



JULY 2026

NEWSLETTER

EXECUTIVE MEMBERS

PRESIDENT: Jeff Redwood
VICE PRESIDENT: Rob Burford
TREASURER: Tim Clarke
SECRETARY: Mark Payne

PHONE: 0478 614 027 (prefer Tuesday and Thursday AM)
Tuesday, Wednesday & Thursday 9am– 12pm
1a McDonnell Drive

Website www.mgmensshed.com.au
Facebook Mens Shed Mount Gambier
Email mgmensshed@gmail.com

BIRTHDAYS

Ben K
Bill McG
Paul J
Jim T
David L
Shane S
Stuart P

CALENDAR - July

Tuesday	7th	10 am	Management M/ting
Wednesday	8th	6 pm	Shedder and partners tea at Wild Ginger, 17 Commercial Street West
Thursday	9th	10 am	Members Meeting
Sunday	12th		Glenburnie Race gates
Thursday	30th	11 am	BBQ lunch

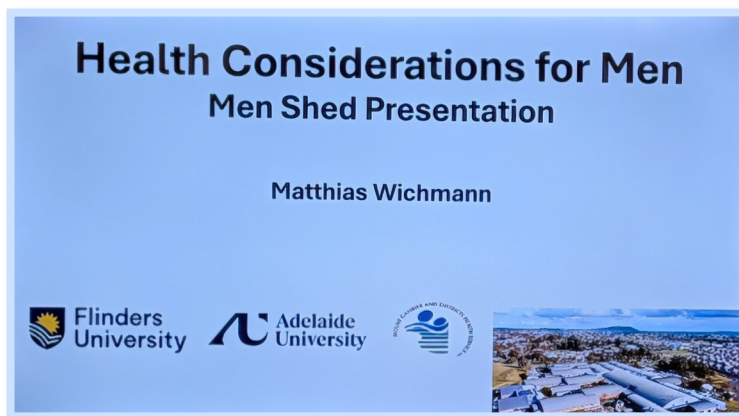
If you would like to contribute information or an article to your newsletter, talk to Editor David N or email mgmensshed@gmail.com

Teacher asked little Johnny to make a sentence using the words defence, defeat & detail.

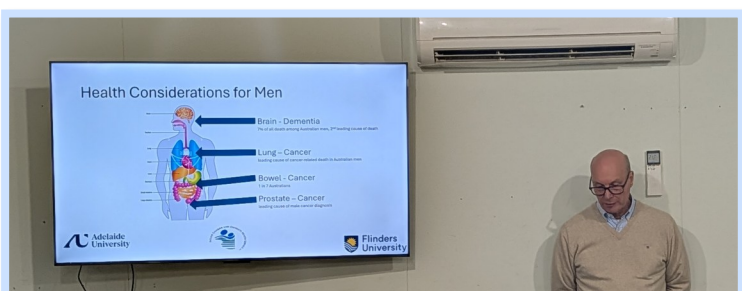
Little Johnny said "the horse jumped over de fence, de feat came first and de tail came last."



Matthias Wickmann Presentation



On Thursday 18th June, in conjunction with 2026 National Men's Health Week, Associate Professor Matthias Wickmann gave a presentation on men's health.



Matthias presented information on four vital body systems and the importance of regular check-ups with the GP. for men and women. The topics were brain health (Dementia), lung health, bowel health and prostate health.

Members in attendance on the day seemed to enjoy the presentation and asked many questions of Matthias in relation to the points that he covered during the presentation.



Members & partners meal at Park Hotel

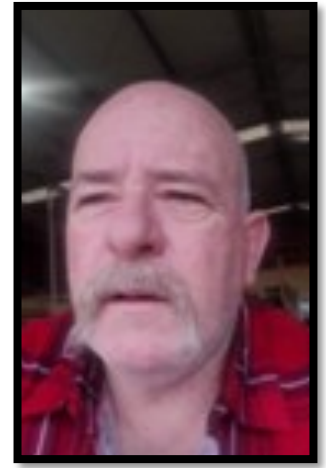


Table for 2 at Park Hotel.
Look at the size of the calamari schnitzel!

NEW MEMBER PROFILE—

Paul Jasper worked as a truck driver with Morelands and operated Jasper Bobcat Hire. Paul is from Bessiebell, Victoria

He enjoys brewing moonshine, motor bike riding and shooting. Paul is looking forward to friendship in the Shed.



THANK YOU To Jeff and all the Gentlemen at The Mount Gambier Men's Shed

Thank you so much for our lovely solid Wooden Table
We really appreciate it, and look forward to many happy luncheons and functions at Boandik

Love from Lifestyle Coordinator Debbie and Residents at Lake Terrace Boandik



The Management Meeting in May decided the shed would donate this table to Boandik Lodge Lake Terrace East (Moore Court, Dementia unit) as they undertook fundraising efforts to do some improvements for the residents. Members of the shed may need to access the facility and services they provide or already do access the variety of services that Boandik Lodge offer to the wider community.

The table is 2 metres square, is made to accommodate wheelchairs and has replaced a table that was aged by the elements due to being outdoors. The gazebo was another item they purchased externally through their fundraising efforts. The donation the shed provided to Boandik Lodge, Lake Terrace was \$300 for constructing the table.



Made to order garden beds



Specialised garden beds to suit wheelchairs made for Resthaven
John McC & Frank McA



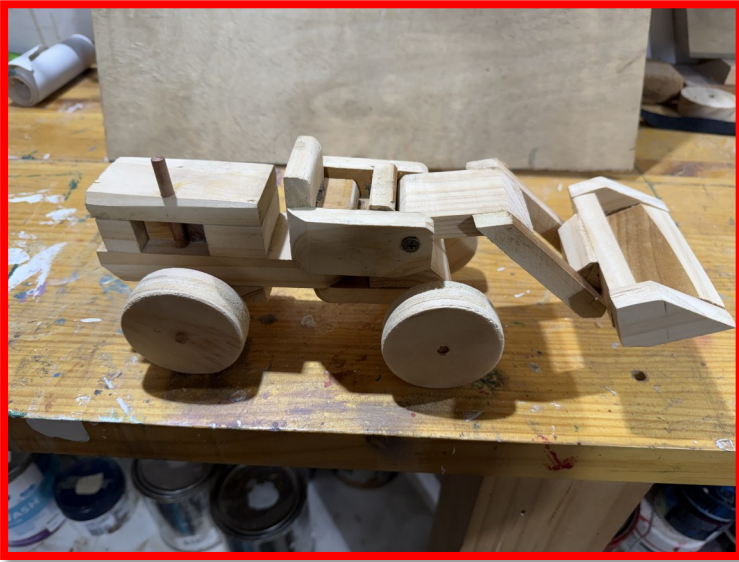
Frank McA, Angelo M making square garden beds



Laurie T doing quality control.



Steve M, John McC, Paul J



Loader made in the toy shop



Peter K & carer with a spinning toy



Peter K does the fine paint work on a toy



Ian B reassembling Thomas the Tank train track.
Replacement piece made on CNC



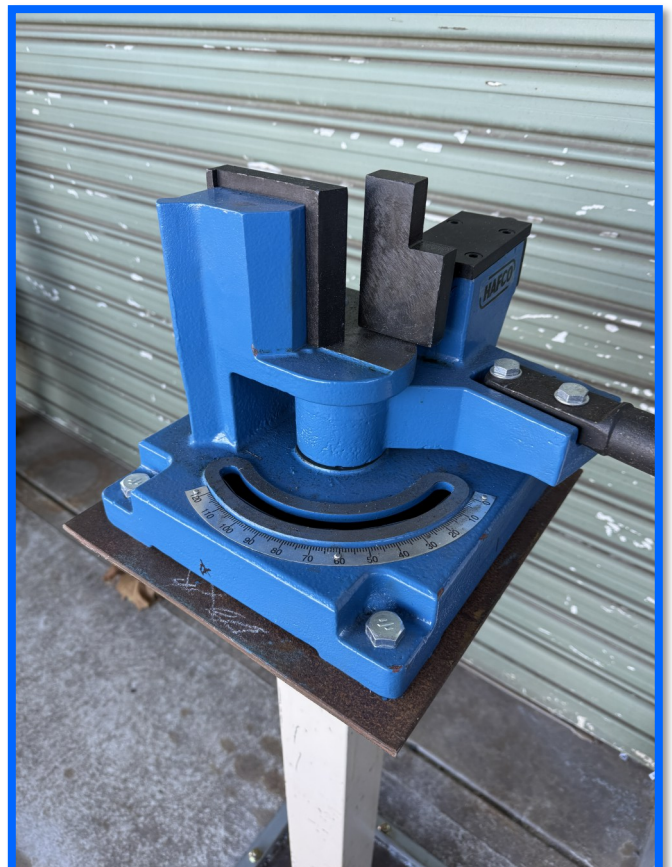
Russell S cutting up pallets for firewood



Gary A bagging kindling

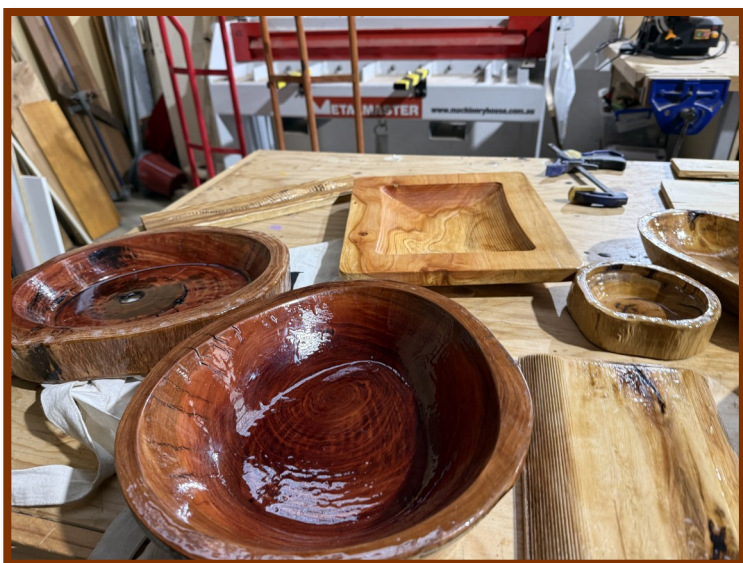


Permanent stand made for new heavy duty metal bender





CNC creations by David H





Glen B using vertical rotary sander to hollow out a rest for spectacles



Russel S & Jeff R cutting timber to specification



Bruce A repairing a mouse trap



Don C turning a bowl on the wood lathe



Allan V with redgum candle holder



Flat pack ukulele stand made on CNC



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