

Newsletter Date December Issue No 2 Australian Mens Shed Association

Contact us by Email amsa@tpg.com.au

Australian Men's Sheds Association Newsletter



Produced By

"The Shed" @ Windale

For AMSA

amsa@tpg.com.au

*Wishing you all a Merry Christmas
And a Happy & Prosperous New Year*

In 2009 - It's TASMANIA



The AMSA committee have just confirmed that the 2009 National Men's Sheds Conference will be held in Tasmania.

At the Manly conference submissions were requested by 30th November from Sheds interested in hosting this event and from this Pete's Community Workshed in Hobart was selected. They will be the main organisers but other Sheds in the locality will also be involved and John Waters has already got offers of help from a number of local organisations.

A major problem in planning such a conference is knowing what the delegates want to discuss and you can help in this regard by sending in your suggestions. We will keep you up to date with the planning of this conference through the Newsletter.

Hunter Valley Shed Cluster Group Holds First Meeting



The Hunter Valley Shed Cluster Group Representatives

At the recent National Manly conference it was identified that regional cluster groups could benefit shed operations and members with a recommendation to individually examine the potential for each area. The formation of the regional cluster concept also assists in creating strengths for the development of our Association as well as funding and cost saving opportunities. As a result, the first meeting of the newly formed Hunter Valley Shed Cluster Group was held in Newcastle on Friday December 7.

(Full Report on page 3)

Initial Planning Help

Preparing initial proposals for new Sheds is a difficult stage. During the last month two of our most experienced "Start up Advisors" - Ruth van Herk (Lane Cove) & David Helmers (Windale) have travelled & made presentations to help a number of organisations with their planning.

(Reports on pages 2 & 3)

Contact us by Email

A new email address has been set up for all Association business
amsa@tpg.com.au

To contact us please use this address.

“Welcome to Bourke No Roundabouts, No traffic lights and peak hour is Friday”

By David Helmers

On a dry hot November Tuesday afternoon I was welcomed with these words to the dusty town of Bourke NSW.

The trip began several months earlier when Fr Brian Roach, the Anglican Minister located in Bourke contacted me inquiring about the benefits of Mens Sheds and how to establish one. After lengthy discussion of the diversity of sheds Fr Brian extended an invitation to address a public meeting to be held at the Bourke Bowling Club this suited well as I also had been invited by Sue Stoddart to address a similar meeting in Dunedoo the same week.

Departure time was 4am on Tuesday morning and the long 751Km drive began, plenty of time to contemplate to myself how much a shed would benefit these two rural communities caught in the midst of one of the most brutal droughts. The one thought that stayed stuck in my mind from the discussions with Fr Brian was that of the alarming rate of male suicides in these rural communities. Knowing that a shed could really make a difference I pondered on these thoughts for hours.



The Proposed site for the Bourke Shed

A brief stop for a much needed hamburger in Trangie and 8 and a half hours later I opened the car door allowing the cold air-conditioned atmosphere to escape and the oppressing 43 degree heat to invade I was welcomed to Bourke by Fr Brian with those words “Welcome to Bourke No Roundabouts, No traffic lights and peak hour is Friday”.

The afternoon was filled with a tour of Bourke and a visit to the Famous Back of Bourke “Northy Hotel” for a few much needed refreshments. After a pleasant dinner with local community members interested in forming a shed it was off to inspect a shed that is being donated by a local businessman for the project followed by the Bowling Club for the meeting.

I gave a brief presentation on sheds and the creation of such projects which encouraged further discussion where many great ideas were tabled. Community members present decided to create a shed committee and outlined an action plan to ensure the project gained momentum.

I have since received emails from Fr Brian informing me that the committee is holding the first of hopefully many social Barbeques for interested members, these social days are to be held on Thursdays when all the farmers come into town and shall immediately provide men a place to gather and talk as well as providing them with a common interest in this difficult time.

The next day arrived with another epic road trip, 490Km to Dunedoo for a repeat performance, again a hamburger break in Trangie. Although both townships are agriculturally based they are vastly different, Dunedoo has a busy highway running by providing passing business to the local shops. Sue Stoddart showed me the proposed sight for a shed, which is the most unique shed I have seen and a brilliant idea - the disused railway station. The buildings are in incredibly good condition bearing in mind the station has not been in use for over 20 years, I was very surprised to see the old safe still in the station masters office and still intact, with the door locked closed. I couldn't help but wonder what was inside.



Dunedoo Railway Station

The evening meeting was well attended by representatives of several regional communities interested in initiating a Mens Shed project. The meeting again resulted in constructive discussions on the subject of Mens Sheds focusing on how to start a shed with immense interest in Auspicing and funding. It was interesting to note that another organisation had made a presentation to this group previously and they had forgone the idea of establishing a shed due to the expensive fees involved. It was a direct result of this newsletter that I was invited to attend their meetings to provide information on alternative option that had regenerated their enthusiasm for sheds. This trip was a fantastic journey where I met some wonderful people, As you would all be aware by now there are plenty of us out there that are willing and wish to help sheds develop - it is just a matter of asking. David can be contacted at david.helmerts@mn.catholic.org.au



Dunedoo meeting

Hunter Valley Shed Cluster Group Holds First Meeting

The meeting provided for two representatives from the following seven shed groups, Cessnock, Maitland, Manning River, Morisset, Newcastle, Salamander and Windale and was well attended.

Excitement and enthusiasm would describe the spirit of the meeting with healthy discussions and very positive results ensuing. The group primarily resolved that the cluster group shall be open to all sheds within the geographical boundaries of the Hunter Valley regardless of the stage of development or operation, with a view to providing open lines of communication and to facilitate exchange of information and selective material supplies. It was further determined to consider the feasibility of the group becoming an incorporated cooperative.

A draft of a proposed structure was discussed at length with all acknowledging the need for individual shed coordinators and an area coordinator to ensuring operational consistency within the area.

The group also agreed to develop terms of reference for the future aims and objects of the cluster committee to provide assistance to co-shed members by:-

- Sharing of Information, skills and materials
- Collective marketing and sponsorship.
- Collective approach for OH&S matters and procedures.
- Collective approach for insurance coverage.
- Collective fundraising.
- Feasibility of a central storage area for certain materials.
- Creation of a central website and contact point to provide information to the community and potential shedders.

The free interchange of information, quality suggestions and relevant questions that transpired during the short meeting was a strong indicator of the anticipated success and future of such a forum, undoubtedly worthy of the time required to achieve a workable area structure.

I am sure members left the meeting with a great sense of achievement and beneficial interaction within the group, but with the knowing reality that there is still a lot of work to be done.

The next meeting is scheduled for February 2008.

Roger Greenan, Windale Shed

MUDGEES/GULGONG TRIP by Ruth Van Herk

I travelled to both Mudgee and Gulgong on 26th November 2007. I discussed the open forum meeting to be held in the town that night with its Convener Andrew Whale who is the Community Nurse for the vast Mudgee district. I also supplied brochures about Men's Sheds and provided the Manual. Relevant aspects of committee formation and roles were pointed out in the Manual. A venue area has been loosely 'promised' by Council on the old showground area at the edge of the town. The people of Mudgee are planning to build a very large purpose built Shed which will have the Men's Shed as its main activity, but also include a number of other activities under the same roof. A town meeting was held that night attended by 60 people and Councillors of this LGA, including the Mayor. The meeting was deemed most successful and Ruth is in touch with Andrew regarding the next steps.

The Gulgong meeting was attended by a number of Rotary Club members, the local journalist and sundry interested townspeople – including about 3 women. A most positive discussion on the setting up of a Shed, working committees and how to progress with a Shed formed the information for the evening. Gulgong has access to a fantastic Scout hall complex which has been resumed by the Council who wants to encourage a community project to use it. It is fully supportive of a Men's Shed being set up in this building. Ruth is in touch with Alf Zammit who is leading the committee's work and they also bought a Manual. Ruth can be contacted at lanecovemensshed@nsr.unitingcare.org.au

Victorian Men's Shed Association

Written by Lyn Kinder, Secretary

The Victorian Men's Shed Association first met on the 30th March 2007 at Sunshine Mission the home of Brimbank Men's Shed, located in the western Suburbs of Melbourne.

The intention of the first meeting wasTo acknowledge where we are now, to discover where we wanted to be and discuss how to get there/ what would be the next steps. At the next meeting in Ballarat on the 15th June 2007 the numbers had doubled and the focus was on our Statement of Purpose. A decision was then made to become incorporated as we felt we needed to get organised with the increased interest from Victorian Sheds and recognition of our clout.

The third meeting was held in Melbourne on the 10th August 2007 where a management committee got the vote. We were enthused when Cathy Donovan from the Department for Victorian Communities, asked to speak at our meeting about funding for Men's Sheds. This meeting was also a celebration of the Launch of Rick Hayes report, Men's Sheds: Exploring the Evidence for Best Practice.

The fourth and last meeting for the year, was in Bendigo, late in November. With a full agenda, we discussed topics which included Media and publicity...we acknowledged those who have been involved; other topics discussed were the Sydney Conference, the Mission Statement, a Patron for our Association and a logo competition for our new brochure.

In between meetings many have been beavering away to maintain relationships, set up the association, speak to media, spread information via email and undertake other associated tasks. Many are gladly contributing well above their employment requirements.

Mens Health with Greg Millan Eating for better health.

Everyone is on our back about eating right these days and what is good for us and what isn't seems to change daily. There are two types of essential nutrients in life - macro and micro. Macronutrients are the things we need a lot of like fats, carbohydrates, proteins and water. Our bodies break down proteins into amino acids, which help build muscles, repair body organs and help to keep blood clean. Fats supply a concentrated source of calories and even help transport certain vitamins into the body. Carbohydrates which include sugars and starches are stored in the body in muscles and provide the raw materials that we burn for energy.

Micronutrients are little treats in very small packages. You don't need a lot, but you do need some and you don't want to run short of any. They are mainly vitamins and minerals and you know the old story of lack of vitamin C leading to scurvy - got the picture.

It is important to remember that everyone is different and has an individual metabolism and very personal likes and dislikes around food so let us look at some overall guides to more healthy eating.

Don't be scared of any particular food or get too hung up on the I must eat one of each of the five food groups per day rule. We've got more than enough on our plate in life without the mental torture of worrying that we haven't had our right share of grains today.

Its much better to take the approach of variety and moderation, so mix and match dairy products with some vegies, lots of bread and some fruit. Next day go for pasta for lunch and red or white meat at night. If you eat a variety of foods of every type you won't go wrong.

Try a little more fiber or roughage in your diet. Eat more cereals, whole-grain breads, pastas and fruit and veg every day. Fiber keeps your cholesterol levels down and reduces the risk of stomach and colon cancer - one of the big health problems for men.

Thirdly cut down on fats as too much leads to heart disease, cancer and diabetes just to name a few things you could do without. If you see fat on meat, cut it off and watch those greasy fry ups and most takeaways. The basic rule is the less fat you put in your stomach equals the less fat you put on your stomach. Simple stuff to remember and happy eating.

Greg Millan is a Men's Health Consultant working in Newcastle and he can be contacted at gmillan@bigpond.net.au



MEN'S SHED THE MOVIE



Nearly two years ago a small, yet determined, team of Men's Shed boys took a journey where no Men's Shed has been before. We didn't go to the movies, we made a movie!

Who could believe these guys could rise to the occasion to the point where they represented Men's Sheds at three international film festivals. Winning an award at one local film festival as well as being screened on Melbourne's Channel 31 and Channel 9, A Current Affair.

The film is available from Producer Novak Ristov for \$25 including posting and handling anywhere in Australia. 40% of the profits from the film go back to the Manningham Men's Shed in gratitude for the men and families giving up their summer to make this film. You can contact Novak on mobile 0416 140 961 or novakristov@primusonline.com.au or just Google "Men's Shed, The Movie" for more information.

Humour, did I hear humour! What is a Men's Shed without humour? There is a great deal of humour in this film, both in what ended up on the cutting room floor and what was not fit for the final cut. What did make it to the finished film was clever low budget special effects and everyday jokes that we hear at the Manningham Men's Shed, they always give us a laugh!

A special appearance by well known Australian Actress "Tracy Mann" closes the film with a dose of comical romance. Every great film has its love story and "Men's Shed, The Movie" is no exception.

The tight knit team of film makers, Dobrejcer & Ristov Films, bring life to the tragedy and disaster of the film's subjects. Dobrejcer & Ristov show the light of the remarkable journey these men have under gone, literally to deaths door and back only to go on and make the most of the opportunities that previously bound their fate.

SYNOPSIS OF THE 2ND NATIONAL MEN'S SHED CONFERENCE.

The 2nd National Men's Shed Conference was held at Manly on 12th, 13th, 14th September 2007 and was hosted and sponsored by UnitingCare-Ageing . The Shed @ Windale was represented by David Helmers; Don Spence and Roger Greenan with Roger as a session presenter.

The conference consisted of two nights and two days activities. On arrival on Wednesday September 12, representatives (approx 150) were welcomed by the Mayor of Manly and other dignitaries at a civic reception where many words were exchanged between members while partaking in light refreshments.

Thursday morning involved numerous and interesting speeches by the Mayor of Lane Cove, Peter Andrews who outlined their involvement with Men's Sheds; Ian Kiernan (from clean up Australia) and a shed patron; Mrs Judy Richardson, past President of Country Women's Assn, who was very bright and interesting for a woman in her early eighties. There were a few other speeches such as the keynote speaker and the official opening on the Friday morning by the Federal Minister for Ageing, Christopher Pyne. All speeches were informative and relevant to the conference.

(Continued on Page 6)

SYNOPSIS OF THE 2ND NATIONAL MEN'S SHED CONFERENCE. (Continuation)

The program for Thursday afternoon was busy with six workshop sessions conducted between 1.30 pm and 5 pm. The sessions were held concurrently and you had to move from room to room to attend selected sessions which ranged from Establishing a Shed; Workshop Requirements/Layout; O H & S; Running & Developing a Shed; Inspection & Maintenance of Tools and Mentoring. The Workshop Requirements and O H & S were attended by Don and I respectively. I then presented a twenty minute session on the Shed @Windale, identifying the underlying value and need of mentors and the role they play, with Don ably assisting during question time.

We were subjected to a dinner on Thursday night at the hotel which was very enjoyable and further promoted informative and social dialogue.

Friday was another busy day with provision for seven workshop sessions programmed to conclude at 4 pm. Examples of the sessions were Funding Matters; Different Types of Sheds; Volunteers; Men's Health & Sheds and Indigenous Men & Sheds to name a few. Some sessions were more informative than others, eg the Funding session was more of a workshop with attendees having more input than the presenter, providing no different information or advice other than what is already available on how to obtain funding. On the other hand, the session on OH&S was informative with a few ideas/practices noted for local consideration.

The concept of a conference is quite valuable, providing attendees with heaps of information discussion opportunities which occurred regularly at every break. Dave was generally busy with the National Association setup and Don and I appeared to be sought out by representatives from Maitland; the Central coast and Taree.

Each attendee was encouraged to complete an evaluation of each session as well as the conference in total. It will be interesting to read the comments about our presentation which attracted approximately 60 people and appeared to have been well received.

Roger Greenan - (The Shed @ Windale)

Ted's Handy Hints on Mobile Phones

Emergency Number. Whilst wired phones have varying Emergency numbers (000, or 999, or 911) Mobiles have a worldwide number (112). This number 112 can be dialed even if the keyboard is locked.

Your Mobile Car key. If you have mislaid your car key with its remote door opener - phone whoever has the spare key, get them to click their remote into their phone and hold your mobile near to the car lock. I am assured that this works.

How to disable a STOLEN phone. On your phone key in *#06#. This produces a 15 number code which is unique to that handset. Write this down and store safely. If the phone is stolen, give this number to your service provider & they can block the handset. Even if the SIM card is changed the phone is useless. You probably won't get the phone back but at least the thief can't use or sell it.

Testing your Microwave Oven. Unplug the microwave oven and put your mobile phone inside. Call your mobile from another phone. If it rings the oven is unsafe. Ovens have screening to stop microwaves getting out. If the phone rings then radio waves are getting in and the unit should be checked further.

Hidden Battery Power. Nokia phones often have a reserve battery. If the main battery is low press *3370# to get a 50% increase. This reserve will get charged when you next recharge the phone.

Wanted

Articles and Stories

Feature sheds



To ensure the future success of our newsletter we require your contribution for submissions. Articles may include stories on what your shed is working on, new initiatives, tools and techniques and cluster group meetings.

Feature shed articles have been well received by our readers and we require more sheds to contribute to this by submitting short articles of the history of your shed and what you do today. Please submit your articles in word format (300 to 400 words) with a variety of photos.

Submissions can be forwarded to david.helmerts@mn.catholic.org.au

Or amsa@tpg.com.au

Merry Christmas

To all shedders, family and friends,
And the best of wishes for a happy and safe
New Year.

The Australian Men's Sheds Association Newsletter is supported by



Centacare Newcastle



Northern Sydney Region

Produced By

"The Shed" @ Windale

In order to clarify the confusion that exists in a number of Men's Sheds and the organisations that sponsor and support them, the following statement is made:

There is no relationship between the community-based "Australian Men's Sheds Association (AMSA), representing independent Community Men's Sheds, and the Company "Menshed Australia Ltd".

There is no relationship between AMSA supporters Centacare and UnitingCare and this company.