

The February 2017 Umina Beach Men's Shed Newsletter

Hi to all our members, sponsors and supporters - as we have run a little late with our February edition, we have taken a little bit of our early March news into this letter, as some of the items blend well with the February items.

O.K. let's start off with some health items, as part of our monthly BBQ lunch, the February event included a visit and talk presented by two doctors (father and son) Peter and Michael Grieve who operate the Umina Chiropractic centre etc. They jointly gave a short talk on the importance of keeping one's body in good working order, and cited many simple examples of exercises – for instance a process of standing and exercising on one foot in order to improve and maintain one's overall balance – they cited the need to keep the brain, nervous system and muscles working together to achieve good outcomes. As we all get older and slow down and often don't lead energetic lives – then the Doctors suggest that aspects of the overall body system lose responsiveness, for instance, balance. That's why they suggested the routine of balancing on one leg at a time and focusing the mind on your ability to balance. Whilst not demanding a lot of energy, time or special facility – such an exercise as demonstrated will improve and assist in regenerating that overall collective system. Another suggestion was to gently slide up and down a wall with a ball between the shoulders/back to improve and regenerate muscle and tendon condition or juggling with three small light weight items to increase hand eye co-ordination and concentration.

What the writer's found fascinating about the Doctors presentation was the level of attention that our Shedders paid to the talk, everybody appeared keyed up and locked in and at question time, there certainly was no shortage of questions of a broad range.

Whilst on the topic of health, it is really good to see conversations taking place, between members, on highly sensitive and personal topics regarding health, treatments, outcomes etc. As we all move through life's cycle and are

thrown significant challenges in our own or family member's way – it's helpful to share the mental load and or pick up support from somebody who has that personal experience, 'of that road'. Yes, we know it is a Men's Shed and we make a lot of noise, handle equipment, develop projects etc but underneath all that is a caring and experienced bunch of Shedders – keep up the good work fellows and that warm and deep fellowship.



Now, to cover some more of our normal items and activities, at the Feb BBQ luncheon, Malcolm Mc Caskey travelled from his current Shed at Manila NSW to present Bill, Bill, Larry with a special picture of their visit to Manila on behalf of UBMSI.



The Pearl Beach Progress Association approached the Shed with a request to construct a Surf Life Saving Tube – beach storage box and stand. Merv and Don tackled the box design and Fritz the Stand. The finished mounted Box complete with sign writing and the Surf Life saving Tube is currently being installed on the beach at the end of Agate Av., Pearl Beach.



The Ettalong Bowling Club requested the Shed to see if we could build a quantity of 'Table Centres' to basically hold salt and peppers and the menu of the day – to a specific design and colour. Stephen and Merv are underway with the project with Bill Woods undertaking a special set up of the router table and providing some hands on training, in order to produce the finish and product required.



Our man Phil really enjoys a challenge of designing and building a project, often from a verbal description – seen here he is busy creating a cutting board for a person who recently had a stroke.



The early days of March herald 'Seniors Week' in NSW, which involves many special functions specifically for Seniors. One such function was held and promoted at the Ettalong Bowling Club. Your Shed was asked to attend with an 'info table' and be in a position to conduct presentations of your Shed to interested Seniors. Members Bill G, John and Doug represented our Shed.



Two days later – the Umina Beach Library staged a special Seniors day function and our same team moved down to the Library and set themselves up with all the materials and show pieces plus the lap top for visual presentation etc and had an enjoyable few hours in the library environment.



It's amazing how fellows change, when they come to the Shed for a few months, take Kevin Savage for instance, a life time working with steel and metal lathes etc and seemingly little of no interest in wood working. But then after a trip in his motorhome when he was introduced to disc-bowls, he was taken! Back to the Shed and quickly learns the basics of the wood lathe and here he is turning out a lovely set of beautifully crafted disc-bowls





News Letter

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Just arrived is the 'Shoulder to Shoulder' Australian Men's Shed Association NSW newsletter which includes an item on 'Road Safety for Seniors' discussing the need for people over 75 years to have their driving abilities and road knowledge assessed. The representative of Roads and Maritime recommends that prior to the formal assessment people take a 60 minute driver assessment or refresher course or a 90 minute combined course. The representative noted a number of very practical things that an experienced instructor will look for during the 'lesson' that family members may not be aware of or simply accept that this is the way we have always driven.

If there is enough interest in the Driver Assessment topic, it may be possible for us to follow the matter up with AMSA – have a chat to Bill G.

Well, that brings to the end the February Newsletter - we hope it finds you in good form and if you haven't visited the Shed for a period why not drop in for a chat and a cuppa? There is always something going on and whilst it's physically a small shed and we do get busy! It is also like a Philippine Jeepney Taxi – always room for a couple more.

Cheers for now and happy Shedding

Bill G, Vic B.