



JUNE 2024

NEWSLETTER



EXECUTIVE MEMBERS

PRESIDENT: Ian Bond
VICE PRESIDENT: Grant Sullivan
TREASURER: Tim Clarke
SECRETARY: Mark Payne

PHONE: 0478 614 027 (prefer Tuesday and Thursday am)
Tuesday, Wednesday & Thursday 9am– 12pm
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BIRTHDAYS

Glen B	05/06
Andrew K	05/06
Mat J	10/06
Allan C	14/06
Kevin M	15/06
David No	22/06
Herman B	26/06
Dick P	29/06

CALENDAR - JUNE

Wednesday 12 th 6.30pm	Shedder and partners tea at Southern Thai, 53 Gray Street
Thursday 13 th 10.30am	Members Meeting
Tuesday 25 th 10.30am	Management Meeting
Thursday 27 th	BBQ lunch

If you would like to contribute information or an article to your newsletter, talk to Editor David N or email mgmensshed@gmail.com

When it comes to buying tools I use the one my father taught me.

"It's easier to get forgiveness than it is to get permission" my wife hates it, but it works every time..... well almost.

Wood Router



A router is both a power tool and a hand tool. It is held by hand with its high grip convenient handles to control this power tool. It is a very important tool in woodworking. The structure of the machine has a broader lower part with a slender blade. The blade extends from the base point, and looks like a spindle. This spindle-like blade is rotated by the electrically powered motor. The router tool is used for trimming wood pieces. The shape of the wood is perfected by this tool. It can also cut to some extent to bring the desired shape on the wood. Mostly it is used for shaping.

The router bit you need right now is the one you broke a month ago and haven't ordered a replacement for yet.

News from the Editors desk

Greetings from Carnarvon WA

In our travels David has visited the Mens Sheds in

- Esperance-Men in Sheds, well equipped sheds, met member who worked in Ros' home town Kaniva, VIC in the 70's
- Hopetoun- Men in Sheds, mostly mine worker members, well equipped shed
- Albany- Men in Sheds, fabulous set up, well equipped sheds, large membership, sandwiches for morning tea!
- Katanning- small membership, well equipped shed, 2 members recognised David from when he worked in town 20 years ago
- Kalbarri- small membership, well equipped shed, about to move to new larger shed

NEW MEMBER PROFILE



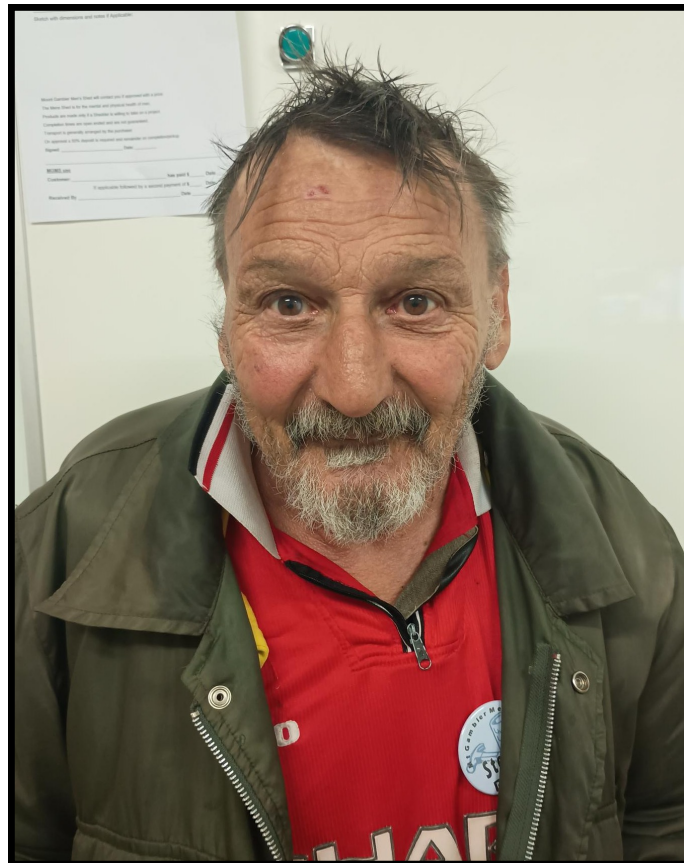
Mark Lennon is from Mount Gambier, is single and has worked as a retail checkout operator at Woolworths, Cheap as Chips, K & S, Whiteheads Timber and Matthews service station

He admits he has no skills, talents or hobbies and has joined the shed to find some and connect with other people.



Geoff H workbench finished and installed

NEW MEMBER PROFILE—



Steven Rowe is from Adelaide, is single and has worked as a spray painter for 10 years and has been a meat worker.

Steven has been involved in emergency services for 25 years with CFS & SES .

He likes helping out and is interested in woodwork and meeting new people.



When a work lifts your spirits and inspires bold and noble thoughts in you, do not look for any other standard to judge by: the work is good, the product of a master craftsman.

Mens Shed Cluster Gathering Health and Information Day

Coordinated by Mt Gambier Mens Shed SA
16th May 2024

Members and friends from eleven Mens Sheds gathered together from the SE of South Australia and Western Victoria with over 120 in attendance. The most distant attendees came from 400 km. away. They won the major raffle prize – worth the trip!

The first guestspeaker, Ian Lewis, the only cave diving hydrogeologist in Australia, covered the wide range of unique geological formations occurring across both states – limestone, sink holes, fault lines and volcanoes. He talked about our famous Blue Lake, made up of two huge volcanic events when hot lava met water, the local crater lake system also formed by volcanic explosions and mentioned what is, probably, the youngest volcano in Australia, Mt Shank just south of Mt Gambier. He talked about the geological differences caused by the Kanawinka fault line that runs from near Nelson to Naracoorte which explains, in part, the differences in soil profiles and landscapes between the two states.

Our second speaker was Assoc. Professor Matthias Wichmann known throughout Australia for his specialty in the gut system. He gave us a 'run around' the gut and showed the differences between healthy and unhealthy gut and mentioned the common things that can go wrong. There was lots of statistical information encouraging us, as we age, to ensure we keep up with bowel testing and eating healthily.

There was lots of interaction amongst Sheddies with connections made for future events and sharing of ideas. Some of our Sheddies and local community support services had displays of their creations and information which resulted in many interesting conversations during the day.

Our Shed thanks the guest speakers and everyone that pulled together behind the scenes to make this a special and informative day. Also, of course, a big thank you to everyone who came along from here and further away. Thanks to the City Council of Mt Gambier and AMSA for their financial support, local businesses that provided prizes for the raffle and the staff of Wulanda event centre for organisation.

The following pictures are from the
Cluster Gathering Day



Wulanda event centre



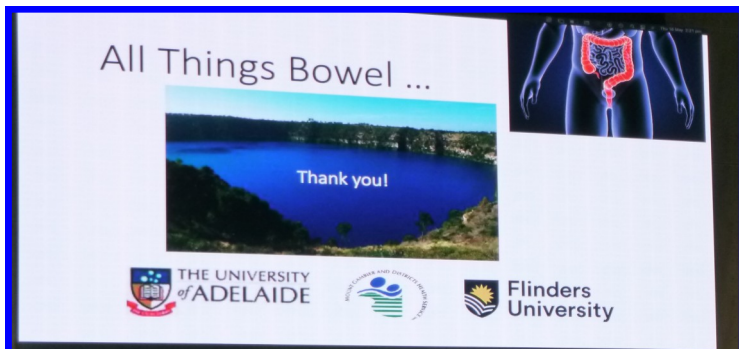
Hydrogeological map



Static displays



Speaker
Ian Lewis



Speaker Prof Matthias Wichman



An assortment of creations



Redgum & other wood products



Australian Mens Shed Association



Above & below—Country Health



Knife making

*If it was easy
then anyone could do it.*





Bunnings



Wood turning & lathe tools made



CNC cutting



Raised garden beds



Lead Lighting & Painting



Display shelves & go cart



Toy making



Coffin

*If you see someone who has lost their smile,
give them one of yours.*

*When the only tool you have is a hammer, you
tend to see every problem as a nail.*



Welding



Esperance Men in Sheds wood working area



Celebratory cake donated by Sugar & Spice



Esperance—half of new metal work shed

Everything I need to know about life, I learned from Noah's Ark . . .

- Don't miss the boat
- Remember that we are all in the same boat
- Plan ahead. It wasn't raining when Noah built the Ark
- Stay fit. When you are 600 years old, someone may ask you to do something really big
- Don't listen to critics; just get on with the job that needs to be done
- Build your future on high ground
- For safety's sake, travel in pairs
- Speed isn't always an advantage. The snails were on board with the cheetahs
- When you are stressed, float awhile
- Remember, the Ark was built by amateurs; the Titanic by professionals.



Albany Men in Sheds woodworking area, room behind door at far end is large noisy tool area

He who works with his hands is a labourer.

He who works with his hands and his head is a craftsman.

He who works with his hands and his head and his heart is an artist.

Smiling is infectious; you catch it like the flu. When someone smiled at me today, I started smiling too.

I went around the corner and someone saw my grin. When he smiled I realised I had passed it on to him.

I thought about that smile then I realised its worth. A single smile, just like mine could travel round the earth.

So, if you feel a smile begin, don't leave it undetected.

Let's start an epidemic quick, and get the world infected!

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