

June 2020 Umina Beach Men's Shed Inc Newsletter.

Well, it's a big "Hello, how are you going?" from your "remote team" of your Umina Beach Men's Shed. Why remote, well to date we are still closed due to the Covid-19 restrictions – so we simply have to work from home. Fortunately in this modern world [to a degree!] it's not too difficult – Bill G has the Shed's computer system under his control and monitoring from the comfort of his home and likewise Bill "Stedy" has the accounting system ticking over 24/7 at wherever he and Stedy 2 are located.

Then with mobiles and the internet the ability to communicate with committee members and members etc is not too difficult. So, if as a member you have any concerns about the Shed or perhaps another member, you are welcome to e-mail the Shed and a response will be forthcoming

O.K. the most likely first question is "when can I get back into the Shed/when is it likely to open again?" – like the Federal/State/local government regular reviews and action plans concerning Covid-19 are a regular undertaking, your committee and the Australian Men's Shed Association etc are also working through these rather complex and frequently changing equations of restrictions.

The basic facts are, given the enormous variety of physical size of Men's Sheds around Australia, the very different membership numbers, landlords, insurers, Councils and States – in reality it's more a finite assessment/answer for each Shed. Given that, Sheds around Australia and for that matter around the Central Coast, will commence opening as and when they can safely meet and comply with the then current level of restrictions and protocols.

The reality is that this virus is a really serious threat to life and sensibly we need to move forward with compliance and protocols in place and very much

supported by and adhered to by all members attending a Shed. One only has to look at current areas of Melbourne in regard to the virus to see what a set-back that is to the whole State of Victoria.

Rest assured your committee is as keen or even keener to get back open ASAP- but when one thinks that Qantas is not planning to start up international flights until close to the start of 2021 –hopefully you agree it's important on life matters to keep an eye on the big picture.

The Australian Men's Shed Association has in the last couple of months opened up a facility called **The Shed Wireless** and they are producing a really informative 75 minute radio broadcast/podcast every Thursday afternoon. So in effect you can pick up the latest or previous broadcasts simply by using the link

Mensshed.org/theshedwireless. If you are a tad more tech savvy you can listen and hook up at <https://podcasts.apple.com/au/podcast/the-shed-wireless-episode8/id1510493380?i=1000478335631>. The broadcasts go international and have a really interesting hook up with Sheds in Ireland. We recommend you give it a try.

As we are now in July already, we all need to ask ourselves “are we due for a service?” we all know your car and the like have reminders on the screen or electronics to tell you “hey we have done the time or the kilometres [or both!] – book me in for a service! But being human and particularly male we tend to leave until something happens. We only have to look at the amount of money the Government spends on trying to convince us to actually use the **FREE** bowel scan test kits they send out to people who are between the 50's and 74 and they are so easy to use and the postage is paid – but the response rate is unbelievably poor when one considers the benefits! Hell to catch that disease early in its arrival is a huge win – for no cost, risk or potentially embarrassing examinations.

When we think about the statistics for males 50 -70 and then again above, we all tend to need a “dose of initiative” – so if it's a while since you saw your Doc

[that's short for Doctor!!] about a major check up – go for it, while we are ahead! Or if you are seeing the medics over a specific issue don't hesitate to raise other health concerns or issues. Science is generally travelling faster than we are as a generation! – it's up to us to catch up and keep up! – take a dose of initiative - is it time for a service?

Now back to our Shed, following a suggestion by our member Ian Butler to hold a morning tea in a big outdoor area where members could meet up enjoy fellowship and socialize all within the scope of Covid-19 restrictions, your committee thought O.K we can deliver that! So the invitations went out via e-mail and phone to meet at Brick Wharf Lions Park, Woy Woy. The two Stedy's worked through the requirements for delivering tea/coffee biscuits and cake etc within statutory restriction health requirements and Bill Graham logged every- body in noting their current contact phone details and separated the numbers into two groups again to comply, sanitization , distancing, no handshakes etc all seemingly becoming very much part of modern life. The three speakers, a few minutes each – Larry – welcome – Vic on new Shed Progress and Covid-19 restrictions and timing - flow on to reopening of our Shed. Bill [Stedy] annual fees due from July 1 renewal \$35 and new members \$50. All in all it turned out to be a very good morning despite the fact that we had a rain shower in the middle of the proceedings.

It was really good to see the members catching up with each other's happenings since our closure. Also well done, to all those attending, for keeping the distances and using elbow greetings, plus a special thank you to John P and Geoff G for taking responsibility for managing the tea/coffee/cake/biscuit serving locations to meet current health protocols. The general feed -back we have had so far is that it was an O.K. morning and a really good catch up time for many of us.



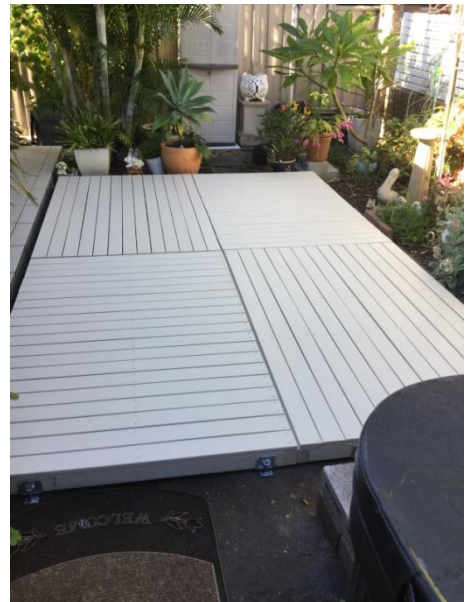
Another notable feature of our morning tea “get- together” was to see Fred D. and Tony Dos arriving - they could have been singing the Vera Lynn classic “**I’ll be seeing you**”, as they both have just undergone eye procedures to improve their sight. Now we don’t know if that was undertaken as “a dose of initiative” or perhaps a nod from NSW service regarding aged driving licence renewal! Either way they both “can see clearly now” great news.

Before we close just a photo of our beautiful gatekeeper plants at the Shed’s garden gate, doing their thing by looking absolutely great and well loved and very much looking forward to having us all back on board at the Shed.



Off site Projects that have been finished and will be in the future.

Harvey Mac Dougall.



Arron Davies with the building of his house.



Best wishes and stay safe

Bill G and Vic B

