

## April 2021 Newsletter – UBMSI

Welcome to the April Newsletter. To start this edition we would like to 're-cap' a little with regard to the pandemic Covid 19 – its progress/risks/actions etc. We think it would be fair to say that NSW and the Central Coast have really fared well through the tough times of 2020-21 and that Australia and New Zealand have done a good job by world standards in preventing the virus tracking its way into both these destinations. Albeit by closing the international borders and even preventing Australians moving from countries with high infection rates back here and basically locking entrants up for two weeks of testing etc. When one looks across the world and thinks about 3million deaths and rising and countries [even some of our close neighbours] with simply massive daily rates of new infections – the world has a long way to 'GO' before out running this virus.

Your scribe's view is very much likened to long distance airline flights. We all know that the aviation industry has a broad spectrum of airline operators and regulations and a wide range of safety records etc. So, right now here in Australia it's like we have just departed on a premium airlines long haul flight [remember the 15-17 hour jaunts!]. We were checked in very carefully, luggage weighed and scanned, then prior to take off all the safety instructions were delivered, doors checked, seat belts on etc. then down the runway we go and climb away from the airport. At this point we naturally start to relax and tension starts to reduce and you start thinking about what drink you should order once the seat belt lights are off!

Right now here in Australia we are moving into that relaxed mode and thinking about trips/get togethers/holidays/crossing the ditch etc. Let's look ahead and yes we do 'still have to land' with lower altitudes/weather/crosswinds/fog /turbulence whatever - back into a world full of risk factors emanating from the Covid virus. The outside world is scrambling to vaccinate millions of people as they failed to contain the virus by leaving their borders open, little or no lockdowns or incident tracking procedures etc - their fix after a high death rate is high speed vaccination rates.

Now, right here in Oz there appears to be complacency about getting vaccinated or tested – or using QR check-in codes – hand sanitizing etc- the measures that actually kept us safe! Hey, we are in Australia, **'still up there on this flight'** and sooner or later we still

have to land - when borders open and international travel commences etc. *We need to be ready.*

So, we would ask that all members attending the Shed still continue to follow the Safety Rules. Check in and out properly, sanitize your hands, bring your own tea mug and take it home with you. The kitchen area is closed but sachets of tea/coffee/milk are available along with stirring sticks – and please maintain sensible social distancing. When finished using a piece of equipment or tool please clean it up and sanitize it ready for the next member.

Then from a personal perspective make sure you have the vaccinations - sure there naturally is a risk element but the odds we are told is 1-4 in a million. In fact, medics advise there is a much bigger risk of clots simply from long flights than those incidents recorded and attributed to the Covid vaccination. With the apparent fall off in the daily vaxs rate for the over 70's – the supply will be likely offered to 60's and above 50's etc so if you don't already have an appointment for both Jabs or completed them you really need to get moving.

Naturally, if your medics have advised “not to have the jab” due to a pre-existing condition that's understandable - the question is what safety measures do you have planned for the landing, when the borders open/international flights resume etc. The risks for non vaccinated people will likely increase dramatically when our descent, back into the real world, commences.

As we cruise into the month of May, the medical profession is also reminding us that it's time for the annual flu injection – apparently it has to be at least 2 weeks apart from a Covid jab. Interestingly the social distancing, hand washing and sanitizing and border closures etc have seemingly greatly reduced the incidence of flu this season. The medical view appears to be that we should all have the flu vaccination this year to simply re-boost our immune systems strength and well being in regard to future flu viruses.

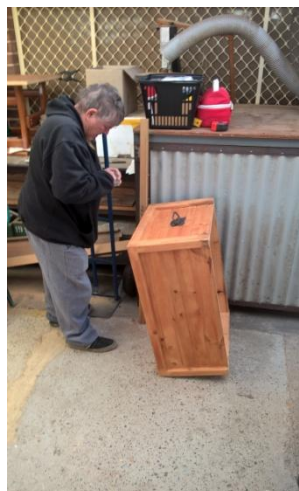
O.K. so you are likely thinking why is the newsletter rabbiting along on health risks etc – well simply that the ethos of Men's Sheds is closely aligned to men's health and fellowship, so we thought as we all live on the beautiful Central Coast an area that has fared well in regard to incident rates of the Covid but was also assisted by lots of residents working from home etc. So what's changing? Now we see the Woy Woy railway station car parks back up to full capacity early in the morning, tourists flooding over the Peninsula at the weekends and school holidays. So sensibly the local risks of transmitting anything have been increased, so we need to chase up the protective measures –the

vaccine etc. Whilst the landing lights have not come on yet it looks very much like we have started our descent!

Now, back to the world we are more comfortable with – happenings at the Shed. Let's start with a shot of Wally and Rich sitting out in the warm sunshine over a cuppa and Wally has just put his phone back in his overall pocket having shown Rich some fabulous photos of very large [read enormous] Barramundi caught by a young relative of his – photographed, then returned to the water. Apparently junior was up in the Northern Territory on an organized fishing expedition – judging by the photos if you are a keen fisherman [or your wife is] chat with Wally, we are sure he will give the details.



Russell B had a change of habit/thought –he escaped the boring old whipper snipper and lawnmower engine jobs he gets loaded with, to tackle a lovely old blanket box that had 'the world drop out of its bottom'. Young Stephen set about tidying up the box once the bottom had been carefully removed from the structure. Russell and Jeff got the big saw on to the job and carefully cut another piece of wood to fit the box. Soon afterwards, the job was completed and ready for a new coat of stain/varnish.





How is this for social distancing at work at our Shed – an informal meeting between Dave, Garry and John, very orderly and a good deal of humorous chatter? And yes, reasonable distances apart.



It is really difficult to photograph anywhere in proximity to the welding area – we all know to stay well clear for the likelihood of flashes or flying remnants from grinding etc – so we aren't able to publish much of the happenings in this dark corner of the Shed. But recently we just happened to notice Wally and Larry quietly busy planning and measuring out a project well prior to commencing the actual welding and cutting process.



Shift Boss of the day – Bill I decided that the inside of the garden fencing was badly in need of a good wash or coat of paint – but the plants and bushes were somewhat in the way of the task being started. So there was somewhat of a flurry of activity of moving pots and pruning etc so the job could be undertaken. The potted plants, once moved, were pruned before repositioning them back in the fencing area. So looks like the paint job can commence.



We received a request from one of our correspondents, Larry S, to include a note he had written, in the next newsletter. As background to the note, we should mention that just a few weeks ago when the Shed was locking up Larry and Dave P were just about to leave in Dave's car when Larry 'had an event'. Fortunately for Larry, Dave took him straight to the Medics, which quickly arranged for him to be rushed to Emergency in Gosford. Serious issues but successful outcomes and treatments followed.

## **IT'S GREAT TO BE HERE**

*You may be aware that I recently had a stumble on the walk of life. I can't complain about the quality and professional level of care I received and I owe so many for my recovery.*

*It was refreshing to experience firsthand the service of our Shed's Welfare Officer. It's a great service offered by our Shed to follow-up on members who may not be travelling too well and Bill Ide does an excellent job.*

*I appreciate the individual enquiries as to my well being from so many of the Shed's blokes. It was and still is comforting to experience the level of concern. Not to forget also my mate Dave who was an absolute life saver and family supporter.*

*Many thanks and appreciation, to all those who reached out to me.*

*Larry S*

Well Larry it's really good to see you back with us again and following the doctor's orders! On that note we will close and sign off on this month's edition of the Sheds Newsletter.

Happy Shedding  
Bill G and Vic B

P.S. Are you up to-date or organized with your Covid vaccinations and flu jabs? Time is running low for our age priority profile supply of Covid 19 vaccines – get ready for our landing! Now with N.Z. opening up – we must be relatively close to the flight path!!

