



# WCMS NEWSLETTER

Issue 2/2024

April 2024



## Coming Events

April 2024

11th Thursday – Our Guest speaker is our very own Alex Vergulis. Alex will give us a run down on the fabulous workshops where he took a guitar making course in the UK recently. Should be quite interesting – don't miss this one.

23rd Tuesday – Our first outing for the year. Tony has organised a bus and a visit to the Cooma Men's Shed, who will be hosting a BBQ lunch. Cooma has invited a few other sheds from around the area, maybe Bredbo, Nimmitabel, Bemboka? Not sure but will be good to interact with men from other sheds.

Here's the plan. Dennis will pick up the bus at 9am in Fyshwick and come to the Shed. We hope to leave Rivett at 10AM. The bus holds 12. Others may care to drive themselves. First stop is the Cooma Men's shed for lunch. Well maybe one or two "pit stops" on the way. After lunch we hope to visit the Cooma Motor Museum before strolling back to Canberra. Cost: Until we can confirm the lunch arrangements we can't give a definite cost but it won't be more than \$10 – your Weekly and lunch fee combined!

May 2024

4th Saturday Bunnings BBQ – put your name on the board in the kitchen please.

## President's Report

Where has the year gone?

I seem to have been in a flat spin since Christmas. Just a quick look at the activities and events I've had some involvement in tells some of the story: Finishing that new verandah /

deck, delivering the garden sign to Mingle in Whitlam, helping at our Australia Day Breakfast, doing the arvo shift at a Bunnings BBQ, helping to build a tepee at the Shepherd Centre, helping out at the shed's stall at Cooleman Court, working at Bunnings Easter Family Night, putting a new floor in the small shed, and of course organising and running the Governor General's visit. It is great to notice that more of these events are starting to involve community, and that they are coming to us, looking for our involvement. From our involvement at Denman Prospect BBQ last year, we received an invitation from the Canberra Airport to run a BBQ at their open day. After some consideration, whilst it may have been a fantastic money spinner, we had to decline on the grounds that we just don't have that sort of capacity.


We get quite a lot of enquiries from various agencies looking for places and activities for their 'NDIS' clients. 'NDIS' usually means that the person involved must have a full-time carer. After serious consideration by the committee, we have had to issue a blanket veto on accepting any new people from these agencies into the workshop arena. Basically, we don't have the room, the people or the skill sets to accommodate them in the environment. We may consider accepting some on a case-by-case basis if they want to come and join in the social activities.

We had some good news from Access Canberra, who officially approved the Rule changes that you, the members, approved of at two general meetings. Subsequent to that, we submitted the updated rules to the Australian Charity and Not-for-profit Commission (ACNC), who have since granted us full charity status. A giant hurdle we as a team have managed to scramble over, so thanks to everyone for your patience and cooperation.

I also had an invitation from Council of the Ageing (COTA) to submit an article for their newsletter on the subject of Sheds in the Community and Living in Canberra. I am pleased to say that the article was well received and appeared uncut in the recent most edition.

Apart from that, "business as usual"!

Yours in Shedding,



President, WCMS

## Social & Welfare

Well, great news. First, John Mitchell made it back to the shed after a very protracted time in hospital, and Tony Burns has been given the green light by his heart specialist after recovering from major surgery. Too bad Tony, now you get to do the gardening again!

Report: Brian Black

## Gardening News

Hot from the Plot, as they say....

The garden is coming to a close after a very productive spring, summer and autumn. As I will be itinerant over the colder months my intention is to plant a no maintenance green manure crop in all four beds over winter. Of course, if anyone wishes to step forward and plant edible crops instead over that period you are more than welcome to do so. Don't forget the herbs (parsley, mint, sweet marjoram, oregano) in the pots near the front gate are also there for the taking.

Report : Graham Lacey

## Some of the things we did during the previous months.

For the full articles and images, please visit our website: [westoncreekmensshed.org.au](http://westoncreekmensshed.org.au)

### **Australia Day Breakfast**

January 26<sup>th</sup> 2024

Our first event for the year was the second annual running of the Breakfast BBQ for all members and guests, held at the shed.

We had a large turn-out of members and guests and all who attended enjoyed a great meal and a nice morning chatting with old and new friends and inspecting all the changes that have been made around the premises since this time last year.

While John and Lino cooked and Allan and Dennis and a swag of others played host, Mike Hardy gave some guests one of his traditional tours of the Shed. Some found the vegetable garden, others the chillies, a lucky few found the blackberry bush and tucked into a few late blackberries.

Thanks to all who made the morning happen with an extra thank you to John Webster for carrying the 'plan' through.

Report : Brian Black

### **Bunnings BBQ**

February 3<sup>rd</sup> 2024

Our first Bunnings BBQ of the year saw hot and windy weather and our first ever price hike on cold drinks. Bunnings had announced that all drinks are to sell now for \$2 each, up from the previous \$1.50.

Crowds were good and we sold our quota of snags and a bit more, so we were pretty happy with that. I have to say that its great to see many members turning up to pull their shift, it can be a pretty long 4 hours, but "many hand make light work" as the ancient Chinese electrician was wont to say.

Well done to all of us and as usually a zillion thanks to the public for supporting us and to Bunnings for giving us the opportunity to run the BBQ.

Report : Brian Black

### **Coleman Court Stall**

March 14<sup>th</sup>/15<sup>th</sup> 2024

We were invited by the nice people at Coleman Court Shopping Centre to come and run our annual Easter Stall. At the last minute there was a change of date and we had 24 hours to get ready, not two weeks! Dennis and the workshop crew had worked long and hard to have enough product for us to put on a good display and to sell.

Visitors to the Stall were a bit quieter than usual, but still a in the end a worthwhile contribution was made to the Shed's budget.

Once again, a big thank-you to the workshop crew, especially Dennis who made it all happen despite a few hurdles thrown in his way.

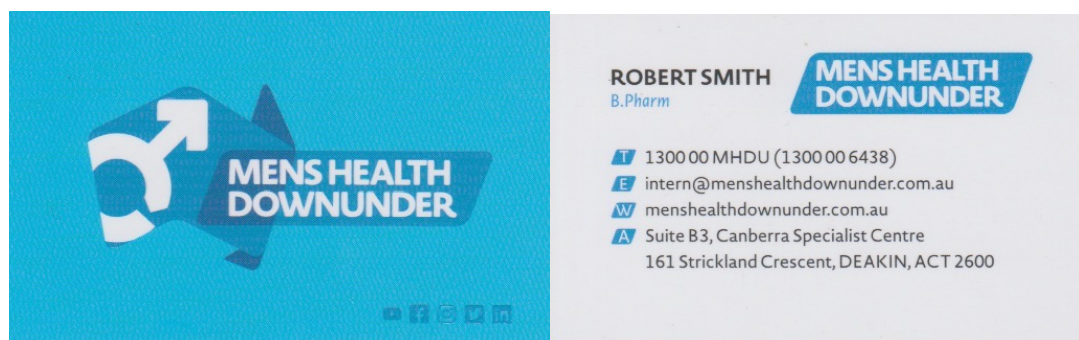
Report : Brian Black

Rob Smith B.Pharm. Guest Speaker

March 14<sup>th</sup> 2024

Rob, from Coleman Court Pharmacy, came in and gave us an excellent presentation on men's health. He held nothing back and got straight to the 'point', if you follow my drift, concerning prostate cancer, its detection, treatment and remedy, but just as importantly, the aftereffects of those various treatments.

Rob went on to tell us all about the health clinic, Men's Health Downunder that hey run in Deakin, where they can give great advice and help with most of our manly 'bits'. I think what they do is so important that I will give them a free plug right here. If just one man makes a call based on this, then it's worthwhile.



Report : Brian Black

### **Bunnings Easter Family Night**

March 14<sup>th</sup> 2024

Bunnings Tuggeranong invited us to come and man a table at their annual Easter Family Night. The plan was to help children make a bookstand. Originally it was designed to be nailed together, but we converted it to screws and cordless screwdrivers which would be a whole lot more fun, engaging and easier for the children.

On the night for two hours, Warren and John and John and Allan and myself sat there helping the children make their very own book-stands.

A huge thank you to Bunnings for inviting us, and an even bigger thank you for donating the fabulous Ryobi Cordless Drill Kits to us after the event.

Report : Brian Black

### **Governor General's Morning-Tea**

April 2<sup>nd</sup> 2024

In a nutshell, we invited the Governor General and his wife to visit our shed. His last visit was in 2021. They each addressed us, we gave out some awards, we had a sing-song and generally had a nice relaxed casual hour and a half with the 'GG' and Linda. He was saying at the time that in answer to all the unasked questions, that he was awaiting the phone call at any moment which would effectively terminate his tenure. That call came the next day, so I consider ourselves to have been incredibly lucky to have had their company, not to mention their friendship and genuine interest in what we, and all the sheds do, for the men of our community.

Mrs President, Judy, almost stole the show with her fantastic morning-tea spread. We have been officially spoiled!

There is a full report with lots of images on our website, so just click on this link, right here and see for yourself => [westoncreekmensshed.org.au](http://westoncreekmensshed.org.au)

Report : Brian Black

*That's all folks!*