



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

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FROM THE EDITOR

The last bumper issue is hard to follow, believe me it was a real effort by many of you readers that made it possible, and I hope it kept you updated with the things many of your mates were doing during the Closure.

Hopefully we are over the worst of it and life will soon become the same old routine (never thought I would say that!).

Don't forget it is Lung Health Awareness Month coming up this month, so take two minutes to check in and complete the Lung Foundation Australia's online lung health check at <https://lungfoundation.com.au/lung-health-checklist/>

Also, don't forget to get your annual service with your GP and if you have not yet got it, get your flu shot!! And if you have even the least symptoms of an oncoming illness, please stay at home, don't share the joy.

Tom



PROSTATE CANCER DISCUSSION

Just a reminder that this discussion led by Alexandra Power Hanny will be held at the Shed on **Wednesday, June 10 at 3 pm** or such later date as may be permitted.

If you have not yet done so and changed your mind and decided that you wish to come along, you still can!! Just register by letting me know by email to [<tom@aces.net.au>](mailto:tom@aces.net.au)

You will be notified in future newsletters if there are any changes to this date..



FIRST AID COURSE

With the current uncertainties, we are waiting to arrange a date with Phil Wicks (the instructor for the course who has helped us previously) some time after the Shed resumes its operations, probably in July. In the meantime, it would seem that we may have arranged some external funding that would enable all members who are interested (not just the Supervisors) to do this course (without guarantee that we can fund everybody). Please notify me by email at [<tom@aces.net.au>](mailto:tom@aces.net.au). Any appointed date will be notified in future newsletters.



A HUGE VOTE OF THANKS

With the wonderful support from Woollahra Council and the Federal Government, through local MP Dave Sharma, by way of their community grants program the Shed has been able to install much needed air conditioning. We now have two new Hitachi 8.0kw units, one for each of the main working areas of the Shed. As we know the Sydney summers can be very hot with many days over 30 degrees making for uncomfortable (and even unhealthy) working conditions inside. Now, thanks to Woollahra Council and the Federal Government our men are assured to be working in a much safer environment.



AUSTRALIAN MEN URGED TO "FUTURE PROOF" THEIR MEDICAL CARE

Article sourced from the AMSA website

Most older Australian men are failing to plan their future care and prepare for a time when they are unable to communicate due to illness or accident.

Given that almost half of us will be unable to make our own end-of-life decisions, it makes sense to plan ahead, rather than leave it to chance and for others to decide for you.

What is advance care planning?

Advance care planning is a process that enables people to plan their future health care. It provides direction to healthcare professionals and loved ones when a person is not in a position to make and/or communicate their own healthcare choices.

Generally, we don't let others decide on how our financial assets are distributed after our death. We safeguard this by writing a Will. Therefore we shouldn't let others make critical decisions about medical treatments that may prolong or shorten our life, by completing an Advance Care Directive.

Healthy ageing is about living life on your terms

"An important part of healthy ageing is making informed choices about your medical treatment and planning ahead for future events. It's concerning that in a time where older Australians are rightly demanding greater choice and autonomy over their care, more than 80% of Australian men aged over 65 are still without an advance care plan," said Linda Nolte, Program Director of Advance Care Planning Australia, the national authority on advance care planning about how Australian seniors can better safeguard their future care.

Many people are ending their days with no voice or choice in the care they receive. Families are left in despair and often in conflict, as they are left to blindly make decisions for their loved one at a time when they are under great stress. A little planning now will go a long way towards alleviating the burden from those closest to you and ensuring your voice is heard.

"If living well to the end and on your own terms matters to you, I encourage you to find out more. Document your wishes in an Advance Care Directive and appoint a substitute decision-maker you can trust," explained Linda.

It's easier than you think

Advance care planning usually starts with a conversation with your loved ones or mates, where you clarify your preferences about the care you would want if you were incapacitated. It may cover the kind of medical interventions you would want or prefer to avoid.

Help is here

For free, personalised advice call Advance Care Planning Australia's National Advisory Service on 1300 208 582, 9am – 5pm (AEST) Monday to Friday.



WILLS; POWERS OF ATTORNEY AND GUARDIANSHIP MATTERS

Should you wish to discuss the matters raised in the above article with a solicitor specialising in issues relating to the behaviour of Trustees who are dealing with issues of your property and your body in case of ill health, you may wish to attend the discussion at the Shed on

If you are interested in this discussion (questions and answers), please put your name on the white board. Any appointed date will be notified on the board and in future newsletters.



Lung Health Awareness Month

Anyone can get lung disease

Lung disease affects 1 in 4 Australians and is responsible for 1 in 7 deaths, however many people tend to ignore the signs and symptoms, often not doing anything about it for far too long.

Contrary to what many think, breathlessness is not a normal sign of ageing. Likewise, a persistent or changed cough shouldn't be dismissed as the flu or a cold. These seemingly mild symptoms could be a sign of lung disease, such as lung cancer or Chronic Obstructive Pulmonary Disease (COPD). Early diagnosis is critical to improve outcomes and quality of life.

Take two minutes to check in with your lungs during Lung Health Awareness Month this May by completing Lung Foundation Australia's online lung health check at <https://lungfoundation.com.au/lung-health-checklist/>

Lung Health Awareness Month is a Lung Foundation Australia national campaign held in May which aims to raise awareness about the importance of lung health and how to recognise and act upon the symptoms of lung disease. We're all used to thinking about our heart and skin health but our lungs are equally important. It's time we made our lung health a priority as well because if you can't breathe, nothing else matters.



Your annual service is due.

Book in an annual service with your GP this Men's Health Week and jump on the road to better health and wellbeing.

malehealth.org.au



HAVE YOU HAD YOUR SEASONAL FLU SHOT YET?

Most of our members are of an age when the Flu Shot is free, so there should be no barrier to updating your Flu Shot if you have not yet done so. With the change of seasons getting a bad dose of the Flu can be almost as dangerous as the infectious virus we just survived

AT THE MOVIES

Sourced from the Midlands Mens Shed newsletter

Two old guys, Fred and Sam went to the movies. A few minutes after it started, Fred heard Sam rustling around and he seemed to be searching on the floor under his seat.

"What are you doing?" asked Fred.

Sam, a little grumpy by this time, replied "I had a caramel in my mouth and it dropped out. I can't find it."

Fred told him to forget it because it would be too dirty by now. "But I've got to," said Sam, "my teeth are in it!"





What can we eat and do to reduce our risk of GLAUCOMA?

Reproduced from March 2020 issue of "Spanner in the Works" published by AMSA

Healthy eating is fundamental to good eye health. Avoiding highly processed foods that are high in fat and sugar and enjoying a diet that includes antioxidants, lutein, vitamin A and omega-3 (found in fresh fruit and vegetables, as well as eggs and oily fish) will benefit not only the health of your eyes but your overall wellbeing.

Everyday living exposes us to free radicals that can cause damage to the cells in our eyes. Free radicals are the by-products created by sun exposure, a poor diet and environmental pollutants and their build-up may contribute to the development of various health conditions. Along with regular eye exams, a nutritious and balanced diet rich in certain vitamins and antioxidants may assist in maintaining the health of our eyes.

Foods for healthy sight

Antioxidants

Antioxidants play a key role in defending the health of our vision. They not only assist in the prevention of disease in the eye, but also in the rest of your body, promoting general health and well-being.

Antioxidants are found in fresh fruits and vegetables and can help to counteract the effects of free radicals.

Choosing vegetables with brighter colours and eating them raw is the best way to obtain their nutrients. Berries, such as raspberries, blueberries and bilberries, are also rich in antioxidants.

Lutein

Dark, leafy green vegetables such as spinach, broccoli and kale contain a powerful antioxidant called lutein that is essential to human vision.

Lutein is a natural pigment that reduces the harmful effects of free radicals by protecting the retina.

Vitamin A

It's true that carrots can help your eyes! Loaded with beta-carotenes, carrots, along with sweet potato, squash and cantaloupe, can all benefit vision.

The liver transforms beta-carotenes into vitamin A, which then travels to the retina where it is converted into rhodopsin, the chemical responsible for night vision.

Omega-3

Found in eggs and oily fish like salmon, omega-3 fatty acids are vital for optimal eye development.

Omega-3 provides nutrients that allow your eyes to function at their best and in some cases can prevent or lessen the effects of dry eye.

"For each 10-minute increase in moderate-to-vigorous activity per week, glaucoma risk decreased 25 per cent"



PROJECT IDEA: CHESHIRE CAT

This may freak you out, but it seems popular with the kids! Cats of all kinds (just ask Rodney Bassetti who will willingly share his templates) that rest on the top corner of a door architrave to decorate a room. A favourite is the "Cheshire Cat".





JEREMIE'S COVID HOME PROJECT

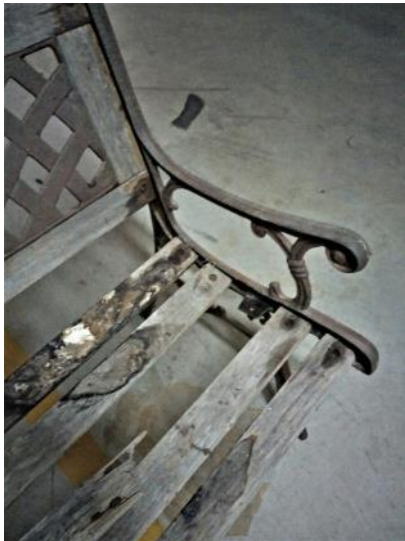
Jeremie Siguan has isolated himself with Emily in Bronte and is working from home. He has lots of spare time so he is building a stand up desk. Jeremie sent us these photos of his progress



A COVID HOME PROJECT

The bits and pieces for a 2 seater park bench were rescued from a Council collection and were not in a good shape.

The back will be a different pattern, the replacement wood has been purchased from Bunnings needing cutting to size and drilled for fixing. The original screws have been saved for use. Graham expects the metalwork to be ready for when we return to the Shed, but doubts it will all be ready.



WHICH RESTAURANT?

A retired couple had dinner at their friends' house, and after eating, the wives left the table and went to the kitchen.

The two men were talking and one said, "We've been going to a new restaurant and it's really great. I'd recommend it very highly."

The other man asked, "What's the name of the place?"

The first man thought awhile and finally said, "What are those flowers you send a woman you love? The ones with red petals and thorns?"

"You must mean roses," he replied.

"That's it," said the man. He yelled to his wife, "Rose, what's the name of the new restaurant we like?"