



Dingley Village Men's Shed Inc.

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OCTOBER 2022 NEWSLETTER



REMEMBER - daylight saving starts Sunday, October 2nd at 2.00am

Put your clocks FORWARD one hour.



FRIDAY 9th September

What an eventful day, the passing of our Queen Elizabeth and our shed members were amongst the first to commemorate the event by having our flag set at half mast and for the members to stand for one minutes silence at our morning gathering.

What followed on our televisions for the next three days was nothing short of amazing - nonstop pictorial reflections of the Queen and her family and it was as if nothing else in the world was news worthy.

A history lesson for us all to observe and learn from. No matter what your leanings are toward the monarchy you have to concede "the Poms really know how to do pomp and ceremony." Long live the King.



Oh dear, the footy is over, the cricket hasn't started so what will we fill in our sporting time with ---- you guessed it.

SUBMARINE RACING.

This new spots craze is sweeping the world and Sports Bet have a new app so you can be kept up to date with the latest betting success.



What's been happening



Men's Health - Help at Hand

Thanks to President Geoff for this article.

A touchy subject but as we are "right in the firing zone" it is very relevant - Suicide Prevention.

Malcolm Guy and Vivienne Blennerhassett volunteers from South East Suicide Prevention Network came to speak with us advising that our age group is the most vulnerable of all. Reasons given for, men particularly, taking this course of action included :- loneliness, no longer feeling of value, no longer making a worthwhile contribution to family, employer or community amongst many others.

Symptoms often include, change of habit ie. not looking after themselves as well as they used to, giving away formerly treasured items, dramatic mood swings and losing interest in things they had previously really valued. Obvious depression might also be a factor. Often those nearest are the first to witness these changes. So, what to do? :- 1. Ask - direct but non threatening questions may be a good course of action. 2. Listen - genuinely to the response rather tell the person what you think is the problem. This may give you a clearer idea of what type of assistance would be best suited. 3. Assist - this may include an appointment with a GP as a first step, or a call to Lifeline, South East Suicide Prevention Network or similar service. Brochures and contact details were made available for members at our meeting. If you missed out ask and we will provide them.

The intention here is not to try to make you an expert in diagnosis but rather enable you to be of maximum assistance at the beginning of the process. It is worth remembering that this information session was not directed specifically at DVMS members but as an opportunity to enable members to read the warning signs and render appropriate assistance if required for anyone they perceive as seeking help. Judging by the number of questions resulting from the discussion the session was a valuable step in what many would consider a topic which is "off limits".

As a movement Men's Sheds are considered to be a wonderful way to overcome many of these issues. The camaraderie evident at our shed suggests we offer a terrific antidote for members.

For immediate help

Lifeline 13 11 14

Mensline 1300 78 99 78

Kids Helpline 1800 55 1800

Suicide Line Victoria 1300 651 251

Support After Suicide 9421 7640



DVMS Golf Day on Sept 1



Pairs Winners – Robert Bleazby & John Hallam with a net score of 72 - \$20 Bunnings Voucher each.



Another great collection of players.

Narga Winner – John Newman – \$10 Bunnings Voucher (Great effort as John had to walk due to no carts)

N.T.P Winner – Phillip Dodgson – \$10 Bunnings Voucher

Least Putts – Phillip Dodgson - \$10 Bunnings Voucher

Also 4 Spring Park 9 hole vouchers were raffled

House of golf vouchers also given out.



All that practice makes perfect.



I know it's in here somewhere.



A Team Report

Thursday 18th August 2022

Another busy day today as we managed to remove the boxing around the bird hide slab.

We picked up in the park, from the bypass road a spare wheeled rubbish bin which had to be emptied and repaired. This will no doubt come in handy as our rubbish load in the shed has increased.

The bins and excess rubbish were emptied down at the skip bin.

We also pegged out the grass area on the north side of the shed to stop parking there for the present time as the ground is very soft and boggy and is being destroyed by vehicles.



Monday 22nd August 2022

The low bench was removed to outside the workshop, the area cleared and the Lathe was shifted to the extension side of the shed. The height of the lathe is to be reduced by at least 100mm to make it more user friendly.

Too wet to continue with the bird hide erection.



One lathe removed for clearance around the car hoist.



Lathe moved to the other side of the wall.

Tuesday 23rd August 2022

The thicknesser drive roller was cleaned from particles jammed in the teeth. The table rollers were adjusted parallel and to the correct height as well as the dust guard.

The thicknesser is now working correctly again.

Extremely wet in the Park so more delays with the bird hide.

Monday 29th August 2022

Tuesday 30th August 2022

We started cleaning out and tidying the tool lockers and picking up tools, electrical leads. This is to be continued with testing equipment and separating that excess equipment that we don't use or need.

Thursday 1 September 2022



AS MEMBERS ARE NOT EMPTYING THE DUST EXTRACTOR WHEN THE FLASHING RED LIGHT IS OPERATING, WE HAVE NOW INSTALLED AND ANNOYING AUDIBLE ALARM TO ALERT THOSE MEMBERS USING THE WOOD MACHINERY TO EMPTY THE DUST EXTRACTOR BIN AND PLASTIC BAG.

The balance of the morning was unblocking the combination saw 50mm dust extractor tube that was full of plastic off cuts and saw dust.

We then cleaned up the half of the wood work workshop floor and machinery.

Members need to take more ownership of the shed, work area, floors and equipment and cleanup after you have been working.

Placed the Sheraton lathe in its final location.

Monday 5th September 2022

We went down to the bird hide site to inspect the ground to see if it was dry enough to get some vehicles onto the site.

Had a discussion with the Rangers to notify them that we will be erecting the hide on Tuesday. We then returned to the shed and gathered all the tools and parts required.

Tuesday 6th September 2022

Gathered up the shed components from the compound and started erecting the hide on site. We managed to get the hide bolted down on the concrete base, the sun shade installed, the roof installed, the seats and shelf installed.

We started cleaning up the excess concrete around the hide. We now only have the roof flashings, the timber corners to install and building up the ground to the concrete floor level. Some garden tidying up of the site will just finish it off.

The shed gained a fourth wheelie bin today, a gift from Eddie Oak. This will make it much easier to empty the rubbish in the future.



Roof going on the rear wall.



Roof on this side with seats and shelf installed.



Front wall.



One tired Eddie



Lawrie and Gary resting

"Sometimes we sits & thinks, other times we just sits".

Thursday 8th September 2022

Fortunately today we managed to get all the capping, flashings mounted and started cleaning up the area. Next week, weather permitting we will cleanup all the concrete excess and put down some road base leading up to the hide and make it all level for easy access. We will tidy up the area from long grass and clean the windows.



Flashings going on.



Name of the hide fitted.



Finished Bird Hide.



Left hand side view.



Right hand side view.

'Out and About'

Run over But Survived

Geoff Hergt

On a recent “walk in the park” I happened upon a tunnel which led to the “other side”.

Sounds very scary doesn't it?

Actually it was a beautiful day which encouraged many families, joggers, bike riders and rabbits to enjoy the wonderful surroundings of yes you guessed it.... Braeside Park!!

With the new freeway recently opened and in full operation I discovered a bike track along its length and a tunnel.



Can you believe it really did lead to the “other side!!” So I was run over many times by cars on the freeway but thanks to the new tunnel I survived.

At one entrance was a fabulous painting of native birds and at the other a painting of a smoking ceremony welcoming you to Braeside Park.

Now this park used to be one of the best kept secrets in the Dingley/Keysborough area but now a day's more than a million visitors come to the park during each year to enjoy this “jewel in the crown” of local residents, and when better than on a beautifully sunny day.

Bounded by Lower Dandenong Road in the north and Governor Road in the south this park which we, the Dingley Village Men's Shed, call home is a 295 hectare wonderland of native birds, animals and creatures of all kinds.

With many facilities for picnics, playgrounds and activities of all sorts little wonder this is a very popular spot to relax and get away from the hustle and bustle of city life. With Daylight Saving commencing on Sunday October 2nd more daylight hours and warmer weather will no doubt encourage even more visitors and do you know the best thing??? IT's FREE!!

Opening Hours and General Activities at the Dingley Village Men's Shed:

Day of Week	Open Hours	General Activities
Monday	9:00am - 1:00 pm	Metal Work, Wood Work, Art, Bicycle & Car Maintenance
Tuesday	9:00am - 12:00 pm 1:30pm - 3:30pm	A' Team workgroup & Bike Riding Group Photography
Wednesday	9:00am - 12:00 pm	Bike Riding Group & Music Group
Thursday	9:00am - 12:00 pm 1:00 pm – 3:00 pm	A' Team workgroup Pool / Snooker
Friday	9:00am - 1:00pm	Members Muster This is our main day!
Every Friday Morning (except holidays as designated). Come along, enjoy a cuppa, a chat & meet with your fellow shedders. We also hold a great Raffle (fundraiser) for members & visitors, and also a Golf Putting Comp.		
Other Activities from time to time include:		Golf Days, Special Event Days e.g., Cup Day & Australia Day BBQ's. plus, the occasional outing to places of interest.

VOLUNTEER WITH US

Do you believe in the power of community sport?

Do you want to help local vulnerable kids?

Do you live in Kingston?

Can you spare a few hours a month?

Chat to us now or call Lesa to find out more

Time required: A few hours a month

Where: Work close to home

Commitment: As little or as much as suits you



0412664024

ljackson@teamsports4all.com.au

www.teamsports4all.com.au

Friday September 30th.

We had an interesting address by Lesa Jackson who is the Regional Coordinator - Kingston Ambassador Co-ordinator.

First impressions to the following photo, one could be excused for thinking that her subject may have contained a level of danger as we have never before had a speaker that came with a police escort.

But the escort was a part of the support team that the **TEAM SPORT 4 ALL** program has behind it. Lesa explained how this program gives support to young children and adolescents aged 5 to 18 and gets them involved in sporting interests within their local community rather than running off the rails as we have seen too many times.

They require support from people like us to be a mentor to the children and help with the ideals of the program so if this is of interest to you, make contact with Lesa and get involved.



Birthday wishes to:

Member #	First Name	Last Name	Day
155	Frank	Formica	1
93	Cyril	Webster	9
247	Gerard	Pelicier	9
293	Gerry	McDowell	13
22	Theo	Breeuwer	14
30	Paul	Brennan	14
326	Joe	Pittorino	15
297	Robert	Elliot	16
334	Tim	Parkin	16
345	Marcel	Maslin	19
299	Peter (Pete)	Brown	20
18	Robert	O'Brien	22
70	Bob	Prestt	23
27	Geoffrey	Colquhoun	27
62	Ron	Wood	27
282	Mervyn	McConchie	27
156	Philip	Stephens	28
276	Philip	Stuckey	29

**REMEMBER WHEN YOU COULDN'T WAKE
UP FOR SCHOOL**



**BUT SATURDAY MORNING YOU WERE UP
AT 6 GETTING READY FOR CARTOONS**



**A triple
Decker bus.
Berlin,
Germany -
1926**

Let's see if this
will fit under the
Montague Street
bridge.

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Monday - Sunday 4:30pm - 9:30pm

Tuesday Closed

12 Pethybridge Cl, Dingley Village

Ph: 9551 2400

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Brilliant Heat. Beautiful to Watch.



Keysborough



Buxton Dingley Village branch



Mentone



Dingley Village



Lexington Gardens



Woolworths
the fresh food people

Dingley Village



Dingley Village



**Independent
Body Corporate
Management**

Dingley Village

