

Umina Beach Men's Shed April 2020 NEWSLETTER.

To all our members, sponsors and supporters, a warm welcome to our April Newsletter, given the social distancing and isolation regulations currently in force – understandably this letter will be brief due to the lack of activity at our Shed.

Hopefully, we are all staying safe and coping with the restrictions etc – the good news so far is that whilst the Central Coast is ranking number 4 in NSW top areas for Virus Cases with 116 [Northern Beaches 154 - Sydney 157 and Waverley 180], the number has thankfully remained static for some days now.

The medical specialists are appealing to everybody to take all the care and precautions as and when the various levels of restrictions are being lifted as there is a possibility that the virus could return. When one thinks of the effect of that cruise boat that landed infected passengers or that aged care home which currently is coping with a succession of tragedies, it appears that it certainly does not need much opportunity for the virus to really take off. So, let's all be very careful and constantly aware as we move forward.

We will continue to follow the rules/requirements/timing etc from the various authorities in regard to restarting Shed activities and notices will be forwarded to you to keep you up-to-date. Rest assured the committee is as keen as can be, to get our Shed rolling again, similarly most members - they really miss the fellowship and socialising with their mates – working on projects etc.

So how are you filling in the days at the moment? It's interesting to read comments in the Press about the volume/quantity of items being put out for

road side collections [big tidy ups!] – Massive increase in recyclable items in the yellow bins [eating and drinking more at home] both giving the garbage truck operators and recyclers a major challenge. Then we think the busiest location on the Peninsula is Bunnings! Everybody seems to be back into maintenance and repairing the home [which includes the writers!].

What is amazing is how various people and organizations have found a way around the social distancing/isolation factors – Bridge players are now playing bridge via the Net - yesterday for an example at 1.00 o'clock local time we know of two ladies [from the Peninsula] that played amongst another 9000 players ! and, the couple they were playing against were also in isolation - one in Japan and the other in San Diego/USA. Then the Rotary Club Of Woy Woy which normally meets weekly at the Everglades currently is holding its meeting via Zoom using home computers/laptops etc All of these introduced elements to overcome or at least limit the effects of isolation, will likely continue long after the Virus conditions are lifted and will likely change the way, to some degree, the future looks.

Hopefully our members are keeping in contact and checking out with each other in these somewhat remote days. If there is someone you think you should contact but don't have their number – just send an e-mail to the Shed requesting the number for member *Bill Bloggs* and within a day or two you will have a response.

This thank you article was taken from the Peninsular Village News Letter.

Recently the Peninsular Villages was delighted to receive a very kind donation from our friends at Umina Beach Men's Shed.

Four activity boards were kindly made and donated by the shed members to help keep our residents busy. With lots of locks and latches, as well as sensory items to enjoy. These activity boards

are proving very handy during the current social distancing through out the village.

Experiencing life through sensory stimulation is a important part of living. For people with Dementia or memory loss the opportunity to experience pleasant sensory engagement is vitally important and we are looking forward to using these in our special units over the coming months. the boards are designed to help with behavioral moods and agitation allowing the resident to focus on something that looks familiar to them.

Resident Reg and CSE Maddison thanked the group for this donation a few weeks ago and showed off how much fun it can be with such a clever creation.



Our committee member Bill Ide, looks after the Shed's welfare interests, this month he has been in and out of hospital for a great number of days with a very painful problem with his leg. The good news is that he is now on the mend and getting back to his cheerful old self. Despite his leg problems he still managed to make calls to a number of members and type up and forward his report which reads as follows :-

1. *I hope that this report finds each of our members in as best possible health as they can be. Due to the lockdown of our Shed and the loneliness of some of members who have no one to support them in their own home I would hope that members who know of these fellows could take the time to contact them Re their mental health and well being.*

2. *On Monday the 27/4/20 I contacted Craig chopper Campbell re his health. He said that he is not going too bad but misses going to the Shed. He also told me that he goes to his physio in Wyong once a week for treatment on his injured shoulder which is recovering reasonably well.*

3. *On Tuesday the 28/4/20 I spoke to Brian Williams he told me that he is going okay health wise and is doing quite a lot of DIY jobs around his home that he has put off for years. He said he will pay his fees on his return to the Shed.*

4. *I made a phone call to John Wade to ask about how he was going and generally to make sure he is going okay. He said he has just been doing little jobs around his unit and that his health is okay and can't wait to get back to the Shed.*

5. I rang Paul Joyce and had quite a long chat to him he said he is in good health and he spends most of his time pottering around in his garage. He told me that he is a master locksmith and that at any time the Committee or any members need help with their locks he will be there to help them.

6. I spoke to Geoff Godwin who told me he is going okay and trying to earn some brownie points at home from his bride. He too is doing a lot of little jobs in their unit which they have only recently moved into.

7. I contacted Paul Burns he is going okay health wise he told me that in his working life he was in the education system but by becoming a member of our Shed he said he enjoys getting involved with the carpentry boys.

8. This morning I spoke to Ron Reid he said that all is well with him he has actually enjoyed spending the time cleaning his house and garage etc. He has also spent time doing Zoom with his family (I think that's how you say it) and also working on some of his photography projects at home. I made enquiries with him Re Freddy DeLuca and he said he has gone down to Sydney for awhile. Ron said that Fred will be having an eye transplant on the 1st June in Gosford to replace the first eye that he had surgery on which was a failure. I asked Ron that he pass on our thoughts to him and hold him in our prayers.

I would appreciate that any of our members who know of any of boys that are not doing so well please contact me on my email address billyide@bigpond.com so that we can get assistance for them.

Cheers Bill Ide

Well, that brings us to the end of this months' Newsletter, if you have any comments or ideas for contents for the next couple of months, e.g. Wally Dixon's "travelogue" Camping to W.A. and across to the Kimberly? We would be pleased to hear from you [via e-mail].

Stay safe and connected.

Bill G and Vic B