



Dingley Village Men's Shed Inc.

Inc: A01 02864R

ABN: 63 521 219 011

PO Box 32, DINGLEY VILLAGE, VIC. 3172

email: secretary@dvms.org.au

web: www.dvms.org.au

JULY 2020 NEWSLETTER

YES we are back and slowly opening the shed doors.

It may have just been good timing but the reopening of the shed culminated beautifully with Men's Health Week - June 15 - 21. Like most things we are encountering in the return to group movement in this time of COVID-19, small steps are being taken and although the group numbers are being limited it certainly is great to see that our DVMS is back in action.

Your secretary & vice secretary have been keeping everyone informed with the new shed rules on activities being undertaken and the amount of time being allotted. We can all make this work so if you want to be involved, make a booking and enjoy the shed fellowship.

Well that didn't last long now we are back to even more restrictions on numbers to a gathering, you need to book in and make sure the shed will be available.

What's been happening



The Monday music group are back and after a bit of tuning they were very soon belting out a new beat.

The art group are also back in action and it was most fitting that the group founder started things off again.... social isolating being top priority.





Morning tea has taken on a new look with plenty of distance being kept between members. Great to see Doctor Jack back in control of the paper cups and hopefully it won't be long before we will be back buying raffle tickets.

(Thursday 11 June)



Best news of all the workshop shed extension is underway with the foundation piles having been cast and the concrete slab about to be poured.

(Monday 15 June)

(Friday 19 June)

And now the floor slab is finished, the metal fabricator needs to take some final dimensions and put the shed up.



Kevin getting back into a project he started 3 months ago.

**DUE TO MY
ISOLATION. I
FINISHED 3 BOOKS
YESTERDAY.
AND BELIEVE ME.
THAT'S A LOT OF
COLOURING.**

**Guys I need your help.
I'm in the middle of an
argument with my wife
and she just told me that
I'm right. What the hell
do I do next?!**

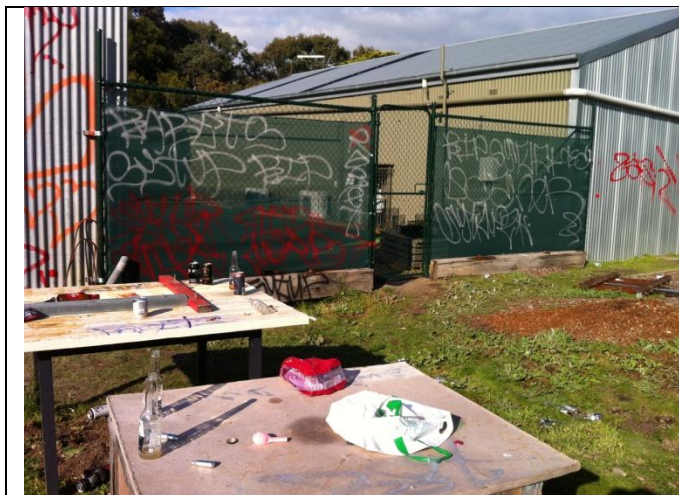
**Coronavirus
throat spray**



'What a mess'

Last Friday someone had a party at the rear of our workshop and oh what a mess they created. What type of brainless, filthy pig deliberately goes out to damage OUR park and just leave all the rubbish for someone else to clean up. I often wonder what their mother would say if they knew that their child was responsible for this. Is their total outlook on life just one of hopelessness or is this a reflection of a non caring family. We can only hope that the police have some luck in catching the culprits.





Who's on the sick list?

Ron Prestt #69

Last year I reported that Ron' daughter and son-in-law both had cancer and were undergoing treatment for which they made a recovery however sad news has again struck Ron & Frances finding out the their son in-law has yet again been struck down with a cancer but luckily treatment is seeming to work. Please give Ron support in this time of need.

Peter Holt #189

Peter has been through the ringer a lot with the back problems and now CANCER.

He is home and now finish treatment at Monash Hospital, all is good. Unable to attend the shed for a while, misses you the members and bike rides. Please ring Peter some time and let him know how you are.

Mervyn McConchie #282

We heard Mervyn was in hospital again with his illness, this is very stressful for him and wife Sue.

The shed send our support to you both.

Thanks to Bill King for this report.

Here's a thought for our intellectual timber workers:

If a tree-lover only loves a single tree, would they be called a 'mahoganist'?

Danny Katz - The Age 27/06/2020.

At first, I thought I had Covid
because I couldn't breathe.



Then I unbuttoned my
pants and it was all ok.

**ALL OF YOU WHO ARE
PANIC BUYING, MAKE
SURE YOU STOCK UP ON**



**CONDOMS SO YOU DON'T
PRODUCE ANY MORE
FREAKING IDIOTS!**

Be honest, if people heard
what you are thinking half of
the time, you would either be
in jail or a mental hospital.

Birthday wishes to:

Member #	First Name	Last Name	Day
182	Rex	Perceval	2
123	Les	Whitfield	3
54	Geoff	Worthington	6
122	Kevin	Strahan	8
285	John	Hermann	9
126	Michael	Skuse	10
11	Murray	Cowell	15
129	George	French	18
140	Doug	Boldiston	20
1	Ken	Brown	22

HOW SOON AFTER
WAKING UP IS IT
OK TO TAKE A NAP?

This golf report tells it all.



We missed **Men's Health Week** but the following article was supplied by Bill King and he thought it may be of some help if diabetes is impacting on your memory.

There was another article to go with this but just at the moment he's having trouble remembering where it is.

Managing Memory Loss

All people with diabetes over the age of 65 should have their memory checked by their doctor once a year. Many older people worry about their ability to think clearly and REMEMBER.

Here are some tips for helping with memory loss if it affects you:

- **Keep a record:** Make a note of your blood glucose results in a blood glucose level record book, to make it easy to see when you last checked your blood glucose level.
- **Tick it off:** Keep a diary or checklist recording what medicine you took and when you took it.
- **Write yourself a note:** Place sticky note reminders to yourself to check your blood glucose levels and to take your medicines.
- **Set alarms:** Set an alarm on your watch, clock radio, oven or phone to remind you to check your blood glucose level and to take your medicines.
- **Keep them close:** Keep your meter and medicines in an easy-to-spot place such as on the kitchen bench or next to your phone.
- **Use an aid:** Talk to your pharmacist about a Dose Administration Aid or a Webster-pak (refer to the 'Managing your medicines' section on page 19).
- **Get a friendly reminder:** Have a family member or friend remind you to check your blood glucose levels or take your medicines.
- **Ask your pharmacist:** Ask your pharmacy whether they can send you a reminder when your medicines are due for re-supply or when you need a new prescription.
- **Use memory devices:** Talk to your local diabetes association about devices that may be available to help you. These include blood glucose meters with built-in alarms to remind you to monitor your blood glucose levels throughout the day, and insulin pens with a built-in memory that can recall the time and how many units of insulin you injected.

Don't forget to forward your article for next month's newsletter - tell us what you have been doing throughout the lockdown or any other news you may wish to share with DVMS members. email: akilby@bigpond.net.au

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