

April 2018 NEWS LETTER UBMSI

Good day from our Shed and hearty welcome to the April NEWSLETTER, it's been an unusual month in so much as, we have had Easter, School holidays and Anzac Day in and around the month, so naturally there has been lots of grandparent duties and activities.

For those of us that have grandchildren /great grandchildren, there are a couple of articles in the press this month, which you may find of interest. Firstly there was a reference to the numbers of youngsters undergoing Knee reconstructions, following damage at sport or social activities. The experts and research we are advised points to a significant fall off in outside play activities, playing physical games, bike riding, being dropped off /picked up at the school gates etc. the theory is there is a lot less physical activity than perhaps our generation undertook, which is leading to a lower level of development in muscle and cartilage, hence the increased rate of damage /reconstruction. We all know that there is a big focus by youngsters on I phones/ Pads / laptops etc, that's the fashion – but somehow we need to chase up the exercise levels for young bodies for a more realistic future.

The following article by Patrick Brennan CEO and Artistic Director of the Central Coast Conservatorium appeared in the Peninsula News. *"It's hard to imagine what the Ancient Greeks would think of education as it is today, with all the devices, apps and electronics involved.*

Plato believed that a system of education with two subjects, music and gymnastics, was the best way to produce a citizen balanced in mind, body and soul.

Music was recognised as being so powerful that Plato believed music used in the education of the young should be regulated by law! We don't adhere to such strict rules today, but the benefits of learning music are as profound now as they were back then, but for different reasons.

We know that studying music is good for the brain and brings great pleasure and enjoyment; it's an international language that crosses many barriers. What is little known is the fact that studying music can help develop long term strategic thinking, due to the amount of time, patience and planning required to gain any level of mastery.

Short term gratification is rare when studying music; practicing a difficult passage requires persistence and takes weeks to perfect, in same way solving mathematical problem requires concentration and problem solving skills.

In a world where young people are spending more and more time online, where short-term gratification is King and fame just a few clicks away, the disciplined process of learning music helps them to understand the process and subsequent joy and satisfaction of working towards long term goals.

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Finally The Everglades Country Club ran an announcement in the same paper and is offering Free Junior Golf membership from 1May 2018 ages 12 -17 and entry into competition games only \$5.

So “why all the focus on kids /grandchildren etc in this edition of the Men’s Shed Newsletter?” –simply the Shed is normally alive with members recounting stories of their recent catch up / time spent with the young people etc and we thought it would be nice to put in a few relevant items, so we hope you found them of some interest.

O.K. now it's back to the realities of your Shed – over the hotter months, several of you commented on the heat build up in the kitchen area [some saying it limited their chat time in there!]. Following a committee meeting a decision was taken to install an electric fresh air induction fan into the kitchen area, one of our “sparky lads” Gary undertook the project and in no time had the fan procured, installed and wired up, so we think the “line up” to get into the kitchen, will as consequence be back to normal!



We think that Kevin must be planning a trip for his motor home in some “Hilly areas” as he has been busy making a series of wheel chocks, naturally all with his usual degree of focus on the detail and accuracy for the project.



Russell is seen here just a few hours in the making of a heavy duty didgeridoo, he has skilfully crafted several over the years, the fact that he plays them and delivers authentic music and sound, makes the whole concept very interesting and worthwhile.



As we think we all know the Shed is many different things to many different members and not the least of all, a good place to have a yarn and trade experiences, happenings etc. So here we have captured a scene where clearly Paul and Robert are in a deep and meaningful chat, then Lionel joins them and wow how the mode and topic appears grow – that's our Shed!



Les, has set about restoring life to an old and well weathered deck chair setting, it requires considerable restoration, but Les is in his element lining everything up and as usual taking good care of the detail.



Larry, is seen here building a new storage item for our Shed, in fact he gives a lot of his time to generally looking after the Shed, cleaning up putting the bins out etc. Our Shed would be a very different place if it was not for the likes of Larry, Bill G, Brian, Fred, Stephen and Merv, who go the extra in cleaning up the mess etc left by other members – so thank you all for your efforts.



A community project, in terms of a notice board for the Pearl Beach R.F.S., which requires a make - over is being handled by Garry and Quinton with Russell in attendance – it certainly presented some challenges but the lads are on top of it! So far.



Two of our regular project shakers and movers Merv and Stephen are seen here on separate projects, one being bird breeding boxes and the other a special “Long Tom” bottle opener with cap holder.





News Letter

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Well that brings us to the close off of this Newsletter, Autumn is seemingly now underway, Schools are back, and no doubt some of us have travel plans pursuing the warmer climates or discovery trails etc Keep in touch, stay safe and enjoy your visits to the Shed.

Best wishes

Bill G and Vic B.