

SHED TALK

THE NEWSLETTER OF
MT GRAVATT MEN'S SHED

VOLUME 18 JULY 2026 NO.7



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Photo shoot at Nudgee Beach - 2nd July 2026

Nudgee Beach is a peaceful, natural environment, but it's not a classic sunbathing and swimming beach. As the closest beach to the Brisbane CBD (about a 20-minute drive), it's best known as a scenic destination for dog walkers, cyclists, and bird watchers rather than swimmers.

The area borders the protected Boondall Wetlands. It features a popular, fully accessible boardwalk that takes you through the mangroves, making it a fantastic spot for bird-watching and photography

Keith Cordwell captured the image with a mobile phone with a lens Pixel 9 back camera 6.9, f1.7, 1/590sec, ISO-19, Focal length 24mm at the Boondall Wetlands.

Vision

Provide Mateship and Support for Men

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& THE HOLLAND PARK WARD OFFICE

About us

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Mind *Prof Grant Devilly*

Spirit *Rt Rev Doug Stevens*

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Treasurer *Kingsley Manickam*

MC Members *Lionel Armitstead,*

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Community

Projects *Bart McKnight*

Office *Jim Wiseman*

Recreation Room

Workshop *Lloyd Akeroyd*

Welfare *Ron Fair*

Other

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President's Ponderings



The Cubby Team: Bryan Cleary, Sam Hornibrook & Roo, Bart McKnight, Barry Smith, Ross Howard. Congratulations, guys on a magnificent job.

Hello Shedders,

Once again, it's that time. At the moment, I am feeling quite sad due to the loss of our dear member, Colin Smith. Colin was our recreation coordinator and fulfilled this role to the best of his ability; he will be incredibly difficult to replace.

With the assistance of Krista Adams, we have connected with a town planner she recommended, and we are currently awaiting his response. He was optimistic that the land is Heritage Protected, which may mean we won't need a Development Application (DA) to proceed with construction. Apparently he was incorrect, and we do need to submit a DA.

The cubby house is complete, and we will be selling raffle tickets at the markets and the Mount Gravatt Show, so please contribute where you can. Many thanks to Bryan, Ross, Barry and Sam for the time and effort you dedicated to building this cubby house. I truly believe you have gone above and beyond, and your hard work is greatly appreciated.

We took the cubby house to the Sunday markets, and it was a success! We sold approximately 60 to 65 books, and I was very pleased with that outcome. Once again, thanks to Tom, Bryan, Bart, and Geoff Cox for their tremendous efforts.

This Friday, we will bring the cubby house to the Mount Gravatt Show, and we hope to sell many more tickets. We have volunteers lined up to assist with the Men's Shed markets and a few to help with the show society itself, but we are always looking for more support.

In recent years, we have lost many members to prostate cancer. It would be highly informative for members to participate in the Lions Prostate Cancer Research and Treatment Project on September 1st in Holland Park. You can find all the details on Page 4.

Peter Tyley

0458 553 330

peter.tyley@bigpond.com

Cubby Van Raffle

Tickets \$2:00

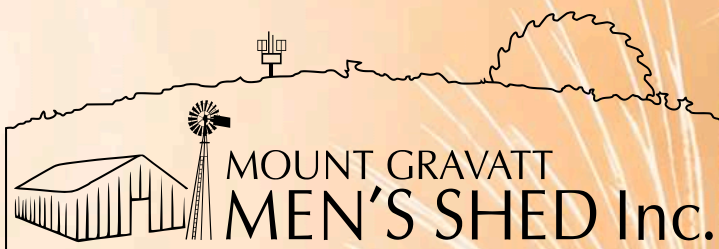


1st Prize - Cubby Van

2nd Prize - Original Oil Painting

3rd Prize - \$100 Bunnings Voucher

Drawn 7th December '26



Letters to the editor



Hi Sheddars,

In the corner across from the office, you'll find a box designated for your old glasses. These glasses are collected and recycled. White Lady Funerals Morningside gathers them and then passes them on to the Lions Club.

The Lions Club distributes the spectacles to those in need in developing countries.

Your help would be appreciated.

The Editor



Bookends from Maleny Men's Shed

Lions Prostate Cancer Research & Treatment Project



Be Prostate Cancer Aware
Awareness Session

SAVE THE DATE

Tuesday, 1 September 2026

6:15pm - 8:30pm

Holland Park Hotel

lionsprostatecancer.org.au

mater foundation

Scan to register by 25 Aug

email: prostatecancer@lions.org.au



Be Prostate Cancer Aware

Did you know prostate cancer is the most commonly diagnosed cancer among Australian men?

Join the Lions Prostate Cancer Research & Treatment Project for an informative awareness session featuring leading clinicians and researchers who will share the latest information on prostate cancer diagnosis, treatment and advances in care.

Tuesday 1 September 2026

Arrive from 6:00 pm for a 6:15 pm start (finishes 8:30 pm)

Holland Park Hotel, 945 Logan Road, Holland Park

Free – everyone is welcome

Light refreshments provided

Please register by 25 August using the QR code on the flyer or by emailing prostatedist201@gmail.com.

Whether you're looking to learn more for yourself, a family member or a friend, this is a valuable opportunity to hear from experts and increase awareness of a disease that affects thousands of Australian men each year.

Please share this post to help spread the word.

Thanking you in advance

Patrick O'Donoghue

Project Chairman

Lions Prostate Cancer Research & Treatment Project

P O Box 42

Holland Park Qld 4121

MOB: 0417 757 410

Email: prostatedist201@gmail.com

Host Club – Lions Club of Brisbane Holland Park inc

www.lionsprostatecancer.org.au

St. Barts

Anglican

Church

Mt Gravatt

We gather for worship Every

Sunday at 7.00am & 9.00 am



ROTARY CLUB OF MOUNT GRAVATT Inc.



PROUDLY SUPPORTS

THE MOUNT GRAVATT MEN'S SHED Inc.

Rotary Club of Mt Gravatt is a platinum sponsor of the Shed.



Striving to be a Christ
Centred Family Community

HERTFORD STREET BAPTIST CHURCH

Cor of Hertford & Dupree Sts,
Upper Mount Gravatt. 3343 6405

Service Time 9:00am

MGMS Bronze Sponsor



Vale David Gordon Bowes 8th July 1938 – 21st June 2026



Remembering Dave Bowes

Many of our members will remember Dave Bowes from the Woodwork shop. Dave (member 103) joined MGMS in 2010, and it is with a heavy heart that I share the news of his passing. He was a wonderful colleague, and I know he cherished his membership in our organisation.

Dave was an exceptional supervisor, teacher, and mentor to many members during the early days of our shed operations. His friendly demeanor earned him the respect and affection of all who worked with him.

I held a close professional relationship with Dave and admired his commitment to establishing the Shed's operations.

Alongside Barry Jones, another retired Manual Arts Teacher, Dave helped me conduct workshops at the Manual Arts Workshops at Mansfield State High School every Monday afternoon from 3 PM to 5 PM, starting in September 2010. In April 2011, he continued to lead in the Hamlyn-Harris Pavilion two days a week until we finally moved into our long-awaited new building in April 2013. Here, Dave not only instructed our members but also set up the wood workshop with machinery and workbenches.

In recognition of his dedication to establishing and conducting the wood workshops from 2010 to 2016, Dave was awarded Honorary Membership of the Shed in 2016.

Rest in Peace, Dave.

Contributed by Brian Wheeler
Founding President

Page 5



Around the Shed



Ukelele Group:

L-R: Bert Savage, Ken Wainwright, Ross Howard, Tony G., Gavin Taylor, Ian Symes, Gary Fuhrmeister



Rob Beale with Office Manager Chicko



Len Wilcox sewing leather



Aban, Tony and Dave - Small Engines



New member Tim Collins



Trolleys for Qld Weavers to move their tables



June Sausage sizzle guest speaker Paul O'Neil with Lionel Armitstead



Sarge with his light box



Albert's leather pouch



Patrick, Tom and Ross - Leather workers



Greg Duncan making a truck for his grandson



The Chess Group concentrating on the King



Steve McCollum with the KING.



Finally an erection at the entry to let visitors know who we are. Thanks, Stephen.



Brad Gibson - electrical testing with Tony G



Photography Group Meeting



The photo above shows the music group of talented musicians, under the gazebo, performing at St Matthews Sherwood School Fete on Saturday 20th June 2026. The "ShedTones" performed well, put in an exceptionally huge effort and flew the MGMS flag in a suburb of Brisbane which could be considered outside the shed's normal 'catchment area'. From the left is Leo Bauer playing saxophone, Kornel Banvolgyi on violin, Basil Wood playing the electric piano, Jack Files playing acoustic guitar, Ed Fernando playing electric guitar; at the rear, obscured is Bruce Boyce with his electric guitar, next are Glen Druitt and Phil Irwin both playing acoustic six-string guitars. The song selection list included "Ten Guitars", "Who'll Stop the Rain", "Lights on the Hill", "Save the Last Dance for Me", "Hound Dog", "Cover of the Rolling Stone", "Country Roads", "Achy Breaky Heart" and many more from the thirty which were included on the program run sheet list. The church gave each of the group a 'voucher' for a complimentary hamburger and drink at big lunch time. There were many positive comments regarding the band's performance, and the musicians enjoyed the experience greatly.



Above show the group from another angle and also a visit from a couple of politicians who commended the musicians for their efforts



Photo above shows the members of the "Guitar Learner Group" in action pose on Tuesday morning in the meeting room. From the left are Terry Thomson (teacher), Nick Tedesco and newer members Steve McCollom, Sandro Pizzica and Chhay Lim. The group have only been together for a short period of time but are as keen as mustard, showing enthusiasm and progressing very well.

The May newsletter featured the interesting hobby of two of our Shedders, namely, David Stubbs and Neil McPhail who participate in Parkrun most weekends. In July, David is travelling to Cairns, and his number one priority is to participate in Parkrun in Cairns!

This month, we are featuring another Shedder, Valdy Kwitowski (member no. 620), whose interest is contributing to Letters to the Editor of The Courier-Mail.

Over the years, the local newspaper has published over 1000 letters that Valdy has submitted; a remarkable effort. Maybe he should join the newspaper as a staff member!

One recent effort was published in the Thursday edition of The Courier-Mail on 28 May. The title of Valdy's effort was "*The one constant*". According to Valdy, the one constant of all politicians was their innate ability to make policy U-turns and backflips. The most recent example was PM Albanese and his statement, "*I have changed my mind*" on CGT and negative gearing."

His letter from 28 May is reprinted at the side.

In this letter to the editor, Valdy undertook lots of research and was able to cite examples of policy U-turns by former PM, John Howard and the imposition of GST, current Premier, David Crisafulli and his vow, "No new stadium" and lots more. Sadly, Valdy concludes in his Letter that there will always be policy U-turns by our elected politicians. Luckily, at the Shed, we have a Management Committee (MC) which looks after its members and which does not specialise in backflips nor U-Turns. Thank goodness for that!

After reading Valdy's Letter to the Editor, I asked him a few questions about his interest. Here is a summary of our discussion.

Valdy became interested in contributing to Letters to the Editor about 20 years ago, when he was in his prime, in his 50s. While reading some Letters to the Editor, it became clear to Valdy that there were always two points of view to each story and sometimes, both points of view made sense.

Over the years, Valdy has contributed about 1000 times to Letters to the Editor. Not all Letters end up being published, but Valdy has a high success rate of about nine out of every ten (or 90%) of his contributions get published. Not a bad success rate! Over the years, Valdy has definitely honed his letter-writing skills by both choosing popular subjects and writing in a "punchy", take-no-prisoners style.

Valdy contributes Letters on a variety of subjects, but politics is the subject which gets his creative juices flowing. Valdy likes writing about how politics interacts with his daily life.

Sometimes, it may take just a few minutes to create a Letter worthy of being published, and occasionally, it may even take a few hours to get it right. The first requirement for writing a good Letter to the Editor is to choose a topical subject.

After interviewing Valdy, I regularly check out the Letters to the Editor page of The Courier-Mail to read more letters from Valdy.

Keep it up, mate! Maintain the rage!

If you know of a fellow Shedder who has an interesting hobby and is willing to share the details, please let us know at newsletter@mtgravattmensshed.org.au, and the newsletter will feature regular articles about Shedders and their hobbies.



Letters

The one constant

Bernard Carney (Letters 27/5) praises columnist Mike O'Connor ("The selfless heroes who are helping the homeless", C-M 26/5) for creating a new addition to the Australian vernacular, which he says will live on in perpetuity.

O'Connor says the words "I have changed my mind" will now be replaced by "I'm doing an Albo" – due to the PM's change of mind on CGT and negative gearing.

My problem is, for the past 12 months I've been using the saying "I'm doing a Crisafulli" ever since he changed his mind after repeatedly saying "No new stadium" before the last state election.

As for these sayings being around for perpetuity, I also used to say, "I'm doing a Gillard" after she said, "There will be no carbon tax under the government I lead".

There also is, "I'm doing a Howard", after the former PM John Howard said a GST would "never ever" be part of his policy.

No doubt doing an Albo will be superseded by another politician's name as backflips and U-turns have always been a feature of Australian democracy.

Valdy Kwitowski, Salisbury

Olympic stadium

In echoing the words of Campbell Newman, "I want to be clear – I fully support building a new stadium", even though this current government promised no new stadium and specifically promised no stadium in Victoria Park.

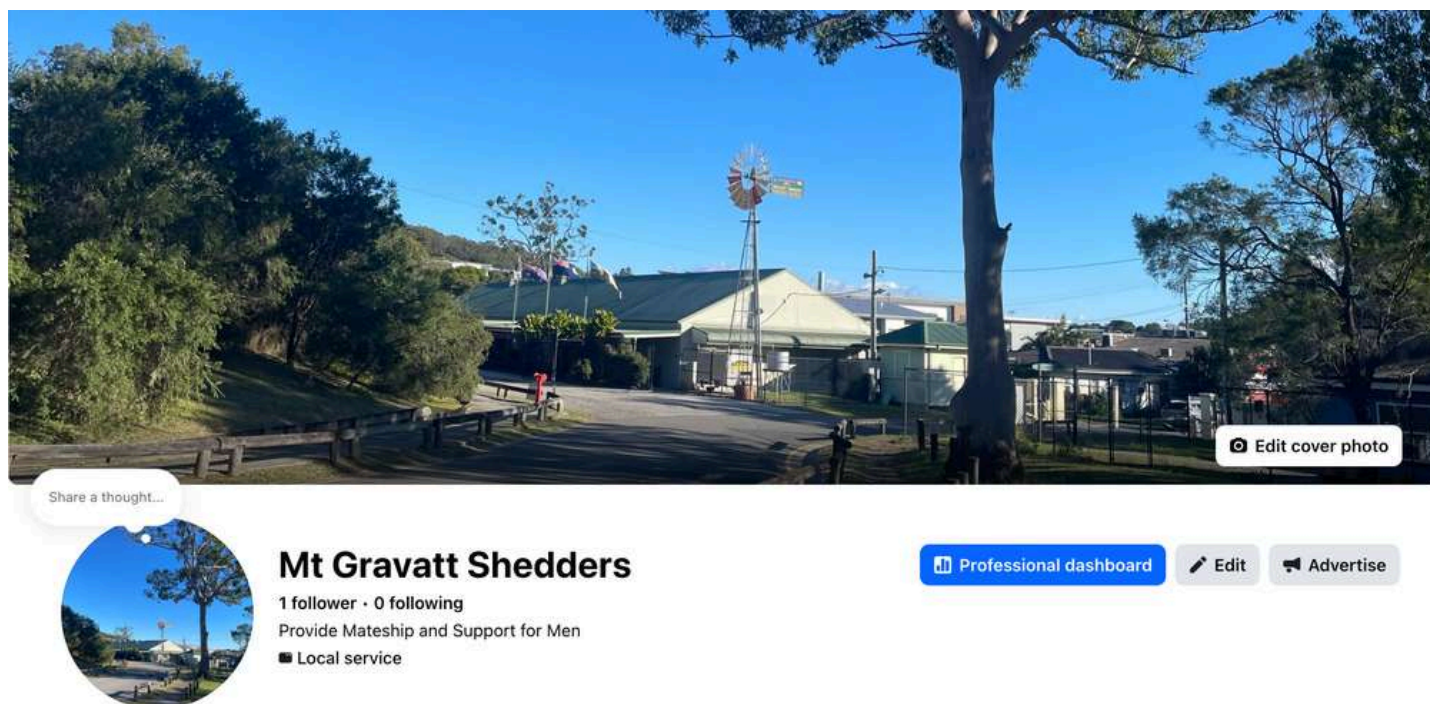
However – and perhaps because I've never played golf, I never set foot in Victoria Park until two months ago, just to beat the deadline for its closure to begin construction of the \$3.7 bn Olympic stadium.

Yes, it is an amazing experience to spend several hours taking in the green open space so close to our city centre.

May I suggest to Newman, like the demolition of the Belle Vue Hotel in 1979, we've lost this fight to preserve our version of New York's Central Park but maybe he can shift his protest to the contentious redevelopment of the former Visy Glass site which is also shaping up to be "an act of barbarism" against much needed inner-city parkland.

Valdy Kwitowski, Salisbury

Mt Gravatt Men's Shed Facebook



Here are some of the ways it can benefit our members.

A Facebook page can help a men's shed by making it easier for people to find the shed, see what it does, and contact it. It can also support recruitment, event promotion, community outreach, and sharing project ideas with members and other sheds.

Practical uses

- Promote open days, working bees, fundraising, and special events.
- Share photos of completed projects to show the shed's value to the community.
- Post contact details, opening hours, and location so new members can reach out easily.
- Repost information from the Australian Men's Shed Association or similar groups to keep members informed.

Benefits for the shed

A Facebook page can increase visibility and help a shed attract new members, volunteers, sponsors, and donors. It also gives older or less connected members another way to stay informed, especially if email or websites are not used often.

Good approach

Keep the page simple and active:

- Use a clear name and profile photo.
- Post regularly, even if only once or twice a week.
- Reply to messages promptly.
- Use real photos and short updates rather than polished marketing copy.

For a men's shed, Facebook works best as a community noticeboard, a showcase, and a point of contact rather than as a complicated marketing tool.

How will it benefit the members?

A Facebook page can benefit members by helping them feel more connected, informed, and included between shed visits. It gives them an easy way to see upcoming activities, share projects, and stay in touch with shed mates, which supports the social connection that men's sheds are designed to provide.

Member benefits

- Members can quickly find out about opening times, events, and changes without needing phone calls or paper notices.
- They can see photos and updates from the shed, which helps maintain a sense of belonging even when they are not physically there.
- It can make it easier for quieter or less confident members to stay involved by reading updates and messages at their own pace.
- Members can discover new ideas, skills, and projects from other sheds and the wider men's shed network.

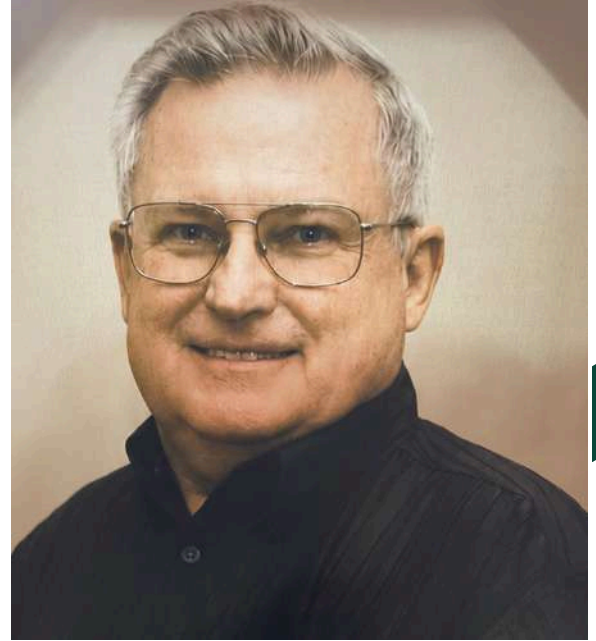
Wellbeing support

Men's sheds are widely linked with improved wellbeing through friendship, shared activity, and reduced isolation, and a Facebook page can extend those benefits outside the workshop. It can also be used to share health information, reminders, and support resources in a familiar, low-pressure way.

Simple example

For example, a member who cannot attend for a few weeks can still follow the shed's Facebook updates, see what the group is building, and feel part of the community rather than disconnected.

Remembering Colin Smith



Cover

Colin Millard Smith was born on October 8, 1942, at Brisbane Women's Hospital to Mick and Thelma Smith. As the oldest of three children, he grew up with his sisters, Sandra Joyce, born in 1947, and Noela May, born in 1950.

Colin attended Rainworth State School before moving on to Industrial High School. During his formative years, the family resided at his Aunt May's house on Forrester Terrace in Bardon, then relocated to Charlotte Street in Paddington in 1953. As a baby, Colin also spent time in Warwick while his father, Mick, served in the Australian Army during World War II.

At the age of 15, Colin left school and began his career as a clerk at General Accident Insurance. His early working years took him to Bundaberg and Lismore before he returned to Brisbane. Colin spent nearly his entire career at General Accident Insurance, ultimately working with AON Insurance Brokers in his later years. He retired in 2002 at the age of 63 to care for his beloved wife, Dawn, who was diagnosed with Early Onset Alzheimer's disease in 2022 at just 55.

Colin's first car was a black FJ Holden, a source of immense pride for him. One afternoon in 1962, while he polished the car in the backyard of Paddington, he noticed smoke rising in the distance. The family hopped into the Holden to investigate and witnessed the Paddington Train Depot engulfed in flames — a pivotal moment in Brisbane's history that led to the eventual closure of the city's tram network.

Family holidays played a significant role in Colin's life, creating cherished memories. Some of the happiest times were spent at Chinderah on the Tweed River, where his mother owned a caravan at the Homestead Caravan Park. Colin would pack the family into the car, along with a trailer full of "essentials" (he was never known for travelling light), and head south for memorable holidays with family.

These journeys were frequently enjoyed alongside his sister Noela, her husband David, and their family, with eleven people somehow fitting comfortably in the caravan and annex. Colin, Dawn, and their boys also relished numerous camping holidays with his cousin Elaine and her family, creating cherished memories that would last for years.

After marrying in 1968, Colin and Dawn made their home on Denton Street in Wishart, where they shared 44 wonderful years. Colin continued to call this place home until he transitioned to Aveo Robertson Park Retirement Village in December 2025. He had only recently begun to embrace village life, finding joy in the activities and friendships that accompanied this new chapter.

One of Colin's most profound expressions of love and devotion was the care he provided for Dawn during her extended stay in residential care. He visited the nursing home daily to share lunch with her, becoming a familiar and beloved figure in the community at both facilities where she lived. Colin truly exemplified the wedding vow, "in sickness and in health," through his unwavering love, devotion, and care for Dawn.

As member #501 of the Mt Gravatt Men's Shed, Colin took responsibility for organising food for social meetings, sausage sizzles, and other events. He worked in the office every Wednesday, ensuring that tasks were executed flawlessly under his guidance.

Over sixty Men's Shed members gathered for the funeral service at Living Water Uniting Church in Mansfield. Colin will be remembered for his dedication to family, loyalty, quiet generosity, and the care he selflessly provided to those he loved. His life was richly lived, and his memory will forever remain in the hearts of all who knew him.



Wellbeing WRAP UP



Forging a Great Retirement

When I retired a few years ago, I became acutely aware that I was stepping in to the great unknown of an unknown future, as well as an unknown lifespan. I was also acutely aware that I had the responsibility to decide how I wanted to live my life. This could sound gloomy and grim, but I wanted my life to be about thriving, not just surviving.

Retirement and ageing are transitions. Transitions are scary and exciting. There is grief and trauma (post-traumatic stress). There is excitement and opportunity (post-traumatic growth). The truth is, what you focus on you amplify, and, where attention goes, energy flows.

Generally, people have one of three philosophies in how they change and live their life;

1. Some wait for **chance** occurrences, i.e., for miracles to occur (this can have some success),
2. Others make decisions only when **chaos** happens, i.e., they change when pain or a problem occurs (this too, can have some success),
3. Truly successful, happy, healthy people exercise **choice/control**, i.e., they develop a plan and execute it.

What's your philosophy?

The people who know it is their responsibility to reinvent themselves when they retire and manage ageing successfully, do a range of specific things deliberately, or unconsciously. Unconsciously, because it seems like it has become part of their DNA, as they've been doing it automatically for many years. Remember, for things to change, you need to change, and that leads to the world changing.

My hunch is that if you were successful at work, you would have pivoted and reinvented yourself time and again. If you want success in retirement and as you age, you need to continue to pivot and reinvent yourself.

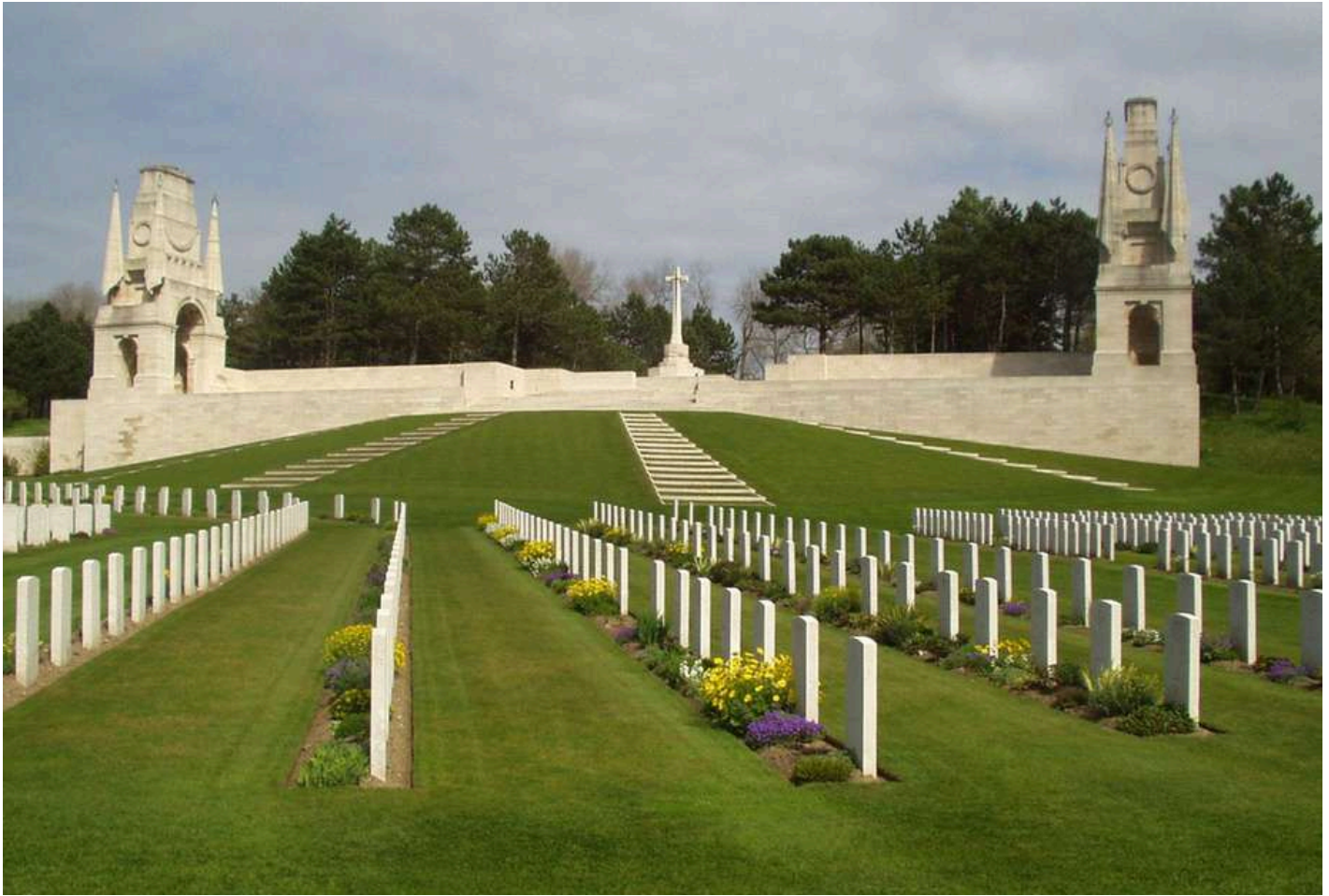
We have two lives, and the second begins when we realise we only have one. (Confucius)

What do successful people do? It seems like a mystery, or a secret, to many.

Here's the not-so-secret formula in my **Top 10 Tips**;

1. Have a **positive vision** of what life should look/feel/sound like (pain is a great motivator because if you fear it, you want to avoid it),
2. Deeply understand the need to **reinvent yourself** (growth mindset),
3. Manage your **thinking** and **feelings** well (emotional intelligence),
4. Set **grandiose goals** for the future based on our core human needs (certainty, novelty, significance, belonging, contribution, growth), and not get bogged down in the problems and failures of the past,
5. Develop a **skill set**, take consistent action (daily, weekly, monthly), and manage the inevitable interruptions/distractions,
6. **Measure progress** and **outcomes**, celebrate successive approximations, then modify your systems to achieve goals (expertise/excellence),
7. Develop **several networks** and **supports** (no one is self-made),
8. **Volunteer** to help others, the community, and the world (positive psychology),
9. Follow through with **resilience**, don't back down, and bounce back when problems unavoidably occur,
10. Start each day with **commitment** and **gratitude** (Today is the first day of the rest of your life; therefore, daily reinvention can be personified.)

Article by Dr John Barletta, Ph.D.
(Maleny Men's Shed)
Health and Wellbeing Specialist
Queensland Men's Shed Association
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Published 2025



Etaples Military Cemetery

Ode of Remembrance

*"They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them."*

This poignant Ode of Remembrance is played daily at RSL Clubs across Australia at 6:00 PM, followed by the moving notes of the Last Post. Patrons stand in unity, observing a minute of silence. This meaningful tradition honors all servicemen and women who have dedicated their lives to their country.

It is crucial to preserve these memories. By the end of 1918, 66,000 young Australians had lost their lives in the Great War. While it is a somber reality, the recollections of those who perished have faded over time. Those who personally knew these individuals before the war are no longer with us. Many of us carry memories of those who returned from conflict, but what were the lives of those who sacrificed themselves for the Empire, their country, and their comrades truly like?

Families can create a portrait—albeit an imperfect one—of their ancestors. Numerous online resources offer valuable insights into the lives of these individuals. You can freely search records maintained by the Australian War Memorial, the Australian National Archives, the Red Cross, and other organisations.

During a recent presentation at the shed, many participants expressed a desire to learn how to conduct research on their family history. If there is enough interest and the Management Committee approves, I would be delighted to host a few short sessions at the shed to help people kick off their own projects. A sign-up sheet will be posted on the office noticeboard for those interested.

I anticipate holding two or three sessions, each lasting two hours, spread over two or three weeks on Monday mornings.

Paul O'Neill (660)

Photography Group

Nudgee Beach

2nd July 2026



Steve Fluerty



Group Coffee



Baska Desha



Wayne Hansen



Neil McPhail



Keith Cordwell



Baska Desha

Muttaborra Presidents' Forum

Stamps made by MGMS member Greg Self



Shane Mann – Winton



Geoff Fitzsimmons – Muttaborra



Bill & Peter Klem (Right) – Longreach



Shane Mann & Lawrie Bingham – QMSA President



Muttaborra Shed

QMSA Presidents' Forum – Muttaborra – 13.06.2026

Roundtable reports –

1. **Muttaborra** – Geoff, lease from Barcaldine Regional Council \$1 per annum for 10 years with 10-year option. Hoist project for changing tyres etc, from a successful grant.

2. **Winton** – Shane, Winton - 22 people on a good day, stone polishing workshops on every second Saturday, \$10 per person or a session, every Thursday evening Ladies do Woodworking, looking forward to be a partner in New Multi-Purpose facility \$750k

3. **Clermont** – Wayne & Dan, 40 members, Sausage sizzle every Saturday morning at Mitre 10, also a sponsor of the shed. Cans collection point recently purchased a new Forklift for \$35k, Successful grants, another grant, 10k for slab (New Shed) from Iwasaki Foundation who support many Sheds across CQ. Our Shed plays a huge part of the Wombat Festival held every year. Judds and Jocks night coming up (Mental Health awareness) Fire Extinguishers get free service as part of the sponsorship.

4. **Longreach** – Bill & Peter, 25 members, 5 are ladies, 93k from Gambling grant. Purchased a new Shed, working on funding to put down a slab and erect the shed. Markets in Ilfracombe are a Men's Shed event; Shed gets all proceeds from site places. Recently used an AI document App to stocktake all equipment and Tools in the shed for Insurance purposes. Partnership with Local Art Gallery, sells our Woodturning products, doing quite well. We support locals with disabilities with ongoing workshops. Open Tuesdays at 9:30

5. **Barcaldine** – 22 Members, some very active. Successful with grant for new Toilet block with Disability access. Working on Tambo Table with Longreach Men's Shed – Some restoration projects for the community, partnering with Mt Gravatt & Carina Men's Sheds (Blue Tractor & Grey Nomad project. Attended National Gathering, great to form partnerships with other Sheds, Mt Gravatt and Carina in particular; safety presentation at Carbatec and Networking were highlights.

6. **Dysart** – Geordie, 16 members, Country Music Stage, Meeting room, and Toilet block, sitting on 4 acres. Isaac Regional Council award winners, successful grant to do Community Garden—Outback Minds (Mental Health awareness session / Suicide Prevention. NAIDOC Day in August: Men's Shed will cook for the Event. Planning Father's Day Event for Dysart community.

7. **QMSA** – Lawrie gave update to Forum – Strategic Planning – National Gathering – Grey Nomad Project - Meeting in Tasmania with all C.E. O'S and Chairs recently.

8. **Tambo** – Newly formed Men's Shed in Tambo, getting support from QMSA, and Blackall / Tambo Regional Council.

9. Apologies from Blackall, Alpha, Jericho, Springsure & Emerald.



Muttaborra Exchange Hotel





Chess Group

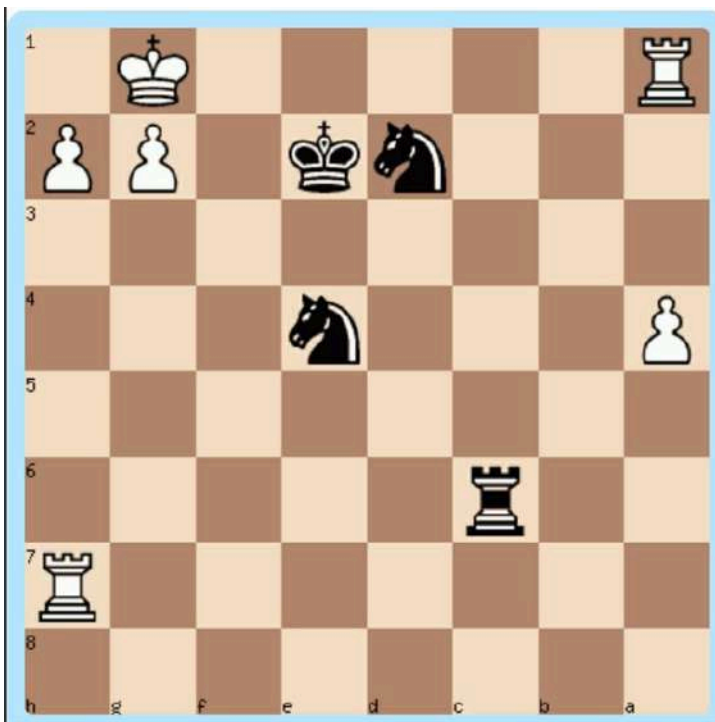
Alan Highman

Hi Shedders,

Last month we had the best roll-up so far this year. Was great to see a few new faces and some old ones return.

A spot of trivia as to who invented chess. According to Indian folklore, a Brahmin (mathematician) gave the King a Chess set, and the King was so delighted that he said the Brahmin could have anything he wanted. The Brahmin said, one piece of wheat on the first square, then two on the next, then four on the next and so on for the total sixty-four squares. The King agreed without thinking; the final total was 18,446,744,073,709, 551,615 grains of wheat.

This month's puzzle: Black to move and mate in 3.
Solution Page 19



Guest Speaker for 3rd August '26



Dr. Ben Kenny

BSc (Hons), MBBS, FRACS, FAOrthA

Dr. Ben Kenny is an experienced Orthopaedic surgeon specialised in Shoulder and Upper Limb Surgery. He consults and operates privately at Greenslopes Hospital. Ben enjoys interacting with his patients and takes pride in running a patient-focused practice. He works with like-minded professionals to create a dedicated team that provides the best care for his patients.

Ben graduated from the University of Queensland with a Bachelor of Science (Honours) and Bachelor of Medicine and Surgery. Ben completed his Orthopaedic training through the Hunter New England Training Scheme. In the final year of his training, he was awarded the role of Head Registrar.

Dr Kenny was awarded his Fellowship of the Royal Australasian College of Surgeons in Orthopaedics and continued on 2 subspecialty training Fellowships, in Upper Limb and Sports Medicine Orthopaedics.

Ben is a thought leader in the Orthopaedic Innovation field within Australia, and he is frequently asked to present at national and international conferences as an authority in this area. His passion for improvements in shoulder surgery led him to co-found an Orthopaedic Shoulder Software and Medical Device company, called Precision AI. Precision AI was successfully acquired in 2023 by a larger multinational medical device company. Ben continues to be active in the orthopaedic research and innovation sphere, working to develop cutting-edge innovations to advance orthopaedics and improve patient outcomes. He has presented and published on these areas.

Areas of special interest:

- Shoulder surgery
- Upper Limb surgery
- Orthopaedic Research
- Orthopaedic Innovation

Ben practises at Osseo Specialist Suites <http://www.theosseo.com.au>

Philosophy

Patients. Excellence. Outcomes.

Dr. Kenny works closely with a highly skilled team, and together they are committed to providing an exceptional standard of care to all their patients.



FAIR DINKUM VANITY FAIR...



"GET READY HARRY..."



"HOLD IT IN, HARRY, HOLD IT!..."

BRIAN HYLAND 1960 "ITSY BITSY TEENIE WEENIE YELLOW POLKA DOT BIKINI"



Trusted Tradies:

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Electrician	Style Electrical	(07) 3343 8017 E: admin@styleelectrical.ocm.au
Mobile Gas Strut Service	Jay Sibthorpe	0409 131 638
Vehicle Mobile RWC Brakes - Lube Services Air Conditioning	Vin Tech Auto	0403 130 442





IRONY OF LIFE

Remember those days
when people used to write
diaries and got mad when
someone read them...

Now they put everything
on facebook and get mad
when people don't read
them...

Safety reminder: 3 Points of
contact at all times



"nightshift ain't too bad once you
get used to it"

Tyler, age 27:



"Only the guy who isn't rowing
has time to rock the boat."

**I once lost half my life
savings in Vegas in 30
minutes.
I still won't go near that
wedding chapel.**

Do women ever sit back and think "my man sure does know a lot, maybe I should just be quiet and listen to him"

My second attempt at making a salad...
I don't know what I'm doing wrong



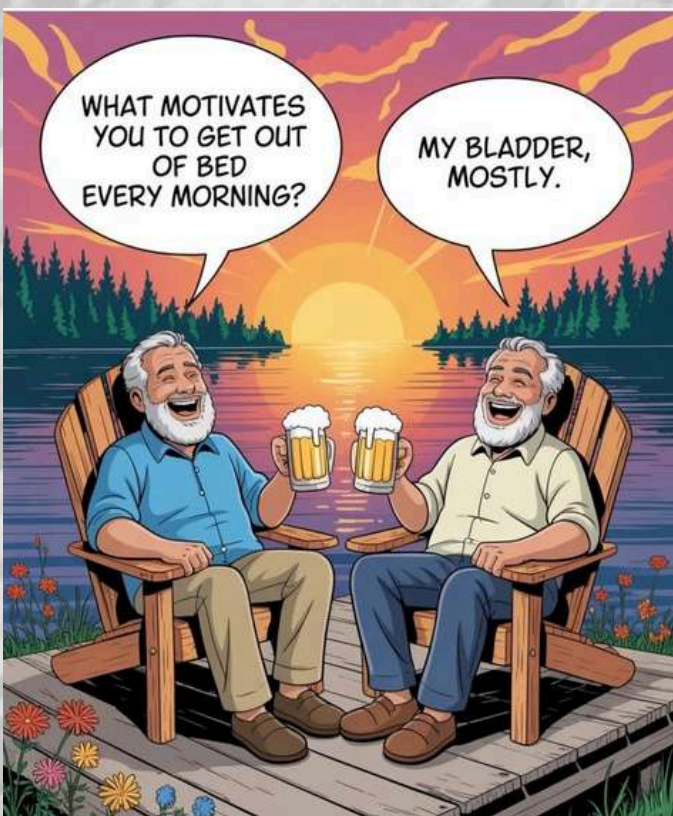
UPSOMEDIA



A 27-year-old man refuses to work and threatens to sue his parents for having given birth to him without his consent

A woman asked an army general when he'd last made love. The general paused and said, "1956."

She gasped, "That long? Come with me - I'll fix that. "They went to her place and were together for over an hour. Afterwards she smiled, "Well, you haven't forgotten a thing since 1956." The general replied, puzzled, "I sure hope not, it's only 21:30



I'm reading a horror story in braille. Something bad is going to happen, I can just feel it.

August 2026

Saturday August 4 NB# 2:45 for 3 pm: Arvo Entertainment Group bring a plate of food to share if interested.

"Woodworking Introduction" 8.00 am to 12.00 pm on Thursdays. The wood-shop area is **shared only** with the wood-turning group at these times to limit noise during instruction.

Monday	Tuesday	Wednesday	Thursday	Friday
August 3 Social Meeting <i>Community hall</i> <i>10:15 for 10:30:</i> <i>\$8 for lunch</i> <i>Guest Speaker</i>	4 8:00 Leatherwork 8:00 Welding training 8:00 Guitar lessons (2015/18/19/20) 8:00 Own woodwork 8:30 Guitar (2021/22/24) 10:30 Jam session 12:30 Woodcarving 12:30 Guitar 1:00 HeartFIT	5 8:00 Intermediate woodwork 8:00 Karaoke 8:30 Laser 9:00 Writers 9:30 Emerging technologies (Vcarve & CNC router) 12:00 Woodturning	6 8:00 Woodturning learners 8:00 Woodworking Introduction 9:00 Cartooning 1:00 Welding 12:45 Carpet Bowls	7 8:00 Small engines 8:30 Laser 9:00 Art/painting 12:00 Ukulele Jam 1:00 HeartFIT <i>(Shed Rec Rm)</i>
10 8:00 Woodturning 8:00 Own woodwork 8:30 Laser 9:00 Metal scrolling 9:00 Cards 9:00 Chess 12:00 Toy-making	11 8:00 Leatherwork 8:00 Welding training 8:00 Guitar lessons (2015/18/19/20) 8:00 Own woodwork 8:30 Guitar (2021/22/24) 10:00 Jam session 12:30 Woodcarving 1:00 HeartFIT	12 8:00 Intermediate woodwork 8:00 Karaoke 8:30 Laser 9:00 Writers 9:30 Emerging technologies (Vcarve & CNC router) 12:00 Woodturning 12:30 MC meeting	13 8:00 Woodturning learners 8:00 Woodworking Introduction 9:00 Cartooning 10:30 Cooking 12:45 Carpet Bowls	14 8:00 Small engines 8:30 Laser 9:00 Art/painting 12:00 Ukulele Jam 1:00 HeartFIT <i>(Shed Rec Rm)</i>
17 8:00 Induction 8:00 Woodturning 8:00 Own woodwork 8:30 Laser 9:00 Metal scrolling 9:00 Cards 9:00 Chess 10:30 Sausage sizzle <i>guest speaker</i> <i>\$5</i> 12:00 Toy-making	18 8:00 Leatherwork 8:00 Welding training 8:00 Guitar lessons = (2015/18/19/20) 8:00 Own woodwork 8:30 Guitar (2021/22/24) 10:30 Jam session 12:30 Woodcarving 1:00 HeartFIT	19 8:00 Intermediate woodwork 8:00 Karaoke 8:30 Laser 9:00 Welfare 9:00 Writers 9:30 Emerging technologies (Vcarve & CNC router) 10:00 Travel group <i>Broadwater Park</i> 12:00 Woodturning	20 8:00 Woodturning learners 8:00 Woodworking Introduction 9:00 Cartooning 12:45 Carpet Bowls 12:30 Photography	21 8:00 Small engines 8:30 Laser 9:00 Art/painting 12:00 Ukulele Jam 1:00 HeartFIT <i>(Shed Rec Rm)</i>
24 8:00 Woodturning 8:00 Own woodwork 8:30 Laser 9:00 Metal scrolling 9:00 Cards 9:00 Chess 12:00 Toy-making 12:00 Emerging Technologies	25 8:00 Leatherwork 8:00 Welding training 8:00 Guitar lessons (2015/18/19/20) 8:00 Own woodwork 8:30 Guitar (2021/22/24) 10:30 Jam session 12:30 Woodcarving 12:30 Guitar 1:00 HeartFIT	26 8:00 Intermediate woodwork 8:00 Karaoke 8:30 Laser 9:00 Writers 9:30 Emerging technologies (Vcarve & CNC router) 12:00 Woodturning 1:00 WOC meeting	27 8:00 Woodturning learners 8:00 Woodworking Introduction 9:00 Cartooning 10:00 Native Bees 10:30 Cooking 12:45 Carpet Bowls	28 8:00 Small engines 8:30 Laser 9:00 Art/painting 12:00 Ukulele Jam 1:00 HeartFIT <i>(Shed Rec Rm)</i>
31 8:00 Woodturning 8:00 Own woodwork 8:30 Laser 9:00 Metal scrolling 9:00 Cards 9:00 Chess 12:00 Toy-making	September 1 8:00 Leatherwork 8:00 Welding training 8:00 Guitar lessons (2015/18/19/20) 8:00 Own woodwork 8:30 Guitar (2021/22/24) 10:30 Jam session 12:30 Woodcarving 12:30 Guitar 1:00 HeartFIT	2 8:00 Intermediate woodwork 8:00 Karaoke 8:30 Laser 9:00 Writers 9:30 Emerging technologies (Vcarve & CNC router) 12:00 Woodturning	3 8:00 Woodturning learners 8:00 Woodworking Introduction 9:00 Cartooning 12:45 Carpet Bowls	4 8:00 Small engines 8:30 Laser 9:00 Art/painting 12:00 Ukulele Jam 1:00 HeartFIT <i>(Shed Rec Rm)</i>