



SHED COMMITTEE

SHED UPDATE

President:

Sandy Antonuccio

Vice-President:

Colin Duggan

Treasurer:

Rob Wise

Secretary and Compliance Officer:

Tony Donohue

General Committee:

Peter Burge

Keith Chamberlain

Gregory Dougherty

Michael Martin

Chelsea Men's Shed is back!

We reopened on 3 November and we will be following all the COVID requirements. A full listing of these is inside this newsletter.

On 23 October the Shed had its AGM via ZOOM. There were ten members present so there was a quorum.

There were no challenges to the 2020/2021 Executive members of the Committee of Management so the line is the same however we now have two new General Committee members—Keith Chamberlain and Gregory Dougherty.

Thank you to them for joining the Committee.

We are now coming towards the end of the calendar year and the festive season. We are also out of lockdown, almost completely.

Let us hope that 2022 will be a better year.

UTILITY KNIFE - Used to open and slice through the contents of cardboard cartons delivered to your front door. Works particularly well on contents such as seats, vinyl records, liquids in plastic bottles, collector magazines, refund checks, and rubber or plastic parts. Especially useful for slicing work clothes, but only while in use. These can also be used to initiate a trip to the emergency room so a doctor can sew up the damage.

Food and Health

We are coming up to the time of the year when we tend to eat more.

With the coming of the Christmas/New Year festive season many may tend to over-indulge and that is not good for our health.

According to a survey undertaken by Australian charity FebFast, the greatest alcohol consumption in Australia occurs in December and January . It was found some people spend between \$200 and \$1,000 on alcohol in those two months.

Some interesting and disturbing facts have been emerging over the last years.:

- In Victoria 58% of the population is overweight or obese (up to 68% in the country (Australian Bureau of Statistics)
- The World Health Organisation research rates Australia as the 39th fattest nation in the world.
- Across Australia it has been found that 81% of the population eat out at least once a month and this includes 51.5 million visits to fast food outlets (Source: www.thenewspaperworks.com.au and Enhanced Media Metrics Australia)
- In 2012 it was reported that across Australia there 24,734 fast food establishments, employing 307,127 people (Retail & Personal Services Training Council).
- In 2011 it was estimated that Australia would spend \$37 billion on takeaway food—the equivalent of 343 Whoppers for every man, woman and child in the country (www.newscom.au)

Is there a link between Christmas/New Year and fast food?

It is the effects on the body. For most people what we eat affects our bodies in some way and the consumption of too much food or food from many fast food outlets is that they contribute to obesity and being overweight.

What is obesity? The Obesity Action Coalition, an American-based organisation, describes obesity as *'a condition . . . associated with having an excess of body fat, defined by genetic and environmental factors that are difficult to control when dieting.'*

It is a health risk as it can increase the potential for developing conditions such as diabetes, hypertension and sleep apnea. There are many other conditions that could occur.

Continued on Page 3

How is obesity measured?

Medical science has developed the *Body Mass Index* to measure obesity . This guide relates height in metres to weight in kilograms squared. It does not take into account gender differences as the same classifications of obesity apply to both men and women.

There is also *waist circumference* . There is no classification chart for this method. The simple guide is:

- Men—a waist circumference of over 40 inches/101.6 centimetres is considered unhealthy
- Women—a waist circumference of 35 inches/89.9 centimetres is considered unhealthy.

What causes obesity?

The main contributors are Behaviour, Environment and Genetics.

Genetics—some disorders that can be passed through the genes of family can cause certain disorders that result in obesity. Space prevents the listing of these but a Google search will find them.

Environment—we tend to live a sedentary lifestyle today with less walking as we drive cars, technology (television, computers, etc,) means we undertake less physical activity and nutrition has be replaced by convenience and fast foods.

Behaviour—this is linked with Environment. We live in a fast-paced society where so much of what we do is dictated by demands on our time and it is easy to adopt unhealthy behaviours including the consumption of calorie-filled food and this decreases the nutrients in our diets. Also, have you noticed that in many food places the amount served is huge.? See also the ads on television.

We are back to the amount of food we consume at particular seasons and, for some, the season of consumption never seems to end.

For good health, eat well, eat less and be more active.

(Source of the above: www.obesityactionorg)

COVID RESTRICTIONS

We have received confirmation that the easing of restrictions that are set to come into place this Friday will apply to Men's Sheds, subject to the conditions set by the Chief Health Officer and the Victorian Government.

It is in every Member's best interests that we ensure everyone is observing the highest standards of COVID-Safe practice, so we can all enjoy the Chelsea Men's Shed community.

This includes:

- Provide proof of "COVID -19 Double vaccination", no proof NO ENTRY.
- Using the Victorian Government's QR Code Check In (and a paper alternative for people who do not use technology)
- Face masks must be worn at all times both indoors and outdoors
- Use the Hand sanitizer at entry and other key location points regularly
- Physical distancing (no hugs or handshakes)
- Regular disinfecting of high touch points and surfaces
- Clear signage displayed at our premises please abide by the signs.
- All visitors must continue to check in as they enter your premises, through the Services Victoria app, or via a paper-based alternative for those without a smartphone.
- In addition, you will need to record the time you arrive and depart the shed
- There are restrictions on the number of members that can be admitted into the Shed, please check with the Shed Supervisor on arrival.
- Observe density limits 25 per day (calculated at 1 per 4 sqm metres)

To assist Members, the rostered Shed Supervisor will guide and assist Members in checking compliance and the registration process.

Before you leave home to go to the shed consider your health status. If you feel unwell, have a cough, sore throat, sniffles or a temperature above 37C stay home and seek medical support/ get tested.

Working at the Shed

- When you enter the Shed, wash your hands with sanitiser/alcohol rub or wash with soap and water and dry with the paper towel provided.
- Collect the tools and materials you will need. You can of course get other tools and equipment during the day.
- If you want to use a machine in the wood machinery room check that there are less than 4 members in there. If there are already 4 in there you will need to wait until someone leaves.
- When you have finished using a tool or machine use spray cleaner and paper towel to clean it. Also, if you are going to use a tool someone else has been using clean it with spray cleaner and paper towel before using.
- When you have finished working for the day you are required to clean up the bench and floor area where you were working and wash down the bench with spray cleaner and paper towel.
- Wipe tools with spray cleaner/ Wipes and paper towel as you put them back where they are stored.

COVID INSTRUCTIONS continued

Leaving the Shed

- When you are ready to leave, tell the supervisor who will record your departure time on attendance sheet.

Thank you for your understanding and patience as we work through this challenging time.

It is great that we can reopen and enjoy the benefits of the Shed in a safe environment.

Regards,

Tony Donohoe
SECRETARY



Product idea?

PRESIDENT'S REPORT

December 2021

Hi fellow shedders.

Finally, out of lockdown and we are open for business. Hooray !!!!

The Kingston council have completed the community consultation phase of the Catherine Ave site (our new home). The results are very positive. I was told that the number of people responding was one of the highest ever received by Kingston Council. Of the responses, 83% were very positive and supportive of the site being used by the Men's Shed. There were no objections to the site being used by us.

Early in the new year a planning permit will be lodged for the works to be undertaken.

Since returning we have had many enquiries from prospective members, 2 have already signed on, so we welcome Rob Dobson and Kevin Breen, a couple of local Chelsea boys.

We continue to clear out excess items in the Shed and on top of that we make money from the sale of tools and items we have made in the Shed.

For some time, we have been planning the repair of our Thicknesser, and now we are out of lockdown we have been able to get it done. New blades, a clean up and a derusting of the surface has put some life in the old girl. No more notches into the wood that goes through the planer.

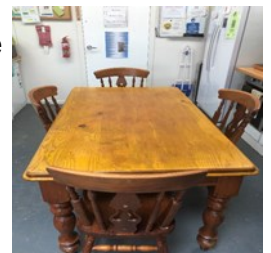


We sold a bird feeder on a stand recently and the person who bought it has ordered another one. During our construction Judy from the church saw it and has ordered one as well. A very popular item.

A special thank you to Peter Burge's daughter who donated us a dining table and chairs. This will be very useful in our shed now and in the new place.

Good for anyone who wants to play cards or chess

Finally, we are having a Xmas break up lunch. Once again, we will go the RSL. If you haven't let me know if you're coming, please do so, I can finalise numbers. [Chelsea Mens Shed Xmas lunch December 16th 12.30 Chelsea RSL](#). The cost will be \$20 plus drinks



Cheers Sandy

SPONISORS & PARTNERS

Chelsea Men's Shed Inc is fortunate to be sponsored, supported, and partnered by several organisations and people

Sponsors

Chelsea Rotary

Low Building & Construction,

Cove Hotel, Patterson Lakes

Commonwealth Bank, Chelsea

Supporters

City of Kingston

State Government of Victoria

Commonwealth Government of Australia

Bendigo Bank, Aspendale Gardens

Tim Richardson, MLA Mordialloc

Mark Dreyfus, MHR Isaacs.,

Global Office & Warehouse Solutions, sales@gosolutions.com.au

Partners

Otway Footwear, <https://otwayfootwear.com.au/>

Chelsea Meats, <https://www.chelseameats.com.au/>

In2Ply, <https://in2ply.com.au/>

It is through these sponsorships, partnerships and support that Chelsea Men's Shed can successfully deliver its groups, activities, programs and services.

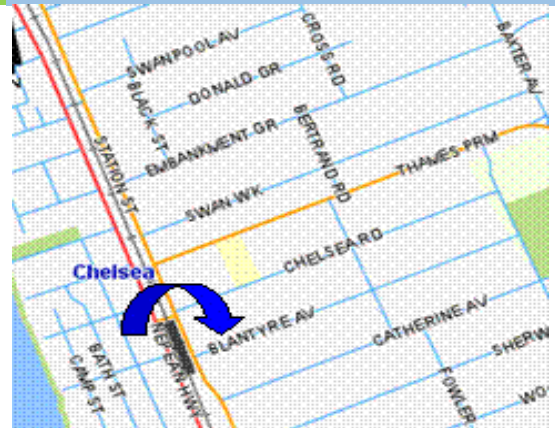
Men's Shed Office

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Editor: Colin Duggan



Chelsea Men's Shed provides men of all ages and situations with a place to go and spend time talking with other men, do some woodworking, or participate in community projects, as well as participating in men's health and well being programs.

Fees:

\$60 joining fee

\$35 Annual Membership fee and \$5 per week when at the Shed

Chelsea Men's Shed is open:

9.00am to 1.30pm Wednesdays and Thursdays.

9.00am to 12.30pm Saturdays

**No excuse for not finding
the Men's Shed**

