



The Shedder



October 2017

National Men's Shed Awards celebrating outstanding efforts



ABOVE: Rick Priest and Peter Quinane at Menshed Wagga Wagga are honoured to receive Shed of the Year. PHOTO: The Daily Advertiser

The recipients of the Australian Men's Shed Association's National Men's Shed Awards were announced as part of 2017 Men's Shed Week, which was closed at the Cabot's 7th National Men's Shed Conference earlier this month.

The awards, which return after a few years on hold, recognise Men's Sheds going the extra mile and innovation in the shed.

"Men's Sheds all do amazing things. Our National Men's Shed Awards are an opportunity for us to celebrate the very special or unique achievements of Men's Sheds," said David Helmers, Australian Men's Shed Association Executive Officer.

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

Peter Quinane, the President of Menshed Wagga Wagga was on hand at the National Men's Shed Conference to accept their award for Shed of Year.

Like many Men's Sheds, Menshed Wagga Wagga started as an idea in 2009 and now has a membership of over 150.

The shed was all but completely destroyed by fire in 2011, but in 2013 was rebuilt to become even bigger and better than the original with the support of the local council and other Men's Sheds nationwide.

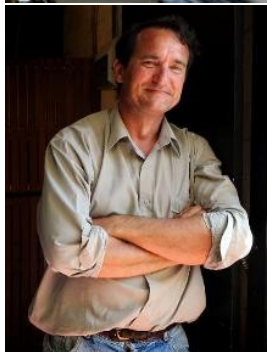
"Our shed is the sum of all members and their abilities plus a generosity in sharing anything and everything we can," said Peter.

Menshed Wagga Wagga offers a vast array of activities, including the usual suspects of woodwork and metalwork plus gardening, bee keeping, lead lighting, recycling, a 2000+ book library, photography and fermented beverage appreciation to name but a few.

The shed is deeply entrenched in the Wagga Wagga community. *Story continues on page 3>*



The SHEDDER
OCTOBER 2017



Bringing sheds together at the Cabot's 7th National Men's Shed Conference

David Helmers, Executive Officer

Hello Shedders,

As the dust settles on our Cabot's 7th National Men's Shed Conference, I'm pleased to report our meeting has been a huge success.

Judging from the experience and the feedback from all the delegates, I have no hesitation in declaring the best Men's Shed conference yet.

I thank all of our sponsors and the Queensland Government, as without their support this event would not be possible.

Delegates enjoyed everything that the Gold Coast has to offer with many attendees having an extended stay. Amongst the social side of the conference, where many delegates renewed old friendships and made new ones, the new format of the conference was hugely successful and will set a precedent for the 2019 8th National Men's Shed Conference.

Through the ongoing development of Men's Sheds the focus has changed from establishing a Men's Shed to maintaining a Men's Shed, and this year's event focused on giving delegates as much information as possible on current best practices.

All the sessions were well received and informative, covering a wide variety of topics such as health and safety, insurance, financial management, fundraising and governance just to name a few. This was complimented by a program of displays and workshops on machinery use, tools and equipment and shed activities.

As part of the conference there was also an extensive program of Shed Tours, and we acknowledge all the work the hosting sheds did in preparing for the event, as well the gratitude of the delegates for their wonderful and warm hospitality.

Sincere thanks to Veterans Support Group Men's Shed, Nerang Men's Shed, The Carpenter's Workshop, Mount Tambourine Community Men's Shed, Pimpama Men's Shed, Labrador Men's Shed, Burleigh Community Men's Shed and Tweed Heads Community Men's Shed.

Thank you also to those delegates who have also provided us with insightful feedback, which will inform our future preparations.

We look forward to seeing you all again in South Australia in 2019.

David Helmers
Conference Convener





National Men's Shed Awards celebrating outstanding efforts *CONTINUED*

Also on hand to collect awards for Unusual Fundraising Activity and Best Shed Garden were Vice President Bob Stemp (Marlin Coast Men's Shed) and President Peter Torenbeek (Cessnock Men's Shed & Community Garden) respectively.

Marlin Coast Men's Shed took fundraising by sausage sizzle to new heights at the World Mountain Bike Championships held in Cairns last year.

The Downhill stage of this event follows a downhill track through seemingly impenetrable rainforest, across massive rock fields, over buttress tree roots and mountain creeks, a virtual free-fall from top to bottom.

Riders travel in excess of 80 kilometres an hour down this track and it is a huge spectator event in a glorious rainforest setting. Hundreds of people spend hours trudging up the rainforest covered hills to reach the very best spectator point.

Upon reaching this point, spectators were assailed by the smell of frying onions and barbecued snags. There they were, the Marlin Coast Men's Shed, barbie, tables and Eskies propped among the giant rainforest trees, all set up with cold drinks and hot food.

At Cessnock, on top of a diverse range of typical shed activities, the Men's Shed & Community Garden boasts 43 garden beds complete with underground watering.

The members at Cessnock Men's Shed & Community Garden have been recognised for their horticultural efforts by council and at the local show – winning multiple awards and acting as

a key site for preserving and promoting biodiversity in the region.

The shed grows summer and winter crops, where 90 per cent of produce comes back fresh to all shed members with excess sold at a local fruit shop.

Awards were also presented to Tintinara Men's Shed (Unique Recycling Activity) and Benalla Aviation Group & Men's Shed (Unusual Shed Activity)—who were unable to attend in person to collect their awards.

Tintinara Men's Shed was awarded for the clever use of their own shed, recycling replaced corrugated iron by making raised garden beds. This idea has become a key activity and source of income for the shed.

Benalla Indoor Aviation Group & Men's Shed was awarded for the restoration of a Tiger Moth Aircraft VH-FBO that was crashed at Goolwa (South Australia).

The National Men's Shed Awards will return in 2019, and will be presented at the 8th National Men's Shed Conference.

Award winners

Shed of the Year | **Menshed Wagga Wagga (NSW)**

Unique Recycling Activity | **Tintinara Men's Shed (SA)**

Unusual Shed Activity | **Benalla Indoor Aviation Group & Men's Shed (VIC)**

Unusual Fundraising Activity | **Marlin Coast Men's Shed (QLD)**

Best Shed Garden | **Cessnock Community Garden & Men's Shed (NSW)**





A happy ending: Noosa Men's Shed celebrating their first wedding at the shed

Paul Asbury, Noosa Men's Shed Vice President



ABOVE Mr and Mrs Menkens enter their wedding reception in the Long Shed at the Noosa Men's Shed.

The Noosa Men's Shed (Qld) was transformed into a wedding venue recently when member Gavin Menkens and his sweetheart Julie were wed in a ceremony that nearly didn't happen.

The newly built shed is nestled amongst gardens that Gavin helped bring to life during a painstaking recovery from a burst brain aneurysm, making the wedding a celebration for all.

In November 2014, at age 55, Gavin suffered a massive brain aneurysm leaving him in intensive care for weeks and requiring specialist care for months.

Nine months after his surgery, the former chef joined the Noosa Men's Shed. He was unable to speak, had little strength and had difficulty walking.

At the time shed members were busy building an art studio and then an ex-Army Lysaght Hut originally made for the Vietnam War fondly named "The Long Shed", which was to become the now famous wedding reception venue.

On joining the shed Gavin was assigned to hosing duties, looking after some of the meager gardens just being developed. Since then Gavin has brought a new garden to life along with improvements in his own physical health and mental wellbeing.

Gavin is now a much-needed member of the shed's garden and landscaping groups. He has planted most of the garden species and new trees on the shed's one-hectare site.

With the garden looking so good, one of the members suggested it would be the perfect place for a wedding.

That's when Gavin mentioned he was engaged to Julie.

"He said we were supposed to get married before the first brain aneurysm and they said 'Let's do it,'" said Julie of Gavin recalling the day's events.

So on 23 September 2017, the couple had a barbeque wedding with 46 guests at Noosa Men's Shed.



Ten of our shed members did the cooking and serving, one built the arch and everyone worked together to make the shed the perfect wedding venue.

Julie credits the shed with giving Gavin a sense of purpose.

"The shed has been a great help to me, as well as to Gav.

"It has enabled me to continue working whilst he has been happily occupied and improving his abilities as well," said Julie.

Some men join at a very low point in their lives: it could be illness, redundancy or retirement, divorce or the death of a spouse, but most seem to be able to find a sense of purpose again just by coming along.

Gavin has told us we've saved his life, and he's also made a huge contribution to the work at our shed. It's been very gratifying watching him recover far better than his doctors expected.

He has gained a lot from being a member, but equally the Noosa Men's Shed has benefited from his company and all his work around it. The members have marveled at his progress from those early days in 2014—it's been a win-win for all of us.

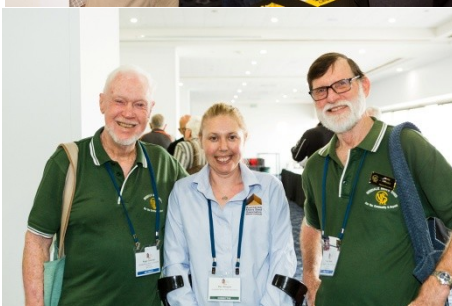
So in addition to a wedding, we celebrated Gavin's recovery and the unique Men's Shed program that is helping men realise they are not alone and to find a sense of peace and purpose and improve their health and wellbeing.



ABOVE Swapping vows beneath the arch made by a Noosa Men's Shed member.



ABOVE Secretary Neil Watt and Treasurer Laurie Kelly were just some of the team behind Julie and Gavin's wedding.





The Cabot's 7th National Men's Shed Conference recognised the evolution of the Men's Shed movement and celebrated the 10th anniversary of AMSA by focusing on grassroots shed operations and sustainability.

A packed house of delegates met for a beachside brekkie at Surfers Paradise Surf Life Saving Club, shed tours, and tourist attractions on Friday. And, joined with our conference sponsors and exhibitors at our Welcome Reception on Friday evening where they were entertained by Alexandra Hills Men's Shed Duo 'Sons of Anykey'.

Following was two days of grand finals and interesting conference sessions, with something for every shedder.

After great feedback in 2015, the Shed Leaders session with John Peacock returned for another year, again with great insights for shed committee members.

Program highlights also included keynote presentations from Maxine Chaseling (Goolwa Heritage Club), John Macdonald (AMSA Patron/Men's Health Information & Resource Centre) and David Tubb (co-founder of Orange Sky Laundry).

A range of practical sessions were also offered, including a demonstration of the Carbatec SawStop, The Healthy Gourmet cooking demonstration, and Mac-Lace Leather hands-on workshop.

On Saturday evening delegates were entertained at the dazzling Outback Spectacular, after singing along to a tune with R U OK? ambassador Justin.

2017 Conference Presentations are available at mensshed.org/national-mens-shed-conferences/2017-national-mens-shed-conference-gold-coast/

Official conference photos, by Craig Wetjen, are available at photographybydesign.com.au/mensshed2017/

Full details for the 2019 8th National Men's Shed Conference will be launched in early 2018.





David Helmers receives Ted Donnelly award for his outstanding contribution to the Men's Shed movement

Ted Donnelly, AMSA Director



ABOVE L TO R: AMSA Patrons Professor John Macdonald and Adjunct Professor Barry Golding, David Helmers and Ted Donnelly

At the Cabot's 7th National Men's Shed Conference David Helmers was announced as the recipient of the Ted Donnelly Award.

The Ted Donnelly Award recognises an individual for their outstanding contribution to the Men's Shed movement—acknowledging activities well above the normal and expected for the benefit of the shed movement which is now recognised and growing worldwide.

"This year we are celebrating the tenth anniversary of the birth of the Australian Men's Shed Association, and I believe we should also be celebrating the successful development of the Association into the highly regarded organisation that it is now," said Ted Donnelly during his announcement address.

Mr Donnelly acknowledged the personal recognition and thanks for his own part in setting up and starting AMSA, but emphasised that the subsequent development work over the last ten years — requiring long hours and hard work—had not been highlighted or properly acknowledged, until now.

"The current position of AMSA as the organisation it is today is due to many of the developments over the last few years rather than how it started, and many of these developments are the results of years of work by David Helmers," said Mr Donnelly.

As a founding member of the AMSA Board of Directors, Mr Donnelly has witnessed many of the projects and developments Mr Helmers has introduced to that have helped build AMSA, with many hours of work in his own spare time.

"Much of the time, David has turned down awards and personal recognition because he believes that at an organisation it takes many hands to create success. In many ways I agree with David, but this award is not only acknowledging the work of David as Executive Officer but also the David who is passionate about Men's Sheds," continued Mr Donnelly.

"David lives and breathes Men's Sheds, and spends most of his spare time dreaming up new projects and developments for AMSA, as well as providing advice to the international Men's Sheds organisations that are now growing worldwide."

Mr Helmers' commitment to Men's Sheds and his time contribution are well beyond his job specification, and it is for his extra personal involvement that the AMSA Board felt him a very worthy recipient of the 2017 Ted Donnelly Award.

"Many congratulations and thanks to David for his work aimed at improving and developing the Men's Shed movement worldwide," concluded Mr Donnelly.



130 grants awarded in National Shed Development Programme Round 15

Since 2010 the Australian Men's Shed Association has distributed almost \$4 million through the National Shed Development Programme providing direct financial assistance to new and existing Men's Sheds. The NSDP programme is funded by the Federal Department of Health.

The NSDP aims to support health and wellbeing activities, the delivery of shed activities and programs and improve facilities and the sustainability of Men's Sheds in Australia.

The most recent round 15 of the NSDP has delivered \$400,000 to 130 successful grant applications from Men's Sheds and Men's Shed organisations across the country.

Visit the AMSA website www.mensshed.org under 'Latest News' to view the full list of successful applications and Round 15 statistical data.

All applicants will be formally notified over the next week and successful applicants are asked to return the documentation as soon as possible to enable the processing of their grant funds.

NSDP Round 16

Applications open **Monday 30 October**
Applications close **Friday 8 December**



The NSDP is open for six weeks and all Men's Sheds across Australia, (regardless of association membership) are eligible to apply.

How to Apply

Visit the AMSA website www.mensshed.org and click on the 'Funding' picture icon.

Comprehensive information about the programme and documentation is available from round open dates.

For assistance contact AMSA at amsa@mensshed.net or 1300 550 009.





Wear and tear: Keeping your pride and joy in top condition

Tinkering with cars is an enjoyable pastime and older cars provide a strong excuse to get in the shed, get out the tools and relax by concentrating on a mechanical marvel in front of you.

There is always something to improve/restore on a classic car, including maintenance, safety and comfort based items. **From bushings to ball joints, maintenance in this area will leave your ride feeling better and leave you feeling assured it is as safe as it can be.**

So here we will explain some of the most commonly replaced items on older vehicles and their role in keeping you on the road.

Ball joints are the bearings that connect the control arms to the steering knuckles. They've been used on almost every car made since the early 1950's and work similarly to the ball and socket design of the human hip joint. These joints are the pivot between the wheels and the suspension of a vehicle and today, they are almost universally used in the front suspension.

Ball joints play a critical role in the safe operation of a cars steering and suspension and symptoms of a failing ball joint can be easy to spot. Clunking noises coming from the front suspension, excessive vibration from the front of the vehicle and even steering wandering left or right are telltale signs that your ball joints need attention.

A **bush** essentially provides an interface between two parts, reducing the energy transmitted through the bushing. Suspension bushes are generally made of rubber, synthetic rubber or polyurethane and separate the faces of two metal objects, while allowing a certain amount of movement.

This movement allows the suspension parts to move freely, for example, when traveling over a bumpy road, while minimizing transmission of noise and small vibrations through the chassis of the car. This common item shows its weaknesses as it starts to wear and you can expect loose steering around corners, and clunking noises when you accelerate or brake.

Master cylinders are yet another crucial part to any motor vehicle and are usually in reference to brake and clutch systems.

In brake systems, the operated devices are cylinders inside of brake calipers or drum brakes. These cylinders push the brake pads towards a surface that rotates with the wheel, creating friction against that rotating surface.

In the clutch system, the device which the master cylinder operates is called the slave cylinder; it moves the throw out bearing until the high friction material on the transmission's clutch disengages from the engine's flywheel. Common signs of a faulty brake master cylinder include abnormal brake pedal behavior, contaminated brake fluid, and the Brake Warning Light turning on.

Needless to say that over time these parts all wear out, so it's good to know that Rare Spares has plenty in stock. Covering the breadth of classic Holden's all the way to VT Commodores, if you're in need of a hard to find part, Rare Spares is the place to go.

With so many items on a car, it's important to regularly service your vehicle and take it straight to your local mechanic if you have any suspicions.

Drive safe and happy motoring.





Showcasing *Spanner in the Works?* at Mount Pleasant



During their recent trip to Australia for the Cabot's 7th National Men's Shed Conference, representatives from the Irish Men's Shed Association (IMSA) were lucky enough to catch themselves a *Spanner in the Works?* men's health event held by Mount Pleasant Men's Shed.

The *Spanner in the Works?* website was launched in Ireland by IMSA in July to coincide with their Sheds For Life program.

The concept has been received very well by Irish Men's Sheds and the broader community.

Barry Sheridan (IMSA Executive Officer) and Edel Byrne (IMSA Health & Wellbeing Coordinator) excitedly joined AMSA Executive Officer David Helmers as special guests at Mount

Pleasant's third annual *Spanner in the Works?* expo earlier this month.

"The bringing together of local men in the area, shedder and non-shedder alike to an event that brought expert health advice and services on offer to one convenient location is a fantastic way to support men to be mindful of their health and wellbeing," said Ms Byrne.

Sharing lessons with our international counterparts is a key strength of the international Men's Shed movement.

"We received such a warm welcome from all we met at the event, and look forward to sharing the learning and experiences from the event with our own sheds in Ireland," said Ms Byrne.





Howlong Men's Shed helping boys get back to the bush



Josh is 14 and reckons he's addicted to technology.

But surrounded by the sounds, sights and smells of nature, the Canberra schoolboy doesn't have time, or even an inclination, to log in and tune out.

He's with nine other boys his age from a range of backgrounds on camp for five days.

They're given a plate, bowl and cutlery which is their responsibility for the duration.

Their bedding is provided and they can choose where to sleep; a cabin, tent or under the stars. Under the stars is always popular when the weather is good.

To eat they have to cook but there's plenty of face-to-face and hands-on guidance – just no YouTube how-to videos.

There's no computers or iPads and smartphones are for ringing home.

No junk food either.

The not-for-profit Boys To The Bush program was set up by three Border men Adam DeMamiel, Richard Leahy and Tim Sanson.

Boys To The Bush is about experiences and skills associated with life on the land, and an opportunity for a "digital detox".

"From talking to people there's not really anything like it and for us, because we've grown up with it, we think it's simple and its simplicity is what makes it effective," Mr Sanson says.

"We don't preach it to be something that it's not. We don't counsel them. It's just doing things that we grew up doing, that you can easily show kids and teach kids.

"It's not a theme park. We don't want it to be thrill a minute.

"We might show them how to fish and we'll sit there and fish.



"Just sitting, you get snagged or you might lose your bait, but by just sitting and talking, people become a bit more mindful of what's happening around them rather than being absorbed in themselves so much.

"It's about building some relationships with these kids and watch them in an environment where they have to think and they have to work, they have to figure stuff out.

"Some of them really blossom."

Howlong Men's Shed and district farmers have embraced the program and share their experiences and skills.

Boys tackle fishing, yabbing, cooking, wood cutting, basic mechanics, animal husbandry, basic welding and fencing and more.

"Even kids who live in Albury don't know much about the country," Mr Leahy says.

Often the boys who attend the program don't have a strong positive male influence in their lives.

"We are capable of being around to give guidance to the young fellas," says Howlong Men's Shed Secretary, John Coughlan.

When the boys visit, they are shown around the varying activities of the shed and are enticed into a game of skittles.

"Before the game we make a skittle on the lathe as a trophy—and the boys' faces just light up," said Mr Coughlan.

Each time the boys visit is different, but every one of our members enjoys giving the boys their time and imparting a few of life's wisdoms.

"One of the boys, who has a troubled past, returned home and started a paper route—so that he could afford to come back again," said Mr Coughlan.

"I think that says a lot about the value."

With an outdoors back to basics experience in his pocket Josh is asked if he has missed the technology, "not really cause I'm having lots of fun out here without it."

Find out more about the Boys To The Bush program at boystothebush.com.au.

Original article by The Border Mail:
<http://www.bordermail.com.au/story/4753039/nature-calls-boys-to-bush/>





It's not too late to join Australia's biggest Garage Sale Trail!



Fact & figures on the Trail

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Host your sale on Saturday 21 October, Sunday 22 October or do both!

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350 000+ participants expected nationally



To register your shed or find out more visit www.garagesaletrail.com.au



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