



Chips Sparks and Arts

The Newsletter of the Bundanoon Men's Shed

No.4 MARCH 2020

Greetings Members and Friends

THE SOUND OF RAIN ON A TIN ROOF WAS HEARTENING AFTER A LONG DROUGHT AND THE RECENT TRAUMA OF DEVASTATING FIRES. A WELCOME RELIEF TO THE THOUSANDS WHO SPENT MONTHS OF DEDICATED HARD WORK PUSHING BACK THE SOLID WALL OF ALL-ENCOMPASSING FLAME TO SPARE US ALL FROM MORE HORROR THAN ALREADY HAD HAPPENED. MEN'S SHEDS IN AFFECTED AREAS, INCLUDING OUR OWN, WERE ACTIVELY INVOLVED IN SUPPORTING ROLES TO ASSIST THE EFFORT AND ACHIEVED MUCH. WE CONTINUE TO BE GRATEFUL TO OUR MANY QUIET ACHIEVERS. JUST AS NATURE HAS BEGUN TO RENEW BEAUTY FROM ASHES, SO TOO WE PRAY WILL THE OVER 2000 HOMES AND BUSINESSES DESTROYED RISE AGAIN. IT IS GOOD TO HEAR STORIES OF HUMAN RESILIENCE AND DETERMINATION TO REBUILD. WE CAN ONLY HOPE THAT THE MANY MILLIONS OF DOLLARS DONATED WILL BE DISTRIBUTED WELL TO ENCOURAGE THEM ALL AND COMPENSATE IN SOME POSITIVE WAY FOR THEIR SUFFERING AND LOSS. THE JOB OF APPORTIONING THE MONEY EQUABLY MUST BE HARD EVEN IF WE MIGHT STRUGGLE TO UNDERSTAND WHY.

THE SHEDS DISABILITY EQUIPMENT

Over the years a useful amount of disability equipment has been given or loaned to the Shed for the use of members, their family members and others in the community. The equipment is for short term use rather than permanent and typically has been used for use after surgery and during rehabilitation.



Many users have given a small donation to the Shed but this is not a condition. Use of the equipment is at the risk of the user and it is desirable to have its suitability approved by a doctor, physio or occupational therapist. There are various walkers, a knee scooter, lightweight and other wheelchairs, shower stools, toilet seat raisers, walking sticks, grab rail and threshold ramps. If you know of a need or have some equipment that could be added, contact Evan.

Evan Smith

THE SHED FALLS PREVENTION CLASS

About three years ago we had a Sheducation session with Sue Cooney, a fitness instructor, who spoke to us about falls and the impact on our health and hospital costs. A third of people over 65 will experience a fall followed by hospital stay and ongoing treatment. This increases to more than 50% aged 80+. The annual cost of falls to the Australian Health budget today is fast approaching 1 billion dollars.

A lot of falls can be prevented by using a simple exercise regime that we can all do at home. As a result of Sue's talk we invited Sue to commence a class in Bundanoon.

Our mixed group meets on Wednesdays at 10 am – 11.15 am and we pay \$10 each per class. We have a warmup walk for 5 minutes followed by simple warm up stretching exercises. Sue constantly gives us tips for staying safe as she goes along. The main event is our "circuit training" when we move around a series of 20+ exercise stations spending 1.5 minutes on each station doing simple strategic exercises designed to strengthen our muscles and improve our balance. Some involve hand-eye coordination (example – walking and bouncing a ball, or throwing a ball against the wall for as many times as we can manage) and others involve balance improvement (example – heel toe walking in a straight line or balancing on one leg for 10 seconds at a time), plus the muscle strengthening exercises (example – sit to stand from a chair without using hands, or sideways walking, or step up and down steps etc.) Following the "circuit training" we have a short warm down and stretching time to finish.

Does it work? Research tells us it does reduce our risk of falling. It has certainly helped my fitness and my balancing. I can certainly recommend it.

Tony Molyneux

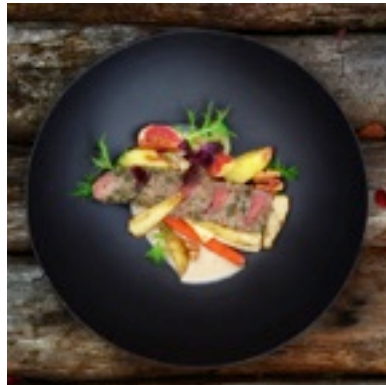
THE SENIORS REGIONAL TRAVEL CARD

The regional seniors travel card provides eligible seniors in regional, rural and remote areas with a \$250 prepaid card to help ease the cost of travel. You can use the travel card at certain retailers across Australia to pay for fuel, taxis and pre-booked NSW Trainlink Regional trains and coaches.

The travel card is valid for 14 months from the date of issue. The expiry date is available on the front of the card.

The regional seniors travel card program is available for a 2-year trial period (2020-2021). Eligible seniors can apply for a card in 2020 and for another card in the second year of the program (2021).

<https://www.service.nsw.gov.au/transaction/apply-regional-seniors-travel-card>



Interest Bites:

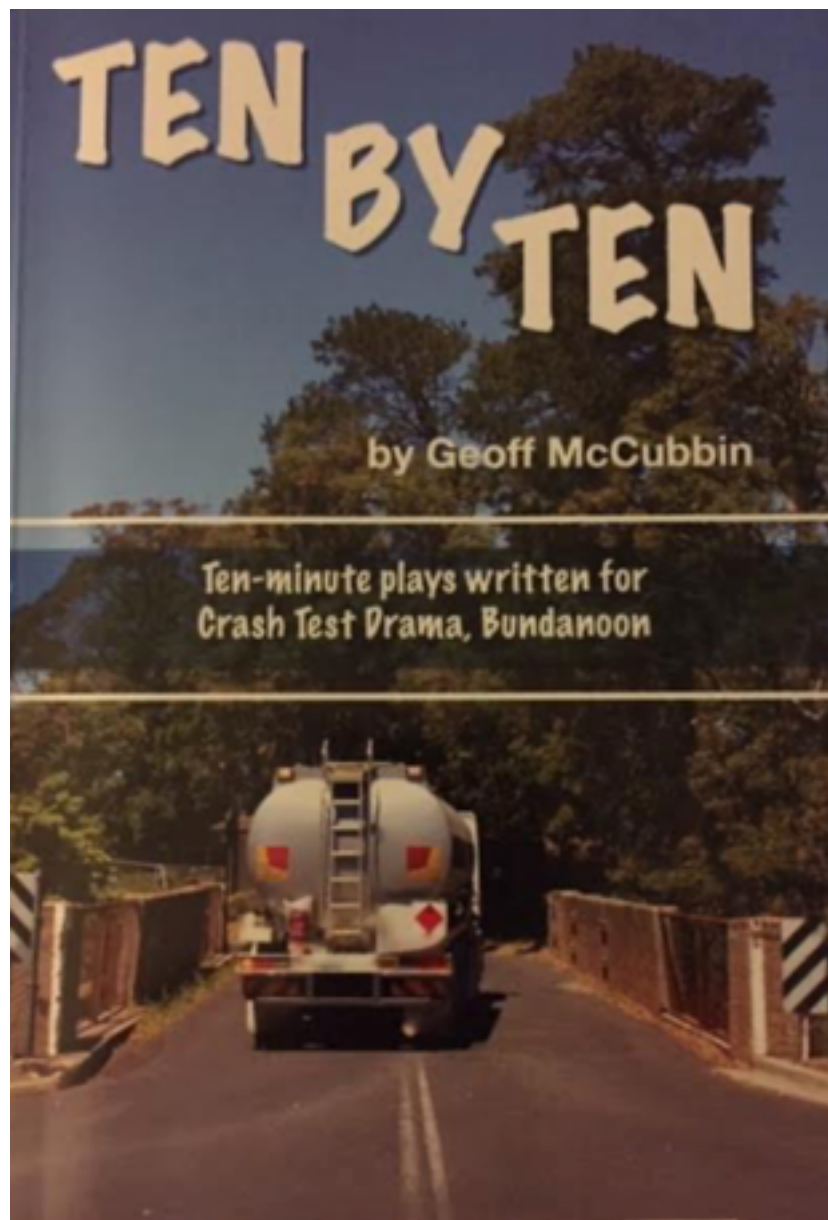
Wondering if anyone has tried Wal's Blokes' Breakfast of Lambs Fry and Figs yet? If so, how did it go? Anyone else got a delectable recipe to share?

(Anything else which may go under this heading; someone doing an interesting project perhaps).



LITTLE JOHNNY STRIKES AGAIN

The teacher asked the class to use the word 'fascinate' in a sentence
Molly put up her hand and said, 'My family went to my granddad's farm, and we all saw his pet sheep. It was fascinating'
The teacher said, 'That was good, but I wanted you to use the word 'fascinate, not fascinating'
Sally raised her hand. She said 'My family went to see Rock City and I was fascinated'
The teacher said, 'Well that was good Sally, but I wanted you to use the word 'fascinate'
Little Johnny raised his hand. The teacher hesitated because she has been burned by Little Johnny before.
She finally decided there was no way he could damage the word 'fascinate' so she called on him.
Johnny said 'My aunt Betty has a new sweater with ten buttons, but her tits are so big she can only fasten eight'



BOOK REVIEW: *Ten by Ten, Ten-Minute plays written for Crash Test Drama, Bundanoon* - by Geoff McCubbin, Available from Geoff and other outlets, including The Good Yarn, Price \$8.

It's a joy to be able to recommend a book by one of our Shed Members. These short plays are a model of how to make a point in an engaging way with insight and humour, often hilarious, about life in a local community - but generally as well. Try *Crossing the Line* to identify with a serious local issue and match it in your own experience. Why has nothing been done? We may well ask. We laughed all the way through *Broadband Blues*. Our very own resident Poetry Wiz has an observant eye for the interesting facets of human nature and makes his point well with artistic skill. This is a good book to read; to send to teachers or others you know who can adapt the plays easily to suit their needs; or as an inexpensive gift to family and friends. A welcome example of the amazing range of interests and talents we have in BMS.



Following on from the review above, a sample about Internet Providers:

*We are providers, at least seventy three of us, We're here on the phone,
and that's all you'll see of us,*

please

knees

We'll get on our

In fact you'll never be free of us.

Our contracts are simple, and easy to follow,

*If you're technically literate and
your heads not too hollow.*

*We'd never confuse you with lots of small print, make plans hard to
compare or charge you a mint; We'll give you downloads faster than
lightning, and never do anything unexpected or frightening.*

Quotes for March:

Thanks for those who had a shot at the two quotes last month. The second one was Dr. Brendan Nelson. John Thyrd was the first correct answer.

The first quote was a bit more testing: It was reportedly said by Prime Minister Benjamin Disraeli (1804-1881), a PM and a master of the witty retort who made an art form of flattery, especially in letters to The Queen. Steve Bolliger nailed this one and added that it was said to Disraeli's successor William Gladstone who, sadly for him, was not a favourite of HM. The Queen could not understand Gladstone's determination to rescue as many 'Ladies of the night' as he could and help them return to life in 'respectable society'. "We are not amused" she may have said.

Well done John and Steve! At this point Steve Bolliger is leading with two of the four quotes so far answered correctly. Who will challenge?

This month's Quote: 1. "I have had a wonderful evening. But this wasn't it".

Quote 2. Interjector: "Wotcha gunna do about ousing"?

Speaker: "Put an aitch in front of it".

Who was the speaker?

(Probably an apocryphal story, but part of the folk-lore associated with this man!!)

One point for each correct answer. Email to The Shed's address.



FOR A LAUGH

MRS POTTS WANTED TO LEARN HOW TO PLAY GOLF. SHE JOINED A CLUB AND PAID FOR SOME LESSONS. HER INSTRUCTOR WENT THROUGH THE BASICS AND THEN SAID: "YOU AIM TO HIT THE BALL STRAIGHT DOWN THE FAIRWAY AS FAR AS YOU CAN TOWARDS THE GREEN IN THE DISTANCE. MRS POTTS DID SO: THE BALL STRAYED TO ONE SIDE, HIT A TREE, BOUNCED STRAIGHT ACROSS THE FAIRWAY STRUCK A ROCK ON THE OTHER SIDE, ROLLED INTO A DITCH AND ENDED UP ON THE GREEN. THE INSTRUCTOR SAID NOTHING. WHEN THEY REACHED THE BALL, HE TOLD HER TO HIT THE BALL IN THE DIRECTION OF THE HOLE WHERE THE FLAG WAS. MRS POTTS SAID: "WHY DIDN'T YOU TELL ME TO DO THAT IN THE FIRST PLACE"?

