



Maitland Community Men's Shed
The Shed News

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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 Shed, it would be fair to say, is moving into full swing with several projects on the go and the prospect of another Cubby house construction for the East Maitland Lions Club. The clocks continue to come, chime and go. IT are getting ready to introduce classes and we look forward to having some of our members become involved with our CNC router.

We have an abundance of mowers finding their way into the Shed, making our resident fixer, Grommet, very happy. The card fraternity have regrouped and the "quiet room" is again filled with laughter and good old-fashioned banter.



The Board has discussed some suggestions received through the suggestion box and it is pleasing to say that we are moving to bring these suggestions to fruition.

I recently received this item via Facebook and it hit a chord in me that made me want to share it with our Shed Newsletter followers. I feel it is very thought provoking.

CHANGE THE WAY YOU SEE

*I don't have crow's feet,
 I have happy, happy memories of laughing with friends until the tears flowed.*

*I don't have frown lines,
 I have the marks of my frustration and confusion, which I have battled through, smiling in the end.*

*I am not going grey,
 I have shimmering highlights of wisdom, dashed throughout my silver hair.*

*I don't have scars,
 I have symbols of the strength I was able to find when life got tough.*

*I don't have stretch marks,
 I have the marks of growth and the marks of motherhood. My womanly evolution.*

*I am not fat,
 I bear the evidence of a life filled with abundance, blessings and good times.*

*I am not just forgetful,
 I have a mind so full of stories, memories and moments there is scarce room to hold much else.*

*I am not old,
 I am blessed, with a life of great length, something not everyone can say.*

Don't change the way you look my friend, change the way you see. To the mums, grand-mums, ladies within our lives, thank you.

See you at the Shed.

Charlie

Birthdays This Month.....

Warren Cheney, Brian Fairhurst, Daryl Pullen, Jim Fellows, Jenny Aitchison and Peter Blackmore.



Social Outing to Manly.....



A new year has started, so our social coordinator, Garry Handsaker has organised an outing on the 15th of February, to travel by train down to Central Station in Sydney and then catch the ferry over to Manly for a day of exploring and have lunch.

The Manly ferry ride from Circular Quay is a tourist attraction in its own right and is a must for every tourist visiting Sydney. This trip takes 20 minutes and crosses the entire Sydney Harbour. The vessels are comfortable with lots of seating inside as well as outside.

When you get to Manly, there is always plenty of things to see and do. One of these things to do is a family-friendly Fairlight Walk, which is a short walking trail starting from the ferry wharf in Manly Cove to the Manly Boatshed near North Harbour Reserve. The walk passes a few secluded beaches and several small parks, with great Harbour views to enjoy from start to finish.

The prettiest strip of sand along the walk is the 80-meter-long Fairlight Beach, which is also home to a rockpool and a small pool area for toddlers to have a splash.

Not only is Manly home to some of the prettiest beaches in Sydney, but there are also lots of great

pubs to explore for a good feed and a cold drink.

Some of these pubs are conveniently located in The Corso, and you'll also find a couple of pubs, bars, and restaurants on the waterfront near the ferry wharf.

The Corso is the pedestrian strip between the Manly ferry wharf and Manly's ocean-facing beach, lined with many retail shops, cafes, restaurants, and pubs, with even more to be discovered in the various small laneways. You can take your pick where you have lunch.

Without vehicular traffic, the Corso is a fantastic way to get to the beach from the ferry while taking in the unique Manly atmosphere.

From a retail perspective, you can find anything in the Corso, from classic surf and giftware shops to jewellery and art galleries.

The train will leave Maitland Station at 6:37am and arrive at Central Station in Sydney around 10:00am. Members and their guests are invited. If you are interested in going, please put your name on the noticeboard on the side of the lift well. For more information just ask Garry.

Just a Little Joke.....

An old man goes ice fishing for the first time. He walks out onto the ice and hears a booming voice proclaim: "There are no fish under the ice."
He ignores the voice and proceeds to cut a hole in the ice and throw his line in.
Again, he hears the booming voice, "There are no fish under the ice!"
The man looks up and nervously asks: "God?"
"No, this is the rink manager!"



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



Helping Save Our Bees.....



Our Shed was contacted recently by Rachel-Ann Wilcher, who is an Operations Officer from the New South Wales Department of Primary Industries - Biosecurity & Food Safety. The Shed had a request for up to help fabricate some Honeybee feeder stations that would be used to help eradicate Varroa Mite.

As most know, we lost our two beehives located at the Shed, due to this infestation late last year, so we were very keen to help out where we could. Bees are essential for the health of people and the planet. Honey and other products have medicinal properties, and the role of bees as pollinators makes them vital for food supplies.

NSW Department of Primary Industries (NSW DPI) is continuing efforts to eradicate the Varroa destructor that was found in sentinel hives at the Port of Newcastle in June 2022. The goal of the National Varroa Mite Response is to eradicate Varroa mite from Australia.

This requires a short-term removal of managed and wild European honeybees from Varroa Mite Eradication Emergency Zones. Euthanasia of wild European honeybees will be completed using a commonly available insecticide known as fipronil,



often found in dog and cat flea collars. To achieve this, wild European honeybee feeder stations will be located and operated by NSW DPI within the 10 -kilometre zone around premises where Varroa mite has been detected (the Varroa Mite Eradication Emergency Zone).

NSW DPI is seeking support from landholders and land managers in the Newcastle/Maitland Varroa Mite Eradication Emergency Zone (which extends from North Arm Cove in the north to Quorrobolong in the South to Stanhope in the northwest) to volunteer to have wild European Honeybee Feeder /Baiting stations located on their properties.



The European honeybee feeder stations are designed to exclude non-target animals and insects, and to prevent contamination of soil and water. While the feeder is in active use with fipronil, the baited area will be supervised by trained staff.

There will be at minimum a 2 klm buffer area between wild European honeybee feeder stations and the Purple Surveillance Emergency zone, to reduce the risk of European honeybees from outside the eradication zone interacting with the bait station

Ideally, NSW DPI is seeking locations to deploy wild European Honeybee Feeder/Baiting stations which provide easy vehicle access, with daytime access to the stations available. The stations are forecast to be onsite for at least 12 months.

For further information please go to:
<https://www.dpi.nsw.gov.au/emergencies/biosecurity/current-situation/varroa-mite-emergency-response/wild-european-honey-bee-management>

A Look Back In Time.....



On a recent trip of mine to Tasmania, I once again revisited an area on the West Coast near Strahan that really gets me thinking back about our early history.

Timber has always been a part of Men's Shed's so I thought some of our Members would like to hear a story that fascinated me about a type of timber that only grows in this region. Huon Pine has an aroma that once you smell it, you never forget it. At least that's what it does to me.

Huon pines are the oldest living trees in Australia and the second oldest in the world - only the North American bristle cone lives longer. Huon pines can live for 3,000 years, meaning some were seedlings before the Greeks invented democracy and well before Julius Caesar was born.

The Huon pine is a conifer and is endemic to Tasmania, meaning it grows naturally in Tasmania and nowhere else.

The Huon pine is Australia's oldest living tree and is one of the oldest living organisms on earth. Fossil records from a tree found in a boggy area in the south west of Tasmania were dated at 3,462 years! (Carder A., 1995).

Huon pine has been prized as a timber since the early 1800s. In fact, one of the reasons for establishing a convict settlement at Sarah Island in Macquarie Harbour was to harvest Huon pine from the Gordon River. From 1822 until 1833 convict Piners were forced to cut timber and bring log rafts from the lower reaches of the river to the settlement. There they were pit sawn into frames and planks to build ships for the Government. Pining continued as a commercial operation after the convict era. Felled trees continued to be floated down the river where they were picked up and taken to the mill at Strahan. Huon pine is one of the few native timbers that floats when green.

From 1890 till the present day, the small port of Strahan, on Tasmania's west coast has been the main centre of Pining. However, from 1850 until 1880, the Davey River settlement in the southwest, supplied the majority of the market.

The rich creamy yellow wood is soft, durable, smooth, oily and light weight. The wood is very easy to work with and takes a high polish. Huon pine is probably the most durable of Australian timbers, and logs which apparently have lain on the ground for several hundred years are still being harvested and milled. The durability of the wood is due to the presence of the essential oil, methyl eugenol, which gives Huon pine its unique odour.

The oil also has preservative qualities and deters insect attack. It has been said 'the only thing slower than a Huon pine's growth is its decay!' As a consequence, it is recognised as an excellent timber for building boats, furniture, and for joinery and turning. Huon pine is still available as a sawlog for the production of crafts. Sources include areas flooded by Hydro Tasmania schemes and previously heavily cutover areas, particularly the Teepookana State Forest near Strahan.

The annual sawlog cut of 500 cubic metres per year from these sources is expected to last more than a century. Because it thrives in some of the roughest terrain, it has been more difficult to harvest than other Australian timbers. This has resulted in Huon pine traditionally being at least triple the price of common hardwoods, and, with its scarcity today, that has increased to a factor of six or seven.

If any of our fellow Shedders ever get the opportunity to visit the Strahan region of Tasmania, don't hesitate. Visit the local mill and watch them sawing Huon Pine on their old antique saw benches.

Steve O'Brien - Shed News Editor

BBQ News.....



Once again, our BBQ fundraisers will be kicking off again soon for 2023. Our intrepid BBQ Team are on the lookout for more enthusiastic Members to come along and lend a hand. These fundraisers are a major source of income for our Shed which goes a long way to keeping our doors open to our Members and funding what we do.

The first BBQ for the year will be held at Bunnings in Rutherford on Saturday the 4th of February. We

have two events then scheduled for March the 18th and the whole weekend on the 29th and 30th of April. These two BBQ's are for the pony club who tried running events all throughout last year but were constantly washed out by rain.

If any Members have a bit of time to give back to the Shed, then please have a word to Tom Norton who is the BBQ Coordinator or just put your name on the sheet that is on the notice board.

The Key Man.....

For all of our Members who don't know as yet, Shed Member John R, has set up a key cutting station upstairs on the mezzanine floor area next to the quiet room.

John was a locksmith for many years owning Terrace Locksmith's at Raymond Terrace. John is able to cut keys as well as attend to any locksmith needs that our Members might have. This service is available to all of our Members for a small donation to the Shed to cover costs.

This is another example of the diversity of lifetime skills, that our Members can bring to our Shed when they join.



Regional Seniors Travel Card.....

Just a reminder to all of our Shed Members who are eligible, that applications for the 2023 Regional Seniors Travel Card is now open. Applications for the card will close on the 30th of November 2023.

The Regional Seniors Travel Card provides eligible seniors living in regional, rural and remote areas of NSW with a \$250 prepaid card to help ease the cost of travel. You can use the card at certain retailers to pay for pre-booked NSW TrainLink regional trains and coaches, fuel and taxis.

You can apply for a card through your Service NSW app, online, by phone or at a Service NSW Centre.

Note: The details you provide in your application must match those held by Services Australia or the



Department of Veterans' Affairs.

Just ask the guys upstairs in the computer room if you have any questions. They might be able to steer you in the right direction.

Top Tech Tips To Use Your Computer Like A Pro.....

Ever wanted to recall an email or restore a browser tab you accidentally closed? Follow these handy tech tips to get the most out of your machine. No matter how well you think you know your computer, there's a good chance there are some tricks you aren't aware of. Check out these tech tips to see what your PC or Mac is capable of.

Retracting An Email

Who hasn't accidentally hit 'Reply all' when you just meant to email one person? Well, most modern email clients can recall emails you've sent – if you're quick.

If you're using Gmail, once you hit 'Send' on a message, a dialog box will appear in the bottom left of your screen giving you an option to select 'Undo' or 'View message'. Clicking 'Undo' will reverse the sent email.

By default, this option will be available for just five seconds after you initially hit 'Send', but you can increase the time limit. From the main Gmail screen, select 'Settings' in the top right of your screen and then 'See all settings'. Next to the 'Undo send' option you can select a send cancellation period of five, 10, 20 or 30 seconds.

If you're using Outlook, there is a recall option, but be aware that if people have already read your message, you won't be able to recall the email from them.

To recall an email in Outlook, select the 'Sent items' folder and double click the email you sent by mistake or want to unsend. Then click 'Message', then 'Actions', then 'Recall this message' to reverse the send.

Inserting A USB Drive Correctly First Time

You'd think this would be simple, but everyone at some stage has tried inserting a USB the wrong way around.

Here's a trick you can use to get it right every time. If you look at any USB connector, you'll notice one side has a logo that resembles a three-pronged fork.

It's not just there for decoration. If you're inserting the USB horizontally, then the symbol will face up and if you're inserting it vertically the symbol will face towards you when inserted correctly.

Restore A Closed Browser Tab

Another frustrating one is when closing a stack of web browser tabs you have open, you accidentally close the one tab you needed. And now you can't



find it.

You could open your 'Internet history' and trawl through everything until you find what you're looking for, but there's a quicker way.

To restore the last tab you closed, simply hit Ctrl + Shift + T on a PC or Command + Shift + T if you're using a Mac. Note that this only works for the last tab you closed, so if you're looking for an earlier tab, you'll need to go through your internet history.

Take And Crop A Screenshot

When taking a screenshot, you don't want to reveal too much of your screen as it could be a security issue if sensitive information is shown.

To take a screenshot of just the area of screen you want, hit Command + Shift + 4 if you're using a Mac, and a rectangle will appear on-screen that you can drag and manipulate to capture what you want.

If you're using a PC, you'll need to use the Windows Snipping Tool, which can be found by using the Windows menu search function.

The Snipping Tool gives you a similar box that allows you to highlight and select only the area of screen you wish to capture.

Source: **Brad Lockyer, Digital Editor - YourLifeChoices**



Shed Member Profile - Bob Comber.....

Bob was born Narrabri in 1956. Narrabri is the administrative centre of Narrabri Shire which is located in the Namoi Valley, NSW. The rugged peaks of Mount Kaputar National Park loom to the east while plains stretch endlessly to the west. The shire is known as an agricultural wonderland. It produces high quality wheat, fat lambs, beef and cotton.

Bob attended St Francis Xavier's school in Narrabri until he moved to Maitland at the end of 1968, where he started high school at Maitland Marist Brothers, finishing there in 1974.

After a few unspectacular years at Newcastle University, he found a temporary job with the Australian Electoral Office. He says there was an election at the time and they were desperate. A few months later he moved into a permanent job with Telecom, starting in telephone accounts in Sydney.

After a few years he moved back to Maitland and managed to survive through all the changes (including the name change to Telstra) until about 27 years after he started, he said that "Management finally worked out that I had been accepting the money they gave me without actually doing any work to deserve it, so I was offered (and accepted) a redundancy".

He then worked at Sandgate Cemetery until another redundancy came along. A short stint as a security guard followed but he says that "I haven't been in full time work for about 10 years. I still do part time work as a School Crossing Supervisor".

Away from work he was a member of Maitland Apex Club and has been acting, directing, stage managing etc. in Maitland Repertory Theatre for around 39 years. He has been president for the last 10 years. He has 2 daughters but neither seem



interested in settling into long term relationships and supplying grandchildren he says.

He joined the Men's Shed about 8 years ago partly to satisfy Centrelink and partly to get himself out of the house. He heard all about it from Graham Williams who helped him with the decision to join. He occupies his time here keeping the store in order, cleaning up bikes and providing an ear to anyone who feels like having a yarn.

He is the second half of the Batman and Robin team who look after the shed store. Graham Williams (Batman) is the other half of the dynamic duo. Bob also acts as the Shed Returning Officer at any Shed election times.

Switched On Shedders.....

On Monday the 13th of February, the Shed will be restarting classes for those who wish to learn more about their computers, mobile phones and tablets. It's certainly been a long period since we stopped having computer classes in 2019 due to the Covid-19 pandemic.

We will be running these classes a little different from our old format. Initially they will start off with classes to help our Members with the use of their mobile phones. Some of the topics that will be covered like making emergency phone calls, video chatting with grandchildren, controlling your smart devices, texting with friends, using GPS to help navigate when driving or walking, checking the

weather on the go, monitoring health through apps and accessing the internet. This will run for a number of weeks, then move onto other devices.

Classes will be run at the same time as previously held before, beginning at 9:00am till 9:30am in the computer room upstairs on Monday mornings.



Picture Gallery.....



Slow Food Hunter Valley Market.....



The Earth Market Maitland is a place where local farmers and producers offer a range of healthy, quality food at a fair price directly to consumers. In addition, they preserve the food culture of the local community and contribute to defending biodiversity.

The Earth Market has been established according to the Slow Food philosophy of “good, clean and fair food for all”.

Good: Fresh and seasonal, healthy, tasty and able to stimulate and satisfy the senses.

Clean: Environmentally sustainable cultivation and production processes, no GM crops, local.

Fair: Accessible prices for consumers and fair compensation and conditions for producers.

At the Earth Market you will find a wide range of fresh vegetables, preserves, meat, honey, herbs, herbal teas, sweets, bread, oil and vinegar. All produce meets specific quality criteria, reflecting the Slow Food principles of good, clean, and fair.

All produce is sourced from within a certain radius of Maitland. A key requirement of the market is that farmers and producers are in attendance, selling the food they have grown or produced themselves. This

requirement ensures the grower or produce is available to speak directly with the customer and to share a wealth of information and advice.

Producers must demonstrate their suitability before they are permitted to sell at Slow Food Earth Markets. The focus is on small-scale farmers and artisan producers. The market provides them with an important opportunity to offer their produce without having to compete with large distribution chains. Small-scale production is also favoured as it often produces high-quality results. Producers are asked to charge a fair price for their work and pledge fair treatment of their employees.

Slow Food Hunter Valley has invested a significant amount of time and effort in developing a local planting guide.

The markets are held in the Levee in Maitland’s main street. They are held on the first and third Thursday of the month from 8.30am to 1.30pm. The next Market will be held on February the 16th from 8:30am - 1:00pm

Where: Slow Food Hunter Valley Market, 396 High Street Maitland



TECH Savvy Seniors at Rutherford Library.....



Develop the skills and confidence to get connected and participate in the online world with our free Tech Savvy Seniors courses.

Tech Savvy Seniors is a friendly beginner's course designed for people 60 years and older that will help open the door to the world of digital technology. Join our series of 7 training sessions facilitated by Maitland library staff where you can learn how to get online and then build your digital skills.

An iPad will be provided for each workshop attendee to use during the session. Places are limited and bookings are essential for this free event.

1. Introduction to Tablets (iPads & Android Tablets)
Tuesday the 7th of February: Join us for the first part of our beginner's workshop presented in an easy-to-follow way that helps you make sense of the technology and what it offers, you'll learn the basics of digital technology and the many things a tablet can do for you, for work and for play.

2. Introduction to Smartphones - Tuesday the 14th of February: In this workshop, you will learn the basics of how to navigate your way around a smartphone with a touchscreen.

3. Introduction to the Internet Part 1 - Tuesday the 21st of February: In this workshop, we will walk you through the very basics of the internet: how it

works, how to get online, and how to surf the web.

4. Introduction to Email - Tuesday the 28th of February: In this workshop, you will learn the basic steps you need to help keep in touch with your family and friends using email. We will explain how to set up an email account, how to send an email, and how to read and reply to emails that have been sent to you.

5. Introduction to eBooks and Audiobooks - Tuesday the 7th of March: In this workshop, you will learn about how to download eBooks (electronic books) and borrow digital audiobooks to read on your screen anytime, anywhere. We'll walk you through how to access the library's free Wi-Fi to download these items onto your device.

6. Introduction to Library Databases - Tuesday the 14th of March: In this workshop, you will learn about how to search online using the library's own databases. We will explain how to research information and other topics of interest on our library website.

7. Introduction Cyber safety and Online Shopping - Tuesday the 21st of March: In this workshop, you will learn the basics of online shopping, whether you want to book a holiday or buy groceries. We'll walk you through the process of buying something online, and you will also learn how to stay safe online for banking and shopping.

This program is a partnership between Maitland Libraries, the NSW Government, Telstra, and the State Library of NSW.

Where: Rutherford Library Arthur Street Rutherford, NSW 2320

Event contact: For any access or booking enquiries, phone Rutherford Library on 02 4932 8730 or email programmes@maitland.nsw.gov.au

Boutique Markets – Maitland Regional Art Gallery.....

Spend time with your loved ones at the Boutique Markets - Maitland Regional Art Gallery. This family friendly market with feature more than 30 boutique market stalls with a variety of products available.

There'll be a selection of food vendors present and live music by local musicians. Come along and support this locally owned and operated market, and show your support for local makers and producers in the Summer Season.

Cost: Free

When: February 4 @ 9:00 am - 1:00 pm

Where: Maitland Regional Art Gallery, 230 High Street Maitland

More Info: Website:

<https://www.mymaitland.com.au/event/boutique-markets-maitland-regional-art-gallery/>



Do Your Joints Go Snap, Crackle, Pop?.....

Do your joints creak? Does your neck make a noise when you drop your head towards either shoulder? Do your ankles pop and your knees make a cracking sound?

Well, rest assured that's usually normal. Periodic pops and snaps are likely to be gas bubbles bursting within the fluid of the joint, or tendons shifting position during movement and snapping back into place.

"Such noises are a normal, common occurrence," says orthopaedic surgeon Kim Stearns, although he cautions that if the cracking is associated with pain or swelling or if there is a crunching or grinding sound, then you should see your doctor.

"As long as it's not painful, joint noise is okay," he told Health Essentials. "If there's pain, you may have an injury that requires treatment.

"The older you get, the more noise your joints can make, because some of your cartilage wears away as part of the normal ageing process. Then these surfaces get a little rougher and so you get more noise as they rub against each other."

Joints connect bones and consist of cartilage, synovium and a lubricant called synovial fluid. Age and injury to joints can lead to discomfort. Excess weight is likely to exacerbate any problem.

So, What Can We Do To Keep Joints Healthy Or Improve Their Health?

1. Get Moving

When we move a joint, we help the synovial fluid to move so that old fluid flows out and new fluid moves in. Old synovial fluid contains mineral deposit and microbes. Moving your body and your joints every day is the best way to lubricate your joints naturally.

Dr Stearns says: "We say motion is lotion – the more you move, the more your body lubricates



itself. When you've been sitting or lying around, fluid in the joints doesn't move. The more active you are, the more your joints lubricate themselves."

Aim to exercise your joints for five to 10 minutes every morning. Check with your doctor but low-impact activities such as walking, swimming and cycling are excellent exercises for much more than just joint health.

2. Check Your Posture

The way you sit, stand, walk and run has a big impact on whether your joints will remain pain free. Ensure any workspaces are adjusted for you, that your most used chairs encourage good posture. Check you are not putting undue stress on joints through your walking or running action. Don't arch your back. Get someone to video your action or check with a professional.

3. Eat The Right Foods

Fats derived from avocado, nuts, seeds and fatty fish such as salmon are top of the list for keeping joints lubricated. The Arthritis Research Campaign (ARC) says fish oil, derived from fatty fish such as sardines and salmon, can be effective.

A diet rich in plant products has an anti-inflammatory effect on the body and is particularly good for joints, according to research. Regularly include vegetables from the Brassica family, such as broccoli, Brussels sprouts, kale and cabbage. Antioxidants such as vitamins E, C, A, B5 and B6 help maintain cartilage and support its repair.

4. Massage

Massage targets the soft tissues of the body, such as muscles, tendons and ligaments. By easing tension in these areas, you are helping the joints to stay pain free. A regular massage can be a great preventative treatment. And it feels good.

Source: Janelle Ward - YourLifeChoices

