

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

25 March General Meeting at 2pm: Speaker is Hillary Gode from Centrelink, "Are you receiving your benefits?". Sundowner and sausage sizzle to follow.

27 March 7am to 12 noon: Farmers Market BBQ

27 March 11am to 5pm: Falls Farm Centenary celebrations and KMS demonstrations.

28 March 9:30am: Ken Wyatt visit to the Shed.

2 April: Rotary Market

13 April: Air Heritage Museum visit. Cost \$6 entry.

20 April: Good Friday: No General Meeting this month but a BBQ lunch commencing at 1200 at the Shed.

16 May: Visit to Rockingham Men's Shed with a lunch by the water afterwards.

27 May at 2pm: Annual General Meeting in the CWA Hall. Barbeque and Sundowner to follow.

SHED DEVELOPMENT UPDATE

Members will be aware that the Shire has signed a lease with the Dome Coffee organisation for the old Police Station (previously Shire Office and Roads Board) situated at the rear of the Shed. We have been in communication with the Dome franchisee and he has indicated that he wishes to occupy the building by July at the earliest and Christmas at the latest. There are a number of issues we need to discuss with both the franchisee and the Shire regarding such a programme. Not the least of which is access to the yard and storage area during coffee shop construction work. Our power supply also comes from the old Police building so we will need to resolve what happens when Dome occupy the site for the purposes of construction.

In the meantime we understand that a paper is being prepared for submission to Council at the April General Services Committee meeting. This will give us the opportunity to brief the Committee on our requirements. Your subcommittee has also been working behind the scenes to develop a strategy to ensure we get a successful outcome. Members are also urged to talk to their elected member to ensure our message is well and truly received.

FALLS FARM CENTENARY CELEBRATIONS

On Sunday 27 March from 11am until 5pm we will be represented at the Falls Farm in Lesmurdie. Ian A has organised our participation on the day which will involve publicising KMS and demonstrating the type of projects and activities we are involved in. Come along and say hello.

ASSET REGISTER

At the last General Meeting we called for a volunteer to upgrade our asset register. I am pleased to say that Rob W came forward and is currently working on the register. An up to date asset register is essential and ensures we keep track of our critical pieces of equipment and other assets. Thanks Rob.

ZANTHOREA NURSERY VISIT

Our last outing was to Zanthorea nursery. Once again Captain Mike was at the wheel of the community bus and we headed down the hill to meet Ross Hooper, horticulturist and son of the proprietor Alex Hooper. It was a very interesting tour as Ross showed us around those areas not normally open to the public. First of all we were presented with the Eucalyptus Grandis, a magnificent smooth skinned gum tree which was planted when they opened the nursery 35 years ago. It is a grand structure and a showpiece for the nursery. Obviously the nursery is a very professional enterprise which is spotless and a credit to the staff who work there. One of the good things we took back was the relative ease with which one can propagate native plants and encourage growth to a good height in a small space in time. We were given tea ,

coffee and biscuits at the end of the tour, which was very worthwhile and informative.



Zanthorea Nursery showing the 35 year old Euc Grandis



Lined up in the propogating area of the nursery

SHED MEN ARE GOOD SCOUTS

Once again the Shed hosted the Gooseberry Hill Scouts on Saturday morning. Thanks to Jim, Murray and Ian who came along to assist these young people to work on their construction project. We will continue to support such projects as part of our objective to assist and mentor youth in our community.

BUZZER WORKSHOP

The buzzer workshop went well with a number of our members attending. It was so successful that we need to run another few sessions. Please also remember to

contact Shed Boss Jim at any time should you require individual tuition.



Bob receiving buzzer instruction from Jim

BUSH TUCKER

Our extraordinary chef and ideas man, Anthony, turned on a different sample of food at the last Sundowner. Anthony arrived with some examples of prickly pear "in season" and proceeded to "deprickle" the skin and process them to eat. They were quite fruity with a certain sweatness...probably an acquired taste! However the best way to eat them was to ignore the seeds and swallow same. Thanks Anthony for giving us another "taste sensation" .



Anthony preparing his delicacy with Tony and Ray looking on

ANNUAL GENERAL MEETING

As mentioned previously, the AGM will be held in the CWA Hall at 2pm on 27 May. The CWA ladies have kindly agreed for us to use their Hall free of charge or cost.

At the AGM all positions will be spilled. Prior to the AGM, Secretary Ray will ensure that nomination forms will be available well in advance of the cut-off date. This is the opportunity for members to participate in the Committee of Management and have their say about the direction of the KMS. There are exciting times ahead and it is important to have "new blood", bringing new ideas into KMS.

JOHN DAY VISIT

We were pleased to welcome our local member and Minister in the Barnett Government, John Day to the Shed on 11 March. John is very supportive of the concept of the Men's Shed in Kalamunda and has agreed to support us with our application to move to a new site. John spent some time with us, joined us in morning tea and chatted to those members present. Thanks John for taking time from your busy schedule to meet with us at the Shed. John also left the Shed sporting a KMS cap.



Richard, Des and Bill talking to John Day

POLICIES AND PROCEDURES REVIEW

Now that we have been operating for about 18 months, it is time to review the many policies and procedures we have in place. Mike M has agreed to conduct the review. Please contact him if you feel you can assist or have other input to these important documents.

NUTS AND BOLTS AT JERIMIAH LODGE FORRESTFIELD

Jeremiah Donovan Lodge (JD) is an aged care facility located in Forrestfield and while visiting his parents there recently, KMS member Eddie van Rijnswood was approached by JD's Occupational Therapist (OT), Elizabeth Oliver with the view of sourcing a small assortment of nuts and bolts which could be used during the weekly men's group meetings.

A number of KMS members were asked to rummage through their nuts and bolts collections to help fulfil the need and Eddie made a small tool box to hold them. KMS member Barry Spencer offered to engrave the ends of the

tool box with the KMS logo. The engraving was achieved by a computer numerical controlled (CNC) router. The CNC device was made by Barry and his computer savvy son.

On 3 March 2011, KMS Chairman Richard and Eddie presented the box of bits to some of the men at JD during an afternoon tea.

Elizabeth explained that by just handling and feeling the texture of the hardware, fading memories of past skills could be revitalised thereby adding more meaning to the men's lives. This process of reminiscence by mental association is sometimes referred to as "redolence" and is often utilised by OTs as a tool in keeping ageing minds active.



Eddie and Richard with some of the residents at Jeremiah Donovan Lodge.

During the afternoon tea, opportunities for some of the men at JD to occasionally visit the shed were explored with the view of JD residents making simple woodwork items. The men would be accompanied by some of their carers and the visits would take place on one of the more quiet days at the shed.

Richard and Eddie will be liaising with Elizabeth to arrange the first visit sometime in the near future.

KEN WYATT VISIT

Our local Federal member, Ken Wyatt will visit the Shed at 0930 on 28 March. Come along, meet your local MP and share a cup of tea with him.

EXERCISE FOR SENIORS

At the last General Meeting we had the pleasure of Damian Pavlinovich conducting a session which covered further exercises for Seniors. Damian concentrated on simple exercises to strengthen the core parts of our body and help us age more comfortably. For those members who were not able to attend the meeting, we have a video which covered the session. Damian also kindly left us with an exercise sheet and a copy is available in the Office. Gents remember to look after those "core muscles" and do your exercises!



Damian going through a set of exercises with Graham

POSITION VACANT

Our Shed Boss, Jim is going on leave for three weeks in July. As a result, his position will be vacant for that period. If any member or combination of members is interested in taking on the role of Shed Boss, please contact Chairman Richard who will be able to discuss the qualifications, duties and remuneration with you.

BLACKSMITHING

After much negotiation with the Shire, Dave B delivered the Anvil to the Shed. Terry L has also built a forge and obtained some charcoal. Accordingly we will be able to commence blacksmithing demonstrations in a limited way, as soon as the weather becomes favourable.

PUBLICITY

Beatrice Thomas from the West Australian newspaper visited the Shed on 16 March. With photographer Lee Griffith they spent a considerable time talking to members and getting an idea what makes KMS tick. The photographic session was a marathon and we trust the pictures of Desmond holding a horse will be first class! We expect that the article will appear in the West within a week or so.



Beatrice with Richard, Elton and Murray at the Shed

FROM THE AMSA NEWSLETTER

“How to talk to your doctor”

By Greg Millan

It is important to develop and maintain a good working relationship with your main doctor in life, who is normally a GP but can also include any number of specialist doctors that we become involved with through our life. Sometimes men may wonder what things they need to tell their doctors or what might be more indicative of a larger problem. Women are more familiar with the health system as they spend more time with doctors discussing their problems and childrens issues. So we are not meant to naturally know how best to get on with our doctor.

You should locate a GP who provides care that is scientific, considerate and compassion-ate. You need to stay in control of your health by fully understanding the nature of any health problem you have and the mechanisms and potential hazards of treatments or side effects of drugs. Do not hesitate to ask lots of questions or request more consultations for complicated problems. Try to develop an overall health plan with your doctor. Most men have a maintenance plan for their cars or their computers, so develop your health plan with your doctor to increase your chances of successfully maintaining a long and healthy life.

If you have a good working relationship with your doctor it helps to make sure that you are being as open as you can be and presenting all information in a way that your doctor can use effectively. It is a two way street – your doctor is not a „mind reader, keep him or her informed of what is happening for you.

When consulting a doctor, present a detailed and well organised account of symptoms you have and any relevant past history. Before your arrive at the doctors you might want to write down symptoms and history, any current medications you are on, and dosages of these. Also add a list of questions or things you want to talk about. If there is more than one problem begin with the most important one. Bring your concerns up early in your visit and take notes as it is easy to forget key information if you are feeling unwell.

Some men have been raised to be self-reliant and to conceal weakness and pain as they think showing and talking about this is *unmanly*. Your doctor is there to help you and needs to know what is going on for you, so talking about all your symptoms, feelings and providing him with accurate pain levels is the sensible way to go. Do not minimize your symptoms as this makes it much harder for a doctor to effectively assess and treat you. Be honest and build your health plan together with your doctor.