

Subject: Karrinyup Men's Shed Bulletin 19 October 2018
Date: Fri, 19 Oct 2018 2:15pm
From: Karrinyup Men's Shed <kcmensshed@iinet.net.au>
To: kcmensshed@iinet.net.au

To: Karrinyup Community Men's Shed members

Special bulletin - the paving project.

Our next big project will be to pave the area under the carport. This will involve cleaning the area of leaves, levelling and compacting the sand, putting in a layer of brickies sand, laying the pavers 200mm x 200mm x 50mm, total 50 sqm, and cementing in the edges.

The foundations, preparations and laying will be done on Thursday 1st and Friday 2nd November, starting at 8:30 each day. Some of the preparation work will be done during the normal times on Tuesday and Wednesday.

Our Project Manager for this is Ross Daniel, who will supervise and direct the work. We need volunteers, preferably with some paving laying experience, to form work teams for these 2 days.

If you can assist, please advise Peter Polain at ppolain@westnet.com.au with your preference for day(s) and times.

Mentoring - Men's Business

The following email from Men's Sheds of WA and attached file gave details of a Mentor Training seminar to be run by Men's Business, a not-for-profit dedicated to equipping men to be effective mentors.

Karrinyup Men's Shed Secretary Tony Strickland says if anyone would like to join him at this seminar, you will be most welcome. It fits in strongly with his interest in men's health and KCMS looking after its members.

Date: Monday 5th November

Time: 9am-11.15am

Location: Bayswater Senior Citizens Centre,
27 King William Street Bayswater

RSVP: Harry Porrins, Bayswater Shed secretary@baysieshed.org.au

From: Admin MSWA <admin@mensshedswa.org.au>

Dear Shedders,

When we were kids it was easier to get away from something that got us upset. We could just run away and hide.

As adults, we are expected to deal with issues that may have a high emotional content and we are not supposed to run away. But many of us still tend to run away and hide. Not physically, but certainly emotionally.

This mentoring program will help you understand these emotions and help you deal with them. More importantly it will help you to help others in your circle of friends.

Shed management should consider coming to this session. The shed is made up of the people attending it, rather than its physical operation, so it is important to acknowledge and learn that we all function differently as people.

There is no cost to attend.

Cheers,

Gary Bryant

Men's Sheds of WA Executive Officer

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This email from



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