

JANUARY 2019 – NEWSLETTER – UBMSI.

Welcome to our first edition for 2019 and we hope the new year has started well and healthy for you and all your extended family.

If you have been attending the Shed over the last few weeks or reading the local newspaper, you will be aware of plans and discussions relating the relocation of the Shed to another site in Umina. Our current site is very tight on operating space and is provided by Peninsula Village at a very low cost. We are now in our 8th year and like all things great, they won't last for ever, the availability of the site in this case. But we need all our Shedders, and supporters etc to realise the relocation process will be a timely exercise - in locating potential suitable sites - moving through the Council process - raising funds - development applications and so on.

We will try and keep everybody informed overtime as to progress and direction etc. In the interim let's all continue to enjoy our "small Shed with the big heart", keep it safe, tidy and fully functional.

We now have a quick look/reference to an article in this January edition of the Seniors Newspaper - headed "a seniors life examined" - the Council on the ageing, COTA, has recently launched a report in Canberra "The state of the "older" nation 2018. A comprehensive national study undertaken to seek the views of Australians aged over 50. COTA Queensland CEO. Mark Tucker Evans said the report highlighted the need for older people to not only be valued- but to feel valued in society.

A look at the summary-

Health

- Emerges as the key factor influencing both low and high quality of life
- 80% feel younger than their age and more than half feel at least 10 years younger.
- 37 % don't have private health insurance
- 51% (more than half!) do less than 2 hours exercise a week.

Quality of life.

- 78% rate their quality of life highly (7-10) but 7% give a low rating (0-4)
- 84%. Support legislation for assisted dying.
- 49% - nearly half of older Australians live with at least one high vulnerability indicator (e.g. unemployment, low house hold income or. disability
- 19% feel valued as a voter and 46% feel less valued than when they were younger.
- 1/4 feel their age has an impact on how they are treated as a customer, mostly in a negative way.

Cost. of living.

More than half say the rising cost of living is leaving them behind

12% - are struggling with overdue bills.

1 in 4 26% feel insecure about their finances.

20% don't have money to spend on leisure or social activities leading to less community connectiveness.

40% felt improving affordability of services like energy and internet would make a real difference to them personally

In summary

The vast majority of older Australians feel younger than their current age - with more than half feeling at least 10 years younger.

Women feel 12 years younger than actual age whereas men feel 10 years younger on average,

On average. those aged 80 - 89 feel 13 years younger

more than three quarters of the survey participants 78% rated their quality of life highly at 7 or more, including a quarter who feel particularly positive 26% rated 9-10

meanwhile just over one in five 22% rated their quality of life at mediocre or poor 7% giving a low rating of just 0- 4.

So go on ask why all the blurb on a survey in a newsletter " we hear you say !" well we are just simply trying to keep all our grey matter (brain) in good working order, so that we all think through the topic and if need be create solutions. How about the exercise factor or valued as a voter with two upcoming elections. Maybe some really useful topics come to light over the next cuppa's around the table of knowledge at the Shed.



O.K. now back to the Shed- we are sure we were all pleased to see Chopper return to the Shed having survived and recovered from a serious vehicle accident late last year, he is looking well and is nicely harnessed to his replacement Ute. He has been back visiting our Shed and cutting the grass and loading out the sawdust etc- good to have you back Chopper.

One of our initial members Rod M has approached your committee with a request for the Shed to purchase and install/ locate a Forge at the Shed. Some of us may recall, Rod built a small gas fired forge unit last year, which he located in the welding area. However, it was decided that the materials and functionality of the apparatus posed potential risks etc and was therefore withdrawn from usage. We are currently researching the design and operation of this suggested newly proposed commercial forge - along with operating guidelines- cost of operation - potential locations - safety equipment requirements etc. We also ask here, all our shedders to let us know -who and how many of us have an interest in working with red / white hot metals and what type of projects you envisage. Please advise Bill G or Vic B - so that the research can be completed.



O.K, it's time to look at happenings at the Shed this month of January-

Here we have Harvey armed with a drill and preparing to demolish the shelving in preparation for the new Lath tools cupboards to be installed.



The Shed had a request from The Country Women's Association to reoil their dance floor. This was carried out by Vic B, Jeff S and Gary P. As you can see by the pictures, they did an excellent job. (Pictures taken by Vic.)



One of our original members brought this old stool in to be refurbished. Jeff S took one look at the stool and said that is a job he would like to do. Here he is enthusiastically sanding the stool.



In the Computer room we have John P doing he's magic. John in his working life was a Computer programmer and still likes to keep his hand in.



I think this scene would be common at all Men's Sheds. One worker and two or more supervisors. Here we have Mev P reupholstering dining room chairs for his wife and Jeff S and Stephen B supervising.



The regular readers of the News Letter will remember the shed making for Gosford Scouts a Camp Kitchen and a washing up table. The following pictures show them in use at the South Australia Jamboree.



Well that brings us to the close of this edition of our Newsletter - we hope you found it informative and interesting and as usual if you have any ideas / comments - we would be pleased to hear from you.

Happy Shedding

Vic B and Bill G.

