

Umina Beach Men's Shed Inc Newsletter May 2025.

Welcome to the May edition of your Shed's Newsletter. Given that it is National Volunteer Month, we thought it important to thank all our members who volunteer their time and skills in support of your Shed-generating funds – looking after the facilities – gardens – shopping – running the BBQ's – handling items for sale etc. Also, another big thank you to your committee members that handle the major roles. The fellows who regularly bring in gifts of cakes and bickies for us all to enjoy at the morning tea. A big thank you to you and all the family in the production department – what is also amazing, is after the tea session is finished. There is never any wastage!

Those of us that arrive early in the morning will often find Rich [our member] out in the carpark with his dog, having walked from home and waiting for the dog's uber driver [Rich's wife] to collect the dog. A few days ago, there was an article in the Daily Telegraph that mentioned a study on people's health in the over 60' category, it stated that dog owners who regularly exercise their dogs-had a significantly higher fitness and health condition compared to those without dogs. Keep up the K's Rich.

Going back a few years [to the old Shed] we collectively organised "day -out trips". For example. trips were organized to visit Cockatoo Island and look at all the old original equipment and facilities and review the history of the Island. Sydney Cricket ground was another – right through the stands – members lounges – team rooms etc. At this point in time, we are just interested to find out if our members have an interest in a "day out trip" – if so, make sure you tell Bill G. The trips in the past were by train/ferry/walking simply to keep the costs down and the destination/ places were chosen by the members.

Members who have visited other Men's Sheds often comment on the range of different activities undertaken at the various Sheds. Which poses the question – do any of our members have a yearning to crack -on with a new activity or learn a new skill? If so, e-mail your thoughts John P at the Shed. For a classic example how about Allan R – "the bike man"- he expressed an interest in bikes, started up and when the Shed saw he was serious they got him a bike stand – bench area and storage for bikes and his high-level energy and effort is there for us all to see.

Time is ticking by, and we are into June – let's not forget [so plan now] the annual membership fee renewal is due early July – no doubt our treasurer will advise us of the date /time and dollars, in the near future.

For a change, we are simply going to put a few photos of this month's projects and members in this edition – and let you determine the individuals and activity etc.





Cement slab for dust extractor.











Before we close, we think it's worth another mention – the Medics are advising that the flu season is already well underway and growing! So as that's a given – HAVE YOU HAD YOUR FLU JAB? And whilst on this topic have you thought about/actioned protection against Co-vid. shingles. pneumonia. TALK WITH YOUR DOCTOR – hey the Government is there to help!!

Finally, you may be thinking, this Newsletter is a bit different than previous editions – well you may be right. The reality is that the co-author is in fact on leave in the Kimberly W.A – and this is a somewhat of a “remote edition”



Happy Shedding

Bill G and Vic B