



Dingley Village Men's Shed Inc.

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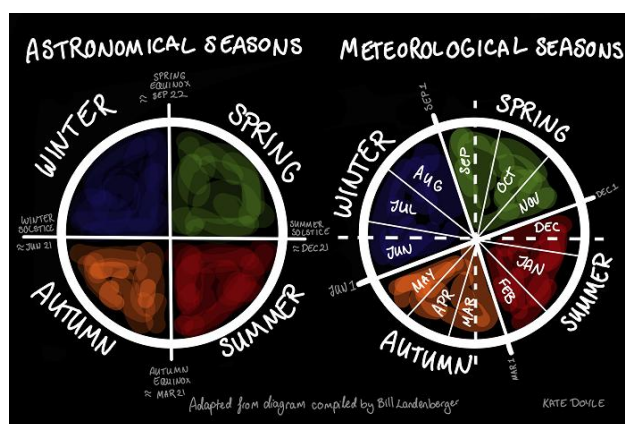
JULY 2021 NEWSLETTER

Well what a month we had in June - locked down for yet another two weeks and the shed being closed. It was starting to look like the newsletter might be a no show, but then the ideas starting to roll in and a few members chipped in with some worthwhile news items. Then wallah - we have it just in time. Please keep up your contributions because we never know what will happen in July.

June Solstice in Melbourne, Victoria, Australia was on

Monday, 21 June 2021 at 1:32 pm AEST

Winter solstice marks the shortest day of the year, but expect dark mornings for a little while longer.



QR registration has been set now that we are allowed back in the shed. Members will have to sign in our normal attendance book, use QR apt login if their phone allows or sign the Covid attendance sheet.

A committee will have to be at the door as members arrive to make sure that everyone follows the correct sign in format.

WHAT IS A QR CODE?

A **QR code** (abbreviated from **Quick Response code**) is a type of [matrix barcode](#) (or two-dimensional barcode^[1]) invented in 1994 by the Japanese automotive company [Denso Wave](#).^[2] A barcode is a machine-readable optical label that contains information about the item to which it is attached. In practice, QR codes often contain data for a locator, identifier, or [tracker](#) that points to a website or application. A QR code uses four standardized encoding modes (numeric, alphanumeric, byte/binary, and [kanji](#)) to store data efficiently; extensions may also be used.^[3]

The Quick Response system became popular outside the automotive industry due to its fast readability and greater storage capacity compared to standard [UPC barcodes](#). Applications include product tracking, item identification, time tracking, document management, and general marketing.^[4]

A QR code consists of black squares arranged in a square grid on a white background, which can be read by an imaging device such as a camera, and processed using [Reed-Solomon error correction](#) until the image can be appropriately interpreted. The required data is then extracted from patterns that are present in both horizontal and vertical components of the image.^[4]

Be sure you taste your words before you spit them out

What's been happening

A TEAM - REPORT 21

Tuesday 15 June 2021

Started back today with a small team and continued manufacture with the bee hotels.

Also started the manufacture and installation of the Bird Hide spacers which will enabled the hide to drain and be washed out when required.

Thursday 17 June 2021

Completed the installation of the spacers on the Bird Hides and ready to assemble a Hide in the shed ready for installation on site.

Continued with the blocks and drilling of the Bee Hotels. These are almost finished and we should have this project completed by next Tuesday.

Ray delivered a book case to the shed today and repaired it ready for use. He also cleaned off the rust of the tables of the table saw and thicknesser and gave them a wax.

Vaughn & Gary did a rubbish run again and emptied all the rubbish bins in the shed.



JOBS FOR THE COMING WEEK

Finish off the Bee Hotels - Drilling holes on the timber blocks and fastening then into the housings with the nail gun.

Start to assemble one hide inside the shed.

Start dismantling the garden tools wall boards and install them into the South wall of the BBQ store.

A TEAM - REPORT 22

Monday 21 June 2021

Bee Hotels continued with the blocks being fastened into housings. (see next month's newsletter for a full description of what bee hives are and why we need them).

Started to assemble a Bird Hide inside the shed and inspected the sites as the concrete pads have at last been poured. We are almost ready to start to install the hides to site but the ground is very wet and were not able to get good dry access.



ASSEMBLED SHED INSIDE OUR WORKSHOP



TRAILER PACKED READY FOR DELIVERY TO SITE 4



SITE #7



SITE #4

Tuesday 22 June 2021

The assembled Bird Hide was screwed together, dismantled and loaded on Parks trailer to be taken to the site in the near future.

The Bee Hotels was continued with drilling of the extra blocks and assembly of some housings. This project is now completed and waiting pickup after the school holidays.

We had a visit from Parks staff today who were visiting the Park to get ideas for future Park designs that they are working on. We showed them what our Men's Shed does and what we contribute in Braeside Park and I think they were quite impressed.

We were advised that the concrete slabs had been completed and went to the two sites for inspection.

On further inspection of Site 7 we found excessive level errors in the concrete slab, so much so that we cannot use the slab to erect the hide and it will have to be modified or done again.

Thursday 24 June 2021

Assembled the second hide in the shed and fasten all walls.

Friday 25 June 2021

Made some packers to lift up the front of the Bird Hide up at Site 4, as this slab has a slope towards the wetland lake. Delivered the hide to Site 4 on the trailer ready for installation on Monday, pending good weather and not too much rain.

JOBS FOR THE COMING WEEK

Assemble hide at Site 4 on the concrete slab.

Start dismantling the garden tools wall boards and install them into the South wall of the BBQ store.

'Where ya been?'

The latest travel report from Peter & Jo Tosh.

Hi everyone

Me again

So Vic has been in lockdown # 4 ! What the ##### is going on ??? Plenty of travellers keen to know why it keeps happening there.

Leaving Kalgoorlie it was north through the WA goldfields.

Driving towards Mt Magnet the sky was lit up with lightning on the horizon and the skies were full of distant rain.

Trouble ahead ! We decided to pull into the caravan park at Mount Magnet. It was busy, full in fact. Vans shoved in every possible corner. Glad we did pull in though as it bucketed down for most of the night and it got pretty squishy underfoot. As much as we love bush camping trying to drive on slippery wet red soil ain't much fun not to mention pulling a 3.5t van through it. Next morning we woke to water lying everywhere.

The roadhouse was road train central with long queues for an egg and bacon. A bogged road train that pulled off the bitumen had no choice but to wait for a very big tow truck.

We caught up with Geoff Lawson and his wife at Leinster. Leinster is a BHP mining town. It's serviced by large jets flying workers in and out.

High vis central. There are giant runways in the middle of nowhere out here. It's so weird driving along then seeing a

large Qantas jet takeoff or land in the middle of nowhere.

We enjoyed a great feed of fish n chips at the pub with Geoff and his wife. \$20 P/N at the caravan park you can't go wrong. All the shops there looked the same from outside. The pub didn't look like a pub, the supermarket didn't look like a supermarket. No brands, no marketing just simple signs and basic supplies. The BP servo was self serve credit card only but hey it works.

Before Leinster we spent the day at Kookynie and a night at Niagara Dam. Both were amazing. Kookynie is now just an old ghost town with only a few residents. There's a pub which is run by a tiny dear lady named Dorothy who would have to be 80+. She tells me that she has been there 30 yrs. Dorothy is a one eyed Eagles supporter. She was so one eyed she told me that she couldn't miss the game on tv even though she had received a message to say her husband was ok but had been injured. Shrewd as a fox she was. Dorothy has a pet horse that kicks and bites. It guards the entrance to the pub (see photo). The only way inside is to push past this darn horse and hope for the best. I wondered how many times Dorothy had pulled a beer as she rolled out ours with perfection.

Beside the pub lies the remains of the old brothel. Story goes that the women of Kookynie used to save up their pennies to shout their husbands a round at the brothel saving them the risk of becoming pregnant again.

Driving on we passed more huge rigs on the road. The record to date was 5.3metres wide. That's big !! It's quite an art seeing these road train drivers move over or in fact overtake things so huge. Four trailer road trains are quite common - either fuel tankers or roadbase side tippers.

Heading towards Cue a new big rig record was then reset at 8 metres wide. That's a pack hall truck minus it's tipper and there were two of them in convoy. This time we were following them. All you can do is sit behind at 60kph and wait to get waved through by the pilots at the next table drain. No choice.

Life became more interesting when we came across another two pack haul trucks coming the other way thus having to pass each other. Yep that's 16m total.

Your two way UHF radio becomes a necessary friend and lets you know what's happening and what's ahead. The heavy vehicle pilots get on the UHF as they spot you coming towards them. Their chat generally goes something like this.

" north bound caravan, 5.3 following, 3.8 at the wheels, slow and drop a set please" - (that was fun with super soft edges after so much rain)

Or

" north bound caravan, 8 metres coming at you, find a place to pull over and stop" You know it will be really big when the cops are driving straight at you in your lane lights flashing and waving you off the road.

Anyway from here it's up the Great Northern hwy which is busy with Perth people heading north not wanting to travel up the busy coast road. WA roads are easily the best in Australia by a long way.

We had a quick stop over at Newman to restock at Woolies. Our camp was beside the fence on the footy oval as BHP had reclaimed the caravan park for Dongas to accommodate their workers.

Next major stop, Port Hedland, spaghetti junction, the home of road trains, massive iron ore trains, salt and a very busy iron ore loading port. We managed to snare a powered site at the golf club next to the machinery shed. " keep an eye out for snakes mate". Terrific, I thought. It's hot and humid here and twenty eight degrees today. Shorts and tee shirts full time now.

Leaving Hedland it was a full on head wind heading to 80mile beach and just when you want one not a road train in sight to draft behind. Pardoo roadhouse is a halfway stop. Roadhouse coffee is awful !

80mile beach is paradise. Blue skies and hot . The caravan park is 10k off the highway on dirt road, has grassed sites, power, running water, magnificent beach, freshly baked bread, ice creams, great fishing and we have our own frangipani garden. Sunday night is roast night, roast pork and banoffee pie. We're in !

Next stop Broome - Stay tuned and stay well. **Regards Peter & Jo**



Another "fact of life" you probably don't know.

Particularly for over 60, but it applies to anyone.

Very interesting info that, quite frankly, I never thought about.

By: Arnaldo Liechtenstein, physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumours in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". I answer No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

It may sound like a joke, but it isn't.

People over 60 generally stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate.

Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

*This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve.

This is part of the natural aging process.*

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body. So here are two alerts:

1) *Get into the habit of drinking liquids*. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; orange and tangerine also work.

The important thing is that, every two hours, you must drink some liquid. Remember this!

2) Alert for family members: constantly offer fluids to people over age 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Inspired to drink more water now?? Send this information out to others! DO IT NOW!

Your friends and family need to know for themselves and help you to be healthier and happier.

It's good to share! *For people over 60*

The Photo group "dirty dozen" (almost).

These accomplished photographers are undertaking a project to make portraits of every shed member with the aim of having a group exhibition of the images in the future. We will be inviting Shed members to come along and be immortalised digitally some Tuesday afternoon dressed as they would for a normal Friday at the Shed. If they have a particular interest they may like to include something that would indicate that interest e.g. a welding mask, palette or a bike. Regards, David Ellis.





I personally would suggest government. They never go to jail.



Who's on the sick list?

Report from Bill King:

Good-day young men

Here's a bit of an update about members that are bit done with health issues which is why we have not seen them lately



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Graeme Chalmers (44) is pleased to report that the air bags in his van worked well and after an ambulance ride and an overnight stay in hospital, he is feeling a lot better with only soreness to his ribs from the seat belt restraint. His van is still recovering.

Moral of the story - look out for mad women drives entering Boundary Road from a side street without stopping.

Bill David (214) Has not been good, with the insert of a catheter is OK now. His wife does not want him driving at the present that is why he has not been to the shed. He would appreciate phone calls from members.

Peter Holt (198) Improving great guns, has advanced from a wheel walk to walking stick. Jan won't let him drive. Will drop in to shed very soon for short time.

Alan Marshall (120) Is now in new home flat no stairs. no internet as yet only his mobile will be at shed when open.

Bob Wood (231) Always telling jokes and happy. He is a patient at Alfred melanoma clinic having those little black objects removed. His advice to all have unusual spots investigated by professionals

Bob Bruderin (233) Top golfer at Southern is well, playing regular will be back at the shed when this Covid situation improves.

Gerard Marion (167) "Hi Bill . I have had injections to stop the prostate producing testosterone From a PSA of 27. It is now 1.9 which is great. I'm starting chemo therapy in a week's time at Frankston hospital. I have just seen a neurologist for the neck. He wants to take a small step at the time, to which disc in the neck is more urgent to start injecting cortisone. Being not sure which of the disc to attend to first, he will instruct the hospital which one to start with & see the outcome & from there, further progress . I'm waiting for someone from the hospital to give me a ring for that appointment. Hope all's good with you & yours. Gerard".

Douglas Robertson (40) Douglas has been affected with lockdowns. He thinks his health is deteriorating due to COVID. Please give support & phone calls to Douglas

David Ellis (170) He is looking great and you will see him around the shed. Has some dead feelings around the head! But this is not stopping him. Give him the hand of friendship, & tell him we care.

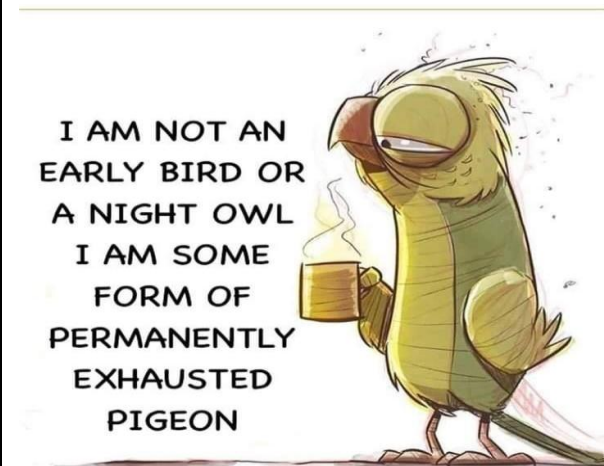
Peter Morrison (148) Peter is not well has very heavy radiation burns on face, You will find him working on wooden toys in workshops chat with him. Information about Peter these toys he makes with his own materials, paints then gives to charities I know the pleasure the children get

Mervyn McConchie (282) Merv is back at Monash Hospital having skin drafts and will be out of action for several weeksWe miss you mate.

Bill King (08) If I told you what is wrong with him you will all cry.

Birthday wishes to:

Member #	First Name	Last Name	Day
182	Rex	Perceval	2
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
310	Jim	Wilkinson	29



Warren's Word of the Month is bumptious.

It means presumptuously, obtusely, and often noisily self-assertive : [obtrusive](#)

Behind the word ...

While we've uncovered evidence dating *bumptious* to the beginning of the 19th century, the word was uncommon enough decades later that Edward Bulwer-Lytton included the following in his 1850 *My Novel*: "She holds her head higher, I think," said the landlord, smiling. 'She was always—not exactly proud like, but what I calls Bumptious.' The word is, of course, now in "the dictionary"; ours notes that it comes from the noun [bump](#) and the *-tious* of [fractious](#).

So if you are working on something in the shed and a member makes a louder than usual comment suggesting your work is just ok ... you could say ...

"Sir, I find you bumptious."

And, if a player at an AFL game takes out a player with a big bump, the commentator could say ... That was overly bumptious, I think.

Regards, Warren Duncan

What's in a name?

At our local "Off Lead Park" for dogs, you see a lot of various abilities of dog control and obedience with most dogs returning when called by name. One dog stood out from the rest, its name was woof. Oh how stupid the owners looked all running around calling out woof, woof, woof.

Jetmaster Heating and Interiors

Jetmaster - Our sponsor of the month

The members of Dingley Village Men's Shed wish to express our appreciation for all of the wonderful support given to us over many years by the management of **Jetmaster**



BREAKING NEWS

PANIC BUYING LIMITS SET

COLES

2 x HAND SANITIZERS. 24 x TOILET ROLLS

SAFeway

18 x TOILET ROLLS & 2KG OF RICE

WOOLWORTHS

2 x HAND SANITIZERS. 12 TOILET ROLLS

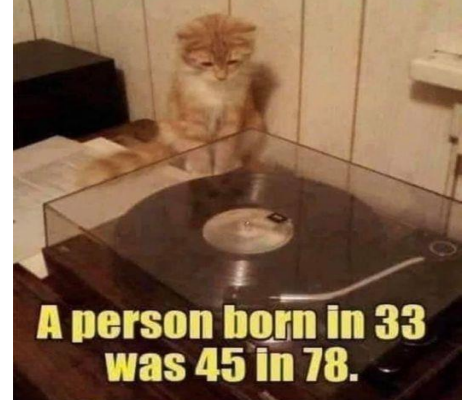
ALDI

2 x TRUMPETS, 1 x DIVING SUIT
1 x MIG WELDER



Stopped by a roadside
stand that said lobster tails
\$2. I paid my \$2. and he
says, once upon a time
there was this lobster....

Just for the record:



A person born in 33
was 45 in 78.

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