



Buderim Men's Shed Newsletter
53 Mills Rd, Buderim, QLD, 4556
Phone: 5445 2202
<http://buderimmensshed.org/home/>

Edited by Tiama Kimlin Summer Edition 2015

President Report

What a great finish to the year. We have had a busy year but the finish was a real climax. Besides the usual run of sausage sizzles and club activities, we have completed a few larger projects.

The Light Horse Memorial at Woombye was a great effort particularly for artist, Jeff Franklin and organiser, Barry Cheales. Anybody else would have thrown in the towel at least a year ago but thanks to their tenacity, the job was completed and dedicated. This job has done an enormous amount to lift the profile of the Shed in the community and with the elected representatives. Anyone who hasn't done so, drop into the park at Woombye around dark and have a look at a great memorial.

We held our Open Day again this year which was organized by Ross Winks and Mick Harman and the team. I would have to say that I was proud to see so many members just doing what had to be done. It looks like the day will be a record in raising money for the Shed. The efforts of Rob Horne with the raffle really assisted in the great result.

The men's fitness classes continue to attract about 10% of our total membership, three mornings a week. It is great to see the success of this program under the watchful eye of Craig Allingham. Those who haven't been down, make the effort for a moderate amount of exercise and a lot of laughs.

Our nutrition helpers from the University Emma and Rachel have continued their work and have begun their cooking classes without reports of cut fingers or food poisoning to date. Well done to this group.

We are continuing to expand the links between the Sunshine Coast University and the Shed. The programs and information we will extract will be invaluable in convincing funding sources of the value of the Shed in promoting men's health in all the various aspects.

The new shed project continues with Ross and Norm working with the lengthy statutory preparation requirements of the land. We will be pursuing avenue with Council to seek relief from various charges.

Weekly attendance by shedders at the variety of activities continues to provide members with enjoyment and comradery. The large attendance of near 100 men at our monthly meeting and education forum shows great interest and ongoing enthusiasm of members for the shed.

Thank you to all the members who have put their hand up when we needed help. You belong to a great organisation thanks to your enthusiasm!

President,
Rick Beasley

Reminders

SHED WILL BE CLOSED FRIDAY 18th
DECEMBER TO 4th JANUARY 2016

- ❖ Induction course: 10- 11am (approx.) 8th, 9th, 10th and 11th Tuesday- Friday
- ❖ Christmas party: 11am- 2:30pm Sunday 6th December. RSVP with money no later than Tuesday 1st December
- ❖ Health and Safety: all shed members need to take care when carrying out activities.
- ❖ Fundraising Committee: Members wanted for first meeting before Christmas.
- ❖ Gardening group: Members wanted! Gardening plots are available for anyone interested in growing their own vegetables.

Firstly, congratulations on the efforts from all those involved in the 2015 Open Day, the planning and implementation of resources required for this event is a huge task and many thanks to our committee involvement to produce another grand event.

We must also mention the efforts of various groups throughout the year for the construction of products for both the Open Day and various customer requests, these were items made for the Buderim

Tavern, Aussie World, a Butcher Retail Chain, toys, novelty items and many more.

The important thing is that a considerable value has been raised enabling us to provide funds for ongoing purchase of sundry items for each of the activity groups within Buderim Men's Shed, these cover day to day items like sandpaper, glue's, screws, nails, sanding disc's, welding rods, glass foiling tapes and solders.

All this has to be paid for, add to this our water, electricity, equipment maintenance, repairs, replacement of tools and machinery, tea, coffee and biscuits.

The cost for this is a considerable amount and without fund raising activities, much of the facilities we have would not be able to be provided.

So bear in mind, without all your contributions and support both physically and financially, it would be extremely difficult to continue to finance our Shed in the manner we have all become accustomed to.

Our thanks also to the Team Leaders for your support in the running and organisation of the Shed, we have tried to put in place procedures to make the operation easy for all of us and be able to enjoy those daily Shed activities.

Cheers,

Dick & John
Shed Co-Ordinators



Shed's ANZAC Horse Project

Saturday 31 October 2015 saw the culmination of 22 months' work by shed members with the Minister for Veteran affairs Stuart Robert MP unveiling a Light Horse monument at a park in Woombye. This monument was designed, assembled and erected by members of the Buderim Men's Shed.

In January 2014, members of the Buderim Men's Shed discussed how they could contribute to the Centenary of ANZAC. There was agreement to recognise the contribution of the Australian Light Horse to World War 1 (WW1). The decision was made to seek financial assistance through the Australian Government's Anzac Centenary local grants program.

Shedder Jeff Franklin suggested a stylised 'Waler' horse synonymous with the mounted regiments during this period of war. Following discussions with the Sunshine Coast Council, a suitable location at Woombye was confirmed and acknowledged the presence of two troops of the Australian Light Horse based in the region: one in Woombye and the other in Maleny.



Shedders at the unveiling of the Waler horse in Woombye.

The resultant unveiling event was attended by Federal, State and Local government politicians, RSL representatives and senior military. A large march down the main street of Woombye, a military service and dedication ceremony to commemorate the Battle of Beersheba in which the Australian Light Horse regiments played a pivotal role in the final victory of Gaza was seen by a very large crowd. Since the ceremony a very positive ripple effect at all levels of government and the community has seen the Buderim Men's Shed and its members elevated in the eyes of the community.



Our sincere thanks to artist Jeff Franklin for a fantastic public art piece. Barry Cheales who was the driving force behind the project keeping it on track and the shedders who assisted on the day.

Health & Well Being

20 blokes a lifting; 12 blokes a cooking; and a partridge in a pear tree.

It has been a remarkable few months in the Health and Well Being group with several of our long term projects reaching start up and implementation.

Firstly was the Fitness Group which now has a core group of around 25 who attend up to three times per week to lift weights, balance and step, hit a bag, cycle a bit and talk rubbish. The circuit training format has been well received and the sessions are lively, sociable and effective. Members have already reported weight loss, shrinking waist lines, reduced medication for diabetes and coronary problems and improved energy levels. Places still available - make sure you have your doctor clearance first.



The next project is the Social Cooking Group which had its inaugural event on November 19th. Twelve of the eight turned up and we shared the duties of preparation, cooking, eating and clean up. The two dishes were a Thai Red Curry Chicken and a Beef Stir fry with oranges. This event was coordinated by our two Dietetics students Rachel and Emma who did a fabulous job on the day with their presentation on Grandpa's Healthy Eating at the last Shed meeting.

I was fortunate to attend the National AMSA Conference in Newcastle in October where I presented a paper on our Health & Well Being program and how it has progressed since the last conference two years ago. Our Shed was often mentioned even though few of us attended. Professor Lowe from the University of the Sunshine Coast presented their survey findings; the Brisbane sign for the G20 was presented in which we figured as the second 'B', and the Queensland President Graham Curnow mentioned us in his comments.

The conference is still finding its way in terms of delivering value to individual members and their leaders. The balance between big picture Shed development and growth at a national and international level and the practical issues of individual Shed leadership, sustainability and managed growth is currently tilted toward the former. Speaking with many Shedders from different states I note that our issues are shared with many, particularly finding a permanent home without becoming subservient to third parties who want to regulate and manage our activities. There is also a warning that Sheds are not health providers, they are health enablers. A message I am taking on board to ensure we don't slip toward nagging and judging members on health matters.

Next year should be a year of consolidation for our three programs, education, fitness and nutrition, as we look to embed health enablers into the shed environment and processes.

Cheers,

Health & Well Being Leader
Craig Allingham

Health and Safety at the Shed



Minor incidents at the shed this year have once again highlighted the care that all shed members need to take when carrying out any work or movements.

It seems that we are remiss at some of the simple things; more care and forethought can prevent future accidents.

When we were part of a workforce we were all required to evaluate the risks before we started the work. This should still be our mantra.

None of us are bulletproof so when someone else suggests that what you are doing is unsafe stop review and then listen to the suggestions with an open mind.

This year you will see Safety representatives on site in as many activities as we can manage and we intend to expand our health and safety impact on all members.

Lindsay Robertson
OH&S Chairman

Fundraising Committee

As the recently appointed chair of the Fundraising Committee I am keen to form a small group of around 5 members and hold our first meeting before Christmas.

If you are prepared to put in some time in this important activity over the next couple of years please contact me.

New Shed Site

Progress continues on preparing the Development Application which we hope to lodge with Council in early 2016.

The plans which form the basis of the application will be available for members to inspect before we lodge with Council.

Norm Thursby

Induction Course

For safety and insurance reasons all members have to attend an induction course.

For those members who have not been inducted - mostly those with pink name badges, although there some with white - there will be courses run at the Shed on the 8th, 9th, 10th and 11th of December (Tuesday - Friday) commencing at 10.00am and will take approximately 1 hour.

Please do your best to attend.

John Payne
Secretary

Men's Shed Christmas gathering reminder

WHEN: 11am - 2.30pm on Sunday 6th December 2015

WHERE: The 'Meals on Wheels' hall, 97 Memorial Ave, Maroochydore

DRINK: Strictly BYO alcohol, soft drink or other beverage of choice

COST: \$20 per head.

RSVP: Money to Ray Crockett or a Committee member at the shed counter no later than Tuesday 1 December 2015, no further bookings available after that.”

Leadlight Group

We have had a busy time within our group; numbers have increased with more new members participating.

A number of projects are underway including a request for making a pair of leadlight pantry doors and more leadlight garden posts.

The beginners in our group are progressing with various tasks and are enjoying the creative side of their souls with the creations they are putting together.

It was pleasing to see items made for the Open Day being sold; approximately \$ 330.00 was made in sales for the Men's Shed.



If we have anyone interested in a Leadlight item they may wish to purchase, we have some product photos of glass art that may be of interest, come and see us at the Shed.

Cheers
John Winstanley

Computer Group

We have two levels of computer lessons, one for basic beginners and the other for more advanced users. If anyone is interested in updating their computer knowledge you are more than welcome to come along.

During the session we also conduct a question and answer session, if you have a computer issue come and share. We may be able to help you and point you in the right direction. Virus/ Spyware Removal and minor repairs or upgrades are also done in the computer sessions as well as file management.

Sessions are on Tuesday mornings between nine and 11am.

Ladies homecare classes

The recent ladies homecare classes, once again sponsored by Energex, were attended by a small group of very enthusiastic ladies who were ably educated by Ross Purdy and Lindsay Robertson.

Purdy and Robertson provided tips including how to hang pictures on walls, patching up wall damage, preparation for painting, the selection and care of paint brushes and rollers as well as a demonstration and explanation of simple plumbing repair techniques and the importance of electrical safety and care of equipment.



Many questions were asked and wherever possible answers were given with practical demonstration much to the satisfaction of all the attendees. Brian Gibb who sat in the background was the assistant for both Purdy and Robertson and his input was appreciated by all.

The results from the survey form suggest that the classes were a great success.

Committee member
Lindsay Robertson

Woodwork Group

All the groups were busy with items being constructed for the Open Day; a number of items were ordered and are currently being made to fulfil back orders.

There have been orders also received for customers to provide more of the fold-up picnic tables, display cases, cabinets and even a set of stairs for a parrot to be able to access her cage.

All in all, this seems to be business as usual, keep up the great work!

Wood Turning

Another group involved in the making of vases, bowls, condiment store items and also items requested from the general public.

We have been fortunate recently in being offered a considerable amount of milled timber, blocks already cut and shaped for the lathes, camphor laurel, silky oak, cedar and mango. The latest load having been picked up recently; this will certainly assist the turners in expanding their imagination in what this may be used for.

Leatherwork

A successful venture for the men again with their products for Open Day generating good sales, the quality of the work now being turned out is of such high standard and is a credit to the group.

This is a very well organised team producing a variety of leather goods, if you need a belt or a whip; see the men in the leather workshop.

Gardening Group

A recent change of events have required Gerry to take a step back from the running of the Garden Group, perhaps Ray will step into the breach.

The Group now suffers from a lack of participants leaving the maintaining of the yards and gardens up to a very small handful of dedicated people and if you look around the place, it is a remarkable achievement for so very few to be able to keep our shed looking as good as it does.

Another issue for them is the garden/ vegetable beds, some members have planted and maintained their own plots, however, there are more than a half dozen other plots which are un-attended due to a lack of personnel. These plots are available for anyone with an interest in growing their own vegetables.

If there are no takers, we will have to remove them and return the area to grass to alleviate any ongoing maintenance requirements for the area.

Community Assist Programs

A reminder to us all of the cash benefits to the Shed by making capital of the various "community assist programs" available from several commercial enterprises, whereby they make cash donations to the shed in appreciation of us having transacted business with them.

Should you have the need of the various services available from these companies, by choosing to transact your business with them and you nominating your membership with The Buderim

Men's Shed, cash from their community assist program will come through to the Shed. These funds are available without any Shed effort of sausage sizzles, open days, raffles etc.

Participants in this program are:

- ❖ Buderim Tavern card available at the Shed.
- ❖ Connect Hearing, hearing aids. Phone Jill Fowles 54534199. Free hearing test coupon available at front counter.
- ❖ Ray White Real Estate Buderim, phone Rob Horne 0429508705.
- ❖ Mcgrath REAL ESTATE 8 King Street Buderim. Phone 54508000 or Lou Cooper 0419021514.
- ❖ IGA, Wises Rd, Wirreanda and North Buderim.
- ❖ Buderim Bendigo Bank, phone Peter Macdonnell 54562094.

It is just as simple as using these companies when required to ensure cash flow through to the Shed.

For further information regarding the above, contact Ian Loosemore at the reception desk at the Shed.

Cheers
Ian Loosemore.



Merry Christmas
shedders and a
Happy New Year!

See you in 2016