

UKV Shed News

Newsletter of the Mount Beauty & District Men's Shed Inc.



Volume 1 Issue 1 Spring 2012

– Upper Kiewa Valley (UKV) Shedders – Supporting Men's Health & Well-Being –

Steering Committee

– 2011/12 –

President	• Ian Docking
V-President	• Dick Puttyfoot
Secretary	• Bruce Brereton
Ass. Secretary	• Ian Howley
Treasurer	• Paul L'Huillier
Committee	• Bill Sutton
	• Campbell Ford
	• John Hunt
	• Alf Thistlethwaite
	• Graeme Caulfield
	• Brendan Ellis
Alpine Health Liaison:	
	• Maureen Ryland

We thank the following supporters

1. *Alpine Health*, through our liaison officer *Maureen Ryland*, for the use of their meeting room at the Hospital each month and for assistance with some administration services.
2. *Alpine Shire's, Alison Banks*, with whom we have had a number of meetings in regard to possible sites for our Shed.
3. *Our members* – 59 of them.
4. *Mt Beauty Timbers* for the use of a storage shed.
5. *Upper Kiewa Valley Lions Club* for the use of their BBQ facilities for our monthly BBQ's at the Mountain Bike Park.
6. *Mt Beauty Senior Citizens Club* for the use of their rooms for our monthly BBQ's over winter.
7. *Kiewa Valley Landcare Group* for the loan of their mobile BBQ.

1st Annual General Meeting – Fri. 21 Sept 2012

Mt Beauty Senior Citizens Club

BBQ at 12 noon followed by the AGM

– Nomination & Proxy Forms are available from the Shed's website –
<www.mountbeautymensshed.org.au> Click on About Us

Meeting Business

- President's report
- Treasurer's report
- Election of Committee of Management (4 Officers & 5 Ordinary members)
- Appointment of an Auditor and Public Officer
- Ratification of the Constitution
- Update on site negotiations with Alpine Shire
- Other business

Please show your support for the Shed by attending the BBQ and our first AGM. We need *strength in numbers* at this early stage of the Shed's formation. This is very important in our on-going negotiations with the Alpine Shire for a site and with government agencies and philanthropic organisations when applying for funding.

Constitution

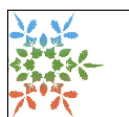
The Shed was constituted in December 2011. A task for the AGM is to ratify the document. To view the document so that you can make an informed decision, visit the Shed's website at <www.mountbeautymensshed.org.au> and click on About Us. Alternatively view a copy at the Mt Beauty Hardware & Drapery in Hollonds St. - ask for Campbell.

How big is the Men's Shed movement?

There are 844 Sheds in Australia (217 in Victoria). The average age for Sheds in Australia is 5 years. There are 120,000 Shed members nationwide.

Shire Site Negotiations

As has been previously indicated to members our preferred site is next to the Mt Beauty Neighbourhood Centre. Negotiations are preceeding with the Shire.



Alpine Shire



A big crowd of Shedders at the June monthly BBQ incorporating Men's Health Day – 15 June 2012

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Look out for this on **Friday 16th November** to coincide with the Shed's monthly BBQ.

SPANNER IN THE WORKS?

'Spanner in the Works' plays upon the idea that men often pay more attention to the health and wellbeing of their vehicles than their own health and wellbeing. Many men remain reluctant to talk about their health and too often delay or avoid going to see a GP to get any potential problems checked out — an attitude that heavily contributes to the fact that men die on average 5 years earlier than women.

The Men's Health initiative hopes to help influence good habits in men across Australia, **making it easy for them to get a quick check up** and some general health advice.

However, this check up should not be seen as a replacement for a complete check up by your GP and is more about encouraging men to start thinking more preventatively and acting more proactively about their health.



Our secretary Bruce Brereton (centre) looking after some local men during their walk to the West Kiewa Gorge as part of Men's Health Day 15 June '12.



President Ian Docking addressing members at one of our monthly BBQ's

Off the Bench

— Shed happenings —

- **Memberships due!** — Memberships for 2012/13 are now due. A membership form is enclosed. We appreciate your on-going support of the Men's Shed and urge you to renew by returning the enclosed form and appropriate fee as soon as possible. All 2011/12 members are eligible to vote at the AGM.
- **2012 Annual General Meeting** — Friday 21 September with BBQ at 12 noon followed by the AGM at the Mt Beauty Senior Citizens Club.
- **Dick Puttyfoot** — Dick has initiated a program at the Dederang Primary School, assisted by Ian Docking, that sees them working with students in a mentoring role by teaching them woodworking skills.
- **NE Vic Men's Shed Workshop** — This was held on 4 September in Wangaratta and organised by the Beechworth Men's Shed in association with the Victorian Men's Shed Association (VMSA). Ian Howley, Dick Puttyfoot and Paul L'Huillier attended. Speakers were excellent, networking opportunities many and much was learnt that can be used by our Shed.
- **Equipment and material donations** — The Shed has caches of donated equipment and materials at various locations around Mt Beauty. A major task is to do a stocktake of items and their location and make up an asset register. Any offers of assistance with this task would be appreciated.
- **Monthly BBQ's** — The steering committee believes these are very important to the membership not only for the social benefits but also as an opportunity to update members on what is happening and to show that the committee is proactive in getting a Men's Shed established in the Upper Kiewa Valley. The committee appreciates the monthly support. This has been an initiative of Dick Puttyfoot who does a power of work to make it happen each month. Thanks Dick.
- **Men's Health Day** — This was held on the 15 June as part of Men's Health Week. The Shed supported the idea, initiated by Maureen Ryland (Alpine Health), and in combination with our monthly BBQ developed a program of activities centred around promoting men's health. A group walk to the West Kiewa Gorge followed by a BBQ lunch then a very informative talk by a local doctor completed the program. Eight shedders from Bright attended. Total attendance was 50 men. John Hunt developed publicity for the event and directed the gorge walk session while Dick Puttyfoot and Bruce Brereton demonstrated their cooking skills. Thanks for a terrific program.
- **Grants** — The Shed was successful in July in receiving a Bendigo Community Bank grant of \$1,600.00 for a BBQ, utensils, gas bottle, portable frig. and gazebo. We have also applied for some smaller grants for administration equipment and a trailer through Government and AMSA funding opportunities.
- **Men Shed Organisations** — Mt B & DMS is a member of the Australian Men's Shed Association (AMSA) and the Victorian Men's Shed Association (VMSA).
- **Mental Health 1st Aid Course** — Five Mt Beauty & District men attended this course on the 1st and 8th August where they learnt the signs and symptoms of mental health issues, where and how to get help and what sort of help has been proven by research to be effective. The program has been a key contributor in improving mental health literacy, reducing stigma and helping behaviours.
- **Website** — Thanks to John Hunt for developing the Shed's website at <www.mountbeautymensshed.org.au>. Great job.

"Men don't talk face to face, they talk shoulder to shoulder"