

Issue 10 – July (2) 2019

Dates to Remember.

Mitre 10 BBQ (Volunteers always welcome)	13 th July 14 th July	Saturday 9 am to 1.00 pm Sunday 10 am to 1 pm
Committee Meeting	15 th July at the Shed	9.30 am
Guest Speaker	30 th July Superannuation rule changes	10.30 am
Toolbox meetings	3 rd , 17 th & 30 th due to Science Challenge	11.00 am
Bread Run	3 rd , 17 th & 31 st July	6.30 pm to 8 pm
Afternoon Shed opening	Every Thursday	4.00 pm close
Walking Group – Terry Brown.	Every Tuesday and Thursday	9.30 am



Hello all,

Coming together is a beginning.

Keeping together is progress

Working together is success.

Quote from Henry Ford



Peter is certainly ensuring that we are all kept up to date with the happenings at the Shed with two newsletters this month. I apologise for not having a report ready for the first one, but I was otherwise engaged in Adelaide dealing with some family health issues.

By the looks of things, I wasn't missed, with Molly and Alice keeping you on your toes with Men's Health week, daily puzzles, and the weekly riddle.

Your Committee has been busy and have purchased a new saw blade sharpener which Neil has taken under his wing for care, training, and maintenance. Please fill out the job sheet when you want to have blades sharpened, we are commencing with a \$0.30 charge per tooth which is half the retail rate. Name plates, both metal and plastic are available to attach to product that we produce, see the coordinators for supplies. Also, a shredder is available in the office and please read the instructions and don't overload it.

The Social Activity survey has been returned by 11 shedders and looks like some activities will be commencing in July. Watch the notice boards. The container installation is progressing as discussed at the Toolbox and the fence should commence early July. Please stay warm and look out for others that have not been attending the shed of late, just give them a call to see if they are OK [* See Page 6 for breaking news*](#)

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President-Brian Marshall-0408 849 653

E-mail admin@whyallamensshed.org.au

ABN 13 746 772 826

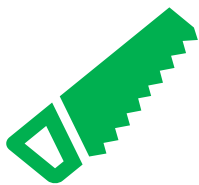
PO Box 2239 Whyalla Norrie

Secretary-Gary Misan-0408 894 168

web www.whyallamensshed.org.au

Incorporation number A41739

Williams Street Whyalla SA (08) 8644 1484



Alice Brummitt, Gary Misan, Tony Shaw, and Molly McCarroll prepare lunch for Members and guests during Men's Week.

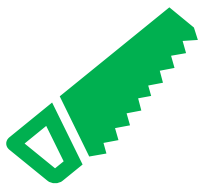


Guest Speaker, (centre, rear) Jeremy Edwards representing INATT (I'm not afraid to talk) addressed the challenging aspect of men's health.

Along with Molly, Alice, Bill Collins, Wayne Bishop Johnson (front)

Alice poses for the camera in a spare moment at the Men's Health Week function



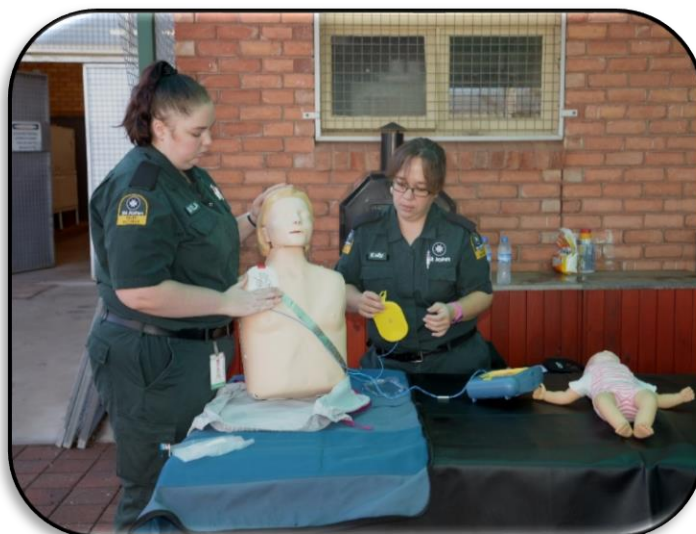


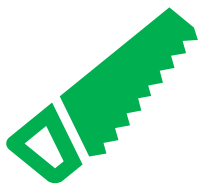
Our Men's shed has really enjoyed the time our Occupational Therapy students have spent with us. Molly & Alice are pictured here with our two most senior shedders Tony Shaw 86 & John Visi 83. Both young ladies are looking to find careers in the "care industry". We wish them every success and fulfilment in the path their lives take.



Sudden Cardiac Arrest (SCA) is the leading cause of death in Australia. The chance of surviving a sudden cardiac arrest increases

from 10% to 70% when there is an Automatic External Defibrillator (AED) available.





Having a defib on hand at your workplace or community club can make the difference in the first few minutes of a sudden cardiac arrest incident. They are easy to use, maintain, and can save a life prior to the ambulance arrival.

Kayla and Kelly representing St. Johns gave Shed members at the recent Men's Health Week function a demonstration on the use of the shed defibrillator.

Like the Boy Scouts motto "Be prepared" members agreed that St. John's visit was timely.

Thank you, Kayla, and Kelly.

Photos by Ken Godden – thanks Ken.

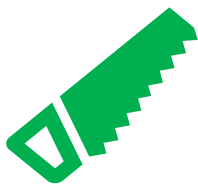
Please be advised that membership fees for the 2019/20 financial year are due as of July 1, 2019. Can you please make arrangements to pay the fee as soon as possible, and no later than August 31, 2019? The membership fee remains unchanged again this year at \$50 per annum.

The new standard in wireless technology. August 2019.

5G Is a much Faster Than 4G

Bandwidth refers to the amount of data that can be moved ([uploaded or downloaded](#)) through a network over a given time. This means that under ideal conditions, when there are very few if any other devices or interferences to affect the speed, a device could theoretically experience what is known as *peak speeds*.

From a peak speed perspective, **5G is 20 times faster than 4G**. This means that during the time it took to download just one piece of data with 4G (like a movie), the same could have been downloaded 20 times over a 5G network. Looking at it another way: you could download close to 10 movies before 4G could deliver even the first half of one!



5G Speed: How to Understand the Numbers

5G has a *minimum* peak download speed of 20 Gbps while 4G sits at just 1 Gbps. These numbers refer to devices that are not moving, like in a [fixed wireless access \(FWA\)](#) setup where there's a direct wireless connection between the tower and the user's device. Speeds vary once you start moving, like in a car or train.

However, these are not usually referred to as the "normal" speeds that devices experience, since there are often many factors that affect bandwidth. Instead, it is more important to look at the realistic speeds, or the average measured bandwidth.

5G isn't widely available yet, so we can't comment on repeated real-world experiences, but it has already been tested numerous times and continually shows every day download speeds of 100 Mbps, at a minimum ([Verizon's at-home 5G service](#) delivers data at 300 Mbps up to 1 Gbps!).

There are many variables that affect speed, but 4G networks often show an average of less than 10 Mbps, which makes 5G at least 10 times faster than 4G in the real world.

What Can 5G Do That 4G Cannot?

Given the stark differences in how they perform, it's clear that 5G is paving a new road to the future for [mobile devices](#) and communication, but what does that really mean for you?

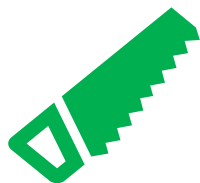
5G still lets you send [text messages](#), make phone calls, browse the internet, and stream videos. In fact, nothing you currently do on your phone, about the internet, will be taken away when you are on 5G — they will just be improved...

5G Will Change Everything... No, Really!

Websites will load faster, videos that auto-started before will (unfortunately?) load even quicker, online multiplayer games will stop lagging, you'll see a smooth and realistic video when using [Skype](#) or [FaceTime](#), etc.

5G is so fast that everything you do on the internet now that seems quick might even appear to be instant.

If you end up [using 5G at home to replace your cable](#), you'll find that you can connect more of your devices to the internet at the same time without bandwidth issues. Some home internet connections are so slow that they simply do not support all the new interconnected tech coming out these days.



Very latest news. Breaking news!!

Following the remarkable success of the TRAIN YOUR BRAIN program Wayne Bishop and Terry Brown have taken on the task of presenting the Riddles and Quizzes during the Crib break on a random basis. I would like to thank them both for taking on this rewarding task.

YOUR COMMITTEE.



Role.	Member.	Contact.
President	Brian Marshall	0408 849 653
Vice President, Workshop coordinator.	John Visi	0428 584 588
Treasurer	Helga Fleming	0427 452 540
Secretary	Gary Misan	0408 894 168
Metal shop coordinator.	Bill Collins	0447 095 978
OH & S Officer & fundraising chair.	Davey Anderson (Sr.)	0429 965 894
Grounds coordinator & Housekeeping trainer	Johnson Darkwa	0416 524 629
Assistant woodshop coordinator social events & fundraising	Liam Sheedy	0451 175 071
Garden coordinator.	Malcolm Roberts	0419 851 476
Chef extraordinaire & materials management	Marcus Sutton	0497 869 309
Assistant metal shop, coordinator Shed machinery & equipment check	Neil Jones	0427 869 309
Assistant woodshop coordinator	Tony Johnstone	08 8644 1093
Purchasing & member liaison officer	Tony Shaw	0418 440 125