

SHED NEWS



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FROM THE PRESIDENT'S WORK BENCH

Greetings to all Shed Members,

Annual General Meeting

Thank you to all members and also sponsors that attended our Annual General Meeting at Woolmers Estate recently, apart from the unexpected "fire drill" I believe the day to have been a success in highlighting our Men's Shed movement.

Throughout the day two members were recognized for their contribution to their sheds, I offer my congratulations on being nominated by your fellow shed members.

I would like to congratulate and welcome the new committee members that were elected on the day and look forward to your input over the next year. I offer my congratulations to sheds that were successful with their entries to the Aurora Art Prize and the Council of the Aging competition, the standard of the successful entries showed the creativity and what is possible within our men's sheds, for the those that entered I thank you and trust that your entries next year may be more successful. During the day a number of door prizes were drawn with a number of sheds heading away with vouchers with thanks to both Bunnings and Carbatec, this is a small token of appreciation from our sponsors and also the TMSA committee as a thank you for attending.

One extremely lucky person took home a return trip plus accommodation to King Island compliments of Mr. Malcolm Sharp of Sharp Airlines. TMSA are extremely grateful for the sponsorship provided by the above organizations.

Gatherings.

There are a few gatherings in the planning stages. Kentish Shed are hosting a major Gathering on Friday 30th September. There will be a Gathering at Break O' day on the 12th October and a Southern Gathering at Penna mid November. As TMSA provide funding to cover the catering costs of these events. I would like to encourage all sheds to consider supporting the gatherings and also ensuring that the host shed receives your acceptances. TMSA are also firming up details for a "Statewide gathering" on Friday November 25th in the Central Highlands, this gathering will be open for all members wishing to attend.

Council of Australian Men's Shed Associations (CAMSA)

TMSA along with Men's Sheds of Western Australia (MSWA) are members of the above association. Following differences of opinions both states withdrew from Australian Men's Shed Association (AMSA) a number of years ago.

The formation of CAMSA was to establish as an association that recognizes the "Peak Men's Shed Bodies" in each State and the Territories, with only the State or Territories being members of the association providing each equal representation and supporting the respective state bodies.

Should any members wish to discuss further please contact the writer

David Seen

President

President





Minister's Report

Nic Street Minister
for Community Services
and Development

HELLO TMSA MEMBERS!

As the Minister for Community Services and Development with responsibility for Men's Sheds, I am very pleased that the Men's Shed movement in Tasmania continues its significant momentum.

There are now over 71 member Sheds, across our communities, with a large geographic spread - many located in rural and more isolated areas. The Tasmanian Government recognises the important role that Men's Sheds play in our community.

Men's Sheds are ideally placed to improve the health and wellbeing of Tasmanian men by providing a safe outlet for men to connect and share information, whilst at the same time, working on projects that make important contributions to the wider community.

This delivers direct health benefits to men, including increased physical activity and improved awareness of mental health issues such as anxiety and depression. To support this important role, in 2021-22, the Government committed to extend the TMSA Grants Program for a further three years, increasing annual funding to \$175,000 to support the sustainable development of Men's Sheds in Tasmania. Over the past four years, the Grants Program has provided \$674,918 to 165 valued initiatives,

Men's Sheds have dedicated volunteers who contribute enormous amounts of their time and effort to ensure their Sheds meet the needs of both their members and local community.



I recently had the privilege to visit the King Island Men's Shed and it was great to learn from Katey the coordinator there how a number of womens' groups are also using the Shed and to hear about the positive benefits the Shed is bringing to the local community.

Thank you for the invitation to attend your AGM recently, I apologise that I couldn't be there in person but I hope it was a very productive meeting.

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



HELLO EVERYONE! *Wendy*

How this year is flying! It's been a busy time at TMSA with both TMSA and National Shed Development Grant rounds along with our major gathering and AGM. As mentioned by our President, the gathering and AGM, held at Woolmer's Estate was once again a success – apart from a fire evacuation during lunch which resulted us all being outside for more than an hour! Thanks to all that attended it was great to catch up with everyone. A big shout out to those that volunteered to help on the day as well.

Congratulations to all elected to the TMSA Committee – if it wasn't for our volunteers we wouldn't exist. I look forward to working with you into the future as I'm sure the Sheds in your region will during your Shed visits. While attending some Shed AGMs it's become apparent that it's not just TMSA that struggles with getting contact details from Sheds – it happens within Sheds as well. If you can get this sorted, it will help all of us as we try to ensure that all communication gets to where it should be. TMSA Committee Member Lindsay Jones has been looking after this for us. Keep those photos coming and any stories that you would like to share – we really enjoy seeing and reading about our 71 Sheds in Tasmania.

International Men's Day is 18th of November – it would be good to see as many Sheds as possible do something on this day. Just one example is the Plate with a Mate program run by Eat Well Tasmania – who provide healthy eating advice for Shed News. I'm sure you can come up with something to mark the day in your Shed.

Six Legged Stool

This project came about following my introduction to, and then acceptance of membership to the Longford Men's Shed last year, 2021.

For my first project, I think I was being a bit too ambitious. But with the new friends and their veteran skills, with all the available machinery and potential ingredients, I nervously set about producing something that I could leave for my children to appreciate, use, and share. I based my project on a very old six-legged stool that had been left to me in a house that I had bought in east Launceston. Being an old midwife, I thought it must have been originally used for such important services as maintaining the midwife on a very stable stool, as she had to do what she/he had to do, in delivering a new life into this new world! The build was "old" and appeared "much used," and measurements came out in the old feet and inches Imperial System.

I decided to convert to the nearest metric equivalent, or a figure easier to work with. The chaps at the shed helped me select scrap timbers for the project, and the result was about five different Tasmanian timbers to make up the finished stool. I used three pieces of Blackwood timber for the seat, and was introduced to the saw that won't cut off your fingers, the electric planer,

the biscuit machine, and the use of wood glue and clamps! How 'bout that for a novice?

Eight months later, (because I could generally get to the shed once a week and mostly a half day), I ended up with a satisfying object, with six legs; each leg consisting of two pieces of wood "dominoed" and glued together at sixty degrees, strongly attached to the seat, and concealing a secret compartment underneath. (I have stored my father's war medals and a few sentimental items for the children to cherish as the years roll on). Engraved brass shields are attached to each leg, one for my wife and I, and a shield for each of my five children.



Michael Jessup

Around The Sheds

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



COTA Tasmania was delighted to join The Tasmanian Men's Shed Association recent annual gathering to announce the winner of the inaugural Sculpture Competition in conjunction with their recent Active Ageing Consultation Project.

Ten entries were received showcasing the craftsmanship of 6 different sheds All the hard work handled by COTA'S Brigid.

Shed's creations were to resemble the themes for our consultation - Healthy, Engaged and Resilient. It could be an object previously created or crafted just for this competition and could be any size or shape – as long as it was made from recycled materials. Special thanks to Brendan and the team at Carbatec for providing the generous prize.

Special thanks to Brendan and the team at Carbatec for providing the generous prize.



Second

The winner and recipient of the Carbatec prize was the Channel Men's Shed with their unusual table design. The judging panel remarked that the piece made them think about family and connection and sharing meals together: key elements that support active ageing.

The skills required were obvious and the time spent as a team planning and creating the table reflected great camaraderie.

Runner-up was the Penguin Shed, which created a stylish wooden lectern.

Third place went to the Veterans and Community Wood Centre at the Kingsmeadows Shed, which created the very clever Man's Best Friend wood carving.

Men's Sheds around Tasmania provide social connection, skills-sharing and inclusive place for people to meet in their local area – all important aspects to healthy ageing. We hope to have a continued connection in the years ahead and with the help from Carbatec look forward to making this competition an annual event.



Winner



Third

Shed News

Breaking news -Hobart Vintage Machinery Society on the move



After 36 years, as tenants at the Hobart Showgrounds, the Hobart Vintage Machinery Society has moved to its new site at Penna. This move has been a long time coming.

In 2016 when the Show Society divided off some land for Bunnings we decided that the land on which we had our shed would possibly be the next to go.

After investigating numerous sites we secured a long term lease on Sorell Council land at Penna. We then started working on what we would need for our vast collection of old machinery etc. Plans were drawn up for an undercover storage area, purpose built workshop, meeting room, toilet block and a large display area for machinery. We knew that we couldn't do everything with our accumulated funds so arranged to do the development in stages.

By the end of 2020 all the necessary drawings and plans were completed and a Development Application was granted in April 2021. This was the first hurdle crossed.

Our intention was to build the storage area, meeting room and toilets as stage one but the requirements under the National Construction Code for the toilets and meeting room meant that we needed to engage a Building Designer to do more detailed work for the design.

With the current situation within the building trade it would be months before this detailed information would be available.

We changed our plans and lodged a Building Permit to allow us to build the storage area and workshop. The workshop is an 11 x10 metre steel shed that we tendered for and relocated from National Park.

In November the Permit was received and building commenced. The slab for the workshop was dug and poured as were the piers for the storage area. By mid December the workshop was completed and work commenced in relocating the two existing containers onto the piers ready for roof trusses to be placed between them.

The undercover storage comprises two 12 metre containers 6 metres apart with a roof over and a 6 metre lean too on one side.

In January this year we were advised that we had to vacate the Showgrounds by the end of our lease in July.

A "sign off" for the first stage of our building works was received in June and our move from the Showgrounds was completed in mid July.

To date all the work on site, with the exception of pouring and finishing the concrete slab has been carried out by club members,

One of the first jobs in our new workshop is an overhaul of the engine on our Ferguson Tractor.



The "Fergy" undergoing engine overhaul in the Club's workshop



1 ROCKIN IT

Tony from Sorell Men's Shed

2 GREAT WORK ULVERSTONE

The Ulverstone Men's Shed has recently refurbished an outdoor seat in Anzac Park at the Korean Memorial. The local RSL commissioned the Shed and Kerry Hays and Laurie Hingston undertook the task

Pictured with Geoff Ralph, Jim Whitehead and Bill Haine



3 AT YOUR SERVICE

Dumb Waiter from Kings Meadows



King Island Adventure



The King of our Islands

Getting to King Island couldn't be simpler and Sharp Airlines make travelling easy. No fuss, no crowds, no big lines and no cancellations; travelling on their 19-seater Metroliners is an absolute pleasure.

The guy who checks in your luggage usually sits up front with the pilot – these guys really follow through. Hobart to King Island we are talking 446 kms – that sounds like a lot of k's but it's really only 1 hour and 15 minutes of sky time before you are coming into land at King Island Airport – 10 minutes out of Currie. Flying in you can't fail to notice the beauty of the island – 64 kilometres long by 27 kilometres wide, you almost take in the whole island when landing. Lush and green with that infamous rugged coastline – you just know you are in for a treat. King Island is an island that is steeped in history, natural beauty and some of Australia's freshest and finest foods.

Our first stop was a visit to the King Island Men's Shed which is part of the Phoenix Neighbourhood House, run by Sally Haneever. TMSA President David Seen and Executive Officer Wendy Kennedy were warmly welcomed by the KI boys who cooked up a feast on the barbie and enjoyed a chat around the fire.

A supply of timber from the Ulverstone Men's Shed had just arrived on the island was gratefully received. The gift was the consequence of the two sheds meeting at the AGM and Annual Gathering. The guys from King Island were thankful for the timber and sent their Ulverstone mates a thank you gift of King Island Cheese.



Cont. Over



King Island Adventure Cont.



King Island's wild colonial history draws you in and you can't wait to explore this island of spectacular rocky cliffs, long sandy beaches and no less than three lighthouses.

As is the nature of King Islanders we were given a tour of the King Island Museum by KI Shed member Daryl and KI Museum volunteer Irene. Located just out of Currie on the way to Currie Lighthouse, constructed in 1880 the KI Museum was once the Lighthouse Keeper's home, now transformed into an eclectic collection of memorabilia of historical significance from all parts of the island.

Divided into rooms, the museum displays a wide range of natural history finds and historical artefacts. Its Parlour and Kitchen are just as they were, untouched for over seventy years, giving us a snapshot of early days on this remote island.

However, it's the Shipwreck rooms that really brings home the perils of the sea and the wildness of the island. King Island is still recognised as the site of Australia's worst civil maritime disaster, hence the need for three lighthouses. Although all the island's lighthouses are now operated remotely – they are remarkable constructions with Cape Wickham Lighthouse standing at 48 metres. That magnificent white lighthouse against the bright blue sky is not something I'll forget.

No trip to KI would be complete without a visit to the King Island Dairy where the island's rich soil, cool temperatures, salty spray and abundant rainfall create a luscious banquet of grass for herds of cows to graze to their hearts content.

Finally a visit to the quirky Boathouse – the restaurant with no food - rounded off our trip. This colourful beach shack invites you to bring your own food and wine and soak up the views of Currie Harbour. Complete with pottery and kelp art, record player and honesty box we were delighted to spend our last morning surrounded by local artworks and all sorts of eccentric paraphernalia.

Five days touring the island wasn't enough. Although it was obvious that we were 'from away' the people were welcoming, the food was great, and the wind was wild – as expected – we almost got the hang of the one finger 'island wave'.

Sharp Airlines fly out of Hobart 3 days per week but Launceston, Burnie and Essendon 7 days per week.



Vale – Daryl George Fanning

21st March 1948 – 9th July 2022 (74 Years)

The King Island Men's Shed, along with staff and members of Phoenix Community House, are saddened to advise of the passing of long-term Men's Shed member, Daryl George Fanning who died on the 9th July 2022. Daryl was an integral part of the King Island Men's Shed and assisted Sally Haneveer, Manager/Project Manager, oversee the construction of the new Phoenix Community Complex, which incorporates the King Island Men's Shed, in 2018. Daryl was instrumental in setting up the new shed and his help was invaluable. He was part of our King Island Men's Shed family, and he is sadly missed. **Sally Haneveer. Manager.**



Good News

From Terry Hughes,
President Kentish Community Men's Shed



The Kentish Community Men's Shed recently came to the assistance of Tony Day of West Kentish who had been in hospital for 8 months. Tony was born in 1948 in Sheffield, he attended the Sheffield Area School. While growing up on his parent's farm – well known West Kentish locals Max and Elenore Day, the country boy helped his dad with the farm, went ferreting to earn pocket money and selling rabbits to the local Hotel and butcher. He sold the rabbit skins to Willcox and Moffin fur traders in Sheffield, for two bob a dozen. Tony's first job was an apprentice chef, he then worked at the Goliath Cement Works in Railton for 2 years. He spent time working in the kitchen at the HEC at Gowrie Park then finally moved to Sydney. He also spent time as a bus conductor becoming a driver for a total of 18 years.

During this time, he travelled to Thailand and backpacked around India. On returning to Thailand, he met then married his wife Tansanee in 1975. Tony and Tansanee moved back to West Kentish where they built their new home with the help of his brother Roxley. This was built on his parent's farm, finally coming full circle. The couple enjoyed bush walking and love their garden and all the delights that the Kentish region offers. His unfortunate accident happened when he slipped off a ladder while fixing some spouting. Tony seriously damaged the vertebrae in his neck and spinal cord. Tansanee, now is Tony's carer helping him slowly through his daily exercises as he travels down the long road of recovery.

The Kentish Shed was more than happy to help Tony and Tansanee with the building of a wheelchair ramp at their home.



*Time
For a
Laugh*



"It's impossible," said pride. "It's risky," said experience. It's pointless," said reason. "Give it a try," whispered the HEART."
- Unknown

Some people are like sandpaper
They may scratch and hurt a bit
But in the end you finished up polished
and they finish up useless.

The Importance of understanding Timber,

By Dave Gray | Part 1

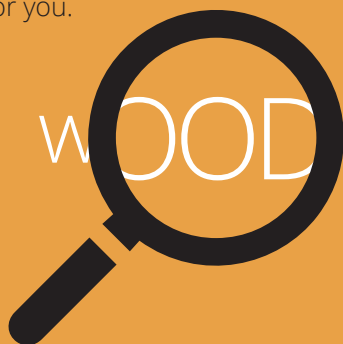
Basically wood comes from trees, yeah? But which part of the tree and what purpose does each part serve in the growth and life of it?

There are thousands of different types of tree and most can be utilized for the benefit of people in a wide range of forms. Some are good for construction of houses and boats and almost all are suitable for furniture, utensils such as bowls and tools and various works of art all at the whim of the creator.

The timbers that we use are obtained from two groups of trees, these being Dicotyledons- a subdivision of seed forming plants called Angiosperms being flowering plants with seeds encased in the fruit. These trees can be evergreen or deciduous and the timber from them is called Pored Wood or Hardwood. Common examples of Hardwood are all the Eucalypts, Acacia, Myrtle, Ash, Walnut, etc and also includes Balsa.

The other type of tree is the Conifer which are Gymnosperms, being non flowering plants with the seed being formed in cones and nearly all Conifers are evergreen. The leaves of Conifers are nearly always needle or scale like. Examples of these are Pines, Firs, Cedar etc.

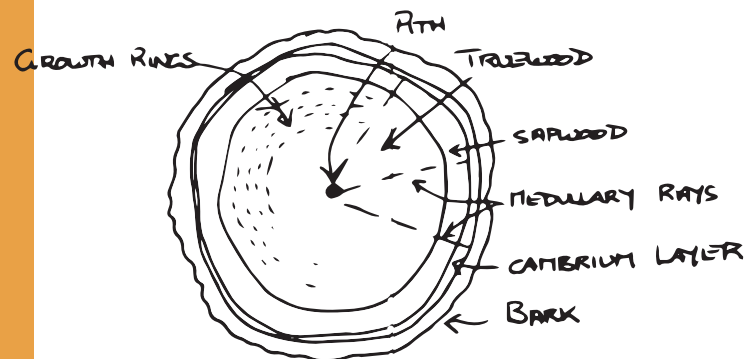
Just to confuse matters the terms Hardwood and Softwood do not relate to the hardness of the timber, though hardwoods are nearly always hard and softwoods are nearly always soft (I did say to confuse matters!), the terms relate to the cellular structure of the wood and whether or not the tree is a Dicotyledon or a Conifer hence Balsa Wood is a Hardwood (even though it is really soft!!). There have probably been Phd's done on this subject so I will leave it there, if you wish to know more then I'm sure that good ole Google will fix that for you.



To work with wood one needs to have a basic understanding of how it has come to be the remarkable material that has enabled the creation of so many wonderful items with artistic and/or functional purpose for thousands of years.

The next thing we need to know is where in the tree the wood that we use comes from. The centre of the tree is the Pith, this will usually be readily discernable in a softwood and not so much in a hardwood. It is often softer and darker than the surrounding wood and should not be included in the project as it can be (is?) prone to rot and/or instability. A lot of timber is cut these days on a bandsaw with multiple blades (Gangsaw) so the pith ends up being included in the end product, I suggest that wherever you find it you exclude it from use, being particularly important in furniture etc. The Pith is formed as the tree grows and its purpose is to move sap to the growing tips, once the wood cells have formed around it the Pith ceases to function and it dies.

Cont.



The next part of the tree is the bit we are after, the Truewood. This wood is fully developed and is actually dead, having no other purpose than to hold the tree up. It is formed as the Sapwood is replaced by new cells with the older cells no longer being required to carry water to the leaves and eventually dying.

This wood is usually darker and harder and more durable than the rest of the tree with the cells being filled with gums and resins etc. These cells are bonded together by a substance called lignin and this substance impregnates the cell walls making for a strong material. The wood tissues contain about 20-30% lignin and about 60% cellulose.

Working our way outward we now come to the Sapwood, this is an active part of the tree with new cells being formed closer to the bark and the older ones dying off to become Truewood. The Sapwood carries water and nutrients from the roots to the leaves. Sapwood, being alive and containing nutrients, is more susceptible to insect and fungal attack than Truewood and should be excluded from your project where possible. The small piles of dust that appear under your chair or in the wall framing of your house are a result of insect attack on some Sapwood that has not been excluded from use. The infestation will only occur within the Sapwood so the more you have the more you will have! Sapwood is usually lighter in colour than Truewood and also softer as it has yet to be impregnated with the Lignin and therefore hardened and bonded together. The younger the tree the more Sapwood proportionate to the Truewood will limit the usable amount of material obtained from it.

Still working our way outward we now come to the Cambium layer and the bark. The Cambium layer is a thin layer of newly formed cells with Xylem cells being formed on the inside which increases the girth of the tree and Phloem cells on the outside which form the bark. These Phloem cells also transport nutrient solutions to the leaves. The bark is formed by the Phloem cells as they die off and it also consists of layers of cork cells. Whilst relatively soft the bark is the armor of the tree, protecting it from cold and heat extremes, fire, insects, animals etc. It also serves to protect the Cambium layer and Phloem cells from transpiration and subsequent drying out.

If one is to look at a cross section of a tree such as a Sheoak or similar one will see radiating lines extending from the centre to the outside, these are called Medullary rays. Their purpose is to transfer and store food to the Cambium and adjacent living cells of the Sapwood.

The Medullary rays are in all types of timber though very difficult to see in some and obvious in others.

Last but not least we have the Growth Rings, these being formed by periodic changes in growth of the tree due to the seasons. In the spring time the tree will have a rapid period of growth and the wood formed will be lighter in colour, thicker and softer than the wood formed in the more dormant periods such as hot summer or cold winter months. Whilst it is usual for each ring to form on an annual basis it is possible to have two rings form in a year, it all depends on the seasonal change and subsequent growth spurt of the tree.

A tree's age can be determined by simply counting the rings. Fast growing species such as pines and firs will have wide and obvious rings whereas a species such as Huon Pine being very slow growing will have very fine rings which can be so close that it is difficult to separate them.

Part two of the Importance of understanding timber will be about milling and drying, this will be in the January edition of Shed News.

End Grain of King Billy Pine clearly showing Pith, Truewood and heavily insect damaged Sapwood, Growth Rings and very faint Medullary Rays are also visible. Note that the insect damage is restricted to the Sapwood, the main reason why you don't use it in your work.



ARTICLE COURTESY OF THE AMHF

Men's Health

Work to prevent male suicide in Tasmania needs to target men in distress before they become another suicide statistic.



MALE SUICIDE IN TASMANIA.

In 2020, Tasmania recorded the highest rate of male suicide in Australia, the culmination of an upward trend that has seen male suicide rates in the state rise by more than 30% in the 10 years since 2011.

Suicide in Tasmania kills six men a month. In 2020, 87 people in Tasmania died by suicide, 71 males and 16 females. Closing that gap would save the lives of more than 50 Tasmanian men a year.

Male suicide is more than a mental health issue; it's a complex social issue caused by various social, situational, and contextual factors.

The 2021 Report to the Tasmanian Government on Suicide in Tasmania found that 90% of men who die by suicide have experienced at least one interpersonal or family stressor before their death.

These include separation from partner; conflict with a partner, family member, or associate; death of a partner, family member, or associate; and violence (as victim or perpetrator) involving a partner or family member.

In addition, 93% of men who died by suicide experienced at least one contextual or situational stressor, including substance abuse; work issues; social and physical isolation; financial issues; legal issues; bullying; and exposure to the suicide of a family member, friend, peer, or acquaintance.

Research shows that men's and women's experiences of suicide are different in several ways, which can help us target suicide prevention initiatives more effectively.

For example, men in Tasmania account for:

- 81.6% of all suicides
- 76.7% of suicides linked to social or physical isolation
- 77% of suicides linked to relationship separation
- 77.4% of suicides linked to financial issues
- 81.5% of suicides linked to substance misuse
- 82.9% of work-related suicides
- 84.8% of suicides linked to legal issues
- 93% of suicides involving firearms

In contrast, suicide in Tasmanian women is more likely to be linked to previous suicide attempts and mental health issues, with female suicides being:

- 20% more likely to be linked to mood disorders like depression than male suicide
- 60% more likely to be linked to neurotic disorders like anxiety than male suicide

To be effective, suicide prevention strategies need to account for the clear differences between male and female suicides, both in terms of the number of deaths and the types of services and programs that are funded.

The majority of Tasmanian men who die by suicide have sought help before their death.



www.amhf.org.au/suicide



Healthy Eating

Grilled Cos with Shallot dressing

INGREDIENTS

For Grilled Cos

2 baby cos lettuce, quartered
1 tablespoon of Tasmanian Olive Oil
¼ cup of shaved parmesan cheese

For Shallot Dressing

2 golden shallots (French shallots)
2 cloves of garlic
60mls (1/4 cup) cider vinegar
60mls (1/4 cup) sherry vinegar
1 tbsp Dijon mustard
½ tsp salt
1 tsp sugar
400 mls Tasmanian olive oil

METHOD

To make Shallot Dressing

Peel the shallots, leaving the root end intact. On a microplane or very fine grater, grate the shallots and garlic, you should have a fine paste.

In a suitably sized jar, mix the vinegars, grated shallots and garlic, Dijon, salt, and sugar. Steep for 30 minutes.

Add the oil and shake vigorously.

To Grill Cos Lettuce

Drizzle lettuce with oil. Heat a barbecue grill or grill pan on medium. Cook lettuce for 3-4 mins each side or until lightly charred.

Arrange lettuce on a serving plate. Sprinkle with parmesan and drizzle dressing over top and serve.

We Love leftovers: leftover dressing can be stored in the fridge for up to three days.

Spring has sprung:

Young spring vegetables are back in the markets again, and to celebrate their arrival, we've dreamed up dishes that make the most of the season's best and brightest produce.

Spring produce is a low-maintenance bunch, superb when eaten as they are—or simply sauteed in a little butter. Asparagus arrives mid-season in Tasmania and is a must for breakfast, adding a green twist to your morning eggs. Baby carrots and radish add a crisp crunch and burst of colour to the dinner table.

As the days get longer and the weather gets warmer means it must be time to crank the BBQ. So this spring how about using the hot plate to create our Grilled Coss salad with Shallot dressing. Don't forget herbs make or break a season, and in Spring, we find many of the hard-leaf varieties turn soft and woody in the warmer days—adding depth to any dish. Spring can be tricky for both farmer and cooks as it straddles the last of our winter blasts and steadily sunnier days. And we must act similarly in the kitchen, with both warming and cool dishes at the ready—ready for the 'many seasons' that our Tasmanian Spring loves to throw us.

Unsure what's seasonally available in Tasmania?

Eat Well Tasmania have created handy pocket guides that you can save to your phone and whip out next time you're at the shop or market. You can download them at eatwelltas.org.au.



The Passing of the Willys



During late 2014 Channel Men's Shed was donated a crate full of parts which comprised components from one and a half 1923 Willys Overland. The previous owner (Bob Clifford) had the vehicle stored in parts for over forty years, waiting for the urge to start the project.

A small team of CMS Members dismantled assemblies cleaned, repaired, and manufactured components to the point where the vehicle could be assembled and mounted on a mobile frame. The engine was sent to Melbourne where a Company called Crankshaft Rebuilders, rebuilt the engine. This involved hours of rebuilding and machining to restore the crankshaft and to manufacture engine bearings from base metals. While the engine reconditioner did look after us with pricing the work was done at considerable cost to Channel Men's Shed.

To get the Willys to its current assembled stage, Shed Members applied some extraordinary skills (some they did not know they had).

An experienced jeweller did a lot of the panel repairs, our machinist turned up numerous parts, there was a lot of oxy and Tig welding, our past airline pilot nussed out a lot of the technical stuff.

Over the last few years, the passion waned a little, those doing the work had to some degree reached the limit of their expertise and there was no actual experience to draw upon from someone who had actually worked on similar vehicles.



Channel Men's Shed Committee reached the decision that if the vehicle was to be completed, it had to be in the hands of an enthusiast who had the passion and was prepared to put in the hours and the financial resources to complete the restoration. Committee representatives discussed the alternatives with Bob Clifford who to some degree had some equity in the restoration. While Bob was disappointed CMS were unable to complete the job he was amenable to us passing the vehicle on to a member of the public who could competently take over.

After placing listings on Facebook Marketplace and Gumtree we obtained an expression of interest and an offer from Noel Hammersley-Cave (pictured) who has a passion for older vehicles and currently has a collection of vintage machinery.

While we thought it was the end of an era for CMS and the Willys, this is not necessarily so. After visiting Channel Mens Shed Noel has decided to join as a Member as he believes he can use some of our equipment to complete the restoration.

Response from one of our participants:

I am amenable to the sale of the Willys. I believe some Shed members, including myself, enjoyed the experience of rebuilding this Willys to this stage. It would have been nice to complete it if we only had enough expertise and passion amongst the shed members. Although the sale price is below the actual expense, the difference was well spent for the enjoyment of the members that took part in the project. The project also embodied the essence of the Shed's objectives.

Around The Sheds

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



1 ALBERT

Talented Port Cygnet Member

2 CLASSIC WORK

One very happy customer - masterpiece by Exeter Men's Shed

3 TEAM WORK

Bear, Dave and Bob at Longford Shed

4 COFFEE TIME

President David Seen as we bump in our AGM/ Gathering

5 IT'S OPEN

It's official! The new Riverside Shed is open



Around The Sheds

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



CHRISTMAS IS COMING!

People love buying hand-made christmas gifts from our Sheds so if you'd like to make a few additional dollars and provide some lovely gifts - you can sell them via our Shed Shop or on your facebook pages.

Popular items include:

- Bird boxes
- Any small hand carved items
- Garden Trugs
- Garden Features
- Toys
- Christmas trees and decorations
- Tasmanian timber spoons and ladels
- Mud kitchens
- Cubbies
- Wishing Wells
- Small tables

So get creative and we will help you sell your products!



1 IN HONOUR

Kentish Shed's. flag at half mast marks the passing of our Queen Elizabeth

2 HARD AT IT

The ever productive Longford team

3 WELL DONE

The winner of this year's Aurora Art Prize - Veteran's and Community Wood Centre Kings Meadows

4 CONGRATULATIONS

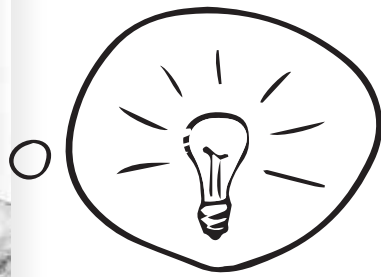
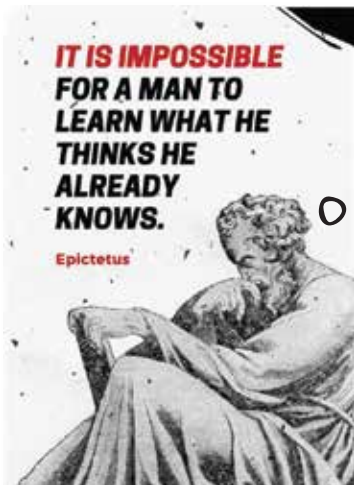
2022 Junior Volunteer of the Year Hugh Clark from Port Sorell



BREAKING NEWS

We will be holding a gathering at the Great Lake Community Centre at the end of November - tentatively Friday 25th.

This will be a great opportunity to catch up with your Shed mates in a 'Great' location. Why not book a night's accommodation at the Great Lake Hotel, join us for dinner and drop in a line the next day. Watch your email in box for more details



RARE PHOTO OF MOTHER WRENCH FEEDING HER YOUNG. ABSOLUTELY BREATHTAKING!



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TOOLS AND HOW TO USE THEM:

| Penguin Men's Shed

Now out of consideration to all who are a of the common rush of Community Men's Sheds that are appearing across Australia, I thought this post as a timely reminder about tools of trade.

SKIL SAW:

A portable cutting tool used to make boards too short.

BELT SANDER:

An electric sanding tool commonly used to convert minor touch-up jobs into major refinishing jobs.

WIRE WHEEL:

Cleans paint off bolts and then throws them somewhere under the workbench with the speed of light. Also removes fingerprints and hard-earned calluses from fingers in about the time it takes you to say, 'Oh sh*t'.

DRILL PRESS:

A tall upright machine useful for suddenly snatching flat metal bar stock out of your hands so that it smacks you in the chest and flings your beer across the room, denting the freshly-painted project which you had carefully set in the corner where nothing could get to it.

CHANNEL LOCKS:

Used to round off bolt heads. Sometimes used in the creation of blood-blisters.

HACKSAW:

One of a family of cutting tools built on the Ouija board principle... It transforms human energy into a crooked, unpredictable motion, and the more you attempt to influence its course, the more dismal your future becomes.

WISE-GRIPS:

Generally used after pliers to completely round off bolt heads. If nothing else is available, they can also be used to transfer intense welding heat to the palm of your hand.

OXY-ACETYLENE TORCH:

Used almost entirely for igniting various flammable objects in your shop and creating a fire. Also handy for igniting the grease inside the wheel hub out of which you want to remove a bearing race.

TABLE SAW:

A large stationary power tool commonly used to launch wood projectiles for testing wall integrity. Very effective for digit removal!! (WORD OF WARNING! they should be no lower than belt level on a pair of trousers.)

HYDRAULIC FLOOR JACK:

Used for lowering an automobile to the ground after you have installed your new brake shoes, trapping the jack handle firmly under the bumper.

BAND SAW:

A large stationary power saw primarily used by most shops to cut large pieces into smaller pieces that more easily fit into the trash after you cut on the inside of the line instead of the outside edge.

TWO-TON ENGINE HOIST:

A tool for testing the maximum tensile strength of all the cr*p you forgot to disconnect.

PHILLIPS SCREWDRIVER:

Normally used to stab the vacuum seals under lids or for opening old-style paper-and-tin oil cans and splashing oil on your shirt; but can also be used, as the name implies, to strip out Phillips screw heads.

STRAIGHT SCREWDRIVER:

A tool for opening paint cans. Sometimes used to convert common slotted screws into non-removable screws and butchering your palms.

PRY BAR:

A tool used to crumple the metal surrounding that clip or bracket you needed to remove in order to replace a 50 cent part.

PVC PIPE CUTTER:

A tool used to make plastic pipe too short.

HAMMER:

Originally employed as a weapon of war, the hammer nowadays is used as a kind of divining rod to locate the most expensive parts adjacent to the object we are trying to hit.

UTILITY KNIFE:

Used to open and slice through the contents of cardboard cartons delivered to your front door. Works particularly well on contents such as seats, vinyl records, liquids in plastic bottles, collector magazines, refund receipts, and rubber or plastic parts. Especially useful for slicing work clothes, but only while in use.

And lastly...

SON OF A BITCH TOOL:

Any handy tool that you grab and throw across the garage while yelling 'Son of a bitch' at the top of your lungs. It is also, most often, the next tool that you will need.

Cheers

Our AGM

A big day for all



1 LECTURN TIME

Our Annual Gathering and AGM was a great day for catching up and celebrating a number of successes - most of all that of our Men's Shed Movement --



Shed News

What's been Going's on around the sheds

Story by Peter Norris,
President Channel Men's Shed



THE BOYS : Elphinstone Engineering at Triabunna.

Graeme Elphinstone hosted our visit. He described his journey from the mid 70's to today.

His experience working at the Triabunna Woodchip Mill to operating his Stihl chain saw sales and service business. Manufacturing his first log trailer behind the Stihl shop.

Graeme was the first in Australia to introduce weighing systems to log trailers. Initially importing units from the US, fitting them to new trailers and retro fitting to existing trailers.

Over a number of years Graeme designed and manufactured his own weighing system which is installed to over 150 new trailers each year.

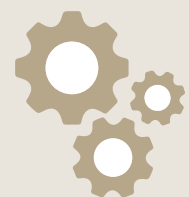
During the controversial shut down of the Tribunna woodchip mill hard times necessitated a reduction in scale and a change in direction.

Elphinstone Engineering began manufacture ski mounted sleds used to travel across the Antarctic ice for the French, Korean and Italians in Antarctica. They also do some work for the Australian Antarctic organisation.

Elphinstone weighing systems are also used on weighbridges operated by various organisations such as Council refuse sites. Elphinstones lease to end users over 100 weighbridges across the Country.

Channel Men's Shed Members were amazed at how much is produced from what appears to be an insignificant site in a small country town.

A really enjoyable day for those who participated.



Snap Shots

SHED LIFE





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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