



## Narooma Community Men's Shed

### Newsletter

December 2023 Issue 70

Bumper Christmas Edition



Presentation of handmade pen by Wal Sheehan to Tricia Pye, Computer Trainer, from THE TEC EXEC for presenting a comprehensive talk about computer and phone communication skills

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## What's on ...

10 December	Sunday	8:00 am	Dalmeny Community Markets
13 December	Wednesday	5:30 pm	Christmas Party
22 December	Friday	3:00 pm	Shed closes for holidays
28 December	Thursday	8:30 am	Narooma Rotary Markets
2 January	Tuesday	9:00 am	Shed open again
14 January	Sunday	8:00 am	Dalmeny Community Markets
24 January	Sunday	8:30 am	Narooma Rotary Markets

## President's Report



When is the Pooh's influence going to stop? It's headlining again this month. We had been asked by Michael Pignataro, of Channel 9, to make three thirty-minute programs about our Shed. Michael had been producing his own creation, a TV series called Living on the Coast. These programs would give our Shed the opportunity to get on national TV. Good 'innit'!

The series is aired nationally so giving 'Sheds' good PR. So it could make 5 or 6 of our members TV stars albeit perhaps for only ninety minutes at most. This has all come about because Michael caught our "Pooh Refurbishment" story on the Net. Again Good 'innit'!

It turned out that Michael was with us for a bit under three hours, talking and videoing pretty much all of the 8-10 members who were there. Michael was suitably impressed with our set-up saying it was the most impressive Shed he has seen. It's unfortunate that none of our female members could be there as many of them had COVID.


Our gardening section now has a new manager, Jacqueline Hay. She is a new Shed member and has agreed to look after the green-fingered jobs around our premises, with the help of Jennifer Hawkins et al. So many thanks Jaqui. Any other members wishing to assist would be most welcome.

Both of our 'in house' luncheons went very well this month. Thanks to Boy and his elves. It must have been better than okay as nothing was left, apart from the salad! The social lunch at Bodalla Pub also went well and was well attended. Thanks again to Steve for arranging these outings.

Our whales have once again started their Christmas migration (vacation?). Thanks to Reg, Dennis (two Ns you'll notice) and all the others who have helped with cutting out and painting of the whales. We can't forget Curly, our whale sale chief, or can we? Many thanks to all!

The Christmas party list has almost reached full capacity, only a few places are left. So, if any of you still want to attend you will need to add your names by the end of November. At last count only 6 places left for the Christmas 'do' out of 100. So after reading this, you'll be too late.

Our Woodworking for Mental Health course wound up this month, to a very successful conclusion. The participants showed lots of enthusiasm to start with which didn't decline throughout the course. An excellent outcome for both Dick and Harry for their combined tuition to the participants. Again many thanks.



Likewise thanks to Steve for his metal fabrication course for our Friday group, some of whom seemed almost enchanted that they could make such items. What they made were in fact dust pans. Both pop riveting and spot welding were involved in the manufacture of these items giving further interest to those participating.

I think we have sufficient interest in opening up the Shed as a Community Day on Monday in the New Year. If you are interested in coming Mondays in the New Year, could you let me know? Opening on Mondays will however require a member with sufficient workshop experience to volunteer to manage the issues that arise on that day.

We have been lucky enough this month to be gifted a satellite dish that will enable us to communicate with the outside world via our mobiles, should we get power cuts due to bushfires, etc. We are only one of two organisations at the moment in our area with this ability. This all revolves around us due to our self-sufficiency in having the means to produce our own electricity, because we have a gas-powered generator backed up by solar panels and batteries.

We will try to get Tricia Pye back in the not too distant future to give us another talk about the system and mobile phones in general.

## GPS??

“I believe that many years ago, boundary riders in the outback would often work at night. To assist them find their way in the dark, they would hang a lantern on their saddle. It was an early form of saddle light navigation.” (from *Column 8, Sydney Morning Herald*).

## Speaker Program: Digital Technology Skills

### What to do with your phone and why?

The Shed is always keen to invite 'experts' to help our members understand relevant topics to assist living in this beautiful part of the world.

This month we invited Tricia Pye from THE TEC EXEC to attempt to de-mystify the current dilemma some members were having with their phone coverage and choice of handsets. The room was abuzz with over 30 members carrying in the mobile phones hoping for salvation!!

Trish took us all through the growth of telephone technology and we all gained an insight into the movement from 3G to 4G and the now available 5G. This progression meant that 3G coverage will cut off at the end of the year and that will impact not only on mobile coverage, but also TV usage at home and your ability to stream now and into the future. If your devices, mobiles, and TVs, are over 5 years old you may need to start planning for new appliances, depending on your use of these appliances. Yes, normal TV will work, but the speed of delivery will be a key thing for members to monitor in regard to meeting their future needs.

At the end of the talk, there was so much more to understand, so Trish will make a return visit hopefully in December / January.

## Wanted: Coordinator for Guest Speakers



This year we have had a great range of guest speakers at the Shed covering a variety of topics of interest to our retired membership.

Presentations that I recall have been on Lifestyle, Health, Government Services, Technology and Bush Fire Preparedness.

These events were all well attended and reflect the ongoing interest of our members in continuing to learn and stay in touch. They do not simply happen but require a Coordinator to make it happen!

In 2024, the Shed is seeking a volunteer to run a monthly speakers' program. If you wish to take up this role, could you contact me please.

*Wal Sheehan*

## Christmas comes early again!

As a present to the Shed, Tricia Pye from THE TEC EXEC presented a brand-new Starlink satellite system to help the Shed with future communications. Southcoast Health and Sustainability Alliance (SHASA) and THE TEC EXEC were well aware that the Shed had invested significantly in terms of preparing for future disasters, should they occur.

Our Starlink satellite receiver waiting to be installed.



One key requirement presently lacking at the Shed in assisting the community was to have a suitable site to provide speedy, safe, and secure communications in times of disasters, especially if there is a power outage. The Shed is presently able to operate in a power outage environment as it has both back-up battery power and a gas generator.

I understand that the satellite system will be able to accommodate a hundred subscribers at the one time which would be a real bonus for keeping family and friends informed in a time of crisis.

Looking forward to having the system installed and up and running before Christmas.

*Wal Sheehan*

## From *Narooma News* (with thanks to Marion Williams)

### **Narooma Men's Shed woodworking classes funded by ClubGRANT**

*by Marion Williams*

If the people who joined the Woodworking for Mental Health classes had their way, the classes would never end.

Six females and one male were accepted for the free course of weekly two-hour classes held over six weeks at the Narooma Community Men's Shed.

It far exceeded their expectations.



From left to right Alana Baker, Narooma Community Men's Shed woodwork manager Dick Nagle, Gaye Tuckwell, woodwork instructor Harry Hammond, grants officer Tony Burrett, Wendy Ezendam, Jen Houghton and Sue Dickson. *Picture by Marion Williams*

Jen Houghton said it was fantastic.

"I really, really enjoyed it and have been looking forward to Thursdays.

I wish it could continue and keep going," Ms Houghton said.

Gaye Tuckwell loved the entire experience.

"A fabulous group of people and great instructors who were very patient.

It was fabulous and I wish it could continue," Ms Tuckwell said.

Alana Baker made new friends.

"It was good to get out and have somewhere to go and something to do," Ms Baker said.



Woodworking instructor Dick Nagle is about to teach Alana Baker how to add a juice groove to the cutting board she made at the Narooma Community Men's Shed Woodworking for Mental Health classes. The shed has a great range of machinery. *Picture by Marion Williams*

### **Learning, sense of achievement**


Ms Houghton said they only scratched the surface and there is still so much more to learn, however she is already more confident using tools.

Sue Dickson always looked forward to the Thursday classes. She found it particularly valuable to learn which machines, tools and saws to use and to identify different timbers for particular projects. "I am looking forward to Fridays (ladies' day) when I can come all day and just muck about and play with wood," Ms Dickson said.



Sue Dickson and Jen Houghton in the Narooma Community Men's Shed workshop. They have progressed from making wedge-shaped doorstops and toaster tongs to the quite complicated boxes on the work bench. *Picture by Marion Williams*





Wendy Ezendam had not been expecting to make anything in the first few weeks however instructor Dick Nagle had other plans. “There was no holding back so we achieved a lot,” Ms Ezendam said. She had come to the shed the day before by herself and worked on a machine. “A couple of men asked me if I needed help because they could see I was looking for something,” Ms Ezendam said.

Ms Houghton said anyone who walks through her front door is greeted by ‘look what I made’.

### **Big plans**

All seven have become members of the shed and are eager to work on new projects.

Ms Dickson appreciated the instructors' patience.

“It is hard to judge where we are all at, as some did woodwork at school and some feel confident with some tools.”

Mr Nagle said it had been a pleasure to have them at the shed.

“They are willing to learn and want to learn and they are so enthusiastic.”

## Woodwork for Mental Health by Dick Nagle

This program was made possible thanks to a ClubGRANT from Narooma Sporting & Services Club (Club Narooma) and Narooma Golf Club. Seven participants (Kim Atkins, Alana Baker, Sue Dickson, Wendy Ezendam, Jan Houghton, Gaye Tuckwell and David Butler) applied to join in response to our community advertising.

A welcome ceremony was held prior to the first lesson so that the Club representatives could see the result of their funding. This was followed by six 2-hour lessons on consecutive Thursday afternoons.

*Lesson 1: This covered Health & Safety in the workshop, introduced the hand tools and their uses, as well as some electrical tools and machinery. It also covered the different types of wood and what they are best used for. The team members each produced a door wedge using the band saw, sanders and drop saws.*

*Lesson 2: Instruction on different types of joints and their uses. It also covered how to successfully hinge a door. There was also a demonstration on the use of the drill press and drill bits, and using a rip saw, sanders and docking saw, they made toast tongs.*

*Lesson 3: Preparation and selection of timber to make breadboards, cheeseboards or food platters. They used jointer, thicknesser, docking saw and bench saws. Pieces were glued together and set in sash clamps for use at the next lesson. Some participants also used the dowelling machine.*

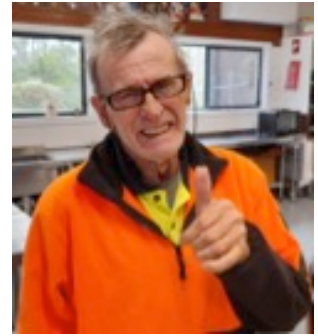
*Lesson 4: Finishing the boards made the previous week. They used thicknesser, bench saw, docking saw, band saw, sanders, drill press, router and bobbin sander. All participants went home with a finished board.*

*Lesson 5: Selection and preparation of timber to make a jewellery box or picture frame. They used jointer, thicknesser, docking saw and bench saw for cutting mitres. These were glued and assembled for use at the next lesson.*

*Lesson 6: The boxes were sanded, lids and bases routed with profiled edges and the lids were then hinged to the sides. Bottom pieces were then glued in place to finish off the boxes.*

All participants received a certificate to accredit their achievements in the program.

A big thank you to all of the participants for being willing to listen and learn and making the lessons enjoyable for all. Thank you to Harry Hammond for his assistance, despite having a damaged thumb from a machinery accident prior to the start of the program, and to Tony Burrett for organizing all of the paperwork for the Grant.



The feedback about the program we received from participants was that they gained the following:

- knowledge of tools and their uses,
- knowledge of types of materials such as timber, glues, hinges and hardware,
- confidence in using tools and machines,
- ability to plan and carry out a project in the correct sequence to get a result,
- confidence and willingness to attempt projects using machines they had never used before, despite the potential dangers presented to them.

What I gained from the program was the following:

- satisfaction of helping the participants to learn and enjoy the trade I've loved for 50 years,
- knowing that they were able to take home many products that they were proud of and could use at home, as well as to show off to their friends,
- knowing that they were excited in coming each week (some even came early), and were happy to stay longer as each week ran longer than scheduled.

What the Men's Shed gained from the program was the following:

- the financial return from the Clubs allowed the renewal, replacement and purchase of machinery desperately required to assist all the members of the Shed to use and experiment with,
- satisfaction of knowing that the Shed was doing something for the community and helping others to improve themselves with skills and confidence.

From *Narooma News* (with thanks to Marion Williams)

## Whales for sale: Narooma whales are back Orders with Narooma Community Men's Shed's close November 17

by Marion Williams



Reg and some of the elves who help make Narooma's Christmas whale decorations. This year there is a new look whale and calf design. Orders close November 17 so get in quick before stocks run out at the Narooma Community Men's Shed. *Picture by Marion Williams*

Soon Narooma's main street will be brightened up with gaily-painted Christmas whales. Each year whale painter extraordinaire Reg works around the clock with his team of elves at the Narooma Community Men's Shed to meet the ever growing demand for the whales.

Shed vice-president Wal Sheehan said they will be putting up whales outside businesses in Narooma and Dalmeny in the last week of November. To avoid missing out on the new look Christmas whale and calf, place orders directly with the shed before November 17. Orders received after that date can only be met if there is stock available.

### Whales sighted inland - in Wagga Wagga

Mr Sheehan said it takes considerable time to make each whale. "They cannot be knocked up in a few minutes", he said. There is also a shortage of supplies. "We are working to a number, so first in best dressed," Mr Sheehan said. The demand is not just from locals. The wooden whales have found their way to Melbourne, Sydney and as far west as Wagga Wagga.

"As soon as the kids come to town and see them, they get really excited and want one," Mr Sheehan said.



Although he is in his early 90s, Narooma Community Men's Shed member Reg is still going strong. He is one of the many people responsible for the colourful whales that are popular with locals and visitors.  
*Picture by Martin Cooper*

In another new development, the shed's members will be installing a whale or two in popular picturesque spots around town. They will have a hole cut so that children (and the young at heart) can put their head through for a memorable photo.



Reg of Narooma Community Men's Shed with one of the new signs that will feature a hole to make a memorable photo. *Picture by Marion Williams*

While some businesses rent the whales, a growing number of households are buying them because their visitors, particularly children, love them.

## Living on the Coast

Last week Michael P. visited the Shed. He had heard so much about Men's Sheds and the work they do for the community, he had to see it for himself.

Well to say Michael was simply 'blown away' by the range of activities that were available at the Shed, was an understatement.

Michael took a couple of hours interviewing members and taking video shots of the members working on their projects at the Shed. The wide-ranging activities, machinery and completed projects were all on display.

At the end of the morning Michael indicated that such a community facility certainly needed to be included in one of his three (30 minute) episodes. Michael is producing these episodes for Win 9 under the heading of LIVING ON THE COAST.

Michael expects the 3 episodes to go to air in February / March 2024. A program not to be missed!



?? The way it used to be ??

*Wal Sheehan*

## Rocks and Jewellery Centre

Well after some months of planning the Rocks and Jewellery Centre was opened this week. No fanfare but lots of smiles.

The old paint shop has had a makeover since Reg was evicted!! The container was painted inside to brighten it up, but also to add light for the working on rocks and jewellery. New vinyl flooring was added so they can make a bit of a mess and with the use of a mop and bucket it will be easily cleaned.

Rachel McInnes was first in the door with her jewellery table (right), which she has had for years in the garage unused. Rachel said it was wonderful to have this 'heirloom' back in business. Putting things at home in the garage was a mistake as we never had the time to put it where it could be used properly and often. Here in the container is ideal and Rachel plans to spend many more hours on a forgotten hobby. Bruce and Rachel have made sure that the workstation is fully equipped with the tools required to make the hobby successful.



Eric and Kathy Teague (left) have started turning those rocks into treasures. Eric said that lapidary is a wonderful hobby, and you really get a buzz in finding a rock on one of your adventures, bring it home and then the fun starts in seeing what it looks like after the polishing process. In a small town like Narooma/Dalmeny, it would be possible to start up a group of enthusiasts to share their successes.

Eric has donated some of his rocks for new starters' experiments, so come along and try it out for yourself. Eric and Kathy are both keen to get people settled into the hobby.

Judging by their display of rocks in jewellery, this hobby is made for members that want to create a special and unique gift for someone!



*Wal Sheehan*

## A little humour

### A Bevy Of One Liners!

- The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.
- Be decisive. Right or wrong, make a decision. The road is paved with flat rabbits who couldn't make a decision.
- Happiness is not having to set the alarm clock.
- Just once, I want the prompt for username and password to say, "Close enough."
- Becoming an adult is the dumbest thing I've ever done.
- If you see me talking to myself, just move along. I'm self-employed. We're having a meeting.
- "Your call is very important to us. Please enjoy this 40-minute flute solo".
- Does anyone else have a plastic bag full of plastic bags, or is it just me?
- I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.
- Today's 3-year-olds can switch on laptops and open their favourite apps. When I was 3, I ate mud.
- Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn.
- So, you drive across town to a gym to walk on a treadmill?
- I didn't make it to the gym today. That makes five years in a row.
- I decided to stop calling the bathroom 'John' and renamed it the 'Jim'. I feel so much better saying I went to the Jim this morning.
- Old age is coming at a really bad time.
- If God wanted me to touch my toes, He would've put them on my knees.
- Last year I joined a support group for procrastinators. We haven't met yet.

### Canine Social Media





### Tackling the Twists and Trickeries of Quota's Trivial Temptations

It is the final Quota Club Trivia challenge for the year. Our double teams of trivia tragics are ready and willing and keenly positioned at the top of the Montague Room Arena – Table 1 and Table 2. It is 6.30 p.m. There is Dennis and there is Jan seated opposite each other on Table 1 adjacent to the yet vacant Table 2.

They are already working on the picture puzzles. In fact, they have solved all but two. Dennis puts it down to Jan's commitment to cryptic crosswords. In saunters Tim, on his tod. Having paid his fee and taken his raffle ticket he slides into the seat next to Dennis and is soon head scratching over the remaining puzzles. He gets number 12: "polite" and addresses the remainder. What a trio. There must be some message in their raffle tickets – Black D1, Black D2, Black D3.

"Who else is coming?", ponders Dennis as he swivels to peruse the entering crowd. Jan does not have to swivel. David sidles in and takes the flank seat on Table 2. Steve and Sally report in. Steve has sighted Wal and Jan S in the dining area. Tony and Robyn take up their positions facing the doorway on Table 1. Dick and Jenny crowd the small gap between the tables and then join Steve and Sally on Table 2 making way for Geoff to join Table 1.

"We are going to get started promptly at seven", announces the evening's compere. "Remember, this is a quiz for you not Dr Google!". Bet she was a school teacher! But where's Wal? Calmly, cheerfully and sociably, Wal and Jan have made their way from the dining area. Amid the hale and hearties they take their seats.

"Be sure to register your team and record the team name and the table number", directs the compere. "What'll we call our team?". In logical manner Dennis holds up the registration form for Table 1 "Men's Shed Table 1". In similar fashion David displays the form for Table 2: "Men's Shed Table 2". Well that is one hurdle surmounted. As the team Names and Numbers are written up on the scoreboard, Table 2 chatters while Table 1 turns its attention to the Visual Quiz with the animal theme. This is not a wise move. Artistic temperaments and critical appraisals clash. At least the artwork is done – sort of. But the questions begin. The first answer is "Sunnyboy" but who knew that? Multiple choice questions evoke multiple responses. "I am sure there are only 118 elements on the periodic table", opines one. "But 123 is so elementary according to the song", offers another.

Tension rises as the focus centres on the cumulative scores. Intra-Shed rivalry and playfulness give way to identifying serious opposition. Table 1 moves into second place. So close!

The telling round is the set of 10 questions on “Local Knowledge”. This prompts the team members to check on each other’s “being local “ status. Hmmm.

“Oh well, time to catch the cricket.” Australia is playing South Africa in the World Cup Series semi-final.

A big shout out of thanks to Quota for the Trivia nights. We look forward to next year’s series!

*Tim Horstead*

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## The Terrorist Al-Gebra

A schoolteacher was arrested today at John F. Kennedy International airport as he attempted to board a flight while in possession of a ruler, a protractor, a compass, an ancient wooden device called a ‘slide-rule’ as well as a code device called an ‘abacus’ that he claimed was a calculator.

At a morning press conference, the new Attorney General selectee said he believes the man is a member of the notorious Al-Gebra movement.

He did not identify the man, who has been charged by the FBI with carrying weapons of math instruction.

“Al-Gebra is a problem for us,” the Attorney General said. “Al-Gebra has terrorized many young people for years. They derive solutions by means and extremes and sometimes go off on tangents in search of absolute values”.

“They use secret code names like ‘X’ and ‘Y’ and refer to themselves as ‘unknowns’, but we’ve determined that they belong to a common denominator of the axis of medieval with coordinates in every country.”

As the Greek philosopher Isosceles used to say, “There are 3 sides to every triangle.”

When asked to comment on the arrest, the President said, “If God had wanted us to have better weapons of math instruction, he would have given us more fingers and toes”.

White House aides told reporters they could not recall a more intelligent or profound statement by a President.

## **Leather, Willow and Grass Stains Confessions of a Very Ordinary Cricketer**

by Dennis Arnold

When I occasionally see international cricket being broadcast from Manuka Oval in Canberra, it triggers a rush of memories of my adventures with the ANU Cricket Club in the years 1977-82, and of other university-linked teams (but I'll leave the latter for another day). As some of you well know, sporting clubs, and cricket clubs in particular, are populated with a wide cross-section of interesting personalities. I can assure you, the combination university + cricket club produces an extreme version. Insecure, loud and spotty first-years through to greying senior academics, and everything in-between, create a collection of assorted eccentrics and novel experiences, some of which I'll relate below. I hope I can stimulate some of you to recall your own glorious exploits on the cricket field.

In late 1977, I returned to Oz from a stint at the University of Sussex (where my greatest achievement was meeting my wife Jan), and took up a post as a research fellow at ANU, where I stayed until early 1983. Jan joined me there as a PhD student in mid-1978, and grew to love cricket and share many of the stranger ANU Club happenings. The club's members included not only current students and members of staff of all ages, but also working graduates of the university, in those days mostly public servants in many different departments. I've removed actual names to protect us from litigation.

The Club was largely organized by, and massively indebted to one J1., a cricket obsessive who built his house around an enormous games room/library, where he amassed a huge collection of cricket memorabilia and books. He was also responsible for our having intra-club two-a-side and six-a-side festivals, as well as the club's holding the official record (at the time) of the longest continuous game of cricket! He retired having played 307 games for the club, which pales against the career of P1., who began as opening bowler in my 5th grade team, and retired in his 60s with 668 games played! Another stalwart who played for 30 years was the late "Chairman" – a brilliant academic in political science and especially in Chinese affairs (hence the nickname). Chairman was a portly, balding leg-spinner, and the flag-bearer of SLOBBS, the "Slow Leg-and Off-Break Bowlers' Society", whose manifesto was to resist the "Fast Bowlers Cartel" and raise the intellectual level ...

Of course, because it was a world-class uni, many of the people I knew as team mates had brilliant careers, for example my first captain P2., who became Australia's ambassador to Thailand. There were science students who evolved into highly regarded

experts in botany, genetics, chemistry, medical science, etc. Then there were leaders in history, classics, archaeology, anthropology and more. As I was a member of the lower grades (I did captain 4th grade to two memorable losses!), I mingled with some interesting characters whose cricketing *enthusiasm* wildly exceeded their cricketing *abilities*. But every club needs and sincerely appreciates the presence of these reliable people, especially to captain a bunch of hung-over late-comers with a broad spectrum of cricket talents. For example C. (“Cooma”), a schoolie who lived in Cooma, and drove the 240 km round-trip to attend at least one training session and the Saturday game each week. He was a denizen and sometimes captain of the 7th team, and after at least five seasons, had amassed 89 runs at an outstanding average of 2.02. And to quote the Club Yearbook: “He fields like a tree”.

Then there was V., of Slavic origin but leaning towards Scotland – he used to bring a huge Esky with softies and lots of ice, buying the cans at bulk rates and selling him to his thirsty team-mates for a tidy profit. This was appreciated, but when blokes grabbed a few ice cubes to suck, he started charging for them as well! We did share a big partnership one day, he made 95 and I scored my highest ever 51, and we declared at 8 for 322 at the close of the first day, a record for the mighty 5ths. For the interest of fellow lowly cricketers, we played almost all games on plain un-matted concrete, but with a standard 2-piece leather ball – by the end of about 40 overs, the ball was a shredded shadow of its shiny newness. You could take a new ball after 60 overs, which I managed to do on the following Saturday, when the opponents attempted to stonewall the whole day (the new ball did its thing – we won).

Apart from the diplomat noted above, there was also the recently retired chief of ASIO, a very useful medium-pacer in the higher grades. My vice-captain in 5th grade in '80/'81 became a major player in geology, paleontology and environmental and historical heritage, and fills in some of his time in retirement presenting enrichment lectures on these topics on cruise ships (Holland America, Regent Seven Seas, etc.). Then there was one of the least accomplished cricketers ever to play for ANU (to be fair, he had poor eyesight and very thick glasses) – his batting average was 0.2. But he won lots of cash on a TV quiz show, and is a member of the most successful pub trivia team on the Canberra circuit! I managed to locate a picture of the fabulous 5ths team taken at (then) remote Charnwood, after our last match in the '79/'80 season (Black Mountain Tower in the background, and Captain Courageous on the far left – no idea why there's a motorbike in the photo, except for me to lean on).



We had a range of typically insulting/amusing nick-names around the club (thankfully, I don't know what mine was): Tosh, Squiffer, Rabbi, Wombat, Professor, Philosopher, Quicksand, Bruiser, Flinch (he was forced to field at short leg), Monster, McGoo, Psycho, Spurs, Teflon, Cuddles, Yappy, etc. One of the more creative ones was appended to a large, red-headed, freckled opening bowler, who even played first grade in Sydney for a while, and became a very important official in ACT Cricket. He introduced us to his new girlfriend, who was a mini version of himself – also a redhead with copious freckles. Hence there was talk of cloning: so he became “Clone”, meaning she was weirdly tagged “Clone-ette”.

Naturally, over the forty-odd intervening years, some of my club-mates have sadly died. One of the notable ones was J2. He was a Californian, a baseballer and surfer, who became fascinated by, then obsessed with, cricket after his arrival as a PhD student around 1974. J2. had a successful academic and administrative career in archaeology and anthropology, in Australia and America. He also had a heart attack at cricket practice one afternoon when only 36 years old! After by-pass surgery, he was back playing remarkably quickly. He'd recently bought a very expensive new bat, and was heard to say while recovering, that if he couldn't play any more, give his bat to Cooma, whose modest batting average I mentioned above, on the grounds that he was unlikely to damage it!

One “amusing” incident involving J2. was the time we gathered for a Saturday match and I was met by one J3. He cheerfully informed me that J2. wasn't available, as he was attending a *home birth*, so had sent J3. along to make up the numbers. Whatever, I shrugged, especially when said J3. made a stylish 50-odd in our innings. However, when it came time to field, I discovered that during my absence on the field umpiring, J3. had also departed to attend the home birth! So as she did a few times for my teams of eccentrics, Jan was called upon to relinquish scoring and field.

Now let me take you to ANU's South Oval, our headquarters, one Saturday evening in late summer. J1., our esteemed Secretary and organizer-of-everything, had hatched an idea to play an intra-club night match, just like World Series Cricket. Sadly, it was discovered too late that about half of the floodlights were out of action! Somehow, J1. secured a scaffolding tower, on which a hastily contrived set of lights was installed, just about at *short extra cover*, making an interesting addition to the fielding team. I don't recall how the power was provided, but presumably using very long extension cords? We then played a Pythonesque game of cricket – one end of the field well lit, one end in near darkness, and the pitch in a circle of bright light from the scaffolding! I recall almost nothing of the match itself apart from the lights (or lack thereof) and the very heavy dew that enveloped everything as the night wore on. I can however, truthfully report that some refreshments were consumed ...

There was also cricket not involving the ANU club itself, such as when the Research School of Biological Science challenged the Research School of Chemistry, where I worked. Most of these hard-fought battles were played out at the picturesque poplar-surrounded Fellows Oval on campus, but for some reason the Biologists one day thought it was a good idea to go “up-country”. The venue was sleepy Gundaroo, which today is a pretty and trendy village near Canberra on one of the back roads from Goulburn. But in 1982, it hadn’t quite reached that status, and it was in the throes of a severe drought. We gathered at the Gundaroo Park oval, on a dry, dusty, windy January morning, the wind at least keeping the hordes of flies mostly off your face. The pitch was a rough, narrow strip of concrete surrounded by hard-packed brown dirt, the southern end of the ground being lost under brown wiry grass tufts at least a foot high, merging unchecked into the surrounding paddocks. Nowadays, it looks a lot more pleasant, with a synthetic pitch, and real grass instead of thistles!

The less-than-salubrious playing conditions were a particularly rude shock for young B., a stylish wicket-keeper just arrived from the green and snake-free Land of the Long White Cloud to start his PhD (he became a Professor of Theoretical Chemistry in NZ). Someone kindly thought to invite him to play to get to know his new colleagues – he was not favourably impressed. As usual, I can’t remember the specifics of the game (there was a barbeque replete with flies, and some refreshments), but Jan and I definitely recall the cow-pat frisbee fights when the game became boring. If the ball disappeared into the southern end wilderness, some were a bit reluctant to retrieve it, knowing there were almost certainly tiger snakes abounding beyond the unfenced boundary, and possibly also on the field.

As my finale, I’ll briefly describe the ANUCC tour of New Zealand over Christmas/New Year ’81/’82. J1. organized a motley group of 14 ANU cricketers, representing 1st to 5th Grade, plus two wives, Jan being one of them, to travel to NZ. We played against university teams in Auckland, Palmerston North, Wellington, and Christchurch. One of our team was a Kiwi who hailed from the small, very picturesque village of Le Bons Bay on the Banks Peninsula, and he organized a social game on his home patch. We managed to win the game at Palmerston North, but lost the rest. Wellington (see photo) lived up to its windy reputation, and we lost the match so well that we played a second one on the same afternoon, which we also lost! We hit only two sixes on the tour, one by each of the 5th graders. J2., mentioned above, distinguished himself with three ducks in succession, including two in one day in the Wellington games. We had the Le Bons Bay team on the ropes at 3 for 9, when our very hung-over first slip dropped their opening batsman on 0.



He went on to score 112, and we didn't win. The game was memorable for the gorgeous mountain that loomed above one end of the ground, and a mid-afternoon storm deluge. Our team t-shirts featured a fetching design inspired by the famous book "101 Uses for a Dead Cat" by Simon Bond, namely a cricketer using dead cats as batting pads. This tour was perhaps the pinnacle of my so-called cricketing career, as I topped the batting averages (thanks to two not-outs), kept wickets as well as I ever did, and actually hit one of those sixes! So there!



Why science teachers should not be given playground duty.

## LEXOPHILIACS

"Lexophile" is a word used to describe those who have a love for words, such as "you can tune a piano, but you can't tuna fish", or "to write with a broken pencil is pointless."

- When fish are in schools, they sometimes take debate.
- A thief who stole a calendar got twelve months.
- The batteries were given out free of charge.
- A dentist and a manicurist married - they fought tooth and nail.
- With her marriage, she got a new name and a dress.
- A boiled egg is hard to beat.
- When you've seen one shopping centre you've seen a mall.
- Police were called to a daycare centre where a three-year-old was resisting a rest.
- When a clock is hungry it goes back four seconds.
- The guy who fell onto an upholstery machine is now fully recovered.
- When she saw her first strands of grey hair she thought she'd dye.
- Those who get too big for their pants will be exposed in the end.



### Keep on Drinking!

The following advice may be useful to all of us, and especially to anyone caring for older folk. It is attributed to Professor Arnaldo Lichtenstein, a physician and collaborating professor in the Faculty of Medicine of the University of São Paulo, and has been widely quoted across the Internet. It has been edited to make it more applicable to Aussies.

“Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question, ‘What is the most common cause of mental confusion in the elderly’?

Some answer: ‘Tumours in the head’. I answer: No!

Others suggest: ‘Early symptoms of Alzheimer’s’. I answer again: No!

With each rejection of their answers, their responses dry up. And they are even more open-mouthed, when I list the most common cause: **Dehydration** – It may sound like a joke; but it isn't.

People over 60 generally stop feeling thirsty and consequently, stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate.

Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.”

#### **Conclusion:**

Although people over 60 may look healthy, the sub-optimal performance of reactions and chemical functions can damage their entire body.



**So here are two alerts:**

1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, soups, and water-rich fruits, such as watermelon, rockmelon, peaches and pineapple; orange and mandarin also work.

The important thing is that, **at least every two hours**, you must drink some liquid.

2) Alert for family members/carers: frequently offer fluids to people over 60. At the same time, observe their behaviour.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Inspired to drink more water now??



## Committee Chatter

The Committee met on the 21<sup>st</sup> November. The matters considered included the draft of a new Constitution aiming to bring it and the foundation document of the Shed up to date. There are still questions about some of the clauses and the Committee decided to defer matters to early next year rather than rushing it over the crazy Christmas chaos period.

Other matters discussed were the question of the Shed phone and its usefulness. This has been put to the sub-committee on communications to recommend a course of action. A review of the Mission-Vision Corporate Planning Strategy showed a pleasing achievement in the actions the Shed has set for ourselves. Still a few things to be done but just look around and see what we have done!

Congratulations to Dick and Harry for the successful completion of the “Woodwork for Mental Health” course. Thanks to Tony and the Grants team.

Preparing for our role as a Safe Haven in times of natural disaster was at the forefront of our attention, especially after the “Bush Fire Basics “ presentation from Bruce Lever. Thanks to Bernie Perrett for organising it.

We are looking forward to the Channel 9 Documentary “Living on the Coast” hitting the airways early next year.

Matters of OH and S and Code of Conduct were reviewed and we are looking to update The Shed policies in these areas in the near future and also to check the smoke alarms following the “Great Fire of 41A Barker Parade!”

And of course ....the Whales!

*Tim Horstead (Secretary)*

# Rebus Puzzles (familiar words or phrases)

1.

LIFEONCETIME

2.

CCCCCCCC  
ING

3.

WBOEOADRS

4.

FUNNY FUNNY  
WORDS WORDS  
WORDS WORDS

5.

PAWALKRK

6.

H	S
E	B
A	M
D	U
S	H
	T

7.

SAHEADND

8.

CHILD CHILD CHILD

9.

D	D
O	O
O	O
G	G
O	O
N	N

10.

MIND  
MATTER

11.

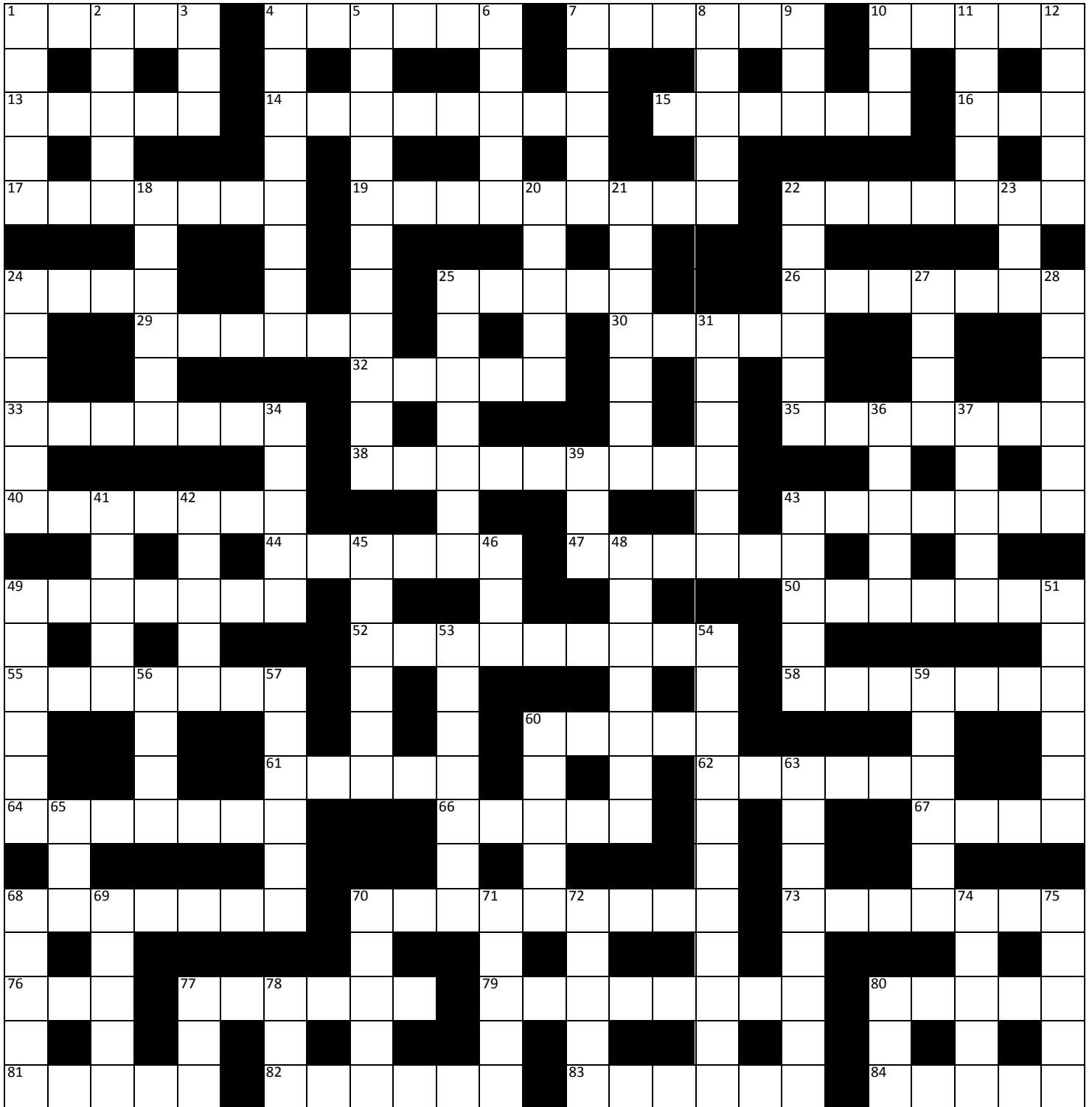
**BABY**

12.

COLLAR  
300°C

Did you figure these out? Answers on page 31 (but don't peek yet!)

# Colossal Christmas Crossword by Dennis Arnold



To get you started, try the clues marked \*; to solve clues marked #, you *may* need to refer to the internet (or even an old-fashioned encyclopedia?).

ACROSS		DOWN	
1	A group of soldiers	1	Not so brave*
4	What you hope to make when trading*	2	Give it to the waiter, or an underling
7	Creased*	3	Smoke it or stir it
10	Performance place*	4	Show the way to the Southern Cross
13	Centre of a crowd	5	Bureaucratic waffle
14	Devilish	6	Part of a uniform*
15	Boiling place in kitchen	7	Off-key, when it's a note
16	A stage actor sometimes needs this	8	Feels like doom
17	Hobart water*	9	Goes with a dash, in code
19	Set in place, e.g. a foundation	10	Can be pale or bitter*
22	Full of holes	11	Achieve top marks
24	Goes with rack, when spoiled	12	Modify
25	Weighing a Zodiac sign#	18	Headstrong
26	Imagine a scene	20	Gowned*
29	When plural, often removed when young	21	Swing high on it
30	Put down	22	Acknowledge your sins
32	Moved cautiously	23	Get it wrong*
33	How you want your creek to be	24	Protocol or defining comment in a text
35	Pressed meat or veg	25	Space for the knees, e.g. in a car*
38	Monetary reward for work done	27	A rip or a drop
40	Eatery at work*	28	More than you need*
43	Everybody follows them	31	Cold now, but sadly it's warming fast
44	It all runs smoothly with this	34	Sex organ
47	Human spirit	36	Wanders*
49	Don't run into it on the kerb!	37	Sing goodnight to one of the Horae#
50	Challenge a decision	39	Fame will put you on it
52	A high flyer	41	A synthetic polyamide, but not a peptide#
55	Smoothly finishes the bricks and mortar*	42	Crooks do this with taxes*
58	Oblique conic section#	43	Shelf*
60	Dance in Havana	45	Describes a snowy sky
61	A palindromic part of a doctrine#	46	You can get 10 Down here
62	Senses and sleuths do this	48	Nervousness can make you do this
64	Ideal	49	Hessian in the USA
66	Tribal leader*	51	Versailles had one in 1919
67	One of seven deadly ones	53	Most acidic
68	Improve kids' chances	54	Following the time-honoured way
70	A collection of scents	56	Respectful act with a hat or cap

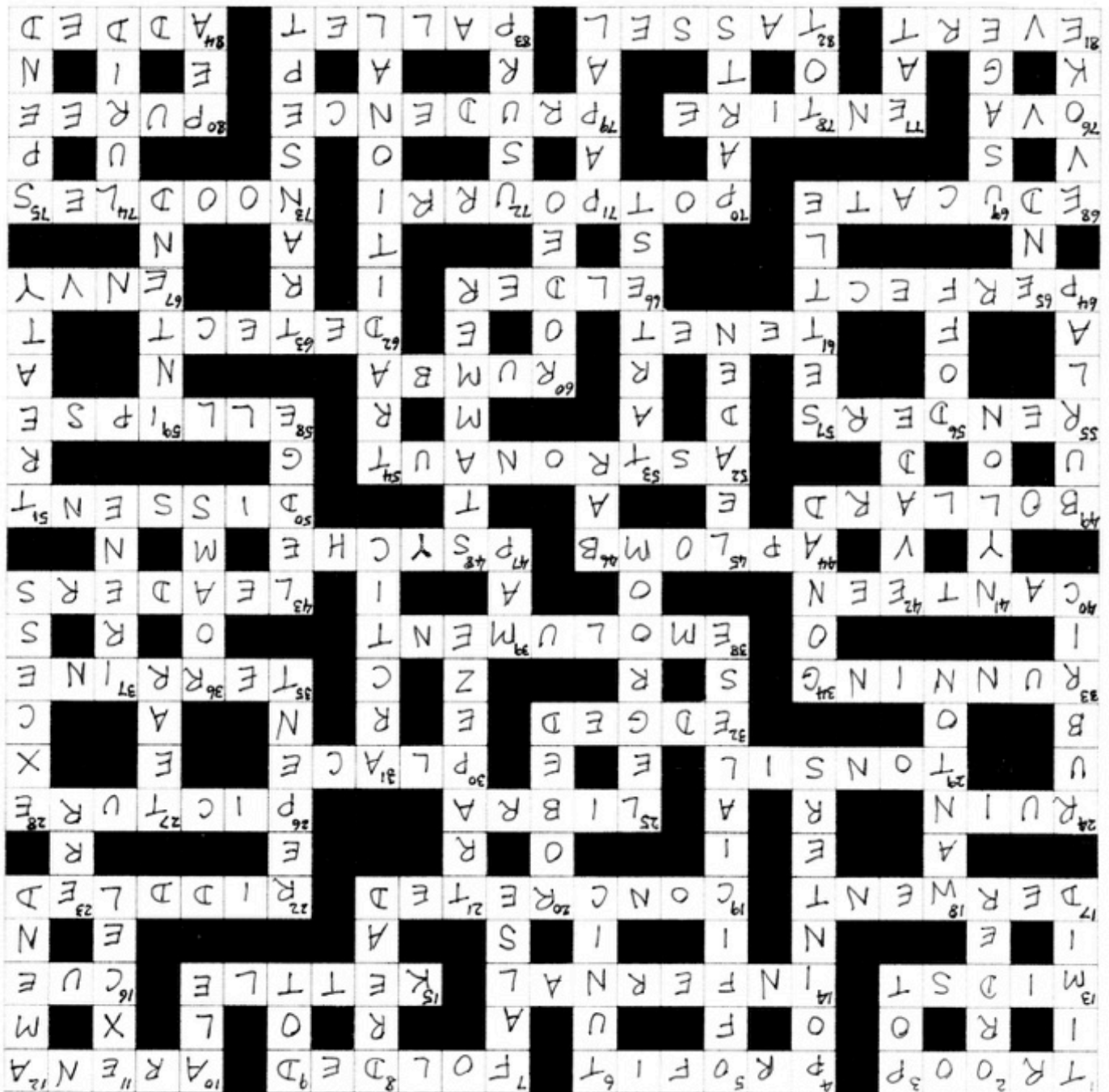
### ACROSS

- 73 Udon or spaghetti
- 76 Egg cells\*
- 77 Nothing missing
- 79 She's a very careful lady
- 80 Made with a blender
- 81 Tennis Chrissie, previously#
- 82 Silk at the top of a cob
- 83 You'll need a forklift to shift this\*
- 84 Totted up

### DOWN

- 57 Often said with "down", to placate\*
- 59 Aim
- 60 Cowboy fun
- 63 Crosses the nave
- 65 Sometimes it's a dead one
- 68 Induce, especially feelings
- 69 How to employ something
- 70 Divides hair
- 71 Belonging to the lineage of St Peter#
- 72 Forcibly remove a leader
- 74 Gruesome or garish
- 75 Use your cash\*
- 77 Consume
- 78 A wee dram or a wee child
- 80 Green or sweet legume\*

## Solutions to Puzzles



### Rebus puzzles

1. Once in a lifetime
2. Seasoning
3. Bear in the woods
4. Too funny for words
5. Walk in the park
6. Heads down, thumbs up
7. Head in the sand
8. Middle child
9. Up to no good
10. Mind over matter
11. Big baby
12. Hot under the collar

## Contact

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

## Committee

### Executive Committee Members

President	David Trickett
Vice-President	Wal Sheehan
Treasurer	Martin Cooper
Secretary	Tim Horstead

### Committee Members

Wood Shed Manager	Dick Nagle
Metal Shed Manager	Peter Lonergan
Meeting Room Manager	Geoff Broadfoot
Committee Member	Wayne Dineen
Committee Member	Rose Gauslaa
Committee Member	Alison Philip
Public Officer	Rody Byrne

## Membership

Membership of Narooma Men's Shed is open to all community members over the age of 18. A membership form can be downloaded from the website.

Annual membership fee is \$60 and members who attend the Shed contribute a maximum \$5 per week to cover tea/coffee and workshop consumables such as sandpaper, drill bits, etc.