



Newsletter No 4

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Welcome to the Gladstone Men's Shed Committee Newsletter. The purpose of this newsletter is to keep all interested parties informed of the progress being made by the committee which would otherwise remain behind the scenes and progress in the shed itself. Please forward this newsletter on to anyone who you think might be interested. Please feel free to give any feedback you feel necessary to the committee or myself at mrkr0880@tpg.com.au
Thanks, Mark Robinson. President GMSA

Shed Committee meetings. Shed General committee meetings are held on the **first Tuesday of each month. The next meeting will be in the shed at 4.30pm on the 3rd of April.** Please don't park at the QRI as they have Country music night on Tuesdays.

Issues from the last meeting.

Work has begun on the BMX bikes for the "Year of the Cycle" program to be run by the council. A work bench has been set aside for this activity. It is hoped that some bikes will be able to be used for spare parts which will keep the use of new parts down and save costs.



The Business Plan. The business plan, as presented at the last meeting was well accepted and no major changes were deemed necessary. The next move is to check it with a professional in business who can guide us further. A financial plan for our existing facilities and activities and proposed facilities and activities is the next hurdle. None of us has done this before so your feedback is most important.

Shed Opening Times. From now on the shed will be open two days a week. **Tuesdays and Thursdays from 8am to 12 Noon.** Bring your sense of humour, some closed in shoes and \$2 for smoko. Don't forget to pick a name tag off the wall, write your name on it and pin it to your shirt. (*We want to know who we are poking fun at*)

Donations of Equipment are coming in all the time. Thanks to everyone who has donated. To keep track of these, and to arrange pick up the beginnings of a small sub-committee has been started at the last meeting. Anyone who is a member can join as well. Storage containers for some of these goods are being arranged. The committee decided that rather than not accept donations, excess will be stored for future use or later donation to other groups etc.

Activities We have been offered some activities from other community groups that would require members to work away from the shed. It was decided that, although our Men's Shed was very willing to help other groups, **any activities should be able to be done in the shed.** There is a list of jobs available at the shed and any member who was interested in helping outside the shed would do so on their own undertaking. We were contacted by a local Kindergarten and requested to help with maintenance to some of the children's puzzles which had pieces missing. Ron Robertson collected the broken puzzles and displayed them to the committee members and asked whether they would like to take on the project. The members all agreed that we could make the missing pieces and Ron would paint them and deliver them back to the Kindy.

Promotion

Don Glasby has been looking into the cost of having our own shed shirt. It is likely that we will have two shirts available, one for working in the shed and another type for attending meetings and community events. Prices and design are still in the works.

O'Dowd Supports Men's Sheds.



Federal Member for FLYNN Mr Ken O'Dowd recently visited the Gladstone Men's Shed and was extremely impressed with what he saw. Men's Sheds have been springing up all over the state, and provide an environment for men of all ages to get together and share their

skills from various trades and professions.

"It's great to see so many skilled and talented men getting together and sharing their expertise in such a conducive environment" said Mr O'Dowd.

The Gladstone Men's Shed is currently operating out of a temporary facility but is planning to move into a larger location as soon as possible.

O'Dowd said "There is such a wealth of knowledge in our community and this is a prime opportunity for men to get together and pass on their skills to others. The potential of this is massive, and it's great to see momentum gathering not just here in Gladstone, but right across FLYNN also".

"I would encourage business and others in a position to help to get behind these guys as their contribution to the community is



very positive and will only get better as time goes on. They are in need of tools and equipment, materials and the like so if anyone out there can contribute it would be greatly appreciated".

The Gladstone News Weekly ran a story in the Long lives in short stories section in the 10th of March edition on one of our members, Ken Croft. A wonderful insight on a great man with an interesting story. If you get the chance you should check it out. Ken enjoys the social contact and gets to the shed as often as he can.



I had to go to Mt Larcom to pick up a copy of the March 12 edition of the Community Advocate. There was a couple, well known to the Gladstone Men's shed, featured. Congratulations Ron and Sandra. Ask Ron about his ducks and the noodles they left behind!



Community Partnerships During the course of setting up the shed we have been encouraged by the contact and support of other government and community groups. It's our aim to foster these contacts into partnerships with the Men's shed. In developing these partnerships we hope that there will be a two way exchange of information and services that will benefit both parties.

Ian Earnshaw and Mark Robinson met with Community Health Nurses workers. They would like to attend the Men's Shed to offer Blood Pressure tests and other Health Initiatives etc. Men's Health is one of our main objectives and so it was decided to suggest that they visit on Thursday as more men attended the shed on that day. Tom Stewardson moved a motion that we set up a sub committee to help promote Men's health in the Shed. The motion was seconded by Ian and Roy Aiton expressed an interest and Mark suggested that Roy lead the sub committee and coordinate this progress with Ian Earnshaw. Ray Stanley was asked as he was involved with Men's prostate counselling and this was appropriate for this committee. Ray agreed.

Funding After the last meeting some members stayed behind to form a Funding Sub-Committee. There is a lot to do before any submissions are made. The first step is to find out all the sources available and to what specific purpose the funds are targeted. Anyone interested in joining a sub committee please let us know. Phone or e-mail.

Shed Progress Meanwhile as all this goes on, work setting up the shed progresses. The Kitchen has been measured up and hopefully will be installed soon. The men identified a few items that would be useful in the shed including a Band Saw, Bench Grinder, and Dust collection equipment. Some cordless drills, industrial fans and various items of hardware including screws nails etc. would also be needed.



At the last Executive Committee meeting we decided that it would be time to set up a Sub-committee for the purpose of designing and fitting out the proposed new shed in Moura Crescent. Before we can figure how much funding to allow for we need to decide what form the new shed will take.

This would be an exciting sub committee to be a part of and all your ideas would be beneficial. This committee would present a draft proposal which would be commented on by all members.



Australian Men's Shed Association

SHOU JI DER TO SHOU JI DER

<http://www.mensshed.org>

AMSA's Welcomes its 700th Shed!!

AMSA is proud to welcome its 700th Men's Shed. This incredible movement continues to gain momentum and we are all amazed that we have reached this milestone in such a quick time. The 700 sheds represents approximately 90,000 plus men so we look optimistically to a future with endless possibilities. The 700th shed opened at Bonnell's Bay on February 21st, 2012 and is to be named the "Bonnells Bay Salvation Army Men's Shed". It is a little bit different to a lot of other Men's Sheds in that it was originally opened to attract men between the ages of 20 and 40 years of age with a view to mentoring opportunities. The shed is located in a gymnasium and for 2 days a week, it operates as a gym with punching bags, treadmills and weights replacing the usual lathes and sawdust that is usually found in a Men's Shed. There is, however, a workshop room at the facility and according to Bonnell's Bay Salvation Army Minister, Laura Gittins, the workshop has become increasingly popular with the men at the shed, "We have noticed more men becoming involved in that activity and we also have an artistic section where the men can display their artistic skills. One day into the future, we will develop a community garden that continues to assist members of our community to connect with one another."

Men want more than a model

THE members of Gracemere Men's Shed Association have big plans, but President Paul Devine said the first step was getting more members.

The group, which is affiliated with the nation-wide Men's Shed organisation, held a function on Saturday to welcome Queensland Men's Shed president Graeme Curnow and unveil a model shed, just one of the group's dreams for the future. Councillors Rose Swadling and Sandra O'Brien and Member for Flynn Ken O'Dowd cut a ribbon at the function to mark the unveiling of the model.

But with only 24 members and little funding, Mr Devine said having their own shed was a project for "way in the future". "We need a shed to do our duties in instead of moving between members' sheds, but firstly we need more money and a lot more people to come along," he said.

"Ideally we want every man in Gracemere to turn up."

The group is funded purely by donations and the members' own donations. Mr Devine said the group was vital for offering support to men in the community.

"Some men have no one else to turn to," he said. "That's what we're here for."

Mr Devine said overall the day was a success, with Mr Curnow making a presentation about the importance of Men's Shed groups.

"He really pointed out the benefits of the association," Mr Devine said.

Mr Devine said any boys over the age of 13 could come along to the group's meetings every Saturday and that women could also become associate members.

"We've got a really top bunch of blokes here," he said.

To find out more information, phone Mr Devine on 0428 135 598.

Source: Rockhampton Morning Bulletin - 5 Feb 2012