



SHED COMMITTEE

SHED UPDATE

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Sandy Antonuccio

Vice-President:

Colin Duggan

Treasurer:

Rob Wise

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Tony Donohue

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Gregory Dougherty

Michael Martin

Welcome to 2022

Welcome back all members and welcome to any new one this year.

2021 was not a very good year for any of us or the Shed because of COVID.

We had one great item of news. The City of Kingston agreed to Chelsea Men's Shed relocating to Catherine Ave.

There is much to be done before then by Council and by the Shed. The Committee of Management will be busy and so will all members.

Coordination will be the key.

OXYACETYLENE TORCH - Used almost entirely for igniting various flammable objects in your shop and creating a fire. Also handy for igniting the grease inside the wheel hub out of which you want to remove a bearing race.

The Liver

What is the liver?

- The largest glandular organ in the body
- It weighs about 3 pounds or 1.36 kilograms in the average adult
- It is located in the upper right abdominal cavity under the diaphragm and to the right of the stomach
- It receives 1.5 quarts of blood every minute
- It produces bile which is needed to digest fats so that they, being smaller, can be more easily digested in the small intestine.

What else does it do?

- Detoxification—ridding the blood of alcohol
- Storage—of some vitamins and iron, the sugar glucose
- Conversion—of stored sugar to functional sugar. Important when the body's sugar, or glucose, levels fall below normal and of ammonia to urea*
- Breakdown—hemoglobin, insulin and other hormones
- Destruction of old red blood cells

Note:

*Urea is formed in the liver from ammonia and is excreted from the kidney

What can happen if the liver dysfunctions?

- The liver can be blocked if we consume too much alcohol, processed food and toxic chemical residue. This means that it will not filter blood at the best rate.
- This means that high and dangerous cholesterol levels will develop
- It means that nutrients and new cells that are vital to good health will not be produced
- This could lead to death—almost 2,000 Australians die of liver diseases each year.

What are the liver diseases?

- Hepatitis, cirrhosis, cancers, toxin and/or medication damage

What are the symptoms of liver disease?

- Jaundice, abdominal pain and swelling, confusion, bleeding, fatigue, weight loss

Sources:

www.healthline.com www.bodyandsoul.com.au www.medicinenet.com

PRESIDENT'S REPORT

Jan 2022

Hi fellow shedders.

Happy new year to you all.

I hope you had a great Xmas with family and friends and are rested and well fed.

We are back open and hopefully we can stay open for you all without another lockdown, who knows.

We have made a couple of purchases with our AMSA grant money, some new Makita battery operated tools and a Defibrillator.

New tools

3 drills, 1 impact driver, 1 planer



As a result of this purchase, we will be retiring some of our old cordless drills, these will be sold, and we will give our members first opportunity to purchase these before we offer them to the general public. Stay tuned for a notification with these items.

Kingston Council

Ali street has returned from leave in is now focused on progressing the redevelopment of the Catherine Ave site (our future home). The Council is now at the planning permit phase, and we hope to hear a positive outcome from the Council within a month or so.

Storage shed clean out

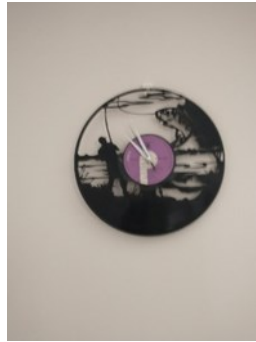
We have been invaded. After returning from the Xmas break, we discovered that our stage shed had been invaded by pigeons. They decided to make it their home and have made a mess all over our project that we have made over the years.

We had a working bee and have sealed all the gaps and cleaned all the crap off the items and tidied up the storage area. No more pigeon pooh, we hope.

PRESIDENT'S REPORT continued

New tool and training

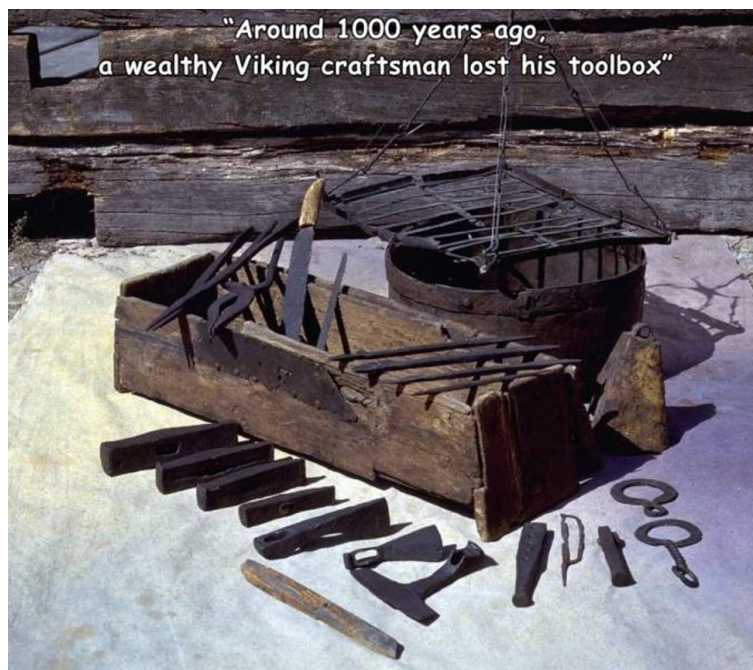
We would also like to welcome Graeme a new member of the shed you will bring with himself a laser cutter. Graeme is willing to teach anyone who is interested in learning how to use the cutter. This is a great opportunity for all of us to make some incredible stuff. See some examples below.



Happy Shedding

Sandy

President



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.

Products Available from the Men's Shed



For any enquiries and to purchase any of these products or to discuss other options and to see other items, talk to the shed mates at Chelsea Men's shed. We sell all our products at very reasonable prices all money from sales is returned to our funding pool for more materials and fund the programs we run.



Almost anything can be recycled



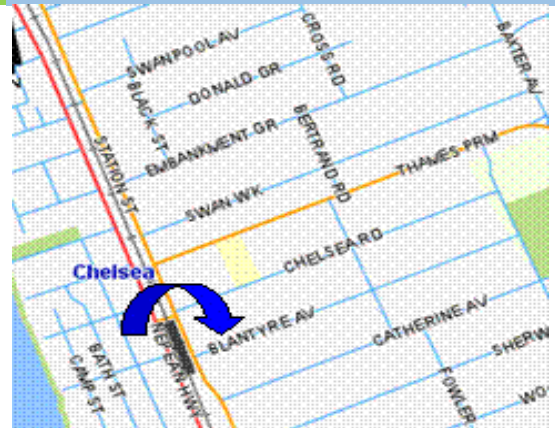
Men's Shed Office

Email: admin@chelseamensshed.org.au

Website: 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**

