



DECEMBER 2025

# NEWSLETTER

## EXECUTIVE MEMBERS

- PRESIDENT:** Ian Bond  
**VICE PRESIDENT:** Rob Burford  
**TREASURER:** Tim Clarke  
**SECRETARY:** Mark Payne

**PHONE:** 0478 614 027 (prefer Tuesday and Thursday AM)  
**Tuesday, Wednesday & Thursday** 9am– 12pm  
**1a McDonnell Drive**

Website [www.mgmensshed.com.au](http://www.mgmensshed.com.au)  
 Facebook Mens Shed Mount Gambier  
 Email [mgmensshed@gmail.com](mailto:mgmensshed@gmail.com)

## BIRTHDAYS

- Peter K
- John S
- Graham C
- Trevor P

## CALENDAR - December

Tuesday	9th	10 am	Management M/ting
Wednesday	10th	6.30pm	Shedder and partners tea at South Eastern Hotel, 235 Commercial Street East
Thursday	11th	10 am	Members Meeting
Thursday	18th	11 am	BBQ lunch

The shed is going to be running throughout the festive season, and if a day falls for standard operation and it is a public holiday, we will be CLOSED. This year, we are not operating on Christmas Eve and New Year's Eve if they fall on a Tuesday - Thursday.

If you would like to contribute information or an article to your newsletter, talk to Editor David N or email [mgmensshed@gmail.com](mailto:mgmensshed@gmail.com)





## **ShedFEST 2025 Report**

On Wednesday 18<sup>th</sup> November, four members of the Mount Gambier Men's Shed headed to Naracoorte to participate in the annual ShedFEST event. The event was well represented with members from across the region, from five sheds, these being Tintinara, Keith, Penola, Naracoorte and Mount Gambier Men's Sheds. Furthermore, there was a representative from Murray Bridge Men's Shed and Heywood Men's Shed in attendance.

The day commenced for some members who travelled out and explored the Naracoorte Caves complex over the traditional tradies breakfast of Egg and Bacon rolls and a cuppa, before walking through the Alexandra Cave and then reconvening back at the Naracoorte Men's Shed for the day's proceedings.

Four members from the Mount Gambier Men's Shed made the journey from Mount Gambier directly to the Naracoorte Men's Shed to participate in a full day of informative sessions relating to the Men's Shed paternity. The morning was officially opened by Tim Khron (SA/NT State Representative for AMSA), and then sheds were asked to share what is going on in our sheds and how things are travelling in general.

Unfortunately, David from AMSA was unable to make the trip to the Limestone Coast for this event but joined the group via a video call to share about the actions that AMSA is taking on a national level and then invited attendees to ask him questions about the forward direction of Men's Sheds in general.

After the video call with David, we took a break for morning tea which was a delightful spread of pies and sausage rolls from the Naracoorte Bakery and a cuppa, and for those smokers (only a few of us) had a chance to venture outside and get our nicotine fix. Once we got back on track, the remainder of the morning consisted of the official introduction of the new AMSA "Shed Mates" program they are rolling out nationally, and this session was extremely informative and really got the

attendees thinking about their own personal well-being.

Lunch consisted of a wide assortment of sandwiches and rolls with a cuppa and then the opportunity for attendees to mingle with one another and talk about our sheds and directions of individual sheds.

At the conclusion of lunch, there was a speaker from South Pacific Seeds (Naracoorte) who was a major sponsor of this event, sharing about their Southeast Operations in seed production and the process of the full circle (seed to paddock and then paddock to seed). This session was extremely interesting and gave a wonderful insight into the science of producing the perfect seed for commercial farmers and vegetable growers, not only locally but worldwide.

Once this information session was conducted the discussion around safe proofing the Men's Shed paternity was conducted and provided a group discussion about the perception that the wider community has of men's sheds in general and how sheds can establish more solid groundings and roots within not only the shed but the wider community and the country in general. Throughout this session, we talked about the key points that affect every shed in the same way, and these are as follows:

**Recruitment of new members** – How is this currently done versus how sheds can improve this point?

**Membership Retainment** – Once members join the movement of men's sheds, how do sheds ensure that members remain interested and focused on the men's shed movement?

**Membership Growth** - What provisions are in place within the shed to allow members' personal growth (i.e. being general members of the shed to moving into the management committee and even onto the executive members of management.

The day concluded at about 3.30pm with afternoon tea provided to attendees who wished to stay around and have a chat with others about the succession and moving forward of sheds, and/or to just casually catch up and talk.

My takeaway message for members of the shed would be if you have considered attending events being conducted at other sheds, don't think about it, simply jump right in and do so as this day was a great day had by all.

Mark Payne, Secretary



Above & below  
Meal at Café Belgiorno



John K is into his own style bird nesting box



Yes, that is a saw. Dick P with Ray L

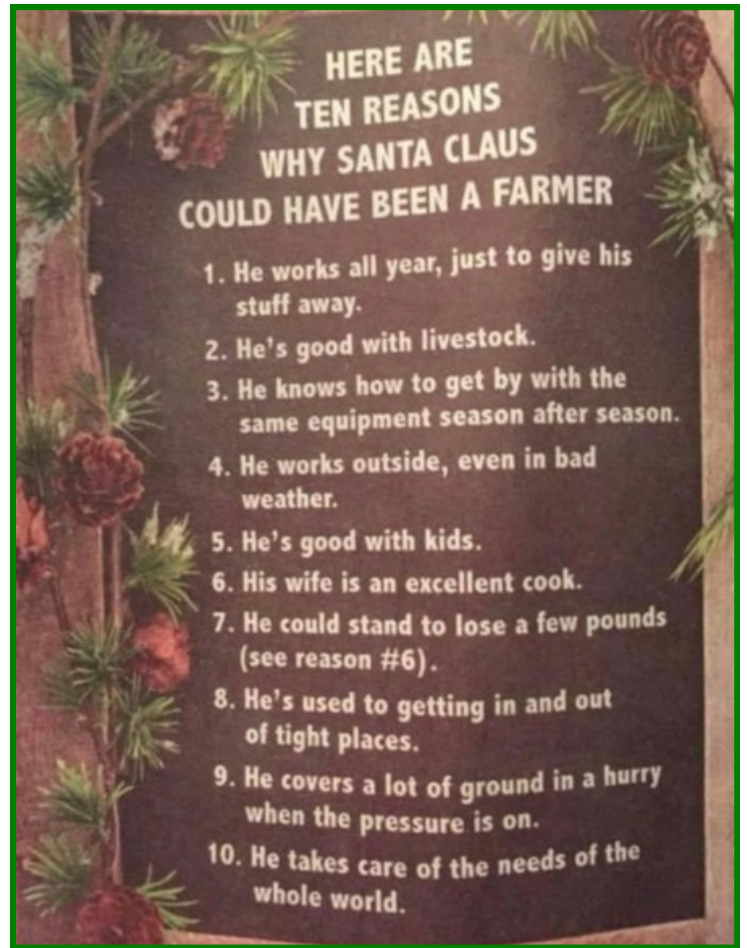


Jeff R doing the work while Russell S takes a break

**The kids keep laughing  
about my memory.  
They won't be laughing  
on Christmas morning  
when there are no  
eggs under the tree!**



Frank McA, Jeff R & Dennis C



John K with a wheelbarrow

THE TIREDNESS ON THE COUCH  
NEVER TRANSLATES TO THE BED  
AND I DEMAND TO KNOW WHY

**GRANT ME THE SERENITY TO  
ACCEPT THE PEOPLE I CANNOT  
CHANGE.  
THE COURAGE TO CHANGE  
DIRECTION WHEN I SEE THEM  
COMING.  
AND THE WISDOM TO NOT TRY  
TO SMACK SOME SENSE INTO  
THEM WHEN I CAN'T AVOID  
THEM.**

**A woman walked into the  
kitchen to find her husband  
stalking around with a fly  
swatter. "What are you doing?"  
she asked.**

**"Hunting flies," he replied.**

**"Oh, killed any?" she said.**

**"Yep, 3 males, 2 females," came  
the answer.**

**Intrigued, the wife asked, "How  
can you tell them apart?"**

**Husband: "3 were on a beer can,  
2 were on the phone."**



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**HOW TO COOK A TURKEY**

- Step 1. Buy a turkey
- Step 2. Have a glass of wine
- Step 3. Stuff turkey
- Step 4. Have a glass of wine
- Step 5. Put turkey in oven
- Step 6. Relax and have a glass of wine
- Step 7. Turk the bastey
- Step 8. Wine of glass another get
- Step 9. Hunt for meat thermometer
- Step 10. Glass yourself another pour of wine
- Step 11. Bake the wine for 4 hours
- Step 12. Take the oven out of the turkey
- Step 13. Tet the sable
- Step 14. Grab another wottle of bine
- Step 15. Turk the carvey!

**Big supporters of Mount Gambier Mens Shed  
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