



The

Shedder



Australian Men's Shed Association
SHOULDER TO SHOULDER

" The Official Newsletter of the "Australian Men's Sheds Association " "
Patron in Chief His Excellency General the Honourable Sir Peter Cosgrove AK MC
Patrons Professor Barry Golding, Professor John MacDonald

AMSA Partners with Garage Sale Trail



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Once again we are incredibly pleased to announce the continuation of the Australian Men's Shed Association (AMSA) partnership with Garage Sale Trail, the nation's biggest reuse and community event. The partnership will see Men's Sheds across the country join hundreds of thousands of people in organizing a garage sale on Saturday 22 October this year, as part of the sixth annual national event which aims to promote reuse and build a stronger sense of community.

Garage Sale Trail is a great way for your Shed to fundraise, clear out old stock and recruit new members! Last year a selection of Sheds participating throughout Australia from Gympie to Busselton and down to Werribee. On average, community groups tell us they raise between \$1,000 - \$2,000 on the day. Now's your chance to see if you can beat this fantastic fundraising total, and set the bar as one of the top fundraising Sheds! You will find enclosed further information about how you can get involved in Garage Sale Trail this year. Registering is free and easy to do. You can:

- Visit the website and register online at www.garagesaletrail.com.au
- Call the hotline on 02 8005 6622, and have a registration form sent you in the mail

If you register prior to 25 September, you'll receive a free promotional pack including posters, price tags and letter-box slips to help you advertise your sale locally.

Finally, also enclosed is a Garage Sale Trail flyer for your Men's Shed Notice Board, to help you promote the event and get others on board. We are proud at AMSA to be a part of something in our community that's making a positive social and environmental difference and look forward to seeing how your Local Men's Shed gets involved.



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RARE SPARES



Mukinbudin's John Smith and his restored 1926 Ford T Pickup



Following on from our last Edition of "The Shedder" and our ongoing partnership with Rare Spares, we came across John Smith from Mukinbudin. For those of you unfamiliar, Mukinbudin is a small town of no more than 300 people and is 290km east of Perth. 'Mukka' as the locals call it also holds legendary status in the world of Men's Sheds as the town which hosted what is arguably the best gathering of Men's Sheds ever back in 2009. This small town (and a great Men's Shed) hosted over 200 delegates for two days that essentially doubled the towns population over night. The event was organized as a way of connecting with the Shedders in the area most of whom could not attend the AMSA Conference in Hobart held a month prior. At the conclusion of the event Professor Golding famously proclaimed the event as the "Best that he has ever attended".

John is a member of the Mukinbudin Men's Shed and has a passion for his 1926 Ford- this is John's story.

Hailing from the Midlands in the UK, John Smith arrived on Australian soil nearly 50 years ago, however his automotive passion started well before then. Throughout his childhood, John had always been inquisitive and interested in anything with an engine. John took a liking to vintage tractors from an early age and this led to him becoming captivated by trucks and cars.

Since moving to Australia, John has built countless vehicles including his own 4WD tractor, which was so popular it was proudly displayed in the main street of his home town, Mukinbudin.

John's 1926 green Ford T Pickup is one of his most prized possessions and after countless long nights in the shed, the car was completed in less than 3 years.





The infamous Mukinbudin Men's Shed Conference in 2009

After owning a small fleet of T Fords, John had accumulated enough parts to begin the build. Using nothing more than vintage photographs, he set to work fabricating and building everything from scratch. The car needed something to get it moving so John opted to install a 4 cylinder 2.8L side valve petrol engine that's good for about 20hp. The car rides comfortably at 40-50, however John warned against taking it any faster, "You don't really want to go faster than cruising speed as you've only got rear wheel brakes and the steering isn't crash hot."

John mentioned that the car was originally built from factory to handle rough roads with the suspension featuring leaf springs in a side to side format instead of the usual front to back.

The model was originally manufactured in many countries including Detroit, Canada, England and South Africa before it was exported to Australia. The most fascinating aspect of John's Ford lays in the fact he custom built the cabin for the vehicle. Due to weather requirements, overseas T Fords were required to have a cabin to shield the driver from the elements but as Australia's weather was thought to be better, we only received the open top model.

"The hardest part of putting the car together was making rollers and dies to shape the steel for the cabin. It's a non-factory addition and due to the rarity and age of the car, I had to make a lot of parts," said John.

"We take the car to a lot of rallies around Western Australia, and because it has the custom cabin, it's also our wet weather car."

A true handy-man at heart John owns a number of vehicles including three T Fords, a Mercedes 240D which he has owned since new and eight tractors.

John's remarkable feat of building a car from scratch and literally using old photos and images of the car to help construction highlights John's ingenuity and quest for perfection. With Mukinbudin's small but close knit population of almost 500, we are sure that John and his marvellous creations are the talk of the town.

You can catch John and the other shedders sharing a laugh over morning tea at his busy Shed in Mukinbudin.





Rare Spares Fundraising Activities for Men's Shed

Depression affects 1 in 8 men at some point in their life and can be attributed to many different factors such as personal health issues, life events/ circumstances and even isolation. The factors that lead to depression also make living an enjoyable and fulfilling life very difficult. The Australian Men's Shed Association aims to tackle these issues by creating a space where its members can engage and encourage one another through a variety of activities and events, all in the name of improving relationships and quality of life.

With many Shedder's also being motoring aficionados, building and restoring their own unique rides, Rare Spares wanted to play a role in assisting the association. Sharing many of the same values as the AMSA, Rare Spares are now undertaking fundraising activities and have been doing so for almost 12 months. When purchasing a Rare Spares product online, customers have the opportunity to make a donation. Donations can also be made at Rare Spares' two company owned stores, Roxburgh Park and Bayswater North. When customers purchase a product in store, they are informed about Men's Sheds and asked if they would like to make a donation. Roxburgh Park store manager, Brad De Pasquale, spoke on the importance of Men's Sheds work.

"The Association is great. It definitely helps the older guys. They get to do hands on activities and spend time with people who have similar interests. The camaraderie they build with one another is powerful and I think it makes a big difference to their lives."

Both stores feature posters and flyers promoting Men's Shed and the important work they do. North Bayswater Store Manager, Dylan Boyes, also mentioned how crucial the Men's Shed is to its members.

"We all have someone in our family or know somebody who could use a helping hand. Men's Shed's around the country provide a great environment to enable a conversation and build friendships. It's an atmosphere where people can bond and support one another and that is really important."

Rare Spares also show their support through VIP nights, sausage sizzles and even working directly with sheds around Australia, and it's not just Rare Spares that gives their support, but also Aussie motorsport legend John Bowe. "It's nice to be able to help people in any way possible, I commend Rare Spares support of Men's Sheds and the association will always have my support."

JB is proud to be involved with organisations that make a difference, be it restoring classic cars or improving the health and wellbeing of the community. After attending the AMSA annual dinner, the racing icon was deeply impressed with the organisation.

"It was a very moving experience, these organisations are incredibly important, and the work they do is vital." In 2009 there were around 250 Men's Sheds nationwide and that number has well and truly grown to 957 and -*+continues to grow with more Sheds opening around the country. The AMSA aims to create awareness of mental health issues and improve the wellbeing and quality of life of its members. Rare Spares is excited to support such an important organisation and will continue to do so for a long time to come.



EO'S Report

Is your Sheds Management Committee Managing the Shed ? Earlier this year AMSA published an article on the 'Top Ten Threats to Men's Sheds'- we received a huge amount of positive feedback to this article and numerous requests to do more articles that are appropriate to the effective management of Men's Sheds. Often members of Sheds and committees request information on good governance as well as concerns from both that their Shed's committee is not effectively managing the Shed and one of the main ongoing concerns we all have is for ongoing governance and financial management for a prosperous viable future. After reviewing the issues of concern we have come up with a series of issues Men's Sheds and their management committees should consider. The expectations of Men's Shed are getting higher both from the members and the community but budgetary constraints are getting tighter and with less resources. Men's Sheds do not necessarily need to turn a profit each year but they do need to remain financially viable and there is a strong culture within the movement that is becoming more reliant on grant funding than generating sustainable funding. Some Sheds believe that Grant funds are a given right and Sheds can only exist on grants to develop and survive. As Men's Sheds we are still a very new concept to Australian society and culture but we are already proving our worth to our communities and within the Male Health sector but we need to learn from other organisations and the challenges they have faced just how we can teach others from the innovations that Men's Sheds have introduced.

Succession and strategic planning - One of the drawbacks with having a constitution based on model rules is that it is a requirement that the Shed as an Association holds an Annual General Meeting each year and elects the committee. This is good and bad. One it gives the members the democratic capacity to vote out one or all of the committee if they are doing a terrible job, but on the other hand a new committee can have new ideas that are not consistent with the plans previously made, which usually had expenditure associated with them and there we have the classic lack of consistent planning. A good strategic plan should be approved by all the members and set in place for at least a 3 year period or until the objectives are reached so a newly elected committee cannot change the agreed principal aims without going back to the membership. Some constitutions include a system where a certain number of Committee members must resign each year and some are retained as a means of succession planning, these can be very complicated and in many cases people do not serve the required time to make this effective. Another approach that Rotary Clubs have successfully adopted is that they vote for an incoming Chair or President (Chairman elect who serves as a vice Chair or President) and not a vote for the position to take effect immediately. The Chair will serve for a defined period (2-3 years) and when the newly elected officer, who has just had several years learning the role the retiring person takes a position on the committee as the previous past chair. This is a very simple and effective way of having a good succession plan.

Prioritise - Often the needs of the members and the Men's Shed itself get neglected. The committee is so focused on doing the new extension they neglect the day to day requirements of maintaining the existing infrastructure and equipment. The decline of equipment and lack of materials often leads to member dissatisfaction and in turn lower membership numbers, the shed may end up with a great new extension, office or storage shed but no members, and a Men's Shed without the men is just another shed.

Dreams of destiny - We have seen many Men's Shed committees having received a grant of sufficient funds to build a shed but not enough to build the big Shed so they delay operations until they can fix the budget shortfall. Build the shed to what you have not what the committee dreams of. A smaller shed is better than none at all. Nearly all Men's Sheds exist on government land of some sort being Crown Land or council land. These resources are under demand , use it or lose it applies here.



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Democratic Structure of Men's Sheds - All Men's Sheds are incorporated entities, generally under State legislation and have a democratic system of governance with a management committee or Board that makes decisions on behalf of the members. These are usually elected by the members on an annual basis. This is the usual Australian system for incorporated bodies such as clubs and societies. This has been the adopted model for Men's Sheds as well but in Australia we may be too democratic for our own good, just look at what democracy has done for politics! Not all the people elected to govern our country necessarily have the required ability, hence why we have a complex system of governance between the elected government and the departmental bureaucracy managing the day to day affairs of the government and let's make sure we never get that complicated.

Under this system critical constitutional decisions usually require an extraordinary general meeting where over 75% of member approval may be necessary. This is becoming more and more common as many Men's Sheds adopted Model Rules when they incorporated and now they wish to change the constitution more to suit the needs more specifically for a Men's Shed. Now getting a 75% vote of approval is going to be a very high hurdle especially when many members are going to have a "What's in it for me" or an "I know better" attitude. Self-interests and personal agendas also come into play. This is where we get the person who we described in the previous article (too much acclaim) as the "Self-Important Peacock" who is going to argue just because he can.

So what's the solution? Committee or Board members have a legal and financial responsibility to the Shed. While members have an interest, they do not have the same level of responsibility and quite often will have a self-interest. Some well-run Sheds have two levels of management. This was very common in the early days of Men's Sheds where quite sizable government grants were applied and coordinators were employed (something of a dinosaur now) but the two level structure makes a lot of sense. A committee of Shed members to discuss the needs of the members and to act as a conduit to convey this to the Management Committee who has the legal and financial responsibility to make the final decision and consist of volunteers who bring the necessary skills to the committee or Board. Now I agree this two tiered level is only going to be able to be applied in the larger shed, as many sheds in rural and regional areas may only have 20 members, so this is totally impractical, but it seems that it is the larger Sheds that are having these issues anyway.

Lack of expertise and too many experts - We have a great skills base within the Shed movement, but quite often sheds do not recognise the skills needed and a big mistake made by many Sheds is not finding a balance of the necessary skills required for a committee. Just because a person has been successful in their field doesn't mean they are going to be a good member of the committee. The last thing a shed needs is a committee that consists of multiple retired accountants, businessmen, carpenters or lawyers and personality traits can interfere with judgement. When someone believes that they are the smartest or most successful person in the Shed then they can become the most troublesome as well. The secret to having a successful committee is diversity from a wide range of backgrounds and member representation. A solution can be to adopt honorary positions to the committee that will fulfil shortfalls in skills available within the shed membership.

Ambition to be the biggest and best Mens Shed - We have emphasised this before but it can never be emphasised enough. Many committees start from the outset aiming at developing the biggest Men's Shed in the area and well beyond the needs of the members or the community. They can spend huge amounts of money on building a shed without knowing what the requirements or the potential future of the shed are. Hope and ambition are not a strategy. We have seen Men's Sheds built over the past 6 years that cost hundreds of thousands of dollars and have gone over budget, leaving the committee searching for more funds. More alarming is that once the shed has been completed they have had no funds left for fit out or tools. In one particular case after spending enough money (received in grants) to build 10 decent Men's Sheds the Shed committee were applying for funds to buy tools even before they had any members.



Why do you want to be on the Committee? - People often want to be on the committee for different reasons, not realising the work and responsibility that goes with it. Many potential Committee members want to make a mark for themselves and many of them form the opinion that something is wrong or even corrupt and start out with a vendetta to change or to rule. People in positions of control often get emotionally committed for good and bad and the Men's Shed makes up a major part of their life. In the Men's Shed world we all know that we are here for the prevention of social isolation, an issue that faces many men in life after work or even within their working life. As we aim to attract socially isolated men, we also attract people who are socially isolated because they have become socially un-acceptable and have a track record of creating trouble in other organisations. This is quite a controversial issue but one that has to be mentioned. Most of the trouble we deal with within Men's Sheds is where a member who joins the shed and/or the committee and wants to change the direction of the Men's Shed to do activities that they want. If you want to do a specific activity there are many clubs that already exist that specialise in photography, art, music or even woodworking. The activities of a Men's Shed have to be the choice of the Men's Shed members, not those of one individual. After all, you wouldn't join a bowling club and insist that everyone now plays golf. Men's Sheds all aim to be socially inclusive and accepting of everyone and there is no magic solution to this problem but the loudest voice in the room is not the only voice.

Inclusion and Exclusion - The management committee is not operating an exclusive club. One of the great achievements that many other organisations recognise in our brief history is how we have successfully engaged men within the community. From time to time we hear of sheds becoming exclusive groups. This is the responsibility of the committee to encourage new members and create a culture within the shed of acceptance. One Shed recently informed us that when a new member joins their shed they have a rule of not asking them "what did they do in life", as all stereotypes and social status are left at the door along with any attitudes. Maintaining a healthy membership is probably the most important part of the committee as without members there is no committee and no purpose. We are Men's Sheds and social inclusion and engagement of men is one of our great achievements and one that other organisations are learning from us.

Listening to the Experts - Much easier than it sounds because if you take the time to ask, everyone is an expert. A good tip for management is always to validate an unqualified opinion and not to take everything as a guarantee. People will always voice their expert advice but do they always have the experience or qualification to voice it?. On the floor in the Shed members who are trades people or have experience, will be able to provide the best advice on things such as maintenance or the quality of the equipment and this is a valuable asset for the committee. If in doubt it is always best to seek a second opinion, a committee needs to make sound judgment and sound judgment comes from good validated advice, don't believe everything you hear. A good Committee member should always make a decision without prejudice. The secret to good management is listening to the experts and making good judgment.

There are no quick fixes to maintain a healthy governing committee especially in consideration of the dynamic environment of Men's Sheds and our brief history. Unlike other comparable community service and sporting national organisations or Peak Bodies AMSA has never implemented a standard set of governance rules or governing process as a requirement of membership. To do this would have hindered the evolution of this grass roots movement. In hindsight it may have made Sheds governance issues much easier today but would have certainly changed the path of development. It is in some ways one of the great things about Men's Sheds - each one is different but similar at the same time, each one is diverse, and it is the Men in the Shed that create the sheds personality and the management committee is the custodian.

"Knowing your weaknesses is a great strength to have, not knowing your strength is your weaknesses"



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Welcome to AMSA's newest Staff Member Matthew Plumridge

As AMSA continues to grow we are improving our capacity internally as well as in service provision to Member Men's Sheds. Matt has recently been recruited to fill the newly created role of Business and Compliance Manager within AMSA. Matt has over 15 years experience as an Executive and Senior Manager in Finance and Accounting roles across public practice, multinationals, education and health industries. For the past 10 years Matt has worked in the not for profit sector and has additional responsibilities in HR, Payroll, Risk Management, IT, Contract Management, Facilities Management and Corporate Governance.



Matt is passionate about the not-for-profit sector and has a long track record in consulting with the sector to improve accountability and efficiencies that provide members, clients and the public with improved services and security.

Matt is a member of the Institute of Chartered Accountants in Australia and New Zealand and a member of the Australian Institute of Company Directors and one of his tasks is to provide qualified financial support and advice to AMSA Member Sheds on their requirements to meet statutory obligations.

Matt can be contacted on 1300 550 009 or via email at matt@mensshed.net

National Shed Development Programme Update

Round 13 of the NSDP closed on Friday 15 July and all applications are currently being assessed by the Evaluation Panel.

The nominated timeline as negotiated with the Department of Health and outlined in the R13 Guidelines:

Wed 21 Sept	Assessment of eligible Round 13 applications by Panel completed
Wed 28 Sept	Recommendations submitted to Department for approval
Mon 14 Nov	Formal announcement of successful applicants and release of grant outcomes on AMSA website
By Mon 21 Nov	All applicants formally informed
Mon 5 Dec	Round 14 NSDP applications OPEN

AMS A recommend that:

- Round 13 applicants view the website for Round 13 updates
- All members start to consider their applications for Round 14.

In recent weeks AMSA has been informed by several Sheds that they did not know about the grants- this is very frustrating for AMSA staff and it is for this reason that Members must:

- regularly check the AMSA website
- circulate the AMSA Newsletter and AMSA News Bulletins that are emailed through to your Shed.

AMSA promotes each Round of the NSDP and relies on the recipient of emails to distribute this information. We are aware that in some instances email correspondence is 'filtered' and the information is not being shared with all Shed members. Please remember that the AMSA is heavily reliant on its website and emails to members (by way of its Newsletter and News Bulletins) to keep you fully informed.

If you have any questions about the NSDP or would like a reminder email about the opening of Round 14, please email call 1300 550 009 or via email at liz@mensshed.net



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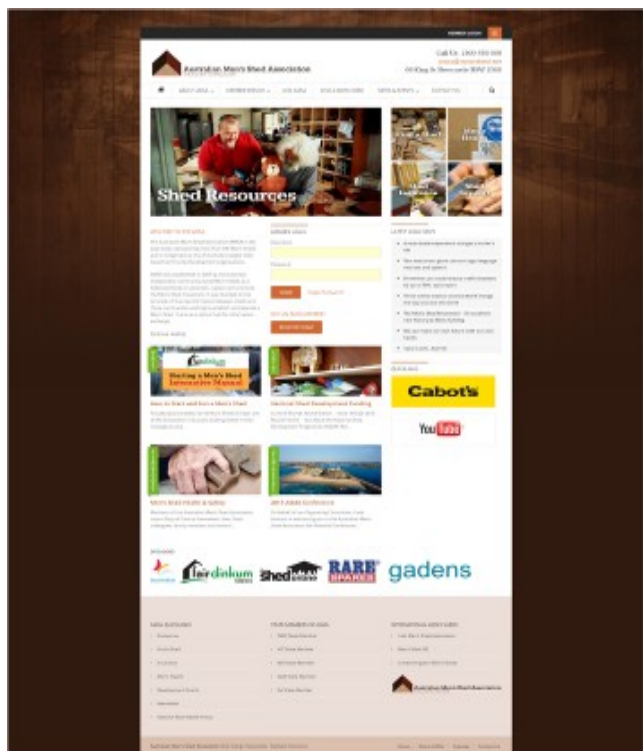


The New AMSA Website

The AMSA highly recommends that all Men's Shed Management Committee members and Men's Shed members make themselves familiar with the AMSA website and its many features.

Of particular importance is 'News and Events' where we place the latest updates and information. It is essential that you keep up to date with the latest bulletins such as announcements about the AMSA Insurance Programme, premium renewals, the opening and closing dates of each NSDP Round, accessing new and existing resources, Membership matters such as By- Laws, Product giveaways and the latest AMSA Newsletter.

If you are seeking information that is not available on our website or have suggestions for resources that would meet the needs of your Shed contact AMSA on 1300 550 009 or amsa@mensshed.net



The Members Only Section

The AMSA has introduced the 'Member's Only' section so that members can access restricted documentation, information and facilities such as Resources, SMART software and requests, Member assistance via a direct email service. Members can also update their Shed details via an online facility. To access the Members Only section, AMSA has provided all member Men's Sheds with a Username and Password.

Men's Shed Log-In details

The username and password are assigned to the Men's Shed and not an individual- it is imperative these details are not restricted or controlled by a limited few - all members within your Shed should have access to the website if requested. Any change of password should also be communicated to all users.

Forgotten Usernames and Passwords

If you forget or misplace the username and password, a Committee Member can request that it be re-set by AMSA. This can be done by contacting 1300 550 009 or amsa@mensshed.net

NB: Please do not continue to change the password each time you log-in.

User Manual

A new Website User Manual has been developed to inform Members of the wide range of content and assist Members to navigate the new website.

This can be found on the website in 'Shed Resources' or email liz@mensshed.net for an emailed copy

MEMBER LOGIN

Username

Password

[Forgot Password?](#)

NOT AN AMSA MEMBER?





Men's Sheds in the Northern Territory

As we all know Darwin is a long way from Anywhere. Recently AMSA finally made it with a visit to the two Sheds in Darwin for the first time.

The obvious thing to notice was the heat-for mid July 33 degrees was welcome. The second thing was the isolation!! it really is a long way away and the third thing was the hospitality . Darwin Men's Shed was the first shed where we found out that there were as many Men in the shed visiting from elsewhere in Australia than there was locals. Shed coordinators Trevor and Peter informed us that this is normal for this time of year as the grey nomads (many of who are Shedders) make their way around the top end. The Darwin Men's Shed is located in Coconut Grove and is open most mornings.



The second Shed located in Darwin is in Palmerston and was established in 2009. The Shed has an extensive woodworking area and separate metal working space. The Palmerston Men said that obtaining good timber is difficult in the Territory so they have recently purchased their own milling machine to mill timber that is sent to them from fallen trees on the nearby Department of Defense land.

The Shed is located in premises owned by the Council and they make good use of every inch available. They are currently in the process of raising funds for a purpose built shed with more room to accommodate their growing membership and visitors alike .

Both Sheds appreciated our visit as we enjoyed the legendary top end hospitality. We highly recommend if you are going north visit both the sheds and if you are lucky you may even get an invite to go fishing with the locals.





Burdekin Men's Shed Association Inc. Special QMSA Mini Men's Shed Expo



QMSA President Graeme Curnow contacted the BMSA Management Committee in mid January 2016 with an invitation to host the 2nd QMSA Mini Men's Shed Expo. The objectives given for the Expo was to provide an environment where Men Shedders in North Qld could get together, socialise, exchange ideas, to make friends and useful contacts while showing off their successes.

Delegates will be encouraged to participate in Men's Health Checks provided in the "Spanner in the Works" Program. The Expo date of Friday 22nd July 2016 was set for the cooler winter weather.

The invitation was accepted and the Committee began planning for the expo. Invitations were sent out to guests and the availability of resources for the Expo was investigated.

Between the QMSA and the BMSA Committee a grant application for \$5,000.00 was lodged in the Australian Government National Shed Development Programme Category Three Health Improvement Activities. After due processing the grant application was successful. An in-kind contribution from QMSA would be required to cover the full costs of the expo which exceeded \$5,000.00.

Torrential rain began a week before the Expo. The rainfall stopped the cane harvesting season and the planned Cane Fire Tour for the delegates staying over in Ayr on the Thursday 21st July was unfortunately cancelled. The rain cleared enough on the Wednesday 20th which allowed the BMSA members to erect all of the 7 marquees. Many members had their own ideas on how to erect a marquee. After a lot of directions, hands raised, pointing and laughter the marquees were up. The weather fined up on Thursday and the 35 tables, 200 chairs, 6 wheelie bins 16 witches hats and 2 banners were delivered to the Expo site by the Burdekin Shire Council Parks and Garden Staff. Two hire porta loos were positioned next to the existing toilet building.

The day of the Expo was fine, sunny and the weather was a hot 24degrees. The caterers set up in our new Workshop No 3. The Van from Australian Hearing arrived. The Herbert River Men's Shed members arrived in a Bus and their own Pantech Truck. The Lucas Saw Mill was erected and their 2 display stands were set up. The scene was set for the commencement of the Expo.

The Official Opening ceremony was conducted by George Christensen MP Federal Member for Dawson. The Minister has visited our Shed on a number of occasions and supported our members with Funding Grant Applications. The Minister is a great advocate of the Men's Shed Movement and complemented the Delegates on the excellent service and work carried out in their local Communities. CR. Lyn McLaughlin the Burdekin Shire Council Mayor congratulated the BMSA Members for their achievements over the past 5 years. Mayor Lyn is also a frequent visitor and supporter of our Shed with Funding Grant Applications. The Mayor welcomed the Delegates and Guests to the Bountiful Burdekin Region. The BMSA President George Isaacs thanked both George Christensen and Lyn McLaughlin and presented them with a BMSA crafted cane knife mounted on a stand.

MC Dave Willoughby introduced the Expo Guest Speaker Dr. Craig Allingham. Craig's light hearted presentation on Men's Health was an outstanding success. Craig's Burdekin presentation on Men's Health did not disappoint and was one of the highlights of our BMSA Expo.



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A buffet lunch was served from 12 noon –1.00pm. Mio College-Hospitality performed an excellent job catering for 150 people.

Three Volunteer James Cook University Medical Students and AMSA Community Engagement Manager Gary Green, Lynda Ash and the staff of the Australian Hearing Van all conducted health checks throughout the Expo.

After lunch there was a demonstration by the Herbert River Men's Shed on the Lucas Bush Mill. Ian Merritt and Dave Willoughby from the Herbert River Men's Shed Inc demonstrated the Lucas Bush Mill nicknamed "Lucy the Saw". The BMSA members will benefit from the cut planks and special sized boards cut in the demonstration.

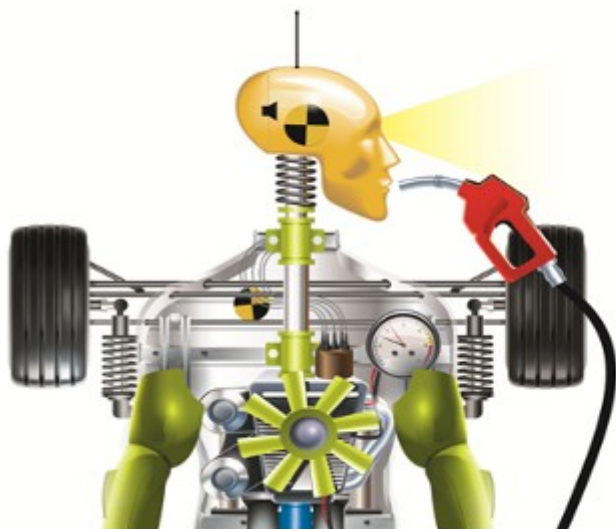
A Question and Answer Session was conducted at 2.00pm. There was an Q & A Session with AMSA Staff and QMSA Vice President John Greatrex sat in for the QMSA President Graeme Curnow. Questions asked revolved around Corporate Sponsorship, Gift Recipient Status and using the AMSA to accept donations to individual Men's Sheds. The subject of alcohol in Men's Sheds was also discussed.

Dave Willoughby introduced Herbert River Men's Shed member Les Brush who presented the BMSA with 5 routed signs for each of the Burdekin Sheds.

George thanked the officials and delegates for attending the expo and displaying their craft as well as the Members of the BMSA Expo Committee and the BMSA members for their support in conducting a very successful expo. The BMSA members rallied and commenced clearing the expo site . When all of the delegates and guests left the Expo the BMSA Members sat around and enjoyed a few deserved cold beers. The Expo objectives set down by QMSA had been achieved and speaking with the Official Guests, the Officials and the Expo Delegates the Expo was an outstanding success which in their opinion set a new standard for future QMSA Expos. Our members had extended a very warm welcome to all who attended. Our shed was an excellent example of a Regional Men's Shed showing off our 5 sheds, raised vegetable gardens, citrus orchard, fowl run, turf lawns and a large internal car park. There were comments about the tidiness and neatness of the Shed Allotment. I was very proud to say "this is how it is everyday at the Sheds." So members congratulations, you all deserve a pat on the back for a fantastic team effort. I would also wish to thank Dave Willoughby, the BMSA Expo Committee and the Shed Members for their support and assistance given to me.

Charles Ford





WHEN WAS YOUR LAST SERVICE?

For Men's Health Information go to www.malehealth.org.au



September is Dementia Awareness Month



ALZHEIMER'S AUSTRALIA
YOU ARE NOT ALONE

Dementia Awareness Month runs throughout September and this year's theme is *You Are Not Alone*. During September Alzheimer's Australia State and Territory organisations will host a number of events including a domestic speaking tour featuring a number of Australian dementia experts.

Alzheimer's Australia is the peak body for people with dementia and their families and carers. It provides advocacy, support services, education and information. More than 353,800 people have dementia in Australia. This number is projected to reach more than half a million by 2030.

Dementia is an unfortunate fact of life for some of us as our population progressively ages. Being part of a Men's Shed does not make us immune to dementia but it does provide us with the opportunity to minimise the impact of this condition on ourselves or our mates at the shed. Being involved in a social way (like a Men's Shed) has been shown to increase the quality of life and self worth of men with dementia.

Us blokes love to help out others – in fact we will help out others before we help ourselves. However, when we don't know what to do or how to help we often do nothing or shy away from those who need our support – "I don't want to do the wrong thing!"

Up until now there has not been much to work with to support someone with dementia at a Men's Shed, yet the shed is often one of the most important spaces available to those who have the condition.



Cabot's

fairdinkum **gadens**
SHEDS



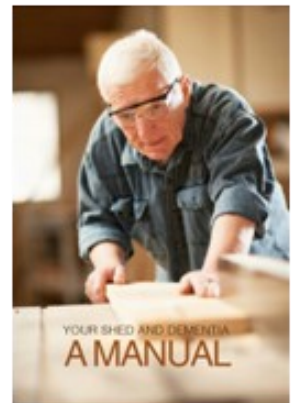
RARE
SPARES



ALZHEIMER'S AUSTRALIA
YOU ARE NOT ALONE

Alzheimer's Australia, with input from AMSA, has developed the "Your Shed and Dementia" manual specifically for Community Men's Sheds. Launched at last year's Men's Shed Conference in

Newcastle this dementia manual provides us with the tools to change this situation and shows how we can effectively work with, and help out, those with dementia in a way that is not patronising or demeaning – our pride is important to us! It provides practical ideas that are, in most cases, easily achievable and which can make a positive difference. The manual aims at rectifying our lack of knowledge about dementia and its varied forms – from early onset with minimum signs to full blown dementia where the person is struggling to interact with their surroundings.



The writers of the manual also recognise that often a shedder might be the person who is a carer for a loved one who has dementia – these blokes also need our quiet and caring support and understanding. The shed may be their only time out from caring for the whole week!

There is a tool for everyone here and the manual has been designed so that it can be read in sections or as a whole. Some of the tools on offer are:

- Tools for all shedders – a summary of what dementia is, how to recognise it and simple ways to support blokes with dementia which can make a big difference. There are also tips on communication and supporting carers.
- Tools for men who are interested in joining a shed but have been diagnosed with dementia
- Tools for keeping your brain healthy and active
- Tools for helping the shed leadership teams to make the best decisions for all concerned
- Tools for recognising that it may not be dementia but may be due to some other condition resulting in dementia like symptoms. A medical diagnosis by a doctor always needs to be made to preclude other conditions.

Although the manual has been developed for Men's Sheds it should prove useful for anyone who is impacted by dementia.

You can download the manual from the AMSA website at <http://mensshed.org/wp-content/uploads/2014/10/Mens-Shed-Dementia-Manual.pdf>

For further information on Alzheimer's Australia and events during Dementia Awareness Month visit www.fightdementia.org.au or call the National Dementia Helpline on 1800 100 500

Gary Green
Community Engagement Manager



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Pimpama Men's Shed Library Tree



Livingstone Christian College on the Gold Coast requested Pimpama Men's Shed in March 2016 to manufacture a timber 'tree' that could be used in the school library. The aim was to brighten up the library space and provide an environment for the kids to get involved in reading. We accepted the challenge, and got to work. We had a number of meetings with the library staff to determine the scope and size of the structure. We even measured up an 'average' sized child to confirm the internal dimensions that would be needed to accommodate the kids.

It is 1.2m diameter, 2.8m high and had four radiating roots 1.5m long and four branches 2.0m long. The aim was to have free internal space for the kids to sit inside and read.

The other requirement was for the roots to be of a size that the kids could sit on or lean against whilst reading.

We had two small timber owls made to fit into nesting holes installed into the external structure.

A team of five worked on the project. We produced and shaped the roots, produced stylized branches, and the trunk. Sheeting a structure that was circular and tapered was a challenge. A key consideration was the transport and the assembly process. The structure was produced over a period of four months. The trunk, limbs and roots were transported to the school separately. We wanted everything to survive the road trip and complete the assembly so that it was robust with no safety issues.

The library staff painted the structure and produced the 'foliage' which consisted of streams of multi-coloured crepe paper attached to a cotton mesh.

The college W, H&S person inspected the finished product and approved it.

The official opening was conducted in August with the college principal attending. It was a satisfying project as it provided a distraction from the rigours of moving into a new shed in February and plugging away with the set-up. It certainly provided a number of members an interesting and challenging experience.

The team consisted of Jeff Cheales, Graham Ellison, John Chalker, Tony House and Alan Herbert.





Cranbrook Shire Receives Funding to Secure the Men's Shed Future

The Shire of Cranbrook has been fortunate to receive a \$25,000 Lotterywest grant to assist in purchasing a building for the Cranbrook Community Men's Shed.

The Cranbrook Men's Shed has been operating out of the building under a private lease for some time, and members have been busy undertaking minor improvements and creating workable spaces within the structure. "The reuse of this building was a great fit for purpose for the Men's Shed", said Peter Northover, CEO. "This building needed love and attention and is in a perfect location. The refurbishment of the building has been a worthwhile project for the shedders. Their work to improve the amenity of the building has greatly enhanced the appearance of the town centre".

The Shedders have already replaced the roof on the building and are hopeful of securing a grant to replace the wall cladding on what was once an old service station building.

Norm Baker, the Chairman of the Cranbrook Men's Shed said "that the funding provided by Lotterywest provided a wonderful opportunity to purchase an old building with great character and history. The Shedders are very proud of the improvements already made to the building and excited about other enhancements to come in future".

The Council has been supportive of the establishment of the Men's Shed in Cranbrook since the initiative was first discussed and recently agreed to fund the purchase of the building on behalf of the Men's Shed subject to grant funding assistance from Lotterywest.



Wide Bay-Burnett Zone Meeting

Delegates from 10 Men's Shed in the Wide Bay-Burnett Zone met at the new home of the Burrum District Community Men's Shed in Howard, Qld, on the 5th July to elect a Zone Representative for the Wide Bay – Burnett Zone of the Qld. Men's Shed Assoc.

A group of Burrum District Men's Shed members treated the visitors to a Sausage Sizzle lunch prior to the meeting.

Graeme Curnow, OAM, President of the Qld Men's Shed Association chaired the meeting as well as presenting an interesting Power Point presentation on aspects of the Men's Shed movement. Graeme invited a member from each shed to give a brief history of their shed, their interests and activities.

Distinguished guests invited to the meeting were Crs. James Hanson and Anne Maddern from the Fraser Coast Regional Council. Both James and Anne provide enthusiastic support to our Men's Shed.

Mark Wake, a member of the Burrum District Community Men's Shed was elected to the position of Zone Representative.

Despite the inclement weather all the attendees thoroughly enjoyed themselves and several proposals were made for "exchange visits" to sheds in the district.

John Laffin, Secretary

Burrum District Community Men's Shed





Australian Men's Shed Association
HOLDERS TO HOLDERS

COOKTOWN CLUB SHED



AMSA registered Men's Shed No.100698. Cooktown Club Shed, P.O Box 28 Cooktown, QLD 4895 E:david.cass51@gmail.com

The Cooktown Men's Shed (Club Shed) has been busy with a number of community projects.

This would include the building of solid hardwood kids picnic tables, which have been donated to the local State School and a Women's Shelter (Life Without Barriers) This project has been driven by shed member Daniel Skyring. These tables (see photo attached) were also raffled by the shed at, and during the build up to the recent Cooktown Discovery Festival.

The Club Shed entry of our famous 'chook' was a big hit again this year at the local Cooktown Discovery Festival, where we won third prize in the Grand Parade (\$100) and the Billy Cart Race (\$500)...our chicken was spitting numbered eggs out as she went downhill- a huge hit with the kids as some of the eggs attracted a \$5.00 prize!

The funds derived from this raffle will be used to purchase more bloodwood timber, materials to keep the project sustainable. Other funds from this program are to be used to assist local disabled/ special needs children with specialist equipment. A Victorian company, Disabled Equipment Solutions has kindly donated an item of specialized equipment to support our cause, so the shed will be paying the freight on this item to get it to Cooktown and out where it's needed in our Community.

Additional welding has been completed in the form of ground support plates to our Tuff Lift vehicle hoist. This was done to improve stability in hoist operations due to concerns raised about the existing concrete integrity of the shed slab. This work was completed by experienced shed members and assisted by a local qualified engineer who kindly donated his time and expertise

A donation from Selley's has been received in the form of relevant glues for shed timberwork projects. Photos and text will soon be posted on the Selley's Facebook page.

Bunnings have donated a \$100 gift card for our shed to assist us toward the purchase of much need equipment.

A Club Shed Facebook page has been established to assist in our shed promotion and communications.

<https://www.facebook.com/groups/585482878277933>

A few women are now members of the Club Shed and this appears to be working well. As with a number of other Men's Sheds in Australia, our male members have no issue with this and enjoy providing technical assistance to the female members in relevant construction and repair projects.

On behalf of Club Shed.

David Cass.

Volunteer Manager- Club Shed



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FSG Men's Shed and the Community

The FSG Men's Shed Palm Beach has always been involved in helping out. Recently, the shed has been asked to assist with a couple of community projects.

The first, we were asked by Red Cross, if we could help out with a project locally that they had instigated with Bunnings and the Department of Housing. They found a need for a bench seat, outside of a Unit complex in Palm Beach, where there is a number of elderly residents. They found that the elderly residents had nowhere to sit at the front of the complex when they were waiting for transport, or just collecting the mail. So Red Cross approached Bunnings for assistance. Bunnings were happy to draw a plan for a bench and supply the materials. Red Cross then asked FSG Men's Shed Palm Beach if they could collect the materials, build the bench and install the bench in a designated spot. The Dept of housing approved the project, Bunnings then drew up a plan and donated the materials. FSG Men's Shed Palm Beach, then collected the plan and materials from the Burleigh Waters store. The shed then built the bench and at an arranged time, meet Red Cross on site and installed the bench, giving the grateful residents somewhere to sit.



Our second project entailed framing posters. FSG Men's Shed Palm Beach was approached by Centacare, who in conjunction with the Police Youth Liaison Officer, were running a Domestic Violence and Sexual Assault Program through the local schools. At the end of each program, the pupils were asked if they would like to paint a poster, from what they had learnt through the DV program. The best were selected from each school and permission was given for those posters to be framed and displayed. FSG Men's Shed then framed around 20 posters, each poster framed with recycled timber from old fence palings and pallets.

The posters were then put on public display at a function on the 25th May, called The Voice of Youth Love Bites Artwork Auction and CD launch, where they were to be sold at auction And the funds to be used to continue the program through the schools on a regular basis. FSG Men's Shed has been proud to assist with community projects where necessary, so they can continue to assist and give back to the community.

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Parramatta District Men's Shed and Beehive Industries A great community collaboration

Parramatta District Men's Shed (PDMS) and Beehive Industries Co-Operative (Beehive Industries) have collaborated on a new product development to assist the Beehive Industries' volunteers label wine bottles more efficiently and speedily.

Both PDMS and Beehive Industries are community organisations assisting people overcome social isolation and learn new skills by offering participation in interesting, useful and varied activities (particularly Seniors, as well as people with disability in Beehive Industries' case).

Both organisations receive only limited funding so need to produce goods and services to contribute to their running costs.

One of the ways Beehive Industries generates income is by labelling wine bottles.

This has been a useful income generator for many years - but is quite a detailed and slow process – only able to be done by a limited number of volunteers due to the degree of attention to detail required.

Acre Consulting, which acts as a pro-bono advisor to both organisations suggested to Beehive Industries that PDMS could produce wine labelling "jigs" for them.

PDMS, based in the historic "Kamballa" precinct in Parramatta, has volunteer members with extensive woodworking and design experience.

PDMS President, Kerry Boyce noted: *"We are set up to help our members and the community – this looked like a great opportunity of collaboration with a like-minded organisation"*.

After a few weeks of design and testing, two PDMS members, Michael Instance and Rob McKenzie developed wine labelling jigs for labels on rolls and individual labels.

In April 2016, Michael, Rob and the jigs visited Beehive Industries, based in East Sydney and started testing them and training their volunteers. After the initial training the volunteers found the new process far more precise, quicker to complete and easier to get the labels aligned on the bottle.

Beehive Industries' CEO, Brendan Lonergan commented: *"These jigs are a significant improvement on the cardboard boxes we were using before. They are easier for our volunteers to use – which means we can get more volunteers on the job, rather than just our few wine labelling specialists."*

This also means we can take on more of this work and increase income"

The team at Beehive Industries have been so impressed by the jigs, they have ordered four more to increase and sustain production.

Both PDMS and Beehive believe that this is a great example of community collaboration by two volunteer organisations – with mutual benefit to both.

Parramatta District Men's Shed:

E: parramattadms@gmail.com





Serpentine Jarrahdale Men's Shed WA



After battling for over 4 years to try and get a Men's Shed operating within the Shire of Serpentine Jarrahdale, the SJ Men's Shed has had somewhat of a change of direction. Our original plan was to construct a New Shed on land in Jarrahdale that the Shire had leased to us along with the establishment of a world class museum, highlighting the Shearing history of WA as well as the Timber Heritage of Jarrahdale. However, due to construction costs, mainly due to drainage issues of the site, we had our funding application rejected. So it was back to the drawing board to look at other options of funding or location.

The Shire of Serpentine Jarrahdale then came up with an offer too good to refuse: The Girl Guides had been operating out of a shed in Baskerville Rd Mundijong (originally the scout hall) but due to maintenance issues wanted somewhere more suitable to operate out of. After inspecting the building, we found it was ideally suited to our purposes. Although old, it had everything we needed, despite evidence of a lack of maintenance over the years, we decided to take it on as a project and a permanent home for the Men's Shed.

Whilst the shed will be pretty well ready for us to move in, we will need to carry out an Electrical upgrade to accommodate our equipment, whilst not a huge amount, we have applied for funding to assist us with this task. Part of the deal with the Shire was that we would construct a storage shed for the Girl Guides and Play Group at their new location, it is hoped that this will be carried out in the next couple of weeks prior to the relocation of all parties.

For information on the work that we do or requests for price for a specific project we can be contacted via email at sjmenshed@gmail.com or via our Face Book page. Serpentine Jarrahdale Community Men's Shed.

It is hoped that the Shire will continue its negotiations with the National Trust on obtaining the Old Mill site in Jarrahdale and continue its work on the Heritage Precinct, which one day may yet become home to the Shearing and Heritage Museum in Jarrahdale.



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SawStop

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INSURANCE UPDATE

As the weather is warming up, with the days becoming longer, we are heading into burglary season.

Whilst burglaries occur throughout the year, it is now they are increasing with alarming numbers (three this past weekend).

For those with the AMSA Insurance Program, yes, you are covered for burglary, up to \$10,000 unless you have purchased additional; **but**, should you be relying on the protection of an insurance policy instead of making practical decisions in order to reduce the level of risk?

Why is burglary common?

There are a number of reasons why burglary is a common occurrence at Sheds, they can include:

- Remote location
- Ease of gaining access
- Attractiveness of tools and equipment held on site
- Openness of Shed to external parties allowing foreknowledge of items and placement
- Minimal chance of being caught

What can we do?

Ensure you have appropriate security measures in place. A padlock and chain is not appropriate when considering the value of tools kept within a Shed space.

Look around the premises and identify any areas which could result in access. Look at the roller doors if applicable, can they be bolted in order to prevent someone from merely using a crowbar to gain entry.

Are the access doors double bolted metal doors; or, are they single bolt wooden frames, which can easily be kicked off their hinges.

Are all the windows barred and locked? Recently during a visit to a Shed it was noted that yes, there were indeed bars on the window, however, the bolts to remove the frames were located on the outside of the building and were held in place with merely 12mm hex head bolts on the exterior of the building.

You essentially want to make it as difficult as you can for someone to break in to your Shed.

Whilst not preventing a perpetrator committing a crime, you also want to increase the risk of the offender being caught; therefore, consideration should be given to installing CCTV – with offsite monitoring if able, or, recording onto a securely located hard drive within the Shed.

Using a garden shed may not be the most appropriate storage receptacle for those items of higher value.

If you have a trailer on site:

Ensure the trailer is locked and secure within your Shed; or, externally if required. The trailer should not be able to be used in the commission of a crime; therefore, it is imperative to render it as unusable as possible outside of those whom are authorised to do so. This can include wheel locks and other anti-theft provisions.

On occasions, it has transpired the Shed trailer was used to clear out the Shed of their equipment.

There have also been situations where a Shed has been burgled, with limited goods taken, only to be struck again a few weeks later, clearing the Shed of its contents.

It is not only trailers perpetrators have used, garbage bins and recycling bins have also been fashioned into transporting devices.

We have done everything we can to secure this Shed, what else should we do?

Keep an electronic, and, hard copy of your asset register available at the Shed and off site. This will be required if you need to make a claim. The register doesn't need to be in-depth, merely a few columns:



- Item (Make/Model/Serial number)
- How acquired (Purchased/Donated)
- Date of acquirement
- Acquired from

Unfortunately, there have been instances where this information has been missing; or, in the event of a hard copy only, destroyed during the burglary.

Take photos on a regular basis of your Shed and the goods contained within. Make sure at least two copies exist in electronic form.

There are plenty of resources available online which will provide information on how to secure your location and prevent loss. A Google search will net many results which can be tailored to your situation.

The following table has been adapted from Clarke & Eck (2003) We suggest you review each category and identify what; if anything, can be done around your Shed. You may wish to add to this list as it is by no means exhaustive.

Increase the effort	Increase the risks	Reduce the rewards
1. Harden Targets Roller shutter	6. Extend guardianship Rent premises to community groups outside business hours	11. Conceal targets Store high value items in cupboards
2. Control access to facilities Alley gates	7. Assist natural surveillance Low shrubbery	12. Remove targets Frequent banking of cash
3. Screen exits Alarm escape points	8. Reduce anonymity Require staff wear ID	13. Identify property Microdot high value items
4. Deflect offenders Limit street access to premises	9. Utilise place managers Appoint managers with security responsibilities and expertise	14. Disrupt markets Regulate second hand stores
5. Control tools/weapons Clear building surrounds of implements for breaking and entering	10. Strengthen formal surveillance Link CCTV control room to on-site security patrols	15. Deny benefits Mark property

We have been burgled, what now?

- Call the police
- Take photos of the point of entry
- Secure the site
- Contact Everest Risk Group

Following a burglary, it is important to reassess your security measures, and increase them where necessary or able. Remember, if you have been burgled once, chances are, you will be burgled again.

Please be patient when making a claim, as there is a lot of information required in order to settle one. The quicker the information can be provided, the quicker the turnaround from the insurer.

You will be asked to provide:

- Completed claim form
- Asset register identifying the stolen items
- Photos of the point of entry
- Quotations for the replacement of the goods
- Invoices for any urgent repairs

Securing your site should not be put off until you have made a claim.

Sending your claim form directly to the insurer will only delay the claim further.





All notifications and claims must be receipted through our office.

Remember:

It is best to secure your site before burglary occurs.

When you:

- Increase the effort required to break in
- Increase the risk of being caught
- Decrease the potential rewards to the offender

The chances of a burglary reduce.

Last words

If you believe you need higher coverage than the \$10,000 – it is available through our office for additional premium.

Please feel free to contact our office in order to discuss any concerns you may have.

Sean McDermott
Everest Risk Group
team@everestrg.com.au

ARMY SHED GIVEAWAY

The Yeoval Men's Shed received one of the Army building (ex Vietnam War sheds). Unfortunately, due to our isolation and the small number of members in our Shed, we are unable to build this shed. We have opted to have a Shed World shed constructed by their firm instead of pursuing the Army shed construction.

Therefore we have one Army shed, in 6 huge boxes, (each weighing 4 to 6 tonnes), which we are very willing to allow another Men's Shed to have, (if they are willing to come and take it away at their expense)

If you want it please contact
Warren on 02 6846 4295



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