

The Umina Beach Men's Shed Inc Newsletter June 2025

A warm welcome to the Umina Beach Men's Shed Inc Newsletter for June, you may recall that last month's letter was produced on a "remote" basis, as one of the co-authors was holidaying, on the other side of our magnificent Island, in the Kimberley. We are pleased to advise that we are both back in Umina. However we thought to start this letter we thought you may enjoy a photo shot of the sunset over the ocean –taken just before departing Broome.



What with July already underway, the year is certainly moving quickly! From a health perspective did you sign up for a "dry July", whilst we all know its challenging it does deliver some good health benefits –so if you are up for it –hang in there and complete the challenge. Staying on health, the Heart Foundation has another challenge in August, that being –walking 7000 steps every day for the month, if you are interested look up on the net for " Heart Foundation 7000 steps", and start building the exercise level up during July. Today's mobile phones and electronic watches are usually equipped to monitor your exercise rates, the Heart Foundation claims that this level of exercise is very good for the heart –so why not give it a go?

Now to recent activities at the Shed – let's start with Warren D designing and crafting a new cooker! Maybe he got the concept whilst on his recent travels overseas. The talk is that it runs on kindling and is very quick and efficient and is a pleasure to cook on. So it's on with the show and we are very much looking forward to a teal treat, in the near future.



John P arranged with the management of Deep Water Plaza shopping centre, for the Shed to have a day on site with a display table and Shed representatives to liaise and interact with members of the public. It was a great opportunity for the public to view some of skills of various members via the finished products on display and ask questions about Shed and its many activities etc.





Rich A, the painter has branched out and broadened his skills into design and construction – we can see here the native bee hive he has designed and got well under construction. With the numbers of Honey Bees still well down on pre 'the virus numbers', native bees are vital in the task of cross pollination and the proliferation of plant and fruit crops.



Graham B had a call from our good friends and supporters, the Lions Club- they, due to members on holidays and some sickness cases were a little bit short on numbers to set up the equipment etc for the monthly Car Boot Sale at Rogers Park. Graham B/ John P./ Stephen B/ arrived at the park at 6oclock [dark and cold] and set up the gazebo's and BBQ equipment in conjunction with the Lions team. They then assisted with the cooking and serving of a great range of BBQ brekky items and soft drinks etc. The lads say it was a busy but entertaining morning and good to be able to assist one of our strong supporters, Woy Woy Lions.



A relatively new member Peter M recently undertook a project to design and build a new storage facility in the hallway outside the shower/toilet area. He and Larry S decided on the design, which facilitates several compartments and a filing cabinet for the Sheds records/correspondence etc. He has been hard at it and progress is well underway.





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Well, that brings us to the end of this edition, Dry July?, 7000 Steps a day in August? We all just have to keep working on staying safe and as healthy as possible and being on top of the seasonal weather /climate changes that are around, and challenging, particularly at this time of the year. Oh and before we close, a reminder to those members that haven't as yet renewed their annual membership [\$85] due July 1, best not to leave it too much longer as you will soon run into an additional Re-joining fee.

Happy Shedding

B.G, and Vic B.

“We have an Interesting article about E Bikes sent in by Lary S”.

E-scooter and E-bike Laws in NSW



It is not illegal for E-scooters to be sold in NSW. It is, however, illegal to operate them in a public place. No if's, no but's, no excuses.

Electric bikes can be legal in NSW as long as they adhere to specific rules, such as having a maximum power of 500 watts and programmed variable speeds. The motor must not be the sole driving force. The rider must be the primary power source and the electric motor should only assist when the rider is pedalling.

An E-bike's maximum continuous power of 500 watts must be programmed to progressively reduce as the bicycle's speed increases beyond 6km/h. The power must cut off when the bicycle reaches a speed of 25km/h OR if the rider stops pedalling

The bike must weigh less than 50kg (including batteries) and have a height-adjustable seat

E-bikes that comply with these standards can be ridden on roads, bike lanes, shared paths, and bicycle paths without needing registration or a special license. However, riders must be at least 14 years old and follow standard bicycle laws, such as wearing an approved helmet while riding, stopping at traffic lights, giving hand signals when turning, adhering to road rules and speed limits, as well as using lights in low-light conditions.

As from February 2025, Lithium-ion batteries used to power these devices are declared electrical articles under the Gas and Electricity (Consumer Safety) Act 2017, and must comply with mandatory safety standards.

48V 1000W “hot-rod” conversion kits for traditional push bikes are readily available from overseas, and can be obtained for as little as a few hundred dollars. These kits transform a

traditional push bike into a powerhouse by simply changing out the rear wheel and wiring in a controller and battery.

Not all traditional push bikes are designed to accommodate the extra weight and speed induced stresses generated by these conversions. Adding these components puts additional stress into the bicycle frame, it's wheels, brakes and tyres not engineered for. This potentially can lead to breakage or failure.

Electric bikes and push bikes fitted with the conversion kits are generally heavier than traditional bikes.

Regulatory and safety concerns arise with these more powerful electric bikes regarding compliance with design standards, adherence to speed laws and the requirement for licensing or registration