



Queensland Men's Shed Association Inc. ABN 82 659 067 088

## **“SHED CHATTER”**

### **QMSA Quarterly Newsletter Issue September 2015**

Greetings to all Shedders. This is our initial effort at providing a quarterly QMSA Newsletter aimed at linking all the Queensland Men's Sheds and presenting a forum to broadcast happening events, ideas and achievements around the Sheds.

We thank those Sheds that have been able to contribute and warmly invite all Sheds to use this medium to keep as all 'in the loop'. It is hoped to feature a personality or Shed in each future edition of the Newsletter as well as provide a Buy—Sell—Swap—or Giveaway section.

As this is YOUR Newsletter, constructive criticism, comment and ideas for improvement is welcome by the Editorial group (but be kind). The current planning is to produce the next Newsletter prior to Christmas 2015. So articles, photographs and other news will be required no later than the first week of December.



# AMSA & QMSA UPDATES

DO NOT FORGET THE **QMSA AGM** ON  
MONDAY 21ST SEPTEMBER 2015  
COMMENCING AT 12.30PM

VENUE: MENS SHED CARINA  
56 ZAHEL STREET, CARINA

**MAKE SURE YOUR SHED  
IS REPRESENTED**

IT IS NOT TOO LATE TO PARTICIPATE  
**AUSTRALIAN MENS SHED  
ASSOCIATION  
6TH NATIONAL CONFERENCE**

NEWCASTLE, NSW

SATURDAY OCT 17TH  
TILL TUESDAY OCT 20TH 2015

# THE MEN'S SHED MOVEMENT BOOK BY PROF. BARRY GOLDING

**The Men's Shed Movement book by Prof. Barry Golding ( Patron of AMSA) is now published.**

I am delighted to confirm that **The Men's Shed Movement: The Company of Men** book has just been published.

More detail about the book can be found via:

<http://barrygoanna.com/2014/05/29/new-and-forthcoming-books/>

Books are available in Australia for order directly from Barry Golding:

[b.golding@federation.edu.au](mailto:b.golding@federation.edu.au)

for \$40 AUD.

Postage anywhere in Australia an extra A\$10 for 1 to 4 books.

**Adjunct Professor  
Faculty of Education & Arts  
Federation University Australia  
Ballarat, Victoria, Australia**



# Men's Shed Mini Expo

**MEN'S SHEDS DONATE 4 LIFE - EXPO** - What was it?: A mini Men's Shed Expo and free BBQ (gold coin donations) with *"Spanner in the Works"* health checks, supporting a Donate Life promotion, including guest speakers and a tissue and organ donor register.

On a bright, sunny, yet crisp winter's morning, 12 Men's Sheds gathered in western Brisbane at the Brookfield Showgrounds where each mounted outdoor displays of their Shed's activities. Sheds came from Brisbane suburbs, both north and south of the river as well as from Labrador on the Gold Coast and from Ipswich. This was their contribution to the success of the Donate 4 Life/ Men's Shed EXPO, an event jointly organised by the Australian Men's Shed Association and Queensland Men's Shed Association, working with the staff from Donate Life Qld, a team from the Queensland Health Dept. The local Shed, Shed West, one of the first Men's Sheds in Brisbane, was Host. Many of Shed West members were involved in the tasks of setting up and taking down, parking, running the BBQ and generally lubricating the bearings for a smooth run on the day. One Shed West member brought along his vintage Morris Minor and its parts were labelled with names of human organs. Men's Shed 100 (Centenary Suburbs) got into the act and brought along a vintage Bentley - which received the same treatment. Supplementing the Shed displays were several display tables in the main Hall manned by volunteers from Community Health organisations: Australian Hearing, Arthritis Queensland, Asthma Foundation, Continence Foundation, Australian Pain Management Association and Coeliac Queensland.

Gary Green from AMSA (who has extensive nursing experience) ran a typical Spanner in the Works program of free Health Checks for men. He was assisted by a team of Medical Students from the General Practice Student Network. At 11:15 am a program of Speakers with close personal involvement in the harvesting and transplanting of human organs and tissue commenced their presentations. First was Carl Pedersen a Shed West member. Carl spoke of the years leading up to his kidney transplant. As his health deteriorated, because of his failing kidneys, he had to change careers 4 times. Now his well-being has improved and he is able to lead a more productive life. Carl serves on a joint committee for Australia and New Zealand which determines who has priority on the waiting list of folk needing a kidney transplant. Next speaker was Dom Simpson who had come up from Lismore for the day. Dom is the father of a young donor who followed his father's lead and registered as an organ donor at age 16. Tragically he was killed when a car knocked him off his bike at age 18. Never-the-less various of the lad's organs were transplanted to 5 different recipients and body tissue was also harvested. Dom spoke passionately and eloquently about how his grief was relieved to some extent by the knowledge that his son's forethought and generosity had led to the saving of 5 other lives. Many folk in the audience were greatly moved by Dom's personal story.

Our third presenter was Dr David Cook an Intensive Care specialist who has the initial conversations with families about donation, at the time of their loss. David came down from Hervey Bay and Nambour. He did not go into gory details of harvesting or transplants but he spoke of the kind of people whose lives could be extended or even saved by the receipt of a replacement organ. Dr David encouraged the audience to think deeply about becoming registered as donors. The final presenter was Britt Miller, working as a Donation Coordinator within the Queensland Donate Life team. Britt ran a question and answer session. Many questions arise when people consider registering to donate their body organs and tissue. This segment addressed some of the misconceptions as well as the processes of donating. People in the audience were given the opportunity to air theirs. Several questions gave rise to the need for prospective donors to be reassured that an assessment of the value of their body parts was not required in advance. Such assessments are made by the team of medicos at the time when the organs and tissue are being harvested. Corneas may be transplanted with success, from a 90 yr old.

At the end of the day 54 persons registered to be organ donors and a further 100 or so, took the forms away to complete when they had their Medibank details at hand. All were given a post card which they were to sign then pass to their family members. This was to encourage the family to have "heart to heart about their spare parts" and to request that family members respect the wishes of their organ donating family member, when the time came for their demise. It seems that never have so many been so generous, drawn from such a small audience at a Donate Life event! Organisers were given helpful publicity only from local Press ( West Side News and the Kenmore Bulletin) plus Magic Radio 882. No other media outlet showed sufficient interest to help us promote the day. Although invitations were issued well in advance, no State Minister attended although Dr. Christian Rowan M.P. for the state seat of Moggill called in. The Brisbane Mayor was represented by Cr. Margaret de Witt who has been a wonderful supporter of Brisbane Men's Sheds since their inception in Brisbane. Imagine the tally of registered donors that could have been achieved, had we been able to gather 500 people to come along? Profits from the BBQ are to be donated to Drought Relief in the parched drought affected region of Queensland. Participating Sheds were each given a couple of free tickets to the next home game for the Broncos, in appreciation of their great contributions. Acknowledgement and appreciation is due to Marty Leist, Project Officer for the Australian Men's Shed Association whose tireless and good-natured leadership of the Project contributed greatly to the overall success of the EXPO.

**Graeme Curnow — President, Queensland Men's Shed Association Phone 07 3720 9789, Mobile: 0407 653 013**



# SHEDDERS IN ACTION AT THE DONATE FOR LIFE EXPO 2015





## Qld Men's Sheds at the Broncos

QMSA obtained (with sponsorship) 30 tickets to the **Brisbane Bronco's vs St. George match at Suncorp Stadium on Friday 14th August**. Tickets were distributed as a "thank you" to the 12 Sheds which mounted displays at the Donate Life Men's Shed Expo at Brookfield Showgrounds on August 5th. The Broncos Fan Relationship team recognised us as being representatives of Queensland Men's Sheds and those of us who arrived early were taken on to the field for some souvenir snaps. We thoroughly enjoyed the night out - with the Broncos having a big win over St. George, before a crowd of more than 33,000.



# AROUND THE SHEDS

## Redcliffe—Metro North Zone

**Redcliffe Community Men's Shed** has been assisting a Rotary Project assembling prosthetic hands for victims of land mines in SE Asia. The Prosthetic Hand Kits are purchased by local clubs, businesses or individuals at a cost of \$300.00. When sufficient kits have been purchased a workshop to assemble prosthetic hands is organised, 2-3 men per kit with instruction and assistance provided. Acknowledgement has just been received about Hand # 319, assembled by three members of our Men's Shed with photos of the recipient with his/her new hand and a 'thank you' note. The link to the Hands web site is below – use the Tabs to Photos & Team Blog ... it makes interesting reading on a daily basis.

<http://www.rotaryd9570helpinghands.com/>



Congratulations must go to Redcliffe what a wonderful and worthwhile project to be involved in. Your collaboration with Rotary must provide your members with immense pride and satisfaction. You certainly will gain a real presence and recognition in your community. More importantly, you are providing practical support and assistance in an area of great need. We eagerly await further news from your Shed.

**Editor**

# Mt.Gravatt—Metro South Zone

## Inter-Shed Bridge Challenge:

The Carina Shed sent over 2 teams of Bridge players— several “learners” and some long term players of the card game. MGMS card group players formed two teams and the friendly challenge was on. These tables went for several very quiet hours as concentration was applied over the calls. The following is the actual report from Neil Hansen:

*“On Monday 27<sup>th</sup> July the **Mt Gravatt Men's Shed** card group played host to seven card players from the **Carina Men's Shed** for a session of social Bridge. There were five Bridge players from our Shed so there were three tables for Bridge. Most of the Carina players are novices having been recently taught by one of the other Carina players. A few hours of social bridge were enjoyed by all. And it is proposed for it to become a reciprocal monthly event alternating between venues. **Our card group is in need of more players, to play, or learn to play Bridge, 500, Crib etc. come and join us on Monday mornings at 9.30.**”*



I was pleased to accept the invitation from the Mount Gravatt Shed to attend the opening on (Saturday, July 11, 2015) of the extensions to their existing shed. In excess of 200 people attended. Following the opening we had the opportunity to inspect the extension and the already existing shed. One could not fail to be impressed by the welcome, hospitality and the obvious professional approach taken in introducing, developing and improving the many and varied groups and activities that make up the Shed. It is quite evident that the Shed is an active and contributing member within the local community and this fact is widely recognised. Additionally, the QMSA can always depend on the active support of the Mount Gravatt Sheddors whenever any Men's Shed promotion or function is organised within the south east corner of the state. Congratulations Mount Gravatt you are no doubt one of the Sheds that stand out as an exemplar for new and developing Sheds to emanate.

**Editor**



# Shed West (Kenmore)

In an attempt to alleviate the housing shortage, Jacob Reinder has produced this compact version of economic dwellings. At this early stage, details of the interior decoration are not available as we went to print. Being a free standing building, extensive approvals are not required. See Jacob for the extensive range of colours available.

Plenty of activities reported from the Blue Shed, with many members getting into leatherwork. Activity increases on a Monday afternoon when many are being introduced to this ancient art by Russ Connor. Right now they're centralising on plaiting and making whips, with qualified instructors explaining the technicalities of plaiting and weaving as well as making Turks Heads and other arcane knots.

Also happening in the Blue Shed is the fascinating art of Pyrography, which is the process of burning designs on wood, leather, etc with a heated tool. Very popular with our wheelchair bound members. Want to know more about it contact Pat Gilles

Still up in the White Shed is the computer section overseen by our own IT expert Ray Johnson. There are computers and printers available for use by members, and Ray is usually on site every Friday for computer assistance, helping him out, Malcolm Douglas gives guidance on various pro-programmes as well as a few short cuts to help make using your computer a hap-



Shed West is one of the most recognised and admired Sheds in Queensland. It can be asserted, with a degree of confidence that Kenmore is in the vanguard in promoting the concept and growth of the movement. Many developing Sheds can give witness to the welcoming approach and practical help provided by Shed West in the establishment and growth of their Sheds. Thanks Kenmore and maintain your leadership role.

**Editor**

# Ridley Road Shed (Carseldine) - Metro North Zone

## Ridley Road Community Men's Shed Runs a Market Stall at Carseldine Markets

The 4.00 am onsite to setup was a bit of surprise to the few that assisted. Sale of basic items commenced approx. 9.00 am & continued thru to nearly noon. The double site with 2 Bunnings gazebos was more than adequate & the handcrafted items were reviewed by passers-by with few reaching into their wallets.

The attendance of **Luke Howarth MP for Petrie**, mid morning, created much discussion re new Shed, with "management" He purchased 12 Nest boxes for location at North Lakes by Green Army Team & will pursue nest boxes for a forthcoming similar project. The concept of training unemployed, to use a reciprocating saw, vertical drill & battery drill/screw gun to cut & flat pack nest boxes, he is in favour.

Stocks of nest boxes can be carried in a 4wd or utility truck, then Nest boxes could be marketed thru the back, that would make site preparation much easier, less equipment etc.

Just reverse up, open the boot, assemble a folding camp table, locate our nest box display unit & ready for business. The concept by regular stall holders, recommend booking a site for a month, to become known by stallholders & the public.



Obviously there are a number of insomniacs at the Shed capable of rising for a 4am kick off. Do not be discouraged Myer started with just one store. Sometime back I visited Ridley Road and recall they were involved in valuable project work assisting the Kingfisher Special School at Aspley. The undeniable strength of this Shed is their welcoming approach and the bonds that existed within the Shed.

**Editor**

# Gladstone—Capricornia Zone

**EARLY CHILDHOOD SERVICES PROJECT**—Since 2012 the Gladstone Men have been making over 600 items of toys and furniture each year for the early childhood centres in the Gladstone region. These items can range through just about every letter of the alphabet from Apron Stands to Xylophones and now in some months of 2015 the monthly records are constantly being bettered with over 100 items per month being distributed. One of the larger and most popular items is a water table made by recycling kitchen sinks.

The Shed has an excellent facilitator through an Australian Government initiative, the Inclusion & Professional Support Program, who provides the link with approximately 40 early childhood centres by taking the orders and arranging the distribution of the finished products. This enables our members to do what they enjoy most – making things without having to worry about the administration! Of course it also makes life easier for our shed coordinators by being able to regularly assign tasks to members looking to undertake a worthwhile activity at the Shed.

We have been fortunate in obtaining long term funding from commercial organisations for every year of this project and into the future and our most recent sponsor, the Gladstone Ports Corporation (GPC), provides sufficient funding for all materials consumed. In return that value is multiplied several times over when the kindergartens and preschools receive the needed resources at no charge, especially for the creativity and craftsmanship contributed by Shed members.

All items are branded with a hot iron to record it has been made by the Gladstone Shed for the use of the community and to recognise the contribution by GPC. The alignment with GPC provides many benefits to the community, and its employees, through early learning centres and retiree's looking to join the Men's Shed. The recipients also value what they are receiving and often drop in with certificates of appreciation and unsolicited donations and there are always requests to visit their centres to see the children happy with our work and we get morning tea and scones – yummy!

Coordinator Ron Jackson, Vice President Roy Aiton, GPC's Community Relations Officer Benita Paterson & Secretary Ron Steen with a playgroup enjoying our toys.

Another great story, the Gladstone boys have developed a great relationship with the Early Childhood sector and gained valuable support from the Gladstone Port Authority, this provides a winning formula. They are no doubt gaining significant recognition within the local community.

PS: Santa Claus has requested the Shed's address and email.

**Editor**



# Allora—Southern Downs Region

Allora Men's Shed has been operating since the middle of 2013. The group is domiciled in the historic Fire Station building in the main street of Allora (between Toowoomba and Warwick). Allora is where Laura Geitz, the Australian Diamonds Netball captain, hails from. The Station is active on **Thursday and Saturday mornings from 9am to 1pm** and new members are most welcome to join the present 18.

Members are active supporting one another as well as community activities, especially as regards promotional 'cut outs'. A current enterprise is the manufacture and sale of the old fashioned (we should know!) laundry trolleys.

Camping, fishing and consequent 'tale telling' is a popular bonding activity, although tales seem to well outnumber the fish catch. The club has a potentially exciting expansion opportunity with Council's help - but more of that in a later issue.

With thanks, Stuart Campbell

Stuart Campbell Secretary; Trevor Shields President; Keith Ritchie Treasurer.



It's great to have a contribution from the Southern Downs region. Allora seems to be pressing all the right buttons to ensure the continued growth and success of their Shed. I must admit I never realised fishermen were inclined to exaggeration. I am eagerly looking forward to future progress reports.

**Editor**



# Ipswich—Metro North Zone

The Ipswich Men's Shed offers blokes the chance to work with other men in a safe, friendly and supportive environment. Respect, team-work and honesty are practiced within the shed and a good time is had by all during shed days on Tuesdays, Thursdays and Saturdays. With membership currently standing at 101 the shed continues to go from strength to strength and is a shining example of how good a Men's Shed can really be.

Considerable amounts of work are undertaken in the Ipswich Men's Shed each week with woodwork, engineering and gardening being the predominant areas, but with many other tasks being done in the shed each day. Boasting a wonderful artist who mostly paints on saws and saw blades, art from the Ipswich Men's Shed now graces the walls of several prominent people, including the parliamentary office of Queensland Police Minister Joanne Miller.

Currently the shed is involved with several major projects, include the restoration of a member's yacht, building a canoe from new and the complete refit of a donated caravan to be presented to the Salvation Army for emergency housing use, in the event of fire or some other catastrophic event causing loss of a home.

Ipswich Men's Shed works in close affiliation with the Salvation Army and is currently out-fitting the inside of their store with new shelves and change rooms , while on the outside of the store, men's shed gardeners are actively building new garden beds to plant fruit and vegetables for the less fortunate to harvest during their visits to the Salvo's store. Recent notable achievements within the shed have included the refurbishing and re-upholstering of a large number of chairs, the building of a large Christmas hamper for a local Ipswich newspaper and the incredible feat undertaken by a small group of shedders, who put together sixteen barbecues of varying shapes and sizes in a single day for a local hardware store display. Every visit to the Ipswich Men's Shed offers variety, relaxation and the chance to chat shoulder to shoulder with a fine bunch of blokes. No wonder so many keep coming back week after week.

This shed is an example of the committee and membership working as a team to achieve a common goal. No wonder I am proud to be a member of the Ipswich Shed which is situated at Bundamba. The shed is on fire. I swear if you stood still you would be planed, sanded and painted.

**Editor**



## SHEDDERS IN ACTION

