

THE SHEDDER

For every man, and his Men's Shed.



Australian
Men's Shed
Association

SHOULDER TO SHOULDER

CHRISTMAS 2019

Chairman's Report 2019



Greetings Shedders,

I wish to begin by thanking John Sharples for stepping into the role of Chairman while I was on extended leave. I also acknowledge and thank the many Shedders, Sheds and State Associations for their condolence messages following the passing of my wife.

Since resuming the Chair there has been a flurry of activity, beginning with the successful 8th National Men's Shed Gathering in Adelaide. While the attendance was understandably dominated by South Australian delegates, it was heartening to see Shedders from all states and territories in attendance. It was also a pleasure to welcome our international guests Barry Sheridan (Irish Men's Shed Association) and Hörður Sturluson (Iceland Red Cross). Who would have thought that an idea born out of a dry continent would be taken up by one covered in ice?

Their respective presentations on the progress of Men's Sheds in their country was truly informative and enlightening. These presentations as well as others are available on the AMSA website and I encourage you to read them.

At the Gathering, we took the opportunity to recognise the work of five outstanding Men's Sheds, announcing the recipients of the 2019 National Men's Shed Awards. Congratulations to the winners.

A special thanks to our key event sponsors Fair Dinkum Sheds, CRC Industries, ExxonMobil and Total Tools for their support and assistance with the staging of the Gathering.

Our partners also continue to play an important role in assisting us to deliver initiatives that enhance the Men's Shed movement.

This year we have seen great investment throughout Queensland, with a significant grant from Hand Heart Pocket the Charity of Freemasons Queensland allowing us to deliver \$100,000 in shed grants and a number of health and wellbeing initiatives across the state.

We also launched the first of five Living Well Health & Wellbeing Expos at Redland Bay Men's Shed on International Men's Day (19 November). These Expos are supported by Queensland Government as Mental

Wellness Partner. We have engaged with the Queensland Men's Shed Association, and look forward to working with them to make the remaining four Queensland events an even bigger success. Look out for more event information early in the New Year.

Once again our long-time friend Fair Dinkum Sheds threw their support behind Men's Shed Week – and we had huge success in celebrating *Shed Life* at our Shedders Big Day Out (hosted by Safety Beach – Dromana Men's Shed, VIC) and Men's Shed Week Muster (hosted by Albany MenShed, WA).

Another partnership activity of note was the success of our free men's health check program at Henty Machinery Field Days (NSW). Thanks to Uncle Tobys, in 2019 we worked with Charles Stuart University's Three Rivers University Department of Rural Health to deliver just over 400 free *Spanner in the Works?* men's health checks to visitors at the Field Days.

It is with great pleasure that we welcome His Excellency the Honourable David Hurley AC DSC to the role of AMSA Patron in Chief. Whilst in office as Governor General, Sir Peter Cosgrove was a proud and passionate advocate for Men's Sheds and we're very pleased His Excellency has accepted our invitation to continue this tradition.

As you may be aware, in the 2019 Budget the Federal Government announced it will continue and expand its funding support to the Australian Men's Shed movement with a total of \$11.1 million over the next four years. This includes \$3.6 million for AMSA to continue our support of Men's Sheds as the national service provider. Other initiatives include an increase in the National Shed Development Programme to \$1 million per year, the provision of defibrillators to all eligible Men's Sheds and a regional coordination fund.

AMSA has also had continuing meetings with the Department of Treasury regarding the Deductible Gift Recipient (DGR) status for Men's Sheds. It is expected that draft legislation will be available for public comment early in the New Year in preparation for a 1 July 2020 commencement date.

As we approach the end of yet another decade I wish to acknowledge and congratulate the many Sheds

who are celebrating milestones this year – including many Sheds celebrating their 10th and 15th year birthdays. A special mention to the Aldgate Men's Shed (SA) who are celebrating their 20th birthday! Over the past few months I have had the pleasure of attending the opening of numerous new Sheds and I wish them the success that those celebrating anniversaries have experienced.

The AMSA Annual General Meeting (AGM) was held on 5 December at South Leagues Football Club (Newcastle, NSW).

I would like to acknowledge retiring Board Directors Neil Sperring and Peter Hendry for their commitment to AMSA and the Men's Shed movement.

The AGM welcomed two newly Member-Elected Directors: Barry Laubsch (SA) and Bill Clifford (NSW).

Discussions with representatives of non-aligned State Associations continue and I am hopeful that a process for resolving differences will be soon be agreed upon. I want to stress that you, our members, will be consulted and will have a voice in future directions.

Finally, our thoughts are with those Sheds and communities affected by the recent bushfire crisis. While we have been approached by many Sheds wanting to help, my advice has been to contact the recognised Disaster Relief organisations in the first instance and we will advise of Shed specific requests during the long recovery period which will follow.

Wishing you and those close to you a safe and restful festive season and a positive 2020.

Paul

Wishing you a Merry Men's Shed Christmas!

Another 12 months have passed and it's that time of year again, when the workbenches and tools are being pushed aside in most Men's Sheds to make way for the trestle tables covered in decorations and Christmas fare. It's the time when our families, friends and Men's Shed supporters gather in the shed to celebrate Christmas and when most sheds end the year and close for the festive season.

As we bring 2019 to a close, there's a lot to reflect on.

For the staff here at AMSA, we are committed to supporting Men's Sheds through building relationships and delivering initiatives that support and enhance the broader movement. We do all this to build communities and enable positive lifestyle outcomes for Australian men. It's what has driven us for more than a decade, and will continue well into the future.

2019 has been a very successful year for AMSA and the Men's Shed movement. Firstly, with the announcement that as of June 2020, Men's Sheds will be eligible for Deductible Gift Recipient (DGR) status. This has been one of the most common requests from Sheds and we are very proud that after many years of hard work we have managed to secure this change in legislation to allow this to happen.

Another significant highlight for this year was the announcement from Minister Hunt of continued support for Men's Sheds, including the National Shed Development Programme that will be continued and increased to \$1 million per year, \$2 million to equip every Men's Shed in Australia with a portable defibrillator, \$3.6 million to AMSA to continue our support of Men's Sheds at a national level, and \$1.5 million to fund regional coordinators.

All of these achievements are testimony to the success of Men's Sheds as well as AMSA.

It goes without saying that this year's conference in Adelaide was arguably the best ever, those who attended thoroughly enjoyed the experience of learning and meeting fellow shedders.

At the conference the Irish Men's Shed Association CEO Barry Sheridan invited Shedders to their 2020 Men's Sheds Global

Gathering in Galway. There has been a great response from Shedders wanting to participate in this event, enough so that we are seeking expressions of interest from those wishing to attend. AMSA is working on a package tour that will include the conference as well as an extensive tour of Men's Sheds throughout Ireland and the United Kingdom—see more information in this newsletter.

I would like to thank the AMSA staff for their ongoing commitment to the success of the Men's Shed movement. There's a great deal of effort that goes on behind the scenes at AMSA, and the team continues to do a fantastic job supporting over 1000 members every day.

I also wish to make a special acknowledgement of AMSA Patron Professor John Macdonald. John's support and contribution to Men's Sheds has been of great significance in originally recognising the importance of Men's Sheds as a male health initiative. For this contribution John was deservedly awarded the Ted Donnelley Award for significant contribution to the Men's Shed movement at the Adelaide Conference. This year also marks John's retirement from his position at the University of Western Sydney, we wish John well in his retirement and we hope to see him in his local Men's Shed!

In the last few weeks most of you have probably spent more time at the local shopping centre than you would have throughout the entire year, wishing that you were at the shed or the hardware store. Most of you I'm sure are also looking forward to spending time with your families and friends. Throughout the Men's Shed network please look after the wellbeing of your mates throughout the season, providing company and support for those who need it.

We have some big things planned for 2020, including more regional events and gatherings. We're all looking forward to an exciting year delivering new programs and resources for the benefit of Men's Sheds everywhere. But for now, we're looking forward to a well-earned break. We'll be back in the office to tackle 2020 on Monday 13 January 2020.

Merry Christmas from the AMSA team.

David





Calling for expressions of interest: International Men's Shed Tour – August 2020

The largest ever gathering of Men's Sheds is set to take place in NUI Galway, Ireland on 26 & 27 August 2020.

About 1,000 people are expected to gather in Galway, the city of culture on Ireland's west coast. The Gathering will be centred around the theme of 'culture' and what it means to Men's Sheds and shedders, and will also include a Men's Health Expo.

AMSA is investigating a travel package for a group of Shedders to attend the Men's Sheds Global Gathering (26—27 August, NUI Galway, Ireland), followed by a 14-day tour of Men's Sheds, historical sites and activities of interest across Ireland, Scotland, Wales & England.

Before putting together the package, we'd like some insight into how many Shedders would be interested in joining the Tour.

Are you interested?

Complete our Expression of Interest Form - <https://www.surveymonkey.com/r/DTSLD96>

For any questions, please get in touch:

Email: amsa@mensshed.net

Phone: 1300 550 009

Registration for Australian delegates of the Men's Sheds Global Gathering will be through AMSA. Details will be released early in 2020.

AMSA recognises outstanding Men's Sheds at National Men's Shed Awards



The recipients of the Australian Men's Shed Association's National Men's Shed Awards were announced at the Association's 8th National Men's Shed Gathering in Adelaide.

"Men's Sheds all do fantastic things but our National Men's Shed Awards are an opportunity for us to celebrate the very special or unique achievements of our members," said AMSA's Executive Officer David Helmers.

The awards recognise Men's Sheds across five categories, after nominations were submitted earlier this year.

Barry Cheales, President of Buderim Men's Shed (QLD) was on hand at the Gathering Dinner to accept their award for 2019 Shed of the Year.

"This award is fantastic recognition of the immense team at Buderim Men's Shed," said Mr Cheales.

Buderim Men's Shed was formed in 2011 with 20 members. Through a great deal of grit and determination, the group recently opened a new purpose-built three-shed complex accommodating for the current membership of almost 300, with room for growth.

In the lead up to the opening, the shed's members planted over 4,800 native trees and bushes, laid 1000m² of turf, wheel-barrowed over 60m³ of garden mulch, painted the exterior of three buildings, built 20 bench seats and laid over 6,100 pavers around the new buildings.

As part of the shed's community activities, the members build and provide flat packs of small wooden toys to the local aged care facility for residents to sand and construct. The shed also have a team who visit the residents twice a month.

The shed also participates in the planning and running of a wide range of community events.

"We're just here to carry on the great work that is done by the Men's Shed movement," Mr Cheales said.

In their home state, Murraylands Community Men's Shed received top honours for Best Shed Garden.

The Murraylands Community Men's Shed was established in 2012, with the quarter-acre garden playing an important part of the shed's activities from the outset.

Representatives from Carina Mens Shed (QLD) and Tuggeranong Men's Shed (ACT) were also in attendance to accept their awards for Unusual Shed Activity and Unique Fundraising Activity respectively.

This year the Carina Men's Shed launched a Men's Health &

Lifestyle Guide as part of their International Men's Health Week Expo in June.

The Expo was a major community event for the region and led to significant media promotion, including a story on Channel 7's Creek to Coast, and resulted in many participants engaging with programs and services based on their attendance.

The Guide, designed as a healthy guide for men of all ages and their families, covers a range of mental and physical wellbeing topics. It was developed in collaboration with a number of community partners as the brain child of the Carina Men's Shed, Clem Jones Centre and Clem Jones Centre Diet & Nutrition.

For the last two years, the Tuggeranong Men's Shed has been cooking 'Tornado Potatoes' as part of their fundraising activities. Venues have included school fetes and sporting activities, church fairs – even a local polling station for the Federal Election where the name was modified to 'Democracy Potatoes'.

The savvy marketing has resulted in great financial returns, but fundraising is by no means the most important reason for this activity. Building camaraderie between shed members is very important to the shed, as is being out and seen in the community.

An Award for Outstanding Recycling/Upcycling Activity was also presented to Stanhope & District Men's Shed (VIC).

In 2014 a fire destroyed the cheese plant of the local milk factory. During the rebuilding process the Stanhope Men's Shed entered into an agreement with the owner to recycle all packaging materials.

Over the ensuing years, the shed has removed over 200 large trailer loads and a number of truckloads of timber, crates, boxes and pallets. A large amount of this material has been shared with other Men's Sheds from the surrounding region.

This activity is ongoing as the owner is now building a large workshop to accommodate their milk tankers.

The National Men's Shed Awards will return in 2021.

AWARD WINNERS

Shed of the Year | Buderim Men's Shed (QLD)

Outstanding Recycling/Upcycling Activity | Stanhope & District Men's Shed (VIC)

Unusual Shed Activity | Carina Men's Shed (QLD)

Unique Fundraising Activity | Tuggeranong Men's Shed (ACT)

Best Shed Garden | Murraylands Community Men's Shed (SA)

How to cultivate the Shed Garden?

Submitted by Doug Burns, Castle Hill Men's Shed (NSW)

THE TOMATO GARDEN

An old gentleman lived alone in New Jersey.
He wanted to plant his annual tomato garden,
But it was very difficult work, as the ground was hard.
His only son, Vincent, who used to help him, was in prison.
The old man wrote a letter to his son and described his predicament:

Dear Vincent,

**I am feeling pretty sad because it looks like
I won't be able to plant my tomato garden this year.
I'm just getting too old to be digging up a garden plot.
I know if you were here my troubles would be over.
I know you would be happy to dig the plot for me, like
The old days.
Love, Papa**

A few days later he received a letter from his son.

Dear Papa,

Don't dig up that garden.

That's where the bodies are buried.

Love, Vinnie

At 4 a.m. The next morning,
FBI agents and local police arrived and dug up
The entire area without finding any bodies.
They apologized to the old man and left.
That same day the old man received another letter from
his son.

Dear Papa,

**Go ahead and plant the tomatoes now.
That's the best I could do under the circumstances.**

**Love you,
Vinnie**



PHOTO: Ipswich Men's Shed (QLD)

Hand Heart Pocket 2018 Father's Day Appeal donation adds value to Queensland Shedders

2019 Queensland AMSA Men's Shed Grants Programme

Supported by the Hand Heart Pocket 2018 Father's Day Appeal

The Programme was delivered by AMSA and supported by Hand Heart Pocket the Charity of Freemasons Queensland. The Programme opened on Tuesday 23 April 2019 and closed Friday 24 May 2019.

A total of 114 applications were received totaling \$202,615.24 in requests. The funding pool available for distribution was \$100,000 and 78 Men's Sheds were successful in receiving funding.

The AMSA expresses its appreciation and thanks to Hand Heart Pocket (HHP) for the opportunity to provide support and financial assistance to Men's Sheds throughout Queensland, many of whom are in regional and remote areas and all of whom make significant contributions to their local communities and members.

These types of grants are invaluable for our Men's Sheds especially those in regional and remote Queensland where their fundraising capabilities are limited.

The Queensland Men's Sheds responded enthusiastically to the Programme and have expressed their thanks and gratitude for the generous financial support provided.

Shedders 'Big BBQ Brunch' Events

The HHP Grant also supported four 'Big BBQ Brunch' events held in Rockhampton, Dalby, Inglewood and Nerang.

The four events brought over 1000 shedders, special guests, exhibitors and community members together to network, with a side-serving of health & wellbeing.

Special thanks go to our host Men's Sheds - Rockhampton Men's Shed, Dalby Men's Shed, Inglewood Mates Shed and Nerang Men's Shed for their huge efforts in contributing to the success of the brunch events.



8th National Men's Shed Gathering brings together shedders from far and wide



The 8th National Men's Shed Gathering was held 10 - 12 September at the Morphettville Racecourse (Adelaide, South Australia).

Bringing together 200 shedders from all corners of the country, the Gathering was designed to encourage delegates to share, talk and discover the best ways to keep the momentum of our Men's Shed movement continuing forward. Panel sessions and presentations were presented by experienced shedders, professional service providers and the AMSA team—all of which were very well received by delegates.

Key highlights of the Gathering included Shed Tours, fabulous dinner entertainment by comedian Anthony Ackroyd and bush poet Murray Hartin, and most importantly the opportunity to get together to swap stories and 'fix the world' over a beverage.

The AMSA team had a fantastic time in Adelaide. Many thanks go to South Australian Men's Sheds for their wonderful hospitality.

We also express our thanks to the delegates who travelled from near and far, bringing a 'shed' load of excitement and enthusiasm. We hope everyone left with new connections and ideas to make our Men's Shed community even greater.

A Gathering of this nature does take a great deal of time and resources to bring to you. A special thanks to our sponsors and exhibitors who help us put on a great show. Especially our Platinum and Gold sponsors—all of whom are great supporters of AMSA and Men's Sheds: Fair Dinkum Sheds, CRC Industries, ExxonMobil and Total Tools.

We'd also like to thank and recognise the services of our conference organising partner, DC Conferences. Dianna and her team at DC Conferences have been supporting us for many years and continue to help us deliver great conferences for your benefit.

Copies of presentations and photo galleries can be found on the AMSA website at mensshed.org/amsa-resources/national-mens-shed-conferences/



Men's Shed Week celebrates *Shed Life*

This year we took the opportunity to celebrate shedders and shed activities across the Men's Shed community this Men's Shed Week (23 – 29 September). Two key events were held to celebrate.

Shedders Big Day Out hosted by Safety Beach - Dromana Men's Shed (VIC)

Thanks to ExxonMobil and Mornington Peninsula Shire, the Shedders Big Day Out hosted over 200 shedders, speakers, special guests and exhibitors.

Amongst a spectacular line-up, the Australian Minister for Health and Federal Member for Finders, Hon Greg Hunt MP dropped in for a visit; guests heard from speakers Dr Barry Golding (AMSA Patron & international Men's Shed expert) and Jeremy Forbes (Founder & Spokesperson, HALT) and were entertained by the Australian Welsh Male Choir; and the Point Nepean Men's Shed Mobile Men's Shed was launched.

Take a look at the event wrap up video on our YouTube Channel—visit <https://youtu.be/eWDMkpNXQkM>.



Men's Shed Week Muster hosted by Albany MenShed (WA)



After a whirlwind month full of events and activities, the Men's Shed Week Muster rounded out our Men's Shed Week celebrations.

With the support of Fair Dinkum Sheds, the Albany MenShed hosted a community Open Day, followed by a Shedders Lunch—inspired by the *Shed Life* theme.

The Albany community was treated to a Shed Life showcase including shed, vintage car & motorcycle and steam engine displays, chainsaw carving and knot-tying demonstrations, and local community group displays.

The Shedders Lunch featured a lively discussion from local writer and comedian Jon Doust and sailor Mark McRae.

A highlight of the day was the attendance of Western Australia's Premier, Hon Mark McGowan.

Thank you and well done to our host sheds - Safety Beach—Dromana Men's Shed and Albany MenShed for the great deal of work contributed to planning and hosting our Men's Shed Week events!



A huge thank you to all Men's Sheds for the extraordinary work that you do within your communities.

Out & About in 2019

Find us on Facebook for more photos and stories, and to follow our shed tours, visits and adventures in 2020!



Men's Shed Week Muster, Albany MenShed (WA)



RU OK? Day morning tea at the 8th National Men's Shed Gathering, Adelaide (SA)



Sir Peter & Lady Cosgrove at Tarago & District Men's Shed (NSW)



Salvos Mens Shed (SA)



Morning tea at Bellbowrie Mens Shed (QLD)



Melton Men's Shed (VIC)



The Mates Shed Roundup at Inglewood Mates Shed (QLD)



Crystal Brook Community Mens Shed (SA)



safeTALK community suicide awareness talk at Griffith Shed for Men (NSW)



Trundle Zone Meeting (NSW)



Marking Men's Health Week with the Penrite Racing Team at Hidden Valley Raceway (Darwin, NT)



Gosford Men's Shed (NSW)

A tale of two towns:

Romsey Men's Shed (VIC) meets Romsey Men's Shed (UK)

Patrick Holt, Romsey Men's Shed (VIC)

It was a stray email that introduced the Romsey Men's Shed in Victoria with Romsey Men's Shed in the United Kingdom (UK).

Earlier this year a donor in Victoria wanted to donate some tools and items from a deceased estate to the Romsey Men's Shed. After a quick Google search, an email was inadvertently sent to Romsey Men's Shed UK offering the donation.

Hugh Griffiths is a member of the UK group and quickly realised that the email had been received by the "wrong" Romsey Men's Shed. He made the effort to find the Romsey Men's Shed in Victoria and redirect the email to the intended recipients, who ultimately made contact with the donor, explained the mix-up and obtained some of the estate items for the shed.

Mr Griffiths kept in contact with their Australian counterparts and advised he would be visiting Australia in October and would it be possible to meet? The UK and Australian shed groups are members of the international Men's Shed movement with the mission to provide a safe and supportive environment to promote men's mental and physical wellbeing.

On 22 October 2019, Mr Griffiths, along with his wife Freda, travelled to Romsey Victoria to meet with members of the Romsey Men's Shed and present the group with a shirt from Romsey Men's Shed UK.

He was greeted by Steve Goodman, President, along with fellow local committee members, Paul Green and Tony Allen.

Mr Goodman discussed the "journey" of Romsey Men's Shed, along with the goals and efforts to establish a permanent shed at Romsey Park, next to the Scout Hall.

Mr. Griffiths was given a tour of the site and viewed the proposed plans for construction with the group.

The members discussed the idea of setting up a reciprocal "brother shed" arrangement between the two namesakes and will be pursuing this option. It is hoped that the sheds can share ideas and mutually productive ideas for growth and support of members, as well as their respective communities.



Free men's health checks a hit at Henty Machinery Field Days



Supported by Uncle Tobys, the Australian Men's Shed Association and Three Rivers University Department of Rural Health – Charles Sturt University teamed up to offer free men's health checks at Henty Machinery Field Days (17 – 19 September 2019).

In 2018, over 150 health checks were undertaken by visitors over the three days of the Field Days. This year a total of 402 health checks were completed—many for men whom had not been to the doctor in more than a few years!

Michelle Katz, Head of Marketing for UNCLE TOBYS Oats said of the initiative, “At Uncle Tobys®, we know that with the right energy and encouragement, all Aussies can achieve greatness. Through our partnership with and funding of the Australian Men's Shed Association, we hope to help to provide meaningful activities and places that promote both physical and mental wellness in rural Riverina and Indigo Shire communities – which are the home of Uncle Tobys®.

“We're proud to be able to support these thriving communities, many of whom are our staff, friends and families, and also our farmers.”

With thanks to activities like this, the value of the *Spanner in the Works?* initiative is growing well beyond the Men's Shed movement.

“Health check conversations are focused on equipping men with some basic knowledge and information to make healthy choices relevant and achievable, and ultimately to prompt a regular visit to the GP,” said Stuart Torrance, AMSA Men's Health Project Coordinator.



Get in early to start planning your own *Spanner in the Works?* event for Men's Health Week 2020 (15–21 June). Get in touch with AMSA for more information or support!



Shed Noticeboard

Australian Government Department of Health National Shed Development Programme— Round 19 Outcomes

Outcomes for Round 19 were announced 8 November - visit the AMSA website for more details including a list of successful applicants: <https://mensshed.org/development-grants/>

135 Men's Sheds across Australia shared \$500,000 in grants that assist Sheds to purchase tools and equipment, maintain infrastructure, coordinate training and host community activities about men's health issues.

All applicants were notified via email with successful applicants receiving a package including a Letter of Offer containing instructions. Please contact AMSA if you have any questions.

Round 20 of the Australia Government Department of Health National Shed Development Programme will open in January. Grant details and application information will be available on the AMSA website when the grants open

For further information please get in touch by email (amsa@mensshed.net) or phone (1300 550 009).

For the Shed Diary

20 December	AMSA Office closed for 2019
13 January	AMSA Office open for 2020
27 January	NSDP Round 20 opens *TBC
28 February	AMSA Insurance due
19 March	Living Well Health & Wellbeing Expo Dalby Showgrounds (QLD)
30 April	Living Well Health & Wellbeing Expo Cairns (QLD)
15 - 21 June	Men's Health Week
17 June	Living Well Health & Wellbeing Expo Bundaberg (QLD)
28 Sept - 3 Oct	Men's Shed Week



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Well, Mastermind needs you!

You don't have to be an expert or an academic to appear on Mastermind. We want people who are passionate about their subject and have a good level of general knowledge.

If you would like to sit in the famous black chair while your general knowledge and choice of specialist subject is tested, please apply below. We'd love to hear from you and talk about what you love to talk about!

<https://www.sbs.com.au/guide/apply-now-mastermind>