

## Umina Beach Men's Shed September 2013 Newsletter.

Welcome to the September NEWSLETTER, "thank you" to those of you who attended our Shed's Annual General Meeting on the 18 September – it was a lovely morning weather-wise, a good meeting – all the executive and standard committee positions were filled, and a great BBQ lunch. Lots of laughter /jokes and good camaraderie followed in the time after the formalities were completed.



We take this opportunity to make a special mention of "BBQ John" – Hume- seen here at the AGM –cooking up a storm.



John has BBQ'd for years and years, not only at the Shed but all over the Peninsula , likely cooked several thousand snags etc. A big thank you to John for all the preparation and work he does heading up the 3<sup>rd</sup> Monday of the month BBQ at our Shed.

Another silent performer is “young Brian” who undertakes to visit the Shed each open day –and take care of the task of opening the Shed up and setting up the urn for the hot water, so it’s ready for the members arriving at 8.00. Thank you, Brian.



We were reading the magazine “On the Coast –over 55” the other day and the following article caught our attention. Please take time to read it through and hopefully retain the “F.A.S.T.” process /facts deep into your memory – it could help save lives of people in your local community /family world.

## ACT FAST AT THE SIGNS OF STROKE

With someone having a stroke every 19 minutes in Australia, Central Coast Local Health District (CCLHD) is encouraging people to learn the FAST signs of stroke and the best ways to prevent it.

CCLHD Neurologist/Stroke Staff Specialist Dr Bill O'Brien said National Stroke Week (7-11 August) was an opportunity to not only remind people of the signs to look out for, but also the importance of seeking help immediately if you notice the signs in yourself or someone else.

"The key is the think FAST. Has their face drooped (F), can they raise their

arms (A), is their speech slurred or confused (S)? If you notice any of these signs, time is critical (T), call triple zero (000) straight away," Dr O'Brien said.

"The sooner someone who is having a stroke receives medical attention, the better the outcome is likely to be. When a stroke strikes, it attacks up to 1.9 million brain cells per minute, which is why every minute counts.

"Delaying or failing to seek urgent help for stroke can lead to ongoing disability or death."

The good news is that more than 80 per cent of stroke can be prevented.

"You can change many of the common risk factors and lower your chance of stroke with some simple steps," Dr O'Brien said.

"Staying active, eating well, quitting



Learn the F.A.S.T. signs of STROKE

**FACE** (drooped?)  
**ARMS** (can't be raised?)  
**SPEECH** (slurred or confused?)  
**TIME** (to act! Call 000)

If you see any of these signs  
**Act FAST call 000 (triple zero)**

Stroke Foundation

smoking and limiting your alcohol intake are some of the steps you can take to stay well and decrease your chance of stroke.

"I also recommend people make an appointment to see their doctor about the risk factors of stroke including high blood pressure, type 2 diabetes, high cholesterol or atrial fibrillation or irregular pulse. It is important to have these conditions well managed to lower your risk."

**To find out more visit:**  
[www.strokefoundation.org.au](http://www.strokefoundation.org.au)

We recognised a couple of volunteers at the start of this edition, we have also chosen to include a report from Harvey McD – on a recent project –when our Shed undertook to assist one of our Sheds long term supporters. This again involves members providing their time and effort to deliver such a project.

**Central Coast Rugby Union Finals Series 2023**  
**on September 2, 9 and 16 at Woy Woy Oval**  
**then at Central Coast Stadium, Gosford**  
**on 23 September for the Grand Finals**  
**both Juniors and Seniors**

*Through Larry Thomson and Kate Thomson from Central Coast Rugby Union, we received a request to organise members of the Umina Beach Men's Shed to attend on the above dates and work on the entrance gate collecting player's passes and entrance fees from eligible persons over 16 years of age.*

*On the First Saturday, 2 September, we began the day at 7.30am and finished at around 4.30pm. Those who assisted were Sam Pansare, Gary Gilday, Steven Beer and myself.*

*On 9 September we began with Graham Beaven, Steven Beer and myself starting at 8.30am. Later in the day around 12 noon Ron Fathers and John Hume replaced both Graham and Steven. We finished around 4.30pm again.*



*On 16 September we had a shorter day commencing at 8.30am and finished around 3.30pm.  
Those who assisted were Brian Williams, Kevin James and myself.*

*On Grand Final day we started with Gary Gilday, Warren Dunks and myself commencing  
around 8.00am – 8.30am. This day consisted of being in charge of the parking for specified cars  
in the enclosed area of the southern end of the Stadium.*

*At or around 1.00pm – 1.30pm we had Sam Pansare and Ron Fathers replace both*

*Gary Gilday and Warren Dunks then we carried on to finish the day at the start of the main  
game of the day which was the Premier 1 Grand Final between Avoca Beach and Razorbacks.*

*Many thanks to all who helped. It was most appreciated.*

*regards Harvey McDougall,*

*On behalf of the*

*Umina Beach Men's Shed Inc., Committee*



We also undertake the BBQ at Bunnings [again supporting a supporter] and the “Car Boot Sale” on the last Sunday of the month at Rogers Park – supporting a supporter – The lions Club of Woy Woy. The members, that volunteer a few hours of their time and their skills, for the Shed to deliver these projects, do a great job – normally have a lot of fun and socialize with the other team members and the public. Your Shed finishes up with an end result of funds going into our Shed’s Bank. Now when one looks back on when and how we first started UBMSI and look at it today! NO let’s say tomorrow!!! With our new Shed and all the equipment we have to work with today and the connection /support of local community organizations and businesses, that has built over time – our volunteers have done well. So please think about volunteering your time/skills and volunteering for a project or two.

Talking about the new Shed at Osborne Av – yes we know and fully understand our members frustration and really not being able to get on with their tasks /hobbies during visits on Mon/Wed Thurs- as the existing Shed is practically packed up to move, and whilst the new Shed is absolutely ready to go –as yet we don’t have an “Occupation Certificate “ so we cannot relocate until that is granted. Rest assured that the project team are working closely with the Central Coast Council to finalize this issue, and hopefully the problem will be resolved quickly.

A few small projects are being completed despite “the ready to move” conditions, our member Brian O’Leary came across a good socket set tool box and stack of sockets drivers etc but no locating base. So he quietly mapped out a suitable piece of timber with all the sockets and driver sizes etc and drilled and machined out the spaces, gave a good coat of paint, and the set is now easily usable and very tidy !



Our member Vic B was invited to attend a function at the Davistown RSL being hosted by the Federal Member For Robertson Dr Gordon Reid – it was a BBQ put on by the Prostate Cancer Foundation of Australia. Dr Reid spoke at length and several statistics were provided which indicated that Prostate Cancer is the most commonly diagnosed cancer in Australia and most commonly diagnosed cancer among Australian Men. 25,487 Australian Men will be diagnosed with prostate cancer in 2023 -3743 Australian Men will die from prostate cancer in 2023. Early discovery of this disease is paramount and a simple blood test [for PSA] is highly recommended and timely visits to the G.P. to discuss and test for this cancer- is considered vital. We now have a series of books /pamphlets on Prostrate Cancer at the Shed office which members are welcome to access. The message delivered at the BBQ was "Make a difference **TAKE ACTION.**" Incidentally there were about 100 plus men at the BBQ and during the question and answer sessions and it was enlightening for the writer to hear the fellows talking openly about operations /procedures they had experienced and the outcomes etc, and they were all very much in agreement that early checks and action saved their lives and well being.

Well that brings us to the end of this Newsletter, we hope to be on the move before the next edition and nice and busy with the challenges of moving into the new Shed and getting it up and operating. We will keep you well posted.

Happy Shedding

Bill G and Vic B