



Men's Sheds - Hunter Cluster Inc.

ABN 91 914 085 536

Monthly Newsletter

Volume I

Newsletter Date

June 2015

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General Committee

Alan Sams
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Next Meeting

15 July 2015 @
Cessnock Men's Shed

The Shed is located at
198-202 Vincent
Street, Cessnock @
10 30am

President's Spiel

Stephen Wall welcomed the members present and thanked the committee and members from the 2322 Men's Shed for hosting the Men's Sheds Hunter Cluster June 2015 Gathering. Again we had an excellent attendance with 14 Men's Sheds present and over 30 from the Sheds.

A rather robust discussion proceeded the guest speaker for the day and some of the topics discussed were:-

List of Shed Gathering remaining for 2015:-

15 July Cessnock
19 Aug Stroud
16 Sept Singleton
21 Oct B/Greta & AGM
18 Nov Elernmore Vale
16 Dec Hawkins Village

Stroud Men's shed will now host the August Gathering.

These date are subject to change, watch the website for coming events.

MSHC secretary will send a letter to AMSA and NSWMSA requesting clarification regarding the AMSA National Conference and if the local member sheds could attend parts of the Conference at a reduced cost. It was also suggested that the sheds do the same and write to John Sharples, secretary of NSWMSA. When an answer is received it shall be circulated to all members.

The changes to the MSHC Constitution have now been completed and a Special General Meeting will be called in conjunction with the next Gathering at Cessnock to approve the changes. Notices should be sent out on Monday 22/06/2015.

A new PA system has been purchased to assist with meeting for the MSHC.

More to come on Bus trips to AgQuip and a overnight trip to Illawarra Regional Airport at Albion Park and Train Museum

at Thirlmere.

The HYMC is conducting mentor Training for members on 17/07/2015 and 21/08/2015. Anyone interested can contact the MSHC Secretary for more information.

The members present were advised that an election was required for the position of Zone 7 Coordinator. Anyone requiring more information or voting forms regarding the election are to contact the Secretary of NSWMSA, John Sharples.

The ACNC Commission's Interpretation of the Health Promotion Charities was tabled. This document is to be circulated to all members for their information. For more information on this matter go to www.acnc.gov.au/ACNC/ With this week being "Men's Health Week" and with the arrangement by 2322 Men's Shed we proceeded to hear from two guest speakers around this subject.

Guest Speakers

The first speaker, Alana, a local Pharmacist from Ber-



esfield Chemist spoke about the importance of having regular Blood Pressure testing and some of the problems associated with high blood pressure called a "silent disease". High blood pressure can lead to serious health problems such as heart attack, stroke, heart failure and kidney disease. Therefore, it is important to have regular blood pressure checks and talk to your doc-

tor or pharmacist if you have any questions. Alana spoke about the risk factors, diagnosis, treatment, lifestyle and diet to assist with



controlling blood pressure.

The second speaker, Suzanne, an Accredited Audiometrist from Hearing Life, spoke about the effects of loss of hearing, the effect on people's lifestyle and the solutions of loss of hearing. The cost of hearing devices was discussed and that everyone can arrange some means to have these devices available to improve their quality of life. Suzanne also invited all present to sign up for hearing test. Unfortunately due to the environment we couldn't conduct these test on the day. Both lady's presentations were very worthy and enlightening and they both offered to visit sheds wanting the presentation repeated at any time. For more information on both subjects you can contact Alana at or Suzanne or the MSHC Secretary.

Next Gathering

July Gathering is to be held at Cessnock Men's Shed on 15 July 2015 and will be the Christmas in July event. **All members are reminded that each shed is to bring a gift to be raffled.**

Before the MSHC Gathering a Special General meeting will be conducted to approve the changes to the MSHC Constitution.