

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.

www.kalamundamensshed.org.au

Dates for your Diary

26 November Dr Swarbrick Talk on Dermatology

3 December: Christmas Luncheon CWA hall 12noon \$15 per person BYO drinks.

4 December Stall at the Kalamunda Rotary Markets.

25 January 2011: General Meeting and Sundowner

Lesmurdie Scout Hall and Shed expansion.

Your committee has been progressing the possibility of moving to the old Lesmurdie Scout Hall. As you will be aware there are a number of hurdles to jump before this project is realised. We also need to understand that any such move would be positive and in the interests of our members.

There have been two significant meetings over the last few weeks with both the Scout Association and the Shire President and CEO.

Prior to all this Dave Buttress and Mike Milne met with Shire Officers and inspected the Scout Hall to determine what would be required to ensure the building complied with contemporary building standards and to also have an understanding about what would be necessary to ensure the building was "fit for use".

The Shire officers have subsequently produced an estimate of the costs to satisfy the above requirements. We are now examining the estimates to determine those items which could be carried out by KMS and those which would require external funding.

In the meantime the Scout Association has reviewed their need to retain the facility. It is pleasing to report that after a meeting on site, the Scout hierarchy has agreed to relinquish the lease of the site to enable KMS to negotiate occupation with the Shire. The Scouts are yet to advise a suitable timing for this move. However with this hurdle out of the way, your Committee can move forward, negotiate further with the Shire, and complete the feasibility study.

In line with the Scouting theme and in accordance with our seventh objective, we have given in principle agreement to supervise Scouts with their "Construction" badges while using the facilities of KMS. Our response was on the basis that a group could be accommodated "out of hours" possibly on a Saturday morning, provided numbers were limited.

Saturday Opening

As you will be aware, the Shed has been open on Saturday mornings. Unfortunately there has been a very small response to the initiative and the matter will be reviewed by the Committee in 2011.

Gift Vouchers

Remember gift vouchers are available at only \$25 for a six month membership of the Shed. **A great Christmas present for a loved one!**

Seniors Week Woodlupine Village stall

Our first venture into sales to the public took place on 1 November as part of Seniors week. Dave and Barry managed the stall and \$138 was made during the two hour period. The most attractive items were the plants, donated and grown by Terry and Jean Lees. We thank them very much for such a worthwhile contribution..

Kalamunda Markets Stall

There was a big turnout of members for the Kalamunda Markets on 6 November. Members were involved with Rotary by marshalling cars, driving the courtesy bus and manning our first stall at the market. The day was very successful in that Rotary gave us a generous donation for our efforts with parking etc. We also took \$267 from the sale of goods. However by far the best result was that we were located in a very prominent position in the Markets and were able to publicise KMS. Many people took our publicity brochures and asked questions about KMS. A number of orders for products were taken and other customers will be back next month. Five men visited the Shed in the week following the Market and a contract carpenter dropped off many timber offcuts...all as a result of the Markets' publicity.

We will also have a stall at the Rotary markets on 4 December. Members are encouraged to call in, say hello, or man the stall for a short period.



Visitors to our stall at the Rotary market.

CWA Support

A team of KMS members assisted our friends at the CWA to construct shelves in one of their rooms. The photo below shows Mike, Rob, Richard, Jim and Arch hard at work on this project. They were ably assisted by photographer and Deputy Chairman, Elton.



Once finished, the CWA ladies were very pleased with the result.

Christmas period Shed closure

The Shed will be closed during the Christmas period from 24 December to 4 January. The next General Meeting will be held on 25 January 2011.

Last Newsletter

This will be the last Newsletter for 2010. The next newsletter will be in February 2011. As always, contributions will be welcome.

New Committee member

It is with regret that the Committee of Management accepted the resignation of Barry Spencer, who held the portfolio of Manufacturing and Sales, from the Committee. Barry has made an outstanding contribution to the workings of the KMS and his expertise on the Committee will be missed. We are very pleased however to advise that Murray Carrick has accepted the portfolio of "Sales" and that he will be ably supported by Barry. Welcome to the Committee, Murray.

New members

We welcome the following new members to KMS being:

John Way, Mike Howard and Edward Duckett. Our membership now stands at 84.

Ken Wyatt visit

We were pleased to welcome our local member, and the member for Hasluck, Ken Wyatt who visited the Shed on 9 November. Ken met many of the members present and joined us for morning tea. Ken has been involved in the Men's Shed concept in NSW and was keen to understand what we were doing in Kalamunda. He was also keen to find out about our progress with the metal work shed and subsequent expansion, especially our initiative to move to the Lesmurdie Scout Hall. Ken took some information away with him with the intention of finding what was available to assist us, at Commonwealth level.



Vin, Bill and John with Ken Wyatt (sporting a Mo)

Handover of the Shed extension

It was sunny and the Tuesday team were greeted with a number of formalities for the day. It was the day when KMS formally accepted the Shed Extension/Patio which was kindly donated by Mark Fulker of Great Aussie Patios. Our Shire President and Number One member presented Mark with a framed certificate thanking him for his very kind donation valued at about \$8000. The CEO of the Shire of Kalamunda, James Trail was also in attendance and was also very complimentary of the generosity of Great Aussie Patios. So members when you or your friends want a patio or carport etc, please contact Mark at Great Aussie Patios and tell him KMS sent you!



Shire President Don presenting Mark Fulker with a KMS Certificate of Appreciation.



Members enjoying morning tea under the new patio, compliments of Great Aussie Patios

Programme for next year

Alan has many ideas for our social and learning programme next year. Here are just a few of them:

- Box making
- Redhill Landfill and recycling depot visit (February)
- Care of your eyes
- The naked router (part 2)
- Zanthorrea nursery visit and talk (March)
- Blacksmithing
- Air Heritage Museum visit (April)
- Getting unknotted
- Reflexology
- Exercise for the mature male

- Visits to other Sheds
- How to train your dog

Please approach Alan if you have any further ideas.

November

November is going well and two of your KMS members, Treasurer Arch Graham and Chairman, Richard Gates have joined the Nightingales team to promote this very worthy initiative. Donations are flowing in and we will report the results in the next issue of the KMS Newsletter. Remember this year the November movement is raising funds for Beyond Blue and Prostate Cancer research.

At the time of going to press, the Nightingales team had raised over \$2000. Well done!



Arch and Richard sporting their Week Three Mo's.

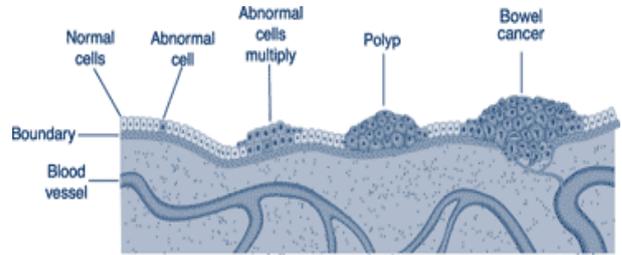
Bowel Cancer

What do you know about Bowel Cancer? Well a lot of us know very little. However the Commonwealth has embarked upon a screening program for Australians turning 50, 55 and 65. Did you know that one in 19 men and one in 28 women will develop bowel cancer by the age of 75. The good news however is that bowel cancer is one of the most curable cancers if detected early. The following is from the Australian Government National Bowel Cancer Screening Program Information Booklet:

What is bowel cancer?

Bowel cancer is a malignant growth that develops most commonly inside the large bowel. Most bowel cancers develop from tiny growths called 'polyps'. Polyps look like small spots on the bowel lining or like cherries on stalks. Not all polyps become cancerous. If polyps are removed, your risk of bowel cancer is reduced.

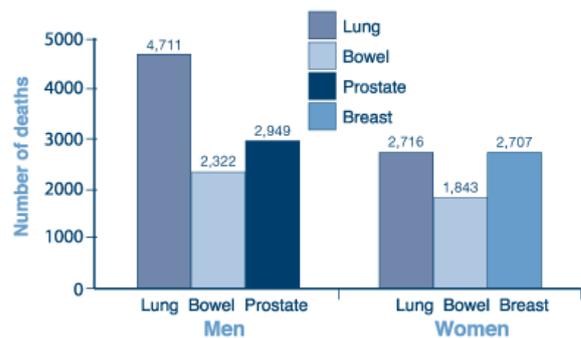
The beginnings of bowel cancer



How common is bowel cancer?

Bowel cancer is the most common internal cancer, with around 13,000 new cases each year. It is also a major cause of cancer deaths with around 80 Australians dying from bowel cancer each week. During 2005, lung, bowel, prostate and breast cancer were the most common causes of cancer related death in Australia as shown in Figure 1.

Figure 1: The number of deaths from the most commonly occurring internal cancers in Australia, 2005



What causes bowel cancer?

It is difficult to give one reason. However, for most people it is their age and their diet that contribute to the development of bowel cancer.

What are the symptoms of bowel cancer?

Bowel cancer can develop without any obvious symptoms. This is why it is important to screen. However, symptoms can include:

- bleeding from the rectum or any sign of blood after a bowel motion;
- a recent and persistent change in your bowel habit, for example if you have looser bowel motions, severe constipation and/or if you need to go to the toilet more often than usual;
- unexplained tiredness (a symptom of anaemia); or
- abdominal pain.

REMEMBER: If you notice any of these symptoms, it does not mean that you have bowel cancer, but it is very important that you discuss them with your doctor.

Can bowel cancer be cured?

Bowel cancer is one of the most curable types of cancers if found early.

Can bowel cancer be prevented?

While no cancer is completely preventable, you can lower your risk of bowel cancer by eating a healthy diet and exercising regularly.

It is never too late to make changes to your diet and lifestyle.

Who is at risk of bowel cancer?

Both men and women are at risk of developing bowel cancer. The risk is greater if you:

- are aged 50 years and over – your risk increases with age;
- have had an inflammatory bowel disease, such as Crohn's disease or ulcerative colitis;
- have previously had special types of polyps, called adenomas, in the bowel; or
- have a significant family history of bowel cancer or polyps.

What is a significant family history of bowel cancer?

You are considered to have a significant family history of bowel cancer if a close relative (parent, brother, sister or child) developed bowel cancer at a young age (under 50 years) or if more than one relative on the same side of your family has had bowel cancer.

More than 75% of people who develop bowel cancer do not have a family history of bowel cancer.

If you think you have a family history of bowel cancer, you should talk to your doctor about your risk of getting the disease.

How are your skills?

As you will be aware from the KMS induction briefings, all members are asked to rate their skill levels and competence at using workshop equipment. It is now time that we reviewed these levels as many members have acquired new skills or upgraded their earlier skill base. You are therefore encouraged to visit the Shed and update your "orange" form. Alternatively you can bring your skill base up to date by completing the attached form and giving it to Shed Boss Jim, on your next visit to the Shed.

Project Day

If you are keen to help with the Shed manufacturing enterprise, then you may wish to come along on Wednesdays. This day in particular is available for making toys etc for sale by the Shed. Obviously there will still be facilities available for those members who wish to complete their own projects.

Help the Environment

For those of you who receive this Newsletter via "snail mail", please let us know if you can receive your Newsletter via email. By doing so we can win in two ways by (1) reducing the cost to the environment via minimising paper use and (2) the cost of postage. Your email address can be sent to the Secretary at :

secretary@kalamundamensshed.org.au

Publicity

Remember to watch the You Tube video which can be accessed by typing into the internet browser the following:

<http://www.youtube.com/watch?v=XZfusukNVVg>

It is very professional and a very good advertisement for the Kalamunda Men's Shed.

Merry Christmas

As this will be the last Newsletter for 2010, the Committee of Management wish you and your families all the very best for the Christmas season and we trust that 2011 will be all that you could wish for.

Power Tool & Machine Competence and Training

	Self Assessment			Training			
	Level of competence			Training provided		Assessment completed	
	Nil	Mid	High	Date	Trainer	Date	Trainer
Bench circular saw							
Slide compound saw							
Band saw							
Scroll saw							
Router bench							
Hand router							
Biscuit jointer							
Drill press							
Electric hand drill							
Belt/disc sanding m/c							
Hand belt sander							
Hand electric sander							
Wood lathe							
Jointer/planer							
Thicknesser							
Hand electric planer							
Bench and hand grinder							