the west window awning, with help from Lionel and Ralph.

Frank, Vince and Charlie continued rebuilding the windmill tower. A decision is now needed of final location and orientation before the job is finished.

Neil, John and Lionel continued re-lining the wall between the back room and laundry.

Serge continued working on the new kitchen cupboard doors.

Helene and Ailsa achieved what looked like an impossible task - removing two huge aloes from the 'rocky mountain' bed.

Ailsa, Helene and Virginia also did a lot of general weeding and collecting and spreading pine needle mulch.

Ken did a lot of work in the veggie garden, and also stabilised the rickety paling fence of the yard, which was in danger of falling over.

Graeme put some finishing touches on the old radio cabinet. He has made it electrically safe and removed the old

loudspeaker to lighten the weight.

Ann continued work on the archives.

Ralph and Lionel tidied up the storeroom, which will now be used exclusively for storage of event equipment.



Five health checks for men

One of the best ways to take care of yourself is to have regular health checks with your doctor. Even if you feel well or don't have any symptoms you're concerned about, you should make time for regular check-ups. This is because some diseases can develop slowly over time and not exhibit symptoms

until the condition has progressed. However, early detection will ensure earlier management which is often more effective than later treatment. In some cases, it can also save your life.

Heart health check

Cardiovascular disease (CVD) is a leading cause of death in Australia with far more men at risk of a fatal heart event than women. CVD refers to all diseases and conditions involving the heart and blood vessels, and includes heart disease, stroke and heart failure. CVD accounts for 26 per cent of all male deaths in Australia every year.

However, you can significantly reduce your risk of CVD by having a regular heart health check. This usually involves questions about your lifestyle and family, a blood pressure check and a blood cholesterol test. Experts recommend being checked every two years once you're over 45, or once you're over 35 if you're Aboriginal or Torres Strait Islander.

For more information on heart health including how to calculate your heart age, please visit The Heart Foundation website.

Diabetes test

Type 2 diabetes is one of the biggest health challenges in Australia. Statistics show that one person develops the disease every five minutes, and more men develop the disease than women. Diabetes can lead to other health conditions such as heart disease (you're between two and four times likely to develop the disease), blindness and amputation.

However, having a regular check with your doctor can reduce your risk of developing diabetes. A check will usually involve a fasting blood sugar level test to check for high levels of sugar or glucose in the blood (hyperglycemia). Check with your doctor how often you should be tested, as this will depend upon your overall health, and your risk factors.

Bowel health check

More than 8,500 men are diagnosed with bowel cancer every year, with one in 11 developing bowel cancer in their lifetime. Around 55 per cent of all Australians diagnosed with the disease are men. However, healthy diet and lifestyle choices, along with regular screening and surveillance can reduce your risk. Current guidelines recommend that when you're aged between 50 and 74, you use an at-home faecal immunochemical test (FIT) every two years, if you have an average or near average risk of bowel cancer. If you're in this age group, this test is now mailed to you free of charge, every two years, as part of the National Bowel Cancer Screening Program (NBCSP).

If you have a family history of bowel cancer (i.e. a first- or second-degree relative diagnosed with bowel cancer, under the age of 55 years), you may need to be screened via a colonoscopy every three to five years. Speak to your doctor about your personal risk factors.

Skin cancer check

Australia has one of the highest rates of skin cancer in the world with two-thirds of Australians being diagnosed with it by the time they're 70. The incidence of non-melanoma skin cancer in men is almost double that of women, while melanoma is the third most common cancer in men after prostate and bowel cancer.

The good news is that regular skin checks can help protect your health. The sooner a skin cancer is identified the more effective treatment will be. There is currently no formal screening program for skin cancers in Australia, but it's recommended you become familiar with your skin. If you notice any of the following, visit your GP or a skin care clinic for a check:

- any crusty, non-healing sores
- scaly, dry spots or patches on the skin
- small lumps that are red, pale or pearly in colour
- new spots, freckles or any moles changing in colour, thickness or shape over a period of weeks to months.

Prostate check

Prostate cancer is the most commonly diagnosed cancer in men, with more men dying from it, than women dying of breast cancer. Risk factors include age and family history. Currently there is no formal screening program for men. However, if you're concerned about your risk, speak to your doctor to see if regular screening tests are appropriate for you.

Screening for prostate cancer is usually done via a blood test called a Prostate Specific Antigen (PSA) test, and/or a physical examination during which your doctor will check the size of your prostate via a Digital Rectal Examination (DRE). The results of these tests usually determine what kind of follow-up is required, if any.

Remember, just because you notice any changes to your health, or a new or unusual symptoms doesn't mean you have cancer or a life-threatening disease. However, it is important to follow up with your doctor who can conduct a number of health checks.

Please note: The information supplied is general in nature. Please consult your medical practitioner for individual advice.

With thanks from Independent Living Australia

TO ALL MEMBERS

Please be advised that if you injure yourself in the course of your attendance at the Hobsons Bay Men's Shed it is imperative that you report your injury to a member of your group Subcommittee or a Committee of Management Member and that the incident is recorded in the Injury and Incident book that is located in a box below the defibrillator on the wall outside the woodworking workshop door.

This is required by our insurance company and for our members protection.

Your co-operation is appreciated.

Thank you,

Sickies for the Month nil has been reported but unfortunately, we have lost another member in May and that being Kevin Nightingale (Nugget) a member of the Social Group.

Birthday wishes to those having a Birthday in June.

Coming Events

Car Torque – Cancelled.

TERPS open day Cancelled.

Committee of Management Meeting – TBA

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 newsletter, 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 Meredith or Ken and we will add it in.

Saying of the Month:

Always remember: Silence and smile are two very powerful tools. Smile is the way to solve many problems. Silence is the way to avoid many problems. Paulo Coelho