

2019 – JULY NEWSLETTER /UBMSI.

Welcome and we trust you will enjoy this month's edition. We had some great feedback on the June addition in which we featured some travel exploits that a few members had undertaken. So we are inviting any of our members who have recently returned, from a location which they enjoyed and recommend, to put a few lines together, along with a photo or two - and drop them off with Bill G at the office. We are on a big island so it could be as far apart as Patonga or the Horizontal Falls in the Kimberly – if you recommend then let's hear about it.

Whilst chasing some info the other day, we came across a report from the Monash University Accident Research Centre – headed “Ladder Falls Prevention” *a resource for home ladder users!* The research indicates that around home ladders are linked to more DIY deaths and serious injuries than any other product. In Victoria serious injury from ladder falls doubled from 2002 to 2013. 78 persons died as a result of a fall from a ladder at home between 2001 and 2012. Nearly 7000 home ladder fall cases were admitted to hospital 2004 -2012. **In the workplace ladder deaths and injuries have reduced significantly.** The 12 page report and ladder use at home recommendations is available, visit : oci.health.nsw.gov.au/home-ladder-safety

So if you own a ladder or intend using one, yes we know we all think we are cleverer than “Victorians!” – take time to download the document, and if you simply have to use a ladder make very sure that we follow the recommendations – all the way!

So what action have we seen around the Shed recently, well we were treated to some beautiful background rumbles and music as Russell moved through process of designing and making his latest didgeridoo.



The Ettalong Bowling Club, often visited by a collection of our members on a Thursday evening, recently purchased [as part of a makeover in a lounge area] a collection of movable pot plant display stands. Once the stands were at the Club, the management decided that the stands needed a degree of visual modifications in order to compliment the decorations and fit out in the club area. The project was undertaken by a team at the Shed basically a couple of stands at a time. The finished product as designed by the Bowling Club, certainly looked the part when finally returned and installed in the premises.





Our member Rudolf- really enjoys sitting out and using the branches of a tree to provide a comfortable shade, so he got busy and quietly built the Tree Seat, you may recall that we had a photo of him testing /working out the angles with the various segments spread out on the pavement. Well now here is the finished product.



Our Vice President of the Shed Bill Ide occasionally moves out, on behalf of the Shed, in his official capacity [as opposed to the many other times when he is one of the workers busy in the delivery of a project] and is seen here at a function with the President of the local Lions Club of Woy Woy, Mr Ian Taylor. Bill being presented with a donation for our Shed. The Lions Club has been a

long term and very much appreciated supporter of the Umina Beach Men's Shed Inc.



We have all heard of meals on wheels, well this project is about food and wheels – but it is for that wonderful organization Mary Macs in Woy Woy, which looks after needy people via it's staff of volunteers 5 days a week – 52 weeks a year. They are currently changing over some of their storage areas and facilities, so the challenge for the Shed, was to design and build structures on wheels that will hold their storage hoppers. A joint venture between the metal and wood workers and the painters.





At our last BBQ day [third Monday of each month] we were joined by two members of AMSA – Australian Men's Shed Association, on an official visit. Mr John Sharples who is moving up from our zone 8 to take on the role as Chairman of the AMSA Board and Mr Ray Crawley who is moving into the role of Zone 8 Coordinator of the 15 Sheds on the central coastal area of NSW.



Our President Darrell P drew our attention to an article in the AMSA brochure "Spanner in the Works" -which focuses on men's health. This article really supports and re-enforces the message that the physio team from Umina delivered at one of our BBQ lunches some 18 months ago.



3 MINUTES + 3 EXERCISES = BETTER HEALTH

Try these simple exercises every 30 minutes, to reduce the negative impact of prolonged sitting. You will be surprised how easy and effective it can be to improve your health.

 <p>KNEE RAISES</p> <p>Stand in the spot and raise each knee up one at a time to your hip height.</p>	 <p>HALF SQUATS</p> <p>With your arms in front of you, bend your knees and squat down.</p>	 <p>LEG LIFTS</p> <p>A simple exercise that gets the whole body moving. Swing each foot in front of you.</p>
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Simple leg exercises could save lives!

Breaking up prolonged sitting with simple leg exercises every 30 minutes can lessen the damage caused by inactivity in those most at risk of heart disease and type 2 diabetes.

The findings add to the growing weight of research that long periods of unbroken sitting increases the risk of type 2 diabetes, heart disease and some cancers.

But importantly, there is more evidence to show that by moving regularly — particularly during the most dangerous first two hours of sitting — these risks can be reversed.

Researchers from the Baker Heart and Diabetes Institute took overweight and inactive adults — those at high risk of heart disease — to test whether simple exercises could protect against changes in blood vessels that occur during prolonged sitting.

"We know that sitting is characterised by muscle inactivity and reduction in blood flow," lead researcher Professor David Dunstan said.

"Rising from the chair and engaging those large muscles shifts all that. It's like starting up the body's engine again. These activities, can be performed on the spot, while you're looking at the computer screen."

Professor Dunstan said it was important to look at practical interventions for those at risk of heart disease, given it killed 80 per cent of people with type 2 diabetes. The institute will soon start recruiting office workers with type 2 diabetes for its first interventional study involving patients in the real world.

<http://For more information visit baker.edu.au/health-hub/clinics/exercise-physiology-services>

Well on that healthy note, we will close of this edition, happy shedding and don't forget if you have any ideas or wish to contribute to the newsletter, just drop by the office

Cheers till the next time

Bill G and Vic B

P.S. Coinciding as we sign off with this letter, we have just learnt that our fellow member Lloyd Young passed away on Sunday 28th July and his funeral was held on August 1 at Ourimbah. Our condolences go out to his family at this very sad time. R.I.P. Lloyd.

