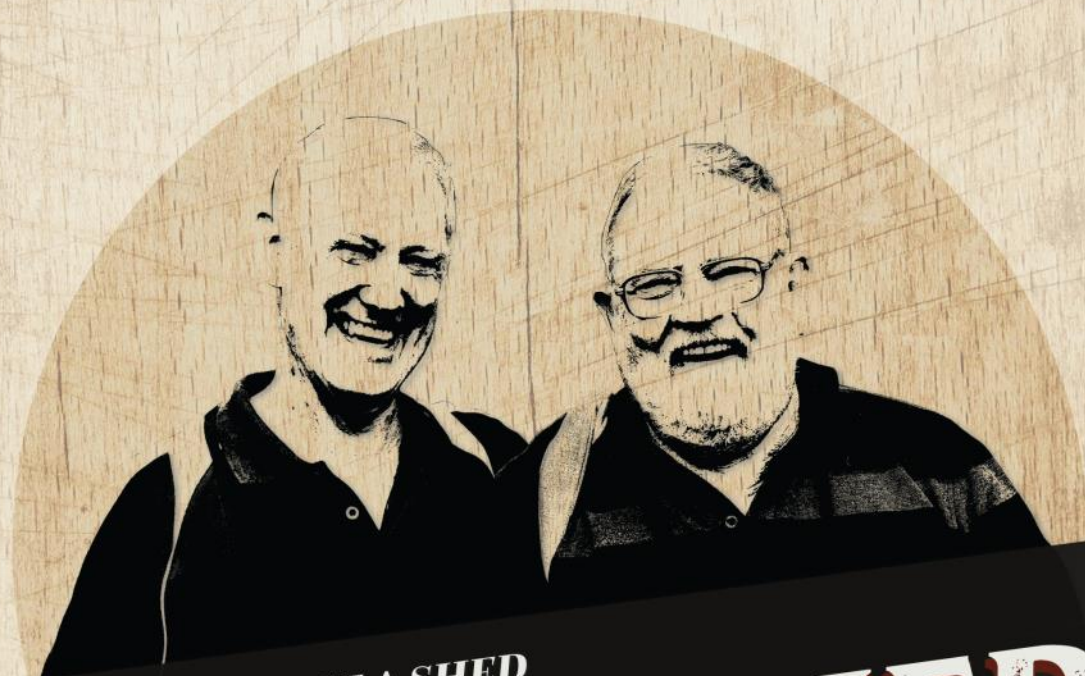


THE

SHEDDER

SPRING 2020

For every man, and his Men's Shed.



MORE THAN JUST A SHED

MEN'S SHED



**Australian
Men's Shed
Association**

SHOULDER TO SHOULDER

Men's Shed Week

Find a mate and be a mate

Shedders on TV

New commercial launched

HISTORY MADE

New tax status for Sheds

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



THE SHED WIRELESS

AN AUSTRALIAN MEN'S SHED ASSOCIATION PODCAST

Hi Wireless team

I just wanted to tell you how much I am enjoying the podcast. I particularly enjoyed the segment with Fred Smith, the 93 year old gentleman from Gisborne. It is super encouraging to hear from such a "switched on" shedder of his vintage (and I really enjoyed his candour about his disbelief in an afterlife – something that is not often discussed openly).

What do
Shedders
think ?

Thanks again to all the Wireless team – please know that your efforts are appreciated, and the topics discussed do make us think ... perhaps a little more positively about our place in this world.

Gavin Murray

Treasurer Mt Perry Men's Shed, Queensland

◆ Hello Aaron

I have really enjoyed listening to each podcast.

Thanks for all the work and effort you are putting into the programs.

John Whyte

Secretary Atherton Men's Shed Inc.

◆ Hi Aaron

Very informative and easy listening - so well done and keep up the good work Team Shed Wireless.

Best regards

Vic Brown

LISTENING TO THE SHED WIRELESS IS EASY!

Just go to mensshed.org/theshedwireless and we'll show you how to get started.



More than just a shed

Paul Sladdin, Chairman

Hello Shedders, Happy Men's Shed Week!

Across Australia the COVID pandemic has meant that National Men's Shed Week has certainly looked and felt different this year.

With Victorian Sheds still in lockdown and varying restrictions in other parts of the country, it is crucial that we look out for and support each other. But don't be fooled into thinking this is a period of inactivity for Australia's 1200+ Men's and Community Sheds.

Now more than ever, the Men's Shed is more than just a Shed, and Shedders all over the nation are celebrating the enormous value of the movement and their own Shed — in spirit, if not in person.

Some recent developments include:

- ◆ Historic new legislation has been enacted by the Parliament of Australia granting Men's, Women's & Community Sheds the opportunity to apply for Deductible Gift Recipient (DGR) status. This is the culmination of around 8 years of advocacy and input by the Australian Men's Association — and will have untold benefits for Men's Sheds across Australia.
- ◆ A new TV Community Service Announcement voiced by Michael Caton has been launched to celebrate the vital role played by your Shed in preventing social isolation. This comes almost a decade after the legendary 'Darryl Kerrigan' first proclaimed, 'If a man's home is his castle, then his Shed is his kingdom'!
- ◆ The Shed Online and The Shed Wireless podcast were developed in response to the COVID-19 pandemic.

The audience continues to grow, reaching many thousands of people across the globe. I have enjoyed reading your input and hearing of the brilliant projects you undertake in your Shed.

Men's Shed Week is an annual event led by the Australian Men's Shed Association to highlight the contributions your Shed makes to your members health and wellbeing, and to the wider community.

Stay safe, stay sane and take time to celebrate the great work that you do.

Cheers, Paul



There's a new section on the front page of our website mensshed.org so you can find all the information on **DGR (Deductible Gift Recipient)** in one handy location.

Find a mate and be a mate

A message worth sharing



Now more than ever it's more than just a shed.

Launched in Men's Shed Week 2020, this 30 second Community Service Announcement will encourage people all over Australia to "find a shed near you".

A big thank you to Australian actor Michael Caton for his beautiful voiceover .

Also to the Shedders of Raymond Terrace Community Men's Shed for their generosity and enthusiasm in helping to produce this short video.

"There's something for you at the Men's Shed"

The aim is to spread the word about Men's Sheds, which have untold health and social benefits for so many people.

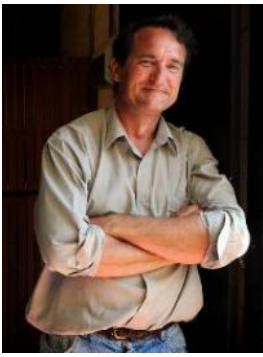
So watch and share the video, and help spread the word however you can.

If you're reading The Shedder online (not in print) you can also just click on the image above and the video will play automatically.

Check this out
at
mensshed.org



Actor Michael Caton donated his time to do the voiceover. Thanks Michael!



How the DGR is a game-changer for Sheds

David Helmers, Executive Officer

As you sit down to read this edition of *The Shedder*, history will have been made as the new DGR tax laws came into effect on 1 October 2020.

This is the culmination of around 8 years of lobbying by AMSA to achieve what we know will be a game-changer for Sheds all over Australia.

By now, it's possible that you've already read and heard a fair bit about the benefits of this new legislation for Sheds. We've been keeping you updated as we worked alongside the tax office to develop the new system. And to be fair, their willingness to listen to the needs of Men's Sheds during this process has been impressive.

DGR (Deductible Gift Recipient) status) means that individual Sheds can now apply to for approval to accept tax-deductible donations of more than \$2, to benefit the operation of the Shed.

To explain the nitty-gritty of the new system and what that means for your Shed, we've organised a detailed Q and A with both the ATO (Australian Tax Office) and ACNC (Australian Charities and Not-for-profits Commission) on the latest edition of [The Shed Wireless](#) — and I highly recommend you have a listen.

We've also got extensive information on our website mensshed.org and as always, the AMSA team is here to help if you have any further questions or need assistance.

Now more than ever, it's more than just a shed.



While Sheds in Victoria remained shut for Men's Shed Week 2020, in other states the occasion has been marked with a simple morning tea or traditional Shed BBQ. Visit [The Shed Online](#) for more Men's Shed Week videos featuring Sheddors, which have proved extremely popular on our [Facebook page](#) (Check it out!)

The Responsible Wood Small Grants Program



The Responsible Wood Small Grants program support local communities to better connect with and understand the values and benefits that are provided from sustainably managed forests.

The Responsible Wood Small Grant program is seeking applications for community projects, activities or events that help physically connect communities to Responsible Wood certified forests.

Projects supported could include; mountain bike track construction, wildlife habitat improvement, trail signage, art work creation and installation, improved picnic facilities, indigenous forest management workshops.

Applications close on the 15th November, 2020.



**Responsible
Wood**

responsiblewood.org.au



Grants and funding for your Shed

Liz McDonald, Shed Development Manager

AMSA's Shed Development Manager Liz loves to see Sheds all over Australia successfully apply for grants of all different kinds, for all sorts of projects.

Here's her list of what's on offer in September 2020. So get applying! And contact the AMSA team if you have any questions or need assistance.

Australian Government National Shed Development Programme Round 21

AMSA is waiting for the Department of Health to provide the timing schedule, guidelines and other supporting documentation. As soon as we receive the R21 information, we'll let you know via a member bulletin. We'll also post a notification the AMSA website mensshed.org and our Facebook page facebook.com/australianmensshedassociation

Foundation for Rural & Regional Renewal (FRRR) — Tackling Tough Times

Round 19 closes Thursday 22 October 2020

The program has a strong preference to support grassroots organisations based in drought-affected regions. Community groups and not-for-profit organisations with an ABN or Incorporation Certificate are welcome to apply for funding for projects located in and benefiting drought-affected regions. Please note, no specific tax status is required. Visit this website:

frrr.org.au/cb_pages/tackling_tough_times_together.php

Responsible Wood Small Community Grants For Men's Sheds

Applications close on the 15th November, 2020.

Visit this website to find out more: responsiblewood.org.au

Gambling Community Benefit Fund for Queensland Men's Sheds

Round 107 will open mid-September and close at 11.59 pm on 31 October 2020.

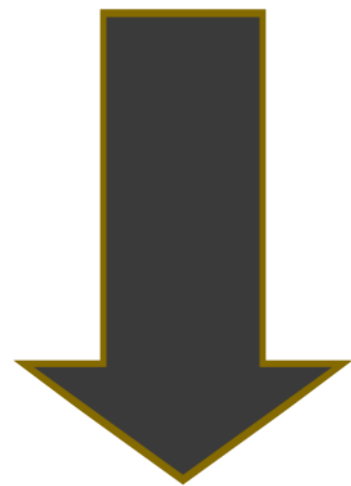
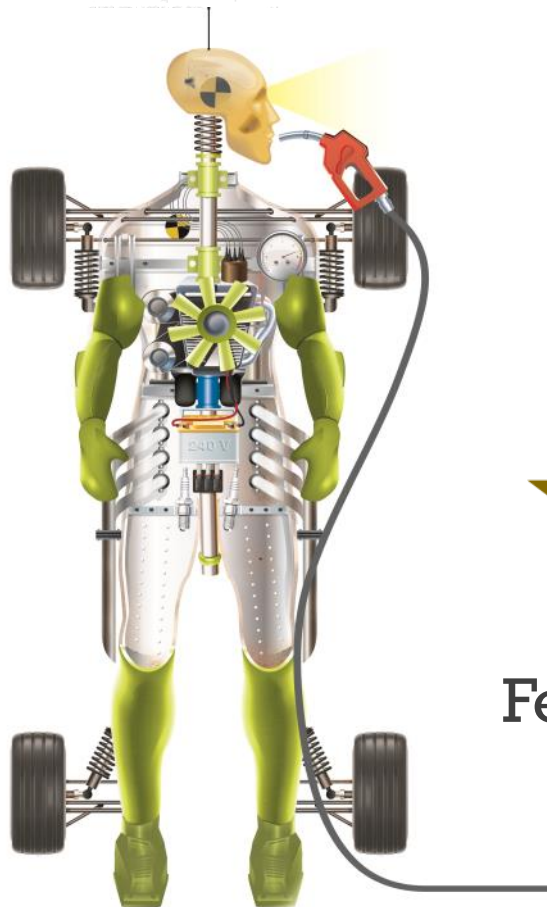
Visit this website for details on guidelines, eligible items and how to apply:

justice.qld.gov.au/initiatives/community-grants

Need further information? You can contact the AMSA team via email amsa@mensshed.net or phone 1300 550 009



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Feeling down?

WHEN WAS YOUR LAST SERVICE?

visit malehealth.org



I'm a COVID survivor But I feel different on the inside

74 year old Tom Wolf is a member of Waverley Men's Shed. Here he writes about his experience of COVID-19.

I still look the same from the outside but feel different on the inside.

I spent 19 days in St Vincents Hospital including 5 days on a ventilator, 14 days altogether under sedation and in an induced coma.

I am still being investigated by the medicos and this will be ongoing for some time yet.

I do (and did) have problems post-hospitalisation as follows:

- nasal and sinus problems, still have constant runny nose (probably caused by the tubes etc they had up my nose)
- the usual waterworks problems post catheterization, cleared up mainly about 3 weeks
- mild airflow restriction of lung and mild lung restriction of volumes
- moderate lower diffusion of lungs...this is one of the major ongoing symptoms, breathless after a short walk (150-200 metres walk on level ground), stairs and hills almost impossible
- carotid arteries blockage and possible micro clots in the brain being investigated

I have moderate to high immunity for the strain of COVID that I had (but that may no longer be the dominant strain).

But despite the above, it just feels good to be ALIVE!!

The Waverley Men's Shed has reopened, but very restricted opening subject to the maximum numbers allowed by social distancing and the 4 square metre rule.

So attendance is by reserving space, which is limited to 10 per day. I am the vice-president of that Shed, which is open 3 days a week. On the other days I help run a 'Men's Cave' in a retirement village/nursing home at Vacluse.

This helps the men in the village who are outnumbered by women something like 6 to 1 and never get much input into any conversation.

This Cave is more a coffee club even though the village management have provided fantastic space and a small number of tools. We just have to be careful in recognising the limitations of the aged.

I hope [these issues] will assist the informing of others in the movement about how dangerous this illness is, particularly as I understand there is a huge amount of grumbling about the restrictions.

I remain very positive and want to get on with the rest of my life.

I enjoy my family and friends and currently regret that (in light of Victoria and my fear of catching it again) I have again needed to (voluntarily) isolate/minimise contact from my mates at the Shed and the Retirement Village.

I attach a photo taken at the Waverley Shed's exhibition last November with one of my creations. I am a model shipbuilder, I do this (amongst other things) at the Shed.

**As featured on The Shed Online.
Have you got a story to tell?
theshedonline@mensshed.net**



Does your Shed have a wellbeing officer? Stuart Torrance, Men's Health Project Officer

There's no doubt the events of 2020 have shone a spotlight on our health.

We have all had to adjust to a new normal. The way we work, socialise, sleep, exercise and eat have been significantly impacted. And for many of us, maintaining wellbeing during this lifestyle shift has had its challenges.

Wellbeing is a word that gets used a lot but what exactly does it mean to be a 'well-being'?

For me it's being OK within and about myself. Without wanting to over-analyse it, in a nutshell that means:

- a reasonably healthy body
- no overwhelming issues (nothing I can't handle anyway)
- most importantly, being around friends, family and those I know

Sheds are a great place to tick all those boxes. Encouraging each other to keep on top of our health. You know the sort of banter: 'You can't talk!' or 'When was the last time you saw your toes?'

There's a sounding board for every topic and someone to talk to if issues get out of hand.

Even the pandemic gets put in its place in the Shed. But most importantly it's about the mates you have there. Sharing stories, projects and laughter.

The AMSA team has been really encouraged to hear what Sheds have been up to during the COVID crisis.

Our 'welfare calls' to you are revealing some great initiatives and outstanding

lengths to which some Shedders will go to look out for their mates.

Members have been calling members. Committees doing the ring around. Socially distanced visits to drop off a few needs. Zoom, Skype, Messenger, Facebook, email and even a letter or two. Every opportunity to stay connected.

So it raises the question, what did we do before COVID-19?

The Fire, Ambulance and Police have welfare officers. The Army, Navy and Air Force have them too and so do some Sheds.

Does your Shed have one? Who rang around to check in with those who haven't been seen for a while?

Do you give a call out to those with a birthday? How did we stay in touch with members no longer able to attend? What about those in hospital or sick at home? Is there a nominated person to call and wish them well?

If you do have a welfare officer, does this mean the job is covered by that one person?

I would like to hear from existing Shed Welfare Officers about their role and what happened during COVID.

Alternatively I would like to hear Shedders ideas for this role and how we can support them in what they do.

Personally, I believe the job is better done by everyone but coordinated by one or a few. But what do you think?

stuart@mensshed.net



Ask-the-Doc

All about testosterone

Testosterone plays an enormous role in men's health but can it really bring back your glory days?

Ask-the-Doc is a feature segment on the Australian Men's Shed Association podcast [The Shed Wireless](#).

It's a chance for men to send questions in for discussion by Professor Rob McLachlan AM, whose many credentials include: Medical Director at Healthy Male (formerly Andrology Australia), Professor of Andrology at Monash University and Consultant to the World Health Organisation on male infertility regulation

What is testosterone and what does it do?

It's true that men need testosterone their whole life. But don't levels inevitably fall as you get older?

This might come as a surprise.

Suffering from lower testosterone levels as you get older is not inevitable, according to Doctor Rob.

"We have looked at men who are older and in good health (they don't have any problems) and their testosterone levels are similar to what they were in their 20s — it doesn't fall that much."

He says a good lifestyle can slow down the march.

"Absolutely and that's the message.

"So from a public health point of view, for an older man who perhaps is not feeling as energetic — or for whatever reason is concerned about his testosterone status — clearly it needs to be checked," he says.

"Because something may have happened that needs to be medically addressed.

"But on the whole, one is going to be looking at his lifestyle and exercise, his weight and all those factors.

"That's where the change in his good health will come from, it will come from somewhere he can directly control and it won't be coming from a bottle," says Doctor Rob.

Can you bring back 'lost' testosterone?

OK, now for the good news.

In a word yes, these changes are reversible, says Doctor Rob.

Read the full article at mensshed.org/theshedonline





Where there's a will there's a way

Marty Leist, Events Coordinator

An impromptu visit to the Tamworth Community Men's Shed revealed a heart warming story that's sure to make you smile.

Being the Australian Men's Shed Association (AMSA) Events co-ordinator, my role involved a large amount of travel and many visits to many sheds, right around the country. A true privilege.

When I was unceremoniously cut off at the proverbial knees by the epidemic (whose title I refuse to pronounce) these privileges were stripped and I miss them sorely. So, on a personal trip to Tamworth recently, I made time to drop into the Tamworth Men's Shed for a quick sticky-beak, just for old times' sake.

As it was an impromptu visit, it was hit-and-miss as to whether it would be open. Fortunately for me, even though it was not a scheduled Shed day, there just happened to be a committee member there at the time. After explaining to him that I was from AMSA he was more than happy to show me around.

I can't explain the simple pleasure of stepping foot into a shed again after so long and experiencing the subtle smells of drying aquadhere, oil soaked swarf and the splendour of getting covered in sawdust.

I often describe sheds as 'the same but different'. They are inherently diverse in their size, shape, activities and people — but comparable in their aims and outcomes as far as the mateship and comradery.

The Tamworth Shed had fully reopened under the basic restrictions that most sheds in New South Wales have at this time (limited numbers, spacing, masks and extra sanitising). But my guide informed me of one project that had to be temporarily scrapped during the epidemic.

It has since been able to run under a different capacity — and it's a wonderful story.

Just weeks before the lockdowns began, a young and very enthusiastic recreation and activities coordinator from the local Bupa nursing home, Tarrah Bower (pronounced Tara), had approached the Men's Shed.

She wanted to find a way for some residents to attend the shed and take part in some sort of activity, based around their limited physical and cognitive abilities.

In some cases there was dementia, cerebral palsy and/or just old age. She was introduced to Athol Latham, a 7-years-retired former industrial arts teacher and member of the Tamworth Men's Shed.

The idea to have the participants attend the Shed and assemble pre-made wooden toys came to life.

Athol would prepare sections of the toys unassembled, for the new Sheddors to assemble under his careful instruction at the Shed every Thursday.

For 3 weeks, the 'Bupa Bus' arrived on a Thursday morning with half a dozen extremely enthusiastic and eager workers who would engage in 3-4 hours of concentrated, fun and purposeful activity. They built a different project each week.

Until the pandemic. The timing was cruel for the residents. Just when they were getting a grasp of this new activity, it had to be ripped away. Of course, the Men's Shed would also be closed indefinitely. Bloody COVID!

The irony of it all is that a movement that is built on combatting social isolation was now up against forced isolation.

But when you think about it, 'isolating' can be very different to 'socially isolating.' Especially if we are willing to step out of our comfort zone and think outside the square.

If the pandemic has taught us anything, it has been that technology (however you choose to consume it) can be your best friend if you use it to your advantage.

It has meant the difference between total incapacity to communicate with the outside world, or the ability to maintain a relatively solid level of interaction with others. Even if not physically.

A lifeline for so many of us.

This was something that Bupa was well aware of and during lockdown they purchased tablets (the ones with the screens, not the ones you swallow). They encouraged residents to get online and communicate with their families.

Months down the track, when NSW restrictions were lifted and many Sheds were able to reopen under strict conditions, it was a godsend for not only the members but their partners (who had just about had enough of their dearly beloveds at home 24/7).

Things started to reflect some sort of normality.

However, due to the cruel fact that the Bupa residents were at the highest risk of illness, there was absolutely no chance of them returning to the Shed to continue their prized work.



This was bitterly disappointing for the residents and heart-breaking for Tarrah, who had been elated to see the joy and new lease of life for the group of new Shedders.

So, Tarrah came up with a plan. She went and saw Athol, asking could he prepare some more little projects (as he was doing before) and package them up so she could take them back to the nursing home. There she set up a room where the residents could gather and work on their projects.

But without Athol's in-person guidance, the participants had no idea what to do! So Tarrah set up a large TV then and then took herself up to the Shed and hooked up a Zoom call with Athol. That way, he could still interact, converse and give instructions.

It has been going fantastically so far — the next best thing to being in the shed. The residents have made trucks, trains and wagons, and even a helicopter. Each project given its own personal touch by painting and decorating.

So much so, on 23 October they will hold 'the Bupa Show' and all residents will get to vote on the Shedders' pieces with an award presented to the winner by the president of the Tamworth Mens Shed.

Do you have a great Shed story to tell? The AMSA team would love to hear from you. Email: amsa@mensshed.net



21 September 2020

Mr David Helmers
Executive Officer
Australian Men's Shed Association
PO Box 793
The Junction NSW 2291
Email: amsa@mensshed.net

\$1.3 million raised for Men's Sheds! Long live the Bunnings BBQ. Here's hoping they can resume all over Australia soon.

Dear Mr Helmers

I am pleased to share with you Bunnings' 2020 Community Report Card, which highlights our community and sustainability initiatives.

Our longstanding commitment to supporting the local communities in which our stores operate and team members live has been an integral part of Bunnings since our first warehouse opened in 1994.

This year our team participated in and supported over 72,000 community activities across Australia and New Zealand, helping to raise and contribute more than \$42.9 million for local communities. As part of this support, our team were proud to have helped raise and contribute more than \$1.3 million for Men's Shed through over 2,800 local activities.

Many communities faced significant challenges from the effects of drought and bushfires across Australia. To support these communities, we helped to raise and contribute over \$600,000 for GIVIT, and more than \$850,000 for Australian Red Cross through national sausage sizzles. Our business has also been focused on caring for our communities, customers and team members by ensuring a safe environment in our stores whilst providing essential products to communities and businesses during the current COVID-19 pandemic. And while some of our support had to be delivered in a different way this year, we still came together to assist local communities in every way we could.

We are very grateful to the many community groups and not-for-profit organisations who worked with us to achieve positive outcomes during this challenging time.

Yours sincerely

Michael Schneider
Managing Director