



**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.](mailto:ipswichmensshed@hotmail.com)

[comweb :](http://ipswichmensshed.org.au)

[ipswichmensshed.org.au](http://ipswichmensshed.org.au)

**"Shoulder to Shoulder"**

**President:** Terry Carter **Vice President:** Laurie Caldwell

**Junior Vice President** Dennis Sinnott

**Secretary:** Brian Parker **Treasurer** Ian Weier

**Registrar:** Ted Wedmaier: **Executive Officer Electrical:** Darryl Edwards:

**Fund Raising/Purchasing** Bob Lewitz;

**Committee:** John Humphries; Ron Bopf; Ian Ross; Roger Overell; Bob Lewitz

**Patron:** Kylie Stoneman; **Future Development:** Bob Edyvean

Membership fees \$35 for 1 year – **daily fees \$3 plus \$4.00 lunch**

**Open Tuesday, Thursday & Saturday 9am-2pm**

**Dear Members** - We seem to have had our fair share of Bunning's BBQ's, so many thanks to all who assisted on the three recent occasions. The Shed will be hosting the Queensland Men's Shed State AGM on 1<sup>st</sup> - 2<sup>nd</sup> March 2017 and I will be seeking assistance on those days please.

Thanks to all who have worked on the office extension as it nears completion. Laurie will be looking for helpers on 23<sup>rd</sup> February as we man a stall at the North Ipswich Ageing Stronger Living Longer program (as per notice).

Tuesdays are becoming our busiest day of the week and has an average of approx 50 present on that day. We hope that you contribute to the Shed in some way and get satisfaction from all of our successes. Get involved and you will benefit greatly!

I thank the committee for their support as our year continues.

Congratulations to Rob Burt for his recent acquisition of a much needed Lathe from TAFE Qld.

A recent think tank meeting highlighted some members' concerns and the committee will address those at the February Meeting. Remember, if you have an idea, use the suggestion box.

My ambition for February is to get all members involved in training and let's enjoy the wonderful fellowship we share!

**Regards**

**Terry**

**Printed by Cr Kylie Stoneman's office**

## MEMBERS PROFILES: RECAP

In August 2015 we began to include member profiles in our monthly newsletter and these soon became quite successful and a talking point for members. Over the past 18 months or so, those contributing their profiles have included: Kevin Wilkinson, Jeoff Plant, Roger Overell, John Borg, Darryl Edwards, Colin James, Warren Lewis, Kevin Pearce, John Brown, Trevor Waters, Laurie Caldwell, Ian Weier, John Christopher and Jim Dwan.

One of the interesting things with these profiles is that many of the participants (prior to publication) had stated that their lives were quite dull and boring and hardly worth writing about. What we have found however is that, (to a man), their profiles have all been incredibly interesting, diverse and very far from boring.

The various stories have taken us on journeys to many different parts of Australia, including Queensland, New South Wales, Victoria, South Australia, The Northern Territory, Western Australia and Tasmania. Additionally we have travelled overseas with members to places such as Papua New Guinea, Europe, Wales and England, Thursday Island, New Zealand, Malta and the USA.

And the diversity in employment has been interesting as well, with jobs such as truck drivers, storemen, bankers, prison officers, crane drivers, welders, pump mechanics, farmers, horticulturalists and business owners to name but a few, featured in the various newsletters.

Some of the articles have been relatively short (generally around a page and half) and some have been long enough to feature over two consecutive months. The length is not indicative of the quality of the life one person has had over another, nor whether any story is more interesting than another. Some people simply want to share more of themselves than others and whether the profile is short or long, your amazing stories are always welcome and well read.

In order to bring these profiles to the fore, the participants have given freely of their time and most have been glad that they did. The profiles have been their way of introducing themselves to shed members and several have also said how they have given the newsletter to their family and especially to their grandchildren to read, as a way of bringing their grandfathers past to life, both for now and into the future.

There are benefits to be gained from having member profiles written, although no shed member is under any obligation to do so, and the few who have said no to ever having their profiles recorded, will always have their wishes respected.

Additionally, we only write what the profile member wishes to bring to the table and for every newsletter, the person being profiled has the final say on everything written before it is published.

In order to be able to continue bringing profiles to newsletters in the months ahead, we require people to 'volunteer' their stories. This can be by way of: 1. writing the story yourself, 2. making out a dot point list of things you want included, or 3. not writing anything and just fronting up for an informal interview over one of two sessions.

If you wish to share your story with members via newsletter profiles, please advise Terry or Laurie of your willingness to participate and we will begin recording your profile in the near future.

The next profile will hopefully appear to the March issue of the Ipswich Men's Shed Newsletter.

Thought for the week: **Whenever I find the key to success, someone changes the lock.**

## PC NEWS

Backing up photos, documents and creative work is very important. You only realise the impact when you lose it. Those precious moments that you have immortalised over time are dear to you and unfortunately can be lost in an instant. Many people use USB flash drives to back up these treasures, but is it such a good idea?

The answer is a resounding NO!

By the mere design of these devices, it is NOT a reliable means as a backup medium. It is small which means that it can be lost easily. The USB connection is soldered onto the electronic board that holds the memory and controller chips which is rather fragile and can break off very easily. Mass production drives prices down and consequently they suffer as far as quality is concerned. An external USB mechanical hard disk drive is a much safer option for backups. Thankyou Bonny Chattergoon at Chattergoon ICT Services, Gold Coast (0431062752) for this information.



## Helpful hints:

- Don't throw out leftover soda water. Use it to water your plants. The minerals in the soda water help green plants grow.
- Use peanut butter to get scratches out of CD's. Wipe off with a coffee filter paper.
- If you accidentally over-salt a dish while it's cooking, drop in a peeled potato. It absorbs excess salt for an instant fix me up.
- Wrap celery in aluminium foil when putting it in the refrigerator – it will keep for weeks.
- If common garden bugs are destroying your vegetable patch, try a home-made concoction of diced garlic, onion and water. Allow the mixture to stand overnight, then pour into a pistol-grip spray bottle and give your vegie garden a good drenching!

## I WONDER?

**If someone tries to shoot President Trump..will his Bodyguards shout "Donald duck"?😂**

**MARCH 14<sup>TH</sup> 10 AM AT THE SHED**



Would you like to provide your members with information on a range of heart health topics including healthy eating, active living, the warning signs of a heart attack, knowing your heart disease risk or life after a heart attack? The Heart Foundation Community Speaker Program “*Speaking from the Heart*” heart health talks and DVD are available at no cost to community organizations.

- Eating for a Healthy Heart
- Active Living for a Healthy Heart
- Warning Signs of Heart Attack
- Know Your Heart Disease Risk
- Life After a Heart Attack
- Yarning for Heart Health



**February 23<sup>rd</sup> 2017**  
**Ageing Stronger, Active longer program**  
**North Ipswich reserve**  
**8.30-10.30 am**

**We have booked a stand at this event!**

## **Seniors**

Ageing is an inevitable part of life and what is important is the quality of life that an individual experiences during the remaining years of their lives. With growth expected in Ipswich City, it is anticipated that Ipswich City like other areas will have a growing aging population.

According to the Australian Bureau of Statistics (ABS), trends over the last 10 years show that the percentage of seniors aged 65 years and older has increased from 2.8% in 2001 to 3.2% in 2011.

However, when our city's age profile is compared with Queensland, Ipswich City is significantly younger in age, whereas, Queensland has a higher proportion of older people.

The ABS Census shows that the median age recorded among Queenslanders grew from 35 years of age to 37 years of age from 2001 to 2011. On the other hand, Ipswich City's median age was noted to be 32 years of age in both 2001 and 2011 Census periods.

Ipswich Council plays an active role in ensuring that it ensures that the wellbeing of all Ipswich residents is enhanced regardless of their age group.

Ipswich City Council embraces the following principles:

- Promote positive community attitudes towards and acceptance of older people and their right to independence, self-determination, dignity and choice.
- Value the skills, resources and diversity of older people and provide older people with an opportunity to grow to their fullest capacity and make a life long contribution to the community.
- Provide access to appropriate information, employment, training, learning, housing, transport, cultural, recreational, safety, security and care services that are appropriate to the diverse needs of older people.
- Encourage partnerships within the community that enable people to age positively and within a supported environment.



**HAPPY BIRTHDAY KEN 82**

**JANUARY 21ST**

**WOW!**



I thought you'd like to see the finished product! After the picture, they put toys into it!

Thank you all, and the men at the shed, for your help creating it!

We are home safe and sound, and following the surreal shenanigans of our new President. Fortunately I have many good distractions!

Best to all--

Steve  
Steve Brown



**New Lathe is coming  
Thanks Rob Burt**





Queensland Men's  
Shed Association

## **QMSA ANNUAL GENERAL MEETING**

**MARCH 1<sup>ST</sup> & 2<sup>ND</sup> 2017**

**HOSTED BY  
IPSWICH MEN'S SHED AND THE SALVATION ARMY  
BUNDAMBA**



### **AGENDA**

**WEDNESDAY 1<sup>ST</sup> MARCH**

**WELCOME**

**SHED VISIT AND MORNING TEA**

**LUNCH**

**MEETING AT SALVATION ARMY HALL 1PM**

**THURSDAY 2<sup>ND</sup>**

**BOARD MEETING AT SALVATION ARMY HALL**



# **SHEDDER OF THE MONTH FEBRUARY**

## **DENNIS SINNOTT**



**DENNIS FOR HIS CONTINUING SUPPORT WITH TRAINING AND VALUED EXPERIENCE IN ALL FACETS OF BUILDING**



**SOME OF THE RECENTLY DONATED RAIL ITEMS**



**FOR SALE COMMERCIAL BBQ \$1899**

**WE NEED YOUR PROFILE AS LAURIE IS RUNNING OUT OF  
STORIES**

**WE SALUTE THIS MONTH  
“COLES IPSWICH”**



**COLES MANAGER BEN AND HIS WIFE EMILY**