



Uminabeachmensshed.org.au

Newsletter

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Xmas BBQ

This was the end of year event for the Men's Shed. The BBQ followed a committee meeting which raised issues and roles for the year 2013. Our chief cook was up to the task and was innovative in his cooking, by using a pair of long nose pliers to turn the sausages. The event was well attended thanks goes to our committee for their organizing skills.

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Birthdays- January/February

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|--------|-----------------|
| 4-Jan | Ivan Schlederer |
| 9-Jan | Graeme Dixon |
| 26-Jan | Fred DeLuca |
| 6-Feb | James Murphy |
| 14-Feb | Colin Bray |
| 22-Feb | Ron Read |

Unfortunately one of our members, Barrie McKeown, did not make his 80th birthday and passed away late December 2012. Our sympathy goes to his wife and family.

We were entertained by the Rum Corps



The Umina Beach Men's Shed attended a morning of entertainment presented by the Rum Corps.

The Entertainment started at 10.00am on Sunday the 9th of December in the forecourt of the Peninsula village.

What's New at the Men's Shed



A shipping container

We have just acquired a shipping container , which will help save space around the shed. The container was craned into it's resting place this will increase our storage and working areas.

Peninsula Village's new website



The launch of the revitalised web site (designed by management of Peninsula Village in conjunction with our web designers Kylie and Michael at LIQUID PIXELS).

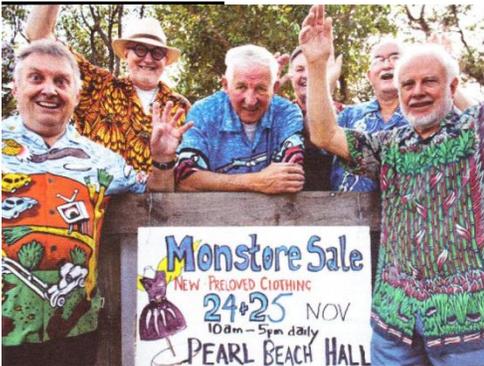
You can visit the site through our Sponsor page or by entering www.peninsulavillage.com.au

Foot Ball



Members recently attended the Central Coast Stadium for the Mariners game against Adelaide on Sunday, the invitation was organised to recognise the role particularly the past "committee", members who have contributed unselfishly and the to the contribution of new committee to the Men's Shed.

Monstore SALE



The pre-loved clothing sale held at the Pearl Beach Memorial Hall was a great success.

Three local organisations benefited from this fundraising clothing sale.

Thank you for your support.

Boomerangs for Umina Beach School



Awarded to the Men's Shed for NAIDOC week

NAIDOC celebrations were held around Australia to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. We celebrated this event with our local school by

creating 120 boomerangs for the children to decorate in celebration of NAIDOC week.

Sand Pit constructed for Umina Beach School



The Official opening of the sand pit constructed by the Umina Beach Men's Shed members with material donated by Campbell's Hardware.

Personal Computer –Safety issues

Step away from your computer at least 10 minutes each hour to prevent injury.



Eyes

Focusing on a computer screen can cause eyestrain that may result in headaches, blurred vision and itchy, scratchy eyes. Look away from your computer periodically to give

your eyes a rest.

Back

Good posture is the key that keeps back pain at bay. The ideal way to sit is in a chair with your feet on the ground. Get up and walk around at least once an hour.

Hands

Typing on a computer keyboard requires you to repeat the same motion over and over, this causes a painful inflammation called *Carpel Tunnel Syndrome*. Place your keyboard on a slight angle and shake out your hands in-between thoughts.

Neck

Looking down at your computer for hours can give you a stiff neck. Place your computers' monitor at eye level. Do neck rolls and shoulder shrugs throughout the day.

Write down the time you started a session so you can check