

Umina Beach Men's Shed NEWSLETTER March 2022.

Welcome to the March NEWSLETTER – and what a month it's been!! Covid restrictions lifted around Australia and the Shed – Putin invades the Ukraine – catastrophic floods in Queensland and NSW [and as we write this they look likely to return] –currently about 17500 cases of Covid across Australia albeit with a significantly lower hospitalization and death rate. Our Shed held its first BBQ lunch for many months. So plenty seems to be happening from a Shed's perspective so we need to stay well informed particularly, we suggest, on the Covid rises/recommended actions – keep sanitizing and look out for your health and well being whilst enjoying a visit to the Shed. News has it that Jab number 4 is now becoming available as is the anti-flu jab. With the seasons changing and international travel 'out and about' it's likely, according to the medics, that influenza will likely be a reappearing risk –so let's prepare well.

The Australian Men's Shed Association (A.M.S. A.) organized a meeting for the local zone No 14 –the first "cluster" [groups of local sheds in the same zone] meeting for many months. Our Shed was represented by Bill Ide, Vice President, and Harvey Mc Dougall and the meeting was hosted by the Shed in Erina - about 30 attended representing the Sheds across the Central Coast zone. The photos below show Bill and Harvey with Ray Crawley, John Sharples and Ms Beth Gow from AMSA. A lunch was provided by the Erina Shed and the various delegates that attended gave a brief update on their respective Sheds. For more details why not chat with Bill or Harvey.



We had the pleasure of the company of our local Member for Gosford Ms Liesl Tesch AM, MP on 14th March, when she was finally able to present us with "the cheque" for the funding grant she supported during the 2019 Community Building Partnership Program. Liesl met with the committee on the site of our proposed new shed in Osborne Avenue and was very excited with our plans. She then attended our shed for a very enjoyable BBQ served up by our team of expert chefs, John, Harvey, Graham and Mario. President Darrell thanked Liesl her support in obtaining the funding grant and maintaining it when we had unforeseen difficulties complying with time conditions that came with the grant. He also thanked Liesl for her tenacity assisting with Central Coast Council which led to a breakthrough acceptable both to Council and the Department of Premier and Cabinet which finally secured the funding earlier this year.

We also had the pleasure of the company of Peter McKeon and Pat Italiano, former and current manager of the Bendigo Bank Ettalong who Darrell introduced and thanked for the Bank's support. Darrell confirmed the the shed had been ordered, power and water are now connected to the land and we are very keen to get the building complete.

Liesl responded that she was absolutely delighted to be able to support our Shed in its endeavors to move the "Little Shed with a Big Heart" to new premises in Osborne Avenue. She said "The Umina Beach Men's Shed plays such an important role to everyone who attends and to our local community. Not only is it a day out, it's a delight to see and feel the positive mental health benefits, the talents and sharing of knowledge and expertise, the camaraderie and evolving friendships for everyone who attends."

Another highlight of the morning was the unveiling by Tony of a sign he has designed and painted to be installed at the new Shed. Tony's sign includes our Tag and the totem of the local Darkinjung peoples.

Dr Gordon Reid who is contesting the Federal Seat of Robertson at the forthcoming election also attending the BBQ.

All in all it was a terrific morning and great to be able to enjoy each other's company at our first BBQ for such a long time following the relaxation of the covid public health orders.



In a previous NEWSLETTER we covered the start of the project of creating an adult game for Fairhaven, to be utilised in one of their aged care facilities. Well, the item was completed and Fairhaven visited the Shed to collect the game and to meet the members at the Shed and say a sincere thank you to the members involved. Here we see the Fairhaven driver with the lads preparing to load the game and Ms Leanne Lonergan, Fairhaven, Point Clare representing the management/directors of Fairhaven.



You may also recall that several members joined together to make a "Street Library Box" for the outside area of a local cafe in Mt Ettalong Rd. Well, it appears that it was well received by the local visitors to the cafe –so much so that the mums and bubs in the area have requested the owner to provide a 'Kiddies Library Box' naturally to be mounted at a height to suit youngsters. We are pleased to say the job is underway.



An issue that has been troubling the committee is that with the Covid restrictions over the last 20 months or so it has prevented our Shed's 'First Aiders' from updating/renewing their First Aid Certificates as training courses could not be held. We are delighted to advise that a course was arranged for Wed 23 March at the Ocean Beach Surf Club – 12 attended the course held by Sue and Don Wells from Express First Aid. Prior to the day all attendees had to complete an online session involving a 98 item questionnaire supported by access to a comprehensive source of First –Aid information. So, after two hours on line all the attendee's minds were pretty well focused on First Aid to say the least! Sue and Don delivered a very lively and informative training session throughout the day and had the class 'hands –on' on a broad range of trauma, medical emergencies etc. We were fortunate to hold the class in a large room at the Ocean Beach Surf Club so were well spaced during the instruction time and had plenty of space to work on the dummies and applying pressure bandages to each other. What a day – deadly serious topics most of the time – a mass of updated information –with highly enthusiastic and knowledgeable instructors well interspaced by the humour by the 'lads from the little Shed with a big heart'!

Hopefully, most of the lads will pass all the tests both pre and on the day and will be recertified as First Aiders ... *watch this space.*



Mean while back at the Shed's Office a dilemma developed over a few days, insomuch as one of our main computers started to misbehave - what originally was considered to be a software issue developed overtime into a 'seized hard drive'. Whilst incidents of this nature could never be classed as happening at a convenient time, it was definitely so –

insomuch as Doug was only just planning to return to the Shed from a stretch of responsible grand -parenting duties. Whilst we are not up and running again yet, he has rebuilt/commissioned another computer and is busy reloading the software and getting ready to load data etc. It is very much a work in progress.



Whilst the weather recently has not given any of us much opportunity to sit around the table of knowledge, relax and socialize – the pile of security fencing temporarily parked in that area certainly hasn't helped. Good news is that they are soon to be relocated and that area to be tidied up - so bring on the good weather and let's get back around the tables for a cuppa or two.



Well that's it for this edition - Easter is on the way and school holidays and hopefully the weather will pick up soon – we urge everybody to keep abreast of the health protective measures and to stay safe. Our best wishes, happy shedding.

Vic B and Bill G.