

SHED WEST COMMUNITY ^{\$} MENS SHED INC.

Friday, April 28, 2023 **NEWSLITTER** Shed West Community Mens Shed Inc.

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		focus discussion groups which will be held after the Guest Speaker talk on Tuesday May 2 nd

Shed News

Vehicle Restoration Group

Rebuild Progress

Work on refurbishing Ollie's mechanical parts continues. The rear axle, differential, hubs and brakes have been overhauled and reassembly is complete. Work is underway on stripping, cleaning, and refurbishing the front axle, including the installation of various new brake, bearing and gasket parts.

The engine block is at the engine reconditioners to be rebored and to have new cam bearings and core plugs fitted. The balance of the work required on the engine will be undertaken at the Shed. Based on the current rate of progress, the refurbished chassis will be moved inside the workshop in June to have its front and rear springs, axles, engine, and gearbox refitted.

Minor aluminium body work repairs will be required on some of Ollie's panels. The VRG is seeking someone who could provide a small amount of panel beating work on Ollie. If such a person is known to any Shed members, please let the VRG know.



Martin showing what to do when spanners don't work Hello folks of world



Rear axle rebuild almost complete



'Mabel' has been and gone

During the month, the parts Land Rover 'Mabel' that the VRG sourced from Northern NSW, was stripped of its roof, tub, and sills. These items were moved to the Shed for cleaning, restoration, and painting prior to their eventual incorporation into Ollie's rebuild.

The aluminium body tub is currently being worked on outside the VRG workshop. The balance of Mabel was sold to a local Land Rover enthusiast for him to utilise in his restoration.



Russ watching 'Mabel' on its way to its new owner



Pete and Doug cleaning the tub

Ormiston Swap Meet

In March, the VRG had a site at the Ormiston Swap Meet. Set up was on Saturday afternoon, with the Swap Meet on Sunday.



A lot of interest was shown in the Ollie rebuild project, the secondhand parts that we had in stock and in Mens Shed activities generally. We were also able to promote our project sponsors, Heritage Series Parts (new parts), Series Landy Rescue (second hand parts), Carrolls Suspension Solutions (springs), Diff Lapping Qld (differentials) and Precision Engine Reconditioning (engine).

Sales were down on expectations on the day, but the Shed trailer came back to Kenmore with a lot less in it than we took. Since the Swap Meet, there has been follow up parts sales from contacts that we made that weekend. The income generated from parts sales will assist in offsetting our rebuild costs.

Worn components

Series 2A Land Rovers have a reputation for shearing rear axles shafts if they are driven too hard. They usually break at or near the splined end. The photos below compare a shaft that was close to failure to the sound axle shaft that is going back into Ollie.



Removed shaft very close to shearing off



Replacement (sound) shaft

Bruce Woodhouse



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Leatherwork Group

The group has again been active with numerous member projects. Two recently completed projects are shown below.



Baden has replaced the broken handle on a welltravelled briefcase which has significant memories of his RAAF days for fellow shedder Daryl.



Alan has replaced the sheath of a well-worn fishing knife for a friend.

Knife sheaths seem to be the project of the time as you may recall we did one earlier in the year and Alan has two more to do.

The group has received advice of some other projects likely to arrive in the near future.

A recent visit to Packer Leather by Ross has replenished our leather inventory. Thank you, Ross.

Alan Ernst

Shed Attendance Levies

At the recent Management Committee meeting, we reviewed the charges for use of shed facilities. The current charges had been in place for over ten years, and with costs rising all the time, it was inevitable that increases to our Shed levies would eventually be necessary. Starting next Monday (1st May), the following charges will take effect:

Attendance at 98 Brookfield Road to work on personal projects	\$4
Attendance at 98 Brookfield Road to work on Shed or Community Projects	\$2
Attendance at 98 Brookfield Road for smoko only	\$2
Attendance at 98 Brookfield Road to play cards	\$2
Attendance at Guest Speaker talks at Kenmore Library	\$3

Shed West Management Committee



Guest Speakers

4/4/23 - Luis Cruce - Chile Landscapes

A very interesting and enlightening presentation about Chile, accompanied by some marvellous photos of the landscape.

We learnt unique Chilean facts eg:

- The biggest swimming pool in the world at San Alfonso del Mar more than 1klm long ,250 million litres of water.
- Chile length wise is longer than Australia from Cape York to bottom tip of Tasmania.

Interesting information about Santiago (capital), Valparaiso, southernmost country in the world, closest to Antarctica, bus trip through the Andes.

• The Red Bull Valparaiso Cerro Abajo mountain bike race through Valparaiso - 20klms long with a descent of 2600 metres. World renowned, and requires nerves of steel - "you can't afford to make mistakes" - comment from one rider.

Thankyou Luis - I might add Luis stepped in assist at short notice when the previously booked speaker had to cancel.

11/4/23 - Josh Campbell - Bodytrack Physiology - title - Exercising for all, through the ages.

A very enthusiastic and active presentation - with audience participation. For example, we participated and learnt about the importance of balance - standing on one foot and 30 second sit to stand test.

Josh's talk covered:

- What Exercise Physiology is, and the benefits of Exercise.
- The difference between a Physiologist and a Physiotherapist.
- The range of health care condition covered cardiovascular, oncology, metabolic, mental health , neurological to name but a few.
- Benefits of exercise reduced cardiovascular risk, increased cognitive processing, increased muscular capacity, assist in controlling diabetes.
- We need 150 minutes of weekly exercise including brisk walking, strengthening muscles, jogging running, and resistance training.
- Studies show that prevalence of exercise decreases risk of falls by 17% in > 65 years.

Questions from the floor discussed barriers to exercise - lack of time, too many commitments, injury or disability.

Exercise Physiology can be accessed via Medicare, NDIS, DVA.

Bob Ada

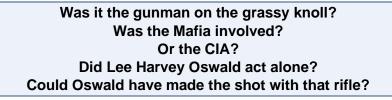


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Next Guest Speaker - Tuesday, May 2nd - Phil Castle - Who really killed JFK?



Our next talk is next Tuesday, May 2nd. Phill Castle will be addressing one of the most controversial topics of the twentieth century – Who killed JFK???



With all the conspiracy theories that have raged for the last 60 years, this should be very interesting.

Afternoon tea on Tuesday, May $2^{\rm nd}$ will be hosted by Gil Trafford- Walker Your MC will be Ian Boudrie

Bob Ada

Focus Group - Tuesday May 2nd - Shed West Future Directions

A set of focus discussion groups will be held after the Guest Speaker talk on Tuesday May 2nd

Shed West Community Men's Shed Future Directions

This is a follow up to the recent on-line survey.

This is your opportunity to get involved in revitalising and setting future direction for Shed West.



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Storage Cabinets







Work on the new cabinets is proceeding well. The drawers for the first batch of five cabinets are finished (above left), and the first cabinet carcase (above right) is ready to install the drawers. We are also making inserts for the drawers to organise and store tools (left).

Over the next few weeks we will complete the first of the new cabinets and start transferring tools into the drawers. In the process we will set aside surplus items for a garage sale to be held in the near future (more on that in the coming weeks).

There will be a period of confusion as we work to complete this project in the coming months, but the goal is to have all our tools and consumables organised in labelled drawers.

Let's make our shed a safer, tidier place





Around the Traps

Sandgate Men's Shed - Making Retirement Great Symposium



This symposium will help blokes and their families navigate opportunities and wellbeing challenges in their retirement journey. This free event includes morning tea and lunch. Places limited booking essential.

Symposium supported by:







UniSC Moreton Bay

1 Moreton Parade Petrie Qld Wednesday 7 June 2023 | 9am-3pm

BOOKING ESSENTIAL!

Scan our Eventbrite QR Code, visit sandgatemensshed.com.au or phone 0448 233 971



Sandgate Mens Shed in conjunction with Qld Mens Shed Association, the Wellness Hub of Metro North Health, and the University of Sunshine Coast are hosting Making Retirement GREAT at University of Sunshine Coast Moreton Bay, 1 Moreton Pde PETRIE on 7 June 2023.

It's all about Promoting the physical, mental, social and economic wellbeing of men - probably one of the objectives in your Constitution.

- Hear Prof Prue Millear speak on Bonza Baby Boomer Blokes Humour, self-perceptions of ageing and longevity.
- Maybe Prof Matt Summers Does participating in Mens Shed make men "happier" and "smarter"?
- Plus there are 12 other speakers. Check out some of them www.sandgatemensshed.com.au more to be added in a few days

Bookings are essential. Just use the QR code above or there is a phone contact as well. Free event.

Mens Shed members (and their partners) are our premium customers. As many as you like, there is no maximum number per shed but get in ASAP because we will make this a public event. All the blokes in your community are potential members of your shed. PS Sandgate Shed gets lots of enquiries from women on behalf of their husbands, so they are welcome to come and hear the story too.

Even though this is in the Uni semester break its best to carpool or take the train to the Petrie Rail Station

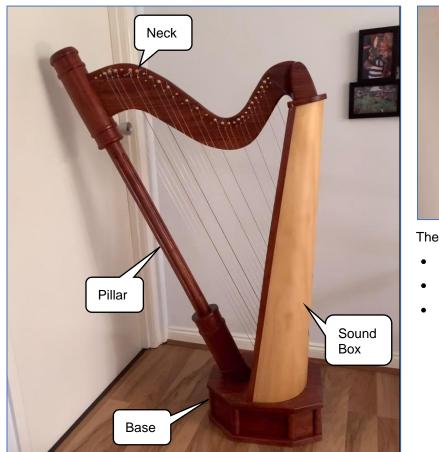
Ross Smith Sandgate Men's Shed

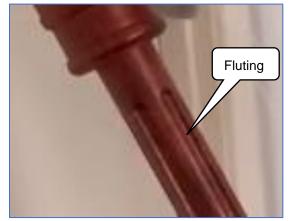


Member Project of the Month

Harp

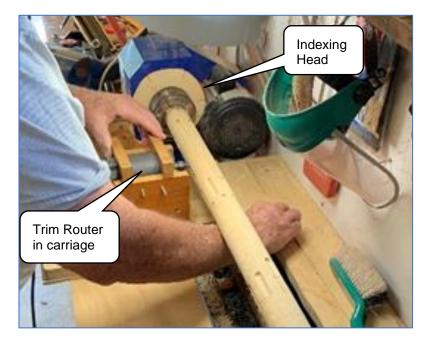
As many of you know, I have made a few of these now. This article is focussed on how we used the lathe to make pieces for the harp, in particular the fluting of the pilar. Graeme Correll





The materials used were:

- Mackay cedar for the pillar, base and neck
- Bunya pine for the sound board
- Bendy hoop pine plywood for the sound box



A flat base of 20mm ply is secured to the top of the lathe.

A circular plywood disc about 20mm diameter is fastened on the drive shaft by the chuck. This disc has saw cut slots around the perimeter to make an indexing head. A metal pawl slots into the head to lock the lathe head at the required angle.

A carriage is made to hold the trim router. This ensures that the router is held steady and can also adjust the height. The base of the carriage is adjusted to control the height and depth of cut.

It took me many hours to make the carriage and other bits. It then took over an hour to assemble and adjust everything. The actual final groove took less than a minute.

Thanks to Barry Borchard for the help and advice.







The base that the harp sits on is an extension of the sound box. The corners are 25mm rounds, which were grooved at angles so that the side pieces could fit in. Cutting the grooves in the rounds was easy using the same technique as cutting the pillar fluting, with additional slots in the indexing head to achieve the required angles.

This same system can also be used to cut wooden gears.

By a shed member

Safety and Operations

Incident Reports



Accidents can happen at any time and usually when you least expect them or want them. But in the event of an accident happening, irrespective of the seriousness of the injury, you are strongly urged to fill out an Incident Report. The reason being that in the event of a recurring health issue as a result of the accident there is a paper trail which may be necessary to display when making an insurance claim.

These Incident Report forms are on the computer in the office and your supervisor will know where to find them and print one off for you. Malcolm also knows of their whereabouts. The first aid kits have just been replenished but we hope you do not need to use them.

Neil Rogers Health and Safety Officer

Shed Site Operations Sub-Committee

Tuesdays are now set aside for community/project work days with the main focus on completing all of the unfinished jobs in the storage shed as well as other projects coming in. To date we have signage to make for the Brookfield Show, tables, chairs and trolleys for kindergartens, trophies for the Kenmore Bears Netball Club, possum and bird boxes for an environmental group, the bedside cabinets in the meeting room. There is the probable making of some stage props for St Peter's Lutheran at Springfield. Plus, there are also the random walk-in repair projects. All of these projects make revenue for the shed and without the willing helpers to create them we will struggle financially as a shed. Please help where you can.

Thursdays are being dedicated for the Shed Storage project. Just a reminder that on Thursdays when David has enough workers on the Storage Project the other folks in attendance will be utilized to work on Tuesday projects. David is putting in a lot of time and effort and needs our continued support. Remember the benefit of your labour will be an organised and tidy shed with more space.

This Friday is the last of the month and after morning tea we will have the first of our Friday clean-ups. This will replace our once-a-year working bee and tidy-up. And I need to remind everyone that you need to clean up your work area when finished for the day.

Phil Batten and I will be going down to Labrador Men's Shed to collect another load of marine ply, walnut and anything else we may be offered. This material is for the shed projects and helps to keep our costs as low as possible.

Neil Rogers



Review of Shed West Community Men's Shed

Introduction

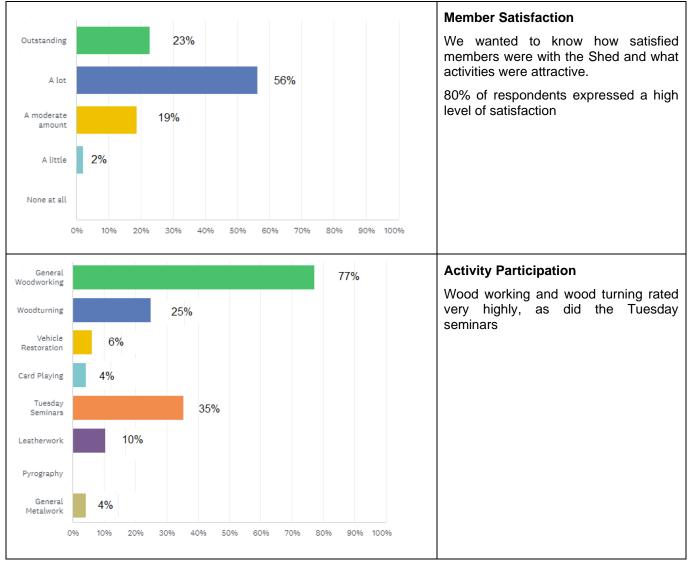
The Covid 19 pandemic has impacted Shed West in several ways. The range of activities was reduced, access to some activities was curtailed and some activities have died off. Membership also took a beating, dropping from about 220 to 120. However, membership is beginning to again increase.

Earlier this year the Shed Management Committee decided that the time has come to regroup and look at how Shed West can ensure that we are providing the best opportunities for our members and what might attract new members. This review is done in the context of uncertainty over the Shed's funded Redevelopment Project. Discussions have dragged on with the Brisbane City Council with no clear indication of any resolution. Irrespective of the outcome of this grant, Shed West needs to move forward.

This review is being undertaken in two phases. First, we are seeking a broad perspective of the types of activities that are appealing to members and what areas we might be missing. A survey was sent out to all members on the April 9th with reminders being sent in the following week. A preliminary analysis of this survey is provided here. Over the next few weeks, a more granular analysis will be undertaken through focus groups and discussions with various groups.

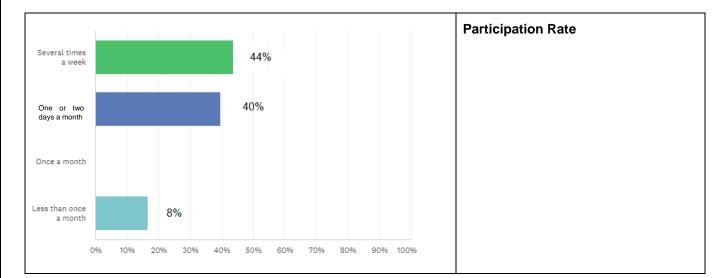
Survey Results

Six questions were asked in the survey. Of the 130 members, forty-eight responses were received representing a 37% response rate.





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These results suggest that there is a core of active members who are engaged consistently with a limited range of activities. There were insufficient returns to gauge whether membership duration was a factor. Of the forty-eight returns, 46% had been members for over seven years.

What other activities would you like to see offered at Shed West?

Thirty of the 48 respondents contributed one or more suggestions to this question. These were categorised into groups as follows:

Suggested Activity	Number of Mentions
Social Outings/Discussion groups	8
Status quo	8
Training on existing equipment.	5
Metal Work (Welding)	4
Community Projects	2
Drones	2
Music Instrument training	2
Others	

Others were items suggested only once. They include a range of different discrete activities including: A Book Club; Computing; Electronics Workshop; Food Preparation (Ice Cream); Music Instrument Training; Photography; Stained glass workshop; and Solar Forum.

Typical responses contributing to each category included:

Social Outings

- Discussion Groups on a range of topics, coffee groups.
- Upgrade to social events such as monthly BBQ and outings.
- More socialising with partners of members.

Status quo

- Current activity regime adequate.
- I am happy with what is available.
- Happy as things are.



Training on existing equipment

- More training sessions on different types of tools and machinery.
- Timber finishing i.e., polishing, epoxy coating.
- Laser cutting/engraving of other materials.

Metal work

• Welding course

Several comments of a general nature included encouraging more access to the shed (i.e., afternoons or weekends), possible opening to women, and revamping photography. In summary, upskilling on existing activities along with training on welding and musical instruments suggests as strong interest among respondents on improving their skill sets.

How could Shed West better engage your interest and attract your involvement?

Comments from thirty-two respondents on how to engage interests were wide ranging and difficult to categorise. Comments addressed the culture of the Shed, facilities, training, community engagement, and communication. Some example responses follow:

- All members to feel welcomed and as equals. Whilst revenue raising is important so is being helpful and generous to the community.
- I'm already very happy with my own shed involvement and have bonded well with other members. I think Shed West has to focus more on helping new members when they first join to ensure their initial enthusiasm isn't lost.
- Greater diversity of activities and opportunities to meet with other members and to engage in some voluntary community supportive activities.
- Only attend Tuesday Pm meeting when the topic is of interest. Happy with my other activities and in small group activities.
- It's headed in the right direction

Several responses addressed the crowded facilities and cleanliness:

- Improve the culture of members getting involved in shed projects, keeping the shed clean and tidy, and looking after the tools.
- To be more diligent in terms of occupational health and safety, especially in respect of the cluttered environment in which members currently operate. Ensure that on any day the rostered supervisor is known (wearing an identifiable shirt top) and that supervisor remains until the close of the shed.
- The facilities need improving, too cramped, old imprecise equipment, compressed air network would help, more 'fine woodworking" projects, e.g., kindy projects could be used to practice proper joinery (we don't need to be paid for our time)

Several comments were made relating to the culture within the Shed and levels of communication.

- Considering my many years of senior corporate formality I would seek for less formality in retirement.
- There's a lot of "member apathy" with very few shed members willing to volunteer for specific shed duties or activities.
- More communication of decisions made on Shed matters.
- The minutes of meetings published in newsletter. What are they doing up there?
- Over the last year or so the focus at the shed has turned to project work. The opportunities for carrying out personal work has reduced so for me I do not attend as much as I did in the past.
- Greater diversity of activities and opportunities to meet with other members and to engage in some voluntary community supportive activities.



Summary – What next?

The results of the survey comments provide an opportunity to extend our discussion with members to generate more suggestions on how the Shed can balance the different expectations that members have. The overall sense of satisfaction is representative of those who responded. What are the expectations of the silent majority? How can we expand activities and membership given our constrained facilities?

The survey instrument provided an opportunity for extra feedback via email. Some of the issues that the Shed need to consider are captured in this message:

Some of the larger and very successful sheds have a screening process to ensure prospective members expectations and willingness to contribute are realistic. Also, some allocate a mentor to ensure members are introduced etc. Some people are not outgoing enough to do this themselves. I think success is not about size but about involvement. Some new members never get involved and probably would not have joined if screened. Also, for a shed our size to have too many activities it may fragment the numbers in each.

Hopefully, we will have an opportunity to discuss some of these findings with members over coffee, tea, and biscuits over the next few weeks.

The survey with the link above is still open but will close on 30th April. Any further comments can be sent to the secretary in confidence.

Jim Watters Secretary. Shedwest.sec@gmail.com



Scheduled Events

Date	Start Time	Finish Time	Event	Venue
Friday, April 28			NEWSLITTER publication	
Saturday, April 29	8:30 AM	4:00 PM	Maleny Wood EXPO	Maleny Showgrounds
Monday, May 1	8:30 AM	4:00 PM	Maleny Wood EXPO	Maleny Showgrounds
Tuesday, May 2	2:00 PM	3:30pm	Guest Speaker - Phil Castle (Shed) Who really killed JFK	Kenmore Library meeting room
Tuesday, May 2	3:30 PM	4:30 PM	Focus group	Kenmore Library meeting room
Tuesday, May 2	3:00 PM	3:30 PM	Focus Groups Shed West Community Men's Shed Future Directions	Kenmore Library meeting room
Tuesday, May 9	2:00 PM	3:30pm	Guest Speaker - Mark Ciobo Reptile Removals	Kenmore Library meeting room
Wednesday, May 10	9:00 AM	11:00 AM	Operations Subcommittee Meeting	Donga behind Shed
Tuesday, May 16	12:00 PM	2:00 PM	Barbecue at the Shed	Green Shed
Wednesday, May 17	9:00 AM	12:00 PM	Management Committee Meeting	Kenmore Library meeting room
Friday, May 26			NEWSLITTER publication	
Tuesday, June 6	2:00 PM	3:30pm	Guest Speaker - Sandra Lewis Aged Care Client Satisfaction Survey	Kenmore Library meeting room
Tuesday, June 13	2:00 PM	3:30pm	Guest Speaker - Karen Coggan Home Guardian	Kenmore Library meeting room
Wednesday, June 14	9:00 AM	11:00 AM	Operations Subcommittee Meeting	Donga behind Shed
Tuesday, June 20	12:00 PM	2:00 PM	Barbecue at the Shed	Green Shed
Wednesday, June 21	9:00 AM	12:00 PM	Management Committee Meeting	Kenmore Library meeting room
Friday, June 30			NEWSLITTER publication	

Shed West Garage Sale
Date TBA



Weekly Routine

Date	Start Time	Finish Time	Event	Venue
Monday	9:00 AM	12:00 PM	500 cards	Building behind the Green Shed
Monday	1:30 PM	4:30 PM	Leather work	Blue Shed
Tuesday	8:30 AM	12:00 PM	Community Projects	Green Shed
Tuesday	2:00 PM	3:30 PM	Guest Speaker Program 1st, 2nd Tuesday each month See scheduled events for details	Kenmore Library
Tuesday	12:00 PM	2:00 PM	Monthly barbecue 3rd Tuesday each month	Green shed
Wednesday	9:00 AM	11:00 AM	Operations Subcommittee Meeting 2nd Wednesday of each month (unless scheduled otherwise)	Donga behind Shed
Wednesday	9:00 AM	12:00 PM	Management Committee Meeting 3rd Wednesday of each month (unless scheduled otherwise)	Kenmore Library meeting room
Thursday	8:30 AM	4:30 PM	Shed Improvement Projects	Green Shed
Thursday	9:00 AM	12:00 PM	Pyrography, community projects, good fellowship, and solving the problems of the world	Blue Shed
Friday	7:30 AM		<i>NEWSLITTER</i> publication Friday following the 4th Wednesday of each month	Your morning paper, delivered for breakfast
Friday	9:00 AM	12:00 PM	Computing	Building behind the Green Shed
Friday	1:30 PM	4:30 PM	Woodturning Group	Green Shed
Monday, Wednesday, Friday	8:30 AM	12:00 PM	General woodworking and community projects	Green Shed
Monday - Friday	8:30 AM	12:00 PM	Vehicle restoration	Metalworking bay



Shed Contacts

Position	First Name	Surname	Phone	eMail / web
Management Committee	-			
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Vice President	Mike	Symes	0406 183 431	Shedwest.Pres@gmail.com
Secretary	Jim	Watters	0414 643 639	Shedwest.Sec@gmail.com
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	-			
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	David	Arnold	0477 300 237	arnoldda@optusnet.com.au
	-			
Re-Development	- Mike	Symes	0406 183 431	Shedwest.Pres@gmail.com
Subcommittee		-		
	Gerald	Barber	0418 763 637	gerald.barber1@gmail.com
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	-			
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	Daviu		0411 300 231	amoluda e optusilet.com.au
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	Gerald	Barber	0418 763 637	gerald.barber1@gmail.com
	-			
Special Roles	-			
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Welfare Officer & Membership Secretary	lan	Boudry	0487 420 433	iboudry@gmail.com
Shed Safety Officer	Neil	Rogers	0439 444 018	neiltrogers@optusnet.com.au
Induction Training	David	Brown	0421 594 362	dbrown55@bigpond.com
Maintenance Coordinator	Gavan	Clarke	0427 171 041	gavan@seehills.net
Community Projects	-			
Blue Shed Coordinator	Warren	Cameron	0400 006 046	wm.cameron@bigpond.com
Guest Speaker Program and Library Contact	Chris	Wright	0409 278 439	chrisjoan72@yahoo.com.au
Afternoon Tea Coordinator (Guest speaker Tuesdays)	Bob	Ada	0408 768 187	rada8858@bigpond.net.au
Shed Barbeque Coordinator (3rd Tuesdays)	Peter	Nisbet	0417 319 373	jnisbet@bigpond.net.au
Social Events Coordinator	Gerald	Barber	0418 763 637	gerald.barber1@gmail.com
Trotec Laser Coordinator	Ross	Monks	0407 032 282	ross@rossmonks.com
3D Printer Coordinator	Jim	Watters	0414 643 639	jjwatters@gmail.com
CNC Router Coordinator	Neil	Rogers	0439 444 018	neiltrogers@optusnet.com.au
Auditor	Tom	Usher	0435 119 992	tomusher197@gmail.com
IT Consultant / Web Site	Ray	Johnson	-	pamray19@tpg.com.au
Shed Trailer Coordinator	Phil	Batten	0418 715 004	phil.liz.batten@bigpond.com
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	-			
	-			
Special Interest Groups	-			
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Wood Turning	Gavan	Clarke	0427 171 041	gavan@seehills.net
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Mens Sheds

Men's Sheds	Address	eMail / web
Bellbowrie Men's Shed	55 Priors Pocket Rd Moggill QLD 4070	FaceBook: Bellbowrie Mens Shed
Indooroopilly Men's Shed	60 A Stamford Rd Indooroopilly QLD 4068	http://www.indroshed.org.au/
Centenary Suburbs Men's Shed	125 Monier Road Seventeen Mile Rocks QLD 4073	http://www.csms.org.au
Oxley Men's Shed	18 California Rd Oxley QLD 4075	FaceBook: Oxley Mens Shed
Ashgrove – The Gap Men's Shed	98 Yoorala Street The Gap QLD 4061	https://www.ashgrovethegapshed.com/
Ipswich Men's Shed	34 Mining Street Bundamba	https://ipswichmensshed.org.au/ Facebook: Ipswich-Mens-Shed-Inc
Boonah Activity Shed	-	FaceBook: Boonah Activity Shed