

2017 - September News Letter Umina Beach Men's Shed

We thought we would start this month's News Letter with a question, and that being – WHEN WAS YOUR LAST SERVICE?

Most **blokes understand the consequence of poor vehicle maintenance** and are usually quite particular about maintaining their machinery. However, when it comes to looking after their most important piece of machinery – themselves – men often overlook preventative maintenance and an annual service.

A frightening statistic raised by David Helmers, Australian Men's Shed Association Executive Officer is "five Australian men die every hour from potentially preventable causes", which is an alarming statistic when you think it boils down to men being proactive about their health and well being.

AMSA are promoting a simple web site facility which is promoting good preventive care and a few necessary adjustments to achieving a longer and happier life. *SPANNER IN THE WORKS* ... simply put the name SPANNER IN THE WORKS in your search engine, click on and open the site

The web site name uses the analogy of a machine-minded person to bring positive health and well being to the attention of Australian men. This male health initiative was launched to provide Men's Shed members with a non –threatening platform advocating for a proactive approach to positive health and well being as well as a full annual check up with a local G.P.

"Men seem to like their health information without the fuss, so the information is kept short and sweet to make health choices relevant and achievable. The SPANNER IN THE WORKS website is a resource for men of all ages to access health information from over 52 health partner organisations, from the comfort of your own device.

So just before we leave this topic "when exactly was your last service?"

O.K. - now we head to cover some of the activities at our Shed over the last few weeks – let's start with an organised 'days outing' to the TRAMWAY MUSEUM in Sydney, Bill Stedman planned the whole excursion [what train to catch, where to meet, places to eat etc]. Around about a dozen of our Shedders undertook the trip [all returning home safely!] and by all accounts and a look at the photo's it was a great day out. A big thank you to Bill Stedman.



Now let's look at a large project from start to finish – Arron D set out to make a “ *Chaise Longue*” at the Shed [with the proviso that he took the work in progress home with him each night - as the storage facility within the Shed is extremely limited]. So just follow the photos and simple explanation to see how this piece was crafted.



I think everybody agrees it is a beautiful finished product.

Now Phil L has been busy with a couple of intriguing challenges, one of which is for the Runaway community gardens and Park in Woy Woy, but likely more about that in our next edition. For now here he is with a beautifully made "key board" with a classic branding format of Australia. This Key Board was made especially for a family in Doncaster England.



Our Shed's Annual General Meeting was held at the Shed on September the 18th, both the Chairman's Report and the Financial Report were circulated to the members attending. Once the meeting got under way our Chairman Darrell spoke of and on behalf the reports and invited questions etc then moved to thank Bill G for his continuous efforts and attendance. He then went onto announce that Bill Wood had been awarded the UBMSI Shedder of the Year for his extraordinary involvement in representing our Shed in a raft of outside activities concerning our Shed and its sponsors, and for his eager participation in assisting other members at the Shed with various projects.





After the formalities of the AGM and the BBQ lunch were underway, Chairman Darrell then introduced the guest speaker –Ms Priyanka Bhattarai from the University of Notre Dame Australia – who was “looking for Tech-savvy seniors!! – who have experienced arthritic pain and can use a smart phone or tablet computer and inviting such persons to participate in a “pain management App Study”.



Quite a few of our members are engaged in a local “tipping Footy Contest” which has been running for many years. It’s sponsored and organised by Tonkin Drysdale Partners and involves a likely 200 or so contestants - last month about 150 of them met up at the Everglades for an evening out.



Our quiet [noise level] metal working section was requested by Peninsula Village to design and construct a metal holding frame for a special application – Fritz H – enjoys these types of challenges and turned out an excellent solution.



Some nearly five years ago, our early members will remember our Shed built a Sand Pit for the local Umina School – it took some 27 tons of sand to fill it, once completed. After those years of wear and tear and some developing material problems, it was time for a serious makeover! If it had been part of a T.V. series, it would have made good watching! Bill I had the lead role and called the shots and the team of Shedders he had with him [despite the average age being [??]] absolutely roared into the makeover. It was a major task by any reckoning with a lot of sand and heavy sleepers to move etc but the team

applied itself. When the morning was nearly over, the thinking was if we all kept at it we could basically finish the makeover in a day and not have to return tomorrow. Bill Stedy quickly phoned Stedy 1 who in no time at all arrived on site with a fabulous selection of sandwiches etc for lunch and teachers /staff area welcomed us for tea/coffee etc. So, after a very quick lunch the team bashed on until the project was completed – the excitement amongst the young pupils when they saw their much loved and used sand pit coming very much back to life, really made it a great [if somewhat tiring] project to be part off. The School Principal has written a lovely article in the Peninsula News 3 Oct page 23, about the sand pit and the support role of UBMSI.

You may know that old saying “the best music is played on old fiddles” well your old team played well on the day of this project!





The Umina Men's Shed completed an upgrade of the Umina Beach Public School sand pit

Men's Shed refurbishes sandpit

Umina Beach Men's Shed has recently completed a refurbishment of the sandpit at Umina Beach Public School.

"It looks terrific and we do appreciate their support for the students of our school," said school principal Ms Lyn Davis.

"We are very fortunate to have

such a close connection with the Men's Shed," Ms Davis said.

"They are outstanding supporters of our school.

"Now we just need to purchase some more sand to top it up," she said.

SOURCE:
Newsletter, 19 Sep 2017
Lyn Davis, Umina Beach Public School

Well that's about it for another month - if you have any ideas, articles, projects or even grumps! please let us know, as you know we are at the Shed most days it's open so until the next edition – happy shedding.

Bill G and Vic B

