



SEPTEMBER 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
 Facebook Mens Shed Mount Gambier
 Email mgmensshed@gmail.com

BIRTHDAYS

Dennis C	01/09
Mark P	05/09
Ian B	06/09
Ray L	08/09
Richard D	16/09
Peter Ha	18/09
Brian S	26/09
Rod L	28/09

CALENDAR - September

Wednesday 10th	6.30pm	Shedder and partners tea at Fasta Pasta, 102 Commercial Street West
Thursday 11th	10 am	Members Meeting
Tuesday 16th	10 am	Management M/ting
Sunday 21st		Glenburnie Race Gates
Thursday 25th	11 am	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

Editors note—I am still looking for someone interested in taking photos for the newsletter.

If you see something of interest happening in the shed, ask permission to take the photo, use your phone and send the photos to the editor with a caption to indicate who is doing what.

Talk to David N if you can help.



Mark P & Rob B enjoying a cuppa at the new breakroom tables



Don L deep in study



Thanks to Geoff H, Allan V, Ian A & David N for making the new tables.



TV has been installed to use for slide show and guest speaker presentations.

Member visited some Sheds in Adelaide recently

Playford Mens Shed

- One of five organisations who share a large area on Coventry Avenue, Smithfield Plains which is north of Elizabeth
- * share costs for water,sewerage,electricity with other groups
- * meet Monday to Friday 9am to 3pm, 52 members
- * \$50 annual membership via AMSA
- * \$1 per visit (per drink)
- * own 6' x 4' and 6' x 8' trailers as well as a large Toyota van
- * make picnic tables
- * have 8' x 4' slate top snooker table
- * have VERY LARGE miniature railway display with multiple tracks



Shed houses a CNC and two 3D printing machines within a very well equipped workshop



Parafield Mens Shed

- Anderson Drive off Kings Road Parafield
- * annual rent to Parafield Airport \$4000
- * about 25 members who pay \$5 per visit to cover smoko etc
- * \$30 annual membership
- * Bunnings bbqs 4 or 5 per year raise up to \$2500 each time
- * make items for schools across upper South Australia including Riverland and metropolitan areas
- * repair items from the public
- * kitchen and storage is in old brick building alongside new steel shed which houses the woodworking equipment
- * wish to extend sideways 2.5 metres and enclose to make a metalworking area



Victorian Mens Shed Association Road Show At Heywood on Thursday 28th August

Russel S and Paul E represented Mt Gambier Mens Shed at this event. About 80 Shedders (male and female) attended from as far away as Nhill and Warrnambool, and 'over the border' members were from Naracoorte and Port Macdonnell

Mark Tyrrell, Victorian Regional Coordinator emceed the show with his Irish brogue, stories and jokes, and gave away dozens of prizes (we weren't in the running this time) and a show bag of Haron tools for each Shed. The long awaited building of the Nelson Shed won support through a Bunnings Community Shed Award voucher. It was a packed day, full of information. Even though some of the topics were familiar there is always something new to learn from different presenters.

Did you know that it is estimated that 24,200 Australian men will be diagnosed with prostate cancer this year, compared to 20,640 women diagnosed with breast cancer? Not that one is more important than the other – just statistics.

Then it was onto a pretty light hearted but serious session about bowel and urinary incontinence for both women and men. Next were the Ambo's with audience participation from finding a person unconscious through to hospitalisation.

And the all-important 'oil' for the day was the abundance of food prepared and served by hosts, Heywood Shedders. It was also a good time to catch up with other Shedders.

Our Shed was recognised a few times during the day – two photos of our Shed on a rolling slide show out of the 320 Victorian Sheds; the doctor crisis; the Frew Park fence with its 19220 fixings.

The Victorian Mens Shed Facebook page - <https://www.facebook.com/VictorianMensShedAssociation> currently has two photos to do with the Frew Park fence. One is of Rob B and David N setting out the pickets on a panel and the other is of the four Shedders at Frew Park.

Warrnambool Shed shared their five year strategic plan. It was developed with the support of a government funded Leadership programme that involved all the Shedders. A summary is below.

See Russell for the Actions, Leader Coordinators and Measurement for success.

STATEMENT OF DIRECTION









VISION

To provide a meeting place where members can enjoy the company of others and provide opportunities for hands on projects to benefit members and the community.

MISSION

- To promote personal wellbeing and men's health.
- To develop a culture where members share skills
- Foster friendships in a supportive environment.
- To establish activities to ensure the shed's sustainability.

VALUES

- | | | | |
|---|---|---|--|
|  Honesty |  Community Service |  Integrity |  Creativity |
|  Inclusion |  Good Humour |  Education |  Respect |

STRATEGIC PRIORITIES FOR 2025-2030



Jeff R, Peter Ha, David N & Dave L , some of the construction team at the Frew Park fence handcrafted at the Shed. Thanks to all members who helped on this project.

The Mt Gambier Mens Shed partnered with the Mt Gambier Council in April to replace the existing fence surrounding Frew Park. 14 men assisted in the construction of the posts, rails, pickets & panels made from cypress pine.

Team Leader, Jeff R said 312 rails were cut to length & angles were cut to allow for the oval shape. About 160 posts were cut to length with the tops cut to points. 4805 pickets were cut and 19,220 holes were drilled for screws to make 155 panels. The men spent about 84 hours on the project over the course of 7 weeks.

Used with permission SE Voice

*Two Irishmen were nailing floor boards.
Every now and then Sean would throw a nail away.
Paddy asked why.
Sean said they were no good as they were upside down.
Paddy said "Don't throw them away, we can use them on the ceiling".*

IT'S SWOOPTEMBER



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Dave L engraving newly purchased tools



Dennis C constructed his chair from wooden pallets



Richard D assists the painting team with his contribution to a dolls house



Dennis C trying his chair out for size. Looks comfortable & relaxing

Some days you are the bug . . .
some days you are the windshield

*Not everyday is good
but there is something good in everyday*



Ron P reupholstering his outdoor chair



Pot plant stand constructed from recycled steel by Trevor A



Jeff R with 2 completed Christmas Trees , 18 more to go. Christmas Trees have been requested from the Mount Gambier Truck Show Committee for their annual truck show. Once the trees have been used for this event, they will be donated to local schools.




Grant J (Jacko) making the base for Christmas Trees for the Truck Show



Tim C, Ian B & Dave L on BBQ duty at Bunnings

CRICKET IS QUITE SIMPLE
 YOU HAVE TWO SIDES.....OURS AND THEIRS,
 ONE OUT IN THE FIELD AND ONE IN. EACH MAN
 IN THE SIDE THAT'S IN, GOES OUT, AND, WHEN
 HE'S OUT, HE COMES IN AND THE NEXT MAN
 GOES IN UNTIL HE'S OUT. THEN, WHEN THEY
 HAVE ALL BEEN IN AND ARE ALL OUT, THE
 SIDE THAT'S BEEN IN THE FIELD GOES IN AND
 THE SIDE THAT'S IN GOES OUT AND TRIES TO
 GET OUT THOSE COMING IN. SOMETIMES YOU
 GET MEN STILL IN AND NOT OUT. THEN WHEN
 BOTH SIDES HAVE BEEN IN AND OUT, INCLUDING
 NOT-OUTS, THAT'S THE END OF THE GAME.
IT'S REALLY VERY SIMPLE!



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