

# The Cutting Edge

Volume 1 No. 11

Hornsby Woodworking Men's Shed

Summer 2016/2017

## Welcome to 2017

Despite the Shed having to close early in December 2016, a number of projects were still on track for completion by the end of that year:

### 📄 Our Revamped Web Site

With great help from member Karen Benhar (her professional title is *Project Manager (websites)*, of orangeline web design), John Markham and others, our site, now - [hornsbymensshed.org.au](http://hornsbymensshed.org.au) - has been completely revamped. It is a great source of information about the Shed, not only for members but for anyone interested in what we do. Make a note of it and promote it to friends and family. Karen is now our Webmaster. Our grateful thanks go to Murray Irwin for the great work that he did in that position for so long. Philip Hirshbein and David Tarran will be looking after day to day content of the site, including a blog, so let us know if you have something newsworthy to post.

### 📄 Re-arrangement Of Work Areas

The removal of the floor mounted dust collectors freed up space for more work benches. The machinery location had, in some cases, to be modified to fit the dust collection ducting. The creation of a new sanding and router area, under the mezzanine, is a great improvement. See picture at right.



### 📄 Training On The New SawStop



Members attending the workshops early in the New Year were treated to a very detailed training session on the latest SawStop by Jim Spence. Jim explained the main difference between the machines; “the original SawStop is for ripping and the new one is for cross cutting but you can rip on the new machine if the other one is not available and vice versa.”

### 📄 The First Use By Members of The New Centralised Dust Collection System

The members who returned to the Shed, on 10 January 2017 and later, were given training on the operation of the new dust system and were closely monitored by Supervisors. The cleaner air was voted a great improvement because the coating of dust on all surfaces that we had lived with for so long, was no longer present. See later in this newsletter for more on that system.

### 📄 Looking After Our Gardens



The “garden” outside the Shed has been much improved since we moved in. Bruce Campbell is one of the team who have watered, planted, weeded and mowed. The picture at left of Bruce, in the background, and Ron Koutchavlis, hard at work on a very hot day in mid January 2017.

# Member Profile: Jim Kelso

Jim's interest in history first came to prominence for members who attended the September 2015 members' meeting:

*"Member Jim Kelso will speak about his experiences during WW II and the Great Depression."*



His talk made a great impression on the attending members because he spoke from actual experience, giving a most engaging account of his recollections during that period. Due to time constraints, there is more to tell in a second episode that he is scheduled to present to the March 2017 members' meeting.



## A Snapshot of My Life

I was born in Sydney in 1926 from parents who migrated from Scotland in 1912. Shortly after arriving in Australia, my father enlisted in the AIF, deployed to operations in France for the next four years and fortunately returned uninjured but only to encounter another setback with the Great Depression ten years later. Compared to my parents, life for me has been a complete contrast in all respects. Considering that it has only been 229 years since the First Settlement in Australia, I have been privileged to have lived for one third of that period. As a result, I have witnessed, contributed to and benefitted from the most dramatic changes in transport, communication, living and working standards and the stunning developments in medical technology that have occurred in Australia's history. Remarkably, I am also capable of recalling many of the details of those events.



There were however, two major setbacks in my early life; one being the Great Depression of 1929-1939. While too young to be directly affected, I was aware of the hardships and suffering in the community such as the queues of hundreds of men in Darling Harbour known as the "Hungry Mile" hoping to obtain a few days' work on the wharves. Then there were the families evicted from homes that, with nowhere to live, joined the communities who camped on public land which became "Shanty Towns" and, together, constructed primitive "humpies" from scrounged building materials to shelter their families. Those of us still in homes grew fruit and vegies and had a chook pen for eggs and occasionally the rooster was sacrificed for meat. Men sought odd jobs for a few bob and we survived, not through Government help, but because of resourcefulness and community co-operation.

The next major event was WWII which erupted in 1939 when I was 13 and still at school. Australia was involved from the outset through to cessation of hostilities in 1945. Volunteers were recruited for all the services. The AIF deployed to North Africa, Greece and Crete campaigns; the RAN operated in the Indian Ocean, Mediterranean and Atlantic while the RAAF fought in fighter and bomber commands

in the battles over Britain and Europe. There were casualties, but not on the scale of those in WWI at Gallipoli and for those of us in Australia the war was very remote and life continued as usual. That was about to change when the Japanese attacked Pearl Harbour In 1941 and the United States entered the war for the first time. The success of the Japanese was spectacular as they swept through the Philippines, Korea, Malaya, East Indies and on to New Guinea. When the “impregnable” military base at Singapore fell like a pack of cards, the S--T really hit the fan in Australia. The country was mobilized with men between 18 and 50 having to make some contribution to the war effort. Women were encouraged to join the workforce in factories engaged in defence work and to replace men as drivers, posties, milk and bread delivery, as examples. Rationing was introduced for food, clothing and particularly fuel with many businesses closing because of a shortage of goods to sell. There was a large

# Scouts on a mission for mayor

“THIS photo was taken in 1940 by a Sydney Morning Herald photographer and later appeared in the paper,” writes Jim Kelso of Cherrybrook, NSW.

“It depicts a scene in the Sydney suburb of Kogarah with the mayor, Alderman Syd Batty, assigning a task to scout couriers to deliver letters to air raid wardens.

“In the picture, from left, is RL Price, Scoutmaster, 1st Kogarah troop, myself and two mates, Reg Jones and Bob Skinner, from the 1st Kogarah Bay Sea Scout troop.

“The wardens were volunteers who patrolled the streets at night to ensure homes had windows blacked out to show no visible light and to instruct families on procedures in the event of the air raid siren sounding an alert.

“The likelihood of an air raid on Sydney in 1940 was remote, but by 1941, when Japan entered the war, the risk was real.

“In my recollection, the only occasion that air raid sirens were activated in earnest was during the midjet submarine attack on Sydney Harbour in 1942.

“They should have sounded an alert the previous day when a mother submarine in the fleet launched a seaplane which flew over the harbour in daylight at low altitude, presumably photographing all the ships and locations.

“The flight was apparently undetected and unchallenged by all our ground and sea defences. The information gathered was no doubt provided to the submarine commanders for the attack the following night.

“An account of this event can be viewed, together with the conning tower of one of the submarines, at the Navy Museum on Garden Island.

“Other enemy attacks on Sydney



The Senior, February 2014

occurred with some of the city's eastern suburbs shelled from guns on Japanese submarines some distance off the coast.

“Generally, bad news about war-related

incidents was withheld from the public as the press was strictly censored. We were unaware of the destruction of Darwin by Japanese bombers and the hundreds of

casualties that resulted.

“Only recently has much of the history of Australia's involvement in WWII been released.”

influx of American servicemen in transit to the campaigns in the Pacific Islands. The women couldn't get enough of them and us young Aussie males couldn't compete. The girls wanted the Yanks because they had money, cigarettes and silk stockings as gifts and – shock horror – even brought flowers for their dates. In retrospect, without American support we would all probably be speaking Japanese today.

My home is near Cherrybrook Technology High School and I became friendly with a teacher of history at the school. During our conversations, he said that one of the topics for his class was Australia's involvement in WWII. I indicated to him that not only was I alive and well during that period but also had great interest and knowledge of the history of that event. He invited me to address his class

### Local Living Legend Enlightens Students

Mr Jim Kelso is a local resident who kindly agreed to share his knowledge and experience with our Year 9 history class over two lessons. We have been studying World War II and Mr Kelso was 13 years old when the war broke out. He recounted Australia's involvement in the war in Europe and North Africa, as well as the impact it had on Australians at home and overseas. Our attention then turned to the Pacific and the Japanese attacks on Pearl Harbour, the Philippines and Singapore, as well as Australia's response to these developments.

In our second lesson with Mr Kelso, we focused on the Australian Home Front. We heard about the Japanese infiltration of Sydney Harbour, attacks on Darwin, and impact of rationing on citizens. Men were required to contribute to the war effort and women broke down barriers by performing work that was traditionally the domain of men. The American troops stationed in Sydney broke down barriers also.

To consolidate their knowledge, students wrote a letter to 'their brother' who was fighting in New Guinea, telling them about life at home in wartime Sydney.

Mr Brown



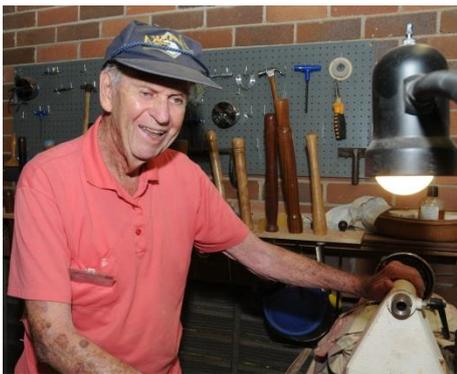
The Network,  
Cherrybrook  
Technology High  
School Newsletter  
17 July 2015

about WWII events which I was happy to do and I felt it was well received by the students because I had personally witnessed the events.

While the war adversely affected the whole world, in my case it also had a positive outcome. I left school in 1941 and recognized that the employment opportunities were in industry working on defence contracts. Engineering was top of the list and I commenced a five-year apprenticeship as a Fitter and Turner in a marine engineering company. It was hard, dirty and dangerous work, a 44-hour week, three nights of two hours' technical education at a Technical College and a weekly wage of £1 (\$2). Never would I have imagined that engineering was to be my career but the war provided the opportunity. I didn't have natural mechanical ability but I excelled in maths and science, the basis of engineering and exceeded all my expectations. Despite the hardships, I enjoyed life in engineering and became aware of the wide scope and range of opportunities in the industry. On reaching tradesman status, I worked in a number of industries requiring my skills among them steamship maintenance, refrigeration, wire products, rubber and paint manufacture.

In 1953 I successfully applied to the Dept. of Technical Education, now TAFE, for the position of Teacher Of Fitting and Machining. This began a dramatic life change blending my engineering skills with a new career as a teacher requiring many hours of lesson preparation and research but I enjoyed the challenge and applied myself realising I also had a responsibility to improve the lives of students through education. Managing teenage boys was also a challenge, convincing them that while girls would form a major part of their lives there were also other immediate priorities. I had teaching positions in a variety of metropolitan colleges and a period in Goulburn, finishing as Head Teacher at Sydney Technical College which ended a very rewarding and satisfying career of 33 years.

In retirement, my wife Betty and I relocated from Peakhurst to Cherrybrook, travelled a good deal and enjoyed the grandchildren but keen to give them back. Our lives changed when Betty slowly displayed typical symptoms of dementia to become a different person to the wife I had known over the previous 50 years. I cared for her for a number of years, but the inevitable occurred and I lost Betty following a wonderful and loving relationship of 60 years. It is a strange phenomenon that although the outcome of these situations is obvious the impact is just as devastating.



I needed some activity to fill the void and, following a newspaper ad, I contacted Bruce Campbell who convinced me that the Hornsby Woodworking Men's Shed would suit me. That was good advice even though in those days the Shed had relatively primitive facilities. On relocation to Sefton Road and the result of the hard work by a core of members, the Shed has become a well organised and sophisticated facility with machinery and equipment second to none, along with the new dust collectors reducing the risk to members' health. I have never been associated with a voluntary organisation that operated as smoothly and efficiently as our Shed and consider that it is the members who exhibit a co-operative spirit, unfortunately not often seen in our society, along with willingness to work as a team, share their expertise and assist in any situation. I have learnt a great deal at the Shed from some very talented members prepared to share their expertise. Another benefit for me is, because I live alone, the Shed also provides a social outlet. Having lost much of my mobility and strength, I really appreciate members' assistance along with transport enabling me to attend meetings, hopefully for some time to come.

Jim is justly proud of the following items that he had made during his woodturning days:



A close-up of one of the coins decorating the bowl above



# What's a Community Connections Hot Desk Program?

We received the following invitation from Hornsby Library on 21 June 2016:

## ***Invitation to take part in a pilot program: Community Connections Hot Desk***

*At Hornsby Library we are continually requested for information from the community as they trust the Library for quality information. Whilst we have great books and resources and we host an array of events on topics of interest to our community there is still a gap in information access. To address this, we are running a pilot information service from July – December. This pilot service aims to connect the community to the service providers in our LGA.*

*We would like to invite your service to be a part of the pilot of the Community Connections Hot Desk service. You will be provided with a desk, chairs and access to Wi-Fi. We will promote your Community Connections Hot Desk topic and your business/organisation and take the pre booked appointments. The library will manage and cover costs of the bookings and marketing, coordinate service provider bookings and oversee the program, all you need to do is confirm your booking date, bring along your laptop and/or literature and be willing to take 20 min appointments with a total of six appointments per session to assist members of the community on the given topic.*

Your Committee looked at the invitation which, taken at face value, meant that the library would promote the activities of the Shed across its huge database, arrange interviews with interested respondents, arrange for us to man a desk and make a room available to us to talk to prospective members. We weren't sure if that applied to us as a Men's Shed so I asked the question and received the following reply from the library:

*In response to your questions the answer is yes, your proposal for the Community Connections Hot Desk is exactly how we envisage the service being utilised. It is to connect community with services. In addition we will promote your service to the community and advertise that you will be available at the desk on the decided date for which people can book an appointment to meet with you. We will manage the appointments.*

The Committee recognized the great potential this would have to publicise the Shed and attract members. This resulted in us making an appointment with the library for 16 February 2017 at 2.00pm. Ron Koutchavlis helped organise the event and gave a very positive report on the outcome. The pictures below show him at the library, with David Tarran, conducting interviews. Ron reported:

"I was pleasantly surprised at the interest shown to our display and what we do. Being located at the entrance to the library, most people entering had a good look at our wares, with many commenting on the rocking motorbike. Six interviews were arranged prior to the day and all turned up. Additionally, around ten others were interviewed. At least a further ten asked questions and went away with our brochure. I predict that the Shed will benefit by signing up five to seven new members. We already have had visits from three, who were given the induction and gone away with their applications. I anticipate a further five will visit us next week.



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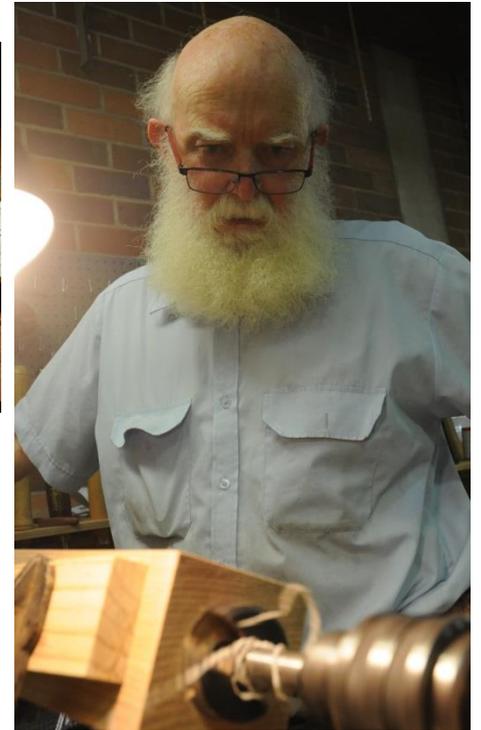


Mary Ryder (the Library Coordinator), has indicated we will be given further exposure via the library's social network links. *Regards Ron*"

# Around The Shed

A new series of photos, capturing those moments that make our Shed so special.

Two sleeps to **Australia Day** 🐨



# Our Centralised Dust Extraction System - Part Two

On 12 December, Tony Blair emailed the following message:

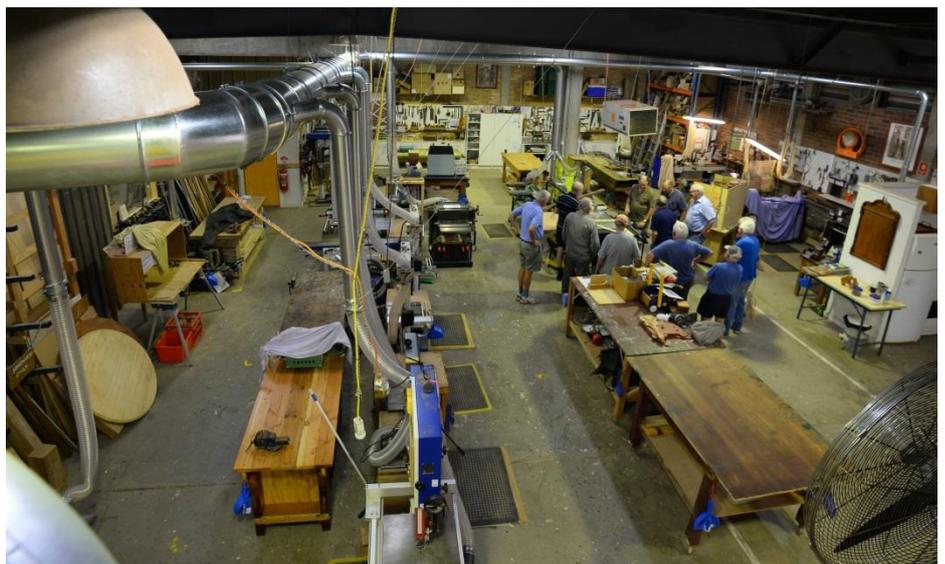
“Tomorrow, Tuesday 13th December, Greg Wheeler will be on site with his electrical contractor at 9.00am to kick-start the system. If you are interested you may wish to attend to hear it in operation and to see how the ductwork layout has been installed.”

On 31 December, Ian Raper emailed the following message headed; “*Supervisors and other Key holders- Training on turning on and off the dust extractor; emptying of the dust bins and supervision of the dust gates:* The new equipment and enhanced Shed layout is ready to go. In preparation for the first 2017 session on 10 January, training of Supervisors on the operation of the new equipment is scheduled for Friday 6 January at 10am. Alternatively, as the Turners will be at the Shed on the 5 January to install lathe dust gates, I have arranged to provide new equipment training for them on that date at 11am so if you cannot make the 6<sup>th</sup>, you are welcome to attend. Only Supervisors and Key holders will be allowed to turn on and off the Dust system and empty the dust bins at this stage.”

The picture at right shows the forty-eight, eight inch socks that are cleaned by a motorised shaker that operates automatically for five minutes when the extraction fan is switched off. The fan is driven by a 7.5 KW/10HP motor.



The picture at left is typical of the manual switch for the gate, attached to each machine. It is in the “On” position, that allows suction to flow to extract dust and shavings. Members are quickly getting into the routine of opening the gate when starting work and closing it when finished. The system is designed to operate efficiently with up to 60% of the gates open at one time.



First Training Session of Supervisors on the Dust System, 5 January 2017

# The Traditional Tools Group Annual Tool Sale



**Is on:** Sunday, 26th of February 2017, 9:00am to 1:00pm

**At:** The Brickpit Sports Stadium 1A Dartford Road, Thornleigh NSW 2120.

**Cost:** \$5.00

**Selling:** Over 70 tables of Quality Old Tools

The Traditional Tool Group (TTTG) promotes the preservation of traditional tools and trade skills and runs workshops teaching these skills. Its members are interested in quality hand tools and old machinery and in the use of tools and machines.

TTTG annual sale is one of the highlights on the Shed's calendar. Over the year we accumulate tools from donations that we can't use, with a view to selling them at this venue to help raise funds to help cover the Shed's operating expenses. The quantity of items stored in the Shed for this event were incredible, as we saw when Bruce extracted them from various storage areas and piled them around the big table, ready for sorting, pricing and transporting early in the day to the venue.

Despite the nominated 9.00am start time, people arrived early and soon after that time, it was really busy with people poring over the 1,000s of items (ranging from well-worn tools to exquisite craftsman items), looking for bargains. It is held in a very large basketball court so there was plenty of room for all the table and prospective buyers. By 11.00am the crowd was much reduced but the activity at the Shed's location, easy to spot with the yellow T shirts, was fairly constant.



In dollar terms, the success of the day was valued at \$1,326. Thank you to all members who assisted with this event.

# Bunnings Sausage Sizzle December 2016

When I applied to Bunnings Dural for the 2017 BBQ dates, I indicated that we were raising funds for our dust collection system and, therefore, would be interested in any available fund-raising dates in 2016. We were then allocated dates in March and May 2017. We were advised late in November of a vacancy on 10 December and, after a quick round of emails to Committee members, we decided that we could not miss out on this opportunity, even though it was short notice. The Secretary called for volunteers via email because the Shed was closed due to the new dust collection system installation. The response was very pleasing so we were able to give a quick positive response to Brooke, the Dural Activities Organiser, Bunnings Group.



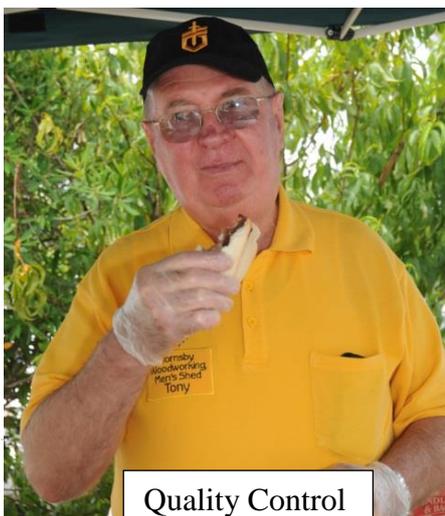
The planning process followed to allocate responsibilities and timing for purchasing food and associated items. We already had sufficient drinks left from a donation by Coca Cola, thanks to a relationship developed by member Ron Koutchavlis. A further supply is being arranged by him for early 2017.

Bunnings has specific rules covering the BBQ they range from: Setting up pre 7.30am to commence selling by 8.00am and continuing until 4.00pm, then cleaning up. Sausage sandwich prices are fixed at \$2.50 and drinks at \$1.50. These prices have not changed for many years despite increases to prices for sausages, bread, onions etc.

As you can see from the photos below, the BBQ is located in the carpark near the main entrance where we can try and attract people as they enter and leave the store both to sell the sausages and hand out flyers to promote membership of the Shed.



As usual, the sales were slow early in the day but soon picked up. Our experienced team easily handled the orders with freshly cooked sausages and onions ready to place on the platters prepared with paper towels and bread.



Quality Control



Drive through service



The customers thought the platters added a touch of class

The Treasurer, Mark Wilson reported that:

“We used 45 loaves of bread. Each loaf has 20 slices, excluding the crusts, so 900 slices were used to make 450 sausage sandwiches. Selling those sandwiches at \$2.50 each, would have realised \$1,125. However, we grossed \$1,340, a surplus of \$215, which would have been the donated drink component. \$215 at \$1.50 per drink extrapolates to 143 drinks.

We purchased 49kg of sausages and had approximately 5kg left over, so 44kg at 10 sausages per kg is equal to 440 sandwiches, which is a pretty close number matching the bread used.”



# A Christmas Message From Wesley Mission

Every year, just before Christmas, we donate a substantial amount of toys and other Shed made gifts to our two charities; Wesley Mission and the Salvation Army, Hornsby. In recent years, we have also donated cash. In 2016 the Committee agreed to donate \$500 to each of the charities, on the condition that they are spent on buying toys for disadvantaged children. Below are heartening responses from Wesley Mission:

## “Message of thanks for the \$500 donation for Youth Hope

Hi Philip. Happy New Year. Following is a thank you message from Melissa Wise Program Manager for Youth Hope. Melissa has kindly provided photos of gifts purchased with your donation. Your contribution has helped to ensure that the joy of Christmas is shared and we appreciate your generosity in choosing to support Wesley Mission again in 2016.

An invitation will be issued shortly for a thank you morning tea in February and look forward to seeing you there.

**Rita O'Malley** Partnership Officer, Brighter Futures & Youth Hope Wesley Mission Penrith NSW  
Do all the good you can because every life matters”

*Youth Hope works with extremely vulnerable families with children aged between 9 to 15 years. However, when we receive a referral we work with the entire family which often means we work with younger children. This is complex work and the issues our families try to overcome can sometimes seem overwhelming for everyone involved. We know our families are vulnerable and lack the financial capacity to provide for their children the way they would like to. So Christmas can sometimes be a time of year where it becomes that little bit harder and sometimes places the children at greater risk.*

*We have a dedicated team of 14 staff over at Youth Hope and this team is supported by great people like Rita who link in with organisations like yours to provide for our families. Our staff work selflessly to try and improve the safety and wellbeing of children and promote an environment where joy and love can be fostered and, in turn, their lives will have better outcomes.*

*The staff was sincerely touched by the generosity of your organisation and were humbled by the community spirit. On behalf of all the staff at Wesley Youth Hope we would like to extend our warmest thank you and wish all your members and their families a very Merry Christmas and a Happy New Year, one that is filled with love and hope and joy.*

*We have attached for you some photos of the gifts we were able to purchase with the donation. These include baby clothes, toys, shirts, hygiene packs, sporting equipment, stationery, make up and movie tickets. Our families also express their gratitude and, for some, these will be the only presents they will receive, so they are warmly received.*

*Again thank you for taking the time and effort to provide for our families. God bless.*

**Melissa Wise** | Program Manager, Wesley Youth Hope Western Sydney”



# **MEDIA RELEASE May 9 2016**

## **NorthConnex Partners With Men's Shed To Deliver New Homes For Wildlife**

A unique partnership between the NorthConnex project and Hornsby Woodworking Men's Shed is providing new homes for local wildlife. Over the past 12 months, Men's Shed volunteers have created 72 custom-designed nest boxes for possums, bats and birds. NorthConnex Project Director, Robert Ioffrida, said construction of the NorthConnex project involves the clearance of some native



vegetation and the new animal homes would offset the removal of hollow-bearing trees in the local area “We’re committed to protecting the sensitive environment in which we’re working. Our goal is not only to minimise our impact on the environment but to leave a lasting legacy long after we have completed the project. “This unique partnership will ensure nesting habitats are provided for a range of wildlife such as micro-bats, possums, small birds, medium-sized parrots, cockatoos and Powerful Owls. Our project ecologists will inspect the nest boxes in the coming months to check they are being used and that no pest species have occupied them.”



The Shed's Secretary, Philip Hirshbein, said “a number of members put aside their own work to focus on the project. All 72 boxes were constructed to a high standard, using good quality materials and machinery in the Shed. We are delighted with the result and look forward to seeing them used by local wildlife.”

In total, 29 new nest boxes have been installed in the reserve next to Haines Avenue, Carlingford and the nearby Blue Gum Creek. Another 43 nest boxes have been installed throughout Wahroonga and Normanhurst, including a public park located off Eastbourne Avenue in Wahroonga. The nest boxes are one of a number of initiatives developed in consultation with Ku-ring-gai Council, which aim to mitigate the impact on the local environment. Other initiatives include: Re-using the timber from local trees for local environmental projects; Setting aside timbers with naturally occurring hollows for re-use in alternate locations to be determined in co-operation with local government environmental teams.....

*Cassandra O'Connor, Media and Community Adviser, Lendlease Bouygues Joint Venture, on 8 February 2017, some 5 months after being requested.*

# Adjusting to Retirement Study - Key Results

I recall being asked some time ago to participate in a survey about the factors that influence people's quality of life after retirement and received the following feedback in November last year which endorses that memberships of groups, such as our Shed, can help with a person's transition to retirement and his or her health and feeling of wellbeing.

This study was conducted by Polly Fong, a student at The University of Queensland, under the supervision of Professor Catherine Haslam in the School of Psychology. It is well known that up to a third of people do not adjust well to their new status after retirement and this is despite any efforts they make to engage in financial planning. What this suggests is that there is more to retirement adjustment than financial planning and the present study aimed to identify these other factors.

We want to take this opportunity to thank those who took part in the study and to share with you some of the key findings:

1. Social connections with groups of others (e.g. family, voluntary, activity, and interest groups) were more important than finances in predicting quality of life in retirement. What was particularly interesting here was that it was the social groups people gained in retirement that was key.
2. Gaining one group is good, but gaining more is even better for your quality of life in retirement.
3. Of these new groups, feeling a sense of belonging with other retirees (i.e. developing a retiree identity) and seeing this as positive was a particularly effective in improving quality of life in retirement. In fact, it was better than all the factors that we usually associate with retirement adjustment i.e. financial status, physical health, financial pre-planning and marital status

So the message from these findings is that we need to seek out opportunities to join new groups and to embrace our retiree identity to ensure a good quality of life in retirement. These results highlight just how important social planning is, in addition to financial, to make the most of our transition into retirement and beyond.

This study is part of an ongoing programme of study into the social factors that influence retirement adjustment <http://www.groups4health.com/survey>. If you are interested in knowing more or being part of further investigations please get in touch with the study lead Prof. Catherine Haslam [c.haslam@uq.edu.au](mailto:c.haslam@uq.edu.au) and the project co-ordinator Dr Ben Lam [ben.lam@uq.edu.au](mailto:ben.lam@uq.edu.au)

More detail follows from the University of Queensland study:

## **The role of social group memberships in adjustment to retirement**

Speaking to the importance of living a socially fulfilled life, an emerging body of research demonstrates the key role that social group memberships play in protecting health and well-being. People derive a sense of who they are from social groups (ie, their social identity), providing them with a sense of purpose, meaning, agency and belonging. Given their centrality to a person's sense of self, it is not surprising that when they are compromised this constitutes a major threat to psychological and social functioning. In line with this point, there is evidence that the number of groups that a person is a member of is a unique predictor of self-esteem, resilience and mental health.

A growing body of research also supports claims that group-based interactions have a distinctive role to play in health and well-being over and above social interaction and social contact per se. Indeed, belonging to a greater number of social groups has been shown to be particularly protective of health when people undergo stressful life transitions such as becoming a university student, recovering from a stroke or coming to terms with a brain injury.

Building on this body of research, we hypothesise that social group memberships will have an important role to play in adjustment to retirement. This is because transitioning to retirement is characterised by

social losses associated with giving up work-related group memberships and associated identities. Speaking to this possibility, the present research is the first to examine the contribution that social group memberships both old and new make to post-retirement adjustment. In line with previous research, our core prediction is that once people have stopped work and are in the process of adapting to their new life circumstances, access to more group memberships will be a significant and unique predictor of successful adjustment. In this regard, the Social Identity Model of Identity Change (SIMIC) suggests that group memberships can offer protection against the stress-producing health consequences of life change.

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*Author – Philip Hirshbein*  
*Editor – Tom Gait*