

Umina Beach Men's shed Inc Newsletter July 2020.

Welcome to the July 2020 Newsletter - we all know it's hard to think about monthly happenings at our Shed when none of us have been there since March! Never mind the challenge of trying to make an edition interesting etc!! But it's that time of the month again, so let's have a go!

So we start with "**Spanner in the Works**" a concept developed by the Australian Men's Shed Association and as Men's Health Week took place in July it suggests -

YOUR ANNUAL SERVICE IS DUE.

Have you been maintaining your machinery?

Most blokes understand the consequences of poor vehicle/machine maintenance and are usually quite particular about maintaining them. But when it comes to looking after your most important piece of machinery [YOU] that preventative maintenance and annual service is often overlooked.

Inspired by Men's Health Week consider this a friendly reminder.

Put yourself over the pits and book in a service with your GP if there's something you're worried about.

Although Covid 19 has taken up a great deal of our 'health attention' – now is not the time to ignore a timing chain rattle, that bearing rumble in your machinery [body], or a sudden drop off in your car's performance. Because we know they often lead to worse problems.

Check out malehealth.org.au for more information about your maintenance and service schedule



Have you got a Spanner in the works?

If you are feeling unwell and not sure if you need a doctor The Health Direct Symptom Checker Tool can help you decide what to do next.

Visit the Symptom Checker at healthdirect.gov.au/symptom-checker/tool.

O.K. now to a mention of grandchildren or the neighbour's youngsters. The other day we purchased a 'button battery' for one of our gadgets at home [they are the small flat/button shape battery]. With the wrapping was a note saying -

Did you know.... if swallowed BUTTON BATTERIES can become stuck in a child's throat and burn through the oesophagus in less than two hours? This burning can lead to serious injury requiring surgery, or even death. In Australia, around 20 children a week present to an emergency department with a button battery related injury – that's over 1000 children every year. Children under the age of 5 are at the greatest risk.

So let's be careful and mindful of this risk – these batteries are in many appliances – watches, car key remotes, calculators, TV remotes, kitchen scales, hearing aids – just to mention a few. Lots of them are exactly the type of item the littlies just love to play with!

By now there's an excellent chance you've heard about "The Shed Wireless." If you haven't, it's time to enjoy the Men's Shed in a new way, in this new era. Men's Sheds area place of belonging. So when Covid 19 forced more than 1200 Sheds across Australia to lock their doors for an unknown period, it felt like a huge blow to many of us Shedders.

"Social isolation is contradictory to everything we're all about" said David Helmers, AMSA's Executive Officer. So they created the Shed Wireless.

The Shed Wireless is a podcast. It's a pre-recorded radio show that you can listen to any time you like. It's all about Men's Sheds with some top shelf special guests, including overseas Sheds and other interesting items thrown in for good measure. O.K. how do you connect/hook up to the weekly broadcast – if you are Internet savvy and already listen to Podcasts just search for The Shed Wireless on Apple podcasts, Google or Spotify. If you are not great with that stuff, ask someone who is, to help get you to set up via the link mensshed.org/theshedwireless.

A new podcast is released each Thursday afternoon, they also made a short video on how and why the Shed Wireless was born during the Covid 19 crisis – this can be found on mensshed.org. The Podcasts already have an audience of over 9,000 which includes overseas listeners – if you have not tried it yet we strongly suggest you 'give it a go'!

Back to the Shed

A poem by Noel Williams from the Buderim Men's Shed [QLD] slightly adapted for the Umina Shed.

That nasty old virus is now on the wane
And soon we'll be back in our Shed once again

Oh what a thrill as we drive through the gates
To catch up again with all our mates.

Back to the comradeship that we have missed
The banter the laughter what absolute bliss
At morning tea time we'll be back round the table
And telling tall stories and maybe a fable

And won't it be wonderful hearing once more
The sounds of the hammers the planer and saw
And we know our enthusiasm won't be diminished
As we pick up on jobs that have been left unfinished.

So we'll busy ourselves just like bees in a hive
And we'll realise how great it is being alive

We'll think of the good times ahead
Because we are members of the Umina Beach Men's Shed.

Your committee is in regular contact with each other via phone and e-mail and we are back meeting once a month but off site due to social distancing requirements. We are monitoring and tracking the mass of issues that are brought about by Covid-19 and are determined to re-open your Shed as soon as the conditions for compliance and member safety are reasonably available. Your patience, understanding and ongoing support is very much appreciated by the committee.

The Morning Tea held at the Brick Wharf at Woy Woy was well attended and appeared to provide an opportunity for members to 'catch up' and thank you for maintaining and supporting Health check, sign in, social distancing, hygiene requirements and small splinter group gatherings all within the sensible protocols and restrictions set up by the State authorities to counter the spread

of this problematic virus. During the July meeting the possibility of holding a repeat morning Tea was discussed and if the idea appeals why not send Bill G an e-mail at the Shed and let him know.

Bill Ide in his role of our Shed's Welfare Officer, has filed his report for the month and noted the members he has been in contact with over the last 4 weeks. He also mentioned that he was having some difficulties in actually making contact with lots of people. So he is now inviting any member who he hasn't touched base with over the last 5;6 weeks to contact him on billyide@bigpond.com – just for a chat and to let him know you are O.K. as the Shed's philosophy is that “we are all in this Covid19 pandemic together”. So please contact him.

Well, that brings us to the end of this months' edition, yes we know it's not as interesting when we don't have photos of members and projects but we will get back there, just hang in and hold on – and while time permits check your service record for that 'Annual Service Check Up'.

Best regards and stay safe
Bill G and Vic B



An Englishman, an Irishman, a Scotsman, a Pakistani, an Indian, an Arab, a Jew, a black man and a Chinese man walk into a bar. The barman says: “Sorry, I can't let you in without a Thai”.