



MEN'S SHED - HUNTER CLUSTER

February 2019 Meeting

- Venue:** Karuah Men's Shed
- Date:** Wednesday 20th February 2019
- Open:** 10.30am meeting opened by chairman Col who welcomed all to the first meeting of the year, welcome to Karuah Shed by John King, lunch was a gold coin donation
- Apologies:** Kurri Kurri M.S. By email from Bruce Harding, Neville Radnidge Cessnock M.S. Alex Szokolik Beresfield 2322 M.S.
- Minutes of previous meeting:** Moved Gerry seconded Allan - Passed
- Business Arising:** Stroud M.S. has not been receiving emails, this has been corrected email address updated and emails from A.G.M. to current date 20/2/2019 have been sent
- Correspondence:**
- January In:** Various emails from January 2019 in regards to website payment, changes to website and general running, emails, a total of 22 inward
- January Out:** Various emails in January regarding, website changes confirmation of February and March cluster venues, coach trip, grants, a total of 159 outward
- February In:** Various emails general, grants, contact detail updates, total 7 inward
- February out:** All sheds NAIDOC Funding, next meeting reminder, coach trip, Tea Gardens updates and change of shed details, total 156 outward



Treasurer: As per January statement \$4,867:09
Expenditure \$160:00 Dept. Fair Trading and website domain
All moved Pat and seconded Gerry – Passed

A.M.S.A. Updates:

Brian spoke on the importance of updating your shed details
A.M.S.A. new constitution now allows all members to vote;
how this will work Brian will advise at a later stage

The official opening of Morpeth Shed was held on Saturday
9th February with approximately 150 in attendance, a good
morning was had by all

He also spoke about the importance of passing information
back to members from inward correspondence etc. let the
membership decide for themselves if they want to participate
in activities, not what the committees think, information
should be put up on notice boards around the sheds

Interim Zone 8 Newsletter – see appendix 1

Around The Sheds:

Maitland

- Kevin spoke on helping at the Autistic Special School at Thornton,
painting, making tables, stools and general work, a feature will be
screened on A.B.C. 7:30 Report
- They participated at the Maitland Show over 3 days and will also be at
Tocal for 3 days
- The shed is functioning as normal keeping the members busy
- They have had quotes for dust extraction in the shed, all quotes were too
high, so they will be doing the system themselves
- They donated \$1,000 to Barradine (Rusty Men's Shed)



Wangi Wangi

- Following the passing of Peter, they now have a new constitution, new committee and new contact details
- They are raising good monies from garage sales and by doing local work,
- A small group of members and their wives had a week in Merriwa working on various properties, helping farmers catch up a little, their work ranged from replacing fascia boards and guttering, fixing a carport, fencing, lawn mowing just to name a few, 9 properties and 35 jobs were completed, they will be returning when it's cooler

Tillergerry

- Their extension for metalwork is almost finished
- Membership 55
- They are doing local and community jobs

Salamander Bay

- They have installed a 3hp cyclone unit dust extraction systems
- They are building a display shed for sales items, they are selling easels and toys
- They are also doing community work

Stroud

- Membership stable at 17 members
- They have been carrying out improvements to the sheds, dust extraction being installed, replaced cutters to a Helical Spiral Head Cutter
- They are raising their community profile by doing Bunnings BBQ' mothers and fathers day BBQ at a local school, hosting Euchre cards nights
- They are reconstructing an old boat

Dungog

- Membership of 36
- Visited AMSA in Newcastle for information etc.
- New signage has been put up on the shed



Dungog continued

- Lions Club are the best contacts for the Farmers Appeal information
- They have signed a new contract with the Water Board for 5 years
- They received a \$5,000 donation for solar system from local parliamentary member
- They are doing local community services, 6 benches for a school, 4 more are required, the school purchases the materials and the shed supplies the labour

Newcastle

- Membership of 60
- Having an open day for sponsors only
- Tim Crackanthorp is looking at a grant for a mobile dust extraction system for them
- Newcastle shed along with other tenants have been given notice to vacate the building by 31st August
- They have received a grant of \$4,000 from A.G.L.
- A long discussion on A.C.N.C. took place, some sheds in A.M.S.A. are also with A.C.N.C. Brian will follow up with A.M.S.A. and report back
- Total is coming up 4th 5th and 6th May which Newcastle has a contract worth \$10,000, they will be doing parking, fencing, toilets etc., any shed willing to help will receive \$20 per hour per shed, need to talk to Kevin at the shed

Bluegum Hills

- Membership of 30
- New shed hopefully opened in 2 weeks, storm water drainage completed this week
- They are doing Bunnings BBQ's and community work

Beresfield

- Membership of 21
- They are plodding along with community and sales
- There are now advertising on Facebook



Karuah

- No changes, money in the bank for the decking
- A new D.A. has to be submitted to council

Cessnock see appendix 2 and appendix 3

Raymond Terrace see appendix 4

General Business:

- ❖ Salamander Bay – Alan
Does A.M.S.A. have control of dumping vouchers, have been told by council/E.P.A.
- ❖ Cessnock – Gerry
Sheds should have 2 or more name and contacts for the cluster data base
Model constitutions have some issues (more at the next meeting)
- ❖ Newcastle Shed
Does anyone have any shed shirts contacts?
- ❖ A presentation on general workshop safety and personal protection was given along with various PPE equipment on show

Close 12:25pm

Chairman Col thanked all delegates for their attendance and wished them all a safe trip home

Special Mention:

- ❖ on behalf of the cluster I would like to thank the organisers for the lunch, Ron Bills, Garry Rafter and others who helped on the day, the spread was appreciated by all and sets the bar at the highest level for future lunches
- ❖ Menu
 - Entrée
 - Followed by
 - Followed by
 - Fresh Oysters
 - Fresh Mud Crab
 - Fresh BBQ Fish



For the non-sea food eaters BBQ snags, onion, pasta salad, coleslaw, green salad lettuce, tomatoes etc.

NEXT MEETING Newcastle Men's Shed
50 Clyde St Hamilton North 2292
Next to Avis Car Rentals



Appendix 1

Interim Zone 8 Newsletter

Hi All

You would be aware that last year Paul Sladdin from Victoria was elected Chairman of the AMSA Board and I was elected Vice Chairman.

Unfortunately, Paul's wife is seriously ill and he has taken at least 6 months leave of absence from the Board. This means that from Friday February 8 I became the relieving Chairman, a role I did not anticipate taking on so soon into a position I had only accepted last September.

All of this happened when I was in Tasmania for a family wedding and without access to my shed address list. Hence this belated advice to you.

As a result I will be relinquishing the position of Secretary of the NSW Association. This isn't a major issue as I have been working on a succession plan that would have seen me handing over the role at the NSW Association's AGM later in the year.

Prior to my new role, and as my responsibilities with AMSA grow I have been speaking with Ray Crawley from the Terrigal Shed who has agreed to assist me as Zone 8 Coordinator and the 15 sheds on the Central Coast, so shortly members in these sheds will be hearing more from him as he builds into the role.

I have a NSW Association Committee meeting at the end of the month so I will have more information in my March Newsletter.



Appendix 2

Cessnock Men's Shed & Community Gardens 20/02/2019

Hi all and welcome back to the Cluster gatherings, special thanks to Karuah for hosting us today.

Positives

- 1.) Well we are back in the swing of things again, did our normal couple of weeks at the Hunter Valley Gardens over Xmas and boosted our bank balance. Donations were down slightly this year but a more than adequate return for our time.
- 2.) A open day was held as part of seniors week and a good number of visitors arrived. Sold a item or two and have several potential new starters.
- 3.) First Bunnings BBQ for 2019 has been held, modest return \$700 but a very steady (**hot**) day.
- 4.) Time permitting, I will talk about a Lions Bunnings BBQ in GB
- 5.) First time for about 5 years that we haven't had a attempted or successful break in over Xmas Holidays.
- 6.) We are hosting a Bunnings BBQ for WGS in March all profits going towards Blood Cancer research (**Leukemia**) We have done this for the previous 3 years.
- 7.) A new batch of signs for DPI at Port Stephens is underway.



Appendix 2 continued

8.) New toilets are painted inside, doors are on and lockable so their open for business, Outside will be done once the weather cools down.

9.) Myself and one other attended the Official opening of Morpeth Shed
(s) Good setup and we wish them all the best into the future.

I also managed to squeeze in a long lunch with Bob McGregor.

Negatives

1.) John Sharples is acting Chair of AMSA.

2.) Lost another member Noel Rose. (**The Toolman**)

3.) Article in the Australian Lead in, is about Cessnock member Noel's journey to the Shed but there are negative aspects to the article. You can judge for yourselves.



Appendix 3

Mens Sheds may come in handy for women and less - skilled blokes

Years of success in fighting post-retirement blues has sparked new ideas

SUVI MAHONEN

On Valentine's Day, 2011, Noel Findley's heart was racing as he walked up the path towards a large, nondescript shed in Cessnock, NSW.

But he wasn't aflutter for reasons of romance. He'd had just shared a pleasant breakfast with his wife.

Findley was anxious at the thought of spending time with a bunch of strange men.

Having been forced into early retirement as a boilermaker due to health problems, Findley had spent most of the past six years at home, battling depression.

"I would be sitting in the lounge and I'd just start crying," he says.

"It seemed that the weight of the world was on my shoulders."

Since that day at the Cessnock Men's Shed things have changed for the better.

"When I went into the shed someone came up to me and said, 'Do you want to do something?'"

"They needed a guard for a fan belt so I grabbed some steel and welded one together. And they said, 'Oh, that was quick', and that's when I knew this place was for me," he says.

Retirement can increase the likelihood of clinical depression by up to 40 per cent, studies show.

The Australian Men's Shed Association was formed in 2007, combining a number of sheds that had spontaneously arisen across the country. In 2010, \$3 million was granted to AMSA as part of Australia's first national male

health policy. Australia now has more than 980 sheds, and more have sprung up in Britain, Ireland, New Zealand, Canada and the US.

"Years ago the theory was that you get a dozen men in a room with a facilitator and sit them down and say, 'OK, let's all talk about our problems,'" AMSA chief executive David Helmers says.

"A dozen burly blokes in that scenario, it just doesn't work. But the way the men's shed works is, you take those same dozen blokes but replace the facilitator with a broken lawnmower, give them some tools, and say, 'Fix this'. If you come back in a few hours they would have discussed all their problems and be having a very open conversation. Perhaps the lawnmower still won't work, but it was irrelevant in the first place.

"There are more men's sheds than there are McDonald's. I

would estimate up to a quarter of a million blokes in Australia attend men's sheds in some capacity."

But as the sheds tinker through a second decade, their success has brought new and controversial ideas such as allowing women in or creating meeting places for blokes who aren't as handy.

Helmers points out that many men's sheds do not have the legal option to exclude women. "Most sheds are on public ground and no crown land department is going to allow the facilities to be used exclusively by one particular group, or discriminate against another group," he says.

He supports allowing women into men's sheds. "We find with women joining the sheds that they want to learn skills or they've got a very good reason for wanting to join, but they fully respect that it's a male domain," he says.

"It's very small numbers. Some sheds will have specific women's

WELL BEING



WAYNE TAYLOR

George Ballard, left, Terry Farrow and Keith Ellis at the Men's Shed in Langwarrin, Melbourne

days. Some will have a formal women's auxiliary group."

Jan Morgan, 76, is a member of the Grawin-Glengarry Sheepyards Opal Fields Men's Shed. The shed has 20 members, four of whom are women.

"Women can contribute a lot to

the sheds," she says. "Out here on the fields there's a lot of the girls who go mining, they drive trucks, they start generators, so we all work together to do what we're capable of doing. And we get friendship and social interaction from the shed, same as the men."

Morgan admits that some of the men were against her joining at first, but have since accepted it, particularly when they saw the benefits.

"When I make scones with strawberry jam and fresh cream, I do four dozen in one hit and they go in five minutes," she says.

Community development volunteer Ian McDougall, of Southport, Queensland, encouraged his father, Ronald, to join a men's shed when he noticed the 77-year-old was unhappy.

"But the shed didn't really suit him," he says.

"He wasn't a woodworker and with hearing loss found communication and engagement difficult in that environment."

This inspired McDougall to come up with an alternative.

"I called my idea Blokes Lounge," he says.

"I envisioned a house or some place where men could meet in an

informal environment and come and go as they pleased."

The lounge was initially in the Broadbeach library. It now boasts 74 members who meet fortnightly at the Surfers Paradise Golf Club. As well as the meetings, the group runs activities such as cycling, card playing, golf and barbecues.

McDougall defends a decision to keep women out of the lounge. "We want an environment where men are comfortable with other men and able to talk about issues from a male perspective," he says.

Retired dentist Rollo Meyers, 79, says lounge members "come from all different walks of life" but the men need their own group.

"Women often like different things to men," he says. "My wife has her girlfriends and she likes touring and shopping, whereas in general men like a bit more action and adventure. So when we get home at night time we've got different things to talk about."



Appendix 4

Raymond Terrace Men's Shed.

Our shed is back in full swing after a very successful end of year social shed close up last December. Around 150 shedders attended with their partners enjoying a two course hot Christmas roast luncheon plus dessert utilising our kitchen facilities.

As is normally the case for this time of year we are a little short on work coming in through the door but there are several shed projects under consideration and waiting for council approval to proceed. An external storage shed is to shortly be constructed to allow us to relocate our dust filtering system from internal to external giving us extra shed space and lowering the shed noise.

Membership is steady at around 135 with new applications coming in on a regular occurrence.

- Our monthly shed promotion stall is back in operation for this year with Raymond Terrace Market Place giving us monthly exposure time to man a display stall
- Our biggest fundraising activity is Bunnings at Heatherbrae and we have managed to be given a monthly spot on their BBQ roster.
- Australia Day has come and gone and we supported the day with a display stall and our shed band entertained the crowd during the morning for a while.
- Pleasing to see AMSA member insurance has had another drop in insurance costs, this will allow our shed membership renewal to remain at \$30 per.
- Last Friday we had a visit from several Liberal politicians including the



Appendix 4 continued

Raymond Terrace Men's Shed.

NSW Premier Gladys Berejiklian who announced that a funding of \$13,000 will be given to the shed for the purpose of installing solar panels in an attempt at reducing our yearly power costs. (around \$4000 per annum)

Several of our members attended Morpeth Men's Shed in support of their official opening last Saturday week as well as a bus load of members travelling to Muswellbrook for their official opening last year at which the band entertained all morning. Congratulations to both Morpeth and Muswellbrook on their days.