



**AUGUST 2025**

# NEWSLETTER



### EXECUTIVE MEMBERS

- PRESIDENT:** Ian Bond
- VICE PRESIDENT:** Rob Burford
- TREASURER:** Tim Clarke
- SECRETARY:**

**PHONE:** 0478 614 027 (prefer Tuesday and Thursday AM)  
**Tuesday, Wednesday & Thursday** 9am– 12pm  
**1a McDonnell Drive**

Website [www.mgmensshed.com.au](http://www.mgmensshed.com.au)  
 Facebook Mens Shed Mount Gambier  
 Email [mgmensshed@gmail.com](mailto:mgmensshed@gmail.com)

### BIRTHDAYS

- David H 2/8
- Steven M 3/8
- David B 4/8
- Don C 5/8
- Paul E 7/8
- Don L 14/8
- Rob B 23/8
- Frank Mc A 23/8
- Doug R 28/8

### CALENDAR - August

- Wednesday 13th 6.30 pm Shedder and partners tea at Globe Hotel, Ferrers Street
- Thursday 14th 10 am Members Meeting
- Tuesday 26th 10 am Management Meeting
- Thursday 28th 11 am BBQ lunch

If you would like to contribute information or an article to your newsletter, talk to Editor David N or email [mgmensshed@gmail.com](mailto:mgmensshed@gmail.com)



### From the editors hospital bed

Thank you to members who have made phone calls, sent text messages and thought of me while I have been in Calvary hospital undergoing surgery for an unexpected triple bypass. By the time you read this I should be out of hospital. I had no symptoms and the only thing that alerted me and my doctor was a heart that showed up in the green/yellow occasionally on my Aldi blood pressure monitor.



### Some more accommodation options to add to the list.

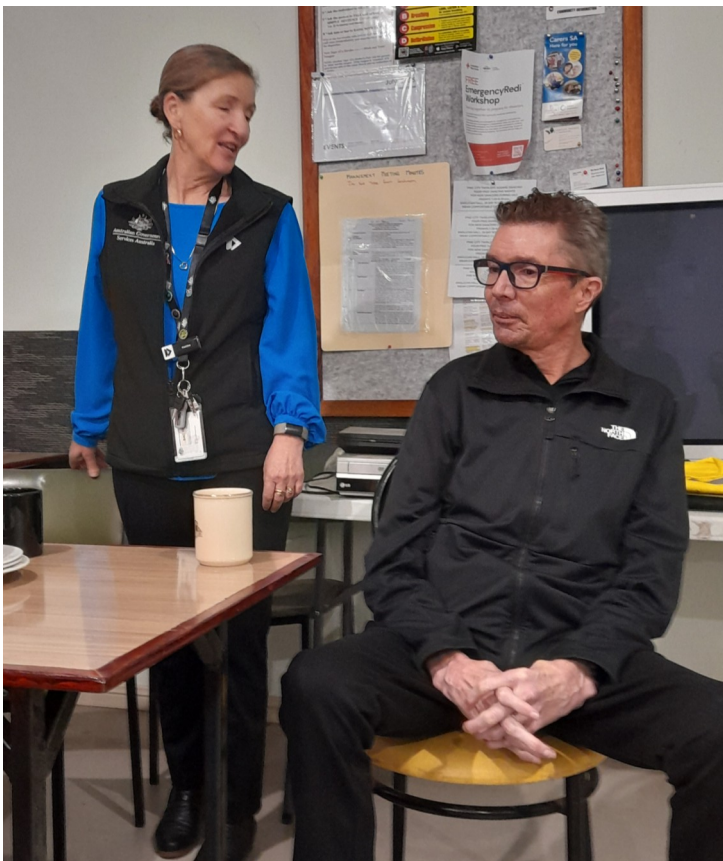
Initially when we came for 2 days, we stayed at TRYP by Whyndham, 266 Pulteney Street, phone 8100 4000 which is across the street from Calvary city hospital and extremely handy for short stay although parking is in another street at \$28 per day.

When we realised we had to stay for another 2 weeks or more, Ros moved to Frewville Motor Inn, 199 Glen Osmond Road, phone 8379 6822. This accommodation ticked all the boxes required; reasonable rate, free parking, wifi, laundry, microwave, watch TV from bed easy drive to Calvary or catch buses to and fro using SA seniors card to tap for free travel, fantastic Foodland, Woolworths, chemist, other shops and eating establishments, Arkaba hotel all in easy walking distance.

10% discount if you book online using promo code FREW 10. Ros booked direct with motel and received an upgrade (to allow me room to move about during rehab) and a decent discount as we required the room for 2 weeks.

Thanks to Paul E for providing photos for this newsletter Please check out the WANTED ad and let me know if you can help me by taking photos for the newsletter as I will not be able to spend a lot of time at the Shed for awhile. Regards

David N



Katrina and John from Services SA shared information about Aged Care and Financial Support.



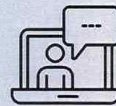
## Live webinars

Increasing your financial knowledge helps you set and achieve your financial goals.

The Financial Information Service (FIS) provides free and independent financial education.

We host live webinars on a range of money topics, including:

- Your Money Options
- Understanding Superannuation
- Planning for Retirement
- Understanding Your Age Pension
- Aged Care Fees and Charges
- Disability and Carers
- Australian Government Payments and Services.



You can book to join live webinars through our website [servicesaustralia.gov.au/fiswebinars](https://servicesaustralia.gov.au/fiswebinars)

You can also find recordings of previous webinars to view.

## Four steps to access services

**1 Call My Aged Care on 1800 200 422\* or apply for an assessment online at [myagedcare.gov.au](https://myagedcare.gov.au). You can also book an appointment with an Aged Care Specialist Officer at a Services Australia service centre.**

- You will be asked questions to help work out your care needs.
- You will need your Medicare card.
- If you're applying for someone else, they will need to give their consent.

**2 Have an assessment**

- My Aged Care may arrange for a trained assessor to conduct the assessment.
- With your consent they will assess your care needs and confirm your eligibility for services. They will then work with you to develop a support plan which addresses your needs, goals and preferences.
- Someone else can be with you during this visit.

**3 Find out about costs**

- My Aged Care and service providers can give you information about how much you might have to pay. You may need to complete a financial assessment through Services Australia.

**4 Find a provider**

- The online Find a provider tool can help you find and compare aged care service providers in your area [myagedcare.gov.au/find-a-provider](https://myagedcare.gov.au/find-a-provider)

- Your assessor and My Aged Care can also help you find a provider(s) in your local area that meets your needs.

## Contact Us

**Website:** [myagedcare.gov.au](https://myagedcare.gov.au)

**Call: 1800 200 422\***

Weekdays - 8am to 8pm  
Saturdays - 10am to 2pm  
(closed on Sundays & public holidays)

**Visit:** any Services Australia service centre for general help in accessing My Aged Care information or call **1800 227 475** to book a face to face appointment with an Aged Care Specialist Officer.  
Weekdays - 8:30am to 4:30pm  
(excluding public holidays)

**National Relay Service** select your preferred access option at [communications.gov.au/accesshub/nrs](https://communications.gov.au/accesshub/nrs) and ask for **1800 200 422\***

**Translating and Interpreting Service** call **131 450**, tell the operator the language you speak and ask them to call **1800 200 422\***

**If you are a veteran or war widow/er** you may also be eligible for Department of Veterans' Affairs services or programs. Ask My Aged Care for more information.

\*1800 calls are free from landlines and most Australian mobile phone providers now offer free calls to 1800 numbers. Check with your mobile phone provider.



# Find the help you need with My Aged Care

Freecall: 1800 200 422\*  
[myagedcare.gov.au](https://myagedcare.gov.au)



Ian A has been very productive

Heavy metal guitar for his band. He is waiting for strings in the key of 'aye flat'

Pig made from gas bottle



Owl - disregard the hand at top





Shedder & Partners meal at Golden Chopsticks



Has Ron P got enough clamps on his gabled house?



Graham T repairs a lead light shade



Peter K & visitor Singh signing in



Gary A putting the finishing touches to a folding dolls house



Peter K back into toy painting



John K is about to open a 'board meeting'

*Of course I talk to myself,  
sometimes I need expert advice*



Graeme R assists with kitchen serving & clean up



Ian A with a proto type land wind surfer

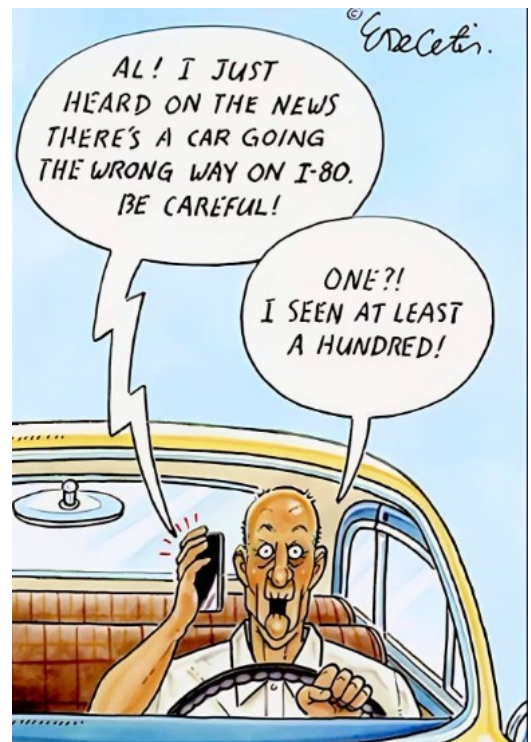


Jeff R & Russell S docking scrap timber for firewood sales



Grant S emptying the dishwasher after making scones

*Silence is Golden  
Duct tape is silver*





Grant J preparing a base for the box for his hi-fi unit and all its cords



Rob B trying his hand at picnic table making

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