

MACKAY-WHITSUNDAY REGION

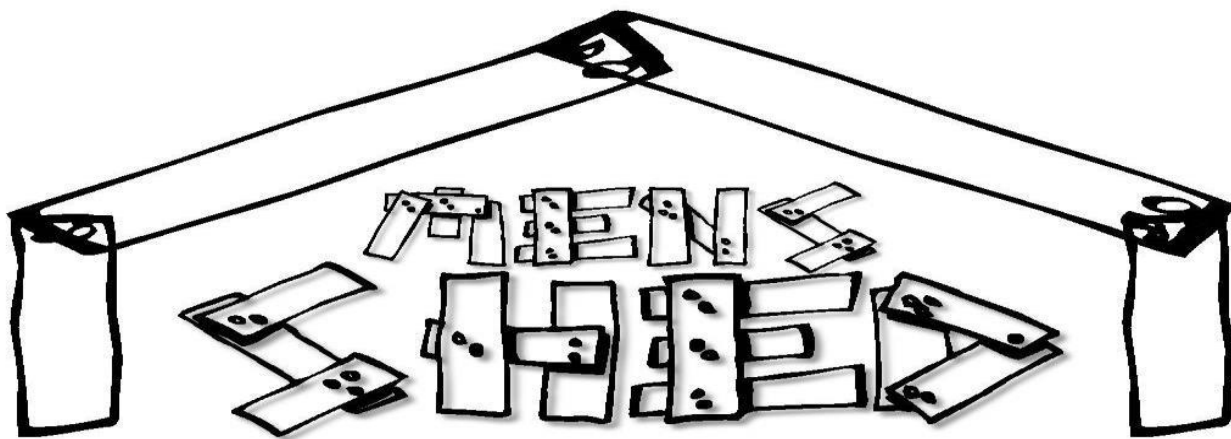
MEN'S SHED NEWSLETTER

April 2016

Health Resources for Men's Sheds

An important message for all Management Committees

1. D.I.Y. Health Toolbox and other Resources- the Department of Health has made available the DIY Health Toolbox and other DIY resources for Men's Sheds. Each Men's Shed can order up to 2 toolboxes and a variety of other DIY Health items. Toolbox supplies are limited.
The DIY Order Form is now available on the AMSA website www.mensshed.org under the 'Health' tab.
When completed, please email the order form to health@nationalmailing.com.au
2. The National Tobacco Campaign has a range of resources that can be ordered directly from the QuitNow website. If you would like to place an order for more than 200 copies of a resource, please email quitnow@health.gov.au
3. The Health Star rating campaign has printable factsheets about the system for both educators and shoppers, available on their website,
<http://healthstarrating.gov.au/internet/healthstarrating/publishing.nsf/Content/campaign-resources>
4. The National Bowel Cancer Screening Program campaign also offers printable resources, in an effort to increase awareness of bowel cancer. These resources are also available for both culturally and linguistically diverse and Aboriginal and Torres Strait Islander audiences. Website link:
<http://www.cancerscreening.gov.au/internet/screening/publishing.nsf/content/bowel-campaign>



Iona West Mackay: 7 Brooks Street, West Mackay

***0409 570 268**

Beaconsfield Mackay: Beaconsfield Road, North Mackay

***07 49423321**

Sarina: 40 Lee Street, Sarina *0402 248 716

Airlie Beach: Shute Harbour Rd, Airlie Beach *0408 775 357

Proserpine: Proserpine Community Centre * 07 4945 5915

Bowen: 5 Sinclair Street, Bowen * 0415 888 778

What's on at a SHED near you??

Sarina & District Men's Shed

Opening hours: 8am - 12pm Wednesday & Saturday

* Smoko around 9:30am

First Saturday of every month (2nd April) *"knock off early" BBQ Lunch*

Iona West Men's Shed

Opening hours:

Monday: 1pm – 4pm

Tues/Wed: 9am-12pm & 1pm-4pm

Saturday: 9am – 1pm

March Breakfast @ the Iona West Hall

7 Brooks St, West Mackay

First Saturday of the Month

2nd April @ 7:30am

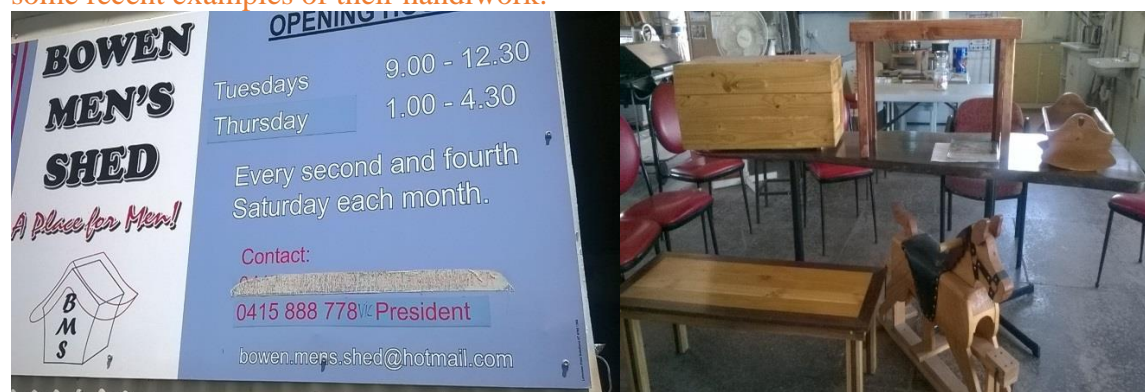
Cost: \$5.00

Guest Speaker: Wayne Daly (Engaging Fathers)

Bowen's Men's Shed members are active in the community. They enjoy supporting local charities by donating the proceeds from their monthly Sausage Sizzle at the IGA. If you see them out and about drop in, say G'Day, & grab a sausage.

Opening hours: 9am – 12:30pm Tuesday, 1pm – 4:30pm Thursdays, 9am – 12pm Saturdays

Bob Knight and the men of the Bowen Men's Shed have been hard at it. See below some recent examples of their handiwork.



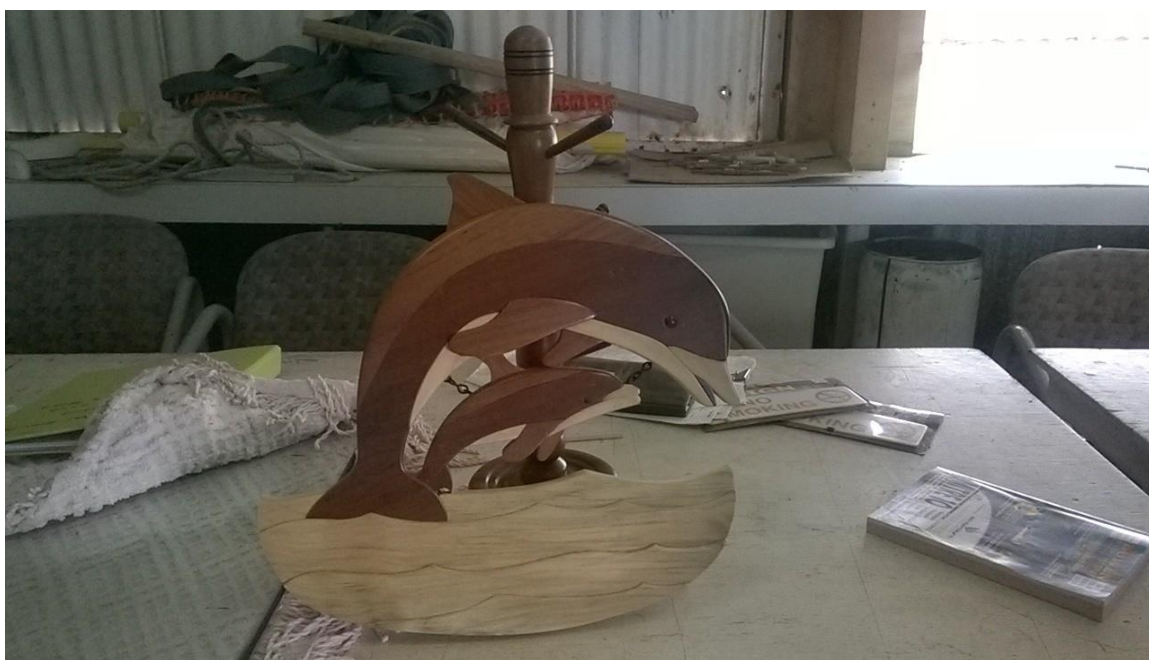
Beaconsfield Road Men's Shed

OPEN: Every Wednesday 9am-1pm



BUILDING STRENGTH THROUGH COMMUNITY

Bowen Woodworkers and Wood-turners



Bowen woodworkers and wood-turners are located at the show-grounds (Mt Nutt Rd) in Bowen.

When did you have your last tune-up?

Us blokes can generally be quite fastidious about our machinery. It doesn't matter if we are farmers, timber workers, truckers, miners or car owners when a service is due on our machinery we either do it ourselves or we get the mechanic to do it. This is especially so when the value of our machinery is significant – sometimes hundreds of thousands of dollars! With the correct maintenance schedule we can keep our machinery running optimally and can often avoid costly repairs - problems can be identified and fixed early before they become major.

Our most valuable piece of machinery however is our own health – if we are incapacitated then we are unable to operate all the other machinery that we own. But when it comes to us blokes looking after ourselves we are generally not very good at it! We mostly don't have a "maintenance schedule" and tend to use the "wait and see" approach. Physically, if we have an ache or pain, our attitude is often that of "I'll battle through this" or "I'll wait a while and see if this gets better by itself". For most of us we get away with this most of the time.



GET IN TOUCH Email: info@malehealth.org.au

Dad Jokes that are so bad they are actually good...

“What time did the man go to the dentist? Tooth hurt-y.”

‘Did you hear about the guy who invented Lifesavers? They say he made a mint.’”

“A ham sandwich walks into a bar and orders a beer. Bartender says, ‘Sorry we don’t serve food here.’”

“Whenever the cashier at the grocery store asks my dad if he would like the milk in a bag he replies, ‘No, just leave it in the carton!’”

“Why do chicken coops only have two doors? Because if they had four, they would be chicken sedans!”

www.buzzfeed.com/.../29-dad-jokes-that-are-so-bad-their-actually-good

For more details or to make a submission to this newsletter please contact;
mfry@raq.org.au

Gambling**gh**elp

MACKAY AND WHITSUNDAY
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