

SHED NEWS

TASMANIAN MEN'S SHED ASSOCIATION INC



MATESHIP

Connecting with mates keeps you healthy

9



LOGAN'S STORY

A story of courage and strength

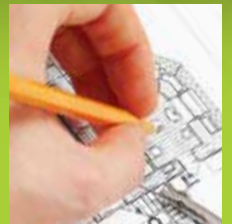
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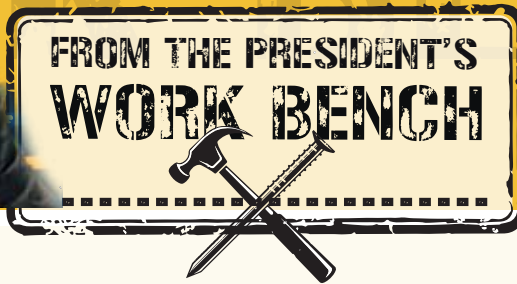


GRANT APPLICATION

The best tips to being successful

22





Greetings to all Shed Members,

We are now starting to gain momentum with gatherings with two being held during May and June plus another one scheduled for the East Coast Sheds, already in the planning stages for September, I would like encourage any shed that is willing to host a gathering to contact the TMSA Secretary or our Executive Officer.

Also following the success of our state-wide gathering in 2022 we are planning a similar event for early November 2023.

Zeehan Gathering

Zeehan Shed hosted a gathering on Wednesday 31st May, this was well attended with approximately 30 members from eight sheds within the region, members from five sheds travelling from the North West Coast to join the West Coast sheds for the day. Enjoying the company of their fellow members and picking up some ideas of how other sheds work within their communities.

I would like to thank Steve and the Zeehan team for a fantastic day and as usual a great lunch. It is a pleasure when you have a shed that is prepared to take up the slack and host a gathering at short notice, for this we are extremely grateful. While I was on the West Coast, I took the opportunity to drop into the Queenstown Shed, I know that there are a few sheds around our island that would love to have a space of similar size available to work in.

I also took the opportunity to visit the Great Lake Makers Workshop shed to inspect the progress of their build and happy to report everything is progressing well, mind you a little slower due to the wintry weather conditions at the moment. I can confirm that the scones are still exceptional and the recipe lives on!

Annual General Meeting

Once again, we have come to the time of the year to start planning our Annual General Meeting. This year we have decided to move the AGM to a new location at "The Grange" in Campbell Town, invitations to all sheds will be forwarded in due course. Please Keep the Date free 17/08/2023.

Committee Positions.

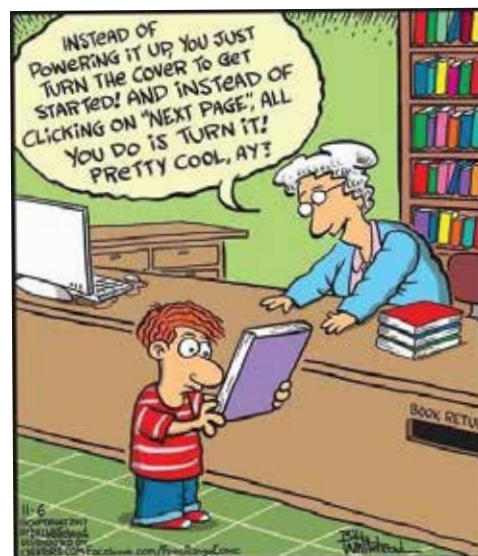
With all positions declared vacant at each AGM, TMSA will be calling for nominations for the 2023-2024 year. There will be positions of committee members and area representatives that we will be seeking to fill.

For those interested the requirements for representatives are to attend bi-monthly face to face meetings usually held in a central location, currently held at Saint Andrews Inn at Cleveland.

Also, representatives are required to visit or liaise with allocated sheds within their region and prepare reports to the TMSA committee, this gives representatives the opportunity to meet new people and enjoy the hospitality provided by our sheds. Computer skills are an advantage.

Without the support of our representatives, we the committee do not know what the sheds really need assistance with apart from the usual.

If there are any members that feel that they would like to join the TMSA Committee for 2023 / 2024 Please contact the TMSA Secretary or our Executive Officer for nomination forms or to discuss further.



Cont.

Facebook

I must congratulate the sheds that have a face-book page and keep it regularly updated, TMSA endeavour to update our page daily with both news from our many sheds and also humorous items that wander across our executive officer's desk, I also enjoy reading face-book pages from sheds in the UK and find that we all have the same goal in mind.

Shed Newsletters

Once again, I must congratulate the sheds that have been creative enough to publish their own newsletters, this not only keeps your own members informed but also our committee enjoy reading them and also enjoy the jokes etc that are included at times, we look forward to seeing the next editions to hit our desks.

Internet Searches.

I recently had cause to do a Google search for one of our member sheds, one site advised that the shed I was searching was "Closed permanently", I would like to encourage all sheds and shed members to check the websites and search engines and ensure that their details are correct and up to date, you would all agree that to arrive a shed that has advertised to be open at that time to find out that it no longer applied on that day.

Australian Men's Shed Association

With the demise of Council of Australian Men's Shed Associations, TMSA have been invited to prepare an MOU to re-join AMSA. The decision has not been taken lightly however part of our constitution calls for TMSA to support a National Body where possible. I might add at this time that both Western Australia and Victoria have re-joined with their MOU's being signed off.

By the time our newsletter is circulated I anticipate that the TMSA MOU will have the approval of both the TMSA Executive Committee and the full TMSA Committee.

As part of the MOU it is anticipated that a TMSA committee member will be nominated to the AMSA Board (this I understand is also part of Australian Men's Shed Association constitution).

Cheers
David Seen
President

David Seen



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Minister's Report

Nic Street Minister
for Community Services
and Development

Nic Street

HELLO TMSA MEMBERS!

Message from Nic Street for Tasmanian Men's Shed Newsletter – June '23

As the winter sets in, I hope that you have been keeping warm and staying active through your local Men's Sheds. We know that cost of living pressures continue to affect particularly our most vulnerable, and it is more important than ever to stay connected through local community places such as our Men's Sheds.

Over the past few months, it was great to see more of the good work happening across the Men's Sheds network in Tasmania. I met with Robin Barnes, from South Arm Peninsula Men's Shed during March. We discussed the works underway, and milestones achieved towards the construction of their new shed. Thank you also to the volunteers and other donors for their generous contribution towards a much-needed facility in the region.

I also popped into the Dog House community workshop in Geeveston, who have a dedicated Women Working with Wood every Friday. It was enlightening to hear from the ladies present during the day about how the community shed provides a safe space for women to connect and empower each other through skill development and the creation of beautiful items for sale and personal use.

I was pleased to announce the successful applicants for the Tasmanian Men's Shed Association (TMSA) Grants Program 2022-23 late last year. In total, 30 Men's Sheds throughout Tasmania have shared in \$175,000 to support shed development and deliver projects that will benefit the wider community.

Under the Grants Program, eligible organisations were invited to apply for grants for capital works, or tools and equipment. Grants have been awarded to 30 organisations across the State for 24 projects including:

- 1 Kentish Community Men's Shed – for installation of overhead heating/radiators;
- 2 Hobart Vintage Machinery Society – for wiring of a building and new toilet block;
- 3 Zeehan Men's Shed – for safer tools and equipment; and
- 4 Break O'Day Woodcraft Guild and Men's Shed – to upgrade tools and equipment

The 2023-24 Grants Program is anticipated to open in a few months. If you are in need of capital works for your Shed, tools and equipment, or missed out on the last round, be sure to keep an eye out for this.

In light of the popularity and success of the TMSA Grants Program, it is also my pleasure to inform you that the 2023-24 State Budget sets aside \$350,000 towards the extension of the program, through to 2025-26.

Thank you again for all your passion and dedication towards our Men's Shed community and I hope to engage with more of you in the coming months.



Around The Sheds

Who's up to what in our world of sheds and people



Go West!

.and they did. 8 of our Sheds set out very early to attend the West Coast Gathering hosted by our Zeehan Shed and attendees were not disappointed. Apart from the hospitality that this Shed has become famous for, there was lively discussion around the table and lots of ideas were shared. Old friendships were renewed, and new mates were made. The weather was wild, but the welcome was warm with some of our Shed Members turning up in shorts – not deterred at all by the rain and hail. Our planned tour of the Museum couldn't take place due to the power being out because of fallen trees, but we all enjoyed a great day out. Many thanks to Steve Youd and his team for picking up this gathering at short notice and hosting a ripper day!



Around The Sheds

Who's up to what in our world of sheds and people



Executive Officer

Wendy

HELLO TO ALL!

It's hard to believe that Winter is here. As I work my way around the Sheds I get so much pleasure from seeing not only the work that happens in our Sheds, but the way the message of the importance of Men's Shed is now being heard far and wide. As I continue to say, I am very proud to be part of such an incredible organisation.

Men's Health Week once again highlighted activities in our Sheds and we thank those that hosted events. We received great feedback on our new Television Commercials, and we are circulating our brochures which focus on 'Mate ship -it's great for your health'.

Save the date! Our AGM and annual get together will be held on the 17th August at The Grange at Campbell Town. We hope as many of you as possible will attend. Not only is this a wonderful opportunity to get together with other Sheds, we have some seriously great prizes up for grabs on the day. The big one is the 'Flinders Island Getaway' – a trip for two to the most incredible Island courtesy of Sharp Airlines along with two nights accommodation kindly donated by our TMSA Treasurer, Exeter and Furneaux member David Gray at their awesome Waldon Accommodation. David and Anne- Maree's 'Walden' is truly an experience and is located right next to Trousers Point – we can't thank them enough for their generosity.

You should all be aware of the COTA Bird Box Competition that will be judged on the day of our AGM – thanks to Carbatec for their continued sponsorship. Keep those entries coming in. We look forward to seeing a great display at our AGM.

Both TMSA and National Shed Development Grants programs will open during July, make sure you read the guidelines carefully, and if you have any problems, please feel free to give me a call.

I look forward to seeing you soon!



Enjoying wonderful Zeehan hospitality



**It's ok to not be ok.
Some days are just
harder than others.**



NUTS And BOLTS



TMSA AGM and Gathering Campbell Town
the 17th of August.
Watch out for details to hit your in box



MENS HEALTH TIPS

MATESHIP + MEN'S HEALTH



1 in 4

Men have no good mates



1 in 3

Men experience loneliness



MATES

Men with mates live longer lives

No Mates = Poor Health



As bad as 15 smokes a day



Bad for your heart health



Increases risk of male suicide



Mateship Keeps Men Healthy



Stay in contact with old mates



Take action and meet new mates



Build strong bonds with your mates

Learning to help a mate doing it tough can save lives

Men's Health Week – Southern Gathering

Howrah Men's Shed hosted our Men's Health Week gathering in conjunction with Eat Well Tasmania's 'Plate with a Mate' program. There were 13 Southern Sheds in attendance with everyone enjoying this opportunity to catch up, learn about healthy eating habits and exchange ideas and news. 'Plate with a Mate' is a free program and we've included contact information should you like to host an event for your Shed. Our Minister joined us as did a big media contingency! A huge thank you to Greg Ryan and the Howrah Shed, TMSA Committee Member Lyndley Chopping and Carl Saunder, Eat Well Tasmania for a top day!

FULL STORY ON PAGE 14 & 15

PLATE WITH A MATE.

SCAN TO LEARN MORE

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Around The Sheds

...is all about what you send to us
and of course your eo's happy snaps!



Latrobe Shed's Breakfast - Guest Speaker Darren Clark





Logan's Story

Logan Shepperd grew up in the small rural community of Oldina, about 15 kms south of Wynyard on Tasmania's North West coast.

Logan's love of riding dirt bikes at a very early age. It all started at about three years of age, firstly, riding dirt bikes around his back yard, before moving on to the tracks through the Oldina Pine Forest. Logan advanced on to racing in Enduro and Motocross events around Tasmania, plus occasional competitions on the mainland as he got older.

Logan attended Yolla District High School from Kindergarten until grade 8, before moving on to Wynyard High for grades 9 and 10. Although he enjoyed woodwork and cooking throughout his school years, his passion for riding dirt bikes was all consuming. After finishing High School, Logan went on to work with his father as an apprentice carpenter/joiner.

Ironically – it was the sport he loved the most which saw him fall and suffer a severe brain injury, he'd just turned 19 and was in the third year of his apprenticeship. This life altering accident saw Logan lose his sight after many subsequent lifesaving surgeries.

Logan's road to recovery was long, spending the first 10 months in the Royal Hobart Hospital. Throughout his recuperation Logan continued to throw his Neuro-Surgical and Rehab teams numerous curve balls. With his sight permanently affected, his recovery is still a work in progress with ongoing memory and cognitive function improvements.

Logan's resilience and easy-going nature has helped him deal with this huge life changing accident and continues to enable him to adapt to a life without sight.

Logan's family first learnt of The Shed at Rocherlea after seeing Greg Mallet's post on Facebook, which was shared by VisAbility Tas. Greg was running a woodwork course for the blind and vision impaired - Logan jumped at the opportunity to join the course.

Attending woodworking sessions at the Rocherlea Shed has given Logan the opportunity to get back into woodwork on a regular basis in a safe and controlled environment. Logan considers Greg as a mentor and acknowledges the support of other Shed members. It is with their combined help that Logan is learning to adapt his previous knowledge and skills to enable him to work with the machinery and tools in a safe and confident manner. Not only is the tuition and guidance invaluable, Logan enjoys and greatly benefits from the social interaction from his sessions at The Shed.

Logan is always accompanied by his Guide Dog Millie, who has been Logan for 2 years. Millie has made life a lot easier for Logan, enabling him to travel more direct routes with confidence and less mental fatigue. Logan can walk much quicker with Millie's guidance than he can with a white cane.

Logan and his mum Julie make the trip to Launceston most weeks where they stay at the in the same hotel room. Millie knows the drill and takes Logan straight to the office on arrival to check in, then on to their room. Although Logan uses his cane around The Shed workshop, Millie is allowed to relax on her bed and just chill and chew bones.



Around The Sheds

and there's more...



ARRIVING SOON



6 cups SR Flour
1 Can Lemonade
1 600ml bottle of Cream
1 tsp Baking Powder
Pinch of salt

- Sift flour and baking powder and add salt.
- Mix together with lemonade and cream until you form a dough
- Knead for 3 to 4 minutes
- Cut with a scone cutter
- Place on a biscuit tray and brush the top of the scones with milk.
- Cook at 180 degrees until brown on top.



King Island Pen Making Workshop

KEVIN CLAYTON PORT CYGNET MEN'S SHED

Port Cygnet Men's Shed member Charles Homes, a retired Anglican Minister has been doing some relief work on King Island. To keep himself busy he has joined the King Island Men's Shed which is part of the Phoenix Neighbour House based at Currie. It came to Charles attention that a local gift shop was looking for locally made items to sell to tourists and he immediately thought of the pen's which I had shown him how to make. He contacted the Port Cygnet shed and we sent him over a few items that could get him going to make pens at the King Island shed. In a conversation with Charles, I volunteered to visit King Island and hold a pen making workshop. I also, at Charles request made a list of items they require for this project and also did pricing through Carbatec. The items and pricing were to help Phoenix Neighbourhood House coordinator Sally Haneveer prepare a grant application (I am told she is very good at grant applications).

I flew to King Island on Wednesday 19th April, picked up by Charles who had also offered me accommodation and attended the King Island shed the next day for the pen making demonstration and workshop. I also attended the ladies workshop session on the Saturday morning.

I would like to take this opportunity to thank all involved with the Phoenix Neighbourhood House and King Island Men's Shed for their warm welcome and especially to Charles who drove me and showed me all the interesting places on the island. I encourage all the shedders if you have the opportunity to visit other sheds especially in isolated places please do so, it is a great and rewarding experience.

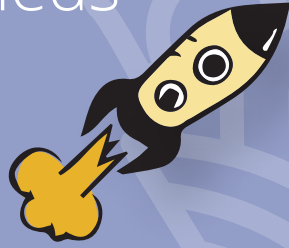


Phoenix Neighbourhood House co-ordinator Sally Haneveer and Kevin Clayton.

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Around The Sheds

Continued



Men's Health Week – Southern Gathering

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Around The Sheds

Continued

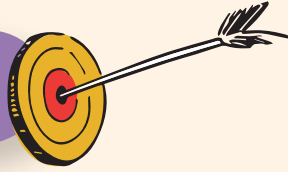


Men's Health

MATESHIP - IT'S GREAT FOR YOUR HEALTH!



FACT



Australian men are more likely than Australian women to get sick from serious health problems. Their mortality rate is also much higher. Men die in greater numbers than women from almost every non-sex specific health problem. Men visit their GP less frequently, have shorter visits and generally only go to their GP when their illness has really kicked in.

MATES ARE

Great



But did you know that the latest information from the Australian Men's Health Forum states that:

- Having no mates (loneliness) is as unhealthy as 15 smokes a day
- Having no mates is bad for your heart
- Having no mates increases your risk of suicide ...and 1 in 4 men have no good mates.

It is not surprising that according to the Australian Bureau of Statistics, men of all ages suicide at a higher rate than women. In Tasmania, 4 out of 5 suicides are men.

WELL BEING



The Tasmanian Men's Shed Movement understands how important mates are for men's health and well-being. While it is not something immediately recognisable in our communities, Men's Sheds provide one of the best opportunities for men to make mates. There are many reasons why men lose touch with their mates - retirement, re-location, loss of partner are just a few -and we know that many of the traditional places where men used to catch up with their mates no longer exist. We know that mateship keeps men healthy. It's important to make new mates and to stay in contact with old ones.

THE TOP 10

Now that we have established that 'making mates could save your life' - here's the other big ones to keep an eye on

- 1 heart disease
- 2 dementia and Alzheimer's disease
- 3 trachea and lung cancer
- 4 cerebrovascular diseases
- 5 chronic lower respiratory diseases
- 6 prostate cancer
- 7 colon and rectum cancer
- 8 diabetes
- 9 blood and lymph cancer, including leukaemia.
- 10 ...and unfortunately, suicide.

4 OUT OF 5 SUICIDES IN TASMANIA ARE MEN.



Importance

THE ✓ OF CORRECTLY DRYING TIMBER.

So we all know that when we cut timber from a tree it is wet and needs to be dried before we can confidently use it, but exactly how do we do that and to what moisture content?

Well most of it is pretty straight forward and some of it isn't, we will start with racking.

Racking- Basically the sooner one racks the cut timber the better. This is done by firstly constructing a solid, straight base to build the rack upon. This base should have strong cross members at spacings of about 600mm to 750mm, these will carry the load transferred vertically down the racking sticks. Upon this base is built a stack of boards with slight gaps between the edges of them and with racking sticks between each layer thus ensuring good airflow around each piece. If your boards are of different thicknesses then each thickness should form a separate layer. The width of the boards doesn't really matter so long as the rack remains reasonable vertical on its edges, one layer shouldn't overhang just because one board didn't fit. It is not necessary, nor even desirable, to build your rack in the most sunny position you can find. It is airflow that dries the timber more so than hot sun and quick drying is not what you are after as that may (will?) decrease the quality of the final product.

Your racking sticks should ideally be of the same species as the timber you are drying, or at least of similar species and colour. Building a rack of Celery Top Pine and using Blackwood sticks would not be smart as the stain from the darker timber will permeate into the lighter timber and may take a lot of machining to remove. What you thought would machine down to say 19mm thick may very well end up being 15mm or even less and therefore relatively useless. Dry racking sticks are better as they will bleed less tannins etc.

The sticks should also be even thickness, uneven sticks will create bent boards in the rack. All the boards should be straight in the rack, if they are not then they will dry to the shape and be of far less use than you hoped. All the sticks should be directly over the top of

each other for the same reason. If a stick is off to one side of the one below it the weight above will tend to bend the rack at that point, again ruining your precious boards and reducing the amount of usable timber.

It is a good idea to cover the rack to protect it from the weather, we are trying to dry it so rain doesn't help and too much sun is particularly harmful.

Moisture content- this is the big one! The first thing that one needs to understand is that timber will equalise with the moisture content of the surrounding air and it will do this quite quickly. The term used for this is Equilibrium Moisture Content or EMC for short. The 'rule of thumb' for air drying of timber is one year per inch of thickness, obviously there are many variables that affect this such as the timber species, the position of and the airflow through the rack, the position of the timber within the rack and most importantly the season in which you wish to take the rack apart. The best moisture content that you can expect for air dried timber in Tasmania will be around the 14% to 15% mark and it will generally be a bit more like 18% to 19%. Whilst you may think this is too high remember that the timber will equalize with the surrounding air and whatever that is will dictate the moisture content of the piece. This is why it is very important to understand that when building something from timber it will move according to how much moisture it absorbs or expels depending on where the item is finally located. More often than not these days it will expel moisture and therefore shrink as soon as you take it from your workshop into your home. Wood heaters and Heat pumps will create a very dry environment and subsequently dry and shrink the timber that you have so carefully fitted and sanded to make the perfect product. You must use construction methods to allow for this, I will expand on that in the next Newsletter.

Shed News

A few things that are going on



Tasmanian Government's Veteran Wellbeing Voucher Program

The Tasmanian Government is committed to supporting the health and wellbeing of Tasmanian veterans.

As part of that commitment, the Government has developed the Veteran Wellbeing Voucher Program to enable veterans to participate in healthy activities that will support their health and wellbeing and assist in developing social networks.

The free Program is open to Tasmanians who have previously served in the Australian Defence Force. Veterans can apply for a voucher of up to \$100 to put towards the cost of registration or membership fees at participating gyms and sporting clubs.

Gyms and sports clubs throughout Tasmania also benefit through the opportunity to grow their membership and are reimbursed for each voucher they accept. Find out what veterans think of the Program here.

More information on the Program is available here or contact veterans@dpac.tas.gov.au



The Lions Club of Kingborough in conjunction with the Channel Men's Shed, undertook the transformation of a neglected garden area into a revived new place of peace and tranquility for the Snug Village residents. What a fantastic collaboration and a great result!



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Around The Sheds

...and there's more



1,2,3 ULVERSTONE

Anzac Day

4 DEVONPORT

Greg Eyres from our Devonport Shed 'wearing his work'!



Men's Health

DEMENTIA

This article is from the April 30 issue of The Age Digital Edition



Is it possible to reduce your risk of dementia? Evelyn Lewin goes looking for answers. Australian GP Ginni Mansberg is keen to keep her brain as sharp as possible for as long as possible, and hopefully reduce her risk of dementia. While there are certain risk factors for dementia that can't be changed such as ageing, family history and genetics,

Mansberg says there's a common misconception that dementia is an inevitable part of growing older. "People don't realise that ... it is preventable," the 54-year-old says. To get the most "bang for your buck", Mansberg says prevention should start early. "Many people start thinking about this when they're 70 – and I'm not saying it's too late at that point – but the dividends of the lifestyle changes you make then are much lower than the dividends that you get from making big changes in your 40s, 50s and 60s." Those changes range from the obvious, such as exercising and eating well, to measures you might not realise can have an effect, including staying on top of your dental hygiene. Mansberg says research shows that people who go to a dentist for a check-up every six months have lower levels of dementia down the track than those who don't. She says there are two possibilities as to why this might be.

First, people who are willing to fork out for dental appointments are more likely to value their health and may lead a healthier lifestyle as a result. But it might be more than that, with Mansberg explaining that the bacteria that cause plaque in your teeth "have also been found in the plaque located in your brain that causes Alzheimer's disease". While that might be a coincidence, Mansberg says gingivitis (gum disease) is an inflammatory condition. "That might generally increase inflammation in the body, and we know inflammation is a risk for dementia." Taking care of your hearing is also key, with Mansberg explaining that the worse the hearing loss, the higher the risk of dementia. "But what's really interesting is that people who take proactive steps and get a hearing aid are less likely to have dementia," she adds.

When contemplating measures to boost your cognitive function, many assume it's time to break out Sudoku or crosswords. But Mansberg says that socialising can be just as beneficial for your brain, if not more.

"If you think about all the tasks you're giving your brain when you're in a room full of people – listening, reading body language, receiving all these messages, interpreting them, thinking of something you can say – all of those challenges for your brain increase neuroplasticity: the laying down of new brain cells, and new connections between brain cells." So what does Mansberg do to protect her brain health? She loves socialising, enjoys a well-balanced diet, monitors key health measures such as blood pressure and cholesterol, and will take medication for these if needed.

She aims to stay in the workforce for as long as possible to keep her mental faculties sharp and makes sleep a priority. Mansberg's not perfect. She's falling short of her exercise targets but refuses to beat herself up over it. It would be equally foolish for others to aim for perfection when it comes to brain health, she says. "What we should be saying is, 'Do what you can.'"



Evelyn Lewin is a GP and freelance writer. Copyright © 2023 The Age



The Importance of submitting a good Grant Application

As you would all be well aware a major source of funding for sheds is from Grants with one of the most beneficial being the Tasmanian Government funded TMSA Grant Program. These Grants are available annually and cover Tools and Equipment, Health and Wellbeing and Educational Programs and smaller scale Capital Works. What you need to be aware of is that this years Grant round will open in late July and that the principal purpose of the funding is that it must benefit, in the first instance at least, the Male members of your Shed.

The funding is allocated from the State Government Budget as being for Mens Health and Wellbeing and it is therefore only appropriate that the Male members of the shed should be the primary beneficiary of any Grant. For example, if you wished to run a course in woodturning for Women and required a new lathe to undertake that then that would be considered as an inappropriate use of the funds and your application may be rejected.

The applications for this year are in two categories as previously however the maximum amount in each category is now \$7,000 for Tools and Equipment and \$20,000 for Capital Works, the maximum amount over the two categories is \$25,000. For example, if you were to apply for say \$19,000 in Capital Works then you would only be eligible for \$6,000 in the Tools and Equipment category. You will still need to state which application is your priority as you may not be successful in both.

When submitting your Grant application it is really important that you understand what is being asked in the application document. Whilst the actual item(s) subject to the application might very well be required and the need warranted, if you have not properly answered the questions then it becomes difficult for the assessment panel to properly assess your application. Here are a few little tips that you should consider applying to your next application. This information is generally applicable to all the grants that you may apply for, not just the TMSA Grants so hopefully you will be able to utilize these suggestions accordingly.

1/ Read the Guidelines- this is probably the most important thing you need to do. As mentioned above you should note that the purpose of the funding is to support Mens Health and Wellbeing and you will be required to demonstrate how your application satisfies this requirement. You will need to state this clearly.

Highlight the items that won't be funded so that you don't waste your valuable time asking for something that you simply won't get. Highlight anything that you don't understand and the parts that require extra attention.

2/ Ask for assistance if you are unsure of any requirement or question. Our Executive Officer, Wendy, is always available to help you or you may have someone else in your shed that has experience with such matters? You might not even know that they have experience with Grant writing so make sure there is a full discussion with all your members. You might even be able to ask advice from another shed that has been successful previously?

CONT.

3/ Provide the requested documents with your application, you should have highlighted these already. The application requires evidence of Public Liability Insurance, it actually states that you Must provide it. Must means just that, it is an essential pre-requisite and you simply won't receive any funds if you do not prove that you have this insurance. An invoice for the premium is not proof either, it must be a Certificate of Currency, these are provided by any insurance company upon request and are easily obtainable.

4/ Provide more than one quotation whenever possible, particularly for Capital Works applications. It is important to demonstrate that there is value for the money being asked for so if for some reason you cannot provide two quotes then explain why you can't or explain why you consider that the one quote is the best available. Ensure that the quotes are fully detailed as the extent of work, you and your contractor may know the extent but the assessment panel do not and if the extent is not clear to them then they cannot make a reasonably informed judgement on your application and it may be rejected. A plan or photographs are useful in further indicating the proposed extent of work.

5/ Fully answer all the questions, if you don't then you may very well miss out whether your application is for a really beneficial item or not.

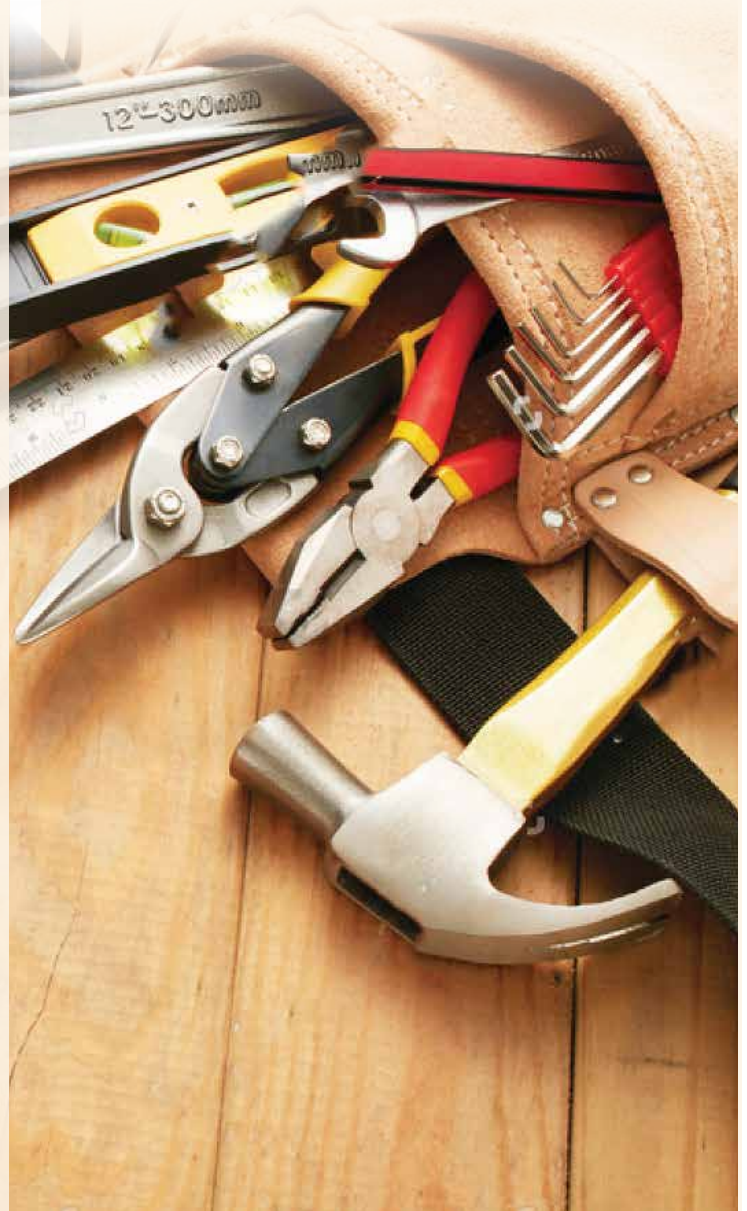
6/ Explain your answers clearly and concisely, a long ramble is not required, just keep your explanation simple and to the point. A one line answer is not advantageous either. Remember that the people assessing your application may not be particularly familiar with what you are asking for so you need to make it so that they understand it.

7/ Demonstrate why you want the item and how having it will benefit the Male members of your shed. A generic answer about how sheds benefit the community is not demonstrating why you deserve the item or project funding that you are asking for.

8/ Be honest, if you have partial funding from another source then state that. If you have an application pending from another source for the same item/project then state that. In that way the assessment panel will know and understand your circumstances and that there may be some changes if you are successful elsewhere. The panel are there to help you and understand that circumstances change, they are always open to considering amendments to an application. If you are honest and open about your circumstances in the first instance then in most cases your request would be favorably considered. Obviously, any request due to changed circumstances needs to be justifiable and should be in the same category.

9/ See item 1/ - this is the most important thing that you need to do. Read the guidelines, make sure you understand them and that you make your application accord with them. If you cannot provide the information asked for then explain why you cannot. Don't insert a generic or vague answer to simply fill the space.

We have been offered wonderful support by the Tasmanian Government both for our Grant Program and for our Operating Funding, hopefully we will be able to award many sheds funding for worthwhile projects in the 2023 Grant Round. Your part of the deal will be to submit an application that we simply can't refuse.



As always, we really appreciate the contributions that Shed's send in for Shed News



Hobart Vintage Machinery held a fundraiser Car Boot Sale at their Penna Site recently. It was a huge success and a great day out for many

1 OATLANDS

Plenty happening at Oatlands Shed including a new handle for a very old Sickle originally from the Old Iron Works, Mells in Somerset



SENIORS WEEK

Seniors Week celebrates older Tasmanians and recognises the contributions they make to our communities. It's a week of events for older Tasmanians, across the state.

It's a great opportunity for Sheds to open their doors to the community to connect with potential new members.

Perhaps your Shed could host a 'Come and Meet the Shed Day' during Seniors Week 2023?

COTA print 25,000 Seniors Week Guide for distribution across the state - your activity is advertised FREE, so great advertising and promotion of your local shed!



Shed News

COTA Prize 2023 'Celebrating'
25 Years of Seniors Week

ENTRIES CLOSING SOON



Let's get CREATIVE! ...and watch this space



This year's theme for COTA is all about Celebrating Seniors and we have come up with a competition where we are going to invite Sheds to create something a little different with the bird boxes or bird hotels that many sheds make. Details will follow, but let's start thinking about what we can do with along the lines of celebration while 'feeding the birds'. Then, to link it to the theme of ageing actively, some sheds may like to donate their creation to their local aged care facility or retirement village. There will be some great prizes up for grabs and this is a lovely project to be involved in with a nice community connection. The examples below have been sourced from Pinterest which is a great way to get some ideas.





How about we
keep it simple
with a winter
warmer soup....

WE LOVE LEFTOVERS:

Store leftover soup in your fridge for up to three days or freeze in individual portions for up to three months.

TIP: use up stale bread by making delicious garlic croutons as a garnish for your soup.



Healthy Eating

Fennel & Potato Soup

INGREDIENTS

2 tablespoons Tasmanian extra virgin olive oil
1 large brown onion, diced
2 Leeks, washed and diced
2 large bulbs of fennel, trimmed, washed and diced
1 pound potatoes, peeled and diced
6 garlic cloves peeled and cut in half
2 litres chicken or vegetable stock
Freshly ground pepper and salt to season
FOR GARNISH, CHOICE OF
Chopped fresh fennel fronds
Chopped Herbs (Dill or parsley)
Thinly slice fennel and fry in olive oil and garlic for a
crispy topping (as pictured)
Garlic croutons
Shaved Parmesan

METHOD

Heat the olive oil in a large pot over medium heat and add the onion, chopped fennel and leek and a large pinch of salt. Cook gently for about 5 to 8 minutes, until the vegetables have softened and lost some of their volume. Add the potatoes and garlic and stock and bring to a boil. Reduce the heat, add salt to taste, cover and simmer 45 minutes. Once veg has softened remove from heat and let cool. Blend the soup until smooth with an immersion blender, or ladle into a blender. Re-heat and season with salt and pepper and enjoy with your choice of garnishes.





Welcome to Walden



Walden – a perfect private getaway that is completely surrounded by the natural beauty that Flinders Island is renowned for. Only a 15-minute drive from the settlement of Whitemark is Loccota; here sits Walden, a home with a welcoming open fire, deep comfy lounges, and all the mod cons to make any holiday as relaxing as you like.

Set at the foot of the commanding Strzelecki Ranges, Walden is cocooned by 26 acres of natural tea tree forest where wallabies, wombats and local birdlife frequent, making it so much easier to slip into the slower pace that Island time demands.

Five minutes along the gravel road brings you to Trousers Point – local legend ascribes its name to discovery of a box of trousers washed up from a shipwreck in 1875. Here colours collide as the rich texture of pink granite meets the indigo waters of Bass Strait. And this is just one of 120 pristine beaches you'll find on this wild and rugged island.

The majestic Mount Strzelecki fills Walden's living room windows and you cannot fail to be impressed. As you sit and have your morning coffee, like a scene from a nature documentary, wombats graze contentedly while the colours and moods of the mountain change as weather rolls past. In the evening it's a different picture as the last rays of the day hit the mountain's granite boulders creating every shade of purple you can imagine.

Flinders Island is unique to say the least – warm and welcoming, wild and rough, an island seeped in history, culture and folk tales with a collection of colourful locals – and always spectacular.

TMSA would like to thank Walden's hosts, Dave and Anne - Maree Gray for their generosity in donating this fabulous prize of 2 nights' accommodation at Walden on Flinders Island.



The boys clean up New Zealand

Doug Preece & Jeffery Springer
BOD Men's Shed, ST Marys

Well it all started late in 2022, when I was speaking to my uncle who was recovering from cancer and he said he would like to go back to NZ one last time to see the family grave ..where he wants his ashes to be placed and to have a look around. He hadnt been back to NZ for many years so I went ahead and booked the flights for early March.

Two weeks before we were to depart for NZ, I received a text message saying that Spencer (my uncle) had a relapse and was to ill to travel. Well, that really threw a spanner in the works. I was telling Jeffery (our president) of my predicament and he said that he would like to go. After some thought and discussion I agreed to fund Jeffery as I was to fund my uncle and had budgeted for that. After a quick trip to flight centre to change tickets it was all go.

I picked Jeff up at 4.30 am on our flight day and headed to the airport. After arriving in Auckland at 3.30 we were met by my friend who owns the Air b&b that we were to stay. He arranged to have my 4+4 picked up from storage and it was parked at the house. After a couple of days tying up loose ends in Hamilton we set off on our journey. First stop was Raglan, a small coastal town on the West Coast renowned for its famous left hand surf break. The next morning we set of for Taranaki, half a days drive south, we spent acouple of days there as this is where my family grave is located .

Next we headed down the Kapiti Coast we had not booked any accommodation, just going to stay where we could. We arrived at Paraparaumu only to find all the accommodation booked out. Bugger, so we made our way back up the coast and

found a B&B at Otaki just on dark ..thank Christ for that, I didn't want to sleep in the car with Jeff. A couple of days there and it was time to head to the east coast. Part of our trip was to go to the Hawkes Bay on the east coast where the cyclone went through, to do some volunteer work to help the people out if we could. The next arvo we arrived in Hastings and booked a week's accommodation. Next morning we went to the local Fire Station to meet the guys and swap some gear... shirts and caps. As Jeff and I are both fire fighters in Tas, we asked how we could help with the clean up and they gave us an address.

After finding the address we spoke to the people organising that particular crew (the ZEB Jackson crew) and they gave us an address. We arrived at the address the next morning in the PAKOWHAI area and what a bloody mess. Everywhere we looked was debris. All manner of stuff mud and silt, upturned cars, trees you name it. (Jeff struggled with pronouncing the local KIWI names) which made it a bit hard when he was the navigator. Anyway we met crew (we took our own gumboots) and they supplied the shovels. There were about 35 people in our crew and we started work, digging out pathways around the house and sheds in a foot or more deep mud. Each day the crew went to a different propert- all rural with a lot of apple orchards. In our area. So we started off using shovels and after few days (due to our skills) Jeff was driving a small tipper truck and I moved on to an excavator. Well, after a week it was time to get back to Hamilton for a couple of days then back home.

Jeff liked the scenery and the stuff we did, we both agreed that we could have spent a lot more time helping out the cleanup crew...a great trip was had by both of us.

In Dougies words

Shed Info

Interesting information for blokes



Stroke Awareness



Latest results from Stroke Foundation's annual awareness survey indicate that Australian men lag significantly when it comes to recognising stroke.

To combat this, Stroke Foundation has launched a campaign called Bloke Beside You encouraging Australians to tell the men in their lives about stroke risk factors and what a stroke looks like when it happens.

The campaign has drawn the support of Australians from all walks of life and is being launched in conjunction with International Men's Health Week. Recognising a stroke is happening is the first step in the critical path to survival. Stroke can be survivable if treatment is delivered within a short time frame, and that means making an immediate triple 0 call for an ambulance – but that only happens if someone recognises a stroke is occurring.

Our data shows that men are 15 per cent less likely than women to suspect a stroke is happening if they see someone experience facial droop or slurred speech. Asking Australians to tell a Bloke Beside You about these risk factors and signs will change the impact stroke has on this country:

If more men recognise stroke faster, and call for help, the person experiencing a stroke has a better chance of survival and a lesser chance of permanent disability.

If more men know that having high blood pressure and high cholesterol increases their risk of stroke, they may be encouraged to make lifestyle changes to reduce that risk.



Be Protected Webinar

PETER NORRIS



Channel Men' Shed held a live online webinar hosted by the Australian Government E Safety Commissioner. The subject for the one hour Be Protected presentation, "Protecting Yourself Against Scams" was attended by 24 enthusiastic Members and Partners.

Attached is the calendar for upcoming sessions which all relate to online activity. Depending on interest, the Shed may hold more sessions, or, alternatively Members can register and participate as individuals.

Dust Extraction

The dust extraction enclosure is complete except for a some minor works. The extraction unit is now located in the enclosure.

CMS would like to pass on a special "thank you" to David Huntley for the loan of the excavator used to move the unit and to Steve Huntley for arranging the loan, transporting and as operator. The bulk of the ducting is now on hand and work is underway to install.

There are two separate projects. The ducting and the enclosure. CMS received part funding for each.

The enclosure was part funded with an Australian Government Stronger Communities Grant. This funding also contributed to the upgrade to a new Hafco Thicknesser.

The Ducting was part funded with a grant from the Tasmanian Government TMSA grants program.



Free online presentations

Be Connected
Every Australian online.

Be Connected Presentations

eSafety's free online Be Connected presentations provide older Australians with the knowledge and skills to use technology with confidence and keep safer online.

Join our live streamed presentations to be stepped through the essentials, in an easy to understand format with our knowledgeable and friendly presenter.

Audience: Older Australians
Location: Online

How to book: Register to book your spot at beconnected.esafety.gov.au/bookings

Topic schedule 2023

<p>February</p> <ul style="list-style-type: none"> 3 - Selling safely online 6 - Can you spot a scam? 7 - Staying safe on Facebook 9 - Online shopping and banking 	<p>March</p> <ul style="list-style-type: none"> 7 - Helpful apps 9 - Government websites 21 - Protect yourself against scams 23 - Smart home technology 	<p>April</p> <ul style="list-style-type: none"> 4 - Wi-Fi and data plans 18 - Connecting with others 20 - Helpful apps 27 - Online shopping and banking
<p>May</p> <ul style="list-style-type: none"> 2 - Staying safe on Facebook 16 - Can you spot a scam? 18 - Selling safely online 30 - Technology for health 	<p>June</p> <ul style="list-style-type: none"> 1 - Online shopping and banking 6 - Wi-Fi and data plans 20 - Protect yourself against scams 22 - Helpful apps 29 - iPhone basics 	<p>July</p> <ul style="list-style-type: none"> 11 - Government websites 13 - Smart home technology 25 - Technology for health 27 - Can you spot a scam?
<p>August</p> <ul style="list-style-type: none"> 1 - Protect yourself against scams 3 - iPhone basics 15 - Selling safely online 17 - Transport apps 	<p>September</p> <ul style="list-style-type: none"> 5 - Android phone basics 7 - Smart home technology 19 - Government websites 21 - Technology for health 	<p>October</p> <ul style="list-style-type: none"> 3 - Wi-Fi and data plans 5 - Protect yourself against scams 17 - Online shopping and banking 19 - Transport apps
<p>November</p> <ul style="list-style-type: none"> 9 - Can you spot a scam? 9 - Staying safe on Facebook 14 - iPhone basics 23 - Safer online shopping - Holiday edition 	<p>December</p> <ul style="list-style-type: none"> 5 - Connecting with others 7 - Transport apps 12 - Android phone basics 	

Be Connected is a joint initiative between the Department of Social Services, the eSafety Commissioner and Good Things Foundation to increase the confidence, skills and online safety of older Australians.

This program has been developed by eSafety as part of the Be Connected initiative.

beconnected.esafety.gov.au/bookings

Shed News

HMS VICTORY



This model has been built by TMSA Committee and Ulverstone Member Ian Hardstaff. The Ship is the HMS Victory 1785, as configured for Nelson. So far the project has been going for 11 years!, some people have islands in their kitchens but Ian has a boat!



"Well if you wanted a garden shed made out of wood or brick, then you should have married one of my brothers!"





MEN'S SHED

FIND YOUR **MEN TIME**

You can't deny the research some 'men only' time is critical for men's health and well being. This is why the Men's Shed Movement in Tasmania continues to grow and thrive - providing safe places in Tasmanian Communities for men to enjoy the company of other men, have a laugh, make mates and learn new skills.

If you are feeling lonely and missing the camaraderie that goes with 'men time' drop into a Men's Shed today, there's bound to be one not far from you!

Men's Sheds - It's all about Men's Health.



TASMANIAN
MEN'S SHED
ASSOCIATION INC