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# KINGSTON MEN'S SHED

No.6 November 2012

14 Gormley Drive, KINGSTON, 7050

## T.S.M.A. A.G.M.

The newly elected T.M.A.S. Committee are:

President	John Waters
V/President	Peter Shelly
Secretary	Ken Sulman
Treasurer	Saurdra Comins
Board Members	Paul Fannon
	Ross Kent
	Kevin Clayton
	Brendon Evans



A few of the guys at morning tea



Eyes down and looking

To work or not to work at the T.M.S.A. A.G.M.

## **TASMANIAN MEN'S SHED ASSOCIATION**

Kevin Clayton has been elected to the board of the T.M.S.A. and has taken on the portfolio of SOUTHERN REGION COORDINATOR. The state has been split into telephone areas (62, 63 & 64), so Kevin has 18 Sheds in the area to look after.

Instead of having a 2-day live-in AGM next year, the AGM will be a 1-day gathering and will be hosted by the LONGFORD SHED. The 3 Regions will hold 1-day seminars during the year. Dates and venues to be decided but Sheds will be given plenty of notice.

The area that the AGM was held, 'Gumleaves' (about 10km north of Triabunna) is a large, open bush setting area. There are about 10 family cabins which are self contained (fridge, stove, linen etc), a tent area and an area for caravans. There is plenty of things to keep the kids happy with different types of play equipment.

## **KEY-NOTE SPEAKER**

Graeme Lynch from the NATIONAL HEART FOUNDATION of AUSTRALIA came and presented a very informative talk, yes you guessed it,

### **HEART ATTACK**

Signs of and prevention of.

A few stats to begin with;

Heart attacks claims one Australian life every 51 minutes.  
2010 in Tasmania, 946 deaths due to Coronary Heart Disease.  
More than 50% of heart attacks occur before victims reach hospital.  
1 in 3 people would NOT call **000** if experiencing chest pain.  
Once the heart is damaged, it will not recover.

### **HEED THE SIGNS**

Crushing pain in the chest.  
Dizziness.  
Short of breath.  
Cold sweat.  
Pain in the neck (not from your mate), jaw, arms or shoulders.  
A possible combination of the above.

Call **000**, not your Doctor or the neighbour

### **IN THE DANGER ZONE**

Those of us in the older population.  
In a lower economic society.  
Smokers.  
Being overweight.  
Living in a remote area.  
Tas. has the highest heart attack rate in Aust.

**A FALSE ALARM IS THE BEST OUTCOME**  
**THINK OF YOUR FAMILY AND FRIENDS**

[www.heartattackfacts.org.au](http://www.heartattackfacts.org.au) is a good place to get more info.

### **CHANNEL COURT CHRISTMAS SLEIGH**

The Christmas Sleigh has been delivered to Channel Court and an account for \$2,500 has been raised. The paint work needs another touchup which will be done in the next couple of weeks. Man power will be needed to set things up in the Mall area of Channel Court ready for Santa. This will happen in the first week of December. Channel Court will advise dates and volunteers will be asked to help out.

I would like to take this opportunity to thank all Shedders for their help and assistance that has been given in the construction of the Sleigh. It was a huge task to undertake and many rewarding hours and a lot of fun has seen our first big money maker complete. A great effort, thanks again to all concerned. KEVIN

### **CHRISTMAS RAFFLE**

Channel Court has given us the opportunity to have a Children's Christmas Raffle in conjunction with their Santa display. Dates are Monday 10 to Friday 14 December. We will need at least 2 people on site during the day to sell tickets.

Several members have put up their hands to make toys for the raffle, more info later. We also need someone to draw up a roster for the ticket sellers.

If everyone could give a few hours during this time it will be a successful undertaking and an easy fundraiser for the coffers for the Shed.

### **NOTES FROM FENN**

An application for the extension to the Shed has been lodged with the Tasmanian Development Fund. Bricks etc which are at hand would be utilized in the construction of the Shed and members would be asked to provide labour where necessary. This would help keep our cost down.

A garage sale was proposed to be held at the Shed with surplus items be disposed of and members would be asked to make donations. It would also be possible for some selected items to be sold on commission.

Regards Fenn

Please note Kevin Clayton new email address [kandcclayton@hotmail.com](mailto:kandcclayton@hotmail.com)

Our next BBQ at the shed will be Thursday 8 December

“Be yourself; everyone else is already taken”

Oscar Wilde





