



THE IPSWICH MEN'S SHED INC

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| Location: 3A Mining Street Bundamba Q 4304 Ph Contact The Shed 0455924784 | Postal Address: 3A Mining street Bundamba 4304 ipswichmensshed@hotmail.com web : ipswichmensshed.org.au |
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"Shoulder to Shoulder"

President: Terry Carter **Vice President:** Rob Burt
Secretary: Colin James **Treasurer** Darryl Edwards **Registrar:** Ted Wedmaier
Executive Officer Electrical: Darryl Edwards

Committee: John Humphries; Roger Overell; Brian Parker;
 Ian Ross; Dave Wernowski

Membership fees \$35 for 1 year – daily fees \$2 plus \$3.00 lunch
Open Tuesday, Thursday 9am-3pm – Saturday 9am-2pm

ANNUAL REPORT

Presidents Report for 2014/15

It is with pleasure that I submit the Annual report for 2014/2015.

The year has been very successful and most rewarding as we continue to grow and develop. My thanks to the Executive and the Committee for their dedication and commitment to the task of running a Men's Shed. My special thanks to Darryl for his work as Treasurer as it is a demanding and exacting job.

Membership continues to grow and the fellowship is good as we all work together for a successful Shed. The development of the Shed has been our priority this year and with the completion of the awning and gates, this has given us a much larger and secure area to work. Daily activities include Wood work, Metal Work, gardening and furniture restoration, as well as many community projects. Special projects included the Sailing Boat, Frames for Shayne Neumann, Hospital Museum Cabinet, Cricket bats to India, Bird Nesting boxes for the Scenic Rim Council, and the Rotary and Ipswich Hospital walking aid repairs Project.

The Grand opening of the awning in March saw us entertain some 120 dignitaries, guests, members and partners. We were thrilled to be chosen as one of the recipients of fund-raising from a local group "Swichon and Swichettes" at their gala dinner where we were presented with a cheque for \$15,000 - also sponsored by "Nu Grow", a local fertilizer company.

Anzac Day 2015 was a very special event being the 100 year Celebration and we joined with The Bundamba Anzac Committee to be a major part of the celebration. Our special guest "Norm" (a First World War uniform clad mannequin) stood proudly with us for a month as we contemplated the efforts of our Anzacs 100 years ago. We marched on the day and assisted with the breakfast.

Our social activities throughout the year included two lawn bowls nights, a Trivia night, a Christmas dinner at the Shed, as well as a Christmas party at Jets. It was at this function that we announced Shedder of the year - Ian Ross. All of these socials, together with the Gala dinner hosted by "Swichon", the Awning opening in March and the Launch of "Lulu belle" in May have contributed to the success of the past twelve months.

We were very proud to have been nominated by Ipswich City Councillor Bruce Casos and subsequently presented with an Australia Day Award for Community Service. Three Shed members - John Humphries, Chris Draper and Ted Wedmaier were also personally awarded Medallions in recognition of their contributions to the local community.

John Greatrex, a member of our Shed is on the Queensland Men's Shed Association Committee as Vice President, and we congratulate him for his work. Our local Artist Bob Edyvean attended a meeting at Buderim on our behalf and reported back to us of Queensland Shed successes. We presented a painted saw blade to the Buderim Shed for their efforts.

The Queensland Torana Club contributed a donation of \$2800 to the Shed after we joined them in Marburg for a Torana Car Club Day. New Hope Collieries have sponsored a Machinery safety seminar to be held in July 2015 to the value of \$1000.

The Shed web site (ipswichmensshed.org.au) is now up and running and receiving many hits as it provides information to members and the public. Through this web site, a donation of \$300 was received from TAE at Amberley.

During the year we have supported the Community in kind and with monetary donations to The Salvation Army Red Shield Appeal \$500 and their Christmas Appeal \$200; and The Longreach Drought Appeal \$650, as well as a cordless drill (sponsored by Jennifer Howard) and delivered by John James (a Shed friend).

We have hosted visitors from many local groups and Men's Sheds; and at a district meeting held at Bundamba, representatives from 7 Sheds were present and were amazed at our progress in 2.5 years. In August we will host 25 Members from the Bellbowrie Shed for a visit and lunch.

Members recently attended an event for Men's Health Week organized by Able Australia (Hazel McLeod) and Cr Sheila Ireland of Ipswich City Council. MP Jo-Ann Miller was most appreciative recently when she was presented with a painting by Bob Edyvean to be displayed at her Parliament House office in Brisbane.

This year we have again amassed many new items and donations of equipment and we thank the local community for their generous support:-

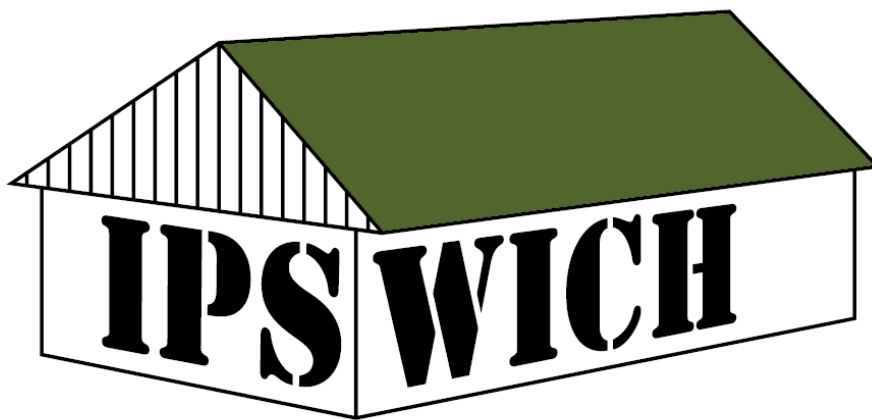
Mayor Paul Pisasale – donated the new “SAW STOP” Saw.

Other new items are Oxy and Mig Welding equipment, Vacuum Cleaner, Shade sail to cover fountain, hail mesh for garden beds, Projector and screen (John Holstrom and UQ), Pavers, Flags courtesy of Cr Bruce Casos, Signs from Raceview School, Vinyl (Hoopers Carpets), Security Cameras, Air Conditioner (Ian Weier), Band saw (Swichon Group), Fire safety equipment (Bundamba Fire & Rescue), Drink Dispenser, Metal Linisher, and Compressor.

We have continued to strengthen our membership through inclusion and sensible Shed policies and we look forward to another great year.

A sincere thank you to all members for their support and encouragement during the year.

Terry Carter
President.



MEN'S SHED

3A Mining Street, Bundamba

Supporters for 2014-2015

Federal MP Shayne Newman

State MPs Jo Ann Miller and Jennifer Howard

Mayor Paul Pisasale

ICC Cr Bruce Casos and Staff, Cr Sheila Ireland

Salvation Army Capt. Ben Johnson

Acme-Jordon Furniture

Bunning's

Bendigo Bank

Torana Car Club of QLD

Swichon and Swichettes

Nu-Grow

Managed Solutions Web Site

Ardrey Electrical

New Hope Collieries

Ipswich Rotary Clubs

Jets Sports Club

Bundamba Anzac Committee

Able Australia

Amberley Aviation Committee

Ipswich Hospital Museum

Ipswich Hospital Physio Department

Scenic Rim Council

Ipswich and Springfield Police

Graham Curnow, State QMSA

Jaycar Electronics

Raceview State School

North Ipswich Bowls Club

St Edmunds College

Queensland Times

Keith Atwell Signs

Randy Kelly Signs

AMSA

Anglican College Springfield

Hoopers Carpets

TAE Amberley

Bundamba Fire & Rescue

Ipswich Hospital Foundation

Jason Jackson – Youtube

John Holstrom – UQ



MAYOR PAUL, PRESIDENT TERRY CR BRUCE CASOS

STOP PRESS



MP JO-ANN MILLER ACCEPTS AN ORIGINAL FROM ARTIST BOB EDYVEAN AND PRESIDENT TERRY CARTER RECENTLY

IPSWICH Men's Shed has the honour of having a painting by one of its members hanging in the hallowed halls of Queensland's Parliament House.

Member for Bundamba and Minister for Police and Emergency Services, Jo-Ann Miller, said Ipswich Men's Shed was a great example of the quality community groups operating in the city.

"The men at the shed do outstanding work," she said.

"I was particularly taken by the paintings of Bob Edyvean and I am delighted now to have one of his works to hang in my office at Parliament House."

The minister said she was a proud supporter of the Men's Shed and recently provided a donation to help develop the new covered area at the shed.

Group president Terry Carter said Ipswich Men's Shed started in 2013 with an empty single shed on a bare block of ground.

Now they have several fully equipped sheds, an outstanding covered area, a developed garden and relaxation area with a water feature and gazebo.

"All of this has been achieved by hard work and enthusiasm and there have been numerous, generous donations of tools, equipment and materials from our many loyal supporters," Mr Carter said.

"There is great camaraderie among our men and never a day goes by without a laugh or a memorable moment.

"Members rate the facility here as one of the best appointed Men's Sheds in the country and we seem to go from strength to strength."

Ipswich Men's Shed has 90 members and meets Tuesdays, Thursdays and Saturdays between 9am and 2pm.

To find out more about the club, email ipswichmensshed@hotmail.com or phone Terry Carter on 0455 924 784.

Queensland Parliament Building
Houses New Edyvean Original



THE RON BOPF GATE PROJECT COMPLETED

We are sorry to hear of the sad passing of Ron's dear Mother,
Our thoughts are with you
Ron and Family



IN THE GARDEN

(JULY 2015)

This month we introduce one of our gardeners – Andrew .



Andrew comes to us with a background in nursing and disability services management. Prior to retirement, he was a health and safety rehabilitation specialist for disability services. In this role Andrew was required to service a very large area ranging from Wacol in Queensland to the South Australian Border. A lot of travel and a lot of responsibility involved.

Andrew is married to Pamela and together they have 2 children and 3 grandchildren. He joins us in the men's shed on Tuesdays.

In the garden, Andrew specializes in herbs and pot plants and with general maintenance. Recently he has trimmed back a number of plants in our beds including rosemary, basil, coriander and curry and he has re-potted a number of pot plants to add colour to the garden. Since joining the men's shed Andrew has developed a new interest in experimenting with live plants as table decorations so we hope to bring you more on this in due course.

Andrew's other specialty is dehydrating herbs and chopping them into sterilized bottles for use in cooking. A number of jars have been made available recently in the kitchen and more will become available next summer, although members requiring herbs then, will need to provide their own jars.

For information on trimming and re-potting plants, or on bonsai trees, please see Andrew, who is only too willing to share his knowledge with Shedders.

IN THE MEN'S SHED GARDEN

June continued to see extensive mulching and fertilizing taking place in the garden beds, but you can be rest assured; your gardeners have not been idle. This month has seen planting in our garden beds of beetroot, wild garlic, blueberry and pawpaw trees, brown onions, red onions and broccoli and spring onions amongst other things.

THE SALVO'S GARDEN

The Salvation Army has asked us to start planting a number of gardens around the church and at the back of their store. We have begun by turning and fertilizing the soil in the garden along the back of the store and our efforts have already seen the planting of Crotons for colour and decoration, together with sweet potato, two different types of passionfruit and a couple of desert rose plants.. A banana plant has also been added to this garden..

In discussing the garden with us, the Salvos captain advised that he has no problem with the garden being accessible to the public and he is happy for people to take any fruit and/or vegetables growing there, if it provides good nutrition for less fortunate people.

That garden will continue to flourish in the months ahead and updates will be provided in due course.

HELPFUL HINT TIME

To help your plants grow, particularly at this time of the year, mix 1 tsp of Epsom salt in lukewarm (4deg Celsius) water. Spray on plant and then repeat 10 days later. Produces more fruit due to boost of magnesium. Especially good for tomatoes, peppers and roses.

GARDENER JOKES

One for the men

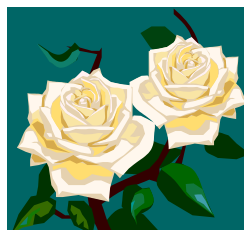
If a man is alone in the garden and speaks, and there is no woman to hear him, is he still wrong?

And one for the women:

Question - Why are husbands like lawn mowers?

Answer - They are difficult to get started, emit foul smells, and don't work half the time.

Happy Shedding
Laurie Caldwell (JP – Qual)



IPSWICH WOODCRAFTS CLUB QLD

MIHI STREET BRASSALL



Demonstration and Q&A with Chris Pouncy Woodturner for Robert Sorby Woodturning Tools

When Fri, July 17, 8:30am – 12:30pm

Where Old Scouts Hall, Corner Mihi & Swan Streets, Brassall QLD

Description Carbatec and The Ipswich Woodcrafts Club Qld are hosting Chris Pouncy for Robert Sorby Woodturning Tools. A special opportunity to learn some great wood turning techniques and see what's new from Robert Sorby. Besides woodturning, each demonstration will include a Q&A session with Chris. Entry is \$5 which includes a ticket in the raffle. Breakfast at 8:30am is \$5 Sausage sizzle for Lunch is \$2



COMPUTERS -INTERNET



Way back when Grandpa was just a little tacker
And good old horse transport was all the go
Proud horses pulled the carriages and buggies
And draft horses handsome, they pulled the plough.

The first automobiles he saw were a novelty
(Ah! These things became a passion in his life)
He's seen bullock wagons become Mack trucks
And Tiger Moths spawn Jumbo jets.

He's seen good Swiss watches slowly disappear
Their innards replaced by a little silicon chip
Never needing winding and always right on time
You can get a bottler for less than a hundred bucks

He's lived with cars you started with a crank handle
He's seen electric "self commencers" replace the crank
Carburettors succumb to modern computer injection
Electric windows, electric seats and God knows what else!

You'd have to agree then, that at 87 years of age
He's seen more change than all who went before !
But, despite being almost 88, he has a youthful outlook...
'Cos now he's got a flamin' computer and he's on the internet!



UPCOMING EVENTS

*BUNNINGS WEST IPSWICH BBQ
31ST JULY-21ST AUGUST-18TH SEPTEMBER*



WE WELCOME NEW MEMBERS

ORDER A SHED SHIRT \$35 OR \$45 WITH POCKET



BUNNING'S BOOVAL AND WEST IPSWICH

Member Profile

Terry Carter

Terry was born in Lockhart, NSW on 18th February, 1949 being the youngest of six children. His primary education was undertaken at St Mary's Catholic School, Lockhart and secondary schooling was received at Christian Brothers, Wagga Wagga – a bus journey of 40 miles each way – until 1965 when he concluded Year 12. Throughout his school years, Terry attained distinctions in sport including swimming, athletics and Australian Rules football in which he captained an Under 16 District Side.

Commencing employment the week after he finished high school, Terry worked at the local Stock and Station Agency in Lockhart and was trained in wool classing, auctioneering and general stock work. After holidaying at Coolangatta's Beach House, he realised that there was more to life than country living and after 5 years with the Australian Estates Agency, Terry ventured north on a working holiday with the vision of travelling around Australia. In 1971 a stopover in Ipswich to visit friends turned into a longer stay when he met Shona and holiday plans were quickly forgotten.

Terry joined the firm of Hoey & Ploetz in 1973 as delivery driver/storeman and progressed through the ranks until he was appointed Manager in 1982. He operated the electrical retail business with his wife, Shona and daughter, Brooke until its close in 2005.

Amongst Terry's involvement with local service work, he lists a camp with RYLA in Wagga 1967 as being his initiation into community awareness. He was President of Lockhart Rotaract and a member of two Apex Clubs, namely Lockhart and Ipswich, the latter club of which he held positions of President/Secretary/Treasurer and District Secretary. Terry also held the position of Raceview State School P&C President for a period of 2 years.

John Roberts first introduced Terry to Ipswich North Rotary and he later joined the IN Club after an invitation by Daryl Martin. He has enjoyed various Board Positions of Community Service and International Director and Secretary and President in 2005

Terry Convened the Ipswich Prostate Cancer Support group in Ipswich for 7 years after suffering the Cancer himself in 2006

Terry is happily married to Shona and has two children, Brooke and Drew.

Terry sees the Men's Shed as new adventure and loves the fellowship and the challenges it faces.





Follow us on facebook

Judy Andrews

Executive Assistant / Volunteer Coordinator

Monday - Thursday

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judy@ihfoundation.org.au

www.ihfoundation.org.au

Shop 3, 1 Bell Street, Ipswich | PO Box 878, Ipswich QLD 4305

REGISTER NOW AND RECEIVE A FREE WARM JACKET



WISE GUYS EVENT AT GOODNA RECENTLY
ARRANGED BY
ABLE AUSTRALIA
IPSWICH CITY COUNCIL



Types of stroke: How the two types of stroke happen A stroke can happen in two main ways. Either there is a blood clot or plaque that blocks a blood vessel in the brain or a blood vessel in the brain breaks or ruptures. –

Blocked artery (causes an ischaemic stroke)

Strokes caused by a blood clot is called an ischaemic stroke. In everyday life, blood clotting is beneficial. When you are bleeding from a wound, blood clots work to slow and eventually stop the bleeding. In the case of stroke, however, blood clots are dangerous because they can block arteries and cut off blood flow.

About 4 out of every 5 strokes are ischaemic. There are two ways an [ischaemic stroke](#) can occur.

Bleed in the brain (causes an Haemorrhagic stroke)

Strokes caused by a break in the wall of a blood vessel in the brain are called haemorrhagic strokes. This causes blood to leak into the brain, again stopping the delivery of oxygen and nutrients. Haemorrhagic stroke can be caused by a number of disorders which affect the blood vessels, including long-standing high blood pressure and cerebral aneurysms.

An aneurysm is a weak or thin spot on a blood vessel wall. The weak spots that cause aneurysms are usually present at birth. Aneurysms develop over a number of years and usually don't cause detectable problems until they break.