

KALAMUNDA MEN'S SHED INC.

NEWSLETTER

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Joint foundation sponsors: The Rotary Club of Kalamunda and the Forrestfield Community Bank

Proudly supported by the Shire of Kalamunda

Our first day of operations.

On Tuesday 18 August 09 a dozen members attended our first open day for the workshop. The first part of the morning was an induction session during which members were made familiar with the shed's facilities, its structure and purpose, health and safety requirements and the policy regarding the use of power tool and machinery. Following a morning tea break the remainder of the morning was spent carrying out various small projects. Those present greatly appreciated the muffins that had been freshly baked on the morning by Terry Lees' wife. In all, our first day of operations was a great success. Sessions held on the following Wednesday and Thursday were equally successful albeit without the warm muffins.



Ron Waddy in the foreground busy in the new workshop.

The workshop will continue to be open to members on Tuesdays, Wednesdays and Thursdays between 9 am and 12 noon.

Dates to remember.

Tuesday 22 September 09, at 1.00pm General Meeting during which member Bill Berry will have on display some of his miniature machines.

The workshop will be open to members on Tuesdays, Wednesdays and Thursdays between 9 am and 12 noon. Members attending for the first time will be requested to attend a brief induction session.

KMS Caretaker.

We are grateful to Bill Berry for agreeing to be our caretaker. Bill lives close by and will be able to keep an eye on the workshop and he will also put the bins out when required.

Get well wishes.

Since the last news letter, our tireless Property and Equipment Director, Dave Buttress has been unwell and after a brief spell in Royal Perth Hospital he is now recovering at home. He will however be taking things quietly, under protest from the boss for a month or so

The newsletter editor has agreed to act in his place with the assistance of other members of the committee.

We wish Dave a speedy recovery.

Our last sundowner.

Wet and cold weather again plagued our second social function but this did not deter more than 30 members from attending a convivial gathering. Over a few drinks and a snagger, members were able to view the almost ready workshop and tinker with some the recently acquired machinery.

During the afternoon, Grant from the Kalamunda Lions presented KMS with a brand new Metabo KGS 305 compound slide mitre saw.



KMS Chairman Richard Gates receiving the Metabo saw from Grant while Ian also from Kalamunda Lions looks on.



Just like Christmas.

The August General meeting.

This meeting was also well attended and our guest speaker was Malcolm Ginn from Council On The Ageing (WA), (COTA,WA) and Beyond Blue. He addressed the meeting on depression in older people. Some of the key parts of his talk included that COTA now has a number of people trained through the “Beyond Blue” organisation to assist in informing the wider community about depression and to provide practical support for sufferers and their families. Though it is beginning to lessen, there is still a stigma attached to depression and many people will not acknowledge that they are affected by this disease. It is a serious illness but there are now a number of effective therapies available.

Onset ages tend to be gender and age linked eg: under 25 years – mostly young men, 25 to 55 years – young women and over 55 years – mostly men. As a serious illness, depression can affect people’s daily functioning and their physical and mental health. Those suffering from it typically will feel down, have little interest in pleasure, will often neglect their responsibilities, and show little self care. It is also common for them to deny their illness. Other common symptoms include: loss of self esteem, suicidal thoughts, financial and other worries, and concern about a perceived change of status.

Treatment depends on the individual and must begin with an acknowledgement of the condition. Some successful actions include:

1. Keeping the brain active – even just following a sport is a good start.
2. Physical activity – exercise is good.
3. Reducing stress – attempting to not worry over things over which control is minimal.

4. Seeking informed medical treatment.
Beyond Blue has a list of “aware GPs” in each area who are able to assist. Contemporary therapies can make life worth living again and enable them to get the disease under their control.
5. Join a Men’s Shed – these have been shown to be one of the most affective places of support.

Mr Ginn’s presentation was very well received and we were most pleased that he was able to stay with us for a while and talk to some members on a one to one basis. We are most appreciative of his visit.



Malcolm Ginn delivering his presentation, which, despite its seriousness he was able to inject a good dose of humour.

Request for tools.

The Shed would very appreciate the donation of a quantity of sash clamps. (Any woodworker will say that you can never have too many clamps).



The clamps shown on the left in the photo are of the type preferred but other types will be gratefully received.

CRANKY OLD MAN !!

When an old man died in the geriatric ward of a nursing home in country NSW, it was believed that he had nothing left of any value.

Later, when the nurses were going through his meagre possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital.

One nurse took her copy to Melbourne. The old man's sole bequest to posterity has since appeared in the Christmas editions of magazines around the country and appearing in mags for Mental Health. A slide presentation has also been made based on his simple, but eloquent, poem.

And this old man, with nothing left to give to the world, is now the author of this 'anonymous' poem winging across the Internet.

Cranky Old Man !!

What do you see nurses?What do you see?

What are you thinking When you're looking at me?

*A cranky old man,not very wise,
Uncertain of habit With faraway eyes?*

Who dribbles his food And makes no reply.

When you say in a loud voice 'I do wish you'd try!'

Who seems not to noticethe things that you do.

And forever is losing A sock or shoe?

Who, resisting or not Lets you do
as you will,
With bathing and feedingThe long
day to fill?
Is that what you're thinking? Is that
what you see?
Then open your eyes, nurse You're not
looking at me.

I'll tell you who I am As I sit here so
still,
As I do at your bidding, As I eat at
your will.
I'm a small child of Ten With a father
and mother,
Brothers and sisters Who love one
another

A young boy of Sixteen With wings on
his feet
Dreaming that soon now A lover
he'll meet.
A groom soon at Twenty My heart
gives a leap.
Remembering, the vows That I
promised to keep.

At Twenty-Five, now I have
young of my own.
Who need me to guide And a secure
happy home.
A man of Thirty My young now
grown fast,
Bound to each other With ties that
should last.

At Forty, my young sons Have grown
and are gone,
But my woman is beside me To see I
don't mourn.
At Fifty, once more, Babies play
'round my knee,
Again, we know children My loved
one and me.

Dark days are upon me My wife is
now dead.
I look at the future I shudder
with dread.
For my young are all rearing Young of
their own.
And I think of the years And the love
that I've known.

I'm now an old man And nature is
cruel.
It's jest to make old age Look like a
fool.
The body, it crumbles Grace
and vigour, depart.
There is now a stone Where I once
had a heart.

But inside this old carcass A young man
still dwells,
And now and again My battered
heart swells

I remember the joys I
remember the pain.
And I'm loving and living Life
over again.

I think of the years . All too few gone
too fast.
And accept the stark fact that
nothing can last.
So open your eyes, people open and
see.
Not a cranky old man . Look closer see .
. ME!!

Remember this poem when you next meet
an older person who you might brush aside
without looking at the young soul within . . .
we will all, one day, be there, too!

Conference reports.

Recently Richard Gates attended the AMSA conference in Tasmania while Morris Pavlinovich and the newsletter editor, Eddie van Rijnswood attended the inaugural WA Men's Shed Conference in Mukinbudin. Our brief reports are given below.

Mukinbudin.

"Muka" as the locals refer to their town, is located 300 km east of Perth on the edge of the wheat belt. It has a population of about 600 very community minded residents. The conference was held at the Muka Community Workshop.



The largest Men's Shed in Australia.

This outstanding conference was attended by 175 delegates who came from places ranging between Paraburdoo to Albany and Esperance. Keynote speakers were Prof. Barry Golding from the University of Ballarat, Prof. John Macdonald, David Helmer from AMSA, Julian Krieg from Wheat belt Men's Health and the Hon. Brendon Grylls, Leader of the WA National Party.



Delegates heard how some of the existing sheds had started and also learned that each shed has its own personality and focus – depending on local needs, influences and community involvement. Topics discussed included how men's sheds can be a major mechanism in improving men's health and thus contributing a significant saving to the national health budget; how to start a shed, funding support, safety and insurance matters. Brendon Grylls gave an interesting insight on how to best liaise with our members of parliament and on how best to present submissions to government requesting support.

During the conference, the delegates resolved to form a Western Australian Men's Shed Association (WAMSA) and 12 delegates volunteered to join the steering committee. Bill Johnson from the Fremantle Shed will be leading the immediate direction of the steering committee. With AMSA being supported by the respective state bodies, communication between all of the 400 or so sheds throughout Australia will be significantly improved. We will also be able to present a co-ordinated and common voice when presenting issues to government. AMSA is also preparing a standard insurance package in order to produce a common approach to insurance companies. This will save sheds a lot of effort and premiums are expected to fall to about \$ 450 for each shed.



Delegates enjoying some of the 12 or more varieties of damper served for morning tea.

The hospitality of Mukinbudin's community was the stuff that legends are made of with many of the shire's ladies doing a lot of the catering. Many of the town's residents opened their homes to provide accommodation for those who couldn't fit into the hotel and caravan park. This was very much appreciated. The shire's staff and councillors are congratulated and thanked for organising a very successful conference.



Delegates at the conclusion of the conference.

Report on the Australian Men's Shed Australia (AMSA) Conference

The third AMSA conference was held at the Wrest Point casino and conference centre, Tasmania from 23 to 25 August 2009 and was attended by KMS Chairperson, Richard Gates. There were 242 delegates at the conference with guests from as far as Ireland and New Zealand. The sponsor shed for the conference was Bridgewater Shed in Tasmania and shedders from all states were represented.

The overarching conference theme was "Where to from here" supported by four discussion topics being: Men's health, Shed initiatives, Shed operation and AMSA progress.

A number of professionals spoke about men's health including men dying every hour from 5 preventable diseases; cancer, heart, lung, diabetes and physical trauma. Also discussed were prostate cancer, bowel cancer, anxiety and depression disorder, and hearing loss. The prime message coming from these presentations was for men to talk about their health and to consult their GP's early and often.

As far as shed initiatives are concerned, our friends at Fremantle gave a brilliant presentation. Their shed has been involved in rehabilitating 10 very isolated men suffering mental illness. The initiative which took place over a 20 week period, resulted in the men "walking proud" and getting reconnected to their community. In western Sydney a "Chainbreakers" shed is being formed for newly released prisoners to provide suitable skills to minimize the risk of reoffending. June is still negotiating to rehabilitate "final year" prisoners into their workshop, whilst Ararat has already achieved this. Persons suffering from dementia can also be accommodated in a shed, and examples were given as to how productive these men, with the right stimuli, can become. John Envoy from Ireland has developed a programme where isolated men can be introduced to statutory service providers for the better good.

Shed sustainability and the need to adopt a well documented and professional approach if sheds were to survive and receive funding, was discussed. Risk assessment and a robust

occupational safety and health policy is required for insurance and operational purposes. Melton shed has recently been opened and their approach to funding such a very substantial facility was exemplary. Other shed operational suggestions included the need for good access and transport, showing off the products made in the shed, testing electrical equipment as a business, developing a relationship with the local GP's etc. Professor Barry Golding said that there were about 400 community sheds in Australia and that the number was increasing. He emphasized that the "space" was important as it was "men's space". However it was also important to recognize the contribution women made to men's sheds. One of Barry's final comments was that "sheds should do themselves out of a job, due to us developing a better local community"



Professor Barry Golding, at Mukinbudin.

AMSA has a new structure with Mort Shearer (Hastings Men's Shed, Pt. Macquarie NSW) being the inaugural President and Ted Donnelly (Lane Cove) being the Secretary. States will be represented on the National body with each State receiving one vote. Funding of AMSA continues to be an issue. However the NSW government presented AMSA with a cheque for \$30,000 at the conference. AMSA plan to improve their communications with an upgraded IT system and hope to negotiate a better deal for shed insurance.

A more detailed report on the conference will be presented to the Committee of Management.

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Some more photos taken at



the Mukinbudin conference.

