

March 2020 Newsletter UBMSI

Hi Folks and a very hearty welcome to your Shed's March Newsletter. With all the media being chock-a-block with the virus pandemic, we have been looking for a 'fitting take' for our letter. Richard Glover, the ABC journalist, who also writes for the Sydney Morning Herald's 'Spectrum' published an article on Saturday, 28th March. However, due to the length of the article we are only going to pick a little morsel or two for this Newsletter.

The article is headed:

'LEARNING TO SWIM AGAINST THE TIDE OF DISAPPOINTMENTS'

In shared isolation, let's not triage our setbacks

There are so many big disappointments, fruits of this virus, that it is important to remember the smaller ones. An example: the 12 year old girl I heard about this week, was recently voted deputy school captain. What fun. She gets to run school assemblies. Except she doesn't - because there are no school assemblies. This is not death, of course. Nor is it losing your business or losing your job. It doesn't even cut it compared to that enormously common story: the grand parent/grandchild bond that's been put on hold until the pandemic passes.

But we needn't triage our disappointments. For each of us, the virus will take something away and – for that person at least – it will be something important.

Richard Glover then goes on to sight young people on the verge of promotion when business shuts down; a Comedian's first really big gig at this year's Comedy Festival – cancelled; sports people training flat out for 36 months for the Olympics make it to the team – games postponed; self funded retirees

contemplating a retirement fund built over decades that's now been destroyed over the course of a week. To borrow a phrase from the Reserve Bank Governor, Philip Lowe *'We are all trying to build a bridge that will get us over this thing'*.

There may even be moments of serendipity. The ache felt for a grandparent, forced to retreat into temporary isolation may remind the family how much that person was treasured and relied upon; the joy they brought.

The way the virus works – jumping from one person to another may also remind us of a political truth. When it comes to human society, we're all in this together, we always are – whatever the latest theories of rampant individualism.

My prediction [says Richard Glover]: that the 12 year old student will have her chance to run something. And, some day, it will be bigger than a school assembly.

Like most of us, she'll have navigated the bridge to the other side.

The article, from which we extracted just a small portion of references and examples, actually covered three big full page columns, so we hope we extracted enough for you to chase up the original article and at least understand the message that Richard Glover was delivering.



O.K. let's move off and back to your Shed. One thing that the Shed delivers are challenges - now here is a fellow who is used to navigating around the world and being at the wheel [old term these days!] of really big ships. B.I. was looking to speed up a job for the Umina Beach Public School and was looking

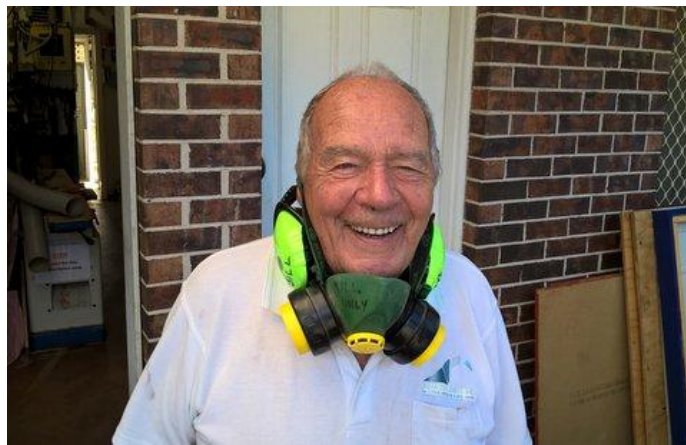
for a painter. Our man “AHOY THERE” Sam, jumped straight in, located an overall to protect his smart gear and got straight on with the job.



Now, you may recall that we took on a job for Joeys Umina Scouts - they wanted us to pre-cut and drill etc materials to make up small bird nesting boxes, eventually for Wires and the Bush fire victims and rescues. Well, on Sunday 22 March at the Scout Hall in Umina [behind the Bowling Club] the Joeys Team met and set about building the bird boxes. Your photographer got on site a bit late or they were too quick. On arrival the job was completed and an adult meeting was underway – the photos illustrate the morning’s production and also the sensible observance of space between people at the meeting.



We were just walking out of the office the other day when we nearly bumped into Bill I and hey did he have the safety gear on! Our immediate thoughts were Virus protection – but no, the professional at work, he was sanding the sand boxes [from the school] for painting - very noisy and very dusty, but also very happy, when he saw us take the photo!



On our last BBQ day Monday 16 March, we were fortunate to have Mary Lovelock Senior Solicitor – Civil Law from Legal Aid NSW Gosford. Mary spoke about “Elder Abuse Service” which is an entity that specializes in providing legal assistance to older people. The presentation was pretty much around ‘every older person has rights’ and the talk covered a good number of aspects but in a manner and pitch that our members could seemingly understand. You only had to look at the level of concentration on our members’ faces to appreciate this interesting topic. At the end of the session and questions Mary left a quantity of cards and brochures with us at the office should you want to get in touch or ask other questions.





From time to time we get some really challenging projects, perhaps they don't come with accurate plans; difficulty in interpreting the actual purpose of finished product etc so the project that Graham took on was for assisting in the field of dementia! And not a one off challenge but four off - a whole variety of every day small hardware type items that could be affixed to a board but then moved/opened/closed/locked/turned around etc by the patient whilst the items remain attached to the board. The boards when finished needed to look artistic, colourful and interesting. Our in-house artist/designer for this project is seen here with the project ready for initial inspection - at that point Bill S and Geoff introduce Ms Maddison Davis from the Engagement and Well Being Dept of Peninsula Village, who came over for the first check of the project following her initial verbal description of the items required. All good just a couple of minor adjustments to meet safety requirements – and ready to go.



You will all be aware that we also have a committee meeting on the third Monday of the month [also BBQ day] – now as we hit the 16th of March this virus issue in the media was really starting to climb. We normally hold these short meetings in a smallish area around a small table. Well, we have to say that Bill W was ahead of the pack, as he arrived suitably equipped to attend a meeting that was tight on personal separation distances!!



As we are all well aware the Shed was closed on Thursday 19 March, and at this juncture, until Monday 6 April. Since we made that early announcement, government regulations etc have moved radically beyond from where we were at the time of our initial decision to close. So you can expect to receive a further notification in the coming days of a further extension of closure – **even perhaps closed until further notice**. We all know it's tough and sad, but our overall members and community health is the priority.

During one of our regular security check ups the other day, the following freak photo was taken on the way in –





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on the way out, just some 10 minutes later various vehicles from the village etc, had parked up, and it all looked normal again.

Well, as it was a short month in terms of Shed opening hours and it was somewhat of a sudden closure the Newsletter understandably is a little shorter than usual. We will stay in touch, and lets all work as effectively as we can to **“navigate the bridge to the other side”**

Stay safe and best wishes
Bill G and Vic B