



CWS Newsletter July 2024

CONNECTION THROUGH RECREATION

GREETINGS SHEDDIES.

SHED UPDATES:

- **SHED ACTIVITIES:** It's been another busy month at the Shed. During June we offered our members over **46** active and passive activities (some activities take place twice per week).
- **FIRST AID TRAINING:** Coolum Women's Shed was fortunate to be nominated by Belle Property and awarded \$1500 funding by Good2Give REA Advantage Community Grants to assist with volunteer training. A combined 13 members of our Management Committee and Volunteer Coordinators were trained in basic First Aid practices by Allens Training Pty Ltd.
- **CWS AGM:** Our 6th AGM will be held in September. If you are interested in supporting our Shed and would like to chat about how you can be involved in the Operational or Governance aspect of Shed, please email Deilia at coolumwomensshed@gmail.com. Date TBC.
- **WINTER SOLSTICE SWIM:** Fri 21 June an early morning swim at Coolum Beach was enjoyed by 5 of our members, thanks Sharon T for organising a fun and energising way to start the day.
- **MUSIC FESTIVAL:** On Sat 13 July the Coolum Men's Shed are holding a Music Festival at the Coolum/Peregian RSL on David Lowe Way. We will be there promoting our Shed with an info stall and assisting on the day. Come along and enjoy some great music by local musicians.

WHATS HAPPENING NOW:

- **OTT (ON THE TOOLS):** Coordinators Karin R and Rhonda P are pleased to let you know that Paul Coorey from the Coolum Men's Shed has offered to assist us with instructional sessions. The first session will be on **Sunday 4 August from 1-4pm** at our Tool Shed. Paul will guide us through the use of screws in wood and metal - which ones to use when, how to fix two pieces of timber or metal together with a screw, the use of nails and nail punches, when to use glue and what kind, the value of clamping, when to use an impact driver vs a drill/driver and how to drill into various hardnesses of wood. He will run a subsequent session on the various types of woodworking joints. Possibly Sun 20 August 10am - 12noon (TBC). In subsequent sessions, we are aiming to work through each of the power tools in the Shed and draw up a register of those women who've been inducted, making way for more project-based work in the future. Keep an eye on the on-line Hello Club Calendar for updates and timings for each session. We look forward to seeing you on **Sun 4 August**. Book in early so we know you are coming.

- **CREATIVE CONNECTIONS - Beginners Sewing:** We are now the proud owners of a new Janome Overlocker (we now have 2) Lets break the cycle of fast fashion and not add to the piles of waste. Recycle those old clothes, mend items or start new projects whilst improving your sewing skills. Bring your own machine or use ours. Our coordinators share their knowledge & skills and gently guide you through the sewing process. There are plans to offer sessions on making specific items. Make sure you book in, so we know you are coming. Sewing every 4th Thursday of the month 11am-1pm & every 4th Saturday 9.30am – 12.30pm.
- **SHEDDIE MUSICAL BAND:** Would you like to be part of a music/singing activity? We have an experienced musician who is keen to start a music group for our Shed members. Are you a keen or beginner musician or would like to rediscover your musical talent? If you have musical abilities and interested in coming together to share your skills and love of music in a band format, well this is the opportunity for you. Please let us know which instrument you play. Email us on coolumwomensshed@gmail.com for more information.
Weekly sessions will start Sun 4 Aug, 10-12pm BYO instrument. Book on Hello Club.
- **DANCE FOR FUN AND FITNESS:** Every 2nd and 4th Tuesday of the month at 10.30. Come and join us for dance, music, fitness and fun as we move to the musical beats of the dance video. **This activity is for all levels and is totally suitable for beginners.** You will need nonslip shoes, water and a towel. Please inform the coordinators if you have any injuries or health issues.
- **SHED JAZZ:**
Collaborative project: Coolum Men's Shed have a Jazz music group that get together each Monday from 1-3pm at the Men's Shed Community Centre 26 Research St Coolum Industrial Estate, (also Women's Shed venue) Women's Shed members are invited to join, if you are an experienced jazz musician or singer, please contact Ian on 0428 598465, **no tuition provided.**
- **YOGA WITH SIMONE:** Every Thursday at 9.30am at the Shed, these sessions are appropriate for all levels. Book and pay on Hello Club for one or several classes, book early as places are limited. Mem \$15, N/Mem \$20.
Restorative Yoga Program is on hold for winter. Will return in Spring, please check Hello Club for updates.
- **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.
- **COOLUM MENS SHED CAMERA CLUB:** recent changes:
The CMS Camera Club is no longer part of / or being offered by the Men's Shed so this means it is no longer a *CWS/CMS collaborative activity*. It is now open to the general public and neither a CMS nor CWS activity. The newly named **Coolum Shutterbugs** has become a separate group and are planning to meet at the Mt Coolum golf club, contact Peter the coordinator for more details on 0429 508593.

Greetings from Deilia and the Management Committee.

