

# Maitland Community Men's Shed The Shed News

November 2024



20 Jubilee Street  
East Maitland NSW 2323  
Ph. 0249341293  
Email: maitlandcms@gmail.com  
http://www.maitlandcms.org.au

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Editor  
Steve O'Brien

MSM Inc. Chairman  
Charles Sanders

Maitland Community  
Men's Shed welcomes  
any new members to  
join our shed.

The Men's Shed is  
available to our  
supporters and  
friends for assistance.

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

## The Shed Report.....

The Spring clean-up has begun and treasurers bargain basement sales on surplus tool and machinery has started. Yes, we are having one big cleanout.

Out in the back yard the gardens have started to flourish and some plots will soon be ready to harvest. Produce from the gardens will be made available to members for a small donation.

The SES truck is ready to be handed over and a full report will be given in next month's newsletter after the handover. A very rewarding project and a big congratulations to all who worked on this project.

The fire sensors have been installed and upgraded. They now monitor ten separate areas and give us greater security monitoring within the Shed. Thanks must go to NAVS for their prompt and efficient service.

We have had a 75" screen installed in the IT area and to giving us greater use of that area for conferences, meetings and training. The screen will allow streaming and interaction with computers.

Due to an incident in the yard near the office area, where a cigarette created the possibility of a fire, the Board has deemed

the whole site is now a non-smoking zone.

The BBQ team has been very successful with their efforts at Bunnings. Word has got around and we have several enquiries to provide out services at several Athletic events being hosted at the Maitland Athletics facility early next year.

In the meantime, work moves on with the overhaul and modernisation of the Shed. The mezzanine floor is to be cleaned out and revamped. The railway system is going to a new home and some recreation equipment will be unearthed. The "quiet room" will also have some attention.

We will be having a visit from the surveyor to have the required surveys and plans done that will allow us to move forward with our proposed garage project.

Just a thought: -

*Today you could be standing next to someone who is trying their best not to fall apart.*

*So, whatever you do today, do it with kindness in your heart.*

Take care and see you at the Shed.

*Charlie Sanders* - Chairman





### New Equipment and Projects at the Shed.....

The workshop at the Shed, as part of our equipment upgrade being conducted by the Board, has recently welcomed a fantastic new addition: a chisel mortiser! This specialized woodworking machine is a real game-changer, particularly for members interested in crafting tables, chairs, and other furniture for both children and adults.

For those unfamiliar, a mortiser (or morticer) is used to cut square or rectangular holes in timber. These holes form part of a mortise and tenon joint, one of the oldest and strongest methods of joining wood at a 90-degree angle, a technique long used by cabinet-makers and joiners.

The machine we've acquired is a square chisel mortiser, which combines a chisel's cutting power with a drill bit to ensure precise, clean edges. With this tool, our members can create more complex and



sturdy furniture pieces, improving the quality of their projects.

But that's not all! Our members have also started crafting custom-made dog beds from recycled pallet timber and other materials lying around. These eco-friendly projects are part of the Shed's commitment to offering a range of activities that not only help members stay active but also teach new skills and foster creativity.

With these equipment upgrades and the enthusiasm of our members, the possibilities are endless. We're looking forward to putting our new equipment to good use and seeing what incredible pieces will come out of the workshop next!





## Get Online Week: AI and You.....



**YWCA** | HUNTER  
REGION INC

As part of Get Online Week, our Shed was asked to present an information session titled 'AI and You', an engaging and interactive event designed to help seniors understand and embrace artificial intelligence (AI). This session simplified the complexities of AI into easy-to-grasp concepts and demonstrated how it can enhance everyday life. The event was hosted by YWCA Hunter on Wednesday, the 16th of October, at Cooks Hill in Newcastle.

YWCA Hunter Inc., a women-led organisation, is dedicated to creating positive change by offering advocacy, programs, and services that empower women and families, strengthening communities. As an affiliate of YWCA Australia and part of the global YWCA network, YWCA Hunter is committed to supporting inclusive growth.

Get Online Week is a national campaign by Good Things Foundation, aimed at bridging the digital divide. The campaign supports individuals in building confidence online, ensuring that no one is left behind. Each October, hundreds of fun and informative digital skills events are held across



Australia to empower communities during Get Online Week, which ran from the 14th to 20th of October.

Good Things Foundation, Australia's largest digital inclusion charity, works to ensure that everyone can benefit from the digital world. Through a national network of over 3,500 community-based partners, including libraries, community centres, and social enterprises, they provide access to technology and support to develop essential digital skills. Their efforts have proven effective in boosting digital literacy, online safety, confidence, and social connection for those most in need.



L-R: Sally - Good Things Foundation, Steve - Maitland Community Men's Shed  
Carolyn O'Brien - Executive Director YWCA Hunter



## Benhome Residents Are Made Welcome at the Shed.....

Last month, we were thrilled to host another visit from the residents of Benhome in Maitland. It's always a joy to see them stroll into our Shed, where they can relax, enjoy a cuppa, and have a lively chat with our members. These visits have become a much-loved tradition, fostering connection and good conversation.

For those who may not be familiar, Benhome is a residential aged care facility that goes above and beyond in providing compassionate, top-quality

care to elderly residents. Their services extend beyond nursing and personal assistance, offering a variety of social activities designed to promote both comfort and community spirit. Benhome's commitment to creating a nurturing, homely environment ensures that seniors feel not just cared for but truly valued.

We always look forward to these visits as they bring a special warmth and sense of community to our Shed.



## Jewellery Box.....

One of our skilled cabinetmakers, Jim, recently crafted a beautiful jewellery box for his granddaughter. Known for his commitment to reuse and recycle, Jim often ponders how to make use of the small offcuts of timber that usually end up discarded or burned at the Shed.

With his granddaughter in need of a jewellery box, Jim gathered a variety of these waste pieces and transformed them into a stunning creation. The box features seven different types of timber, including some prized Huon pine from Tasmania. Adding a personal touch, Jim repurposed an old necklace as a chain to prevent the lid from opening too far.

What makes this jewellery box truly special is how Jim expertly arranged the different woods to create a seamless flow, with each piece blending beautifully into the next. When you hold the inner tray up to the light, the wood reveals a kaleidoscope of colours and shapes, showcasing the unique beauty of the various timbers.

Well done Jim, for crafting such a unique and thoughtful gift for your granddaughter!



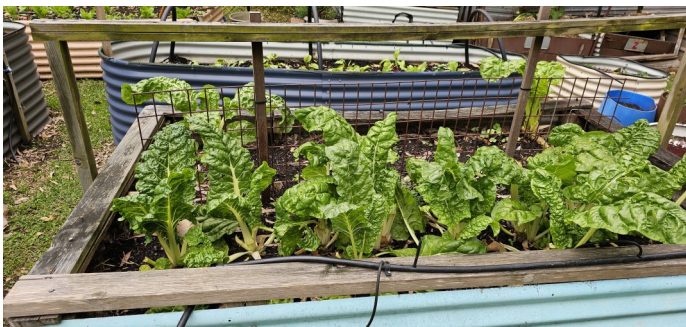




### *Weeds, Seeds, and Gardens: Springtime at the Shed:*

Spring has well and truly arrived, and you can feel it in the air and see it in our flourishing gardens and grounds. The warmer weather, combined with recent rains, has worked wonders for the growth and vibrancy of our green spaces.

Our dedicated team of gardeners has been hard at work, ensuring the gardens are in top shape. Their efforts are certainly paying off, as an impressive variety of vegetables now fill our garden beds. Spinach, lettuce, and tomatoes are just the beginning - there are too many to list, but each plant is thriving thanks to the nutrient-rich soils the team has meticulously cultivated. It's heartening to see these plants flourish, offering not only a beautiful sight but also a bounty of fresh produce that will eventually make its way into Shed meals and cooking projects.



The grounds surrounding the Shed are also looking better than ever. The recent rains have been kind, and the lawns and shrubbery are lush and healthy. Flowers of all kinds are in bloom, adding a splash of colour and fragrance to the surroundings.

It's a testament to the care and attention that the gardening team puts into keeping the Shed's outdoor environment both welcoming and serene. The visual transformation from winter to spring is remarkable,



and the sense of seasonal renewal is in the air.

As we move further into the season, we can look forward to even more growth and beauty. The gardens will continue to evolve, and there's always room for more hands to join the gardening crew. Whether you're an experienced green thumb or just starting out, it's a rewarding and enjoyable way to contribute to the Shed's community spirit.

So next time you visit the Shed, take a moment to stroll through the gardens and appreciate the hard work and dedication that's gone into making our outdoor areas such a beautiful, productive space.



## Join Us For Australia's Biggest Treasure Hunt: The Garage Sale Trail.....

Get ready for the ultimate second-hand treasure hunt! The Garage Sale Trail, Australia's largest celebration of pre-loved stuff, is back for two massive weekends on November 9-10 and 16-17, 2024. With over 3 million pre-loved items up for grabs, it's your chance to discover hidden gems, score great deals, and give new life to items that might otherwise end up in landfill.

In 2023, more than 400,000 Australians participated in over 14,000 garage sales nationwide, helping to extend the life of 4.8 million kilos of goods and reducing waste. Collectively, they raised over \$3.6 million for households, community groups, and charities.



Originally launched in 2010 by Sydney locals Darryl Nichols and Andrew Valder, the Garage Sale Trail began as a small event in Bondi Beach and quickly grew into a nationwide movement. With the tagline "Don't Dump It. Sell It," it's all about reusing what we have and preserving our planet's precious resources. Supported by over 80 local councils, the NSW Environment Protection Authority, and the Queensland Government, the event has become a beloved annual tradition.

This year, Garage Sale Trail is proud to partner with eBay Australia, sharing a common goal of

### The Maitland Community Men's Shed Mega Garage Sale

#### 9th of November

9:00 AM - 2.00 PM  
20 Jubilee Street  
East Maitland 2323

Come along and pick-up a bargain. Lots of power tools and hand tools plus handmade toys and items. You never know what you might find.

Find out more [garagesaletrail.com.au](http://garagesaletrail.com.au)

promoting recommerce and encouraging the resale of pre-loved fashion and household items. Whether you're hosting a sale or shopping for your next find, you're helping create a more sustainable, circular economy.

Come along to the Maitland Community Men's Shed on Saturday, November 9th, from 9am to 2pm, and be part of this incredible initiative! Discover treasures, support your community, and help save tons of items from landfill. You never know what you might find - see you there!

## Maitland Men's Shed

Festival of pre-loved stuff!

MAITLAND COMMUNITY MEN'S SHED



## Best Internet Plans For Seniors.....

Finding the right internet plan can be overwhelming with so many providers and options available. Whether you're just browsing Facebook in the evening or streaming the latest Hollywood blockbusters in 4K, the internet needs of older users are just as varied as those of younger generations.

While the National Broadband Network (NBN) offers lightning-fast speeds that allow large files to transfer quickly, most users won't require anything near the top speeds. The key is finding a plan that balances performance and cost - you don't want to overpay for speed you won't use, but you also don't want to suffer from slow internet.

### *The New Priority: Speed*

In the past, internet plans were often differentiated by data limits (remember those?). Today, most plans offer unlimited data, so the main distinction now lies in the speed of your connection. NBN speed tiers come in four broad categories: Standard (NBN50/20), Fast (NBN100), Superfast (NBN250), and Ultrafast (NBN1000). The numbers indicate the download speeds in megabits per second (Mbps).

### *Standard (NBN50)*

The most common NBN plan in Australia, Standard offers a 50 Mbps connection, which is sufficient for streaming a 4K movie or several HD streams simultaneously, while leaving enough bandwidth for browsing. It's a solid choice for most households.

### *Fast (NBN100)*

NBN100 is ideal for multi-person households or



heavy internet users. With up to 100 Mbps download speed, everyone in the house can watch separate 4K movies, while someone works online and another plays video games. This tier is also popular with live streamers and content creators.

### *Superfast (NBN250) & Ultrafast (NBN1000)*

These speeds are generally available only in certain areas, primarily in major city centres or select suburbs. Superfast (250 Mbps) and Ultrafast (1000 Mbps) connections are typically used by businesses with many users online at once and are usually overkill for most homes. However, if you want to stream multiple 4K movies while live streaming to your followers, these tiers might be worth considering.

Choosing the right NBN plan comes down to how much speed you need. It's important to match your internet usage to the right speed tier so that you're neither paying for unnecessary speed nor experiencing a frustratingly slow connection.

Another helpful approach is to ask others about their experiences with different service providers. This can give you a better idea of what's working for them and what is not and help you make a more informed decision.



## Birthdays This Month.....

Gary Grant, Archie McCafferty, Mick O'Hearn, Marion Siddens and Graham Williams





## Shed Member Profile - John Williams.....

John was born in Liverpool, UK, in Anfield, close to the famous home ground of Liverpool Football Club. His family lived with his grandparents in a rundown tenement without hot water or electricity until they moved in 1965, when he was 13. Contrary to the myth, they didn't store coal in the bath - because they didn't have one!

John first attended Granton Road County Primary School and then Anfield Comprehensive School. In 1967, his parents emigrated to Australia with five kids in tow. He finished his secondary education at Cabramatta High School, near the Commonwealth Migrant Hostel. Some say he never left school because after high school. He won a scholarship to Wagga Wagga Teachers' College. He didn't know where Wagga Wagga was, but he soon found out! In 1973, he began his teaching career, which spanned nearly 40 years.

His first job as a kid was minding cars during Liverpool football matches, offering to watch over them for a small fee. Most drivers thought it was worth it, though some told them to clear off. Another early job, during Year 12, involved door-to-door fundraising for the House With No Steps. His first attempt was met by a hungover resident who declared his was "the house with no money," slamming the door in his face. He earned just \$7.50 over two days.

Over the years, John held a range of jobs, from paperboy to wool sorter, brickies' labourer (fired after 2.5 days), and even electoral official. But his life's work was in education, starting in Mt Druitt, where he lived after leaving the migrant hostel. Tregear and Lethbridge Park primary schools had 2,300 students, making them the largest in the southern hemisphere. Teaching there taught him the importance of creating a supportive and inspiring environment for students.

John worked in Mt Druitt for 10 years before moving to Emu Plains, the Blue Mountains, and eventually Penrith High School. His first principalship was at Winmalee Public School in 1998, followed by establishing a new school in Glenmore Park in



2002. In 2006, he returned to Mt Druitt as the School Education Director before moving to Taree/Camden Haven schools, where he retired in 2012.

John says that "teaching is a profession where there's always more to do than time allows, but after 40 years, the most rewarding moments are when someone unexpectedly says", "I remember you - you were my teacher."

His greatest achievements are shared with his wife: raising two wonderful children, enjoying the company of two delightful grandchildren, traveling Australia in a pop-top caravan, and spending six months in a campervan in Europe - still friends by the end! He also received a service medal from the Department of Education, which simply states, "In the Service of Children."

After retiring, he lived near Tallwoods Golf Club and played golf three times a week - though his game didn't improve much. John also took up sourdough baking and jigsaw puzzles during the COVID era.

He eventually moved to Ashtonfield to be closer to his grandchildren. He enjoys making and fixing things, which led him to the Men's Shed, where he's done a lot of sanding, undercoating, and sorting screws. His next task is to review the Shed's Asset Register, and he's eager to learn how to use the wood lathe and CNC router.





## November Picture Gallery.....





## **Maitland Earth Markets Fresh, Local, and Sustainable.....**

This November, experience the vibrant spirit of Maitland's Earth Markets, where local farmers, artisans, and producers come together to offer the best in fresh, sustainable, and organic goods. Held at The Levee, this market is all about connecting with the community, supporting local businesses, and promoting eco-friendly practices.

From farm-fresh fruits and vegetables to handmade crafts and natural products, there's something for everyone. Whether you're passionate about reducing your carbon footprint, or just looking for wholesome food and unique items, the Earth Markets are the place to be!

Bring your family, meet the growers and makers, and enjoy a morning celebrating sustainability and local talent. Don't miss out - come and be part of a greener, healthier Maitland!

When: 7th and 21st of November

Where: The Levee, High Street Maitland

Free Entry

More info: Ph 0427 548 886

Email: [slowfoodhuntervalley@gmail.com](mailto:slowfoodhuntervalley@gmail.com)



## **Sporting History Exhibition at Morpeth Museum.....**

Morpeth Museum's exhibition of Maitland's sporting excellence showcases archived photographs of local and international teams and their stories.

Interestingly, one item is a photograph of the New Zealand All Blacks international touring team visiting Morpeth in August 1903, 120 years ago. The touring party is photographed on the front veranda of property Kia-Ora, owned by the Mayor of Morpeth, John Hogan.

The New Zealand team played the Northern Districts rugby team at The Albion Cricket Ground in West Maitland, known now as the Maitland Showground. Visit the Museum to find out who won the match.

A short video adds to the Museum's presentation, celebrating various local sports, complete with the crowd performing a rousing rendition of "Ole, Ole, Ole". A special feature is the now defunct Morpeth Bowling Club which opened in 1974.

Large photo albums cover the clubs' events over the years. A large tablecloth is signed by all the members, the signatures are embroidered onto the cloth. Other sporting memorabilia is on display at the museum.

To lend or donate items or relics for the exhibition, photographs will be digitized and then printed for display, please contact the museum during opening hours.

When: Throughout November from 11am - 2pm

Where: Morpeth Museum, 123 High St Morpeth

All tickets from \$2.00

More Info: Ph 02 4934 4301

Email: [morpethmuseum@bigpond.com](mailto:morpethmuseum@bigpond.com)

Visit the website: <https://www.maitland.nsw.gov.au/facilities/morpeth-museum>





# How to Tell If Your Blood Sugar Isn't Right and What to Do About It....

Blood sugar, also known as blood glucose, is essential for providing your body with energy. However, when it fluctuates too much - whether it's too high or too low - it can cause a variety of issues that affect your overall health and well-being. Keeping your blood sugar levels in check is important for everyone, but it's especially crucial for those managing diabetes or prediabetes.

So how do you know if your blood sugar is out of whack, and what can you do about it? Let's explore the key signs and actionable steps to help maintain a healthy balance.

### Signs of High Blood Sugar (Hyperglycaemia)

High blood sugar can occur when your body either doesn't produce enough insulin or can't use it effectively. This leads to too much glucose remaining in the bloodstream.

*Common Symptoms of High Blood Sugar Include:*

**Frequent urination:** The kidneys work overtime to filter out excess glucose.

**Increased thirst:** Your body becomes dehydrated as it loses fluids from frequent urination.

**Fatigue:** Even with high glucose levels, your cells aren't getting the energy they need.

**Blurred vision:** High glucose levels can affect the shape of the lens in your eye.

**Slow-healing cuts or sores:** Poor circulation can make it harder for wounds to heal.

**Unexplained weight loss:** When your body can't use glucose properly, it starts breaking down fat and muscle for energy.

### Signs of Low Blood Sugar (Hypoglycaemia)

Low blood sugar happens when glucose levels drop too far, often because of skipped meals, too much insulin, or excessive exercise.

*Symptoms of Low Blood Sugar Include:*

**Shakiness or trembling:** Your body is signalling that it needs fuel quickly.
















**Sweating:** This is often paired with anxiety or a sense of nervousness.

**Dizziness or light-headedness:** A lack of glucose can impair your brain function.

**Confusion or difficulty concentrating:** Your brain relies on glucose for clarity and sharpness.

**Irritability:** Sudden mood changes can occur when your blood sugar is low.

**Hunger:** An intense craving for food, especially

HYPERGLYCEMIA VS HYPOGLYCEMIA							
BLOOD GLUCOSE LEVEL							
<b>HIGH BLOOD GLUCOSE LEVEL</b> Too much glucose in the blood			<b>LOW BLOOD GLUCOSE LEVEL</b> Too little glucose to keep the cells working well				
<b>COMMON SYMPTOMS</b>							
 Feeling Tired		 Polyuria (Excessive Urination)		 Feeling Tired		 Paleness	
 Irritability		 Polydipsia (Increased Thirst)		 Irritability		 Increased Hunger	
 Blurry Vision				 Blurry Vision		 Sweatiness	
				 Dizziness		 Headache	
				 Shakiness			

something sweet or high in carbs.

### What You Can Do About It

If you notice any of these symptoms, it's important to act quickly to regulate your blood sugar levels. Here's how:

#### Monitor Regularly

If you have diabetes or prediabetes, regular monitoring with a glucose meter is crucial. Tracking your levels helps you spot patterns and make adjustments. For those without a diagnosis, regular check-ups with your doctor can reveal any imbalances.

#### Eat a Balanced Diet

For high blood sugar: Focus on foods that have a low glycaemic index, such as whole grains, vegetables, and lean proteins. Avoid sugary snacks and refined carbs, which can spike glucose levels.

For low blood sugar: Carry healthy snacks like fruit, nuts, or yogurt to prevent dips. If you feel symptoms of low blood sugar, a small amount of juice or a glucose tablet can help restore levels quickly.





### *Exercise Moderately*

Physical activity helps your body use insulin more effectively and can lower blood sugar. However, for those prone to low blood sugar, it's important to have a small snack before exercise to prevent a drop.

### *Stay Hydrated*

Dehydration can affect blood sugar levels. Make sure to drink plenty of water throughout the day, especially if you're experiencing frequent urination due to high glucose.

### *Take Medications as Prescribed*

If you've been prescribed insulin or other medications to regulate your blood sugar, take them exactly as directed. Skipping doses or not following your plan can lead to dangerous fluctuations.

### *Manage Stress*

High stress levels can trigger the release of hormones like cortisol, which can raise blood sugar. Practices like deep breathing, meditation, or yoga can help reduce stress and maintain balance.

### *Get Enough Sleep*

Poor sleep can negatively impact insulin sensitivity and make it harder for your body to regulate glucose. Aim for 7 to 8 hours of quality sleep per night.

### *When to See a Doctor*

If you're consistently experiencing symptoms of high or low blood sugar despite making lifestyle adjustments, it's essential to consult your healthcare provider. They can review your medications, dietary habits, and exercise routine to help get your blood sugar levels back on track.

### *Final Thoughts*

Maintaining balanced blood sugar is essential for your overall health, whether or not you have diabetes. By paying attention to your body and making simple lifestyle changes, you can prevent those ups and downs that leave you feeling out of whack. Regular check-ups, a healthy diet, and consistent exercise are key to keeping your blood sugar - and your well-being - in check.

## Just a Little Joke.....

A little old lady wanted to join a biker club. She knocked on the door of a local biker club and a big, hairy, bearded biker with tattoos all over his arms answered the door.

She proclaims, "I want to join your biker club!" The guy was amused and told her that she needed to meet certain biker requirements before she would be allowed to join.

So, the biker asks her "You have a bike?" The little old lady says "Yea, that's my Harley over there" and points to a Harley parked in the driveway.

The biker asks her "Do you smoke?" the little old lady says "Yea, I smoke. I smoke four packs of cigarettes a day and a couple of cigars while I'm shooting pool."

The biker was impressed and asks "Well, have you

ever been picked up by the Fuzz?" The little old lady says "No, I've never been picked up by the fuzz, but I've been swung around by my nipples a few times."



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







# Practical Computer Skills for Everyday Use

A class designed for those who already  
have basic computer skills

Email Basics  
Safe Browsing  
Online Safety

Updating Computer  
Changing Settings  
Trouble Shooting

Starts Monday the 4th of November at 9am