



# Narooma Men's Shed Newsletter

November 2022 Issue 57



It's hard work building the car park,  
just ask Michael and Dick



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## President's Report



### Whales

We are having a Whale of a time this month at the shed.

The orders are flowing in, and Curly is chasing up our existing local business clients to make sure they have their whales ready for the first week in December.

Reg has a lot of elves helping with the cutting out and under-coating of the whales and the brushes are hardly dry before they start the next whale.

We are well placed to brighten up the town and the suburbs.

It is not too late yet to buy a small whale for your own house, but better be quick!

## Corporate and Strategic Planning

### Why are we doing that at the SHED?

Simply put, this three-page plan makes sure that **all members are on the same page** regarding, **what we are about, what we are doing, where we are going** this year, and with an eye into the next couple of years.

Many of the members completed the questionnaire circulated in September and provided the committee with members' perceptions of how the Shed was running and what needs to be done to improve the shed.

The good news is that the plan shows that we are on the right track, and we are all clear about the things we need to do over the next couple of months. A very valuable exercise for a NFP organisation to undertake!

## Visiting Discussion Program

Last month we had a **"Meals on Wheels"** discussion regarding the range of assistance they can provide to members in the future and what those trigger points are. Importantly, for those who wish to continue as long as they can in their own home, the variety of assistance that is available to make this happen.

## Membership

**We have cracked the 80 mark** in terms of membership, thanks to the recruiting drive at the OPEN DAY in September. Given the word of mouth spread of the success of the Friday Community Shed day, I expect that we may even make 100 mark before Christmas!

## Grants

In the first six weeks of the Community Shed day, the familiarisation on the use and capabilities of the machinery available in the wood working area has gone well. The support by the members in working in small groups and one on one has been excellent and those involved must be commended for both their time and enthusiasm.

Nevertheless, given that many women are smaller in size and have their own range of wood working interests, there was an immediate need to obtain hand tools and smaller machines for them. Things like, lighter hand drills, sanders, clamps as well and machines such a smaller lathe, 3D Etching etc.

So, thanks to our **local bank IMB**, we were successful in receiving a **grant of \$2000** to make these purchase possible and immediate.

## Attendance at the shed

I must say that the attendance and the vibe around the shed on any day is simply fantastic.

It is a great place to be

## David Trickett

## Whats on in November


**Narooma Prostate Cancer Support Group**


**NEXT MEETING: Wednesday 2 November noon-3.00pm**  
at Narooma Golf Club (please note different time)

**Guest speakers specialist Men's Health  
physiotherapist Jamie Boulding and  
pharmacist Brad Butt from Canberra**

Everyone is welcome

**ENQUIRIES :** Andrew Lawson 0416 560 565 or Julie Hartley 0419 840 604

*Affiliated with*  
 Prostate Cancer  
Foundation of Australia

*An initiative of*  
**Rotary**   
Club of Narooma Inc

### Rotary Narooma

Rotary Narooma meets Thursday at Seahorse Rm, Golf Club, 6 for 6.30pm start. Yummy dinner \$25 followed by guest speaker.

Just let me know 2 days prior to cater for numbers.

Ange Ulrichsen. 0422103757

Speakers:-

**Thurs 25<sup>th</sup> November** - Laurelle Pacey on new Arts Centre at Kinema. Details TBA

**Cheers**

Ange Ulrichsen  
Rotary Narooma  
042210375

## Narooma Men's Shed opens its door to women via IMB Bank grant.



An article by Marion Williams of the Narooma News.

The shed was set up with heavy machinery and benches too high to be safely used by women so the grant was used to buy more suitable equipment. Picture supplied

Narooma Men's Shed has won a grant from IMB Bank Community Foundation to make the shed beneficial to the broader community, including women.

Walter Sheehan, founding president of the group and now vice-president, said they had spent the last three years building the shed.



The Narooma Men's Shed state-of-the-art facilities can now be accessed by women thanks to a grant from the IMB Bank Community Foundation.

### **Greater inclusion sought**

After opening in February 2021, the group began harbouring ambitions beyond the realms of the traditional men's shed.

"We wanted to reach out to the community and think of how we could use the shed to the betterment of the community."

Aided by Eurobodalla Shire Council funding for publicity and brochures, they held an open day on September 7.

Around 60 people visited the shed at 41a Barker Parade beside the Scout hall.

"The common response was they didn't know it was here and isn't it great," Mr Sheehan said.

"More importantly, 12 women signed up immediately."

The shed continues to open for its original member base Tuesday to Thursday but now also opens for 'community days' on Monday and Friday.

After six weeks of mentoring, the new women members have reached the point of branching out to create Christmas gifts Picture supplied





### **New equipment needed**

When the new women members arrived "we could see the way we had set it up wasn't working for them" Mr Sheehan said.

"We applied for the grant saying these are the tools and machines we would like to buy for women to have safer access to these facilities."

The shed has four functional areas that cater for woodwork, metalwork, a horticultural centre to grow seedlings and a large multi-purpose room for people to bring new activities like lead lighting, 3D etching and leather work.

For the past six weeks four men have mentored the new women members as they learn to operate the equipment.

The women are now making gifts for Christmas such as bread boards and Christmas trees.

The shed is also a place to chat, catch up and make new friends.



### **Friendships formed, dreams realised**

For Mr Sheehan there was more to it than making things.

"We want an environment where people can have fun but also be challenged by the activities and start new friendships."

Membership has grown from 62 to 82, with hopes "it will push to 100 given the word of mouth about what a great place it is to come", Mr Sheehan said.

One new member Susan had always wanted to work with wood so coming to the shed is the realisation of her dream.

"We can't get her off the machine.

"She just beams when she is here."

## Seniors Rights Service and Service NSW Come to Visit

Rob Ingram, *Aged Care Navigator* for Senior Rights and Katy Garland, *Support Services Specialist* with Service NSW came with a clear message for an interested audience of members and partners on Tuesday October 25th:

*find out what benefits and services are there to be had and apply – it's easy!*

Both came laden with goodies and a show bag - flyers, forms, leaflets, contact cards, pens, note-pads and booklets and even RATS Tests for pensioners. A tasty morning tea, courtesy of Geoff Broadfoot, set the talks off to a good start.

Katy led off. With a slide show for background, Katy outlined how Service NSW works. A one stop shop for over 70 different government agencies not only for those over 60 but for all ages accessed through *Savings Finder*. We can visit the office in



the Narooma Plaza, open Wednesdays and Thursdays, the library, once a week or just ring and make a phone appointment with Katy herself

IPTAAS - *Isolated Patients Travel and Accommodation Assistance Scheme* – a service some members have already availed themselves of – no age limit – 100kms (or 200 kms over a number of visits in one week) has a rebate value of 40 cents per kilometre.

Driving Rebates – pensioners have free car registration and free licence renewal.

Dine -Discover Vouchers –, might not be renewed covid related

Regional Seniors Travel Rebate - \$250 – next one becomes available in January. You only have to be of *pension age*.

Pensioner Travel Vouchers – 4 free train trips per year. Interstate travel is 50% of the fare.

National Parks Concession – pensioner free entry (linked to car registration).

Utilities – Electricity – pensioner concession - \$285 per



annum or \$73 per quarter; Gas bottles – pensioner rebate \$121 per annum.

For children – Active to cover sports and activities registration; Creative Kids to cover other types of activities - \$100 voucher; First Lap Voucher to assist with swimming lessons.

All this and more. All you have to do is contact Service NSW on **13 77 38** or make an appointment with Katy **0409 791 281**.

Questions of Katy included clarification of the fuel card; rebates for medical machines and air-conditioning.

Rob Ingram of SENIORS RIGHTS SERVICE hold the position of *Age Care Navigator* and a well-trained navigator he is! Rob used a combination of his professional and personal experiences to highlight his work. Essentially his task, along with some 40 others in the role across the state, is to advocate for the Community, especially the older people, the

vulnerable and those in remote areas and regions. It is a legal service which is free. It covers advice relating to consumer matters, Abuse, Wills, Enduring Power of Attorney. He explained the difference between “Power of Attorney” and “Enduring Power of Attorney” The former has a time limit and relates only to financial matters whereas the latter comes into play if a person loses the capacity to act for him/herself due to dementia or a coma. Guardianship deals with life and medical matters. Also, he encouraged, when you register, nominate a spokesperson, preferably not your spouse. If you have already nominated your spouse or partner to be your spokesperson it is straight forward to add another to the role.

Rob took us through the maze of Age Care Packages with some means tested and others not, which is exactly what the Service does on an individual basis. The *Navigators work with their clients right through the process. As Rob said, he does the*



eg work. Because the process can take some time, possibly up to three months from registration, through assessment to accessing the support, Rob urged us to register early so that when a support service might be needed are ready to go. To register with **My Age Care** is easy. Non-indigenous Australians need to be over 65, Indigenous Australians over 50. All you have to do is provide your name, date of birth, address and outline why you are seeking support. Do not hide information re your health and be ready to nominate a spokesperson. When you register with My Age Care you will be given a number that will stay with you and be in the system until you need to activate support.

With regards to financial requirements for certain services /benefits both Katy and Rob referred to Lisa, at Centrelink in Batemans Bay with whom they work closely, as the go to expert in such matters.

Following the talks and the Q and A both Katy and Rob made themselves available to individual questions and enquiries.

Rob Atkinson summed up the occasion with a typical pithy assessment.

*“They are just like new friends who advise you to apply for this or organise that when you are new to town and haven’t even thought about things.”*

Thank you to Geoff Broadfoot for the luncheon which capped off a good day at the Shed and thank you to Wal Sheehan for making the occasion possible.

P.S. copies of the information flyers, forms, pamphlets and contact details will be held in the Shed Office.

**Tim Horstead.**



## “Gloves - The man in the Andy Capp Cap”



He is proud, proud of his pioneer heritage. He is practical; he understands the difference between a spade and a shovel. He knows how best to use both. He is forthright, some might say opinionated, but never arrogant. You might not agree with him but, somehow, you know he is “kind of right”. He is no man’s fool. He can pop pomposity with a satirical sabre-barbed tooth and gnaw it to the bone. He is humorous and he is not afraid to turn his humour on himself. His language can be colourful. He is a rich source of quotable quotes. He is a man who gets things done simply by doing them. He is a man who gets things done simply by doing them. He is independent and self-reliant. He is a man in touch with reality. He has seen the good side and the hard side of life yet he has taken the time to smell the roses. He is John Glover - “Gloves” to his old mates, and a founding father of the Shed.

John Andrew Glover is born May 12, 1939 at Yass Maternity Clinic. What a Mothers’ Day gift for Ruby. As she later comments: “Just in time to start World War 11!”. John, the eldest of four, is followed by Jeanette, Robert and Margaret. Only Jeanette is still alive. A former nurse and Trauma Sister at Westmead Hospital, Jeanette lives in Baulkham Hills.

In 1840, great grandfather Thomas and his brother, John, leave Kent. Having outgrown their farms they seek a better life in the Antipodes. They try Tasmania first but find it too cold and too like England! Two years later they move to Bowning in the Yass region. In 1858 they take up title on good orchard land. Under the free land selection system of the colonial government, which aims to encourage settlement in the rural areas, the Glover brothers pay 1/- (one shilling) per acre per year and achieve freehold of their land after twenty years. The brothers start a tradition of a Thomas and a John popping up in every generation of the family.

John’s father, Roy Glover, is born in Bowning in 1912. He marries Ruby (nee Armour) who descends from West Highlands stock who settle in the now Canberra area about the same time as the Glovers. Old Alex Armour is brought out to look after the cattle of the pioneer Campbells. The old dairy at Duntroon is still standing. Ruby herself is a good horsewoman and a keeper of the family accounts.

In 1939, Thomas Glover and Co. hold “Red Hill”, a spread of ten thousand acres, operate a saw mill and run a local store. The property next door to “Red Hill” is “Illalong” where the renowned poet, A.B. Paterson is in residence. (John recalls his father being able to recite anthologies of verse and

admits to having tried penning a few poems himself. He fears he is guilty of plagiarism!)

John's first memories are of the war years and being with his grandfather, Thomas, in the seven bedroomed homestead on "Red Hill". They listen to the news. He remembers one uncle, who is training with the Light Horse in Queensland, sending them raw peanuts and grandmother roasting them. He remembers another uncle coming home from the war and the night long party celebrating his return.

School for John is a little one teacher school, Goondah School, an outstation of the "Red Hill" property. A single room, a verandah and an open fire nurturing thirty or so of the children of the area. The school is to close in 1955 shortly after John leaves. John's favourite subject at school is English. But sports are just as important. The seeds of later successes in athletics, cricket and football are put down. They are fostered at boarding school when John wins a scholarship to Hurlstone Agricultural College. The batsman-wicketkeeper turns into a quickie bowler. ( John is to continue playing District Cricket until the age of sixty-one when the game gets a bit harder as the body gets a bit stiffer!) At hurdles he leaps to High School Junior Champion. Later, finding it difficult to continue athletics in the bush, John donates his spikes to the local athletics club in Yass.

Agriculture and science join English as the favoured subjects and a career in veterinary science is considered. The least liked subject is history. Ol' "Snake" Hall has a nasty streak. He has his favourites and his favourites to pick on. However, the mature, reflective John concedes that "I never shut up – so that didn't help."

When John is twelve his father dies. His mother has to sell the farm to pay probate duty. Ruby moves her young family to town. Her father helps her buy a house in town and she becomes a florist to support herself and the four children. John is very close to his mother. Their new home is a former orchard with a chook pen. He helps to restore the old property to plant new trees. He isn't too keen on the chooks and finds them a pain in the ...

John the teenager gets along with most people. He seldom has disagreements and the friends he makes at school are life long friends. Girls aren't quite the thing and they have to wait till John is seventeen or so. He and his mates are more into hunting, fishing and high country skiing rather than courting. Though there is Julie Brassil ...

John's taste in music is a little unusual – Country and Classical. John's mother is a classical pianist and he remembers her playing both the piano and the organ. In balance, Tex Morton, Buddy Williams and Slim Dusty warble the airwaves.

Driving since the age of seven, as you do on a working property, John handles the 1924 Chevy truck during the drought of 1944–45 dropping wheat and barley for the sheep and throwing down pumpkins so they break for the cattle. The seventeen year old goes to town to the local police station seeking his licence. "I've seen you driving the trucks during the bushfires," says the local copper. "Here, here's your licence. Now, piss off!"

John's first car is the 1956 Holden Ute – the one with the best suspension to suit the terrain although the brakes are not so crash hot! Now that Holden Ute is his pride and joy - "Flash as a rat with a gold tooth!" It has both a heater and a radio !

The radio is an early AWA Cruiser with half a dozen valves. "You can listen to anywhere in Australia" boasts John, "until it flattens the battery drawing too many amps!"

Finishing school, John is unable to meet the costs of a Veterinary Science degree at Sydney University. Instead, he takes on Wool Classing. After completing his studies he takes time out to go bush, hiring himself out as a "knockabout bushie" before setting out as a jackaroo. . But the practicalities win out : 11 pounds per week jackarooing versus 39 pounds per week plus keep Wool Classing. John is to continue Wool Classing until 2002 – at \$500 per day or nothing! Brother Bob goes into Wool Classing too.

John's first serious girlfriend is Elaine Burden of Yass, a book-keeper with the Rural Bank. He is twenty-three, she is twenty-two. They marry. He takes her home to the property left to him and his brother a couple of years earlier by their grandmother - (Now there's a history to be told about her family in the Gunning area!) - who, seeing some value in the boys, leaves them 500 acres. The boys continue Wool Classing and work the property on the week-ends. Through what John calls "good and aggressive management and personal up-skilling" they grow the sheep run to four thousand acres.

Along comes the family. Carolyn joins Elaine and John in 1963. Then comes Andrew in 1965. Stuart rounds off the trio in 1969. Carolyn has a financial planning and accountancy firm in Goulburn. Her daughter, Alice, is studying medicine in Sydney. Her son, Matthew, graduates from Duntroon and is working towards a second degree. Andrew holds a significant position with the Sporting Shooters Association of New South Wales. He has two daughters; Abby, is a high school teacher in Moree and

Virginia is a paramedic stationed in Liverpool. Stuart is a lecturer specialising in genetics in the School of Animal Behaviour at Sydney University having spent some time in England. His daughters, Lydia and Bethann are still at school. John is very happy (and proud) to be "Grumpy Grandad".

That's John the family man. There is, of course, the "other life". By 1973 John decides to put his advice regarding the financial management of the local Goodradigbee Council (later to be known as Yass Council) into action. John becomes an independent councillor and subsequently mayor with a rallying cry: "If you haven't got an argument, shut up!" John is to serve his community in this capacity for thirty-two years. His service is acknowledged in 1998 when he receives the O,A,M to complement the Premier's Medals for Services to Local Government and to Agriculture.

That is one aspect of the "other life". Another, just as significant, is John's vital interest in the Agricultural Show Societies and the value they are to agriculture. Show President of the Yass Show for five terms; voted on to the Agricultural Society Council of NSW as a regional delegate in the 1980's; John is to serve as President of the Agricultural Society Council 1998/9. In his various capacities John travels all over Australia. In 2000 he is a delegate to the Welsh Royal Show enjoying the hospitality of the Prince of Wales private Royal Box. "Treated like royalty – or, at least, like Lord Muck!"

John travels broadly overseas – New Zealand, the U.K., Ireland, France, Germany, Italy, New Guinea and even stopping off in Havana, Cuba.

Of all the places he visits the “stand out” memories John expresses are of New Zealand and Ireland. He supposes it’s because of the affinity he feels with those people on the land.

As a sideline, John is also a Specialist Judge for The Young Australian of the Year. One notable recipient of this award is Ian Thorpe. And that is how John comes to enjoy some six Prime Minister’s Dinners at Parliament House.

Busy, engaged and active as he is, there comes a dark time in John’s life. In December 2002 John loses his beloved Elaine, struck down by an aortic aneurysm. Over the next twelve months he is to lose his brother, Robert to cancer; his best mate and best man, Wal Smith; and then his mother, Ruby, who has been so important to John and his siblings after the tragic death of their father when they were so young. It is time for change.

John’s friendship with Judy brings comfort to them both. Judy, herself a widow, has known John and Elaine for some time due to her working with State and Federal politicians and John’s involvement in local government. Judy wants to move from the cold of Yass and John just wants to get away. The climate of Narooma is appealing to Judy and John has fished there many times. It is time to get out the Webster Twin Fisher and so some serious fishing – reminiscent of his youth trout fishing in the high country. They sell up and buy a property in Narooma with a shed big enough to house his boat and all his tools.

John is no stranger to Narooma. Through fishing activities and The Lions Clubs here and in Yass he has a network of acquaintances and new friends. He is involved in fund raising for the Lions’ food and barbeque trailer which he helps to

build and modify. He joins the Wooden Boat Builders at Taylor’s boat shed where he teams up with the likes of Brian Craven. When The Lions put up a grant of one thousand dollars to set up a Men’s Shed John is quick to take up the challenge in partnership with Rob Atkinson and June Sheard of the Whale Real Estate.

John is full of admiration for his partners in this project. Despite seeming to be opposites, John, the down to earth get on with it type, and Rob, the calm thorough researcher and networker, become firm friends straight off. As John puts it : “a deep, meaningful and very red-full combination”. Together they make a formidable team and form the nub of a first committee. A public meeting is held and the search for a Shed site begins. They investigate a variety of sites offered as a “home” for the Narooma Men’s Shed – including the Scout Hall. Eventually, with the support of Col and Christine Macaulay, the Glass Rocks Road site is secured.

The Shed is up and running. John is involved with with all the fund raising activities and even gives many of his own tools to the Shed. John is becoming more interested in wood work and takes on a new hobby – restoring furniture. His particular interest settles on the older Australian furniture working with cedar and Huon pine. Of himself John asserts: “I can fix anything – except a broken heart.”

John and Judy keep themselves active. No longer a farmer, John keeps his link with the land through gardening. As for fishing, well he’ll get out on the boat as often as he can get a crew! While John is caught up in his “things” Judy takes on the presidency of Montague Arts and Crafts.





As John says: "She is quite clever. Quite creative especially in mosaics and needlework".

For John the Shed has special meaning. He reflects on the good it does for its members and what it offers us. He believes the Shed helps to fill a void in Narooma. In its development, its evolution. It is a guide to how to share and support an important group in our community. In

John's words:

*"It's bloody wonderful. A really valuable part of our community's assets.*

*I am so bloody happy it has happened – the challenge with the \$1,000 grant from Lions and we have met the challenge.*

*As for advice for the Shed? The best of my advice has been given."*

**Tim Horstead.**

## Christmas Holiday Whales



In recent years at the Christmas holiday time in Narooma, the Narooma Men's Shed have been making and painting whales that are distributed to businesses and private buyers, to be displayed in prominent positions about the town.

The Narooma Men's Shed use the sales of the whales to go towards the operational funding of the Men's Shed.

The Narooma Business Council (NBC) is keen to **brighten up the local area for the tourist trade** as we approach Christmas and then through until Australia Day.

So, the NBC is working with the Narooma Men's Shed (NMS) to promote **increasing the number of Christmas Whales being displayed** around the local area, particularly by businesses.

Thanks to a generous donation from the NBC, the men at the shed are

busy creating and painting more whales for the holiday over the next few weeks.

### Why Christmas Whales?

- They are unique to this area and have an established identity in the area;
- Many businesses have been displaying them at Christmas for some years with no fuss or bother;
- NMS will install them (if required) by 9<sup>th</sup> December;
- NMS will remove them (if required) by 3<sup>rd</sup> February (or earlier if requested);
- NMS will store and re-paint the rented whales for next year as required;
- Choice of three sizes to allow businesses to use them effectively;
- A low -cost marketing expense.

### ***How do you guarantee having a whale before Christmas 2022?***

All orders received by **25<sup>th</sup> October 2022** will be guaranteed to be delivered by 9<sup>th</sup> December 2022.

Order requests from 26<sup>th</sup> October will be on a first come – first served basis until stock runs out, so act early to avoid disappointment.

**To obtain a whale for your business or home, please contact:**

**David Trickett on 0409 740 423 or email your order to**

**[naroomamensshed@gmail.com](mailto:naroomamensshed@gmail.com)**

Include your organisation (if applicable), contact person, whale selection(s), and delivery address for the organisation.

There are two ways to obtain a Christmas Holiday Whale.

**1. Rent/lease the whale** - This option is offered to businesses in Narooma and surrounding areas. The rental is payable each year, and the whale is delivered to the

business and mounted on the business premises by a team from the Narooma Men's Shed. At the end of the holiday the whale will be collected by the Men's Shed and stored at the Shed for the following year. During this time the whales will be repainted if required.

**2. Purchase a whale** - This option is aimed at private residences, where the private buyer can then erect and display the whale as they like and then store it themselves for the following year. Narooma Men's Shed is always happy to touch up and restore the whale for a minimum charge.

### **Whale Price List**

<b>Whale Size</b>	<b>Rental (Incl GST) One sided</b>	<b>Rental (Incl GST) Two sided</b>	<b>Purchase (Incl GST) One sided</b>	<b>Purchase (Incl GST) Two sided</b>
<b>Large</b>	<b>\$100.00</b>	<b>\$120.00</b>	<b>\$170.00</b>	<b>\$190.00</b>
<b>Medium</b>	<b>\$70.00</b>	<b>\$90.00</b>	<b>\$110.00</b>	<b>\$130.00</b>
<b>Small</b>	<b>\$30.00</b>	<b>\$50.00</b>	<b>\$50.00</b>	<b>\$70.00</b>

## Narooma Marine Rescue Visit

Ever gone past a place, and said to yourself, “What happens in there?”

Last Wednesday a group of Men’s Shedders (and partners) visited the Marine Rescue Service Headquarters in Narooma. Welcomed by John Lundy, Area Commander, and other members, we were given a talk about this mysterious place and its place in our community, and how it fitted in with other services.

The Rescue service is a volunteer organization, run with minimal support from government, but frequently has to be funded by donations. Apart from uniforms and some technical support, the Service has to pay, amongst other costs, for petrol to fulfill its rescues, and to perform its duties.

After a visit to the radio room, then around the old buildings (built early in the 1900’s as a caretaker’s hut), we visited the boat ramp. More volunteers showed us around the two boats that form the focus of the service. The smallest boat, restricted to three kilometers from Narooma, and the larger boat, an ocean-going vessel. The information was well received, and questions asked.

The Men’s Shed has looked into several projects to enhance the Marine Rescue to help provide efficiency in its efforts. These were steps to the wharf (for safety), and repairs to the main door at the Rescue headquarters.

It was an excellent visit, and showed that no matter what is needed, there is support from all peoples of the district. Our thanks to John Lundy and his crew for the visit.

Now we know what happens in there!

**Geoff Broadford**



# The carpark are coming!

Work has begun on the creation of more carparking space for the shed.

A team of enthusiastic workers concreted the posts for the retaining wall for the car park spaces.

Thanks to Peter Lonegran for project managing the build.

Also a big thank you to Cadgee Quarry Concrete for donating the concrete, greatly appreciated.



# Crossword #4 by Dennis Arnold

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52											53			
		54												
55											56			

**ACROSS**

- 1 Once a Killer Whale  
 7 Assistant  
 10 Not giving up  
 11 Carry  
 12 Formerly  
 13 Offspring of dual birth  
 15 *Raphus cucullatus*, now extinct  
 17 Between phi and psi  
 18 Unit of sound pressure  
 20 Decompose  
 21 One of the diminutives of Edward  
 23 Unreturnable serve  
 24 One gambling cube  
 26 Male garment in ancient Rome  
 27 The sound of "h" (in my school, anyway)  
 29 Gambling ratio  
 31 Where plants generally grow  
 32 Actor Goldie ...  
 33 Don't cross this line in an English pub  
 35 Small non-keyed flutes  
 37 Apple Inc. device  
 39 Wednesday or Barty  
 41 And not, or not  
 42 Essential for beer  
 43 Low coral island  
 44 Securing rope  
 45 Day preceding an event  
 47 Intense anger  
 50 Residue of a wound  
 52 Air quality baseline Tasmanian weather station Cape ...  
 53 Teller of fibs  
 54 Barry Maguire protest song "Eve of ..."  
 55 Observed  
 56 Ova

**DOWN**

- 1 Spirits dispenser (in that English pub again)  
 2 Editing a film  
 3 Over again  
 4 Strap attached to a bit  
 5 Turn aside  
 6 Wall sheet support  
 7 As good as a wink? (1,3)  
 8 Failed to notice  
 9 Significant occurrence  
 14 Contraceptive implant (1,1,1)  
 16 Advanced in age  
 18 Paying a surety for an accused  
 19 Excessive interest in sexual activity  
 22 Abates  
 25 Pertaining to a charged atom  
 26 A pair  
 27 Australian volunteer army in WW1 (1,1,1)  
 28 Third person singular present tense of "have"  
 30 Winter depression (1,1,1)  
 34 Fun in an open wagon  
 36 Makes a mess of things (5,2)  
 38 Looking intently  
 40 Witch  
 42 Olympic governing body (1,1,1)  
 43 Shuts in an enclosure  
 46 Merits  
 48 "Bend Me, Shape Me" band, "... Corner"  
 49 Consumes  
 50 Project predicated on the Drake Equation (1,1,1,1)  
 51 Genus of succulent plants

# A Traveller's Travails, Tribulations and Triumphs

Dennis Arnold

(formerly of SE Queensland)

## Episode 2

Last episode saw our intrepid travellers having fun in the rain and wind – but the day after the Ulladulla adventures saw us safely dry in beautiful Bermagui, although huge swells were still running, making for spectacular wave-breaks on the rocky coasts. It was a pleasant drive in fine weather through Batemans Bay, Moruya and Narooma, although several times when we tried to take the smaller roads near the coast, we had to turn back because of either flooded roads or downed power lines and trees. We were seeking out lesser known bush-walking spots on the coast farther south, and I found a likely one in Bournda National Park, between Tathra and Merimbula, namely Sandy Creek Walking Track.

To quote NSW Parks website: *“Sandy Creek loop track is a moderately challenging 6 km hiking trail that will keep you interested all the way round. The track passes through various natural habitats, such as dry sclerophyll forests, she-oak thickets, pockets of rainforest and an avenue of paper barks that fringe the picturesque Bournda Lagoon. The loop takes in the coastline, Sandy Beach Creek and Bournda Lake so bring along your swimmers and fishing rod.”* (We didn't).

We set off in perfect weather, blissfully forgetting the amount of rain that had fallen on the creek catchments.

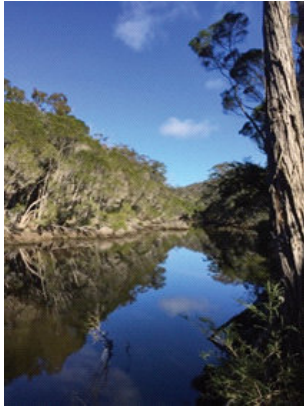
I was using my phone and a GPS app called

maps.me, which we find to be really useful as it shows the off-road tracks far more accurately than Google. It also shows areas that might be inundated, but the subtle changes in colour weren't apparent in the bright sunlight! Initially the track and views of the lagoon and the sandy coast were wonderful. We saw Chestnut Teals, Black Swans, Grebes, Pelicans and Cormorants on the lagoon. There were also many interesting plants along the path by the lagoon, including a massive dripping mossy rock outcrop with orchids clinging to the cracks.

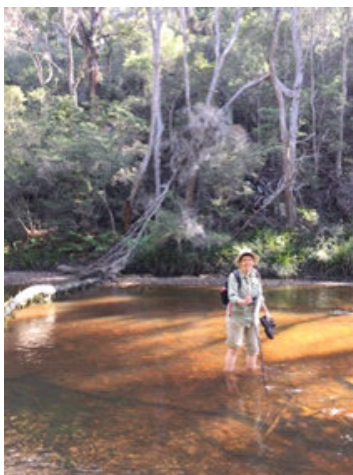


We then started to follow Sandy Beach Creek where the path was getting very wet in places and we also had to clamber around a large fallen tree. We then came upon a fast-flowing 2 m wide stream (shown as a dotted line called Margaret Creek) which had some logs across it but these didn't look very stable. We therefore decided to take off our shoes (for some reason I chose this day to wear my near-new pair of low-cut boots) and walk across in our socks, as there were lots of sharp-looking sticks.





Just as we were crossing, I received a text from our house-sitters with a photo of our dog. Strangely, this was the only spot in the whole walk where I had Optus reception! We put our shoes back on and continued along the path until we came to the Sandy Beach Creek crossing – again shoes off. The creek was flowing strongly, so phones and camera went in the pack. Jan found some sticks (kindly placed there by other mad people?) to help us balance on the stony creek bed while wading in the knee-high water.



We put our shoes on again over the soaking socks to continue on the path, and we decided in an insightful moment to retain our sticks. I was rushing ahead (see later) and Jan was trying to keep up while also doing some bird watching. We trekked up and over a ridge in Casuarina and Eucalypt forests, strangely almost monocultures, and then back down to sea level in a Kunzea-dominated forest. This is when I noticed the pale blue area on the map, and indeed we found the track was conveniently the lowest point, i.e. a continuous creek. By now we had abandoned trying to keep our shoes and trousers dry. So we ploughed on, zig-zagging through the trees trying to find slightly higher ground. We eventually made it to the coast with excellent views of the headland and ocean, and then down some steps to the beach.



However, as I had suspected, and why I had been setting a fast pace, we discovered that the storm waves and the rain-fuelled creek had broken through the sandbar (just like in South Durras). The other concern I had was that the tide was on the way in, and there was impressive turbulence where the fresh and salt waters were meeting. We had to find a way to cross the even deeper and faster flowing creek mouth to get to the beach and complete the last kilometre of the circuit across the sand hills. So we spent some time walking anxiously up and down the creek to find a narrow spot to cross (just to the right of centre in the right-hand photo). This time we kept our shoes on, as we couldn't see the bottom and there were oyster-covered rocks around, and we rolled up our trousers to thigh height. Everything valuable went in the pack which Jan held up as high as she could while crossing – the water was well above our knees at the deepest point but we made it across safely (gasp). This display provided some fine entertainment for the only other person on the beach. We were very happy that we kept those sticks as they made crossing the fast flowing water a bit easier. With my swimming ability, I imagined ending up on the rocks or in New Zealand if I lost my footing.

We then staggered along the beach and were thrilled to see an endangered Black-hooded Plover (only 50 pairs estimated in NSW) running along the edge of the waves. We returned to the car, took off our saturated socks and shoes, rinsed them (and our expensive orthotics), left them on the picnic bench to dry in the sun, and downed our well earned lunch. We then drove to Bega via Candelo through gorgeous rolling country, so green after two big rain events, to Yasurugi Cabin, our B&B

near Brogo. It was a beautiful afternoon and evening so we relaxed on the deck (wearing my Samford Area Men's Shed shirt, you'll note) and viewed the scenery. Jan got out the binoculars to look at the many birds (Jacky Winters, Buff-rumped Thornbills, Superb Fairy-wrens, Crimson Rosellas, Galahs, Red Wattlebirds, Kookaburras, Willie Wagtails, Grey Fantail and we heard Wonga Pigeons and Bell Miners).

As mentioned in Episode 1, the rest of the trip was via Canberra and back home. But avoiding contact with COVID-19 required a bit of organisation, a few changes of itinerary and careful monitoring of the news! The tricky part arose because on our way south we drove from Newcastle straight across Sydney to the Nowra region, carefully making sure we did not "touch down" in Campbelltown, Liverpool or Picton, which had just been in a panic over the sudden rise in cases. BUT - we stopped on the Freeway at Mooney Mooney rest area for coffee and a comfort break. Although it is north of the Hawkesbury, it's in the Shire of Central Coast, which is defined as part of Greater Sydney, and it was that very day declared a hot-spot. So now we knew we had to wait for 14 days to get back into Queensland without quarantine!



The good news was that we did not get out of the car in the red zone again. This meant we now had a time and date after which we could return to Queensland unhindered: 10.30 am on Friday 7th. Two days after we left Canberra, we were in Mudgee when our son rang to ask if we'd seen the news that the border was to be shut again at 1 am on Saturday the 8th! So now we had just that window available, and the plans had to change again. In the end, it all worked out, there was no queue at Wallangarra at 11 am on the 7th, and we got home safely, although we had to contend with a downpour all the way from Warwick to Ipswich. Bushy the dog, and our house-sitters (and the house and garden) were all in good shape when we returned.



## Membership

# 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 a 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.

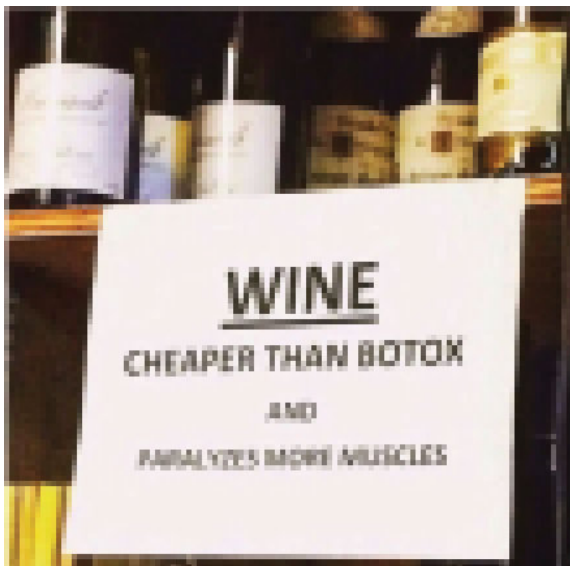
3. All members are to sign the attendance sheet each and every time they are present at the Men's Shed.

**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 \$5 is to cover refreshments (tea/coffee etc.) as well as workshop consumables (e.g. sandpaper, drill bits etc.). annual fee is \$60

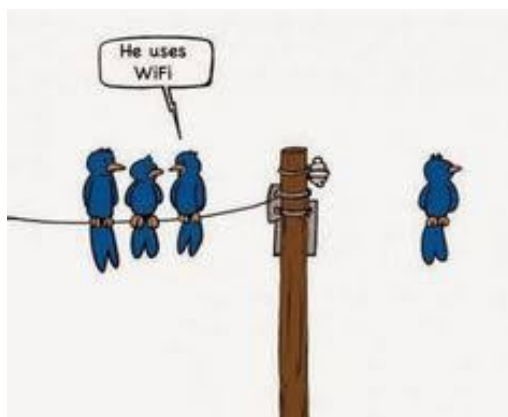
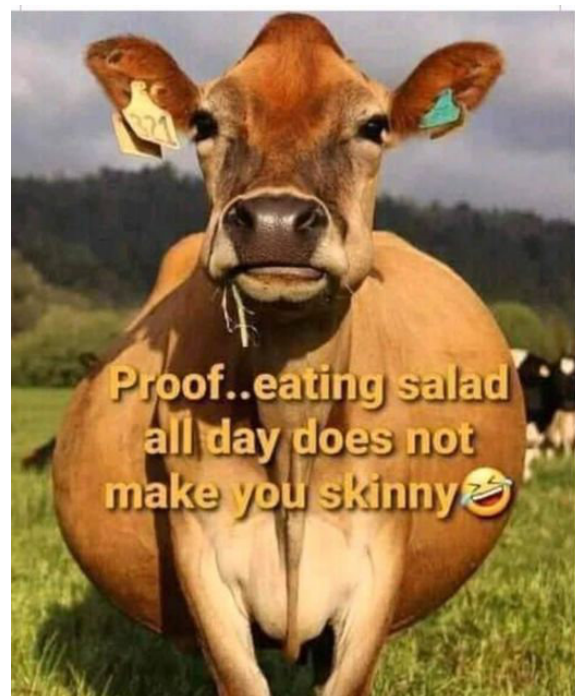


## Humour



The bad news is,  
I accidentally took the  
wrong medication today.

The good news is,  
I'm now protected from  
heartworms and fleas  
for the next three  
months



Bruce went to the doctor complaining of heart pains.

His doctor prescribed a series of tablets. The doctor said that Bruce had to take one tablet on Monday, the skip Tuesday, take another tablet on Wednesday and skip Thursday, another one on Friday and skip Saturday.

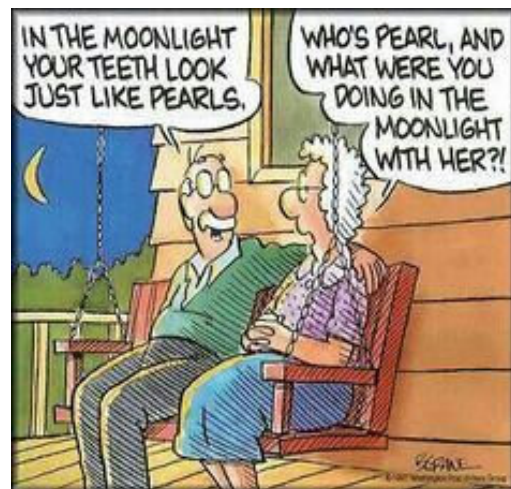
A couple of weeks later the doctor met Bruce's wife in the street and asked how Bruce was going. Bruce's wife said the unfortunately Bruce had died of a heart attack. The doctor asked if Bruce had been taking his tablets, and Bruce's wife replied that he had, but all the skipping on the alternate days was too much for him.



I DON'T DO DRUGS...



I GET THE SAME EFFECT BY STANDING UP FAST!



# Crossword Solution

S	G	G	E		I		P		S		N	E	E	S	
			55										55		
N		N	O	I	T	C	U	R	T	S	E	D		E	
											54				
R	A	L		E		S		A		M	I	R	G		
			53										52		
A		R	A	C	S		L		E	G	A	R		A	
			51		50				49	48	47				
E	V	E		O		Y	U	G		A		Y	A	C	
			45					44						43	
			E	C	I		R	N	O	H	S	A			
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D	A	P	I		S	E	F	I	F		E	H	C	O	
			38		37			36	35			34		33	
A			N	W	A	H		L	I	O	S			W	
						32					31				
S	D	D	O		H	C	T	A	I	A		G	O	T	
			29		28			27						26	
			E	D	I		E	A		D	N				
				25	24			23			22				
T	O	R		L			L	B	E	U		I	H	C	
			20				19	18						17	
N		O	D	O	D		L		N	I	W	T		I	
				16	15					14		13			
E	C	N	O		U		F		I		E	T	O	T	
			12											11	
V		G	N	I	T	N	E	L	E	R	N	U		P	
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E	D	A	I		S		D		R		A	C	R	O	
			8		7		6		5		4		3	2	1

## Communication

### NMS Web Site

Remember we have a website

[www.naroomamensshed.com.au](http://www.naroomamensshed.com.au)

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](mailto:colin381@gmail.com)

### 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.

<http://mensshed.org/theshedonline/>

## Committee Members

### Executive Committee Members

David Trickett	President
Wal Sheehan	Vice-President
Colin Berry	Treasurer and Communications
Tim Horstead	Secretary

### Ordinary Committee Members

Rody Byrne	Public Officer
Martin Cooper	
Dick Nagle	Wood Shed Manager
Peter Lonergan	Metal Shed Manager
Geoff Broadfoot	Meeting Room Manager
Wayne Dineen	