

Mt Gravatt Men's Shed

10th Anniversary of the Official Opening of the MGMS Shed Celebrations

17th to 22nd April 2023

Shed Activities



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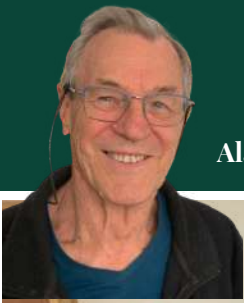
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Vision

To provide a facility where men of all ages can feel comfortable and gather together to spend time socially, as well as in a practical manner, by participating in constructive endeavours that develop self esteem.

Art / Painting Group



Alan Carter (Group Leader)



The Art Group started 3rd March 2015. It was going to be a course lasting 3 months. That never happened. By popular demand, we are still going as strong as ever, with new members starting regularly. Painting has become the catalyst for the comradeship that has developed within the group. Some men have found talent they never knew existed, others just kept getting better and still others are learning how interesting painting can be.

We welcome men who have never painted before but think they would like to give it a go. Tutoring is available (no cost). Painting turns into a great hobby. You can paint just about anywhere, anytime, day or night. Any medium is accepted. eg oil paint, acrylic, watercolour, pencil, coloured pencil, pastel and gouache. It is a very gregarious and happy group which meets Friday mornings. 9 am - 12 noon. Alan Carter (Group Leader) M 0433 559 600



Card Playing Group

Ray Pyzik & Neil McPhail -Team Leaders



Card Players

Do you want to:

- improve your brain power
- maintain your memory skills
- make new friends

Then come along to the Shed on Monday mornings and play cards. We meet in the Recreation Room each Monday (except Social Meeting days) at about 9.00 am and play 500 and Bridge until about 12.00. Don't be daunted if you haven't played these games before or you are a bit rusty, we can assist.



We are always looking for new players.



Carpet Bowls Group

Jim Wiseman -Team Leader



If you haven't heard, there is a group of men that meet every Thursday at 12.45 to indulge in some light banter in the peace and quiet of the rec room.

To provide the catalyst, a few bowls are rolled down a green mat placed on the floor. This mat is to prevent any damage to the carpet tiles which other members use on other days of the week. The men that gather are very friendly and range from all ages, all backgrounds, and a large variety of experiences which are shared freely. Our current problem is we need some new stories to share. The game of bowls is incidental. No experience is necessary and all body shapes and sizes are accommodated.

The area is even "Air Conditioned"

So, if you would like some quiet relaxation, join us on Thursday afternoons [we always play a game] and share your stories with us.

We can accommodate from two to twelve storytellers.



Cartooning Group

Kevin Lindeberg - Tutor/Instructor

CARTOONING CAPERS

The cartooning group is small but solid, and always welcomes expansion by others who would like to have a go.

The art of cartooning covers a wide gambit of factors, all of which go to assisting the mind ticking over.

The cartooning group is a chatty, friendly environment where different ideas and world-views can flourish.

I try to assist in their capture on paper by lending my cartooning skills. It is done against the background that each person's effort is valued, no matter where his drawing skills may be at.

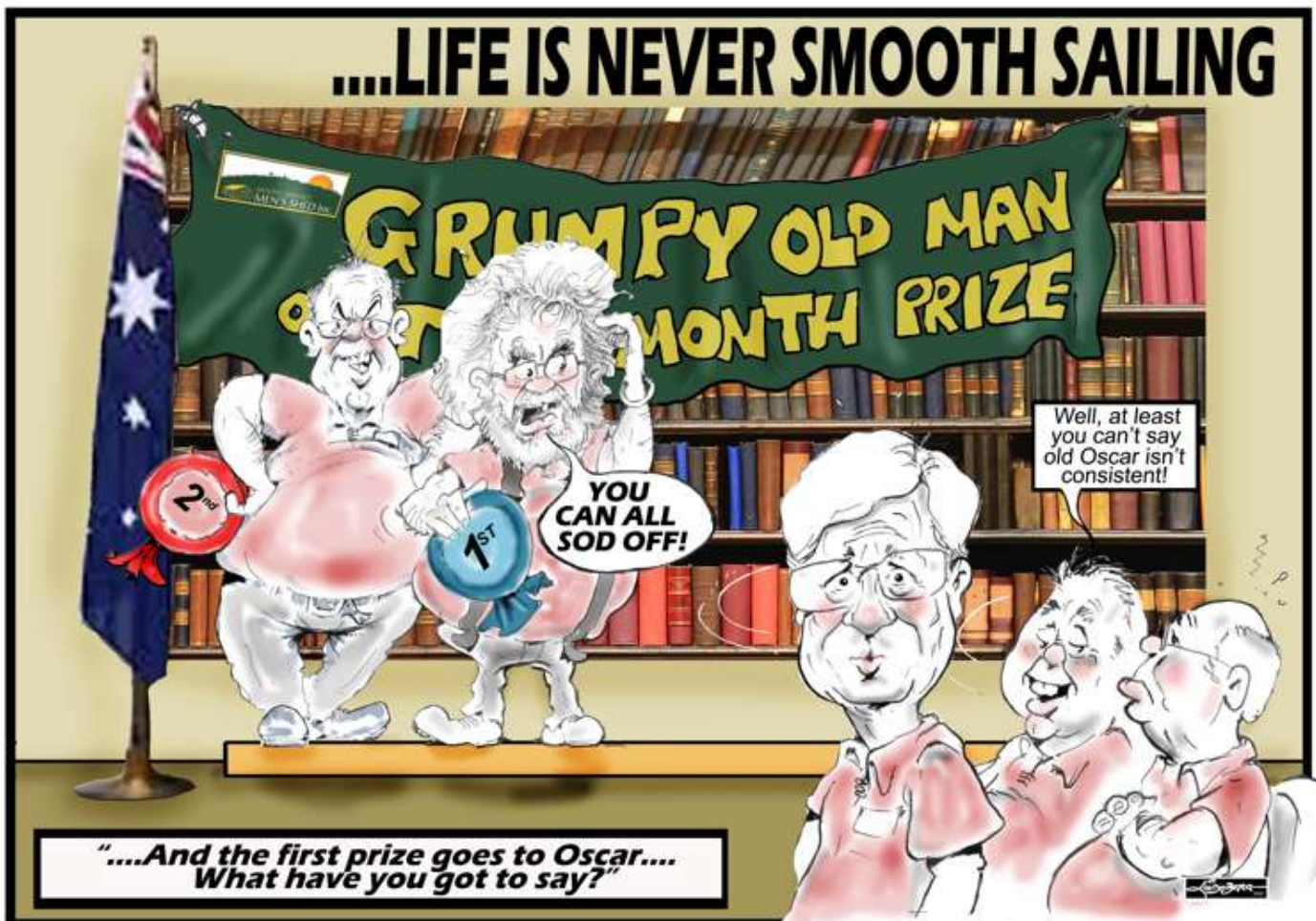
We try to enhance what is, and to break through entrenched drawing barriers into a wide wonderful world where what is desired to be expressed on paper, can be achieved.

This can be a most fulfilling personal experience. You may surprise yourself!

Remember also, no one is turned away because they might believe that their skill set is not up to the mark. Perish the thought.

Ours is an inclusive group of men, and as their tutor/instructor, I would welcome you.

We have pencils, pens, rubbers and paper, and friendship. As for you, just bring your smiles and willingness to give it a go - you never know there may be an enjoyable match-up.



Laser Cutting & Engraving

Greg Self - Leader

Laser cutting and engraving at Mount Gravatt Men's Shed.

Lasers are perhaps the world's most versatile manufacturing machines.

At our Shed, we have a Chinese Morn 500mm x 300mm, 60w Co2 laser engraver/cutter. This is a light-duty machine suitable for hobby or light commercial use. The CNC router has a diode laser as an attachment.

CO2 lasers can cut a wide variety of materials, but not metals and some materials give off toxic fumes and should not be attempted. Wood, leather, cloth, paper, many plastics, rubber, foam and other products can quickly and accurately be cut into complex shapes. The 60w laser can cut 10mm acrylic in one pass leaving a polished edge. Diode lasers though not as powerful as CO2 are a new, low-cost way into the world of lasers and some members have purchased their own units.

Lasers also can be used for surface marking and deep engraving even more materials than they can cut, including glass, rock, bone and ceramics. To mark metal, CO2 requires a chemical treatment but more powerful diode lasers can mark metal directly (even in colour on stainless steel).

The operator instructs the machine via computer and original designs are programmed using Computer-Aided Design (CAD).

Thousands of designs are available free, or at low cost, online.

The Emerging Technologies Group gets together from noon every second and fourth Monday. Training is one-to-one or small groups by arrangement.



Emerging Technologies

Activity Leaders:-

Gary Earl, Greg Self, Tony G

Activity time:-12:30 every 2nd and 4th Monday of the month



3D printing Design & Engineering

Emerging Technologies are here to stay. Like the Ipad and Smart Phone the technology may seem daunting at first but when you learn to embrace it, the unforeseen rewards are motivating.

Our group is the same, take the time to learn what can be achieved and you will be surprised where you see the opportunities and goals.

3D printing can be use for prototyping in engineering, tool making, art and has many other uses. Laser engraving / cutting is the same. Combined with a number of free cad software the possibilities are endless.

3d printing can produce shapes that are only possible with injection moulding. A 3d print can be used as a pattern for moulding (resin, lead, metal, plastic) of shapes that are not possible to machine.

Laser cutting is a lot faster than 3d printing although can't do the work a 3d printer can do and visa versa.

CNC routing is in its own class. Used heavily in industry for mass producing complicated work, engraving faces for cabinet making and more. Requires some learning and skill to program using free software and some of the software our shed has purchased.



CNC Routing Models - Art



Laser Cutting and Design

Gardening Group

Brian Clarke - Leader



The reason I volunteered to lead the Gardening Group was that I had always gardened at home as a hobby but I am slowing down. I have two large gardens at home which are about the same size as our shed plot. I had a landscaping business for three or four years but now I mainly concentrate on growing vegetables. Members take some of the produce home while the ladies in our Cooking Group use some in their recipes. The ladies do request a certain type of herb.

We need a set group of members so we can have meetings to decide what is planted and run the group in an orderly manner. The garden needs to be expanded and that is on the agenda for the future. Water is a critical factor in gardening and I prefer tank water to mains water which contains too many chemicals which become deposited in the soil. Our little group would welcome new members with open arms and we are very keen to communicate with likewise shedders.





BRUCE COLLINS
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HeartFIT is about aging strongly. It begins with changing the way we think about aging.” We do not view 65, 75, or 85 as old. At HeartFIT our mission is to build stronger, fitter and happier 50+ adults through a fun, upbeat, community-based exercise and well-being experience.

The HeartFIT Program will help you maintain and improve your fitness and quality of life as you age.

HeartFIT offers a moderate exercise program (At Your Level) for everyone to maintain or regain a Strong Healthy Body & Mind through exercise combined with good lifestyle choices.

The program focuses on:

- *Strength Conditioning - to increase muscle mass and bone density.
- *Heart Health- cardio exercise for fitness & prevention of chronic diseases.
- *Balance & Flexibility - improving mobility and quality of life.
- *Co-ordination & Falls Prevention - remain strong & confident at home and out socially.

HeartFIT is held in the rec room Tuesdays from 1:00 pm to 2:00 pm and Fridays in the Community Hall from 1:00 pm to 2:00 pm.



Leatherwork Group

Rod Larkin - Group Leader



Here you see a picture of concentration and contemplation. Having joined Rod Larkin's leatherwork group about three years ago, I have now completed several projects - belts, jewellery box, letter holder, fly swat, fishing rod bucket, pocket knife sheaths, stock whip, mobile phone holster, leather apron for use during wood turning. This activity is both interesting and rewarding.

The project in hand involves covering a bottle in leather and decorating it. Requiring some imagination to envisage the final product, this project is progressing steadily under the expert tutelage of Rod, Ross and Geoff.

Attendance numbers in the leatherwork group are increasing regularly, due no doubt to the many and varied useful items members are able to make.

Albert Lee



Metal Scrolling Group

Tony Giacomantonio - Mentor



MENTOR: Tony Giacomantonio Mondays 9 a.m. to 12 Noon

Wrought iron is a low-carbon alloy that can be heated and reheated and worked into various shapes by talented blacksmiths. As it is no longer produced on a commercial scale, mild steel is now used instead, as it is soft, ductile, magnetic, and has high elasticity and tensile strength, many of the same properties as wrought iron.

MGMS has a kit of bending tools (from Metalcraft Australia) that can shape mild steel bars into scrolls, twists and rings without having to heat the steel. Scrolls are made by shaping a length of bar into a common S or C-style shapes. Thus with only a few hours of practice, you will be making decorative and functional objects by connecting these scrolls, twists and rings together.

Elwyn Jackson and Patrick Hayler are another two Shedders who have mastered these tools thus designing and producing several items including planter pot stands in the shape of a Penny Farthing bike and a Wheelbarrow respectively.



Music / Guitar Group

Terry Thomson - Music Coordinator



The Guitar/Music group is an important shed activity because it allows a group of men, of varying ages, to come together to learn how to play a musical instrument or advance their playing skills, keep their brains and bodies active and really enjoy what they are doing. All of these things and the camaraderie that develops certainly fit in with the shed vision and philosophy. The emphasis is improvement and satisfaction so after the session everyone comes out after learning something new and feeling good. Play the songs over and over again with the idea of getting the sound to a satisfactory standard.

The "MG Shedder Band" has during the years:

1. Played for Brisbane City Council, State and Federal representatives and politicians, of various parties, when they made a visit to the shed. Also, visitors from various organisations and associations whether local, interstate or overseas have visited the shed.
2. Played at the monthly Shed social functions, including the members' Christmas lunch, Shed sing-a-long nights, and the Annual church service.
3. Performed at various senior citizens' functions and other events around Brisbane.

The Music Groups meet on Tuesdays from 8.30 am – 2.00 pm

John Urane is looking after the "original group of 6" in the meeting room from 8.30 am – 12.00

Paul O'Neill is in control of the group in the Girl Guides Hut from 8.30 am – 12.00

Basil Wood is in control of the JAM group in the Recreation Room from 10.00 am – 12.00

Terry Thomson is looking after the Learner group in the Recreation Room from 8.30 am – 10.00 am

Terry Thomson is looking after the "2018/19 Group" in the meeting room from 12.30 pm – 02.00 pm (14.00)

The Guitar Learner Groups start with the basics of music theory. They learn how to read music, and play melodies and accompaniment.

The Intermediate Ukulele Group which consists of about 4 – 6 players has a JAM session every Friday afternoon. Paul O'Neil and Ron Frazer are the leaders of that group.



Native Bee-Keeping Group



Bill Semple - Group Leader

Native Bee-Keeping Group

Over the past few years, keeping native bees has become very popular in the northern parts of Australia, particularly in Brisbane.

There are three main reasons why people keep native bees

- they are an easy-care pet
- they are very good for pollinating native and exotic plants, including herbs and vegetables
- about 0.8 kg of honey a year can be collected from an active hive

We are a vibrant group of MGMS members aiming to assist others who want to keep native bees. Some members of the Native Bee Group are experienced native beekeepers while others are just starting out in beekeeping. Experienced members pass on advice and tips from their many years of experience.

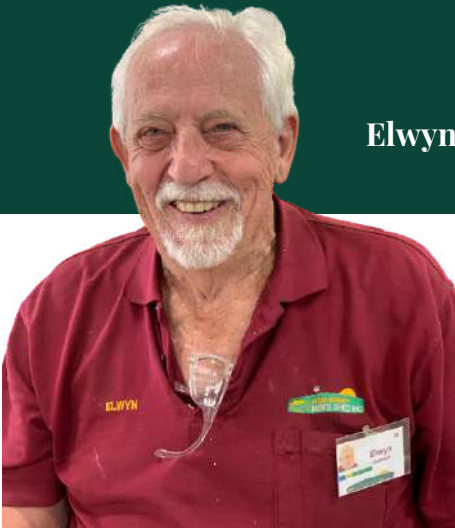
Activities of the group include:

- Provide each member of the group with the resources to acquire a hive
- Build hive boxes for sale to members with the proceeds going to the shed
- Maintain some hives at the shed and increase their number Help members to increase their knowledge by discussion at meetings, field trips and talks by experts Maintain contact with the Australian Native Bee Association to monitor general research, especially the latest thoughts on hive design We meet on the third Thursday of each month at 10 am usually at the shed but sometimes at other locations. Advice is given on any changes in location. Shed members would be welcome to come to any activities to get to know the group and explore whether they want to join the group.



Scroll Sawing Group

Elwyn Jackson – Scroll Sawing Leader



UNDERSTANDING AND USING A SCROLL SAW

A scroll saw is a small electric or pedal-operated saw used to cut intricate curves in wood, metals or other materials.

The fineness of the blade allows it to cut more delicately than a power jig saw.

It has a reciprocating blade that moves up and down to cut. Unlike the band saw, the scroll saw does not use a continuous blade loop for cutting, which allows it to be more flexible and nimble as it cuts.

A scroll saw has variable speeds and can cut thin materials at a slow speed. Thicker softwood materials can be cut at a faster speed, up to 40mm.

You guide the design through the blade using both hands.

You can use various types of blades which include:

- Regular tooth blade
- Basic blades with high teeth per inch
- Hook tooth blades (Blade with a positive rake and aggressive cut, these are used on thicker materials)
- Unlike a band saw it is very easy to cut internal profiles.

All you need to do is drill a hole in your workpiece and insert the scroll saw blade through the hole and mount the blade on the arm.

A woodworker will find a few uses of a scroll saw that other types of saws cannot perform.

Wood Scrolling is on every Thursday from 8:00 am to noon.

Small Engines Group

Ron Frazer- Small Engine Group Leader



It still amazes me after some 48 years in the automotive trade that a machined chunk of metal (engine) add on a fuel air mixer (carburettor) then means of igniting this (magneto/spark plug)..crank it up and it runs or it does not...so we go into fault finding mode. The result is that it runs or it is discarded as spare parts. This is what happens in a small engine session.

We have been running since 2017. The group consists of dedicated men who don't mind getting their hands dirty. They laugh a lot so someone must have told a joke. We work with safety always foremost in our mind.

Small Motors happens on Friday mornings from 8:00 am to 12 noon.

The course includes

- Workshop safe work practices.
- Types of tool sizes and their use.
- 4-stroke engine parts and operation.
- 2 stroke parts and operation.

You can bring your engine/mower/trimmer along and work on it under supervision. No diesel engines or ride-on mowers as we do not have the room. We do have to impose a group size limit to suit the availability of benches and space. Come along sometime and have a chat if you are interested.

Ron Frazer



The go-cart circuit and starting grid at Lakeside.

Travel Group

Travel Leader: Kevin
Schneidewin



Meetings: Generally monthly for planning purposes and socialising. We have been meeting in Broadwater Park since Covid and will continue to do so.

Activities: We organise social outings in an endeavour to satisfy the various travel needs of members, particularly to foster social connections between members.

These activities include:

- Day bus trips, longer bus tours
- overseas cruises
- local boat trips, caravan and cabin holidays (generally one week) to beaches and country places of interest
- From time to time we visit local festivals such as "Jumpers and Jazz Warwick", "Casino beef week" and the like, and any group social activity even if it does not include travel can be organised

The activity leader has an email list of all interested men shed members, and if any member wishes to join our group they only have to give the leader their email address.

They will receive notice of meetings, and minutes of meetings to keep them informed of what is planned, and details of specific events as they are being organised.



Welfare Group

Steve Fluety - Leader



WELFARE

Welfare covers a broad range of areas within the shed environment. The monthly meeting we have welcomes, to welcome members, visitors, and guests to the meeting. Assist those who require a helping hand such as mobility, delivering their lunch to their table, or any other requirements necessary.

The welcomers have three teams who are on a roster system, and will be at the monthly BBQ to say hello to the inductees and have a chat with members. They will be wearing the buddy vests.

The team members are:

Coordinator Steve Fluety:

Assistant Coordinator: Bruce Stafford:

Team members:

Dave Tate, Ian Svensson, Ted Sanders, Reuben Egan, Charles Trevor, Rob Beale, Geoff Cox, Howard Groffman, Mike Clarke, Neil McPhail, Scott Hawkins.

The most important part of welfare is the health and well-being of the members, so contact with members who are ill, injured, or have issues, has a high priority and they are contacted to see what welfare can do to assist them. Sometimes this requires ongoing support. There are a number of members not a part of welfare, who provide assistance on a regular basis such as transport to and from the shed, visiting mates in hospital, nursing homes and home visits, as well as phone calls, I would take this opportunity to thank them for all they do.

We are currently putting together a library of aids to help with recovery after an injury, surgery or the like, we have a few items, but require more, such as bed poles, adjustable chairs etc.

A support network has been established for members who have lost a loved one.

If you would like to join the welfare teams, so we can provide more to members please contact Steve Fluety at 0418 710 109 or email welfare@mountgravattmensshed.org



Welding Group



Rick Abbot- Leader

Welding on Fridays: 1:00 pm to 3:00 pm.

The aim of the group is to teach old fellas our age to weld little jobs at home. Home handy man stuff which we keep down to the basics. We have a stick welder and a mig welder. The members are taught to fabricate with bits and pieces from around the house. We try to keep it simple "KISS" for people who have not welded before. Welders are very cheap so we cover the basics of how things work and then they can do little projects of their own.

We work with the scrolling group and combine our skills to produce intricate works of art.

We also work with the small engines group to repair the frames of their motor mowers. All we are trying to do is produce something different.

The members gain the knowledge to complete the little jobs that need to be done around the home.

Join our group and you will be pleasantly surprised.



Writer's Group



Kim Tvede - Group Leader

Time: Wednesday 9:00 am to 11.30 am

Time: Wednesday 9:00 am -11.30 am

The group was formed initially for members wanting to write a family history or personal memoir. Some members were into writing a complete book of family genealogy for publishing, others to write family or personal stories, mostly for family members before those stories were lost. An approach of recording and publishing brief background stories of around 3-4000 words for members to share, with the option of extending such stories personally as interested was developed.

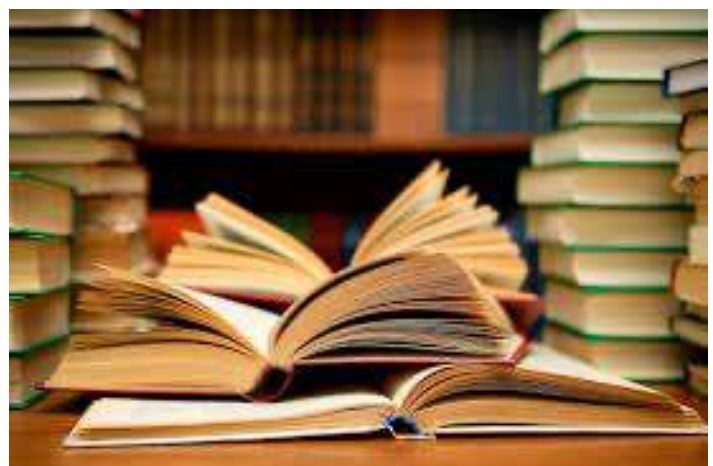
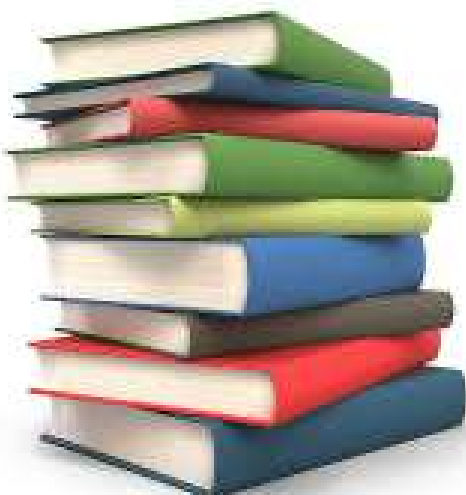
This evolved into including collecting anecdotal stories into collections of individual short stories one might otherwise tell others over a coffee break. Some of these stories were suitable for readers, with the storyteller being assisted to turn a story-telling activity into a published written format. Some stories are for restricted readership only. Some stories are published on the internet, but not all. Members have since diversified; some are exploring writing fiction for adults or youth, and other genres, such as travel.

The group has developed guides for prospective writers, and methods to record voice-to-text for those with limited typing skills. Schools and other interested community groups can also access the group's public documents for developing lessons or similar activities within their settings.

Starting with an instructional approach, but evolving for members with diverse needs and interests, the group has evolved into a reference and support service for members wishing to engage in writing for a number of purposes, so it is now about interested members accessing experience to assist with whatever needs to emerge in response to such interests.



MGMS Writers Group members borrowing file



Woodcarving Group

Bob Nunn - Group Leader



Bob with his mallet & chisels

Tuesday 12:30 pm to 3:00 pm.

If all members are in attendance there are eight people in the group.

The first thing that the members are asked to do is to carve a grapevine leaf. This exercise helps them to understand the use of the chisels and how they can create decorative objects. Members then tend to branch out and choose their own projects. My job then as Activity Leader is to assist them to achieve their desired outcome.



Woodturning Group

Bruce Meyers - Group Leader



Monday 8.00 to 12.00 noon
Wednesday 12 noon to 3.00 pm
Thursday 8.00 to 12.00 noon

Having spent 50 years in the printing industry, I have found woodturning to be very fascinating and interesting. The group makes anything from pens to rolling pens, bowls, candle holders, the list goes on. A very likeable group whose main focus is on having a happy and good time while woodturning. We will always have room for anybody wishing to dabble their toes into the woodturning pool. Remember you are always welcome.



Intermediate Woodwork



Activity Leader: Lloyd Akeroyd and Stephen Ord

Wednesday 08:00 am to 12:00 noon

Intermediate woodwork has been running in the shed since the time when the shed was merely a great idea. It runs in conjunction with "Wednesday Woodwork". The aim of Intermediate Woodwork is to ensure that members of all backgrounds are capable of safely and skilfully using the woodworking machinery of the shed. Wednesday Woodwork allows those members to use their skills to work on projects for the shed.

Those who undertake intermediate woodwork will create three projects while learning about the machines, the techniques for using them and the mitigation of the hazards encountered.



Own Woodwork Group

Colin Vietheer- Group Leader



Tuesday 8 am start to 12-noon finish

The "Own Woodwork" session is an opportunity for members who have met the safety requirements for the operation of fixed machinery and portable power tools to undertake their own personal projects.

The group currently has a core of about 6 regular attendees. While personal projects are done, members are happy to work on community projects brought to the shed. In the past year, this has included repairs to furniture, making nesting boxes for parrots, building bases for older Singer sewing machines, wheelchair access ramps for retirement homes, lattice screens and squatters' chairs.

As members have met the requirements for individual work, the leader's role is to provide overall supervision, guidance and assistance where needed.



Ukulele Group

Paul O'Neill - Group Leader

The Friday ukulele group continues to power on. Just over 12 months on group members who have persisted with attendance and practice have achieved a reasonably high standard of proficiency. The group meets for just 1 hour 12:30 pm to 1:30 pm on a Friday. Lapsed members are always welcome to return. Consideration is being given to starting a new ukulele learners' group. An expression of interest form is available in the office. If sufficient numbers are registered the class will run on a Tuesday afternoon from 12:30 pm to 1:30 pm. Contact Paul O'Neill in the office Tuesdays and Fridays.





Mt Gravatt Men's Shed



Activities

