

Maitland Community Men's Shed The Shed News

June 2025



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Maitland Community
Men's Shed welcomes
new members!

We are here to assist
our supporters and
friends.

Inside this issue:

The Shed Report	1
Inside Our Shed	2
Tech talk	7
Picture Gallery	8
Community Notice Board	9
Men's Health	10

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The Shed Report.....

Here we are ploughing along to the end of the FY, or for those who keep an eye out for sales, the EOFY. Really, what is this modern talk stuff, acronyms and jargon. Us oldies understand End Of Financial Year. And soon we will be counting down to Christmas. Oh, for goodness sake slow down. What has been happening at the Shed?

The project boys received a request to build a laundry to be installed at a church in the Maitland area. Challenge taken and project completed.

The joinery section (CNC machine) received an interesting task to supply a local Catholic College, St Aloysius, a substantial number of small, stylised crosses. Our new resident machine operator has taken on the project, completed the computer-generated layout and is well into the production stage of the crosses. Other members are manually putting the final touches to the crosses.

A resident called into the Shed and enquired at the office if we may be able to make some Garden pot mobile stands similar to the one, she brought in as a sample. The sample was shown to the project team and she was informed that it would be no trouble at all. Her request was put in and the said mobile stands have been produced.

It is sometimes strange how requests for projects find their way to the Shed. A member was at the greyhound dog rescue to get a dog for his family and got chatting to the lady about the Shed he was member of and the fact that the Shed made dog beds from recycled pallets and packing cases. She indicated that she may be interested in purchasing some of our products. Our member mentioned to the bed makers

about his discussion and arrangements are being negotiated with this establishment.

BBQ's at Bunnings continue, with the latest being held at the end of May. Bunnings were having a stock review recently where they identified some stock that was not moving so they contacted our Shed and asked if it might be of some use. More than willing to continue to recycle, the lads turned up with the Ute and collected the generous donation.

Another resident called seeking assistance with job. The job, a very large red cedar table and seats. How large, may be large enough to host the Last Supper. Can you strip them back to the bare timber and oil them? No challenge is seemingly too big, so, yes we can. The table and seats were dismantled, cautiously cleaned back and are in the process of being treated with cedar oil, ready for re-assembly.

The talents within our Shed membership are simply outstanding and the level of trade and craftsmanship knowledge are second to none. An example of this was shown recently when the challenge was put out to create some models of the old buildings at the Greta migrant camp. A member took up the challenge, researched the information on Doctor google and proceeded to make two models of the housing buildings utilised at the camp. The end result has been delivered to a local resident who grew up at the camp and published several articles on the history. He and his wife are very delighted with the results. Read more about this further in the newsletter.

Old age does have advantages. Call it a "Seniors moment" and you can get away with anything.

Take care and see you at the Shed.

Charlie Sanders - Chairman

A Clever Move: Shed Mates Combine Talents to Create Unique Chess Set.....



A remarkable collaboration between two of our talented Shed members has resulted in the creation of a beautiful and one-of-a-kind chess set, complete with handcrafted board and 3D-printed pieces.

Earlier this year, the idea was floated to pair up Neil Horne, our resident 3D printing expert, with John Rissler, the Shed's go-to guru for all things recycled. The goal? To design and build a complete chess set that showcased both their skills - Neil's mastery of modern technology and John's eye for repurposing old materials.

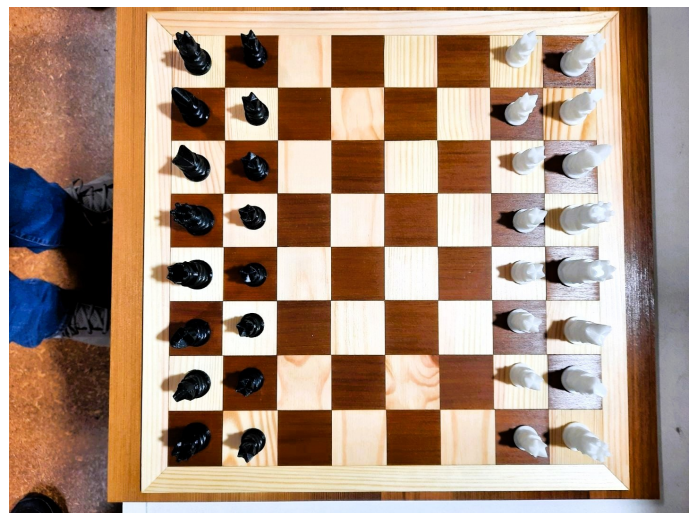
John took on the challenge of crafting the board using scrap pine and timber from old cedar Venetian blinds. Each individual square was carefully measured, cut, and glued together with precision and patience to form a striking checkerboard pattern. The result is a board that's not only functional but full of character and craftsmanship.

Meanwhile, Neil used his expertise to design and print a full set of chess pieces using the Shed's donated 3D printer, which he had earlier refurbished and got up and running like new. Each piece was printed with care, adding a modern flair that contrasts beautifully with the traditional timber board.

This project is a fantastic example of what can happen when Shed members combine their talents. The end result is not just a functional chess set, but a unique creation that blends old and new - recycling and technology. It's sure to be enjoyed by many of our members for years to come.

Well played, Neil and John!

Writer: *Steve O'Brien* - Shed News Editor



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



New Rainwater Tank Installation.....



With the recent construction of our new garage just about complete, work around the Shed is far from over. Our ever eager members are already turning their attention to the next phase which is installing a new rainwater harvesting system to make the most of the extra roof space provided by the new garage.

The plan is to capture rainwater that falls on the new roof and direct it into a new water storage tank positioned at the rear of the garage.

From there, the collected water will be used to irrigate our gardens. This is not only a more sustainable approach, but it also promises to reduce our water usage and cut down on costs, which is great news for the Shed's operating budget.

In addition, we already have an automatic watering system installed that can be programmed with an automatic timer. This ensures our gardens stay hydrated even during holiday closures.

For added convenience, the system can also be controlled remotely via a mobile phone, allowing us to provide extra watering during hot or dry spells even though, with all the recent rain, that's not something we've had to worry about just yet!

As always, we're looking for smarter, more efficient ways to manage our resources. Capturing rainwater instead of letting it flow straight into the stormwater drains is just one way we're making the Shed greener and more self-sufficient.



Shed Builds Model to Commemorate Greta Migrant Camp 75th Anniversary.....

Every day is different at the Maitland's Community Men's Shed because our community have learnt that if you ask for something to be fixed or made someone in our shed group will have the skills, ideas and patience to make it happen. The impossible is made possible. No job is too small, and every job is important and receives our best efforts.

Recently, members of our local Men's Shed embarked on an ambitious project to build a model commemorating the historical anniversary of the Greta Migrant Camp. This initiative is a testament to their craftsmanship but also a tribute to an important part of our nation's history.

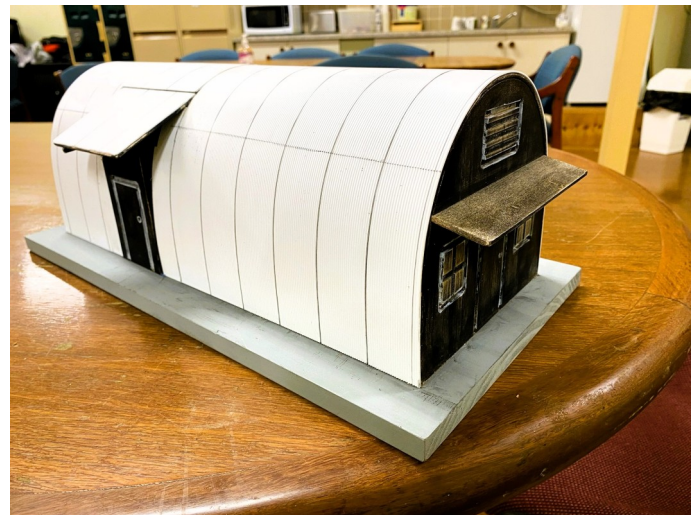
The Greta Migrant Camp started out as one of Australia's largest army training camps during World War II. It also holds another significant place in Australia's history, serving as a temporary home for thousands of migrants during the post-World War II era.

The camp, established in 1949, was instrumental in shaping the multicultural landscape of our country, providing shelter and hope to families seeking a new life. Between June 1949 and January 1960 over 100 000 migrants to Australia passed through the camp.

It had two sections with two types of buildings namely brown coloured oiled timber weatherboard which became known as Chocolate City and Silver City made of galvanised, corrugated iron Nissen Huts.

At its peak, Greta Migrant Camp had a small school, hospital, cinema and communal dining hall and recreation centre. Accommodation at the Camp was basic. Men signed a 2 year- year work contract and were housed in Chocolate City. They worked away from site cutting sugar cane, working on the Snowy Scheme, at Newcastle Steelwork or on the railways. Women and children lived in the holding Centre in Silver City.

The craftsmen working on these models have



ensured accuracy and authenticity to capture the key elements through this miniature recreation. Their efforts in building this model are more than just a creative project; they have created a legacy. By preserving and showcasing the history of the Greta Migrant Camp, we hope to ensure that future generations understand and appreciate the sacrifices and contributions of the migrant families who helped shape our nation.

Writer: **John Williams** - Men's Shed Reporter

Just a Little Joke.....

A 75-year-old man walks into a bar with a parrot on his shoulder. The barman asks: "Hey, where did you get him?" The parrot answers: "at a nursing home, they're all over the place there!"



The House of Barry.....

Ancient historians tell us that the barber's trade has its roots (should that be hair follicles?) in the Bronze Age. Archaeologists have evidence that barbering services were performed by Ancient Egyptians 7000 years ago using instruments made from oyster shell or sharpened flint. In ancient times 'barbershops' became important places for social gatherings and public places of discussion for men. During the Middle Ages barbers often served as surgeons and dentists. These surgeon barbers in addition to haircutting, shaving and hair dressing, performed bloodletting, leeching, fire cupping, enemas and extraction of teeth.

The surgeon barber became the inspiration for the fictional character Sweeney Todd. Todd was a Fleet Street Barber, who murdered his victims with his straight razor. He gave the bodies of his victims to Mrs Lovett, his partner in crime, who baked their flesh into meat pies. The Barber's Pole, of spiralling white, blue and red lines is a symbol from the barber surgeon times and represents bandages, veins and blood.

In the 60's when a visit to the barber was a fortnightly occurrence, barbershops again became safe spaces for men. Haircuts were limited to short back and sides with variations to the length of sideburns and squaring off the neck. The barber's shop was a smoky place, filled with conversation and opinion, a place where the troubles of the world were debated and resolved.

My first visit to a barbershop was a rite of passage organised by my grandfather. He told me before the

visit that 'boys should be seen but not heard', to not ask him any questions and to leave the men's magazines on the table. I was excited because it signalled the end of the 'bowl' haircuts that that my father had fashioned using his hand operated clippers.

My haircut was a flash of the 'electric' clippers, a daub of Brylcreem through my hair and quiff formed with a flick of the barber's comb. It was over all too quickly. I was too young to engage in the ritual and camaraderie, but I did appreciate the opportunity the barber's shop provided to safely express, joy, humour, sadness, disbelief and outrage about life, sport, politics and relationships.

These thoughts came rushing back when I walked into the men's shed to see Barry providing Barbering services surrounded by lathes, grinders and welding equipment. The Men's Shed is like the olden day barbershop. A visit to the shed is more than a haircut, it's also a welcoming space, a place for conversation, an experience where the real draw isn't about just making, painting, hammering and welding.

Maybe, in the future, the metalwork shop could be renamed the House of Barry. It could be like an up market, modern day, barber shop, offering male grooming, manscaping, beard colouring, brow and ear waxing, steam facials and eyebrow tinting. Maybe not! Just don't ever eat a meat pie if Barry offers you one.

Writer: **John Williams** - Men's Shed Reporter



Supporting Community Programs.....

Last month, our Shed has once again had the opportunity to lend a hand in the local community. This time by installing a much-needed washing area for the Maitland City Uniting Church. The Church runs a wonderful initiative called the MUNCH program, and we were only too happy to help support their efforts.

We were very happy to receive this message of appreciation from the Church:

"Thanks so much for your wonderful work in helping with starting this service. Your excellent workmanship, rapid response and great value have meant we can finally get this service running. You guys are fantastic."

The MUNCH program offers more than just a meal, it provides friendship, support, and a welcoming space for all. Held every Monday and Wednesday from 5:00 to 5:45 pm, the program serves a sit-down, two-course dinner to around 30 to 50 guests each evening. Guests enjoy a hearty main meal of meat and three vegetables, along with either a hot soup or dessert. In addition, they can take away one extra meal per day, and food parcels are available for those in greater need, in consultation with the church's Minister.

Programs like MUNCH are a reminder of the strength and kindness in our community and how something as simple as a shared meal can make a



big difference. We're proud to be part of this effort and to support the good work happening in our local area.

Writer: *Steve O'Brien* - Shed News Editor

Computer Classes Resume.....

Our popular computer classes are back! Join us at the Shed on Monday, the 2nd of June at 9am as we resume the course "Practical Computer Skills for Everyday Use."

Designed especially for members who already know a bit about computers but want to build their confidence and learn more, this course is perfect for anyone over 50 whose looking to stay connected and capable in today's digital world.

The sessions are short (just 30 minutes), friendly, and easy to follow with no pressure, no tech jargon, just practical skills you can use every day. You might be surprised at how quickly it all starts to make sense!

Whether you're keen to brush up on your knowledge or simply curious, why not come along and see what it's all about?



Helping Each Other with Tech - A Few Handy Tips.....

Technology can be a real help these days, keeping in touch with family, checking the weather, reading the news, even ordering a new part for the mower. But let's be honest, it can also be a bit overwhelming if you didn't grow up with it.

At the Shed, we're pretty good at lending a hand when someone's working on a project or using a new tool and it's the same with computers, phones, or tablets. If you're helping a mate (or learning yourself), here are a few things to keep in mind:

Take It Slow

There's no rush. If your just learning how to send a message or use email, it's best to stick with one thing at a time. Don't get too complicated at first, so there's no need to throw yourself in the deep end.

Stick To What Matters

Try to do things that you can actually use, like looking up the footy scores, getting directions, or seeing photos of the grandkids. If it's useful, it's more likely to stick.

Repeat And Practise

Just like using a new tool, the more you use it, the easier it gets. Repeating steps helps things sink in and it's okay to forget. We all do.

Write Things Down

It's handy to jot down the steps or keep a little notebook of instructions. That way, if you forget, you don't have to wait for someone else to show you again.



Keep It Positive

If you're the one helping, a bit of patience and encouragement goes a long way. No one likes to feel silly asking questions and everyone learns at their own pace.

Stay Safe Online

Remind each other not to click on dodgy links or give out personal info unless you're sure it's legit. Trust yourself. If something looks suspicious, it probably is.

Use Trusted Resources

Don't be afraid to use programs like Be Connected by the Australian Government which provides free online learning tailored for older Australians. Local libraries and community centres including our shed, also offer classes to improve your tech knowledge.

Remember, we've all got different skills. Some of us are handy with a lathe, others with a smartphone. If we keep helping each other, we all get better and that's what the Shed is all about.

Writer: **Steve O'Brien** - Shed News Editor



June Picture Gallery.....



Luminous Festival to Light Up Maitland's Winter Nights.....

Maitland's winter nights are set to sparkle with fire, light, and wonder as Maitland City Council unveils Luminous, a brand-new festival illuminating The Levee Shared Zone on Friday the 20th and Saturday the 21st June 2025.

Timed perfectly with the winter solstice, Luminous promises to transform Central Maitland into a multi-sensory playground, featuring dazzling light installations, fiery displays, live performances, and immersive experiences sure to captivate visitors of all ages.

Maitland Mayor Philip Penfold said the festival will be a major addition to the city's vibrant events calendar.

"Luminous is a first-of-its-kind event for Maitland, designed to celebrate the magic of winter while showcasing our city's creative energy. With everything from spectacular light displays to interactive fire performances, this festival will offer something special for locals and visitors alike," he said.

"An event of this scale not only creates unforgettable moments but also drives tourism, supports local businesses, and shines a light on everything that makes Maitland such a fantastic place to live and visit."

Among the festival highlights is a fireworks display over the Hunter River on Saturday night, adding a



sparkling finale to the weekend. Visitors can also enjoy pop-up bars, food trucks lining the Shared Zone, and themed spaces such as a speakeasy-style bar and a live fire cooking station.

Luminous is free to attend and is expected to draw thousands of people, with the potential to become Maitland's signature winter celebration—further cementing its place as a must-visit destination for arts, culture, and events.

When: Friday 20th June: 5.00pm - 8.00pm

Saturday 21 June: 11.00am - 8.00pm

Where: The Levee Shared Zone, Central Maitland.

More Info: www.maitland.nsw.gov.au/luminous.

Maitland Heritage Fest Family Fun Day.....

Maitland Heritage Fest celebrates and showcases Maitland's nationally significant and unique heritage. The 2025 festival theme is 'Unearthed', revealing the past and bringing to light lesser-known histories and stories while unearthing knowledge to empower younger generations as custodians of culture and tradition.

Dating back to Aboriginal communities, thousands of years ago, to the arrival of the cedar getters, conflict from European settlement and land grants for the rapid growth of agriculture and commerce, contemporary Maitland is a product of its rich past.

Maitland Heritage Fest Family Fun Day will be held at Church Street Precinct in central Maitland with plenty of interactive displays, entertainment, arts, crafts, food and activities for the whole family.

Stay tuned for more information by following the Maitland Heritage Fest Facebook page or the Maitland Heritage Fest website.



When: 15 June 2025, 9:00am - 5:00pm

Where: 75 Church Street, Maitland NSW 2320

This dietitian's \$2.60 trick could change your afternoons forever!

Feeling the afternoon slump? This might pick you right up! We've all been there. The clock strikes 3 pm, and suddenly, your energy plummets.

Whether you're working, wrangling grandkids, or just trying to get through the day, that familiar afternoon slump can hit like a ton of bricks. The coffee buzz has worn off, and the lure of a sugary snack or a fizzy drink is almost impossible to resist.

But what if there was a simple, affordable, and healthy way to beat those cravings and keep your energy steady?

Accredited dietitian and nutritionist Rebecca Gawthorne has shared her go-to solution for the dreaded 3 pm slump and it costs less than a cup of coffee.

Why do we get the 3 pm slump?

Before we dive into Rebecca's clever snack ideas, it's worth understanding why so many of us hit a wall in the afternoon.

Our bodies naturally experience a dip in energy between 2 pm and 4 pm, thanks to our circadian rhythms. Add in a carb-heavy lunch or a poor night's sleep, and it's no wonder we're reaching for the biscuit tin.

But as Rebecca points out, it's important to pause and ask yourself: 'Am I actually hungry, or just bored, stressed, or tired?' Sometimes, a glass of water or a quick walk can help you reset. But if you are genuinely hungry, choosing the right snack can make all the difference.

Rebecca's answer to the 3 pm slump is as simple as it is delicious: her 2-Minute Apple Yoghurt Dip. Not only is it quick to make, but it's also packed with nutrients to keep you satisfied and energised.

Here's what you'll need:

- 1 apple, cut into eighths (Kanzi apples are her pick, but any variety will do).
- 200g yoghurt of your choice (Greek, natural, or a dairy-free alternative).
- 1 tablespoon peanut butter (or swap for almond or other nut butters).
- 1 teaspoon honey.
- Pinch of both cinnamon and salt.

Method:

In a small bowl, mix together the yoghurt, peanut butter, honey, cinnamon, and salt. Serve with apple slices for dipping.

That's it! In just two minutes, you've got a snack that's high in protein, fibre, and healthy fats - everything you need to keep those sugar cravings at bay.

Why this snack works:

Unlike a chocolate bar or a can of soft drink, this apple dip delivers a steady release of energy. The combination of protein (from the yoghurt), healthy fats (from the nut butter), and fibre (from the apple) helps you feel fuller for longer and avoids the blood sugar spikes and crashes that come with processed snacks.

Rebecca says, 'By combining healthy fats, fibre, protein and the natural sweetness of an apple, you've got a balanced, satisfying and filling snack that can also help you manage your sugar cravings.'

One of the best things about Rebecca's recipe is how easy it is to adapt. Dairy-free? Use coconut or soy yoghurt. Allergic to peanuts? Try almond, cashew, or sunflower seed butter. Watching your sugar intake? Swap honey for a sprinkle of stevia or leave it out altogether.

And if you're feeling adventurous, Rebecca also recommends her Pretzel Bark - a sweet-and-salty treat that can be made with dark chocolate, seeds, or nuts, and stored in the fridge for up to a month.

Make-ahead magic

If you like to plan ahead, you're in luck. The Apple Yoghurt Dip can be made in advance and stored in the fridge for up to a week in an airtight container. That means you'll always have a healthy snack ready to go when the afternoon slump strikes.

The power of planning

Rebecca's top tip for avoiding unhealthy snacks? Be prepared. 'One of the most effective strategies is planning ahead,' she says. 'Keeping nutritious yet tasty snacks on hand makes it easier to choose nourishing options when you feel hungry, and they'll keep you satisfied for longer too.'

Other healthy snack ideas for the afternoon slump

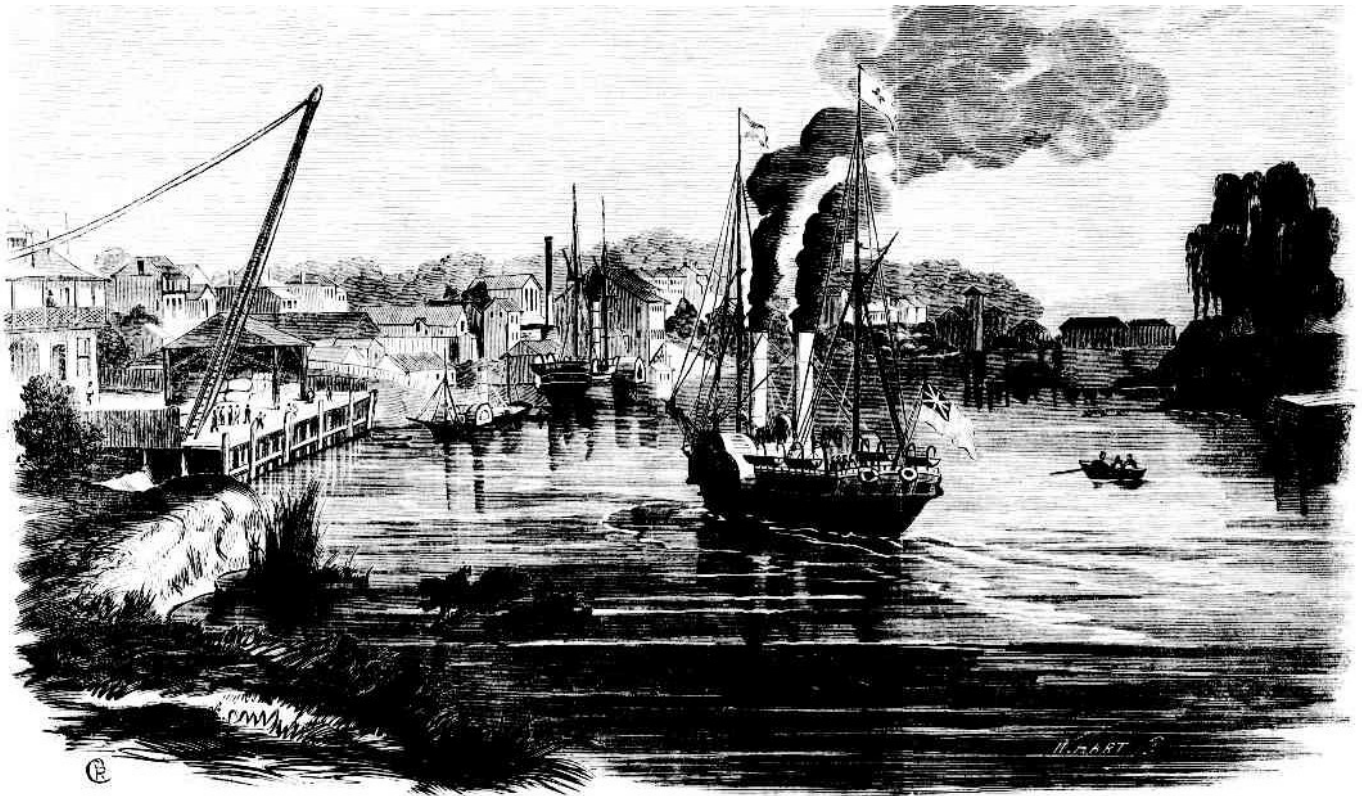
- A handful of unsalted nuts and dried fruit.
- Sliced veggies with hummus.
- Wholegrain crackers with cottage cheese.
- A boiled egg and cherry tomatoes.
- Greek yoghurt with berries.

Why it matters

As we get older, our metabolism slows and our bodies become more sensitive to blood sugar fluctuations. Choosing snacks that are high in protein and fibre, and low in added sugar, can help maintain energy, support healthy weight, and even improve mood and concentration.

Source: Don Turrobia - **YourLifeChoices**

Early Days of the Maitland District: From Settlement to Growing Township.....



The early decades of the 19th century saw rapid transformation in the area we now know as Maitland. From the first European land claims to the rise of industry, education, and religious institutions, this period laid the foundations for a thriving regional centre.

In 1821, Edward Charles Close took up land at The Green Hills - later to be known as Morpeth, while the first Anglican clergyman, George Middleton, was appointed to Newcastle and established a glebe at Paterson's Plains. This marked the beginning of structured settlement and religious life in the region.

Surveyor Henry Dangar played a key role in mapping the area, beginning in 1822 and conducting formal surveys of small holdings by 1823. That same year, James Mudie built a wharf at Wallis Plains (now part of central Maitland), next to what is now High Street. It became a vital hub for trade, complete with a cattle yard and grain store.

The closure of the Newcastle penal station in 1823 saw a shift in the convict system, with Port Macquarie taking over as the new settlement. A soldier settlement was also established that year at Veterans Flat - now the Mt Pleasant floodplain.

By 1824, a regular boat service-connected Wallis Plains to Newcastle, and a punt was set up at The

Falls, just upstream from where Belmore Bridge stands today. Commerce expanded in 1825, with William Powditch and Frederick Boucher opening a store near Mudie's wharf, while Samuel Clift built the Toll House on Wallis Creek.

That same year, a small timber bridge was constructed over swampy land below Campbells Hill—the forerunner to the famous Long Bridge.

The darker side of settlement was evident in 1826, with a massacre of 18–20 Wonnarua people at Bridgman Estate, Fal Brook. Yet community life also grew: Molly Morgan established The Angel Inn on High Street and leased it to George Yeomans, becoming the first licensed hotelier in Wallis Plains.

Education and infrastructure followed. A school opened in 1827 in a building owned by 'Gentleman' John Smith, and Alexander McLeod built a toll bridge across Wallis Creek. New inland routes, such as Nowland's Pass, also began to emerge.

By 1828, Wallis Plains had around 1,600 residents, mostly male and predominantly convicts or ex-convicts, with an average age of just 28. That year saw the establishment of a courthouse and lock-up at Old Banks on the Paterson River and a floating store ship, the St Michael, moored at Morpeth.

Our Local History - A Look Back In Time : 1821 - 1839 - Continued.....

A turning point came in 1829 when Surveyor General Sir Thomas Mitchell ordered George Boyle White to survey the official township of Maitland, deliberately placing it on higher ground east of Wallis Plains to avoid flooding. A post office was established, linking the area by mail with Newcastle and Sydney. A new school and a Church of England cemetery opened at East Maitland, and the first Circuit Court was held.

In 1830, the Maitland Inn was built where the Town Hall stands today, and the first burials took place at the Glebe Cemetery. That same year, the first Roman Catholic church north of Sydney was erected at East Maitland.

Innovation continued into the 1830s. Steamships Sophia Jane and William the Fourth began servicing Morpeth from 1831, and by 1832 regular passenger and freight routes were running to Sydney. The first wharf at Morpeth was also constructed. Churches of multiple denominations followed: Scots Kirk, St Peter's Anglican, and the Catholic St Mary's in East Maitland.

The Long Bridge, which replaced the earlier flood-prone structure, opened in 1833, and that same year, Maitland held its first horse race meeting. By now, East Maitland was officially proclaimed a town and the village of Paterson was gazetted.

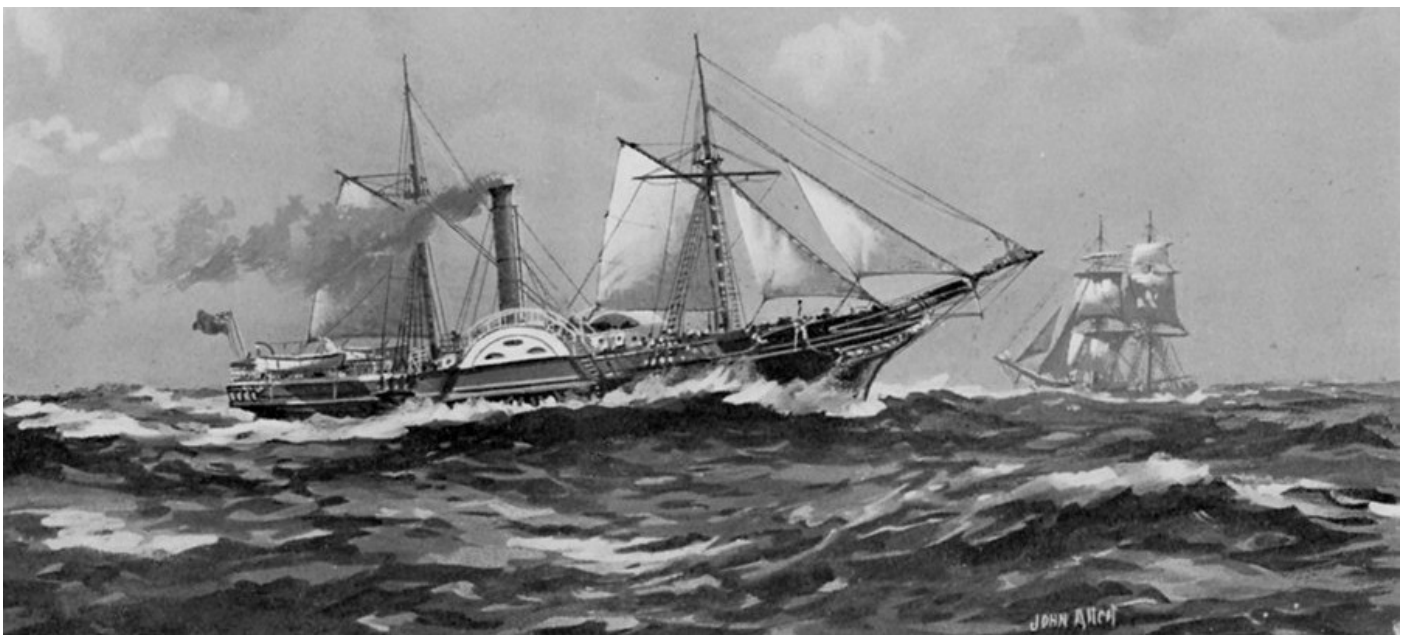
Around 1834, Henry Sempill opened the district's first steam-driven flour mill. That year also saw the opening of Queen's Wharf at Morpeth and the establishment of the Anglican Parish of St Peter's, with Rev. C. K. Rusden as rector.

Maitland was officially split into East and West in 1835, marking the continued growth of the area. The Catholic Church grew too, with the region's first dedicated church building, while the first Police Magistrate, Edward Denny Day, was appointed in 1836.

The next few years saw churches, schools, and community institutions flourish. By 1839, separate Catholic parishes were created for West and East Maitland. A slab hut in Horseshoe Bend hosted the first Catholic ceremonies. Banking came to the town with the Commercial Banking Company (CBC) opening in High Street, and the Mechanics' Institute and Subscription Library was founded, highlighting the growing interest in knowledge and self-improvement.

These formative years between 1821 and 1839 shaped Maitland's identity as an emerging township built on enterprise, faith, resilience, and community. - *Continued Next Edition*

Writer: *Steve O'Brien* - Shed News Editor



Birthdays This Month.....

Greg Anderson, Juri Bowa, Gary Kirkman, Jim Lennon, Steve Mitchell, Steve O'Brien, Michael Ryan, Graham Smith, Cheryl Sucker and Craig Tindley

HAPPY BIRTHDAY





Practical Computer Skills for Everyday Use

A class designed for those who already
have basic computer skills

Email Basics
Safe Browsing
Online Safety

Updating your Computer
Changing Settings
Trouble Shooting

Monday mornings at 9:00am