

THE SHEDDER

For every man, and his Men's Shed.

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MEN'S SHED**
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AMSA (Men's Shed Association)
Australian Federal Government
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**Men's Sheds make
their mark during
MEN'S HEALTH WEEK**

**AMSA RETURNS TO
FREE MEMBERSHIP**

**R U OK? Conversation Convoy
ROLLING IN TO A TOWN NEAR YOU**

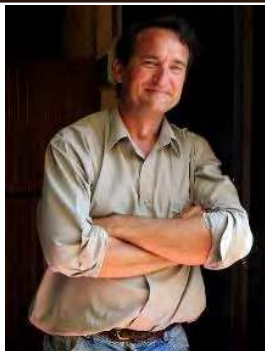


**Australian
Men's Shed
Association**

SHOULDER TO SHOULDER

AUTUMN 2018

1300 550 009 | amsa@mensshed.net | mensshed.org



A big year for AMSA

David Helmers, Executive Officer

Hello shedders,

As I write this message the AMSA team are putting the finishing touches on our 2018 member mail out, which includes our 2018 membership certificates, a wrap of 2017 achievements and an update of goings on in 2018. Given that we're also marking the turn of the financial year, I thought it valuable to share an update here as well...

2018 has already seen a great deal of achievements, developments and changes.

Again as a movement we really made our mark during Men's Health Week. Shed events were held right around the country – providing information relevant to proactive and positive health and wellbeing. We were also able to share the Men's Health Week message with everyday Australians on Channel 9's TODAY Weekend during a live cross to a Men's Health Gathering. This is a great example of how well Men's Sheds are doing in promoting good health and wellbeing for Australian men.

We recently announced our return to free membership. This decision was made after extensive consideration and really removes any financial barriers for eligible groups wishing to access our extensive programs, resources and expertise.

Paul Sladdin is now at the helm of the Board as Chairman, with Kevin Callinan retiring after five years as Chairman and a much longer term in various positions as a leader in the Australian Men's Shed community. We thank Kevin for his service to our members and welcome Paul to the role.

The AMSA team continues to grow as we expand our programs and services. We've welcomed the return of Marty Leist (Events & Volunteer Coordinator) and two new staff members: Mark Lilly (Finance Manager) and Stuart Torrance (Men's Health Project Officer).

A growing team means we've got more capacity to provide services that enhance your Men's Shed and make day to day management of the shed easier, so that you've got more time to make saw dust and talk to your mates. We are always open to new ideas and initiatives, so get in touch if you have suggestions and feedback on what we're doing.

What's on the horizon?

We're especially excited about our official opening of Men's Shed Week 2018 on Friday 21 September at our 2017 Men's Shed of the Year: Menshed Wagga Wagga. This year we are celebrating "mateship" during Men's Shed Week (24 September – 30 September), and we are on the lookout for exemplary tales of mateship from the Men's Shed network to share during the week. Get in touch if you have a story to share.

Our Men's Shed Week Toolkit will be published on our website soon, so pencil in a date for your Men's Shed Week celebration and we'll get details out to you soon.

We're also trying something new for the 2019 AMSA Men's Shed Calendar: giving you the opportunity to order additional calendars to sell as fundraisers or give to your shed supporters. Photo submissions close mid-August and an online version of the calendar will be available for you to order in September.

We have a huge program of events scheduled in the back half of 2018 and hope to see as many of you as possible while we are out and about. Remember to send us invitations to your openings, events and programs as we do our very best to get out into your sheds as much as we can – after all, that's the best part of being involved in the Men's Shed movement!

We look forward to seeing you soon.

David

Paul Sladdin to take over as Australian Men's Shed Association Chairman as Kevin Callinan retires

Long-standing member of the Men's Shed community and Australian Men's Shed Association Chairman Kevin Callinan has announced his retirement after five years in the position.

Prior to succeeding Ted Donnelly as Chairman in 2013, Mr Callinan served as Director on the AMSA Board and Secretary of the New South Wales Men's Shed Association for a number of years.

Mr Callinan has had a major impact on guiding key amendments to the Association's constitutional and governance structures to recognise the direct relationship between AMSA and member Men's Sheds.

Paul Sladdin, a member of the AMSA Board since 2016, has been appointed as the new Chairman.

Mr John Sharples, long serving AMSA Director and NSW Men's Shed Association Secretary, has been appointed as the Board's Vice Chairman.

"I look forward to working with and supporting Paul, and the AMSA Board, to achieve even more for Men's Sheds as Immediate Past Chairman," said Mr Callinan.

Mr Sladdin has a long-standing history of involvement in the Men's Shed movement and brings a wealth of experience in community education and community development to his new position.

"Having celebrated ten years of AMSA just last year, the Men's Shed movement continues to grow and play an integral role in advancing the wellbeing and health of Australian males," said Mr Sladdin.

AMSA Executive Officer David Helmers welcomed Mr Sladdin to the role and thanked Mr Callinan for his invaluable contributions to AMSA and the Men's Shed movement.

"Kevin has had a hand in many of the foundations of change for AMSA, and I know I speak on behalf of the AMSA team when I say we look forward to working with Paul at the helm of the AMSA Board to deliver on the outcomes of these changes," said Mr Helmers.

Looking ahead, both Mr Callinan and Mr Sladdin are excited by the future of AMSA in playing a key role in the development and sustainability of the Australian (and international) Men's Shed movement.

"I'm very much looking forward to visiting Men's Sheds across the country and increasing AMSA programs and events to support Men's Sheds, particularly in rural and regional Australia," said Mr Sladdin.



AMSA Board announces return to fee free membership

Last month the Australian Men's Shed Association announced that membership fees will no longer be applied to AMSA Membership.

The move comes after extensive consultation with Men's Sheds and stakeholders, and is a result of recent constitutional changes and continued Federal Government support for the organisation's service delivery.

"The Board is very pleased AMSA has established a position from which there is no need for us to apply a membership fee for Men's Sheds to join our organisation," said AMSA's Immediate Past Chairman Kevin Callinan.

Membership fees were introduced in 2013 at the request of the organisation's affiliated state bodies to support their activities under a unified structure.

Membership criteria will still apply as a protection of the "Men's Shed" brand and AMSA members will be required to continue compliance with this definition.

Current AMSA membership will roll over into the 2018 membership year and members have been contacted with information regarding their continued membership.

Mr Callinan is encouraging all Men's Sheds to take the opportunity to enjoy the benefits of AMSA membership.

"Free membership provides Men's Sheds with services and programs to enhance the shed environment," said Mr Callinan.

The change removes financial barriers for eligible groups wishing to join the organisation, further strengthening AMSA as a collective voice for Australian shedders participating in the Men's Shed movement from all the far corners of the country.

"Men's Sheds can simply apply online to be part of our movement as we work with Men's Sheds, governments and corporate, health and community partners to grow and develop the Men's Shed movement for the benefit of Australian men," said Mr Callinan.

If you are a Level 1 AMSA member (ie. you paid a \$50 membership fee at the time of taking out the AMSA Insurance Package in February 2018), and have not received information regarding your refund please provide your AMSA member details and bank details to amsa@mensshed.net.

Over 400 membership refunds have been processed to date.

For more information about your AMSA membership, visit mensshed.org or contact the AMSA office on 1300 550 009 or amsa@mensshed.net.

Showcase "Shed Life" at your Men's Shed in the 2019 AMSA Men's Shed Calendar



"Shed Life" at Noosa Men's Shed was inspired by safety at the shed—across a variety of activities including bee keeping, welding and woodwork. PHOTO: Philip Morgan

The second edition of the Australian Men's Shed Association Men's Shed Calendar will hit the shelves in 2019, and we're after your best photographs to showcase the 2019 theme: "Shed Life". We're calling all members to get their creative heads together for a blockbuster second edition.

Submitting your photograph

1. Take a **high resolution** photograph that best represents the theme "Shed Life" at your Men's Shed.
2. Email amsa@mensshed.net with your high resolution photograph attached, and in 100 words or less, tell us about how your photo depicts the "Shed Life" at your Men's Shed.

The final photograph selection will be made by a panel of AMSA representatives and shedders in August 2018. *By submitting your photograph to the Australian Men's Shed Association, you give permission for its use in AMSA publications in print and online.*

Fundraising

This year, your shed will also have the opportunity to pre-order additional calendars to sell. Additional calendars will cost \$2.00 per calendar (plus postage), with a recommended sale price of \$5.00 (RRP will appear on the back cover). An online version of the calendar will be available in September, at which time you will be able to submit your pre-order.

Your copy of the 2019 Men's Shed Calendar

AMSA members will receive a free copy of the 2019 Men's Shed calendar and featured sheds will receive an additional five copies.

Photograph submissions open	1 May 2018
Photograph submissions close	17 August 2018
Calendar available online for pre-order	September 2018
Calendar delivery	November 2018

2017 Governance Review Evaluation Report

The Australian Men's Shed Association was established to provide support for the development and ongoing management of Men's Sheds around Australia. Since 2010 over 700 new Men's Sheds have opened with this support, and the organisation now services almost 1000 members nationally – with all activities underpinned by a mission as a service organisation to advance an effective Men's Shed movement; strengthening communities and bringing men together to facilitate positive lifestyle choices and outcomes.

During 2017, the AMSA Board and Executive Team reviewed the organisation's direction, structure and governance to ensure AMSA is positioned well in its purpose as a national service organisation for Men's Sheds.

This review incorporated the development of a new strategic direction (AMSA's *Framework for the Future 2017 - 2019*) and a proposal for a revised Constitution and associated By-Laws (the '2017 Proposal'). The 2017 Proposal was written with the intent to deliver on two key objectives in order to reassert the organisation's grassroots heritage and empower Men's Sheds as independent entities:

1. Refine a modernised, short form constitution complemented by governing documentation to meet the five pillars of governance standards recommended by the ACNC; and
2. Review By-Laws to ensure they are consistent, relevant and support the achievement of AMSA's mission to advance an effective Men's Shed movement to strengthen communities and improve health and wellbeing outcomes for Australian men.

In September 2017, AMSA published a notice of the proposed Constitution and associated governance documents with a request for comment and feedback. A complete suite of feedback received with the full Evaluation Report is available at mensshed.org/about-amsa/reports, titled Governance Review (2017) Evaluation.

Process Overview

In September 2017 a complete governance proposal package was published on the AMSA website and emailed to member Men's Sheds (1,057 recipients). This package included a total of eight documents prepared by *Gadens* law firm and the AMSA Executive Team.

A total of 704 unique recipients opened the email (66.86%) at least once, and the email was subsequently opened a total of 6,749 times. Of the 704 recipients who 'read' the email, 92 followed the link to visit the published documents on the AMSA website. The email remains unopened by 349 recipients.

Feedback was received by a number of stakeholders and concessions were made to modify the proposed documents.

Feedback Overview

A total of 69 responses were submitted. Of these, 58 were supportive, 6 unsupportive, 4 were mixed in opinion (had further questions or misunderstood documentation) and 1 response was invalid.

Response Themes

Two themes were conveyed through correspondences and responses received by stakeholders.

Autonomy of sheds: *Submissions raised concerns about the continued independence of Men's Sheds as incorporated and independent bodies, separate from AMSA.*

AMSA remains a non-regulatory body, and has no ability, purpose or desire to control Men's Sheds. The 2017 Constitution and By-Laws provide no means by which AMSA is able to deem authority over members and does not have any regulatory power over the actions of members. AMSA only has the ability to accept or reject membership based on the criteria for members.

Democratic process: *Submissions raised concerns over the ability of members to have a voice.*

The 2017 Constitution gives individual member Men's Sheds a direct vote on constitutional matters. AMSA otherwise operates as a not-for-profit organisation delivering programs and services to Men's Sheds. These activities are determined by the Board based on member needs and feedback, in conjunction with terms set out in Funding and Sponsorship Agreements.

Concessions

The following changes were made to the AMSA Constitution and By-Laws as a result of submissions:

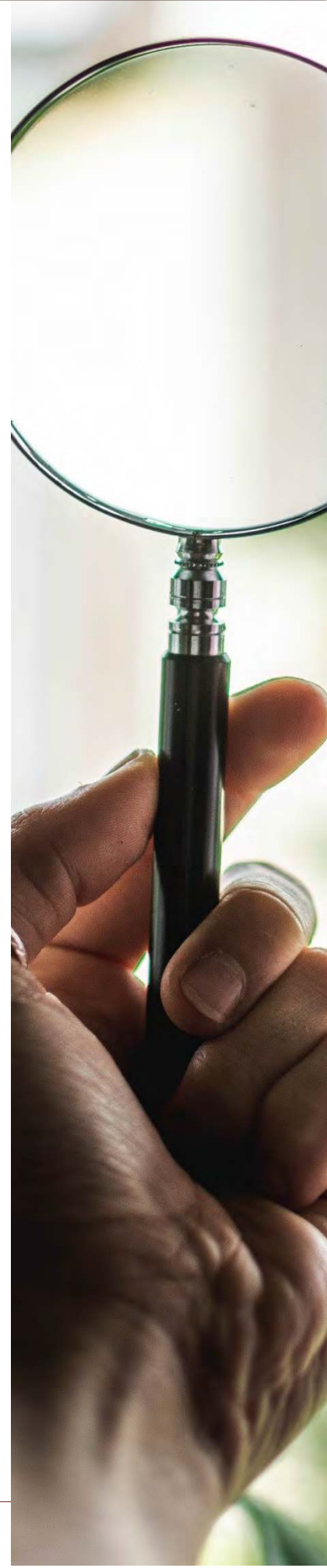
In the Constitution, many Men's Sheds expressed concern that AMSA was able to restrict the use of the term "Men's Shed".	Clause 7.5(b) removed
Section 5.3: AMSA Men's Shed Members are responsible for: (a) <i>The internal management of their respective Men's Shed and relationships with auspicing organisations;</i> (f) <i>AMSA member Men's Sheds can display approved signage indicating that the Men's Shed is a member of AMSA</i>	Amended Amended
Section 7: Ongoing conditions of Membership - State Association 7.1 (c) <i>Demonstrate that all regions of the respective State are represented on the governing body of the State Association Member</i> (e) <i>Provide a copy of the State Association's annual report incorporating audited financial statements to AMSA each year</i>	Removed Removed
Section 10: Use of AMSA Branding 10.2 <i>AMSA State Association Members are eligible to display the AMSA logo on each page of their website and all other publications clearly identifying that they are a Member of AMSA and part of the Australian Men's Shed network.</i>	Removed
Section 10: Use of AMSA Branding 10.3 <i>AMSA State Association Members are eligible to reciprocate linkages from the AMSA website on their website and refer to available resources.</i>	Removed
Section 13: Cessation of Membership 13.3 (a) <i>Cannot use the name 'Men's Shed' in the name, literature, documentation of that body</i>	Removed

Approved Constitutional Changes

In December 2017, the modified proposed documents were ratified by the AMSA Board at a Special General Meeting.

Key Changes—Board, Membership & Committees

- A Board comprising of six (6) elected state-based directors (two (2) year terms) and up to five (5) board-appointed specialist directors (three (3) year terms).
- Any AMSA member Men's Shed that has been a financial member for more than 12 months will be eligible to nominate a member of that shed to stand for election to the AMSA Board.
- The recognition of any AMSA member Men's Shed with a membership tenure of more than 12 months, as a voting member with rights to vote at all general meetings. Each eligible member Men's Shed will be entitled to one (1) vote.
- To enable incorporated state organisations, that satisfy membership criteria, to apply for AMSA membership. Any AMSA member state organisation with a membership tenure of more than 12 months will be recognised as a voting member with rights to vote at all general meetings. Each eligible member state organisation will be entitled to five (5) votes.
- The Constitution and By-Laws make provision for the formation of committees to provide detailed advice to the AMSA Board on a range of issues relevant to the organisation.



Nominations for member-elected Directors on the AMSA Board—VIC, QLD & WA

At the most recent Board meeting, the AMSA Board identified three positions open for member election to be appointed at this year's AGM on 20 September 2018.

In order to comply with the AMSA Constitution the Board must comprise of Member-Elected Directors from three regions, in addition to Board Appointed Directors. This year's election is calling for nominations for Member-Elected Directors based in the regions of Victoria, Queensland & Western Australia.

Members of AMSA member Men's Sheds in these regions are invited to nominate, providing they meet the eligibility requirements.

Eligibility Requirements

In order to be eligible as a Member-Elected Director on the AMSA Board, a candidate must:

- Reside in the region for election
- Have been a Shedder for 12 months or more
- Been a member of an AMSA member Men's Shed, where that Men's Shed has been an AMSA member for 12 months or more, and is also located in the region for election
- Must be nominated by an AMSA member Men's Shed
- Must be seconded by an AMSA member Men's Shed
- Must be eligible to be a Director under the Corporations Act.

Key Dates

22 July 2018	Nominations from regions to be elected open
11 August 2018	Last date for nominations to be lodged to Company Secretary
21 August 2018	Notification to AMSA members of all candidates
6 September 2018	Commencement of election period, if required <i>Not required where only one candidate</i>
18 September 2018	Finalisation of election, all votes to be lodged to Company Secretary
20 September 2018	Announcement at AGM of Elected Directors

To submit your nomination as Member-Elected Director, download the Member-Elected Director Nomination Form from the AMSA website and return to:

Company Secretary
board@mensshed.net

OR

Company Secretary
Australian Men's Shed Association
PO Box 739
THE JUNCTION NSW 2293

Please direct any questions to board@mensshed.net, attention to Chairman Paul Sladdin.

Shining a light on men's health during June

The World Health Organisation is often reminding us that the support we get from family and friends is important for our health; mental and physical.

This year we remind ourselves of this and celebrate the contribution men make to families and the support families give to men.

The Australian Medical Association says: *Supporting fathers to participate in the care of their children and teach healthy behaviours can be beneficial to the wellbeing of both the father and the child.*

They go on to say: *Incorporating both parents into "parental and child health services" allows a point of contact in a setting where the father is included in the responsibility for parenting.*

Who is our family? We have to be clear.

Sometimes by "families" we mean, of course, mum, dad, and the children. But "families" means so much more than this.

We mean those who are close to us and whom we love. This could be grandparents and grandchildren, same-sex partners and/or close friends.

Men's Sheds are often families for men.

They have a track record for providing social support and mateship to men which our research shows reduces stress and helps men resist disease. Many men (and increasingly women) are the breadwinners for their families. They promote the material base which families need. Sometimes this is taken for granted

Let's face it: not all work is exciting, nor does it always pay a lot!

This year let us find a way to acknowledge the role in the family and thank our breadwinners!

Many men are separated from their original partners and often their children. With some imagination, we can look for ways to ensure safe and loving contact between men and their children, since we know it is good for the health of everyone. Is it time to pick up the phone and say: "Hi"?

Sometimes grandparents and other relatives play an important role in families with love and support. The Aboriginal community gives us many examples of this worth copying.

Again, Men's Health Week can be an occasion to remind ourselves of this important role and thank these members of our families.

John Macdonald

Director, Men's Health Information & Resource Centre
(University of Western Sydney)
Patron, Australian Men's Shed Association





Men's Sheds make a mark during Men's Health Week

For over 20 years Men's Sheds across Australia have provided men with a space to benefit from the positive health outcomes of socialisation. In recent years many Men's Sheds have taken up the cause of promoting a proactive approach to physical and mental health and wellbeing – for the benefit of many thousands of shedders who are now living longer and happier lives (not to mention the additional thousands of community members who also benefit as a result).

Men's Health Week 2018 (11–17 June) was another opportunity for Men's Sheds to highlight this commitment to men's health initiatives—and boy did you make your mark. Men's Sheds and men's health events hosted by Men's Sheds were featured in the media around the country. We've brought together just a few events to showcase Men's Health Week 2018 across the Men's Shed community.

Breakfast Point Men's Shed (NSW)

The Breakfast Point Men's Shed received an National Shed Development Programme Round 16 grant to hold health seminars with local health professionals and managed to squeeze in morning tea, a cricket match and a BBQ lunch.



Buderim Men's Shed (QLD)

The Buderim Men's Shed put on a stellar event, with over 80 shedders participating in *Spanner in the Works?* health checks on the day!

The event also attracted a visit from Channel 7 and WIN to showcase the event on the evening news. Visit the Buderim Men's Shed Facebook page to see the coverage.

Gold Coast Region Men's Shed Health Expo (QLD)

Jeff Cheales, Pimpama Men's Shed

On Thursday 7 June, the Pimpama Men's Shed conducted the first ever Gold Coast Region Men's Shed Health Expo at the Paradise Country Parklands (Nerang). Steve lead a team consisting of Len Thomson (Labrador Men's Shed) and representatives of the Griffith University Health Unit, the latter enthusiastically providing professional and infrastructure support.

Despite the wet weather, 63 men's shed members from seven sheds on the Gold Coast attended the event. The format for the half day expo program included the following:

- Presentations from health professionals from the Griffith University Health Unit. The subjects included depression and mental health, cardiovascular health, stability and mobility
- Five information booths providing verbal and written information about health related subjects including My Health Record, Mental Health GC Hospital Recovery Team, Australian Hearing, Griffith University Dental Clinic and The Gold Coast Council Booth with information about council services
- Voluntary basic health checks on shedders relating to blood pressure, blood sugar, ECGs, respiratory and other external signs of possible health anomalies

The Health Unit has offered to follow up on the expo by providing specific health talks to interested sheds. Overall, it was a successful morning. Those who attended received plenty of information that will assist them to understand their health issues and identify some of the warning signs requiring attention.

Nerang Men's Shed provided a great morning tea and lunch service. No one went home hungry.

Thanks to those who assisted with the preparations and taking active part with the set-up and clean-up on the day.





Lower Hunter Men's Health Gathering (NSW) & Grawin Men's Health Gathering (NSW)

Marty Leist, AMSA

There were two very contrasting but equally magnificent events over the month of June and the aims, objectives and subsequent outcomes were as positive as any could have hoped for.

On the 16 June the Lower Hunter Men's Shed Men's Health Gathering was organised in a joint effort between the Raymond Terrace and Waratah Mayfield Men's Sheds.



The reason for the amalgamation was to maximise the attendance by holding the event in a more central location and to also share the load a little!

The idea was not only a great show of comradery but also proved wise in the fact that the event attracted Men's Sheds and shedders from a much wider area to not only attend but also participate in the day.

With over ten sheds putting on displays and patronage of over 200 guests including local MPs and various health networks.



Considering this was a "shed only" event and not open to the general public, this was a fantastic result and was helped along by the fact the Channel 9 Weekend Today Show did a live cross interview of Bob Bull from the Raymond Terrace Men's Shed and Dave Helmers AMSA EO.

Not to be out done and only a mere eight hours to the West and in a tiny pinprick on the NSW map the Grawin-Glengary-Sheepyards Opal Fields Men's Shed, in a mammoth effort, managed to combat the rigors of isolation, (not to mention lack of power, water and many other creature comforts) to host a very memorable event on the 28 June that included a tour of the opal fields and the surrounds the following day.



Guests were treated to not only some fantastic presentations and resources on male health, but also an experience of a lifetime with the opportunity to strike it rich "noodling in the mullock dumps" (for those not in the know, this means digging around the stuff that gets dumped out of the mines which can generally hold some overlooked gems!).



Lismore Men's Shed—It's Healthy to Talk (NSW)

Taletha Rizio, Andrology Australia

During Men's Health Week this year, Andrology Australia and many local businesses and community groups in Lismore NSW embarked on a public health campaign together to spread the 'It's healthy to talk' message. There were many activities held across the town and by the end of the week 1 in 10 men had been reached.

A key event was held at the local Lismore Men's Shed where CEO of Andrology Australia Simon von Saldern and the Executive Officer of AMSA, David Helmers, spoke with the blokes about the importance of opening up about any health concerns with someone they trust. The simple act of sharing a concern can stop a minor problem turning into potentially something bigger. It was a message that many of the shedders were already on board with, crediting the shed with playing a major role in having someone to talk to.

Although Men's Health Week is now over, please help keep the 'It's healthy to talk' message going. More information and free resources are available at www.andrologyaustralia.org



Mt Gravatt Men's Shed (QLD)

Peter Lindsay, Mt Gravatt Men's Shed

During the last month our Federal member, Ross Vasta, and Ken Wyatt, the Federal Minister for Aged Care, visited our Shed for Men's Health Week. Ken spoke to us about health issues faced by many men in our community and what he saw as the important role that Men's Sheds play in supporting men.

One of the primary aims of our Men's Shed, and Sheds around Australia, is to improve the health and wellbeing of our members and reduce the number of men who are at risk from preventable health issues that may stem from social and emotional isolation.

Ken Wyatt made the observation as he walked through our Shed and talked to a number of our members, that along with a great building we at Mount Gravatt Men's Shed have a sense of belonging and community that he could feel. Ken noted the way our men were talking, and joking, with each other and the way we related to each other.

I, for one was encouraged by Ken's observations because it says to me that we must, in some way, be achieving our primary goal - to seek to improve the health and wellbeing of our members.

Yanchep Community Men's Shed (WA)

The Yanchep Community Men's Shed hosted a free event on 15 June to mark Men's Health Week. The event included presentations about men's health and wellbeing and other organisations represented that attendees could meet with and ask questions.

The event was open to all residents in the area and, as expected, was bigger than the first Men's Health Week function the shed hosted in 2017.

Your pastimes could be sending you deaf

Australian Hearing

Popular hobbies such as going to the footy, car races, live music gigs and doing DIY jobs around the home may be sending Aussie men deaf - but they're just not listening to the warning signs. Australian Hearing, is urging men to take action on noise-induced hearing loss.

"Almost twice as many men suffer hearing loss compared to women – and excessive noise is a leading cause. It can, however, be prevented," says Dr Brent Edwards, Director of the National Acoustic Laboratories, the research division of Australian Hearing.

"Unfortunately, Aussie men are generally unaware of what dangerous noise levels are, and how they can protect themselves. Even simple pursuits such as mowing the lawn on the weekend can be causing serious damage if hearing protection isn't used.

"While we like to joke that men suffer 'domestic deafness' - such as ignoring requests from their partners to take out the trash - hearing loss is no laughing matter. This all-too-common 'domestic deafness' can signal a more serious issue that can affect many aspects of life, including job performance," adds Dr Edwards.

A national survey of more than 9,000 Australian adults, conducted by Australian Hearing's National Acoustic Laboratories, found that males were more likely to experience hearing difficulties than females.

Over one-fifth of men reported that their hearing was 'poor'.

Tinnitus or ringing in the ears was also more prevalent in men compared to women: almost one in three men (31%) report frequent or constant tinnitus, which can be an early warning sign that their hearing has been damaged.

"It plays into a gender stereotype, but generally speaking men are more reluctant than women to admit to difficulties with their hearing or take appropriate steps to protect themselves," says Dr Edwards.

"However, if Aussie men are experiencing ringing in their ears, are struggling to hear conversations in noisy places, or have difficulty hearing on the phone, I would urge them to see a hearing health specialist, such as an audiologist.

"Your hearing difficulty could not only affect how you hear sounds but also have an impact on certain cognitive abilities that affect memory and comprehension."

Sound volume is measured in decibels (dB), and the risk of hearing loss depends on both the volume of the sound and length of time we are exposed to that sound. Sounds higher than 75 dB are considered loud, and the level at which the risk of permanent hearing loss begins is around 85 dB, the typical output of a hairdryer, food processor or kitchen blender.



"The common belief is that if you don't do something often, such as going to live music, it won't damage your hearing," says Dr Edwards.

"But even occasional exposure to loud noises can cause permanent damage, which won't be diagnosable until it is too late."

Here are Australian Hearing's top five tips to help protect your ears from damage:

1. If you're attending a concert, stand well away from amplifiers and speakers.
2. Use noise-cancelling earphones when travelling on trains or planes so that you can listen to music and podcasts at a safer level.
3. Cover your ears when emergency vehicles pass in the street.
4. Consider mobile apps that can measure high-volume sounds to check if you're in an environment which could be damaging your hearing.
5. Wear hearing protection when mowing the lawn, using the leaf blower, doing DIY or using other noisy equipment.

If you have concerns about your hearing or a loved one's hearing, get in touch with Australian Hearing on 1800 740 301 or find your nearest Australian Hearing Centre at www.hearing.com.au.

Get your gears checked at Henty Machinery Field Days (NSW) or Sale Show (VIC)

Thanks to our partner Uncle Tobys, AMSA will be at the Henty Machinery Field Days offering free Spanner in the Works? Health Checks to visitors.

Henty Machinery Field Days
18—20 September 2018
<http://hmfd.com.au/>

Thanks to our partner ExxonMobil Australia, AMSA will be at the Sale Show offering free Spanner in the Works? Health Checks to visitors.

Sale Show
2—3 November 2018
<http://www.saleshow.com.au/>



WHEN WAS YOUR LAST SERVICE?

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

Is your shed protected against cybercrime?

David Sorenson, Muswellbrook Men's Shed

If you use technology such as the internet and email for your shed, you should take security measures to help prevent and detect cybercrime.

Cybercrime in focus

Technology has become a normal part of everyday life and it is constantly changing the way we do business. Widespread use of the internet can open up new opportunities for Sheds but it is important to also be aware of the potential risk of cybercrime.

Cybercrimes include fraud, hacking, money laundering and theft and could have a significant impact on a Shed. If you use technology such as the internet and email for your Shed, you should take security measures to help prevent and detect cybercrime.

What makes Men's Sheds vulnerable to cybercrime?

The Sensis e-Business Report 2014 reported that of the 1800 Charities and Not for Profit Organisations surveyed:

- 98% of organisations owned a computer.
- 95% of organisations were connected to the internet.
- 76% owned smart phones.
- 52% owned tablets.
- 66% of organisations had a website.
- 78% of organisations reported purchasing online.
- 39% of organisations use social media.

The most important reason for use of the internet was for email, followed by internet banking and researching information about products and services and social media.

Men's Sheds often seek to save costs by using laptop computers, tablets and mobile phones for both business and personal use, share technology amongst members and many don't set up or maintain firewalls, virus protection against security bugs. These practices make Men's Sheds more vulnerable to cybercrime because they reduce computer security and safety.

How can Men's Sheds protect themselves?

The Australian Institute of Criminology recommends that Organisations such as Men's Sheds do the following to enhance their safety and security:

- Use different passwords for every account and ensure they are strong.
- Backup business data regularly.
- Store backed up data off site and check the data restore periodically.
- Keep antivirus software up to date, along with software patches and updates.
- Be conscious of the personal information shared online.
- Know where cloud-based data is stored.

Men's Sheds should also look out for email scams, be cautious of emails from unknown senders, take care on social media, and only deal with reputable institutions when trading online.

What can Men's Sheds do if they have experienced a cybercrime attack?

Common types of cybercrime can now be reported to the Australian Cybercrime Online Reporting Network (ACORN), which is a national policing initiative of the Australian Commonwealth, State and Territory Governments.

When submitting a report, Men's Sheds need to provide as much detail as possible and keep any relevant information about the incident, such as emails and screenshots, in case the police become involved.

Further information about recognising and avoiding common forms of cybercrime, advice for those who have fallen victim and the secure cybercrime reporting tool can be found at www.acorn.gov.au

Prepared by David Sorenson on the advice of the Office of the NSW Small Business Commissioner, Australian Institute of Criminology and the Australian Cybercrime Online Reporting Network from a recent forum held by BHP's LBP and C-RES in the Upper Hunter Valley. David served in the NSW Police Force and as the blokes at Muswellbrook often say—once a cop, always a cop!



Coolum Men's Shed goes global with hit song

Quinn Jones | Sunshine Coast Daily



All men need a shed... It's a simple message that has connected with senior men across the world after a revamped Aussie folk classic became a global surprise hit.

Members of the Coolum Men's Shed gave it little thought when they posted their song - a reworked version of John Williamson's 'All Australian Boys Need A Shed' - to YouTube last month.

But the men were shocked when overnight the song, with its lyrics of mateship and having a place to spend time, travelled across the world and back!

"How would you feel?" song writer and guitar player Ross Baldwin asked the Seniors News. "I'm a retired music teacher, I'm now 68 going on to 69 ... and one of my bucket lists was to record some of the music I produced.

"It all occurred from a song that was put together by the men's shed probably about four years ago when we were first establishing ourselves in Coolum Beach.

"I changed and adapted the lyrics to suit the song ... and now we've recorded it.

"It's now gone overseas, it's in almost every men's shed country in the world and everyone is loving it and they're all coming back with wonderful feedback!

"We've been very fortunate to be able to do what we do and we're very proud."

Ross and other members from the men's shed debuted the song when they were asked to perform at 'Crazy Musical Capers', a charity event sponsored by local choir Cool Harmonies, in 2014.

But it was when he, alongside fellow guitarist Doug Harbrow and harmonica player Paul Nicholas, played it late last year that a buzz began to grow around the tune.

"They asked us to sing it for the opening for the new shed," he said.

"And we thought that was about it, thought that was all very well.

"Next thing, by that evening, we were all over the place! We didn't realise how many people were (filming) it on their phones and doing all that stuff."

Ross said even local politician Ted O'Brien got in on the act, sharing the song with his followers.

But the new-found attention unnerved some of the Coolum Men's Shed members.

"A couple of the guys pressed the panic button and said: 'John's not going to be happy'," Ross said.

"So I decided, rather than getting a little summons at the door, I'd contact John Williamson and ask permission to use the words to the song."

But Ross just didn't ask. Instead, the songwriter used his creative talents to win over a like-minded artist. He wrote him a poem.

How could John Williamson say no?

"When we finished recording our version of the song, we had official recognition and permission from John Williamson to do it," Ross said.

Now Ross, Doug, Paul and the 'Men's Shed Crew' - Mike Griffin (vocals), Stephen Foote (vocals), Geoff Hawes (vocals) and Fredi Hartsch (vocals) - are sharing their message around the world, one view at a time.

"We've got one thousand views! How about that?!" Ross said.

Search for Coolum Men's Shed Song on YouTube for your viewing and listening pleasure.

Moree Men's Shed & Commonwealth Bank kick start Hay Runner campaign to help struggling farmers

Aidan Wondracz | Moree Champion



R to L: Ron Baker, Dimitree Spriggs, Marla Hosegood and Peter Sampson. SOURCE: Moree Champion

Commonwealth Bank Australia Moree branch has enlisted the help of Moree Men's Shed to kick start a campaign raising much needed money for struggling farmers.

As the drought continues to tighten its grip in most parts of NSW, the CBA and Men's Shed have shown they won't sit idly by and watch farmers suffer.

"I had the idea of doing something for the farmers after a client of the CBA came into the branch a couple of weeks ago. She told me how the drought has caused a lot of mental strain for farmers. I couldn't sleep well for a week after I heard her story," CBA Moree branch manager Marla Hosegood said.

The local branch manager said she immediately knew who to turn to for help.

"I called the Men's Shed and explained to them I wanted to raise money, so this is what we have done," Mrs Hosegood said.

In a matter of days, the Men's Shed managed to carve up a wooden, handcrafted truck and trailer and 110 wooden blocks. Each block represents one hay bale, and costs \$20.

"A customer can buy a block from the teller at the CBA and write a personal message on the block before it goes in the trailer," Mrs Hosegood said.

The money raised will be sent to Burrumbuttock Hay Runners, an initiative of recent OAM recipient Brendan Farrell. Known as Bumper, the NSW farmer set up the charity in 2014 to deliver hay to farmers who were struggling to feed their cattle.

The last run Mr Farrell completed, supplied hay to around 300,000 cattle.

As Mrs Hosegood pointed out, many farmers in NSW are reaching deep into their pockets to buy hay from South Australia.

"Just to have hay delivered to their farm on a b-double truck can cost \$12,000. One farmer even had to pay as high as \$17,000."

Along with the wooden truck and trailers, Mrs Hosegood has set up a display of photographs that highlight drought induced areas. Brown, dry and leafless paddocks are a common theme. In one photo, cattle are grazing on dried grass along the roadside. There simply isn't enough grass in the paddock to feed them.

"As the farmers say, another day gone is another day closer to rain," Mrs Hosegood said.

She added she was ecstatic with the response and support the branch had recently received.

"Everybody has thrown their hat in. The support has been incredible. I take my hat off to all the staff at the CBA who have supported this cause. They have been absolutely great."

For Men's Shed Peter Sampson, he was only too happy to help.

"When Marla approached the Men's Shed, we had no hesitation."

Mr Sampson and secretary Ron Baker are ex-farmers and know firsthand of the challenges of farm life.

"I used to have a piggery on the land and even just getting feed and looking after them was a tough job."

Uncle Tobys supporting Men's Shed community projects across the Riverina & Indigo Shire

Uncle Tobys and AMSA have announced \$14,000 in funding to be distributed to seven Men's Sheds across the Riverina (NSW) and Indigo Shire (VIC), the home of Uncle Tobys. The funding will support local community projects undertaken by the recipient Men's Sheds.

This program of grants is part of a three-year partnership between *Uncle Tobys* and AMSA to support Men's Sheds and community health and wellbeing in the Riverina and Indigo Shire regions.

"The support of the team at *Uncle Tobys* means that we can deliver initiatives that not only benefit Men's Sheds but also extend those benefits into the community," said AMSA Executive Officer David Helmers.

Uncle Tobys are also throwing support behind a number of initiatives in the regions. Men's Sheds across the Riverina and Indigo Shire have been encouraged to take advantage of special packs to promote mental health and wellbeing in the lead up to R U OK? Day and with the support of *Uncle Tobys* AMSA will also be on site at Henty Machinery Field Days (18-20 September) to offer free *Spanner in the Works?* health checks.

Funding recipients

- Griffith Shed for Men GRIFFITH (NSW)
- Gundagai Men's Shed GUNDAGAI (NSW)
- Leeton Shire Men's Shed LEETON (NSW)
- Narrandera Shed for Men NARRANDERA (NSW)
- The Quinty Men's Shed URANQUINTY (NSW)
- Rutherglen Men's Shed RUTHERGLEN (VIC)
- Wahgunyah & District Men's Shed WAHGUNYAH (VIC)



The Buderim Shed Shop sparks local interest

Barry Cheales OAM, Buderim Men's Shed



Following up on an opportunity with a shop vacant awaiting sale for occupancy, we negotiated with the Real Estate and Owner to use the space as long as it was vacant. That is without cost to us to put up Buderim Men's Shed signs and display some wares and with staffing to use the opportunity to promote the shed movement and talk about what we do, and about the new shed we are currently building.

This turned out so successfully that we have now moved to another vacant location after the original one was let. The new arrangement is even better with the owner allowing us an extended use in no hurry to for rent.

In the new premises we have set up a little more permanently talking to locals, selling goods and promoting the shed movement.

Neighboring shops are loving the interest we are bringing to this area of the shopping centre with customers coming for a look, purchase a toy, garden art, wood turned articles, brick bat, used books, have a chat or even for the musical entertainment some members are providing with their musical instruments. A win-win all round!

Kincumber Men's Shed Boxes

Clarrie Stevens, Kincumber Men's Shed Secretary

A couple of years ago we at the Kincumber Men's shed were visited by Elissa Scott from Homeless No More, a charity set up to assist those who are not as fortunate as others.

Elissa had a vision to provide a helping hand to them, in the form of vouchers that would offer such things as a haircut, a meal, free phone calls to family etc. To do this she needed containers to hold the goodies.

Upon arrival at our shed Elissa spotted a small box used at the shed to accept donations. She challenged the members to make and supply similar boxes to be given away to her clients.

At first we rejected the idea, but after some discussion we realised what an opportunity we had been offered. We could help others through Elissa's charity and at the same time assist our members to gain the knowledge of using the range of woodworking machines available at our shed. We have made many dozens of boxes of various sizes, shapes and finishes since then and we will continue to assist Elissa with her charity.

Other Men's Sheds have been invited by Elissa to also make boxes and they too have contributed to her cause.

Since that visit a couple of years ago we have gained great publicity for men's sheds with articles in our local paper and coverage through regional TV.

BELOW: A collection of boxes handcrafted for donation to Elissa's Homeless No More cause.



Building gifts for the toughest of times

The Rebecca Jane Foundation will be launching on 7 August 2018. It is a registered charity that will provide funerals for babies from 20 weeks gestation through to one year of age where the parents are unable to do so, or it will cause undue hardship. It is run 100% by volunteers.

Robyn O'Connell, the founder, had her daughter die at almost 10 months of age and as a young married couple with nothing, was told by her parish priest that the funeral would be paid for by the church. She says it was like being given a gift of a million dollars, one that even 39 years later, she has not forgotten – it's now time to pay it forward!

So how can you help?

Perhaps your group already makes angel coffins and would be happy to supply them to local funeral directors who can use them for services provided by us.

Or perhaps this is an area that you'd like to become involved in, in which case, perhaps a group who is currently making them can help with information about how they go about it.

Either way, the Rebecca Jane Foundation would love to hear from you. Please get in touch with one of our volunteers Barb Duggan on 0425 818 797 to register your interest and the area you are in as the charity will be providing funerals all over Australia.

Together we can make a difference!



Rebecca Jane Foundation
Gifting Beautiful Farewells to Angel Babies

Wellington Men's Shed visit AGL Solar Farm and Nyngan Men's Shed

Garry Hayes, Wellington Men's Shed Chairman

On 18 April Wellington Men's Shed were privileged to be the guests of AGL and taken to Nyngan, 230kl west of Wellington to see their Solar Farm operation.

The weather was perfect for travelling with 28 Shedders and other folks from Wellington and AGL staff.

We passed through some areas where the cotton is ready for harvesting and looking very good but most of the country is in drought.

We arrived at midday to the AGL solar farm on the Barrier Hwy west of Nyngan. We were also treated to a lovely morning tea and an explanation of the workings of the farm.

Even from the viewing platform we could not see the full extent of 260 hectares or 1.3million solar panels which can serve 55,000 homes.

Our minds were trying to take in the vastness of this amazing solar generation farm. We toured the farm and learnt more of the operation and maintenance from the onsite team.

AGL took us back to Nyngan for a great lunch prepared by Mart's Café.

Some of the men found 30 minutes to drop into the Nyngan Men's shed and discover a really great group of happy men enjoying their shed in the far west. It was good to meet them.

AGL are proposing to build a Solar Farm at Wellington which will be larger and using the latest technology available.

AGL have established a link with our Men's Shed and we find it stimulating and look forward to be able to see these renewable energies being built.

A regular day out to visit places of interest and other Men's Shed has become a very important part of our activities and contributes to the wellbeing of our men.



David Ryan's FX Holden Build

In this Winter edition of The Shedder we will be taking a look at a project car close to the heart of Rare Spares Director, David Ryan. It would be fair to say that David has an affinity with old Holdens, more specifically 1950's FX's and FJ's, having owned numerous of the early Aussie classics and having raced them across the country and overseas!

David has recently been able to purchase back one of his old Variety Club Bash cars, and has an ambitious plan laid out for it to be completely restored by Christmas 2018 for a special occasion – his granddaughter Chloe's wedding! The 1953 FX in question has had anything but an easy life, let's take a look!

In 1953, David's father, uncle and a mate decided to take part in the REDeX Around Australia Reliability Trial using a black 1953 FX Holden taken from the fleet of the family taxi service and used for the event. Upon its return it was reinstated to the rank to serve out its days once again as a cab.



In 1986, David, and some mates decided to take part in the famed Variety Club Bash event using an EH Holden setup specifically for off road racing. Officials deemed the car was too fast and not suitable for this sort of event, hence a more suitable replica of the original FX was decided to be built for their next foray into the Bash the following year.

The work undertaken to build the replica FX was completed by David and his mates utilising the converted bus depot that was at that stage the premises of the fledgling Rare Spares organization. David's father was kept in the dark on the build until the time of unveiling, when one day he drew back the garage doors to unveil the pristine replica of his beloved REDeX machine.



In 1990, the FX was sold and David was left to focus on his many other ongoing projects. These included competing in the 1993 London to Sydney Marathon in a HK Monaro, taking an Aussie 1946 Chev ute street rod to the US and a trip to Mexico to compete in the 2013 La Carrera Panamericana, a 3200km open road event, racing a 1954 FJ!

Over the past decade David was in regular if not frequent contact with the owner asking if the FX would ever be available to buy back. The once loved car was languishing in a suburban backyard, dying a slow and rusty death, with the new owner unwilling at that time to part with it.

Fast forward to early 2018, David was searching through some online early Holden forums where low and behold, his FX was listed as possibly coming up for sale! A quick phone call was made to the owner to re-express his interest.

After a week or two of negotiating back and forth, the car is now back in David's hands and plans are well underway for a complete restoration to be finished by December for Chloe's wedding. With an abundance of options for her wedding car, one would think Chloe would go for something a little more luxurious. However, with the FX once again back in the hands of her grandfather, there was only one car Chloe had in mind!

The car is now in Adelaide where it is being paint stripped and rust treated, this is due to be completed by mid next week. From there extensive rust repair will be undertaken before being baked, primed and painted by a good friend. The seats will be re-trimmed in their original colour (red) all while a full mechanical refurbishment will be undertaken.

The 132ci grey motor, three speed transmission, differential and suspension will all be rebuilt to stock specifications.

We will be paying close attention to the FX Holden build, so stay tuned for further updates as 2018 progresses on our facebook page at [facebook.com/rarespares](https://www.facebook.com/rarespares).



In 1974, Rare Spares began life in a residential basement in Melbourne, supplying new and refurbished parts for 48-FJ Holdens. As the business rapidly expanded, Rare Spares added to its product range and commenced a vigorous manufacturing program, both locally and abroad.

More than 30 years on, Rare Spares is undoubtedly the most recognised name in the Australian Automotive Aftermarket which includes the growing restoration industry.

Opening the Gordon Craig Annex at Noosa Men's Shed

Paul Asbury, Noosa Men's Shed



Ian Broadfoot, VP Noosa Men's Shed, and John Gygar talking with Sandy Bolton MP next to a new wood lathe in the just opened Gordon Craig Annex. 12 April 2018.

The Hon Sandy Bolton MP proudly opened the Gordon Craig Annex at the Noosa Men's Shed at a very informal and short ceremony on Thursday, 12 April at 10:20am.

The building is an addition to the existing Woodwork Shed which has become crowded due to its popularity with shed members.

The purpose of the Gordon Craig Annex is to house all the wood-turning lathes in one area.

This in turn will also make more general working area available in the Woodwork Shed which will contribute to an overall safer and more productive shed.

The Annex is named in honour of the late Gordon Craig who was a founding member of the Noosa Men's Shed at its first meeting in June 2014 and a major contributor and driver of ideas and work at the Shed. Gordon died in January from cancer at the age of 82.

The Gordon Craig Annex was built entirely with Shed manpower within a total budget of \$13,000. Funding came from four sources:

- Shed Members personal donations raised \$3,500.
- The Queensland Community Foundation provided a grant of \$3,000. (Note 1)
- Sale of old equipment raised \$1,000.
- Noosa Men's Shed funds provided \$5,500.

The Shed members are also grateful to the Noosa business community who donated materials and provided discounts.

All donors and workers have had their details recorded in a time-capsule placed inside the wall cavity for future Shed members to discover in the decades ahead.

The building team was led by Ray McEwan and Bob Jack with a group of enthusiastic and skilled workers too many to name. However, their skill and detailed work in constructing the Annex is evident for all to see. Michele Vogeli must also be mentioned for his smart electrical design and installation.

Another wonderful team effort all round by the members of the Noosa Men's Shed and the community.

Make sure you drop in for a visit if you're in the Noosa area!



Ian Broadfoot, VP of Noosa Men's Shed with Sandy Bolton MP, Member for Noosa at the opening of the Gordon Craig Annex. 12 April 2018.



At the opening of the Gordon Craig Annex at the Noosa Men's Shed on Thursday, 12 April 2018.



The new Gordon Craig Annex for wood turning at the Noosa Men's Shed - opened by Sandy Bolton MP, Member for Noosa. Thursday, 12 April 2018.

Booloroo & District Men's Shed visit South Australia's Parliament House

Dave Wingrove, Booloroo & District Men's Shed



On Tuesday, 10 July, 16 members of the Booloroo & District Men's Shed travelled to Adelaide at the invitation of our local member the Hon Dan van Holst Pellekaan MP. We had a 6.30am start with pick-ups at Murray Town and Wirrabara; it was a frosty drive to Adelaide with driver Robbie Robinson having to tweak the climate control on the bus.

While waiting on Parliament House steps a lady ran up the stairs thinking we were protesters there on behalf of the Daws Road Hospital, I think she thought our age group fitted the profile...

We went through a security check and waited for our host Dan, who took us to a side room where he detailed the format of the day. Dan explained that Parliament House was hosting three groups of Youth Parliament and that we would work our tour around Parliament House looking at the Side Rooms, Libraries and the Member's Rooms and then looking into the Chambers when the Youth Parliament groups had lunch.

Dan also introduced his secretary Chris, who guided us around Parliament House for the period of time when Dan was busy, he did an excellent job guiding the group, and whizzing off with our wheelchair-bound member to use a lift to meet as again on another floor.

The Library was very interesting, they have a copy of every newspaper that has been printed in South Australia since the Declaration of the State at Glenelg, and a host of books, law books including rare books, two very rare atlas globes of the world which had been presented to the Parliament in the early days of the State.

It seemed every Chamber; Gallery and Passage were lined with paintings, including busts of Prominent members from the beginning of Parliament in South Australia to the current day.

When the House of Assembly Chamber became free, Dan gave us a rundown of how Parliament works, how it has evolved from the old English feudal days. It went from an Autocratic Kingdom, to where Chieftains came from the different areas to debate and resolve issues, vote on them and send them back for review in the Upper House. Dan explained about the Red Line which was two sword lengths wide each side of the Parliament. In the old days debating sometimes did not resolve problems and they resorted to a bit of sword clashing and occasionally a bit of blood was lost.

The South Australian Parliament House reminds me of some old homes, Broadview and Gunyah House we have recently visited out on the Gunyah Road, they are full of steps, there is no one level.

The woodwork within Parliament House is of a high standard, with very ornate chairs and tables, beautiful ceilings, wall panelling and decorative doors. The craftsmanship which has gone into this building from the old Parliament House to the current one is exemplary.

The new Parliament House was supposed to have a domed topped tower on it, but the 1930s depression with the shortage of money meant it stayed with a flat top. To finish off Parliament House Sir John Langdon Bonython, his largest benefaction was made in 1934, when he gave £100,000 towards the cost of completing Parliament House.

With the Youth Parliament being there, they had first dibs at the Members Lounge and Dining Room, but we had an excellent Conference Room overlooking the Plaza where a good lunch of sandwiches and refreshments were provided for us. Luckily after a good feed, we had a downhill run back to the Torrens Parade Ground before returning to Booloroo Centre, a successful 12 hour day trip.

The R U OK? Conversation Convoy rolling out for another year on the road inspiring everyday Australians to have meaningful conversations



R U OK? and AMSA share a great passion in inspiring everyday people to have meaningful conversations. Supporting one another and those struggling with life is something we all need to do.

We know important conversations happen every day in Men's Sheds across the world—which is why AMSA is getting behind the R U OK? Day message again in 2018.



The 2018 R U OK? Theme is “Every day is R U OK? Day” - aligning perfectly with what the Men's Shed philosophy is based on!

The R U OK? Conversation

Got a niggling feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not ok, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are ok, that person will know you're someone who cares enough to ask.

Sometimes, we may not feel confident if the person says, “No I'm not ok.” And that's ok. You don't have to be an expert to show you care. Use these four steps to help navigate the conversation:



1. Ask



2. Listen



3. Encourage action



4. Check in

The Conversation Convoy

R U OK? are hitting the road again on a six week Conversation Convoy, travelling 14,000 km and visiting 25 communities to show Australians that every day is the day to ask, “Are you OK?”

The R U OK? Conversation Convoy aims to inspire everyone, no matter their location, to invest more time in the people around them and give them the skills, motivation and confidence to start a conversation with anyone they might be worried about.

The Conversation Convoy will depart from Geelong on 30 July 2018 and reach its destination in Sydney on R U OK? Day, Thursday 13 September 2018.

Visit ruok.org.au/conversation-convoy to find out if the Convoy is rolling into a town near you.

Convoy not making a stop near you?

If you can't make it to a Conversation Convoy event, don't let that stop you getting involved. You can host an R U OK? Day event at your shed! Visit ruok.org.au/events for more information.

AMSA are also happy to assist your Men's Shed in distributing R U OK? resources to your members. Contact the AMSA office for more information.



RUOK?
A conversation could change a life.

For the Shed Diary



Men's Shed Week (24—30 September)

National celebration of all things Men's Sheds—this year with a special focus on “mateship”. We want to showcase to Australia the stories of mateship across the Men's Shed community. Get in touch if you have an exemplary story of mateship to share.



NSDP Round 16 Acquittals

A Round 16 Evaluation Acquittal Report template will be sent to all successful applicants via email this week. Please complete the form and attach all relevant receipts and, if available, photos. If you have any questions or have not spent all funds received, contact amsa@mensshed.net to arrange alternate lodgement dates.

- 22 July Nominations open for AMSA Member-Elected Directors—VIC, QLD & WA
- 17 Aug 2019 AMSA Men's Shed Calendar photo submissions close
- 1-30 Sept Prostate Cancer Awareness Month
- 12-13 Sept Irish Men's Shed Association National Men's Shed Gathering
Páirc Uí Chaoimh (Cork, Ireland)
- 13 Sept *R U OK? Day*
- 18-20 Sept Henty Machinery Field Days
Get your gears checked at our *Spanner in the Works?* stand
Henty (NSW)
- 20 Sept AMSA Annual General Meeting
- 21 Sept Men's Shed Week Official Opening & *Spanner in the Works?* Men's Health Forum
Menshed Wagga Wagga (NSW)
- 22-30 Sept Veterans' Health Week “Nutrition”
- 24-30 Sept Men's Shed Week “Mateship”
- 10 Oct World Mental Health Day
- 13 Oct Men's Mental Health Forum
Playford Civic Centre, Elizabeth (SA)
- 20-21 Oct Garage Sale Trail
- 2-3 Nov Sale Show
Get your annual service for free at our *Spanner in the Works?* stand
Sale (VIC)