



# SHED chatter

ISSUE JANUARY-FEBRUARY 2023

## Welcome to Shed Chatter

The New Year is firmly upon us – it will be Easter before we know it!

The year ahead holds much promise for the Shed movement and Sheds across Queensland. Sheds' valuable role in the community and in supporting Men's Health is increasingly recognised; this recognition translates to opportunities for Sheds to get funding for projects and equipment. This edition of *Shed Chatter* features some upcoming funding opportunities, but make sure you **Like us on Facebook** to stay in touch with all the latest funding news.

This edition of *Shed Chatter* celebrates the achievements of Sheds around the State and recognises some challenges they can face. The crisis faced by Nambour Men's Shed (page 15) as they look to secure permanent premises represents a key area of concern for Men's Sheds both here in Australia and globally, which is the lack of land set aside in planning for existing and future Sheds, especially in urban areas. QMSA participated in the recent State Government Parliamentary Committee Meeting on Causes of Isolation and Loneliness in the Community. This issue was raised, and it was identified that Men's Sheds were not assigned a Land Use category in Planning.

This raised concerns about a lack of land being set aside to establish future Men's Sheds. Having this issue identified has allowed QMSA to advocate for change.

We encourage you to help us grow a strong Shed Community by sharing your celebrations, stories, successes and challenges with other Sheddors. To share your Shed's news, 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*.

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*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,*

This is the first *Shed Chatter* for 2023. Sadly, we received the news from the Marlin Coast Shed of the passing of Bob Stemp on Saturday, 7 January. Bob was a staunch supporter of the QMSA and his community having served as the Zone Representative for the Far North Queensland Zone from March 2017 until his resignation due to deteriorating health in November 2022. Bob has left the QMSA management group with many happy and enduring memories, not only as a contributing member but more importantly as a much loved and respected friend and colleague. A memorial service was held at his Shed on Saturday, 4 February. (Refer page 5).

We commenced January with a base of 140 member Sheds. We are buoyed by the support and encouragement shown towards the work of the QMSA. Invitations to renew their membership in 2023 have gone out to Sheds. Early indications are that we are gaining solid growth. If you have not, as yet, renewed your membership or if your Shed recognises the contribution that the QMSA is making to the Queensland Shed movement we would welcome your support.

Our Cluster meeting program has commenced for 2023. The first meeting hosted, by the Ipswich Shed, took place on Wednesday, 22 February. It attracted approximately (60) Shedders representing (14) Sheds. It was voted valuable and a success by those attending. Planning is advancing to host and conduct Clusters away from the South East corner of the State. Malanda on the Tablelands is our next venue planned for Thursday, 23 March. This will be followed by Gympie in April, South Burnett region in May and Mackay in June. The QMSA will financially support, arrange speakers and the conduct of these functions. We are actively seeking Sheds to act as hosts. If your

Shed would like to be part of any of these events contact Frank Pearce our Regional Coordinator ([regionalcoordinator@qmsa.org.au](mailto:regionalcoordinator@qmsa.org.au)). Our initial planning is to extend the program to Barcaldine, Roma and Inglewood in the second half of the year. Other important events that demand our attention are the Redlands Bay Shed running a meeting on 14 March for the Redlands City area with particular emphasis on the (5) Bay Island Sheds and the Sandgate Shed who will be hosting a major health forum at the Moreton Bay campus of the Sunshine Coast University on Wednesday, 7 June. **Mark this date out on your Shed diary.**

Over recent months Michele Graham our Project Administrator, has applied her undoubted marketing and communication skills to streamlining our communications, including rebranding *Shed Chatter* and regular email News Updates for our members. Moving forward, one of her focuses will be developing digital resources for our Sheds. We welcome any Shed feedback or comments on these enhancements.

We are still seeking Shedders to fill the important role of Zone Representative to ensure a voice on the Management Committee for the following Zones: Metro South; North Queensland; Fraser Coast & Bundaberg and the Gold Coast & Scenic Rim.

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**  
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## New member resources



We're committed to developing resources and tools for our members. Here are our two newest resources:

### Health event poster templates

QMSA has developed event poster template options to help our members promote their Health Events.

There are four options to choose from:

- a generic option
- cancer talks
- nutrition talks
- heart health

There is also a Companion Guide to help you customise your event poster.

We are testing these resources to see if they are helpful. If they prove useful, we will create further marketing templates.

Find these tools in the QMSA **Member Area** of our website. Provide any feedback to [projectadmin@qmsa.org.au](mailto:projectadmin@qmsa.org.au). **Non Members** can access our [Generic Poster Option](#) and [Companion Guide](#).

### Information Bulletin: Grievances in the Shed

The Queensland Government has amended the Associations Incorporation Act to require incorporated associations to have a Grievance Procedure Policy for dealing with disputes between its members and the management committee or an association. Access the full article in the **QMSA Member Area** to learn what this will mean for your Shed.



### 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

Submissions close for the next edition of Shed Chatter on  
Tuesday 4 April

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



## **In Loving Memory Bob Stemp**

On Saturday, 7 January 2023 we sadly said goodbye to our dear friend and colleague Bob Stemp.

Bob was a staunch supporter and advocate for Queensland Men's Sheds. Bob was the QMSA Zone Representative for Far North Queensland from March 2017 until he resigned in November 2022 due to his deteriorating health. Bob handed the baton over to Ken Roberston from Edmonton Men's Shed, who was grateful to represent QMSA at Bob's Memorial Service at Marlin Coast Men's Shed on Saturday, 4 February 2023.

As a member of the QMSA Management Committee, Bob provided a strong voice in presenting his views and feedback on issues of concern to the Shedders of Far North Queensland. Bob was always forthright and positive in his contribution to the various matters debated, and his counsel was always sought, welcomed and valued.

Aside from his overall involvement in specific Queensland Men's Shed matters, Bob actively sought to reconcile any areas of division that

had developed between the Australian Men's Shed Association and the State Associations. Bob recognised the essential role that each association had to play, and it is with much gratitude that many of these issues are now resolved. Bob had a keen interest in improving Shed Operating Systems and played a major role in introducing positive changes that included:

- Creating Shed profile sheets to assist in data collection.
- Starting up the QMSA Communications and IT subcommittee.
- Introducing QMSA Generic Emails.
- Testing and validating the use of the QMSA Toolbox resource.

Bob was very active in the affairs of the community in which he lived and worked. This is illustrated by the leadership roles that he accepted in local organisations and on committees on which he served, not only limited to his Men's Shed activities but also promoting the advancement and affairs of the various Seniors groups.

Bob was held in high regard within the QMSA and will be sadly missed by all who knew him. May he rest in peace.

## Herberton Men's Shed



## Herberton Men's Shed - restoring the past

*by Herberton Men's Shed*

In the far north of the state, right at the edge of civilisation, lies the small township of Herberton on the Atherton Tablelands. Our shed is closely aligned with the Atherton-Herberton Historic Railway Inc (AHRH), sharing many members, equipment and projects.

Our members have an age range of 41 to 86.

As might be expected from this association, we work on big projects. A recent achievement has been the restoration of a 1913 carriage, BL769, built at Queensland rail workshops in Ipswich.

Silky oak from the original floor was used for the window frames, all of which were different sizes, so there was plenty of custom work. In addition, local silky oak, nicely cured in the project leader's (Grumpy) shed for the last 30 years, was used for the window sills, and some rare silky oak veneer was used to make the panels to line the walls.

The metal frames for the seats were fabricated at the shed, while the upholstery was expertly done at the Lotus Glen Correctional Centre workshop.

The bogies and braking system were overhauled by the AHRH engineering crew.

The restored carriage was pulled by the restored 1905 Peckett steam locomotive, and the first passenger rides started this month.

Rather than rest on our laurels, the next 1910 vintage carriage restoration is underway.

New members are always welcome, as we have no shortage of projects for the foreseeable future!



Image: Shedders from Herberton Men's Shed proudly show off the restored train carriage.



Image: The carriage's interior was lovingly restored using reclaimed silky oak and rare silky oak veneer.

## The Boonah Activity Shed Inc.

by Boonah Activity Shed

All is well at the Boonah Shed, which, if you haven't heard, is a Shed for men and women.

Since the last time we helped fill the pages of Shed Chatter, we have installed a Dust Extraction System and four industrial fans to help keep members cooler during these Queensland summer days.

Our members, both men and women, are kept busy making various items, pretty much the same as other Sheddies. We make Native Bee Houses and toys for kids of the district; we have helped schools by supplying various timber items for the students to assemble under the guidance of a Shed Member.

Our ladies do Pyrography, Mosaics, and some furniture restoration, as shown below, as well as looking after the finances, for which we are grateful.

If you get the chance, call in for a chat. Mondays and Fridays, 8am to midday. Good luck to All.



Shared by Boonah Activity Shed

A young woman walked around the room with a raised glass of water while leading a seminar and explained stress management to her audience.

Everyone thought she was going to ask the question, 'Half empty or half full?'

She fooled them all. 'How heavy is this glass of water?' she inquired with a smile. Answers called out ranged from 8oz. To 20oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an

ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes". She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on".

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced.

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening.





## Shedders gather for Cluster Meeting

QMSAs cluster meetings for 2023 kicked off at the Ipswich Men's Shed on Wednesday, 22 of February.

14 sheds were represented by nearly 60 shedders who were treated to a range of speakers and activities, which included a tour of the very impressive Ipswich Men's Shed, talks on governance and Men's Health and how to work with the NDIS.

Lots of inter-shed dialog and networking happened as is usually the case at one of our cluster meetings.

Some comments from the attendees:

*The social networking was excellent, everyone happy to talk to everyone*

*Very enjoyable and worthwhile day*

*Very good communicating between all shedders. A credit to Ipswich Men's Shed, very well done.*

A big thank you is in order for the Ipswich Men's shed who put on a great day.

### 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



## Defy the ageing process – keep exercising!

*by Frank Pearce, Regional Coordinator, QMSA*

In a 2018, University of Birmingham study, a group of older people who exercised all their lives were compared to a group of similarly aged adults and younger adults who did not exercise regularly. The results showed that those who have exercised regularly had defied the ageing process, having the immunity, muscle mass, and cholesterol levels of a young person.<sup>1</sup>

It's not too late to start. Regular physical activity at any age is linked to better brain function in old age, and maintaining an exercise routine throughout adulthood seems to be best for preserving mental acuity and memory and staving off conditions such as dementia.

Even taking up exercise in your 60s for improving cognitive function is better than doing nothing at all, suggests the research led by University College London and published in the *Journal of Neurology, Neurosurgery and Psychiatry*.<sup>2</sup>

The World Health Organisation recommends that adults aged 65 years and above should do at least 150 minutes of moderate-intensity aerobic physical activity, including varied multicomponent physical activity that emphasizes functional balance and strength training at the moderate or greater intensity on three or more days a week, to enhance functional capacity and prevent falls.<sup>3</sup>

### For further reading

1. [A lifetime of regular exercise slows down aging, study finds](#)
2. [Exercise and satisfying relationships are the secrets to good health in later life](#)
3. [World Health Organisation - News Room](#)



## Serving alcohol at your community event

Selling alcoholic beverages at one of your Shed events could be a great way to raise funds, but it is important to understand your legal obligations and to make sure you are [providing a safe environment](#).

The Office of Liquor and Gaming Regulation provides four options if you want to sell alcohol for consumption on your premises. Obtaining the correct permit or license depends on a number of factors like whether it's a one-off event or the size of your organisation.

### Community Liquor Permit (CLP)

This permit is intended for one-off events for community organisations where the profit from the sale of liquor is for the benefit of the community. The CLP permit allows selling to the general public.

- The application fee is **\$76.05** per day.

### Restricted Liquor Permit (RLP)

Community clubs that gain profit to benefit the club can apply for this permit. It allows for trading of either up to 10 hours per week or from 10 to 25 hours per week with the sale of liquor only permitted for on-premises consumption and only to club members or guests in the member's company.

The Application fee (for three months) is:

- **\$266.80** (10-25 hours/week) or
- **\$133.60** (less than 10 hours/week)

### Community Other License

This is similar to an RLP, except this is an ongoing license, which remains in place provided the annual liquor license fees are paid by 31 July each year, so no renewal application is required. Trading is limited to at most 25 hours per week and must be between 10am and 12am.

- The Application fee is **\$753.70**
- The Annual license fee is **\$380.40**.

### Community Club License

This is also an ongoing license which remains in place provided the annual liquor license fees are paid by 31 July each year. Consumption on the premises is permitted to a member, a reciprocal member, or a bona fide visitor. Takeaway liquor is permitted to members and their guests, reciprocal members and bona fide visitors.

- The application fee is **\$3,321**.
- Annual license fees vary depending on member numbers.

### Why it is important

Failing to have the correct permit or license to sell alcohol may result in on-the-spot fines of up to **\$2,875**.

Learn more at [qld.gov.au](http://qld.gov.au)

([Compliance for Liquor Licensees and permittees](#))

Or, contact the Office of Liquor and Gaming Regulation [OLGRlicensing@justice.qld.gov.au](mailto:OLGRlicensing@justice.qld.gov.au).



## Shed support through the Regional Coordinators Initiative

By now, many of you have met Frank Pearce, our Regional Coordinator. The Men's Sheds Regional Coordinators Initiative is an Australian government program that aims to support and promote the establishment and development of men's sheds throughout the country.

The program provides funding to hire regional coordinators who work with men's sheds in their area to help them access resources, improve their facilities and activities, and build relationships with their communities. Frank is available to help all sheds in Queensland (irrespective of their membership status) with the following:

- Providing health and wellbeing information and resources
- Seeking funding from National Shed Development Programme

- Forming partnerships with health providers
- Helping sheds to organise and promote regional health events to benefit men and their communities
- Making sure grant information and applications are available to men's sheds.

Through this initiative, the government aims to promote social connectedness and community participation among men, reduce social isolation and loneliness, and improve men's mental health and wellbeing.

Frank can be contacted on 0427 646 776 or email [regionalcoordinator@qmsa.org.au](mailto:regionalcoordinator@qmsa.org.au)

## COMMUNITY ANNOUNCEMENT

Are you interested in building & or repairing your own canoe, kayak, dinghy, ski, icebox, (hydro) & or foils, model boats or entry level multihulls 6m-8m dragonfly trimaran?

I am a retired fibreglass boat builder/repairer with factory experience, knowledge, materials, some moulds and a range of projects suitable for completion, based in the Redlands area of South East Brisbane.

I am keen to connect with any Men's Shed and/ or individuals who just love 'mucking about with boats' & or fibreglass, (especially non powered), to see if we can work together on a shared? project.

If interested, contact, 'BJ':

Text on 0478 054 812 or

email: [brianjamesvayro@gmail.com](mailto:brianjamesvayro@gmail.com)



*Image: This tri. is the 'much modified' 28', 8.5 M. 'Topless Girlfriend' with 10 M 'wing mast' beside, & two cabs.*

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

QMSA regularly share notices of giveaways or items for sale on the trading page of our website and social media.

The recent giveaways include free tools from Mt Gravatt Men's Shed, which are surplus to their needs and a regular donation of pine pallets from a local SEQ organisation.

Please find details of these and more giveaways and items for sale on our website.



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 direct to their inbox.



## Communities Innovation Fund: Responses to Social Isolation and Loneliness

Now open. Closes 2pm Mon 6 Mar.

The Communities Innovation Fund will provide up to \$200,000 per year to community organisations for innovative services that create meaningful connections for Queenslanders experiencing social isolation and loneliness. There is both a small and large grant round.

Learn more at [www.chde.qld.gov.au/about/initiatives](http://www.chde.qld.gov.au/about/initiatives)

## Gambling Community Benefit Fund

Standard Grant Round closes Wed 31 May.

The Gambling Community Benefit Fund (GCBF) is Queensland's largest one-off community grants program and distributes approximately \$60 million each year to not-for-profit community groups. The GCBF funding helps these groups to provide services, leisure activities and opportunities for Queensland communities.

Learn more at [www.justice.qld.gov.au/initiatives/community-grants](http://www.justice.qld.gov.au/initiatives/community-grants)

## Stronger Communities Programme

Round 8 now open. Closes 5pm Wed 10 May.

The Stronger Communities Programme provides each of the 151 Federal electorates with \$150,000 to fund small capital projects. Federal Members of Parliament (MPs) identify potential projects and invite applications from their electorate.

Learn more at [business.gov.au/grants-and-programs/stronger-communities-programme-round-8](http://business.gov.au/grants-and-programs/stronger-communities-programme-round-8)

## Building Digital Skills Grant

Round 41 Now open. Closes Fri 3 March.

Round 42 Opens 6 Mar. Closes Fri 31 March.

Building Digital Skills grants help organisations to deliver free Be Connected digital literacy programs to older Australians in their community. The Be Connected program helps people to develop their digital skills and confidence.

Learn more at [www.beconnectednetwork.org.au/grant-program/building-digital-skills-grants](http://www.beconnectednetwork.org.au/grant-program/building-digital-skills-grants)



Image Credit: Sunshine Coast News - Nambour Men's Shed secretary John 'Jocky' Shean, president Colin Webb and treasurer Dennis Farrow.

## Sunshine Coast News: 'No firm offers': community group facing closure unless new premises can be found

Full article by Chris Gilmore appeared on [sunshinecoastnews.com.au](http://sunshinecoastnews.com.au) on 17 February 2023

This article highlights the stark future facing Nambour Men's Shed (NMS) unless they find a new home before September 30, 2023.

The group, founded in 2011, has operated since 2015 in its current home in temporary premises owned by the State Government, Department of Transport and Main Roads.

Unfortunately, NMS has received a notice to vacate as the land is required as a transport corridor for the Beerburrum to Nambour Rail Upgrade project.

The Shed, currently home to around 70 members, has formed a Save Our Shed (SOS) sub-committee looking to secure new premises.

The article calls for community members to contact NMS if they know of land or a Shed that may be available as a gift or under a perpetual lease.

[Read the full article online.](#)



Image Credit: Sunshine Coast News - Nambour Men's Shed member Col Tessmer works on a project.

Scan QR code to read the full news article online.





Image Credit: Bill Dinning, the shed's oldest and founding member, demonstrating the new lathe to other members, Bob Green and John Bado. Image Supplied by Peter Bawden appeared Highland News.

## Highland News: Bowral Men's Shed receives funding

Article appeared Highland News on 10 February, 2023

Bowral Men's Shed in NSW recently received a generous grant of \$3,376 to buy a new woodturning lathe from The Veolia Mulwaree Trust.

The Veolia Mulwaree Trust manages and distributes funds to not-for-profit community groups and organisations for the benefit of the former Mulwaree Shire Council area and its immediate surrounds. It distributed more than \$264,000 in its third and final funding round of 2022.

The Bowral Shed was one of nineteen organisations presented with grants in November 2022.

[Read the full article online.](#)



Scan QR code to read the full news article online.



Image Credit: Max Vincent puts the finishing touches on a park bench that he constructed at the Wangaratta Men's Shed. The shed has been in operation since 2011 and always welcomes new members. Photo by Andy Wilson appeared in Shepparton News.

## Shepparton News: Making men's health a priority

Full article by Andy Wilson appeared Shepparton News on February 10 2023

The Wangaratta Men's Shed made the news after completing a successful furniture refurbishment for a local nursing home. The Men's Shed provide much needed TLC to several pieces of outdoor furniture, modified other furniture to be more accessible for residents and built a customised bench for a memorial space.

This article highlights Sheds' valuable role in communities as a place that supports Men's Health, by providing a place to connect and be involved. As well as for the important work they do in supporting local community groups.

[Read the full article online.](#)



Scan QR code to read the full news article online.





## Alberta Prime Times: Commentary: Loneliness among men

Full article by W. Gifford-Jones, MD and Diana Gifford-Jones appeared Alberta Prime Times on February 14 2023

This article highlights loneliness's prevalence in communities everywhere, particularly among men.

Research shows that around 33 per cent of adults experience feelings of loneliness worldwide, with its negative impact on health "as bad as smoking 15 cigarettes a day". Loneliness is also shown to influence cognitive decline.

The news is not all bad; Authors W and D Gifford-

Jones explores the positive impact that Men's Sheds in Australia and abroad have in improving men's health by reducing feelings of loneliness and providing a place for men to connect and share common interests and goals. Their advice is to look for a local Men's Shed or, even better, start another one.

Scan the QR Code to [Read the full article online.](#)

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## Ipswich News: Men's shed receives funding



Image credit: from Ipswich News: Members of the Esk Men's Shed welcomed the support.

Article appeared in *Ipswich News* on 10 January 2023

Esk Men's Shed recently made the news for receiving \$4101 in funding to upgrade their facility. The new federal funding will help cover the cost of electricity supply to the shed, a sign with a logo and name, and a fridge. The assistance was part of \$675,000 in total funding provided through the National Shed Development Program (NSDP).

Scan QR code to [Read the full article online.](#)

## Zone Cluster Meeting



All interested Shedders are invited to our upcoming **Malanda Men's Shed** Cluster Meeting.

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

### **MALANDA MEN'S SHED**

Thursday 23 March 9.30am

### **FREE! LIMITED PLACES! BOOK NOW:**

For catering and venue size, please text the number of men attending from each Shed to ph 0499 268 573 by Friday 10 March.

## Men's Health Seminars



Dorrington Men's Shed invite interested Shedders to their monthly Men's Health Seminars. Sessions run from 10.30am-12noon. Cost is \$5 - includes morning tea.

### **DORRINGTON MEN'S SHED**

Prostrate It's a Bloke Thing Mon 6 Mar

Depression Mon 3 April

Dementia Mon 8 May

RSVP last Friday before event.

For more information contact [Dorrington Men's Shed](mailto:dorringtonMShealthforum@gmail.com). [dorringtonMShealthforum@gmail.com](mailto:dorringtonMShealthforum@gmail.com)

*Event held by Dorrington Men's Shed.*



## 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.  
Race days start at 9am.

### **LAKESIDE PARK RACEWAY**

Upcoming sessions:

**Wednesday, 15 March, 17 May and 19 July.**

Email [Rodney](mailto:Rodney) at Burpengary and District Men's Shed for more information.

*Event held by Burpengary and District Men's Shed.*



And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs ... he thought that his best friend had never been more right."

**A.A. Milne**

Sending thoughts to those having a Difficult Day today and hope you have your own Piglet to sit beside you.

**Author Unknown**

## Is today a difficult day?

"Today was a Difficult Day," said Pooh.

There was a pause.

"Do you want to talk about it?" asked Piglet.

"No," said Pooh after a bit. "No, I don't think I do."

"That's okay," said Piglet, and he came and sat beside his friend.

"What are you doing?" asked Pooh.

"Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either.

"But goodness," continued Piglet, "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh."



**The challenge is on!**  
**Help us get 100 likes in 100 days**

Like us on Facebook to stay connected with news, yarns and useful tips from shedders across Queensland and beyond.

[www.facebook.com/qmsa4](http://www.facebook.com/qmsa4)

## National Fire Ant Eradication Program

**Help stop fire ants - learn more at [www.fireants.org.au](http://www.fireants.org.au)**

Fire ants could devastate our environment, economy and outdoor way of life we know and love. Together we can eradicate them and protect our Australian lifestyle.

Just one undetected fire ant nest can multiply and spread, resulting in hundreds of new nests across a whole community.

Subscribe to [Fire Ant news](#) to keep up to date with the latest news, treatment programs and affected areas.



Just for fun

It only takes one slow walking person in the grocery store to destroy the illusion that I'm a nice person.



My super power is holding on to junk for years and then throwing it out the week before I need it.



## It's a Mystery

If you guessed our Mystery Object from December was a Carpet Rollers Handle you got it right!

Our latest mystery object (right) has had our fans on Facebook guessing! Has anyone got it right so far? Check our [Facebook page](#) next week to find out, or read the next edition of *Shed Chatter*.

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](#).

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