

Dynamic Learning Award

We're pleased to learn that we are winners in this nationwide initiative that "*recognises and celebrates education initiatives that help strengthen communities. The Awards acknowledge 'giving things a go' and the fun that is part of Adult and Community Learning.*"

We are invited to the prize giving ceremony and receive our award and prize money. Unfortunately its being held in Kaitaia this year and while the sunny north appears, that's beyond a City Menzshed budget.

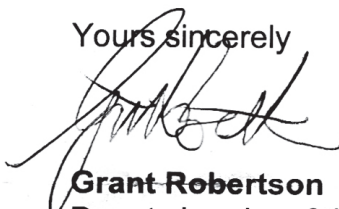
Message from MP To all at the Menzshed

I would like to congratulate everyone on receiving a Commendation in the Health and Wellbeing Category at the recent 2013 Wellington Airport Regional Community Awards for Wellington City.

I am well aware of the wonderful work you do at the Menzshed and the commitment and dedication you give to the project. You are helping many people to discover new things to do and provide a warm social environment for men who may otherwise feel isolated.

I am delighted that your work has been recognised with this award

Yours sincerely



Grant Robertson
Deputy Leader of the Labour Party
MP for Wellington Central

Prostate, Cupcakes, Sausage Rolls and a Longer Life

You may have thought, as I did, that a talk on Prostate cancer would be depressing and a bit of a bore. It wasn't. It was one of the most delightful and informative talks I've ever been to.

Professor John Nacey told us that even ancient Egyptians in BC times suffered from enlarged prostates. He spoke of prostate being described in medieval medical journals and then produced some of the older and newer devices used to relieve the inability to micturate.



However the highlights were when he used a cupcake, that we'd provide for lunch, to illustrate the size of a prostate. Later a sausage roll was used to demonstrate what was achieved in surgery to deal with the problems of prostate cancer. This all might sound rather bizarre, but it was a very effective means of communication and undoubtedly help our understanding.

Almost as an aside Professor Nacey said that the familiar terms of three score years and ten to describe the normal limits of a man's life was no longer valid

. He said that with all the advances in medicine we could expect to live until we were 90!

And the overriding message? Make sure you ask your doctor for a PSA test at least once a year. Professor Nacey said the presence of PSA in a test was the best way of detecting prostate cancer in its early stages.

Landlord Says No to Garden

A proposal by some people to turn the building site around the old Chinese Mission Building into a temporary garden has been turned down by our land lord, Maurice Clark.

Although the proposal was mainly plantings and some seats, one of the proposers said that Maurice had told him that he was concerned this might bring undesirables onto the site.

The fenced off site will now be cleaned up and made more secure.

The MenzShed is open to all Wellington men, but especially those in the older age group.

We offer a place where you'll find companionship, and a chance to revive your old skills, or learn new skills.

We help Kindergartens, Plunket, Refugee Services and other community groups by repairing and painting broken furniture. We have a great collection of tools.

We meet from 10 to 1pm on Tuesdays and Thursdays, and from 12 to 3pm on Wednesdays.

You will find us at the old Chinese Mission Hall, 46 Frederick Street.

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