

CONNECTION THROUGH RECREATION



COOLUM WÔMEN'S SHED

Newsletter November/December 2023

Greetings Sheddies,

Well, we are almost at the end of 2023, another busy year for Coolum Women's Shed. A big thankyou to our hard-working Management Committee, volunteer coordinators and our members for their support during the year. Without our volunteers we could not operate the Shed and offer affordable activities. We wish you all well over the Xmas and Festive season and look forward to 2024 with new activities and events. *Lots of news in this newsletter.*

- **SHED CLOSURE FOR XMAS & JANUARY HOLIDAYS:** At the end of each year the Shed closes for a few weeks to give our volunteers a well-earned break. ***The Shed closing dates are from Sun 17 Dec 2023 until Mon 15 Jan 2024***, so there will be no booked/scheduled activities on Hello Club during that time. Remember to check Hello Club in the new year for upcoming meetups, new activities and workshops, which will resume the week of **Mon 15 Jan 2024**.

So be sure to book in early and don't miss out.

- **CWS MEMBERSHIP ANNUAL FEE:** At the AGM in Sept members voted to increase the fee from \$30 to \$35 per annum. This increase will support the rise in Insurance and IT systems fees. Membership starts from the date you register and become a member and is valid for one year.

- **CWS MEET & GREET SPRING DRINKS:** This event was held at the Shed on Sunday 19 Nov. It was an opportunity to meet with fellow Sheddies from other activity groups and learn more about our Shed. Members also provided ideas for future activities and events. Thank you for the donations for the CWS Christmas Hampers Raffle.



- **CWS XMAS CELEBRATION:** In early December members tested their skills at Barefoot Bowling at Coolum Bowlo, followed by dinner at the Coolum Beach Surf Life Saving Club. 37 Sheddies from our various groups attended the fun evening with many members meeting for the first time. The Christmas

evening, with many members meeting for the first time. The Christmas Hampers Raffle raised \$341 with 5 very happy winners.



- **YOGA:** Weekly yoga with Simone every Thursday at 9.30am at the Shed, book early as places are limited. There will be a slight price increase for the Thursday yoga classes, as fees have remained the same for several years, as from Jan 2024 members \$15 per session, non-members \$20. Start date Thursday 18 Dec - Book and pay on Hello Club for one or several classes.

- **NEW CLASS Restorative Yoga and Meditation 5 week program at the Shed. "The 5 elements."**

Commencing Tuesday 16 January 2024 from 6pm - 7pm, x 5 weeks. Members \$75, Non-members \$100.

The five great elements, or panchamahabhutas, are the building blocks of the universe, as well as our bodies...everything is created with different combinations of these five elements.

Join Simone for this 5-week program as you discover and honour the elements, connecting to a different element each week through a restorative yoga and meditation practice. This 5-week program is appropriate for all levels; restorative yoga is practiced at a slow pace, using props for total physical, mental, and emotional relaxation, focusing on long holds, stillness, and deep breathing. There are 10 places available, book and pay on Hello Club.



- **MAHJONG:** Commencing Tues 23 Jan, every 2nd & 4th Tuesday from 1-3pm. 中 **Come and join us for a fun session of Mahjong** 中 If you own your own set please feel free to bring it along. Beginners welcome, as well as experienced players. Sharon T will be the coordinator for this group, we are seeking a second coordinator to assist.

- **YANDINA BOOK CLUB,** Moving to a new time of 12 noon. First meeting of the year is Monday 22nd Jan 2024. Join us at lunch at Gun Cotton Coffee Roasters, 13 Railway St, Yandina. The group has several places for new members. Kathryn C is the coordinator for this book club.

- **IKEBANA, Japanese Flower arranging:** Members have expressed interest in this Japanese form of flower arranging. We are keen to run a demonstration and workshop if there is sufficient interest. Keep an eye on Hello Club calendar for details and if you are keen to be added to the list email us at coolumwomensshed@gmail.com

- **BRAINIACS – Cards & games:** Our members continue to test and expand their skills, with games such as Canasta, 500 and Philadelphia. Lots of fun and

laughter at Brainiacs twice a week, Thursdays @1pm, Saturdays @1pm. BYO lunch or a plate to share. Kathryn C and Karin R are the Brainiacs coordinators.

- **CWS DONATION:** Our members donated 6 bags of food items for the Trees of Hope Christmas Charity Drive. These were delivered to the Barn at Flaxton by the Walk group. Thanks to Carol Hiller for following up on this initiative to support their local community.
- **REDEVELOPMENT OF MOTOCROSS TRACK AREA:** At the end of December, the motocross next to the Shed land will be relocating to another site. Over the next few years the area will be developed into industrial and factory sites. Work is planned to commence early 2024. So how will this affect the Shed? There may be noise and dust from the earthworks and extra truck traffic along Research St, but no significant changes to the way in which we operate. We have access to the Men's Shed parking area on our allotted days (Tues, Thurs Sat Sun). If you have any queries, please speak to Deilia.
- **OTT (ON THE TOOLS):** Are you a keen and experienced woodworker in the use of a variety of tools? We are looking for members or women tradies who can instruct on a regular basis and share their skills with our group of eager learners. For those who have not been to our Tool Shed, you can learn how to use a variety of tools, so bring your own project to make / mend or join in with our projects. Karin R and Rhonda P are the coordinators for the Tool Shed. We adhere to safe work practices- Induction, closed shoes, eye & ear protection.
- **DRAWING GROUP- Sketchy Gals:** Beginners welcome, come and join us twice per month on Saturdays 10.30-12.30pm, using different drawing and art techniques and to share tips and ideas. This group is essentially self-taught to practice drawing skills through shared experience. Each meeting has a suggested exercise / project topic or you are welcome to bring your own project, please bring your own materials. The theme for our last meetup for watercolour practise, was xmas baubles, well done to all 😊. Georgia P and Kaia P are coordinators



- **CWS BOOK LIBRARY/BOOK SWAP:** We have an extensive range of soft and hardcover books at the Shed Book Library. You are welcome to borrow or swap. (no donations required at the moment) Pam H is our library coordinator.
- **CREATIVE CONNECTIONS - Beginners Sewing:** Our sewing group have been very busy, improving their sewing skills, mending items & starting new projects. Bring your own machine or use our machine or overlocker, the 4th Thursday of the month 11am-1pm. Elizabeth B and new coordinator Susan T share their sewing knowledge & skills.
- **CREATIVE CONNECTIONS - Craft:** Come and join us the 2nd Thurs each month from 11am -1pm and bring along your creative endeavours - art, craft, knitting, crochet, macrame projects or a special project you would like to develop. Share and learn new skills with other like-minded Sheddies over a coffee/tea & chat.
- **SHED JAZZ:** Is a collaborative project between the Coolum Women's and Men's Shed. Jazz musician's get together and jam each Monday 1-3pm. If you are an experienced jazz musician or singer who is interested

in joining them, pop in and listen or contact Ian on [0428 598 465](tel:0428598465).....no tuition is provided.

- **WALK GROUPS:** The Nov away walk started from Peregrin Beach near the Vege Village and wound through the streets to the lovely bushland reserves, ending up along the beach esplanade back to Peregrin. The Dec away walk took us to Maleny Falls track, the Barn for Devonshire tea/coffee and Flaxton Gardens to see Sculptures on the Edge, what a great day. Lynne G, Karin R & Deilia M are the coordinators.



- **FUNDRAISING FOR CWS:** Would you like to help us raise funds with minimal effort? Coolum Women's Shed is registered for *Containers for Change*. All cans, glass and plastic bottles marked with a 10c stamp can be recycled, wine bottles are now being accepted. It is located in Lysaght St opposite the German Bakehouse in the Coolum Industrial Estate. Our CWS code is **#C10120544**, \$\$\$ are then allocated to our account. We have a Containers for Change bag at the Shed where you can leave your cans/bottles and we can deposit them for you.

- **VOLUNTEERING AT CWS:** If you are a member and keen to share your skills and expertise, you can become a Shed volunteer please contact us at coolumwomensshed@gmail.com (A reminder we don't have a contact phone number and no full time admin support). All activities & events are conducted by our team of CWS volunteers & without their support, we cannot conduct our low-cost activities. Several tasks are required to set up, supervise, check attendance and support the activity. If you have skills you would like to share **eg kayaking, tools, mosaics, outdoor activities**, or new ideas for activities & workshops and are interested in becoming an Activity Volunteer Coordinator, please contact Deilia.

Seasons Greetings from Deilia and the Management Committee.

Our mailing address is:

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