



Maitland Community Men's Shed February 2025
The Shed News



20 Jubilee Street
 East Maitland NSW 2323
 Ph: 0249341293
 Email: maitlandcms@gmail.com
 http://www.maitlandcms.org.au

Issue 104

First Published - July 2016



Editor
 Steve O'Brien

MSM Inc. Chairman
 Charles Sanders

Maitland Community Men's Shed welcomes new members!

We are here to assist our supporters and friends.

Inside this issue:

- The Shed Report* 1
- Inside Our Shed* 2
- Picture Gallery* 7
- Community Noticeboard* 8
- Men's Health* 10

The Maitland Community Men's Shed would like to acknowledge our major supporters

The Shed Report.....

Life in the Shed has begun to get up to speed with most people returning from the Christmas break.

The Shed survived the time off and is beginning to also wind up to speed, although this was not helped out by Mother Nature on the Wednesday evening in the middle of the month. The Shed incurred blocked drains in the car park as well as some downed tree branches around the grounds.



A crew got themselves together and soon had most things sorted. The gardens didn't fair so well and were left rather tattered by the storm. On a positive note, it left them in a state where cleaning them out for the winter growing was much easier.

Within the realms of the Shed, most tasks are moving along. The dog bed team are up to speed, the cubby house is taking shape and is on track for on time delivery.

In the joinery the rocking horse is looking good and trucks and cars are taking shape. We have received an order for a minor bird trap and it is under construction with an apprentice on the job.

A Mud kitchen is nearing completion and



will be well received at the beginning of the new school year.

Up in the IT section, the recently acquired 3D printer is beginning to whir and turn out little blocks and other items. Ah, technology and old people do mix and get along together. Mmm, watch this space.

The Shed upgrades are moving along, although very slowly, and are certainly testing our patience.

During the break we received some sad news with regards the health of two of our members. One has unfortunately been spending some time in a Country Hospital due to an injury from a fall and the other spending his time in a local hospital. We wish them both a speedy recovery and extend our sincere wishes and thoughts to both of their families.

The most wonderful places to be in the world are:

- In someone's thoughts;*
- In someone's prayers; and*
- In someone's heart.*

Take care and see you at the Shed.

Charlie Sanders - Chairman



Monday Mornings Social Walking Group is Back!

The Maitland Community Men's Shed's Monday morning walking group has returned again for the year. Starting the week with a brisk walk is really a fantastic way to boost your mood, get your body moving, and catch up with mates.

Walking as part of a group has many benefits beyond just physical exercise. It helps reduce stress, improves heart health, and promotes better sleep. Being with others also enhances motivation, provides a sense of belonging, and offers an opportunity to share stories and laughter along the way.

Whether you're looking to improve your fitness, enjoy the outdoors, or simply connect with fellow Shed members, this group is for you. Walks cater to all fitness levels and are designed to be fun and relaxed.

The group heads off every Monday morning around 10.30am after morning tea lead by Bob Sablatura. We look forward to seeing you there and don't for-



get bring a hat, some comfy walking shoes, and your enthusiasm!

If you have any questions just come upstairs at the shed on a Monday or Wednesday and have a talk to Bob. He will be only too happy to help you out.

Wall Panel Models.....

In June 2024, the workshop project team at our Shed achieved a significant milestone by successfully completing a set of innovative wall divider models for Knauf, a prominent company with a national presence. Facing challenges in finding a manufacturer for these models, Knauf turned to us for assistance.

The project involved creating fire-rated acoustic dividers designed for units and duplexes in new developments. These dividers provide a modern alternative to traditional brick walls, offering a lighter and more cost-effective solution. Our team was tasked with building 10 units, which Knauf planned to use as demonstration models for builders and their clients to showcase the system's practicality and appeal.

Recently, Knauf approached us again with a new request: to construct a demonstration panel incorporating a steel framework inside the panels instead of timber. This enhancement highlights the versatility

and quality of their wall panels, further emphasizing their innovative approach to construction solutions.



Birthdays This Month.....

Peter Blackmore, Mark Corcoran, Warren Cheney, Jim Fellows, Daryl Pullen and Howard Rogers



The Life-Saving Power of GoodSAM.....

One of our shed members recently experienced a terrifying health emergency during the night. His wife was awakened to find her husband struggling to breathe. Panicked but determined, she dialled 000 for help.

The emergency operator's first instruction was to open the front door. She rushed to comply, leaving the door ajar before hurrying back to her husband. The operator, listening closely to the situation, directed her to begin chest compressions. However, with her husband in a high bed and being not so tall, struggled to perform effective compressions.

Realising the challenges, the operator suggested moving her husband to the floor, where compressions could be administered more effectively. But he began having a seizure, and she couldn't move him. Desperate, she tried wrapping a sheet around his ankles to drag him down, as the operator suggested, but her efforts were in vain.

Then, something extraordinary happened. Out of nowhere, a man appeared at her side. Startled but relieved, she asked who he was. His reply: "I'm Good Sam." Without hesitation, he took over, performing chest compressions with precision and urgency. Even though the patient was still on the bed, the Good Samaritan's quick actions made all the difference. Within just five compressions, her husband started to regain consciousness and breathe normally.

Moments later, the ambulance arrived. The mysterious Good Sam quietly slipped away into the darkness, vanishing as quickly as he had appeared. He had done his job, asking for nothing in return, leaving behind a grateful wife and a husband whose life he had helped save.

What is GoodSAM?

GoodSAM (short for Good Samaritan) is an innovative emergency response app used in Australia and other parts of the world. It connects trained



responders, including off-duty paramedics, doctors, nurses, and first aiders, to nearby emergencies. When someone calls for help, the system alerts GoodSAM responders in the vicinity, allowing them to provide critical assistance while professional emergency services are enroute.

This incredible network of trained volunteers is saving lives every day by delivering immediate aid during the crucial minutes before paramedics arrive. In this case, a GoodSAM responder was alerted to the emergency and arrived just in time to perform effective chest compressions, making all the difference.

GoodSAM demonstrates the power of community, technology, and quick action. It's a service that reminds us how ordinary people, with the right tools and training, can make such an extraordinary impact.

If you're trained in first aid or a medical professional, consider registering with GoodSAM. You could be someone's lifesaving hero when they need it most.



GoodSAM

Instant.Help

Score Card Holders.....

John Rissler, the Shed's recycling guru, recently completed a project for the Maitland Bridge Club. They requested him to make up a number of small flat panels to hold the score numbering sheets that the players use when playing.

Bridge scoring cards, also known as score sheets or bridge blocks, are used to record the scores for a game of bridge. You might ask "what are bridge scoring cards used for?"

- Record scores: The scorekeeper records the scores for each side of the game.
- Separate scores: The scorekeeper records the scores for each side on opposite sides of a vertical line.
- Record trick score: The scorekeeper records the trick score below a horizontal line.
- Record honour score: The scorekeeper records the honour score above the horizontal line.

What do bridge scoring cards show?

- Trick score: The number of tricks each side won.
- Honor score: The value of the cards each side held.

- Bonuses: Any bonuses each side earned, such as for winning the rubber.
- Penalty points: Any penalty points each side incurred, such as for failing to fulfill their contract.

The type of scoring used in a game of bridge depends on the type of event being played. For example, rubber scoring is often used in social play, while duplicate scoring is often used in tournaments.

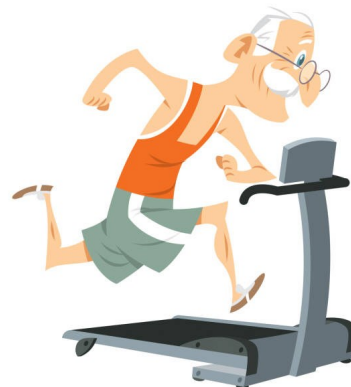
Maitland Bridge Club was formed in 1975 and has been steadily growing to its present membership of over 160. They play 6 Sessions a Week (Mon-Sat) including Tuesday evening and Saturday afternoon. Maitland is in the heart of the Hunter Valley and attracts players from Newcastle, Lake Macquarie, Port Stephens, Cessnock, Singleton and outlying areas. Visitors are most welcome but must be booked to play at a Session.

Their clubhouse is conveniently situated next to the New England Highway at 12-16 Wallace St, South Maitland (near Maitland Showground)



Just a Little Joke.....

A 65-year-old man was working out in a gym when he spotted a sexy young woman. He asked his trainer, "What machine should I use to impress a girl like that?" The trainer replied, "I'd try the ATM in the lobby."



3D Printer Adventure

I, Neil Horne, joined the Shed in July 2024. During my induction by Bruce, we discussed amongst other things (mainly his RAAF and ex-wives stories), my work background in Information Technology and hobby interests in open-source software development and tinkering with 3D printing.

Bruce mentioned the Shed had been donated a 3D printer some time ago. There had been a token attempt to get it running by another Shed newbie, who left after a couple of weeks never to return, since then it had sat around gathering dust.

When I was introduced to Steve and Gary, they also mentioned the 3D printer and said it would be a good first up project if I was interested in taking it on. I said something like “I can’t do worse than the previous attempt so why not”. So, they introduced me to the Tronxy X5SA Pro.

So, my journey began and talk about jumping in at the deep end. I was assembled and the only resources that were at hand was a shopping bag of spare parts (at least I hoped they were spare and not part of the final assembly). A quick Google search indicated I may have bitten off more than I could chew.

This is not a 1st timer's 3D printer but one for an enthusiast. I found the assembly manual and after a quick perusal, I crossed my fingers those instructions had been followed. The instructions were Ikea with a Chinese translation twist and half pike.

With Gary’s assistance we tracked down some YouTube videos and reviews which indicated the model has some known limitations and issues.

So, first things first, tighten all the screws as the unit had been moved around a bit when it got in



other fellow Sheddors’ way.

Having an IT background, my next thought turned to the printer’s firmware (the program that runs it) and whether it was the latest available (least bugs). It did not and still does not have the latest installed as the process, if something went wrong, could ‘brick’ the printer. I thought why risk creating more pain at this point and left it for another day.

Next, I needed some computer software to create and/or modify 3D models and ‘slice’ (convert) those drawings into a format suitable for printing.

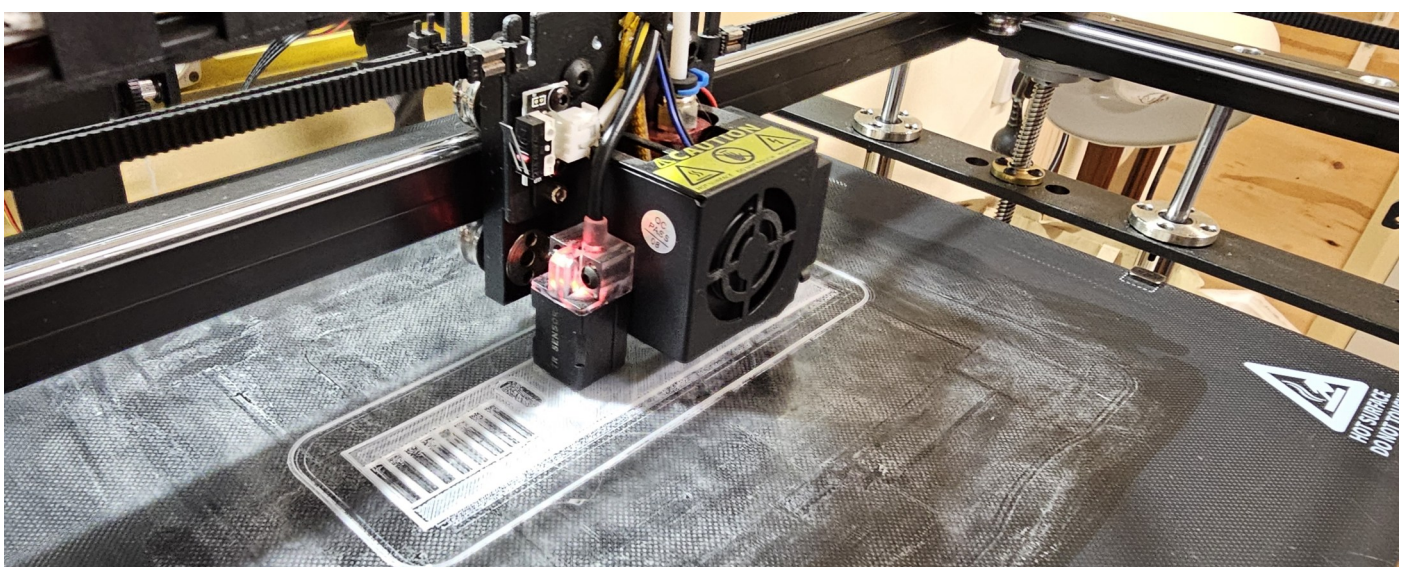
Since my objective was to see if I could get the printer working, I decided that rather than create my own models, I would download a few small basic free ones from a couple of public websites. The ones I chose were to assist in squaring up the frame, tensioning belts, calibration, nozzle and print bed temperatures, and leveling the bed.

Luckily the donator included a spool of white filament to use for test prints. But first the mandatory set up.

Print Profile - some minor tweaks such as head speed and temperatures.

Bed Leveling - there is some automation with this printer however you are still required to use six thumb wheels to adjust the sprung print bed to within 0.5mm between the lowest and highest points.

Height Origin - set the height of print nozzle to roughly the thickness of a sheet of A4 paper above the glass bed for the first layer. Too close



3D Printer Adventure - Continued

and the extruded plastic will be squashed and collected by the nozzle as it lays down the next layer or too far away from the bed and the melted plastic will fall to the bed and be stretched as the nozzle moves.

Bed Adhesion - whilst the glass bed is heated, getting the molten plastic to adhere uniformly to it can sometimes require the use of a bonding product, in the case I used a thin layer of craft stick glue.

Head Drive Belts Tension - this was by far the greatest challenge. There are two long belts driven by two motors that position the nozzle over the bed. It was and continues to be a trial-and-error process. Poor tension can result in layer skew, gaps between print passes, rough edges, etc.

After many failed prints, success was achieved, we have a working 3D printer (well it was when I left

it). Plastic filament was heated to 200 deg C, extruded through a 0.4mm nozzle onto a glass plate heated to 50 deg C, line by line, layer by layer until 3D objects were produced.

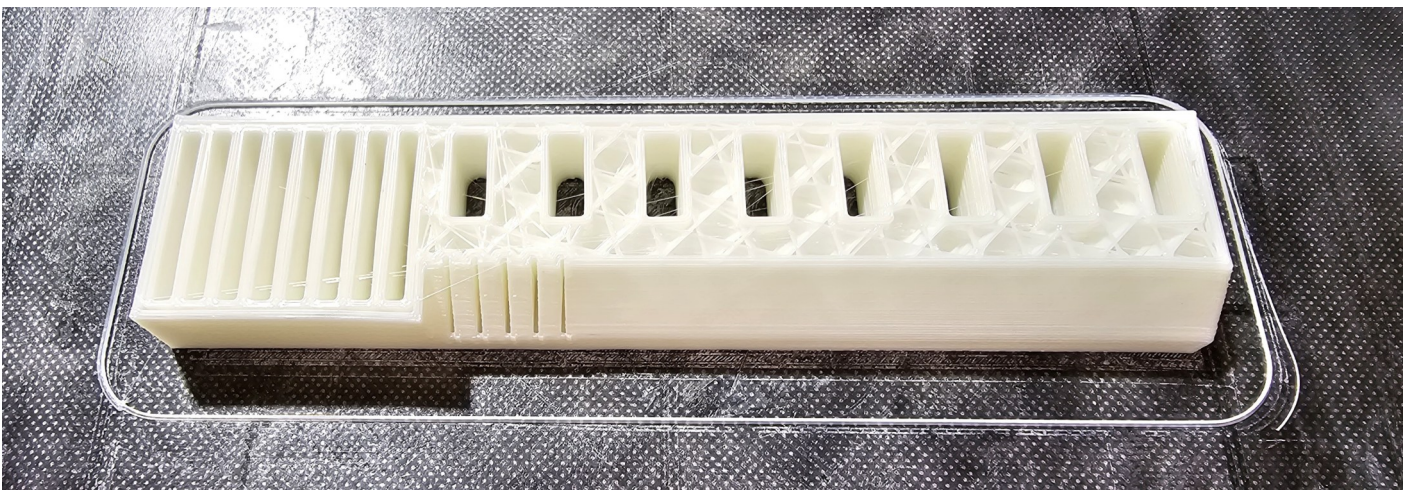
So, to what use can the Shed put this tool?

It is perfect for Sheddies to dip their toes into the world of 3D printing and the workflow to go from concept to finished product. You have access to a printer, the knowledge gained specific to this printer, model design software, slicing utility, and pointers to online resources.

For some, assist you to decide if 3D printing is something they would like to explore in more depth or even purchase your own printer.

If you want to know more, please bail me up.

Neil Horne



Beware of Scams Using QR Codes.....

The Australian Taxation Office (ATO) and Services Australia are warning about a new scam called "quishing." This scam uses QR codes to trick people into visiting fake websites that steal personal information.

Quishing combines "QR code" and "phishing." Instead of clicking on a suspicious link, you scan a QR code, which takes you to a fraudulent website. Scammers then try to steal details like your myGov login or bank information.

The ATO and Services Australia will never ask you to scan a QR code or click a link to log in to their services. Scammers could use your myGov account to make fake claims or steal government payments.

Don't scan random QR codes - especially in public



places like cafes or from emails and texts.

Check the source - only use official websites like my.gov.au or servicesaustralia.gov.au.

Be cautious with emails and texts - government services won't send QR codes or ask for personal details this way.

By staying alert and following these tips, you can protect your personal information and avoid falling for these scams.

February Picture Gallery.....



Maitland Show 2025: A Celebration of Tradition and Community.....



The Maitland Show, one of the oldest agricultural shows in New South Wales, is set to return in February 2025. This iconic event, deeply rooted in Maitland's rich history, has been a cornerstone of the community for over 163 years, bringing people together to celebrate agriculture, creativity, and local talent.

The show began as a showcase for farmers and artisans, highlighting the region's agricultural prowess and fostering community spirit. Over the decades, it has evolved into a multi-faceted event featuring livestock competitions, craft displays, amusement rides, live entertainment, and mouth-watering food stalls.

Over three days there will be plenty of entertainment for the whole family including home craft and horticulture displays, cattle clinic and livestock exhibits, woodchopping, the scarecrow competition and the International Salon of Photography. There will also be a reptile display and animal nursery for animal

and reptile lovers.

Friday night will be jam-packed with action with the Maitland Rodeo and fireworks on Saturday evening.

This year's show promises something for everyone. Families can enjoy thrilling carnival rides and interactive animal exhibits, while agricultural enthusiasts will appreciate the sheepdog trials and produce competitions. Local artists and craftspeople will have their work on display, ensuring there's plenty of inspiration for those with a creative streak.

The Maitland Show is more than just an event - it's a tradition that continues to connect generations, celebrating the past while looking toward the future. Be sure to mark your calendar and experience this beloved community gathering for yourself!

When: 14th to the 16th of February from 9.00 am - 10.00 pm

Where: Maitland Showground, Blomfield Street, South Maitland

More Info: Ph. 02 4933 5052

Street Eats - Thornton.....

Join in for Street Eats - 90's Nostalgia! Enjoy a big offering of food, sweet delights, family-friendly activities and live music. Bring the family or catch up with friends with a picnic and a bite to eat.

Street Eats is a Council run program that opens the doors to mobile food in public places.

This event varies in location, time, and food trucks from month to month and is subject to change, so to stay up to date, be sure to follow the My Maitland Facebook page.

When: Friday, 7th February from 5:00 pm to 8:00 pm

Where: Wirraway Park, 30 Wirraway Drive Thornton.



Remember, "This Is Your Shed". Be PROUD Of It And Contribute Where You Can.



Experience LIVE At The Levee At Coffin Lane This February!

Get ready to groove under the summer sky as LIVE at The Levee returns to Coffin Lane in Maitland this February 2025! This exciting event promises a night of exceptional live music, good vibes, and community connection, all in the heart of Maitland's vibrant riverside precinct.

Whether you're a fan of smooth jazz, soulful ballads, or toe-tapping rock, the lineup will have something for everyone to enjoy. Complementing the music will be local food vendors and pop-up bars, ensuring a perfect blend of entertainment and delicious refreshments.

Mark your calendar and bring your friends and family for an unforgettable night celebrating local talent and Maitland's unique charm. Stay tuned for the full program and ticketing details, and let's make LIVE at The Levee an event to remember!



When: Friday the 21st of February from 5.30pm - 9.30pm

Where: The Levee, Coffin Lane, Maitland.

Free Entry

More Info: Ph. 02 4931 2801

Email: welcome@thelevee.com.au

Celebrate Sustainability at Maitland's Earth Markets.....

Mark your calendars! Maitland's Earth Markets are returning to The Levee this February, offering a unique opportunity to connect with local producers and celebrate sustainable living.

Held in the heart of Maitland in the Levee, the Earth Markets are all about showcasing the best seasonal, organic, and sustainably grown produce from the Hunter region. From freshly harvested fruits and vegetables to free-range eggs, artisan bread, handmade goods, and more, this vibrant event is a feast for the senses and the soul.

The Earth Markets also provide a fantastic chance to meet the passionate farmers and creators behind the products. Ask questions, learn about sustainable practices, and discover the story behind every item you buy.

In addition to incredible produce, the markets will

feature live music, family-friendly activities, and workshops on topics like composting, reducing waste, and sustainable gardening. It's the perfect outing for the whole family to enjoy.

By supporting the Earth Markets, you're not just stocking up on fresh, high-quality goods; you're also supporting local growers and taking a stand for a healthier planet.

Whether you're a sustainability enthusiast, a foodie, or someone looking to embrace a greener lifestyle, the Earth Markets are the place to be. Don't miss out - come along and join the community in making a difference! Stay tuned for more updates, and we'll see you at The Levee!

When: The 6th of February from 8.00 am - 1.00 pm

Where: The Levee, Maitland.

Free Entry



The 8 Best Things You Can Do For Your Health In Your 50s And 60s.....

Baby boomers are living longer but are in poorer health than previous generations, say researchers.

A study, published in the Journals of Gerontology, analysed data for more than 100,000 people between 2004 and 2018, looking at doctor-diagnosed chronic illnesses, body mass index, records on mobility issues and disability, as well as grip strength and high blood pressure.

The authors, from University College London, discovered those in their 50s and 60s are more likely to experience serious health problems than people at the same stage who were born during or before the Second World War.

So, what things can and should in this age group do to improve their health?

1. Reduce Salt And Processed Food



Cutting out processed foods and reducing your salt intake in your 50s could help reduce your risk of high blood pressure and cholesterol later in life.

“In this age group, high blood pressure and cholesterol are common. Processed foods are high in unhealthy fats and salt, which can raise blood pressure and cholesterol,” explains Dr Oliver Guttman, consultant cardiologist at The Wellington Hospital, part of HCA Healthcare UK.

“Reducing salt and processed foods helps prevent heart disease and keeps your body healthier overall. A diet focused on whole foods like vegetables, fruit, and lean proteins can help control these and improve overall health.”

Drinking lots of alcohol can increase the risk of heart disease.

2. Reduce Your Alcohol Consumption

“Older adults often don’t handle alcohol as well as they used to, and overconsumption can increase the risk of heart disease,” explains Dr Guttman. “Reducing alcohol intake helps control blood pres-

sure and lowers the risk of heart disease, stroke and liver problems.”

3. Lift Some Weights

“Strength training is super important as we age as it helps us maintain muscle mass, strengthen bones and increase overall stability,” says Michael Betts, director at TRAINFITNESS. “Weighted exercises can stimulate bone growth, increase bone density and help prevent osteoporosis by prompting bone-forming cells to get to work.”

4. Go For Regular Walks

A daily walk is a great way to move your body and help clear your mind – plus it can also really help with menopausal symptoms.

“Walking provides many benefits such as improved mood, increased oxygen to the brain to reduce the impact of brain fog and improved sleep quality,” says Claire Henderson, personal trainer at The Fitness Group who has specialist menopause expertise.

“Also, it helps reduce joint pain, decrease cortisol levels, reduce blood pressure, improve circulation, and allows for a more effective endocrine system, which includes the body’s cooling systems and circulatory systems.”

5. Work On Your Balance

People who “can balance for at least 30 seconds on each leg are significantly less likely too experience a fall” as they get older, says Mr Betts.

“Our trainers have found that people who have spent time focusing on balance exercise - such as single leg stands and unilateral strength exercises - start to move with much more confidence and stability in their training, which really carries over into normal life.”



6. Try Some Resistance-Based Exercises



Try some squats. “Muscle loss and bone degeneration are inevitable aspects of ageing, especially when coupled with a sedentary lifestyle,” says Michael Fatica, lead consultant osteopath at online back rehabilitation program Back In Shape.

“Addressing these factors is crucial for stabilising and supporting the spine and preventing injury, and a simple daily routine of resistance exercises can dramatically slow down or even reverse this process.

“Back pain in our advancing years can be significantly mitigated, and even prevented, with a focus on strengthening three core muscle groups - the back, core and legs.”

7. Stay Connected With People Who Make You Laugh

Surround yourself with people who make you laugh. Socialising should be a priority in your 50s and 60s, as laughter could significantly help improve your health and wellbeing.

“The social support that family and friends can provide us acts as a valuable buffer against the long-term effects of chronic stress,” explains Lowri Dowthwaite-Walsh, cognitive behavioural psycho-

therapist and honorary lecturer at the University of Central Lancashire.

“Laughter has many benefits. It helps improve cognitive functions, such as problem-solving and memory, and can enhance pain tolerance.”

8. Keep Your Brain Stimulated



“Research shows that lifelong learning, along with formal education and literacy, is an important factor behind our health and security as we grow older,” says Dr Sophie Ward, deputy head of The School of Psychology at Arden University. “Learning new things can boost your brainpower by creating new neural pathways, increasing the brain’s overall plasticity.

“This can have a range of positive effects on cognitive function, including better memory, attention and problem-solving skills.

“I would encourage those in their 50s and 60s to think about lifelong learning - that could be through formalised education or simply through volunteering or taking up a new hobby.”

Source: - PA Media - [YourLifeChoices](#)

