



Dingley Village Men's Shed Inc.

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JULY 2022 NEWSLETTER

Well that's the first half of the year gone but we still have plenty of Winter to put up with. It should be one of our life's rules that we stay in our warm beds of a morning until the temperature is at least into double figures.

What's been happening

Men's Health Week June 13 - 19 2022 (Geoff Hergt)

Our shed hosted an opportunity for members to better understand the various aspects of Men's Health during this dedicated period. On Friday June 17th last Claire Emmanuel, Community Engagement Officer, with Connect Health came to our shed to talk about Men's Health especially as it relates to gambling. With a most informative presentation of slides and discussion Claire covered the many aspects relating to the ways in which this activity impacts on the lives not only of the individual but families, relations and friends as well.

Whilst some members felt that there was not a lot in the presentation which related to the medical aspects of life it was generally recognised that the mental stress alone emanating from this activity often manifests in real and potentially harmful physical outcomes.

The highlight of our shed's weekly gathering is the raffle which generates much needed funds to provide the many services enjoyed by our members and guests. It was entirely appropriate then that Claire should commence this much anticipated event by drawing the first winning raffle ticket. For many this is the closest they get to gambling.

Several members approached Claire after the meeting seeking further advice and information.

"A Team" work report

Monday 9th May 2022

Removed the picnic table in the Sparrow shelter and posited it to be bolted down in its new location. A drawer was manufactured and fitted in the CNC table. Well done Ray.



Tuesday 10th May 2022

Brackets cut and ground ready to weld onto the timber racks above the combination saw.
The holes in the Rosella shelter that were exposed due to the removal of the original table were filled with mortar.
The Playground fence that we repaired was stained.
The rubbish in the trailer was emptied into the skip.

Thursday 12th May 2022

Weld brackets onto the timber shelves above the combination saw and restocked the shelves correctly.



Monday 16th May 2022

Started cutting out the boxing boards for the Bird Hide concreting.
Diggers final day on Tuesday and he was presented with his card and plaque of appreciation by John Bach and Geoff Hergt, today.
Digger will be sadly missed but will be back visiting us all when he gets back from his trip to Broome. We wish Digger good luck, good health and trust he enjoys retirement as much as we all do.



Tuesday 17th May 2022

Bird hide boxing was completed with the manufacture and then installed on site. The original concrete base was drilled and rebar installed.
The grass was trimmed around the shed with a whipper snipper and some weed spraying was done around the area.



Thursday 19th May 2022

Purchased the reinforcement mesh for the bird hid and cut it to suit the pad. Ready for laying next Tuesday.

Tuesday 24th May 2022

Concreting cancelled due to lack of members on tis day.

The shed gutters and the rain water tank filters were cleaned out and some minor repairs made. Well done boys an essential maintenance service completed ready for the winter and spring rains.

Thursday 26th May 2022

The dust extractor was noted that it was not working correctly and a hole was drilled in the pipe fitting to inspect where the blockage was.

Monday 30th May 2022

The dust extractor pipe was blocked at the junction and cleaned out only to find it blocked with rags, sandpaper tape, cable ties and much dust and shavings. The suction was still very poor and we found that another pipe was blocked and was cleared out tomorrow.

The cartridge filter was also blocked and this was blown out with air to release it.

We noticed rodents in the shed again.

Tuesday 31 May 2022

Continued unblocking the dust collector pipe work by cutting the first wood lathe pipe exposing the blockage. This was removed and the pipe cleaned and the earth wire restored internally. The pipe was then joined with a rubber coupling and two hose clips.

All the rodent traps were found, washed and fitted our with fresh baits. **PLEASE DO NOT MOVE THESE BAIT STATIONS FROM THEIR LOCATION EITHER SIDE OF THE SHED DOORS.**

We also noticed mice running around again in the Amenities shed.



'On ya bike'

Dingley Village Men's Shed Bike Group

This group was first formed in July 2013 and nine years later we still have some of the original riders.

It was originally only one morning ride from the shed that left at 9:30am sharp on a Wednesday. The average ride is around 25 km at an average speed of 17 km/hr and the number of riders were 20 or more. We stop for a drinks break and a half hour coffee stop to solve the problems of the world and share our medical stories and enjoy a few laughs. We return to the shed around midday. For safety reasons we went to two morning rides - so the numbers average around 10 riders and makes it much easier for coffee.



We have done some 50km lunch rides to Baxter , Ringwood Golf Club, Brighton Cafe. We also enjoyed a trip on the ferry to Queenscliff then rode to Point Lonsdale and another adventure was a ride to the Wonthaggi Coal Mine for lunch. (see photo below) Our morning rides are Tuesday and Wednesday leaving 9.30am sharp.

We also have a half hour ride on Friday around Braeside Park leaving 9.30am sharp to start you off cycling .

John Bach started on the Friday ride after he had not been on a bike for 60years. He is now one of the best riders and does more than 1000 km a year.

We have a good number of trained leaders and they do a great job planning and conducting the rides for everyone's enjoyment and safety.

Bike riding is great for your mental and physical well-being - friendship and fun !

Vaughan Gibson



Thanks to Vaughan & Norma for putting this article together.

What's new in the workshop

Fitter's Bench

This bench started life in 1930 as a homemade blacksmith's bench. It was given to the shed about 7 years ago and stored at the parks compound but that storage facility is no longer available so it was removed and brought to our workshop. In its then condition, it was unusable so members of the metal group proceeded to cut, weld, and paint it so as to give it a sturdy frame.

Bill Steward with his special skills proceeded to find suitable timber around the shed for the bench top. He was also able to obtain an old dressing table that he modified and fitted under the work top giving us plenty of draws to house usable items. Bill has also installed a back board housing a good range of tools that have been painted blue so members can use and replace when finished. This will make it easy to find around the shed, as some of our members are very untidy.

Special thanks to John Bach for installing the LED lighting and power points that make this bench a pleasure to work on.



This Fitters Bench is for all members to use, we only ask that the following be maintained!

CLEAN UP AFTER USE, RETURN ALL ITEMS WHEN FINISHED, DO NOT LEAVE ITEMS ON BENCH TOP

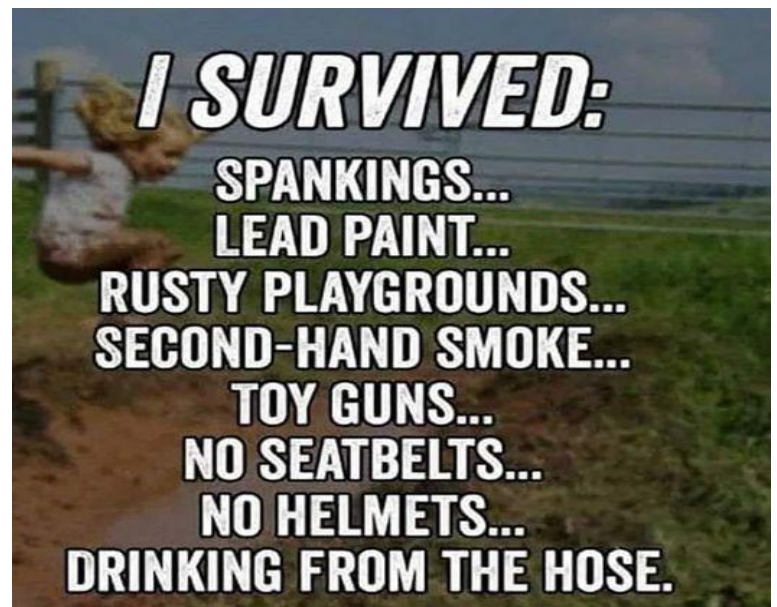
Remember good housekeeping rules apply here just as with other sections of our workshop.

Thanks to Bill King for this article.

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
328	Jim	Henderson	10
11	Murray	Cowell	15
129	George	French	18
140	Doug	Boldiston	20
317	David	Brown	21
1	Ken	Brown	22
310	Jim	Wilkinson	29

Congratulations to Murray & Ken on your becoming an OBE



'Art Group'



A lot of hidden talent has come out of this corner of our shed. Why don't you give it a try or at least have a chat with the fellows that are already participating..... your painting talent may just spread from internal house decorating.



We can all relate to this.



'Where ya been?' *(this is why ship cruising is so popular)*

A Winter Jaunt.



Paul Brennan

Our jaunt began by flying to Broome in the Kimberley Western Australia on Wednesday 25th May. Departing Melbourne at 9.00am we arrived in Broome after a 4-hour flight. As expected, the weather was very warm, clear blue skies which was great considering we left Melbourne wet, cold & 8 degrees. We headed straight to Britz Campers to pick up our campervan, which was to be our mode of travel & accommodation on our trip south to Perth. Our accommodation in Broome was Kimberley Traveller Lodge. We had previously stayed there in 2019 at the end of a camping trip from Darwin to Broome via the Gibb River Road. Most enjoyable place to stay without breaking the bank, as many other accommodation places in Broome can. The few days in Broome gave us the opportunity to soak up the beautiful weather & shop in preparation for our journey to Perth.

The highlight of our Broome time was a flight out to the Buccaneer Archipelago group of islands, Horizontal Falls & landing at the Cygnet Bay Pearl Farm. The day of our flight was the day that there was a serious accident at Horizontal Falls, 26 people were injured. Previously I had tried to book a flight in a seaplane where you land at a pontoon at Horizontal Falls transfer to a jet boat & make a couple of passes through the falls. I had tried to book this trip from home

without success, thankfully. I booked our trip at the Broome Tourist Information Centre but the jet boat experience was unavailable with our company.

80 Mile Beach was our next stop, it is 376 klms. south of Broome, 10 klms. off the highway down a dirt road. We stopped at Sandfire Roadhouse for petrol because I knew there was no petrol available at 80 Mile Beach. While I was filling up the car with petrol Helen advised me that a rear tyre was flat. A young couple who was also driving a Britz Campervan gave me a hand to change the tyre. As we were talking with them, we discovered that they were also going to 80 Mile Beach. We arrived at 80 Mile Beach about an hour later than we had expected. The only thing at 80 Mile Beach is a caravan park, shop, kilometers of beautiful beach & beautiful sunsets. Fisherman call this place paradise, as you can drive up & down the beach to get your own special fishing spot. Our plan was to stop 2 nights, but that changed following a night of steady rain. Ever conscious of the dirt road back to the highway & not having a spare tyre we decided to make our way to Port Headland, 252 klms. to the south. The Port Headland tyre centre was able to change the tyre while we waited. Not having previously arranged any place to stay proved to be another adventure, the caravan parks were all full, so we had to stay at a motel. Next morning checking the weather we discovered the highway to Karratha was flooded, to the extent that even road trains could not get through.

Port Headland is a very interesting town & exists because of the mining industry. We booked a sunset bus tour of the port facilities which was fantastic. It was in a 10-seater bus & the driver was a man that came to Port Headland in 2001 as a Mangrove Biologist. He told us his first impressions of Port Headland were what a terrible place to live. After working there for a few months, he said the people & place grew on him & he now lives there 6 months of the year. His knowledge & explanation of the way the port operates was just so informative & entertaining. The next day the road was open, so we headed for Karratha, although there was still plenty of spots along the highway that you needed to slowdown & move to the other side of the road because of water across the road.

Karratha was started in 1968 to accommodate the processing & exploration workforce for the Hammersley Iron mining company. The 1980's saw the beginning of petroleum & liquified natural gas operations of the North West Shelf Venture. With those being the lifeblood of the town, you can well imagine the industrial nature of the town. There are plenty of parks & recreation facilities available to the residents & visitors.

Exmouth was our next stop & our highlight was a boat trip on Yardie Creek. To board the boat, we had a drive of an hour to the other side of the peninsula. It was a very good cruise; our guide was very knowledgeable & entertaining. The gorges were beautiful & learning about & seeing the Osprey nesting was another highlight of the cruise. Exmouth is also often used by tourists as their base when touring through the Cape Range National Park.

Big4 Plantation Caravan Park Carnarvon was our next stop. I was intrigued by the name Plantation Caravan Park, but my intrigue was quickly answered as we got within a few kilometers of Carnarvon. Going from bush to plantations of bananas, fruit & vegetables was a very unexpected, beautiful sight. The caravan park had beautiful tropical fruit growing on 2 sides, a sight to behold.

Kalbarri, I think is a hidden treasure of WA. The beaches & gorges are magnificent, good for the whole family whether you wanted a beach for swimming or surfing, all were accessible within a short distance. A short trip out of Kalbarri is the Kalbarri National Park with beautiful walks of varying lengths & difficulty with spectacular scenery. Cyclone Seroja hit the town on 21st May 2019 & there were still buildings that hadn't been repaired. Apparently, cyclones reaching the land this far south is very unusual & therefore buildings are not constructed cyclone proof. Having had a flat tyre earlier on I was ever vigilant checking the tyre pressures. I noticed that a tyre was down a bit, I checked & it was down. As we were leaving the next day, I was thinking I will check it in the morning before we leave for New Norcia. Next morning, I went to tyre shop & I was informed the tyre had a slow leak. The tyre man said that a plug would be satisfactory. He then plugged the tyre & we set off. An hour later the tyre blew. We were 85 klms from Geraldton & the tyre jack would not fit under the van because of the camber of the road. No phone reception to add to our dilemma, so I had to use the SOS facility on my phone. The lady I spoke with asked what the nearest intersection was, eventually she got my message that I was in the middle of nowhere. She then put me through to the Geraldton Police & they put me through to Britz Campervans. Once I had informed them what had happened & where we were, they said they would get some assistance to us. They did say that because of our location it could take an hour, or so & I said that was OK & we would

just sit tight & wait. Someone was looking after us because in about 5 minutes a truck from WA Main Roads stopped to see if they could be of assistance. We were very happy to see them stop, one of the guys told us he was a tyre fitter in a previous job. With the truck jack they were able to change the tyre without any problems. We were extremely grateful for the assistance they had given us & they continued their way up the highway. Prior to them leaving us they rang Britz to let them know that we no longer needed any assistance, thank goodness that they had a satellite phone. We continued onto Geraldton & the 2nd tyre dealer we went to was able to replace our tyre while we waited. So ended a rather stressful day, so we treated ourselves to a night in a motel.

With the various alterations due to rain & tyre problems we had made to our journey since we left Broome, we had to bypass New Norcia & head straight to Coogee Beach a Perth suburb near Fremantle. We chose this location as we wanted to see more of Fremantle, as previous visits had only given us a glimpse. Our few days gave us time to take in Fremantle at a more leisurely pace. The coloured buses in Perth gave us an opportunity to see more of Perth without the worry of getting lost & driving in unfamiliar locations. They are also free which is a nice little bonus. The Maritime Museum was a very enjoyable place to visit, as it had a great array of the maritime history of Perth/Fremantle. I particularly enjoyed the section on Australia 11 our America's Cup winning yacht. It was good to remember what an historic event it was in September 1983 & the joy that it brought to the whole of the Australian population. I have heard in the media about the "Purple Haze" that the Fremantle Dockers have brought to AFL since they joined. Well, I experienced it on Saturday 11th June as we were taking our Britz Campervan back to the depot. Part of the journey was near Optus Stadium, bus, cars & people were a sea of purple, I only saw a dad & his son in Hawthorn colours. That doesn't happen in Melbourne if you are going to MCG or Marvell Stadium you see plenty of both teams colours, even if it is an interstate team.

Sunday 12th June dawned with blue sky no rain, one of the few days since we left 80 Mile Beach that started that way. That day was to be the beginning of the highlight of our trip, we were starting our 4-day Indian Pacific Train trip to Sydney. As the train pulled out from East Perth station the rain began. As the day progresses Helen's knee started to get a bit sore, so she started resting it on the seat. We went to the Dining Car for lunch, which was a beautiful meal. After a delicious dinner, the swelling increased. Realising there is no medical assistance available after our 9.30pm off train excursion in Kalgoorlie, we speak with the train staff about Helen's situation. The train staff speak to the doctor at Kalgoorlie Hospital & he advises that an ambulance meet the train at 9.30pm. As soon as we arrive the ambulance men come to our cabin & inspect Helen's leg, they advise that the best course of action is to go to the Kalgoorlie Hospital for the doctor to have a good look at it. We had been thinking for an hour or so this might be the outcome, so we had our bags packed ready for a quick exit from the train. We get into the ambulance bags & all off to hospital we go. Helen is taken through to Emergency. While sitting in the waiting room I am thinking we are not going to get back on the train, as it is only in Kalgoorlie for 2 hours. I ring 16 motels & hotels, all to no avail, "there is no room at the inn." Helen has seen that McDonalds is open 24hours, so at least we can go there have a coffee & sit there until morning. At 1.30am when we are discharged from the hospital, I ring for a cab to take us to McDonalds, but the cab driver says McDonalds are only open at this time for drive through. The cab driver says that as we have nowhere to stay, we must come & stay at his house, which we do. He tells us his shift finishes at 5.00am, he also has 2 other young guys staying at his house. One start work at 5.00am in the mines & the other at 7.00am & this guy will drive us back into town to a café that he knows opens at 6.00am & we will be able to stay there until the shops open & we get ourselves organised. The cab driver was such a good man he didn't even want to take any money for the original trip from the hospital to his house, he eventually took some money. During our discussions at 1.30am we found out that the other 2 guys staying with him come from Clayton. They are all Pakistani single men. The tests that they did on Helen's knee showed that there is a leaking Bakers Cyst & no clot which was our worry. Recovery is time. The café was terrific when we got there at 7.15am they said we could stay there if we liked & even offered us a power point to charge our phones. We stayed at the café had a couple of cups of coffee & breakfast by then it was 9.00am. We went to the Tourist Information Centre told them our story & they said we could leave our bags there until we were ready to go to the station to get the train back to Perth, a 6-hour trip. They told us about a tour of the Kalgoorlie Town Hall, which we did. It was very informative & the guide gave us a great insight into the history of Kalgoorlie & its founders. We caught the train back to Perth & went back to stay at the hotel we had stayed in before we left for our ill-fated Indian Pacific trip. We stayed in Perth for an extra day to make sure that Helen's knee was OK. We flew back into Melbourne at 11.45pm on Wednesday 15th June.

A trip we will not forget but we will be forever grateful to the hospitality & care in Kalgoorlie. This has not stopped us recommending WA as a great holiday destination.

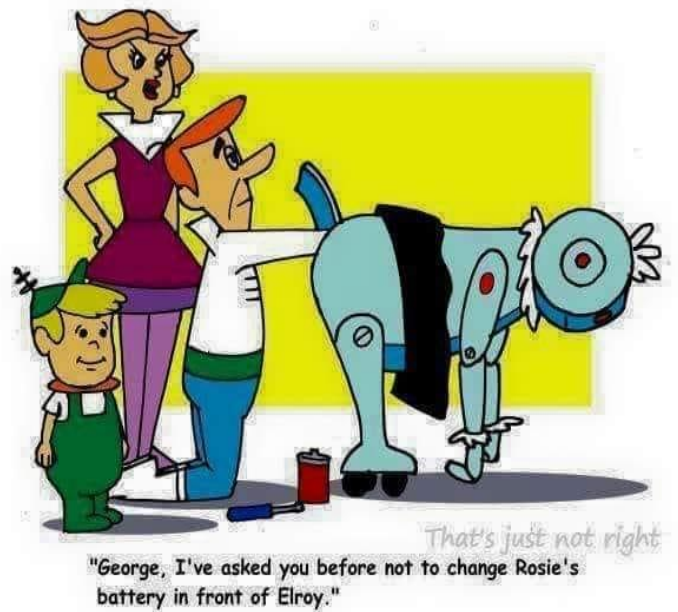
Thanks to our Secretary, Paul Brennan for this article.

(In late breaking news it can be reported that a major film production company are looking into a possible movie deal saying this will make a fantastic travel movie, it has scenery, action, drama and a happy ending.)

Farewell to Cypress Drive

Some Australian trees have been around for hundreds of years but unfortunately that is not so when it comes to the Cypress and the rangers at Braeside Park have needed to take drastic action to rid the park of a potential death trap as so many walkers within the park have probably not been aware of the potential danger they have been walking under. It would be great if the remaining trunks could be used to continue the carving that has already been established but as usual, funding will be the large hurdle to overcome.

So what happens to the name Cypress Drive, it is no longer applicable. Maybe **Lucas Boulevard** or **Digger's Drive** would be fitting to honour our recently retired park rangers that have cared for the park for such a long time.



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