



Forrest Men's Shed

20-22 National Circuit
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JUNE 2019 NEWSLETTER

New Members

Our first Newsletter of 2019 starts with a warm welcome to Dennis Hayes and Michael Fullham who have recently joined our Shed.

The Workshop

The highlight for the Workshop is Norm McKay's return on most Mondays. The current project is a redesign of the Shed's (or more correctly Norm's) trademark wooden toy car. Much like the full-scale steel and aluminum versions, the objective is to reduce weight while increasing strength, particularly given the tough treatment they need to endure. One prototype has been completed with a follow-on work in progress to downsize slightly.

Three orders were placed following last year's Spring Fair (with its display, and quick sale, of wooden toys and other products). One cutting board and one cheese board have been delivered and the second cheese board nearly finished.

Monday workshop attendance so far this year has been consistent with an average of around six. Members are of course welcome to work on their own projects as well as Shed communal jobs.

Grill'd Success!!

The Shed has again won 1st prize (\$300) in a recent round of Grill'd at Manuka's 'Local Matters' monthly promotion where customers vote with tokens for three charitable causes. The money will go towards a new kitchen cupboard for storage and for the microwave.

We are invited annually to be part of the program. Our previous successes are:

- 2015 – 2nd \$100
- 2016 - 1st \$300
- 2017 – 3rd \$100

A celebratory lunch at Grill'd was enjoyed by members on 23 April.

Supported by:



Canberra Central Parish
Uniting Church in Australia



Bendigo Bank

Workplace Health and Safety

A defibrillator has been acquired for the workshop to complement the existing machine in the meeting room. This is an important improvement for the workshop given the need for quick access to this equipment in a medical emergency.

The Annual General Meeting (AGM)

The AGM is scheduled for 2 July, combined with a 'coffee and chat'. The supporting documents will be emailed to members. Some hard copies will be available on the day.

Membership Fee

A gentle reminder that the annual fee of \$25 is due by 30 June, and that a current financial membership (or life membership) is needed for participation in the AGM. We can renew by completing the form in the meeting room and paying Chris Emery, or pay online (\$25.50) with the following link: www.trybooking.com/book/event?eid=135882&

The local Men's Sheds Visit the ACT Legislative Assembly

On 22 May representatives of the ACT based Men's Sheds and affiliated groups gathered at the Legislative Assembly Reception Room for a 'getting to know you' function. The gathering was welcomed by Gordon Ramsay MLA, the Minister for Seniors (among other related portfolios), who stressed how the ACT government valued the contribution that Men's Sheds were making to community life in Canberra. This view was also endorsed in short presentations by Alistair Coe, Leader of the Opposition, and Caroline Le Couteur from the Greens.

A representative from Access Canberra gave a presentation on how to conduct an AGM. This was of greater interest to the incorporated Sheds than it was to a Shed like ours operating under the auspices of the Wesley Centre. A representative from the Chief Minister's Property Group also provided some information on how the ACT government may be able to help Sheds find suitable properties for the establishment of Men's Shed workshops. The ACT government can help, but it was suggested that the better approach was to establish a relationship with another community group who may have an under utilised ACT owned property. Tuggeranong and Weston Creek Sheds are examples of where joint usage has led to success in attracting funding for facilities.

Attention was also drawn to the various grant opportunities for seniors provided by the ACT government, some of which the Forrest Shed have already accessed successfully.

The Shed Program

A summary table showing events to date and proposed so far for 2019 is at the end of this Newsletter. As has become the norm, the Program features a diverse range of speakers and their subjects, interspersed with cooking with Jim (and John), and the occasional excursion. Members are encouraged to suggest speakers and topics, and participate with their

presentations of *'My Life, my work, my passions'*, and of their travel and other experiences.

As an example of our diversity in subject matter, topics to date this year have included the reflections of Marie Coleman on aspects of social justice in a policy and political context; Paddy Gourley's reflections on the Public Service; John Warhust on the Federal Election (prior to it); Naval operations; the Camino Trail; the Rural Fire Service in Goulburn and Marulan (John Jarvis); and cruising in the Kimberley. Garth Mansfield's presentation on Papua New Guinea expanded on the day into a broader and animated discussion among the significant number of members who had been posted there for a range of employments, including aviation and medical services, and civil works (by military engineers). How families managed the transition was also of interest to those of us who had not been there.

Our two culinary ventures so far, *Cooking with John* and *Cooking with Jim*, provided the usual high quality feasts, although an equipment failure (camera malfunction) prevented the first from being recorded.

However, we have the following images available from *Cooking with Jim*. The photo showing that the Newsletter editor obsessively studying the recipe sheet rather than working probably had something to do with a belated interest in the details of the instructions and whether or not five times the amount of garlic recommended had been used in the main course (with some finessing from Jim the main course was the usual success).



Allwood Historic Homestead

The only excursion so far this year was the visit to this operating sheep station near Hall.

The main attraction was the faithfully-restored historic timber homestead. The homestead is an exhibit rather than a building in use and is largely as it would have appeared at, say, the time of Federation. The effort and quality of such a restoration, largely using the original timbers and much of the original roofing is impressive, especially as the homestead before repair had trees growing out of it. The following images give some indication of the quality of the work.



The Updated Program

John Landos continues to do a great job in drawing up an interesting weekly program for us. The following table lists the events for each Tuesday so far for the year and the known future events, including those that may change. Future events are highlighted in 'red'.

DATE	SPEAKER NAME	TOPIC / ACTIVITY	COMMENT
5 Feb	Coffee & chat		
12 Feb	Ian Peters, Diabetes NSW & ACT	Diabetes as we age	

DATE	SPEAKER NAME	TOPIC / ACTIVITY	COMMENT
19 Feb	Paddy Gourley	Reflections on the Public Service	
26 Feb	Marie Coleman	Social Justice	
5 March	Coffee & chat		
12 March	John Jarvis	The Rural Fire Service in Marulan & Goulburn	
19 March	Cooking with Alan & John		
26 March	Garth Mansfield	PNG 1961- 63	
2 April	Martin Hess AFP	My life, my work, my passions	
9 April	Commander Andy Schroder, RAN	RAN experiences	
16 April	Outing to Allwood historic homestead near Hall	The history of this working property and restoration of the original homestead	Rod & Judy Roberts have done an amazing job
23 April	John Landos	Kimberley Cruise	
30 April	Coffee & chat		
7 May	John Warehurst	The Federal Election	
14 May	Rev Dr Ockert Meyer	The Camino Trail	
21 May	John Blair	Uniting Church Broken Hill Flying Patrol	
28 May	Cooking with Jim		
4 June	Coffee & chat		
11 June	Phillip Dickson, ACT Paramedic	What to do in an emergency	
18 June	Dennis Hayes	My life, my work, my passions	
25 June	Dr Grant Wilson, Sleep and Lifestyle	Sleep apnoea	
2 July	Coffee & chat plus AGM		
9 July	Michael Fullham	Thinking for healing and health	
16 July	Elizabeth Samra, Legal Aid Office	Legal Issues for older people	
23 July	TBA		
30 July	Annual stocktake & clean kitchens		TENTATIVE
6 August	'Neville Gare Street' - a trip to the new suburb of Wright for Neville's birthday on 3 August 1929	Morning tea at site if weather permits	
13 August	Pat Wright	Beautiful flowers of the NZ South Island.....or Australian Escapees?	