



SECRET MEN'S BUSINESS

VOLUME 1, ISSUE 2

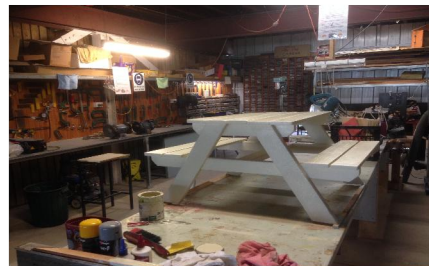
NOVEMBER 2015

WHO WE ARE.....

The focus of this local Men's shed is to:

- Boost membership of males who seek mateship and a belonging.
- Give the unemployed and retirees a strong sense of worth.
- Provide youth with guidance and self-esteem through provision of basic trade knowledge and to enhance employment prospects.
- Strengthen the community through undertaking various community support projects.

As the Men's Shed name (and position) suggests, the Men's Shed has a wonderful grounding for ongoing success and growth, particularly given the significance of the two supporting organisations, who are passionate about ensuring the ongoing success.



FUNDRAISING ACTIVITIES

- ◆ Sausage Sizzles

Where: IGA Glenmore

- ◆ Markets @ PCYC
- ◆ Money board
- ◆ Donations



INSIDE THIS ISSUE:

RECENT PROJECT ACTIVITIES	2
HEALTH PROMOTION	2
RECRUITING DRIVE	2
SHED DEVELOPMENT	3
BBQ'S & SAUSAGE SIZZLES	3
THE SNAG WAGON PROJECT	3
2016 COMMITTEE LIST CORDINATOR'S COMMENTS MENTORING KIDS FROM SPECIAL SCHOOL	4

In the Beginning.....

Initially, the Men's Shed commenced under the auspice of PCYC. In June 2013, AFS Pharmacies collaborated with PCYC to assist with and expand the value proposition for both organisations. AFS donated \$5000 and material to assist with the building of extra working bays. The men's shed is now known as AFS Pharmacies Men's Shed @ PCYC.



RECENT PROJECT ACTIVITIES INCLUDE:

Snag Wagon: This major project will see the development and construction of a snag wagon that will be used to increase our fundraising capability and therefore our ability to assist the local community. Construction of the 'trailer' has commenced and this work is being carried out by a local business.

Athelstane Tennis Club: Were assisted by preparation of some additional (second hand) light poles for their lower courts. As a follow up we were invited back in October for a BBQ to thank all involved in helping the club get the lights up and running.

Sand Sink: Made at the request of the Gundaroo Child Care Centre. This is a great asset to their sand play area..

North Rockhampton Nursing Centre: Have been provided with a number of timber animal shape cutouts which the residents enjoy painting during craft sessions..

Breast Cancer Awareness: The Men's Shed again were able to support the local effort of raising awareness of Breast Cancer. Eight (8) Pink Ladies were made for Breast Screening Queensland.

Buddy Seating: Two new buddy seats were made for the Frenchville Primary School with some material costs being provided by the School.

Cyclone Marcia: Assistance to: the Rockhampton Horse Riding School to clear debris from fences.



HEALTH ISSUE PRESENTATIONS

We are hoping to have regular presentations on a range of relevant health topics. Recently we were informed of the Community Awareness Program for Dementia Friendly communities on behalf of Alzheimer's Australia (Qld) Limited. The presentation by our guest speaker Heidi Fillsell from the Rockhampton Dementia Support Centre was informative and well received.



RECRUITMENT DRIVE

We are undertaking a recruitment drive to increase our membership of men with some knowledge and skill in woodworking, metalwork or both.

If you are a tradie recently retired, perhaps have been recently laid off or just looking for some community based work (and moral support) while at the same time looking for another paid position —

WE NEED YOU.

Some members join the shed because of the mateship that exists and just come for a tea or coffee and a chat. All men are welcome.

**New
Members
Wanted**

Do YOU

- Have Wood or Metal Work Skills
- Seek Mateship & Belonging
- Enjoy Supporting Your Community

We Need You!

Ground Floor
PCYC Building
Bridge Street
North Rockhampton
Tel: 07 4927 7899



SHED DEVELOPMENT

Over the last few months we have made substantial improvements to our shed through the acquisition of a number of new items of plant and equipment including :

- Heavy duty thicknesser.
- Biscuit cutter
- Bobbin sander
- Band saw
- 300 mm disc sander
- Belt and disc sander

Training is underway to ensure that the members can use the new equipment competently and safely.

More shelving has been constructed in our storage area (Boggo Road) and the metal workshop is also undergoing some structural changes to improve workshop layout.

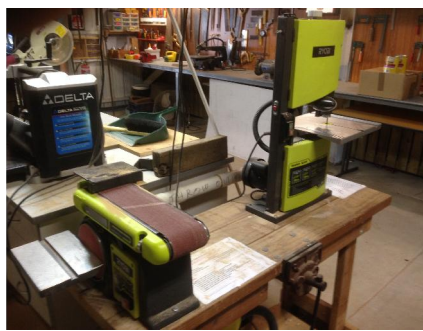
MONTHLY BBQS

A regular monthly BBQ has been organised to bring Shed members and PCYC staff together for a social gathering. These BBQ's are held on the last Tuesday or Thursday of each month, in rotation. The first BBQ was held at the end of October and was a great success.

IGA SAUSAGE SIZZLES

Our regular Sausage Sizzles at IGA Glenmore are still as popular as ever and is one of our main sources of income.

Scott and his staff at IGA Glenmore are fantastic supporters of not only the AFS Men's Shed but also to the local community generally. A BIG thank you to Scott and IGA Glenmore for their continued support and generosity.



MENTORING LOCAL YOUTH

Consistent with the Shed's focus we are providing some support to local youth who are looking to gain some basic trade skills with mentoring being provided by shed members. Currently two young men are spending time at the shed and learning the basic skills of welding and mechanics. These young men are enjoying their time at the shed almost as much as the members enjoy passing on their knowledge in these areas. It is hoped that if we are able to recruit more new skilled members, we may be in a position to increase the number of youth we are able to assist under this mentoring program.

OUR NEW SNAG WAGON

This exciting new project has now entered the construction phase with a tender being let to a local engineering company to manufacture the trailer (Snag Wagon). This has been achieved through the generosity of sponsors and donors such as AFS Pharmacies, Arrow Pharmaceuticals, Infinity Power/Solar, Bill Byrne the Member for Rockhampton and a grant provided through the Rockhampton Regional Council.

The Snag Wagon will provide the opportunity for the Men's Shed to:

- Fundraise towards maintaining its own viability and growth.
- Support various community events (by providing sausage sizzle services).
- Spread the word about the Men's Shed movement.
- Disseminate the important "Men's Health" message/issues through the community.

We are also looking for persons interested in manning the 'snag wagon' as a volunteer alongside the Men's Shed members. If you are interested in getting involved in this community project or would like more information, please contact Mark Woltmann on 043 225 166 or email mark@afshealthservices.com.au or Peter Tyler on 0409 485 818 or email afsmensshed@gmail.com.



Ground Floor
PCYC (Police-Citizens Youth Club)
Bridge Street
Stapleton Park
NORTH ROCKHAMPTON QLD 4701
t 07 4927 7899
www.pcyrockhampton.org.au

Opening Hours

Tuesday & Thursday
9am till 2.30pm usually

Shed CONTACTS:

PETER TYLER:
COORDINATOR
PH: 0409 485 818

RAY HARMSWORTH:
Secretary
PH: 0427 013 269

Email to:
afsmensshed@gmail.com

MEN'S SHED MOTO

Men don't talk face to face,
they talk shoulder to shoulder.

2015/2016 Committee

Chairperson	Mark Woltmann
Secretary	Ray Harmsworth
Treasurer	John Frazer
Shed Coordinator	Peter Tyler
Senior Project Officer	Byron Housman
Project Officers:	
Woodwork	Bob Gray
Metalwork	Ken Knott
Fundraising Officer	John Frazer
Membership & Welfare	Peter Tyler
OHS Officer	Mike Fitzer
Asset Registrars	Jim Bambrick John Elliott
Transport Officer	Bill Wieden

OUR SHED COORDINATOR - PETER TYLER

The shed has continued to develop and implement programs aimed at the needs of the members. Much has been achieved in formalising our task administration and acquiring new, modern plant and equipment. Our recent men's health presentations have been informative.

I would like to take this opportunity to wish all our members, friends at the PCYC, supporters and major sponsor AFS Pharmacies management and staff, a safe and Happy Christmas and New Year.



CONTINUING MENTORING WITH SPECIAL SCHOOL NORTH

May 2013 saw the commencement of the students attending the Men's Shed and interacting with the Members. We are pleased that the students still regularly attend the shed and have a great time making and painting a range of items such as tool boxes, paper towel holders and many other items .

This is teaching them skills with manual tools, they use battery operated drills under direct supervision.

The student are always pleasant and are a joy to have around.

