

THE IPSWICH MEN'S SHED INC

Location: 3A Mining Street Bundamba Q 4304 Phone The Shed 07 3436 5857 Or Mobile 0455924784 Postal Address: 3A Mining street Bundamba 4304 ipswichmensshed@hotmail.com web : ipswichmensshed.org.au

### "Shoulder to Shoulder"-

President: Terry Carter Vice President: Bob Lewitz Secretary: Brian Parker Treasurer Ian Weier- Assistant Treasurer Ron Banks Registrar: Ted Wedmaier Executive Officer Electrical: Darryl Edwards

> **Committee**: John Humphries; Dennis Sinnott; Ron Bopf; Ian Ross; Ross Kerfoot

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

**PRESIDENT'S REPORT!** 

Interim Newsletter Due to the high volume of activity I felt it necessary to convey some news to all members urgently!



Brothers Darryl and Jeff enjoy a chat at the Shed

THANK YOU TO ALL WHO CONTRIBUTE SO MUCH TO THE SHED TERRY



Brian completes another fine job The chicken pen was installed today and everyone is thrilled even the chickens!



Our new potting bench Andrew requests for empty pots please



In May 2015 our dad Glen lost his battle with lung cancer at just 56 years of age. He was a much loved dad, poppy, partner, brother, mate and colleague and we miss him more than we can say.

Please join us at the Ipswich Turf Club to honour his memory and raise valuable funds for the Cancer Council Queensland.



## EVENT DETAILS | April 15 2016 | 11:30 am - 5:00pm Ipswich Turf Club | 219 Brisbane Rd, Bundamba QLD 4304

To make a booking please contact Becky Gifford to advise number of tickets required, seating arrangements and any special dietary requirements.

M: 0421 859 321 | Ph: 07 3282 1500 | Email: marquees@ipswichturfclub.com.au



#### To Whom It May Concern

I have had a number of opportunities over the past 12 months to speak to local Men's Sheds, Probus clubs and Bowls clubs in the Brisbane and Gold Coast regions.

My topics generally revolve around Aged Care along the lines of the following -

- What are the accommodation options for older Australians?
- Can I stay at home?
- What Government Support is available?
- How do I fund my entry into a Residential Aged Care Facility (Nursing Home)
- The Dos and Don'ts of Granny Flat Rights
- Retirement Village living
- A combination of the above

In the latter part of last year I presented to a number of Men's Shed namely **Kenmore, Jindalee and Arana Hills Men's sheds** in the Brisbane region.

#### My presentations are purely educational, no cost and no products offered.

Should you see any benefit in a presentation of this nature to your members, please feel free to call me. While my office is in Toowong in Brisbane, we service a number of clients in Ipswich and the Western suburbs.

Have attached my personal profile flyer for your information.

Look forward to meeting you and your members in the future, if appropriate.

Kind regards

Paul Geisel Dip. FP CFP (C.dec)

**Aged Care Specialist** 

Please find attached the flyer and running sheet for the men's expo.

As per the flyer could you please let Samantha know the number of members who are attending

(either to man the table or participate in the day) so we can ensure we have enough Sausages for the Bar-B-Que.

Time	Event	Comments/Speaker
9:30-10:00	Registrations, tea and	
	coffee	
10:00 - 10:15	Introductions & Scene	DDG or Andrew
	Setting	
10:15-10:30	DG Video introduced by	Overview of Government priorities
	Tony Hayes with	including DFV; SNP; NDIS
	Government priorities.	
10:30-10:50	Key note Speaker – Men's	Paul Casos – Ipswich Events
	health and well being	Corporation
10:50-11:45	Black Dog Presentation	Black Dog Speaker
11:45-1200	Safety Well Being and	Nicole Hughes
	Injury Management –	
	Work place Mental Health	
12:00 - 12:30	Lunch	Sausage sizzle
12:30 - 13:00	White ribbon Presentation	White Ribbon Ambassador
13:00 -13:15	Walking Together and	Geoff Noller QPS
	White Ribbon Oath	
13:15 -13:45	WPH&S – Work life	Roslyn Miller
	balance	
13:45 -14:00	Prostate Cancer	Dr Ahmad Aly – Head of Ipswich
		Hospital urology department
14:00 -14:45	Panel Q&A	
14:45 -15:00	Day summary and close	

## Men's Expo 05/05/2016

### John Cooper

SWIM Advisor
Safety Wellbeing & Injury Management
South West Regional Workgroup
Department of Communities, Child Safety & Disability Services

Level 2, Icon Building,

117 Brisbane St, Ipswich, Qld 4305

PO Box 876 Ipswich

T: 07 3437 0491 | M: 0423 290 977 | F: 07 3280 1649

# **Meeting Notes**

### Support Group Health-Media meeting Tuesday 31 March 2016



- Knowledge of existence awareness
- Contact
- What we offer (where and when)
- Dispelling myths and stigma
- Background stories what does the condition look like
- All ages other ideas to appeal to young people and wider community
- How to be involved
- Encouragement and a reason to engage before reaching crisis point
- What does the community want
- Diversity of needs in the community reflect in media
- Capturing the environment Community
  - o Stories
  - o Personal connection
  - Localised grass roots
  - o Talk back
  - Sounds and texture
  - o Share stories
- Support groups are a beginning
- Address feelings guilt, burden, stress, grief, full life balance, new way of looking at life
- Is support group the right way of describing group/s
  - Helping hands
  - Connection
  - o Organisation
  - o Advocacy
- Digitalise resources

# Meeting Attended by Dean Olafsen Dean will report on this Meeting next week



## Ipswich Little Theatre Society Inc

From the President If you haven't been to the theatre for a while there is going to be a big change soon, and we are all very excited about it. ILT are raising the roof of the courtyard. Literally! This is the biggest construction in ILT history, since changing the incinerator into a theatre. Contracts have been signed, a deposit has been paid and construction will start after "Lipstick Dreams" is finished. So your support is crucial at this time. This is your theatre and we need your help in a financial way. There is a donation box for any coinage that you would love to get rid of, if you could buy a few more tickets in our raffles, or bring an extra friend to one of our shows, all proceeds with go to paying off the roof that we will all enjoy. If anyone is free on the Sunday 20th March from 9am onwards, we would love your help at our Working Bee to get the site ready for this construction. There is so much happening in our theatre so why not be a part of it?

See you at the theatre, President David

All theatre bookings can be made online through this <u>website</u> by clicking the 'BUY TICKETS' button. Alternatively, tickets can also be purchased through the <u>Ipswich Visitor and Tourist</u> <u>Information Centre</u>, 14 Queen Victoria Parade, Ipswich.

Telephone 07 3281 0555 Open Mon-Fri 9am - 5pm and Sat-Sun 10am - 4pm.

We have been asked to assist in the relocation of a roof that has been recently removed and will meet with lan Puller next Tuesday at the Theatre! anyone interested please be available at 9am Tuesday



## Saturday April 16<sup>th</sup>

Time Commencing 6pm Location Brisbane Street, Between Waghorn & Bell Streets, Ipswich Central Free Event

### ABOUT

Kaboom! Bang! Pow! Your mission is to join us for a SUPER GOOD TIME at this year's Parade of Lights.

Themed "Superheroes and Villains - Comic Book Adventures", the parade will take you into a world where the good guys win, and the bad guys are just plain bad. From Batman to Thor, Superman to Spiderman this will be a night of spectacular surprises.

This impressive parade will feature giant magical lanterns, spirited community groups, classic cars, lively marching bands, local businesses, festival characters, schools and energetic dancers.

Holy Guacamole Batman! Get dressed up as your favourite hero or villain and help turn Ipswich City into a comic book adventure just for one day.

<u>Andrew Orr and Bob Lewitz will</u> <u>be pulling the trailer and need</u> <u>help !!</u>



## Grant management

Community Enterprise<sup>™</sup> Foundation is the charitable arm of Bendigo and Adelaide Bank. Through the Foundation we are able to create a pool of money to help build stronger communities through funding programs for families, youth, health, education, the environment, the arts and lots more.

Regardless of a community's aspirations, Bendigo and Adelaide Bank's Community Enterprise Foundation works with communities to achieve their goals.

For more information visit the Community Enterprise Foundation website<u>www.bendigobank.com.au/foundation</u>

Local Bendigo Staff Michael and John List will visit us on 19<sup>th</sup> to discuss possible Community Grants and Support



# BUNNING'S BUNDAMBA GRAND OPENING 30<sup>TH</sup> APRIL 2016



## DUE TO THE LATE STOCK ARRIVAL WE HAVE NOT YET BEEN CALLED TO WORK HOPEFULLY NEXT WEEK !

TODAY WE HAVE BEEN COMMISSIONED TO CUT 400 TOOL BOXES FOR THE OPENING CHILDRENS CRAFT

# WE NEED SCREW DRIVERS



• ALL MEMBERS ARE ASKED TO BRING IN A PHILIPS OR BLADE SCREW DRIVER



- The Brassall Baptist Men's Shed will visit us on 21<sup>st</sup> April
- Marie Garrett from Redbank Plains has asked for garden assistance, Marie kindly donated a huge amount of goods and tools to us recently -now
- it's our turn-see Terry for details----- see you at the shed





UNITED BOWLS CLUB

Cost is \$15; Play Starts at 1.00pm; with 2 Games of 13 Ends. Random Draw. Single Nominations ( Are you a Lead, Second or Skip).

Names In By 4.00pm on Tuesday 19 April 2016.

## ת ת ת ת

CONTACTS: Ross Hallett Mobile; 0429889444

Nev McCoombes Mobile; 0408159474 BOWL TO THE SOUNDS OF THE BEATLES, STONES, ANIMALS, MARY-ANN FAITHFUL, NORMIE ROWE & LITTLE PATTIE.