

2017 October Edition of UBMSI News Letter

Hi and welcome to our October News Letter, firstly a big thank you to those readers of last month's edition that, made contact with us with ideas/suggestions /comments etc – they all help in one way or another.

Let's start with a health topic – this one is “shingles” **HAVE YOU BEEN VACCINATED? So what is shingles?** And why are people over 50 more susceptible to it?

AS many boomers would have experienced chickenpox at a younger age, they may be unaware that the zoster virus[shingles] can lie dormant in nerve roots near the spine for years. The virus can be reactivated causing shingles. This can happen especially if you're run down and your immune system is vulnerable. It also more prevalently affects older people because the immune system becomes less efficient with age.

Quick facts about shingles.

- # 1 in 3 people will develop shingles in their lifetime.

- # It is preventable by vaccine

- # Free vaccinations are available at your medical practice for people aged 70 -79 years from November 2016

- # the virus is treatable by a medical professional

- # It can be resolved within days to weeks.

Ask anyone who has had shingles, and they will most probably tell you it's a malady you won't forget in a hurry! So if you have not experienced this health problem – our suggestion is “talk about it with your doctor”.

The factual basis for the above comments on Shingles was derived from a full page article from Seniors on the Coast.

Just before we move off to recent happenings at the Shed, and whilst still on health –The Department of Veterans Affairs recently produced a 46 page pamphlet for Veterans Health Week –Physical Activity Issue [vol16/no2/issue 2 2017]. The content produced by a big range of specialists all focused on ways and the importance of keeping our bodies and minds active – articles with headlines like “*you know how effective exercise is, so why aren’t you doing it?*” –“*staying active and on your feet*” – “*eat well exercise well*”.

[This pamphlet is available to borrow or copy an article etc from the Shed, talk to Bill G.]

Fundamentally the message is, whatever physical activity we choose, we need to make it very much part of our lives and again the physical activity must be safe. If we haven’t been active for a while, start slowly and build up, choose activities that are appropriate for our fitness level, building up the time we spend being active before switching activities that require more effort. If we are not active at this point in time, naturally consult your G.P. or health professional prior to starting or if you have a health problem or questions about activity etc. Certainly the benefits from breaking up the day with regular physical activity are clearly stated across the pages of the Pamphlet.

Now let’s have a look at the happenings at the Shed-

You will recall that in one of our recent editions we covered the Project at Umina School of a team from our Shed under the guidance of Bill Ide, reconstructed their School sand pit. At the time we commented that the sand pit is a very much loved, by the kids and teachers, as a feature of the school. In response to the overhaul the School personally delivered to our Shed an appreciation certificate plus an art work designed and produced by the kids,

incorporating a feature of hands overprinted with beautiful sayings. Bill Wood has carefully crafted the certificate and hands into a framed feature which has been located in the Shed's office. Next time you are in or around the Shed take time to check this "thank you" token out.



Doug, John and Bill G {the office fellows} from the outside looking would appear to be totally involved in "admin work", well yes they do a bit! However they are normally much busier repairing computers, sorting out errant software problems or helping us oldies with trying to keep up with technology or a new phone etc

Here Doug and Bill S are discussing what needs to be done to remedy the hardware problem with the computer up on the desk in front of them.



We see some odd sights at the Shed, like this for instance; here are John and Len with maybe a wombat, which they have cut out and mounted on plywood – at this juncture we are not sure which is the most frightening !



Robert and Harvey undertook a project in support of Mary Mac's in Woy Woy, which is to custom make a series of shelving for a new storage area, its project in conjunction with The Rotary Club of Umina. The timbers were all cut to size some weeks ago and stored until the Mary Macs room was nearly ready – as when assembled the items take up a lot of space at our small Shed. Seen here construction is now commenced and the shelves will be installed in early November.



Our Shed has quite a few “four wheel Drivers” and experienced off roaders but amazingly we did not expect a “bogged incident” to take place in Lens Av! Our man Phil had to recruit some “pushers” to be able to get his vehicle back on the road so he could make it home for lunch!



Your Shed recently welcomed a second metal turning lathe into the establishment; it was specially donated by an expert and professional craftsman from Umina who died. Given the weight and balance issues of these big lathes, we had to utilize a crane truck to relocate the item over to the Shed. Robert managed the exercise and coached all those involved in the exercise on the rigors and dangers of moving heavy items.



Some time ago we had a call from the Umina Community Group who are /have created the new Runway park in Trafalgar Av Woy Woy – they were wishing to create some templates for image painting for their Park.

Bill G and Phil worked with them to develop a practical and affordable approach, the art work was provided and Phil undertook the tracing and cutting out of the “aero templates”.



It's a while since we have undertaken changes to walkways and access routes in and around the Shed, following a meeting of the committee and several interested members, a few changes/ remodelling of the Shed's internal walk ways is moving ahead. Here we can see our happy builder Bill I starting out on some of the planned improvements



It's always a little sad when one of our regular Shedders arrives up and over a cuppa tells everybody that they are relocating to a new area – too far to continue to visit the Shed. It's sad for all of us and the individual because overtime lots of members have met and shared with lots of members, lots of things- jokes – family experiences –work experiences – health issues – made new friendships etc. So when Robert Hynds told us he was off to Far North Q/Land, we were about as shocked as he was! As time for his departure he tells us is imminent, we held an impromptu “breakfast”, which turned out to be a little late in the morning – but very tasty bacon egg rolls and hash browns, with a sunny break in the weather, Vic took up the opportunity to say a few words and give Robert a card signed by all the members at the Shed that morning and wished Robert safe travels and a happy resettlement, he also thanked the two Stedy's for provisioning for the Brekky and Larry and John our two chefs for their efforts.





Other goings on and movements around the Shed, Garry [pic1] is relocating our defibrillator to a more suitable /visible /accessible location. Ray and Fritz [pic2] busy installing our new [bigger capacity] compressor. Doug and Chopper [pic3] quietly studying fishing pictures on Coppers phone, whilst in the midst of a busy outside working area.



Well that brings to the end of this month's news Letter, so happy Shedding and school holidays and Xmas are on the horizon already, the year is certainly galloping.

Best regards

Vic B and Bill G

P.S. We saw this note in a magazine just the other day.

"Human beings were never meant to sit all day in an office, travel sitting in cars, buses, trains, aeroplanes or eat processed foods or smoke or drink too much. We are supposed to be active but modern lifestyles stop us being so".

Vic and Bill are of the opinion that their age groups generally got a lot more exercise in their younger days than say the youngsters today. It raises thoughts about the challenges of today's or "modern "life styles. We just got keep moving and motivated.