



MANAGEMENT COMMITTEE

MSM Inc.
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Steve O'Brien

MCMS
Shed President
Charles Sanders

Treasurer
Brian Coggan

Editor
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Shed Report.....

Life in the Shed rolls on and like most others in the community, we are forever conscious of our 2020 unwelcome visitor, COVID-19. Our members continue to practice social distancing, sign in on both sheets and monitor temperatures on arrival. The Shed was very fortunate to receive a grant from Easts Leisure and Golf that has allowed us to install an electronic sign-in facility. It must be noted that on a whole, this has been accepted by most, although there are some members that are not so happy, saying that the position of the letters on the keyboard change from day to day. As much as they grumble, they have accepted the move forward.

Projects have continued to dribble in to keep us busy. Amongst the list were garden seating and planter boxes, garden table and chairs rejuvenation, entry ramps, bird boxes, cupboards.

It was pleasing to see some return to the Shed after their self-isolation. The resident horse whisperer returned and is well advanced with the resurrection of the latest rocking horse and it was good to see Ian Lead-light Duke also return.

An in-house project created some excitement for the members where it was all hands to the pumps to prepare the foundations for the new container, installation of the container with a little help from some friends with a truck fitted with a Hydraulic lift. Not all helped, with only a few working near the container for safety reasons, however, the interest on the "hill" was enormous. Maybe we should have sold tickets. With the container in place the next task was to get it painted and have

the ventilation whirly bird fitted to the roof. Well done chaps.

The garden beds are springing to life are looking good and we are anticipating some bumper crops. The weeds and seeds gang continue to keep the place looking very smick, with the gardens weeded and the grounds mown.

The clocks come and go and John's music can be heard throughout the Shed at regular intervals, with many chimes and melodious cuckoo sounds. The AGM is fast approaching on the 14th of October at 10.30am. A BBQ will follow the conclusion of the AGM.

What is love?

How is this for an answer from a four year old child: -

There was a four-year old child whose next door neighbour was an elderly gentleman who had recently lost his wife.

Upon seeing the old man crying, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there.

When his mother asked what he had said to the neighbour, the little boy said, 'Nothing, I just helped him cry.'

Charlie - MCMS President





Inside Our Shed.....

Our Deepest Condolences



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.

Proud supporters and friends of the Maitland Community Men's Shed



Sadly, it is with great sadness that we must inform our members of the passing of our fellow Shedder, Wayne Cook. Wayne joined the Shed on the 3rd April 2019 and was an active member. He was a regular visitor at the Shed and was often seen performing cleaning tasks in the meal room. He recently helped at the start of the year with the preparation and painting inside our new office when it was refurbished.

His niece, Sherie, informed Jeff Dunn that Wayne had passed away on the 15th September 2020. Sherie tells us that he has had pneumonia for a while and then he sadly suffered kidney complications.

Warren's funeral was held on Friday the 25th of September at the North Chapel of the Newcastle Memorial Park at Beresfield. Due to Covid restrictions, only Warrens immediate family were permitted inside. Other mourners were permitted outside. Some of our Shed Members attended the funeral. The funeral was also live-streamed to those who requested it. The Shed has conveyed our commiserations to his family and a card has been sent.

He was 63 years young. Our thoughts and condolences go to Cook family. Vale Wayne Cook.



Birthdays This Month.....

Wayne Bailey, Bob Benthams, Bruce Campbell, Ted Chasty, Ben Diven, Bill Folpp, George Fortune, Doug Gray, Roland Fox, Anne Maree Herbert - Park, Rodney Mate, Liam Ryan and Andre Van Der Velde

HAPPY BIRTHDAY



WE'RE
**COVID
SAFE**

We have a
COVID-19 Safety Plan
and are committed to
keeping you safe.

Inside Our Shed cont.....

New Storage Container.....

This month seen the arrival of our new yard storage container. After a review of our security within our grounds, following a few break-ins, it was decided by the Management Committee and Board to install a more secure storage container than what we currently have.

A few days prior to the container arriving, a group of enthusiastic Members, worked together to install the footings for it. It was certainly a case of too many chiefs and not enough Indians. Eventually, they did manage to get the footing into place.

The shipping container was purchased locally and delivered to our site. A big thank you goes out to Bloomfield Collieries who provided their lift truck to place the container on its footing within the yard. All our Members appreciate the support that we get from local community minded businesses like Bloomfield Collieries.

On the day that the container was hoisted onto its foundations, a large gathering of Members intently watched on. Of course, everyone had a comment on how to do it properly their way. Lots of suggestions came from the packed gallery. Eventually it was landed in position in preparation of moving in all the equipment. After it was positioned, Barry and Ken gave it a coat of paint just to spruce it up a bit.



Shed Member Profile..... Jeff Dunn

Jeff was born in Newcastle and went to school at Maitland Boys High. He has four children. All girls. His previous occupation was as a storeman/clerk working at various places before he came to the Men's Shed. His most interesting place of work was at Treloar's in Rutherford.

He likes listening to good music which includes live music of all genres. Another of his great pastimes is eating good food of which his favourite is Mongolian Lamb. One thing he won't eat is tripe. Jeff says he really dislikes revheads who do burnouts outside his house. His hobbies include photography, especially catching the moments like when a magpie sat on the Angel of Peace wing in Maitland Park and seemed to be indignant that we were there holding a remembrance day service. He also loves reading books on military history as well as researching it on line.

Some of Jeff's more memorable events and achievements was meeting Victoria Cross recipients Keith Payne and Johnson Beharry and then meeting the Governor General Peter Cosgrove and Ray Cousins winner of the 'Croix de guerre'. Jeff points out that the birth of his children was the most important event of his life. Jeff mentioned that his meaning of the shed is to look after men in a valued way showing them that they are still needed which gives him a sense of purpose. Jeff is also a committee member on the Maitland Region Suicide Prevention Network.

Jeff is currently, the sitting Secretary for Men's Shed Maitland Inc. and the Maitland Community Men's Shed.

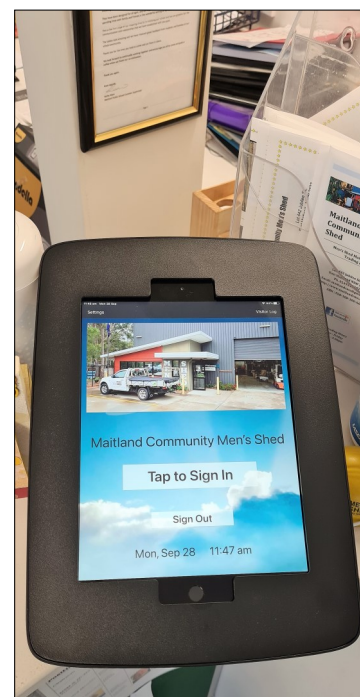


New Shed Sign In System.....

Our Shed recently purchased an Apple iPad so members and visitors coming to our shed can sign in upon entry. This information could then be stored automatically in a data base to record all visitors. With all the new restrictions due to the Covid 19 pandemic, this type of system would help with our recording and contact tracing if needed. Currently these registrations are stored in a book that is sometimes awfully hard to read due to some of our Members and visitors handwriting. We also had to purchase the appropriate software to run the system.

This purchase was made possible through the generosity of East Maitland Bowling Club through their ClubGRANTS scheme. ClubGRANTS is one of Australia's largest grant programs, providing more than \$100 million in cash each year to a variety of worthy causes across NSW. Charities, sporting organisations and not-for-profit community groups are among tens-of-thousands of worthy causes funded through the program each year.

Most of our Members have embraced the new technology but there are a few who are still having difficulty with it. I due time we are sure that everyone will grow to accept the new system.



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



Election of Office Holders.....



Members, our 2020 Annual General Meeting is fast approaching. It will be held on Wednesday, the 14th of October 2020 @ 10:30am. Voting for the election of offices to the Men's Shed Maitland Inc Board will take place before this meeting. Nominations are now open. Nomination for these positions will be accepted until 3pm, Friday, the 2nd of October 2020.

Voting opens on Monday the 5th of October 2020 @ 8am and closes on Wednesday, the 14th of October 2020 at 9:30am. For email/postal votes send to: mcmsreturningofficer@gmail.com The Board will consist of the Chairman, Vice Chairman, Secretary, Treasurer and five additional Board Directors. ***The total number of Members sitting on the Board will be nine.*** Nomination Forms will be available in the office and on the Member's Page of the Maitland Community Men's Shed Website. Completed Forms are to be placed in one of the locked boxes, marked "MSM Nomination Box" in the Shed's Office.

If you have an interest or a background in any of the Board positions to be filled, please nominate and ensure your nomination form is given to the Returning Officer. The nomination forms are available from the office or from our website. Below is a list of positions available and their duties.

The Executive

Chairman

The Chairman shall preside at meetings of the Board. If the Chairman is absent or unwilling to preside, the Vice Chairman will act as Chair. The person acting as Chair of any meeting of the Association shall have a casting vote as well as a deliberate vote. The Chairman shall act in accordance with the directions given by the Board and in the best interests of the Association.

Vice Chairman

If the Chairman is absent or unwilling to preside at Board Meetings, the Vice Chairman will act as Chair.

Secretary

The Secretary of the Association must, as soon as practicable after being appointed as Secretary, lodge notice with the Association of his or her address. It is the duty of the Secretary to keep minutes (whether in written or electronic form) of: -

- (a) All appointments of office-bearers and members of the Board.
- (b) The names of members of the Board present at a meeting or a general meeting.
- (c) All proceedings at Board meetings and general meetings.

Treasurer

It is the duty of the Treasurer of the Association to ensure: -

- (a) That all money due to the Association is collected and received and that all payments authorised by the Association are made.
- (b) That correct books and accounts are kept showing the financial affairs of the Association, including full details of all receipts and expenditure connected with the activities of the Association.
- (c) That all Financial Reports and Audited Statements are lodged at the AGM.

Election Of Offices - Continued.....

Five additional Board Directors are to be elected. These Directors will be given portfolios which may include: -

- Projects (Tool maintenance, Tools, equipment assets and projects),
- Social (BBQ, Publicity, Outings),
- Assets (Gardening, grounds maintenance and building maintenance),
- Membership (Welfare, WHS, Inductions)
- Information Technology (Computers, communications etc.)

The Board Directors may, if desired, form a sub-committee to assist with their portfolios.

(1) The Board may, by instrument in writing, delegate to one or more sub-committees (consisting of one Director as Chair and members of the Association that the Board thinks fit) the exercise of any of the functions of the Board that are specified in the instrument, other than:

(a) This power of delegation, and

(b) A function which is a duty imposed on the Board by the Act or by any other law.

(2) A function the exercise of which has been delegated to a sub-committee under this clause may, while the delegation remains unrevoked, be exercised from time to time by the subcommittee in accordance with the terms of the delegation.

(3) A delegation under this clause may be made subject to any conditions or limitations as to the exercise of any function, or as to time or circumstances, that may be specified in the instrument of delegation.

(4) Despite any delegation under this clause, the Board may continue to exercise any function delegated.

(5) Any act or thing done or suffered by a sub-committee acting in the exercise of a delegation under this clause has the same force and effect as it would have if it had been done or suffered by the Board.

(6) The Board may, by instrument in writing, revoke wholly or in part any delegation under this clause.

(7) A sub-committee may meet and adjourn as it thinks proper.

(7) Written reports from sub-committees must be provided to the Board as requested and a representative of the sub-committee may be requested to attend a Board meeting in person to provide a verbal report and answer questions or clarify issues.

Steve O'Brien - Men's Shed Maitland Inc. Chairman

Charlie Sanders - Maitland Community Men's Shed President



Picture Gallery.....



October Community Noticeboard.....

The Very Small French Festival....

The first Very Small French Festival is coming to The Levee, Central Maitland, on Friday 2nd October from 3.30pm onwards! They'll have a range of activities, events, music, food, wine and art inspired by French culture.

This is a boutique event with activities taking place around the section of the Levee near Coquun, The Orange Tree Cafe, BOLTspace, Ken Lane Menswear, Maitland Space Project, Pinot & Picasso and The Bikesmith & Espresso Bar. They will have family-friendly activities from 3.30pm, with more grown up stuff happening from about 5pm onwards. And remember that the Festival will take place every Friday in October.

Follow the Facebook page event to keep up to date with the latest information.



Date: October 2, 9, 16, 23 and 30

Location: The Levee Shared Zone, Central Maitland

Time: From 3:30 pm

Cost: Free



Winning Isn't Everything - Maitland's Sporting History.....

This exhibition traces sport in Maitland in the 19th Century and the emergence of Maitland Sporting Clubs to the present. While some of Maitland's many sporting achievers are celebrated, the emphasis is on the importance of club sport and community participation. The exhibition is sponsored by Easts and will run from 19th September until 13th December. It will then resume with dates to be confirmed for January 2021. Please call Maitland Regional Museum for weekday group bookings. Please note, due to COVID-19 restrictions, groups are limited to 10 people at this stage.

Date: October 2, 3, 4, 10, 11, 17, 18, 24, 25 and 31

Location: Maitland Regional Museum, 73 Church St, Maitland

Email: maitlandrmuseum@gmail.com

Time: 10:00 am - 3:00 pm

Cost: \$5.00 adults, children free



October Community Noticeboard cont.....

LIVE at The Levee.....

Baguette – Sounds from the Parisian Streets

Join guitarist Damian 'Pana' Watson (Cygan Groove) and accordionist Neil Simpson (Cygan Groove and Baltic Bar Mitzvah) join forces again to as Baguette. Bringing you the sultry sounds, the cabarets, cafes and bars of bohemian Paris, this singular performance of French standards will have you crooning for a romantic evening on the Siene.

On the third Friday evening of the month, The Levee comes to life with live music acts to compliment the already established evening food options that are available in the precinct. Grab a bite to eat at the many options within the precinct, relax with friends, unwind and let the music ease you into a weekend state of mind.

Date: October 16 from 6:00 pm - 8:30 pm

Location: The Riverlink, Central Maitland

Cost: Free



Slow Food Earth Market Maitland.....

Right in the heart of Maitland in The Levee on the first and third Thursday of each month commencing at 8.30am, local growers and producers come to sell their freshly picked vegetables, fruits, herbs, eggs, honey, olives, olive products, oils etc directly to the customer.

Bring your bags, stock up, taste some of the farm produce, stroll through the market and take the time to get to know the local farmers. Slow Food Earth Markets Maitland is run by members and community volunteers who are making sure that access to Good Clean and Fair food for all is a reality in Maitland. Keep up to date on their Facebook page.

Date: October 1st and 15th from 8:30am - 12:30pm

Location: The Levee Shared Zone, Central Maitland

Cost: Free

More Info: Phone 0427 548 886

Email: slowfoodhuntermvalley@gmail.com

Website: <https://www.slowfoodhuntermvalley.com.au>



Men's Health.....

Research Proves These Often-Reviled Vegies are Great for the Heart.....

Can you stomach the news? Broccoli and Brussels sprouts are vital to good health. Youthful fitness site popsugar.com assures us that broccoli and Brussels sprouts are “popular dishes that have many diners licking their lips” and are “now featured on many a hip menu”. Past generations who abhorred them may roll their eyes. What is not in dispute is that these previously despised cruciferous vegetables are good for you.

Hipster claims they are ‘superfoods’ are backed by new research from Edith Cowan University (ECU) published in the British Journal of Nutrition.

“New research has shown some of our least favourite vegetables could be the most beneficial when it comes to preventing advanced blood vessel disease,” researchers concluded. “The research has found higher consumption of cruciferous vegetables, such as broccoli, Brussels sprouts and cabbage, is associated with less extensive blood vessel disease in older women.

“Researchers from ECU's School of Medical and Health Sciences and the University of Western Australia found those with a diet comprising more cruciferous vegetables had a lower chance of having extensive build-up of calcium on their aorta, a key marker for structural blood vessel disease.”

Blood vessel disease affects arteries and veins and can reduce the flow of blood circulating in the body. This can be caused by fatty calcium deposits on the inner walls of vessels, such as the heart's aorta. This build-up of deposits is the leading cause of heart attack and stroke.

Lead researcher Dr Lauren Blekkenhors said researchers knew people with a higher intake of broccoli and Brussels sprouts had a reduced heart attack risk, but not why. “We have now found that older women consuming higher amounts of cruciferous vegetables every day have lower odds of having extensive calcification on their aorta,” she said. “One particular constituent found abundantly in cruciferous vegetables is vitamin K, which may be involved in inhibiting the calcification process that occurs in our blood vessels.”



Foundation food and nutrition manager Beth Meertens said the findings provided valuable insights. “Heart disease is the single leading cause of death in Australia and poor diet is responsible for the largest proportion of the burden of heart disease, accounting for 65.5 per cent of the total burden of heart disease.



Dr Blekkenhors said women in this study, who consumed more than 45g of cruciferous vegetables every day were 46 per cent less likely to have extensive build-up of calcium on their aorta in comparison to those consuming little to no cruciferous vegetables every day. “That's not to say the only vegetables we should be eating are broccoli, cabbage and Brussels sprouts,” she said. “We should be eating a wide variety of vegetables every day for overall good health and wellbeing.”

But it's a big tick for the cruciferous family. And the Heart Foundation also gives them its famous tick. Heart

Men's Health cont.....



“The Heart Foundation recommends that Australians try to include at least five serves of vegetables in their daily diets, along with fruit, seafood, lean meats, dairy and healthy oils that are found in nuts and seeds. Unfortunately, over 90 per cent of Australian adults don't eat this recommended daily intake of vegetables.”

Here's popsugar.com's take: “Both superfoods are low in saturated fat and cholesterol free; they are also both high in dietary fibre, manganese, magnesium, phosphorus, riboflavin, thiamine, and vitamins A, B6, and C (wow). While broccoli may have a higher count of calories, fat, and carbs, it is richer in calcium, iron, and pantothenic acid (a B vitamin that does wonders for healthy hair) and has a bit more potassium. Brussels sprouts, on the other hand, are lower in sodium. “All in all, they're both good for the body, and it's hard to go wrong with either.”

NDTV Food says: “Cruciferous vegetables, which are a part of the brassica genus of plants like broccoli, Brussels sprouts, cabbage, cauliflower, are some of the leafy greens that are considered healthier and more beneficial for losing weight than other vegetables.

“Broccoli is a powerful antioxidant, which helps in cholesterol reduction and is also good for heart and bone health. It is also known to manage our blood pressure levels. It is a low-calorie and low-fat veggie, but at the same time, it is high in dietary fibre, which makes for a quite filling meal, so that you don't feel hungry for a longer time. “Brussels sprouts are low in fat and calories but are high in protein consistency. Brussels sprouts are high in calcium, potassium and have zero saturated fat. So, load up on these sprouts to lose weight.



Not-for-profit WH foods recommends a minimum of three-quarters of a cup of cruciferous vegetables daily. That's approximately five cups per week.

Source: Will Brodie, Journalist - **YourLifeChoices**



Just a Little Joke.....

"YOU NEED A SHORTER PASSWORD."

While he was visiting, my father asked for the password to our Wi-Fi.

“It's taped under the modem,” I told him.

After three failed attempts to log on, he asked, “Am I spelling this right? T-A-P-E-D-U-N-D-E-R-T-H-E-M-O-D-E-M?”

