



**SHED COMMITTEE**

**SHED UPDATE**

President:

Sandy Antonuccio

Vice-President:

Colin Duggan

Treasurer:

Rob Wise

Secretary and Compliance Officer:

Tony Donohue

General Committee:

Peter Burge

Michael Martin

Chelsea Men's Shed is remaining closed until COVID restrictions are removed. Once the Shed reopens it will be complying with all requirements of entry:

- Registering with QR Code
- Wearing masks
- Social distancing.

Please note that the rule NO JAB, NO ENTRY will be required.

**Good news!**

**Kingston Council has agreed that the Chelsea Men's Shed can relocate to the old kindergarten site in Catherine Ave. See President's Report for details.**

Tool definition -

**HAMMER** - Originally employed as a weapon of war, the hammer nowadays is used as a kind of divining rod to locate the most expensive parts adjacent the object we are trying to hit. Also very effective at fingernail removal.

### *Your kidneys*

Two of the most important organs of our bodies are our kidneys. In fact they are vital to our survival. Although we can live with one kidney (and some people are born with only one), if we have no kidney function we will be dead in a few days.

Recently I heard the following statistics:

Around 1, 300, 000 million Australians have some form of kidney disease.

90% of these people don't know they have it. It is known as the silent disease.

We must therefore take care of our kidneys. However, how many of us have much awareness of them?

Facts:

- They are located behind our abdomens and either side of our spines just under our rib cages.
- They are four or five inches (10—13 cms) long
- They re bean-shaped and weigh about 150 grams (5.30 ounces)
- Our blood supply circulates through the kidneys about 12 times an hour
- Each day our kidneys process about 200 litres (352 pints) of blood a day
- Kidneys process our urine and around one or two litres (1.8—3.5 pints) of that leaves our bodies each day.

Our kidneys are important because:

- They keep our blood pressure regular—blood pressure control
- They add excess water to our urine thus giving our bodies water balance
- They filter our blood thereby removing wastes and toxins—cleaning our blood
- One of the essential vitamins we need is Vitamin D—our kidneys mange our body's production of this vitamin which is vital for strong bones, muscles and our overall health.

(The source for the above information is Kidney Health Australia—[kidney.org.au](http://kidney.org.au))

### *To protect your kidneys*

We all have the responsibility to look after our health. So what can we do for our kidneys? We can live healthy.

How?

1. Have regular blood pressure checks
2. Cut out smoking—smokers are three times more likely to have reduced kidney function—and are 4 to 5 times at greater risk of heart attack or stroke
3. Eat:
  - more fruit, vegetables, legumes whole grain, bread, rice.
  - lean meat—chicken or fish at least once a week
  - check for sugar and salt content in all packaged, bottled and tinned food and drink
  - limit take away and fast food meals.
4. At least 30 minutes physical activity a day
5. Limit alcohol intake.

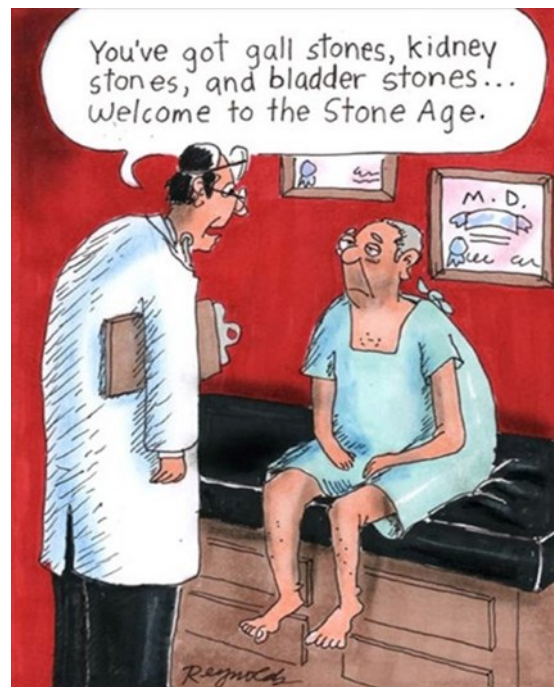
What else can you do?

Enjoy Life!

How?

- Less stress
- Do what you love doing
- Socialise with friends
- Balance the load.

The source for the above information is Kidney Health Australia—[kidney.org.au](http://kidney.org.au)  
Please donate if you can.



## PRESIDENT'S REPORT

Hi fellow shedders.

Still in lockdown, not much happening around the shed.

We have made very good progress with the Kingston Council regarding our new location. The Council passed a motion to begin planning works on the Catherine Ave site. Although funds will not be available till the 2022 /2023 financial year, planning works will commence in this financial year.

We have been successful in getting a couple of significant donation pledges from our major sponsors/partners.

A huge thank you must go out to the following:

- The Lowe foundation
- Peter Batten Global Office Solutions
- Chelsea Rotary.

These 3 organisations have committed to donating over \$22,000, this goes a long way to meeting our commitment to the relocation project.

We have also been successful in receiving a grant from Kingston council for \$1500, this money will be spent on repairing our Thicknesser and on various supplies for the shed such as new drill bits and bench sander sheets etc.

Prior to our current lockdown we were able to complete a very good project for the Edithvale primary school. We made some giant toys for the school kids.

A giant Jenga, a giant connect 4 and a giant noughts and crosses. These were presented to the Principal of Edithvale primary school.



## PRESIDENT'S REPORT continued

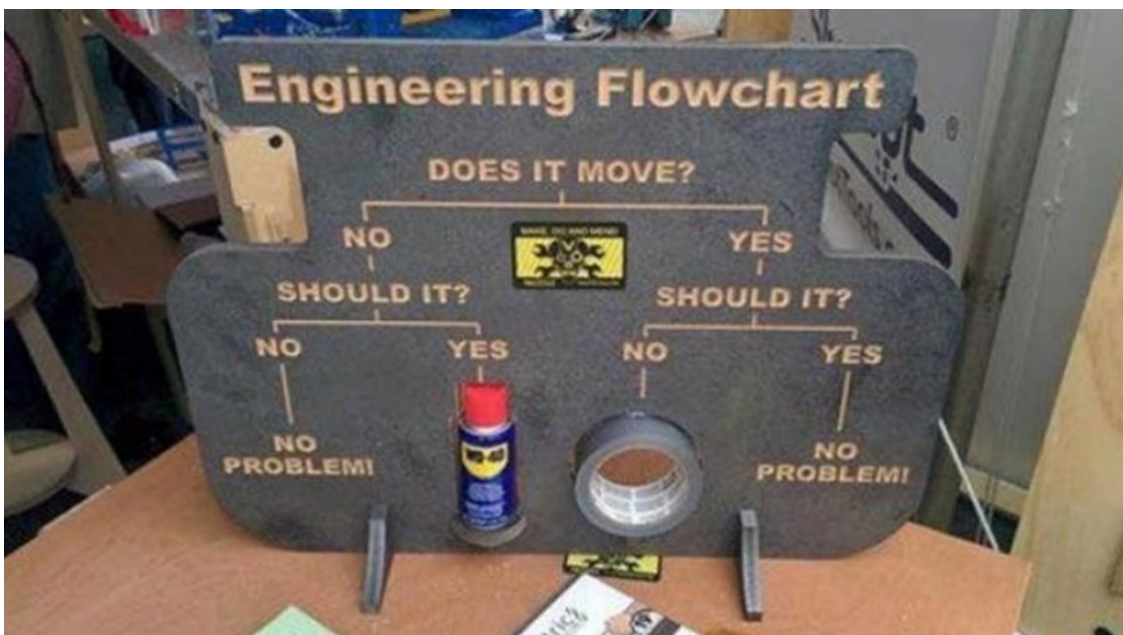
We have also been actively trying to be clear out our storage shed. We have successfully sold a few items from the shed and banked some money from the sales. It's pretty tough when people are restricted from travelling to collect these items but none the less, we sold some items.

We have listed a few more items hoping to get a nibble see below.



Finally, our AGM has been scheduled for the 21st October. I hope we can see you all in person, if not join us via a Zoom online meeting.

Cheers Sandy



## ANOTHER HEALTH MATTER

### Shingles

Anyone who has had shingles can tell you what a painful and debilitating illness it is. If you have suffered from chicken pox then you will get shingles and you can get it more than once. It may not be widely known but there is a vaccine for shingles. Check with your doctor. At present the vaccine is free if you are over 70 but that will change in December. The cost will be \$200.



Product Suggestion?

## SPONSORS, SUPPORTERS & 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](mailto: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.*

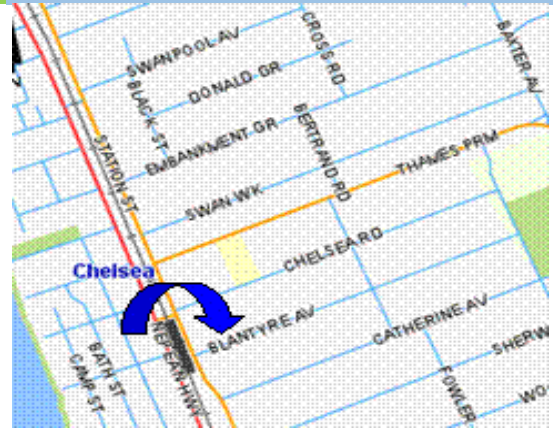
**Men's Shed Office**

**Email: [admin@chelseamensshed.org.au](mailto:admin@chelseamensshed.org.au)**

**Website: [www.chelseamensshed.org.au](http://www.chelseamensshed.org.au)**

**Phone: 0408 119 576**

**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**

