

KALAMUNDA MEN'S SHED INC.

NEWSLETTER



Issue No: 22

ABN 76 391 304 870

Date: Jan/Feb 2011

Proudly supported by the Shire of Kalamunda.

www.kalamundamensshed.org.au

Welcome back and we trust you all had an enjoyable Festive Season. Let us hope that 2011 will be a great year for KMS and all its members!

Dates for your Diary

28 January: Next Sundowner/General meeting at 2pm. Talk and demonstration on graffiti by Dave Boughton. (Not 25 January as previously published)

9 February: Visit to Red Hill Recycling and Waste Station. Shire of Kalamunda Bus departs at 9:15am. Book in at the Shed or contact the Shed Boss. Bring a hat, sunscreen and water bottle. Back by 12:45pm.

25 February: General Meeting and Sundowner at 2pm. "Exercise in these Senior years", with Morris Pavlinovich.

10 March: Zanthorea Nursery bus tour at 9am.

25 March: General Meeting and Sundowner at 2pm.

Future Shed Expansion

Not a great deal has happened over the break. However Dave Buttress has been working behind the scenes with shed planning. The Committee is keen to get feedback from members as to what they see as necessary in the new shed. To this end Dave will have "tools" and the opportunity available for members to "have their say" on shed layout etc. Please ensure that your voice is heard and provide input to Dave or any other Committee member, so we develop a shed that works for all of us!

There is still some way to go with the Shire regarding negotiating repair/upgrade works and the tenancy agreement. However the Shed Planning Committee hopes to meet with Shire officers within the next few weeks.

Publicity

Murray's team were present at the Sunday Farmer's Market on 16 January. Not only did they improve the image of KMS in the District, but they also raised \$124 from the sausage sizzle. Well done! A lot was learnt from the experience and the Sunday Farmer's Market is keen

for us to return. This will be debated by the Committee, and the value to KMS and frequency of the initiative, explored.

Christmas Lunch.

With 2010 rapidly drawing to a close, it was once again time for the KMS Christmas lunch. Like last year, we were very fortunate in that the kind ladies at the CWA prepared for us a wonderful feast. Over 60 KMS members, many of whom were accompanied by their partners enjoyed the mushroom vol au vent entree, a main course of roast turkey, roast pork, roast beef with Yorkshire Pudding and roast vegies for the main course. Dessert consisted of plum pudding and custard, fresh fruit, fruit mince tarts and fruit cake. Plunger coffee and tea finished a great lunch.



KMS members enjoying the Christmas lunch.

KMS Chairman Richard Gates in his address reviewed the year's successes and said that the current membership now stood at 85. He also mentioned that a number of new membership leads were obtained at the KMS stall held at the November Kalamunda Markets. He thanked the partners of our members for their support and made particular mention of Jean Lees who continued the tradition of providing homemade muffins for the Tuesday morning teas (all year!). As a result, Tuesday sessions are always very well attended. Following Richard's thanks to the CWA ladies was followed by a long round of applause from all present echoing his appreciation.

Background music was provided by Gwen Dunn who played the piano throughout the lunch.



Gwen at the keyboard.

Tom Wolfrey recited, without the aid of notes, Banjo Patterson's "They met in the Hall at a Charity Ball" and the old English favourite "Albert and the Lion".

Later during the lunch, Tom's wife Pat recited a poem that she had written which was entitled "I'm Looking For a Toy Boy". Pat has graciously given permission to print the poem below.

I'm Looking For a Toy Boy.



Pat Wolfrey.

*I'm looking for a toy boy
he don't have to be good looking,
But wouldn't it be lovely
If he'd do the cooking.*

*I'd let him have the tele on
even SBS,
If he'd hold my hand in the pictures
and say he liked me best.*

*I wouldn't expect raw passion
or anything like that,
but he wouldn't even notice
my wrinkles or my fat.*

*I'd help him with his crossword
he could read me out the clues,
and he'd like me in my lace-ups
Instead of those high heeled shoes.*

*We'd sit out on the verandah
and read our library books,
some days we'd go down to the park
with some bread to feed the ducks.*

*And when we go on holiday
somewhere by the sea,
he wouldn't look at bikini girls
he'd only look at me.*

*We'd stroll along together
and get a nice sun tan,
that's if it wasn't raining
we'd shelter in our campervan.*

*I'd make us up a picnic
with bread and cheese and ham,
I'd even fill a sponge cake
with cream and strawberry jam.*

*There's such a lot of things
that two can do together,
I wouldn't mind the rain
or any kind of weather.*

*I'd like to knit a sweater
for my toy boy, bless his heart,
one that really fits him
and makes him look the part.*

*I'd wash and iron his undies
and even mend his socks,
If he'd make me a little garden
instead of them weeds and rocks.*

*It wouldn't be romantic
but it could be if we tried,
and I'd feel so pretty
with my toy boy at my side.*

*That's why I wrote this notice
"Wanted, Toy Boy", just for fun,
then I sat down on the sofa
and waited for him to come.*

*Well after I'd been waiting
for a fortnight so it seemed,
I went into the kitchen
and opened a can of beans.*

*Not what you'd call exotic
but on top of buttered toast,
with a dash of Heinz topping
It's what I like the most.*

*That and chocolate pudding
there is food fit for a king,
well, I'd only had a spoonful,
when I heard the doorbell ring.*

*Oh, I thought with my heart a flutter
It's happened, it must be him,
so I opened the door knees a knocking
and goose bumps on my skin.*

*It was Lottie from next door
wanting a cup of sugar,
she said, "I haven't come to stop yer".
But she had, the silly bugger.*

*She said Lottie before I go
and I said Lottie what
and she said, "Lottie are you listening
are you my friend of not".*

*I said, "I'm sorry Lottie, but my toy boy didn't come",
so I packed my overnight bag
and went to visit Mum.*

At the Timber Yard

Joe, who had a tendency to be just a tad slow, was sent by his father to the timber yard to purchase some lengths of 4 X 2s. On making the request, the timber-yard foreman said that they were out of 4 X 2s and that they only had 2 X 4s in stock. Being unsure on what to do, Joe said that he would go home and check with his Dad.

Joe returned to the timber-yard the following day and duly informed the yard foreman that the 2 X 4s would be OK. Upon which the foreman asked, "how long to you want them?" Joe pondered the matter for a while and replied, "awe, quite a while because we are extending the house".

Letter to the Editor

VISIT FROM PROMINENT DERMATOLOGIST

In keeping with it's aim of promoting and maintaining men's health in the local community the Kalamunda Men's Shed organization was fortunate to have had the opportunity to listen to a very interesting and informative talk, from dermatologist Dr Phil Swarbrik. He explained to the group the various forms of skin cancers, their prevalence in the community and their treatments. He also emphasised the need to have regular skin checks. His suggestion that you include a skin inspection when attending your doctor for an unrelated matter resonated with me.

The men's shed has regular monthly meetings and has had a number of guest speakers. The October meeting had a very interesting presentation, about prostate issues. The need for regular check-ups was again emphasised.

As a recently joined member of the Kalamunda Men's Shed I have found the opportunity to mix with other men; to avail myself of the facilities and the combined expertise of members, to have been very helpful and stimulating.

Vin Marelich

Gooseberry Hill



Dr Phil Swarbrik at our November meeting



John, Bill, Barry, Peter and Vin at the November Sundowner

Donation

At the last General Meeting and Sundowner, John H arrived with a very fine and sturdy seat which he made at home and donated to the Shed. Thanks very much John, it will get plenty of use!



Ian, Rob and Malcolm roadtesting John H's seat



Master Chef, Terry at the last Sundowner

New Members

We are pleased to welcome the following new members to KMS:

- Mark Stanton
- Anthony O'Connor
- Barry Drew

News from AMSA



Beyondblue launches a Men's Shed (bigger than Jeff's Shed*) – ONLINE!

"Every man needs a shed, but not everyone has one, so we're building Australia's biggest shed – and it's online! The more men, the bigger the shed!" Jeff Kennett, Chairman of *beyondblue: the national depression initiative*

"The online world has just exploded. You used to lean over the back fence to talk to someone, now that's what you can do in The Shed Online - you can talk to people all over Australia and all over the world. How good is that?" Harold Mitchell, Exec. Chairman, Mitchell Communication Group

"When I want to escape my house, I go to my shed. My shed's a temple and it's great for my mental health. The Shed Online will reach many men, especially those in rural and remote areas." Tim Mathieson, Patron of the Australian Men's Shed Association and Australia's "First Bloke"

"I've got a small shed, but I've got big plans!" Luke

Slattery – co-founder of Movember

The Shed Online is a new website which aims to replicate in the online space, all the positive things men get from being in their own sheds or in a community Men's Shed.

Beyondblue Chairman Jeff Kennett says the inspiration for The Shed Online comes from the 400 Men's Sheds which are thriving Australia-wide. "In those sheds, in towns across the country, men can get together, work on projects shoulder to shoulder, learn new skills and if they feel comfortable, they can talk to one another about light-hearted or more serious issues.

"We want to give men who don't have a local Men's Shed the opportunity to be part of a community, to socialise, make new friends and maybe, work on a project together. The Shed Online will tick all those boxes, but instead of it happening in a real shed, it will happen in a virtual shed, over the internet," Mr Kennett said.

Tim Mathieson, Patron of the Australian Men's Shed Association encourages all men to become involved. "Even if you're a bit shy at first, you'll be able to chat to mates, get information about a whole range of topics including health, learn about DIY projects and hopefully, eventually, you'll feel like you belong to this community or club....and it doesn't matter where you live. Joining up and joining in is easy – and it's free. You go to www.theshedonline.org.au and register to become a member and then you can participate in the discussion forums."

Mr Kennett said: "We know that being isolated and feeling lonely may contribute to depression and that untreated depression is a risk factor for suicide, especially in men. We also know that men are reluctant to seek help for both physical and mental health problems. In The Shed Online, there'll be easy-to-access health information that men otherwise may not come across. We've been working with the Australian Men's Shed Association (AMSA) for several years to deliver information about depression to men – and it's been a very successful partnership.

AMSA executive officer David Helmers said: "The Shed Online will be a valuable asset for men who either live too far away, are unwell or physically unable to attend a real-life men's shed. It will play an important role in helping them to build social networks and hopefully, talk about their concerns."

Remember: www.theshedonline.org.au