

## **Karrinyup Men's Shed Bulletin 18 February 2019**

From: Karrinyup Men's Shed <kcmensshed@iinet.net.au>

**To: Karrinyup Community Men's Shed members**

### **Special Presentation: Men in Control**

Last Monday 11 February we had our inaugural guest speaker presentation by:

Jo Milios, Physiotherapist, specialising in men's continence issues

Laura Malcolm of the Continence Foundation Perth office, and

Mario Said of Envirocare Hygiene Solutions.

We had 21 members, 5 visiting Shedders from Joondalup, and the 3 guests. A good attendance, and our guests were impressed.

The topic was somewhat radical, but everyone seemed to get great value and useful information from it. Jo had us learning the pelvic floor exercises.

If anyone has any doubts about their effectiveness, or how to actually do them, please talk to Tony Strickland. He is a big fan of the process, which has achieved quite amazingly good results for him.

There are three photos on the photos page <http://karrinyup.mensshedswa.org.au/photos.htm>

More information:

Continence Foundation of Australia website <https://continence.org.au/>

Summary brochure (2 Megabyte pdf) <http://karrinyup.mensshedswa.org.au/docs/men-in-control.pdf>

### **Future Presentations**

We will aim to do 5 or 6 of these type of special presentation events each year. If anyone has topics and/or presenters to recommend, please see Tony to organise.

### **Model-making**

Our model-making facility is almost ready. It has work benches with stools installed, a dedicated, specially donated scroll saw in as new condition.

If anyone has anything they would like to start making, please bring in the kit or the plans and get started!

### **Members' visit fee**

It is noted in our Membership application form that we would be charging an attendance fee of \$5 per visit.

Until now the Management Committee has felt that we did not have a fully established shed and many of our members were engaged in establishing the shed with work benches etc. so we have not implemented the fee.

We now feel that the shed has a lot to offer our members and the time has come to commence collection of the fee, which will solely be used to cover the running costs of the shed.

However, we are going to **phase in** the fee by initially charging \$5 for the first visit by each Member each week. At the same time we are discontinuing the "morning tea" fee.

The new fee arrangement will commence on Tuesday, 6th March.

### **Farmers Market 24 February**

Sunday 24 February, our first public sale of gardening products, mostly seedlings, and woodwork products, at the Stirling Farmers Markets, 25 Cedric Street, Stirling.

So we have a busy program to make products for sale as a fund-raising program.

This email from



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