



**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.....

Life's road has many twists and turns and many times you are not aware of just what might be around the next bend. I was confronted with one of those times just about 4 weeks ago and my routine took on a completely new regime. It's impact, as you may have noticed, has meant that my visits to the Shed have all but ceased to the extent that when I have been there, it has been for a very short time.

Thinking about what has happened, highlighted that I am not alone in this situation, as many of us have had to take time out to attend to many family needs. Our wives or loved ones fall ill, have an accident. We need to help the family out with the grandchildren for so many reasons, good and unfortunate. And then are times that it becomes necessary to care for the fur babies or other animal babies. Quite often Nanna's taxi is called on to do the unexpected delivery or pickup, maybe a driving lesson or two. There are times when for just wonderful reasons we have to jump in and attend an event, maybe at school, sport, dancing, etc, because Mum or Dad can't go and the joy that it brings is immeasurable.

I am 74 and I had to ring 000 for the first time. What was the experience like? They were very calming, asking this and that, giving you instructions of what to look for and what to do. Where do you live, what to do to allow them to have immediate safe entry. What you need to do until they arrive. I felt quite at ease and they were here in no time. So professional.

Then off to the hospital with a packed bag, what do you take? Arrived at Emergency, waited and called in to where my wife was. Things changed there quickly, more concerns, then up to ICU.

You then need to call on your hidden skills, washing, hanging the washing out, etc. Cooking meals, making the bed and then the beds. It was amazing how it all seemed to come back.

Offers of help came from everywhere, and that is what the Shed is all about.

One thing I have learnt, the Shed is not like going to work, it is a place where friends meet, where we go to chat about what is going on in our lives. If we don't turn up the boss doesn't get upset, there are no bosses, we are all there to help one another when some asks for a hand. If you are away for some time there is always someone asking "haven't seen such and such lately", hope all is OK. It is our big family.

There is a well-known saying.  
*When life gives you LEMONS,  
Make Lemonade.*

Stay safe and well, hang in there and keep smiling. See you all when I get back to the Shed,

*Charlie Sanders*  
Chairman



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# ANNUAL GENERAL MEETING

This month sees our Annual General Meeting being held at the Shed on Wednesday the 19th of October at 10.30am.

Nominations for positions on the Board have now closed. After the closure of nominations, all executive positions were filled by the current sitting Board Executive and there were only three nominations for the five Directors positions. This means that there will not be an election held for the new incoming Board. All those who nominated will be deemed elected.

Due to insufficient nominations being received, as per our Constitution, a call for further nominations must be made at the AGM. If these vacancies still

remain after a call for further nominations, they are taken to be casual vacancies. In this event, the Board may appoint a member of the Association to fill the vacancy and the member so appointed is to hold office, subject to our Constitution, until the Annual General Meeting next following the date of the appointment. (Men's Shed Maitland Inc Constitution Version 1 – Feb 2020 Doc. No. 001 – Section 20) and the New Associations Incorporated Regulation 2022

If any Members have reconsidered that they would like to sit on the Board, please have a talk to one of the sitting Board Members and tell them of your intension.

## Inaugural Life Membership.....

Recently our Board passed a motion, to award the distinction of being awarded the first Life Membership to a Member of our Shed. Life membership is an honour bestowed on individual members whose exceptional, loyal and outstanding service and contribution has provided a measurable benefit to the Shed over an extended period of time.

Our eldest Member of the Shed, Geoff Pisani, has been given the acknowledgement of his many years of service to our Shed and its Members, to be the first to be awarded this status. Geoff is one of our Shed's Inaugural Members.

Because of Geoff's ill health recently, a small group of Shed Members surprised Geoff with a visit to his home to pass the award onto him. It was a total surprise to both him and his wife Virginia.

He thanked all of his fellow shedders for the acknowledgement. He went on to say that he puts his long service at the Shed down to his fellow

Shedders being such great people and that his time at the Shed has been an honour and a privilege made easy by the Members there. Shed Chairman, Charlie Sanders presented the award to Geoff.



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



## Bees Euthanised.....

Sadly, our much-enjoyed bee population has fallen to the recent Varroa Mite infestation. Our colony was declared to be within the red zone so they have been euthanised by the Department of Primary Industries. Our bees have been a very welcome addition to our Shed. They have been producing honey at the Shed for our Members and their families since October 2020. They will be sadly missed.

We need bees. We may take them and other pollinators like butterflies and hoverflies for granted, but they're vital to stable, healthy food supplies and key to the varied, colourful and nutritious diets we need (and have come to expect).

Bees are perfectly adapted to pollinate, helping plants grow, breed and produce food. They do so by transferring pollen between flowering plants and therefore keeping the cycle of life turning.

The vast majority of plants we need for food rely on pollination, especially by bees: from almonds and vanilla to apples and squash. Bees also pollinate around 80% of wildflowers, so our countryside would be far less interesting and beautiful without them.

Varroa mites are parasitic mites, which require a honeybee host to survive and reproduce. The Varroa mite is only able to reproduce on honeybee brood, while only adult female Varroa mites are able to feed on adult honeybees. Therefore, the entire life cycle of Varroa mites, occurs within the honeybee colony. Varroa mites can weaken and kill honeybee colonies and can also transmit honeybee viruses.



Varroa mite numbers increase slowly at first (population growth is exponential), and it may not be until the third year of infection that Varroa mite numbers are sufficiently high for the pest to be readily detected. Close inspection of brood, especially drone brood, will provide the greatest chance of detecting Varroa mite infections early. Infested beehives are being humanely euthanised to prevent the spread of Varroa mite.



## BBQ News.....

Once again, the BBQ that we had scheduled for the Pony Club on the 24th and 25th of September was cancelled due to rain. The poor officials at the Pony Club can't seem to take a trick. This event has now been cancelled three times due to rain. We have another one booked in for them in October so everyone is holding their breath for fine weather.

Our next BBQ is on the 8th of October at the Bunnings Rutherford store commencing at 8.00am. If any Members would like to come along and lend a hand and to help raise some much-needed funds for the Shed, then put your name on the list on the lift wall or talk to Tom Norton about it. Your help would be appreciated.

## Diversity Within Our Shed.....

Men's Sheds are certainly a place of diversity and creation, as well in most cases, a wealth of knowledge and information. The Men's Sheds of today are seen in some instances as an updated version of the shed in the backyard, where men go to tinker and contemplate the problems of the world, which has long been a part of our heritage.

Not all Men's Sheds are the same. There are Men's Sheds scattered throughout the Hunter Valley, all around Australia and internationally.

If you looked inside them you might see shedders making furniture, restoring bicycles, making bird traps, fixing lawn mowers or making cubby houses. You might also see younger men collaborating with the older men obtaining new skills and learning something about life from the men with whom they work.

We have been gifted with some skilled craftsmen in our Shed who do not mind passing their knowledge onto others who are willing to learn, no matter their age.

In this edition of The Shed News, we will take a look back at a few of the "out of the ordinary projects " that some of our Members have created over the years in our Shed.



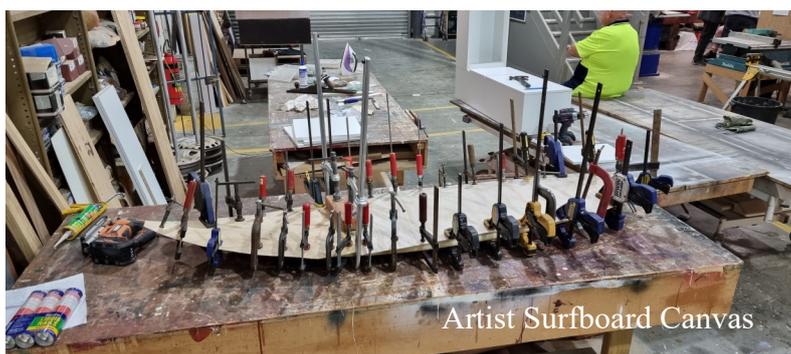
Cigar Box Guitar



Mud Kitchen



Budgie Run



Artist Surfboard Canvas



Hot Wheels Ramp

## Low-Tech Mobile Phones Designed For Older Citizens.....

Mobile phones designed for seniors can enrich lives and ease the confusion. Low-tech mobile phones are helping to keep older Australians - and those who are less tech-savvy - connected and safer from scammers.

Mobile phones have become an integral part of life but, for some, just getting your head around how to turn the damned thing on can be a challenge.

It's a pressing problem, as many older Australians live alone and have specific health needs. COVID lockdowns have only aggravated this problem.

This is where phones designed specifically for seniors can be a lifesaver. Rather than being aimed at a specific age group, these phones are streamlined devices designed for those with a range of physical abilities.

For example, many have a large, bright display for those with poor eyesight and are cheaper than standard models. Others feature simpler software for those who are less tech-savvy.

What to look for in a mobile phone for an older person depends entirely on preferences, level of physical ability and level of technical knowledge.

### **BigPurplePhone**

The BigPurplePhone (BPP) is an Australian designed smartphone specifically designed for seniors who struggle with technology.

It operates on a secure 'family and friends' network to keep out scammers and features large buttons with oversized digits that respond to taps and not just touch.

It also has an 'emergency call' button that dials 000 directly and notifies family, has phone contacts labelled with pictures, an instant video call feature and a voice to text function.

At \$700, it's not the cheapest phone on the market, and there is also a \$70 per month fee for accessing the private friends and family network.

The phone is the brainchild of NSW couple James and Libby Henderson and was developed after they were separated from Libby's 85-year-old mother, Janette, during the pandemic.

"I thought there must be an easier way [to stay in touch]," says Ms Henderson.

"Especially for video chat. But when I looked at what phones were available here in Australia, they were all quite complicated, so that was the catalyst



that inspired us to create the BPP.

"Before the BPP, my mum was getting 16 text messages a day from spam numbers and she didn't know how to block them and the phone protects her from unknowingly clicking on a scam link and getting into trouble."

### **Swissvoice C50**

The Swissvoice C50 is billed as a 'semi-smartphone' designed specifically for seniors. It uses a simplified version of the Android operating system that streamlines some of the communication features elderly people can find difficult.

The large display features basic buttons for calls, messages and photos as well as large icons indicating ring volume and battery level.

Crucially, the Swissvoice C50 can be monitored remotely by caregivers or family members through an online app. All functionality of the phone can then be operated through the app if the senior is having trouble getting the phone to work. You can even remotely turn on the video-call feature to monitor what's happening in the physical environment around the phone.

At \$600, it is cheaper than other models but still quite pricey. Still, these models are less expensive than many standard flagship phones.

### **Sonim XP3plus**

The Sonim XP3plus is not specifically designed for seniors, but it's one many seniors will like. A modern voice-and-text-only - or 'dumb' - phone, the XP3plus uses an old-school flip shell design, with physical tactile buttons and no touchscreen.

There aren't many non-internet mobile phone models left, and the XP3plus adds only the most essential modern touches to the classic design.

Most voice-only phones today rely on the older 3G voice network, which will soon be taken out of service. The Sonim XP3plus is compatible with the 3G, 4G and the latest 5G voice networks.

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

## Shed Member Profile - Michael Ryan (AKA - Wombat).....

Michael was born in Sydney. He grew up at Sir John Northcott Place in Surry Hills where he said that he saw the Queen visit in 1963 when she was only 37 years old. Queen Elizabeth II was the first, and to date, the only reigning British monarch to visit Australia. His grandmother just lived down the road from him in nearby Redfern.

He first attended school at a Public School in Redfern then he concluded his secondary education at Cleveland Street High School in Surry Hills. He finished school in 1969 to venture out into the big wide world and make his own life for himself.

One of his first jobs was working for the Roads and Traffic Authority at Rosebury for a short while and then the Department of Main Roads in the cash room for the Sydney Harbour Bridge until 1977.

He left in 1978 to get married and to travel overseas with his wife where he worked in England and Switzerland. Some of his great experiences on this trip was when he drove from Kathmandu in an old Bedford truck camping along the way with 24 other Aussie, Kiwi and South African passengers. When he arrived in London, he off sided driving a truck to and from Europe, moving antiques and military personnel about. He also worked for two seasons at a ski resort in Switzerland at a village called Wengen. He has driven all around Great Britain and hitch hiked around Ireland.

After leaving Great Britain he travelled to the United States where he brought a station wagon and drove all around the USA and Canada and ventured into Mexico.

When Michael returned to Australia in 1981, he took up a role working for Deloraine Chrysler/Mitsubishi at Campsie in the spare parts department, then delivering spare parts around Sydney. He continued working there for around 26



years. Michael retired in 2015.

Sadly, his marriage failed and he has never had any children.

Michael says that he came to our Men's Shed to improve his abilities and to find new mates. He says also that his main role at the Shed is to fill a desk. Michael can mostly be found upstairs in the computer room. He is also a very keen walker and loves to join our walking group on Mondays for a sociable walk around the local area.

## Birthdays This Month.....

Wayne Bailey, Bruce Campbell, Anne Maree Herbert-Park and Andre Van Der Velde



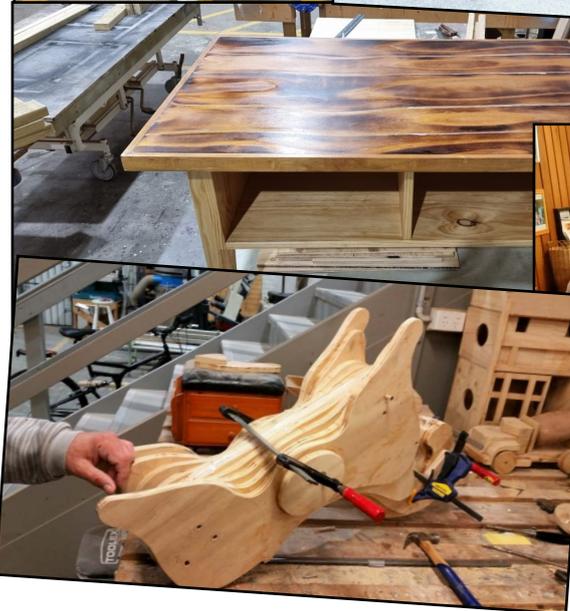
## Just a Little Joke.....

An old man was sitting having a quiet drink with a couple of his mates:

“I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my active wear on, the class was already over.”



# Picture Gallery.....



### Church Street Spring Fair.....

The Church Street Spring Fair is an old-style fair that brings together like minded community groups to celebrate spring in the historic precinct of Central Maitland.

During the Fair there will be house and church tower tours, displays of vintage clothing, produce and garden stalls, a heritage rose garden in bloom, bonsai, community stalls with refreshments, and a marmalade competition. Visitors will be encouraged to come dressed for the 1950s and 60s.

The Church Street Spring Fair celebrates the new season with a combination of activities for the community to enjoy, including the Distillation of Spring on Friday evening prior.

When: 15th October from 10.00 am - 4.00 pm

Where: Grossmann & Brough Houses, 71-73 Church Street Maitland.

More Info: Ph 02 4934 8837

Email: [grossmann@nationaltrust.com.au](mailto:grossmann@nationaltrust.com.au)

<https://www.nationaltrust.org.au/event/church-street-spring-fair-distillation-of-spring/>

Free Entry

Join us on the evening of Friday the 14th of October, for a Distillation of Spring with a hint of the 1950s and 60s. Start your evening with pre-dinner bubbles from The Hunter Valley's Pigg's Peake while emerging your senses with majestic organ music in the breathtaking Edmund Blackett designed St

### Street Eats - Tenambit.....

Street Eats is a Council run program that opens the doors to mobile food in public places. Join us for one of our Get Togethers that brings together a variety of food trucks paired with live music across Maitland Local Government Area. Bring the family or catch up with friends with a picnic and a bite to eat. This event varies in location, time and food trucks from month to month, so to stay up to date, be sure to follow the My Maitland Facebook page.

This particular Street Eats has something a little extra, including a variety of workshops and educational talks to help the Maitland community learn what we can all do to protect our local vegetation. Participate in bird watching activities and explore Earthcare Park, learn what impact weeds can have on native vegetation, view the animals that share our local environment and learn about plant propagating and pruning natives in your backyard.

As a part of this event, there will also be a native seedling and compost giveaway, and you can pledge



Mary's Anglican Church.

Leisurely meander across the grounds to enjoy a decadent range of canapés hand crafted by Feast Catering and matched with locally distilled Gins, Botanical Spirits, Bitters and non-alcoholic tonics, created by Newcastle Styx Distillery and Newcastle Bitters Co.

*How To Book Your Tickets*

Tickets - Distillation of Spring dinner (includes access to Spring Fair): \$80. Book via Eventbrite, where possible, to guarantee a spot.

Saturday's Spring Fair entry to Grossmann and Brough Houses: \$5 payable at each door.

your support for the appropriate disposal of green waste to prevent its release into native bushland.

When: 9th of October from 11.00 am - 2.00 pm

Where: Beryl Humble Sports Complex, Metford Road, Tenambit.

More Info: Ph. 02 4931 2801

Email: [events@maitland.nsw.gov.au](mailto:events@maitland.nsw.gov.au)

<https://www.mymaitland.com.au/event/street-eats-tenambit/>



### This Is Why You Still Feel Tired After Eight Hours Of Sleep.....



Do you regularly get a full night's sleep, but still wake up feeling groggy and tired? We all know eight hours is doctor-recommended, but it's about quality as well as quantity - and not many of us are getting it right.

New research by Thriva - who asked 46,000 people about their sleeping habits, found a massive 71 per cent did not feel refreshed after waking on four or more days per week, despite 84 per cent of those surveyed getting six to eight hours of sleep a night.

So why might that be? Experts share what's going on.

#### **1. You're too stressed**

Stress is an increasingly impactful factor; of those surveyed for the data, almost half (45 per cent) said they were more stressed than usual.

"If you're laying in bed worrying [before you go to sleep,] your body will be in a state of high alert," says GP Dr Thuli Whitehouse. "Instead of winding down for sleep, it continues to produce stress hormones, including cortisol and adrenaline." If your body is producing too much of these, you won't feel properly rested. "You might also be struck with an unwelcome hit of wakefulness around 3-4am."

#### **2. You're exposed to too much blue light**

We're all guilty of watching TV all evening before getting into bed and scrolling through our smartphones, but the bright artificial light could be to blame for bad quality sleep.

"TVs and other screens can hinder your body's production of melatonin," says Dr Whitehouse - the hormone that promotes sleepiness.

While GP Dr Manpreet Bains, says: "Even regular light can trick our internal clock into thinking it's

still daytime." So, go for a pitch black room over a night light or a hallway lamp left on.

#### **3. You breathe through your mouth at night**

"As humans, we've evolved to breathe using our noses, but it's estimated that up to 30-50 per cent of adults breathe primarily with their mouths," says Dr Bains. "Brief periods of mouth breathing are normal, such as when exercising. However, when this becomes our main method of breathing, including during sleep, it can lead to poor sleep quality."

The trick, she says, is simply to practise nose-breathing in the daytime - "You might find it uncomfortable at first."

#### **4. Your diet is lacking key nutrients**

Personal trainer Emily Servante, says: "One of the first habits we change is to vastly increase the consumption of greens in our clients' diets. By default, their magnesium and calcium intake skyrockets." Both have a crucial role to play in sleep, she says. "The benefits of magnesium are vast; specifically to sleep, it can help muscle relaxation, deactivation of adrenaline and the reduction of cortisol.

"Calcium helps the body to use tryptophan to manufacture melatonin, which is a hormone that helps control your sleep and wake cycles."

#### **5. You drink too much caffeine**

Even if you get eight hours of rest, caffeine simply being in your system will affect the quality of that rest. "It's very rare we meet a first-time client who isn't consuming too much caffeine," says Ms Servante. "Our sleep-deprived, work-driven society means a growing number of people turn to caffeine to provide them with 'energy'.

"A rule of thumb we like is to stop all caffeinated products after 2pm. Caffeine has a half-life of six hours, so if you consume a cup of coffee (100mg) at 2pm, you'll still have 50mg in your bloodstream at 8pm. The problem is, most people's caffeine habits are so excessive they'll drink tea and coffee all through the day to keep them going. This will negatively impact sleep and their ability to experience deep, quality sleep.

*Disclaimer: This article contains only general information about health issues and is not advice. For health advice, consult your medical practitioner.*

Source: Lauren Taylor - **YourLifeChoices**

## A Funny And True Story About The Queen.....



Around 2005, the Queen and her Personal Protection Officer, Dick Griffin, were walking alone one afternoon in the hills near the Scottish royal castle, Balmoral.

Two tourists approached them and engaged in conversation. Griffin recalls:

"There were two hikers coming towards us, and the Queen would always stop and say hello.

"They were two Americans on a walking holiday.

"It was clear from the moment we stopped that they hadn't recognised the Queen, which was fine.

"The American gentleman was telling the Queen where they came from, where they were going next, and where they'd been in Britain.

"I could see it coming, and sure enough, he said to Her Majesty: 'And where do you live?'

"She replied: 'Well I live in London, but I've got a holiday home just the other side of the hills.'

"He said: 'How long have you been coming up here?'

"She replied: 'I've been coming up here ever since I was a little girl, so over 80 years.'

"You could see the cogs whirring, so he said: 'Well,

if you've been coming up here for over 80 years, you must have met the Queen.'

"Quick as a flash, she said: 'I haven't, but Dick here meets her regularly.'

The hiker then asked Griffin what the monarch was like in person.

"Because I was with her a long time, and I knew I could pull her leg, I said: 'Oh, she can be very cantankerous at times, but she's got a lovely sense of humour.'

The next thing I knew, this guy comes round, puts his arm around my shoulder, and before I could see what was happening, he gets his camera, GIVES IT TO THE QUEEN, and says: 'Can you take a picture of the two of us?'

"Then we swapped places, and I TOOK A PICTURE OF THEM WITH THE QUEEN.

"And we never let on, and we waved goodbye.

"Afterwards, Her Majesty said to me: 'I'd love to be a fly on the wall when he shows those photographs to his friends in America, and hopefully someone tells him who I am!'"

*Rest in Peace Your Majesty*