

June 2018 News Letter Umina Beach Mens' Shed Inc.

Welcome to our June Newsletter and, whilst time seems to fly past, we are already past the shortest day of the year and it's good to know that warmer weather is ahead. Of course, our members who are cruising off shore or following/leading the flow of grey nomads up north may just be thinking it's almost time to head back to the Peninsula!

An article in the Express Advocate June 21 caught our eye as it struck us as somewhat unusual material for a newspaper, however, we say "good on them," whilst it's a crappy topic [excuse the pun] it is such an important issue in regard to Men's health, so:

Central Coast suburbs reluctant to do 'poo stick test'

It's the cancer screening test that nobody wants to do and new figures reveal the Central Coast suburbs which are the most reluctant to 'do a poo and poke it with a little stick'.

The Federal Government's Primary Health Network has chosen Bowel Cancer Awareness Month to release the figures which show that well under half of the 17,813 Central Coast people sent a bowel scan kit actually use it. Wyong, Blue Haven-San Remo and Kariong top the list of low participation in the screening program with barely a third of people using the kit. Wamberal-Forresters Beach (41.5 %), Summerland Point-Gwandalan (41.7%) and Terrigal-North Avoca (44.5%) had the highest percentages of people doing the test – but still under half.

Primary Health Network CEO Richard Nankervis said up to 90% of bowel cancers could be successfully treated if detected early, but most were not found until cancer cells had spread. "Participation in population cancer screening programs is the single most important factor to reduce illness and death", Mr Nankervis said. "What would help reduce this burden of disease is for people across our region to complete and return the test kit that is mailed out by the National Bowel Cancer Screening Program. "Unfortunately, across our region the rate of participation in the screening program is too low. We have many communities with screening rates in the low 30% range and the best are just over 50%. "We know many people are reluctant to have a conversation around bowels but too many of these kits remain unopened and ignored."

We think, given the government is providing these tests at heavily subsidized rate or free for certain age categories, that certainly indicates the importance and benefits of screening for the relative age categories. Take heed at screening rates of 30%- 50% the Central Coast is way below the national average – O.K. let's have the conversations on screening, at the Shed, at home, with the kids and in-laws etc – golf clubs, bowling clubs, it far too serious a matter/risk to simply wait or leave the “matter” unattended.

Moving now to a completely different but also high risk topic – those being modern day SCAMS [not scans! those are with the previous topic!] our Shed had an arranged visit from the NSW Fair Trading, government department during which they conducted an informal discussion/info session with our members on site, on today's reality with modern day scams/scammers. A good deal of the information and explanation is contained in “The Little Black Book of Scams” designed and produced by the Australian Competition & Consumer Commission. For those members who were unable to attend the session and are connected to the outside world by smart phone/computers/e-mail accounts etc – the book opens with *“Every year, scams cost Australians, businesses and the economy hundreds of millions of dollars and cause emotional harm to victims and their families”*. Unfortunately, the older age /senior age groups tend to feature in lots of scammers sights – so if you want to stay ahead of the scammers/learn more:

The little black book of scams is available on line – www.accc.gov.au/littleblackbookofscams.

To stay one step ahead of scammers /learn more ACCC's Scamwatch website www.scamwatch.gov.au where you can sign up for free email alerts on new scams.

NSW Fair Trading – www.fairtrading.nsw.gov.au

Stay smart on line service – www.staysmartonline.gov.au.

CyberSmart website – www.cybersmart.gov.au

Protecting Yourself Online publication –available at www.ag.au/cybersecurity

Whilst we are close to the internet topic, we should tell you that our Shed's web site is currently undergoing an overhaul and a reset. For those of us that have been here at the Shed for a number of years our web site has been managed and maintained by Wayne Cooper who, unfortunately, for us moved up the coast of NSW not long after building the site, but he has managed the site from his base up the coast from then until fairly recently. Wayne, on behalf of all the members and committee of the Shed, a very big thank you for your services and commitment even when you have been off travelling etc to keeping the site running. We wish you a very happy retirement and would be delighted to see you back here for a social visit and catch up with old and new members and enjoy the fellowship. We now have a team on the web site, a professional from Sticky Green Frog, and members - Bill S, Larry and Doug – so shedders please make a point of revisiting the site on a regular basis, chat with the team on ideas /topics etc.

It's time now for us to take a glance at happenings in and around the Shed during the month of June. The Rotary Club of Woy Woy invited representatives of UBMSI to attend their annual change over meeting, being held at Umina Beach Life Saving Club on a Sunday afternoon. Bill Ide and Bill Graham attended, on arrival after meeting Rotary members the President of the Surf Club Mr Bill Cook took Bill I and Bill G to the large meeting and training area of the Club House to show them the Stretcher that the Shed had overhauled for them. It sits in pride of place and has a significant reference to the Shed.



We mentioned earlier about the session at the Shed with the representative of NSW fair Trading – here are some of our members sitting around “the tables of knowledge” looking very focused on the topic of conversation.



It's a man on a mission, we all know if Kevin arrives at the Shed early in the morning he's got somewhat of a big project to-do, and he certainly gets on with it! Here he is busy with the router and the main body of members have yet to arrive!



Les and a team of supporters undertook to design and build a series of indoor ramps for a local resident, after a serious measure up and drawn design the lads were into it and should complete the project by the month end



Naidoc week arrives again in July, and Phil with his now well experienced Boomerang manufacturing team has been asked to provide a quantity to the Peninsula Community Centre again for a painting competition. Whilst it was a bit of a rush, Merv, Phil and Larry were able to meet the dead line for Bill I to deliver on time.



With the big soccer competitions on in Russia at the moment and all the T.V. and press coverage of the sport Lionel B thought he would design/produce and deliver an amazing memento of 'the round ball' sport. So how is this, beautifully crafted ball [complete with an air valve!] created from a host of separate pieces of timber and grains, creatively assembled and then turned on the lathe. We all reckon he has kicked a goal!



Ahoy Sam! An old call to an ex mariner – seen here busy cleaning up a beautifully designed model sailing ship, which a kind individual donated to the Shed, with the hope that someone would take up the challenge of restoring. We are delighted to say it looks like Sam has responded to the call of the sea.



Whilst the photo kind of suggests that Rod is having a quiet discussion with the vice/or top of the bench in the metal working area, he is quietly working on something small and delicate – just for a change.



Our Shed is very privileged to be recognized by local clubs and institutions on the Peninsula and Central Coast, our on-going support and involvement with the local community on a range of projects and events, no doubt assist in some degree, in garnering such support. To that end, we all need to help and assist in projects taken on by the Shed, when at all possible. Seen here, Bill I receiving a

donation presented to the Shed by the President and Directors of the local Woy Woy Lions Club, during a dinner Bill attended on behalf of UBMSI at the Woy Woy Leagues Club.



We are delighted to advise you that we have plans to return to awarding Shedder of the Month, and as soon as the new team can accommodate this element on the website and load it – we will be underway. Hopefully, there will be movement in that direction for the July month. Well, that brings us to the close of this newsletter for June, so thanks for your company/readership and fellowship.

Happy Shedding

Vic B and Bill G.