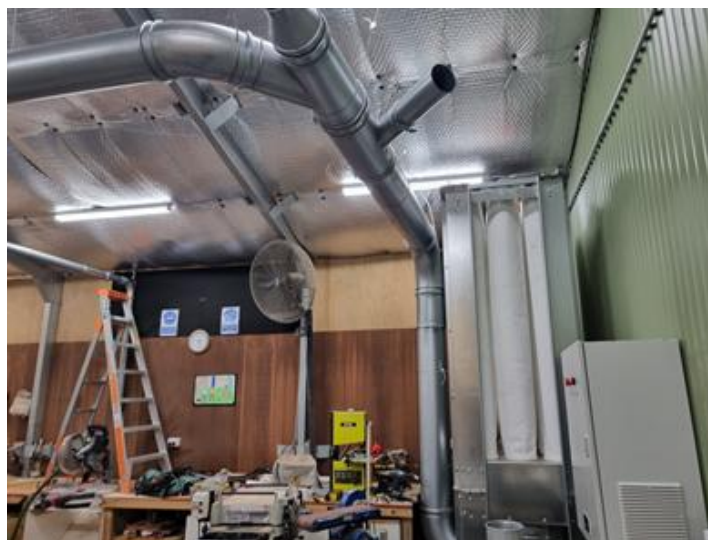


Umina Beach Men's Shed Inc November 2025 Newsletter

Welcome to this edition of our Newsletter, the year is closing seemingly very quickly, but then again thinking back to when our Shed was initially started – 2011! wow we are into our 15th year!!

A big thank you to all those original members who in the past donated their time and skills to power up our BBQ projects / mowing activities/ caring for pub gardens etc. We are still very much at those activities today and our Secretary John P wishes to express his and the Shed's thanks and appreciation, to those lads who undertake the tasks today, he is also naturally looking for more helpers. So if you have a couple of extra hours available, talk with John P. joining in on these type of tasks, normally is a good social interaction with other members and at the BBQ events an opportunity to interface with the community on the Peninsula, whilst representing your Shed.

Those members that have recently attended the Shed will be well aware that the much sort after new dust extraction system has now been installed and connected and is really starting to make a big difference in the woodwork machine area. In the past we had separate extractors that had to be moved and connected to machines prior to using them, now the single dust extra machine is connected via manifolds to the broad range of wood working equipment.





Whilst on the topic of looking after health, [dust extraction], we take this opportunity to cover a couple more issues. A recent article advised “1 in 4 people who are aged 65 and over have at least 1 fall per year”. The Australian Institute of Health and Welfare 24 June 2025 – in 2023-24 Australians aged 65 years and over were almost 12 times as likely to be hospitalised, due to a fall than adults aged 25-44. We recommend you take some time and simply Google “Falls stats in older adults” there are a range of professional organisations that have produced a broad range of current data – that certainly highlight the challenges of ageing. We all have to realise that as we gradually age and slow down on our physical level of activity – our balance systems also become less and less active – hence the rate of falls. The Australian newspaper Oct 30 P 12 has an article by Stephen Lunn –“it’s good to go out walking but how long you walk is what matters most” Two people walk the same number of steps in a day. One does several short bouts of walking throughout the day, all less than five minutes duration. The other walks less often but incorporates one or two walks lasting 15 mins. Who is looking after their health better? New research shows for those who are relatively in active, doing fewer than 8000 steps a day in longer periods of continuous walking are more beneficial to cardiovascular health than walking the same number of

steps in shorter more sporadic bouts. Realistically we need to be up and about on our feet and exercise every day to assist in maintaining our balance system and longer sessions benefit our cardiac system. If you do take the time to Google the site on Falls, there are statistics that cover females at various ages and in many instances it appears that females have a higher rate of fall, so how about joining up with each other and tackling the challenge of beating /reducing the risks?

O.K. let's get back to the Shed! Following on from your committee's monthly meeting, the morning "cuppa" session was attended by a good number of regular members and President Gary G advised them of the items discussed at the committee meeting and the progress etc just keeping everybody up to pace.





An excursion was organised for members who wished to attend and look around a local Radio Station and meet with the staff etc – it was organised with Easy listening Radio 93.3, operated by volunteers, located in Gosford. The lads who attended said it was a most enjoyable and interesting visit.



It's interesting that when we looked around the Shed with the idea taking photo's of projects and the member/members involved – the projects were on view but the



Photo of Xmas Tree that
Opens up to 3 dimensions.



Table for wine glasses and bottle
for outside use with camp chairs



A mirror screen being
refurbished



Antique wooden container
Being repaired and refurbished



Lots of little Pigs going
to market



large glass /wood storage
cabinet repainted black

A couple of our long time members returned for a quick visit to the Shed, seen below is Darrell P one of the original main drivers in creating and developing our Shed, however once he retired from a very busy and successful career, he and his wife wanted to travel Australia. He handed the President's position to Gary G purchased a great ute and camping equipment and they set off chop chop ! that was about three years ago they come back for Xmas with their children and grand children but normally back on the road in February. Darrell advises us that they still have lots of this big island to explore.



Our second long time member who has been missing [but in action for himself] from our Shed is Craig.C. {better known as Chopper} he dropped by just a few days ago and very quickly set about re-leveling some of the pavers on the walk way around the office, lovely to see him back and more than happy to pick up a shovel.



Finally before we close, your committee decided to appoint two additional life memberships, again to two of our original early members, namely Rob M and Fred DeL, unfortunately both of them are currently having health issues at the moment, so were unable to attend the Shed for their presentation but they are in the process of receiving their plaques, and we wish them both a speedy recovery. They are both well remembered by many of us at the Shed today.

Well that brings us to end of this edition, please give some thought and action in regard to taking care of you and your families' health; the experts generally reckon we can normally do more to protect ourselves and family and improve the quality of our lives.

Happy shedding

Vic B & Bill G

Umina Beach Men's Shed Life Members receiving their plaques.

Darrell Pannowitz



Bill Graham



Lional Blayden



Bill Ide



Bill Stedman

Vic Brown



Rod Munson



Our President Gary G put forward a motion a few months ago to incorporate a plaque with Life membership - the motion was adopted. The plaques arrived recently and were presented and photos taken, naturally some of the receivers have been a life member for some years.