

Umina Beach Men's Shed February 2024 NewsLetter.

Welcome to your February edition of our NEWSLETTER and our apologies for the late arrival, the delay being available time to simply sit down and put pen to paper, as it were!!

To start off this edition, I thought we should have a quick mention regarding the back room boys, who mostly are not committee members, but who keep the Shed running and orderly. For instance, those of you that attended the Shed this Monday might have noticed that grass all the way around our Birdwood Av Shed had just been cut. Thank you Chopper, he pops over to the Peninsula on a Sunday when the parking is clear of vehicles and cuts the grass etc. John /Doug and Bill in the office, normally sitting quietly in their tight little space –answering the phone, handling the e-mails, keeping the I.T. system healthy and looking after visitors to the Shed and always assisting members with their phones I.T. gear etc



Our Purchasing Officer/ Bunnings BBQ organiser/ contract lawn mowing leader/van driver/ not to mention open up and lock up Shed security man several times a month. A big thank you Graham, for all your efforts and to all the members that volunteer to assist Graham on these projects.



John and Fred who keep up maintaining and watering the O.B.pub garden and maintaining the liaison with the operators, with the challenges of the changing climate, weekly visits are virtually essential.

Keeping the bathroom and kitchen healthy and clean, emptying the rubbish bins, putting the bins out for collection and back in again –a job seemingly well below members real interest – thank you Stephen – you are a Star mate.

Then we are fortunate to have a couple of members who regularly arrive at the Shed with lovely cakes etc for morning tea for all – lots home baked – Thank you –very much appreciated.

As we are at Bunnings twice a month, the grass is still growing at a pace etc –the call for volunteers is out there pretty much all the time. We try and keep a shift down to 3 hours and most of our volunteers would agree, it's enjoyable, exercise, and an opportunity for good social interaction with members and the public and worth doing. So if you haven't put your hand up yet –why not give it a go?

When the call went out a couple of weeks ago for BBQ volunteers we were a bit light on – when out of the blue a couple of our mates from the Lions Club said we'll help, it was a fun shift and their support as individuals, was greatly appreciated.



An article in “The Senior” March 07 caught our eye “Look after your heart on a budget”

Heart disease is the leading cause of death in Australia but in the midst of a cost of living crisis, budgeting to maintain health can seem a luxury. Cardiologist and Researcher Avedis Ekmejian says it is possible to look after your heart without breaking the bank.

A healthy diet does not have to be expensive if we focus on affordable staples such as beans, lentils, whole grains and vegetables. Avoiding excessive consumption of processed foods, sugary snacks and eating five or more vegetables a day can make a big difference to heart health. Expensive gym membership options are not necessary to stay fit, with free low cost options, walking, and jogging, home work outs etc much more cost effective options. Even daily activities like gardening and house hold chores can make a big difference. [Article heartsearch.com.au]

Another article also caught our eye - Weekend Australian magazine written by Phillip Adams headed – DELETE CONTACT ? *every time a friend dies there's a dilemma.*

He wrote:- It's a sign of the times –of my own personal times- that I would like everyone to wear name tags. Even friends and family. Particularly family. And perhaps pets, too. Unlike newfangled smart phones, we octogenarians lose our facial recognition skills. Who owns this visage? Who are you? do I know you? if so, why?

And that's not the only problem I have with recognition. The contact lists on my phone contains hundreds of names I don't remember; *He then goes on to say that a lot of his contacts on the phone have subsequently died but when he looks at his contacts he can no remember if the individual is alive or deceased – so his dilemma is should we delete a contact immediately once advised of the passing?* Rather a frightening article to read but raises some interesting issues regarding ageing. On a more cheerful note- what's been happening at the Shed – well a few days ago Mario arrived at the Shed to tackle one of his wood turning challenges, which he is pretty good at once he gets started and settled in. Unfortunately the Band –saw which he needed to use to start the project was “out of order”- in fact the drive belt had been savaged and come off the motor drive, so a new belt and saw blade had to be installed. Mario started to clean up and vacuum the band saw prior to tackling the refitting etc. Fortunately Lionel arrived [an expert] and assisted Mario in the setting up and learning about the critical settings /factors in actually installing a new band and blade. Needless to say it wasn't long before Mario and his new project were underway.



There have been some interesting wood turning /crafting projects moving through the Shed over recent weeks, we were approached to make a “doggy cocktail bar”, fortunately the request came with a sample- otherwise “who would know?” Ross took up the challenge and crafted the item as requested.



Ron has also been busy using a blend of AI and hi level wood working skills, seen here is a picture of a “end grained cutting board” recently crafted by Ron using AI to design the construction and formulate the material layouts etc in order to then start and craft all the materials and assemble according to the design. The finished item is beautiful and very skilfully produced.





We also asked Ron to craft a sign for an item at our new Shed at Osborne, seen here is Ron back with modern technology marking out the requested sign prior to machining out the lettering etc.



So as to finish on a high note, we thought we would publish a shot of Larry in one of his latest tee shirts.



Well, that's it for this month's NEWSLETTER – we are hopeful that we may be able to advise you during the next few weeks of the possible date to, actually commence the relocation program from Birdwood to Osborne. So watch this space and keep in touch.

Happy Shedding

Bill G and Vic B