

Newsletter No 6

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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 feed back you feel necessary to the committee or myself at mrkr0880@tpg.com.au Thanks, Mark Robinson. President GMSA

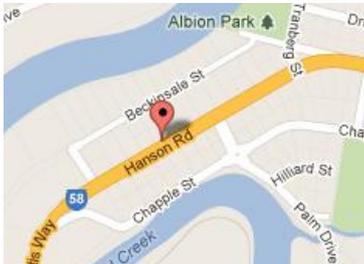
Shed Opening Times: The shed will be open two days a week. **Tuesdays and Thursdays from 8am to 12 Noon.** Bring your sense of humour and some closed in shoes. Don't forget to pick a name tag off the wall, write your name on it and pin it to your shirt.

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 7th August.** Please don't park at the QRI

Issues from the last meeting:

Web Site: A motion was passed that we move forward with our own website. Primarily this medium will be used to promote the Shed and use it as a tool to publicize our contact details. This is still in the "wings" but I will let you know when it is ready.

Shed Shirts are now available at Bullivants, situated at 19 Beckinsale Street.



That's around behind Hanson Rd opposite Golding Contractors depot. Simply go in, tell them you want a Men's Shed Shirt, try one on, buy it for \$16.50 and then bring it back to the shed on a Tuesday or

Thursday. Dave Moore will give it to his missus, Michelle, who will put your name, our logo and a pocket on it and bring it back for you. Simple!



It would be good if you had your shirt for the couple of public events coming up...

Gladstone Men's Shed Brain Storming Session Tuesday 17th July at 7.00pm

- * At the Uniting Care Communities meeting room 25 Off St
- * Tea, coffee and biscuits after
- * I have a council representative coming, Mr Mark Laney who we met at the shed recently.
- * If you want some information or to have some input into the new shed please come along.

Craft and Wood Festival on the 28th & 29th July at the Historical Village:

We need some helpers to "man" a stall, to provide information to prospective members and interested people. If you are free and able please let a committee member know.

Sausage Sizzle at Coles on the 4th August:

We are going to do this to raise awareness, and again if you can spare a few hours that would be great. Many hands make light work as they say.

Gladstone Men's Temporary Shed

"Grand Opening"

- ⇒ Saturday 25th August
- ⇒ 10am to 2pm
- ⇒ Sausage sizzle
- ⇒ Displays
- ⇒ Invited Guests

Important Message!

Men' Shed Health and Safety

Gentlemen, we have had some very generous donations of safety equipment from QAL, Bullivants, Uniting Care Communities, and others. Slips, trips, falls, chips, noise and dust are our main areas of concern.

Providing for the health and safety of our members is one of our core values.

There is a method of introducing new processes into a work place. The first couple are...

1. Education
2. Introduction
3. *I hope we won't need to get to the others.*

So far most of the men who work in the shed are senior blokes who have lots of life experience. You chaps know when the tool you are working with might generate chips, noise and dust.

So initially I am asking you to start wearing some safety gear, eye protection, ear protection and a dust mask when using any of these tools and please keep the work area clean and wear closed in footwear.

If any members see someone working unsafely, that bloke may not be aware, and it's your responsibility to see if they need some guidance on the appropriate protection.

If we understand that accidents can and do happen then what follows is that we protect ourselves against harm by putting on some safety gear. It's not that hard!

Thanks, Mark Robinson.
President.



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.

Men's Health:



Dear Members of The Gladstone Men's Shed Gladstone Community Health Men's Health program, would like to thank the Gladstone Men's Shed committee and members for their valued support during this year's events for International Men's Health Week.

We enjoyed our first visit to the shed and meeting 13 men, who all participated in the screening program "What's your score?" It was an ideal opportunity to introduce ourselves and promote our Men's Health Services Program.

We would especially like to thank the men who gave of their time to help man the information table at the Gladstone Stockland Shopping Centre. It was a great day to demonstrate to the community the unique partnership your members can provide.

The Men's International Health Week Stand was well received with more than 35 people accessing information. This success was helped by your committee members being friendly and approachable, and your presence helped to kick start the day.

We wish you all the very best, for the growth of the Gladstone Men's shed and we know you will be busy with all the new blokes coming down to check out the shed!

In appreciation

Leisa Lowry and Janet Walter

Clinical Nurses, Men's Health Program, Community Health



Men's Shed Health Session for August 2012.

Would you know how to recognise a stroke?

Would you know what to do? Want to learn how you can help a mate?

Stroke is Australia's 3rd biggest killer with over 48,000 occurring every year!

Knowing how to recognise it, and getting help FAST can make a big difference for yourself or a mate.

On the 2nd August, Kelly Murray from Community Health will be giving a brief information session on signs of a stroke, First aid for stroke, and how to prevent stroke.

Where: Men's Shed, Oaka Lane, behind Lifeline office.

When: Thursday 2nd August

Time 10.00 am

We hope to forge a new partnership with the Education Queensland and Industry Partnership. EQIP has skills based school trainees, and have requested support for their students to do community service work through the Men's shed. A suggestion was made that they could do some of the bikes – strip them completely and rebuild and repair them. The details are yet to be ironed out.

The Gladstone Regional Council has also started to work with us in another way. Many of us have been eyeing off all that timber in the pile at the transfer station but getting to the pieces that we need is a bit of a safety problem. Rest assured that we are working through this and this valuable resource will be available soon. In the meantime please stay safe.



The Men's Shed needs you!

So far we have engaged the "Chippee's" at the shed.

But while they raise dust making the easels, those of you with a mechanical mind go unrewarded.

We have a project on fixing bikes for charity, but the "Chippee's" aren't keen.

We desperately need men who prefer spanners rather than chisels to give up some of their time repairing and making safe some bikes to be given to kids in foster care, for primary school kids to learn to ride safely.

When I was a kid getting a bike was a licence to freedom, the wind in your hair, magpies pecking your head, remember that?



In the next couple of weeks Bunnings are gearing up for their Spring displays. They have many outdoor settings, BBQ's, wheelbarrows etc to assemble and get ready to display for the public. They have asked if the Men's Shed has some volunteers to donate their time to assemble these items and in return Bunnings Gladstone would offer a donation either with materials we may need for the Shed for future projects or a monetary amount.

Obviously this is a partnership we are keen to explore; when the time comes I hope you will make yourself available.

Our New Shed

Col Chapman gave an update on council discussions re Moura Cres lease. It seems the news of our fortune has spread and now the Regional Council has received requests from the RSL and Martial Arts Club for a lease on blocks on Moura Cres as well. The Council has resolved to talk further with all three clubs to make sure that all the clubs can be accommodated in that vicinity. Whilst three blocks have been requested by the Men's Shed, it has been advised that a concept plan be drawn up with a list of requirements for the future. This will give Council a vision of what we would like.

We have also received a request by the War-gamers club to consider how we might work together to provide a shared space for our mutual benefit. The war-gamers could help with sharing costs and help win funding submissions.

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