

UMINA BEACH MEN'S SHED INC SEPTEMBER 2021 NEWSLETTER.

Welcome to your Shed's September 2021 NEWSLETTER again with the Lockdown covering the month and the Shed being closed for the period so understandably we don't have any of the usual content for this edition.

However, we can update you to the fact that one of our very active members Russell Brady has sold out of the Peninsula and he and his wife have relocated up to the low north coast where they have purchased a property which is currently being built. Russell attended our first Zoom meeting for members where he announced to us all that he was in fact about to leave our Shed and move away etc. He was very sad that he was not able to have a get-together with us all in person at the Shed and to say good bye. With a lot of his Shed activities being focused on mowers and whipper snippers, it is easy to overlook his extraordinary talent for making and actually playing didgeridoos, a big talent on its own. The writer chatted with Russell prior to his departure and agreed to make sure that all our members were made aware that the Brady's hadn't just disappeared, but with the Lockdown etc he was unable to say goodbye and thanks for the company etc over a cuppa at the Shed. Fortunately overtime and given that the Brady new location is not too far away, they will likely revisit the Central Coast at some point in the future. On behalf of our Shed we told him he will always be welcome to drop by for visit and a cuppa but in the meantime we wish them all the health and happiness to enjoy their location. We thought you might enjoy these photos.



We were looking through a local magazine called – GOALL [*Growing Older and Loving Life*] produced by the Central Coast Council. One of the articles that caught our attention was Scooter Safety: staying safe on your mobility scooter. It is an interesting article and what is more! It covers an interview with our member Rudolph Auer! Which we have downloaded for you here:

Rudolph Auer is a resident of Woy Woy and uses a mobility scooter. We asked him some questions about life as a mobility scooter user.

How long have you been using a mobility scooter?

Around four years. I can walk but not too far. I had been using a walking frame for some time and my doctor suggested that a mobility scooter would be a good option for me. My wife, Diana, also started using a mobility scooter around the same time due to mobility issues.

How does using a mobility scooter assist your lifestyle?

It is absolutely amazing! It's quite large distances for us to walk between our doctor, chemist and supermarket. With our mobility scooters, we can move from one place to another easily.

What activities do you use it for?

We use them locally, mostly. The main places we go are to the shopping centres, the Seniors' Centre at Ettalong and Men's Shed at Umina. My wife and I also go on outings! We sometimes buy lunch and have it at the Lions Club park at Woy Woy. We've even taken supplies on our mobility scooters and had a barbeque there. We enjoy riding on the shared pathway to Point Clare. It's a wonderful ride! We've even been as far as to the West Gosford shops.

What do you do to keep yourself safe when you're using it?

When we started using them, we always planned our trips. We worked out a route, looked at where the pedestrian crossings and where the best places to cross the road were. I know that in many places the pavement ends suddenly and in some places

it's hard to find an exit off the pavement. My wife and I both have a flag and a high visibility vest on the back rest of our seats so drivers see us.

Are there any times when you have concerns when riding your mobility scooter?

There are quite a few hazards. The biggest concerns when I started was when crossing the road. In some places you can't see the traffic until your "nose is out on the road". We always wait until cars have stopped or acknowledged they've seen us before moving out onto the road. We're aware of the possibility of drivers not seeing us. The other big concern is drivers of cars reversing and not seeing a mobility scooter. This happens in carparks and also when people reverse out of their driveways at home. All kinds of things can obscure their vision that's why a flag is so important – they are much higher than the scooter and can be seen by drivers from a distance.

Would you encourage others to use one?

Yes absolutely! I'd go one step further and say don't leave it too late to start using one. I'd encourage people to start using a mobility scooter before you become too frail and scared of it. If you leave it too late, your vision and reactions are too slow. People who haven't had a driver's licence can be intimidated by them – that's another reason to start using one early rather than later. All of a sudden, your world opens up! One thing I would say is there no need to race along at high speed. The slower you go, the more you enjoy it.



Rudolph Auer on his mobility scooter

We note he doesn't mention moving items of furniture that he has made around the Peninsula!

Committee member and contributing scribe Larry S sent in this note to be included in this month newsletter:

LOCKED DOWN BUT NOT OUT

Another month has come and gone and we're still locked down. . Better than being locked up, I suppose. I'm missing going to The Shed, and I'm missing my trips to the bush, sitting around a campfire with mates seeing who can tell the biggest lies.

But I did get out the other day. Had a legitimate reason to travel to Erina, as it was my quarterly appointment with the eye specialist. Boy, was I happy about getting out and interacting with people. It's a sign of the times when you get chuffed about an outing to have injections in your eyes.

It was encouraging to see the response to our first ZOOM meeting, with 16 other Adonis' getting involved. It's a great medium to maintain contact under the lock-down climate. One member told us the story of being locked out during lock-down and having to call a locksmith, and there was a group discussion on things horticultural. Russell announced he was not signing up again as he is migrating north to Salamander Bay mid-September to be closer to family, and there's a Men's Shed nearby for him. It's sad we can't have a farewell gathering, and our best wishes go with him. A second Zoom meeting was held on Monday 20th, but I cannot report on it as I missed it due to family commitments. We'll be holding more open-forum ZOOM meetings, at least until we can reopen the shed. So keep your eyes out for notification, and join in.

Why not write up a short story of what you've been up to and forward it to Bill Graham or Vic for our newsletter. We'd like to read what you've been doing.

We're still collecting bottles and cans for return and earn. If you're participating and getting a build-up at home you may drop them at the shed, contacting either me or Stedy to make arrangements. All proceeds from the activity will directly benefit all members, generally in catering.

Watching the Paralympics was an eye-opener. These athletes are unreal with how they have overcome adversity to rise to the top of their game. Their vitality and enthusiasm is infectious. Their camaraderie and spirit, not only within their own team but across the international competing community as a whole, is awesome. Wheelchair Rugby is brutal, it's like watching bumper cars, and wheelchair basketball is not far behind. Tennis doubles, aquatics, cycling, track & field all the events are good value watching. But I couldn't get inspired by the table tennis.

I saw a humorous e-mail saying "Lock-down can go four ways. You'll come out either a Monk, a Hunk, a Chunk or a Drunk."

*Stay safe, fit and healthy.
Larry S.*

Thanks Larry for the contribution - and looking ahead, with the rising rates of double vaccinations starting to close on the numbers that the authorities set to achieve before

lifting many of the Covid safety regulations – we should start to see a date for possible Shed reopening. No doubt there will be restrictions on numbers and social distancing etc but we will be able to work out a solution and get it out to our members as soon as practical - **So Stand By!** We will be in contact as soon as we know something definite and practical.

Larry S also provided the following and we join him in thinking it's a fun read and has the capacity to lighten one's day – enjoy.

Julie Andrews, star of *The Sound of Music*, celebrated her 85th birthday by singing an updated version of *My Favourite Things*, a song from the film. Her lyrics:

*Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.
Cadillacs and cataracts, hearing aids and glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.
When the pipes leak,
When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.*

*Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favourite things.
Back pain, confused brain and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short, shrunken frames,
When we remember our favourite things.
When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.*

Well, that about brings us to the end of this Newsletter, hopefully you enjoyed it and found at least some parts interesting/informative and getting ready to join us at our next Shed members Zoom meeting the details of which will be advised as we move into the month of October.

Until then stay busy and safe

Bill G and Vic B

