Wabbler
#17 June 2013

MEN'S SHED BECOMES KID'S SHED

Canning Community Men's Shed was once again asked to put on a display at this year's Willetton Rotary fair.

This year they decided to run a Kid's Shed project for all the kid's big and small that had never hit there fingers with a hammer trying to build something. The shed members over the preceding few months had pre cut the material so they could easily be constructed with a bit of glue and some nail's.

With a gold coin donation to hit your fingers and the sale of the pre manufactured goods a good day was had raising fund's to purchase more material for next years fair.

CCMS shop selling some of their manufactured goods.

CCMS secretary Nigel Lilley supervising construction.

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FROM THE EDITOR

W A M S A is aware that it is difficult for some sheds to obtain material or machinery of for that matter any items to help develop your shed.

In this copy of the Warbler is a form that can be completed and forwarded to admin@wamsa.org.au for inclusion on the web site and the next Warbler

The website is now being administered by a volunteer, and over the next few months should be updated regularly, so don't forget to visit www.wamsa.org.au for all your shed information.

If your shed information is not correct please contact admin@wamsa.org.au to keep your details current.

I have been asked by the 2013 seminar committee to see if there is any shed out there that has a particular story or project that may be of interest to other shedders that may be presented at this year's conference. Please contact kebinsv@tpg.com.au

Advertising

To ensure the quality of your newsletter we are still looking for advertisers to help offset the cost to produce it.

If you can help in this regard or know any one who can, please don't hesitate to give me a call on 94579198 or email (newsletter@wamsa.org.au)

Submissions

At the time of writing there were almost one thousand sheds in Australia that we are aware of and still growing.

I would ask that shed's that produce a newsletter please include (newsletter@wamsa.org.au) on your mailing list so I can include some of the things that are going on at your shed in the Warbler.

If possible I need the newsletter in word format and photo's as jpegs; this would make my life a lot easier.

Disclaimer

This newsletter is for general information only. The views expressed in this newsletter are not necessarily those of WAMSA.

We have taken reasonable measures to ensure that the material contained in this newsletter is correct - however we accept no responsibility for the accuracy or the completeness of the material.

Warbler

The official newsletter of the Western Australian Men's Shed Association

2013 STATE SEMINAR

The State Seminar Sub-Committee has been hard at work organising this year's event and it promises to be a great day.

This year it will be held in the Liddelow Pavilion at the Cannington Exhibition Centre and Showgrounds, Station Street, Cannington (near the Greyhound Track) on Monday 14th October with Registration being from 9am and the Seminar to commence at 9.30am. The day will wind up with the Annual General Meeting commencing at 3.30pm.

The Sub-Committee has selected Monday for the event as this will allow Country members to come to Perth for the weekend, attend the Seminar on Monday and return home Monday night.

Several topics are being investigated for suitable speakers and these topics include: Role of Sheds in the Community, Effective Management of your Shed, Men's Health, Positive Ageing, Ongoing Financial Operation of your Shed, What do Men want from their Shed, etc.

If you have a topic that you would like covered at the Seminar and can suggest a Guest Speaker please email Kevin Buckland on kebinsv@tpg.com.au as soon as possible, please.

Also the Sub-Committee is on the lookout for sponsors – can you arrange one? Please let the Sub-Committee know. The Sub-Committee is considering presenting each Guest Speakers with a bottle of wine as our appreciation of thanks for being part of the Seminar – does anyone have a contact for a donation of wine, please? Hope to see you all on the 14th October.

WESTERN AUSTRALIAN MEN'S SHED ASSOCIATION

WAMSA SUPPORTS DROUGHT AND ECONOMIC AFFECTED FARMERS AND FAMILIES

The Western Australian Men's Shed Association today appealed to all Men's Sheds in Western Australia to donate food to "Food bank" and support the CWA and other organisations' efforts in helping families in the bush.

The WAMSA Board also agreed to pay membership fees for all affected men wishing to join their local Men's Shed, to help them become part of the Men's Shed community. These men all have incredible skills to offer the Men's Shed movement in Western Australia.

Chairman John McDougall said today: "All Men' Sheds have an obligation to help their mates in the bush".

SHEDDERS ALL

I have been made aware of the plight of the Farmers and Towns Folk in areas particularly in the marginal regions of our wheatbelt – they are doing it real tough. I shared my thoughts with the Very Reverend Peter Bourne, Archdeacon of the local diocese, who was able to confirm the information and offered his assistance to any initiative that Men's Shed may promote.

The combination of many things such as poor rainfall, poor at farm gate returns and a change to the accommodation from the finance sector have bought many farmers to their knees. Some have already "walked off" and it is suggested that many more are to follow. Let us not forget the Store keepers and Stock Agents that rely on their business. Imagine for a moment, that this was you, and you are putting the "keys" to the farm (of a couple of generations) on the desk of the Bank and just walking away with nothing but what you stand up in.

But still imagine what this does to a family??? The last generation perhaps retired, but still alive, the wives and the children all facing disappointment, homelessness, hopelessness.

I took this concern to a recent meeting of the Western Australian Men's Shed Association (WAMSA), Committee of Management who resolved to become the initiative behind "Food for Farming Families".

Tap Into Learning Today

A new digital hub for Adult Community Education (ACE)

Tap Into Learning Today (TILT) is a national initiative to engage and promote the ACE sector across Australia. The TILT website links service providers, potential learners, government and industry to resources and a wide range of community based learning activities. You can explore TILT to access opportunities for upskilling, tools and templates, the Community Calendar, promotional videos and more.

Tap Into Learning Today

Service Providers

Service providers, especially neighbourhood houses and community organisations, can access a range of tools and resources to help develop an effective communications strategy. Further resources available on the TILT website include:

- Information about funding and grants
- Promotional tools and templates
- Opportunities for upskilling
- The Social Inclusion Toolkit, a dedicated learning resource for the ACE sector
- Useful links to peak bodies and more

Potential Learners

ACE provides access to a wide range of learning opportunities in the local community. Involvement in lifelong learning through ACE is a great way to stay connected with the community and create pathways to further education and employment. Potential learners can access:

- Information about local learning opportunities
- Upcoming events via the Community Calendar
- Videos on the benefits of ACE for lifelong learning, foundation skills, employment and education, and community engagement
- A regional locator map

Government & Industry

Stakeholders in government and industry can access TILT to find out more about the Ministerial Declaration on ACE (2008) and how it relates to research and policy-making in the sector.

A useful case study shows how offering a successful ACE program in the workplace can increase productivity, improve work health and safety and provide pathways to further education and training.

What is available?

- An interactive Community Calendar with local, state/territory and national events
- Links to success stories and case studies via ACE TV!
- Information about the sector for a variety of learners at every stage
- Downloadable resources for service providers to enhance communication and awareness

www.tilt.edu.au

Be prepared for **FLU**

Western Australians are being encouraged to take advantage of this year's flu vaccine in the lead up to the winter.

Communicable Disease Control Director Dr Paul Armstrong said the vaccine would offer protection against the strains that were circulating in the northern hemisphere in 2012.

People who are particularly susceptible to influenza include children aged 6 months to 5 years, Aboriginal people aged 15 years and older, pregnant women, people aged 65 years and older and those with chronic medical conditions. These groups are eligible for a free flu vaccine, available from GPs, Aboriginal Medical Services and community immunisation clinics. (Attendance at some private clinics may incur a fee.)

Symptoms of flu include fever, cough, sore throat, headache, chills, muscle aches, tiredness and vomiting. In severe cases, it can result in complications such as bronchitis and pneumonia and can lead to hospitalisation—or even death.

Visit www.health.wa.gov.au/flu for more information.

Because 'anger' is an unacceptable emotion for many, most of us have not been taught the skills to manage it. This course is based on the belief that anger can be our greatest ally- that the power we derive from acknowledging and verbalising our anger appropriately enables us to improve our lives.

This eight-week course aims to:

- highlight the five fundamentals of anger and its physical and personal costs and look at myths around anger
- identify patterns around anger and inappropriate and ineffective ways of expressing anger
- stress the importance of emotions and need to acknowledge our own and those of others
- identify personal needs and rights and responsibilities, core values and core hurts
- differentiate between aggressive, submissive and assertive attitudes and subsequent behaviours
- highlight links between anger and fear
- teach skills to bring anger to healthy resolution- to change what can be changed and to let go of what cannot
- teach how to deal with other people's anger and look at the futility of blame, the necessity for forgiveness, and the need to let go when appropriate.

This course is not suitable for people in a situation where there is domestic violence. Relationships Australia offer other programs and services that deal specifically with this issue.

West Leederville:
15 Cambridge Street
Tues 6.30-9.00pm
7 14 21 28 May 4 11 18 25 June

Midland:
27 The Crescent
Tues 6.30-9.00pm
7 14 21 28 May 4 11 18 25 June

Fee: $120 per person

Places are limited so book now on 9489 6322

Take care of your Men's Sheds OH&S requirements today

aidkits
First aid for life

Aidkits Australia are a Major supporter of Men's Sheds across the country, offering exclusive prices + help & advice across our large range of T.G.A. approved First Aid Kits. We are workplace specialists & will provide your shed with the right best quality & cost effective kits to fulfil your OH&S duties & ensure any accidents are dealt with in a timely manner (just ask the Men from Kingsley, Mandurah, Augusta etc)

Visit the special Men's Shed category at www.aidkits.com.au to view our range & select your desired kits where you can purchase direct online. Alternatively, call us directly on 1300 858 699 for a discussion on your requirements & offline sales & special deals

Aidkits Australia – Proud Supporters of the Men's Sheds initiative

+ 1300 858 699

+ www.aidkits.com.au

+ admin@aidkits.com.au

Join in the fun to create your own human powered contraption!

The Brookton Men's Shed is holding a competition for novel, quirky, innovative and funny contraptions that are powered by human power. ie feet, arms, body?
Start building now to have your machine ready to display and drive/ride/operate at the next Brookton Old Time Motor Show on Saturday 29th March 2014.
Entry is for all ages with encouragement awards & prizes for effort, originality and great ideas.
Special prize for winning Men's Shed entries.
Use old bicycles, scrap, recycled materials to create your very own, unique masterpiece.

Entry form

Entrant name/Names/Group: .....
Number of entries & Description (if not secret) .....
Contact details: Postal Address: .....
Email address: ..... Phone .....

GUIDELINES:

1. Contraptions must be safe to operate & safe for the viewing public
2. Contraptions must be propelled only via human/s action
3. Unfinished contraptions may be entered
4. Entrant retains full ownership of proprietary design and patent for his/her contraption
6. Entrant accepts responsibility for personal injury from contraption operation on the day
7. Judge's decision is final and made in the best spirit to reward everyone's efforts in building their contraptions!
8. This is a fun event and groups/families/individuals incl. children can enter any number of contraptions.

I agree with the guidelines & conditions of the competition and agree to enjoy the challenge of creating my/our contraption/s which may greatly advance transport & technology!

Sign Here: ..... Date: .....

Return to : brooktonmensshed@gmail.com or BMS, PO Box31, Brookton, WA 6306
Phone: David Bond 0429 203441 or Laurie Lupton (08) 96421062 (Project scrutineering)
Graham Wearne 0428 167334 (Secretary)

Application closing date: 1700hrs Friday 28th March 2014 by email to brooktonmensshed@gmail.com

Contraptions to be displayed/driven at the Brookton Old Time Motor Show on Saturday 29th March 2014.

ENJOY YOUR 50+

By Wes Carter & Peter Efford

If you are aged 50 plus, male, and wondering what the next part of life holds for you, come and hear from two really old blokes who reckon they have some answers to conscious ageing. Entering and living through the second half of life brings with it a whole new set of questions. "Will I find meaningful things to do as I age?" - "What will my physical health be like?" – "Who am I if I am no longer a (your job)?" There are many issues to cover and we want to be upbeat and to resonate with the importance for men of independence, self-reliance, dignity and strength. Let's talk about getting old and how this can become the most rewarding time in your life.

The sessions are for 2 hours and if any Metro Men's Sheds are interested in having us at their shed for an on-site morning session sometime. Please call Wes Carter on 08 9337 8434.

Fitzroy Crossing shed in need of tools

- Drills; Powered and cordless
- Cut off saw – Metal - large
- 9" Metal grinder
- 5" Metal grinder (cordless as well)
- Oxy set with cutting tip
- Arc welder – Small handyman – portable
- Circular saw – timber
- Clamps – All sizes
- Hammers – All sizes including large
- 3 floorboard clamps – Min 1200mm wide
- Mechanic tools
- Socket sets
- Spanner sets
- Large shifters
- Screw driver sets
- Jigsaw
- Planer
- Drop saw – Wood
- Drill press
- Pliers – All types

CONTACT DETAILS

Gurama Yani U Men's Shed,
Fitzroy Crossing

Daron Keogh

Phone 9191 5429

Mobile 042 777 9393

SCROUNGERS PAGE

It has become evident to WAMSA that some sheds are struggling in their attempts to acquire tools, machinery, office equipment, timber or anything else they may require to make their shed a success. There are also those sheds that have things that are surplus to their requirements.

To this end WAMSA is trying to get these sheds together by creating a swap and scrounge market place. Your requests will be placed on the web site and in the Warbler.

FREE ☐ SWAP ☐ FOR SALE ☐ WANTED ☐

ITEM DESCRIPTION

CONTACT DETAILS

Shed Name .....

Name .....

Phone .....

Mobile .....

PLEASE SEND COMPLETED FORM TO: admin@wamsa.org.au

Your request will be placed on the web site and in the Warbler