



WAVERLEY COMMUNITY
MEN'S SHED INC.

SCUTTLEBUTT

WCMS MEMBERS' NEWSLETTER

Issue # 1

MARCH 2020



FROM THE EDITOR

Welcome to this Newsletter, the first of what we hope will become a long-term and permanent aspect of our life at the Waverley Shed.

I have taken on the task of editing the first issue, with the hope that some other member will take it on for the future. Its purpose is to inform all members of what is going on so that you can eat your lunch in peace without having to listen to those boring announcements.

Tom



MEMBERSHIP RENEWALS

Renewal forms have been sent to all members. If you didn't receive it, don't worry, just come along to the Shed and we have blanks for you to complete.

The fees have remained as last year, \$45.00 for the 1st Mar 2020 to 28th Feb 2021 period which includes the AMSA membership and insurance cover. All 2019 name tags have been removed, so don't be surprised if you can't find your expired name tag. A new name tag for 2020 will be issued on renewal.



PARTNERS DINNER

It is time to repay our long-suffering spouses, partners, mates and/or carers who make it possible for us to enjoy our days in the Shed. Alternatively you can come along solo and enjoy the company of your Shed mates socially.

The dinner will be held at the **Randwick Bowling Club, 2 The Avenue, Randwick, on Tuesday, 17th March 2020 at 6:00pm.**

Dinner consists of a choice of 3 course banquet (at about \$22.00 per person) or a-la-carte if you prefer. Drinks can be purchased at the bar.

To assist in booking the venue, if you are coming, please place your name (and indicate the size of your party) on the white board located on the western wall of the Shed (near the patio).



WILLS; POWERS OF ATTORNEY AND GUARDIANSHIP MATTERS

A fully qualified solicitor specialising in issues relating to the behaviour of Trustees who are dealing with issues of your property and your body in case of ill health has indicated a willingness to attend the Shed and to discuss such troubling matters that you may wish to look into for your own personal well-being and satisfaction.

This should be most interesting and illuminating, and we are seeking expressions of interest from Members who may wish to participate.

At this stage no fixed date has been appointed but we expect that the discussion will take place at 3:00pm (after the Shed is closed) on a Wednesday afternoon.

If you are interested in this discussion (questions and answers), please put your name on the white board. Any appointed date will be notified on the board and in future newsletters.



PROSTATE CANCER

Are you interested in learning about (or learning more about) prostate cancer? The Shed has been asked if we wish to host such a discussion in the Shed, we are looking for expressions of interest from Members who may wish to participate before we appoint a date and time.

At this stage no fixed date has been appointed but we expect that the discussion will take place at 3:00pm (after the Shed is closed) on a Wednesday afternoon.

If you are interested in this discussion (questions and answers), please put your name on the white board. Any appointed date will be notified on the board and in future newsletters.



FIRST AID COURSE

The simple fact is that the very first time you are likely to need to apply first aid is to assist or support a loved on in your own home, but certainly we also need qualified first aiders at the Shed in its day-to-day activities.

Whether you eventually pass the examination for the Certificate, just learning the basic principles will assist you in dealing with the circumstances that you may need to address.

At this time neither the funding or venue or date have been fixed, but we are seeking expressions of interest (particularly from Supervisors who are not trained) to see what numbers we have and whether we can hold our own course or to team up with another organisation.

The courses are usually conducted for 2 days on a weekend.

If you are interested in attending a First Aid Course, please put your name on the white board. Any appointed date will be notified on the board and in future newsletters.



MEN'S CAVE VAUCLUSE

Some members may not be aware that we are conducting an "annexe" to our Shed operations within the Nursing Home/Retirement Village at Mark Moran Vauclose at 2 Laguna Street, Vauclose.

Our members Dach Hall and Tom Wolf are in regular attendance, and members are welcome to visit and see the Shed's operations.

The Shed mainly caters to the residents of the Village, doing occasional repairs to broken furniture, necklaces etc., but it achieves the objective of being a men's health initiative by providing coffee and conversation in a safe and friendly environment where the men are greatly outnumbered by women.

We have a small workshop situated in the garage level of the complex, with a sign "MEN'S CAVE" over the door.

We also conduct a discussion group in the Nursing Home for those who can't get about easily.

If you want to make sure we are there for your visit, ring Dach on 0408881321 or Tom on 0411339590.

SAGE

IMPROVING YOUR HEALTH & WELLBEING?

Members are invited to participate in a FREE University of Sydney research study promoting healthy aging with yoga. Participation is for 12 months and its free.

To be eligible, you need to be aged 60 or older, living independently in the community; not currently participating in yoga; and healthy enough to be physically active.

Classes starting in Coogee at 135E Brook St. (St. Brigid's Parish Grounds) in March

Thursdays 10am and Saturdays 10:30am

For more info email: <sph.sagetrials@sydney.edu.au> or telephone: 8627 6389