



Hello Members,

Welcome to the 2nd issue of the Menai Men's Shed newsletter.

Member Profile Corner:-

In this and future newsletters a willing Shed member will be profiled, providing the opportunity of getting to know our MMS colleagues a little better.

This issues victim, sorry, I mean participating member is Harold Kent, we all know him as 'H'.

- General Manager of a transport company.
- Moved from Melbourne to Sydney 2 years ago wife his wife, Jen, to be closer to the grandchildren.
- Resides in Dolan's Bay
- Football Team – Collingwood AFL / Melbourne Storm NRL
- Notable achievement – Asking Jenny to be his wife.

Recent Shed Activities;

Our Welfare Officer Gerry Flannery organised a visit to the Albion Park Rail Airport Museum which was well attended by members and partners. This Airport is a working museum and after our safety briefings and donning safety gear we were dutifully guided around in groups of 8 by very knowledgeable staff.

Our guides knew the history of every aircraft which made the day very interesting and a BIG thanks to Gerry for arranging this social event.



All excited after the safety briefing



New arrivals to Australia and potential new MMS members. They look very happy.

Recent Shed Projects;



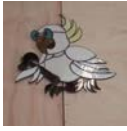
Brian undertook the task of grouping all the woodwork clamps, hammers and mallets together by constructing a mobile table. Which has proven to be very useful. Well done Brian.



Vanity cabinet top built for a member of the community.



Fund raising 'Sausage Sizzle' held at Bunnings Caringbah. It should be noted that Bunnings are very strong supporters of the Menai Men's Shed.



Custom made units were recently built and donated by Menai Men's Shed for the Sutherland Hospital Gift Shop. A key feature is that the units are mobile so they can be easily moved in and out of the shop each day. Pictured (L-R) are Shed Members Roger, Phil and Colin along with Sutherland Hospital volunteers Wendy and Marilyn.

Donated Equipment Upgrade:



A wide range of DeWalt battery powered tools were recently donated to the MMS by Mr Barry Hoare of Wesfarmers Industrial and Safety (Blackwoods Team Marko, Craig, Phil, Graham and Barry). The MMS members sincerely appreciate the accorded support and generosity.

Menai Men's Shed First Aid Course



Some of the members practicing their CPR and Defibrillator skills.



Ron was either rolling 'H' into the recovery position or looking for H's wallet. Not sure. Anyway, H survived the ordeal.

The MMS Executive arranged for an Australian Red Cross First Aid course which was well attended and have at least 30% of our 90 members trained in (CPR) Cardiopulmonary Resuscitation and basic Emergency Life Support with the portable (AED) Defibrillator.

Following the course all First Aid boxes were accessed as to content, along with the Personal Protection Equipment (PPE) box and relocated to key positions throughout the shed. Notably, the PPE box has been relocated near the divided doors prior to entering the wood machine room. Safety glasses and ear protecting are to be worn when operating any machinery.

As a duty of care, members not wearing safety equipment will be asked to stop operating the machinery.

Stay tuned for our next newsletter.

NOTE:- If you have any relevant articles with photos for the MMS newsletter please submit for consideration, via email to ron.alexander.nsw@gmail.com