

THE SHEDDER

Shed projects

NEWSFLASH:

Crown Lands grants

**Merry Men's Shed
CHRISTMAS**



**Australian
Men's Shed
Association**

SHOULDER TO SHOULDER

SUMMER 2020



**JPY'S MEN'S SHED JINGLE
hits the nail on the head**

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Your AMSA team
 pictured left to right:
 Marty Leist Events
 Coordinator, Liz
 MacDonald Shed
 Development, Helen
 Clare Marketing and
 Communications, Ann
 Perrot Reception,
 Melissa White Shed
 Insurance, Bec
 Whipper Reception,
 Mark Lilly Finance,
 Stuart Torrance Men's
 Health Project Officer,
 David Helmers
 Executive Officer, not
 in picture Emma
 Bredenhann
 Communications and
 Relationships
 Manager





We survived 2020 Shoulder to Shoulder

David Helmers, Executive Officer

Thankfully 2020 seems to be ending on a positive note for Sheds in terms of the pandemic, at least here in Australia. It's a real relief to see most Sheds able to re-open — and truly fantastic so see how we've all adapted to the new health routines to keep ourselves and our mates safe from the COVID virus. It has been a difficult and challenging year in the Men's Shed world with Sheds closing down, opening again, and in some cases closing down and opening again! There was a great deal of collective anxiety right across the world and the Men's Shed movement has definitely shone in keeping connected and looking after each other.

Unfortunately the nightmare of COVID is not over for our colleagues around the globe. I've been in regular communications with our partner Men's Shed organisations internationally. Our friend across the ditch in New Zealand are the only ones on an equal footing. Across the United Kingdom, Ireland and the United States lockdowns are still in play. We wish our fellow international Shedders all the best for what will be a very different festive season. We definitely are the lucky country.

What a thrill it has been in recent weeks to see and hear John Paul Young (or JPY as he is known) promoting the benefits of the Men's Shed on media outlets right across Australia.

JPY's new Men's Shed jingle and music video premiered on Channel 7's Sunrise program. It continues to be featured on many other TV and radio shows across the nation. Who'd have thought a song and video about Men's Sheds would go "viral" and put a smile on so many faces? In some ways it has proved to be just what the doctor ordered after such a challenging year.

JPY is not only a musical icon, he is also the ultimate gentleman. In fact, one of his best mates is a Shedder. So, he didn't need much convincing to create the jingle, in conjunction with his musician son Danny and the crew at The Jingle Joint. I'd like to extend a big thank you to JPY for being so generous with his time to benefit the Men's Shed movement — and also to members of the Raymond Terrace Community Shed Music Group who proved themselves as undeniable talents when it came to making the video.

The ultimate aim of this and all of our AMSA projects remains the same: to prevent social isolation through Men's Sheds. The video and jingle will be available to all AMSA member Sheds to use as well.

Shoulder to shoulder, I believe we have not only survived 2020 but risen to the challenge. We've all learned to do things differently and picked up new skills along the way. As Shedders do.

Our new initiatives including The Shed Wireless have been an overwhelming success and I am pleased to let you know they will continue in 2021, keeping us all connected. Despite the challenges of 2020 we managed to achieve so much including the passing of legislation that now allows Men's Sheds their own category of Deductible Gift Recipient (DGR) status. Thank you to the team at the ATO and the ACNC who worked so closely with AMSA throughout this lengthy process.

I would like to take the opportunity to thank the entire AMSA team, staff and Board for all of their support and extraordinary efforts throughout this extraordinary year. I would also like to acknowledge the support from the Federal Department of Health in supporting our changes in response to the pandemic.

On behalf of the AMSA team, I wish you a fulfilling Christmas and New Year. We look forward to supporting and working with our 1157 member Sheds (and counting) on all sorts of exciting developments in 2021.

David

Projects

Bauple Community Shed and Howard Men's Shed (QLD) decided to work together on this project.

Bauple Shed had sourced 100 various logs over the past 3 to 4 years and together, the Sheds milled them down to a variety of timber sizes using Howard's Woodland Bandsaw Mill. The agreement was that Howard would get 50% of timber cut in return for the use of the mill.

To celebrate, Bauple Community Shed Secretary Marty Erlandson reports “we had a wonderful meal and few cold bevvies at one of our member's place. It has been a great few days networking and strengthening ties between the 2 sheds”.

“We greatly appreciate the assistance the guys from Howard gave us and look forward to undertaking more projects and hopefully social activities in less restrictive times,” said Marty.



Recently named as one of the Top Australia Podcasts You Must Follow in 2020!

Produced by the Australian Men's Shed Association (AMSA) and hosted by Aaron Kearney OAM, this is the podcast for every man and his Men's Shed. In fact, lots of women are enjoying it too.

The latest edition is a Christmas special with something for everyone as we celebrate 21 successful episodes since the start of the pandemic — not to mention the end of 2020.

Just search for **The Shed Wireless** wherever you get your podcasts. If you're new to podcasts use this link on our website:

mensshed.org/theshedwireless



Grants in action: now that's a tank

Kilmore Men's Shed members (VIC) have welcomed the delivery of their new water tank and diesel pump, purchased with an Inland Rail Sponsorships and Donations grant. Community groups were able to apply for between \$1000 and \$4000, as part of this particular grant program.

The tank and pump will no doubt be a huge help to keep the Shed garden in production over the summer months, also providing vital backup in the event of a bushfire.

Members worked hard to keep their vegie garden going during Stage 3 COVID restrictions this year, carefully maintaining social distancing requirements along the way.

Members often take the produce home as well as exchanging fruit and veggies with Ferguson's Bakehouse in Kilmore, which has supported the Shed with donated goods over the years.

“Thank goodness!” The faithful Bunnings BBQ fundraiser is back

We all know that Bunnings BBQs are a great fundraiser for many Men's Sheds across Australia. Not to mention a much-loved routine for many shoppers!

As COVID restrictions started to ease and Bunnings barbies gradually got back into action you could almost feel the relief of those who've missed that appetising waft floating across the car park.

Springfield Camira Men's Shed (QLD) has been flying their AMSA flag as they turn the snags — a big thanks to Shedder Bob Bell for keeping us posted by emailing

amsa@mensshet.net





How to watch the video

Go to the Australian Men's Shed Association [Youtube channel](#) or our [Facebook page](#)



Laughter in the air

His sensational singing voice and smash hits through several generations such as *Love is in the Air* and *Yesterday's Hero* have been part of Australia's soundtrack since the seventies.

Now the ever-popular John Paul Young has released a surprise new music video and a catchy tune you're likely to find you can't stop singing. Or whistling. Once you've heard it, you'll know exactly what we're talking about.

See if you can identify the lyric in the jingle that had both JPY and the Shedders from Raymond Terrace Community Shed's music group (NSW) giggling like school boys during the video shoot. Someone had pointed out how easily two particular words could be mistaken for something else. Something a little bit...let's say cheeky.

The tune was written and performed by JPY in conjunction with The Jingle Joint's Danny Marx Young (his talented son), Donny Whitworth and Jake Tuffin.

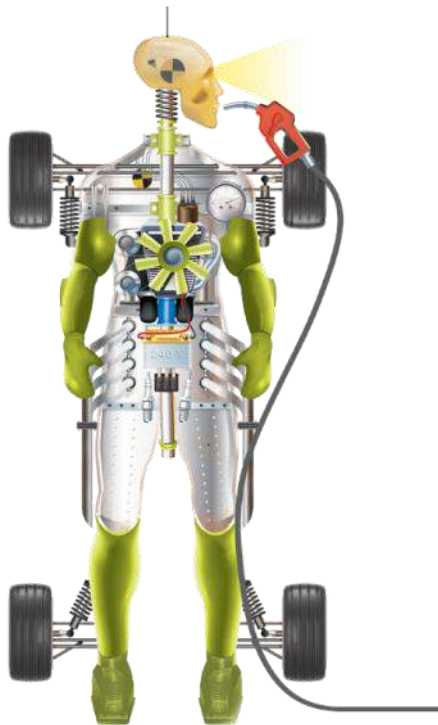
The catchcry of the chorus is: "There's something for you at the Men's Shed". Together with the entertaining music video, the jingle will go a long way to promoting the activities and benefits of Men's Sheds, which are funded to prevent social isolation in older Australians.

The song and music video have already brought laughter and a much-needed feel good factor to tens of thousands of people across Australia and around the world.

The Raymond Terrace Community Shed music group has been widely praised for their enthusiastic performance in the video. No doubt they will add the tune to their repertoire, which fills the Shed every Friday.

In fact the group is preparing to go on a regional tour as soon as the pandemic allows. In the meantime, they're basking in the memories of the day they got the chance to jam with JPY at the Men's Shed.

SPANNER IN THE WORKS?



WHEN WAS YOUR LAST SERVICE?

Visit malehealth.org.au and check out the maintenance schedule for your age group

Dealing with negativity

Do you battle feeling negative?

Maybe there's something in particular that gives you the grumps. Or you might feel negative about most things. Life in general.

It's possible you're interested in this topic because you're living with it. It's the elephant in the room. A partner, friend or relative seems to be stuck in a cycle of negative thought patterns. Let's face it, being around someone who's constantly negative isn't much fun. Perhaps that negative person is actually you, even if you'd prefer not to admit it.

We spoke to two leading Australian male health experts and asked how to identify negativity versus a crappy day, as heard on [The Shed Wireless Episode 7 \(season 2\)](#).

"Being sad and sometimes terribly sad is part of life" says Professor Suzanne Chambers AO who is the Dean of Health at the University of Technology Sydney.

"If we didn't have changes in the way we're feeling, we're not really paying any attention to what's going on around us," says Suzanne. She says we're not supposed to be happy all the time, it's simply not realistic. But prolonged periods of grumpiness, anger or feeling down can affect your overall health and wellbeing.

[Read the full article at malehealth.org.au](http://malehealth.org.au)



New health annex stretches Sheddors

Pictured is the first exercise class in the new Health Annex at Noosa Men's Shed's (QLD). It was funded through the Queensland Government's Gambling Community Benefit Fund. The TV, projector, screen, chairs and resistance bands were purchased through an AMSA grant.

Shed members provided an impressive \$72,000 worth of voluntary labour to complete the project, reports Noosa Shedder Owen Curtis.

Members can look forward to many more activity sessions, educational activities including **Spanner in the Works?** checks and other recreational activities such as table tennis, indoor bowls and chess.

Shedder profile: Robby Hill

Secretary and Treasurer of Owen Community Shed (SA)

A life motto I think I live by? Do your best and be prepared. Everything you do should be to a plan and “if it’s not written, it’s rotten”.

About me I am a retired family man with 3 kids and 5 grandkids. The first 21 years of my working life were spent in the RAAF. I started as a trainee Radio Technician. I finished up as a flight engineer. I had the honour of flying as crew on Caribous and Orions, representing our country overseas. I was also a flight test engineer on 7 other types and spent 18 months printing flight manuals but that’s another story. The last part of my career was spent as a sales engineer. Manufacturing, selling and servicing electronic electric motor control equipment to industries as far apart as military, forestry, farming, food production, air-conditioning, winery and vineyard equipment, fisheries and oyster production, and pumping equipment. I covered most of South Australia from Mt Gambier to Port Lincoln.

Describe myself in 3 words? Cranky old fart.

Activities I participate in at the Shed

Everything. I keep the accounts, I keep the minutes, I keep the fridge stacked with soft drinks and I keep the coffee, sugar, tea, biscuits and milk supply available. I try to help and offer advice to the other guys whether they want it or not (some call this poking my nose in). We all look after the tools but I am the one that replaces repairs or keeps consumables up to

them. I do a fair bit of the project managing particularly when there is paper work involved for grants, annual reports, training and activity planning, invoicing and materials purchasing. I also do a fair bit of recruiting and coordinating.

Why is the Shed important to me? The difference between being retired and working is that nobody pays you anymore. You still have to have a reason to get up and do something.

The Shed is important to me and all of our Shedders to ensure that we have the camaraderie that we were all used to when working. It gives all of us an outlet to vent our feelings and frustrations without upsetting the apple cart at home. It gives us an outlet to discuss our own problems with somebody else. The sheds are very diverse in the differing backgrounds of the members. With a large body of members there will always be people that won’t get along with each other but you can usually find someone else to discuss your challenges with if you need to.

It gives all of us the opportunity to belong to something we have had a hand in building. It allows the multitude of skills and expertise that has grown in each and every one of us for several decades to be shared. I enjoy trying to bring those skills out of the people that don’t believe they have the ability to pass their knowledge on.



Best project I have undertaken as part of the Shed

Our Men’s shed built and installed the Japanese Bridge and Tori gate in a Japanese garden in the local high school.

This garden was built to give our international exchange students somewhere to retreat to in a natural home environment whilst they are away from their family and friends for a month. It is also a relaxing place for anybody to unwind.

Help was provided by a local gardener and the ground staff of the school.

Photo: Robby Hill is pictured at the middle back of the group wearing dark blue jumper and sunglasses.

To nominate someone for a Shedder profile email amsa@mensshed.net



Grants and funding

Liz MacDonald, Shed Development

NSDP Round 21 update

Australian Government National Shed Development Programme Round 21 has now closed and applications are being processed and assessed.

Panel recommendations will be sent to the Department of Health and the anticipated date for the announcement of outcomes will be March/April 2021.

FRRR Tackling Tough Times

Round 20 closes Thursday 25 February 2021 for these grants from the Foundation for Rural & Regional Renewal (FRRR).

This grant program helps communities access the resources they need to support one another through the ongoing effects of the drought.

The program has a strong preference to support grassroots organisations based in drought-affected regions.

Community groups and not-for-profit organisations with an ABN or Incorporation Certificate are welcome to apply for funding for projects

located in and benefiting drought-affected regions. Please note: no specific tax status is required.

To find out more go to [this link](#) or visit the FRRR website frrr.org.au

New Crown Lands grants

This significant announcement will be welcome news for many NSW Sheds. Please see [page 11 of The Shedder](#) to read more about the NSW Government's Stimulus Men's Shed Shovel-ready Infrastructure Projects.

Wishing you, your fellow Shedders and your family a wonderful Christmas holiday season and may 2021 bring exciting (and perhaps less challenging) times for your Shed.

Liz

Facebook
proving popular
for Men's Sheds



It's been interesting to watch the growing number of Sheds around Australia now using Facebook to their advantage.

Many Sheds have their own page and are using it to showcase projects to the local community, as well as helping members stay connected in periods of isolation.

If you haven't yet had a look at our Facebook page, just go to facebook.com and search for **Australian Men's Shed Association** then click **follow**.

Don't worry, we won't bombard you with posts but from time to time we share the very latest Shed news and all sorts of interesting bits and pieces!



AGM update

For the first time, our AMSA Annual General Meeting held on 3 December 2020 was available for members to observe via ZOOM (see picture).

This meant wherever the nominated Shed representatives were located around Australia, they could still be at the meeting, virtually.

COVID-19 restrictions obviously limited in-person attendance this year but it was great to see so many Sheds involved in proceedings, voting by proxy and using the online technology that's become a much more important part of our lives in 2020.

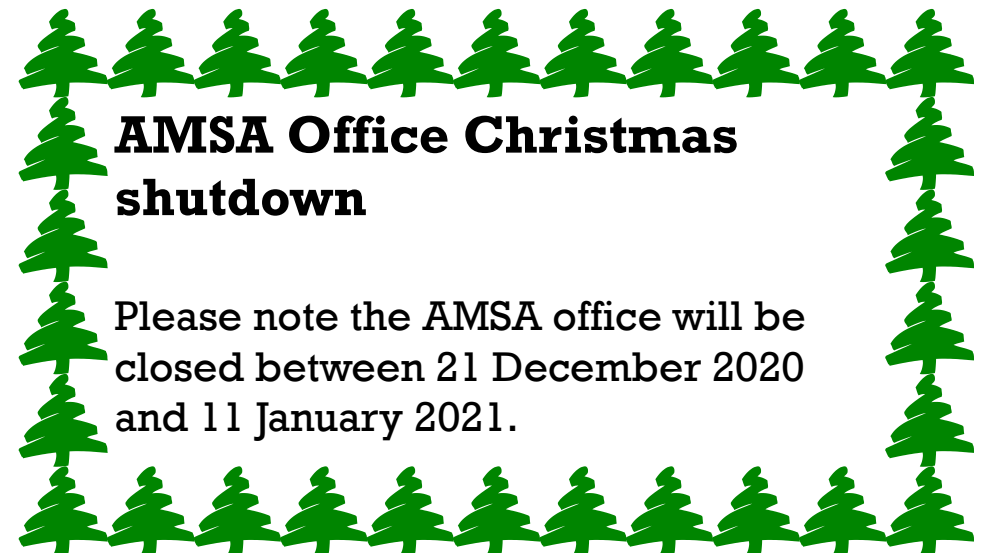
This year Board elections were held in 3 states. Congratulations to re-elected members:

- Len Thomson (QLD)
- Stuart Marshall (VIC)
- Bob Jenkins (WA)

Stay up to date at
mensshed.org



This year's AGM was available via Zoom for Shed representatives who were unable to attend in person



AMSA Office Christmas shutdown

Please note the AMSA office will be closed between 21 December 2020 and 11 January 2021.

News flash

Through a constructive and collaborative partnership between AMSA, the NSW Government and NSW Men's Shed Association, substantial funding of \$2.4 million is being provided as part of the NSW Government's Stimulus Package to support local communities to recover from the COVID-19 pandemic.

A grants program will be delivered in 2021 over 2 rounds to NSW Men's Sheds that are members of the Australian Men's Shed Association (AMSA) and:

- currently sited on NSW Crown Land
- those that have entered into an agreement with Crown Lands regarding a site.

Grants will be offered for:

- construction of a new Men's Shed facility
- redevelopment of an existing building into a Men's Shed facility
- improvements to an existing Men's Shed facility such as disability access, works to increase Shed capacity and expand activities.

The funding is an acknowledgment of the important work that Men's Sheds deliver by managing public assets to benefit local communities, boost the economy and contribute to the cultural and recreational life in New South Wales.

Round One will open in January 2021 for those Men's Shed projects deemed 'shovel-ready' and can be completed by 30 June 2021 or soon thereafter.

For further information, please email amsa@mensshed.net with the subject line: NSW Men's Shed Shovel-Ready Infrastructure Projects

NSW Government Stimulus Men's Shed Shovel Ready Infrastructure Projects

Shed in the Spotlight: Rocky Shed

Rockhampton Shed Inc (known as Rocky Shed) was one of the first community sheds in Australia to successfully apply for Deductible Gift Recipient status after the landmark legislation came into effect on 1 October 2020. We spoke to Shed President Jim Lawler.

Highlights over the past year at Rocky Shed?

After delays with plans, the council and builders we finally cleared the land on 7 January and again after delays with plans with council (as our plans were lost and then found again) we finally constructed the first of our 3 sheds. We need to raise \$50,000 to complete the work on the first shed.

An amount of \$350,000 (which includes the \$50,000 for the sewer, water and power mentioned before) is needed to complete the project.

The frustration with the local politicians is unbelievable as they don't seem to want to do anything (I am sure they will deny this) and they each have their own favourite organisations they like to deal with. And we have bent over backwards to work with them but nothing helps.

As we head towards the end of 2020, will you be glad to see the back of it?

The short answer is yes.

The only positives are the support we received from Iwasaki Foundation, who funded the building, Hopkins Bros who did the groundwork, The Caves Quarry who supplied the gravel to level the site (value \$15,000) and Trevor Rufus Drafting who helped with the plans.



“The best thing about Rocky Shed is the mateship”

Photos: Ivan receives honorary membership from Jim Lawler as he is over 85 and been a member for more than 2 years, Trevor who has full dementia and is a social member (left), Reg giving out the cake at morning tea (top)

We must include our members who assisted with keeping the shed going while the committee including our wonderful Secretary/ Treasurer who worked through this massive obstacle we had to get us this far. Now we have to move forward as best we can. If anyone has any ideas to help us they would be gratefully accepted. Having DGR status should help considerably with grant applications.

How have Sheddars coped with coronavirus generally speaking?

Our members have been terrific with all the regulations that we have all had placed on us — and we all realise this had to happen to keep us safe and allow us to come back to the shed once we were allowed to reopen.

During the period we had to close, Marion and myself negotiated with Council, COVID-19 Help Line, the police, insurance and AMSA to allow 3 of our members to make ramps, chair raisers, steps etc to help the disabled so we were able to operate during this time with Reg, Barry and Garry (our valuable members who volunteered to cover the work during this time).

We are doing the necessary things to comply with the social distancing such as wearing masks, temperature reading of each member before they enter the shed (this is still mandatory) and frequent hand washing.

As far as the community is concerned, there is a lot of social isolation, particularly among senior members. Both seniors centres run by the council have been closed for quite some time because of the pandemic and their

members have nowhere to go, likewise with one of the seniors villages who have approached us with regards to coming to our shed. Unfortunately, due to lack of space and social distancing we cannot help at this point in time. If the sheds were completed it would be a different story.

This year for Men's Shed Week we told Australia that the Men's Shed is "more than just a shed." Do you agree? If so, why?

You can be anything you want to be such as woodworkers, metalworkers, singers, painters and the list goes on. You can be anything you want to be. Our ladies do a great job as our Ladies Auxiliary. They help to fundraise and conduct our social events. They lend an ear to our men and vice versa, the men lend an ear to the ladies when the need arises.

They have worked well together for the past 5 years and we do not see this changing in the near future. At some times both seem to have the need for each other.

The ladies also have projects which include ceramics, painting, pottery, cooking and other skills which are brought to the forefront as required.

What's your favourite Shed saying?

RU OK? All we do is tell bull*h*t and lies, each trying to outdo the other. But it works.



After 6 years of fundraising

The new Rocky Shed is under construction but the fundraising continues so electricity and sewerage can be installed.

Down the track, the plan is to build a Women's Shed next door including a gym and first aid room plus a third Community Shed.

The Shed hopes its new DGR status will help with the necessary donations.

Shed projects



Tool tree stands proud at Buderim Men's Shed (QLD)

A crane was needed to erect this impressive sculpture at Buderim Men's Shed with Channel 7's Creek to Coast program there to catch the action!

If you missed the story you can check it out [here at this link](#) or just scroll through the posts on our Facebook page.



Reframed for Remembrance

This is the culmination of a very meaningful project after Albany Men's Shed (WA) was asked by the local RSL sub-branch to build a custom double-sided glass and timber frame to house a special banner.

Unveiled on Remembrance Day 2020, it features Anzac scenes and copies of letters sent home from serving World War One soldiers.

Congratulations to Peter Hilditch of the Albany Men's Shed for his fine work on this special community project.



From the golf course to the Men's Shed for a new lease on life

Cockburn Community Men's Shed (WA) has big plans for these old golf course tools

Scrap metal, old tools and bits of timber from the former Glen Iris Golf Course are all set to get a new lease on life thanks to the Cockburn Community Men's Shed.

Skilled at repurposing, recycling, restoring and re-using, a group of Men's Shed volunteers have collected a wide variety of materials and equipment from the old maintenance shed at the site.

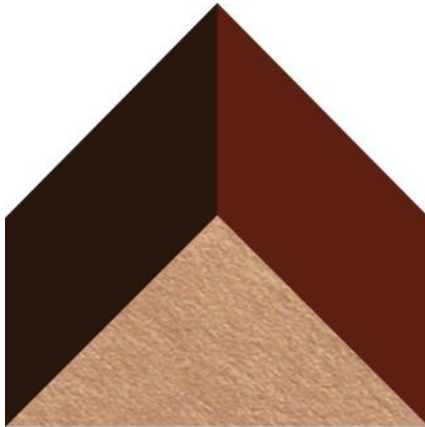
Donated by the Glen Iris Estate project team, their haul includes a welding machine, engine crane, drop-saw, grinders, wooden rake handles and steel frames.

The 85 members of the Cockburn Community Men's Shed will use the materials and equipment across a variety of projects and hobbies, from creating furniture, 'junk art' and wacky inventions, to making swings and seating for community-based initiatives.

Scott Cavanagh, from Cockburn Community Men's Shed, said the group was delighted to have been invited to take its pick from such a large and varied selection of items.

"The wooden rake handles, for example, will likely be used in children's swings, while the steel poles could well be turned into table legs," Mr Cavanagh said.

"Having an extra welding machine means more members will be able to learn metalworking skills."



**Australian
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SHOULDER TO SHOULDER