



Dingley Village Men's Shed

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(auspiced by Dingley Village Neighbourhood Centre Inc A00 16802F)

AUGUST 2017 NEWSLETTER

What's been happening

The Trivia Night was another great success and well support by 130 shed members and friends.

TO BE COMPLETED BY THE END OF ROUND "7" EACH CORNER				
MAN BOARD MAN OVER BOARD	STAND I I UNDERSTAND	READING READING BETWEEN THE LINES	MIND MATTER MIND OVER MATTER	ECNALG BACKWARDS GLANCE
TOUCH TOUCH DOWN	DEATH LIFE LIFE AFTER DEATH	GOING DIET GOING ON A DIET	LE VEL Split level	CYCLE CYCLE CYCLE TRICYCLE
BAN ANA BANANA SPLIT	NOON LAZY LAZY AFTERNOON	ROAD ROAD CROSS roads	SHORT PASS PAS SHORT PASS	BJAOCKX JACK IN THE BOX
++ DOUBLE CROSS	XQQQME EXCUSE ME	NAFISH NAFISH TUNA FISH	TIME ABDEF LONG TIME NO SEE NO "C"	Please PRETTY PLEASE
DEAL BIG DEAL	GESG scrambled eggs	III III O O circles under eyes	CLOSE CLOSE CLOSE CLOSE FORECLOSE	GROUND 6 FOOT UNDERGROUND

As requested by some people that attended, this is a copy of the answers to one of the mystery word quizzes.

Well done if you got them correct.



The Trivia night was another great success and congratulations to everyone that help the night go so well, especially to Brendon for running the night and to Ken for doing such a terrific job of getting support from our wonderful sponsors. The supper as provided by Bakers Delight was most appreciated and the raffle prize from Bunnings was a great win for Colin.

Congratulations to the team on Table 6 for winning the night in a photo finish.

The night raised almost \$2,000 which will be fully donated to the Cancer Council.

The shed extensions are progressing along well and we now have reached lockup and the internal fit out and linings are being carried out. Once the original shed wall sections are removed the true realisation of the increased size will be felt and some planning of the internal layout can commence.



Note the neat, clean & tidy work site.



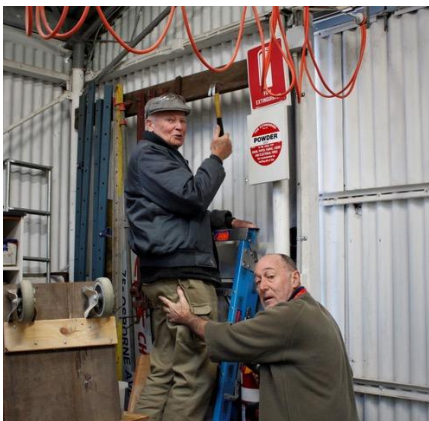
Eddie points out a potential trip hazard that needs to be removed.



But he leaves it to Gary to do all of the work.



'If we put the outlets at this height.....'



You can trust me....I'm a doctor



Ron working on a stand for our new saw.

thanks to David & Bill King for the photos.

STUNNING SENIOR MOMENT

A very self-important college freshman attending a recent football game took it upon himself to explain to a senior citizen sitting next to him why it was impossible for the older generation to understand his generation. 'You grew up in a different world, actually an almost primitive one,' the student said, loud enough for many of those nearby to hear. 'The young people of today are much more advanced than people your age. We grew up with television, jet planes, space travel, man walking on the moon and the

internet. We have cell phones, nuclear energy , electric and hydrogen cars , computers, automated manufacturing, amazing technologies, ...and,' pausing to take another drink of beer.

The senior took advantage of the break in the student's litany and said, 'You're right, son. We didn't have those things when we were young... so we invented them. Now, you arrogant little jerk, what are YOU doing for the next generation ?'

Let's hear it for ... senior citizens

Thanks Gus for this item

The Friday lunch just keeps getting better

Thanks must go to Robert & Jack for raising the Friday Lunch to continuing new heights as the following photos will show - don't worry about the lack of gloves and hair nets - real men don't need that stuff.



Did you know - #1?

Do you qualify for assistance under the Department of Veterans' Affairs? Do you have a **White Card**? Then if you do, you should make yourself aware of the services that are covered under this card.

As with all Government publicans, the details are very involved and far too involved for our Men's Shed publication but if you want more details, follow the web site: www.dva.gov/factsheet-hsv61-dva-health-card-specific-conditions-white or for a more simple discussion, ask Peter Morrison next time you meet him at the shed.

Thanks to Peter M for this article.

Did you know - #2?

What is Abbeyfield House?

There is one in Spring Road Dingley Village

The house offers affordable, appropriate housing to eleven older people who wish to live independently within the dynamic of a shared supportive house. Each resident enjoys a private suite comprising bedroom with en-suite, comfortable shared lounge room, dining room and family kitchen. Living areas open to spacious gardens and

outdoor entertaining area. Two nutritious meals are prepared each day by the housekeeper/cook. Residents continue to be in charge of their own lives and make decisions on their own behalf but, are aware that support is available to them if and when they might need it. Each house is financially self supporting from payments made by residents. Contributions are based on a percentage of the single aged pension and rental assistance combined.

The Abbeyfield concept began in 1955 in the United Kingdom and was established in Australia in 1981. The idea has proved to be very successful and today is worldwide. Abbeyfield Australia is Registered Community Housing Provider and a Public Benevolent Institution. Donations to Abbeyfield Australia over two dollars are tax deductible.

The day to day running of Abbeyfield House is the responsibility of a Committee of Management made up of people from the local community that volunteer their time to ensure the house runs smoothly. If you would like more information about Abbeyfield simply go to abbeyfield.org.au or phone 9551 1799.

Tony Coyle

Thanks Tony for this item

What's coming up

If you are just reading the newsletter and it is Tuesday, you have just missed the trip to Puckapunyal!

The details for the Puckapunyal trip are:

Date: **1st August 2017** Time: **8:00 am sharp** Leaving from: **Dingley Village Neighbourhood Centre**. Returning at approx. **4:00 pm**.

Cost: **\$35 each**. Members only.

We will visit: Army Tank Museum - Puckapunyal & the Vietnam Veterans Commemorative Walk - Seymour

OBITUARY TRIBUTE

Gemma Louise Tregent

2011 – 2017

Ann, family and myself would like to thank all the Shed Members

For your sincere condolences and support for the recent passing of our granddaughter Gemma.

This has been overwhelming support and has displayed to us, the Shed's philosophies, in supporting each other in these times.

Thank you all,

Robert, Ann O'Brien & Family

The Friday morning bike ride continues to grow in popularity however our number one leader Jim, appears to being put under a lot of "leadership stress".





- *I find it ironic that the colours red, white, and blue stand for freedom, until they're flashing behind you.
- *Today a man knocked on my door and asked for a small donation towards the local swimming pool, so I gave him a glass of water.
- *Artificial intelligence is no match for natural stupidity.
- *I'm great at multitasking; I can waste time, be unproductive, and procrastinate all at once.
- *If you can smile when things go wrong, you have someone in mind to blame.
- *Take my advice — I'm not using it.

Interesting road crossing sign in Japan
I saw on my recent visit - sign says it all I think. [John Spragg]

My mother wanted me to be a priest. Can you imagine giving up your sex life and then once a week people come in to tell you the details and highlights of theirs?

Editors note: what do you do when there is half a page to fill in and at the last minute before publication, Nik and his wife present the following article - well, it has been so well presented it just has to be included - we all might learn a little bit about the life of bees.

Role of bees in our lives

When most people think of bees, they think of flying that are about 1.5 cm long, have yellow and black stripes, when they fly and hurt when they sting.

In most cases they are thinking of the European honeybee not native to Australia, but which was brought here with livestock by the early settlers in the early 1800s. These honeybees are now widely established in all the states of Australia, both managed by humans and living in the wild.

European honeybees are social bees, ie they live in colonies of tens of thousands of bees, and they store honey for their survival in hard times – more than they need.

BUT Australia also has over 1,800 recognised species of native bee. Nearly all the native bees, however, are solitary in nature and do not form large colonies, so it is often difficult to notice they are even there.



insects
buzz

which is
other

In Victoria, the major groups of recognised native bees are

- Reed bees
- Blue Banded bees
- Teddy Bear bees
- Leafcutter bees
- Resin bees
- Homolictus bees and
- Masked bees

Victoria is NOT home to the only social group of native bees – the so-called ‘stingless’ bees. They DO form colonies and store honey, but they are much smaller than the European honeybee (only 4mm long – see the pic), so the amount of honey that can be collected is limited. Nevertheless, you may sometimes see for sale “sugarbag honey” (honey from native bees) ... at a price commensurate with its rarity.

Although producing honey may not be their strength, native bees are good pollinators and contribute much to the flora in our environment. They can fly in lower temperatures than the honeybee, can fly in higher winds, can visit more flowers per unit of time and are more promiscuous as to the trees they visit. They can start being active earlier in the day and can fly later in the evening than the honeybee. There are even some plants that native bees can pollinate while honeybees cannot.

Cross-pollination of flowers (the carrying of pollen from one plant to another plant) is much better than flowers pollinating themselves. It increases genetic diversity, enables them to better adapt to change and reduces inbreeding. It has been shown that cross-pollination can produce not only MORE fruit and vegetables but also BETTER fruit and vegetables. For the pollen to travel between plants it can be carried by water, wind, insects and other animals (birds, bats, mice ...), but the majority of pollinators are insects, including bees, wasps, flies, beetles, ants, butterflies, and moths.

Pollinators support the reproduction of nearly 85% of the world’s flowering plants (Ollerton et al. 2011) and 35% of global crop production (Klein et al. 2007). Bees are considered the most important group of pollinators in temperate climates.

But all bees are under threat!

Firstly, they are suffering from a loss of habitat. Urban sprawl sees a constant decline in the areas where they can forage for the pollen and nectar that they need to survive. More intensive housing reduces garden forage and with busier lifestyles, the home garden is often reduced in its floral diversity by paving and low maintenance plantings that don’t always offer the same food sources for bees.

In the countryside there is a reduction in the diversity of forage due to intensive cropping and reduction of weeds. While colonies of honeybees are transported around the country to assist with the pollination of different crops, this can be hard on the bee colonies as they are foraging on a single or limited source of food for weeks at a time. The undisturbed growth that used to line roadways or separate paddocks is now rare. Intensive farming practices also require increased use of chemicals for disease control. Some sprays are also having a residual effect – particularly notorious are the neonicotinoids (‘neo-nics’).

Meanwhile in residential areas, a fear of bees can also lead to their eradication rather than a live-and-let-live philosophy. Automated pesticide sprays not only eliminate flies and mosquitoes but also ‘other insects’ which includes bees.

As well as the loss of habitat, bees are under threat from a variety of pests and diseases. American Foulbrood (AFB) is the most devastating of the diseases that can impact on bees. An infection of AFB usually requires the hive to be totally destroyed – bees and equipment – as it is so infectious, carried by spores which can survive for decades. When it comes to pests, Australia is the only beekeeping nation in the world that is yet to be invaded by the dreaded Varroa Destructor – a tiny mite which has caused huge destruction of bee colonies and usually leads to beekeepers introducing chemical pest-strips into the hive to help the bees cope with, but not eradicate, the pest. Another pest not yet present but looming is the Large Hive Beetle, but we already have been invaded by the Small Hive Beetle from South Africa which is now widely spread throughout bee colonies Australia-wide.

This century has seen massive media about the plight of bees, particularly with the reporting of widespread Colony Collapse Disorder (CCD) in the United States – a phenomenon yet to be fully explained, and many people understand the importance of bees to mankind and his environment and they want to help. Some have even chosen to keep a hive or two of their own.

But is this helping bees?

Creating more honeybee colonies does not solve the forage problem – in fact it provides more competition for the already dwindling food supply for the bees that already exist.

So what CAN we do?

1. Plant more flowers – especially those that are pollen and nectar bearing.
2. Reduce the use of pesticides. If you must spray, try to spray late afternoon when most foraging bees will have returned home for the evening.
3. Provide refuge for our native bees. Set aside some areas of undisturbed growth. Many native bees make nests in the ground or in leaf litter. Some will nest in small holes and it is very easy to make simple 'bee



hotels' where our solitary native bees can make a home.



Of course, bee hotels can also be elaborate. Wouldn't it be great to see something like this in Braeside Park for our local native bees?



4. And finally, spread the word and educate the public.

Bees improve the environment and do not prey on any other species. Let's help them before it is too late.

**The members of the Dingley Village Men's Shed
again wish to express their appreciation to our
wonderful local sponsors and generous donors.**

OUR LOCAL SPONSORS

**These local businesses have generously supported our fundraising efforts...
We ask that you the members support them in return.**



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Officeworks Keysborough



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We are extremely grateful to the following businesses and organisations who have generously donated funds, materials and/or equipment



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