

Umina Beach Men's Shed July 2026 Newsletter

Welcome to the July 2026 edition of our Newsletter, it has been another interesting and busy month at the Shed. You may recall that June was the national Men's Health month, well we started July with a visit from two strong advocates for Healthy living.

Dr Gordon Reid M.P. and Don Reparpholi M.P arranged to call in at the Shed and have a discussion with our members on looking after one's health. Dr Gordon Reid is a practicing doctor as well as being a very busy Member of Parliament. Whilst Don Reparpholi, also a M.P., is a highly active nonstop promotor of healthy living. Following their arrival, they undertook a tour of our facilities and met with our members, then everybody made a cuppa and settled in the meeting room and listened intently to our guest's presentation and question and answer session. It was a great session and true to say that we all learnt something new.





Our member Rob L had been chatting with the lads about his other interest and participation in the Marine Rescue organisation, due to the interest that members expressed, Rob L arranged for a formal visit to the Marine Safety facility at Point Clare. About 14 of us met up in the carpark outside the facility and were then invited into the facility and made welcome by the management. A tour of the facility was undertaken and the roles of the various areas explained along with the training that is undertaken to operate at the required high standard. Following the tour and question time we were invited for morning a tea. It was a very interesting and informative visit.





Now to activities within our Shed, Lionel B, a founding member of our Shed, was approached by his local church to fashion and make a new donation box. In his usual relaxed but very focused approach to projects, the requested item was produced in quick time.





Our project of rejuvenating the table tops of a local dining facility is continuing, Warren D is heading up the project, the tables are pretty long and quite heavy – so we need a few lads to help move them to and from the site.



Our Secretary John P was invited by the local Lions Club to attend their annual dinner function, following our Sheds regular support in regard to the Lions “Tea Cosy” annual event. John P had an enjoyable evening and was amazed at the level of involvement that the lions Club has with the local peninsula community and the support they provide.

Vic B attended [on behalf of this Shed] a recent Australian Men’s Shed Association cluster meeting, one of the major items reviewed and discussed was lung diseases caused by asbestos, silica and dust diseases. It would appear that many of this type of diseases are still out there in many industries. We all need to be aware and careful at the Shed that all the protective measures are adhered to when undertaking projects, this is simply a reminder.

Well that brings us to the end of this edition, happy Shedding

Bill G and Vic B