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## **Karrinyup Men's Shed Bulletin 3 November 2020**

From: Karrinyup Men's Shed <[kcmensshed@iinet.net.au](mailto:kcmensshed@iinet.net.au)>

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

### **First Aid Courses**

Four places are available to members at no charge on the next one-day First Aid course to be run at Joondalup Shed on Wednesday 25th November. Anyone interested in attending is to get in touch with Peter Polain on 0478 215 692.

### **Men's Health**

Men's Health promotion is a primary function of Men's Sheds. Since KCMS commenced operations on 1st June 2018, Tony Strickland has managed the Men's Health portfolio, including the co-ordination of guest speakers and the distribution of information on relevant topics.

Tony has reluctantly decided that he can no longer continue to do this work. We are therefore seeking the involvement of a member or two to take over this important role.

The role involves the following:

- Review the relevant literature, including, but not limited to, articles published by Dept of Health, DVA, MSWA and AMSA.

- Arrange the distribution of articles of interest to members.

- Arrange the attendance of speakers on Men's Health topics.

- Provide members with information on linkages to support networks/agencies.

The task is not onerous or time consuming. Anyone interested is invited to discuss it further with Tony or to get in touch with Peter Polain or Jeff Crookes.

### **Machine Use and Safety**

All members are reminded of the need for responsible and safe operation of our machines and cautioned not to become complacent to the dangers involved. The correct use and adjustment of machines is necessary to prevent damage that may result in costly repairs and downtime.

Any member who is uncertain about the use, capabilities or settings of our machines is asked to first seek assistance and/or advice. Refresher training

is available to anyone on request by contacting Mark Saggars on 0422 126 621.

### **Contents missing from some KCMS emails**

Some members have reported receiving emails from KCMS with just the header but without any contents.

As well as being multi addressed to all KCMS members, each KCMS outgoing email is addressed back to the KCMS email address plus email coordinator T Fuller's personal email address.

This gives two checks to confirm that the emails got sent out of the PC OK and got through the Internet Service Provider OK.

But that can't confirm that all members received the email or if it was complete when it got to them.

If you get incomplete emails, please reply and we will arrange to resend the email.

If you know of another member having problems, please ask them to send the details to the KCMS email address [kcmensshed@inet.net.au](mailto:kcmensshed@inet.net.au)

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This email from



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