



Narooma Men's Shed Newsletter

January 2023 Issue 59

2023

Happy New Year

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President's Report



Welcome back to what I believe will be an exciting 2023 for the Men's shed and the Community Shed.

With the completion of the 6 car parks in December all the building issues with the Development Approval have now been satisfied. We can now focus on simply having fun and enjoying ourselves across the range of activities currently available and learning some of the new activities coming on board. However, efficient use of our existing space we soon become an issue.

Before starting on our plans for 2023, I must acknowledge the wonderful work of the shed community in the "Dress up the Town with Christmas Whales". It was a remarkable success with most members contributing in some way to its success. As I drive around Narooma, Kianga and Dalmeny, the Christmas whales are clearly on display in shops and homes. Well done. At the Narooma Rotary markets this Thursday I still had one lucky person take the last whale we made in 2022 to put up at his home. How lucky was he, as I have been saying to the community, "we were all sold out a week before Christmas".

I suspect that the number of Christmas whales, particularly for homes, will grow again next year, so an early start to 2023 Christmas whales will be required.

The Mother and Calf was a great success this year but, where to next? If you have any ideas on a different design for the whales for 2023, could you let Curly know please?

Looking at the degree of interest by members coming to the Shed, I believe that in 2023 we will soon be open five days a week, 3 Men's Shed days and 2 Community Shed days. Also, it will not be long before our total membership will touch the 100 mark! Something to really celebrate! We were successful in 2022 in obtaining a grant from IMB Bank for a range of tools required to improve women participating on Community days. The arrival of our second engraving machine just before Christmas completed the package of new tools..

Looking forward to the next couple of months, I see we have a Bunning Sausage sizzle planned for late January and we have 6 volunteers to man the stall. Make sure the onions are on first before the sausage! We recently received a donation from the Mayor to participate in 2023 SENIOR's Week in early February. We plan to have an OPEN DAY event on Saturday 12 February. In addition, we will participate in a SENIOR's Week display at the local library, along with other local community groups.

We also plan around that time to celebrate our 10 Year Birthday as the Narooma Men's Shed as well as our 2nd Birthday of opening our new premises. Amazing how time flies but it is important to celebrate our successes.

So out with your calendar and start pencilling in your days to come to the Shed as well as the projects, skills or simply community involvement that meets your needs.

See You at the Shed

David Trickett
President

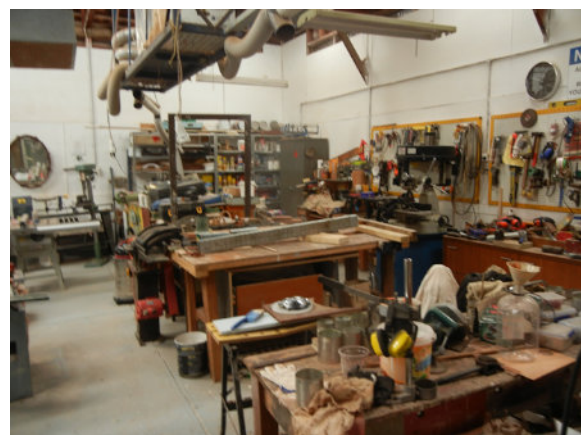
Portland Mens Shed Inc.

On 10 December 2022, I visited the Portland Men's Shed which is located at Kiln Street, Portland NSW 2847 adjacent to the town's sports ground. My principal host was Peter Hayman who has the title Coordinator although the official contact person is Norman Richardson [phone 0419 644 155]. I met a number of other people but, regrettably, I'm not good at remembering names. Email address is: portlandmensshed@gmail.com.

Portland cement is a generic name for what is reportedly the most common type of cement in use internationally. It is lime based and this was available locally in sufficient quantity to justify the establishment of a cement works in 1902. The town of Portland was proclaimed in 1906 so, in effect, the cement named the town. The cement works were closed in 1991 and the last lime quarry was decommissioned in 1995. The current main economic driver is the Mount Piper power station which supplies approximately 20% of NSW's electricity. The nearby Wallerawang power station closed a couple of years ago as it utilised obsolete technology.

The town's population was 2,635 in 1947 but, according to the 2021 Census, this had reduced to 1,841, almost certainly because of the cement works closure. There are, however, some interesting synergies with Narooma. For example, 36.1% of its residents are over 60 [Narooma 37.8%] against a state and national average of just over 17% and Portland's household income is \$992 per week [Narooma \$1,019 per week] which compare with the sums of \$1,829 per week in NSW and \$1,746 per week nationally.

The net result is that both the Portland Men's Shed and the Narooma Men's Shed are key community assets and we each serve a vital need. The Portland Men's Shed has about 25 members, both men and women, which is fairly commensurate with our own numbers. Furthermore, they are in the final stages of a two year relocation process by moving out of a small, cramped shed into a much larger building about 50 metres away. Both are erected on Crown land and leased from the City of Lithgow although the lease on the vacated site will be terminated shortly.





Peter and others were at pains to inform me that they obtained much of the timber used in fitting out the new shed - in part surplus wooden doors - along with cooking and refrigeration equipment came very cheaply through Renovator Auctions, a home improvement and building material auction business whose address and phone number are 28-34 Orange Grove Road, Liverpool and [02] 9822 7883 respectively. I don't know if we need to source this sort of thing at the moment but it's handy to know.

The Portland Men's Shed's is generally open from 10.00 am to 3.00 pm on Tuesdays, Wednesdays and Saturdays and its primary activities are wood working, metal work, craft work, electrical experimental work, community support with repairs and gardens and tuition in use of hand and power tools.

The visit did, however, bring home the notion that the Shed movement is, at its heart, a family.

Tony Burrett

My aged care and how to get it

There's some confusion about this and it is hoped that the following will help Shedders and their families obtain the maximum assistance they're entitled to.

My Aged Care is a Commonwealth, not a State, program and recipients are mostly whole or partial aged or DVA pensioners or persons eligible for disability payments. There may even be a slight chance that some benefits could be available for persons having a Commonwealth Seniors Health Card although, in general, self-funded retirees do not qualify – both still worth investigating just in case. Unsurprisingly, all applicants need to provide income data as part of the assessment criteria.

The guiding principle is to keep you living safely and independently in your own home for as long as possible.

Provision of care in nursing homes is not included but elements of home care nursing and respite care might be.

It is, however, important to start the process before you [and your partner] actually need the services on offer as there is usually several months waiting period between applying for and receiving support.

There are two types of benefit, the first being the Commonwealth Home Support Program [CHSP] whereas the second is for Home Care Packages. The My Aged Care Services [MACS] website myagedcare.gov.au gives comprehensive information about what can be claimed under both. In reality, you are initially likely to access the first [up to three months between enquiry and acceptance] before

you elevate to the second option [another six months or so].

The CHSP covers such things as lawn mowing, home maintenance, domestic assistance, allied health and personal care. On acceptance, you select a Service Provider which, in turn, arranges for persons to perform the requested services. You will be billed monthly by the Service Provider in respect of the services taken. Pricing is typically \$25 per hour for lawn mowing or home maintenance and \$10 per hour for domestic assistance but whatever you pay will be much less than normal commercial rates.

Transition from CHSP to a full Home Care Package requires a further assessment and the means to have this done are on the MACS website. By the time this happens, you'll be much more conversant with what is necessary and you'll get to it without too much trouble.

However, a Home Care Package is appreciably better as you don't pay for any services yourself. The plans range from approx. \$9,200 pa per person for Level 1 up to just under \$54,000 pa per person for Level 4 high needs.

These are doled out on a monthly basis through the organisation that arranges the service delivery which is called a Home Care Provider [HCP]. You will need to enter into a Home Care Agreement with your preferred HCP - there are several available in the shire - before any services commence. One of the pluses of doing so is that you will acquire a Customer Relations Manager with whom you can discuss any and all of your concerns.

Naturally, you'll need to budget to ensure that the available balance is sufficient to pay for all the services provided in a given

month. Anything left over accumulates so, ideally, you will, from time to time, be able to afford some higher priced items such as, perhaps, bathroom renovations or a dishwasher.

The cost of HCP services comes out of the package before you get it and a fee of about \$210 per month [roughly \$2,500 pa] can be expected for a Level 1 package. This will automatically erode what's there to spend.

As intimated, the process for any My Aged Care services starts with an assessment and you can both find out if you meet the requirements on myagedcare.gov.au/eligibility-checker and, if so, apply for an assessment online.

Alternatively, you can contact Lisa or Tasha, who addressed the Shed on 29 November 2022, to arrange an appointment for it to be done face to face at Services Australia's Batemans Bay offices.

I visited these premises on 7 December to find out if there is a short cut to making contact with these ladies neither of whom were available at the time, and I was given a document by the ground floor receptionist.

Everybody has to go through this person – security is tight and you can't just take a lift upstairs.

This document has been placed in the Shed's Notice Board although, in essence, it invites you to "call My Aged Care on 1800 200 422" or "book an appointment with an Aged Care Specialist Officer at the Batemans Bay service centre" by calling 1800 227 475. The first of these numbers is probably more useful for general MACS enquiries but it was disappointing to learn that the second doesn't actually send you direct to Batemans Bay but instead to

another central site which still takes ages to get a result. There is simply no short cut.

On balance, if you can do it, I tend to the view that applying for an assessment online at myagedcare.gov.au/assessment/applyonline might be the easier way of getting started – it will at least save you a trip to the Bay! I've tested this for "user-friendliness" and it's reasonably OK.

As part of the registration process, you will complete a referral for assessment application and you will be contacted by a Regional Assessment Service [RAS] assessor to organise a meeting either over the phone or in your home – more likely the latter now that Covid is not the impediment it has been. In our area, this will most likely be done by a representative from Southern NSW ACAT [Aged Care Assessment Team] which is attached to the Southern NSW Local Health District – a rare but welcome example of Commonwealth and State bodies working for the good of the community as a whole.

Some of you will recall meeting Rob Ingram [phone 0482 168088] who is Seniors Rights Service's South Coast Aged Care Navigator when he visited the Shed on 25 October 2022. Rob may be able to assist if there are any significant problems in your dealings with My Aged Care but it is not recommended that you utilise him as your first point of contact. Phone number for the Seniors Rights Service is 1800 424 079.

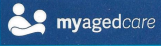
I am a recipient of Level 1 Home Care Packages so I've had personal experience of how to get it. All I can say is that it's well worth making the effort as I can get the services I need without worrying about what they cost. If you wish, I'd be happy to discuss your personal situation with you at any time. You can catch me at the Shed

most Tuesdays and some Thursdays but feel free to give me a ring if that suits better.

Good luck,

Tony Burrett

0403 337202



Get help with your aged care options

Whether you're looking for help at home or thinking about an aged care home, we can help.

Connect with us:

- Go to myagedcare.gov.au
- Call My Aged Care on **1800 200 422***
- Ask at your local Services Australia service centre.

Book an appointment with an Aged Care Specialist Officer at the Batemans Bay service centre:

- Call **1800 227 475***
- Ask at your local Services Australia service centre.

*1800 calls are free from land lines and most mobile phones.

1800 123 2008

Australian Government  Services Australia servicesaustralia.gov.au

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





Annual membership fees are due this month

The annual membership fee for the Narooma Men's Shed is \$60.00.

This can be paid at the shed by EFTPOS or cash, or you can transfer the money directly to our bank -

BSB: 641800

Account: 200673071

Please put your name in the reference.

New Year's Resolutions



- Cook something new each week.
- Read more books.
- Create a cleaning schedule you'll stick to.
- Drink less alcohol.
- Commit to a healthier sleep routine.
- Join a club.
- Quit smoking.
- Learn to love vegetables.
- Prioritize annual health screenings.
- Exercise your brain.
- Become a plant owner.
- Take the stairs.
- Plan a vacation.
- Head to a day spa.
- Drink more water.
- Volunteer regularly.
- Get in a body-positive mindset.
- Learn or hone a new skill.
- Stop procrastinating a tough decision.
- Keep clutter out of the kitchen.
- Explore new hobbies.
- Give yourself a new look.
- Play upbeat music.
- Start walking more.
- Do one thing at a time.
- Make your bed every morning.
- Give yourself more compliments.
- Head outside without your phone.
- Say goodbye to toxic friends.
- Be current about the news.
- Add more citrus to your grocery cart
- Eat more blueberries and walnuts.
- Bathe for a better sleep.
- Take more trips with no destination in mind.
- Ease stress with kindness.
- Get artsy.
- Makeover your daily routine.

Humour



Christmas time is great because you can shout "DON'T COME IN HERE!" and people think you are wrapping presents. When you just want to drink wine in peace and not share your chocolates with anyone.



1. Dad, are we pyromaniacs? Yes, we arson
2. What do you call a pig with laryngitis? Disgruntled.
3. Writing my name in cursive is my signature move.
4. Why do bees stay in their hives during winter? Swarm.
5. If you're bad at haggling, you'll end up paying the price.
6. Just so everyone's clear, I'm going to put my glasses on.
7. A commander walks into a bar and orders everyone around.
8. I lost my job as a stage designer. I left without making a scene.
9. Never buy flowers from a monk. Only you can prevent florist friars.
10. How much did the pirate pay to get his ears pierced? A buccaneer.
11. I once worked at a cheap pizza shop to get by. I kneaded the dough.
12. My friends and I have named our band 'Duvet'. It's a cover band.
13. I lost my girlfriend's audiobook, and now I'll never hear the end of it.
14. Why is 'dark' spelled with a k and not c? Because you can't see in the dark.
15. Why is it unwise to share your secrets with a clock? Well, time will tell.
16. When I told my contractor I didn't want carpeted steps, they gave me a blank stare.
17. Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, not U2 again."
18. Prison is just one word to you, but for some people, it's a whole sentence.
19. Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.
20. I'm trying to organize a hide and seek tournament, but good players are really hard to find.
21. I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road.
22. What do you say to comfort a friend who's struggling with grammar? There, their, they're.
23. I went to the toy store and asked the assistant where the Schwarzenegger dolls are and he replied, "Aisle B, back."
24. What did the surgeon say to the patient who insisted on closing up their own incision? Suture self.
25. I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.



"The older I get, the better I used to be.
Lee Trevino, Professional Golfer.

"Nice to be here? At my age it's nice to be
anywhere." George Burns.

"The older I get, the more clearly I
remember things that never happened. -
Mark Twain.

"First you forget names, then you forget
faces, then you forget to pull your zipper
up, then you forget to pull your zipper
down." - Leo Rosenberg.

"Old age is like a plane flying through a
storm. Once you are aboard there is
nothing you can do about it." - Golda Meir.

"Old people shouldn't eat health foods.
They need all the preservatives they can
get. Robert Orben.

"You spend 90 percent of your adult life
hoping for a long rest and the last 10
percent trying to convince the Lord that
you're actually not that tired. Robert
Brault.

"The years between 50 and 70 are the
hardest. You are always being asked to do
things, and yet you are not decrepit enough
to turn them down." - T.S. Elliot.

"The important thing to remember is that
I'm probably going to forget."

"At age 20, we worry about what others
think of us, at age 40, we don't care what
they think of us, at age 60, we discover they
haven't been thinking of us at all." -Ann
Landers.

"We don't grow older, we grow riper." -
Pablo Picasso.

"I was thinking about how people seem to
read the bible a lot more as they get older,
and then it dawned on me they're
cramming for their final exam." - .

"Everything slows down with age, except
the time it takes cake and ice cream to
reach your hips." -

"Grandchildren don't make a man feel old,
it's the knowledge that he's married to a
grandmother that does."

"When your friends begin to flatter you on
how young you look, it's a sure sign you're
getting old." - Mark Twain.

"You know you are getting old when
everything either dries up or leaks." -

"There's one advantage to being 102,
there's no peer pressure."

"There are three stages of man: he believes
in Santa Claus, he does not believe in Santa
Claus, he is Santa Claus." -

"Looking fifty is great-if you're sixty." - Joan
Rivers.



A Scottish Golf Story

John, who lived in the north of England, decided to go golfing in Scotland with his buddy, Shawn. They loaded up John's minivan and headed north. After driving for a few hours, they got caught in a terrible blizzard.

So they pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night. 'I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed,' she explained, 'and I'm afraid the neighbours will talk if I let you stay in my house.'

'Don't worry,' John said. 'We'll be happy to sleep in the barn And if the weather breaks, we'll be gone at first light.'

The lady agreed, and the two men found their way to the barn and settled in for the night.

Come morning, the weather had cleared, and they got on their way. They enjoyed a great weekend of golf. But about nine months later, John got an unexpected letter from an attorney. It took him a few minutes to figure it out, but he finally determined that it was from the attorney of that attractive widow he had met on the golf weekend.

He dropped in on his friend Shawn and asked, "Shawn, do you remember that good-looking widow from the farm we stayed at on our golf holiday in Scotland about 9 months ago?"

'Yes, I do,' said Shawn. 'Did you, er, happen to get up in the middle of the night, go up to the house and pay her a visit?'

'Well, um, yes!,' Shawn said, a little embarrassed about being found out, 'I have to admit that I did.'

'And did you happen to give her my name instead of telling her your name?'

Shawn's face turned beet red and he said, 'Yeah, look, I'm sorry, buddy I'm afraid I did. Why do you ask?'

'She just died and left me everything.'

(And you thought the ending would be different, didn't you?...You know you smiled... now keep that smile for the rest of the day!!!

Amazing how we jump to conclusions, and don't tell me you didn't!

Communication

NMS Web Site

Remember we have a website

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

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	