

Newsletter No 7

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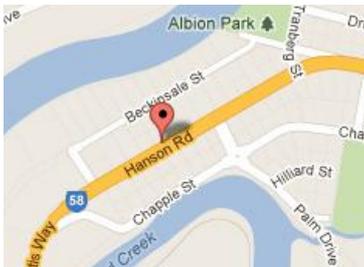
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Welcome to the Gladstone Men's Shed Committee Newsletter. The purpose of this newsletter is to keep all interested parties informed of the progress being made by the committee which would otherwise remain behind the scenes and progress in the shed 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 menshed4680@hotmail.com
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 4th September.** Please don't park at the QRI

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!



Gladstone Men's Temporary Shed "Grand Opening"

The Gladstone Men's Shed Executive Team and Members have much pleasure in Inviting you and your partner to attend their Opening Day Celebrations to be held at our temporary site at the back section of the Uniting Care Organization at 25 Off Street South Gladstone on Saturday 25th August 2012.

Our Mayor, Councillor Gail Sellars will officiate at the opening ceremony and unveil a plaque to officially open the Gladstone Men's Shed at 11.00am.

Join us for a Sausage Sizzle style BBQ and tea, coffee and refreshments after the official opening.

The Men's Shed will be open to all Members, Invited Guests and Visitors from 10.00am until 2.00pm.

Should you wish to attend this event would you please respond to Ron Robertson at gladstonemenshed@gmail.com or Mobile 0467539337 by close of business, Wednesday the 22nd August 2012.

Looking forward to seeing you there.

Fund Raising and Community Partnerships and Awareness

Fund raising and community partnerships and awareness initiatives will be an ongoing process in our association. It's the same with most community organisations. We are self funded and therefore developing partnerships and raising funds are required to pay for our programs. Please don't leave it to the same few men.



As part of our fund raising and community partnerships program some members from the shed went to Bunnings. Our job was to put together some Barbeques for their summer display. All up the men constructed about 12 BBQs and had some fun, raised some money and developed an exciting community partnership all at once.



The Gladstone Men's shed has organised to have a **sausage sizzle at Bunnings it is scheduled for Sunday 18th November.** Please mark this date in your calendar and make yourself available



Sausage Sizzle at Coles on the 4th August:

I just wanted to say THANKS to the guys that helped on Saturday 4th August at the Coles Sausage Sizzle. Ron, Dave Gibbo, Roy, Trevor, Don and Dave Moore really enjoyed themselves and were a dynamic team.

"We made \$608.20 from the snags and drinks. Plus our Donations were \$74.00. So that's \$682.20 all up. Not bad for a morning's work hey? Who said us fellas don't do a good job?"

Just think, it could have been better had the cooking Team not let us down by talking and not cooking, and letting us run out of sausages. HA! HA! HA! That's right hey Roy and Dave Gibbo? HA! HA! HA! Maybe that was because their leader left and they were just uncontrollable? Plus the one sausage that landed on the ground. We will have to train a bit harder for the Bunnings's Olympic Sausage Sizzle in November". Ron.





The Gladstone News Weekly is hosting the **Home and Lifestyle Expo again this year on the 2nd of September 2012**. They have generously voted that the Gladstone Men's Shed should be the beneficiary of funds raised at this event from gold coin donations at the gate.

As it happens the 2nd of September is also father's day, this would be another excellent opportunity to promote the shed and create community contacts.

All we need is for some members to "Man" the stall and collect gold coin donations at the gate. Mark this date in our calendar and if you can help please contact a committee member.

Men' Shed Health and Safety

Men's Health:

Seniors Week, celebrated from August 18 to 26, is the perfect time to bust some of the myths around aged care assessment.

The Aged Care Assessment Team (ACAT) is a highly skilled group of registered nurses, occupational therapist, physiotherapist, psychologist, social workers and indigenous health workers.

The aim of aged care services is to ensure older persons and their carers have access to a range of health care services appropriate to their needs.

Clinical Nurse Lenore Young is on the Gladstone team. She said ACAT assessments were done at home or in hospital to determine what services could be put in place to support the person to stay at home or to access residential care in a facility. "An ACAT assessment and approval is required if you wish to access residential aged care, that is either for respite or permanent, or a community package of care in your home," Ms Young said. Referrals may come from the family, the hospital, your GP or a friend, with the client's consent. For referrals or more information in the Gladstone region contact Rockhampton Age Care Services on 49206900

Shed Safety:

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!

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.

GAPDL Partnership with the Gladstone Men's shed delivers outcomes.

The Gladstone Area Promotion and Development Limited (GAPDL) are pleased to announce the handover of the first delivery of educational resources, including easels and bead mazes to Early Childhood Centre's throughout the Gladstone Region.

The handcrafted pieces were manufactured by members of the Gladstone Men's Shed and are the first such delivery of resources to be produced in partnership with GAPDL's Communities for Children Program.

The resources were recently delivered to the Gladstone PCYC and Stepping Stones Child Care Centre.

GAPDL CEO Glenn Churchill said "GAPDL are pleased to be working in partnership with the Gladstone Men's Shed to produce these much needed resources. GAPDL is always proud to facilitate programs that enhance the wellbeing of families in the Gladstone Region Community"

"Anything that can be done to help our local families has to be worthwhile."

Gladstone Men's Shed President Mark Robinson stated "We value the partnership with GAPDL through their Communities for Children Program and are delighted that the Men's Shed is able to contribute to the community by making equipment and resources that will make a difference for young children in the Gladstone Region."

"I am a member of the Creative Gladstone Region Inc. - a community organisation that represents a wide range of local artists and arts groups within the Gladstone Region. We have an Arts Centre at 89 Goondoon St and run many art classes, art workshops and have several gallery spaces and a gift shop filled with works by our members.

Ron has given me a handful of fliers to put in our centre, and also a couple of your newsletters, so we can copy them and distribute them to our members. He spoke to me about the possibility of getting some of our events and art classes included in your newsletter, and as I write the newsletter for our group, I would be more than happy to include your events in our fortnightly email newsletter, as well as promote The Men's Shed through our Facebook page.

I have often heard of The Men's Shed in other cities and towns, and I think it is a wonderful thing you are now established here, and are thriving. We community organisations can benefit from sharing resources and information, and I hope to talk to you further about upcoming ventures and possibilities."

Kristel Kelly (On behalf of Creative Gladstone Region)



At Tondoon Gardens we have a volunteer program that is a varied mix of men and women (actually currently we have more men!) if any of your members would be interested in taking part in the program we would welcome them with open arms. We have many projects that come up throughout the year, and we meet fortnightly for meetings to discuss regular events like our free guided tours.

Donna Hann, Visitors Service Officer - Tondoon Gardens

Our New Shed

The Gladstone Men's Shed Brain Storming Session went well with a definite outcome and generalised plan so we can move forward.

The Council has drawn up a peppercorn lease for our three blocks in Moura Crescent. We will send the documents to get checked over by our shed solicitor. Once he considers they are ready to be signed Mark R. and Ron R. will sign and return to the Gladstone Regional Council. Then we can begin the process of researching relative financial costs etc. associated with the preparation of the allotments. The committee asked Col to check what costs would be involved should we want to amalgamate the three blocks. Col also mentioned that lodgement fees would have to be paid upfront but some of this expense would be refunded as we are a not for profit unit.

Tom suggested that seeing as it would be some time before we actually moved in to the Moura Crescent area we could possibly start a community garden on one of the blocks so that the residents would see that we were creating a presence in the area and it would involve community participation.

Casual Job

A small engineering workshop in Gladstone requires regular cleaning. It needs the Swarf cleared from the mills and lathes, the floor swept and then washed and it needs a general tidy up. This needs to happen once a week.

It used to take the person who did the work about 3 hours to do, however it hasn't been done for a while and I know it will take some doing to get it back up to standard, but long term it is likely to be about 3 hours per week.

For the right person this might be an opportunity for somebody to connect to similar minded people in a workshop while at the same time earning some additional cash. Please call Brian at Hydraulic Solutions 4978 6099.