



The

Shedder



November 2017



His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd)
Governor-General of the Commonwealth of Australia

10th Anniversary—Australian Men's Shed Association

Over the last decade, men from across Australia have embraced the idea of Men's Sheds.

The Shed's may take many forms, but each offer the friendship and a sense of purpose and belonging that is so important to all men.

Men's Sheds are about fellowship, inclusion and acceptance. They are a place where men can meet and work together, enjoy each other's company and give to others.

Today there are close to 1,000 Men's Sheds in Australia, their contribution to the well-being of men, and their contribution to local communities is absolutely immense.

On this 10 year anniversary, I congratulate the Australian Men's Shed Association and Sheds across the world for the difference they make to the lives of so many men. I am proud to be your Patron and I have every confidence the Association and its work will continue to go from strength to strength.



Cabot's



10 YEARS



The SHEDDER

NOVEMBER 2017



Celebrating 10 years of the Australian Men's Shed Association

Earlier this month we were very privileged to celebrate the tenth anniversary of the Australian Men's Shed Association at an event hosted by our Patron, His Excellency General Sir Peter Cosgrove at Admiralty House.

The afternoon tea was an opportunity for us to mark an incredible ten years, acknowledging the input of individuals, communities, organisations and governments into creating a thriving Men's Shed movement. Whilst we could never get all contributors in a room together, we were pleased to have about 20 Men's Sheds, 12 corporate partners, 10 health partners and AMSA Board and staff members represented across our gathering of 80 guests.

When the Australian Men's Shed Association was founded ten years ago, it was no vision of grandeur or expectations to develop the Men's Shed movement into what it is today. Nor was there any ambition of taking this concept international.

One of the great elements of the Men's Shed movement is that not one person is responsible for this great initiative, but it was a number of people and Men's Sheds who contributed and it has morphed into what it is today through these numerous contributors.

In reflection of this, I consider myself to have been very privileged to have been here from the beginning of AMSA, when it was just a concept and long before the organisation was government funded. I have been fortunate enough to see the "Men's Shed" grow from a relatively unknown concept to where we are now with a Men's Shed in nearly every town and Men's Sheds as an iconic part of Australian culture.

I've seen it grow from a handful of Men's Sheds to thousands spread around the world. Most importantly, I've seen the impact it has had on the lives of the men within the sheds.

AMSA was established to be a unified organisation providing a centralised system of support to Men's Sheds, and the original (as well as current) funding agreements are based on this principle.

At the Manly conference in 2007 most Men's Sheds in operation, or even in conceptual stages of development, all desired to have a full time paid coordinator. But this was seen as completely unrealistic and unnecessary. Through early communications between Men's Sheds it became obvious that each paid coordinator was duplicating processes.





The AMSA founders and key contributors at the time, who were all either early shedders or those working as Men's Shed coordinators, witnessed wasteful use of resources through duplication. So this is where AMSA focused on the concept of learning from experiences and developing best practice guides for Men's Sheds.

The first formal meeting of the AMSA Working Committee was held in November 2008, where the foundations of AMSA's aims were established; with a primary focus on start-up support to communities interested in establishing a Men's Shed facility (as well as ongoing support) and on securing ongoing funding to establish the organisation to a self-sustainable and self-managed level.

Throughout 2008 to 2010, AMSA operated on funding that was provided from the FaCSHIA through Catholic Care Newcastle for the 'Lake Macquarie Shed Project' (later known as the Windale Men's Shed) that was amended to include the development of AMSA.

Through this period, a basic structure for AMSA was developed with a major focus on the provision of support as determined in the 2008 working document. This was being maintained by one employee with the support of some of the resources available at Catholic Care Newcastle and Uniting Care North Sydney, as well

as that of the individuals who formed the working committee: Gary Green (VIC), Neil Wakeman (VIC), Ted Donnelly (NSW), Stuart Holmes (NSW), Ruth van Herk (NSW), John Waters (TAS), Keith Bettany (SA) and Bill Johnstone (WA). Graeme Curnow (QLD) joined the committee in 2009.

The original submission presented to the Australian Department of Health in July 2009 was based on a centralised system of service provision. And on 7 May 2010, three years of hard work paid off when then Prime Minister Kevin Rudd launched the National Male Health Policy at Whittlesea Men's Shed (VIC) and announced funding for the Australian Men's Shed Association.

Testimony to the success of AMSA, for the next three years we witnessed an extraordinary growth in the development of Men's Sheds.

Reflecting on what has been an amazing journey and equally amazing success over the past ten years, raises the question of how we measure success. We have had extensive evaluations conducted on AMSA to inform the Australia Government on how well we are doing in relation to our funding agreement.

We've also seen extensive research conducted on Men's Sheds, the men within them and their communities. One to note, *beyondblue* commissioned a comprehensive





research program that provided the evidence of Men's Sheds improving the health and wellbeing of men.

But of most importance—in reality Men's Sheds save lives, it's that simple. Men's Sheds give purpose to men who are seeking it, and give back to the community at the same time.

If we were to tell a collective story from men within sheds, there would be over 100,000 stories of life changing and tragic events that never eventuated at all because of a simple collective idea—the Men's Shed.

So where to from here?

For AMSA, keeping pace with the growth of the movement has been a challenge. But we have risen to the task with enthusiasm to achieve our goals of promoting positive male health outcomes through providing places where men can contribute to their communities, and have a sense of belonging and meaningful purpose.

With the number of sheds subsiding in recent years, AMSA's focus moves towards the sustainability of the movement and the facilitation of better health and wellbeing outcomes for men.

We will continue to develop new partnerships and funding opportunities, through which we are able to provide members with access to an ever increasing amount of resources and programs for the benefit of the shed, and shed members.

In addition to these sources of support, our core funding from the Federal Department of Health places AMSA and our Men's Sheds on a firm footing for the future.

Our direction for the years ahead is as diverse as it is ambitious. With health and wellbeing as well as sustainability being key priorities for us, we will see Men's Sheds continue well into the future.

David Helmers
Executive Officer





Australian Government National Shed Development Programme Round 16

CATEGORY THREE HEALTH IMPROVEMENT ACTIVITIES

Category Three is a priority in the NSDP Round 16. Many Men's Sheds plan and deliver health activities, but the NSDP enables you to fund and provide a variety of activities throughout one day or a calendar of events throughout the year.

You may plan something just for your members or develop larger events that invite the community and Men's Sheds from your region.

As an example, Heywood Men's Shed (VIC) delivered four men's health events over eight months.

Event 1: December 2016: Regional Gathering of Men's Sheds—The Community Nurse from Heywood Rural Health spoke about and conducted *Spinner in the Works?* health checks.

Event 2: February 2017: Hosted visitors from an assisted living facility in Warrnambool for a "Blokes Roast" cooked by our resident chef who also spoke about his experience as a stroke victim.

Event 3: April 2017: members of the "Mates on the Road" group from the Warrnambool and District Motor Cycle Owners Club-their leader Johnny Walker and members of the group presented a talk on "*Building Resilience against Depression*" in a different and effective way.

Event 4: August 2017: Annual Men's Health Day - guest speakers from various disciplines with the main speaker discussing how to recognise and deal with Dementia.

Find out how to apply for a grant in the NSDP Round 16 at mensshed.org. Applications close Friday 8 December.



Coolum Men's Shed Officially Opens



On Sunday 12 November, the Coolum Men's Shed was officially opened after many years of patience, compromise and tenacity. The members have received extraordinary support from their local, State and Federal Government representatives all of whom were present to share in the occasion.

Despite the day being inundated with tropical rains, the event was a huge success. Mel and Liz from AMSA attended the opening and offer their congratulations and thank all in attendance for their warm welcome and hospitality.

As part of the opening, a special story was shared with guests and AMSA is proud to share 'A Men's Shed Story', told by Cherie Amor, the daughter of a Coolum Shedder, Vince Amor, who recently passed away...

We are so excited and proud to be here today to celebrate the official opening of the Coolum Men's Shed. I am Cherie Amor and I am here with my mother Amy and my daughters Kate & Ashleigh. This is our Men's Shed story.

My dad, Vince Amor has been involved with the Men's Shed organisation for many years. Originally, he started in the Nambour Shed and when he met Russell Lunn and Frank Bates, they thought that Coolum was missing out on this wonderful organisation. So together with help from the Coolum Lions Club, Dad, Russel and Frank went about setting up what is now the Coolum Men's Shed.

It has had a number of homes on its way to where we are today. It has been exciting with lots of activities both in the shed and further afield with markets, shows and of





course the good old sausage sizzles at Bunnings in Noosaville to raise much needed funds for the running and construction of the new shed. And to spread the word through the community about the benefits of being involved with a Men's Shed.

I would joke with Dad and ask him if he was off to the Men's Shed to play with his friends, but in all seriousness... as much as they did different activities together to raise the funds and profile of Men's Sheds, it was the friendships and support that really was what shone through.

Last year my Mum fell ill and suffered six brain aneurysms; she went through a double craniotomy and had a stent inserted. The Men's Shed community supported Dad with words of encouragement and offers of help to support him while Mum was ill.

Things settled down and seemed to be going smoothly... Dad was back going to his beloved Men's Shed as normal. Then, on the 29th December, I had to start making heartbreaking calls to let people know that Vince Amor, husband, father, grandfather, friend and of course avid Men's Shedder, had passed away very suddenly and unexpectedly.

We really could never have imagined the support that we were to receive from the Men's Shed community. Shed Members, wives, partners and members from other

sheds were all so lovingly supportive and generously helped us with the celebration of his life. They all came together to show us just what he meant to them and sharing stories of his time with them. The offers of assistance since have been appreciated and we can never thank each and every member enough for their kindness and support.

Just know when he made his final journey he took his Men's Shed cap with him, so wherever he is now you can guarantee that he is working on a new shed, so keep an eye open for him when you get there.

We love hearing the stories from the different members of what the Men's Shed has done for them and how it has given them a new passion and something to look forward to. You see, the Men's Shed isn't just men coming together once or twice a week to build things and then going home. It is Men, coming together to work side by side, to learn new skills and share with others, but they are not just sharing skills, they are sharing their lives and their hearts.

Congratulations to each and every person involved in making today possible. Dad would be so proud to be standing here today...even though he would have been off slightly to the side not one for being front and centre!

So, on behalf of my whole family, congratulations and thank you all.





Fun in the Sun

The Pre-Summer Classic Car Checklist



With summer fast approaching a common issue that confronts classic cars will rear its ugly head once again – overheating. In modern times, with modern vehicles we don't have to stress about summer driving. Even with the air conditioner on full and stuck in the depths of horrible Melbourne and Sydney traffic, there is rarely an instance of overheating. For those old enough to remember, this certainly wasn't always the case, with countless classics battling their way through horrendous conditions as the temperature needle firmly rested against the 'H' on the dashboard. In fact many of us have had an experience of sitting on the side of the road waiting for the car to cool down at least once!

For those of us who still own a classic car, fear not, because in this article we take a look at a few common causes of overheating and how to best prepare yourself for the upcoming summer using Rare Spares' expansive range of cooling products. Most classic vehicle cooling systems are relatively simple in nature with many shared properties and as long as you understand the basics and have considered the below points, you will have the best chance of a stress free and cool summer.....well at least your car will!

Belt and Hose Replacements

Preventative maintenance includes replacing any belts that are fraying, cracking or are slipping on water pumps and cooling fans. Hoses will require a thorough inspection for any cracking, swelling or any obvious signs of leaking; the more time spent ensuring a thorough inspection is time well spent.

It is important to remember that hoses may look ok from the outside, however often they become brittle and fall apart from the inside. All belts and hoses should be replaced every five years, regardless of kilometers as they eventually become brittle via exposure to the elements and by the inevitable and regular heating and cooling processes the engine goes through.

Radiator

Closely inspect the front of the radiator, which over time will accumulate excessive dirt and grime. Taking out your radiator (which is a generally a simpler process in older cars) enables a few steps to be undertaken. Moderating the water flow from a garden hose and ensuring your water jet is angled straight to avoid bending cooling fins, you will be able to remove most of this external dirt and grime. Tweezers are another good option for removing large stuck bugs and rocks and also for straightening any bent cooling fins.

The next task would be to flush the radiator. A handy tip can be tipping the radiator upside down and pumping water from the garden hose into the outlet of the radiator, in this way reversing blockages and sending them back out to freedom so to speak. If water is coming out at the same rate as it is being ingested, and it is coming out clean, there is a good chance your radiator is free from obstructions.

Radiator blockages are also a surefire way to overheat your pride and joy and simple blockages can be dislodged by this running water and a bit of a radiator shake. More stubborn blockages may be due to blocked tubes and may require removal of the top tank and a special tool to push through any stuck debris from the tubes. If you are not sure, a radiator specialist can assist with this task.

An inexpensive and effective measure to ensure the correct pressure is maintained in the cooling system (which is super critical to an affective cooling system) is to replace the radiator cap, which over time will also begin to perish.





Thermostat

The thermostat regulates the circulation of coolant through the cars cooling system and is prone to failure as a result of the constant opening and closing that takes place as the cars temperature fluctuates. If the radiator, belts and hoses are all in good condition and your classic car is still overheating, it's likely that the thermostat needs replacing. A simple way to test if your thermostat is working once removed is to put it into a tub of boiling water and see if it opens.

Thermostats are often available in slightly different temperature settings that depending on your requirements can fine tune minor issues with temperature control of your engine. If in doubt, consult a professional in this area.

Head Gasket

The head gasket in classic cars separates the oil from the coolant while sealing the internal combustion process. While the part itself is inexpensive, an overheating car is a fast way to completely ruin your head gasket along with a number of other vital engine internals due to cracking and warping caused by the heat stresses.

The early sign of a failing head gasket is the evidence of coolant mixed in with the engines oil, or a milky look to your radiator fluid. Bubbles constantly appearing with the radiator cap off is another potential sign of a head gasket failure as air is being added to the cooling system from the lack of seal with the head gasket.

So before this summer, take the time to drain and replace the oil from your engine and when refitting that radiator into the car, grab some good quality, coolant to suit your vehicle before the hot Australian summer.

Rare Spares stock thermostats, gasket kits, hoses, belts and even water pumps for a host of classic cars, so before you hit the road this summer, check out our range.

We hope this guide provides you with the motivation to give your classic a summer health check and of course, if you are not confident with any of these tasks, we recommend enlisting the services of a professional mechanic or a knowledgeable friend that you trust to assist.





Labrador Men's Shed turns Riviera Marine timber into gold



ABOVE: National Men's Shed Conference delegates and Riviera staff during their tour of the Riviera Marine facility.

Riviera is famed world-wide for the quality of the timberwork in our motor yachts.

All of the cabinetry, doors and timber linings utilised aboard Riviervas are built on site at the highly sophisticated and automated routing and varnishing facility. Inevitably there are off-cuts, but nothing goes to waste.

Six years ago, Riviera formed a partnership with the Labrador Men's Shed to take timber off-cuts from which the Shed members create their own masterpieces.

Len Thomson, Secretary of the Labrador Men's Shed, said: "One of the most valuable commodities to a Men's Shed is a supply of quality timber.

"We now pick up timber off-cuts from Riviera every fortnight and we truly appreciate the quality – and quantity – of the timbers they provide to us."

To celebrate this relationship, Riviera and the Labrador Men's Shed organised a tour of the Riviera facility during the National Men's Shed Conference held on the Gold Coast recently. The tour was attended by 32

delegates including five from the Labrador Men's Shed and others from all over Australia, one from New Zealand and two all the way from Ireland.

Len Thomson said the Riviera tour was the most talked about during the days of the conference.

The Men's Shed concept was founded in Australia in the early 1990s and has grown to over 1,000 Men's Sheds across Australia.

"Men's Sheds are about health and wellbeing," explains Len Thomson.

"A Men's Shed offers a welcoming, non-judgmental environment where men can work on projects for themselves or for the community at their own pace in the company of others."

He said the concept has now spread internationally with Sheds in Ireland, England, New Zealand, Canada, the US, in Scandinavia, Holland and Africa.

Len explains that the timber collected from Riviera is put





to use by the shed for community work and is available for members to purchase at mate's rates for their own projects. This money goes towards funding the Shed.

"Examples of our work using the timber donated by Riviera include stepping boxes for Gold Coast University and Robina Hospitals. These are used for stroke victims to recover mobility.

"We have built easels for a community art group and possum boxes for Wild Care. We make cutting boards and toys for sale to raise Shed funds. We also donate some of our toys.

"We run a mentoring programme for the Labrador State School and use the timber. We have also made patrol boxes for the local Parkwood Scouts."

Len said some of the timbers have also been used to build a display case at the Maritime Museum in Brisbane.



Stepping boxes are used by the Gold Coast University and Robina hospitals to help stroke victims regain mobility.

Puckapunyal Men's Shed restores commemorative diorama



A diorama depicting a bloody battle in the Vietnam War has been restored to its former glory thanks to volunteers at the Puckapunyal District Neighbourhood Community Men's Shed.

The diorama was originally built by former serving members of 102 Fd Bty RAA, depicting the scene in which the unit withstood heavy enemy fire in the early hours of 13 May 1968, during the opening phases of the Battle of Coral.

"Australian units withstood heavy enemy attacks during which a mortar platoon and two gun positions were partly over-run," Maj Lorenzo said.

"The Australians drove off the enemy after fierce close-quarter actions. The battle lasted more than two hours.

The task force suffered 11 killed in action and 28 wounded.

"In one mortar platoon, five soldiers were killed and eight were wounded from a total strength of 18 men. One howitzer and two mortars were damaged. The enemy left 52 dead strewn throughout and around the fire support base."

The diorama is housed at the Army's School of Artillery at Puckapunyal and the Men's Shed volunteers leapt at the opportunity when Master Gunner of Artillery WO1 David McGarry asked for help with the restoration.

Given the town's relationship with the Army, the Men's Shed is not surprisingly staffed by many defence members and their families so the collaboration made a good fit.

"The refurbishment project required the Men's Shed to rebuild the table top, build and paint the backboard, repair water damage to the top lid and install LED lighting," Maj Lorenzo said.

"The project was recently completed and the deputy chair of the RAA Historical Company Col Ahearn (Retd) made a visit to the Men's Shed to review the work and show his appreciation."



What a Day at Murgon Men' Shed

Glen Vonhoff, Shed Coordinator



Saturday October 1st 2017 was a milestone for the Murgon Men's Shed (MMS) as there was a double celebration. Not only was the Kingaroy to Murgon Rail Trail officially opened, but the new shed was also opened for use by the members.

As the Rail Trail opening was being held at the Murgon Men's Shed, it was decided to make it into a Gala event and to that end Allen Mitchell formed a committee and along with support from Leo Geraghty and the Murgon Business and Development Association and a tremendous amount of work the day was a huge success.

Over 40 stalls were present, with pig races, billy cart races, a fishing competition and many other activities and competitions operating on the day. A stage was set up for entertainment which began at 8am and continued throughout the day and was also used for the official openings. The wagons, tractors and Railway Wagons which have been or are being restored by the MMS members were also on display.





At 2.00pm the official dignitaries including the Mayor Keith Campbell, Deputy Mayor Kathy Duff, other SBRC Councillors, renowned runner Ron Grant, State MP Jeff Seeney, Federal MP Llew O'Brien, Cherbourg Mayor Arnold Murray and other VIP's were brought to the stage area by wagons pulled by tractors driven by David Mollenhauer and Brad Philp.

Kathy Duff was MC for the opening of the Rail Trail and Mayor Keith Campbell did the official opening.

To our delight, during the opening Councillor Gavin James, who completed a walk from Kingaroy to Murgon raising several thousand dollars, donated \$1,100 to the shed – thanks Gavin.

Several others made speeches and then I took over as MC for the opening of the MMS new shed which was opened by Llew O'Brien MP who had assisted with obtaining a much appreciated grant from the Federal Government of \$25,000 towards the cost of the shed.

We then auctioned a painting (depicting the essence of what a Men's Shed is all about) kindly donated by Max Conlon, a local Aboriginal artist, to help raise funds towards the balance of the cost for the new shed. The

auction raised \$2,500 which was a fantastic result – thanks Max.

The MMS members ran a food stall organised by John Armstrong which also raised funds for the shed. Well done John. And thanks to all the MMS members who worked extremely hard on the day.

The Murgon Men's Shed members want to thank everyone who assisted including all of the performers, those who ran events and organised competitions, the stall holders, members of Rotary, Apex and Lions, and anyone else who contributed to the fantastic success the day turned out to be. Estimated attendance was 1,500 people with many bike riders who rode the new Rail Trail commenting on what a great day it was. Hopefully, a similar event will be run annually.

The new shed is really appreciated with space now 'out of the rain' for men to do their work. This shed is twice as big as the original shed and was one of the dreams of our now deceased original founder and President Paul Pfeffer – he would be proud. Jim Rook, present MMS President, is delighted with the continued growth and achievements of the shed and looking forward to the fulfilment of plans for the future.





BeConnected: A Government initiative to help older Australian's get online

The BeConnected initiative (also referred to as Digital Literacy for Older Australians - DLOA) aims to support people over the age of 50 who do not engage with digital technology, to thrive in a digital world. The program operates across Australia and will enable and empower older people through local one-to-one and small group support from digital mentors, underpinned by relevant and well-designed online learning materials.

The program will be supporting local organisations to help older Australians improve their digital literacy, and to support this work a range of small grants will be available to Network Partners between October 2017 - June 2020.

Good Things Foundation is inviting all Partners of the BeConnected Network to apply for an activation grant. All Network Partners who join the network before December 2019 will have the opportunity to apply for a one-time \$1,500 grant to support 30 older people to develop their digital skills and confidence over a maximum of a 10 month period. See the Activation Grant Timetable on the following page for upcoming grant timelines.

The program is made up of a number of free elements such as: grant funding opportunities, help to market your Men's Shed with free materials and PR opportunities, training and resources, support for delivery and much more. Find out more at beconnectednetwork.org.au.

To join the Network you need to:

1. Register for an account at beconnectednetwork.org.au/join-the-network-step-1
2. After filling in the registration form you will receive an activation email, you will need to confirm the link in the activation email in order to log into your account.
3. After you have confirmed your account via the activation email you can then log in via the login page.
4. Once logged in you can then submit your organisation details via the Join the Network tab (you must be logged in to do this)
5. You can apply for funding under "your organisations" tab

All Men's Sheds are eligible to become a Network Partners and apply for the \$1500 funding grant and all the help, service and support is free.

Keep up to date with information from the Good Things Foundation (funding, webinars and other important details), by signing up to the Be Connected newsletter at beconnectednetwork.org.au/news-events.



Be Connected:

Helping older Australians thrive in a digital world



The SHEDDER
NOVEMBER 2017



Activation grant timetable



Be Connected
Every Australian online.

December 2017/January 2018

Due to the Christmas break, the assessment and allocation process will span across December & January.

Date	Activity
Application launch	On going
December deadline	Friday 8 December 2017 at 23:55 (AEST)
Application assessment	11 - 22 December 2017
Notification & contract award	8 January 2018
Payments released*	15 January 2018

*Payments will take around 3 working days to reach the nominated bank account.

February 2018

Date	Activity
Application launch	On going
February deadline	Friday 2 February 2018 at 23:55 (AEST)
Application assessment	5 - 16 February 2018
Notification & contract award	19 February 2018
Payments released*	26 February 2018

*Payments will take around 3 working days to reach the nominated bank account.

March 2018

Date	Activity
Application launch	On going
March deadline	Friday 9 March 2018 at 23:55 (AEST)
Application assessment	12 - 23 March 2018
Notification & contract award	26 March 2018
Payments released*	2 April 2018

*Payments will take around 3 working days to reach the nominated bank account.





Stuarts Point Men's Shed motor cycle show a roaring success

George Bambling, Stuarts Point Men's Shed President



On 9 September 2017, Stuarts Point Men's Shed held a motor cycle display and show at the rear of the Stuarts Point Worker's and Bowling Club.

The event was the brainchild of one of our members, Mark Merritt and was initially viewed with a little doubt because we had never previously embarked on such a venture. The problem as we saw it was that on the same day an antique agricultural machinery show was on at Macksville, some 30 kilometres away and we thought that that may cramp our style somewhat. The result was very different.

We had 130 modern and vintage/veteran motor cycles entered into the show from at least six different touring and restoration clubs from the North Coast.

People came from as far south as Taree and north as Ballina to enter their machines and to view the displays. We provided the lunch barbecue, the Club provided the drinks and we had a local band performing during the show and the bandmaster made the relevant announcements.

Our net profit from the event was approximately \$550-00. Not much, some may say. But to us, it is \$550-00 that we did not previously have and because we had sailed, as it were, into uncharted waters, we made a few misjudgments with food etc., which are mistakes we will not make when the event is held next year—which it most certainly will be!

All in all, the show was virtually an unqualified success. Everyone made a bit of money out of it, mainly the Club (a very generous supporter of our shed), the local butcher (whose steaks and snags were exemplary), the local Progress Association (SPADCO), who provided Breakfast McSpadcos for the visiting bikers at the Caravan Park on the Sunday morning, and the Caravan Park, who donated 3 nights' accommodation as a major prize in the bike show.

We also opened for the first time, a stall in front of our shed and our new shed manager and an assistant member sold some \$108-00 worth of surplus equipment from the shed. A rather profitable weekend for us.

We are a very small shed, with a mere 20 members. If we can do it and attract such interest in Men's Sheds, I shake my head at the thought of what a very large shed could do.

The 2018 Stuarts Point Men's Shed Motor Cycle Show will be held on Father's Day weekend again at the Stuart's Point Worker's and Bowling Club, and we look forward to welcoming shedders from near and far. See you at next year's bike show!