

## October 2021 Newsletter UBMSI

Welcome to the Shed's October Newsletter, and we are open and running once again, albeit with attendance restrictions due to the 4 metre current ruling and the need for double vaccinations etc. No doubt overtime the space limits will change and allow greater numbers to attend but the requirement for vaccination certification is very likely to remain.

The notice and details for the forthcoming **Extra-Ordinary General Meeting** of the Umina Beach Men's Shed Inc being held on **Monday 22 November** has been sent out. This is for members to consider and vote on a special resolution in regard to proposed changes to the constitution, in particular to make it compliant with the requirements of the ATO for the Shed to retain our DGR status. Following this meeting the Annual General Meeting of UBMSI will be held, the annual reports and data have already been forwarded to members.

At this juncture the plan is to hold both the meetings at 109 Birdwood Avenue, Umina or other venue to be advised if public health restrictions prevail. Members attending, must be financial, are requested to wear their name badges, if having not attended since we recently re-opened, bring with them proof of vaccinations and their tea/coffee mug in order to enjoy a cuppa. *[yeh we know it all sounds a tad regulated! But hopefully we all agree that we cannot be over relaxed or lower the sensible safety protocols as we move out of lockdown and visitors and travel opens up]*

As we re-opened the Shed, we have had seemingly a lot of materials simply dropped off/over the fence and some outside the main gate plus we have accepted several offers to pick-up tools and equipment from Peninsula families who have lost a relative or are downsizing etc. Amongst the generous donations, we acquired an additional two small garden Sheds which were re-assembled on site, on our first day back – in order to store some of these donated items and Dave's Shed [Electric area] is pretty full of electric equipment for the sparkies to test and o.k. The plan is for us to hold another Gara/Shed sale before the end of the year to convert a substantial amount of these collected items into funds to keep the Shed up and running. Right now we are looking for a suitable venue to hold such an event that will be able to accommodate possible health restrictions/weather changes/safety and security. Stand by for an announcement on venue and date. In the meantime there is a good deal of tidying up and resetting the social areas/table of knowledge etc in order for the Shed to get back to providing a suitable tidy work space and social relaxation areas. Why not book a visit and come down and assist in getting us back up and running well?

Our member Warren D booked in the other day and got well into assisting with the tidy up and sorting out etc – when we were approached by the Village, who were a little desperate to get easels made for some of their residents [they had been patiently waiting for us to re-open]. Warren jumped on the job, located some suitable materials from our storage and proceeded to churn out the nine items they required.



Our member Graham B, responded to our request for members to produce an article of interest to be included in our Newsletter .....

## ***KEEPING BUSY IN COVID LOCKDOWN.***

*Approximately five years ago I decided to create a H.O. Scale Train Set powered using digital command control 'D.C.C' for short. There was never any time limit on finishing (still going). The design is single level 'U' shape measuring 4m long 3 m x 2.7 m. Incorporated on the track there are 3 tunnels - 2 of which are small and 1 that is 4 m long. Have laid 40m silver Hornby H.O. Gauge track. Also have installed 14 manual points. Layout consists of a small town complete with station cars and trucks. The trains that I run are all H.O. Gauge Backmann engines. There is currently 4 steam and one diesel. My layout is still a work in progress. Well that's it - Graham*



What Graham B did not mention was a project to overhaul /refurbish two old school desks, and because the owners were relocating there was a time issue. So Graham took on the project and when the Shed shut down he took the desks home and finished the job off there. It must have been a considerable effort and skill to return these well worn items into seemingly nearly new condition.



Another member sent this article in on a most unusual tool and its background etc .....

**Antique Tool Still In Use. Do you know what it is?**



## Tobacco Smoke Enema Kit (1750s - 1810s).

The tobacco enema was used to infuse tobacco smoke into a patient's rectum for various medical purposes, but primarily the resuscitation of drowning victims.

A rectal tube inserted into the anus was connected to a fumigator and bellows that forced the smoke into the rectum.

The warmth of the smoke was thought to promote respiration.

Doubts about the credibility of tobacco enemas led to the popular phrase, "blowing smoke up your arse."

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Just the other day Vic B went out into his back garden, to greeted by some plants that had just bloomed. Some 7 or 8 years ago our member Eric Leggett [subsequently passed] who was a well renowned botanist as well as a handy fellow around the Shed, gave Vic a couple of cuttings and told him to plant them at home "as they will look after themselves", which he did. Some years later, well after Eric's passing, these plants burst into flower, now every couple of years or so they flower and are spectacular - to us it's a beautiful reminder of lovely man and early member.



Our Welfare Officer, Bill I has worked tirelessly especially across the two lockdown periods when our Shed was closed, in making telephone contact with members and more specifically members or their partners who are undergoing health issues. Bill produces a monthly update on contacts and health issues etc which is only circulated to your committee, understandably for member's privacy considerations. We urge all our members to try and maintain contact with each other, and if some member you know or think is having health /problems, let Bill I know, and the Shed will attempt to make contact. Our member's health and well being is very much part of the overall Men's Shed ethos, but for it to work well, we all need to stay in contact and provide support where possible. One would think there are very few medical procedures that one or more of our members has not already undertaken; so whilst us men are Not really programmed to talk about health/ personal issues, a real opportunity of sharing info and support is right with us all. We all know the call "Shoulder to Shoulder"- it's not easy for lots of us but what a benefit when it's working. From around the world of Men's Shed the simple question R.U.O.K. has produced some great results /resolves.

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Just prior to us writing this edition, we were reading the Sunday Telegraph [Oct 31] and in particular the **Stellar magazine** from which we lifted this article complete – the headline is loud but we think the article covers some good and useful ground.



Well, hopefully as we move ahead and our members undertake projects and express their talent and skills by creating items etc during their visits to the Shed, our Newsletter will return to covering such topics/happenings as we did in the past. We are sure you will be as relieved as the scribes will be, at that point.

Best regards, happy and safe Shedding.

Bill G and Vic B.