

September 2019 NEWSLETTER –UBMSI

Welcome to this edition of our monthly Newsletter, it's a little bit shorter than our usual offering but one of our scribes has been away from the Shed on a trip, for most of the month, so we didn't get to record the activities at the Shed.

Let's start with a short update on the project of relocation of our Shed. Most of the regular attendees at the Shed are now quite well acquainted with the plans of building design; site positioning, possible machine /equipment locations etc and we have amended the plans to incorporate the suggestions and ideas of the members. Initial D.A. discussions based on those specific plans have been held with the Council. We are now busy preparing the actual D.A. for submission to the Council – so the preparation of paperwork continues at a pace. In regard to the actual eventual relocation of our Shed – given there is lots of work to be done including fund raising – we are at a likely 12 -15 months at our current Shed before an actual relocation. So let's all stay excited but patient!

During discussions fairly recently –we had cause to go back through our files regarding the start up and progress of this Shed and we also reviewed the photo record of those early days. Now its likely that many of our current members would not be aware of the start point and the progress over time – so we thought we would share a few photo's and commentary with you.

The patio type roof covering was one of the initial exterior construction tasks undertaken and the yard 'as such' had to be cleared and the initial layout marked out. Subsequently there have been several major changes to better accommodate the number of members and types of projects.



As the need for increased storage grew, the existing garden shed was relocated and another larger shed acquired and assembled on site, this was then followed up by the arrival and installation of the shipping container, which was then covered by a protective roof and patio extension.



Whilst the photo's depict a few of our members involved in the various projects - in the early days it was pretty much "all members on deck!" Here we see D.P. and advisors engaged in the project and a random shot of the official opening of the gate into UBMSI. The start up and development overtime of our Shed facilities has been a very cohesive exercise for a broad spread of our members and the great and valued support of our sponsors /financial supporters. The road ahead as we close the gap on relocation to the new site, will no doubt have a fair share of new challenges and heavy lifting for "team UBMSI" so we need to ready and prepared.



Back to today, this month's Health Topic, Melanoma - is provided by Larry, and from the outset a big thank you for not only preparing the whole article but sharing your personal experience with us Larry writes:-

HEALTH TOPIC – MELANOMA

I recently had a melanoma removed from the sole of my foot. During my last annual check-over the Skin Specialist revealed that a mole I've had for donkey's years had changed size and shape. The question I've been asked by mates over and over is "how do you get it on the sole of your foot? Isn't it from sunburn?"

Melanoma is a form of cancer that develops in the skin's pigment cells, which are known as melanocytes. Melanocytes produce melanin which gives the skin colour, and are found in many places in the body, including hair, eyes and the mucous membranes (such as the lining of the mouth, nose and other internal structures of the body). Clustered in groups they form moles. Melanoma occurs when abnormal melanocytes grow in an uncontrolled way. There is two classes of melanoma - Benign being non cancerous, and Malignant being cancerous.

While melanoma usually begins in the skin it can also start anywhere you have melanocytes. That explains why mine was on the sole of my foot.

Australia and New Zealand have the highest rates of melanoma in the world. On average 38 Australians will be diagnosed with melanoma every day. Anyone can get melanoma but these factors increase your risk :-

- A personal or family history of melanoma.
- Mole count – if you have a lot of moles.
- Unusual looking but non-cancerous moles (known as atypical moles).
- Fair skin.
- Sunburn – you have a history of sunburn and blistering, especially in childhood or adolescence.
- UV exposure – you work outdoors, use sunbeds or actively seek a tan.
- Age/Gender – you are male and over 50 years.

Early detection is essential. Keep up-to-date physical examinations, either by self examination or by a medical professional. Your doctor will advise you on how often to check your skin, where to look and what to look for if self examining. Self examining must include skin that is not normally exposed to the sun.

Melanoma can run in families. If you have been diagnosed, your close blood relatives (parents, siblings and children) can be at increased risk, so regular skin checks are recommended for them.

Further information is available from :-

- Melanoma Institute Australia - www.melanoma.org.au
- Cancer Council Australia - www.cancer.org.au

O.K. back to this September – Jeff is seen here in an “Artistic Reno” project, of an old dark wood corner display cabinet – being undertaken for one of our local Peninsula senior ladies.



In the run up to the next project, we can again take a quick glance back into the past regarding another artistic effort – the artist that crafted the decorations to suitable enhance our fencing on Lens Av



Well the man himself, Pavel, is back at the Shed seen here just starting on a new project being crafted out of used recycled hi-grade timber.



Our member Rudolf, came up with an original idea in making a well balanced and workable bench seat, he crafted the item at home, finishing it off with a nice coat of paint, then calmly took it down to the community gardens and presented/ gave it to them. They were wrapped, not only with the design and quality, but due to recent acts of vandalism and fire they have a real need for this type of item



As we move to close this edition, hopefully the brief look back at the start of UBMSI, will provide everybody with an inkling of the pathway and challenges



News Letter

109 Birdwood Ave
Umina Beach NSW 2257
Phone: 0243429606

Email: uminabeachmensshed@gmail.com Web: www.uminabeachmensshed.org.au

ahead relating to the relocation of our Shed. Keep your energy levels and patience on stand-by as we look forward to making progress and arriving at a better facility in terms of space, for more projects, better health and safety and easier social interaction areas.

As we close off the edition, a big thank you, to Doug H for researching the history photos and providing the commentary and Larry for his article on Melanoma.

Until the next – stay safe and Happy Shedding.

Vic B and Bill G

PS :- Don't forget the Gara/Shed Sale this week. Saturday and Sunday 5th & 6th.

Where? The CWA Hall Umina. (Something for everyone.)