

## Umina Beach Men's Shed March 2026 Newsletter.

Welcome to the March 2026 Newsletter, and we trust you had a safe and happy Easter, and caught up with friends and family etc. It's been quite a busy month in terms of daily attendance and whilst the table of knowledge had its usual high attendance the wood working machine shop area appeared to be super busy on several days.

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The ABC news and several newspapers have been busy in recent weeks publishing this year's [2026] statistics relating the effects of the current Flu virus travelling around Australia, in terms of numbers of patients, percentage of hospitalization, and numbers of deaths. It would appear to be pretty savage and invasive – so the professional medical advice is to **Take on a Flu Vaccine without delay**, especially if you are over 65. Your doctor or most pharmacy's offer a vaccination service and special deals for age groups etc So our suggestion is if you haven't had a recent flu jab is to get onto it chop chop! Covid is also well alive and active around the Peninsula at the moment, so check up how long ago it was that you had the last Covid Vaccination, talk with the medics and make sure your protection is fully up to date.

Whilst we all think we are old enough and sensible etc we need to take care of ourselves and others, so at the Shed hand washing, keeping our tea mugs clean and separate, handling of food etc and general tidy hygiene practices all need to be top of mind, so we in fact look after our mates at the Shed especially when flu and covid are in the district.

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So now let's look at activities in and around the Shed, we had a social visit from a small group of Peninsula Village residents who joined us to look around the Shed, meet the lads and enjoy morning tea. They all seemed to enjoy the visit and were relaxed and socialised well with lads at the Shed that morning.



Our member Lionel B, one of our founder members and a talented craftsman, recently created some very artistic rolling pins, we originally thought they were music sticks ! the photo's don't really do them justice – they really are works of art.



A big thank you to all our members [and neighbour], who bring in their empty bottles and cans for the Shed to cash in, we store them up until we have a suitable quantity for Larry S to take over to Gosford. Well following Xmas /New Year the collection certainly started to grow. Last week Larry brought in his trailer and started to load it, when he finished the trailer it was chock full and he still had a fair quantity to put in the back of his ute. Thanks Larry for your time and providing your equipment to deliver this project. The good news is the store is empty again so if you have bottles and cans please keep them coming.



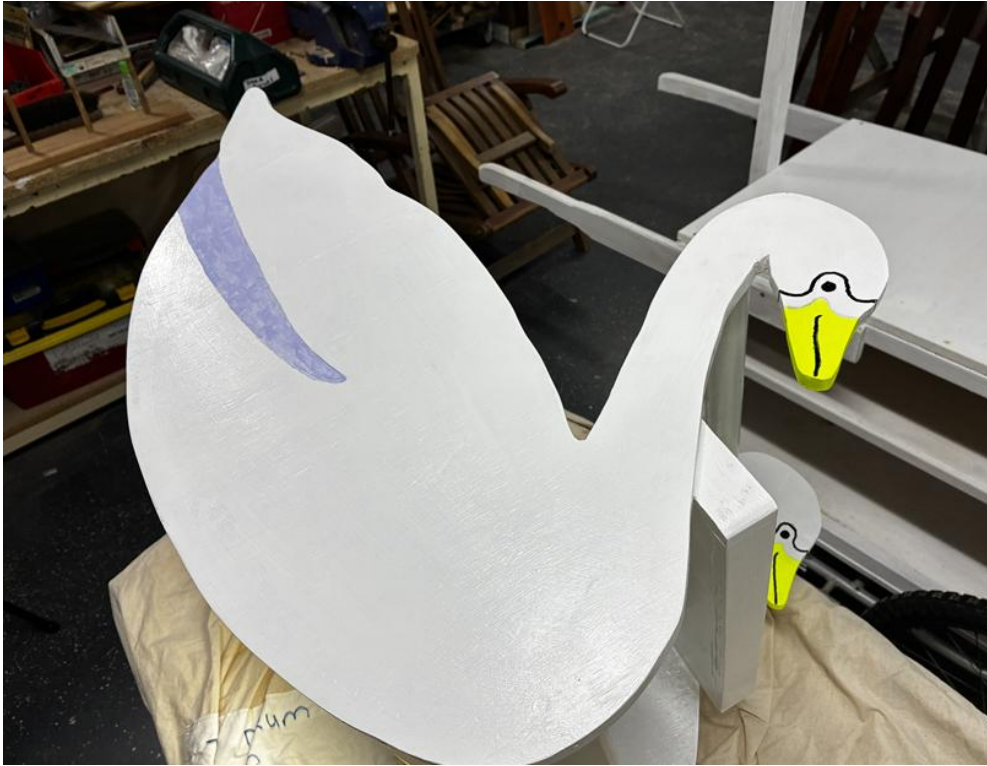
One of our members Greg M has a boat trailer which had developed a structural problem, caused by use and rust, Warren D undertook the task, advised Greg what specific metal and size etc he needed to obtain, and once that arrived Warren and his assistant Allan R got onto the task, which appeared to have some physical challenges in terms of flexibility required of the lads to get in and around and below the structure to undertake the refit of the fabricated new parts. Greg was very happy and pleased with finished result.



We just mentioned Allan R, normally he is our Bicycle specialist, well in the next Photo you will see him in a little bit of a flurry, as Bill S had just called him to say that he had two prospects contact him from his web advertising, who were interested in a couple of Allan's bikes. You can see him in the next photo getting the bikes out and giving them a quick check over before the buyers arrive. He and Bill S have been moving quite a few bikes out to customers in recent weeks.



Over time our Shed's artistic capability would appear to be growing certainly in terms of the finished product, we just thought we would show a picture of a recently completed swan, which was still drying so we chose to photograph it as it was rather than risk moving upright, but we think the photo still illustrates the high level of finish.



Our President Gary G was approached by one of the local retirement homes with a request to design and construct a fun food trolley for one of their special wards, Garry put the request to the lads and they came up with the idea of converting a push bike trailer for the base of the trolley and build up from that, it's seen here constructed and with it's first coat of paint. It moves well and looks like what they were looking for.



Native Bee hives are in demand, more especially since that dreadful plague disease wiped out a high percentage of the normal well known honey bees that live in large hives and are commercially operated. The native bees create very small hives normally in trees etc and don't generate a lot of honey, just enough to feed and procreate their family etc however they are good at pollinating and assist greatly in plant growth etc. The photo simple shows the casing which will be filled with lots of small wood tubes, in which the bees' store their honey.



John P, has developed a passion for creating new wooden toys for young people, he has a group of assistants from time to time but the range is simply amazing – here are just a couple of recent examples.



Well that brings to the end of this edition; we trust you had a safe and happy Easter, and don't forget to check for vaccinations, the safe guards are available , and the fact that the viruses are in and about the Peninsula suggests we all need maximum protection.

Happy and healthy shedding

Bill G and Vic B.

P.S.

A late arriving photo of one our founding members Bill Ide, we thought it was just too nice a shot of Bill enjoying Easter at the Village chatting to a visiting pony, to leave it out!

