

KALAMUNDA MEN'S SHED INC.

NEWSLETTER



Issue No. 18

ABN 76 391 304 870

Date: Sept 2010

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

Proudly supported by the Shire of Kalamunda.

AGM and First Birthday Celebration

Friday 20 August was very successful with about 60 members and visitors turning up for the afternoon. Our local member, the Hon John Day MLA was there for the proceedings and congratulated KMS on achieving this milestone. Our Number 1 member and Shire President, Don Mckechnie also congratulated the Shed. Later in the afternoon our local member for Hasluck, Sharryn Jackson MP, interrupted her very busy schedule (it being the day before the Federal election) to join with us and cut the birthday cake.

It was pleasing to see that there continues to be interest from members in joining the Committee of Management (COM) and an election was held. The following is the new COM:

Chairman	Richard Gates
Deputy Chairman	Elton Brown
Secretary	Ray Maher
Treasurer	Arch Graham
Membership	Geoff Price
Shed Development	Dave Buttress
Social and Programme	Alan Beaton
Data Management	Richard Young
Manufacturing and Sales	Barry Spencer
Youth and Training	Chris Muller
Outreach	Ron Waddy
Health and Safety	Mike Milne

We welcome onto the COM, Chris Muller, Barry Spencer and the return of Dave Buttress. They will make an enthusiastic contributio to the committee workings. The two departing committee members, Eddie Van Rijnswood and Ian Allardyce, are thanked for their outstanding contribution to the development and first year of operation

of the KMS. Eddie will continue to be the official KMS photographer.

A copy of the Chairman's Annual Report is available at the Shed for those who missed the meeting.

Our special guests and speakers for the afternoon were Bill Johnstone and Alan Gowland from Fremanshed. Fremantle has a particularly good youth programme associated with their Shed and they provided tips and stories about its operation and emphasised how rewarding the initiative was. Bill and Alan feature regularly on the ABC TV series, "Can We Help".

Dates to Remember

Tuesday 7 September: Trip to the **Bus Workshop** at Whiteman Park. Bus departs at 9am from the Shed, arriving back at 12 noon. Cost is \$5.00 which includes morning tea.

Friday 17 September at 9am. **Hand Tool Sharpening** workshop at the Shed. Bring you hand tools.

Friday 24 September at 2pm. General meeting with Trenton Jones talking about **Prostate Cancer**. Sundowner and sausage sizzle to follow.

Friday 22 October: Visit to the **WACA museum**.



Terry and Barry discussing the pros and cons of steel versus wood, at the AGM.



Part of your Committee of Management for 2010/11.

(L to R: Richard, Ron, Dave, Chris, Geoff, Barry, Mike and Alan)



Our AGM guest speakers from Fremanshed, Bill Johnstone and Alan Gowland.



Sharryn Jackson cutting the KMS first birthday cake.



Our CWA friends, Mary and Maureen, enjoying the birthday cake.

November

November is Men's Health month and we have been invited by Simone Jackson from Nightingales Pharmacy to take part. It involves growing a moustache for charity. Nightingales will support registrants with free blood pressure, cholesterol and blood glucose checks plus other goodies. Support this good cause and forms are available in the Shed. More information next month.

Budget

At the Annual General Meeting the operating budget for 2010/11 was passed. We estimate that our expenses for the year will total \$11,250. This excludes the Shed Boss salary which is paid for by the Shire. To offset these costs we have set a revenue target of \$14,350 which hopefully will be achieved and leave us with a surplus of \$3,100 to go into reserves for Shed development or equipment purchases.

Grant applications

Elton has submitted an application for a grant for \$3125 to AMSA for replacement equipment for the Shed. We have now also received funds from the Volunteer grants application as referred to in our last newsletter, so equipment purchases can now proceed.

TV and DVD equipment

Do you have a TV and DVD player at home which you would like to donate to the Shed? If so please contact Shed Boss, Jim. We are gathering together a number of DVDs which we will use for training, education or interest, so some equipment to assist this programme will be very handy.

About Depression

(From "Taking Care of Yourself and Your Family" by John Ashfield, 11th Edition, page 4)

"Depression is more than just a low mood- it's a serious illness. While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time and often without reason. People with depression find it hard to function every day and may be reluctant to participate in activities they once enjoyed."

Depression is one of the most common mental health problems. Over one million people in Australia experience depression each year.

Everyone has a bad day now and then. There is no shortage of life events that can leave us feeling distressed, disappointed or just plain lousy. The problem is when these kinds of feelings persist; when long-lasting changes in mood, feelings and behaviours develop into depression. And yet on occasions, depression just seems to come out of nowhere, at a time when everything appears to be fine."

Copies of the above book are available free of charge from the Shed.