Dear Shed Members, Member’s Partners, valued Sponsors, Supporters and Friends,

Again I must ask for your forgiveness for the later than scheduled release of our February-March Newsletter. This delay was once more created by circumstances beyond our control.

At this time of horrendous loss of life and concern for the future which is affecting everyone in our community, I believe the best thing that I can do is to suggest that you read the following article circulated by our Australian Men’s Shed Association.

You may find it very helpful in staying positive and getting us through this dark period of our lives.

It’s easy to feel anxious, overwhelmed or even a little down at the moment.

In these strange, uncertain and frightening times, how is it that some people ‘keep calm and carry on’, while others panic without dunny roll!

The answer might surprise you. According to Stanford University psychologist Kelly McGonigal, stress doesn’t always lead to a fight or flight response, it can actually increase caring, cooperation and compassion. In her book, The Upside of Stress, she calls this the “tend and befriend” response, highlighting that stress does not just engage our self-preservation response, but the chemicals released in our brain can also unleash a powerful instinct to “protect our tribe,” even at the expense of our own well-being.
Think about it: the selfless acts of heroism shown by our volunteer fire fighters during the bush fires. And now, our amazing health workers working tirelessly to keep us safe, often at the expense of their own health and well-being.

**Build your resilience, boost your mood: Getting you started**

**BODY: Get active**
Do some form of regular activity, even if it’s only 10 minutes a day.

**Try:** Go for a walk or run, step outside, cycle, play a game, do gardening, dance, just move!

**Why?** Exercising makes you feel good and promotes a healthier mind and body. Take the time to discover physical activities you enjoy, and that suit your level of mobility and fitness.

**MIND: Keep learning**
Your mind needs to keep active too, give it a regular workout.

**SPRIT: Give**
Do an act of kindness – it’s contagious, something we want to spread!

**Try:** Organise groceries for an elderly neighbour, do something nice for a friend, or a stranger. Thank someone/smile/volunteer your time. Why? Seeing yourself or others being happy, linked to the wider community can be incredibly rewarding and creates connections with the people around you.~

**PEOPLE: Connect more!**
Connecting to others even more important as we self-isolate.

**Try:** We can’t replace face-to-face connections, think creatively and make an extra effort to stay in touch. Letters, notes, phone calls, Skype, FaceTime, Viber, Zoom, WhatsApp… whatever! Just connect.

**Why?** We are hard-wired to want social connections; they are the cornerstones of our lives and essential to good mental wellbeing.

And finally . . . stay safe, stay well and wash your hands!

**Need help? If you are experiencing a mental health crisis:** Lifeline Australia: 13 11 14.
For further info go to: https://www.wheelofwellbeing.org

With Thanks and
Kind Regards
Peter (Pedro) Ryan
President BMS

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I went to a supermarket the other day and I noticed a man whose cart was full to the brim with hand sanitizers, soaps, baby wipes . . . everything that people need!
I called him a selfish person, and gave him a low down about the elderly, mums, and people who need these types of things.
Told him he should be totally ashamed of himself!
He said: “Are you done? Cause I really need to get back to filling the shelves now!”

It’s been a bit of a strange day! First I found a hat full of money. Then I was chased by an angry man with a guitar.

I asked Grandpa, “After 65 years, you still call Grandma darling, beautiful, and honey. What’s the secret?” He said, “I forgot her name 5 years ago and I’m scared to ask her.”

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**NEW CARD TABLE**
An old table which had been donated to the Shed, has now been revamped into a new card table for the card-playing Members to enjoy.
Our most recent Guest Speaker at the Shed was Julie Crawford from Integrated Living Australia.

Integrated Living Australia provide the services to support seniors, carers and people living with a disability.

You may choose the support you need to keep doing the things you love and living independently at home.

Julie (ph 0477 389 670) is a Registered Nurse and works for an organisation called Integrated Living Australia.

"This organisation has the contract to provide eight week Federal Government funded Short Term Restorative Care Packages and I am in the fortunate position to co-ordinate these packages.

The STRC program is unique in that it offers personal health management and health coaching from registered health professionals to ensure we offer the choice and support that deliver positive health results.

integratedliving’s expertise and presence in regional, rural and remote communities means that we are ready to partner with 16 new people who are approved for STRC services in the region.

integratedliving provides individualised support for people who are ageing and living with chronic illness in regional, rural and remote Australia.

The eight week STRC program is a Government funded service that is a great starting point for partnering with integratedliving to stay living well in your own home.

Multidisciplinary team services available to the customer could include, but are not limited to:

Nursing (including a range of assessments); continence, cognition and falls; Occupational Therapy; Physiotherapy and Exercise Physiology; Podiatry; Dietitian, diabetics and nutritionist services; Speech Pathologist; Acupuncture; Naturopathy.

Lifestyle services that could also benefit the person during the eight weeks include a range of supports such as:

Handyman services; Assistance with equipment; Support with transport, getting the shopping done and attending appointments; House cleaning; Exercises to build strength and balance; or try a walking machine; iPad, smart phone services and lessons to remain in contact with your team, family and friends.

Some other individual holistic equipment we have provided to current and past clients are:

Air-conditioning; Lift Chairs with remote; Beds and mattresses with remote to sit up; Chair stair lifts; Consumables to assist with continence and wound care.

Our approach to providing support is individual and holistic.

So again who is eligible?

If you are over 65 years old or over 50 years and identifies as ATSI; Is experiencing mild to moderate functional decline; Suffers from a chronic debilitating health condition; Has had less than two episodes of STRC in the last 12 months Also:

Is not currently receiving a Home Care package; Not received Transitional Care in the last six months; Not receiving End-of-Life Care; Not a resident or on leave from a nursing home; Has not been admitted to hospital within the last 3 months related to the reason for their functional decline.

Our approach to providing support is individual and holistic.

SO HOW DO I GET ONE OF THESE PACKAGES?

An application has to go into My Aged Care for a home comprehensive assessment to enable a referral to come to us if eligible from the ACAT assessor.

This can be intimidating for some people having to phone or go online to access this. If you have a current Medicare Card then I can assist with this process".

Bargara Men’s Shed Member Lindsay Turner chats with integratedliving guest speaker Julie Crawford.
This Roll Of Honour Board, located in the B.M.S. Recreation Room, recognises Members who have since passed away — Evan Roberts, Arthur Luxton and Daniel Swanepoel.

Man goes to the doctor with a strawberry growing out of his head. Doc says, ‘I’ll give you some cream to put on that.’


Jack Moore and Herb Holland show the alertness required in sorting out bottles for the recycling process.

A REMINDER TO ALL!

Our shed president, recently received this message from CQ Recycling and Recovery, our bottle and can collectors:

“The bins taken recently had a large quantity of dinky wine bottles and are not scheme eligible. Cordial bottles are also scheme excluded. The photo at right is for reference. Many thanks for your continued patronage.”

– CQ Recycling and Recovery

NEWSLETTER PHOTOCOPYING

The Photocopying of Bargara Men’s舍 Turtle Talk Newsletter is presented by courtesy of Des Allen Funerals, 7 Phoebe Crescent, Bundaberg.

Do you require stockbroking, financial planning or wealth management advice?

MORGANS BUNDABERG can offer you advice on building your personal wealth and gaining financial independence.
I was the third of eight children born to Fred and Hilda Jackson (nee Wadsworth).

Till I was three years old we lived in Brisbane, Binna Burra (NSW) and Knockrow (NSW) before Dad leased a dairy farm and bought the going concern of a dairy farm at Newrybar, a small town between Ballina and Bangalow on the north coast of NSW. I attended all of my schooling at Newrybar Primary School and Ballina High School where I attained my Intermediate Certificate.

While at Newrybar I played cricket in the first ever (under 15) Clunes junior competition at the age of 8. I scored 1 run in 2 innings, however, I took 4 wickets for 13 runs. Not bad when up against 13 and 14 year olds. I also played tennis at school.

We left Newrybar when I was 15 and moved to Coffee Camp, about 6 miles toward Lismore from Nimbin. Dad had bought a dairy farm there.

As Dad had succumbed to war-caused disabilities it was left to me to do the milking etc.

While there the locals built 2 tennis courts on land that Dad donated to the club. I cut and dug the post for the fence with the aid of an axe and a draught horse. It was in away a selfish gesture on Dad’s behalf as there were 5 of us that wanted to play tennis. We had over the next 2½ years 2 coaches who gave us a good grounding in the sport.

As a result of this there were 12 of us from the North Coast who earned trips to Sydney to play in the Junior State and Country Championships.

None of us won any titles, however one of the squad played Tony Roach, and I with my partner had the pleasure of being beaten by John Newcomb and Bill Bowrie.

We moved to Lismore in 1961 and my first job was as a door to door salesman. After 2 months of lugging heavy samples around I transferred to Woolworths as a trainee manager. I stuck at this for 16 months and was relieving assistant manager at their Murwillumbah Branch and while working there I met my future wife Frances Lewis.

I then left Lismore and travelled to Emerald to find work on cattle properties. I worked at Blackwater on Coo-roorah Station and on Meteor Park and Meteor Downs in the Springsure and Rolleston district.

I played tennis and cricket while at Meteor Park.

From there I returned to Lismore to get married. Prior to my marriage I worked at Andersons Meatworks in Byron Bay.

After we were married we moved to a sheep property near St George.

However after 3 months I was stood down owing to the continuing drought. It was the third year of drought in that area of Queensland. From there we moved to a property 45 miles N.W. of Taroom and while there I played cricket and tennis.

After almost 2 years we moved to a sheep, wheat and cattle property 40 miles west of Millmeran.

From there back to northern N.S.W. where I was employed by Norco in their retail store. I spent 4 years there prior to moving to Bundaberg to work for an irrigation firm. I stayed in this job for 12½ years before transferring to another firm as an irrigation salesman for another 4 years.

I then moved to similar job for 15 years prior to retiring in 2007 owing to ill health.

Fran and I have 2 children, Lynne and Gail. Lynne married Royden Smith and has 2 children, Kiara and Daniel. Gail married Jason Johnston and has 3 children Mikaela, Blake and Tyler. All live in Bundaberg.

Since retiring I have started playing table tennis as well as attending the Bargara Men’s Shed.

I find the guys at the Shed a terrific bunch of fellows, all very helpful and easy to get along with.
POSSUM BOXES READY FOR USE

“What’s up Possums?” Shed Members Pedro Ryan, Daryl Heppner, Allan Davison, Lindsay Turner and George McLaren with possum boxes built for Mrs. Lisa Marriott who lives on an acreage west of Bundaberg.

GOVERNANCE WORKSHOP REPORT

They started by giving each table 5 minutes to brainstorm 5 reasons why committees fail, followed then by 10 ways to improve a committee. Then asked for comprehensive input, which “filled a white board twice”.

The major points I remember for board members and committee members were:

- Really know your constitution and bylaws; Mentor new members of the board or committee, including culturally, because every organization has a culture; Listen respectfully to all input; Fulfil all legal and privacy requirements; Keep up to date with the industry you are in.
- Practice risk management and appropriate health and safety measures; Know your financial situation at all times; Follow up on all decisions made; Promote ethics, accountability, transparency, rule of law, and inclusiveness.
- A 23-page handout contained numerous suggestions.
- Recommendations the presenters made:
  - Keep meetings to an hour or less; Have an agenda;
  - Everyone’s time is valuable, so stay focussed and don’t get sidetracked; Conversely, good to have social interaction before and/or after the meeting; Write up minutes as the meeting proceeds and have them signed off at the end of the meeting.
  - Lots of other things were mentioned that did not necessarily apply to small or volunteer organisations.

- Foster inclusiveness and diversity in the committee; Choose and use talented people; Monitor as percentages or ratios every single thing that happens, like the percentage success rate of grant applications; Practice financial flexibility; Have a succession plan.”

Don Harrison, Secretary, Bargara Men’s Shed Inc.

VOLUNTEERS NEEDED

For our Shed, Machinery, Equipment and Tools to be fully covered by our New Insurance Policies, we need to revise and update our Assets List.

Volunteers who can assist with the Assets List update, please see Pedro.

FIRST AID CONTENTS

Jack Moore (Sandy) has asked that he be told when a Member uses band aids or any other medical item from the medicine cabinet so that he can replenish dwindling stock.

Call our Customer Service Centre 1300 258 322 to discuss:

- Home Care Packages
- In-Home Care
- Social Support
- Allied Health Services

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