

SHED TALK

MEN MAKING A DIFFERENCE

Oct 23 2016

Volume 7 Number 10

NEXT MEETING

Mon 7 Nov, 2016
10:30 for 11:00am

It is the Annual General Meeting Day

> Mt Gravatt Show Grounds Community Hall. Cost: \$6 for meeting includes tea/coffee & lunch.

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DATE CLAIMERS:

> See Calendar/website for other events
> ALL Booking sheets @ the Shed Office & Social

Brisbane's Lord Mayor, Graham Quirk, accepted our invitation to visit the Shed on Saturday 15 October to see the results of BCC grant applications relating to our new trailer and supply of items for the retaining wall.



With him were Cr Krista Adams and Mr Marty Rowen the Lord Mayor's Executive Officer. Sitting on the left in the picture is Hon Ian Walker MP State member for Mansfield.

Speakers, Graham, Krista and Ian spoke of their involvement with MGMS since its inception and congratulated the members and management on their efforts so far in building and maintaining such a credible facility for men in Mt Gravatt.



President Murray-Rogash acting as MC



Jim Pollock on the solar panels funded through the State Gambling Community Benefit Fund



The audience

Our Vision

To provide a facility where men of all ages can feel comfortable and gather together to spend time socially, as well as in a practical manner, by participating in constructive endeavors that develop self esteem.

Articles

for the newsletter
Send articles, jokes,
comment, snippets,
recipes, tips,
suggestions,
brickbats, bouquets,
etc. to the Editor
newsletter@mtgravattmensshed.org.au
hed.org.au (Shed Office)
3343 2216
Support Editors: John Wicks,
Murray Joll, Neil McPhail, Reuben
Egan Neville O'Brien

Your Management Committee

Patrons: Body: Dr Brian Kable; Mind: Assoc Prof Dr Grant Devilly; Spirit: Rt Rev Dr Doug Stevens

President- Murray Rogash Immediate Past President: Brian Wheeler

Vice Presidents- Shed: Tony Giacomantonio, Social: John Wicks,

Secretary- Brian Wandel, Asst. Sec. David Crossley, Treasurer- Jim Pollock

Welfare Co-ordinator: Elwyn Jackson,

Committee: Lloyd Akeroyd, Ian Canham, Ken Mihill, Bill Semple, Don Tanner

President's Report- Murray Rogash – October 2016



We held a function at the Shed on 15th October which was attended by the Lord Mayor, Graham Quirk, Cr Krista Adams, the Hon Ian Walker, two of our three patrons and other people who have had input into the success of the MGMS during the year. The idea was to celebrate our achievements such as the southern veranda, light storage area, northern retaining wall etc and capped off by the connection of solar power. The Shed's musical group supplied an interesting selection of items for the afternoon. It was attended by about 130 members and wives/partners, families and the abovementioned invitees.

What a fantastic day! Thanks to all who had a hand in organising the day, particularly the ladies (and couple of gents) ably co-ordinated by Ngari Wheeler and Wendy Rogash, who catered so superbly for the lunch we provided for all present. We had some terrific feedback from attendees which was reward for all the effort in staging the event.

Thanks to all those members who assisted in getting the Shed spick and span for the occasion, particularly John Wicks and his cleaning crew for the Rec room and Tony and helpers for the workshop.

This was also another example of the time and effort put in by our secretary, Brian Wandel. His efforts in sending out invitations, collating responses, obtaining Govt. protocols etc as well as keeping an updated list of attendees so we would know how many to set up and cater for. It made everyone else's job so much easier.

Through an application on Jim's computer we can see in real time exactly how much electricity we are generating and whether this is a nett usage or nett feed into the grid. In any case, we can already see the cost benefits of having the solar system connected.

We have launched our main fund-raiser for the year in the form of a major raffle. Tickets are \$2 each and we expect each and every member to take at least one book of 10 tickets to either purchase or sell. There are brochures available to assist in the selling, showing the prizes and their values. The proceeds from this are to be used in the fit-out of the metal working area which, to date, has been the poor relative with respect to expenditure and development – despite the tremendous contribution to our facilities.

By the time you read this, nominations will have closed for management committee. Thanks to those who have nominated and I am sure that you will get a lot out of a deeper involvement with the running of the Shed. Also our thanks go to those MC members who have not re-nominated for their efforts over the past year - more in most cases.

For those interested in numbers - including shed visits, social meetings and other organised Shed activities such as bus trips, sing-a-longs and our recent celebration day, we have had over 9,000 individual attendances at MGMS activities for the year.

See you at the AGM in November.

PS:- Many thanks go to the 22 shedders who assisted the Wishart Rotary Club in setting up the Book Sale on Friday 21 October.

SHED SOCIAL MEETING REPORT

Date. 3 October 2016

Meeting opened at 11am

Apologies: Ian Canham, Bob Pope, Ken Mihill, George Humphries, Graham Carson, Les Watermeyer, Lloyd Akeroyd. Bill Semple, Alan Heathcote, Brian Nolan, John van Eyk.

President's Comments Murray Rogash

Murray reminded members that the next Social Day in November is the Annual General Meeting and that nominations for positions on the Management Committee are to be given to the secretary by 21 October. He reminded members of the Celebration day on Saturday 15 October and asked for members to advise attendance for catering purposes.

He urged members to take raffle tickets, and this will be drawn on Monday 5 December, with the proceeds used to buy equipment.

He thanked those members who have volunteered their time in refurbishing the Girl Guides hut across the road. He stated that when it is completed, it will serve both the girl guides as well as MGMS in the way they function.

Welfare Elwyn Jackson

Elwyn stated that there were 90 members in attendance plus three visitors. He introduced the three new members. As always we recognised those men with birthdays in the month.

Community Projects Jim Pollock

Jim stated that the MGMS section of the Girl Guides hut will be utilised for storage and for small projects work.

A number of native bee hives have been constructed and MGMS is looking at selling them. Some of them will include native bees.

MGMS has also made a number of plaques for Aurizon (formerly Queensland Rail).

Shed Operations Tony Giacomantonio

Tony thanked the men for the reconstructed and painted cubby which is now complete and ready for the raffle.

He spoke about the new workshop operating procedure. There will be on roster a safety officer, a job captain and a maximum of 12 men working in that team each day.

Building Brian Wheeler

Brian stated that the solar panels are installed ready to be activated. The eastern awning will be installed after 15 October. It is currently being constructed.

He stated that the refurbishing of the Girl Guides Hut was proceeding well.

He urged members to assist in doing a 'spring clean' of the shed in the coming week in preparation for the celebratory day of Saturday 15 October.

PR John Wicks

John reported that the bus trip to Toowoomba for the Carnival of Flowers week was a great success.

He stated that a number of men participated in the hearing tests with the provider having an onsite bus. There are an increasing number of men participating in Indoor Bowls as a result of the well-received donation of bowls and a mat.

The recreation room is being well utilised.

He asked if any member had a speciality dish that they would be prepared to teach members in cooking it.

He encouraged members to provide stories and photos for the monthly newsletter 'Shed Talk'.

Don Tanner fabricated, from wood, of course, a holder for use when playing cards and he then presented it to Ray Mugeridge. Ray is one of our regular leather-work group members. He also presented a certificate of appreciation to Ray for his role in the building work



Guest Speaker Dr Brian Kable

MGMS Patron for Body Topic: Our bodies and the aging process

Brian is a promotor of the Men's Health Policy and he stated that Men's Sheds form part of that policy. He said that there are several parts that affect aging:

- Psychological aging
- Pathological aging

The effect on psychological aging which makes changes to the pathological process of aging, and you can't use "it's your age" excuse'.



In the normal aging process the body tends to lose water with the resulting dehydration affecting the body.

Skin is the largest body organ and the exposed parts show the most changes, such as loss of subcutaneous fat, and the loss of fat contributes to dryness of the skin. Musculoskeletal strength relies on continual usage as muscle will lose about 3% in a week if not used, therefore contributing to decline in tone and strength.

It is important for the cardiovascular system that the body and in particular the legs keep mobile as these keep the blood pumping efficiently.

A good diet is also important to keep the body functioning well.

Finally, the nervous system has an impact on the way the body functions, eg reaction time, reflexes, conscious sense of movement.

Next meeting Monday 7 November @ 10:30 for 11:00 This is also the AGM

PHOTO HIGHLIGHTS FROM THE CELEBRATION : 15 OCTOBER 2016



WORK ON THE GIRL GUIDES HUT CONTINUES



David Tate takes a breath from the painting but not for long



At it on the front wall are, Brad Gibson, Sarge Wilkins, Geoff Wacker with onlookers, Jim Pollock, Paul Land, Allan Wallace



What was once the old stairs and platform from the main entrance



The new stairs and canopy with Brad Gibson, Steve Ogle, Geoff Wacker, Paul Land, Allan Wallace and Frank O'Leary



As it is on 15 October 2016 Yet to go are new overhead electricity wires, painting a little more outside, planning for disability, etc.

MEET THE GUYS WHO GREET US WHEN WE ARRIVE AT A SOCIAL MEETING

The first bloke you meet is Phil Hillary who leads the front desk team. Phil is supported by Brad Gibson, Arthur Muhl, John Bettenay and Rob Johnson.

Elwyn Jackson leads the welcoming team whilst Allan Wallace assists.



After registration Neil Hansen offers a good opportunity to win a great meat tray plus other goodies



Australian Government

BUILDING OUR FUTURE



Queensland Government



Dedicated to a better Brisbane

BEES AND MORE BEES

Recently I was alerted to the discovery of a natural bee hive in a stump located in the grounds of the Girl Guides huts. On inspection it was found that the stump was infested with ants and termites.

With the approval of the Secretary of the Girl Guides, Sue Ellen, we took the native bees and rehived them in a brand new bee hive which will be established in the Girl Guide area for the Guides to study.

At the moment the hives can be seen on the western end of the verandah. Hives cost only \$179.00 and \$50.00 for the Apis Australers Australalis bees.

Swampy Marsh



DR BRIAN KABLE AGREES TO CONTINUE AS A PATRON FOR A FURTHER THREE YEARS



Murray Rogash welcomes Brian's willingness to serve as a patron for a further three years.

Dr Kable represents the "Body" element of three elements of Mind, Body and Spirit



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Bill Hooper Real Estate is a Proud Sponsor of
Mount Gravatt Men's Shed

AGM

PLEASE DON'T FORGET
THE AGM IS ON
MONDAY 07 NOVEMBER.



*Striving to be a Christ
Centred Family Community*

HERTFORD STREET BAPTIST CHURCH
Cnr of Hertford & Dugre Sts.
Upper Mount Gravatt. 3343 6405

Service Time 9:00am
MGMS Bronze Sponsor



HOW GOVERNMENT GRANTS WERE USED IN 2016



We are grateful for the financial assistance received from the State Gambling Community Benefit Fund (Solar System), Federal Govt Stronger Community Fund (Verandah) Brisbane City Council (Trailer) Southside Sport & Community Club (Light Storage Area) Many thanks to all who worked hard to achieve the end results.

IMPORTANT THINGS TO REMEMBER IN NOVEMBER



1. Selling raffle tickets ready for drawing at Christmas Lunch on 02 December
2. Supper/Singalong Thursday 10 November 6.30 for 7.00 pm
3. Girl Guides celebration of work done by MGMS team in painting and repairing their hut— Sunday 27 November at 2.30 pm

AND FOR THE DECEMBER DIARY

Christmas lunch - members and wives at the Southern Cross Sports Club - Friday 02 December
Christmas Lunch for Members—Monday 05 December

ADVANCE NOTICE: The Shed will close on Friday 16 December.

The Recreation Room will be open in January on Wednesdays and Fridays

GOOD HEALTH

MEN'S HEALTH By Dr Brian Kable MGMS Patron



Overall men have more health problems and more severe problems than women and also do not live as long. At the same time men do not attend the doctor's surgery nearly as often as women do. This is a little surprising because managing men's health is relatively simple. The hardest task is to get men to attend their general practitioner for routine maintenance. Men would never dream of neglecting the maintenance schedule for their car but their own personal maintenance is ignored often to great detriment. The poor health picture for men is based firmly in this lack of interest and deferring treatment for problems until it is too late.

The reasons for this reluctance are many and may include men working long hours and not taking holidays. Men feel that they are indispensable in their workplace. Often they are the major breadwinner in the family and thus income for the family is essential and their health becomes secondary. As they become older they take on more responsible jobs and this confirms that they are indispensable. For younger men there is a feeling that they are invincible and they tend to diminish or deny illness or problems. Overall it is part of the male culture to put up with discomfort, concern, pain or illness.

Most of the health problems suffered by men can be related to lifestyle factors:

- poor diet and overeating
- excess weight gain
- alcohol consumption
- inactivity
- tobacco consumption

These in turn lead to health problems such as high blood pressure, diabetes and from them cardiovascular disease such as heart attacks and strokes. Family genetics play a part in these but lifestyle factors are extremely important in worsening the inherited factors.

Some conditions may run in families:

- high cholesterol
- cardiovascular disease
- some cancers eg bowel and prostate cancer
- some mental health conditions eg depression schizophrenia

So it is important to consider family history in revealing the prospects of your having health problems in the future.

Having a checkup

A checkup for men is relatively simple. After clarifying any significant aspects of family history your GP will take your blood pressure, check on smoking and drinking habits, check your weight and activity level.

To be continued next month



St Barts
Anglican Church Mt Gravatt
We gather for worship
Every Sunday at
7.00 and 9.00 am
Cnr Logan Road and Mountain
Street
Phone: 3849 4411



A NEW ACTIVITY STARTS—INDOOR BOWLS ON A THURSDAY AFTERNOON



Poul Tvede our master lawn bowler has started an indoor bowls activity for beginners and non beginners on Thursday afternoons starting at 1.00. All welcome to see and participate.

A SECOND SUPPER/SINGALONG THURSDAY 10 NOVEMBER

Laurie O'Brien is planning his second Supper/Singalong for Thursday Evening 10 November. The first was rated a great success with over 50 members with wives participating. Participants brought with them a plate of food and a \$5.00 contribution for coffee tea or soft drinks. Some members brought wine for themselves and others.

Song books were provided for all. Please book at the Office 3343 2216

The first Singalong:



TRANSGENERATION



Member Sarge Wilkens is introducing his grandson, Austin, to our shed.

Austin has his MGMS shirt and is learning woodworking skills rather fast with Sarge's help.

He also knows the meaning of the word shedder which he uses when addressing Sarge.



"IN ONLY 14 YEARS YOU CAN JOIN THE SHED"

GUITAR LEARNING - TUESDAYS AT 8.30

Under Terry Thomson's guidance the guitar learning group is progressing well.

Members who never thought about it before are now becoming committed to achieving skill in playing the instrument.

If you feel you would like to join the group come in on a Tuesday morning, watch and talk to Terry.



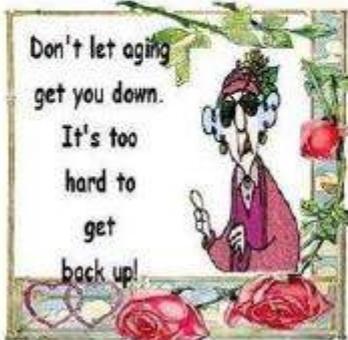
WHO REMEMBERS?



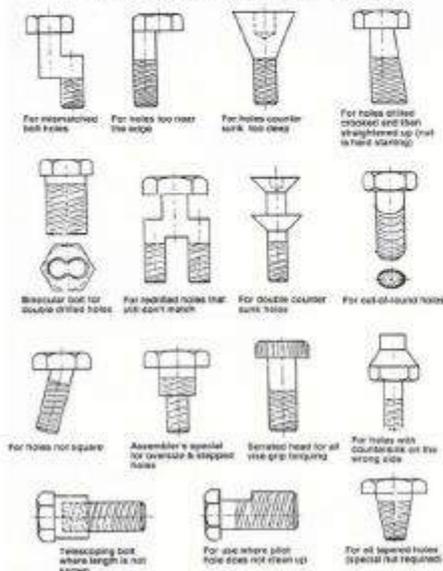
Chuckles



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!



Pacific Fasteners
A STOCK OF THESE SPECIAL BOLTS IS A MUST!



Growing old is compulsory.
Growing up is optional.



Notice of Meeting

Monday, 07 November 2016

The Community Hall at Mt Gravatt Showgrounds

SHED TALK AND ANNUAL GENERAL MEETING
10.30 FOR 11.00

Please Note: Any agenda item must be notified to the Shed Office (3343 2216) no later than Friday 04 November .Please do not approach the chairman of the meeting on the day.

Workshop, Recreation Room Timings and Meeting Program
November, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8.00 Interest Groups Woodwork 8.00 Leatherwork 8.30 Guitar Lessons 9.00 Painting 10.30 Guitar 1.00 Wood Carving	2 8.00 Intermediate Woodwork 12.00 Bowl/Spindle Turning	3 8.00 Metalwork Group 9.00 Scroll Saw work 1.00 Indoor Bowling	4 9.00 Jazz 1.00 Heartmoves
7 SOCIAL MEETING AND AGM 10.30 FOR 11.00 START	8 8.00 Interest Groups Woodwork 8.00 Leatherwork 8.30 Guitar Lessons 9.00 Painting/ 10.30 Guitar 1.00 Wood Carving	9 8.00 Intermediate Woodwork 9.00 Computer 12.00 Bowl/Spindle Turning 1 Management Meeting	10 8.00 Metalwork Group 9.00 Scroll Saw work 1.00 Indoor Bowling 6.30 for 7.00 p.m. SUPPER /SINGALONG	11 9.00 Jazz 1.00 Heartmoves
14 8.00 Intro WW 8.30 Bowl/Spindle Turning 9.30 Cards 1.00 Bee Hive Group	15 8.00 Interest Groups Woodwork 8.00 Leatherwork 8.30 Guitar Lessons 9.00 Painting 10.30 Guitar 1.00 Wood Carving	16 8.00 Intermediate Woodwork 12.00 Bowl/Spindle Turning	17 8.00 Metalwork Group 9.00 Scroll Saw work 1.00 Photographic Group 1.00 Indoor Bowling	18 9.00 Jazz 1.00 Heartmoves
21 Sausage Sizzle 8.00 Intro WW 8.30 Bowl/Spindle Turning 9.30 Cards 12.00 Lunch 1.00 Guest Speaker 1.00 Bee Hive Group	22 8.00 Interest Groups Woodwork 8.00 Leatherwork 8.30 Guitar Lessons 9.00 Painting 10.30 Guitar 1.00 Wood Carving	23 8.00 Intermediate Woodwork 12.00 Bowl/Spindle Turning	24 8.00 Metalwork Group 9.00 Scroll Saw work 1.00 Travel Group 1.00 Indoor Bowling	25 9.00 Jazz 1.00 Heartmoves
28 INDUCTION 8.00 8.00 Intro WW 8.30 Bowl/Spindle Turning 9.30 Cards 1.00 Bee Hive Group	29 8.00 Interest Groups Woodwork 8.00 Leatherwork 8.30 Guitar Lessons 9.00 Painting 10.30 Guitar 12.00 Sausage Sizzle – Cyber Security 1.00 Wood Carving	30 8.00 Intermediate Woodwork 12.00 Bowl/Spindle Turning		Sunday 27 November Celebration Girl Guides Hut 2.30 pm