



THE IPSWICH MEN'S SHED INC

Location: 3A Mining Street Bundamba Q 4304 Phone The Shed 07 3436 5857	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:** Laurie Caldwell

Junior Vice President: Bob Lewitz

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; Dennis Sinnott

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 – The trial of Wednesday openings is continuing and seems to be catching on. If you want a quieter day to come, this is the one. This week Roger attends the Annual Conference at the Gold Coast on our behalf and we look forward to his report. October 14th is our big garage sale and open day at the Shed and I would ask all members who can attend to please do so! Thanks.

We are considering an exercise program with USQ in the new year and ask that anyone who may be interested to please indicate on the form on the notice board. We are continuing to swell our stock with castors- thanks to Les Potter, as well as bolts from Kerry Kiely and drinks from Schweppes, so thanks to our sponsors. A huge thank you to Dick from the No Hoppers Motor cycle family for their \$500 cheque.

We wish all members who are unwell at this time a special get well and our thoughts are with you. John Baker wishes to pass on his most heartfelt thanks to Dean for all his support during his continuing battle. A recent capsizing on Wivenhoe Dam has prompted the need for more safety procedures to be put in place urgently.

Thanks to Ian, our Treasurer for his efforts and congrats on your Shedder of the Month Award.

BBQ Bob is recovering from foot surgery and is more grumpy, like a man with a sore toe! Please assist in clean up where possible when you are at the Shed!

Terry

Printed by Cr Kylie Stoneman



John Greatrex

I am the current Vice President of the Queensland Men's Shed Association (QMSA)

I reside with my wife Shirley on a small rural holding at Mount French (Boonah) which is situated approximately 50 km's south of Ipswich in the Scenic Rim Regional Council area. We have 4 adult children and 7 grandchildren. We are engaged in growing out beef cattle.

MY PAST BACKGROUND

I am an indentured tradesmen (Fitter and Turner). I have a Graduate Diploma and a Master degree in Quality (MQual; QUT). I have worked in Quality, Industrial Engineering, Production Management, Planning and Estimating, and immediately prior to retirement, held for 29 years Senior Plant Management roles with an international Automotive Manufacturing Company.

I believe my record in the shed movement indicates that I am not aligned with any group, bloc or faction. I think through and evaluate issues, acting and voting with independent thought. I am motivated by what I perceive as being in the best interest of the Queensland Sheds and the Shed members.

My overriding interest is centred on the QMSA and the Sheds located in Queensland. I believe the Queensland Men's Sheds are the pillars

underpinning the whole shed movement. The health, strength and vigour of the individual Sheds and State Association members will directly influence the overall effectiveness of the Australian Shed movement.

As a State Association, QMSA must have as its primary focus the promotion, growth and advancement of the Queensland Sheds and the individual members within those Sheds. I have a clear understanding and strong belief that the Queensland zonal system, through our Zone Representatives, is an effective tool in moving toward our goals and must be nurtured. We should never adopt a winners and losers mentality in promoting our causes. We must represent and present our views in a constructive and measured manner aimed at advancing the cause.

We wish John all the best for his nomination for re election as Vice President of QMSA.

Shedder of the Month



(Weary) Ian Weier
Treasurer



CASTORS FOR SALE



WE AT THE IPSWICH MEN'S SHED HAVE A LARGE QUANTITY OF CASTORS FOR SALE!
MANY SIZES AND CONFIGERATIONS, LOCKING, SWIVEL, FIXED.

UP TO 500 KGS PER WHEEL
IDEAL FOR BENCHES AND ANYWHERE YOU NEED A CASTOR.

PACKAGES AVAILABLE ON REQUEST
PRICED TO SELL!!

3A MINING STREET BUNDAMBA
07 34365857 -0407030940



OPEN DAY
OPEN DAY



2ND BIGGEST GARAGE SALE EVER

SATURDAY OCTOBER 14TH

**3A MINING STREET BUNDAMBA
OPPOSITE BUNNING'S
7AM-2PM**

**TOOLS, TOYS, BREAD BOARDS, PEN
GARDEN TOOLS, DUST EXTRACTORS
PAINTED SAW BLADES
AND MUCH - MORE!**

**DEMONSTRATIONS-TOURS
SAUSAGE SIZZLE-DRINKS ETC**

**COME ALONG AND SUPPORT OUR LOCAL
COMMUNITY
SEE YOU THERE!**

MEMBER'S OWN PROJECTS!

Members are welcome and indeed encouraged to bring their own projects to work on at The Shed and as well, are invited to participate in small community projects such as building useful items for local charities, pre-schools, primary schools, kindergartens, hospitals and retirement centres, etc. As well, The Shed is happy to make 'one-off' special items for disadvantaged members of the local community. All Men's Shed activities are conducted on the premises.

Projects that members may wish to undertake are limited only by their imaginations although, due to space limitations, excessively large projects cannot be accommodated. Members have made rocking horses, billy carts, tables, stools, bread & cheese boards, BBQ trolleys, mail boxes, doll's houses, wooden trains and many other toys. Some members have turned out beautiful timber pieces on lathes, while others have crafted jewel boxes, statuettes, and chess sets. The list is endless. The one thing that members would appear to share in common, is their enjoyment of doing things in the company of other men.

FUND RAISING

As a means of raising funds for raw materials and workshop consumables, members are encouraged to make items that can be sold at community markets, fairs, shopping malls, etc. The sale of such items is undertaken in collaboration with the local Lions and Rotary clubs.

The Shed is supervised at all times by suitably qualified personnel, and there is no requirement for members to have any previous experience in using the tools or equipment. Appropriate work safety practices are enforced, and tuition on the use of all equipment is provided as needed.

VISITORS WELCOME

Visitors are always welcome.... no appointment or prior booking is required, simply call in and meet the members, share a cuppa and a yarn.



Tech savvy seniors

It's Never Too Late To Learn. Become a STEAM* powered senior.

Attend one or all of these hands-on sessions for over 55s. Build new skills and get connected in a relaxed environment. *Science, Technology, Engineering, Arts & Maths

Steam Start: Thursday, 21 September 2017

The basics in computers and internet use. Presented in partnership with SeniorNet Ipswich.

Talking Up a Steam: Thursday, 19 October 2017

Email, messaging, social media, and other tools to get you chatting with friends and family all over the planet. Presented in partnership with SeniorNet Ipswich.

Shopping up a Steam: Thursday, 16 November 2017

Get ready for Christmas or just spoil yourself. Tips for security and safety when internet banking and shopping online.

Steam Bots: Thursday, 18 January 2018

Don't be daunted by the robot revolution. Get to know our collection of bots including Spheros, Bee-Bots and Makey Makey.

Virtually Steamed: Thursday, 15 February 2018

The world through the lens of a Virtual Reality headset. Immersive experiences, digital painting and gaming fun. You've got to try it to believe it.

Steam in 3D: Thursday, 15 March 2018

Digital tools for the DIY enthusiast. Hands on demonstration of 3D printing and design.

Steam Driven: Thursday, 19 April 2018

Refresh your driving skills using fun VR technology. Have a go at the driving simulator. Use real world driving tools in a video game environment.

Steam Fit: Thursday, 17 May 2018

Unlock the potential in your smart phone or tablet with apps for monitoring health and fitness.

Out of Steam: Thursday, 21 June 2018

A gathering of savvy seniors over morning tea. Meet other participants in the Tech Savvy Seniors program, swap stories and share ideas for future technology experiences.

It's Never Too Late To Learn. Become a STEAM* powered senior.

Attend one or all of these hands-on sessions for over 55s. Build new skills and get connected in a relaxed environment. *Science, Technology, Engineering, Arts & Maths

Adults (55+ years)

Monthly sessions starting Thursday 21 September 2017 10.00 am - 12.00 pm

Ipswich Central Library, Training Room

FREE - BOOKINGS ESSENTIAL (07) 3810 6815 Library.Ipswich.qld.gov.au/events

The Tech Savvy Seniors Queensland program has been funded by Telstra and the Queensland Government through State Library of Queensland.

#TSSQLD



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PROPOSED EXERCISE PROGRAM FOR 2018

Brief Description / Overview / Proposal.

A 8 x 1hr exercise sessions can be provided to the Men's Shed at a times and dates mutually agreed upon. 1 session would be delivered weekly. Participants would undergo a brief, initial pre-exercise health screening and assessment prior to the commencement of the 8 sessions. If identified as being of high risk, participants may require a medical clearance prior to commencing exercise sessions to ensure their safety in the program as per best practice and quality care offered by Steve Royle Exercise Physiology Services. The program would be fully supervised by an Accredited Exercise Physiologist and accommodate for a maximum participant number of 15 participants which that may be able to be increased pending venue size and availability.

The class will be aimed at improving and maintaining participant's current aerobic fitness, muscular strength, balance and flexibility as well as aiming to improve management and/or reduce the risk of suffering from chronic health conditions/issues associated with low level of exercise and physical activity

The program would aim to achieve this through providing adequate warm-ups & cool-downs and session body that incorporates a combination n of resistance, balance and aerobic exercises.

I envisage participants being provided with basic exercise handouts that incorporate several of the basic, minimal equipment required exercises and/or example routines for continued reference and continued performance after the session/s have concluded.





NO HOPERS MOTOR BIKE FAMILY PRESENTS A CHEQUE TO PRESIDENT Terry for \$500



NATHAN LUCINSKY IS PRESENTED A SAW FOR HIS GENEROUS DONATION BY VICE PRESIDENT LAURIE



GARY ENJOYS ANOTHER DAY AT THE SHED!



Thanks Rod for all your great work and best wishes to Ken