



## The Shed Report - 9th National Men's Shed Gathering.....

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Charles Sanders

*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.*

*The Maitland Community Men's Shed would like to acknowledge our major supporters*

**Burton Automotive Group Maitland and Port Stephens**

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*When the elderly die, a library is lost and volumes of Wisdom and Knowledge are gone.*

The AMSA conference in Albury on the 29th/30th March was attended by myself and Mick Oakes. There was a total of eighty-two Sheds in attendance covering the majority of States and Territories. The conference opened with a BBQ breakfast in the Botanic Gardens in Albury. We enjoyed Bacon and Egg rolls and a hot cup of freshly brewed coffee. We were then entertained by the Albury Pipes and Drums, accompanied by a smoking ceremony and a welcome by an Elder from the Wiradjuri Mob.



The afternoon session began at the Commercial Club with a welcome address by Paul Sladdin, Chairman, Australian Men's Shed Association. This was followed by a video address by His Excellency General the Honourable David Hurley AC DSC (Retd). Professor Barry Golding gave a keynote address on Men's Sheds around the world. Professor Golding has spearheaded international research into a wide range of aspects of Men's Sheds inclusive of health and wellbeing for the past two decades. He is an Honorary

Patron of the Australian Men's Shed Association (since 2009). He has published widely in the field of men's sheds, informal learning, health and wellbeing. Aside from being the world's leading researcher in the field of Men's Sheds, he is also an international advocate and activist for Men's Sheds.

The work began after lunch with an interactive session facilitated by Beth Gow and Stuart Torrance (AMSA). The session was titled, Membership and Sustainability: (1) attraction and retention of members; (2) succession planning and (3) the future of your Shed. We were split into 3 groups, one for each heading and those 3 groups were further split into smaller group to workshop and brain storm ideas. These ideas were collated and the results have been communicated to each Shed. We will be workshopping these results in the very near future (many great ideas came out from these discussions). Meanwhile, in another section the Club, a showcase was being presented entitled "Girth Control" at Buderim Men's Shed. The Shed members were challenged to lose as a group, a combined total of 1 metre off their "Girth" over a period of one year. They managed as a group to lose 2.28M. Well done gents.

Following afternoon tea there were two more sessions to go to and we decided to attend a session on "Technology": never to young to learn. A very interesting session run by a lady from the Reading Writing Hotline. Some of the statistical information was quite staggering and it highlighted that we in our Shed can work in conjunction with the Reading Writing hotline group utilising their resources to help our people to become more computer/technology literate. (Next Page)



### 9th National Men's Shed Gathering (Continued).....

The day concluded with a chance to see some displays from local Sheds, network and enjoy a few drinks. We also heard that AMSA has formed a new partnership with the Black Dog Ride and a new Sheds Mates initiative. "Through the Shed Mates initiative AMSA will deliver information, resources and a network of supports for Men's Shed committees and members working towards maintaining and improving the wellbeing of older Australians across the Men's Shed community."

*And so ended day 1.*

Day 2 began with Steve Bradbury, AOM, the keynote speaker. Myself and I guess many others in the audience, were thinking what can we expect from this bloke, how wrong was I. He turned out to be very interesting. As well as being witty and humorous. He, spoke of the many challenges he had along his journey from a young boy following the footsteps of his Father to gaining the Gold Medal at the Olympics in America. He endured several injuries like the time an opponent's speed skate went through his calf and he lost 4.5 litres of blood and the time he accidentally ran into the end of the skate rink and broke his neck and was in a neck and head brace for several months. At the Olympics, the American skater was the red-hot favourite to win the Gold Medal, however, he followed the plan to reach the Finals. As history shows, the Chinese skater caused the American to fall and because he had followed his race plan, he was, in a position to get the Medal. He was booed by the crowd. After the race he pondered should he accept the Gold Medal? The decision was "Yes", as it was not just about the 90 seconds of the race, it was about the 14 years leading up to the race where he put in the hard yards and many hours of training. You need to set your goals and follow your dreams.

Session 1 saw us heading to "Men's Sheds bat for Will". What is this? It is about a young man on the Autistic Spectrum who became included in a cricket team within his area. He has a passion for cricket and along the journey every weekend the team and the opposition would allow Will to take the field. After the 80 overs, both teams would take to the field and Will would bowl his over. Will met up with an artist on his team and Will obtained an old bat and sanded it back to the raw timber. His friend the painted a design on the bat. This was the beginning of a longer journey that would become world-wide (Google – "where there's a Will bats" and view the Current Affair story). The Robertson Men's Shed has challenged all Sheds to get some old bats, have some people from within their area to



sand them back then get some local people (artists) to design something on the bat. These bats will be sent to the Governor General, who will host a function and then auction the bats with the proceeds going to the "Where there's a Will" foundation. Our Shed will be taking up the challenge.

Lunch was sponsored by Gallagher Security, where we were introduced to their system. They are offering a special offer to all AMSA members and we will be following this offer up.

Have you ever pondered on the role of Grandfathers? That was our next session run by Dads Group. This group of young men and their fathers, formed this organisation because the founder and his wife were about to embark on a wonderful holiday around this fine land of ours, only to find out that, yes, she was expecting a baby. "I am about to be a father and what does that mean for me, where do I get the information that I need?" That began what has turned into an organisation that has links with 7 hospitals in Queensland and many other sub-groups around Australia.

The final session was presented by Wayne Wigham from the Black Dog institute. Wayne suffered depression from the age of 10 and was not diagnosed until much later in life when he was introduced to the Black Dog institute. He is now a full-time presenter for the institute and regularly speaks at Men's health seminars. An interesting and very engrossing man.

The evening was all about National awards to Sheds and members for outstanding service.

How about the networking? There are many ideas that come from the networking with other Shed members and you will no doubt see some of those being suggested for our Shed.

And so ended the Conference. See you at the Shed.

*Charlie Sanders* - Chairman

## Inside Our Shed.....

### BBQ News.....



Last month seen a return to supplying our BBQ expertise by our intrepid BBQ team. We ran two very successful BBQ's which has raised some very needed funds for our Shed. The first one was held at the Maitland Basketball Centre in Maitland for a job expo that was being run. We set up our marquee and cooking facilities outside the front door.

The second BBQ was held at the Maitland Regional Athletics Centre in High Street Maitland, the following evening. It was the Maitland Little Athletics presentation night. It was great to see our team turn up again as well as a couple of new faces. We always seem to have an enjoyable time doing these much-needed fundraisers.

We will again be providing our skills for the Maitland Netball Association at Maitland Park on the 7th of May. We have been providing our BBQ services for a number of years now.

We have also been asked to supply our skills to a local horse event at the Polocrosse/Pony Club Grounds at Rutherford later this month. It will probably be held over two days on a Saturday and Sunday so our team will be looking for plenty of helpers.

As well as these BBQ's, Bunnings has asked us to start cooking their BBQ's again on two Saturdays a month at their Rutherford Store.

If any other Members would like to get involved in doing these BBQs, then have a talk to Tom Norton.



He can supply you with all the details and answer any questions that you might have.

By helping out with these events help to keep our Shed afloat and what it is today.



### Rocking Bikes.....

Our toy makers have been hard at it as usual, building toys of all descriptions. They have received a few requests lately for rocking bikes. We've all heard of rocking horses but rocking bikes?

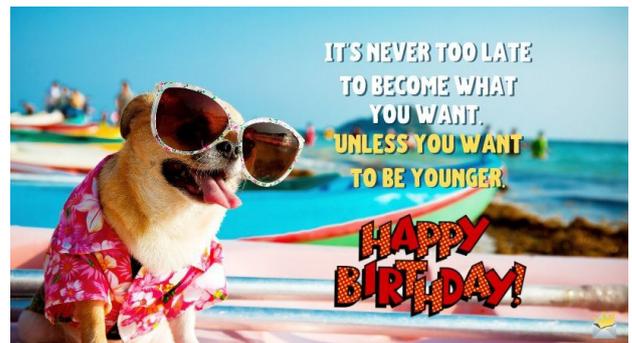
Glen, "The Horse Whisperer" O'Brien, has been refurbishing and completely making rocking horses for a long while now. He diversified recently into even refurbishing a rocking cow for a lady in the local community.

Warren Cheney, along with help from our band of merry toymakers, have been receiving requests for rocking bikes. Some of the kids of today are looking for bikes instead of the traditional horses. Warren has already built a number of bikes including a Harley Davidson. They even have a request now for a rocking motocross bike.



### Birthdays This Month.....

George Allingham, Peter Garnham, Allen Hancock, Gary Hart, Ian McDonald, Mayliss Maynard, Warren Morrow, John Paul, Mark Reeson, Bob Sablatura and Martin Van Rooyen



### BlueCarve CNC - Bluey.....

Our Shed has decided to purchase a CNC router. A CNC router is very similar in concept to a CNC milling machine. Instead of routing by hand, tool paths are controlled via computer numerical control. CNC routers are controlled by a computer.

A computer numerical control (CNC) router is a computer-controlled cutting machine which typically mounts a hand-held router as a spindle which is used for cutting various materials, such as wood, composites, metals, plastics, glass, and foams. CNC routers can perform the tasks of many carpentry shop machines such as the panel saw, the spindle moulder, and the boring machine. They can also cut joinery such as mortises and tenons.

A CNC router can be used to produce items such as door carvings, interior and exterior decorations, wood panels, sign boards, wooden frames, mouldings, musical instruments, furniture. In addition, they see use in industry in the thermoforming of plastics by automating the trimming process. CNC routers can help ensure part



repeatability and sufficiently efficient output for production or allow one-off designs to be made.

The Board has decided to invest in the future of the Shed. As our Shed evolves, we need to invest in ever evolving technology that is available today. As new Members come to our Shed, we need to offer things that are relevant to today's technologies.

## Why You Should Stay On Top Of App Updates.....



Updating your apps can be time consuming, but here's why it's worth it.

Apps are what make our smartphones so useful and fun to use. Keeping on top of the myriad updates can be pain but here's why it's worth your time.

Many of us are guilty of spending too much time staring at our phones, and it's the hundreds of apps that make smartphones so useful and fun to use.

Smartphone applications or apps, will receive regular updates, just like any other piece of software. The updates are delivered to your device over the internet from the developers of the app.

It can be easy to forget to update all the apps on your phone or tablet, particularly as some will be updated weekly or even daily.

It can also be time consuming, depending on the number of apps that need updating and the download size of the update. But there are a few reasons it's in your interests to keep on top of your app updates.

### *Improved Security:*

This is probably the most important reason to keep your apps up to date. From banking to Netflix to food delivery apps, your payment details and other personal information are stored across many programs on your phone.

Hackers are constantly improving their infiltration techniques, but software companies are also improving their security at the same time.

These security fixes are pushed out through updates, so keeping an out-of-date version on your device may open you up to security breaches.

### *Bug Fixes:*

Apps, like most software, are prone to unintended problems that are only discovered once the app is publicly available and being used by many people.

Developers can send out fixes for these problems through updates, so staying up to date means you'll always have the best functioning version of each app.

### *New Features:*

The ability to send out updates via the internet also means developers can add new features after the app has been released.

For instance, banking app might add a mortgage calculator to its app or if you enjoy playing games it could mean new levels added.

Having the latest update installed ensures you're always getting the most out of each of your apps.

### *Better Performance:*

An out-of-date app can often run slower and generally perform worse and can even affect the broader performance of your device.

If you notice a particular app isn't running as well as it usually is, the reason is often because it needs to be updated.



Remember the operating system of your device, be it iOS or Android, also needs to be updated regularly. This will mean many of your apps will need be updated in turn, as the developers adjust their apps for the updated operating system.

Source: Brad Lockyer - Digital Editor - YourLifeChoices

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



## Shed Member Profile - Bob Blyton.....

Bob was born in Lidcombe in Sydney in 1933. He started his school life at the Berala Public School. This school is one of the largest and most diverse primary schools in New South Wales. The school is situated in an expanding residential area in the inner western site in the Granville District.

After finishing primary school, he attended Granville Tech High School where he studied until he left school at the tender age of 15. His first job was as an apprentice butcher at Parramatta where he worked for five years. He moved on to work as a butcher slaughtering in the local abattoirs.

Eventually he started his own butcher shop in Merrylands. Following his career as a butcher he went on to work on the Water Board, where he stayed for twenty-two years till his retirement in 1995.

Bob enjoyed the beach life around Sydney as a young man. He started rowing for the North Curl Curl Surf Club at 15. Bob has a daughter Anne and two sons, Peter and Bruce. He now has nine grandchildren, five great grandchildren and one great, great grandchild.

Bob says that he joined the Men's Shed, to make more friends and to learn other work in his retirement. Bob mostly does woodworking and lead lighting. He is also always on the lookout for someone to have a chat too, so don't be afraid to have a yarn to him.

Bob also has a liking for collecting old clocks. John

King, his old mate, says that he has a shed full of them albeit that they need a good clean up as Bob also does woodworking at home in his shed also.



## Just a Little Joke.....

At a local Men's Shed, every event ended up the same way, with the doctor, the lawyer and the engineer in a heated argument. This one Friday, they were arguing over who had the smarter dog, and having had enough of the ongoing feud, the Shed President stepped in.

"Next Friday, you'll all three bring your dog's here, and we'll put them to the test."

Friday came, and a space on the shed floor was cleared for the competition. Starting the test was the doctor's dog. A bag of bones was dumped in front of the dog, the whistle blew, the doctor gave his command, and the dog went to work.

Within a few minutes, the doctor's dog had reassembled the entire skeleton. The assembled shedders cheered!

Next came the engineer's dog. The bag of bones was dumped, the whistle blew, and within a few minutes the dog had assembled the bones into a scale replica of the Westgate Bridge. The onlooking shedders were stunned. Surely this was the smartest dog in the world!

Then it was the lawyer's dog's turn. When the whistle was blown, the dog jumped up, ate all the bones, screwed the other two dogs, crapped all over the place, and sent everyone a bill.



# Picture Gallery.....



### Maitland Taste: A Celebration Of Local Produce And Wine.....

A three-day celebration of great Hunter Valley food and wine will take over Maitland in May this year.

The 2022 Maitland Taste festival will offer visitors a chance to discover fresh produce, browse artisan stalls, take part in demonstrations and explore pop up eateries, hidden laneway bars and lighting installations. There'll also be loads of kid's activities and live music as part of this year's exciting program.

The evening program at Maitland Taste will see the City come to life with vibrant, interactive lighting located throughout The Levee, Central Maitland.

As you wander be sure to grab a bite to eat from the local restaurants and food trucks peppered throughout The Levee whilst you take in the sounds of live music from talented local musicians.

Geoff Seccombe, CEO of the festival's presenting partner, The Mutual Bank, said that the Maitland based bank is 'proud to be part of the community event.

"Maitland Taste is really putting the best of the Hunter Valley's produce on show and spotlighting the importance of sustainability and it's all right here in our own backyard, Mr Seccombe said.

"The Mutual Bank is excited to be partnering in an event which offers fun for all ages over three days and supports local producers and local business."

The epicentre of the festival, The Levee, will be home to a range of speciality themed pop up sites across offering a range of unique experiences.

"From market gardens to dairy farms, Maitland has a growing reputation for its local produce and its lively restaurant scene," Maitland City Council Coordinator City Events and Activation Adam Franks said.

Maitland Taste will run from the 20th to the 22nd of May 2022. To find out more about the festival visit [maitlandtaste.com.au](http://maitlandtaste.com.au).

*Source: Newcastle Live*



### Maitland Station After Dark.....

Maitland Railway Station is getting transformed for a unique After Dark experience. Come along on Saturday the 7th of May from 4.00pm till 10.00pm to discover the free pop-up roller rink, Neon

Garden lighting installation, roving performers, food trucks, DJ's and more.

Bring your own skates or borrow some on site, grab a bite to eat and enjoy the station as you have never seen it before.

Where: Maitland Railway Station, Station Street, Maitland

To stay up to date, refer to this page and be sure to follow the My Maitland Facebook page. This initiative is delivered with thanks to Transport for NSW.

Free Entry

For more information head to: [mymaitland.com.au/maitland-station-after-dark/](http://mymaitland.com.au/maitland-station-after-dark/)



## Maitland Mattress Muster.....

Each household can drop off two items this financial year. A mattress and a base together count as one item, allowing you to dispose of up to two beds from your house before this financial year (before June 30)

This program is open to Maitland residents only, and proof of residence must be supplied to gain entry

We give thousands of mattresses a new life via the Mattress Muster, turning unwanted bedding into new roof sheeting for houses, carpet underlay and mulch for gardens. It's one of Maitland's most successful circular economy events

The Mattress Muster is made possible through part funding from EPA's Better Waste and Recycling program.

When: May 20 from 9:00am - 1:00pm



Where: Grounds, Maitland Showground Grounds, Blomfield Street, South Maitland.

## Maitland Community Markets.....

Come along to the monthly markets at Maitland Showground! The new look Maitland Community Markets have something for everyone.

The 84 acres of showground site provide the perfect location for markets. With indoor and outdoor stalls, entertainment areas and quiet spaces, the markets provide a unique and often welcome alternative to retail malls and enclosed centres. Wide range of stallholders, something new, something old and lots in between, plus food and entertainment.

Parking is available at the showground with a two-dollar donation to the Maitland Lions Club.

The Markets are now run by the Maitland Show Association. Check the website for details and to register as a stallholder.

When: 1st of May from 9.00am - 2.00pm

Where: Maitland Showground, Blomfield Street,



South Maitland.

More Info: Phone 02 4933 5052

Email: [office@maitlandshowground.com.au](mailto:office@maitlandshowground.com.au)

Facebook <https://www.facebook.com/maitlandcommunitymarkets>

Free Entry



MAITLAND MARKETS  
*Art. History. Culture*

### How To Prevent Bathroom Falls.....

Make your home safer for longer with these tips from The CareSide's Gareth Mahon.

People aged 65 and over are more likely to be seriously injured or worse due to a fall in comparison to other age groups, according to the Australian Institute of Health and Welfare.

Recent data reveals seniors accounted for approximately 58 per cent of hospitalisations and 95 per cent of deaths due to unintentional falls per year.

Bathrooms are one of the most essential areas for caregivers to ensure proper safety measures are in place. Bathtub slips and falls requiring medical attention can be avoided by using a few expert recommended methods for making bathing at home safer for seniors.

If you are looking after a senior or elderly loved one, keep in mind it's essential to avoid overexertion. Individuals who are 65 and older may find tasks they used to consider simple become more challenging as they age and their energy levels drop. Getting in and out of the tub or getting up from the toilet can be quite strenuous.

#### *Causes of unintentional falls:*

- slippery surfaces and floors
- dizziness, poor balance or mobility issues
- fluctuating blood pressure
- cognitive impairment (such as dementia or Alzheimer's disease).

Remember to be mindful and respectful when introducing new bathroom safety measures. Getting used to a new bathroom routine can be difficult to adjust to at first, as seniors have spent their whole lives perfecting their bathing routines.

#### *Five precautions for preventing serious injuries:*

You can help keep your loved one safe when bathing and showering at home by using these five bathroom precautions:

##### *1. Go for open concept.*

Bathrooms are prone to many sharp ridges and corners surrounding hard surfaces. And navigating around slippery tubs and showers can be difficult - especially in tight spaces. Remove any other trip hazards to alleviate the fear of trips, falls or stumbles. Installing a walk-in bathtub or shower and a secure bathing seat or transfer bench is also recommended.

##### *2. Set up non-slip surfaces.*

Apply non-slip decals on any areas prone to being slick and slippery - such as on the floor next to the tub or shower. Be sure to also place them in the



shower or tub and other areas of the bathroom floor. Rugs are not recommended because they often slide or bundle up, making them easier to trip over.

##### *3. Install grab bars.*

Grab bars can be securely mounted to the wall, or floor to ceiling, to offer stable support as needed. Opt for installing them beside the bathtub, shower and toilet to limit any possible risk of unintentional falls.

##### *4. Keep items within reach.*

To avoid overexertion in the shower or bath, keep essential items at eye level. Use hooks and shelves to make items easier to grab when needed. And also keep toilet paper, fragrances, shampoo - anything frequently used - within sight to limit any lengthy struggles locating toiletries in the bathroom.

##### *5. Purchase medical jewellery.*

For an extra layer of peace for your loved one when you're not around, you can use, for example, waterproof medical jewellery covered by the National Disability Insurance Scheme (NDIS). MyID medical alerts can be scanned by a QR code reader to display emergency medical information including a photo, vital medical conditions, personal details, emergency contacts, allergies, medications, doctors, specialists and more.

#### *Final Thoughts:*

If you're more comfortable with medical supervision for those moments you can't be home, you can consider hiring a professional home care provider.

Gareth Mahon is the co-founder and CEO of The CareSide, a home care and disability support provider with offices in Perth, Adelaide, Brisbane and Melbourne.

Source: **YourLifeChoices Contributor**