



# SHED chatter

ISSUE DECEMBER 2022

## Welcome to Shed Chatter

Looking back on 2022, it has been a year that Sheds across Australia have been able to reopen their doors with newfound enthusiasm despite remaining COVID-19 challenges.

Studies have shown that feeling part of a community and having a sense of belonging plays an important role in our wellbeing. Men's Sheds across the State offer Shedders a community where they can feel collective support and share a sense of belonging. They also offer a place where members can contribute in a very practical way to the broader community.

This sense of community spirit is evident in Shed stories from across the State and beyond in this edition of Shed Chatter. From building a new Memorial Plinth on the banks of the Maroochy River for visitors to enjoy, to creating an amazing art installation that recognises the sacrifice of our ANZAC heroes at Bribie Island, to a toy drive bringing joy to families in need around the local Moreton Bay area, to Sunshine Coast Shedders supporting their local Vinnies.

Sheds play an important role for members and in the wider community. Being able to contribute and make a difference gives Shedders a sense of purpose and belonging, which builds self-esteem and wellbeing.

2023 marks the 30th Anniversary of the beginnings of Men's Sheds. The movement that started right here in Australia is now a worldwide phenomenon, and its success is worth celebrating.

We encourage you to share your celebrations, stories, successes and challenges throughout 2023 with other Shedders. To share news from your Shed, take a photo or two, tell us your yarn, and email it to [shedchatter@qmsa.org.au](mailto:shedchatter@qmsa.org.au).

We hope you enjoy the latest edition of *Shed Chatter*.

## FEATURES

President's Jottings .....	2
Stories from Queensland Sheds .....	5-9
Zone Cluster Meetings .....	10
Membership renewals .....	11
Health & wellbeing .....	12-15
Sheds in the news .....	16-18
Just for fun .....	20

*The Opinions expressed in this newsletter are those of the article's author and are not, necessarily, the opinions of the QMSA State Executive nor the Editor.*



# President's jottings

## ***Greetings Fellow Shedders,***

On reaching the end of another year, we reflect on the happenings of 2022. In March, a relaxation in the Queensland Government Health Directives enabled us the opportunity to recommence our "Building Better Sheds" programme. By the end of November, we had conducted nine themed Cluster meetings in the nine Qld Zones. All were extremely well received by the participants, who voted them very valuable in the content presented on subjects as diverse as Mental and Physical Health, Shed Governance; Attracting and Retaining members and Succession Planning. The gatherings also offered a forum for Sheds to network within and beyond their zones. The success of these clusters has, in no small measure, resulted from the skill, quality and competency of the presenters who have supported our programme.

We are planning an exciting extension to our work in 2023 to encompass more rural and regional centres. Our first Cluster in 2023 is scheduled to be held at Bundamba in February and hosted by the Ipswich Men's Shed.

I have experienced, as a representative of the QMSA, considerable pleasure and joy in visiting a significant number of Sheds and kindred organisations throughout the year. I have attended, as an invited guest, openings or Shed functions as well as general visits. One can only be impressed by the enthusiasm, expertise and professionalism demonstrated by the shedders and shed leaders.

Throughout this year, the QMSA have witnessed continuing and significant growth in our membership. We now have 136 member Sheds and are further motivated and gratified by the support and confidence displayed towards us by the Shed Movement in Queensland. We thank all member Sheds for your ongoing recognition of the work

undertaken by the State Association and pledge to seek out ways to further expand our efforts to provide service in the future. The QMSA welcomes positive feedback, ideas and suggestions that our member Sheds may consider would enhance our effectiveness.

The QMSA has been extremely fortunate and privileged to have the vice-regal patronage of Her Excellency the Honourable Dr Jeannette Young AC, PSM and her husband, Professor Graeme Nimmo, RFD.

We continue to have four Zones unrepresented on the Management Committee, namely: Metro South; North Qld; Fraser Coast & Bundaberg, and Gold Coast & Scenic Rim. I again appeal to all Shedders to consider a leadership role in furthering the aims of the Shed movement in Queensland. We have outstanding talent within our Sheds with the capacity to make a contribution to our advancement. You may not have the time to fill one of the four vacancies on the Management Committee; you may, however, be prepared to act as an Associate forming a link between the QMSA management group and the Sheds within the Zone in which you reside. The QMSA is able to offer some out-of-pocket financial support.

I wish all Shedders and their families all the joy and peace of the season. Stay safe in the New Year.

Kindest regards to all.

*John Greatrex*  
President QMSA

# Our team

## EXECUTIVE COMMITTEE

President John Greatrex  
*Ipswich Shed*

Vice President Lawrie Bingham  
*Samford Shed*

Treasurer Russ Hawksford  
*Shed West & Indooroopilly Shed*

Secretary Robert Collins  
*Spring Hill Shed*

Like to Contact QMSA  
or a Committee Member?

Visit [qmsa.org.au/contact-us](http://qmsa.org.au/contact-us)



Or, scan our  
QR code

## MANAGEMENT COMMITTEE

Metro North Zone Rep  
*Rodney Hansen Burpengary and District Men's Shed*

Downs & South West Qld. Zone Rep  
*Merv Kahler Pittsworth Shed*

Capricornia Zone Rep  
*Ron Steen Gladstone Shed*

Far North Qld. Zone Rep  
*Ken Robinson Edmonton Men's Shed*

Sunshine Coast Zone Representative  
*Steve Phillips Noosa Men's Shed*

### Vacant

Metro South Zone Rep

North Qld. Zone Rep

Fraser Coast & Bundaberg Zone Rep

Gold Coast & Scenic Zone Rim Rep

## QMSA Patrons

QMSA values and recognises, Her Excellency, the Honourable, Dr Jeanette Young, AC, PSM, Governor of Queensland and her husband, Professor Graeme Nimmo, RFD, as our joint Patrons.

The QMSA Management Committee Acknowledge The Ongoing Support  
Provided To The Queensland Men's Shed Movement By Terry Edwards (Director)  
And Glenn Jackson (Manager) Representatives Of The Aspley Firm Of

**DLA Partners: Accountants & Advisors, Brisbane**  
[www.dlapartners.com.au](http://www.dlapartners.com.au)





# Welcome to new committee members

## Annual General Meeting Appointments

Thank you to all Shedders who attended our AGM on Thursday, 17 November, at Wests Rugby Club Toowong.

We appreciate your support and are pleased to announce the following appointments. We welcome:

### Vice President

Lawrie Bingham as our new Vice President. Lawrie is a member of the Samford Area Men's Shed and Dayboro Men's Sheds. You can contact Lawrie at [vicepresident@qmsa.org.au](mailto:vicepresident@qmsa.org.au).

### Treasurer

Russ Hawksford, who is returning to the position of Treasurer. Russ is a member of Shed West Community Men's Shed and Indooroopilly Men's Shed. You can contact Russ at [treasurer@qmsa.org.au](mailto:treasurer@qmsa.org.au).

### Far North Queensland Zone Representative

Ken Robinson as our new Zone Rep for Far North Queensland. Ken is a member of Edmonton Men's Shed. You can contact Ken at [fnq@qmsa.org.au](mailto:fnq@qmsa.org.au).

### Metro North Zone Representative

Rodney Hansen as our new Zone Rep for Metro North Zone. Rodney is a member of Burpengary and District Men's Shed. You can contact Rodney at [metronorth@qmsa.org.au](mailto:metronorth@qmsa.org.au).

### Sunshine Coast Zone Representative

Steve Phillips as our new Zone Rep for the Sunshine Coast. Steve is a member of Noosa Men's Shed. You can contact Steve at [sunshinecoast@qmsa.org.au](mailto:sunshinecoast@qmsa.org.au).

*Your QMSA representatives are looking forward to working with Sheds across Queensland.*



## Help us share your stories, successes and photos

Stories from your Shed can help inspire others, build a strong Shed network and contribute more broadly to the Shed movement in Queensland and beyond.

We'd love to hear from you! Stories from your shed might include:

- Celebrations
- Upcoming or past events
- Achievements from your members
- Shed projects
- Your Sheds experience with funding, grant writing, Shed management or similar topics

Send your submissions to [shedchatter@qmsa.org.au](mailto:shedchatter@qmsa.org.au)

## Submissions Close

Shed Chatter  
February Edition  
Submissions due by  
Tuesday 14 February

Send your submissions to  
[shedchatter@qmsa.org.au](mailto:shedchatter@qmsa.org.au)

## Emu Park Men's Shed



### Celebrating 10 years at Emu Park

by Emu Park Men's Shed

The Emu Park Men's Shed celebrated their 10th birthday with a social night at the shed on Friday, 28th October. One of the founding members and current secretary John O'Loughlin welcomed members, partners and guests to the event and later in the night cut the mandatory birthday cake with another driving force in getting the shed started, Sel Gully.

Past president of the last six years, Ross Manderson, recounted many of the highlights throughout the shed's growth including the valuable help from the Livingstone Regional Council, Iwasaki Foundation, Bendigo Bank and locals ranging from Barlow's Earthmovers to the Lions Club and many others including a sizeable donation from an anonymous individual. Emu Park and the Capricorn Coast are well known for their turtle hatcheries, but these shedders also have made a lot of turtles over the years too.

Special badges to celebrate 10 years of



membership were presented to the Emu Park Shedders who had remained members for the life of the shed including the former QMSA Capricornia Zone representative, Graham Luck.

Unfortunately Graham had left early before the presentation. With catering provided by the CWA ladies, it was a great night and members were reminded not to expect another lot of badges when the shed achieves its 25 year milestone in the future.

Emu Park encourages all other Queensland sheds to celebrate and remember the good times when their 10th birthday comes around.

## Burpengary and District Men's Shed



### Shed brings joy with toy giveaway

by M. Graham, QMSA

The blokes at Burpengary and District Men's Shed have worked hard this year to bring a little joy to families in need this Christmas with their annual toy giveaway.

On Thursday, 8 December, they donated hundreds of beautiful hand-crafted toys to Legacy Australian. The Shed has been donating toys to local charities each Christmas since 2016.

This year there was a record turnout to the handover with 70 members and 27 visitors attending the event.

Ladies from the Country Women's Association at Burpengary contributed to the toy drive, making gorgeous teddies (*photo top right*), and they also provided a delicious morning tea for all to enjoy.



#### DATE CLAIMER: Mower Races 2023



You can be a part of the Great Mower Races in 2023.

Even if you don't have a machine to race, come along and join the fun.

Scheduled race days for 2023 are:

Wednesday, 15 March, 17 May and 19 July.

Email [Rodney](#) for more information.

## Maroochy Men's Shed builds new Memorial

Just before the Covid-19 outbreak, Maroochy Men's Shed built a Memorial Plinth at Cod Hole Park on the banks of the Maroochy River as a place for locals and visitors to remember those who have fought for our country.

This Remembrance Day, at 11am on the 11th of November, Maroochy Shedders and family members gathered under bright sunny skies to honour and remember all those who have bravely fought for the freedoms we enjoy.



### Help is only a phone call away

Beyond Blue	1300 224 636
Lifeline	131 114
MensLine	1300 789 978
Suicide Call Back Service Veterans Line	1300 659 467
Veterans Line	1800 011 046
Black Dog Institute	(02) 9382 4530
Pain Management Line	1300 340 357
Sane Australia	1800 18 7263
Mind Australia Carer Helpline	1300 554 660
Men's Referral Service for help to avoid domestic violence	1300 766 491

## Carina Men's Shed



## Clean sweep for the Carina Men's Shed at this year's Ekka

by John Rossberg, Vice President Carina Men's Shed

The Royal Queensland Show (Ekka) is Queensland's largest and arguably its most loved annual event, attracting, on average, 400,000 people.

The boys at the Carina Men's Shed had some outstanding results at this year's Ekka winning six prizes including three first prizes and a best exhibit in show in their chosen categories of Wood, Leather & Glass work.

Thousand upon thousands of entries were received in the various art competitions in 2022, and seeing our, Shedd's efforts recognised in such a significant event is wonderful. Well done to Tony Paterson, Rex Gelfius, David Sim & Peter Kucks.

They plan to submit new creations for the 2023 Ekka. Can they equal or surpass their results from this year? They have set themselves a challenging task!





## Carina Men's Shed



## Creativity abounds in Men's Sheds

by M. Graham, QMSA

Since history began, writing tools have been used to tell and share stories. The simple tools used to make ancient cave drawings evolved through time to modern-day pens and biros. More recently, digital communication has been replacing the traditional written word, with written personal letters replaced by emails, instant messaging, and (dare I say) social media.

Enter Alan James from Carina's Men Shed (previously from Redland Bay Men's Shed), who has been designing beautiful handcrafted wooden pens for over nine years. These stunning and unique pens bring back the old-fashioned joy of writing a letter or note by hand.

After retirement, Alan found himself gravitating towards Men's Sheds, enjoying the camaraderie and sense of community he gets from being a member, "Carina is a great Shed with wonderful men who work on all different projects, with incredible results". We are here to help each other, "I just enjoy the process of making them and teaching others the craft", he said. The Shed sells the pens at various Bunnings BBQs, markets and other fundraisers.

You never know what talent will be unearthed in a Men's Shed.



Top and middle, projects by Alan James (Carina). Bottom project by Tom Kenny (Carina) created using pallet timber.

# Zone Cluster Meeting



On Thursday, 24 November Shed representatives from Brisbane South, Logan and Redland City caught up for our last Zone Cluster Meeting for 2022.

The day offered a great chance to catch up, share a yarn and a coffee while learning more about attracting and retaining members, engaging volunteers and maintaining a healthy shed.

We have had a lot of positive feedback from Shedders who have attended our Cluster Meetings, and we encourage anyone interested

to attend meetings in 2023. These meetings offer an invaluable opportunity to hear from expert speakers on areas of Shed Management and Governance, Health Programs, and related Shed matters. You don't need to be a member to attend.

*“Well worth the effort to come. Very thought provoking”.* Stephen.

*“Good networking opportunity. Interesting presentations - food for thought”.* Al.

## DATE CLAIMER



## Ipswich Cluster Meeting 22 February 2023

All interested Shedders are invited to our upcoming Ipswich Cluster Meeting.

This free event is a great way to connect with other Sheds in your local area. Places limited.

### **Ipswich Men's Shed**

Wednesday 22 February 2023 9am-2pm

**FREE! LIMITED PLACES! BOOK NOW:**  
Email [QMSA Regional Coordinator](#)



# Membership Renewal



## You're invited to join QMSA in 2023

### We appreciate the support of members

With the help of our members, QMSA has worked diligently throughout 2022 to develop platforms, tools and experiences that support the growth and development of Sheds throughout Queensland. QMSA represents Queensland Sheds at a State and National level, and we are passionate advocates for the Shed Movement. Your membership has helped QMSA build a solid and united Shed Movement, which is vital to securing ongoing Federal and State Government support.

### Your membership subscriptions

In January 2023, our QMSA 2022 members will receive a subscription invoice of \$50 per Shed. To automatically renew your membership, simply pay the invoice.

### Benefits of belonging

Membership gives your Shed:

- access to QMSA's growing suite of free tools and resources, tool kits, guides and fact sheets available via the Members Area of our website.
- access to shed management support and advice

- access to information and community news
- voting rights at QMSA Annual General Meeting

### Supporting all Sheds in Queensland

QMSA serves all Sheds across Queensland, including providing important health information, free health programs, and access to our publication, [Shed Chatter](#).

In 2022 we rolled out Zone Cluster meetings across the State which were free to attend for both Shed members and non-members. These meetings gave all Sheds access to informative speakers and allowed Sheds to meet, network and learn from other Sheds in their region.

### Not already a member?

This is an exciting time to be a QMSA member. We are developing more tools, guides and ways to support Sheds and growing our audience through digital channels.

Partner with us and join our existing members to help influence the Men's Shed Movement in Queensland. Join this January to make the most of your annual \$50 per Shed subscription. Visit [www.qmsa.org.au/join-qmsa](http://www.qmsa.org.au/join-qmsa).



## Being part of a Men's Shed has great health benefits

by Frank Pearce, Regional Coordinator, QMSA

In the course of my job as the Regional Coordinator for men's sheds across Queensland, I get to visit a wide range of sheds across the state. Every shed has a different offering and a variety of ways of promoting men's health.

The range of activities includes gymnasiums, walking and cycling groups, discussion groups, guest speakers, exercise classes, health checks, health programmes plus many more. While this list may seem daunting to a new or a small shed it is important to remember by simply providing a welcoming community for men from all backgrounds you are taking the first and most important step to addressing men's health.

We know the effect of loneliness and isolation on mortality is comparable to the impact of well-known risk factors such as obesity, and has a similar

influence as cigarette smoking<sup>[1]</sup>. Providing men with a caring community addresses this risk and could be helping save their life!

As I visit sheds across the state it's not unusual for me to hear:

*"I'm not sure I'd be here if it wasn't for the Men's Shed".*

This Christmas period I'd encourage you to reflect and be grateful for the community you are part of and the friendships you've developed. And if you're interested in further developing the health benefits of your shed – reach out - I'm always happy to chat.

1. Footnote: [www.campaigntoendloneliness.org/threat-to-health/](http://www.campaigntoendloneliness.org/threat-to-health/)

## Stay COVID Safe these holidays



It's important to follow COVID safe behaviours these holidays:

Professor Alison McMillon shares how to stay COVID-safe this season. [Watch Video](#).

Need help? Some GP-led Respirator Clinics will be open over the holidays. [Find Clinics](#)

Are you due for your vaccine booster? [Learn more](#).

Even if you have had COVID-19 previously, there are treatment options available. [Learn more](#) about eligibility and options.

Visit [www.health.gov.au/health-alerts/covid-19](http://www.health.gov.au/health-alerts/covid-19) for more details

## Don't miss out on give-aways and bargains

QMSA often receive notice of giveaways or bargains for sale with short time frames for collection.

In the last few months we have advertised a free give-away Model Railway, a free Panel Saw and Spindle Moulder, and a Timber giveaway.

Simon, from a Shed at Wheller on the Park near Chermside is currently selling a Lathe (*pictured right*).

Phone Simon on 0429 477 154 for more details.

**FOR SALE**  
**Lathe**  
**\$130**



Visit the [Trading Section](#) of our website and follow us on Facebook to stay up-to-date with all our latest news. QMSA Member Sheds also receive regular *News Updates* updates directly to their inbox.



## Kindness: A Cure for Loneliness?

by Robert Collins, QMSA Secretary

At the recent Council of the Ageing (COTA) NSW Annual General Meeting, guest speaker Hugh Mackay, social psychologist, researcher, and bestselling author of "The Kindness Revolution" (published by Allen & Unwin), said that kindness is about meeting people's most profound psychological need – to be noticed and appreciated.

This can counter the current epidemic of loneliness, where 25% of Australians have reported feeling lonely most of the time. And this was in 2019, before the pandemic.

Hugh said six main social trends have led to an increasingly fragmented world where everyone, particularly older people, is more vulnerable to loneliness.

These social changes include: -

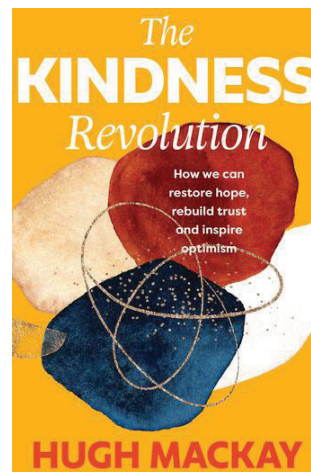
- shrinking households,
- less stable relationships,
- a falling birth rate
- increasing busyness,
- greater mobility,
- changing patterns of work and leisure,
- challenges to old ways of thinking about gender, religion and politics,
- the technology revolution and new forms of addiction (especially to our smartphones),
- declining trust in many of our institutions.

According to Hugh, the recent pandemic and other disasters have brought people closer together again and reminded us of what it means to be human. But will we keep pulling together, or will we revert to our previous behaviour once the worst is over?

Hugh says those who are not lonely must continue to reach out to those who may be.

"Let's keep dreaming of the kind of society we become when we have to face a crisis!".

[Read the full article](#) by author Hugh Mackay.



[Find](#) Hugh Mackay's book *The Kindness Revolution*.



## Tackling common holiday worries

While Christmas and New Year holidays can be a time to rest and enjoy quality time with loved ones, they can also be a difficult time of loneliness or stress for some.

Take a moment to check-in with your friends and community over the next few weeks, and seek out support for yourself if you need it during this time. The holidays can be one of the happiest times of the year, or they can be the hardest, with many people experiencing loneliness, stress or financial pressures.

The Black Dog Institute has shared useful tips for supporting yourself, friends, family and colleagues who may be feeling down at this time, as well as ways to manage loneliness, stress and financial pressure. Learn more at [blackdoginstitute.org.au](https://blackdoginstitute.org.au)

[Read the full article.](#)



Scan to read the full article.

## NEW GRANT Minor Infrastructure Program

Round 1 applications open 31 January 2023

The Department of Tourism, Innovation and Sport is thrilled to announce that a new Minor Infrastructure Program opens on Tuesday, 31 January 2023, with total funding for Round 1 being \$14.67 million.

It funds eligible not-for-profit sport or active recreation organisations, local governments and other organisations in Queensland to help deliver new, upgraded and end of life replacement infrastructure projects and works.

Learn more at [www.qld.gov.au/recreation/sports/funding/minor-infrastructure-program](https://www.qld.gov.au/recreation/sports/funding/minor-infrastructure-program)

## Men's Sheds benefit from Lord Mayor's Better Suburb Grants

Centenary Suburbs, Shed West Community and Mt Gravatt Men's Sheds were awarded grants as part of the first round of the 2022-2023 Lord Mayor's Better Suburbs Grants' Community Support Category. The grants will be used by Sheds to increase accessibility, improve safety and upgrade equipment.

**New rounds open 2023**

The second round of the Lord Mayor's Better Suburb Grants Community Support category opens on 20 March 2023.

The second round of the Community Facility Category will open on 30 January 2023.

Learn more at [www.brisbane.qld.gov.au](https://www.brisbane.qld.gov.au) or scan our QR code.





Image Credit: [metronorth.health.qld.gov.au/engage/mens-shed](https://metronorth.health.qld.gov.au/engage/mens-shed)

## The only one like it in Australia: Sandgate District Men's Shed at the Brighton Health Campus

Article appeared [online](#)

This article recognises the unique and beneficial partnership between the Sandgate District Men's Shed and Community and Oral Health (COH) which began in 2016 and is still flourishing.

The 2021 *Working Together Agreement* between the two groups delivers an expanded workshop where men can socialise over practical projects to reduce loneliness and isolation. The agreement sees customers who access services on the Brighton Health Campus being welcome to the Shed space to engage in activities such as woodwork, metal work, leather work, pyrography and painting. This partnership is truly unique as it is the only Men's Sheds in Australia co-located within a hospital and health service to support the engagement, rehabilitation and wellbeing of patients.

[Read the full article online.](#)



Scan QR code to read the full news article online.



Image Credit: Kilmore Community Garden committee member Tina Considine and Kilmore District Men's Shed Association presenting the little library last Tuesday from The North Central Review.

## The North Central Review: The Kilmore Community Garden's little library a new feature

Article appeared The North Central Review on November 1, 2022

This article recognises Kilmore District Men's Shed's contribution to the local community. Recently, Shedders from Kilmore created a little library for the Kilmore Community Garden.

The little library, filled with donated books, will allow residents to relax, enjoy and read in the community garden, and help build a community space for everyone to enjoy. Next, the Shed plans to make different kinds of garden beds to increase accessibility.

[Read the full article online.](#)



Scan QR code to read the full news article online.



## AMSA: Community Men's Shed Bribie Island create a jaw dropping ghost soldiers installation to commemorate Anzac Day

Article appeared online on mensshed.org 8 May 2022

This article highlights the creativity and sheer perseverance of the Community Men's Shed Bribie Island members.

The Bribie Island RSL sub-branch approached the Shed to manufacture soldiers inspired by "Ghost-like Soldiers" who died in WW1 designed by sculptor Jackie Lantelli and is on display in Slimbridge Churchyard, Gloucestershire, England.

The Men's Shed spent four months and around 600 metres of bird wire combined with hundreds of hours of work to get the soldiers installed and ready for Anzac Day 2022. The intricacy and creativity



Image Credit: Deb Neill Photography, published AMSA mensshed.org

of their work is amazing, and the artwork will be an ongoing installation for many Anzac Days to come.

The Community Men's Shed Bribie Island has a tradition of donating their time to the community, often repairing and restoring copious items like tables, chairs, cupboards and rocking horses, mainly for our elderly population.

[Read the full article online.](#)



Scan QR code to read the full news article online.



Image credit: from Noosa Today: Chris Blignaut, president Noosa Men's Shed presenting Geoff Lee, president St Vincent de Paul Noosa-Tewantin with a cheque in support of their Christmas appeal.

## Noosa Today: Men's Shed supports Vinnies

Article appeared in *Noosa Today* on 14 December 2022.

Noosa Men's Shed recently made the news for their ongoing support and relationship with St Vincent de Paul (Vinnies). That support continued again in 2022, with the Shed presenting St Vinnies a cheque as well as food donations from their members in support of their annual Christmas Appeal.

[Read the full article online.](#)

Scan QR code to read the full news article online.





## MyPolice: QPS members visit the Ridley Road Community Men's Shed

Full article by Sgt Jodie Murray appeared on [mypolice.org.au](http://mypolice.org.au) on 28 November 2022

On Tuesday, November 22, Sergeant Jodie Murray and Volunteer in Policing Murray from the North Brisbane Crime Prevention office presented a community safety and crime prevention information session to the gentlemen at Ridley Road Community Men's shed.

They spoke to the group about vehicle safety, home security, personal safety and scams.

For more information on arranging a presentation with QPS, please contact the Crime Prevention Office at [Gateway.DCPC@police.qld.gov.au](mailto:Gateway.DCPC@police.qld.gov.au).

[Read the full article online.](#)

Scan QR code to read the full news article online.



## DATE CLAIMER



*This event is a Dorrington Men's Shed event.*

## Men's Health Seminars Cancer in men

Dorrington Men's Shed would like to invite interested Shedders to their upcoming Men's Health Seminar.

### DORRINGTON MEN'S SHED

Monday 6 February 10.30am - 12noon

RSVP by 2 February. Cost: \$5.00.

For more information contact [Dorrington Men's Shed.](#)

# Stay safe this storm season

It is important to be prepared for Queensland's severe weather events. Energex offers tips to help you be prepared. Visit [energex.com.au](http://energex.com.au) for more information. Use their Storm Kit Checklist to check how prepared you are.



## Storm kit checklist

Every home should have a fully stocked storm kit ready and stored for the summer storm season. **You'll need:**

### Essential items

- Battery operated radio
- Battery operated torch
- Spare batteries
- Mobile phone
- Portable mobile charger
- First aid kit
- Can opener
- Tinned and other non-perishable food
- Bottled water
- Essential medications

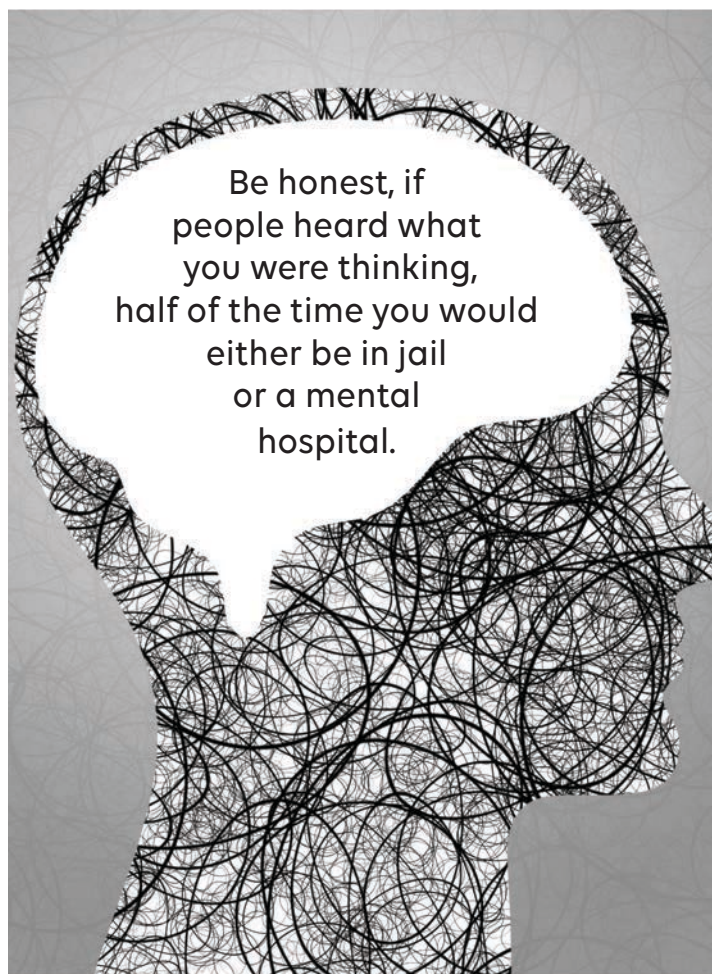
### Other useful items

- Sturdy gloves, heavy duty waterproof plastic bags and masking tape can prove useful during the clean up

### Other important items

- Copies of important documents (e.g. insurance details, birth certificates, prescription refills in sealable plastic bags)
- Waterproof matches
- Self-contained cooking facilities including gas cylinders or coals and firelighters
- Supplies for infants including formula, baby food, nappies and wipes if required
- Filled water containers
- Special food for elderly or disabled members of the family if required
- Warm dry clothing and shoes
- Toiletries including toilet paper, toothpaste, soap, sun screen and insect repellent
- Food and medications for your pets and newspapers for their sanitary needs

## Just for fun



Who knows what wild and wonderful treasures and old tools will show up in Men's Sheds across the globe?

A number of our Facebook fans had a go at guessing what this tool is and what it is used for? But no one got it right.

Can you guess what it is?

Does your Shed have a Mystery Object that has intrigued other members of your Shed and that could keep our Facebook Fans guessing? If so, submit it to [Shed Chatter](#).

This mystery object was bought to you by Burpengary and District Men's Shed. For the answer visit our [Facebook page](#) or read the next edition of *Shed Chatter*.

[www.qmsa.org.au](http://www.qmsa.org.au)



facebook [facebook.com/qmsa4](https://facebook.com/qmsa4)

✉ [info@qmsa.org.au](mailto:info@qmsa.org.au)