



The Shed Newsletter

The Newsletter of the Shed West Community Men's Shed Inc.

November-December edition, 3 DEC 2025

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Shed West Community Men's Shed (Inc.) is a registered charity and member of the Australian Men's Shed Association and the Queensland Men's Shed Association.

Shed West visit kindles an idea 11,800 km away



The "Men's Shed" idea taken home by a South African visitor to Shed West motivated discussion with colleagues about how they might start a men's shed in their local community.

Dennis Kitchener from Rawsonville, South Africa visited Shed West in October, sparking the idea to establish a men's shed back home. Below is an extract from an email Dennis wrote to Jim Watters on 27 OCT.

"On my recent visit to Brisbane, I decided to pop in at the Men's Shed in Kenmore to satisfy my curiosity about what is going on at this interesting place on Brookfield Road. There I met **Ron (Williams??)**. Ron opened up a new world for me. A story of hope unfolded while

he was telling me about the purpose and aims of the organization. What a great idea. I can think of so many people where I come from, who can benefit from such a program.

Well, to cut my story short, I came back to South Africa excited and determined to start a “Men’s Shed” in my town. On arriving back home, I immediately started looking for and contacting a number of people to tell them about this wonderful story. People who I know will support and help me. Well, I hope to have a meeting in this regard shortly.”













The inaugural meeting was held 18 NOV as recorded in the photo above. Jim Watters provided extra detail about the funding, management and operation of our shed in response to questions Dennis posed.

This interaction is noteworthy and demonstrates the strength of purpose and the professionalism operating in our shed that had a significant effect on Dennis Kitchener during his short visit. Hopefully Dennis will keep Shed West informed about progress in creating a much-needed resource where he lives.

Outcome of AGM on Tuesday 7 OCT

Below is the outcome of the election of Management Committee members to manage the Men’s Shed for the next 12 months. In some circles the mugshots below might raise suspicion. But then again it can be said that this is an assembly of handsome gentlemen possessed of intelligence, principles, dedication, enthusiasm to manage the operation of your Men’s Shed.

Shed West Community Men’s Shed Management Committee 2025-2026

			
David King -President	Phil Batten V-President	Jim Watters Secretary	Bruce Woodhouse Treasurer
			
Ian Boudry	Bill Cristaldi	Valther Hansmar	Gil Logan
			
Neil Rogers	Stuart Reed	Mike Symes	Doug Wait

Committee Member	Role
Dave King	President
Phil Batten	Vice President
Jim Watters	Secretary
Bruce Woodhouse	Treasurer
Ian Boudry	Health and welfare monitor
Bill Cristaldi	
Valther Hansmar	
Gilbert Logan	Newsletter editor, Office manager
Neil Rogers	Operations sub-committee chair
Stuart Reed	Assets manager
Mike Symes	Membership co-ordinator
Doug Wait	IT sub-committee chair

PREZ SEZ

SHED WEST - DECEMBER 2025

Firstly, I would like to thank the Management Committee, and the greater membership for showing support in my nomination to take over from Phil Batten who has done a great job for the past 3-odd years. I would like to thank Phil for leaving the ‘President’s Chair’ in such good order.

I would also like to also thank those on the Management Committee who have stayed on, and welcome those who are new to the committee. I feel we have a great team of skilled members who will lead Shed West into the future in a cohesive and constructive manner.

As this is my first Newsletter article as President, and because I’m still feeling my way into the role, I don’t really have much to convey. However, I would like to outline some of the areas I think we, as Shed West members, can improve on so the membership can better support ‘Men’ in our catchment.

These ideas are not arranged in any particular order, priority, or importance, but as you no doubt will notice, some will need a great deal of consultation within our own ranks and committees.

My target areas are:

- Improving our communication processes to our membership. A review of our website will be integral in this.
- Increase membership, but not to a point where we have too many members for our limited site footprint. I feel this can be done by increasing Shed West's visibility in the community by:
 - Articles in the local community newspaper
 - Having a more visible presence in social media
 - Having more visible (and welcoming) signage on the fence line of the Shed
- Using a survey tool, such as Survey Monkey, to better understand our members needs or wishes including:
 - Areas where we can improve what we offer our membership
 - Areas of interest that our members would like to have included at Shed West
 - Why members are choosing to leave Shed West
- For a pre-determined time, I'd like to perform a trial on whether expanding our hours of operation (e.g. Saturday morning) would provide for a wider membership cohort, such as those still working. Obviously, this is one of the items that will need a great deal of discussion, internal consultation and coordination, if approved by the Management and Operations Committees.

I'm sure the greater membership will have their own ideas on how to improve our service to our members and the wider community, and I would be pleased to hear your ideas.

Our Shed continues to grow as a place where men can come together, share skills, learn from one another, and support our local community. The heart of the Men's Shed movement has always been about connection. Whether it's having a chat over a cuppa, lending a hand with a project, or simply enjoying time together, it all adds up to something bigger than the sum of its parts. Shed West is proof that a Shed is more than just four walls and a workbench – it's a space for friendship, wellbeing, and community spirit.

Dave King

Briefing from November Management Committee meeting

[This briefing below covers business of the Management Committee meeting held 12 November. No MC meeting was held in October because it would have occurred the day following the AGM and selection of the new MC. The briefing is prepared by Secretary Jim Watters and provides salient information about the running of Shed West Men's Shed.]

Following its election in October, the new Management Committee met on the 12th November in the Kenmore BCC library. Membership of the new committee is listed below.

The new president set out his goals for the next twelve months. Enhancing communication, expanding opportunities for engagement with the Shed and understanding the dynamics of Shed membership were his priorities.

Shed Lease

The Shed currently occupies the site at 98 Brookfield Rd on license from the BCC. The Council is proceeding with establishing the scope of a new lease to extend the Shed use from 2027. In the interim a short-term arrangement will be implemented while the site is surveyed for an extended lease. The Committee has endorsed an application to the Council to extend the footprint of our current permit to improve storage capacity.

Finances

An important milestone in the financial management of the Shed was discussed. The Shed's new Treasurer is in the process of migrating our financial software from MYOB to XERO. Procedures for the handling of cash transactions are being tightened to ensure that expenses and income are recorded against projects. The Shed has three investment accounts with the Bank of Queensland which have been rolled over for another year.

Interest Groups

Reports were accepted from several of the Shed's Interest Groups namely, Vehicle Restoration Group, Social Excursions, Photography, Blue Shed, Speaker Program, and The Walkers. Of note, Ollie – Land Rover – was scheduled to be road worthy tested which subsequent to the meeting was successful on the 13th November. The Committee was made aware that maintenance support for the Trotec will cease in about two years.

Sub-Committees

Reports from the Operations Sub-Committee and Information Technology Sub-Committee were accepted.

The Ops Committee has dealt with planning the extension of lease application. Details of ongoing projects were summarised particularly a project with the Kenmore State High School. Most new projects are scheduled to be taken up in the new year.

The IT Sub-Committee report highlighted work being undertaken on Phase 1 of the IT refurbishment. Most computers have been set up with Windows 11 and interconnectivity among the Shed buildings improved. Cameras have been installed to support training programs.

The next Scheduled meeting of the Management Committee will occur on 10 December.

To wind up 2025 there will be a shed cleanup on Friday 12 DEC followed by a barbecue.

NOTE: Shed West will close 12 DEC and re-open Monday 12 JAN 2026.

Jim Watters

Secretary

Shedwest.sec@gmail.com

Christmas Party 2025



Luncheon at Table One on Saturday 21 November was a great success with a large attendance. Bill Cristaldi presented Table One host Hayley with 60 sets of drink coasters and stands that One Table had asked the shed to manufacture. 40 sets to go. This has been a worthwhile project for the men who attend the blue shed on Thursdays to get involved in providing the finishing touches to the products cut out and embellished on the Trotec laser cutter.

A highlight of the function was the awarding of Life Membership of Shed West Men's Shed to Gerald Barber. Gerald has given many years of service to Shed West and the Qld Men's Shed Association.

Another highlight was the awarding of the Shed's least improved member to Phil Castle. This too is a significant award because it is very hard to not attain some sort of improvement in a year. According to Russ Hawksford who judges the competition Phil was a clear winner.

Land Rover Project Update

Safety Certificate and Registration

The Shed reached two major milestones this month with the Land Rover project. On 13 November a TMR approved vehicle examiner inspected Ollie at the Shed and subsequently issued a Safety Certificate. The examiner commented positively about the quality of workmanship that had gone into the rebuild and how well the Land Rover drove compared with other vehicles he had assessed.



Celebrating receiving the Safety Certificate – Val, Russ, Bruce, Phil, Pete

On 17 November, Bruce and Pete drove Ollie to TMR Ipswich for a pre-registration inspection. The support crew of Martin, Russ and Doug followed close behind. There was one false start when we got part way along Brookfield Rd but couldn't get the gearbox into high range – returned to the Shed for an hour, phone calls, discussions, drivers side floor plate out, adjustment to the offending bracket and we departed again.

Squeaks and rattles aside, for a 62-year-old vehicle that had never been registered to drive on the road in Queensland and had undergone a 3-year restoration by Shed West members, the trip to Ipswich and back was comparatively uneventful. Driving in an open top vehicle once again was also an enjoyable event.



The driver, navigator and following support crew



Fuel stop at Karana Downs

An hour at TMR Ipswich with the pre-registration inspection and associated paperwork, and Ollie was issued with a set of number plates for the trip back to Kenmore.



September 2022



November 2025

Further work to complete the project

There is still further work to do to complete the project. The doors, tailgate, sills and roof need painting and refitting to replace some of the spares that are on there now.

Other minor issues like a wheel alignment, installing a tow bar, fixing the fuel gauge, reinstating the vacuum system and fixing miscellaneous trim items still need to be completed. A little way to go, but when required Ollie can now be driven to and from its destinations.

Bruce Woodhouse
Vehicle Restoration Group

Shed Leatherwork Group

We regularly meet in the Blue shed on Monday afternoons for a couple of hours project work and convivial discussion from 1 pm.

As usual current projects are quite varied. Also, we get visitors who are interested in a specific project or with requests for information or support. Recent work has included wallets, belts and notebook covers.

John has been working on a wallet and Greg on a different design wallet, while Alan continues to experiment with his key cases.



Bill and John working on the laser to cut out a wallet.



The wallet being cut out.



Steve & John discuss edging lacing styles



John working on the laser cut wallet. Next step is stitching.



Alan's key case project.

Regards, Alan Ernst

Shed Walking Group

The walking group walks each Tuesday morning starting from the shed at 7:00 am. To date walks have taken different routes around Chapel Hill, Kenmore and Brookfield aiming to incorporate parks, quiet streets and avoid busy roads, wherever possible. The plan each week is to walk for one hour and cover up to 5 km. There is always an enjoyable hill or two to climb. The idea is to walk at a speed that enables talking without getting puffed out, except on the steep slopes. We stop and rest when requested. The aim is to improve general fitness and cardiac performance.



End of the walk on 25 NOV, Ian Boudry, Valther Hansmar, Gilbert Logan

Photographic Interest Group

The Photographic Interest Group (PIG) meets on a Wednesday morning once a month in the donga to discuss improving photography skills and review photos members have taken in the past month on a particular theme set at the previous meeting. If you are interested in joining the PIG, contact Jim Watters or come along to the next meeting in 2026.

Our next meeting will be 21 Jan at 8:30 in the Donga. Russ has volunteered to share his notes taken at a workshop he attended during the year.

Members are encouraged to bring along photos either in print form or on a USB drive. We can project images to the TV monitor.

We are also planning a night field trip to the Valley and surrounds to capture some light trails. This will again be a useful excursion to learn more about our cameras or phones.

Also, possibly on the agenda for later in 2026 might be an excursion over a week to the Bowra Wildlife Sanctuary near Cunnamulla. The reserve is famous for its diverse bird population, Bowra Wildlife Sanctuary is home to over 200 species.



Photographic Interest group discussion on 26 November

Shed Health and Safety

First Aid Training

Shed West supervisors, management committee and some other members undertook a combination of on-line and face-to-face first aid training during October. The face-to-face training was with an experienced QAS paramedic and proved beneficial because he had a wealth of knowledge and practical experience to draw upon to answer questions posed by trainees.

The trainer recommended that Shed West have available to QAS paramedics called to attend to someone at the shed who requires emergency care, medical and pharmaceutical data for the shed member. There is a secure box in the shed office with some medical records sealed in envelopes bearing a member's name. A check revealed most of the envelopes belong to people who no longer associate with the shed and of the remaining envelopes, they show old dates.

In the near future members will receive an email with an attachment, a form for you to fill in with your medical history, prescribed pharmaceutical drugs plus over-the-counter medications you take. There is no compulsion to provide the form but the information in it might help save your life. Your information will be kept confidential and secure. Bring your completed form to the shed where you can seal it into an envelope bearing your

name and contact details and date of lodgement. The envelope will be locked in a secure container in the shed office. A separate record sheet will advise shed supervisors which members have a medical record in the container.

A day supervisor can advise a QAS paramedic, should a member require emergency assistance, that the member's medical details are held in the office. Opening and dealing with the envelope will be the paramedic's responsibility if he/she needs that information to assist treatment.

Recent Shed Injuries

Neil Rogers, Operations sub-committee manager writes:

**If you think it won't happen to you
Because you have done it a million times,
You had better think again.**

One of our most qualified members, with a lifetime of practical expertise in safe workshop practices, has succumbed to an injury which could have had more serious consequences than as it turned out.

Whilst using the nail gun to secure a plywood frame the gun slipped slightly from its target zone and discharged a nail, missing the timber but not his hand. Uncertain of whether the nail lodged in his hand or not, the metal detector for the thicknesser revealed the truth. Ouch.

Having the hand securing the timber located away from the immediate work area could have averted the injury.

A lesson for all to concentrate on the work and the appropriate safe work processes.



Count the nails in this hand



David, back on the job after a few nights in hospital waiting for surgery to remove the nail

If David Brown's accident wasn't bad enough, a week later another experienced hand landed in hospital for surgical repair to a damaged digit while working on the same job.



Phil Batten with a finger shaved by an electric planer while dressing timber

And on the Topic of Men's Injuries



Ralph's Health and Safety Report



In this edition of the Newsletter I would like to talk about the Risk Matrix. The Risk Matrix is used to determine the level of risk in undertaking any activity that is undertaken in the shed. The matrix can then help you determine if any particular activity that you are undertaking should be undertaken or not and as a consequence what Hierarchy of Control measure should be implemented (Hierarchy of Control was discussed in the previous Newsletter). The matrix is a combination of the probability that something will happen and the consequence if that thing should happen. An example of the matrix is shown in the table below.

Probability	Impact						
	What is the probability that the event will occur		How severe would the outcomes be if the risk occurred?				
			Insignificant	Minor	Significant	Major	Severe
		Almost Certain	Medium	High	Very High	Extreme	Extreme
		Likely	Medium	Medium	High	Very High	Extreme
		Moderate	Low	Medium	Medium	High	Very High
		Unlikely	Very Low	Low	Medium	Medium	High
		Rare	Very Low	Very Low	Low	Medium	Medium

The risk matrix also aims to answer the question “What are the risk rating levels in the risk assessment matrix?” The risk matrix has two axes, or components, that make up the whole table or grid: the Probability and the Impact. Under the two are 7 risk rating levels used to calculate risks.

Color-coding is used in the risk assessment matrix to help you visualise the risk level and is used to represent the combination level of probability and impact of the identified risk. Extreme risks are in Maroon, Very High risks are in red, High risks are in

orange, Medium risks are in yellow, and Low Risks are in green and Very Low risks are in light green.

Probability

Also called likelihood, the Probability (y-axis) pertains to the extent of how likely it is for the risk to occur. The 5 risk rating levels under this component are as follows:

1. Rare – unlikely to happen and/or have minor or negligible consequences
2. Unlikely – possible to happen and/or to have moderate consequences
3. Moderate – likely to happen and/or to have serious consequences
4. Likely – almost sure to happen and/or to have major consequences
5. Almost certain – sure to happen and/or have major consequences

Impact

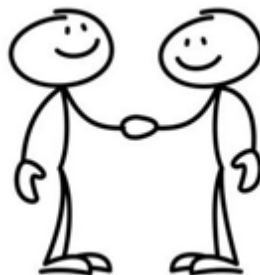
Also called severity or consequences, the Impact (x-axis) aims to determine the level of effects that the hazard can cause. The following represent the general terms used to describe the 5 impact levels to determine the risk's impact:

1. Insignificant – won't cause serious injuries or illnesses
2. Minor – can cause injuries or illnesses, only to a mild extent
3. Significant – can cause injuries or illnesses that may require medical attention but limited treatment
4. Major – can cause irreversible injuries or illnesses that require constant medical attention
5. Severe – can result in a fatality

Each risk box represents the rating of a risk that is calculated based on its particular level of probability and impact.

When undertaking any activity in the shed I would encourage you to consider the risk matrix to assess the safety of the activity that you are undertaking, and if the activity is anything other than low or very low, you reconsider how you undertake or whether you should undertake the activity at all.

Remember to **Be Courageous** together.



Ralph Dowling

Shed West Health and Safety Officer.

Men's Shed Group Health Coaching – My Health for Life Program

The Queensland Men's Shed Association November update advised that Expressions of Interest are now open for the 2026 rollout of the popular *My Health for Life* program. Ten Sheds have already taken part – now it's expanding across Queensland! Sheds in both metro and rural areas are invited to express interest. We all want to stay independent and enjoy life for as long as we can – but finding support that's both accessible and affordable isn't always easy. That's where *My health for life* can help – **at your Shed, for free.**

How it works

My health for life offers free, confidential health checks and group health coaching to support the wellbeing of shedders across Queensland.

What's on offer

- Qualified health professionals visit your Shed (regional and metro areas)
 - 1 info session with free health checks
 - 6 free health coaching sessions over 14–18 weeks
- Tailored delivery for Men's Sheds
- Evidence-based behaviour change support
- Personalised step-by-step plans
- Expert guidance and free workbooks

Shed West did participate in a My Health for Life Program in 2023. There is now an opportunity to engage in the program again in 2026. A sign-up form will be available on the notice board in the shed, adjacent the sign-in book.

While on the topic of Health and fitness, Peter Merrell finds all manner of interesting information to add to the Newsletter. Check out this link in "The Conversation" that discusses why men need to do more exercise than women to gain the same heart benefits. Thanks Peter.

<https://theconversation.com/why-men-need-more-exercise-than-women-to-see-the-same-heart-benefits-268624>

Shed Talk



Ron Williams, handsome as ever! (Tuesday 2 DEC.)

Dareton Men's Shed aims to restore a De Havilland Vampire aircraft

Dennis Wilkes emailed this ABC News item for the interest of members with a yearning to restore old things. Quite a project these men have taken on. This link should take you to the ABC (Mildura-Swan Hill) news story by Wade Stephens dated Sunday 19 October 2025. <https://share.google/gRXYUz0ESlw60CIZ6>

Shyam's bird feeder

Shyam was busy at the shed recently and created an impressive looking bird feeder.



Women's shed for St Lucia

A Women's Shed in the St Lucia area has been mentioned a couple of times this year. Peter Merrell provided this link to The Workshed Inner West Inc that is taking shape to "offer a welcoming, safe, and empowering space for women aged 18 and over – focused on inclusion, wellbeing, creativity, and connection. Our programs aim to reduce social isolation, boost resilience, and support mental, physical, and emotional health." If you know women who are interested in the idea please pass on this link. <https://theworkshop.org.au/>

Kenmore High School Job

Neil Rogers quoted for Shed West to undertake work at Kenmore High School to replace the deteriorating timber planking on picnic tables that are provided for student use. Wet conditions caused this work to be cancelled on two occasions. Saturday 29 November dawned hot and sunny and enabled stage 1 of the project to be completed. Stage 1 is to remove the planks making up the table and two seat sections of each picnic set. The work on Saturday 29 November involved cutting the bolts or nuts securing the planks to the tubular steel frames with angle grinders. The removed planks were cut in half for easy disposal and the metal debris from the angle grinding picked up for disposal. The work site involves a unique hazard because the school borders Moggill Creek and bushland; Fortunately, none were seen.



The removal of the timber from the picnic sets and release of bolts from the timber planks took about an hour. Once a technique had been established the work continued smoothly. The site was cleared and tools packed up by about 9:15 am after a 7:30 start at the shed.

Stage 2 requires the steel frames to be cleaned up and painted. Shed West is not required to do that work. Stage 3 will fit new timber to the freshly painted frames and will be undertaken in the New Year. Saturday's work completed five picnic tables and there are about 40 more to be refurbished.



Cast of seven volunteers to start the contracted work at Kenmore High School

Responding to Community Dogs

Doug Wait had the idea of providing drinking water for dogs being walked past the shed along Brookfield Road.



Doug's dog watering spot outside the fence.

Classified Ads

1. There have been some phone calls at the shed wanting to donate wood turning lathes. Here are photos of two that are available. Both need work to refurbish them to be useable. The lathe in the second photo does not have an electric motor. Be quick if you want the second lathe. The people are moving house and will dump it after 5 DEC.



2. A solid workbench is available. No price provided. The bench comes with both the vices. Must be removed by 5 DEC.



3. A timber desk that needs the French polishing redone.



4. A bench top, 5 speed drill press, Dynalink model 190-19-00012 (needs work to remove surface rust)



Contact the editor if you are interested in these items. Items are located in either Chapel Hill or Brookfield.

NEXT NEWSLITTER

The next Newsletter will cover January and February and will be emailed to members at the end of FEB 2026. Please send contributions to Gilbert Logan, editor at email address gillogan51@gmail.com

Christmas Greetings to you all.