

November 2019 – UBMSI NEWSLETTER



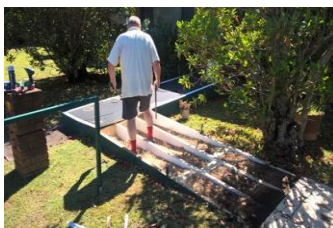
As we put up with days of bush fire generated air pollution, whilst it is challenging I am sure we all agree we need to spare a thought for those living in the actual fire areas and those brave fire fighters. As we write this newsletter, our ABC station tells us that there are 123 fires within the State. It's definitely shaping up for a very rugged fire season – so let's make sure we all have "OUR FIRE PLAN" well rehearsed and in good working order.



Now to the Shed, The Rotary Club Of Woy Woy, long time supporters of our Shed, requested for its members to pay a visit so they could see firsthand the progress that has been achieved over the years in terms of equipment, projects, activities and community involvement. They began arriving from 6.0 o'clock in the evening to 6.30 – were ushered into small groups and given a tour and commentary by one of our committee members. We also had the opportunity for them to visit with our great neighbours "Hospital Art" Mary Taff was on hand to talk with the groups about Hospital Art and answer questions. Our Chefs John Hume and Larry Stewart handled an excellent BBQ whilst Bill G created and delivered some simply amazing side dishes and salads [not the authors words but those of the guests!] we shipped in some tables and chairs and the visit continued over the meal, set out in the outside work area. All in all, a very good visit and the Rotary team were impressed with what they saw and learnt and announced that UBMSI would be a benefactor of their 2020 "Opera in the Arboretum".



✿ You may recall that the Shed responded to a request from a local resident who had suddenly lost the ability to walk, to build a ramp to provide wheel chair access to his house. The medical professionals basically designed the ramp in terms of widths angle /degrees of incline etc and the owner stipulated that he also wanted it removable – with the view if he was to recover his walking ability or if not would sell the house and move to a more suitable property. He did recover his walking capability but unfortunately died from a cardiac issue. Lionel B who oversaw the design and installation of the ramp returned with Bill and the team to the house at the request of the family and dismantled and removed the ramp.



🎅 Our super early mover and shaker, Fred De who normally is just finishing watering and caring for our Shed's planter boxes [when the next early riser starts to open up the Shed {Bill G}] has recently undergone an eye operation. The operation has been successful and we are pleased to advise that Fred is recovering, but like those of us that have had eye surgery know, one has follow the rules /advice in the recovery period. Then like most with late in life eye operations the other eye also has to be attended to, that is once the initially operated on eye is in good shape / health. So with Fred not driving and on super light duties during his eye sight make over, for the first time in a lot of years the lads have to look after the planter boxes – but Fred will be back with a vengeance, so we all know the job has to be done properly!





One of the features of the Rotary evening at the Shed was on each table there was one of Doug's cut away models – a tap – two stroke engine – gearing at work – generator etc which allow you to see inside the workings of the item. The visitors were really interested and very complementary in terms of the educational value. Spurred on by this, we came across a Briggs and Stratton 4 stroke engine and asked Doug to again harness his extensive engineering skills and create a feature of this item. Now whilst Doug himself has a few years on the clock, his focus, energy level and determination to deliver a project is extraordinary. He has cut away /machined out segments of the engine so that you can clearly see all the workings etc.



Following a call from the Men's Shed at Dural, it was arranged for them to visit our Shed for morning tea and spend time with us prior to going on a ferry trip to Palm Beach for lunch. On the allotted day their 25 seater bus pulled up at our Shed and 18 Dural Shed members alighted complete with a great batch of home - made scones, a big container of jam and a pot of cream! Wow were they made welcome! All the members of both Sheds mingled and chatted, had a look over the Shed, exchanged ideas and thoughts. After a little over an hour team Dural got back on the Bus and Bill S escorted /guided them to the Ettalong Ferry wharf, and arranged the parking for the Bus and moving



the driver to and from the Parking spot on the way over and back from Palm Beach.



A sponsor requested us to make a suitable collection box for certain non metal bottle /carton tops, which apparently are recycled and the material used for the manufacture of prosthesis. The sponsor provided the materials and Les and helpers designed, cut and assembled the container and finished it off with a nice coat of varnish.





It really is amazing when one is about and about with the camera to note what the members reactions actually are – now you will see a possibly recognisable member who just didn't want to be photographed presumably because the job he had just finished was small and artistic and not the usual heavy metal with noise /sparks and loads of heat. This one was a small soldering activity to return this beautifully crafted pewter bowl to its original magnificence.



A few days ago a lady visited with us and enquired if we could make for her a "face space", the conversation went on for some time, that was, until we finally understood what it was she was looking for – maybe Vic was not having one of his better mornings! Once it became clear what she was after, Warren and Jeff took virtually no time at all in selecting the material and machining the "face space", which is apparently going to be used at a local Golf Club's Ladies team for photographic opportunities. We thought we should try it out before handing it over to the ladies. What do you think? – thank you Geoff and Graham for participating.





O.K. let's move across to a Health topic, an article in the Sunday Telegraph Body and Soul section Dec 1 caught our eye. The headline :-

WALK TO BOOST YOUR BRAIN POWER –regular exercise can help change the brain in ways that protect memory and thinking skills.

The Research – In a 2014 study done by the University of British Columbia, they found that regular exercise appeared to boost the size of the hippocampus, the brain area involved in memory and learning. This area is also known to shrink in people who suffer from memory disorders such as Alzheimers. The research echoed the conclusions of a ten year study at the University of Pittsburgh, which found walking eight kilometres a week helped maintain brain volume and reduce memory problems in people who were starting to have trouble learning new things, concentrating or making decisions.

Need motivation to walk? The Heart Foundation runs Australia's largest free walking program. More than 60,000 Australian men and women are already walking in a Heart Foundation Group or with the App

Visit **walking.org.au** –to find a group near you or download the app.

The physio's normally recommend walking to keep all the muscles and tendons involved in maintaining your balance capability and can improve other risks factors for heart disease, such as high blood pressure and being overweight and if they are right about the brain factors as well – surely it's worth a serious consideration. So if you are already a regular walker keep it up – if not, why not give it some serious thought and consideration.





Before we close, membership renewal for 2020 , we advised that the majority of memberships were up for renewal in October [except those members that joined from July 2019 onward] and we are pleased to advise that the majority of memberships have been renewed and the \$15 paid. Now if you have been away or off sick etc and not able to call by the office to-date to renew it would be beneficial for you to do so before the end of December [this month]. Come January the process will change to the effect that, non-financial members, wishing to return to the Shed after Jan 1 2020 will have to go through the process of joining the Shed, which will involve, new paperwork and also pay the current joining fee.

Well that brings us to the end of another newsletter, as we rocket through the month of December with all the incumbent challenges, stay safe and enjoy the run up to Xmas and the Newyear.

Happy Shedding

Bill G and Vic B.

