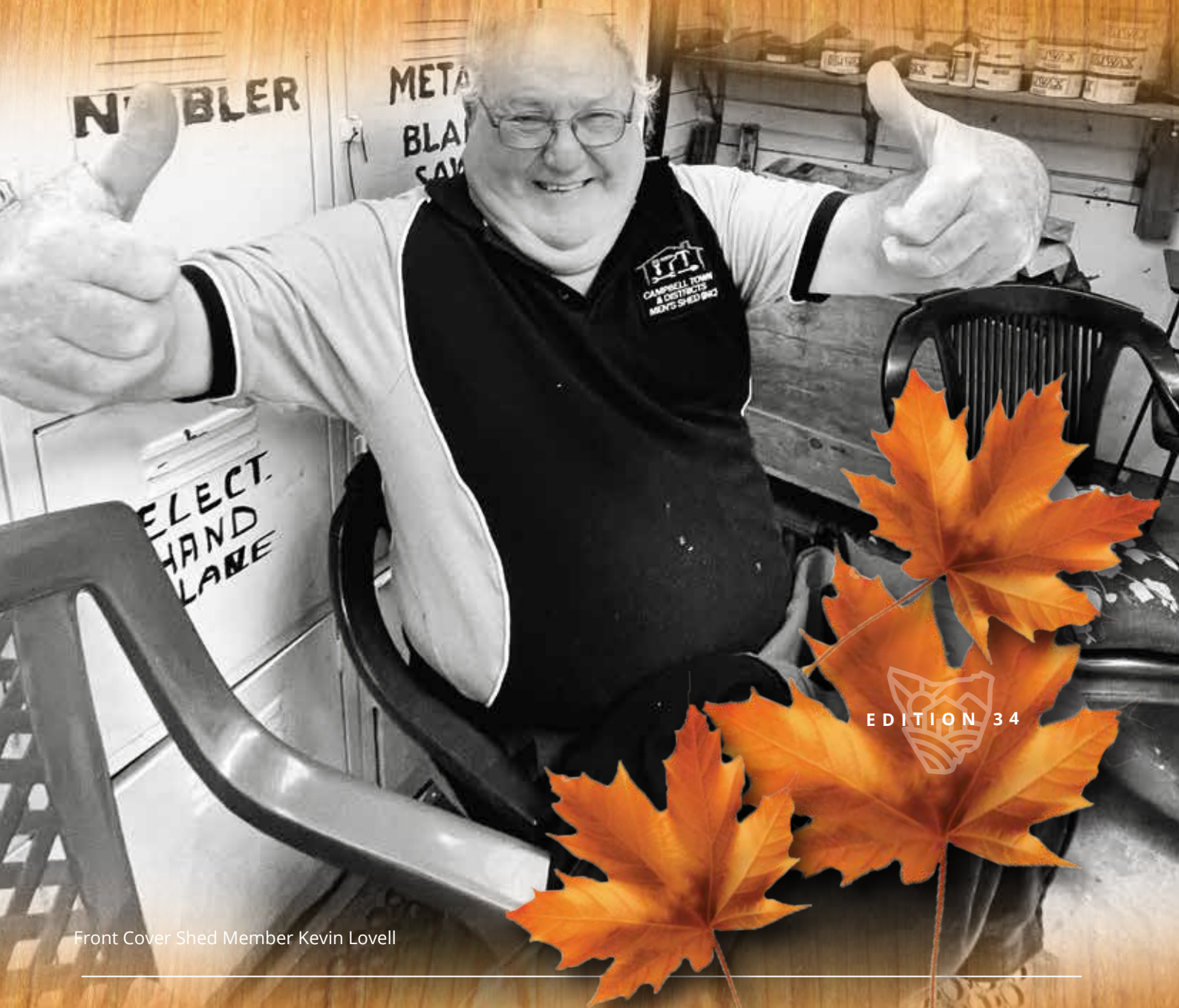


SHED NEWS



Front Cover Shed Member Kevin Lovell

BARGAIN

Grab a Belt Sanding Table from Burnie

5



GET BUSY

A list of top activity suggestions

9

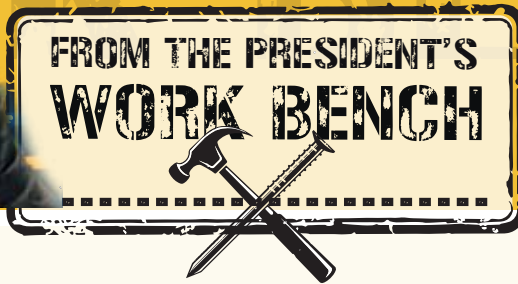


REACHING

Channel Mens Shed Declared Radio Active

12





Greetings to all Shed Members,

I trust that you are enjoying being a member of the Men's Shed Organisation and have found the support and friendship of your fellow members beneficial.

Committee Representatives.

With sheds and members returning after the summer break, we trust that our area representatives will find time to visit your sheds or contact your designated committee member by phone. Please consider that the TMSA representatives are volunteers and have chosen to generously give of their time to support our member sheds, in turn any support you can provide to these guys would be very much appreciated.

Data Base.

TMSA have experienced on going problems in gathering the "correct contact information" from sheds, this has had three of our committee members (for which TMSA are extremely grateful) spend a considerable number of hours developing a new data base program to help gather the required contact information.

It appears that no sooner has the data been updated than there are changes in the respective committee members.

As per previous requests, I ask that all sheds please consider providing updates as or when committee contacts or emails have changed.

We do understand that at times this can be overlooked, but rather than have our committee spending their time chasing the incorrect people I feel that providing the details twice is better than not providing them at all.

Also TMSA have chosen to update the "Find a Shed" page, as it is provided to the shed committee's I ask that members take notice of their shed details and should there be any updates required that the Secretary is notified as soon as possible.

I must also repeat should a Data Breach occur, TMSA do not accept any liability for any private email addresses, that are used as the contact address for their shed being affected.

Gatherings.

Once again TMSA are providing funds towards sheds prepared to cater for a gathering within their region. The gatherings are to have a "health related theme", with a suitably qualified presenter. I extend an invitation for any shed that is prepared to host such a function (be it large or small) to contact a TMSA committee representative or our executive officer to discuss further. After our extremely successful "Statewide Gathering" at Miena late last year plans are already in motion to again hold a similar gathering in Spring.

Cheers
David Seen
President

David Seen





Minister's Report

Nic Street Minister
for Community Services
and Development

Nic Street

HELLO TMSA MEMBERS!

Wellbeing is high up on the Tasmanian government's agenda and 'community' is ranked as the fourth most important indicator for a Tasmanian's wellbeing (behind health, life satisfaction and income) according to the Tasmania Project Wellbeing Survey.

I have been Minister for Community Services and Development for a bit more than a year now and continue to have deep admiration for the incredible work happening across the sector, including the Men's Shed movement.

I recently sat down with Tasmanian Men's Shed President David Seen for a coffee while in Burnie, which was a great opportunity to catch up on the ways men are supporting their communities and each other in Sheds across Tasmania and discuss our shared aspirations for this growing movement. I also recently visited the new site for the South Arm Men's Shed and I'm looking forward to them joining the network by the middle of this year.

Tasmania now has over 70 Men's Sheds, which is the highest number of Men's Sheds per capita in Australia. The Tasmanian Government has supported this growth by increasing annual funding to \$175,000 for the TMSA Grants Program, and most recently we confirmed an extension of peak body funding through to 2025-26 as noted in the Government's Revised Estimates Report.

We've taken great strides, but we want to continue to build on these foundations and come up with more innovative local solutions to local problems. The concept of 'place-based approaches' are increasingly being discussed in community development policy circles and I'm hoping we can leverage the strength of our extensive Men's Shed network to further explore this.

I would also like to acknowledge all the dedicated volunteers who have contributed their invaluable time towards their respective Sheds to ensure they meet the needs of both members and the local community.

The Tasmanian Government is proud of its association with Men's Sheds and looks forward to building on the important part they play in their communities.



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Executive Officer

Wendy

WELCOME TO OUR AUTUMN EDITION OF SHED NEWS

As summer becomes a distant memory.

Shed life seems to be ticking along nicely and apart from the odd flat tyre I'm manage to wind my way around the State visiting as many Sheds as I can.

The National Shed Development Program round 25 has now closed ...good luck to those Sheds that have applied. In the last Electronic Newsletter there was a list of TMSA reps for your region. Feel free to give them a call if you have any localised issues or just for a chat and throughout the year you will meet them at TMSA Gatherings and on Shed visits.

The COTA prize

has been launched for 2023 and I am confident that we will get many entries from our Sheds as I've seen first hand some of the brilliant bird houses and hotels that have been crafted by Shed Members.



Many thanks

to those that continue to provide content for this publication and as always we seek your ideas on how we can make it better.

So as we say goodbye to Summer, I'll simply say - I'll see you soon!

For sale

BURNIE MEN'S SHED Belt Sanding Table

1800 mm belt sander table in good condition, drive motor refurbished and comes with 3 brand new belts

\$650.



Around The Sheds

A quick run around to see who's up to what in our world of sheds and people



Huonville

Men's Shed Update

A quick snap shot of morning tea with new President Paul Abbey, hard working Secretary Kym Bearcock and Shed members. Always a busy and productive shed actively involved with many community projects while working hard to ensure the health and well being of their members



Farewell

Pete!

One thing you can always be assured of is a warm welcome at the Port Cygnet Men's Shed.

The Shed recently held a farewell Barbie for one of their founding members Pete Manigan who is relocating to Bendigo to be closer to family. Pete's commitment and dedication to his shed and the Men's Shed Movement has been outstanding and we wish him all the best for the future. There's bound to be a shed in Bendigo that will be lucky to have Pete!



Shed News

Penna Shed Story



Our first big Southern Gathering for 2023 took place recently at Penna hosted by the Hobart Vintage Machinery Society - always fantastic hosts. With Andy Hocken in the kitchen container providing lunch and President Phil Brooke joining TMSA Gathering Chair Lyndley Chopping - we were treated to the story of the history of the society and the massive move to its current location. We were also given a fantastic demonstration of many of the historical machines on site. This is a story of determination and resilience.

With 15 Sheds in attendance, it was a wonderful opportunity to share ideas, assist in problem solving and to make new mates. The TMSA gatherings are so valuable - and there's plenty more to come Stay tuned! Thanks again to Phil and his team for a great day.



Cont. overleaf

Shed News

Penna Shed Story Cont.



Southern Gathering for 2023



*Nice work
Reg!*



Meet Reg from Hobart Vintage Historical Machinery Society proudly wearing one of TMSA's Men Matter T Shirts.

Shed Summary by President Phil Brooke

In 2015 we could see that our future with a shed at the Hobart Showgrounds would be coming to an end.

A Committee was established to seek a new location and we were subsequently granted a long term lease from the Sorell Council on land at Penna

We dismantled our old shed at the Showgrounds ready for re erection at Penna once we get the Building Permit granted.

In the mean time we purchased a second hand shed at National Park.(ex Forestry Commission 11 x 10 m). Members traveled there dismantled it and transported it to Penna. We have poured a slab and erected this shed which will be used as a dedicated workshop.

While awaiting approval for the re erection of our old Clubrooms we were granted approval to place two large containers on site and construct a storage area between them.

Our current Building Permit application also includes an All Access Toilet Block.

Due to the recent changes to the National Constuction Code our proposed Clubrooms are required to be lined out, have an energy efficiency audit, meet specific lighting requirements etc. At present we don't have the funds to meet these requirements and engage a Building Designer to do this work.

We can however erect the Clubrooms under Classification 10 (storage) and construct the Toilet Block which is connected to this building.

To date all the building work except pouring and finishing the concrete slab, in the Workshop, has been carried out by Club members.

Don't see the darkness –
light a candle.

Thank you John, some very worthwhile thoughts that I am sure will be appreciated by our Shed Members

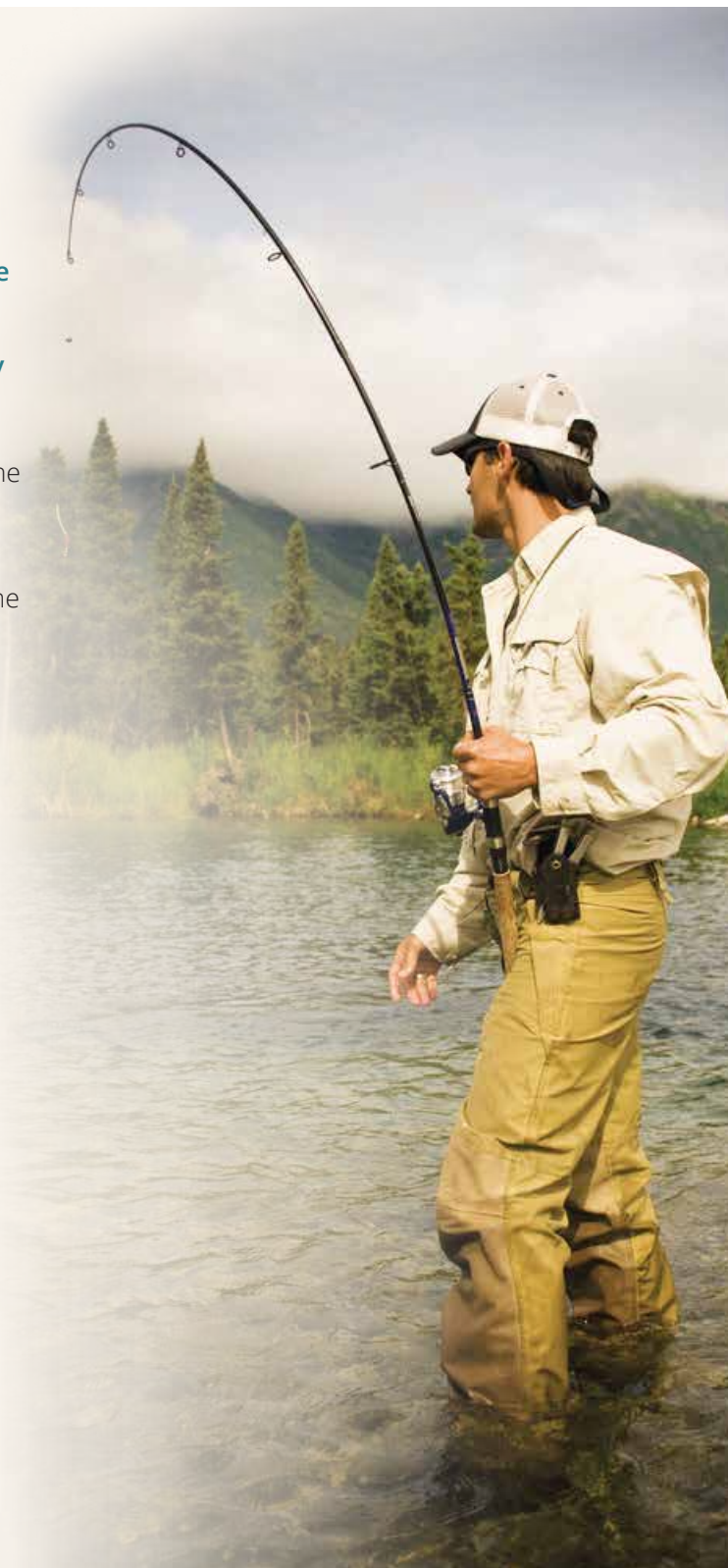


This contribution comes from John Bastick, member of the Howrah Men's Shed and former TMSA Committee Member and President. There's several Sheds already undertaking some of these activities and this may provide some interest to some of your members. There are lots of activities that don't necessarily need 'the Shed'.

Think about creating independent self-funded member activities for interested members where the Shed is only a 'central gathering area' and doesn't necessarily require any Shed facilities at all. The reason for the Shed's existence is to provide a gathering point for male social interaction, overcome feelings of loneliness and be a place to talk.

On this basis, here's John's list of 'top of mind' activities that can be fostered with the only involvement being possibly a co-ordinator or co-ordinators to put them into action.

- > bus trips,
- > walking/bike/car day trips,
- > photography groups (maybe special interest groups)/ \picture framing evenings (in Shed),
- > fishing trips,
- > fitness activities/aqua exercise group,
- > sailing where owners are looking for crew members,
- > special interest groups,
- > book clubs,
- > theatre/movie nights,
- > coffee club/counter meal groups,
- > weekends away,
- > attend footie/cricket matches,
- > community involvement (Rotary, local residents through Eastern Shore Sun/facebook),
- > technology group,
- > card/games groups,
- > regular member bbq/drinks group at local park or at Shed,
- > gardening club.





Healthy Eating

Spicy Stuffed Capsicum

INGREDIENTS

4 large red capsicums (halved from stem to base, scrap out seeds)
½ cup long-grain brown or white rice
2 tablespoons extra virgin olive oil
1 large onion, chopped
½ teaspoon fine salt, to taste
2 cups chopped tomatoes
½ cup chopped fresh coriander (extra for garnish)
4 cloves garlic, chopped
1 ½ teaspoons chili powder (optional)
1 teaspoon ground cumin
1 can tinned black beans rinsed and drained
Freshly ground black pepper, to taste
1 tablespoon lime juice
1 cup grated cheese (cheddar or any cheese you have in the fridge)

METHOD

Bring a medium saucepan to the boil and add ½ cup of rice. Remove from cooktop, drain excess water and let cool to room temperature.
While rice is cooking, in a frying pan add 2 tablespoons olive oil, onion and ½ teaspoon of salt. Cook onion mixture, stirring often, until the onion is soft. Add the tomatoes and cook until they are lightly soft. Add the coriander, garlic, chili powder and cumin. Remove the pan from the heat and add the cooked rice, beans and lime juice. Stir to combine, then season with additional salt and black pepper, to taste. Place capsicums on a baking tray and gently fill each pepper with the filling. Top the peppers with grated cheese.
Bake the capsicums at 180 C for 15 -20 minutes, until the cheese is golden in spots and the capsicum feels firm but soft at the same time.
Serve warm with fresh coriander leaves and top with a spoonful of sour cream and avocado.

TIP: Use any bits of cheese that are leftover in the fridge and mix them for a nice flavour. This recipe is perfect for using up leftover cooked rice.

We Love Leftovers: Make a batch ready for the school week and place in lunchboxes or take to work. Stuffed capsicums can last in the fridge up to five days and six-months in the freezer.

“Autumn brings with it an abundance of delicious fruits and veggies.”

Autumn is a season of abundance; apples and pears are perfect for picking along with rhubarb, plus root veggies like pumpkin and parsnips begin to ripen mid-season—add in leafy greens like kale and spinach and the options for enjoying local food is endless this season. To start the season we recommend trying capsicum—when at its peak harvest, flavour is sweet and subtle—perfect for baking, tossed in salads or eaten as is for a simple snack.”



Channel Mens Shed Declared Radio Active

The guys at the Channel Mens Shed in Margate Tasmania, have been introducing some changes to the typical woodworking and metal working activities. New activities have included basic electronics, micro controllers like Arduino, Raspberry Pi and Espressif devices.

The Shed now also has its own amateur radio station with its own amateur radio licence and call-sign. (VK7CMS) with five (5) members of the shed who already licensed amateur (Ham) radio operators and with several more members, whose background range from Academics, Engineers to those with limited exposure to electronics of any kind. With help and support from members of the Radio and Electronics Association of Southern Tasmania (REAST), so the station VK7CMS will be much more active in the near future.

I do foresee other associated activities such as regular on air radio contacts with other shed members, radio astronomy, live and pre-recorded TV broadcasting on amateur frequencies, even an amateur digital TV repeater where amateurs can transmit TV signals to a repeater which will then rebroadcast that program with a greater power level and from a better location so shed members, so inclined, can all tune in and view the program, which would be technical or Shed based.

So clever us, here we are patting ourselves on the back and suddenly finding that we are not alone. Many sheds from all over our state, country and the world are doing or have done exactly the same. So then whats going on out there, its easy to understand why learning more about electronics can generate interest to a bunch of old farts with too much time on their hands, but why the interest in a hobby that had its peak in the seventies, communications no problems, just pick up your mobile and you can talk to anyone anywhere in the world.

Well in my humble opinion, its the same reason that we get out of bed and head to the Mens Shed once in a while, and its usually not just to complete that piece of furniture etc. yes we can do something with that old chair but we also get to meet mate we have made when we get there, we will quite often have a coffee, talk a little BS,



We would love to hear from other sheds, who are doing or planning similar activities

enjoy the company and often wonder why we didn't have enough time to complete the job. So if we have a small device we can purchase or even build if we are so inclined, for less than the cost of the average mobile phone, Let me say I'm not talking about UHF CB which also has its uses, but suffers limited power and range, is unregulated and subject to bad language and often a complete lack of decency.

We a lucky to now have an entry level amateur radio licence, called the Foundation, it has some limitation such as power limited to 10 Watts but it allows the use of many frequency bands, and prveidges with a minimum of effort. There is a publication available produced by the Wireless Institute of Australia (WIA) and spending some time reading this book, and a single day course and examination at the local radio club is likley to lead to you achiving you foundation licence.

As a licensed amateur operator we can meet and yarn with members of our own shed, With a radio station in our shed ,we can schedule on air meetings with members of Sheds around the country or around the world, We can share ideas and thoughts. With our own radio station built with the combined efforts of a dedicated group we can have something that would enable us to also talk to the astronauts on the International Space Station, bounce radio signals off the moon, or even meteor tails. All very interesting and remember at time of natural disasters such as the Darwin cyclone, Asian Tidal Wave, and many earthquakes its always the amateur radio groups that can and do set up emergency communication with the outside world while conventional communication are in dissaray. It also means a licenced shed member, who cant get to the shed for whatever reason, with possibly a small hand held radio, can still participitate in on air meetings and feel included in the group.

Around The Sheds

And there's more



State-wide Radio Broadcast from Claremont Men's Shed

The high rating ABC morning program hosted by Leon Compton held an outside broadcast from our Claremont Shed which may well be a first for Tasmanian Men's Sheds. Both Club President Duncan and TMSA Committee Member Lyndley Chopping were interviewed and gave a wonderful overview of what Men's Sheds are all about.

The following comment is from the shows producer:

'Broadcasting from the Claremont Men's Shed was fantastic! In fact one of the best Outside Broadcasts, I've ever worked on. I had no idea how vibrant Men's Sheds are'. Congratulations to all involved!



1 CLAREMONT

A beautiful 'Brightness Bench' made by the Claremont Men's Shed for Hobart City Mission's DIY Dads programme



2 EXETER

Very cool Chook Hacienda for two much loved Araucana hens, made by the boys at the Exeter Shed



3 HUONVILLE

Have a look at these stunning garden features made by Pete Russell from the Huonville Men's Shed!





Committee Training
FOR COMMUNITY ORGANISATIONS



FREE, FUN, AND USEFUL COMMITTEE LEADERSHIP TRAINING

For Community Groups

Some Topics Covered:

- Governance frameworks,
- effective committee meetings and decision making,
- succession planning,
- the roles of office bearers,
- leadership,
- community engagement,
- essential policies and procedures,
- finances, budgeting and
- strategic planning.

2023 Workshop Schedule:

Friday 17 th February	Launceston
Friday 31 st March	Zeehan
Thursday 27 th April	Wynyard
Friday 28 th April	Currie
Friday 19 th May	Rosny
Saturday 20 th May	Oatlands
Friday 16 th June	Devonport

Saturday 17 th June	Sheffield
Friday 23 rd June	Smithton
Friday 4 th August	Brighton
Saturday 5 th August	Hobart
Friday 18 th August	Kingston
Friday 22 nd September	Huonville
Saturday 23 rd September	Bothwell
Friday 27 th October	St Helens

Further information and how to register can be found at
www.communitycommitteetraining.com.au

The Grassroots Community Governance program is a fully funded initiative of the Tasmanian Community Fund.

Further Information: steve@alkas.com.au; or call **0408 358 211**.

Around The Sheds

And there's more



Gatherings

We all love the TMSA gatherings, they provide a great opportunity to share ideas, solve problems, get to meet new people and have a look at other sheds. If your Shed is interested in hosting a gathering contact your area representative and/or our Vice President Fred Wales (contact details are in the back of this issue) or Wendy.

Why not open your Shed doors to your fellow shed members this year!!!

Remember, for regional gatherings TMSA contributes \$400 for lunch it is \$200 for local gatherings.

1 GET YOUR GOGGLES ON!

Ulverstone Men's Shed has 30 boxes of safety goggles. Any Shed who wants any of these they can pick up for free or pay

2 & 3 BROOKSY'S FINAL FAREWELL

A big send off for the founder of Veteran's and Community Wood Centre was held at the Kings Menadow's Bowls Club last month – with Members stating that without David's dedication the Shed would never have happened. David served on the TMSA Committee for a number of years alongside former President Bob Thomas and Ulverstone's President Rob MacKenzie. TMSA current President David Seen was also in attendance. Once again, we wish David and Pam the very best with their move!



PROJECT:

The Sausage Dog Tray

The Sausage Dog Tray is a great intermediate power carving project that took approximately 3 hours to complete from start to finish

TOOLS USED

TURBO Plane: debarking (no pun intended!), rough shaping and planing the flat tray surface

Ball Gouge: detailing the rounded areas of the project (i.e neck, ears, legs)

Contour Sander: sanding & finishing tight curves and details efficiently

YouTube Video on project: Sausage Dog Platter



Shed News

COTA Prize 2023 'Celebrating
25 Years of Seniors Week



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.



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08 6143 5788

SYDNEY
02 9648 6446

Around The Sheds

And there's more



SOUTH ARM READY TO ROLL!

The team at South Arm have been working very hard to reach 'shovel ready' for their Shed. It will be fantastic to see them settled into their Shed hopefully by July. Our Minister Nic Street, accompanied by Dean Young MP, Senator Clare Chandler and Pembroke Candidate (and local) Greg Brown met with Shed President and Member Robin Barnes and Michael Seddon to get an update on where the sheds at. We are all early anticipating the opening

Well done South Arm team.



Repurpose - recycle

There's always plenty happening at our Ravenswood Shed. From the thriving community garden to the ever busy workshop where many community projects are carried out. And there's a genuine keenness to repurpose and recycle wherever possible 🌱



Men's Health

ARTICLE COURTESY OF

Retired Emergency
Medicine Physician
Dr Bryan Walpole AM



YOUR HEART IS YOUR ENGINE; LOOK AFTER IT AS WELL AS YOU DO YOUR CAR!

The pandemic has taught us the value of life and loved ones. While the COVID toll is devastating, coronary heart disease takes far more lives, with about 17,000 Australians dying each year (Australian Bureau of Statistics 2019). Men are the majority - both dying and hospitalised.

Now more than ever is the time to step up and take care of our health and one of our most important organs: our hearts; you owe this to your family, mates, and yourself.

The reality is that men often treat their bodies as tools to do a job. Health is not always their priority or something they pay much attention to, that is, until poor health gets in the way of their ability to go to work, have sex or do something else important to them.

I can think of a few straightforward changes I am making. I have diabetes (mildly), blood pressure and am 10kg overweight, so I intend to follow these simple steps, as recommended by the Heart Foundation.

First up, get a heart health check. If you are aged 45 years or over, make an appointment to see your GP for a Medicare-funded Heart Health Check. Ask for this at the time of booking. During this appointment, your doctor will assess the risk of developing heart disease by:

- Discussing your past health and risk factors across your diet, physical activity levels, whether you drink and/or smoke, ideal weight, and family history of heart disease.
- Checking your heart disease threats, including blood pressure, cholesterol, and blood sugar, may involve a blood test and an ECG.
- Determining if you are at low, moderate, or high risk of having a heart attack or stroke in the next five years, taken from accurate Australian research tables.

Following this appointment, you may be given information to improve your heart and general health, perhaps some medication, support, and advice to enhance your lifestyle or possibly referring you to see a specialist if there are complex issues.

Don't put this off - do it today, as this all-important call may change the course of your life.

Secondly, find the time to get moving. Today, we are far too sedentary: we sit in the car or on public transport, many of us sit at a desk at work, come home, sit down for dinner, and then watch TV.

Inactivity is responsible for a third of cardiovascular disease (Australian Institute of Health and Welfare).

- Look for ways you can take more steps every day. Walking is excellent for your heart health and will help prevent or delay heart disease and type 2 diabetes.

- Divide exercise into manageable blocks. It is less daunting to exercise for 10 minutes three times each day than do one 30-minute stretch.

- Start small; don't exhaust yourself on the first day; start with realistic goals, then go on to longer and stronger; a physio or exercise physiologist can be a tremendous help here.

- Get family or your mates on board: if younger, play team ball games, go for a bike ride or a Parkrun, an organised local regular event.

Third, learn to eat heart-healthy meals. The Heart Foundation identified that one way to a healthier heart for men is through their stomachs; poor diet is the second highest risk factor for developing heart disease.

And keep the grog to safe levels; two drinks a day is plenty, but there is a lot of evidence supporting the benefits of alcohol-free days as well.

The Heart Foundation also recommends that you eat less than 350g of unprocessed red meat per week (such as beef, pork, or lamb). This means you can have about one > three lean red meat-based meals each week. Still, you should eat seven serves of coloured vegetables, whole grains and use healthy cooking oils (such as olive, canola, sunflower, peanut, and soybean oil).

Many still see a healthy diet as dull. However, research shows that eating a healthy diet and exercising will reduce heart disease by controlling your BP, blood sugar, and cholesterol. Find yourself a local cooking class to join, knowing how and what to cook changes the motivation for cooking especially if it's just for one.

Finally, don't smoke; it's the number one killer and does so in the dose prescribed by the manufacturer!

So, there it is, get checked, get moving, kick the bad habits and be sure to eat well; not that difficult, but it will pay dividends.

I don't mind admitting that one of my worst tasks as an emergency doctor was telling a wife and young family that their father and husband had died from a heart attack when several risk factors had been ignored for years.

CONTACT: Communications AMA Tasmania – Nadine Cove – 0409159285



The pledge

THE SHED PLEDGE

I pledge in all my Shed dealings to treat every man with respect and to acknowledge that they are acting with good heart, in the best interest of men as they see it. If I believe this is not the case I will report the matter to my Shed Grievance Officer or President/Chair and seek their advice before making any public accusation.

THE SHED MEETING PLEDGE

I pledge that throughout this meeting I will treat every man participating with respect and acknowledge that they are acting with good heart, in the best interest of men as they see it. If I believe this is not the case I will report the matter to the Chair and accept their ruling, advice or direction at least for the duration of the meeting.





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.



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