



# SHED chatter

ISSUE JUNE 2023

## Welcome to Shed Chatter

We are delighted to present the June edition of *Shed Chatter*, filled with thrilling news and inspiring stories. It's hard to believe that we're already halfway through 2023! We celebrated Men's Health Week this month and introduced the updated Queensland Men's Shed Association website.

Men's Health Week (12-18 June) is an important reminder to prioritise physical and mental wellbeing. Men's Sheds provide an important space for camaraderie, shared experiences, and a forum to address men's unique health challenges.

Our new website serves as a valuable information hub for Sheds throughout Queensland, boasting a modern design, easy navigation, and access to the latest Shedding news, resources for members, and updates. Be sure to check it out at [www.qmsa.org.au](http://www.qmsa.org.au).

In this edition of *Shed Chatter*, you'll find inspiring stories from Sheds across Queensland and beyond. These stories highlight Men's Sheds' remarkable impact on communities, showcasing successful regional Zone Cluster meetings, 10th-anniversary celebrations, health events and workshops, community support initiatives, and a few thrilling adventures. They serve as a reminder of the powerful connections and support networks within Sheds.

As we enter the second half of 2023 (and look forward to warmer weather), we wish you good health and success on your Shed journey!

To share your celebrations, stories, successes and challenges with other Shedders, take a photo or two, share your story and email it to [shedchatter@qmsa.org.au](mailto:shedchatter@qmsa.org.au).

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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,*

It was very pleasing to the Queensland Men's Shed Association to have our State Government grant extended in the 2023-24 Queensland State Budget until 2026-27. This partnership with the Government is recognition of the perceived value of the progress made in advancing the Queensland Men's Shed movement. This is truly a gratifying result.

There has been significant activity in the Queensland Shed community over the past two months. A very successful day sponsored by the AMSA and hosted by and at the Pimpama Shed on Wednesday, 10 May. It commenced with a breakfast barbecue followed by a series of workshop sessions. The event was attended by approximately (70) persons and was voted a worthwhile day by all attendees. It is my understanding that the AMSA is planning a further two regional gatherings over the next few months.

On Wednesday, 17 May, (60) Shedders from the Sunshine Coast Zone attended a Cluster meeting hosted by the Noosa Shed. This was an outstanding day. Activities included a tour of the Shed's impressive facilities, first-class catering and three keynote, on point, presenters on Governance, Health Programs and Shed Future Proofing.

A Cluster hosted by the Cairns Shed took place on Tuesday, 30 May. It was well attended with most Sheds in the region represented. Miles, a local-based solicitor spoke on Incorporated Associations, Trent from Cairns Community Health delivered an informative address on Men's Health Matters and the QMSA Vice President

Lawrie presented on Future Proofing Your Shed. Thanks go to the Cairns Shed and all those responsible for staging this wonderful and most enjoyable occasion. On the following day Vice President Lawrie, Zone Representative Ken and our Regional Coordinator Frank had the pleasure of visiting and were suitably impressed with the Kuranda, Mareeba and Edmonton Sheds.

A highlight of the recent period has been the presentation of a symposium centred around the theme of "Making Your Shed Retirement Great". This event was organised by the Sandgate Men's Shed with the collaboration of the University of the Sunshine Coast (UniSC), the Metro North Wellness Hub and the QMSA. The symposium was held at the UniSC Moreton Bay campus at Petrie on 7 June and attracted 117 attendees. With the active involvement of the university and a wonderfully rounded group of presenters, (14 in total) success was assured. Congratulations Sandgate on your initiative and your work; we at the QMSA are extremely proud of your achievement.

Our next Cluster meeting is scheduled for Tuesday, 29 August at Kingaroy. I encourage all the Sheds in the South Burnett region to mark this date off in their diaries. It promises to be a great occasion.

On 10 May Frank Pearce, our Regional Coordinator, and I were pleased to attend a meeting involving the Boonah Activity Shed and the Palen Creek Correctional Centre Men's Shed Coordinator to discuss how Boonah can offer support to the Palen Creek Shed. This was a very positive meeting, and we now anticipate future developments.

On 1 June a significant event occurred at Kilkivan with the opening of their Shed. David Timperley and his fellow shedders have worked diligently towards this day since 2016. The Shed was privileged to have Professor Graeme Nimmo, RFD, the joint patron of the QMSA, present to open and share this event together with other state and local dignitaries. The Kilkivan Veterans and Community Men's Shed has since its inception been a recognised contributor to the community. Congratulations on the opening of your Shed.

Kindest regards to all

*John Greatrex*  
President QMSA

# Our team

## EXECUTIVE COMMITTEE

President John Greatrex  
*Ipswich Shed*

Vice President Lawrie Bingham  
*Samford Shed and Dayboro Men's Shed*

Treasurer Lawrie Bingham (acting)  
*Samford Shed and Dayboro Men's 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

*All members of the Executive Committee, and*  
**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 Robertson 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.

## Supercharge Your Event Promotion

Is your Shed organising an event for Mental Health Week (7-15 October)  
or celebrating Men's Shed Week (3-9 September)?

If you are, inform us, and we'll boost the exposure of your event by promoting  
it on our website, and in *Shed Chatter*.

To get started, [download](#) and fill out our [Event Form](#),  
then email it to: [events@qmsa.org.au](mailto:events@qmsa.org.au).



## Note from our Treasurer

### Cheques to be phased out in Australia

The Australian government recently announced that cheques will be gradually phased out by no later than 2030. This decision was made because cheques only make up 0.2% of all payments in Australia and are more costly to process than other payment options.

To initiate this change, the government will begin reducing the use of cheques across the banking system. By 2028, federal departments will transition to alternative payment methods, paving the way for the complete elimination of cheques by 2030. According to CommBank, from June 2023, there will be changes to cheque access in Australia, with some new and existing accounts no longer having cheque access available.

Many Men's Sheds often rely on paying invoices by cheque. Given these changes, we encourage Men's Sheds to consider updating their policies regarding issuing and receiving cheques and instead consider alternative payment methods such as electronic funds transfer (EFT) or credit/debit cards.

If in doubt, we recommend discussing the issue with your bank.

*Lawrie Bingham*  
QMSA Vice President & Acting Treasurer



### 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 August edition of Shed Chatter on Tuesday 1 August.

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





## Men's Health Week

# Celebrating Men's Health Week in Queensland Men's Sheds

This June, we celebrated Men's Health Week (12-18 June) as a time to raise awareness about men's health issues and find strategies for a happier life. This year's theme is 'Healthy Habits!'

At Queensland Men's Shed Association, we value men's health and wellbeing. Men's Health Week reminds us to focus on our physical, mental, and emotional wellbeing for the week and throughout the year. It encourages open discussions and helps us build a supportive network within our Sheds.

Men's Sheds are more than just places for practical skills and projects; they are safe spaces for connection, socialising, and support. Men's Health Week reminds us to talk about exercise, nutrition, mental health, and regular check-ups throughout the year.

Here are some ideas to prioritise men's health in your Shed:

- Organise health workshops or talks with guest speakers or healthcare professionals.
- Promote physical activities like group exercises, walks, or outdoor activities.
- Encourage regular health check-ups.

- Share QMSA member news updates with health and well-being tips and resources.
- Dedicate time during Shed meetings for discussions about men's health.

For more resources, check out the *Know Your Man Facts* toolkits from the Australian Men's Health Forum (AMHF) featuring topics on men's mental health, heart health, and mateship.

The Exercise + Men's Health toolkit explains the importance of staying active and offers ideas to help your mates and family stay fit and active. To download the [toolkit](https://amhf.org.au) visit [amhf.org.au](https://amhf.org.au).

By actively promoting these activities, we can improve our wellbeing and contribute to a stronger, healthier, and happier Men's Sheds community.



## Noosa Zone Cluster meeting - a great day out!



by Noosa Men's Shed

On Wednesday, 17 May 2023, the Noosa Men's Shed (NMS) had the honour of hosting a Queensland Men's Shed Association (QMSA) cluster meeting for representatives from Sunshine Coast Sheds and QMSA representatives.

On a picture-perfect Queensland day, the day kicked off with our resident band, The Hip Replacements, entertaining our guests whilst they walked around the NMS campus, chatting with our members.

After morning tea, attendees enjoyed presentations by renowned speakers on the topics of shed governance and health and wellness. These were well received, judging by the number of questions and interactive conversations during and after the presentations.

After lunch, the QMSA vice-president, Lawrie Bingham, discussed "future proofing" sheds to ensure their ongoing existence and longevity.

All up, it was a great day on which a lot was learnt, and many new friendships were forged.



I (Chris, president of Noosa Men's Shed) would like to take this opportunity to thank all the NMS members who helped.

Article originally appeared QMSA News Blog 24 May 2023 [www.qmsa.org.au/news-blog/](http://www.qmsa.org.au/news-blog/)

IMAGES: Top - Noosa Men's Shed resident band, "The Hip Replacements". Above - Shedders from around the region attended the meeting.

# Invitation to host a cluster meeting

## Exciting Opportunity to Host a Cluster Meeting with QMSA in Your Local Area!

Cluster Meetings are a great way for local Sheds to come together, to exchange ideas, learn from each other and to hear from expert speakers on important shed management, men's health and other topics.

The positive feedback we receive from both participants and hosting sheds is overwhelming, with one common question being, "When's the next one?"

If you are interested in hosting a Cluster Meeting, QMSA is keen to partner with you.

All you need is a suitable venue and the ability to manage the event. QMSA will cover all catering expenses and arrange experienced guest speakers. Plus, we are

dedicated to supporting you in any way necessary throughout the process.

We welcome applications from across the State, but are particularly interested in having a meeting in Mackay, Central Queensland, and Southwest Queensland over the next six months.



If you're interested, please talk to Frank, our Regional Coordinator email: [regionalcoordinator@qmsa.org.au](mailto:regionalcoordinator@qmsa.org.au) or phone 0427 646 776

## Cairns Cluster Meeting a success

Cairns Men's Shed recently hosted to a QMSA Cluster Meeting on Tuesday, May 30.

The event proved to be a great success, with representatives from many Men's Sheds in the region in attendance. Engaging discussions covered a wide range of topics and participants broke out into small discussion groups to brainstorm ideas for enhancing Shed activities, increasing members and ensuring the sustainability of Sheds in the future. The lunch provided by QMSA also proved to be a hit, helping Sheddors relax and chat while 'breaking bread' together.

The day was cause for a double celebration, with local Sheddor John celebrating his 80th Birthday.

Stay tuned for updates on future Cluster Meetings.







Edmonton Men's Shed stood out for its recent installation of a solar battery storage system, being one of the State's first Men's Sheds to adopt this sustainable energy solution.

The visits provided an opportunity for QMSA representatives to witness firsthand the enthusiasm, camaraderie, and meaningful work taking place in Men's Sheds across the region. It was inspiring to see members engaged in a wide range of activities, from conservation projects to carpentry and community repair initiatives.

The Cairns Cluster meeting and Shed visits have once again demonstrated the vitality of the Men's Shed movement in Queensland. The gathering of Shed representatives, informative presentations, and the exchange of ideas fostered a sense of unity and shared purpose. QMSA remains committed to supporting and promoting Men's Sheds across the state.

## Out and about in Far North Queensland

In late May, QMSA Vice President, Lawrie Bingham and Regional Coordinator Frank Pearce visited Cairns joining with local Zone Representative Ken Robertson for the Cluster meeting held on Tuesday, 30 May, and to visit local Men's Sheds.

The Cluster Meeting was hosted by the well-appointed Cairns Men's Shed and saw a great turnout with representatives from most Men's Sheds in the region. The agenda featured an array of informative speakers. Local solicitor, Miles, delivered a talk on Incorporated Associations, QMSA Vice President Lawrie shared his expertise on future-proofing Men's Sheds, and Trent from Cairns Community Health gave an informative presentation on men's health matters.

The next day Lawrie, Ken, and Frank had the privilege of visiting three Men's Sheds, Kuranda, Mareeba, and Edmonton. Each Shed was bustling with activity and showcased the diverse range of projects undertaken by its members, including the building of Myna Bird traps, furniture making and local repair projects.



*IMAGE The Shedders at Kuranda unfurl their new shed banner*

*IMAGE Top left: The new solar battery at Edmonton Men's Shed*



## Get on Board with the Pittsworth Men's Shed for Prostate Cancer Awareness



By M. Graham

This August, a group of blokes from the Pittsworth & District Men's Shed will embark on the adventure of a lifetime. They are sailing down the mighty Murray River from Yarrowonga to Swan Hill, Victoria, for a great cause – to raise funds for the "It's A Bloke Thing Foundation", a not-for-profit organisation that works tirelessly to support and raise funds for prostate cancer. As part of their journey, the Shedders will spread the word and raise awareness about this vital cause.

Being Shedders, the blokes are well prepared for their 600km sailing journey, having built a sturdy river raft using Composite Fibre generously supplied by the Wagner Group. But it's not just about the trip down the river. Before they set sail, the blokes will hit the road and cruise down the Newell Highway, making stops at various Men's Sheds and communities along the way, raising awareness about prostate cancer and the awesome Men's Shed movement. Spreading the word about prostate cancer and the need for early detection is a serious issue. In 2022 alone, over 24,000 Aussie blokes were diagnosed with prostate cancer, and 10 Aussie men die from the disease daily. The good news is that early detection saves lives!



The Pittsworth Men's Shed is proud to be spreading the word about this important cause – if you would like to jump on board and show your support, you can donate directly to the appeal at:

HERITAGE BANK – PITTSWORTH BRANCH BSB: 638-070  
ACC: 13325485

All money raised will be donated directly to the "It's A Bloke Thing Foundation" and will attract a Dollar-for-Dollar subsidy from the Federal Government.

Contact Pittsworth Men's Shed for more information at [pittsworthmensshed.org.au](http://pittsworthmensshed.org.au)



## The Samford Area Men's Shed



## SAMS in the Spotlight with MP visits

*by the Samford Area Men's Shed*

The Samford Area Men's Shed (SAMS) recently welcomed two local members to commemorate our 10th year since incorporation and eleven years since establishment.

On April 27, we were honoured to have The Honourable Peter Dutton MP, member for the federal seat of Dixon and Leader of the Opposition, spend over an hour with us. Peter inspected our work, engaged in conversations with our members, and extended his congratulations to SAMS for achieving the 10-year milestone. He presented us with a certificate acknowledging our ten years of community service. During his visit, Peter Carmichael, a skilled woodworker, presented commemorative plaques made in the Woodies workshop to our founding members, Lawrie Bingham and Graham Macklin.

Continuing the celebratory visits, on May 30, Nikki Boyd, the member for Pine Rivers, visited us. Nikki had the opportunity to chat with our members and explore our steel and wood workshops. She expressed



admiration for the progress we have made in just ten years. While she regretted missing our birthday celebrations, Nikki kindly brought a wonderful cake to acknowledge our achievement. In congratulating the shed on its success, she also extended her well wishes for the future.

These visits by esteemed community members have placed SAMS in the spotlight, highlighting our milestones and recognising the valuable service we provide to our community. The future looks bright - with planning for the next ten years underway.

*IMAGES: Top right Peter Dutton presenting a commemorative plaque to Graham Macklin. Above Nikki Boyd chatting with Chairman Phil Walters.*





During the week, we had other visitors as well. Julie Morrison from the Gladstone Regional Council gave a presentation on her role in Disaster Management and how we can prepare for potential disasters. We also received another donation of \$250 from Locations Real Estate, thanks to the buyer's direction on the purchase of a house, as part of the Estate Agencies Community Donation Program. This program has been incredibly valuable to non-profit organisations in the Gladstone region, with almost \$70,000 donated so far.

Healthy activities continued on Friday with exercises at the Shed. Then, to wrap up the entertaining week, some of our members went to the Marina on Saturday to help with a barbecue for a family fun day for the Wiggins Island Coal Export Terminal staff and families.

The Treasurer of the Gladstone Men's Shed, Ron Steen, emphasised the importance of promoting relevant issues during Men's Health Week. Great community

## Men's Health Week at the Gladstone Men's Shed

*by Gladstone Men's Shed*

Men's Health Week took place from 13 to 19 June, and it was a busy week at the Gladstone Men's Shed. We had the opportunity to show our Shed facilities to Leanne Patrick and Glenn Burton from the CQ Shines Foundation, which is dedicated to improving the health and wellbeing of communities in the CQ region. It was a great chance to demonstrate how men can stay active in a Shed - with many projects underway, such as building Early Childhood items for local schools and crafting timber to meet clients' specifications. We also had a wave tank nearing completion for the CQU Gladstone campus.

On Thursday, we had a barbecue lunch organised by local dietitians Brie James and Kimberly May. They gave a presentation on "Seven Healthy Habits for Men", and everyone enjoyed delicious protein items cooked on the BBQ, accompanied by grain, vegetable, and salad options. It was a fantastic opportunity to learn about healthy eating and take away some great ideas for living well. We're now feeling inspired to organise similar events in the future.



relations are enjoyed by all Sheds in the region, and it is pleasing to be able to share important messages on Men's Health.

Looking ahead, we have Men's Shed Week in September. At this time, all the Gladstone regional Sheds will be invited to socialise and promote their activities to the public at an Open Day at Wards Brewery on Saturday, 9 September.

*IMAGE Top left: Jim McBryde planing a piece of local hardwood, 100 pieces to do*

*IMAGE Above: Ray Stanley, Brie James and Kimberly May busy in the Shed kitchen*



## Sandgate Men's Shed



## Wellbeing on Steroids !+!+

by Ross Smith, Sandgate Men's Shed

Woodwork and wellbeing are complementary concepts. Many Sheds have an enviable reputation for awesome woodwork, but according to the standard official objectives of many sheds, **Promoting the physical, mental, social and the economic wellbeing of members** is a real reason for our existence.

Nowhere in the objectives does "woodwork" feature. The word is probably not even in your constitution.

As a prelude to Men's Health Week, Sandgate Shed staged Making Retirement GREAT at the University of Sunshine Coast Moreton Bay campus at Petrie on 7 June 2023.

**What Happened?** About 160 people registered to attend, a few didn't show up but there were a few unregistered "walk-ins". No problems, there was plenty of space for everyone and food for lunch.

**What was it like?** Altogether there were 15 speakers, some academic staff and researchers



Image: Shedders and their families enjoy morning tea between sessions.

from the UniSC's four campuses and friends of Men's Sheds with specialist knowledge and expertise from the world of experience. Initially, the presentations were to the whole group well supported by excellent visual and audio, as you would expect from a university.

Then there were two sessions where everyone has a choice to attend one of four topics (physical, mental,





social, and economic streams again!). What a tough choice. This allowed a more intimate setting and the opportunity for questions. One group just laughed for 30 minutes. Laughter Wellbeing is a real thing – try it sometime.

**What did people most enjoy about the day?**

Many people completed and returned the feedback forms.

- Great presentation, subject content especially delving into the reality of the world we live in and sometimes abuse.
- Laughter yoga, managing risk and panel discussion and also the chocolate sweets.

**What did they think could be improved?**

- Nothing, very well co-ordinated event, beneficial.



*Image Top: A collage of images captures the fun of the day. Image above: Sandgate Secretary Ross Smith presents Professor Karen Becker - Head USC Moreton Bay, Professor of Management, with a hand crafted charcuterie board.*

Making Retirement GREAT was organised by Sandgate Mens Shed in conjunction with QMSA, UniSC and the Wellness Hub of Metro North Health. More details from sandgate.mensshed@gmail.com





## Gladstone Men's Shed



## Out and About in Gladstone

by Ron Steen

The Gladstone Men's Shed has had a fantastic year of exploration and adventure in 2023, and we're only halfway through the year!

It all started in January with a kind invitation from Gemco Rail to tour their state-of-the-art facilities, where they maintain the rolling stock for the busy rail network that services the Gladstone port and the many coal mines in the hinterland.

Gemco's Rollingstock Maintenance Facility is conveniently located near our Shed at Barney Point. However, that didn't mean our members made it back before shed closing time from their enjoyable and extended tour. They had a great time exploring the massive equipment, including refurbishing wagon wheels and more. An interesting outcome of the tour was the discovery that Gemco didn't have a milling machine to train their apprentices. As a result, the experienced and skilled tradesmen of the Gladstone Shed



*Image: Shedders in one of the several workshops visited at Boyne Smelters*

now have a new activity - training an apprentice on our milling machine one morning a week.

Then, we got our shedders together for a bus trip to Boyne Island Aluminium Smelters to their Maintenance Workshops, where they repair the process equipment ready for reuse. Many of our members have retired from similar industries, but it was amazing to see the advances in technology that tradesmen now work with.



There were several Mazak machine tools on the workshop floor, and we saw a combined mill/lathe take a piece of round bar with continuous tool head changes and no stops to make a bracket in 15 minutes. In these workshops, it is eye-opening to see the amount of welding wire the tradesmen go through; they don't order it by the carton; instead, three pallets were available for workshop use.



*Image: Seeing the technology at work on a Mazak machine*

In April, we went on a different trip altogether. The Calliope River Men's Shed invited all nearby Sheds - Gladstone, Boyne-Tannum, and Boyne Valley - to join them on a tour of Rio Tinto Yarwun's Residue Management Area (*feature photo*). From the comfort of a bus, we witnessed a huge earthmoving project designed to handle 3 million tonnes per annum of process residue from the alumina refinery.

The residue is stored behind dam walls. Of course, morning tea was a big deal too, but the four sheds easily demolished it, leaving plenty of time for socialising among Sheddors from all over the region. We also observed Rio Tinto's efforts to minimise environmental impact and avoid disturbing the surrounding landholders.

In May, the Gladstone Shed was all at sea with a tour of one of Smit Lamnalco's massive 90-tonne bollard pull tugs in Gladstone Harbour. We were divided into smaller groups and given commentary on everything from the wheelhouse to the engine room. The ex-seamen in our group couldn't get

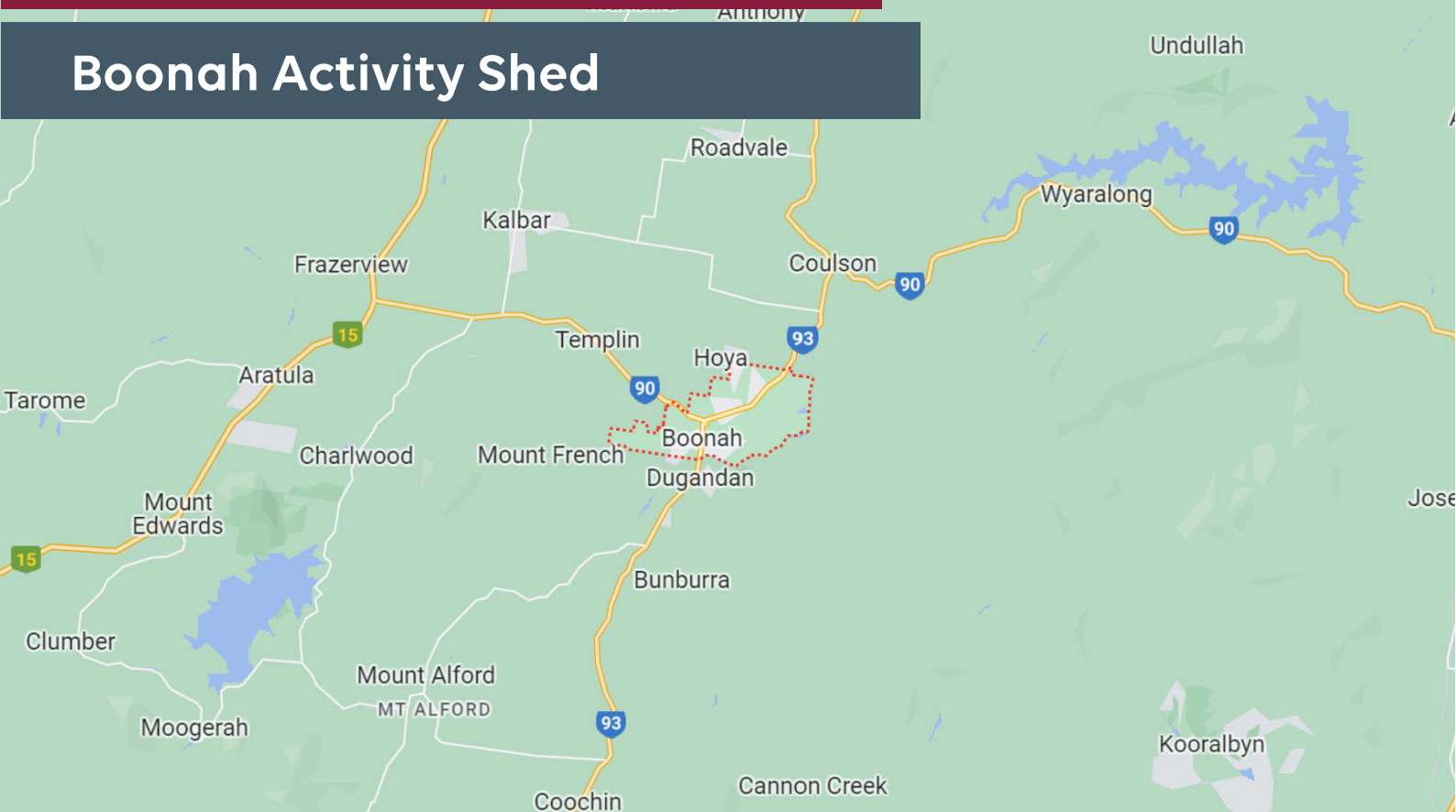
over the advanced technology being used nowadays. The captain is surrounded by four LED screens while guiding the tug, and the engineer doesn't need to go to the engine room as he can monitor and control everything from various locations on the tug. It's quite impressive, even though the tug guzzles fuel at over 6 tonnes per hour.

After this good life, the Gladstone boys will stay in the Shed in June. We have two nutritionists coming in to have a "healthy" BBQ (if there's such a thing) and talk to them about a good diet for Men's Health Week. Then, on 9 September, all the Sheddors in the Gladstone region will have a chance to get together again for an open day in a social setting in town. We hope the community turns up to celebrate Men's Shed Week with us. If Sheds from a little further afield in the Capricornia zone want to join us, they're more than welcome to come down and have an enjoyable Saturday.



*Image: Sheddors enjoy checking out Smit Lamnalco's massive 90 tonne bollard pull tugs in Gladstone Harbour.*

## Boonah Activity Shed



## Putting Boonah on the map

by Boonah Activity Shed

Where's Boonah? Boonah is approximately 1 hr 40 min from Broadbeach (Gold Coast), 40 km west of Beaudesert, 40 km from Ipswich, a 1 hr drive from Brisbane, and 10 min off the Cunningham Highway on the Brisbane side of Cunningham's Gap.

And why the name Activity Shed instead of Men's Shed? The reason is that we wanted to include the ladies of the district. Our ladies work on various projects, including Mosaics, Pyrography, Scroll-sawing, Artistry / Painting, and general Woodworking, often enhancing articles made by the men.

Our area is also set to play a role in the upcoming 2032 Olympic Games, with the planned aquatic sporting events to be held on Wyaralong Dam. The Dam is located between our town and Beaudesert. It stands 48 metres tall, stretches 463 metres long and boasts a reservoir that spans 1,230 hectares ([source Wikipedia](#)).

The dam is managed by SEQ Water and cost \$380 million to construct in 2011, including purchasing farmland flooded by the dam reservoirs.

Described as "Wyaralong Flatwater Centre", with a capacity for 14,000 spectators, the dam is the planned venue 2032 for Olympic 'Canoe (Sprint) Rowing', and for the Paralympics: Paracanoe, Rowing.

Speaking of the Olympics, tickets for the 2032 Olympic and Paralympic Games will be exclusively sold online and will be accessible worldwide. This will mean a more efficient and fair ticket sales process. No matter where you are in the world, you have equal opportunity to join in the excitement!

Back at The Shed, we're busily prepping for the fantastic Boonah Show, which will be held from 2 - 3 June.

Our talented members will serve as Stewards and have made a large quantity of woodwork items to give to some of the estimated 700 schoolchildren expected to attend on Friday.





## Letter to the editor

All Men's Sheds are different, and may that never change. This fact was reinforced with me when 6 of our Shedders attended the Noosa Shed Cluster meeting last week to listen to how Sheds in our region operate. At our Tuesday monthly meeting we were told how Noosa Shed with over 240 Shedders look after the mental and physical health needs of their members by appointing team leaders who are responsible for Shedders participating in the activities Shedders want. It is a credit to their committee that they continue to run a successful Shed with such a huge membership.

Our Maroochy Men's Shed has 150 members, our committee monitor our numbers to ensure all

Shedders are integrated into our shed culture to ensure no one is left behind. From our very beginning over 10 years ago, mate-ship, every member standing before their mates telling their life story has ensured an irreverent fun loving culture has developed, ensuring we have gone from strength to strength.

I also believe our Discussion Group, started by Merv Elliott 10 years ago is a necessary part of our Shed. When Shedders lose their mobility, do not have the skills required to operate in our workshop but realize how important it is to stimulate their brain, have the opportunity every week to discuss or listen to fellow Shedders discussing issues of importance to them, this is their opportunity to shine. It is important we discuss and debate issues of the day and state how we feel in this ever changing world. It is also important to respect each other's opinion and remain good mates after each session.

The Shed movement will continue to thrive and change, it has been a great concept for me and my fellow Shedders.

**Bill Glasson**  
*Discussion Group Chair, Maroochy Men's Shed*

## FOR SALE



### AMAZING OPPORTUNITY

The talented Shedders from Centenary Suburbs Men's Shed are selling the **3" Scale Model Allchin Traction Engine** they built to fund future projects.

It comes complete with a riding truck and rolling road, and the steel boiler is certified for five years. The item is located in Brisbane. The asking price is \$27,000.

Read the story behind its creation in the October 2022 edition of *Shed Chatter*.

Contact Centenary Suburbs Men's Shed at [johnssontm@bigpond.com](mailto:johnssontm@bigpond.com) for more information.

Visit the [Trading Section](#) of QMSA website and follow us on Facebook to stay up-to-date with all our latest giveaway and news.



## Ipswich Men's Shed



## Coming together for a good cause

by Terry Carter, President Ipswich Men's Shed

Recently, the members of Ipswich Men's Shed came together to support Rosies (Friends on the Street) in Ipswich. Our goal was to raise funds and donate essential items for this initiative, which aims to help those who are less fortunate, homeless, or experiencing social isolation and loneliness.

We want to express our gratitude and give a special shout-out to the Salvation Army for their assistance. They generously offered discounted jackets and warm clothing for our donations. We also want to thank Ipswich Embroidery & Workwear for contributing 23 packs of warm socks. These contributions made a significant difference.

In addition to these contributions the Shed purchased eight large tins of Milo and 40 double packets of Cup-a-Soup. We were able to make these purchases because of the overwhelming support we received from local residents at our recent Garage Sale and Bunnings BBQ. It was heartwarming to see the community come together for a good cause.



During the event, we were delighted to be joined by three Tramways Men's Shed members: Don, John, and John. They were genuinely impressed with our efforts. Moreover, one of our talented Shed members, Barry, created a special gift that was warmly received by all three visitors. Looking ahead, we are planning to visit their Shed in March 2024.

*IMAGE Above: Representatives from Rosies gratefully receive donated items*

*IMAGE Top left: The Ute is packed and ready to go.*



## Iconic CA-27 Sabre Jet Restored



Image Credit: The CA-27 Sabre was Australia's first supersonic fighter jet, flown in the 1950s and 1960s.(ABC Mildura-Swan Hill: Jennifer Douglas) Photo published by ABC News.

The ABC News article "*Historic CA-27 Sabre fighter jet restored at Dareton Men's Shed for Mildura Museum*" by Jennifer Douglas highlights a fantastic project by the Dareton Men's Shed in NSW – the restoration of a 1954 RAAF CA-27 Sabre Fighter Jet.

The project took two years of painstaking work and is a testament to the Men's Shed community's collective skills, passion, and teamwork.

By undertaking such projects, Men's Sheds provide a valuable space for men to come together, share knowledge, and engage in meaningful activities. The restoration showcases their technical expertise and strengthens friendships among the participants.

In the article Men's Shed volunteer and Replica Spitfire Pilot Waters says the restoration project is an excellent example of what the many skilled men's shed members can achieve, saying, "*The Sabre's new paint job looks better than it would have straight out of the factory.*"

The Sabre is connected to Mildura's wartime history through the World War II air force training base, the

Mildura Operational Training Unit (2OTU). Having served as Australia's first supersonic fighter jet, it played a role in the Cold War efforts, stationed at air bases in Malaysia and Thailand.

The restoration is a collaboration between the Dareton Men's Shed, the Mildura RAAF Memorial and Museum, and the Mildura RSL.

**Original article appeared in ABC News 30 May 2023**

Read the full article (and check out more amazing photographs) [online](#).

Scan QR code to read the full news article online.





## Are we in a friendship recession?

In the opinion piece *"Rebuilding communities in a 'friendship recession'"* originally published in The Daily Telegraph, Australian Member of Parliament Andrew Leigh highlights the decline in community engagement and friendships in Australia. He questions,

*"Are we facing a friendship recession?"*

Leigh notes that each person's number of trusted friends has been in steady decline, dropping from an average of nine in 1984 to just five within the space of a generation.

Leigh believes part of this decline is due to less participation in shared activities, seen in a decrease in joining community organisations, sports teams, religious communities, and social clubs. And [not surprisingly] the internet hasn't helped make up for this decline – rather than encouraging face-to-face connections, it seems to have instead replaced them.

Men's Sheds get a special call-out in Leigh's piece as a place that effectively addresses the need for male friendships, noting that men are often reluctant to acknowledge *"I need a friend"*.

Leigh concludes that there is a need to recognise the social value of joining and encouraging organisations that connect others and highlights that a stronger community will benefit us all.

*Source: "Opinion piece: Rebuilding communities in a 'friendship recession'" by The Hon Dr Andrew Leigh MP. Originally published in The Daily Telegraph.*

Well worth a read ...

Read the entire opinion piece [online](#)

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## Official Opening: New Shed for Kilkivan

Local dignitaries and members of the community came out in full force to celebrate the official opening of Kilkivan Veterans and Community Men's Shed on Thursday, 1 June 2023.

The Shed was officially opened by Queensland Men's Shed Association joint patron Professor Graeme Nimmo. The State Member for Nanango, Mrs Deb Frecklington, the Mayor of Gympie, Mr Glen Hartwig and Deputy Mayor Hilary Smerdon also joined the celebrations. A reception marking the 30th Anniversary of Men's Sheds in Australia was held at the Kilkivan Hotel.

Check out the many online news articles from The Courier Mail, [Gympie Today](#), [South Burnett Online](#) – and even [Twitter](#).







## Embracing Vulnerability: a Men's Health Revolution

As part of our focus on Men's Health Week this June, we have reviewed a recent article by Ben Jhoty titled "[The Men's Health Revolution: Redefining Masculinity for Better Wellbeing](#)" ...

The article sheds light on the neglected state of men's health in Australia and explores a growing movement to create a new approach to health and masculinity.

It's unsurprising that Jhoty finds that men's health often takes a backseat, with many men reluctant to visit a doctor. In keeping with this, most doctor's waiting rooms are geared towards women, featuring reading material that are geared towards their interests, and are less inviting to men. This disparity reflects the broader health gap between Australian men and women. Men face shorter life expectancies, higher rates of disease and injury, and lifestyle-related health issues influenced by traditional masculine norms.

However, amidst these challenges, there is reason for optimism. The COVID pandemic helped

normalise health discussions; this, with a new focus on mental health and changing social norms, presents an opportunity for better health outcomes for men.

The article emphasises the importance of embracing vulnerability and encouraging emotional support as key factors in promoting men's wellbeing and references the book "[The Manual: A practical guide to life, health and happiness](#)" by Dr Kieran Kennedy and Scott Henderson. The book celebrates the changing face of manhood with relatable and practical tools to empower men to think of health as more than purely skin deep.

This discussion resonates deeply within the Men's Shed community, where men gather in supportive environments to work on projects and engage in meaningful conversations and have the opportunity to normalise seeking help when needed.

[Read the full article online.](#)



## Redefining Men's Mental Health: Drop-in Group

The Burpengary Men's Shed offers a safe haven for men in our community to come together, share their stories, and seek support. The Men's Drop-in Group takes place on the first Tuesday of every month from 6pm to 8pm, offering a confidential setting where men can freely express their concerns about health, relationships, and the stresses of life. Whether facing unexpected challenges or seeking guidance, the group provides a supportive environment where men can connect with experienced professional counsellors and legal advisors.

"Our primary goal is to create a space where men feel comfortable sharing their experiences and seeking assistance," said Burpengary Men's Shed spokesperson Rodney Hansen.

"We understand that life can throw curveballs, and sometimes it can be difficult to navigate these challenges alone. Through our Men's Drop-in Group, we want to let men know they are not alone and that support is available."

The Burpengary Men's Shed team recognises the importance of addressing men's mental health concerns and breaking the stigma surrounding seeking help. With the assistance of trained professionals, attendees can discuss a wide range of

topics, from emotional well-being to legal matters.

"Nothing is too difficult to share in our confidential setting over tea and biscuits," assured Hansen. "We encourage men to come along, listen to others' experiences, and share their own. By offering a non-judgmental space, we hope to foster connections and provide the tools necessary for moving forward."

The Burpengary Men's Shed has garnered a reputation for its commitment to improving men's mental health and overall well-being. The organisation has successfully built a supportive network through various initiatives and programs where men can find solace and support.

If you or someone you know could benefit from the Men's Drop-in Group at the Burpengary Men's Shed, mark your calendars for the first Tuesday of the month. Together, the community can break down barriers, create meaningful connections, and empower men to embrace a brighter future. For more information contact [Burpengary Shed](#).

**Article appeared QMSA News Blog 24 May 2023.**  
(Source press release by Burpengary Men's Shed).

Read the article online: [www.qmsa.org.au/news-blog/](http://www.qmsa.org.au/news-blog/)





Tamborine mountain  
**Car Show**

**SUN 20 AUG 2023**

Tamborine Mountain Sports Centre

6.30pm-2.00 pm

Ticket sales at the gate



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*The Gympie Rotary Club proudly presents the*

**2023 Heritage MAKERS FAIR**

Over 60 artisans and traditional makers will gather, keen to inspire and share their passion and knowledge - to preserve their craft. It's a weekend filled with non-stop demos, vintage displays, bushcraft shows, markets and good old-fashioned camaraderie. Cost \$15pp.

**GYMPIE SHOWGROUNDS**

Saturday 1 July - Sunday 2 July

Visit [ancientcrafts.org](http://ancientcrafts.org) for more details.

## Look for and report fire ants

The fight against fire ants is a year-round job and we need to work together to check every property for signs of the pest. One missed nest can multiply and spread, putting an entire community at risk and changing the outdoor way of life we know and love.

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

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

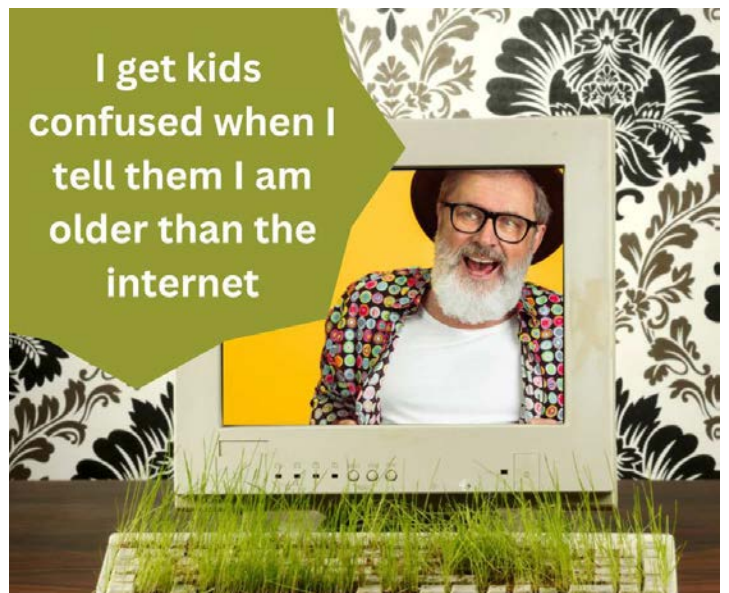


## Just for fun

**I don't call it getting OLD**



I get kids  
confused when I  
tell them I am  
older than the  
internet



**In Summer**



**In Winter**



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