



Australian Men's Shed Association

New South Wales

SHOULDER TO SHOULDER

ZONE 8 - NEWSLETTER - July 2015

To All Shed Members and Shed Supporters

It's been a busy month in shedland but the fires have been roaring at the Cessnock Shed and it's almost necessary to book a spot in the circle early or be ready to step into a vacancy when someone decides to move away from the warmth and do a bit of work. But the quality of the conversations usually means the fire is the centre point of any shed activities.

Two Formal Shed Openings in the Zone

Last month I was fortunate to attend 2 shed openings and the differences could not be more marked.

Firstly the opening of the Lake Macquarie Classic Boatshed situated on the edge of the lake at the old seaplanes base at Rathmines was held with everyone standing outside in the warm winter sun. The shed is located in two separate buildings across parkland a couple of hundred meters apart with both already housing classic dingies and sail boats waiting restoration and a new boat under construction. The Mayor of Lake Macquarie and Local Member for Charlestown Jodie Harrison formally opened the shed and spoke of her special interest in keeping the heritage buildings in community hands. Greg Piper MP for Lake Macquarie was also in attendance and showed a good understanding of the Men's Shed Movement.

The second Shed to be opened during the month was the Singleton Men's Shed, which is a purpose built shed with very spacious entertaining/meeting areas and workshops. This event was more formal with the Governor General Sir Peter Cosgrove and his wife in attendance along with Federal, State, Local Government officials and AMSA staff attending. This day was also a beautiful winters day so standing in the sun listening to the speeches was most enjoyable. Having the luxury of designing their own building means the members have a brand new facility to work in but work will continue for some time as suggestions for further developments occur.

AMSA Headquarters Have Moved

While I suspect the fact that “Head Office” moving won't be of much interest to shedders within the Zone but it is something that reflects the expansion of the movement since 2007. The office is now established at 66 King Street Newcastle having moved from behind the Community Centre in Windale.

The old office meant meetings were held in the kitchen, the Executive Officer, David Helmers was spending his time dealing with the Federal Government and leaders of industry handling millions of dollars annually while working out of what had been the storage room and the outer office was not somewhere to meet and impress people seeking to support men's sheds.

The new offices are however something to which one would not be embarrassed to invite people to and it shows a much more professional face to our organization.

Men's Health Week

I'm sure that sheds used the opportunity to promote the work Men's Sheds perform in raising the awareness of men's health. As AMSA has had an influential role in helping develop an Australian Men's Health Policy it is only appropriate that sheds are often at the forefront of community activities during Men's Health Week. If your shed didn't have at least 1 day that had an emphasis on health then put it on your calendar for next year and arrange something early.

Your local health services are only too happy to arrange a speaker, provide health information or even donate food for a healthy lunch. How does a visit from the local chemist talking about how they manage the supply of medicines and the PBS system followed by tests for blood pressure, blood sugar levels followed by a lunch of vegetable kababs, prawns on skewers then fat free sausages sound? Not only was the talk in layman's terms interesting so to the delicious food. Health talks can be made interesting, try one!

Sad News from the Denman Shed

Last month 2 members of the Denman Shed were involved in a car accident that saw one member, Des Samways die as a result while the other remains in John Hunter Hospital and was for sometime in an induced coma. He has since been operated on to repair ribs pressing on his lungs.

At this time I have no further news of his wellbeing and as it appears to have been a single car accident its cause is still unknown.

On behalf of the Zone I have passed on my condolences and I understand that at the time of the accident both were involved in helping others in their community.

Don't Forget the Conference

I know I have been reminding you for some time now to book early while the registration costs are at their lowest, so don't put it off until too late.

AMSA has sent a promotional poster has been sent to all sheds so check your in-box if it hasn't arrived.

Men's Sheds cf. McDonalds

Do you know that there are 70 more Men's Sheds in Australia than there are McDonalds Restaurants?

John Sharples

Secretary

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Aberdeen Men's Shed, Bateau Bay Men's Shed, Branxton-Greta Men's Shed, Cessnock Men's Shed & Community Garden, Denman and District Men's Shed, Erina Community Men's Shed, Gosford City Model Railroad Club, Gosford Community Men's Shed, Kincumber Men's Shed, Kurri Kurri Community Centre, Lake Macquarie Classic Boatshed, Manno Men's Shed, Murrurundi Community Men's Shed, Muswellbrook Men's Shed, Peninsular Community Men's Shed, San Remo Community Men's Shed, South Lake Macquarie Community Men's Shed, Singleton Men's Shed, Swansea & District Community Men's Shed, Terrigal Men's Shed, The Entrance Men's Shed, The Shed @ Lake Haven, Umina Beach Men's Shed, Upper Hunter Men's Shed, Wisemans Ferry Community Men's Shed, Wyong Men's Shed