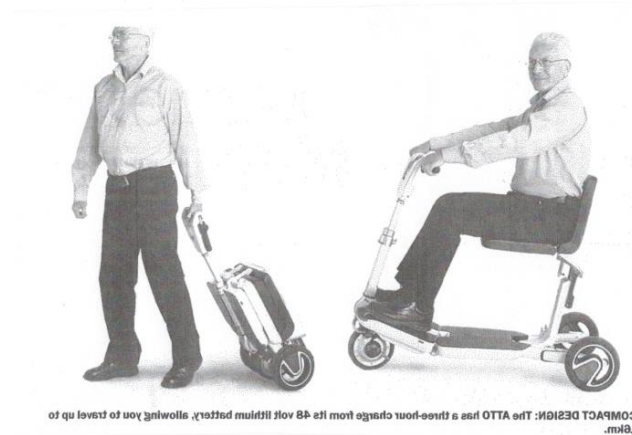


Umina Beach Mens Shed Inc

NEWSLETTER AUGUST - 2019

A warm welcome to the August 2019 Newsletter – it's hard to believe that we are only 4months away from Xmas!

By way of a different start to this newsletter, whilst glancing through the Aug edition of the "Seniors" paper an article on a completely new concept of mobility scooter came to light. So why cover here? we hear you say!! A few reasons namely – we have a few members with mobility problems – it's a new concept /engineering design, that allows you to fold it up, put in the boot of the car, and when you get to the venue /shopping centre, take it out, unfold it and ride it to you destination, plus it follows the likes of Harley Davidson by using hi-tech electric power



The article is headed "SEE THE WORLD WITH AN ATTO" and goes on to say :- Travel in style and dignity with the Atto. The Atto is the smartest high performance mobility scooter on the market beautifully designed, engineered and manufactured using aviation grade aluminium and plastics. The result is a light and reliable scooter, flexible and stylish. Venture anywhere you wish with ease: by car, coach, train aeroplane or cruise ship.

Features include a built in USB charging port, deck storage and adjustable seat height. It has a three hour charge from its 48 volt lithium battery allowing travel up to 16 km.

Whilst there was no price given in the article –it's likely pricey as it's new to the market, but then again its early days but seemingly a great idea.



Just before we take off for recent happenings at the Shed, we thought we should also another item covered in the Seniors under the heading of “wellbeing” – *“Researchers at the Transurban Road Safety Centre at Neuroscience Research Australia found people over 65 are nine times more likely to be seriously injured during a car accident. Chest injuries are the primary cause of death for older drivers and poorly positioned seatbelts increase the risk of such injuries.* The research found common accessories typically used by older Australians to improve comfort in cars may increase the chance of injury during a crash. These accessories include items that some drivers use to sit on, or place between their back and the seat, such as seat base cushions, seat back cushions, back support or head rest cushions. **Associate Professor Julie Brown recommends drivers /passengers check whether seats can be adjusted before using an accessory, “if a driver can adjust their seat instead of sitting on a cushion or placing something behind their back, it will likely be much safer”.**



Now we are off to the Shed – so to start let's take a quick look at what's been happening in regard to the design and planning of our new shed. Over the last

few weeks we have published initial proposed plans for the layout /configuration of a new shed, these were placed around our current premises and opinions /suggestions etc from a broad section of available members were noted during the numerous discussions. The plans were amended to accommodate many of the ideas and suggestions, Lionel B then applied a detailed scale layout within the proposed work areas for the various machines and activities we undertake, this again was provided to members, with seemingly a warm response. So we are now in the process of making the “development Application” to the CCC. We are a long way off ground breaking or planning a move, but we do want to keep our members and sponsors etc involved in the process, as much as possible.



A Shed project – our local Umina Beach Public School, designed and specified a small outdoor “dance stage” and ramp for wheeled toys, to be located in the Schools recreation area. Bill I headed up the project and the actual structure etc was created at the Shed and then assembled on the designated site. A broad cross section of our members were involved, in the developing of the structure, assembling the sections on site and the final coat of paint, well done with that team.



You may recall that we put out a request for members to provide brief stories notes on travels etc with pictures; we are delighted that Larry responded. So over to Larry, taking another destination of his wife's "bucket list," with a trip to the wonderful Kimberley region in W.A.



TRIP TO HORIZONTAL FALLS

There's always been a yearning to visit the Horizontal Falls since I first saw them on a Malcolm Douglas TV special in the late eighties. The opportunity arose when my wife retired from work in July.

We took direct flights to and from Broome, 4½ hours each way. The flightpath took us over central Australia, but I couldn't see Ayre's Rock from the window. The shuttle bus driver that picked us up at Broome airport was a fantastic character, helpful and willing to share local info.

The Falls are situated an hours flight north of Broome in Talbot Bay. We were picked up from our digs at 5.30am and shuttled to Broome airport where we were weighed and briefed before being bundled onto an amphibious 12 seater plane. Five fully loaded amphibians took off that morning. Upon arrival at the floating transit facility on Talbot Bay two were to immediately take off for Derby for another load of tourists. The transit facility is two big punts strapped together housing hospitality area, briefing area, shark feeding area and, most importantly, the transfer between 'plane and boat.

After a cuppa and a safety briefing by our boat skipper and fitting life jackets we were ushered onto a thirty-seater boat accommodating 30 people. And it was full! We were fortunate to get seats close to the bow, ideal for taking pictures and getting sprayed in the rough. These boats are powered by 4 300HP outboard motors. Serious grunt! And we were soon to experience why.

It was outgoing tide at the Falls. The water was racing out. The first cutting is the wider of the two, and it was fun bouncing up the different water level. At the second, narrow cutting the Skipper slowed the boat and explained that the water velocity was high and if it was any higher he wouldn't be able to take us through. But we did go through. Several times. Even slowing to a stop mid-pass to experience the water flow. We were stationary doing over ten knots against the tide.

Back at the transit facility we had brekkie, mingled with other tourists and watched the shark feeding. Afterward we were ushered back onto the boat for a tour of Talbot Bay and Cyclone Creek. Then it was time to board the plane for the return trip to Broome.

It is an experience that is highly recommended and should be on everybody's bucket list.



Our next two Projects at the Shed have “marine connotations” which is hardly surprising as our Shed is based right on the Peninsula! Firstly we have Jeff and Len and Simon tackling the challenge of visually restoring the looks of a surf boat sweep oar, as it is heading for a place of honour at the Cafe at the Umina Beach Surf Life Saving Club.



Now to the story of a “Dragon Boat Rescue” being beautifully told and illustrated by our co writer of this newsletter – Larry:-

DRAGONBOAT RESCUE

Deepwater Dragonboat Club’s boats fell victims of vandals. The delinquents set fire to the boat covers, probably hoping to burn the two boats. But watchful residents quickly notified authorities and damage was confined to the covers and support frames. While the boats themselves escaped unscathed, the covers needed replacing, the poly ridge poles supporting the covers were warped and damaged from the heat, and the support frames needed work.

My wife is a dragonboat paddler, and she asked about our Men’s Shed carrying out the rescue work. As the boats are located at Saratoga I considered it might be difficult to organise an on-site work crew, so I volunteered to do the work on behalf of our Shed.

Each boat has five wooden frames that support the ridge poles for the full length covers. Lengths of heavy duty electrical conduit were sourced locally to replace the two ridge poles, and carried to Saratoga on my roof rack. The support frames needed to be cut and lowered. Two half-day site visits had the job completed so the club could get on and organise new heavy duty boat covers. The remnants of the burnt covers and poles were wrapped up, bagged and removed for proper disposal.



To close off this edition, a couple of photo's of our recent BBQ lunch [third Monday of each Month] our guest speaker was Ray Crawley, representing the Australian Mens Shed Association zone 8. He spoke about OH&S matters and keeping Men's Shed safe given the various machines and constantly changing types of projects being undertaken by members etc. The lunch was really good, well done Chefs John and Graham and the fellowship in the "sit – out" garden area all helped to make it – another good morning at the Shed.



If you are a member and have not taken up the BBQ lunch offer for a time – it's still only \$5 for the morning –tea /coffee /biscuits plus the lunch – check your diary for the Sept 16 and come on down and join in the lunch and add to the camaraderie or soak up the exchanges around the table of knowledge!

Well that's it for this edition – happy Shedding

Bill, Larry and Vic

P.S. As we had a little space left on the page we thought we could squeeze in another health topic. SHINGLES, also called herpes- zoster is a common but lesser known preventable disease which can severely effect older Australians. **Anyone who has had chickenpox is at risk of getting shingles later in life.** *Shingles immunisation development is relatively recent and is currently*



News Letter

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recommended for free under the National Immunisation Program for adults aged 70 -79 years. It is also recommended for people 60 – 69 years, 80 years and older. For more info on Shingles beta.health.gov.au/health-topics/shingle-herpes-zoster. Or simply talk to your G.P. [this info derived from an article in Seniors wellbeing segment].

