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Editor's note.

Every month at this time I sit in front of this latest newsletter and think, "What on earth can I put down in words in this section". The only thing I think of today is that I am more surprised every month that I manage to get another newsletter completed. This issue is number 80, and I commenced with number 3 in September 2018, 7 years ago. When I was coerced into putting my hand up for this job, I had no idea it would extend for this long, I gave myself a couple of months. The format of the newsletter over this period has not much changed won't and apologise for this because being a journalist my main aim is to just inform members, and others, on what is happening in the shed. This job has been a lot of work over the years, but I am happy to continue as long as I am capable of doing so.

Ronald Tew.

Any items or queries to: -

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Presidents Report. (Or as sometimes called 'Rodney's Ramblings')

I'm pleased to present my President's Report for the 80th edition of *Your Shed* magazine. This version expands on the report I delivered at our recent AGM, which was trimmed due to time constraints on the day.

Shed Highlights

As shared by our executive committee, the Shed is in a strong position with money in the bank and growing membership with plenty of projects to keep busy.

A heartfelt thank you to the previous committee for their outstanding work, especially Bob Hansen and Ken Slater, who have stepped down. Your contributions have been invaluable.

We're also pleased to welcome two new faces to the committee being Darrell "Flatty" Daly and Greame "Grimmie" Kemp

Our success over the years has been driven by a passionate and dedicated committee, and I'm confident this will continue as we celebrate our **10th anniversary**.

Advocacy & Community Engagement

As Chairman of the Northern Zone of the Queensland Men's Shed Association (QMSA), I've had the privilege of visiting other Sheds, learning about their projects, and understanding the challenges they face. While each Shed is unique, we share many common issues.

I'm also a passionate advocate for men's rights and support organisations that help men find their voice in the community. Through Health Events, we connect men with the support they need.

Health Funding Disparity.

I'm continually struck by the stark difference in health funding between men's and women's organisations. The figures below speak volumes:

Health Funding Comparison (Australia, 2022-2025)

Year	Women's Health Funding	Men's Health Funding
2022–2023	\$330.6 million	\$0
2023–2024	\$69.1 million	\$10.9 million
2024–2025	\$161.7 million	\$11.6 million
2025–2026	\$792.9 million	\$0
Total	\$1.354 billion	\$22.5 million

That's less than 2% of total health funding directed toward men's health.

Research Funding (2023)

Women's & Maternal Health: \$155.8 million

Men's Health: \$15.3 million

Despite this, 4 in 5 Australians support increased funding for men's health, including mental health and suicide prevention.

Impact of Funding

Women's Health Gains

- Expanded care: Endometriosis clinics, menopause support, contraceptive services
- Lower costs: PBS listings for contraceptives and hormone therapies
- Improved diagnostics: New Medicare items for ultrasounds and MRIs
- Support for vulnerable groups: First Nations women, survivors of violence
- Workforce development: Scholarships for nurses and midwives

Men's Health Challenges

- Limited services: Few men-specific clinics or programs
- Higher preventable death rates: ~50 men die daily before age 75
- Mental health gaps: Lack of gender-responsive services
- Underfunded research: Just \$15.3 million in 2023
- Reliance on community efforts: Men's Sheds, Movember, etc.

Consequences

- Gender bias in healthcare: Women's health has benefited from reforms;
 men's health strategies lag behind
- Public support vs policy: Despite strong public backing, men's health remains a low priority
- Missed opportunities: Experts estimate better investment could save over 10,000 lives annually

Suicide & Mental Health

- Men account for 75% of suicides in Australia
- Suicide is the leading cause of death for men aged 15–49
- Funding lacks gender-specific strategies
- The National Suicide Prevention Office is working on reforms, but more targeted investment is needed

Cancer & Chronic Illness

- Cancer is the leading cause of death in Australia
- Funding often favours women's cancers due to strong advocacy
- Prostate and lung cancers receive proportionally less funding despite high male mortality
- 6 in 10 Australians live with long-term conditions; older men are disproportionately affected
- Funding models often overlook men with multiple chronic conditions

Systemic Gaps

- Men are less likely to access preventive care
- Services often aren't designed for male engagement
- Funding is fragmented and relies heavily on community-led efforts

These figures are drawn from reputable sources and highlight a clear discrepancy. It's disappointing. Are men seen as less important—or do we simply not make enough noise?

Anyway -Back to the Shed

We wrapped up July with a successful **Market Day,** selling surplus gear and signing up new members. The next day, we held a **fundraising sausage sizzle** at **Bunnings.**

Lytton, John Beard and I also attended the funeral of Ray Beere, a Shed member from 2019 to 2021. Ray passed away peacefully at home after a long battle with Motor Neuron Disease, surrounded by family and close friends.

Ray attended Shed in his wheelchair, always eager to chat and connect. He asked to be a welfare officer, reaching out to members who hadn't been around for a while—even while struggling with his own health. He led a remarkable life. I'll never forget the words he shared with me before his lift arrived one day. I scribbled them on a paper towel and later found them in my diary after hearing of his passing: "Don't stress the little things and don't wait for a perfect life. Find happiness somewhere—with laughter in bad jokes, hot cuppas, time with family and friends, and bad days. The world doesn't need you to look important, it just needs you to be there. And if anyone tells you you're doing it all wrong, get another cuppa and carry on."

Vale Ray Beere.

Shed Visits

Our members also visited Arcare Aged Care Facility, North Lakes and Burpengary Meadows State School.

August Highlights

Multiple sausage sizzles, Father's Day raffle, DIY Night at Bunnings.

Upcoming Events

Aug 14, 10-year Anniversary morning tea, catered by CWA.

Aug 26, Dr. John visit. Topic-Benefits of men's Shed involvement.

Aug 28. Shed 4 working committee meeting with council.

Around the Shed

A few reminders: Return tools to their proper place after use, Charge batteries when finished, avoid putting sappy timber through the belt sanders, if unsure about timber selection — just ask!

We've been fortunate to avoid major incidents, aside from a few splinters and band-aids.

The second half of the year is always busy. As Christmas approaches, people often request projects — usually on short notice!

Annual Toy Giveaway

Thursday, December 11th Toys will be donated to the Caboolture Hospital Network, with a special morning tea at the Shed.

Christmas Dinner

Tuesday, December 16th Venue: Caboolture Tavern

Final Thoughts

If you can't find something to do at Shed — you're not looking hard enough!

We've had many visitors and new members lately. If you see someone you don't know, please make them feel welcome.

Stay safe, stay involved—and don't forget to ask someone:

RUOK?

Rodney Hansen

President, Burpengary and District Men's Shed Inc.

Birthdays.

Birthdays soon.

The following are the birthdays for August 2025: - Russell McKinley, aged 67; Lawrence Conlan, aged 83; **Guy Bertram, aged 65**; Steven Pinkard, aged 53; Ade Freeman, aged 59; **Denny Freeman, aged** 75; Terry Allen, aged 70; Eli Magnus, aged 31; Dale Munting, aged 79; Colin Sorensen, age 63; Kyle Mewis, aged 22; Cagney Dorosch, aged 39; **David Byrne, aged 80; John Stanley, aged 60; Chad Starr, aged 75;** Alan Prank, aged 77; Bill Shaw, aged 81; **Bob Hansen, age 75;** Jim Shaw, aged 83.

If you wish to know the actual date, check the list outside the office.

New Members.

New members since last newsletter.

Listed below are the new members joining recently, so when you bump into them give them a big welcome. They are as follows: - Mark Dawson, Shayne Findlater, Bruce Panton, Joe Scott and Andrew Cook.

AGM.

The AGM was held on the 24th of July 2025, with All business being undertaken successfully. We had a special general meeting to put to the members some changes to our constitution in regard to Life Membership, and dispute resolution. These changes were accepted by the membership and will now be put to the 'Office of Fair Trading'

for final approval.

We had several awards for 'Life Membership' to the surprise of the recipients. They were Frank Grima, Wes Roberson, Greame (Grimmie) Kemp and Lytton



Wellings. All these awards were for outstanding contributions to the shed during the time of their membership. All are pictured above.

A special thanks was given to Bob Hansen for his contribution as well.

When I was a kid, my parents would always say, "Excuse my French" just after a swear word. I'll never forget my first day at school when my teacher asked if any of us knew any French.

The new committee for 25/26 are as follows:

President, Rodney Hansen. Vice President, David Redfern.

Secretary, David Tozer. Treasurer, Gerry Sheppard.

Purchasing officer, Peter Rocca.

General Committee. Darrell (Flatty) Daley, Bob Halliday, Greame (Grimmie) Kemp and Ronald Tew.





Pictured are last years Committee, and the new Committee.

Market day at Shed

Saturday the 26th of July.

A market day/open day was held on this day at the shed with reasonable success. The CWA women provided morning tea in the lunchroom while all the stalls were outside between the sheds.











Previous page, a shot from the driveway, Gerry in his 'counting house', and one of the sausage sizzle.

The CWA had a couple of stalls, and we had eight or so, along with the sausage sizzle. Thanks to all that attended the day to assist with setting up and controlling the day. Unfortunately, I could only attend for a short while to take my pics, and while there it seemed we were having a reasonable turnover.

Fathers' Day raffle.

We have commenced our Fathers' Day raffle for this year and have booked eleven selling days at Coles shopping at Burpengary. A roster has been made up and is posted on the notice board outside the office, so check for when you might be rostered on. If there are any problems with the roster, please see Dave Redfern ASAP.

Prizes this year will be:

- 1St, Ozito 18v Cordless line trimmer kit, plus an Ozito 18v Cordless secateurs. (Combined Value \$330)
- 2nd, Ozito 18v Cordless hedge trimmer. (Value \$120)
- 3rd, Bunnings gift voucher. (Value \$50.00)

I finally did it!

Bought a new pair of shoes with memory foam soles. No more forgetting why I walked into the kitchen.

Medical Records.

Continual reminder.

Once again, we remind members that your medical records kept in your file in the office may be out of date. If you have had any changes to your medications or ailments your records should be updated. Even if there are no changes to your records it is still advisable to note that as well. We are now asking all members to update their records, please do so.

First aid officers.

It is time for our first aid officers to receive retraining; they are being advised of this. We are calling for any more interested members to undertake this training as we are in need of extra officers due to some not being able to continue.

Welfare officers.

We need a couple of members to act as welfare officers because our previous officers no longer attend due to various reasons. These positions would be responsible to monitor the attendance of members, or more to the point lack of, and contact these members as a follow-up as to the reason for non-attendance. The office staff already keep records of attendance for this purpose, so one would interwork with them to acquire this information. There would also be several other minor tasks required as well. If there are any interested members please contact Rodney, or a committee member, to further discuss.

Shed 4.

Discussion about shed 4 are continuing and we have a meeting with council on the 28th of August, so we are hopeful something can come from this meeting.

Story of the month.

At a nursing home.

At a nursing home, a group of seniors were sitting around talking about all their ailments.

"My arms have gotten so weak I can hardly lift this cup of coffee," said one.

"Yes, I know," said another. "My cataracts are so bad I can't even see my coffee."

"I couldn't even mark an 'X' at election time, my hands are so crippled," volunteered a third.

"What? Speak up! What? I can't hear you! said a fourth.

"I can't turn my head because of arthritis in my neck," said a fifth, to which several nodded weakly in agreement.

"My blood pressure pills make me so dizzy I can hardly walk!" exclaimed another.

"I forget where I am, and where I'm going," said an elderly gent.

"I guess that's the price we pay for getting old," winced an old man as he slowly shook his head.

The others nodded in agreement.

"Well, count your blessings," said one woman cheerfully, "thankfully, we

can all still drive."



You never appreciate what you have until it's gone. Toilet paper was a good example.

Upcoming Events.

August 2025.

Thursday 14th. BAD Shed 10th Anniversary morning tea.

Several days. Bunnings sausage sizzle.

Saturday 23rd. Australia Post sizzle.

Tuesday 26th. Presentation by Doctor John.

Thursday 28th. Shed 4 Committee meeting with council.

September 2025.

Thursday 4th. Bunnings Father's Day DIY night.

Thursday 4th. Father's Day raffle draw.

October 2025.

Tuesday 28th. Shed Golf charity day.

December 2025.

Thursday 11th. Toy giveaway day.

Tuesday 16th. Shed Christmas dinner.

Thursday 18th. Last shed open day before Christmas.

Anniversary Morning Tea.

Thursday the 14th of August.

It is the shed's 10th anniversary this year, so we are planning a special morning tea to celebrate. This will be held on Thursday the 14th of August. We will have guest speakers, and the CWA women will be catering for the event.

You drop something when you were younger, you just pick it up. When you're older and drop something, you stare at it for a bit contemplating if you actually need it anymore.

Golf charity day.

Tuesday the 28th of October.

Glenn Bliesner from SheltaCo will be organising a charity golf day with the aim of the shed being a beneficiary of the day. There will be raffles on the day and we are to make, and present, some items to be available for the raffles. More to follow.

Projects & Activities.

Teabag pot.

Verne has turned down this pot for another shed member, and I was told that is for storing teabags. Unfortunately, I missed taking a photo of the inside of the lid, it seems there was a pattern cut into it.



These twelve bullets were built on the lathe as well. The shell they fit into is shown on the back of the photo.













Fold up picnic table.

This table by Lood featured in the last newsletter and I am hopeful of showing the different stages of repair, so here is stage 3 and five above, and the finished product on the right.



Laser place mats.



Another of our members has taken on learning to use the CNC Laser. Pictured here is his first attempt, so he is either a good learner, or he had a good instructor.

Table by Roy.

This table has been built by Roy for another of our members. Rumour has it that it was originally built with one leg shorter than the rest to confuse the owner and it apparently worked. All legs are now the same.



Seat tops.

These seat tops were quite impressive when I saw them. A table frame is visible in the back, and the seats will match the table.



Proposal.



The answer is, YES? NO? decisions, decisions?



HELL NO, GET OUT OF HERE.

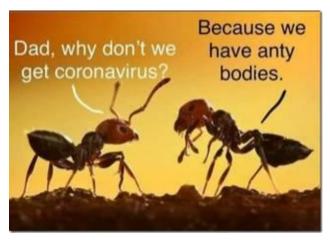




Table by Isaac.







This table, or the top, has featured before in issue 78 under 'Difficult sanding'. It was portrayed as a difficult sanding job. Now Isaac has worked a lot more on it. It has now been cut out to fit the top material, and coated, so now it

has come up a treat. A third shot shows Izacc fitting the top material.

Jenga blocks by Wes.





I had noticed Wes working on these blocks of timber for a while now and when I noticed him packing them away in a box, I decided to ask what they were, and although neither of us could remember the name of the game, Jenga, familiarity came to me when he demonstrated how to play. A second picture is of the blocks packed ready for pickup.

Chair repairs.

These chairs have been features earlier in different states of repair, and then I noticed them outside ready for pickup, so thought I had better get a shot of the fished product.



Timber donation.



Here is another example of someone ringing up to say I have some timber to donate. It sometimes turns out to be all sorts of bits and pieces. I heard someone mention that they were prepared to take some home for

firewood.

Wheel making.

It seems there is almost a never-ending job making wheels for the toys we make. In my travels I saw Peter doing just that, making wheels, so I thought it was worth a shot.



Don't be worried about your smartphone or TV spying on you.

Your vacuum cleaner has been collecting dirt on you for years.

Bird boxes.





This is a reminder of the arrangement we have making bird box kits. We are constantly cutting plywood into small pieces that build a kit for one of our business partners. Pic 1 shows some just after being packed after cutting, and pic 2 shows them being stored in a cupboard ready for pickup.

Chair leg refit.

Frank and others have been fitting plastic riders on the feet of the lunchroom chairs to try to prevent the noise when they are slid in and out, which was rather unbearable.

This seams to have been effective immediately after completion, but it will be interesting to see in the future.

New CNC machine.

Flatty is happy now having received the new CNC machine. This one is larger than the old one, so bigger jobs can be performed.



New toys.

These toys were featured in the previous newsletter in the production stage, showing the blocks and stickers. I spotted them on my walk with camera in the completed state, so I had to take another pic.



Letterbox by Rod.

Rod has been working on building this letterbox, in between helping me in the office. I spotted him in the workshop, with dust from head to tail, obviously spending some time sanding. It is shown in



unfinished state as he is to take it home for final sanding and coating. Hopefully Rod will bring it back so I can get a completed shot.

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FOR

Burpengary and District Men's Shed

By Ronald H. Tew