

September 2018 NEWSLETTER.

G/day to all our readers and welcome to the September edition of our Umina Beach Men's Shed Inc Newsletter. As we are writing this letter the rain has arrived and whilst it's pretty heavy here on the peninsula, we are relieved to hear that rural areas have experienced at least some relief from the long drought, hopefully this just the start, for the farming and rural communities.

It has been quite a busy month in terms of activities at the Shed, the Annual General Meeting was held on the 17 September, at which a new committee member – Bill Wood was elected and the rest of the existing committee was returned for another year.



Our chairman, despite having a busy and hectic business life still retains a focus and fascination with wood and all the amazing things craftsmen can do with it – seen here with the thicknesser being checked and managed by Bill W, whilst the Chairman and Len delicately feed a cedar plank into the thicknesser. Once the desired size and finish had been achieved, it looks like a round table conference on cedar management was undertaken.



An activity that often takes place away from the Shed, that being a visit to the Ettalong Bowling Club on a Thursday evening, several member regularly meet up for “sundowners” and fellowship – seen here forming what could just be “a table of knowledge”.



You are probably aware that our Shed was a recipient of recent grant from the Ettalong Bowling Club and as a recipient the Shed was invited to attend a morning tea at the Club –our Chairmen Darrell and Bill G attended on behalf of the Shed.



Now let's move on and look at some of the projects for the local community that our Shed members have been busy with in September.

Arron, crafting specific items, which meet the designs supplied by Peninsula Village specifically for patients suffering from dementia.



John P undertook a cutting board project for stroke patients in the Woy Woy area.



Scouts on the Central Coast needed “a camp kitchen box”, as this was quite a large item a team of shedders namely Les/Len/Merv/Stephen created the finished product along with a lot of jokes and laughter during the production stage.



Umina Beach Public School needed another storage box for use with their sand pit activities so Robert M despite being very busy with his many interests and projects –took this project and got it quickly underway.



A project involved creating nesting holes to encourage and develop the wild bee population at one of the central coast community gardens, John P, crafted several of these interesting looking sections of wood with holes drilled into and hanging arrangements etc – but seen here was a much, much, larger project being a aerated box required for a different project.



On the last weekend of the month 29 /30 of September our Shedders were out and about on two fund raising projects. Saturday 29 saw a team undertaking the Bunnings BBQ, judging by the results achieved they must have cooked very professionally and produced great eats and worked hard. Well done team. Just up the road from the BBQ another team organized and ran the Gara /Shed Sale being held at the CWA hall in Sydney Av. The Shed from time to time holds this sale to clear surplus equipment and items to de – clutter your Shed, we set up on the Friday, sell Saturday and Sunday and take down Monday. The funds generated go straight back into the Shed and are used for replacing consumables and assisting with community projects etc.





All of the above are just a few of the activities that actually got photographed during production, we seem to lack photo's of metal work content, for instance the PCYC required a metal rod turning down in order to fit one of their signs, and Fritz in the welding /grinding zone is generally pretty busy but to-date we have not captured much on the camera. That comment is also true in regard to the I.T. sector, computers, speakers /key boards and the like are often examined and repaired or reset. Then of course we have the garden segment, in next month's newsletter we intend to cover an offsite garden project with photo's and story. The reality of your Shed is that there really is a broad cross section of activities undertaken by members most months and of course we have members who visit primarily with the view to fellowship /company, lending a hand and tea /coffee drinking at our table of knowledge. It's the mix of skills and interests that makes for a happy Shed.

It would be remiss of us if we did not mention before we close, that October is Mental Health month, we all know it's likely not a comfortable topic for any of

us to start to talk about, but then again we all need to look after each other and family and friends. We are told that the average age of women living alone is 64 and for men it's 54, biggest reason for men living alone in their middle age is family separation. So loneliness can be a significant issue, ageing minds and other health problems all add to the challenge. A small step is to think of the people in your own circle who perhaps are being left behind, pick up the phone and call them, for no other reason than to say "Hi". Invite a mate you haven't seen for a while to watch the footy /cricket at the pub, or maybe the two hours you wanted to spend watching a movie, change, in order to talk to the oldest member of your family. These won't cure the problem but we all need to take the time to let everyone know they are here and we need them around for a lot longer. In an article from the Sydney Morning Herald August 14 by Jenna Price – *Men caring for their health is just what the doctor ordered!* But **getting help is gendered –men don't do it!** So if all of that, is real, then truly we have to at least try and look after each other and wise up.

If for whatever reason you have not visited the Shed for a time, you may not be aware that annual subscriptions are due right now! so for just ten dollars [yes its hard believe only 10] you can renew for another year. Hurry down and see Bill G and renew and have a new sticker on your badge.

That's about "it" for this Newsletter, so from both of us "happy shedding" and if you have any comments or suggestions for this or future Newsletters, we would be pleased to hear from you.

Best regards

Bill G and Vic B

