



JUNE 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

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BIRTHDAYS

Glen B
Andrew K
Matt J
Allan C
Kevin M
Andy C
David N
Herman B
Dick P

CALENDAR - June

Monday 8th Bunnings BBQ volunteers required
Tuesday 9th 10 am Management Meeting
Wednesday 10th 6 pm Shedder and partners tea
at Park Hotel, 163 Commercial St West
Thursday 11th 10 am Members Meeting
Monday 15th to Sunday 21st
NATIONAL MEN'S HEALTH WEEK
Thursday 18th 10am Matthias Wickmann visit
Thursday 25th 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

Men's Health Week 2026 takes place internationally and across Australia from **June 15 to June 21, 2026**. The annual global campaign aims to raise awareness of preventable health problems, encourage early detection, and support men and boys in making healthier lifestyle and mental well-being choices



Correction to last months edition

This picture had the wrong name attributed to it

The portable battery operated four valve radio was built by Paul E's father who was an electrician in the 1940's. He provided it to his wife for when Paul was born in a capital city maternity hospital. In those days women were confined to hospital for at least two weeks after any birth. There were five radio stations to choose from. Paul's mum told of the many times each day nurses and doctors would fill her room to listen to this pretty unique radio for those times - certainly not in a hospital!



Members & Partners meal at Gourmet India





Three members attended the Casterton Mens Shed open day and enjoyed a great morning with 12 other shedders .
Note the overhead dust extraction system.



David H's duck created on the CNC machine



Russell S, Shane S & Glen B



New member Hermann R staining his Jack & Jill seat

*In a world where you can be anything . . .
 BE KIND*



Ben K with Ian B



Members lining up for morning tea



Grant S & Kevin M pointing the finger at Frank McA while Stan B wonders what they are on about

*We all know that the early bird
gets the worm
But did you know that it is the
second mouse that gets the cheese!*



John K's frame made on CNC machine

*Be the change
you wish
to see in the world.*
-Gandhi



Unloading truck mud guards for raised garden bed production



David N inspecting John K's work



Making another garden bed using a finished one underneath so there is less bending required



Stan B
And
John McC
contemplating
their next move



Another finished picnic table
John McC, Rob B, Frank McC



Don C and Allan V setting up new band saw



Don C conducting safety induction



Glen B preparing wood lathe chuck



Shane S finishing a birdhouse



Above
Timber offcuts for birds to rest on while feeding at large birdhouses
Laquered coasters below by John K

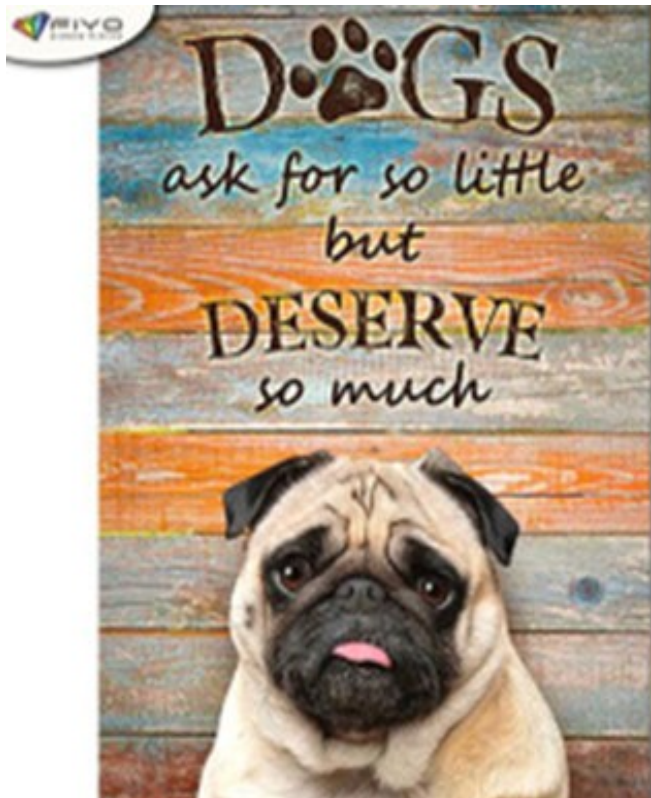




Ian A on the milling machine



Some interesting dogs by Ian A



A person's most useful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others.



HOW TO STAY YOUNG

1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay them.
2. **Keep only cheerful friends.** The grouches pull you down.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever, even ham radio. Never let the brain idle. 'An idle mind is the devil's workshop.' And the **devil's** family name is **Alzheimer's**.
4. **Enjoy the simple things.**
5. **Laugh** often, long and loud. Laugh until you gasp for breath.
6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves Be ALIVE while you are alive.
7. **Surround yourself with what you love**, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. **Don't take guilt trips.** Take a trip to the mall, even to the next state; to a foreign country, but NOT to where the guilt is.
10. **Tell the people you love that you love them**, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

We all need to live life to its fullest each day!!

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