

PADMS Website - padms.org AMSA Website -mensshed.org



Promoting Men's Health on the Tweed Coast

Curlew Capers June 2025

SHED NEWS & ACTIVITIES

There were two major Shed events scheduled for May, the Health and Wellness Expo on the 9th and the annual Bangalow Billy Cart Derby on the 18th.

The Expo was postponed for the second time due to heavy rain. This was a big disappointment as there were a planned 26 exhibitors and the opportunity to promote the Shed to the community. Hopefully this will be just a postponement.

The Bangalow Billy Cart Derby will still go ahead but without the Shed entry, the "Pottsville Rocket" with its accompanying pit crew. AMSA made a very wise decision to advise us that the driver would not be covered by insurance. I wonder why??

The driverless "Rocket" is pictured below and will make a nice addition for sale at our next Shed stall at the markets.



The March lunch at the Tavern was enjoyed by 30 all up, not a great number from a 100+ membership. Pappy and Big O spend a lot of time on our social calendar, so let's support them. The sporting activities on the Shed days have been well supported, with bocce, golf and table tennis, but the recent wet weather has been a dampener.

The Pluckers performed at the Nook on 29th March to 80+ customers. The weather held off and there was dancing in the car park. Roger Salt and Dave Ross enjoyed their initial live performance. They also performed at BUPA on 12th May to enthusiastic residents.





2

Pottsville Pluckers performing at BUPA Pottsville

Thank you to the Pluckers for helping to spread the good name of the Shed in the community. The next dinner will be a luncheon at the Tavern for Christmas in July, with a visit from Santa, ladies secret Santa and raffles, but don't forget the lunch at the Victory Hotel at Mooball on May 29th. It's been two years since the last one at that venue and we had a count of over 50 attending what was a really good day.

Finally, a big thank you to our Shed catering team, Trevor, Fred, Ross, Lex and Dermot who provide us with what would have to qualify as the best morning teas of any shed.



Trevor with his signature sausage rolls.

CALENDAR

May

Thurs. 29th - Lunch at the Victory Hotel, Mooball, 11.30 for 12.00.

June

Thurs. 12th - Members Meeting at the Shed, 10.00am and sausage sizzle

Fri. 13th - Pluckers at the Nook for an evening performance.

Thurs. 26th - Drinks at the Tavern, 5.00pm

July

Thurs. 31st - Christmas in July Lunch at the Tavern, 12 noon, Pluckers performing.

August

Thurs. 14th - AGM at the Shed, 10.00am and sausage sizzle

Sat. 23rd - Bunnings BBQ

Thurs. 28th - Drinks at the Tavern, 5.00pm



SHED COMMITTEE

President - John Taylor

Vice President - Owen Reynolds

Secretary - Glenn Mackay

Treasurer - Kevin Corrigan

Jim Vane

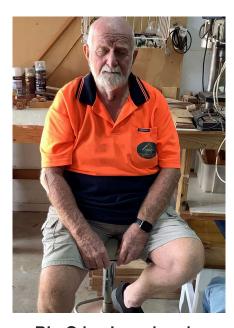
Bob Abela

Alan Whiting



Thursday Night Meat Raffles supporting the Shed Extension

MEMBER PROJECTS



Big O having a break



Leighton in his usual pose



Noel sanding a very rusted old trunk



Lex inspecting the finished article





The initial stage of a surfboard rack.



Rubbish Bin at the Traven
Our Major Sponsor



A notice board for Wedgetail Hospice





Our painter Richard preparing cutting boards for the Shed's stand at Foodworks and the finished article in the store. A big thank you to Foodworks for giving the Shed the opportunity to display our handiwork for sale to shoppers.





Monday Walking Group

This group meets every Monday morning for their beach walk and coffee afterwards at various Pottsville establishments.

FUND RAISING

The Thursday evening raffles over the past three months have raised \$2,680, more than \$200/ week. A big thank you to our team of ticket sellers for their time.

The Pluckers received a donation of \$300 from the Nook following their performance. Thanks to the Nook for the opportunity for the Pluckers to play and for their generosity.

DONATIONS

Thank you to Pottsville Autos for passing our trailer's pink slip at no charge.

MEMBER PROFILES

PETER RUHANEN, aka PEDRO

Pedro was born in 1952 in Brisbane into a family with one sister.

He attended Kelvin Grove High School excelling in sport, Rugby League and boxing.

On leaving school Pedro joined South's Rugby League Club, playing as a handy centre and making several representative sides.

On the work side Pedro joined International Harvester as an apprentice working on Mack trucks and others. He then to moved to Mazda where he was a Service Manager for 5 years.

At this time he married Mary and they had two girls and now four grandchildren.

Pedro attended QUT studying Industrial Relations Management earning a degree in Social Sciences.



On graduating, he joined the Motor Trades Association of QLD, the peak body for employers complaints, working on industrial commission advocacy with consultant solicitors on dealers' activities. This involved much public speaking at business forums.

He then joined the Metal Workers Union, involved in the QLD Council of Unions, preparing cases for the Industrial Commission. This led to Pedro becoming senior policy advisor to John Mickel, Minister for Energy in the Peter Beattie/Anna Bligh Governments.

At this time there was an incident involving the QLD Minister for Aboriginal and Torres Strait island affairs which changed Pedro's direction. It was illegal to transport alcohol on to Aboriginal and Torres Strait settlements. This minister, Liddy Clarke, was visiting a settlement and on embarking from the plane, dropped a concealed wine bottle. This of course provided the media with a bean feast and the minister was sacked. Pedro's boss, John Mickel was immediately installed as her replacement.

Pedro was then made senior policy advisor in this ministry stationed on Thursday Island. This proved to be a most challenging but interesting experience meeting with a whole variety of people over a four year period

From there Pedro was moved to the position of QLD Ombudsman in the training and employment sector, resolving issues mainly dealing with complaints from employees. This oversight covered over 185,000 personnel, issuing orders of compliance, over a period of 8 years. During this time he completed 85% of a law degree. Campbell Newman then came in as Premier when Pedro saw the iob as "Caesar judging Caesar".

On retiring, Pedro moved to Pottsville in 2015 with newly married wife, Jennifer, a niece of Shedder, Roy Dunstan and joined the Shed the same year. He now works part time for our local federal member, Justine Elliot.

His main pastime now is playing golf at Chinderah, a flat course with fairly friendly rough! Pedro can be found at the shed, mainly in the metal shop and we are most thankful for his welding expertise in producing and installing the metal grills in the Shed windows.

Ed. Thank you so much for the interview Pedro. Your life has provided a most interesting and a very busy narrative.

GRAHAM McKEW

Graham was born at Waratah, Newcastle, in 1942. He grew up at Lake Macquarie with one brother, attending Boolooroo Catholic School.

The confession of a 7 year old at the local church led to an unusual and somewhat comical situation. Graham confessed to the priest that he had been swearing and then advised by the priest that there were different levels, some borderline and others definitely not. Next morning Graham rocked up to school and on spotting the priest welcomed him with, "bloody good morning to you Father!" A nearby sister overheard this and this misdemeanour resulted in Graham getting a hiding!



Having mastered primary school and becoming more "worldly", Graham attended Hamilton Marist Brothers.

The family soon after moved to Dunoon and Graham to Lismore High School, where he excelled in maths, tech drawing and chess.

On leaving school in 1957 he joined the PMG as a technician in training where he spent 40 years, attaining the position of Manager Communications Network for NSW with Telstra with 13 staff and based in Hamilton. This was controlled through 26 computers connected to telephone exchanges alerting to breakdowns and security

Graham was made redundant in 1996 as part of an employment reduction of 12,000 personnel.

Between 1994 and 1997, Telstra downsized 49,000 employees Australia wide. Graham's department of 420 was downsized to 2 and moved to Sydney.

Graham's next move was to Lismore driving a milk truck for Norco. This lasted a year and then another career to taxi driving at Byron Bay for 17 years, retiring at 72.

He married in 1964 which lasted four years. He remarried in 1969 and this lasted 15 years.

Graham gave it another go in 1987 marrying his current wife Fran. Between them, they have 8 children, 21 grandchildren and 6 great grandchildren.

His sporting pastime was playing squash for 20 odd years, retiring with squash knees.

Graham and Fran moved to Tweed Heads in 2022, Graham joining the Shed in 2023. Graham likes a chat and working alongside Pappy.

Ed. - Many thanks for the interview Graham and I guess no more confessions!

A LIGHTER SIDE

Eating in the 50's:

Pasta was only in tins of Heinz Spaghetti

Curry was a surname

Takeaway was a maths problem

A pizza was associated with a leaning tower

Crisps only had salt

Rice was served as a pudding

There were two types of bread, white and brown

Oil was for lubrication, while fat was for frying

Tea was made in a teapot using tea leaves and green tea was unheard of

Sugar was mostly used in tea drinking and cubed sugar was upmarket

Fish did not have fingers

Sushi was unheard of and eating raw fish was associated with lunacy.

Nobody had heard of yogurt.

Healthy food included anything edible and what was served

Indian restaurants were solely in India

Outdoor cooking was what one did when camping



Seaweed was found on the beach, not on the plate

Kebab was not even a word let alone a food

Prunes were considered medicinal

There was only one type of lettuce, now it's called "iceberg"

Surprisingly muesli was available, but it was labelled animal feed

The term fast food was unheard of and there were no fast food chains

"Greasy Joes" were prevalent and hamburgers were 2/-.

Water came out of a tap, if anyone had suggested bottling it and charging more than petrol, they would have been laughed at

To conclude there were never elbows or phones on the table



The Minister for Defence should get onto this!





