

# CONNECTION THROUGH RECREATION



## COOLUM WÔMEN'S SHED

### Newsletter October 2023

Greetings Sheddies,

- **A big welcome once again to our new members.** Please book & pay on HELLOCLUB for all activities, meetups and workshops. If unsure ask your Activity Volunteer Coordinator or a Committee Member. A reminder to check our website, [www.thewomensshed.org](http://www.thewomensshed.org) Hello Club and BAND (members chat platform) for news and updated information.
- **CWS MEET & GREET:** The newly formed Activities Committee are conducting a Meet & Greet / Spring Drinks at the Shed on Sunday 19 Nov from 4pm to 7pm, so come and meet your fellow Sheddies. Please book on **Hello Club**, so we know you are coming and bring along your favourite drink, a small plate of goodies to share and a donation for the CWS Gourmet Christmas Hampers. Lynne G is our new Activities Committee Coordinator
- **YOGA DAY RETREAT WITH SIMONE:** The Yoga Self Care Day Retreat was held on Sun 22 October. A really enjoyable day with gentle flow yoga, seated and walking meditation, yoga Nidra and yummy lunch prepared by Simone. We will explore options for an extended retreat for next year and will keep you posted. Remember weekly yoga with Simone every Thursday at 9.30am at the Shed, book early as places are limited.



- **BRAINIACS – Cards & games:** Our members continue to test and expand their skills, with Mahjong added to the list of games being played, along with Canasta, 500 and Philadelphia. Mahjong will be a regular feature every 4th Thursday, so keep an eye on the activities calendar. 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.

- **OTT (ON THE TOOLS):** On Tues 10 Oct Russell the Induction Officer from the Coolum Men's Shed provided us with training and induction for some of our tools and equipment. A big thankyou to Coolum Men's Shed and Russell for their support.

***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 safework practices- Induction, closed shoes, eye protection.



- **DONATION OF GOODS TO CWS:** We appreciate donations; however we have limited storage space. If you have an item you wish to donate please email us on collumwomensshed@gmail.com and Management Committee / volunteer coordinators will determine if we are able to make use of the item,(please do not leave items at the Shed)

- **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.

- **DRAWING GROUP– Sketchy Gals:** Beginners welcome, come and join us twice per month on Saturdays 10.30-12.30pm, to try different drawing and art techniques and 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. Georgia P and Kaia P are coordinators

- **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.....no tuition is provided.

- **TUESDAY & WEDNESDAY WALK GROUPS:** The Tuesday away walk started from Mudjimba Surf Club along the northern coastal track to Marcoola and return, followed by coffee in the park. The Wednesday away walk went along Currimundi lake, beach and environmental park, with coffee at a local café. Lynne G, Karin R & Deilia M are 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.

- **ACTIVITIES and VOLUNTEERING AT CWS:** If you happen to have expertise or special skills in these areas and keen to volunteer please contact us at [coolumwomensshed@gmail.com](mailto:coolumwomensshed@gmail.com) (A reminder we don't have a contact phone number as we have 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.

***Kind regards Deilia and the Management Committee.***