

## November 2018 Newsletter

Welcome to this NEWSLETTER which will take us up and through to Xmas and the end of this year - 2018 certainly seems to have flown. We heard on Friday 30 Nov that our member 'Chopper' [Craig Campbell] had been involved in a major vehicle accident and, whilst he was out of hospital, he had suffered considerable damage and his ute was wrecked. Apparently a car T-boned them from a side road, a dreadful happening at any time but approaching Xmas particularly tough. How about giving him a call and cheer him up, we think he would like and appreciate that.

So what's been happening at the Shed, quite a few weeks before November started your Shed was approached by Heather of the Peninsula Village and advised that with the 100 year anniversary of Armistice Day taking place on the 11 November, they wanted to organize a special event that represented the 235 men from the Central Coast that lost their lives in that war. Between Lionel B and Aron the project was tackled. That number of crosses were built and painted and delivered to Mss Heather Jones, who then organized the attachment of the poppy and the name of each individual killed and set up for the Armistice Day Service. In this instance, our photos don't really capture the atmosphere and effect that was created by these items at and during the service.



During the next few weeks the Australian Scout movement will be holding a Jamboree down south, which will be attended by members of all the local Scout groups. A Gosford group really needed a “washing up and drying rack “ to better meet the teams camping and catering efforts. Merv and Les were provided with a rough outline and succeeded in building and finishing a real winner for the task ahead of the Scout troop –the smiles and gratitude expressed at the time of collection certainly make the work and effort just so much more fun for our Shed team.



Our President, D.P. attends the Shed as often as he can, and to say he is generous with his precious time would be a classic understatement. He is always out and about the Shed, helping Shedders with their projects giving advice on what wood to select, which chisel is best for that cut, setting up the tool sharpener etc Anyway the other day he got underway with a job of his own and this beautiful cutting board grew out of several bits of timber/glues and some delicate machining – it really is a beauty!





If you hang around the main entrance gate, you just never know who you might meet - politicians, local Club senior Managers, sponsors, visitors looking to join the Shed, you just never know – here we see Bill Stedy with Matt Cooper manager of the PCYC Umina, who called around to thank Sheddors personally for the support and contribution the Shed has made to the PCYC during the year. As we go to press with this edition, we hear that the Umina Beach PCYC has been awarded the prestigious PCYC “Club OF The Year AWARD” – WELL DONE! Team Umina.



What a spring we have had – hot /cold – wet /dry – still - gale force winds and we have just crossed into summer, when we look at the garden beds in the front and behind 109 Birdwood Av. they are starting to look like they are “jumping” – the planting, fertilising, nurturing – will be a mystery to many members. The reason being, that Fred D is a real early bird and does not hang about – but he sure gets the job done and the plantings obviously love to perform for him.



Russel B arrived back from a trip away to find out that the Shed had failed to machine up some "Spinning Tops" and it was only a few days prior to the lady who requested them, leaving for her planned trip to India. Being used to pressure of work – R.B. cranked up a lathe and machined a quantity of the spinning tops in time to meet the lady's departure. It wasn't long before R.B. got an SMS from an Orphanage in India showing the kids in action with the spinning tops. R.B is now of the mind that he needs to make a few of these Tops "each month" in readiness for the next call – there are a lot of kids over there he reckons!





On the subject of young people, The Umina Beach Public School invited the Shed's committee to attend a performance of "Smithy" a great story told and performed completely by a very large number of 6- 12 year old boys and girls. It was an enactment of the life and times of Charles Kingsford Smith. They talked, sang and danced and put on stunning rendition of a complex story. The venue was the Woy Woy College as a much bigger stage and audience facility was required for the staging and numbers attending. Interestingly, the older range of pupils at this school – handled all the stage lighting , sound and I.T./ video systems etc –so it really was a night of young people doing their thing with skill and the maturity of oldies and along with the audience really enjoying the event. The photo opportunity was very limited recognising we were in school premises and a live show so its D.P., B.I., and B.W. seen standing at the stage during the interval.



Now we all know the stories about "men on ladders or steps", now here is albeit a shot of the rear of one of our members, who wanted to retrieve/rearrange an item from a high cupboard in the kitchen area. Rather than move the clutter around the bottom of the cupboard prior to positioning the steps, no he simply positioned the steps as close as possible, shot up the steps then leaned way, way forward chasing the item! Accident waiting to happen, normally likely - but this member, spent many years at sea in all sorts of vessels, which might just have honed his balance ability to unusual heights. But fellows let's be careful and follow safety and precautions to the maximum at the Shed.



In the latest edition of the 'Seniors – Central Coast' there is an article about a David Ross who holds Tai Chi classes on the Central Coast – his belief is that everyone over 50 should do Tai Chi. He said the low impact exercise and slow rhythmic movements “re-awakened the body” and “were ideal for people who no longer fancy running on a treadmill or lifting weights, as well as those recovering from injury or surgery. “It helps to relieve aches and pains, improves flexibility, stability, corrects posture and calms the mind”. For seniors, the improvement Tai Chi could provide in muscle tone, strength, bone density and particularly balance were vital.

“Balance is a very important part of our everyday life” he said. Deteriorating balance often leads to lack of confidence and reluctance to take part in ‘run of the mill’ activities as simple as doing the shopping, gardening, taking part in meetings or sport or just catching up with friends. So, if you would like to find out more about Tai Chi and what it involves talk with B.G. or V. B. And we will see if can organize a speaker in the New Year.

Well, that about brings us to the end of another Newsletter - we hope you have enjoyed them over the months and if you haven't visited the Shed for a time, why not give it a go in the New Year. On that note we will close and wish you all a peaceful and happy Christmas and whether your year is 2019, 1440 /41 or 5779/80 we take this opportunity to wish you and your family the best of health and happiness.

All the very best  
B.G and .V.B.

