

THE SHEDDER

For every man, and his Men's Shed.

MEN'S SHED

A new era
FOR MEN'S SHEDS

THE SHED WIRELESS
HITS THE SPOT

Men's health
MATTERS



**Australian
Men's Shed
Association**

SHOULDER TO SHOULDER

WINTER 2020



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Back to the Shed

A poem by Noel Williams from Buderim Men's Shed (QLD)

That nasty old virus is now on the wane
And soon we'll be back in our Shed once again
Oh what a thrill as we drive through the gates
To catch up again with all of our mates.

Back to the comradeship that we have missed
The banter the laughter what absolute bliss
At morning tea time we'll be back round the table
And telling tall stories and many a fable.

And won't it be wonderful hearing once more
The sounds of the hammers the planer and saw
And we know our enthusiasm won't be diminished
As we pick up on jobs that have been left unfinished.

So we'll busy ourselves just like bees in a hive
And we'll realise how great it is being alive
We'll think of the good times that still lie ahead
Because we are members of Buderim Men's Shed.





A new era for Men's Sheds

Paul Sladdin, Chairman

Dear Shedders

Hopefully, most of you are now all returning to the Sheds and have your COVID safety plans in operation. Unfortunately, some of you located within the affected Melbourne Metro and Mitchell Shire areas have gone back into lockdown. Please stay safe and keep in contact with your fellow Shedders.

I'd like to encourage any Shed experiencing difficulties as a result of COVID-19 to discuss their situation with the AMSA staff.

Once the pandemic took hold, all Sheds were quick to act and take the appropriate actions. I must congratulate you on how well you put these actions in place.

The feedback received from Sheds initiating welfare calls to their members was welcomed. This showed the true spirit of mateship within the Sheds. Even through isolation you were all looking after each other.

Due to the COVID-19 pandemic, there have been a number of significant changes in the way AMSA operates and provides service to Men's Sheds. Since closing our office on 14 March, the directive to staff was to first look after their families and themselves, secondly to look after the welfare of the Sheds and their members, and thirdly to embrace initiatives and change. I believe the AMSA staff and Board have taken these on board and have excelled in delivering new support programs for the Sheds.

Both The Shed Online and The Shed Wireless have been huge successes. These will become valuable assets to AMSA and Sheds well into the future.

The Shed Wireless now has an audience of more than 9000 listeners. And we have had some extraordinary guests, including His Excellency David Hurley, Minister for Health Greg Hunt and Minister for Regional Health Mark Coulton. We are about to head into Season 2 with new and exciting special guests — and we will be focusing on Sheds and the stories of the men within them. If you have not already had a listen please do and share it amongst your family and friends.

Importantly for the future of the Men's Shed movement, AMSA has now entered into a new 3 year funding agreement with the Federal Department of Health. This will ensure we are in a position to deliver services to you well into the future. As part of this new funding, the National Shed Development Program will be continued with \$1-million per year allocated to these grants.

This extension to our funding agreement recognises AMSA as the National peak body for Men's Sheds.

I am aware of recent correspondence to Sheds from an alternate organisation that purports to represent state associations, which in reality includes only two states. Please be assured that AMSA member contact details and personal information is managed in compliance with the [Australian Privacy Principles](#). Under these principles and consistent with section 5 of the [AMSA Privacy Policy](#) AMSA will not release this information.

In order to comply with the AMSA Constitution, the Board must comprise Member-Elected Directors from at least six regions, in addition to Board Appointed Directors. Three positions are open for member election to be appointed at the 2020 AMSA AGM. This year's election is calling for nominations for Member-Elected Directors based in the regions of Queensland, Victoria, and Western Australia. Members of AMSA member Men's Sheds in these regions are invited to nominate from 4 August, providing they meet the eligibility requirements. I encourage any Shedder to contact me should they want information on what these roles involve.

On behalf of the Board of Management, I wish to congratulate fellow Board member Aaron Kearney in receiving his well-deserved Order of Australia Medal in the Queen's Birthday Honours. Aaron has been the driving force and host of The Shed Wireless initiative.

Stay safe, stay sane and don't forget to breathe.

Regards, Paul

Shedder profile

Don Smith, Cleve and Districts
Men's Shed Incorporated, South Australia

Every Shedder has their own story. One of the great things about Men's Sheds is there's always someone new to meet. Or something new to learn about another Shedder.

The Shedder Profile is a great way to meet a new mate who has at least one common interest — the Men's Shed.

Is there someone from your Shed who you think would make a great Shedder profile? We'd love you to email your suggestion to theshedonline@mensshed.org



Don is pictured front, far right, with his fellow committee Members at Cleve and Districts Men's Shed

A bit about Don

Born and bred in Cleve, Don left school at age 15 to work in the family business. He trained in electrical work and went on to serve in the 3rd Royal Australian Regiment, Support Company as a signal platoon from 1965 to 1967. Don is married to Kay and has a long history of involvement in service clubs.

Since retiring in 2018 Don turned his attention to starting the Cleve Men's Shed. After a successful trial period it officially became Cleve and Districts Men's Shed Incorporated in January 2019. In January 2020, Don was named as Cleve Citizen of the Year.

Describe myself in 3 words

Casual, helpful, busy.

Favourite joke?

My skills: jack of all trades master of none.

How I became a member of our Shed

Assisted our Shed start-up as Secretary. Formed officially in January 2019 after a trial period of 12 months.

Activities I participate in at the Shed

My main area is in administration with the assistance of AMSA. Also anything else that may need to be done.

Best project I have undertaken as part of the Shed

A grant from the Foundation for Rural and Regional Renewal, financing a premises with connecting block for our Men's Shed home.

**“A life motto I think I live by?
Here for a good time not a
long time” — Don Smith**

Why is the Shed important to me?

Networking with other members. It's rewarding to see them being involved and enjoying the experience. Also, finding out the skills members have, particularly with woodworking. And having such a facility for the community, to be able to assist with men's health and wellbeing. I'm looking forward to future achievements and benefits we will accomplish over time.

The Shed Wireless is born

Your essential guide as Men's Sheds hit the airwaves

By now there's an excellent chance you've heard about The Shed Wireless. If you haven't, it's time to enjoy the Men's Shed in a new way, in this new era.

Men's Sheds are a place of belonging. So when coronavirus (COVID-19) forced more than 1200 Sheds across Australia to lock their doors for an unknown period, it felt like a huge blow for many Shedders.

"Social isolation is contradictory to everything we're all about," said David Helmers, AMSA's Executive Officer.

And so The Shed Wireless was born.

Exactly what is it?

The Shed Wireless is a podcast. It's like a pre-recorded radio show that you can listen to any time you like.

What's it about?

That's the best part. It's all about Men's Sheds with some top-shelf special guests and other interesting stuff thrown in for good measure.

How do I listen?

There are a few options and Shedders all over Australia (and overseas) are choosing to listen the way that best suits them. If you're internet savvy and already listen to podcasts just search for [The Shed Wireless](#) on Apple podcasts, Google or Spotify. If you're not great with that stuff, ask someone who is to help get you set up via this link mensshed.org/theshedwireless

Have you seen the video?

Recently we made a short video that tells the story of How The Shed Wireless was born during the COVID-19 crisis. You'll find it on our AMSA [Facebook](#) page, [Youtube](#) and on our website mensshed.org



"The audience is growing week by week" — David Helmers

Will The Shed Wireless continue?

Yes, it will. After a successful first run of 10 episodes, season 2 with fresh episodes released fortnightly began on 23 July.

There'll be a feature Men's Shed each episode, up-to-date information for Shed committees and members and a guaranteed laugh with Men's Shedder Rip Woodchip.

Plus special guests such as Aussie actor Michael Caton (from movies such as The Castle... "Tell them he's dreaming!") and cricket great Dennis Lillee.



Governor General visits Monash Men's Shed



Recently reopened, the Monash Men's Shed celebrated Men's Health Week with a visit from the Governor General of Australia, His Excellency David Hurley and Mrs Hurley.

The Governor General is the Patron of the Australian Men's Shed Association of which the Monash Men's Shed is a long time member.

Joining us for the visit was the Mayor of Monash Stuart James and representatives of the Executive of the Australian Men's Shed Association.

The Governor General spent an hour with members, touring both facilities and engaging with everyone present.

The highlight of the visit was the Governor General learning how to cut glass for leadlighting and Mrs Hurley conducting an impromptu sing-along to her reworked song about Men's Sheds based on the tune You are my Sunshine.

It was a very enjoyable and successful morning and the visit will form a lasting memory for the Shed and all our members.

Greg Male, Committee of Management
Monash Men's Shed

Deductible Gift Recipient status for Men's Sheds

The Australian Men's Shed Association has been working in conjunction with the Australian Tax Office (ATO) and the Australian Council for Charities and Not-for-profits Commission (ACNC). Here's an update.

While the [Treasury Laws Amendment \(2020 Measures No. 2\) Bill 2020](#) was introduced on 13 May 2020 it has not yet passed and is still currently before parliament.

This Bill contains the proposed legislative amendments that would establish a new deductible gift recipient (DGR) general category to enable community sheds to access the DGR concession.

Community sheds can only make an application to the ATO for DGR endorsement under this new category, once enabling legislation passes parliament and receives royal assent.

The earliest date of endorsement the ATO can provide under this category is the day the enabling legislation commences, which is the beginning of the first quarter that follows royal assent.

The proposed legislation states community sheds will need to meet the following criteria to be eligible for DGR endorsement under the new category:

- must be in Australia
- must be registered as a charity with the ACNC (Australian Charities and Not-for-profits Commission)
- must be a public institution
- must be 'a community shed'

Information on the current status of this Bill is published on the ato.gov.au new legislation webpage:

[Extending deductible gift recipient status to Men's Sheds and Women's Sheds \(community sheds\).](#)

More detailed public advice and guidance about the eligibility criteria will be provided in due course should the enabling legislation pass the parliament and receive royal assent.



A new era for Narooma Men's Shed

It's an exciting time for Shedders at Narooma NSW as they work to build their brand new Shed. Watch this space!

Queen's Birthday Honours List 2020

AMSA Director recognised



AMSA Director Aaron Kearney was recognised with an Order of Australia Medal in the 2020 Queen's Birthday Honours list.

Aaron received the honour for his service to the broadcast media as a radio presenter, in roles both domestically and internationally.

Aaron joined the AMSA Board of Directors earlier this year, bringing with him a wealth of knowledge and experience to contribute to the growth and development of AMSA's support to the international Men's Shed movement.

When he was told he'd received an OAM he said he was stunned.

"I have worked my whole career in regional media or in developing nations and both are doing it tough right now. So I hope this recognition of me is seen as a recognition of everyone who continues to do amazing, often thankless work in those sectors.

"I hope it reminds them their work is valued and doesn't go unnoticed and inspires them to keep fighting the good fight," he said.

Aaron is a multi-award-winning broadcaster, photo-journalist, sports commentator and Managing Director of AKS International. His career spans newspapers, television, radio and social media with Fairfax, Channel Seven Australia, and the ABC (just to name a few) across Australia and the Asia-Pacific.

He has made a significant contribution to AMSA's service delivery during the coronavirus pandemic, in particular as host of our new podcast series The Shed Wireless.



Calling Shedder photographers

Feature your shed in the 2021 AMSA Men's Shed Calendar

We all know that Sheds across Australia are filled with a variety of skills and talents (some more useful than others!). But does your Shed have a member who's a talented amateur photographer?

If so, why not ask them to turn their lens towards your Shed exterior and in particular, your unique Men's Shed sign.

Why? We're looking for a collection of great pics to feature in our popular Men's Shed calendar for 2021. While we can't offer any payment, just think of the pride you'll feel in having a photo of your Shed displayed on thousands of walls across the nation.

How to submit your photograph

- Take or select a high resolution photograph of your Shed exterior – and in particular your unique Men's Shed sign
- Email amsa@mensshed.net with your high resolution photograph attached and in 200 words or less, tell us about your Men's Shed
- Photo submissions close 1 September 2020

By submitting your photograph to the Australian Men's Shed Association, you give permission for its use in AMSA publications in print and online.



Please note, the images selected for inclusion in the Men's Shed calendar 2021 will be at the discretion of the Australian Men's Shed Association.

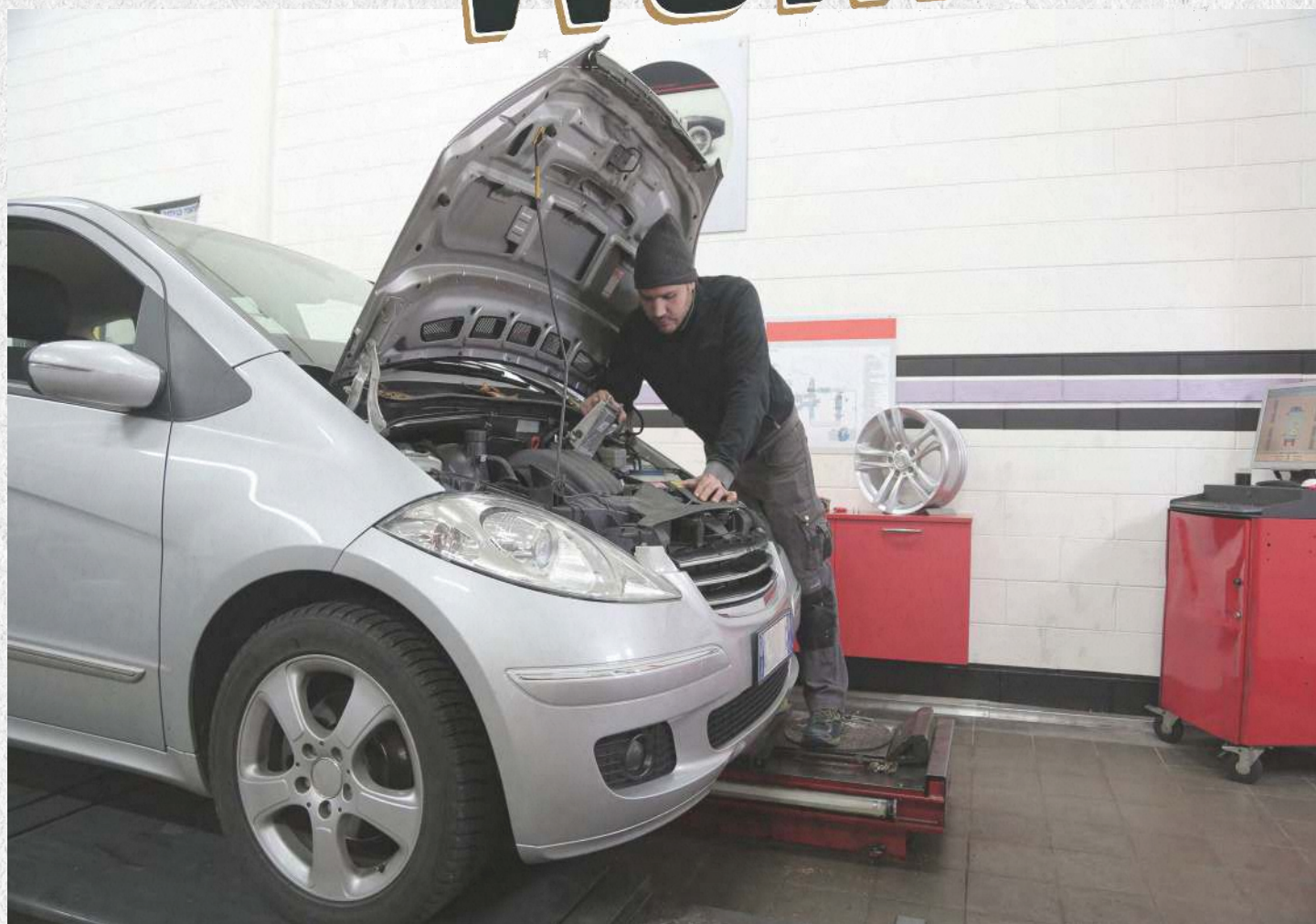
Your copy of the 2021 Men's Shed Calendar

AMSA members will receive a copy of the 2021 Men's Shed calendar, and featured sheds will receive an additional five copies.

Additional Orders

You will have the opportunity to pre-order additional calendars to sell or use as gifts. Additional calendars will cost \$2.00 per calendar (plus postage) with a recommended sale price of \$5.00. The calendar preview will be available online in September, at which time you will be able to submit a pre-order.

SPANNER IN THE WORKS?®



Your annual service is due

Have you been maintaining your machinery?

Most blokes understand the consequences of poor vehicle maintenance and are usually quite particular about maintaining their machinery.

But when it comes to looking after your most important piece of machinery (you) that preventative maintenance and annual service is often overlooked.

Inspired by [Men's Health Week](#) consider this a friendly reminder.

Put yourself over the pits and book in a service with your GP if there's something you're worried about.

Although COVID-19 has taken up a great deal of our 'health attention' – now is not the time to ignore a timing chain rattle, that bearing rumble in your machinery, or a sudden drop off in your car's performance. Because we know they often lead to worse problems.

Check out malehealth.org.au for more information about your maintenance and servicing schedule.

Have you got a Spanner in the Works?

Are you feeling unwell and not sure if you need a doctor? The [Health Direct Symptom Checker Tool](#) can help you decide what to do next.

Visit the Symptom Checker at healthdirect.gov.au/symptom-checker/tool



An apple a day helps keep the mechanic (GP) at bay



Did you know that three times more people die from [bowel cancer](#) than on our nation's roads?

While you might not especially like to talk about your 'exhaust pipe' — in fact your life might depend on it.

Bowel Cancer is the third deadliest cancer in Australian men, claiming the lives of more than 2900 men each year. But when it's caught early, it's one of the most treatable types of cancer. When bowel cancer is detected in the earliest stages, almost 99% of cases can be successfully treated.

A great deal of bowel cancer cases may also be attributable to modifiable risk factors. In other words, things you can change.

Both red and green apples are a nutritious source dietary fibre, an important part of the high-octane fuel you should be filling up with to help keep your exhaust pipe in tip top condition. Check out some apple-inspired high-fibre recipes [here](#).

But diet is just one modifiable factor contributing to your risk of bowel cancer. Alcohol intake, weight, physical activity and smoking are all also contributing factors.

Preventative maintenance is your best defence against a rusty exhaust pipe, along with a regular servicing schedule

If you're eligible the Australian Department of Health will even send you a Bowel Cancer Screening Test Kit for your birthday every two years between your 50th and 74th birthday. [Read more about the National Bowel Cancer Screening Program here](#). And if you're ever concerned about bowel cancer or [display any symptoms](#) (regardless of your age), book in to see your mechanic (GP) immediately.

[Bowel Cancer Australia](#) is a national charity dedicated to prevention, early diagnosis, quality treatment and the best care for everyone affected by bowel cancer.

Good heart health

It's more than keeping your engine running

According to the [Heart Foundation](#), we are at greater risk of experiencing mental illness following a heart event.

In Men's Health Week, the Heart Foundation urged Australian men to get a Heart Health Check and avoid health problems on two fronts.

Queensland truck driver Dave Watene was only 43 when breathing difficulties took him to see his GP. Tests in hospital revealed that the left side of his heart wasn't working properly. Doctors also found two blood clots, one in his heart and the other in his lung.

Dave eventually recovered but was unable to work for 18 months. He began struggling with depression.

"It was financially stressful because I couldn't contribute to the family. I'm lucky that they and my friends helped me pull through and I got professional help. So finally things started to improve," he said.

Heart Foundation's Heart Health General Manager Bill Stavreski said that Dave's story was all too common.

"A heart event is a major hit in anyone's book," said Mr Stavreski.

"While only a minority of patients develop severe clinical depression after a cardiac event, many experience transient but significant emotional disturbance during convalescence that we sometimes refer to as the 'cardiac blues'.

"Maintaining a healthy heart is therefore inextricably linked with good mental health."

Truckie Dave urges us not to wait until it's too late to get a Heart Health Check.

"Put your health and wellbeing first — for yourself, and the ones you love," he said.

Your heart health should be part of your [General Maintenance & Servicing Schedule](#) from an early age.

Here are some steps you can take to reduce the risk of developing heart disease:

Add your Heart Health Check to your annual service.

A new Medicare-funded heart health check is available to all Australians. If you're 45 or over, or 30 or over if you're Aboriginal or Torres Strait Islander, arrange one today. Your doctor will look at a range of factors about your heart health and help you devise a plan to stay well.

Keep the wheels greased and moving so you are more active, more often.

More than 81% of Australian men do not meet physical activity guidelines. You should be active on most days of the week (preferably all of them) so aim for at least 2.5 hours of moderate physical activity or 75 minutes of vigorous activity each week.

Stay on top of your fuel and eat a heart-healthy diet.

A healthy eating pattern doesn't focus on one type of food or one particular nutrient. Heart-healthy eating relies on a combination of foods, chosen regularly over time. A good pattern gives us food that is low in saturated and trans fats, salt and added sugar — and rich in wholegrains, fibre, antioxidants and unsaturated fats.

Eliminate stinky additives — quit smoking. Smoking is one of the major risk factors for heart disease, not to mention a host of other health problems. Take action now to quit.

To learn more about Heart Health Checks visit the [Heart Foundation website](#) to check your heart age.



—— ” ——

We had this fitness
regime when I was a
kid and I still use it to
this day — it's called
get up and bloody
move

—— ” ——

RIP WOODCHIP
MEN'S SHEDDER