

# THE SHEDDER

For every man, and his Men's Shed.

## Australia Day HONOURS for Shedders

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Australian  
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AUTUMN 2018

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# A place for friendship

Hello Shedders,

Over the years Men's Sheds from all around the globe have regularly sent us photos and news of their Sheds. We enjoy receiving them and we try to pass as many of them on as we possibly can.

The photo below was recently sent to us from the Creswick Men's Shed (Victoria) and I have to admit this image hit a nerve straight away. On first glance and at the risk of sounding like an art critic, there was something aesthetically pleasing about the image that seemed to be capturing the essence of a Men's Shed. Maybe it was the rustic appearance of the signs above the door or the presence of the timber, there was something here that was shouting out what Men's Sheds are.

On closer study I realised it was the timber mounts themselves that served as a memorial with photos of three men and the inscribed dedications that said it all, this is what a Men's Shed is all about: friendship.

These photos and the dedications show appreciation for members who have now passed, and recognises their contribution to the Creswick Men's Shed. Most of all these highlight how much the Shed still values their friendship and have retained their memory.

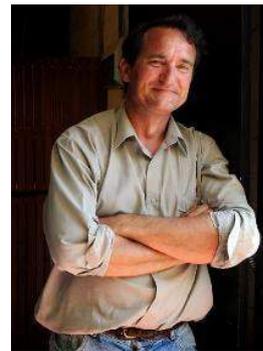
This is not uncommon in Men's Sheds, in fact most sheds I visit have similar plaques of dedication. Some have peaceful memorial gardens or dedicated pieces of

machinery for members passed, as a constant reminder of who they were and what they did for their Men's Shed and their community.

In many of these cases, and as we see quite often in Men's Sheds, these friendships are formed in the Men's Shed as many of them were unknown to each other previously. This is one of the great achievements of the Men's Shed movement universally.

Together we have reduced social isolation through the formation of friendships, and it is images like this that show how strong and meaningful these friendships are.

Today with the Men's Shed movement and the many challenges it presents, it is worth reflecting upon the many successes that have been achieved and ask ourselves what we are all about: enjoying life, enjoying the comradery and enjoying the shed, shoulder to shoulder.



David Helmers  
Executive Officer





ABOVE Leigh Marshall (Diamond Creek Men's Shed) and James Gundrum (Eltham Men's Shed) with shed members celebrating the honours. PHOTO: Herald Sun

# Australia Day Honours

During January's Australia Day commemorations, shedders were recognised around the country for their community contributions. All shedders make a special contribution to their community, with a growing number going above and beyond each year.

## Leigh Marshall

Diamond Creek Men's Shed  
Diamond Creek, Victoria

Leigh is the current and founding president of Diamond Creek Men's Shed. At the shed, Leigh has founded the Diamond Creek Men's Shed graffiti cleaning squad, promotes men's health through the *Spanner in the Works?* program, and formed the Keeping Men Grounded ladder safety campaign by securing a \$20,000 state government grant.

Leigh also founded the Man Friday Bikers (MFB) group, which now has 37 people regularly riding along the Diamond Creek trail.

## James Gundrum

Eltham Men's Shed  
Eltham, Victoria

James Gundrum was the power-force behind the creation of the Eltham Men's Shed in 2014. He also chipped in with the Lone Pine Project at Eltham High School, Eltham Rotary and helps the elderly and disabled at the Judge Book Village and St Vincent's Aged Care in Eltham. James has also led the members at Eltham Men's Shed to support Remembrance Day Services at the Eltham War Memorial.

Leigh and James were recognised as Volunteers of the Year by the Nillumbik Council.



**Kevin Betterman**

**Ardrossan Men’s Shed**

Ardrossan, South Australia

At the Ardrossan & District Community Club Australia Day Breakfast, Kevin Betterman was awarded the Ardrossan & District Community Person of the Year.

Kevin is the Secretary/Treasurer of the Men’s Shed and, though only new to the town, has also made an impact as the Tidy Town Group Leader and is involved in a number of community projects and programs.



**Bill McGhie**

**Mannum Community Men’s Shed**

Mannum, South Australia

Bill McGhie was awarded Mid Murray Citizen of the Year—for which he was unknowingly nominated by his friends at Mannum Men’s Shed, where he is Chair.

Bill is a very active advocate for mental health awareness, he is involved in the local Men’s Suicide Watch Program, the Men’s Discussion Group and the Men’s Community Breakfast.

PHOTO: The Murray Valley Standard



**John Waters**

**Dareton - Men in a Shed**

Dareton, New South Wales

John Waters was recognised as Wentworth Shire Citizen of the Year for his generous contribution to the community through his efforts in the setting up of Dareton - Men in a Shed by allowing the shed to use part of his premises free of charge. He has also been actively involved in his Church activities, Vintage Car Club, local Aero Club and many other organisations.

John is a life member of the shed. Members were especially happy with John’s win, as last year the shed was recognised as Community Group of the Year at the Wentworth Shire Australia Day 2017 awards.



**Bernie Smith**

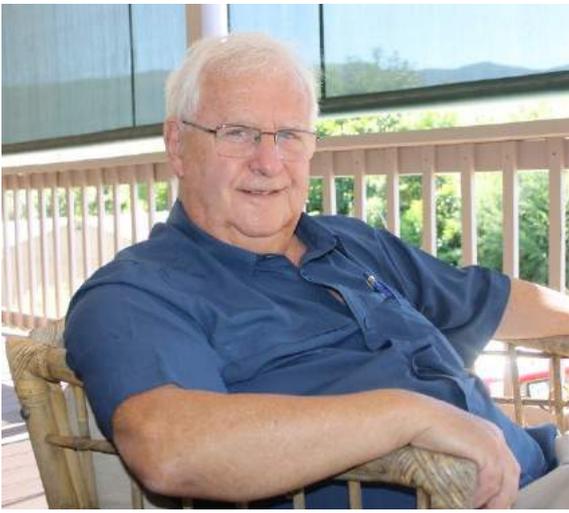
**North Balwyn Community Men’s Shed**

North Balwyn, Victoria

As one of the founders and prime movers in the shed’s establishment, the members at North Balwyn Community Men’s Shed were proud to see member Bernie Smith awarded Volunteer of the Year.

Bernie was recognised by the City of Boroondara at a ceremony at the Hawthorn Arts Centre.

PHOTO: Boroondara Council



**David Wood AM**  
Mount Beauty & District Men’s Shed  
Mouny Beauty, Victoria

David Wood received recognition as a Member (AM) in the General Division of the Order of Australia.

David was awarded for his significant service to chemical engineering education as a researcher, mentor and academic and to professional organisations.



**Gary Misan**  
Whyalla Men’s Shed  
Whyalla Norrie, South Australia

Gary Misan received one of four 2018 Whyalla Australia Day Community Service Awards in acknowledgement of his long commitment to rural and male health, and for his leadership in establishing the Whyalla Men’s Shed.

PHOTO: Whyalla News



**John Collins OAM**  
Manning Men’s Shed  
Manning, Western Australia

John Collins was awarded the Medal of the Order of Australia (OAM) for his service to the community of Manning and to local government.

John has been involved in a variety of community projects and groups over his 50 years of residency in the City of South Perth; including playing an instrumental role in the establishment of the Manning Men’s Shed in 2006.



**Les Jacobs**  
Bunurong Men’s Shed  
Pakenham, Victoria

Les Jacobs was awarded the Cardinia Shire Senior Citizen of the Year.

Les is the President of the Bunurong Men’s Shed. His friends from the shed say that it’s terrific recognition of a dedicated man who has contributed greatly to the local community.

PHOTO: Star News Pakenham

# NSW Zone 12 (Far North Coast) Regional Meeting (Casino) & Shed Tour

Liz MacDonald



## Day 1

Monday 26 February

Mel and I (Liz) from AMSA headed out from Newcastle on one of our famous road trips.

**Destination:** Casino for the Zone 12 Regional Men's Shed Meeting on Tuesday 27 February. It rained the entire day and this is what awaited us:

### **SES Respond to 28 Callouts after Heavy Rain**

*As the Bureau of Meteorology issued a severe thunderstorm warning for rainfall, the brunt of it ended up in Casino with 125mm falling in the rural town. The surprise deluge hit Casino that brought flash flooding and caught many people out on Monday afternoon.*



## Day 2

Tuesday 27 February

Despite the bleak start, the Regional Meeting, hosted by **Casino Men's Shed** and facilitated by Tony Heeson (Zone 12 rep from Bangalow Men's Shed) soon turned things around. It was a very successful and entertaining day. Many thanks Tony for the invitation to attend and to the Casino Committee and members who were welcoming, excellent hosts and caterers... also well done Murwillumbah Men's Shed for the musical entertainment—some very talented Sheddors filling the Showground with blasts from the past.

Men's Sheds represented included:

Tweed Heads	Ballina
Pottsville	Allora
Mullumbimby	Bangalow
Kyogle	Murwillumbah
Lismore	Grafton
Evans Head	Iluka-Woombah
Dunoon	

The Meeting provided a brilliant opportunity for Shed members to network, share their Shed stories, participate in Q & A sessions, gather and share ideas. AMSA provided some operational information particularly around setting up a new Men's Shed, the NSDP grants, membership and insurance.

## Day 3

Wednesday 28 February

### Casino to Glen Innes: 200km

**Glen Innes Men's Shed**—located in the Showground, a warm welcome from President Jim, the Committee and Shed members, a Shed tour, morning tea, lots of chatting and some fine piano playing by Lindsay. We also met Ruby—the restored Shed ute. The Shed is a recently constructed facility and a testament to the hard work and passion of the Glen Innes members. Thanks for the great welcome.



### Glen Innes to Inverell: 70km

**Inverell Men's Shed**—in Inverell Showground, another warm welcome from the Committee and members, a Shed tour of their very large facility and general conversation about their Shed and the Shed movement in general. This was another example of dedicated members working hard to obtain a first class facility.



### Inverell to Bingara: 76km for an overnight stay

The Telstra Tower was not operating so there was no mobile or internet service in Bingara! Mel had a complete meltdown as she normally worked till 11pm processing insurance forms and invoices. She had to use the Public Phone box... that's another story.



## Day 4

Thursday 1 March: A big day

**Bingara Men's Shed**—located in a former mechanical workshop, the facility has a new roof, in great need of some new external walls, no kitchen facilities BUT—the Shed members love their Shed. It was a great visit with coffee and cake, a visit by the local newspaper, many laughs and chats with some very interesting topics.

To Greg, the Committee and members—thanks for such a great visit.



### Bingara to Barraba: 60km

Quick stopover in Barraba Park as we now have mobile service!! Some urgent matters to address.

**Barraba Men's Shed**—Steve (President), Susan (Treasurer) and Shed members again extended a warm welcome, BBQ lunch, Shed tour and more interesting conversations. Some residents from the BUPA Aged Care were also in attendance; they are an integral part of the Shed fold and fondly called the 'BUPA Bandits'

### Barraba to Manilla: 46km

**Manilla Men's Shed**—the Shed was opened especially for our visit as it was not a normal Shed day so thanks Max and members. Not a huge Shed but a happy Shed- Manilla has been operating for nearly two years so it is one of our more recent Sheds.

**Manilla to Tamworth: 47km for an overnight stay.**



## Day 5

Friday 2 March

**Tamworth Community Men's Shed**—located in the Botanical Gardens Precinct.

Dave (Chairman) and some Committee members opened for us providing a Shed Tour and an overview of some the challenges that they have recently faced.

They are currently on a membership drive and we wish them lots of success.

### **Tamworth to Murrurundi: 91km**

**Murrurundi Men's Shed**—at the Showground, a great Shed in a very small community. We had some robust and informative conversation and again, cake and coffee. Thanks to everyone who came along.

### **Murrurundi to Home: 190km**

We get great benefit from meeting with the Sheds and seeing first-hand their facilities, activities, 'wish lists' and the opportunity to talk about some of the challenges and issues.

We always enjoy our Shed tours and have met some wonderful people doing extraordinary things within their communities.

Many of our Shed community operate in small rural and regional areas across Australia. Their fundraising opportunities are limited but the enthusiasm, tenacity, spirit and camaraderie is infectious.

We are very proud of the work that you do.

Thank you again to all who opened their doors to us, provided such a warm welcome, coffee/ cake, the laughs and some fabulous conversations.

Liz and Mel  
AMSA



# Men's Sheds giving a helping hand for wildlife rejuvenation

The Sir Ivan bushfire burnt for several weeks across the Central West of New South Wales after it was started by a lightning strike in February 2017. The fire eventually scorched 55,000 hectares of land – destroying and damaging dozens of homes and community buildings in Uarby and its surrounds, killing thousands of livestock and devastating the native wildlife.

The ferocious fire was declared a natural disaster on 14 February 2017. And experts and farmers say the recovery could take years.

Huge community efforts have taken place since to begin rebuilding what was lost. Among other activities, disaster recovery charity Blazeaid spent months clocking up over \$900,000 worth of labour hours pulling out and replacing more than 600km of fencing in the area.

Shedders from far and wide were involved in the recovery efforts – and it hasn't yet stopped.

The Merriwa and Denman & District Men's Sheds (NSW) are getting involved by making four types of breeding and nesting boxes for wildlife rehabilitation across the country devastated by the fire.

The troops at the sheds may have a big task ahead of them, but are taking it on with enthusiasm.

Merriwa Shed President Jim Alker said that they are excited to be able to help a very worthwhile effort to rehabilitate such a large area of devastation.

"It's tough at the moment, but we're seeing the grass come back after some of the recent rains and hopefully we can encourage some of the wildlife back," said Jim.

Nesting and breeding boxes are an output many Men's Sheds are knocking together around the country. These efforts are contributing to native wildlife rejuvenation that will benefit both wildlife and communities for many years to come.

# Debra the Zebra's fundraising talent

From *The Daily Examiner*

In just a few months, a wooden rocking zebra has raised \$17,000 for charity.

Grafton Men's Shed creation Debra the Zebra, made with the aim of raising funds for palliative care in her home town, has exceeded all expectations.

There was a surprise ending to the initial auction to sell Debra, Men's Shed member Greg Ryan said.

He said the first bid, from local dentist Willem Espag, of \$2500 had delighted her builders.

"Then Maclean businessman Johnno Johnson went straight over the top of him with a bid for \$5000," Mr Ryan said.

Despite Mr Espag losing the bid Mr Ryan was "blown away when Willem said he would give us his initial (\$2500) bid on top of what Johnno paid for her.

"Once we took out \$500 to cover our costs we were able to donate \$7000 to palliative care."

Now Mr Johnson said he set Debra a target of raising \$100,000, which he wants to donate to cancer research after the battle he and wife Fay have waged against the disease.

Mr Johnson said his nephew Stephen, a solicitor at the Queensland Law Group, has kicked in \$10,000 to get bidding started.

"I want to write to a lot of the big businesses in Australia and send them a nice glossy photo and a letter telling them what we're trying to do," he said.

"I've put a price of \$100,000 on it but if someone's won Lotto and wants to pay \$1million, I'll take that too." Dr Espag's aspirations for Debra extend to royalty.

"We know Prince George already has a rocking zebra but surely the next royal baby will need a birthday present," he said.

"We should get in contact with the Governor-General and offer Debra as Australia's present for the next royal birth in April if we don't have something in mind already."

See the original story at <https://www.dailyexaminer.com.au/news/debra-the-zebras-got-fundraising-talent/3351118/>

# Mike Pauly carries the Queen's Baton for Fremantle

From *City of Fremantle (Western Australia)*



ABOVE Mike Pauly (Fremantle Men's Shed) with Fremantle's Mayor Brad Pettitt PHOTO: Fremantle City Council

He's one of only five people to have walked around Australia unaided, so a short stroll along Fishing Boat Harbour as a batonbearer in the Commonwealth Games Queen's Baton Relay was just a doddle for Fremantle's Mike Pauly.

The 77-year-old artist was the City of Fremantle's nominee to carry the Baton when the relay visited Fremantle on 24 February.

Mike started his epic circumnavigation of Australia in 2014 to raise money for mental health programs at the Freo Men's Shed. It took him two years and covered more 16,600 kilometres.

Mike said he was very proud to be representing Fremantle in the Queen's Baton Relay.

"It's nice to be recognised and nice for other people to know about the things you do for the community," Mike said before the relay.

"Although pride does come before a fall, so I hope I don't fall over.

"I'm having a knee replacement done in March, so I'll be taking it slow. I won't be racing, that's for sure."

Mike is one of 18 bearers who carried the Queen's Baton through the streets of Fremantle on its way to the XXI Commonwealth Games on the Gold Coast in April.

The Queen's Baton carries a message from Her Majesty Queen Elizabeth II that calls the Commonwealth's athletes to come together in peaceful and friendly competition.

Starting on 13 March 2017 at Buckingham Palace, the Baton will travel on a 388-day journey through all nations and territories of the Commonwealth.

The Queen's Baton will arrive on the Gold Coast for the XXI Commonwealth Games Opening Ceremony on 4 April 2018, where Her Majesty's message will be removed from the Baton and read aloud to officially open the Games.

See the original story at <https://www.fremantle.wa.gov.au/news-and-media/1222018-mike-carries-baton-fremantle>.

## Scam Emails

Recently a shed was the target of an email scam, with an email purporting to be from the Shed President requesting a transfer of funds from the Secretary.

Fortunately the vigilance of the Secretary meant that the shed did not fall victim, however it is easy to be misguided by some scams.

### Safeguard yourself against fraudulent emails



#### **Check the 'from' address**

A scam email usually has a fairly bizarre or unknown email address behind what looks like a genuine sender name. You can find out the email address by using your mouse to hover the cursor over or right-click on the sender name.



#### **Is the greeting impersonal or incorrect?**

Scammers are getting better at sending emails which include a name in the first line of the message, however not all of them do or they may use it incorrectly.



#### **Does the email ask for your personal or banking details?**

If an email is asking you to update or re-enter your personal or bank details out of the blue, it's likely going to be a scam. Most companies will never ask for personal information to be supplied via email.



#### **Poor spelling, grammar and presentation?**

Scammers are getting better at presenting emails but you should still watch out for these tell-tale signs.



#### **Trying to rush you?**

Scammers may try to rush you with time sensitive offers. Take your time to make all the checks you need.



#### **Something just doesn't look right?**

If something looks off, there's probably a good reason why. If you receive an email that seems suspicious, it's usually in your best interest to avoid acting on the message.



#### **Still unsure?**

It's best to contact the sender to check whether the email is valid. Do not reply to the email, you can send a new email or phone the sender to confirm the origin of the email.

# Missed calls from overseas may be scams

Australians are being warned to beware of missed calls or 'Wangiri' scams in which scammers call and let the phone ring once before hanging up without leaving a message.

'Wangiri' is a Japanese term that roughly means 'one and cut' in which a missed call will appear on your phone from an international number.

If you call the number back, you may be put on hold, hear music, or the scammer could try and chat with you.

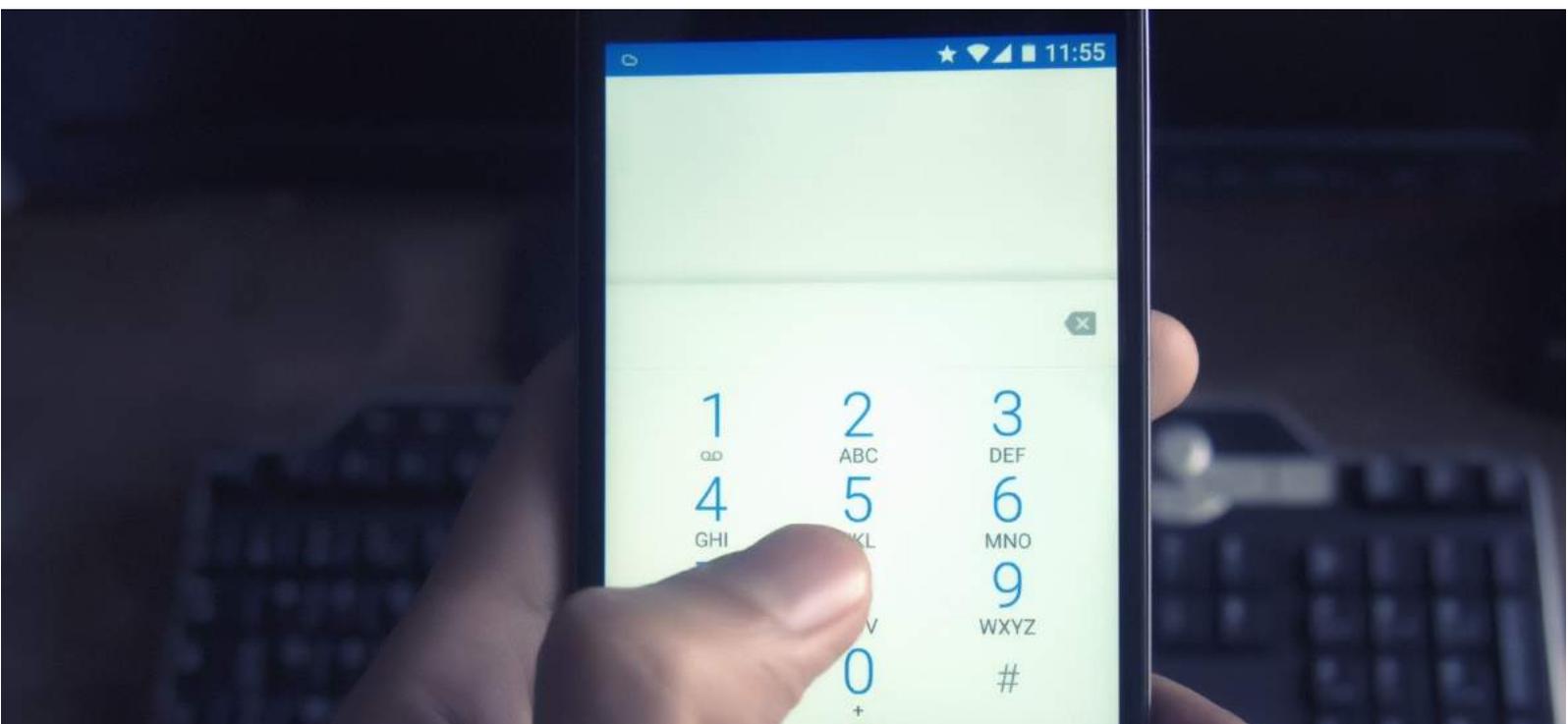
The ACCC's Scamwatch website says the scammer's objective is to keep you on the line for as long as possible as your call will be charged at a premium rate.

## Protect yourself from unwanted overseas calls using the following tips:

- If you receive an unexpected missed call from an international number you don't recognise, ignore it.
- If you are receiving repeated missed calls, block the number.
- Consider blocking international calls on mobiles used by children. This prevents a child from accidentally calling an international number.
- When dealing with uninvited contacts from people or businesses, whether it is over the phone, by mail, fax, email, in person or on a social networking site, always consider the possibility that the approach may be a scam.
- Spread the word to your friends and family to protect them.

**If you think you have been scammed:** If you've returned one of these calls and received a large bill, contact your telecommunications provider to discuss your options. If you're dissatisfied after dealing with your service provider, you can contact the Telecommunications Industry Ombudsman.

Australians are encouraged to report scams to the ACCC via the Report a scam page.





Share your AEDs life  
saving power with others.

Once your AED is registered with St John, the location of your defibrillator will be made available by the St John AED website and through the St John Resuscitate iPhone app.

register AED now



# Do you have an Automatic External Defibrillator (AED) at your Men's Shed?

Your defibrillator could save someone's life.

The St John AED register is a national register to record the details and location of AEDs. Register your location to share your AEDs life saving power with others.

Visit [aed.stjohn.org.au](http://aed.stjohn.org.au)  
to add your location to the register.

For every minute a person waits for defibrillation, the chance of survival decreases by 10%.

Welcome to the St John AED register. St John is the leading provider of First Aid training, products and equipment such as Automated External Defibrillators (AED), commonly known as 'a defib'. As part of best practice First Aid, St John promotes the importance of saving lives through resuscitation training and making defibrillators more accessible.



St John AED register

The St John defibrillator register is a national register to record the details and location of defibrillators.

register AED now

# Maleny Men's Shed create lasting memento for Don

Maleny Men's Shed (Queensland) member Don Bowen has been a bit crook lately and requested his friends at the Maleny Men's Shed manufacture a box that may be used in the future to hold his ashes.

This request may seem a bit macabre but death is a part of life at the Men's Shed, and while it's always sad to see off a mate members were extremely forthcoming to help out with Don's request.

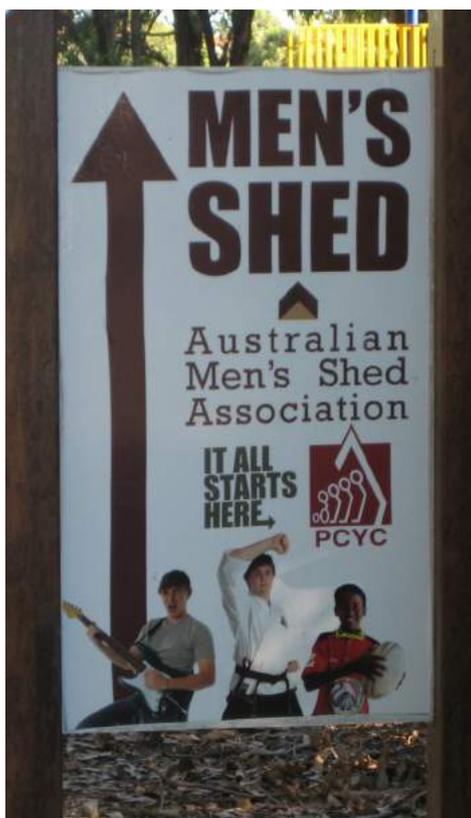
Fellow shedder Malcolm Baker took time from his busy schedule to produce a first-rate Maleny red cedar box for Don (pictured below). The box boasts excellently-crafted tongue and grooved joints and is completed with French polish; a time-consuming and rare skill these days, an almost forgotten art.



ABOVE Don Bowen with the handcrafted box made at the Maleny Men's Shed.

The box is decorated with a genuine Rising Sun army badge donated by Ray Stuart. The addition of the artwork signifies Don's memories of his army days and mates.

Don is thrilled with this piece, put together by his mates at Maleny Men's Shed. And whilst they hope the item is not needed for the foreseeable future they were happy to help a mate out.



## The Tuross Shed

For some its entertainment and a place of manly fun  
A refuge from the grind of worldly strife  
A time to take a breather when the race of life's been run  
And for others its salvation for the wife  
So we all pitch in together and together get things done  
There's a wealth of knowledge in our little crew  
We're not in the building business it's the doing that's the fun  
And the building up of bonds with me and you.

- John Christie

*John's poem was submitted by Peter Christie, the Secretary at Tuross Head Men's Shed (NSW). John is Peter's brother, and though he isn't a member he has perfectly summed up what the shed is all about.*



# Callide Valley Men's Shed Opening & Shed Tour

Melissa White

What a great pleasure it was for Bec and I (Mel) to attend the *Callide Valley Men's Shed* Opening on 10 February. However, not to waste a minute, on the way we popped into a couple of the local Sheds.

The first Shed to welcome us was the *Rockhampton Men's Shed*, which we did manage to find after first getting lost and ending up at the Rockhampton Prison...

We were greeted by Jim and Marian who fed us pizza and shared with us all the fantastic activities they do, including the women's painting class, Wally's wood burning and the usual shed activities. We were given beautiful gifts to take home which now have pride of place in the AMSA office.

Next it was on to *Gracemere Men's Shed*—the shedders opened up the facility especially to meet us. We all had a good chat and a few laughs. Unfortunately we were running behind schedule but we did stay long enough to have a cup of tea and bun.



We got lost again on the way to Gladstone and ended up driving 20 minutes in the wrong direction (we may have had an Irish GPS). Luckily for us they were extremely patient and waited.

The *Gladstone Men's Shed* is huge with the most beautiful hibiscus garden out the front—all made possible by a very dedicated team of shedders who have worked hard in engaging the local community for support. We were spoilt again with delicious apple cake, baked by Ron's wife.

Saturday morning we did a quick detour to *Boyne Tannum Men's Shed* where we were met by Bill and Spike.

They very proudly showed us their recently built Lysaght Army Hut and their brag book, filled with community projects undertaken and the history of the Shed. Their official Shed opening was on 10 March 2018.

*Callide Valley Men's Shed* has been quite a process to get to the opening, with huge amounts of personal and community support.

The event was shared with 200 people, friends of the Shed, interstate stakeholders, local dignitaries and shedders with their families, all there to share in the wonderful success of the Shed. The day was overflowing with delicious food, the odd comedian and lots of camaraderie.

We really enjoyed the event and, besides the huge amount of work that goes in by so many people, a special thanks must go to Graham and Ngarita for the invite and for making us feel so very welcome.

Congratulations to everyone involved.





# How to replace the fuel tank on your classic car

Over time, classic cars develop a number of issues that require intervention from either the owner or a qualified mechanic. Fuel tanks are just another on the long list of parts that perish as the years go on.

If your fuel tank has been damaged and developed a leak, or has succumbed to the effects of rust, it will require a replacement.

Replacing a fuel tank can be a dangerous job if not performed properly, however with safety on the mind and a strong knowledge of the process involved, it's a job within the grasp of the average car enthusiast.

If you don't feel confident, your local mechanic will be able to help you.

Firstly, you will need to track down a suitable replacement fuel tank for your car.

Rare Spares stock a number of fuel tanks for classic cars, a quick search on their website will point you in the direction of the tank most suitable for your pride and joy!

Once you have purchased your new tank, you can start removing the old one.

First you will need to drain any fuel that's remaining in the old tank. Most classic cars will feature a drain plug in the bottom of the tank which will be located at its lowest point.

Ensure you have some sort of container or bucket below the plug before removing otherwise you will make quite the mess!

If your tank does not have a drain plug you will need to drain or siphon the fuel via the fuel lines, sender unit or filler pipe.

The rubber hose that exits the bottom of the tank at its lowest point will allow you to drain the tank fully.

Loosen and remove the hose clamp on the end of the line, which will allow you to remove the hose and drain the tank of all of its fuel.

In most circumstances you will need to siphon the fuel out of a tank via the filler pipe or by removing the sender unit with a quality fuel specific siphon.

To remove the tank, you will need to disconnect the fuel line (as above) if you haven't already, as well as the vent line and the large tube that's used to refill the tank.

While under the car, check all of the lines for signs of damage such as cracks or fraying.

From here, you will either need to remove the two mounting straps that hold the tank in place – this is as simple as removing the nuts that connect the straps to the tank or undoing the bolts that hold the tank in place. The tank will now be able to be pulled free from the car.

Installing your new tank follows the same process as its removal, in reverse.

Re-mount the metal straps that hold the tank in place or reinstall the retaining bolts, reconnect the fuel lines, vents and re-fill tube, replacing any damaged hose clamps along the way.

Ensure the drain plug is tight, and you are ready to re-fill with fresh fuel!

To find the right fuel tank replacement parts for your car, and explore the many thousands of parts Rare Spares has on offer, head over to [rarespares.net.au](http://rarespares.net.au).





# Seasonal cooking: Eating well in Autumn

*From The Beginner's Kitchen Cookbook*

Everything is at the lowest price when in season and plentiful, so to keep within a budget it's a great idea to cook with what's most available during the season. Before you visit the supermarket this Autumn, sit down and write a shopping list according to what you're going to eat for the week.

## What's in season during Autumn?

- Apples
- Beans
- Brussels Sprouts
- Capsicum
- Cauliflower
- Celeriac
- Cucumber
- Lime
- Parsnip
- Passionfruit
- Pears
- Spinach
- Sweet potato

**When fresh fruit and vegetables are not available or convenient, frozen options are an inexpensive and easy alternative!**

The Beginner's Kitchen Cookbook was created by the Whittlesea Men's Shed (Victoria) in collaboration with Plenty Valley Community Health, as a manual for shopping and cooking healthy meals on a budget. Every recipe in the book has been written to serve one person.

**Take a look at the full version of The Beginner's Kitchen Cookbook under Resources at [malehealth.org.au](http://malehealth.org.au).**

# What's on the menu?

## Breakfast

### Tomato on grainy toast

Best served immediately  
Preparation time 5 minutes  
Cooking time 5 minutes

#### Ingredients

1 tablespoon of reduced salt tomato paste  
2 slices of multigrain bread (for toast)  
1 tablespoon of low fat cottage cheese  
Small bunch of spinach leaves, washed with stems removed  
½ capsicum, seeded and chopped into strips (optional)  
Freshly ground black pepper to taste

1. Make toast and spread with tomato paste
2. Layer with spinach leaves, capsicum (if desired) and top with cottage cheese
3. Season to serve

## Lunch

### Pumpkin soup

Leftovers will keep well for 1-2 days in fridge, indefinitely if frozen  
Preparation time 10 minutes  
Cooking time 20 minutes

#### Ingredients

½ medium pumpkin, peeled and chopped  
2 large potatoes, peeled and chopped  
1 onion, diced  
4 low salt chicken stock cubes  
4 cups of hot water  
Cooking spray  
3 tablespoons no fat natural yoghurt to serve (optional)

1. Lightly oil saucepan with cooking spray and add onion, cooking until soft.
2. Add pumpkin and potato, stirring.
3. Mix water with stock cubes and add to saucepan, bringing to the boil.
4. Simmer until pumpkin and potato are soft.
5. Blend soup with a hand blender or mash until smooth with a vegetable masher.
6. Season with pepper and serve with yoghurt (if desired).

## Dinner

### Meat & Bean Casserole

#### Ingredients

Cooking spray  
200g lean beef or lamb, diced  
1 can (440g) low salt Lima or butter beans, drained  
1 onion, sliced  
1 medium carrot, sliced  
½ teaspoon dried rosemary  
½ cup water  
1 orange, juiced  
1 tablespoon wholemeal flour  
1 teaspoon mustard

1. Preheat oven to 180 degrees.
2. Spray non-stick frying pan with cooking spray, brown meat over medium heat and drain off any fat.
3. Combine browned meat, beans, onion, carrot, rosemary and water in a casserole dish and cook in the oven for 20 minutes until meat is cooked.
4. Combine orange juice, flour and mustard, and mix into the casserole.
5. Return casserole to oven to cook for a further 5 minutes.

Best served immediately

Leftovers will keep well for 1 day in the fridge  
Preparation time 10 minutes  
Cooking time 30 minutes

## AMSA Insurance

The AMSA package expired on 28 February 2018, to ensure continuity of your insurance please fill in the online form or call the office on 1300 550 009.

If you no longer require the AMSA package please let us know. If you have paid in the last few days please disregard this reminder.

**Renewing your shed insurance is easy –  
visit the AMSA website to apply online  
or call us on 1300 500 009.**

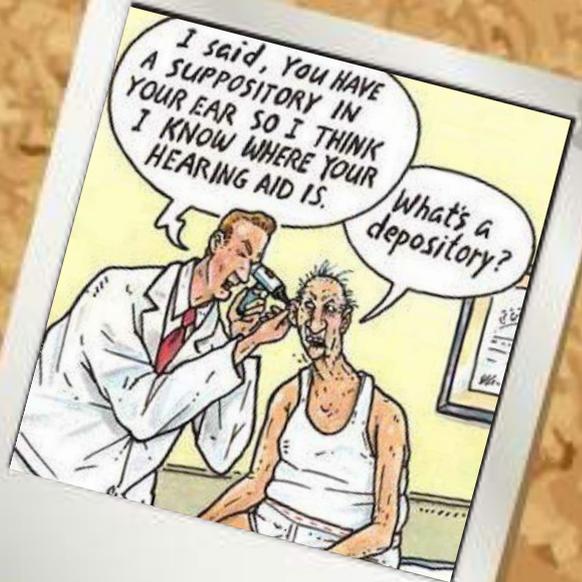
Note: Whilst the insurance program falls due 28 February 2018, there is still a short time for you to complete your application.

## Updating Shed Contact Details

Remember to update your shed contact details when committee positions change. Update on the AMSA website or contact us on 1300 550 009.

**Men's Health Week  
11–17 June 2018**

**Men's Shed Week  
24–20 September 2018**



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