

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

Patron - The Hon. Marjorie O'Neill MP, Member for Coogee

Volume 6 Issue 1 JANUARY 2025

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IF YOU ARE NOT WELL, YOU ARE NOT WELLCOME AT THE SHED!



HAPPY NEW YEAR!

THE WAVERLEY SHED WILL REOPEN ON

MONDAY, 13 JANUARY



FROM THE EDITOR'S DESK

We start the new year full of optimism, the Shed numbers are looking good, attendances are high, and our profile in the community is terrific. As editor, I have just one issue:



I must contribute to Scuttlebutt!!

VALE DAVID JOHN "BREMMY" BREM

It is with deep sadness and a profound sense of loss that we report the passing of our fellow Shedder, **David "Bremmy" Brem**.

David was a remarkable person. Throughout his adult life he was involved in community work, with decades of being a Venturer leader helping youth development; helping the Sydney Jewish community with his work and assistance with COA and the Coogee Synagogue, as well as his incredible work and contribution to the Waverley Men's Shed.

Born on 9th November 1942, David joined the Waverley Shed in June 2015, shortly after his retirement from work.

He became a mainstay of the Shed both in his supervisory capacity and his skills in just about every type of project we were to undertake. His ability and willingness to keep our machinery working despite the attempts of members to destroy the machines is well documented

David also served for 2 years as vice-President of the Shed during the troublesome period of the Covid epidemic.

Regrettably, for 2 1/2 years, David suffered the illness which eventually took his life.

On 2nd December 2024 he lost his brave battle aged just 82.

We share his loss with his wife Stephanie, his 2 children, grandchildren, family and friends. **David will be greatly missed, may he rest in peace**



WAVERLEY GARDENS' SIGN AND BENCH

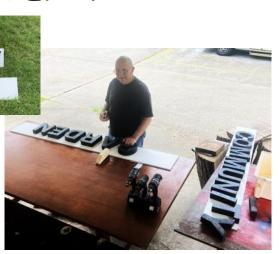
Previously, we reported that Waverley Council requested that we make the lettering and sign for the Waverley Community Gardens.



Peter Charlton and Rodney Goldberg prepared the board and installed the lettering



Our Shed was also requested to make a bench for the Gardens, Peter Black took charge of that project.



DID YOU SEE THE ARTICLE?

An article appeared in the Wentworth Courier alerting the public of the seriousness of the imminent loss of our home.



Men's shed on the hunt for new home

60 members sweating on results of desperate searc

Madeleine Damo

The future of Waverlay
Community Mee's Shed
hangs in the balance despite
a desperate two-year search
for a new home, as its members face eviction to make
way for a manmoth developeneet.

The shed is jost one of the
state's 304 men's shocks.

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as quiry, on behalf of the Ausid trainin Men's Shid Associid alson, stated its hule could in "make a significant im fuprovement to preventing a loneliness".

but even more critically found a sense of belonging and purpose in their lives, the submission to the in quiry said.

For more details contact the shed at waver-leycom munity-resolved on a

It was important to draw attention to our plight and at the same time to inform the public of the relevance of our objective to provide a safe place for men to gather to avoid isolation and loneliness and of our relationship with the community.

Peter Charlton and Peter Black were interviewed, although only Peter Charlton was quoted in the article, which also contained a photo featuring Peter Charlton, Graham Ely, Tom Wolf and Sid Lewinsky

markinoran VAUCLUSE

FESTIVE SEASON AT MMV

Dach Hall and Tom Wolf conduct a fortnightly activity for the residents at Mark Moran Vaucluse.



For the end-of-year meeting a small party was organised where the residents were given either toy Christmas Trees or Chanukiahs (dependent on their faith).

These toys were made at the Waverley Shed by Peter Charlton, Mo Dhanoya and Tom Wolf, and they proved to be extremely successful.



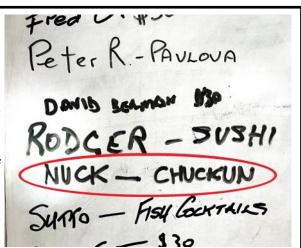


PARTY CATERING, KIWI STYLE

Members are well aware of our system of catering with members bringing plates of food or alternatively making a monetary contribution so other supplies can be purchased..

Each person bringing a plate nominates the kind of food to be brought along, these choices are noted on the white board at the Shed.

Looking at the list, one entry stood out. Obviously written by a person with Kiwi background?





SHED GOINGS-ON (THAT'S IT FOR 2024!!)

We are about to start a fresh new year, this is the last of last year's activities:



The making of **possum boxes** continued to the last and will continue into the foreseeable future. **Mo Dhanoya and Graham Carthew** put the finishing touches to a batch of boxes



William Honeyball is trying to make sense of a decoration mod-

el ship with the rigging no better than a dog's breakfast. It will all work out in the end!







Some members were having a short discussion about making a **10mm dowel** (for the model ship), and before the discussion was finished, **Craig Rubenstein** had made one!!





Peter Ulmer was accused of some form of butchery, until we saw the small *chest of drawers* that he is staining and renovating. Good job!!



Fred Oertli came all the way from the upper North Shore to make a native bee hive for his home

One member attends week in, week out, but has not been able to do any project since he took on the thankless position of Treasurer. We can't close off the year without a special *THANK YOU* to Charles Gerrard.



markinoran VAUCLUSE

THAT WAS 2024 AT MMV

Report by Tom Wolf

The relationship between Mark Moran Vaucluse and the Waverley Shed continues to flourish. At the Vaucluse annexe Dach Hall and Tom Wolf continue to provide service to the residents in making small repairs, as well as using the Shed for discussions.

Examples of the work that have ben done is:











NOW, THAT'S USING YOUR HEAD!!



After the Big Sale at the Entertainment Quarter, lots of stuff was left over and had to be stored.

Peter Charlton helped **Nick Tyrrell** with the storage of the left-over bird hotels. The photo tells it all.

By the way, if you know anyone still looking for *chopping/charcuterie boards, wooden toys, bird and possum boxes etc,* please talk to Peter Black or Peter Charlton





ANOTHER TOYMAKING ACTIVITY AT BUNNINGS

On 5th December, 2024, a team of members from the Waverley Shed attended Eastgardens Bunnings and helped children to assemble wooden toys. We also set up some tables to sell our leftover merchandise from the Big Sale. A big *THANK YOU* to **Peter Black, Mike Barker, Peter Ulmer, Peter Robilliard, Graham Carthew, Mo Dhanoya, Sid Lewinsky, Tom and Sandy Wolf who helped out on the night**









BEAT THE HEAT

... and stay well during hot weather.

by NSW Health (as published in the Seniors Newsletter)

In Australia, extreme heat events are responsible for more deaths than all other natural hazard events combined. Hot weather can cause serious health problems, especially for older people, people with existing medical conditions, outdoor workers, socially isolated people and people who are homeless. Before, during and after a period of hot weather it's important that you keep cool and **stay hydrated by drinking water.**

Keep cool

During hot weather it's extremely important to keep cool to prevent yourself from becoming unwell. Tips for keeping cool

- Use air-conditioning if available to maintain a comfortable temperature indoors. Use electric fans if air-conditioning is not available. At extremely high temperatures (around 39 degrees and above), fans can be less effective at keeping someone cool.
- Wear light, loose-fitting clothes.
- Avoid being outdoors in the hottest part of the day as much as possible. If you have to go
 outside, seek shade or shelter, limit physical activity, for example household chores or
 exercise, to early in the morning when it is coolest
- Close curtains and blinds to block out the sun and spend time in the coolest area of your home..
- Use stoves and ovens as little as possible as these can heat up the home.
- Wet your skin with cool water using a spray bottle or a damp sponge or cloth.
- Place cool packs or crushed ice in a damp towel loosely over your neck and shoulders.
- Take cool showers or baths, or sit for a while with your feet in cool water.
- Seek out cool places or air conditioned public facilities in your local area, if you can safely travel without getting too hot.
- When it becomes cooler outside, open your windows and doors to allow warm air out and let the cool air in.
- When outdoors, protect yourself from the sun by applying sunscreen and wearing sunprotective clothing, sunglasses and a wide brim hat.

Stay hydrated

- During hot weather it's important to stay hydrated.
- Drink plenty of water regularly even if you don't feel thirsty: If your doctor has asked that you limit your fluid intake, ask how much water you should drink during hot weather.
- Do not replace your water intake with alcoholic or sugary drinks.
- Carry water with you if you will spend time outdoors.

Did you know... If your urine is pale you are probably drinking enough water.

Learn the signs of heat-related illness

It is important to learn the signs of heat stroke, heat exhaustion, heat cramps and heat rash, how to treat the symptoms, and when to seek medical help.

Stay cool during power outages

Extreme heat and heatwaves can cause power outages which affect your air-conditioning or electric fan. Your local energy distributor has information on current and planned power outages in your area.

After the heat has passed

- The strain of heat exposure, including disrupted sleep, can be felt after the hot weather
 has passed so stay aware of your health in the days following hot weather and seek medical advice if you feel unwell.
- Continue to drink plenty of water and take time to rest and recover.
- Check on family, friends and neighbours who may be more at risk of the effects of heat.



BUILDING NEW RELATIONSHIPS IN YOUR OLDER YEARS:

From "60 Plus Club" and Midland Men's Shed newsletter October 2024

As we enter our golden years, the importance of building new relationships becomes increasingly clear.

Social connections play a vital role in our overall well-being, helping to combat feelings of lone-liness and isolation that can often accompany aging.

New friendships can enrich our lives by providing companionship, support, and opportunities for shared experiences.

Engaging with others not only boosts our mood but also stimulates our minds, fostering a sense of purpose and belonging. In a time when many face significant life changes - such as retirement, relocation, or the loss of loved ones - cultivating new relationships can open doors to new adventures, enhance our mental health, and create a more fulfilling life.

Embracing the opportunity to connect with others can transform our later years into a vibrant chapter filled with joy and connection.

Once you've identified the opportunities for social engagement, the next step is to focus on building relationships.

Making friends in your older years may feel daunting, but it is definitely achievable.

Tips for making new friends

Making new friends often requires stepping out of your comfort zone. Here are some effective tips for forging new relationships:

- 1. Don't hesitate to introduce yourself and start conversations.
- 2. Participate actively in group activities to increase your interactions.
- 3. Be open and approachable; a warm smile and a kind demeanor can go a long way.
- 4. Consider finding a companion to join you in activities, reducing the initial pressure of socializing alone.

Remember, many people are eager to make friends and share experiences. Your openness can encourage others to reciprocate, leading to meaningful connections.

Nurturing and maintaining relationships

Building friendships is just the beginning; nurturing those connections is crucial for long-lasting relationships. Regular communication plays a key role—don't hesitate to reach out through phone calls, text messages, or in-person meetings.

- Plan regular meet-ups or activities that you both enjoy. It could be as simple as a weekly coffee date or attending a community event together. These consistent interactions help solidify the bond.
- Additionally, consider exploring shared interests that can deepen your connection. Joining a book club, taking a cooking class, or participating in a local gardening group can provide a common ground for conversation and collaboration. These activities not only foster friendship but also create shared memories that can strengthen your relationship over time.
- Moreover, don't underestimate the power of vulnerability in friendships. Sharing personal stories, experiences, and even challenges can create a deeper emotional connection. When you allow yourself to be open about your life, you invite others to do the same, fostering an environment of trust and understanding that is essential for any lasting friendship.

Staying socially active for mental and emotional health

Being socially active is not just about making friends; it's vital for maintaining mental and emotional health. As we pursue relationships, it's essential to recognize how these social activities contribute to well-being.

MEN'S SHED STUFF

Report by Tom Wolf

In November 2024, the Australian Men's Shed Association (AMSA), lodged a submission to the NSW Parliamentary Inquiry into Prevalence, Causes and Impacts of Loneliness in nSW.

As one would expect, AMSA's submissions were directed to the Men's Sheds and their role in preventing loneliness in NSW communities. I will summarise (and at times quote) from these submissions as they do fairly state the issues that confront men in our community and which are often ignored or otherwise side-lined..

From the outset the Submission clearly sets out that "Australian men die in greater numbers than women from almost every non-sex-specific health problem and preventable cause. This includes three of every four suicides in Australia.

Males also experience a greater share of non-fatal burden of disease and years of healthy life lost. We also know that Australian males are have a higher incidence of social isolation and wait longer to seek help. "

"We know from research that men get involved in Men's Sheds at a time when they are in the process of one or more difficult transitions, in terms of work or retirement, relationships with a partner, children or family, health issues or financial status. We also know that loneliness can peak at these transitional periods.

Typically, men who join and stay engaged with their local shed are retired. Men's Sheds engage older Australian men because sheds are familiar, attractive and culturally iconic, particularly if men have spent much of their younger years working 'hands-on'.

Each Men's Shed develops its own rules and guidelines. The success of the concept lies in the adaptable nature of the Sheds, where the members decide on what activities the Shed will offer and how it is run ..."

It is a fact that for that past 15 years AMSA's services and programs have enhanced individual Men's Sheds, and that there are currently 1,370 Shed in Australia (with 394 in NSW). Further, 98% of members agree that their Shed makes an important contribution to their community.

Loneliness is a significant concern for men, particularly as they age, yet they are less likely to seek help.

This is particularly true for men aged over 60 who had strong connections with their workplace and sense of purpose, and once they leave work for whatever cause they are at a much higher risk of social isolation and loneliness.

"CAUSES OF LONELINESS

Cultural Norms: Societal expectations often discourage men from expressing vulnerability or seeking emotional support, leading to isolation.

Life Transitions: Retirement, loss of a partner, or changes in living situations can significantly increase feelings of loneliness among men.

Lack of Social Connections: Men may struggle to maintain friendships outside of work, and when they retire or leave the workforce, their social circles often shrink.

Mental Health Stigma: The stigma surrounding mental health can prevent men from acknowledging their feelings of loneliness and seeking help.

IMPACTS OF LONELINESS

Mental Health: Loneliness can lead to increased rates of depression and anxiety among men, contributing to a cycle of isolation.

Physical Health: Studies show that loneliness is associated with various health issues, including cardiovascular problems, higher stress levels, and a decreased lifespan.

Community Engagement: Loneliness can diminish men's involvement in their communities, leading to a decline in social cohesion and support networks.

Motivations for joining a Men's Shed are mostly to do with social interaction with others. Being able to give back to the community is also a core motivator which results in greater purpose and a strong sense of being useful and productive."

The submission concludes that addressing loneliness in NSW "among older men is crucial for fostering healthier communities. Men's Sheds play an essential role in this effort, providing a space for connection, support, and personal growth".

cont. p.9

cont. from p.8

So, where does all that place us at the Waverley Shed, how are we affected, and what have we done about it?

When establishing the Waverley Shed in 2013, our founding members recognised all these problems.

From the outset, the Principle Objectives of the Shed are spelled out to be:

- To promote the health and well-being of adult men in the Waverley community and surrounding areas by providing a meeting place for members to socialise and to reduce isolation and loneliness through new friends.
- To foster the self-esteem of members through their contribution to various Shed projects and undertakings for the community.
- To provide a 'shed substitute' for those people who have lost their backyard shed, garage or workshop.
- To provide a pleasant environment and safe place for people who may not have had an
 opportunity previously to undertake a hobby or craft and/or projects for themselves or the
 broader community.

It will be seen that the principle objective is that of a "men's health initiative".

Our Rules recognize the necessity of allowing time for members to socialize, hence the rule about "tools down" for lunch.

The setting of a precise time which allows a minimum time for members to socialize, although the Rules set no maximum time limits to how long that social period is to take.

This recognises that the social interaction is more important than the productivity period, indeed from the outset the social interaction and the building of relationships has been more important at the Waverley Shed than "making things".

Our creativity and productivity have always been secondary to that social interaction.

After careful planning, the deck patio was added to the original Shed to further encourage the social interaction between members and to provide a separate space for this to happen away from the noise and bustle of the work spaces.

The Rules permit no work to be done on the deck patio (except perhaps silent work such as computers or planning and designing projects).

This makes sure that we have a "time out" place for reading, quiet conversation and taking refreshments, and the nearness of the deck patio to the nature areas that surround our current Shed promote a feeling of wellness, peace and serenity.

This is vital to our feeling of well being, and the companionship of our fellow members also encourages this element.

The front work-room was made into a "silent" space many years ago, mostly banning the use of "noisy plug-in electrical tools" and relegating them to the outside of the Shed.

We also have a Welfare Officer (or Men's Representative) appointed by the Committee. Currently, the Welfare Officer is Peter Ulmer.

The Welfare Officer reviews the attendance records, and ascertains if there is a recognizable absence record which may indicate an issue for an individual member.

So, if a regular attendee does not come to the Shed for some time without an explanation, the Welfare Officer will make an enquiry from the member "Are you OK?".

Members should report about the welfare of other members they may be aware of, so that this welfare process can proceed.

To take it further still, we should not rely just on the Welfare Officer. All our members should be asking of each other "Are you OK?", we have been mostly good with this.

How often has the conversation between members been "Haven't seen 'Joe' (or whoever) for a long time?" and "Yes, I wonder how he is?".

Although for privacy reasons the telephone contact lists of members is not circulated, if a members needs to be contacted for welfare reasons, those contact numbers are available.

We organize social events at the Shed at least twice a year, as well as social evening gatherings involving our families and people close to us.

Whilst these events are celebratory in nature, they also help build a close relationship between members and their families and are to be strongly encouraged.



HIGHWAYS AND BYWAYS IN THE SNOWY REGION

By Richard Cortis

In November 2024 my wife and I decided to take a short break away before the weather got too hot so we headed off to follow the Snowy Valley Sculpture trail.

Why, you ask? Why not, is our response? Perhaps we will discover some interesting places along the way. The sculpture trail is quite well documented on the internet with some background on each item.

We left Sydney a bit before lunch and headed down the Hume Motorway and camped in the free camp (donation) in the showground at **Jugiong**. This is a large open area with plenty of space and some shade. One side is bounded by the Murrumbidgee River. Adjacent to the road, there is the council swimming pool, several electric car charge points, the Long Paddock Café, and the old George Hotel which is now a fairly up-market eatery. Worth a stop for lunch or dinner but, beware, the café is closed Tuesdays and the George Hotel has its own opening

times. There is a motel a bit along the road. There is not much fantastic to see but it is a nice long walk along the river before moving on.

We moved on to **Adelong**, an old gold mining town about twenty kilometres from Tumut. It is quite a small town with a couple of daytime cafes and a pub and a club for the evening meal. The small caravan park is just across the little pedestrian bridge across the creek from the main street and the club. The town is pretty with some old buildings in fair condition.



USABI Shelter Sculpture in Adelong

To get to the sculpture trail, cross the creek and walk through the caravan park and follow the path alongside the creek. There are about a dozen significant sculptures to see.

There is also a quite pretty walk going upstream from the caravan park. A few kilome-



Interesting suspended sculpture in Adelong

tres downstream, there is the site of the historic old gold workings which is definitely worth a visit and a walk down to the creek. Worth a visit to see the sculptures, the old gold workings and have lunch or perhaps stay overnight.

Next on the list was **Tumbarumba** which has quite a vibrant main street. It also has a nice motel just across the creek and a reasonable caravan park, both within walking distance to the main street where there are several nice cafes and a pub to have dinner in the evening. The motel also has a nice restaurant. There are a number of sculptures beside the walkway along the creek just below and behind the shops on the main street, with a couple in the park beside the oval.

Tumbarumba also has a very nice rail trail for walking and cycling which extends about twenty kilometres through farming country along the old railway formation. The rail trail ends in the village of Rosewood where there is a shop with snacks and coffee. It is a very nice bike ride but I suggest that the best way to ride it is to drive up to the top of the hill where the actual rail formation starts. That way, you avoid a fairly steep ride up from town.

There are a couple of sculptures in **Talbingo** which sits beside Jounama Pondage. The town was built as part of the original Snowy Mountains Hydroelectric scheme and is about five kilometres from the Tumut 3 Power Station.

Apart from housing power station staff, the Jounama Lake is popular with fishermen and holiday makers. A few kilometres upstream from the power station is the Tumut Pondage Dam which feeds the power station.

cont. p.11

cont. from p.10

There is a boat ramp and not much else. The road goes around behind the power station and then up a fairly precarious and very steep road to the viewing point. Possibly worth a look whilst you are there. The caravan park is ordinary and I did not investigate any other accommodation options.

Going North from Talbingo towards Tumut, the Snowy Mountains Highway follows along beside Lake Blowering, also part of the Snowy Mountains Hydroelectric scheme. There are several National Parks camping areas beside the lake, some of which have shade but there are no services. You need to buy a camping permit to camp. These camp sites grow to quite big town size during the Christmas to New Year holidays when everyone with a water ski boat heads there to stay for a couple of weeks. The Christmas school holidays are very busy in these camps. A nice spot to camp for a night or two if you want to enjoy the school holiday and water ski culture.

We stopped to look at the sculptures in **Batlow** which has a shop and a café but not much else. A few kilometres out of town, going north there is a roadside stall in an orchard which sells apples. Fresh apples which do not have a plastic sticker on them. They also sell apple pies made on the farm and other local produce. The shop is fifty metres up a drive marked by a yellow painted bicycle. Worth the stop to buy some fresh produce.

There are some sculpture in a forest somewhere along the road but they were not well marked and we missed them. Perhaps we should have re-read the directions?

Tumut is a big busy town with a very vibrant main street and a couple of supermarkets. There are quite a few local attractions including the old butter factory and a brewery which are just near the big roundabout coming into town. The caravan park is big but there is some shade and guite a few sites are located along the Tumut River.

There is a nice walk in the bush beside the river, heading downstream from the corner of the caravan park. There is another riverside walk heading upstream towards town which heads through nicely manicured parks and passes the swimming pool. Probably worth a couple of days in a motel or the caravan park if you are caravanning.

Gundagai is about forty or fifty kilometres north of Tumut and there are some quite pretty views from the back roads along the way. Gundagai has a vibrant shopping strip including the recently renovated Niagara Café which has been restored to its former glory. Worth a visit but there are several other very viable cafes and a bakery serving very pleasant lunches. There is a club and a pub serving evening meals. However, the star attraction must be the museum which has an enormous collection of a wide variety things from the past and even not so long ago. Everything from tape recorders to old farm machinery.

Allow at least two full hours for a visit to the museum. It is run by volunteers and I think it closes one day a week, so check. There are motels and an ordinary caravan park at the end of town but there is a smaller caravan park on the bank of the Murrumbidgee on the south side of the flood plain.

After dropping in to see friends near **Illabo**, we headed up to **Young** which was just starting its annual Cherry Festival. We did not stay in Young because it was too busy. But we did visit the Lambing Flat Chinese Memorial Garden which, although quite small, is delightfully pretty and worth a visit. Cherry picking time is from late November into December. Many orchards within about twenty kilometres of Young allow tourists to pick their own cherries but the orchardist weighs the bucket and you have to pay for your harvest. On the other hand, you can eat as many as you like whilst out picking.

Crookwell is a neat little town about forty five kilometres northwest of Goulburn. The town is quite high at about nine hundred metres above sea level so it is cold in winter with snow on a few occasions. If you like wearing nice warm socks in winter, there is a small local sock factory that produces very nice warm socks.

The information centre has some suggestions on what to do. Visit the viewing platform for the wind turbines along the road to Goulburn. Some local villages in the hilly country have some interesting little shops and cafes.

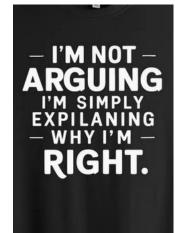
Have a look around and it is amazing what you will find out there in the bush.

Happy travels. Richard

FAVOURITE T-SHIRTS



We have enjoyed seeing some interesting T-shirs over the years, we actually have a rule against wearing offensive garments at the Waverley Shed. It is hoped that seeing more of these will so offend you as to send us some more!!.

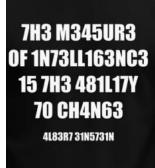








With a
BODY
LIKE THIS
Who needs
HAIR



SORRY I'M LATE I DIDN'T WANT TO COME

LIGHT TRAVELS
FASTER THAN SOUND
THIS IS WHY SOME
PEOPLE APPEAR
BRIGHT UNTIL YOU
HEAR THEM SPEAK

I'M SO LUCKY PEOPLE CAN'T HEAR WHAT I'M THINKING.





So WHEN IS THIS "OLD ENOUGH TO KNOW BETTER" SUPPOSED TO KICK IN







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