

HAVE A VERY

# MERRY CHRISTMAS



*He's on his way. Time to be good.*

TMSA - KeepConnected

SUMMER 2023 SHED NEWS



David



Dave



Rob



Bear



TASMANIAN  
**MEN'S SHED**  
ASSOCIATION INC



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Tasmanian  
Government





# SHED NEWS

TASMANIAN MEN'S SHED ASSOCIATION INC



INCAT VISIT

## CLOSE SHAVE

Raising funds for Men's Mental Health

8



## FULL HOUSE

Our annual Great Lake Gathering

12



## SHOW STOPPER

At the Penguin Christmas Parade.

27





## FROM THE PRESIDENT'S WORK BENCH



*David Geen*  
President

### Greetings to all Shed Members,

Once again, we are approaching the time of the year to reflect and celebrate our achievements and what has been accomplished over the past twelve months.

For some, it has been making new friends, and joining with fellow shed members for community projects along with other shed activities. Many of these have been highlighted on the TMSA social media page (Facebook) as well as through our quarterly newsletters.

#### Gatherings.

It was great to see so many familiar faces and also to meet new members that were able to make the trip to Miena for our Statewide Gathering. I trust that all in attendance were able to gain something from the day. I would also like to thank the Great Lake Community Centre crew for providing an excellent meal, their hospitality during our visit was once again exceptional. and the TMSA committee look forward to our next visit and anxiously await the completion of both the Makers Workshop and the Geo Thermal hot house.

As well as the Statewide Gathering, TMSA have also appreciated the support of the sheds that have hosted gatherings in their regions over the past year. I have been fortunate enough to attend gatherings in Zeehan, St Marys and Riverside. Also, a Men's Breakfast at Latrobe and Ross for the announcement of funds to extend and improve their shed.

I encourage all sheds that are willing to host a gathering to contact our Executive Officer or the TMSA secretary. Future planning for the 2024 gatherings is already in the preparation stages.

#### National update.

I accepted an invitation to attend the Victorian Men's Shed Association Statewide forum and AGM, during the visit I was able to meet with not only the VMSA President but also the AMSA President and the Men's Sheds Western Australia President. The function was very much the same as our TMSA Gatherings with similar topics of concern highlighted in their state as well.

As most would be aware the TMSA committee have been working on an MOU with intentions to support a National unified body (AMSA) for the Men's Shed movement, as I write this report, TMSA are unsure as to the current progress of this, reasons being that an amendment to the MOU TMSA presented to AMSA was submitted at a board meeting early November without any finalisation at the time of writing this report.

Voting also currently in progress for the election of a Director of Australian Men's Shed Association - Tasmania (due to be announced Thursday 14th December).

#### Appreciation.

I would like to thank the TMSA committee for their continued support, as most sheds would know, the recruiting of members prepared to pitch in and assist on the administration side of sheds is an important and never-ending task, I recognise and appreciate the support provided by our TMSA committee and our extremely hard-working executive officer.

I would also like to thank Dr Shed (Bryan Walpole) for generously donating his time to record 32 health and wellbeing video segments, the video clips are now available on the TMSA website ([www.tasmanianmensshed.org.au](http://www.tasmanianmensshed.org.au)) for everyone to view at their leisure. I extend my thanks and appreciation to both Federal and State Governments for their on-going support for this we are extremely grateful.

As we grow as an organisation we are finding it a challenge to provide the education and support to our members and in particular the importance of their own health and wellbeing with the funding currently provided.

#### Christmas

I extend my Christmas wishes to all our member sheds and their members and their families. Hoping that at this time of the year everyone enjoys the friendship of families and friends, should travelling be a part of your Christmas agenda may your travels be safe and enjoyable. Merry Christmas and happy New Year looking forward to meeting again in 2024





## Minister's Report

Jo Palmer Minister  
for Community Services  
and Development

*Jo Palmer*

### HELLO TMSA MEMBERS!

**On 19 November we celebrated International Mens Day, which raises awareness of men as role models and the positive value of men to families and our communities across the many roles they hold - as sons and brothers, husbands and fathers, work mates and friends.**

International Mens Day also raises the importance of men's well-being, with the theme of the Day for 2023 being 'Healthy Men, Healthy World'. Our over 70 Men's Sheds are a living example of the positive value men bring to our Tasmanian communities. Each Shed is different and unique to its community. They support men's health and well-being by providing a safe environment for men to connect with each other, to share their wisdom, to support each other and to socialise, while sharing their amazing skills and capabilities. Recently I had the great pleasure of seeing this in action when I visited the Beaconsfield Men's Shed.

Our Government is proud to support Tasmanian Mens' Sheds by providing funding through the Tasmanian Men's Shed Association Grants Program. I am pleased to say that this year, 28 Sheds throughout Tasmania will share in over \$168,000 to support shed development and deliver projects that will benefit their communities.

In the lead up to the end of the year, I would like to take this opportunity to especially recognise Men's Shed volunteers who provide the backbone for Sheds. I thank each of them for their commitment and tireless work, not only in supporting their Shed and its members, but also for the significant contribution they make to our Tasmanian communities and way of life.

**To each and every one of you, I wish you a joyous Christmas and a happy and safe New Year. I look forward to continuing to work with you in 2024.**



Minister Palmer at Beaconsfield Men's Shed.



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# Executive Officer

Wendy

HELLO TO ALL!

**It's that time of the year when I take a moment to reflect on my role with the Tasmanian Men's Shed Movement. As you know, my role has changed a lot over the past five years, as the Association has grown significantly. The position of the Executive Officer for TMSA is much more than 'a job' to me. It is something that I am very passionate about, and I remain an extremely strong advocate for Men's Health and Well Being. Healthy men equals healthy communities.**

I get so much pleasure from visiting our Sheds and seeing the work being carried out – some incredible work, providing help in communities, and most of all, men getting together to enjoy some time with mates and making new mates. Mateship is great for men's health, loneliness and isolation is not.

I'd like to offer a special thank you to our Dr Shed Bryan Walpole. I originally talked him into recording a couple of men's health messages for us. We now have 32 on our website! Bryan has become heavily involved in our Men's Shed Movement, visiting sheds, and helping us with advice. We cannot thank him enough for his outstanding work as a TMSA Volunteer and for being our second Patron.

While there are many ways that we communicate with our Sheds - Gatherings remain a highlight. They provide a great platform for sharing ideas and information, meeting new members, catching up with mates and having some fun. We hope to provide you with a full calendar of Gatherings for 2024 early in the new year. To those that haven't attended a TMSA Gathering as yet – you don't know what you are missing out on!

Thanks to all that support us, The Tasmanian Government, Aurora, Sharp Airlines, Carbatec, Bunnings – just to name a few. To our Patrons Robert Clifford and Bryan Walpole, thank you for your continued support.

A big thank you to our TMSA Committee who make running the Association look easy. It's not. It is a big job and the Committee are all volunteers. To our Executive – you are all heroes, take a bow, I couldn't do my job without you.

And in closing, to our Sheds and members, thank you for making the lives of so many Tasmanian men richer and more rewarding by providing a place where men can gather with purpose and mateship and for warmly welcoming me into your sheds.

Enjoy your festive season, take care and look out for those that struggle at this time of year – it's important.



EO gets a hug from one of the Great Lake Community Centres Volunteers, Tanya

# Around The Sheds

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

## Hairy Times



**Port Sorell Raising funds for Men's Mental Health** Noel Hahn, Bill Harman, Michael Moore, and Shane McNamara



Col and Vern's welcoming smiles at the Swansea Shed

### How Big?

TMSA President and Vice President with Ross Shed President and Brian Mitchell MP at the Ross Shed where Brian announced his support of the Shed's extension





# Breaking News



## **“The Menzies Institute for Medical Research is excited to announce the launch of its Cardiovascular Research Flagship.**

The vision for our Cardiovascular Research Flagship is better cardiovascular health for all Tasmanians. Our Flagship will work with all stakeholders to identify research priorities across two important areas of cardiovascular health research:

1. Reducing cardiovascular risk; and
2. Improving clinical outcomes for people with cardiovascular disease.

A Consumer Advisory Committee will be an important element of the Flagship. This Committee will ensure active consumer and community involvement in current and future research for cardiovascular disease.

### **What is cardiovascular disease?**

Heart, stroke and vascular disease (also known as cardiovascular disease) is a broad term that describe the many different diseases and conditions that affect the heart and blood vessels. The most common and serious types of cardiovascular disease include coronary heart disease, stroke and heart failure.”



## **Passionate about cardiovascular health?**

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Become a member of the Tasmania-wide Consumer Advisory Committee for our new Cardiovascular Research Flagship

To learn more, scan the QR code or visit [bit.ly/redcap-utas](https://bit.ly/redcap-utas)



# Men's Health

ARTICLE COURTESY OF

Retired Emergency Medicine Physician  
Dr Bryan Walpole AM

## A NASTY WICKED PROBLEM, DOMESTIC VIOLENCE

**Its with some trepidation that I write about domestic violence. IN my 55-year practising career in emergency medicine, it is one of the few diseases that does not seem to have improved, and recent evidence about weekly and more female deaths is truly horrific. Rosie Batty, Grace Tame, and a host of advocates have brought the matter to national attention, but most proposals want more refuges, but they don't fix it. . .**

Its 90% men on women, so lets be blunt, opening more women's refuges, safe houses, and locking up a few men does not seem to have made any difference. There is a newish women's shelter near me, its identifiable by the high fences, security cameras, keypad entrances, and small units stacked high, an I am told its always full.

So, let's be frank, it's mostly a man-caused problem, so as with any public health interventions, the best result is prevention, as cure is unlikely.

Why do otherwise sensible women marry seemingly happy men who later become violent and controlling towards them? What goes on in the relationship that leads to interpersonal violence? My parents were married for 50 years, and apart from the occasional shouting, had a loving caring relationship, but one of their couple friends was a union of a hard gin drinking woman and a successful golfing accountant, and dad used to say he "knocks her about a bit, but its none of our business"

Well, maybe it is our business, as they had plenty of social friends,( and he girlfriends) and she had four children to care for. So there it is, she has a full time family role, cook and cleaner, is exhausted at the end of the day, drinks for solace and to get to sleep, he does not get any sex, so finds it elsewhere, hardly gives her enough money for the family, golfing all weekend and criticises her for excess spending, and no sex.

So poor communication is the root cause. Living in separate worlds

Does he kiss her daily, tell her how well she does with the children, and that he loves her? Well, what do you think?

Many women (with the children) move out if possible for many reasons, safety, fright, fear, apprehension, to start anew. Men are often shocked, surprised outraged as they did not see it coming, and react with appalling consequences. Yet others did. So it seems to me that men need to own the problem, as far too many are in gaol, ruined socially and financially because no one intervened before the law took its devastating course and broke up the family. .

Australian men should be crucial partners in efforts to reduce and end violence against women and children, and by engaging men in prevention, with early intervention and offering support strategies we should reduce the harm. No to violence is a national helpline, with a free confidential counsellor at 1300766491 willing to talk with and refer .... I have spoken with them, and they really want to help.

- Men who are seeking support to change their behaviours.
- Family members who are impacted by a man's use of violent and abusive behaviours.
- Friends, family or colleagues of men who may be using family violence and wanting to know how to best support them.
- Professionals working with men who are using violence or family members impacted by violence and seeking secondary consultation.

Have a look around the family, friends, and the neighbourhood, its difficult I know, but until somebody calls it out, and starts the healing danger lurks. Look what we have done for road deaths, heart attacks, breast cancer, now its time to address the monster in our midst, domestic violence.

**On a happier note**, TMSA seems to be growing and thriving, I have the joy of attending the AGM in Campbelltown earlier, where hundreds of us celebrated the joys of fellowship and working together in the shed, with Wendy at the helm! Look around at Xmas, a few of us are still lonely, some unwell, others may have had a death in the family. Many of us are alone outside the shed, and Xmas brings memories of good and troublesome times past.

Be prepared listen to them, advice is rarely needed, and frequently discarded, as they mostly know what to do, and a friendly ear, cup of tea shared, can be a big boost.

Perhaps ask them round for a drink or meal shared.

**Looking forward to seeing you round the sheds in 2024**





# Power People, a Collaborative Initiative with Men's Sheds for Energy Literacy

## MEN'S SHED COLLABORATION

**TasNetworks and Aurora Energy are thrilled to announce an innovative collaboration with a selection of Men's Sheds across Tasmania. Channel, Rosebery, Port Sorell, Kings Meadows, Ulverstone, Kingston, Somerset, and Dover Men's Sheds will be integral to the design of the project which will aim at increasing energy literacy within the Tasmanian community.**

The primary goal of this partnership is to empower individuals with the knowledge and skills needed to understand their energy usage, manage costs effectively, and make informed decisions in the ever-evolving energy landscape. The initiative involves training individuals known as "Power People" within the Men's Sheds, who will, in turn, share valuable information and insights about the energy sector with their local Shed communities. Nigel Clark, Chief Executive Officer of Aurora Energy, expressed his enthusiasm for the collaboration, stating, "We are really pleased to be working in collaboration with TasNetworks and Men's Sheds to increase energy literacy in the Tasmanian community. It's a perfect alignment with our purpose to help make energy easy for Tasmanians and to help people take better control of their energy usage."

This project is more than a traditional outreach effort; it's about fostering a community-driven approach to energy education. The Power People, trained within the Men's Sheds, will serve as conduits of knowledge, tailoring the delivery of information to suit the unique needs and preferences of their communities. Whether through in-person educational sessions, community forums, online platforms, or hard copy materials, the Power People will be able to employ diverse methods to ensure widespread accessibility.

Sean McGoldrick, Chief Executive Officer of TasNetworks, shared his thoughts on the partnership, highlighting the exciting prospects it brings: "What's exciting about this partnership with Men's Sheds is that it allows participants to

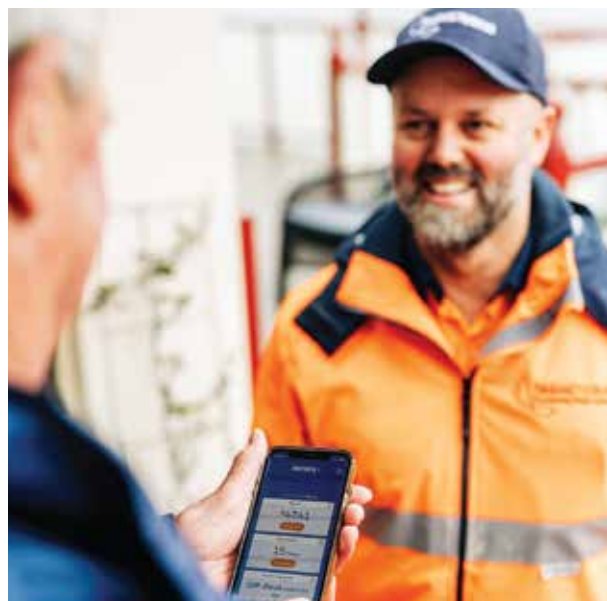
take control of their energy usage by giving them the right advice to make informed decisions. "

The initial selection of Men's Sheds will help co-design the Power People project, providing TasNetworks and Aurora Energy with the information needed about the topics of interest, the most effective ways to construct the modules, and how they wish to deliver it. This ensures that the knowledge shared is not only accurate and relevant but also presented in a manner that resonates with each Shed's community.

The pilot program, set to run throughout the remainder of this financial year, marks the initial phase of a broader vision. The aim is to evaluate the impact of the initiative, gather feedback, and refine the approach for a comprehensive roll-out across the broader Tasmanian Men's Shed network statewide, in the future.

This collaborative initiative embodies the spirit of community empowerment, leveraging the unique strengths of Men's Sheds to create a more energy-literate and resilient Tasmania. Together, we're not just illuminating homes; we're lighting the way to a more informed and empowered future.

**For any enquiries or further information, please reach out to:  
[community@tasnetworks.com.au](mailto:community@tasnetworks.com.au) and  
[community@auroraenergy.com.au](mailto:community@auroraenergy.com.au).**



# Around The Sheds

Full House at our annual Great Lake Gathering



Our Annual Shed get together at Great Lake Community Centre Mienna, was again a great day and the location has now become a firm favourite for us all to gather. The hospitality provided by the team is outstanding and it's good to see their Shed and hot house taking shape.

We were thrilled to have the Chair of the Road Safety Council of Tasmania and former Deputy Commissioner of Police Scott Tilyard as our guest speaker, who shared a small part of his wealth of knowledge around staying safe on our roads.

Our Gatherings provide a wonderful opportunity to catch up with mates, make some new ones and share advice and ideas. We hope to provide a full calendar of Gatherings and the Host Shed to you all early in the new year.

**Thanks again to all those that attended.**



Our key note speaker for the gathering , Chair of the Road Safety Advisory Council and former Deputy Commissioner of Tasmania Police Scott Tilyard - provided a fantastic and informative presentation on Road Safety. Thank you Scott it was wonderful to have you with us





# GREAT LAKE STATE - WIDE GATHERING 2023





# Great Lake Gathering







# The Class of 2023



*The Great Lakes Gathering*



## Our Journey

**With the official opening of our shed scheduled for December 13th, it is opportune to reflect on how we have reached this position.**

**The development of our shed grew from a public meeting some four years ago when a well meaning local lady promoted the idea “to get men out of the house”. I was nominated as the convener of a planning group to investigate the idea and at that point I must admit to not knowing what a “Men’s Shed” was.**

As time passed a greater understanding of a Men’s Shed grew and the community came along for the ride. We raised money locally and acquired grants to construct a “Shed”. The turning point in our venture came when the local RSL and Community Club embraced our project and offered us land on which to build. The serious part of our build started in March with preparation of a slab and has reached a stage where we will apply for a certificate of completion before the end of this year.

A small construction group assisted by generous tradies deserve high praise for what has been achieved. I know some members have learned new skills during the journey, none more so than how to work together. The technical language and the occasional jibes surrounding private versus public school education were at times challenging but never harmful! The erection of a kit building given confusing instructions was another challenge to be overcome.

### THE SOUTH ARM PENINSULA MEN’S SHED

The construction of our Shed on a meagre budget has been hard work by those involved, whose labour contribution must exceed \$50 000. It has been rewarding and at times amazingly humble to have been associated with the people involved in this project. I recall one donation of a lathe which had been rebuilt by the owner at his expense. He had painted it in two colours and had included two spray cans of paint for any ‘touch up’ which may be needed. I can’t think of a more generous and thoughtful donation.

We have built this facility and it is now over to the community to use it, for its intended purpose. If it helps to improve the health and wellbeing of the men within our community the our job will be done.

**Robin Barnes**  
President SAPMS





# Finishing Strong with



## Darren Clark



**Workplace Alive and Well Training is excited to be partnering with the Tasmanian Men's Shed Association to improve men's mental health at the sheds around Tasmania.**

Over the next 12 months we will be trialing a program called Finishing Strong, this will work in conjunction with the Men's Shed program and give more resources and skills when dealing with the 20% of people struggling with mental health issues every day.

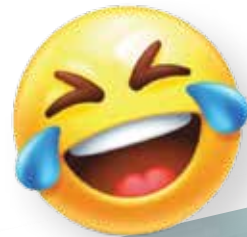
Finishing strong is about educating men that suicide is not the best option as we get older, we know the loss of loved ones, declining masculinity, failing body

movement and loneliness play a role for men in their 80`s taking their own life. This age group is the highest at risk age group of any in Australia.

But there are answers, camaraderie, love, and options to help us get through those challenges, and that's what Finishing Strong is all about. We will make sure the participants learn how to use their minds/body and mates to help each other through tough times and become mentally strong.

**I look forward to visiting many of you during 2024**

## Time for a Laugh



# Finding the Right Wood Glue for Your Woodworking Projects

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When taking on woodworking projects anywhere in Australia, choosing the right wood glue is absolutely essential for creating strong, long-lasting bonds. With so many types of wood glue available, it can be tricky to determine which adhesive is best suited for your specific application and wood type.

In this guide for Australian woodworkers, we'll explore the most common options for wood glue and discuss the factors to consider when selecting a suitable formulation. Read on to learn wood glue tips and best practices for your next DIY woodworking project.

## Types of wood glue and their characteristics

Understanding the properties of different wood glues is vital in choosing the optimal adhesive for your project requirements. Here are some top options:

### PVA Wood Glue (white glue)

PVA or polyvinyl acetate glue is a popular, multi-purpose adhesive. It offers versatility, affordability and reliable bonding power. PVA is water-based and cleans up easily with water. It works well for indoor applications and most general woodworking tasks like laminating, assembly and edge banding.

### Aliphatic Resin (yellow glue)

Another emulsion ideal for wood-to-wood indoor applications, AR glue, has similar usage properties to PVA in the general viscosity, drying time and clean-up. However, it forms a stronger bond that also sets up harder than PVA so that it can be readily planed, scraped or sanded once dry. It is often the first choice of many professional woodworkers due to its balance between ease of use, strength, and cost. Titebond Original is an excellent example of AR Glue. It is often referred to as "yellow glue," but this can be misleading as other glue types can also be yellow!

### Epoxy Wood Glue

Known for its incredible bonding strength, epoxy glue is resistant to water, heat and chemicals. It requires precise mixing but creates superior, long-lasting bonds even on complex materials like metal and glass. Epoxy is ideal for heavy-duty outdoor projects.

### Polyurethane Wood Glue

With excellent waterproofing abilities, polyurethane glue is perfect for outdoor furniture and wood projects. As it cures, it expands to fill gaps and voids. Clamping is required during drying.

### Hide Glue

A traditional collagen-based glue used for centuries, hide glue allows adjustments but eventually creates a strong bond. It's often used in antique restoration. Modern hide glues are more convenient to use.

### Cyanoacrylate Wood Glue

This fast-drying "super glue" provides quick bonds for small woodworking projects and delicate materials. It has limitations compared to other wood glues but is easy to apply.

Cont.





## Tips for choosing the right wood glue

When selecting wood glue for your next carpentry project, here are some essential factors to consider:

### Wood Type

Softwoods like pine may need a penetrative PVA glue, while dense hardwoods can handle stronger epoxy. Always check wood grain compatibility.

### Environmental Factors

A waterproof polyurethane glue is ideal if the finished item will live outdoors. Indoor projects have more flexibility.

### Drying Time

Faster drying glues allow you to complete projects quickly, while slower options provide more assembly time.

### Bond Strength

A delicate jewellery box needs only cyanoacrylate, while a sturdy dining table requires extra-strong epoxy for durability.

### Experience Level

Beginners may want to start with easy-to-use PVA before attempting trickier epoxy mixing.



### Pro tips for better wood glue application

Once you've selected the best wood glue for your DIY or woodworking project, follow these tips for success:

- Carefully read and follow all manufacturer's instructions for best results.
- Only apply glue to clean, dry surfaces for optimal adhesion. Wipe away any dust or residue.
- Use enough glue to thoroughly coat joining areas but avoid excessive "squeeze out".
- Align pieces cleanly and clamp tightly, providing even pressure as the glue dries.
- Allow adequate drying time for the adhesive to fully cure and attain maximum strength.
- Remove any dried excess glue carefully with a chisel, scraper or sandpaper.

Following the manufacturer's directions and woodworking best practices will result in incredibly strong, long-lasting wood bonds that hold up to the test of time.

## International Men's Day Breakfast

Our EO was part of a panel on International Men's Day Breakfast hosted by Men's Resources Tasmania and featuring keynote speaker and author Dean Yates. Dean is a former journalist and mental health expert. He has an inspiring story to tell and we are hoping to secure him for one of our gatherings in 2024



# Shed News



## INCAT VISIT A HUGE SUCCESS!

The Port Sorell boys hired a bus and picked up some of their mates from the Ulverstone Shed and headed south on a chilly morning - stopping briefly at Campbell Town for a bit. On arrival they were warmly welcomed by 'Mr InCat' himself Robert Clifford AO Hon DEng and Patron of TMSA.

Mr Clifford was more than generous with his time sharing his wealth of knowledge and stories during a guided tour, presentation and a question and answers session.

An informative and inspiring day out, enjoyed by all - with thanks to the team at InCat for their hospitality.



The Team from Tasman



Brett and Baden from Ross

## FOR THE LOVE OF FOOD

A bit of an 'in-house' joke where yours truly (EO and editor) always manages to snap Ian Hardstaff Ulverstone President and TMSA Committee Member - as he is eating!





# Shed News



## THE TEAM FROM ZEEHAN MEN'S SHED

showing off their wares at the local Gem and Mineral Festival



## GOOD TO SEE

Kevin from Mt Black joining us at Great Lake Gathering after a few health set setbacks



## MUD AND MORE MUD

How cool is this mud kitchen? Made by the Penguin Men's Shed for their local school. Great stuff!





# Shed News



## THE TEAM FROM ZEEHAN MEN'S SHED

First workshop at a Campbell Town today



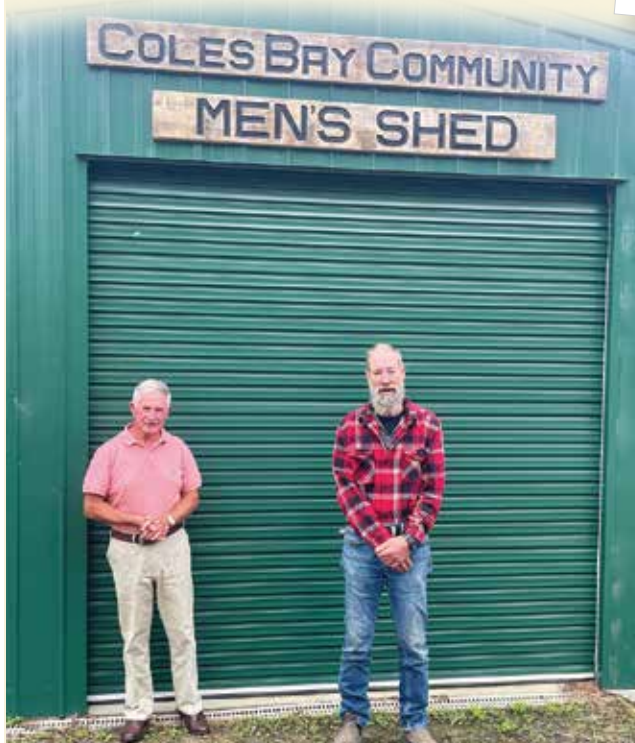
Chris and Nick, Coles Bay Shed



ZEEHAN MEN'S SHED



The boys from St Helens







## FISHING TASMANIA – NEW RULES

**New scalefish rules came into effect for all fishers from 1 November 2023 following extensive consultation.**

The changes aim to support the long-term sustainability of the scalefish fishery for the benefit of Tasmanians now and into the future.

The main changes are:

- The minimum size for sand flathead has increased to 35cm. A maximum size limit of 40cm has been introduced for all state waters except around King and Flinders Islands.
- Regional bag limits for sand flathead have been introduced for recreational fishers:
  - A two fish bag limit in the D'Entrecasteaux Channel, Derwent River, and Frederick Henry and Norfolk Bays;

- A five fish bag limit in the Eastern Zone;
- A ten fish bag limit in all other state waters; and
- A ten fish possession limit will apply statewide. A total ban on commercial fishing for sand flathead by any method.
- The new rules provide increased protection for other depleted species including striped trumpeter, bastard trumpeter, blue warehou, garfish and jackass morwong and progress the staged phase out of recreational gillnetting.

### **Recreational rock lobster catch reporting**

From 2 December 2023, you must report your rock lobster catch using the **Fishing Tas app** or alternative reporting service.

You can report on behalf of another fisher using the app. It is the responsibility of the fisher making the report to ensure it is accurate.





**PLATE  
WITH A  
MATE.**

## Not a Banger BBQ – Plate with a Mate

### Directions

- 1 Place the pork cubes in a bowl or casserole dish.
- 2 In a small bowl, whisk together the garlic, olive oil, vinegar, salt, and pepper until blended.
- 3 Pour the marinade over the pork and cover with plastic wrap.
- 4 Store in the refrigerator for a minimum of 3 or up to 8 hours.
- 5 Preheat the grill to medium high heat.
- 6 Thread the meat, mushrooms, and sage leaves alternately on the skewers.
- 7 Continue until all of the ingredients are used.
- 8 Grill until golden brown, turning halfway, about a total of 10 minutes, brushing with additional olive oil as needed to prevent sticking.
- 9 Serve with honey mustard sauce
- 10 Serve immediately.

### PORK, SAGE AND MUSHROOM KEBABS

#### INGREDIENTS

#### Serves 4

Approx. 800g pork tenderloin, Cut Into 1 1/2-inch Cubes  
2 garlic cloves, minced  
salt and pepper to taste  
2 tablespoons Balsamic Vinegar  
4 tablespoons olive oil plus more for grilling  
20 Small white Mushrooms- with stalks taken off  
16 Fresh Sage Leaves

#### COOKING NOTE:

Pre-soak your bamboo or wooden skewers in water for 15 before using. This will stop them from burning on the BBQ.





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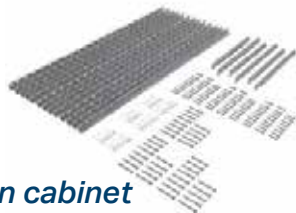
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08 6143 5788

**SYDNEY**  
02 9648 6446

# Around The Sheds

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



## Busy Times

There's always plenty happening at our Scottsdale Shed with lots of projects and community work coming through the doors.





# Around The Sheds

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

PENGUIN



## Show stopper

The Penguin Men's Shed stole the show this year with their incredible float in the Penguin Christmas Parade. All the hard-work that members put into their colourful display created much attention and bringing joy to many. Well done



# Contacts



## TASMANIAN MEN'S SHED ASSOCIATION - COMMITTEE CONTACT DETAILS 2022 - 2023

Name	Position	Email Address 1	Mobile Number
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Rob McKenzie	Vice President	<a href="mailto:vice.president@tmsasheds.org.au">vice.president@tmsasheds.org.au</a>	0418 141 529
Wendy Kennedy	Executive Officer	<a href="mailto:exec.officer@tmsasheds.org.au">exec.officer@tmsasheds.org.au</a>	0438 100 446
Bruce Weller	Secretary	<a href="mailto:secretary@tmsasheds.org.au">secretary@tmsasheds.org.au</a>	0412 129 074
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## TASMANIAN MEN'S SHED ASSOCIATION INC. HONOUR ROLL - FORMED 2009

Year	President	Vice President	Secretary	Treasurer	Shedder of the Year
2009	John Waters	Arnold Kreig	Mary-Anne Orchard	Greg Hunt	
2010	John Waters	Ken Sulman	Mary-Anne Orchard	Greg Hunt	
2011	John Waters	Ken Sulman / Arnold Krieg	Brendon Evans	Sandra Comins	
2012	John Waters	Peter Shelley	Ken Sulman	Sandra Comins	
2013	Peter Shelley	Charlie Trafford	Jonathan Bedloe	Sandra Comins	
2014	Peter Shelley	Ross Kent	Jonathan Bedloe	Sandra Comins	
2015	Peter Shelley	Bob Thomas	Keith Ellis	Sandra Comins	
2016	Bob Thomas	Bob Lowe	Keith Ellis	Graham Fogarty	
2017	Bob Thomas	Mike Dennis	Keith Ellis	Graham Fogarty	
2018	Mike Dennis	David Seen	Keith Ellis	Graham Fogarty	
2019	Keith Ellis	David Seen	Bruce Weller	John Bastick / David S. Gray	
2020	Keith Ellis / David Seen	David Seen / Fred Wales	Bruce Weller	David S. Gray	
2021	David Seen	Fred Wales	Bruce Weller	David S. Gray	
2022	David Seen	Fred Wales	Bruce Weller	David S. Gray	Rob McKenzie
2023	David Seen	Rob McKenzie	Bruce Weller	David S. Gray	Steve Youd
	Patron	Bob Clifford			
	Patron	Bryan Wolpole			