



The Shedder



July 2017

Governor General Sir Peter Cosgrove opens new facility at Hervey Bay Men's Shed



The days of being cramped up at Boat Harbour Drive are a distant memory for the Hervey Bay Men's Shed.

This month they were joined by guests, shed representatives from the area and AMSA Patron, the Governor General Sir Peter Cosgrove, to mark the official opening of an additional shed on their new site.

The Governor General Sir Peter Cosgrove is a national patron of the Australian Men's Shed Association and expressed his strong support for the benefits and work of Men's Sheds.

"Men's Sheds all around Australia are a great opportunity for men to get together and be of support to each other," said Mr Cosgrove.

For Hervey Bay Men's Shed, the shed and the new council-leased site offers a new beginning.

"The new shed has room to properly layout machinery and work stations as well as power and hand tools in a safe and ordered fashion," said President Ian Jones.

"With dust a constant problem we have fitted dust collectors outside the building with ducted suction stations and have placed the air compressor outside and manifolded compressed air connections throughout the shed."

The new facility is a culmination of a mammoth 18-day effort by shed members, who were supported by the local council and local businesses.

Hervey Bay Men's Shed is going from strength to strength, and the future of the shed is looking bright. With a great new facility, and new members arriving even as a result of the coverage of the recent opening.

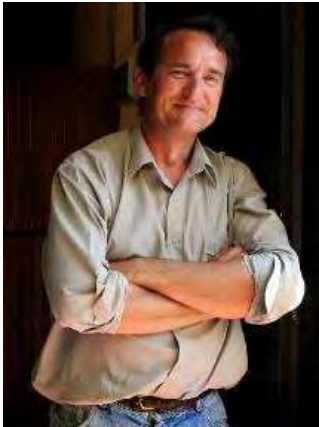
"We have planning to incorporate training for women in wood working practices and hope to have this a reality in the near future," said Mr Jones.

"As president of the Hervey Bay Men's Shed I am a passionate believer in the [Men's Shed] concept. I believe we are now only scratching the surface of the full potential that the Men's Shed movement can bring to the community," said Mr Jones.



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Getting out and about

David Helmers

It has been a busy month for the AMSA team.

We've been out and about visiting sheds, and attending openings and events. We've been planning celebrations for Men's Shed Week (25 September – 1 October 2017). And, we've put the (almost) final touches on the program for our Cabot's 7th National Men's Shed Conference (29 September – 1 October 2017).

As the team has grown, we're finding that we have more time to be in sheds, and we've all loved getting out to spend time in sheds and meeting new faces. Send us an invitation to your next shed event and we'll certainly do our best to get along.

The size of Australia and the number of sheds across our vast country presents a challenge for a small team, but we will continue to build our capacity to be more present in sheds so that we can see and hear you most effectively.

Over the last few months I've spent a great deal of time reflecting on the past and looking towards shaping the future of AMSA. Using information from evaluations and member surveys we're busy finalising our strategic direction for the next few years so that we can best position AMSA to make a positive impact for our member Men's Sheds and shedders—and we're feeling really positive about the future.

AMSA exists to support and grow the Men's Shed movement, for the health and wellbeing of Australia men and communities. We want to see Men's Sheds succeed and the AMSA team do everything they can to see out that purpose.

Speaking of which, I'm pleased to announce that we will again work with the team from Garage Sale Trail this year as a community partner.

Garage Sale Trail started as a grassroots idea to encourage reuse, celebrate creativity and bring local people together. In Australia, our waste is growing six times faster than the population—so buying and selling second hand at a garage sale is a great way to reduce and think differently about waste.

Over a weekend in October, the Australian community is encouraged to host a garage sale or shop the trail to create positive social and environmental change.

About 20 Men's Sheds hosted garage sales in 2015, which grew to 78 in 2016. This year we're keen to see this number grow even higher. You'll find more information about the Garage Sale Trail in next month's edition of The Shedder.

In other exciting news, we're proud to report great success for the Irish Men's Shed Association as they launched the Irish *Spanner in the Works?* website as part of their Sheds for Life program this month.

We have worked closely with IMSA to support the development of the Irish Men's Shed movement for a number of years, and continue to share lessons and ideas for the benefit of sheds all over the world.

We have four of our IMSA friends joining us for our National Men's Shed Conference – you can hear all about Sheds for Life and Men's Sheds in sunny Surfers Paradise in September.

Yours in shedding,
David Helmers
Executive Officer





Cabot's 7th National Men's Shed Conference Early bird registration closes 1 August

Register now and pay later to take advantage of our early bird discount. Simply fill out the conference registration form and select the 'invoice me' option when you reach the payment stage.

Presentation submissions close Wednesday 2 August. Sheds are encouraged to provide a brief overview of a project or activity, with the opportunity to be selected to present to shedders at the National Conference.

Our (almost) full conference program has been released with a few exciting additions to make, so keep your eye out for updates.

Visit the conference website for details and to register—
www.dccferences.com.au/mensshed2017



2017 Australian Men's Shed Association
7th National Conference | 29 September - 1 October 2017
Mantra on View Hotel | Surfers Paradise, Queensland

Help us recognise a great Men's Shed

The National Men's Shed Awards are back as our chance to recognise the great work, ideas and contributions of Men's Sheds around the country. The **National Men's Shed Awards** look for distinctive sheds across five categories including unusual shed activities, best shed garden and shed of the year.

Tell us your story in the nomination form—it will only take you a few minutes!

Know something great happening at another shed? Anyone can nominate a shed to be recognised.

Find the nomination form on the AMSA website—www.mensshed.org/national-mens-shed-awards/



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***Spanner in the Works?* launches in Ireland**



The Irish Men's Sheds Association (IMSA) has officially launched its new dedicated men's health website, **malehealth.ie**.

Using the Australian *Spanner in the Works?* concept, malehealth.ie aims to set men of all ages on the road to better health by signposting them to a wide range of health information and resources from over 40 leading Irish health organisations.

"The development of this dedicated website is a key milestone in the journey of Men's Sheds connecting with men at many different levels and providing them with information and support in relation to their health and wellbeing," said Minister of State for Disability, Finian McGrath at the launch event.

IMSA worked closely with the Australian Men's Shed Association to localise the concept and information for an Irish audience.

"It is very fitting that the Irish Men's Sheds Association should be the driving force behind this new website. Men's Sheds have been at the forefront of a revolution in men's health in Ireland in recent years, and malehealth.ie is another innovative way of encouraging men to take control of their health and wellbeing," said Barry Sheridan, IMSA Chief Executive.

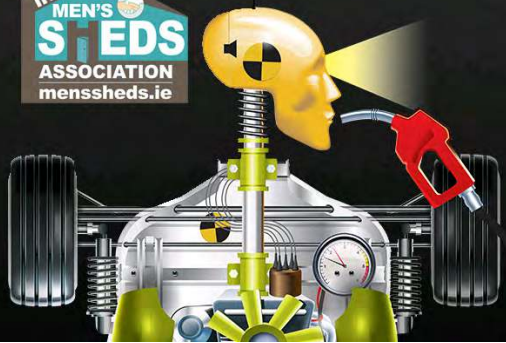
"We know from academic research that 91% of men feel that belonging to a shed has improved their wellbeing. The website will now allow us to spread those health benefits beyond our 400 sheds and 10,000 weekly attendees. Our aim is to empower men to take control of their own health, by showing them how to get the right advice and support from the right people at the right time."



malehealth.ie

SPANNER IN THE WORKS?®

IRISH
MEN'S
SHEDS
ASSOCIATION
menssheds.ie



WHEN WAS YOUR LAST SERVICE?

Knowing when to have your car checked is no different than keeping your body in peak condition.

Malehealth.ie was established by IMSA as part of its 'Sheds for Life' initiative, which aims to support the physical and mental health and wellbeing of Men's Shed members.

'Sheds for Life' aims to work within the health enhancing, supportive environment of the shed by collaborating with local and national organisations to give Men's Sheds members the choice to participate in health promotion programs and advisory.

The initiative works in collaboration with policy makers, service providers, health and allied health professionals around the country to provide the resources and signposting for Men's Sheds members on health issues in line with the Healthy Ireland Framework and the Healthy Ireland Men 2017-2021 National Men's Action Plan.

For further information about the Irish *Spanner in the Works?* visit www.malehealth.ie. For information about Men's Sheds in Ireland, visit www.menssheds.ie or follow the Irish Men's Shed Association on Facebook.



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Is the urn in your shed a serious burn risk waiting to happen?

Melissa White, AMSA Membership & Insurance Manager

Last week a shed member suffered serious third degree burns after the spigot on an urn fell off as he was attempting to make a cuppa.

He was rushed to hospital, and later transferred to a burns unit for more specialist care. His treatment is ongoing, and we do not know at this stage whether there will be lifelong effects.

We often underestimate just how dangerous hot water and water heating devices like kettles or urns can be.

That's why you need to take precautions to ensure your members are safe from these seemingly inconsequential accidents...

The best way to completely reduce the risk of burns from an urn or kettle is to remove them all together.

Replace your urn or kettle with a wall mounted system hot water urn.

If this is not a possibility for your shed right now, please make regular checks for corrosion, wear and tear.

Always turn urn off and empty prior to checking.

If there is any sign of corrosion, please discontinue use straight away.



What to do if someone is scalded by water?

If you are scalded you should:

1. Remove clothing quickly. This helps the heat escape from the skin. Leave clothes on, however, if they are stuck to the skin.
2. Immediately pour lots of cold water gently over the scald for 15 to 20 minutes. This will stop further burning. It also helps to relieve the pain. Never use oil, butter or ointment, as these can further damage the skin.
3. Cover the scald with a clean cloth, and keep the person warm.

Burns that involve the face, hands, feet, genitals or bottom, or if the burnt area is larger than a twenty-cent piece, should be seen to by a doctor as soon as possible.



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Sailors get a Club Shed Cooktown helping hand

David Cass, Cooktown Men's Shed

Club Shed Cooktown has extended its welcome and support to a number of local and international sailors in recent times.

It's great we are in a position to offer membership and repair support to sailors in need of a workshop to facilitate repairs and maintenance.

Local yachtsman and owner of the yacht 'Spindrift' Jack Martin said the Club Shed Cooktown had been an enormous help to him in effective timber repairs and maintenance work.

"It's been a life saver for me as a pensioner, to have access to all the tools and timber processing equipment, it's just the best!" said Mr Martin.

"It's a great social thing for me too, down at the shed."

Local long term shed member, a retired experienced mariner/engineer, Frank Dostal has been assisting local Czech yachtsmen, Martin Dolecek and Patrik Zamazal with repairs and advice to repair their yacht Alya II.

Alya II came to grief on a shallow bank on route to Cooktown and thanks to the efforts of many locals was recovered and shipped to Cooktown for extensive repairs.

Martin and Patrik became Club Shed members and as a result were able to access all the Men's Shed has to offer, including the expertise of Frank Dostal.

"It's great that we can use the huge workshop and timber resources to help us fix up our yacht," Mr Dolecek said.

Club Shed Cooktown is supported by the Gungarde Community Centre, the Australian Men's Shed Association and a wide range of local and interstate organisation.





RARE SPARES | Rust Revival

The enemy of older cars, rust rears its head anywhere that spends enough time exposed to the elements and moisture.

Cars usually exhibit certain locations where water can pool, not drain or takes a long time to dry which results in accelerated rust.

In this article we discuss the best way to remove a rusted out section of a classic car and how to professionally restore the area with a new panel, prep and paint to have it looking as good as new.

When restoring or replacing any rusted panels on your classic car, it's essential that you use the correct tools and safety equipment. Safety equipment such as glasses and dust masks will protect your eyes and lungs from the harsh chemicals found in paints and primers.

Step 1: Tools To complete your rust restoration you will need an electric angle grinder with cutting disc attachment, a hammer and a sharp chisel, sanding equipment, welding equipment (or a friend with some), a jack, stands, primer and paint plus a Rust Repair Panel that is available from Rare Spares and available for a variety of panels on a large number of classic makes and models.

Step 2: Mark the Repair Area Using a pen, mark off the portion of rusted panel you will be removing. Using your rust replacement panel as a guide, you will be able to make a fairly accurate guide line for what will be cut out. Remember that you want to cut out as little 'good' metal as possible, so be precise in your measurements and as accurate as possible when it comes to cutting and welding.

Step 3: Cut Out Using your angle grinder carefully cut out the rusted area making sure to stick to the guide lines marked out in the previous step. It is important to take note of what is on the other side of the area you are cutting, ensuring not to cut too far through and damage any inner paneling. Once the old panel has been removed, you can brush away any dirt or surface rust with a wire brush.

Step 4: Prepare and Place New Panel First, using your grinder, prepare your Rare Spares Rust Repair Panel to fill the void left in your rusted panel. Using a clamp or magnet, place the new panel in the area that has been cut out. The new panel should fit flush with the edge of the old panel. Make sure a wire brush or a sander is used to clean the original outer edge of the car back to bare metal where the new panel will join the body, so the area is contaminant free for the welding process.

Step 5: It's Time to Weld It's now time to break out the welder. With the new panel firmly clamped in place, carefully weld the replacement panel to the existing panel. A common method is to tack weld at a few selected points just to make sure the panel is attached on the correct angle, before completing the rest of the welding. The welds will be grinded and sanded back so don't be too disheartened if the initial welds are a tad unsightly, however if you have no or limited experience welding, it might be worth talking to a professional to assist in this step.

Step 6: Cleanup With your new panel now installed, it's time to clean up the welds and ready the panel for paint. The grinder will come in handy for some removal of any excess weld areas, before fine tuning with coarse sandpaper and slowly working towards finer grit paper. The more time invested at this stage, the more likely you are to achieve a 'like new' result. In some cases bog may need to be applied to ensure the area can be brought back to fully original condition.

Step 7: Primer and Paint First, tape and mask off any areas around the new panel that you don't want to be damaged in the painting process. In order to achieve a clean look, it is often best to repaint the whole panel, not only the repaired section to ensure any discrepancies in paint colour to the rest of the car aren't too noticeable.

Next, apply a primer and allow curing. Primers often require multiple coats to achieve a smooth finish so be sure to refer to the instructions on the product. Next, sand all primed surfaces using a medium grit to prepare the surface for paint. Using the correct type and colour for your car, carefully paint the affected area, applying an even coat all over. Allow at least 24 hours for the paint to cure. Multiple coats can be applied for a more durable finish.

Step 8: Polish Once the paint has fully cured, polish the surface to achieve a showroom-like shine, being careful not to damage the painted surface. Once again, refer to the instructions on the polish bottle to ensure the best possible outcome.

Car restoration can be a very rewarding experience and a great excuse to get into the shed or garage and involve family or friends in your project.

Rare Spares have a host of products to suit your classic car, so next time you're in the process of restoring your pride and joy take a look at the Rare Spares website for all your classic car needs.





Maitland Men's Shed build model Toranas



Members of the Hunter Valley Torana Club recently made a pit stop at the Maitland Men's Shed (East Maitland, NSW) ahead of Toranafest 2017, which will be held in September.

The Men's Shed have been working closely with the Hunter Valley Torana Club and built three model Toranas, with two to be auctioned off at the festival. The third model will be raffled off by the Men's Shed during the event.

President of the Hunter Valley Torana Club, Pete Morris said supporting the local group was important to him and his club.

"There's hours and hours of work gone into those model cars. We could have gone and bought the cars from the model shop and auctioned them off, but we really wanted to show our support for the Maitland community and in particular the Men's Shed," said Mr Morris.

The event was all about the unveiling of the model Torana cars, and celebrating the work of Maitland Men's Shed.

"It's great that we've had some of our members bring their cars here to the shed. There's over \$500,000 worth of cars just in this driveway alone and that's pretty amazing," said Mr Morris.

Find out more about Toranafest at www.toranafest.com.au. You can contact the Maitland Men's Shed to purchase raffle tickets.





SHED PROFILE | **Katanning Men's Shed**

Katanning might be a small country town with only one roundabout and no traffic lights in the great southern region of Western Australia, but the town boasts a thriving community, which of course includes a Men's Shed!

Earlier this month the blokes from Katanning Men's Shed were in the news promoting their activities, so we asked Secretary Ross Thomas to share the Katanning Men's Shed story with our Men's Shed community.

Katanning Men's Shed had its first meeting on 6 June 2010, with seven blokes in attendance at the Katanning Hospital.

Our inaugural Shed President Ron Smith was very much a driving force in setting up the shed, and making it very much what it is today. Ron remained President of our shed until he passed away late last year.

In the early days, and for some time, our meetings were held at member Geoff Flack's backyard shed whilst discussions were held with the Katanning Shire and Historical Society to find a real home.

We've had a few homes since, and we're still in temporary residence while the Katanning Shire and Public Transport Authority work out the details of a shed in the railway yards.

At the shed, we go about the same types of things you might find in other Men's Sheds. Part of our lease arrangement is that we do repairs and maintenance on the premises. We also make saddle racks, patio chairs and table and do general repairs on furniture—tables, chairs, chests of drawers.



Katanning Men's Shed members (Photo: Great Southern Herald)





BEFORE AND AFTER: The Railway Gangers Trolley now displayed at Narrogin.



In the past we have completely rebuilt a Railway Gangers Trolley for Brookfield Rail, which is displayed in Narrogin.

But, probably our most satisfying and crowning achievement, is the build of a replica display unit we produced for the Katanning Horticultural Society.

Frederick Piesse built the original display for the 1906 Perth Royal Show. Working from black and white photographs of the original piece, our Shed Coordinator Geoff Flack drew up plans for the display and then members set about building the unit which was then displayed at the 2016 Katanning Show. The unit is to go to the Perth Royal Show this year.

The best thing about our shed? Every member present has a voice when it comes to what happens at Katanning Men's Shed.



A PIECE OF HISTORY: The rebuilt display at Katanning Show.



Men's Shed Week | Monday 25 September—Sunday 1 October

Men's Shed Week is our annual time to focus the community, businesses, government and media on the positive contributions Men's Sheds make to the community.

This year we celebrate ten years of AMSA during Men's Shed Week from Monday 25 September, and conclude the week of celebrations at the Cabot's 7th National Men's Shed Conference on Sunday 1 October.

We encourage sheds to get involved in celebrating during the week by holding a shed gathering, an open day or simply inviting your local MP and community friends in for a cuppa and cake—whatever you see fit to celebrate your shed!

We're putting together a 2017 Men's Shed Week toolkit which will be distributed to all member sheds in August to help you participate in Men's Shed Week activities.



Visiting speaker | Hats off to our federal Constitution!



Mr John Christensen, is a retired lawyer with 40 years experience as a legislative drafter and lecturer in Australia and overseas. He will be travelling around regional and rural Australia, presenting an informative and entertaining talk about our federal Constitution.

This is a self-funded project with no political affiliation and no speakers fee is sought.

Find out more by visiting www.ozhomenow.net or find An Australian Consitution on Facebook.

To make an enquiry and booking, email John Christensen on jmc@netspeed.com.au.

Fancy your shed featuring in the 2018 Men's Shed Calendar?

Next year AMSA will launch the first annual Men's Shed Calendar - and we want you to grace the pages!

The submission process is simple: Take or select a photograph that best represents your Men's Shed and members. Then, attach to an email as a high resolution photograph, and send to amsa@mensshed.net with the name of your shed and, in 50 words or less, how the photo represents your shed.

Submissions close 5.00pm, Friday 8 September. All submissions will be displayed at the Cabot's 7th National Men's Shed Conference, in sunny Surfers Paradise 29 September - 1 October 2017.

For any questions, please contact us at 1300 550 009 or amsa@mensshed.net.



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