



BUDERIM MEN'S SHED

The Shed Spread, seasonal newsletter

53 Mills Road, Buderim, QLD, 4556

P: 5445 2202

<http://buderimshed.org/home/>

Edited by Tiama Kimlin

Autumn Edition 2016

President Report

It is with great pleasure that I can, once again, report on the activities for the fourth year of operation since incorporation. It has been a privilege to represent an amazing group of men and a great organisation.

My job as President has continued to become easier as the organisation continues to mature. I can not sufficiently convey my thanks to the Committee as a whole and the individual members for the help and support they continue to provide. As is often the case, the work and responsibilities are not evenly spread through the membership.

The new Shed coordinators, John and Dick, have worked tirelessly to continue the high standard in the administration of the Shed. The basis of the Shed, is the activity groups and the efforts of the enthusiastic team leaders.

We have a new secretary and we thank John for his tireless efforts in keeping the office and administration going and language coaching.

This year has been one of consolidation but also great progress on a number of fronts. Our focus has had to shift from establishment and development to a new priority of fundraising and planning of a new Shed. Our patron and generous benefactor, Dr Bill Glasson, has now indicated that our tenure at our present site must end but has generously allowed us time to raise money and build a new

facility. Our new site, while not ideal, is now ours with a very long lease and at no cost.

The cost of building a new premises will be considerable but when we are finished we will have a state of the art purpose built facility. We are going to have to rely on our members to get behind this project and be prepared to do a little extra to start to raise the required funds. We are fortunate that our shed stalwart, Norm Thursby, has agreed to chair the fundraising committee.

I am pleased and proud that the Shed has continued to further develop the primary reason for its existence; the health and wellbeing of the members. In this regard, we have made some great progress. I would mention in particular the following innovations:

* The introduction of the fitness classes. Thanks to Craig Allingham and a Medibank grant, has become a fun way for members to improve their fitness and health. We have about 10% of members regularly exercising three days a week.

* Our dietitians from the University have done a great job with dietary advice and assisting Craig in the establishment of cooking classes

* With the assistance of David Westmore, we now have a welfare group following up members who are unwell or suffering hardship.

* We have around 20% of members who live alone and Michael Roache has offered to convene a group for social interaction.

* A continuing range of health related speakers at monthly meetings, thanks to the health and wellbeing committee

These initiatives will greatly enhance our aims of making the Shed healthy and fun.

A major project this year has been the building and dedication of a memorial to the Australian Light Horse. Dedicated 98 years almost to the minute from the charge of Beersheba, the memorial is a credit to the Shed, Barry Cheales and Jeff Franklin in particular. Projects such as this do a lot to raise our profile in the community.

Barry has also been busy with grant applications. We have had a good year financially, finishing the year with over \$80,000 profit. Well done Eric.

We held our Open Day again this year which was organized by Ross Winks 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 subsequent garage sale was also a great success thanks to the organisation by Dick.

The establishment of a formal arrangement with the University of the Sunshine Coast to carry on a research project with regard to men's health is welcomed. This can only help in future funding applications in providing hard evidence of the role of the Men's Shed in preventative health. Our thanks to Vice President Barry.

Our membership continues to be consistent with the last few years with a drop in numbers at the

start of the new financial year and building to close to 300 by the end of the year.

Once again, I am proud and honored to have had the privilege of being your President for 2015.

Reminders

- ❖ If you are living alone and looking for companionship contact David Westmore (0418989404, more on pg 4).
- ❖ 7 to 18 March Electoral Pre Polling booth disruption
- ❖ 7 to 11 March AMSA Men's Shed Week
- ❖ 17 March Fundraiser sausage sizzles at



Toymaking & French Polishing

Vice President Report

With the growing numbers of shedders registering to the New Year membership is already passing 200 members. The Management Committee has conducted an extensive review of activities and processes in January to ensure that we are doing the best for our members. That is the operation of the activities, our health and safety procedures, responsibility areas and a “go to” list, the wellbeing of members, our interaction with the community and external organisations, protocols for receiving offers of tools and materials as well as taking on work from the community, our new shed, our web site have a look and necessary fundraising to name a few. The backbone of the shed are the coordinators Dick and John and our important volunteer team leaders so it is imperative that we all support them to keep the right mix so all are engaged, safe and happy.

The shed are continuing our support for the Sunshine Regional Men’s Shed cluster chaired by John Williams from Noosa. We believe that the Cluster, as the state association, should be focused on developing relations with government at all levels to promote the value of men’s sheds in communities and seek ways to work with government to have them support and promote sheds in the region. The BMS hosted a cluster meeting in February to get this off the ground with representatives from sheds in the region, officers from state and local government to discuss the ways in which we can work together to support the health benefit work of the Men’s sheds. The Sunshine Coast Mayor Jamieson opened the session.

We have set dates for the Shed Open Day November 19, 2016 and agreed that this should be an annual shed event with a garage sale following

after the great success of Dick’s effort last year. We have booked caterers for December 4, 2016 for the Shed Christmas party for all to attend under the trees in the main drive following the great success of our first Christmas party a few years back. At our Annual General meeting in February we have accepted a larger number of applicants for the Management Committee positions to assist cover the rotation of members absent for holidays and to help fill the gaps in busy portfolio areas for running such a large shed. Welcome new committee members John Hobbs and Peter Benkendorff.

We are expecting the final report from the University of the Sunshine Coast on our quest to quantify the benefits of the men’s sheds to the community and the possibility of placing a \$ figure on health savings. We understand that we will not get a statement so concise but some interesting useful data.

Vice President,
Barry Cheales

Health and Safety

Work Safe, Home Safe. Let that be our mantra for this year and those to come. How often do we start a project and look only at our projected outcome and what we need to do to get it finished. We cannot ignore the risks to ourselves and those around us when we are using any tools or equipment, so my simple message to all this year will be. STOP. Have a look around you at the hazards you see or hear, make a safety plan and stick to it.

Lindsay Robertson

Health & Wellbeing

It has often been remarked that life is a bit like a circular journey. We all start out fragile, dependent, incontinent and non-communicative, and if we are fortunate enough to live a long life we may well drift back to the same state. Degenerative diseases gradually rob us of our memory, mobility and motivation.

This committee is pretty keen for you to understand how you can slow and possibly reduce these processes, for a time anyway. This is through our education program. Our committee is also providing strategies to actively put the theory into practice with the fitness group and the social cooking group. Both involve education and participation.

In 2016 we will be continuing the program so come along to the monthly meeting for health and well being presentations and consider joining us in the fitness group (with your GP's clearance) for a circuit to build strength, balance, stamina and health. Later in the year we will again be working with the University dietetics students to consolidate the work on nutrition we did in 2016.

Health Tip: If you want to lose weight remove all the old keys that you no longer need from your key ring.

Craig Allingham

Welfare Officer

This position was implemented mid 2015 to offer and maintain contact and assistance where possible to help shedders and their family on the death or serious health problems of a family member. Whilst in no way a replacement for professional services

we believe that the offer of contact or a helping hand from the shed may be appreciated.

Since the scheme has been implemented 18 shedders have been contacted and assistance offered.

Initially four welfare officers volunteered to assist in this project, but for practical reasons David Westmore and Peter Koster are currently looking after this shed portfolio.

As needs be, it will be appropriate to recruit other shedders to assist in this valuable function here at the Buderim shed. We are reliant on any shed members alerting David or Peter if they know of someone who may need our assistance.

Living Alone

Research by the University of the Sunshine Coast revealed that 20% of our shed members live alone. That is a considerable number. Management Committee thought this figure high and it was over the Christmas holidays that it was better understood the number of members were spending the normally joyous holiday alone.

From this, the formation of a living alone group within the Shed was formed. An email was distributed to shedders inviting those living alone to bring shedders together for mutual interest. If you wish to join this group for companionship and possible social events please contact David.

Welfare Officer
David Westmore
Mobile: 0418989404
Email: wesbud2@iinet.net.au

Shed Co-ordinators

The first team leaders meeting were held early February, where Machinery Competence testing and recording of all team members operating tools and machines was conducted. This procedure has been carried out & the new competency sheets have been updated for 2016. These should be available for distribution the last week in February 2016. This competence test is a necessary part of the strict shed Health and Safety process. Please talk to your team leader if you are wishing to operate any machinery and do not have the necessary current years competency.

It is important, for shed member who desire to work in a particular work area to check first with that area's Team Leader to see if there are vacancies. Many of the groups are near full. A good sign that areas are being used but equally important that these areas are not overloaded which could lead to accidents. New members please check the relative Team Leader of a group, which is written down on the notice board in the main meeting room, or check at the front counter.

We have also just installed in the main meeting room a white board where Team Leaders can jot down any items which are required for the running of their group. For example expendable materials like: sand paper, glue, screws etc. The shed coordinator will arrange to purchase these items making one trip to suppliers.

A new paint & flammable liquid shed has been erected in the yard to comply with Health and Safety Regulations. No flammable items should be stored in building areas.

Follow the elevation of Ted Mclean to focus solely on the kitchen areas, a new committee headed by Rod Wruck has been formed to manage the

external fundraiser including sausage sizzles. There will be another one at Bunning's on the 17th March so look for the call for volunteers to assist. Many thanks to the growing number of valuable member assistance in this area.

Please all be reminded that shed members, should always wear their name tags at the shed. Reminder also that use of open shoes are not permitted anywhere at the shed at any time. The attendance book must be signed going in and going out with your \$5.00 weekly subs.

Shed co-ordinators

Dick Winfield & John Winstanley.



Dick Winfield at the desk

BMS- New Shed and Fundraising Activities

The next stage in our new shed project is to submit our Development Application (DA) to Council. This will happen immediately after the Council elections in mid-March and we expect the approval process to take around two months. We are currently finalising a schedule for staging the development over a five year period in line with our expected fundraising performance.

The Fundraising Committee has been fortunate to have had help and guidance from Gerry McKeering

who is a retired professional fundraiser.

Consequently our focus at present is on:

- * Developing a comprehensive fundraising campaign plan based on raising \$1 Million over 5 years
- * Write and publish a campaign information pack for public distribution
- * Set up systems that make it easy for interested parties to make donations
- * Develop a "Tag Line". A catchy one liner that summarises the value of the Shed to its members and the community.

If any member has an idea for the "tag line" please drop it in at the front desk to be passed on to the Committee. Fundraising Committee members include: Rob Horne, Don House, Bill Duffield, Paul Boman, Rick Beasley, Barry Cheales, Ian Loosemore and John Hobbs.

Norm Thursby



Noel Hodge at the Planer

In 2016

Hello and welcome to the first newsletter of the year! Thank you for those taking the time to contribute to the newsletter. My name is Tiama Kimlin a practicing Journalist at the local University. I write news articles and edit the seasonal newsletter for the Buderim Men's Shed. The first newsletter of the year has been focused around the

administration planning systems for the running of the large and diverse Buderim shed, which has been an enjoyable challenge for the committee!

For our next issue which will be out at the end of Autumn it would be great to capture some diversity of the shed and focus on the unique people who spend their time creating and contributing to the Shed. If you have anything that you would like to contribute to the next issue please email Vice President Barry Cheales.

Tiama Kimlin



Doug Elliott in Australia Day Parade