

Umina Beach Men's Shed Inc July 2025 Newsletter.

Welcome to the Shed's July Newsletter. In our previous edition we covered the importance of taking exercise as we age, in order, to be in the best position to handle the challenges of ageing. The recommendations from the Australian Heart Foundation is, to walk 7000 steps a day, as a challenge for August! How R U traveling? - come on now give it a go! for more info check the web site "Heart Foundation 7000 Steps".

Your Shed has had a fairly busy last few weeks -not only with the various projects etc but also in the morning cuppa sessions. The range of discussions between our members sitting around "the table of knowledge" -is very broad and interesting, given the attention of the lads around the room. It's also great that several members arrive for morning tea with a bag of treats to share – below is a photo of Peter M cutting his birthday cake. The sharing of knowledge -life experiences -health treatment issues -jokes -poems makes for a good morning tea for the attendees.





The CCC recently provided the Shed with an outside seating structure – it arrived in a flat pack format, a few of the lads set about assembling each of the components, then mounted the completed structures on sleepers -it is ready to be located to a permanent location, yet to be decided, in the grounds around the Shed. It will make another great sit and chat area.





A new computer has been installed in the meeting room, for the members to use, Doug H and Bill S have updated the equipment and programs etc. Just the other day there was meeting of minds and skills [mix of hi voltage and extensive I.T.] when Dave P and Peter M got together to review some ideas. They kept themselves busy and entertained even when the morning tea was underway around the adjacent “table of knowledge”.



One of our gifted “artist in residence, Brian O – recently coloured in the design, that was crafted by the lads on two food platters, and succeeded in producing a lovely replica of the Shed’s logo.



Larry S/ John P /Bill S continue to focus on keeping our Shed tidy and safe in regard to storage of tools, supplies etc Larry S was offered a donation of a large metal shelving, which had been used and dismantled. Larry S and Warren D measured up the intended location for the storage system and proceeded to cut the structure down to the required size and then assembled it and installed it in its new location – fitted like a glove.



A decision was taken to provide an awning over the walkway to the outside toilet and sit out area. A suitable kit with installation instructions was eventually tracked down by Bill S and the pack was purchased. Our “go for it” handyman Peter Mc was happy to jump at the opportunity and run the project. He and Warren D set about installing a suitable beam to support the structure {Graham B sourced the material and transported it to the Shed}. When Peter was installing the structure, which has 2.2 metre height clearance factor, he recruited the tall members of the Shed who just happened to be passing -to hold or support the items being fitted. The finished project looks good, and the lads really like it – well done Peter and all the team involved in the project.



This month's guest speaker was Ms Tricia Fortice, representing the "Humour Foundation", they bring laughter and joy where it is unexpected yet most needed. 65 professionally trained "Clown Doctors" who visit 21 hospitals across Australia -with the aim to change perception of the hospital environment by, creating humoristic situations, to elicit laughter and joy in children's wards as well as ageing adult areas. A lovely service -being funded by donations from the public -they have a website Clown Doctors.



In last month's letter we mentioned the importance of keeping pace with "jabs" for flue/covid/ Pneumonia / shingles etc an article in the paper recently stated "people skipping their yearly flue jabs are clogging the States Emergency departments and Hospital beds -92000 confirmed cases of influencer recorded so far this year. So how are you shaping up to keeping your jabs up to date?

With the upcoming annual general meeting scheduled for September -and the voting /election for next years' committee positions, has to be organised. Bill G needed a couple of filing boxes to be designed and constructed, in order to keep the ballot papers safe and secure. John M undertook the task and produced the boxes in a very timely fashion.



Larry S interrupted a recent morning tea session, to present our President Gary with a tee shirt, which sported a rather unusual message! mind you it fits well with many of the other Tee's being worn around the Shed from time to time!



Just a reminder to those members who were away from the Shed, over the last few weeks – that membership, has to be renewed/updated by end of July for the coming year.

As we close this month's letter, the sky is still very dark and we have had some very heavy falls of rain over the last few weeks, but the good news is that it looks like everybody is coping well. Onwards and upwards spring is just around the corner.
Happy shedding

Bill G & Vic B