

Dingley Village Men's Shed Inc.

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JULY 2018 NEWSLETTER

What's been happening



Learning to fly remote controlled aircraft from the comfort o your chair.



This is true shed stuff - all standing around wondering what it is.



Why do you need a bike with 20 gears? Because you can.

You have to admit it - <u>Friday lunches just keep on getting better</u> - a big thank you to the shed cooks. The bar has again been lifted to a new height.







Step one - prepare>>>>>>>>>>step 2 - cook>>>>>>>step 3 - eat & enjoy.

Thank you to David Ellis for continuing the supply of shed action photos

Our morning teas and lunches have certainly been a feature of our shed BUT who invited the termites to join us? The little buggers have eaten out a section of the back wall and we can consider ourselves lucky that the new office wall was being constructed otherwise we may never have found them until it was way too late. This will set back the schedule and add a lot of extra cost but a lesson to be learned.





So it's not all hard work on Monday mornings - we had a play on Diggers train. He was kind enough to bring it in on his day off and layout some track so we could all have a play. You can see on Nikoli and Derek faces how we all enjoyed the moment. Like kids in a toy shop.

Article supplied by Robert O'Brien





The music group are sounding better each week - they now desperately need a lead singer - someone with a good voice, long slender legs that will show off a mini skirt and proud to wear a low cut dress. Does anyone come to mind?



A very self-important young student attending a 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, he paused to take another sip 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 shit, what are YOU doing for the next generation?'

The applause was resounding.

I love senior citizens!





DVMS GOLF DAY 31st MAY 2018

Our 2nd D.V.M.S Bunnings Golf Day for 2018 was again held at the Spring Park Golf Course on the 31STof May. The weather was fine and a great day was had by all who attended. Our next Golf Day will be on the Thursday 30th August



Winning pair Phillip Dodgson and Rex Percival with a great score of 70.5 nett well done Guy's winning a \$20 Bunnings voucher each.



Winner of the infamous NARGA trophy (not a golfer's arsehole) was Ron Prestt winning a \$10 Bunnings voucher Good stuff Ron



Our other winner Rex Percival in action what a classic swing Rex



Nearest the pin Winner David Robertson collecting 3 golf balls for his effort, great shot using your driver David



Competition of the day was a random pairs competition where the cards were drawn for pairs after the game



Our NARGA winner Ron Prestt putting, watch out for the bunker Ron



Yours truly wins 3 golf balls for the least number of putts 14 in total.



The putting style of Phillip Dodgson one of our winners watched by admiring Alan Rimington



Geoff
Hergt in
action you
have to
keep the
left arm
straight
mate

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SOME MORE PHOTOS PROVIDED BY OUR EXPERT PHOTOGRAPHER DAVID ELLIS



OUR NEXT GAME IS ON THURSDAYT 30th AUGUST, WE WOULD LOVE TO SEE SOME NEW FACES COME ALONG AND JOIN US (NO PREVIOUS EXPERIENCE IS NECESSARY) PLEASE KEEP AN EYE ON THE NOTICE BOARD FOR UPDATES PLEASE SEE ME AT THE SHED OR CONTACT ME ON (425758298) # DEREK #

Your help & expertise is needed.



Your committee require some help from a dedicated, thinking & learned member to become our **GRANTS OFFICER**.

There are a lot of grants money for offer out in the community but it requires a lot of hard work to read & submit applications, but the rewards can be great. DVMS has been very successful in the past thanks to the fabulous effort put in by Pam Gates, our original secretary, and treasurer, and motivator, and all round person to get the job done. Now we need to stand on our own feet so if you think you can be that person, let President John Bach or Secretary John Prestt know how you can help and take on this very important job.

What's coming up

Make A Difference Dingley Village is our only local charity, with a commitment to making a difference in the lives of disadvantaged or vulnerable families experiencing stress or conflict.

They operate out of the Neighbourhood Centre, <u>31 Marcus Rd</u>, during office hours, and has a team of volunteers and professional staff to provide help when needed.

<u>August 1st</u> will be "make a difference day" – and another name for this --- is "Crazy Sock Day".

The children at our local primary schools will all wear crazy socks to school and in return, make a gold coin donation to the charity.

We are not exactly suggesting your members wear crazy socks to your meeting, although it could be interesting! We are available to speak of our work on the day, and any gold coin donations received will be appreciated. Please call our executive officer Marion, if you would like to join in celebrating our work.

David Madill

Chairman

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The next golf day will be August 30th - check out the notice board for details.

Dine out (with partners) - date yet to be finalised but toward the end of July - watch the notice board for details.

Once again may we express our thanks for the fantastic support give to our shed by the management of JETMASTEER



CAMPING: where you spend a small fortune, to live like a homeless person.

July Birthday wishes to:

Member #	First Name	Last Name	July
182	Rex	Perceval	2
206	Gerald (Gerry)	Brown	2
123	Les	Whitfield	3
54	Geoff	Worthington	6
122	Kevin	Strahan	8
126	Michael	Skuse	10
11	Murray	Cowell	15
129	George	French	18
140	Doug	Boldiston	20
132	Joe	Ferrarotto	21
1	Ken	Brown	22
46	Tony	Hannan	23

LIFE IS TOO SHORT TO BE SERIOUS ALL THE TIME. SO, IF YOU CAN'T LAUGH AT YOURSELF, CALL ME...I'LL LAUGH AT YOU.

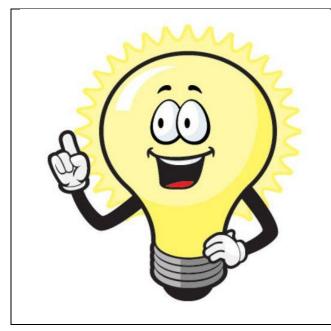
Yesterday, I had an appointment to see the urologist for a prostate exam.

Of course, I was a bit on edge because all my friends have either gone under the knife or had those pellets implanted. The waiting room was filled with patients.

As I approached the receptionist's desk, I noticed that she was a large unfriendly woman who looked like a Sumo wrestler.

I gave her my name and while peering at me over her spectacles, she said in a very loud voice, "Yes, I have your name here Mr Bevan. You want to see the doctor about your impotence, right?"

All the patients in the waiting room snapped their heads around to look at me, a now very embarrassed man. Fortunately, I managed to recover quickly and in an equally loud voice replied, "No, I've come to inquire about a sex change operation but I don't want the same Doctor that did yours!"



Q. When did you last have a good idea?

A. Well that's good, but now it's time for another one.

The shed needs some new activities and more importantly, someone to activate and lead them. Everything we now do started off small - Friday bike ride had only a few riders and look at it now, the art group had one person, the photography was an off shoot from the computer group, Friday lunch started with a few blokes staying on a bit longer and chatting while they enjoyed a simple sandwich. That's how it happens.

So why don't you get a few mates together and start something that will draw in followers and then we'll have another successful activity happening.

How about trying some board games, cards, darts, a walking group - the possibilities are endless.

Thank you to Bayside Power Tools:

Shed Power Tools

Some of our power tools that have been donated to our shed required repairs.

These have been repaired for us by Neil Scotland, **Bayside Power Tool Repairs**. Located 116 Devon Street Cheltenham 3192.



Neil is very skilled in all power tools and has serviced many of our shed tools at No Cost.

On behalf of our shed I thank Neil very much for his quick response in giving this assistance to our shed. Please if you are having trouble with any make of power tool or require assistance in the right choice of tool, give Neil a ring 0409953763.

Tell him you are from Men' Shed and you will be looked after with price and good information.

This article supplied & written by Bill King





Who can explain what this device does?

SO GLAD I GREW UP





DOING THIS

NOT THIS

Stroke has a new indicator!

Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue

STROKE: Remember the 1st Three Letters..... S. T. R.

STROKE IDENTIFICATION:

It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)

(i.e. Chicken Soup)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number <u>immediately</u> and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

A cardiologist says if everyone who gets this message; you can bet that at least one life will be saved.

ABSTINENCE

A priest and a rabbi were sitting in adjacent seats on an airplane.

After a while the priest turned to the rabbi and asked, "Is it still a requirement of your faith that you not eat pork?"

The rabbi responded, "Yes, that is still one of our laws."

The priest then asked, "Have you ever eaten pork?"

"Yes, on one occasion I did succumb to temptation and ate a bacon sandwich."

The priest nodded in understanding and went on with his reading.

A while later the rabbi spoke up and asked, "Father, is it still a requirement of your church that you remain celibate?" The priest replied, "Yes, that is still very much a part of our faith."

The rabbi then asked him, "Father, have you ever fallen to the temptations of the flesh?"

The priest replied, Yes, Rabbi, on one occasion I was weak and broke the pledge of my faith."

The rabbi nodded understandingly and remained silent for several minutes.

Finally the rabbi quietly observed, "Beats the shit out of a bacon sandwich doesn't it!"

Cowes Men's Shed







Another shed that has been visited by a DVMS member - Ken Brown supplied these photos following his recent visit.

Workshop safety & you



Do you enjoy watching someone work?
Well that's good but by crowding around a machine while it is running not only endangers the operator but also endangers you.
So step back and 'give the dog a look at the bone'.



Fund raising

Have you ever been involved in a fund raiser from start to finish?

If so then you'll have an appreciation of the amount of work involved plus the risk if it doesn't return a profit.

So when we get a chance to participate in the Farmers Market once a month and do the car parking plus now we can hol the sausage sizzle, it's guaranteed profit all the way. No planning, no risk, no meetings, very little material outlay and with a manpower support of 173 members it should be simple.

So why are the same few members doing all of the work?

All that you have to do is put your name on the roster form and turn up on the day - it's fun and you are supporting our shed.

Please help out and do your share - it's not much of an ask.

IF YOU SEE A BEER IN THIS PICTURE



YOU MAY HAVE A PROBLEM





The wife said "here's \$40, get the dog a warm jacket. If there's any money left, get yourself a beer."

You might like to be involved:

I hope this email finds you well. My name is Kimberly, and I am an Honours student in the Psychology department at Monash University.

We are currently conducting research in the area of Apathy & Huntington's disease. I was wondering if it was possible to put our poster in your upcoming newsletter or on your website. I've attached our recruitment poster in this email. Our research study looks at apathy in Huntington's disease. Apathy (a loss of motivation to engage in activities) is a pervasive symptom in many neurodegenerative diseases and significantly impacts people's quality of life. We want to better understand how apathy affects people who have Huntington's disease, a fatal degenerative disease, in the hopes of finding better ways to manage this symptom.

To do this we are seeking healthy people, who have no family history of HD, to complete an online survey and then wear a Fitbit device for 5 days before attending a lab based session at Monash University. Participants will receive \$40 for their time and travel related costs if they decide to complete the lab based task.

It would be really great if this could be advertised in your newsletter! Thank you so much and I hope to hear from you soon!

Warm Regards, Kimberly Apathy HD Study Team MONASH UNIVERSITY

IS IT JUST MY IMAGINATION, OR ARE PETROL PRICES STAYING WAY TOO HIGH?





SPONSORS

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

These local businesses have generously supported us.

We ask that you support them in return.



Bunnings Keysborough



Bendigo Bank, Dingley Village



Nova Pharmacy, Dingley Village



Spring Park Golf Course



Redwood Gardens Chinese Restaurant



Ray White, Dingley Village



Padre Pizzeria



Independent Body Corporate Management





Bakers Delight Dingley Village

World Destinations Travel Agent

DONORS

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





Lions Club of Dingley Village



Country Women's Association Dingley Village



Dingley Village Community
Association



All Souls Opportunity Shop, Sandringham



Jenan Traders P/L Bentleigh East



Woolworths, Dingley Village