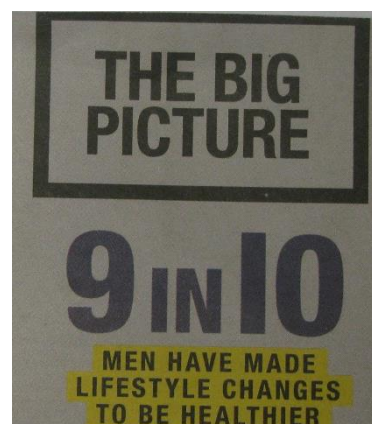
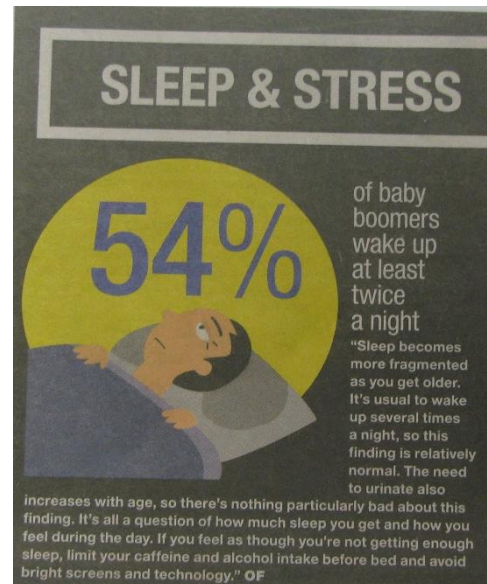
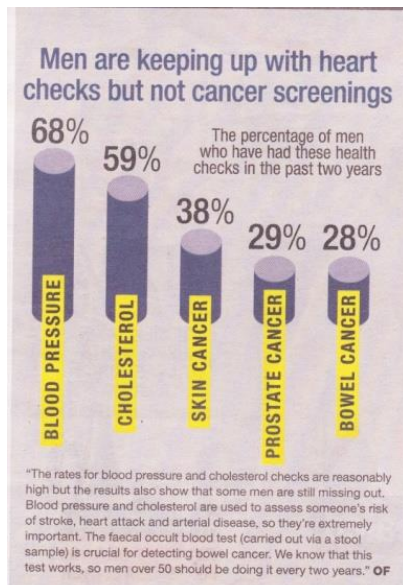


OCTOBER 2018 UBMSI NEWSLETTER

Well here we go with the October NEWSLETTER, a warm welcome to you all, only 50 plus days to Xmas! Enough said about that!! We finished our last edition on a health topic, so this edition we will have a “short kick off” on Men’s Health. The Sunday Telegraph “body & Soul” recently published a Men’s Health Report, we just took a quick snap shot of a few of the results



When we all read articles and reports of this nature and likely more particularly in regard to Men’s Health, it no doubt rings a bell and the thought “if we keep on doing what we are currently doing, we will continue to head in the health direction we are heading”- if that’s

a good /sensible place /direction – good for you – but for many of us, we have to take on the challenge of changing our approach and lifestyle for the benefit of self and family.

Over now to some of your activities, which we managed to capture on camera, you may recall in the last edition we were bemoaning the fact that we had failed to capture any metal work activity, well we are pleased to say first in line this month is our shedder Warwick busy on the milling machine beavering away making a replacement item for piece of equipment, to return it to service.



The “camp kitchen item” for the Gosford Scouts undertaken by Les and the back room, is seen here nearing completion and at the point of delivery to Ms Rachel Steadman from the Scout movement. During the handover process Rachel advised that the troop was headed off on the annual Jamboree in the next few weeks and that they also needed a washing up rack for the dishes and plates etc – more news next edition.



A major part of happenings around the Shed, in reality is fellowship between the members, getting to know each other for the first time or catching up on return after a trip way, often squeezed into our small kitchen area or sitting around the garden beds enjoying a cuppa. In this shot we see John, Lloyd and Chopper who were having a yarn at the container before the cameraman interrupted them!



From time to time we have visitors from other community based organizations join us for a look around your Shed and a chat about issues and items of mutual interest, here we see Bill and Harvey entertaining Lance a Graeme from the Vietnam Vets at our monthly BBQ lunch.



Talking of the October BBQ lunch, an interesting guest speaker was introduced by Vic at the request of Darrell, Vic explained that Ms Bobby Redman was a retired psychologist and an active member of The Rotary Club of Woy Woy and was here to talk about dementia. Ms Redman explained at the outset of her talk that she herself had actually been diagnosed with dementia herself! And was out and about in the community informing people about this particular disease and how best to deal and cope with the issues and slow its progress down. To say the audience was in a trance would be well over the top, but concentrating on what Booby said and turning thoughts over in our heads, would understate the interest shown, serious discussions and comments continued amongst the Shedders for quite some time after the speaker headed home.



Now how is this for a make – over or refurbishment, Brian was requested to take care of a rocking horse and also a hobby horse [remember toys like this are a tad before I.T. screens and electronic games!] well if a picture says a thousand words – what a great shot and doesn't Brian looks well – must be just back from cruising.



We know a lot of you are into cruising, so this extract from Escape cruising guidance may be of interest

“One of the delights of a river cruise is sitting in your room watching the scenery gently unfold, be it the Rhine Gorge, Egyptian villages or Mekong fisher folk. Fling those curtains open, drink in the landscapes, then, as dark descends, savour the sunset. But PLEASE – shut the curtains after dark. River ships on busy waterways tie up alongside each other at limited dock space, so guests have to traverse one, maybe several ships to go ashore. Which means, in the morning, your ship maybe moored cheek by jowl with another ship, which arrived in the night.

As, the writer of the article noted, out once on Avalon Panorama on the Rhine, clambering out of bed in the nuddy and stretching in the privacy of the cabin, only to realise the room, with the curtains open, was smack against another ship's restaurant at breakfast. Hello sailor. “



Best we get back to Shed projects – the “toy box” for Umina Public School is nearing completion and will be completed by the month end – the back room lads have delivered again.



You know how we often read in the press, perhaps comments about the more depressing or threatening by products of the “modern world” – you know less jobs with automation – technology is moving too fast etc well we thought we would close this month’s letter with a snip from another newspaper, the finished product maybe a few years away from final delivery, but what a concept.

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That brings us to the end of this month’s Newsletter, any thoughts or comments, we are always pleased to hear from our fellow members and readers – “happy shedding”

Best regards

Bill G and Vic B