



Narooma Men's Shed Newsletter

March 2021 Issue 37



The Shed is Open

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Event Calendar

Event	Date	Time	Location
Committee Meeting	8-Mar-21	2:00pm	Shed
Shed Open Day	20-Mar-21	10:00 am	Shed
Bunnings BBQ Fund Raiser	Sunday 21-Mar-2021	08:00 am	At Bunnings, Batemans Bay

President's Report

THE OPENING

And what a grand old affair it was. The community interest peaked at about 145 souls turning up to celebrate our great achievement; A place to call home.

It took a fair bit of organising and from the positive "vibes" (it's the vibe your honour'... From the movie THE CASTLE) I got from members of the community and NMS members it was a day to remember. To the special guests a big thank you for your interest in our mob of energetic blokes. Guests were blown away with the quality of our place, the extent of the gifts in kind and money provided by local trades and businesses and the plans to share such a place with the locals. I especially enjoyed the vibe that Senator Jim Molan picked up when he asked all our speakers to co-join him in doing a collective opening of the facility. Nice one Jim!

We were really the only project going in town over COVID times and it is a terrific feather in our caps to see this place arise from hopes and prayers of only a few short years ago.

To all of you men who were able to help set it up, thank you for your generosity. To our COVID safe gatekeeper, Harry and Chris and Brian and John, to Geoff, ("I'm freaking out") Broadfoot and helpers whose cooking task went from 80 to 145, to the chair placers, canopy erectors, the choir (who added immensely to the occasion), the parking bods, the cleaners, the clubs for their chairs. There was a myriad of men who did loads of odd jobs but all combined to a terrific opening.

And of course there was Wal who I must have embarrassed sufficiently by having his own "cafe" inaugurated.!!! No one put in bigger yards nor is owed a bigger debt.

THE REAL OPENING will be set by our committee which meets March 23rd. We have to set some safety procedures in place and have the machine shop able to open with personal protective gear used by all. The building and our members are fully insured so we are about set.

ON ACTIVITIES; One of our prime reasons to offer up new space for new activity is to ensure we do not go down the old path of seeing ourselves solely as a workshop to produce goods to sell to survive.

I expect you will see space soon to just sit, talk, take coffee or play cards and just ENJOY the company of our terrific members. NOOOOO pressure to produce !!! I found it a bit discombobulating to hear there were members not feeling valued at our shed if they were not seen as producers and so not wanting to renew. Some of my best friends at the shed are bloody useless (joke Beryl). There are many ways to add to the spirit of NMS and there is no one judging you as a producer. Not me anyway!

MEN'S HEALTH

That is what we are all about ... but this week I got an email from AMSA asking to contribute to "a review" by the Department of Health about AMSA's governance arrangements and enhancements.

Now I get nervous about reviews by governmental bodies 'cos I sniff an alternate agenda and I don't know what it is.

I think it was in 2019 where I took up the pen to write to AMSA about the policy of all grants being once fully overseen by AMSA now being sent to the Department of Health for decision making. I also found out in that year that grants to do with programs and activities centered on Health of members had a better chance of getting up!

Tools , building and improvements in physical space were maybe not as important as they once were? I didn't send the letter. Could be wrong. So what am I on about? I reckon the discussion of health and personal issues goes on for men not in a lecture environment but on a one to one situation (or two to one) As we do stuff because we feel safe and not vulnerable. One brilliant chat I had with an older member (since deceased) was as I drove him home. We both looked at the road and talked about all manner of things. A real sharing of fears, joys and love of life. Same when you sit and chat, when we eat together or get to know another's nature as we share an activity. So my response to the review? it will be along the lines that any health activity has special contexts where real knowledge and information is given and received and for men that context is often a shared activity or time. Direct pamphlet information and expert knowledge has its place but friendship will open our reception to that knowledge. So let us fund varied activity but hold to our core . I guess it boils down to; GIVE US MONEY AND OUR SHED WILL ENHANCE MEN'S HEALTH IN MYRIAD WAYS; BUT LEAVE IT TO US.

See you at the BBQ lunch next Tuesday

All the best,

Bernie









COVID-19

- Testing at public COVID-19 clinics is free, quick and easy. No Medicare card is required and most people in NSW receive their test results within 24 hours.
- COVID-19 symptoms include a fever, cough, sore/scratchy throat, shortness of breath, runny nose, loss of smell, loss of taste. Keep coming forward to get tested. Get tested every time you have any symptoms.
- NSW Health has increased testing options for the community and there are more than 350 COVID-19 testing locations in NSW.
- To find your nearest clinic visit <https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/clinics> or speak to your GP about getting tested.
- There are procedures in place to keep everyone who comes to the testing clinics safe. You must self-isolate until you get your result.
- Telephone interpreter services are available. For free help in your language call 13 14 50.
- The best protection against COVID-19 is to do all of the following:
 1. Keep 1.5m apart.
 2. Wash your hands regularly.
 3. Stay home and get tested immediately if unwell.
 4. Wear a face mask when required or if unable to physically distance.



New Building Report

A Big Thank You from the Narooma Men's Shed

It was a grand opening to the shed on Sunday with Senator Jim Molan, Andrew Constance MP, Kristy Mc Bain MP and Liz Ellis Mayor in attendance to wish us well on this new bold adventure.

We were blessed with one of those perfect blue Narooma days to have an opening, which allowed the 140 guests and members to see for themselves the extent of the project and the potential of this new community facility.

The principal donors were all there to see how their seed funding was used. Without their seed funding, this dream of a new community shed, would have remained simply a dream. Collectively, seed funding amounted to about 25% of the value of the project on completion. All donors came away marvelling as to what had been achieved with so little.

Investing by the Commonwealth and NSW State Governments in this way into this local community not only achieved a fourfold positive economic benefit for the local area, but more significantly, a tenfold improvement to our social cohesion and community engagement.

A community project like this one should not have been hard to do! But sometimes the barriers and the hurdles seemed insurmountable. The shed would like to sincerely thank, Andrew Constance, Fiona Kotsvoy and Liz Innes for actively helping overcome these hurdles, such as land, money and regulations.



With the meagre budget, this project was always going to be a difficult task.

From the outset, the club made the decision to spend our money where we could in the local community. It paid off in spades, as local contractors and suppliers got involved in this community project and made it their own. This can be shown quite clearly in the quality of what they have helped to produce today. We thank them all.

The Narooma Men's shed members, while dealing with the Covid restrictions during the build, it did not dampen their spirits, the many good times, lots of hard work, but also the comradery, fun and general satisfaction in participating in the building of this facility.

One member on leaving the site after the opening ceremony said that the important thing for him was that "I can say to myself, my family and my grandchildren - I helped build this magnificent Community Shed".

The Men's shed is simply a gem. It practices every day, fellowship, comradery, social harmony, providing a focus to keeping an active mind, sharing skills and simply having fun.

The Committee has worked tirelessly over the last 3 years to have this facility. It was clear to the Committee that this town and community needed a Men's Shed that had its own home which was managed and controlled by the men long term.

This was their Dream. With the Opening on Sunday, that dream became a reality.



Membership Renewal

New Members

If you wish to become a member or you know someone who would like to be a member, please get an application form filled in and return to a committee member of the Narooma Men's Shed.

The membership form can be downloaded from our website from the About US menu, or collected at the shed.

Procedures

1. All members are to complete an application for membership form.

WHY: It is a legislative requirement of bodies that individuals apply for and are accepted as members.

Once you become a member you are covered by the incorporated body's insurance.

2. All members are to complete the Member Record Card.

WHY: In case of an emergency such as an accident while at the Men's Shed, it is important that we have the name and contact of a person you nominate to be contacted in such events. Naturally, the ambulance would be called if necessary.

3. All members are to sign the attendance sheet each and every time they are present at the Men's Shed.

WHY: In case of an accident and any subsequent insurance claims, it is vital that the organisation and you can prove you were at the Men's Shed at the time of the accident.

4. The weekly fee of \$10 is to cover refreshments (tea/coffee etc.) as well as workshop consumables (e.g. sandpaper, drill bits etc.). Annual fee is \$60

Humour

Two Glasgow boys, Archie and Jock, are sitting in the pub discussing Jock's forthcoming wedding.

'Aye, it's all going like magic,' says Jock. 'I've got everything organised already: the flowers, the church, the cars, the reception, the rings, the minister, even ma stag night...'

Archie nods approvingly.

'Hell, I've even bought a kilt to be married in!' continues Jock.

'A kilt?' exclaims Archie, 'That's grand, you'll look pure smart in that! And what's the tartan?'

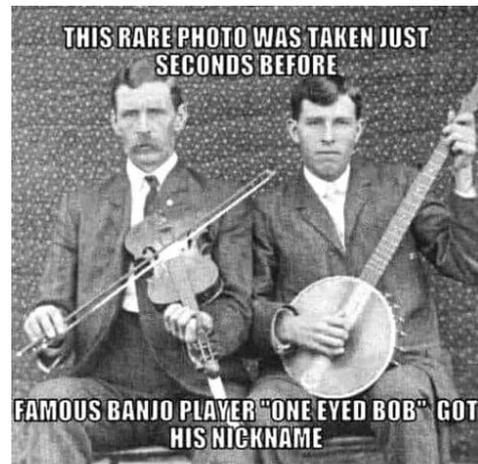
'Ach,' says Jock, 'I imagine she'll be in white.'

Paddy, the electrician, got sacked from the U.S. Prison service for not servicing the electric chair.

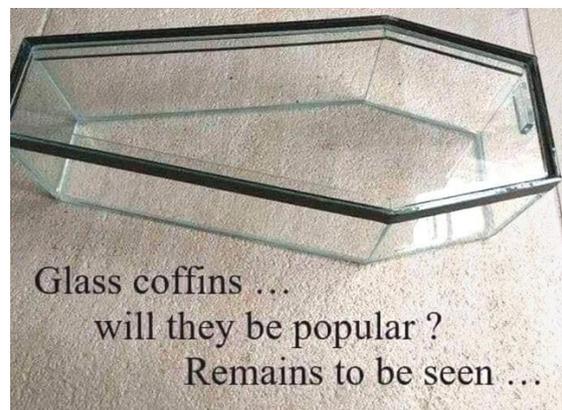
He said in his professional opinion it was a death trap!

NURSE CAME IN AND SAID DOC, THERE'S A MAN IN THE WAITING ROOM WHO THINKS HE'S INVISIBLE, WHAT SHOULD I TELL HIM? THE DOCTOR SAID TELL HIM I CAN'T SEE HIM TODAY.

I couldn't resist. 😊



The tale of one eyed Bob



Communication

NMS Web Site

Remember we have a website

[Narooma Mens Shed](#)

Also find us on Facebook Search “Facebook Narooma Mens Shed” in your browser.

If you have any news articles and photos that you would like published on the web site, or know of links to other interesting web site e.g. other Mens Sheds, please email details to the web master at colin381@gmail.com

This is especially important during the current lockdown, please submit articles on how you are handling the enforced isolation and what you are doing to keep busy.

AMSA Online

The goal of The AMSA Shed Online is help people connect in the same way they do at the shed – over a cuppa and a laugh. We hope you’re here to share information, ideas and make connections with your fellow shedders around the world.

Anyone can contribute comments to the blog posts and participate in conversations on the discussion forums. But, you will need to join the site first.

[AMSA Online](#)

The Shed Wireless

Hosted by award-winning broadcaster Aaron Kearney and AMSA Boss David Helmers.

Listen and subscribe to:

[The Shed Wireless](#)

Committee Members

Executive Committee Members

Bernie Perrett	President
Wal Sheehan	Vice-President
Colin Berry	Treasurer and Communications
Brian Liddy	Secretary

Ordinary Committee Members

Rody Byrne	Public Officer
Smilie Magill	
Steve McGourty	Social Activity Manager
David Trickett	Business Manager
Dick Nagle	Wood Shed Manager
Peter Lonergan	Metal Shed Manager
Geoff Broadfoot	Meeting Room Manager
Tim Horstead	