

JULY 2018 UMINA BEACH MEN'S SHED INC  
NEWS LETTER.

Welcome to our Shed's July 2018 monthly NEWSLETTER, by all accounts our farmers in NSW, Q/land and Central Australia are really doing it very tough indeed, with many facing the reality of a second year with no winter crops and very bleak weather forecast on the screen. So let's start this month's letter by giving some thought to these people and their families, and if we as individuals can help them in some way, let's do it!

Prior to starting this newsletter we were reading The Sunday Telegraph and the following article jumped out at us - **13%** That's how many Australians have visited their dentist in the past year, which may explain why less than 10 % of us are decay free. Dental Health Week starts today – so hey let's get the conversation going at home and as and when the grand kids visit etc – we all know that teeth and gum problems can lead to bigger issues.

Last week we sent out a flyer “ Celebrating Health & Well Being In Tradies Health Month – Sunday Aug 5 Community Centre The Entrance, well Vic B managed to go along and was made very welcome by the Men's Shed which is on site at the community centre. There was a real raft of representatives from a broad variety of “community services” for example ASIC financial decisions at retirement Money Smart \_Andrology Australia “what every man needs to know” booklets on all manner of reproductive health problems. Kidney Health Australia –Take control of your kidney health. Kayaker Clubs, Fire risk management, St Johns Ambulance training services, Mencaretoo –men providing services/support to family members who need a hand due to illness, injury, disability or age. That is just to mention a brief sample of them, The

Men's Shed were simply part of the event, their premises and equipment conveyed a very efficient and working well image.

O.k. what's been happening in and around our Shed these last few weeks – well let's start with – two Bill's in action {Ide and Wood} they undertook a project for Woy Woy Lions Rugby Club, who are great supporters of our Shed. They needed a series of tailor made storage boxes to be built and installed in the Club House.



The Shed was provided with a quite badly damaged kitchen sink cabinet, after a seriously close examination Les decided that the cabinet could be repaired and undertook the project.



Nice to see that we have a couple of new “metal turners” have joined our Shed, Warren is seen here busy machining and constructing a fitting for gadget he has at home.



Our big table saw is now in pretty regular use and certainly operates at a much lower level of noise than our previous equipment.



Kevin, who was once solely a Metal man has reappraised his skills and outlook, and over the last few months has been seen regularly tackling some interesting wooden projects, mainly associated with his love for his motor home. Now here we see him constructing and fashioning a circular table top base for a custom round table.



Our Shed was requested by Patonga RFS to fashion an Honour Role Board for their Station, Bill Wood in his normal detailed manner scouted around to locate suitable pieces of wood, machined them with a great deal of love, assembled them into a single item, created the honour board shape, cut it out and finished it off with a beautiful finish. Brad Sharp from RFS Patonga collected the board on behalf of the brigade and expressed their thanks and gratitude.



We mentioned earlier that we have noticed various members moving from a total focus on say wood to metal or the other way around. Well we found this hard to belief when we came across Fritz, working with wood! as he has always been a tad derogatory toward the Woodies!





Then here we have Bill G, well known for his extraordinary computer skills and normally camped in the office, here we see him busy with mechanics of a saw table.



If our members ever wonder, about sorting out the detail behind lots of our project, well Phil, Bill, and Lionel are seen here working out the puzzling details of constructing a Box for carrying mahjongg tiles.



Between Russel, Fritz, Warrick, and Robert they have refurbished a Flag Pole, created a new stand and top, and the finished product is on its way to be installed at the Vietnam Veterans Offices at Ettalong.



Larry is normally recognised for his work in and around his camper trailer or more lately caravan, but we think his latest project must be for Home as these matching bookcases he has crafted, would be oversize for camping trips!



Hopefully the photo's reflect at least some of the projects taking place at the Shed, rest assured it's not all GO, there is lots of time spent sitting around the tables of knowledge and enjoying a cuppa and the fellowship of like minded members. That brings us towards the end of this month's newsletter- but just before we close another nudge on health, its recommended that all of us spend at least 30 minutes a day on healthy exercise to stimulate the system and keep the vital organs in good working order – can we give this a real Go?

Cheers for now

Bill G and Vic B