



The Shed Report.....

MSM Inc. Chairman
Charles Sanders

Editor
Steve O'Brien

The Maitland Community Men's Shed welcomes any new members to join our shed. Just drop in and have a chat.

The Men's Shed is available to our supporters and friends for assistance. Just contact the shed for information if we can lend a helping hand.

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As I begin to put "pen to paper", that is something us oldies would know, the news fraternity are filling us with unwanted information that our foe, good old Covid is on the rise again. We managed, with some esteem, to find our way through during the initial outbreak, we now need to do what we did before and do what is needed to be done and look after ourselves and our community. In the meantime, life at the Shed moves on.

From the recent Board meeting, it is pleasing to report that the Friday luncheons will resume and the Tuesday BBQs hosted by the gardening boys will also resume. The horse whisperer's horse from within the mezzanine floor stables, has been relocated to Dungog in attempt to find it a new home.

A few musical enthusiasts have begun a group within the Shed with a keyboard player, piano accordionist, saxophonist and an electric guitar player. I haven't heard them yet but from all reports they hit out a mean tune. One may say, just another string in the bow of the talents in the Shed.

The projects, many and varied, continue to move in and out of the Shed. More detailed information will be seen throughout this newsletter along with what is happening out in the garden.

The lift to the mezzanine floor, has proven to be a wonderful asset within the Shed and is being utilised many times a day.

I would like to leave you with this little thought: -

GOOD MORNING WORLD!!!...

All our JOURNEYS are DIFFERENT but are the SAME...

WE ARE BORN and THEN WE WILL

PASS ON...

I ENCOURAGE YOU to LIVE & LOVE LIFE, for ALL its GLORY, through the GOOD TIMES and the BAD. (And damn it's hard SOMETIMES) ... the SUN comes UP then it goes DOWN whether WE are here or NOT. SO, when YOU OPEN YOUR EYES in the morning WORRY LESS and LOVE MORE and be THANKFUL !!!...

Keep smiling and enjoy each-others company. See you at the Shed.

Charlie Sanders - Chairman

WEARING A MASK

In line with current NSW Government requirements, we now require all Members and visitors to our premises, to wear a face mask, to help stop the spread!

It is now mandatory to wear a face mask at all indoor, non-residential premises in NSW. Effective from the 26th of June 2021, all Members and visitors must wear a face mask that covers their mouth and nose whilst inside the Shed. You may remove your mask when eating and drinking.

The safety of our Members continues to be our major priority, and we will continue with our increased cleaning and hygiene measures.



Happy Birthday Geoff.....

Happy 96th Birthday to our eldest Shed Member, Geoff Pisani. He and his lovely wife Virginia, called into the Shed on the 16th of June to celebrate Geoff's birthday over a cuppa and a piece of cake with his fellow Shed mates.

Geoff was an inaugural Member of our Shed right from the start. He still drives himself to the Shed on a regular basis. Its great to see that he places such a big emphasis on spending time with his fellow Shedders on such an important day.

There was a large group of Members present on the day and they all sang "Happy Birthday" to him. Its not everyday that one of our Members turns 96. All the best mate.



BBQ News.....



June the 5th saw our Shed hold another BBQ for the Maitland Netball Association. This BBQ also seen us introduce our new Square Eftpos payment system. After the last BBQ we recognised the need to purchase this type of electronic payment system because of the loss of quite a few sales because some people do not carry cash.

It was pleasing to see a large number of Members turning up to roll up their sleeves and help out. The day turned out to be very successful for our

fundraising efforts. Profits increased by around 40%. This was put down to using the new Eftpos system.

We will be holding another BBQ for the Netball Association on the 31st of July at Maitland Park. If any Members are available to come along and lend a hand, then please put your name on the list in the lunchroom. If you need any information about the day, have a talk to Tom Norton who is the BBQ Coordinator.



Our Community Involvement.....



We do many jobs in the Shed, however this one is a little different.

About 18 months to 2 years ago a new business in town approached the Shed and offered to support a project that would benefit the community. The then Management committee put on their thinking caps in an attempt to come up with a project that would fit the criteria. Nothing immediately came to mind, although there were some thoughts about some projects put forward, but none seemed to fill the bill. What seemed so easy turned out to be more of a challenge. The business did in fact contact the Management committee several times to enquire had we found a project, were we still interested and they were still there wanting to offer their support.

As you would be aware Covid hit and that tended to put things on hold, but we made our way through that challenge and with the support of all of our members we came out the other end and restarted proceedings at the Shed, even though the rules were somewhat different.

Then in April this year we received an email with the following request:

Dear Men's Shed members,

I am writing to you to ask a question and your advice. We have 2 young men aged 21 and 22 who have severe Autism and Intellectual Disabilities living in a Shared Independent Living home in Rutherford with Connectability. They moved into their own home with one-on-one support in January this year. Connectability has been a wonderful

support for us in making the boy's life a fulfilled one.

Our boys love swings. The higher they go the better. Unfortunately, my husband and I have purchased at least 5 swings previously and they just don't cope with the constant swinging.....

I was wondering if the Men's Shed makes large wooden swings like the one in the picture which can be secured to the ground so it does not move.

We followed up this request and had a meeting with the parents of the boys. The Penny dropped and it appeared that this project may be one that the business would be willing to support. We asked the Mum for some additional information about the boys and we made an appointment to talk to the business and put forward our case to ask them if they would like to support this project.

The Mum sent me some additional information and it turned out that there was another story behind the scenes: -

Tyrin and Jessie came into our foster care from 3 months of age (Jessie) and 14 months (Tyrin).

We have been blessed to bring up these beautiful babies to grow into young men. Tyrin now 22 is non-verbal with Autism and Severe Development Delay, but has a fantastic smile. Jessie is now 21 who is our cheeky one. He can be very difficult at times, and also has Autism, Development Delay and Anxiety, but when he is happy, he is really happy.

Our Community Involvement - continued.....

As the boys grew older into their teens, their disabilities were far too much for Dad and I to control. Eventually they went into a group home.

The boys are now in the care of an amazing company through the NDIS called Connectability, which is based in Warrabrook.

The business took our request to their management and within a day we received a 'phone call advising us that they would love to be part of this project.

The design has been done, materials have been procured, the yard has been surveyed and the job has started. The layout for the "A" frame was marked out on the floor, the timber laid out, measured and marked and cut. The "A" frames have been assembled and the top beam fitted. They sit proudly in the workshop area. Work has also commenced on the construction of the swing seat. When it has all been assembled and no doubt tested



by many members it will be delivered to site in Rutherford and installed, complete with a sun safe roof.

We need to acknowledge "Creighton's Funerals" for their patience in allowing us to find a project that would allow them to support us at the Men's Shed to continue our support to the community of Maitland. We value the support of our community partners and are very proud and honoured that "Creighton's Funerals" consider our Shed worthy.

Charlie Sanders - Chairman

LET'S **STOP** THE SPREAD
IN THE SHED



Hello Sheddors,

We know it's all feeling a little bit like it did before. Our thoughts are with every Shedder who may be affected by the latest spike in COVID-19 cases.

We recommend you stay up to date with the latest advice on current restrictions and how they may affect your Shed. The best place to do this is with your relevant State Government departments. Links to local outbreak information for every state can be found on the Federal Department of Health website at www.health.gov.au

You've all done an excellent job implementing

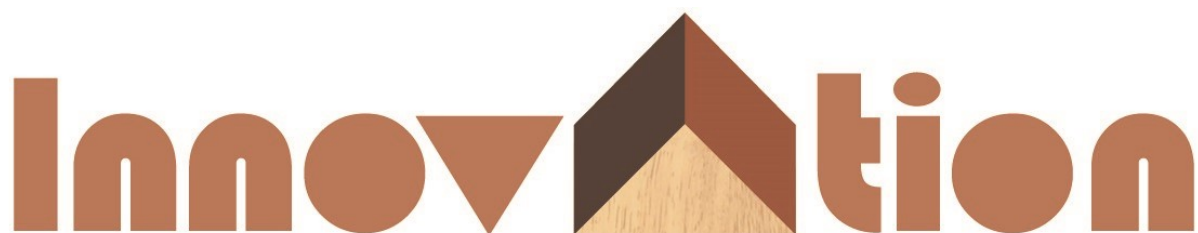
COVID safe practices at the Shed. Keep up the great work.

If you aren't able to be at the Shed as normal, stay connected with your mates in other ways.

Just a reminder, our COVID-19 resource pack "Getting back to the Shed" is available at AMSA Shed Resource - Getting back to the shed.

If we can help, don't hesitate to get in touch on 1300 550 009 or amsa@mensshed.net

David Helmers - AMSA Executive Officer



Australian Men's Shed Association

The Women of the Clock.....

A grandfather clock recently repaired by Johnny King, was built in Scotland in 1793 and has remained in the same family, being passed from mother to eldest daughter in an unbroken line.

Well, that's the story my mother repeatedly told me once the clock had passed onto her. It was later in her life she added "you are a failure, you didn't produce a daughter". That's why I started to research the clock as my mother's other stories did not support her undisputed female line of ownership.

But first, a description of the clock. Known in its day as a long case, it is built of flame mahogany, edged with inlaid ebony. There are three dials to measure time, seconds and date of the month. The painted face with its touches of gold, has a basket of fruit, the English rose and the Scottish thistle. The production of these clocks stopped after the American War of Independence when the market was flooded with mass produced cheap American imports.

The master craftsman from the Guild were left with only repairs to do, many long case clocks were discarded. A clock historian confirmed the possible date of the clock but was sure it was English.

His reason being the rose painted on the face and the mechanics were a recent development at that time and only available in London. I pointed to the thistle so he suggested Northern England. He found it strange, there was no Clock Masters signature on the clock and it was too good for an apprentice to have made it.

Enquiries through birth, deaths and marriage certificates, and probate took me to my great, great grandmother, Mary Elizabeth, who migrated from Scotland in her early twenties with her paternal grandparents in 1856. I went to Scotland to complete the research where I found briar roses along the country roads just like those painted on the clock.

There was help from the Glasgow and Western Scottish Genealogical Society and the Glasgow museum providing a list of the members of the Clock Makers Guild.

The story was now complete. Lily, daughter of the School master on the Isle of Bute, married into a family of clock makers. The clock was a family gift. Upon her old age Lily handed the clock to her granddaughter, Mary Elizabeth, at the time of her migration. She was the third daughter of five girls.

My mother's claim that the clock had remained in

the same family since 1793 was true. However, it was not always passed onto the eldest daughter.

Now that I have my clock repaired, I smile each hour when the clock chimes. The sixty beats ticking each minute has slowed my heart rate. I am content. I wasn't a failure producing only sons. I have a granddaughter soon to become the next women of the clock.

Janet Steele



Tech Talk

The Maitland Community Men's Shed would like to say a big thank you to David Cockbain, from SAFEgroup Engineered Workplace Solutions, at Morpeth for donating a number of unused laptops to our Shed.

SAFEgroup is a leading Australian provider of control system engineering services, extending from electrical engineering and design through to business system integrations and data analytics.

Without these types of donations, our Shed would not have the resources that we have today. These unused laptops will be checked out and upgraded to the latest OS systems then they will be firstly used to upgrade two of our older laptops that are being used in the Shed. The remainder, will then be offered to our Members to purchase.



Don't forget about our computer classes every Monday morning at 9:00am. Come along and learn about how to use your computer, laptop, tablet or phone. Our IT team are available to help you solve any of your computer problems that you might encounter. We can also assist you with not only training, but upgrades and repairs, for a donation back to our Shed.

Birthdays This Month.....

Brian Coggan, Tom Healy, John King, David McLaren and Ken Smith



Scamwatch is run by the Australian Competition and Consumer Commission (ACCC). Scamwatch has received over 6415 scam reports mentioning the coronavirus with more than \$9,800,000 in reported losses since the outbreak of COVID-19 (coronavirus). Common scams include phishing for personal information, online shopping, and superannuation scams.

If you have been scammed or have seen a scam, you can make a report on the Scamwatch website, and find more information about where to get help.

Scamwatch urges everyone to be cautious and remain alert to coronavirus-related scams. Scammers are hoping that you have let your guard down. Do not provide your personal, banking or superannuation details to strangers who have approached you.

Scammers may pretend to have a connection with you. So, it is important to stop and check, even when you are approached by what you think is a trusted organisation.

Visit the Scamwatch news webpage at: <https://www.scamwatch.gov.au/> for general warnings and media releases on COVID-19 scams.



ACCC AUSTRALIAN
COMPETITION
& CONSUMER
COMMISSION



HAPPY BIRTHDAY



Shed Member Profile - Mick Oakes

Mick was born in Sydney and he grew up in the Guilford area. He started his school life at St. Patrick's Primary at Guilford then he completed his secondary schooling at the Marist Brothers at Parramatta and Westmead. He left school in 1969 after achieving his school certificate just like most other students did at that time.

Mick's first job after leaving school was as a tyre fitter and bowser attendant at Fairfield. He used to ride his pushbike 7 or eight kilometres every day to work and it was his job to pick up everyone's lunches on the bike which was a bit of a challenge. After that he moved onto working for the PMG. He has had many jobs over his life including working for Tip Top Bakeries, building, sales rep, freezer foreman at the meatworks, warehouse manager and working for Coates Hire in Western Australia.

One of his main achievements during his working life was establishing a plaster supply business for the Crockett Family called N.H.S. Plasterboard which now has three stores and over a hundred employees working for them.

He also spent four years working in Papua and New Guinea managing two hardware stores as well as selling prefab buildings. Part of this job was to travel extensively all over the island by helicopter to oversee the installation of the buildings. In his time there he experienced a tsunami where 3500 people were killed and a volcanic eruption in Rabaul. Mick married his wife Cassandra in 1982 at Newcastle.

He and his family purchased an acre land at Nine Mile Creek near Raymond Terrace and he built his



first home there. After about seven years he sold that place and moved to Stockton where he built another home. In 2002 he then moved to East Maitland to live. He has two stepsons and five Grandchildren.

Mick retired from full time work about four years ago and he continued working part time for two of those four years.

Mick mentioned that he came to the Men's Shed when he started to phase out his work because he was keen to do something worthwhile in the local community and to keep busy.

Mick is currently the Assets Director at the Shed. This role on the Board has quite a few important responsibilities which include grant writing, gardening, ground and building maintenance.

He mostly gets involved with the carpentry projects around the Shed but he is happy to assist with any projects and he is always interested in learning new skills.

If you're looking for someone to give you advice or just to have a chat to, then Mick's your man.



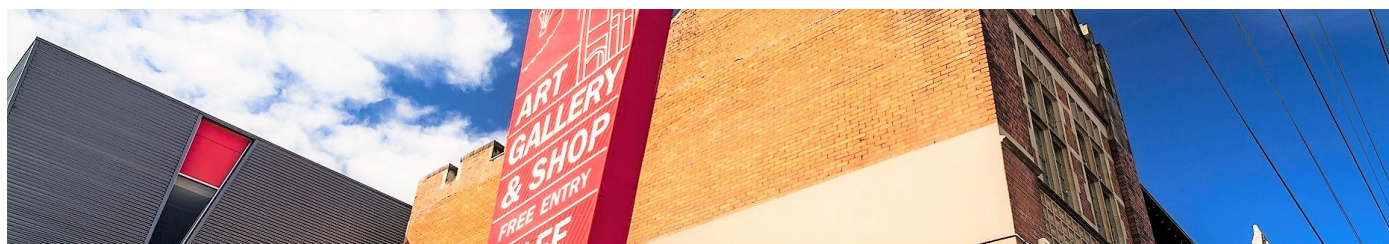
**Remember, "This Is Your Shed". Be PROUD Of It
And Contribute Where You Can.**



Picture Gallery - This Month at the Shed.....



Barka, The Forgotten River.....



A Collaboration Between Badger Bates, Justine Muller and the Wilcannia Community

Barka, the forgotten River reflects the love artists Badger Bates and Justine Muller have for the Barka, or Darling River – “our mother and the blood in our veins” – and its people, the Barkandji.

Indigenous peoples across the globe looked after their environment in a sustained manner for thousands of years; nowhere was a system so sophisticated than with the first peoples of Australia. Throughout time conventions, world summits, protocols have tried to protect her, our environment, our habitat, to little or no avail. At a local level, the exhaustion of the individuals fighting on their own ground, in this case to save

the Barka-Darling River, is palpable.

Badger and Muller ask us to listen, and act. Their works are not of despair, they are works of strength, compassion and resilience, and through them they invite the rest of Australia to partake in a story that is no longer local but global. (Ineke Dane, Curator). Touring from Broken Hill Regional Art Gallery

Where: Maitland Regional Art Gallery, 230 High Street Maitland.

When: Throughout July - From 10.00am - 5.00pm

More Info: Phone - 02 4934 9859

Email: artgallery@maitland.nsw.gov.au

Free Entry

Maitland Gets its Glow On.....

Maitland, welcome to your very 1st” Maitland “Gets its glow on” event. The Glow event will include an array of LED animal sculptures placed throughout the event lighting up the grounds, roving performers and a spectacular light show at the end of the night

The evening will include a family friendly night market offering amazing street food, market stalls, LED animal sculptures, Kid’s amusements to keep kids entertained.

We want you to help us light up the night and get your glow on a so we can all light up the night together Head to our glow-in-the-dark tent for Glow in the dark glasses, headbands and other glow items will all be available for purchase during the event so that you can ‘Get your glow on’.

The evening will start at 5.00pm (gates opening at 4.30pm) and run through until 8.30pm, making this a family friendly event.

GET YOUR GLOW ON - The Glow is all about and getting your own glow on so we can all light up the night together. There will be prizes on offer on the night for the best glow-in-the-dark outfits.

Come along in your own glow-in-the-dark gear or stop by the Night Glow souvenir tent to grab a glow shirt or hoodie, LED glasses, headbands and much



more.

HOW TO ENTER

Dress up in your best glow gear. Be identified by a member of our team who will nominate you as a finalist. The best costume will be judged by our three judges who taken into account audience approval. The winner will be awarded on the night and the prize emailed the following week.

VENUE:

Please join us on the 24th of July 4.30pm-8pm at the Maitland showground

TICKET PRICES

Adult - 15yrs + - \$10.00

Child 5yrs - 15yrs - \$5.00 - Child Under 5 - Free

Family Pass \$25 - includes 2 Adults + 2 Children (Child 5yrs - 15yrs)

Tickets From: www.123tix.com.au/events/17369

Live at the Levee.....

Ease Into the Weekend. On the third Friday evening of the month, The Levee comes to life with live music at The Riverlink from 7.00pm.

Grab a bite to eat at one of the many options within the precinct, relax with friends, unwind and let the music ease you into a weekend state of mind.

Keep up to date with all of the event information and band announcements by following our Facebook page! This month at The Levee.

The Hamilton Alpine Club.

LIKE many bands, it began with four friends jamming in the Newcastle suburb of Hamilton.

Then another friend joined in. Then another. Then another. Suddenly there were 10 members infusing a mix of soul, jazz and psych-rock to create The Hamilton Alpine Club.

A year later, The Hamilton Alpine Club have earned a solid live reputation for their colourful cabaret performances, released a self-titled EP and joined emerging Newcastle Indie label Ackerson Street Records.

This funk dream team from Newcastle bring grooves deep and melodies harmonious. A seven-piece band that will send volts of energy shooting through your body. They are a buttery mix of funk, jazz and soul, promising a shoulder shimmying, hip swaying, toe tingling experience from the second their sounds hit your ears.

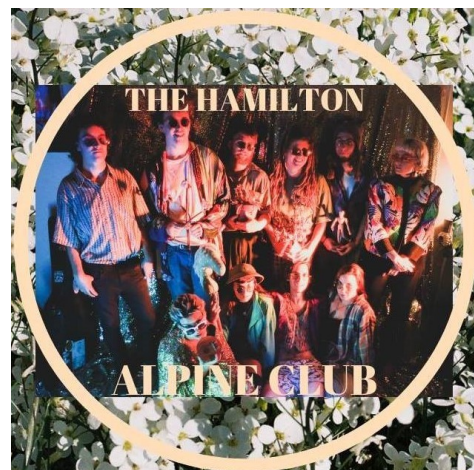
Where: The Riverlink at The Levee, Central Maitland, High St.

When: Friday, 16th of July from 7.00pm to 9.30pm.



COVID-19 UPDATE:

We are currently assessing the COVID-19 situation and following advice from the NSW Government. An announcement will be made the week commencing Monday 12 July to whether Live at The Levee will go ahead on Friday 16 July.



The Levee Winter Warmer.....

The Winter Warmer Mini Market will be an unforgettable evening. This is your chance to rug up in your best coat, fanciest scarf and trendy mittens while you enjoy warm food and hot drinks at The Shared Zone.

There will also be stalls selling some of the finest woollen wares the Hunter has to offer. So rug up, find yourself a cosy spot next to our many gas heaters, explore the shops trading late and enjoy some great live entertainment of circus and opera.

Stall holders, participating stores and performers will be posted in the lead up to the night.

When: Saturday, 31st of July from 4:00pm - 8:00pm

Where: The Levee Central Maitland, High Street Maitland

More Info Email: welcome@thelevee.com.au

Free Entry



Why You Should Keep Exercising Through Winter?.....



Yes, the clocks have changed and winter is here. When the mornings are cloaked in a blanket of darkness and the evenings shrouded in a chill, the last thing you probably feel like doing is exercising.

But this time of year, is exactly the time to pick up an exercise routine or stick to the one you have already. Barbecue season is over, you have more time to fill now that social events are dwindling and it is easier to stick to a routine.

Experts agree that going to a class or even a brisk walk can boost your mood, keep those winter calories at bay and ward off germs.

Here are the reasons to get your heart rate up during winter.

It Could Burn More Fat

Research from the University of Maastricht in the Netherlands suggests that once you have acclimatised, exercising in the cold burn's fat quicker than more comfortable temperatures, because deposits of so-called 'brown fat' are activated as the body learns to get warmer, faster. So, winter might even be better for weight management than those jogs in more pleasant weather.

Beat The Winter Blues

Exercise is a great way to beat winter blues. Studies link increased exercise to better moods for people with depression and seasonal affective disorder (SAD). If you can exercise outside during daylight hours you'll get more of that elusive vitamin D from sunlight, which is good for bones, teeth, and muscles.

It Helps You Choose Healthier Food

Exercising in the morning may make you think twice before reaching for that pastry and undoing all your good work. With all the lovely winter vegies around it is easy to whip up a bowl of wholesome comfort food for dinner.

It is Good for Your Immune System

It is cough and cold season but exercise could help ward off the sniffles. Even short bursts of exercise are good for your immune system and general wellbeing.

But What About Exercising If You Are Already Feeling Unwell? Should You Exercise with A Cold?

According to Dr Diana Gall, "It depends on what type of cold you have: a head cold or a chesty cold."

A head cold has "symptoms such as a sore throat and runny nose", she says, while the chest version involves "a chesty cough, body aches and a raised temperature".

With a head cold, Dr Gall says: "It is usually safe to carry on with exercise, even if you need to lower the intensity while you're under the weather.

"If you're suffering from a chesty cold, working out could worsen your symptoms and make you feel even more unwell, as well as putting you at risk of injury, so a rest in these circumstances can often be better than a workout."

Even if you are safe to go to the gym as normal, it is probably not advisable to lift your heaviest weights or go on a 10km run. "You should avoid straining yourself too much – keep your exercise routine lighter than usual and take note of your symptoms day by day," Dr Gall recommends. "If you wake up feeling much worse than the day before, or have developed any additional symptoms, it would be wise to avoid exercise until you start feeling better.

"The good news is that 'exercise' is a broad term," she adds. "If you usually go running or do cardio workouts at the gym, it's probably not the best idea to carry on with these whilst you're ill. But lower-intensity exercises, such as going on a walk, some basic yoga, or resistance band training could keep you active even while you have a cold."

Prepare, prepare, prepare. I know it is hard to get motivated to get out the door, but preparation is key. Planning and writing down exercise sessions ahead of time makes it more likely you will do them.

If you are exercising outside, check the weather to ensure you have the right clothing ready. The general rule of thumb is to dress for weather 10 degrees Celsius above the actual temperature as you will be generating a lot of body heat and will warm up quickly.

Remember to warm up, for example, with light jogging before really going for it.

Do not forget about hydration too, you may sweat less in colder weather, but you still need to drink plenty of water.

Cold air tends to be drier, meaning your body must work harder to humidify air as you inhale it. When you can see your breath, that's actually moisture leaving your body. So, make sure to drink water throughout the day, even if you do not feel thirsty.

When it is so cold and miserable that you do not even want to step foot outside, having some exercise options at home can make all the difference. Whether it is following along with a yoga video, doing some bodyweight exercises in front of the TV or even some vigorous cleaning., it all counts.

Do you stick to your exercise routine through winter? How do you stay motivated?

Source: Ellie Baxter, Editorial Assistant - **YourLifeChoices**



Just a Little Joke.....

How to Get The Police To Your House.

An elderly man, from Newcastle, was going up to bed, when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window. He opened the back door to go turn off the light, but saw that there were people in the shed stealing things.

He phoned the police, who asked "Is someone in your house?" He said "No," but some people are breaking into my garden shed and stealing from me.

Then the police dispatcher said "All patrols are busy. You should lock your doors and an officer will be along when one is available." The old guy said, "Okay." He hung up the phone and counted to 30.

Then he phoned the police again. "Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I just



shot them." and he hung up.

Within five minutes, six Police Cars, a SWAT Team, a Helicopter, two Fire Trucks, a Paramedic, and an Ambulance showed up at the residence, and caught the burglars red-handed.

One of the Policemen said to old guy, "I thought you said that you'd shot them!"

The wise old man said, "I thought you said there was nobody available!"