

Happy
New Year

The Shed News

MEN'S SHED MAITLAND INC.
Trading as
MAITLAND COMMUNITY MEN'S
SHED

Lot 442 Jubilee Street
East Maitland NSW 2323
Ph. 0249341293
Email: maitlandcms@gmail.com
http://www.maitlandcms.org.au

ISSUE 43

MANAGEMENT COMMITTEE

MSM Inc.
Chairman
Steve O'Brien

MCMS
Shed President
Charles Sanders

Treasurer
Brian Coggan

Editor
Steve O'Brien

Inside This Issue

Shed Report	1
Inside Our Shed	2
Picture Gallery	5
Community Notice Board	6
Men's Health	8

find us on
Facebook

Shed Report.....

Welcome to 2020 and the start of another year. The Shed will reopen on Thursday the 2nd of January.

December was another busy month in the "Shed". Several projects found their way to completion whilst others are still ongoing. The rocking horses plod along with one passing the finishing post and another nears the finish line. The "Tocal" cows have been given a face lift and are ready for their next task of letting the public know of the upcoming Field Days. The seven benches along with the workbench and mud kitchen are all complete and have been delivered. The billy carts have also been completed and are ready for pick-up as has the wine cabinet.

The "Batcave" lighting has been upgraded to now give an acceptable level of lighting. Several smaller projects were undertaken and completed.

We were very fortunate to receive a donation from Eagles Plumbing and another donation from Closebourne Village, Morpeth.

The video filmed at the Shed regarding recycling has been released. The team at Treehouse Creative did a wonderful job and a big congratulations and thankyou to those members involved in the task. It not only highlighted Environmental concerns, but also the role of our organisation.

The BBQ's at Bunnings have now come to a close and a special thanks goes to Gary Handsaker and his team for a tremendous effort this year. Thanks also to the ministers of weeds and seeds for the work put into the regular Tuesday lunch BBQ's.

On the social front, it was unfortunately necessary to cancel the trip to Sydney (Doyles) due to rail track work and the threat of bush fires.

On the member's welfare front, Ted spent several weeks in hospital in Port Macquarie (sounds a bit resorty), then home, another adventure to Maitland Hospital and now home. Geoff Pisani undertook some eye surgery and is recovering at home. We wish them both a speedy recovery and return to the shed.

Peter Fox has not been to the shed for a while and his condition is being followed up. We wish him well.

The telephone and communication system is being looked at with an outlook to having the whole system upgraded. The "Quiet room", also used for visitor functions, is being revitalised.

We have been informed by the Board that documents pertaining to the grant for the office upgrade have been signed and submitted. To date the money has not arrived.

The card social club continues, with several shed members running lessons for others wishing to learn how to play. A request has been received to include Dominoes. They meet in the not so "Quiet room" when times are at a bit of an ebb, however, when the whips are cracking, it is all hands to the wheel.

In ending this report, my thanks to all those that stepped up and covered the functions that were left by those normally done by others. "Shoulder to shoulder".

Charles Sanders - MCMS President.
December 2019 Presidents Report (Edited)

Inside Our Shed.....

**NO MATTER WHAT YOU DO,
SAFETY STARTS WITH YOU.**



Birthdays This Month.....

Bill Boyd, Warren Cook, Mick Dawson, Kelly Garnham, Ian Goldsworthy, Malcolm Hamilton-Ritchie, Fred Harvey, Jeff Morris, Steve Schumacher, Brent Shaub, Colin Whiteford, Heather Williams and Brittani Woods.



Christmas Party.....

Our 2019 annual Christmas Party was held this year at the Telarah Bowling Club on Friday the 11th of December. There was a great roll up of Members and their guests.

The day started out with a friendly game of barefoot bowls which commenced around 10.30am. To some it was a friendly game, but to other Members, it was very competitive. After the bowls we moved into the club to the welcomed air conditioning, to grab a drink and have lunch of finger food.

Thanks to Garry Handsaker for again organising another great social Member get together. Garry has been tireless organising all of our social functions all year. Thanks also for all of our Members and their guests who turned up on the day to help celebrate the end of another successful year at the Maitland Community Men's Shed.



The Maitland Community Men's Shed welcomes any new members to join our shed. Just drop in and have a chat.

The Men's Shed is available to our supporters and friends for assistance. Just contact the shed for information if we can lend a helping hand.

Proud supporters and friends of the Maitland Community Men's Shed



Remember, "This Is Your Shed". Be PROUD Of It And Contribute Where You Can.

Mental Health Awareness Lunch.....

In December our Shed hosted a mental health awareness lunch with 47 people attending. Thanks to everyone who attended from some of the other Sheds in the area and our own Members. This was the culmination of a program that we have been running since our first safeTALK workshop which was run on Thursday the 11th of July at the East Maitland Golf Club. Eighteen delegates from Sheds around the local area attended the full day workshop. SafeTALK is an alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in, Applied Suicide Intervention Skills Training (ASIST).

This suicide prevention program to promote mental health awareness amongst our local Men's Sheds, was made possible through a grant from the Bloomfield Group Foundation. The Bloomfield Group Foundation was established in 2006 to support and benefit local people through funding Hunter Valley community based programs and projects. The focus however is on supporting vulnerable members of the community, medical and health related research and support programs, and initiatives that underpin community health or welfare.

Thanks also to Beyond Blue for providing us with a guest speaker, Nick Gill, who addressed the gathering. Nick is a volunteer speaker for Beyond Blue, a national organisation that works to raise awareness about anxiety and depression, reduce the associated stigma and encourage people to get help.

Nick is originally an ex AFL footballer who worked in the media on Triple M in Adelaide. He is currently on the morning breakfast team in Newcastle on Hit 106.9. Nick became a Beyond Blue speaker because of his experiences growing up, seeing, or rather not realising his parents both battled with depression until much later in life.



Inside Our Shed cont.....

Cubby House Winner Announced.....

The winner of the 2019 Lions Club East Maitland Christmas Raffle has been announced. The winner with ticket number 2059, was Laura Gleeson. Laura wins the Cubby House that was built by the Maitland Community Men's Shed. The Cubby House has been on display since late October at the Stockland Greenhills Shopping Centre.

Congratulations Laura



Christmas Rush.....

The last few months of this year, leading up to our Christmas break, was a busy time in our Shed getting things completed before the break. Our Shed has turned out some great things for people in our community.



Picture Gallery.....



January Community Noticeboard.....

Funky Bunch Trivia.....

Funky Bunch Trivia have changed the way pub trivia is played. For over 10 years we have been “funking” up pubs around Melbourne. Funky Bunch Trivia uses a multimedia mix of visuals and music including videos, pictures and audio. 5 rounds of questions are delivered through the big screen over 2 and a half hours.

Questions and categories include:

General knowledge, current events, celebrities, music, sports, TV, movies and even some absurd and hilarious subjects thrown in just for the laughs.

Come down and play.

Date: January 1, 8, 15, 22, and 29 from 7:30pm - 10:00pm

Cost: Free

Location: Rutherford Hotel 160 New England Hwy, Rutherford NSW 2320

Website <https://www.funkybunch.com.au/>



Street Eats Get Together.....

Street Eats opens the doors to unique street food fare across Maitland. Join us for one of our Get Togethers that brings together a mix of trucks and flavours to sample in some of the best places around town. Bring the family or catch up with friends with a picnic and a bite to eat. Trucks vary from month to month, so stay up to date via My Maitland Facebook.

Date January 12 from 4:00pm - 8:00 pm

Location RH Taylor Reserve, Lorn

Website <https://www.mymaitland.com.au>



LIVE at The Levee.....

On the third Friday evening of the month, The Levee comes to life with a live music acts to compliment the already established evening food options in the precinct. Grab a bite to eat at the many options within the precinct, relax with friends, unwind and let the music ease you into a weekend state of mind.

This month turn down the heat with Fish Fry at the Bourke Street Link. Fish Fry are Newcastle and the Hunter Regions best exponents of jump-jive jazz, swing and rhythm & blues. Their shows are famous for their energy and excitement as well as great musicianship. Chad Watson of the Newcastle Morning Herald called them “Newcastle’s jazz supergroup”. Winners in the Jazz category of the ABC Newcastle Music Award for an unprecedented two years running Fish Fry have released three remarkable albums and have performed at festivals and venues throughout New South Wales.

Date: January 17 from 6:00pm - 8:30pm

Location: Bourke Street Link, The Levee - Cost: Free



January Community Noticeboard cont.....

The Mutual Presents Australia Day.....



Australia Day in Maitland Park celebrates what's special about our beautiful country. Join in the fun with a full day of activities, including rides, face painting, food stalls, live entertainment and free entry to Maitland Pool (bring your swimmers). The fun starts with a free barbecue breakfast from 7.30am followed by Australia Day Citizen of the Year Awards ceremony on the main stage.

Date: January 26 from 7:30am - 3:30pm

Location: Maitland Park, Walker Street Maitland

Dive In Cinema.....

Head to East Maitland Aquatic Centre for three Dive in Cinema experiences hosted by Council on 10th, 17th and 24th of January 2020. The below movies will be screened:

- 10th January: Aquaman
- 17th January: Finding Nemo
- 24th January: The Shallows

Along with the movie, there will also be a silent disco, food trucks, volleyball and lawn games, as well as free swim time for all tickets holders before the movie starts. In pool and out of pool tickets will be available for \$10 and \$5 respectively. Tickets are available from Ticketek.

Gates open at 6.00pm, with the movie starting at 8.00pm.

Location: East Maitland Aquatics Centre, Narang Street, East Maitland

Time: 6:00pm - 10:30pm

Cost: \$5 - \$10 per ticket

More Info: Phone: Maitland City Council - 02 4934 9700



Just A Little Joke.....

Two elderly men were sitting beside each other in a barbershop. One of them said to the other, "Now that you're turning 80, how do you honestly feel?"

"Honestly? Like a newborn baby!"

"How's that?"

"Well, I've got no teeth, no hair, and I can't stop wetting myself!"



Men's Health cont.....

Factors that can increase an older person's risk of developing depression include:

- An increase in physical health problems or conditions such as heart disease, stroke, Alzheimer's disease or cancer.
- Chronic pain.
- Side effects from medications.
- Losses such as relationships, independence, work and income, self-worth, mobility and flexibility.
- Social isolation or loneliness.
- Significant change in living arrangements such as moving from living independently to a care setting.
- Admission to hospital.
- Particular anniversaries and the memories they evoke.

Should more be done to combat depression among older Australians? Do you know of friends or family that have suffered with depression?

Source: Ben Hocking - **YourLifeChoices**

National 24/7 Crisis Services

- **Lifeline:** 13 11 14
www.lifeline.org.au
- **Suicide Call Back Service:** 1300 659 467
www.suicidecallbackservice.org.au
- **MensLine Australia:** 1300 78 99 78
www.mensline.org.au
- **beyondblue:** 1300 22 4636
www.beyondblue.org.au

Youth support services

24/7 crisis support



kidshelp.com.au
1800 55 1800

direct clinical services



headspace.org.au
1800 650 890



www.mindframe-media.info

