



Shed Torque

The Official Newsletter of the Mount Beauty & District Men's Shed

Issue No. 4 — June 2022



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Greetings All.

Another month past and we're well on the way to winter. The kindling is going out the door as fast as it can be cut and bagged in preparation as fireplaces are being cleaned prior to lighting.

A word of advice, please make sure that your flues and chimneys are clean and in good working order. Ceiling and roof fires were very common during the first months of winter as soot and carbon present in a flue or chimney could glow red hot and possibly ignite ceiling insulation.

Also, just a reminder, when members are working on private projects, if a substantial amount of Shed materials are to be used as well as consumables (nuts, bolts, nails, welding rods etc), please don't forget to reimburse The Shed for what gets used. This is for major private projects and equipment used only and reimbursements are covered under our Shed Rules & Regs.

And many thanks to a small but determined band of Shed Blokes (and one lady) who attended the raffle night at West Peak Hotel. \$540 was raised on the night due to the determined efforts of our ticket sellers, Shane and Vinnie. Thanks blokes!



Committee Corner.

The decision to make Shed hours more flexible was put to the test recently when our resident artists, *Tom and Shane*, elected to work on a Saturday morning. Out of curiosity a number of members turned up to keep them company and chat over a coffee (many thanks for the coffee *Paul*). It was great to drop Maureen off in town to sell Lions raffle tickets and do the shopping whilst I "had things to do at the Shed. You understand.....don't you?"

Thanks to *Ian Howley* plans are being drawn up to conduct an "in depth" safety audit of our Shed. This is long overdue and will commence soon and will include the condition of our equipment as well as how it is operated.

Our Shed will be open for work during June & July, but no committee meetings will be held or Friday Lunches provided. This is because it is generally a quiet time at the Shed with many heading off on holiday to a warmer climate up north.

President *Dick Puttyfoot* had a medical procedure done in Melbourne last week. We wish him well with his rehab. By all accounts the operation went well.



Guess Where?



And now for something completely different.....

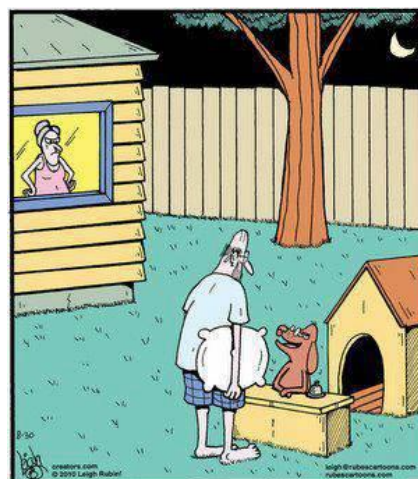
Our Friday lunch this May was a little different from our normal BBQ and salad. It was decided that we should ease into the start of the snow season with some "Winter Warmers". Soup and casseroles were provided by some very talented members to warm us inside.

We had a potato, leek & Bacon soup (*Maureen*), vegetable soup (*Shane*), Moroccan lamb (*Noel*), Beef Stroganoff (*Dick*), Lasagne (*Helen L'H*), Sausage, Tomato & Bacon (*Maureen*) and two very exotic middle eastern dishes (their names escape me but I couldn't pronounce them anyway) from our resident cordon bleu chef (*Tom*).

Deserts consisted of sour apple flan (*Barb*), sour apple slice (*Rod & Kerrie*) and the ever reliable raspberry/coconut slice and nut slice (*John & Jan D*). Being serious, apart from *Dick, Tom and Shane*, I think some very generous partners played a

very big part in the presentation of these delicious offerings. The Shed thanks all you ladies.

The event was concluded with a slide presentation by *Paul L'H...* on all the **community projects** the Shed has been involved with since we opened in February 2016.



"Welcome back, sir. Are you planning on being our guest for one night only, or will this be your usual extended stay?"

Shed Work Continues.....



Henry has completed his work on the **Anklung Stand** and is has been presented to *Ita Rose* from the Mt Beauty Secondary College. Great job *Henry*!

(Not so) Funny Aging Quotes

"To get back to my youth I would do anything in the world, except exercise, get up early, or be respectable" - *Oscar Wilde*

"The older we get, the fewer things seem worth waiting in line for." - *Will Rogers*

"We must recognize that, as we grow older, we become like old cars – more and more repairs and replacements are necessary." - *C.S. Lewis*

"Old age comes at a bad time." – *San Banducci* "

"Inside every older person is a younger person wondering what happened." - *Jennifer Yane*

"Old age is like a plane flying through a storm. Once you are aboard there is nothing you can do about it." - *Golda Meir*

"I'm so old that my blood type is discontinued." - *Bill Dane*

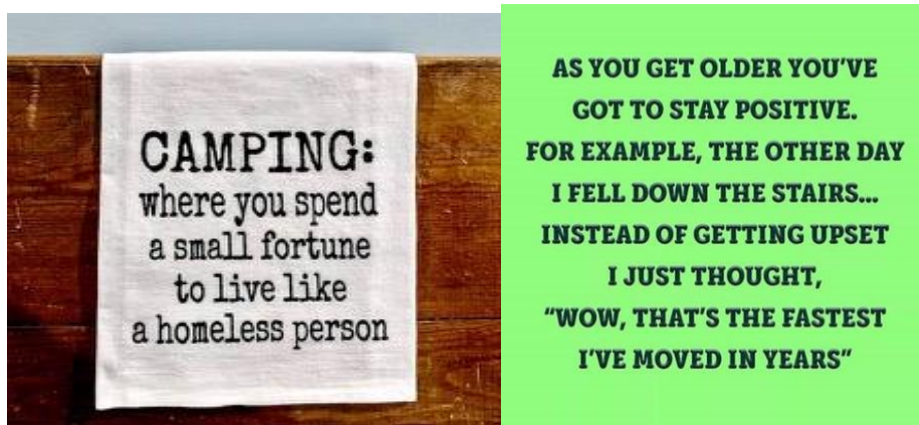
"The older I get, the more clearly I remember things that never happened." - *Mark Twain*

"Wisdom doesn't necessarily come with age. Sometimes, age just shows up all by itself." - *Tom Wilson*

"Always be nice to your children because they are the ones who will choose your retirement home."- *Phyllis Diller*

"I don't plan to grow old gracefully. I plan to have face-lifts until my ears meet." - *Rita Rudner*

"I'm at that age where my back goes out more than I do." - *Phyllis Diller*





Glider Nest Boxes

Recently, all the accessories for our original bench saw were re-discovered and work began on how it all fitted together. As you can see, *Mal, Warwick, Shane and Vinnie* had it all worked out in no time and work commenced on **25 Glider Nest Boxes** for the **Trust for Nature** organisation. If anyone can lend a hand, please do so, no experience necessary. Thanks to *Mal Darwent* who is leading this project. Actually, the term bunk beds was being whispered about but that's only a rumour and seemed to upset *Warwick* for some reason. 😊

Poem of the Week

The Extension

Some old, and not so old, blokes, made a start on Our Men's Shed,
They all worked for a purpose, try to reduce the time, we're dead,
They built a shed for men, to meet, and also make some friends,
And worked to keep it all afloat, thought this is where it ends.

It became a "hub", a refuge, just a real cool place to go,
No matter who or what you were, you were never just "Plain Joe",
We came because we wanted to, and feel that we were needed,
To slip away from household chores, frustration then re-ceeded.

By now the shed was working, and we were on a solid base,
But metalworkers weren't too happy, they needed their own space,
It came to the committee, it votes on things we might not mention,
But the vote came down, all agreed. Metalworkers need an extension.

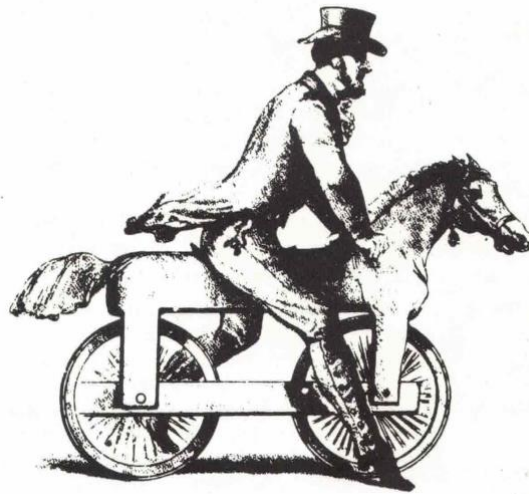
We took surveys, even wives consulted, all said that they were glad,
Any extension, even small, would be better than what they had,
Then some dedicated members (and we all know who they are),
Combined their time and energy, and then really raised the bar,

They set the plans in motion, and then they even sealed the floor,
They lit it up like New Year's Eve, and even changed the toilet door,
All the walls were lagged and sound proofed, and Paul ran out of paints,
But when we see the finished job, they should be all ordained as Saints.

Hopes were raised, it was looking good, there were many things so new.
Just like Topsy in the fairy tale, it grew, and grew, and grew.
The steelmen can be happy now, they can move and laugh and sing,
Cos they've got a new extension, that they might call The West Wing.

Now according to Macquarie, when it becomes a squalid shed,
It could then be termed a Hovel, even if it has no bed,
So I have an odd suggestion, and I'm not one to grovel,
For all the effort he's put in, I would call it "Howley's Hovel".

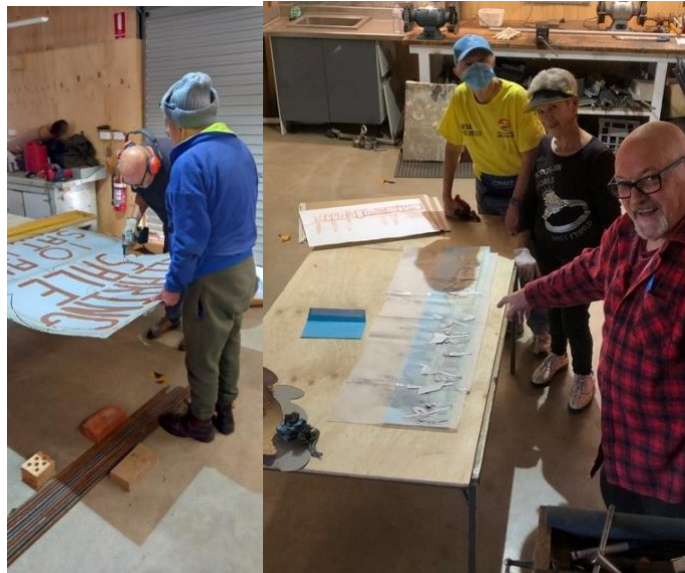
Irvin Beeston 2021



New Bike Table/Bench.

Yep, more space for the "Bike Man" or "Bike Berk" as someone unkindly put it. Parts were very hard to source for the bicycle on the right so had to pass on that one.

A gentleman visited The Shed on Tuesday and informed me he had a few bicycles in his trailer that we could possibly use. They were inspected and found to be a nice little collection of rust. Thanked him for his thoughts and directed him straight to the tip!



Artists at work.

Shane and Tom displaying their artistic flare. The sound of the "Nibbler" in the metal work annex has been constant in recent days. Their work is progressing but we have yet to have a completion date. *Tom* is developing two 3D murals for the south and north sides of the Neighbourhood Centre. A huge project. You all know how temperamental these artists can be so we shouldn't push them but wait patiently for the finished product. Well, as we can see, being an artist certainly attracts the ladies (Neighbourhood Centre Green Thumb ladies *Helen and Fran*). No wonder *Tom* is smiling.



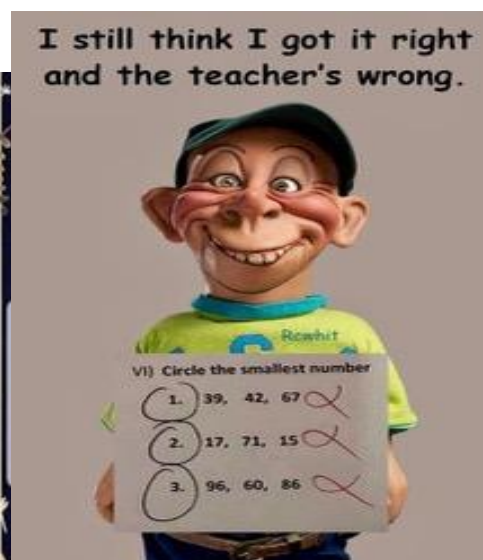
Another New Work Bench

As you can see, another new work bench has been added to The Shed. Many suggestions have been submitted as to its expected use. One was a pool night at the shed but I couldn't see myself in a pair of "budgie smugglers" at this time of year and we'd have to have a lifeguard on duty to satisfy OH&S regs anyway.



Kindling (\$10/bag)

Apparently, our u-beaut kindling machine needs a new motor! The current one does not have enough grunt to complete the job and *Paul* wants more horsepower! This is from a Pajero owner so I can understand his concern over a lack of power. 😊



Editor.

Well, all for this month! I hope it's been informative with a few chuckles along the way. Don't forget, if there's anything you would like to see included in our monthly "**Shed Torque**", please forward it to me or contact me on:

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Finally, some healthy sleeping tips from *Dr. Alex Metse*. I would have thought sleeping in separate rooms would have been best but, then again

Healthy Sleep Tips

Dr Alex Metse

Clinical Psychologist, University of Sunshine Coast

Summary of an informative talk
from Dr Metse at the Buderim
Men's Shed, March 2022

SLEEP

- A normal part of the daily cycle characterised by changes in brainwave activity, breathing, heart rate and body temperature.
- Consciousness is reduced and there is little memory of the hours spent asleep.
- Some parts of the brain are more active during sleep than during wakefulness

SLEEP DISORDERS

Insomnia

- difficulty falling asleep, staying asleep or poor quality sleep despite adequate opportunity
- associated with daytime impairment (fatigue) or distress and occurring at least 3 times per week for a month

Obstructive Sleep Apnoea

- blockage of the upper airway while sleeping
- reduced breathing results, from 10 to 60 or more sec. Blood oxygen drops.
- an arousal interruption then occurs, restoring breathing but disrupting your sleep. Can happen many times per night
- Symptoms include snoring, restlessness, waking short of breath, feeling lethargic, grumpy mood, partner complaints

NORMAL HEALTHY SLEEP

- Falling asleep within 30 mins
- Waking a few times through the night and falling asleep easily
- Feeling refreshed in the morning
- Sleep inertia - not feeling fully awake for up to an hour is within normal patterns

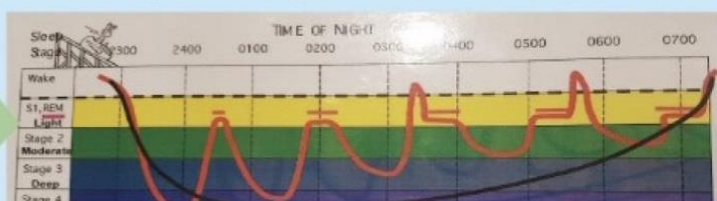


DRIVERS OF SLEEP

1. Sleep Drive - increases linearly the longer you have been awake, also known as tiredness
 2. Sleep Urge - your circadian rhythm (body clock) with wakefulness & sleepiness ebbing and flowing through the day
- These internal systems manage our sleep, often beyond our control

SLEEP CYCLES

- A rollercoaster of different depths of sleep with periods of awakening (red line)
- Men over 65 should accumulate 7-8 hours of sleep each 24 hours



TIPS FOR HEALTHY SLEEP

SLEEP DRIVE FACTORS

- Sufficient activity each day
- Keep naps below 30 min, esp late in the day
- Get up at the same time every day
- Limit your time in bed to the time you normally sleep
- No coffee after 2pm, max 3 shots per day
- Limit nicotine consumption
- Limit foods high in sugar especially in the evening

SLEEP URGE FACTORS

- Get up at the same time every day
- Embed structure/routine in your day (activities, meals, etc.)
- Get sunlight in your eyes as soon as possible after rising
- No coffee after 2pm, max 3 shots per day
- Ensure you take any sedative medication at the prescribed times
- Use electronic devices in the day/early evening but not close to bed time

AROUSAL SYSTEM FACTORS

- Rumination (worrying about your sleep) - talk to GP about options
- Try not to watch the clock while in bed
- No coffee after 2pm (3 per day limit)
- Limit alcohol consumption (withdrawal increases arousal)