

## 2017 – May Newsletter

With half the year gone already we better get right on with the June Newsletter.

The Australian Men's Shed Association [AMSA] has announced that they are having a special focus on Men's health – with Men's Health Week 12 -18 June. Healthy body, Healthy Mind: Keeping the Balance. Every Shed works to make a positive contribution to their community through the prevention of social isolation, the promotion of positive health and well being and local projects and activities. Over the next few days you will hopefully see some literature around the Shed focused on Men's Health, please take the time to acquaint yourself with the information, not only with a view to you benefiting but possibly being in a better position to help other mates and shedders.

Whilst on the topic of health, 12 of our Shed members volunteered to undertake a full day's learning to use the fairly recently at the Shed. The first equipment is to safety response issues



course on First Aid and Defibrillator, which was purchased and installed aid course and update and improve our but again we appeal to all

our members to strictly follow all the Shed's safe operating instructions and



also wear protective gear in accordance with the Shed's stated requirements,



thereby avoiding the actual use of our First Aiders albeit that they will be on stand-by.

Our May BBQ lunch developed into something quite special, firstly John Sharpe from the Umina Beach Life Saving Club visited with us a few days prior to the BBQ day and advised that the UBLSC was keen to provide the actual BBQ lunch for our members as a thank you gesture for various projects that the Shed had carried out in the past.

John Sharpe arrived bright and early on the day with all the goodies for a great lunch, then rolled up his sleeves, prepared everything and even barbequed the meats for us. It was a great lunch and again our sincere thanks to UBSLC and John Sharpe for all his efforts. No mean feat being the provider /chef and host to 35 of our hungry shedders!



At the same BBQ lunch we also had another important visitor, namely Brian Wright in his capacity as treasurer of the WOY WOY LIONS RUGBY UNION CLUB. He was with us to officially hand over a cheque for \$2000 in financial support of our Shed. This is in fact the fifth year that the management team of the WWLRUC, have provided our Shed with funds and fantastic interest /involvement and support.



Moving now to look at a few of the projects undertaken by members

How about a dog puzzle! it arrived with a local lady who used the puzzle to keep her pet dog engaged during the times when she away from the premises. It has sliding grooves with containers in them, some of which are loaded with treats – so the dog has move the container tops along the slide and look for the treats. The puzzle had had a tough life prior to its arrival at the Shed but our member Stephen, remade the item for the lady and its now back in service.



Now for a quick look at other projects that are easier to identify! Bill Wood seen here with a Rotary Wheel which he crafted out of a piece of solid timber for the Rotary Club of Woy Woy.





## New light weight fridge container for Kevin's camper van



Our resident Sparky David connecting up our new Cold Saw which cuts steel relatively quietly



A local resident had an urgent need for a ramp to access his house in order that he could leave hospital in a wheel chair return home and continue the treatment and exercise regime for him to get back on his feet. Lionel, Fritz Bill I and a team of helpers undertook the project, designing and building the structure at the Shed for assembly on site. We are pleased to say the patient was able to move back to his house at the point he was discharged from the hospital





The President of the Umina Beach Surf life Saving Club Mr Paul Sharpe, at a recent function, was presented with a special award designed and made by Bill Wood at the request of the Surf Club.



With the annual Naidoc week coming around once again, Merv and Phil set to organise another few hundred boomerangs in the usual matt black for the Peninsula schools painting competition.



Bill Graham wishes to pass on his thanks and appreciation to all our members of the Shed for their support and assistance to him whilst in the process of opening/closing the Shed – moving equipment and generally operating the Shed across the three mornings that we operate. Bill does a lot of work for and on behalf of our Shed, for which he was recognised with a Community Award by Rotary. The award was presented during the “Awards Night 2017” held at the Everglades Club.

Bill G receiving award from President Vic Deeble.



Now, before we close this month's newsletter, we think that the following article recently sent to Vic by some friends in the U.K. maybe of interest to our members given their age profiles. It is an article written by a man called Alan Bame who has written his views on ageing down in a list – with a starting comment of “as many of us are between 65 and death .....

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital. Warning: This is also a bad time for investments, even if it seems

wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

5. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbour and remember: "A man is not old as long as he has intelligence and affection."

7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.

9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use



some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

11. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.

15. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into



long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

18. If you've been offended by someone – forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savour it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humour in your situation.

21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

Having read these notes from Alan S. Bame he's obviously not the official carer of grandkids or the like but many of his thoughts and ideas are interesting - we hope you find them that way also.



## *News Letter*

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This brings us to the end of another news letter and we hope you found it interesting and informative, and if you haven't stopped by the Shed for some time, why not make a plan to do so, until next month's edition - happy shedding.

Vic B and Bill G.