



**THE IPSWICH MEN'S SHED INC**

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**"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 –**

A Bunning's BBQ is coming up this Saturday 1<sup>st</sup> April and Easter Sunday 16<sup>th</sup> April.

If you are available, see BBQ Bob please. Thanks to all who have supported our bin sales as we endeavour to sell as many as possible. Perhaps we could paint some in Rugby League colours?

The QMSA is holding a meeting at Petrie Shed on Monday 3<sup>rd</sup> April. If anyone is interested in attending with me, please let me know.

It has been disappointing that personalities have been frayed during the week as some situations have arisen; all that I ask for is to have respect and tolerance to each other's feelings.

Thank you to Brian O for his wonderful profile and for taking on the role of Safety Officer.

Brian continues to do some great work and fund raising, so thanks Brian Parker.

Kevin has been given the go-ahead with the compost bins, so assist if you can please.

The Salvation Army has asked if anyone has their galvanized fence posts to please return them for their new fence.

Please remember that we are at the Shed for the same purpose - to enjoy the Shed and the activities which it provides; let's not diminish anyone's experience at the Shed with negative thoughts and actions.

**Regards**

**Terry**

**Printed by Cr Kylie Stoneman**

## MEMBER PROFILE: BRIAN OBERHOLSTER

Continued from March – Brian Oberholster –**The 2<sup>nd</sup> lives:**

After leaving Zimbabwe with his wife and son on January 1982, Brian migrated to South Africa - which time still under the rule of Peiter Willem Botha, the Minister of South Africa. (In 1984 Botha abolished Prime Minister and instead became Executive State

On arrival in Cape Town, Brian took a little time to new home and to search for work, until in May 1982 job with Warner Lambert, a major pharmaceutical (now owned by USA giant Pfizer). Brian worked hard industry as the Plant Services Manager responsible for security, safety and fire protection. During his time there Brian undertook a number of courses to increase his knowledge and to gain a Safety Management Diploma. He also gained a certificate to allow him to run safety courses and he attended a course on Emergency Procedures.

The results of his training and the excellence of his work in his managerial position were clearly evident in 1984 when the company received a 4 star rating from the National Occupational Safety Association of South Africa (NOSA). (NOSA was formed in 1951 by the South African Government to reduce injuries and fatalities in the workplace).

Later in 1984, Brian left Warner Lambert and moved with his family to Port Elizabeth to commence work with General Motors who at that time built Opel and Isuzu vehicles. Ford, VW and Mercedes factories were also in the area. Port Elizabeth is the 4<sup>th</sup> largest city in South Africa and is situated in the Eastern Cape Province, 770kms from Cape Town. Port Elizabeth is the major centre for the motor industry in South Africa, and although it is a big employment area, it is also very poor.

Nonetheless, Brian settled into work there as the Manager, Plant Protection and continued to excel. Two years later he was promoted to the position of Manager, Protection Services where he became responsible for the entire Risk Management programmes at 3 plants employing a total of some 4000 people. A huge task aided by Brian's personal staff of 75 security personnel, 25 firemen, two safety engineers and 4 administrative staff.

Brian's diligence was awarded in 1987 when the Kempston Road plant was awarded a 5 star grading by NOSA, the first of a number of awards won by the General Motors Plant over a number of years whilst Brian was a manager there.

Then, in 1994 following a re-structure of the company and the outsourcing of non-core operations, Brian's services were no longer deemed necessary and he was retrenched.

Not one to let the grass grow under his feet, that same year Brian moved back to Cape Town where he obtained employment with Allied Electronics Corp as the groups Security and Risk Control Manager for the Western Cape Province. In this role Brian oversaw 21 companies ensuring they conformed to group risk standards and identifying and developing systems to address identified exposures and the investigation of losses.

Sadly after six years in that job, a restructuring took place in Allied Electronics Corps head office and once again Brian found himself retrenched and looking for work.

This time however, instead of working for others, Brian chose to work for himself by establishing Brian A Oberholster and Associates in 2000. This company provided a consultancy service to the industry in the field of risk management, particularly with regard to legislation pertaining to pure risk in areas such as Occupational Health and Safety, Fire Protection and Prevention as well as Security and Emergency Planning.

During the years that followed, several things happened. Mandela having served his time in office was replaced by Thabo Mkebi and the political climate changed. Brian's son Gary saw the 'writing on the wall' and emigrated to Brisbane, Australia as companies all across South Africa began to close under the pressure of 'having to have' people of colour in managerial positions whether capable or not. Many businesses, particularly in the shoe and clothing industries began



and 3<sup>rd</sup>

the 23<sup>rd</sup> of was at that last Prime the title President). settle into his he secured a company in the

to move their businesses offshore and in just one year, Brian lost 60 percent of his business as companies closed their doors.

Now came the time for Brian's 3<sup>rd</sup> life to begin and that is the one he is living now. Sponsored by his son, Brian and his wife disposed of their business and sold up their house and possessions before immigrating to Brisbane to live. Although Brian tried to get work when he arrived, like many in the older age group, he struggled to find a job. While still seeking work he undertook a certificate 3 in Warehouse Operations and became a licensed fork truck driver. He also undertook a short term contract with Hays Recruiting at the Ipswich Recycling Plant in Riverview as the weighbridge controller.

Then thankfully, he discovered the Ipswich Men's Shed where he has been an important and contributing member to the shed ever since.

Brian says that moving so late in life was not easy and he felt a loss of one's identity and sorrow at leaving behind friends and family and a lifetime of experiences. Nonetheless he continues to build on his life here and looks forward to living as a new Australian – he has applied for citizenship which has just been approved. We will have a new fair dinkum Aussie in the shed soon.

We say well done Brian and all the very best for a long, happy and successful 3<sup>rd</sup> life.

## ARE YOU SAFE MATE?

(Brian Oberholster) - **PERSONAL PROTECTIVE CLOTHING**

Many PPE wearers claim that their ear plugs give them infections, this I am willing to wager is on the whole untrue. In many cases the problem is damage to the ear channel by cleaning and then placing a dirty plug into the ear. A dirty ear plug in a healthy ear will do absolutely no damage. The ear has a fantastic natural defense mechanism to germs and bacteria. Ear wax is so deadly that a tablespoon of it will kill the eater in three hours. Any bugs or germs, including those on plugs, are killed very quickly by the bitter wax.

The ear channel is also a self-cleansing organ and should be left to do this unaided. Any dirt will in time move to the outer ear where it can be removed without damaging the ear channel.

Also, of additional interest is that male ear channels are longer than female ear channels and Asian ear channels are generally narrower.

## WHY YOU SHOULD ALWAYS PUT A COIN IN THE FREEZER BEFORE YOU LEAVE HOME?

Have you ever come home from vacation, business trip or maybe a long weekend away with the family and noticed your digital clocks flashing the wrong time? You quickly realize that you had a power outage while you were away, but it's basically impossible to tell when it occurred or how long it lasted. It's therefore also impossible to tell just how long the food in your freezer may have thawed, gotten destroyed and then frozen again. Or is it?

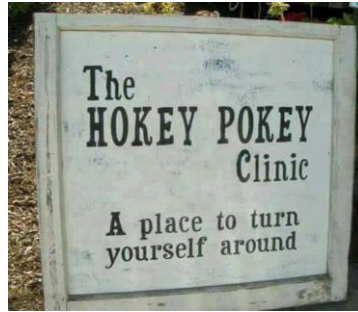
But the trick is certainly also good to know in case of any prolonged departure from your home and will ease your mind about whether or not the food in your freezer is good to eat or best be thrown out right away. The trick lies in the magical combination of three simple but effective tools everyone already has at home: a mug, a coin and some tap water.

You put a cup of water in your freezer. Freeze it solid, then put a coin on top of it and leave it in your freezer. That way, when you come back after you've been away, you can tell if your food went completely bad and just refroze or if it stayed frozen while you were gone.

If the coin has fallen to the bottom of the cup, that means all the food defrosted and you should throw it out. But if the coin is either on the top or in the middle of the cup, your food may still be ok. It would be a great idea to leave this in your freezer all the time. Then, if you lose power for any reason, you will have this tip to fall back on. If you don't feel good about your food, just throw it out. The main thing is for all to be safe.

**MEMBERSHIP FEES ARE NOW OVERDUE**

**PLEASE PAY URGENTLY !**



## DO YOU REALLY NEED KNEE SURGERY?

(From the Especially for over fifties newsletter Volume 5, issue 1)

Knee replacement surgery may not be the best solution for painful osteoarthritis sufferers.

Around 1.8 million Australians live with the discomfort of osteoarthritis – the most common kind of arthritis. People who have it in their knees can experience stiffness and unbearable pain as the cartilage cushioning the bones in the joint gradually breaks down.

The Australian Orthopaedic Association National Joint Replacement Registry reports about 48,000 knee replacement operations are performed across the country each year and osteoarthritis is one of the most common reasons for surgery.

However some health professionals are voicing concerns about how often surgery is being used to manage osteoarthritis. The Australian Commission on Safety and Quality in Health Care found the management of common health conditions varies considerably depending on where people live, and whether alternative treatments exist.

### MANAGING EXPECTATIONS

It is important that patients are fully informed about their options when making decisions about their healthcare.

Dr Lawrence Malisano of the Australian Orthopaedic Association agrees surgery should be an 'end of the line' option and other treatment should be explored first. Weight loss and remaining within a healthy weight range is important, with research showing losing 5 to 7 percent of your body weight can start to reduce painful arthritic symptoms by reducing the pressure on worn knee joints.

Earlier this year the "Knead" ABC documentary from the Tonic series, which can be viewed online, also questioned if patients are going under the knife unnecessarily to try to relieve osteoarthritis. It is important that people have realistic expectations of what surgery will and won't achieve.

Someone just called

me **NORMAL...**

I have never

been so

insulted in

my entire life...





Our new lathes supplied by our friends above



**HELLO MINNIE!!**



**DAVE AND JIM CONTINUE THEIR WORK WITH THE APPRENTICES**

**WELL DONE GUYS!**



**OUR BIN SALES ARE PROGRESSING WELL!  
\$10 EACH**

## NEW ACQUISITIONS TO SHED 3



**THANKS TO BURLEIGH HEADS SHED**



**GREAT WORK JOHN BAKER**



**OUR HEART TALKS WERE A HIT!**





**Q. M. S .A. NEW PRESIDENT MURRAY  
FROM MT GRAVATT SHED**



**BOB CARRIES THE WEIGHT OF AUSTRALIA!**



**JOHN TURNS 80 – CONGRATULATIONS!!**



**Shedder of the Month for April**  
**JOHN WATERSON**

## **QMSA ZONE REPRESENTATIVE DUTIES SUMMARY**

The Zone Representative is elected by the Men's Sheds in his Zone. This appointment is ratified at the next Annual General Meeting. The Zone Representatives, along with the elected executive comprise the QMSA Committee.

The Zone Representative's primary function is to enhance the communications and consultation processes and to enable the Sheds, within his Zone, to better understand the issues, concerns, achievements and policies that prevail within the Men's Shed Movement.

The Zone Representative acts as a link between the Sheds in his Zone and the QMSA Committee, ensuring that their views and opinions are presented and considered by the Committee and provides feed back to the Sheds, when deliberations are finalised.

As well as providing a hub between the Zone and the QMSA Committee, the Zone Representative has the opportunity to promote and encourage contact and interaction between the Sheds, within the Zone, through Shed visits and Cluster meetings.

It is planned for the QMSA Committee to meet on a monthly basis. Two or Three of these meetings, each year are to be face to face, the balance are by phone hook up (Tele – conferencing). Travel and accommodation associated with the face to face meetings is reimbursed from QMSA funds.

Where it is required that Zone Representatives travel to attend to Zone matters, QMSA provides reimbursement at the rate of \$0.35 per Km. Generally prior approval is required from the Treasurer or Secretary for this expense. Cost of phone and email charges, except in exceptional circumstances, are not reimbursed by the QMSA.

To assist the Zone Representative, and to lighten his work load, the QMSA encourages and assists the Representative in appointing Zone Associates who are geographical and strategically located within the Zone to offer support to the Zone Representative by maintaining contact with Sheds in their vicinity. The Associate keeps the Zone Representative informed of issues and matters of interest relating to that segment of the Zone and provides an effective channel of communication for the Zone Representative to maintain contact with his Sheds.

The Zone Representative Associates function under the direction of the Zone Representative, they are not members of the QMSA Committee and have no voting rights. Under normal events they are not recompensed for their efforts.

March 23,2017

## **FAIR ACCESS AND A “CLEAN UP AFTER YOU” POLICY**

We reaffirm that access to both time and space in the IMS (which belongs to us all, not to any individual) must be allocated fairly to all types of approved activity, recognising that the needs and chosen activities of all members have equal priority. Accordingly, we will always seek to fairly schedule such access across our opening hours and endeavour to encourage all members to respect and be considerate of the person who comes in after them. This applies to all areas of the Shed.

## **RESPECT FOR FEELINGS**

We respect the feelings of all members. Before taking on any project or event, we require funding approval, space allocation and a commitment from specific interested members to the project – and thus ensure that others who don't wish to participate are not placed under any stress or guilt.

## **PRE-REQUISITE TO ACCEPTING DONATIONS**

Given our space restrictions, before accepting offers or taking delivery of donations of “space-taking” (i.e. as distinct from “replacement”) equipment or other assets, it is of the utmost importance that we carefully consider any possible impact on the amenity of the Shed for all individual members.

