

Australian Men's Shed Association Newsletter

*The official publication of the
"Australian Men's Shed Association"*



There is no relationship between the community-based "Australian Men's Sheds Association (AMSA), representing independent Community Men's Sheds, and the Company "Menshed Australia Ltd".

DGR Status

The Australian Mens Shed Association has received notification from the Australian Tax Office that we have been successful in our application of Deductible Gift Recipient Status. This is a great achievement for the future of our organisation and for sheds. This endorsement means more than AMSA being recognised as a tax deductible charity from an administrative perspective, it also gives the association Income Tax Exemptions, GST concessions and FBT exemptions.

This has also paved the way for our members to receive the same status. AMSA was allocated this endorsement upon our acceptance of the constitution at the AGM in Hobart that complied with the DGR guidelines for a health promotion charity. AMSA will have a similar type generic constitution available early in 2010 for those members who are an incorporated body wishing to achieve DGR status, however AMSA can now accept major donations on behalf of a member. More information on DGR is in Mort's Report on page 4

New for 2010

After a long and busy year AMSA has some exiting projects to roll out in 2010 that will benefit all members. We are really starting to gain momentum with 372 sheds currently members of the Association. Sheds are rapidly gaining recognition as contributing to their communities and to the lives of men.

The announcements of these projects will commence in January, so watch this space for information, opportunities, projects, services and initiatives that will make the ongoing operation of sheds easier, cheaper and more effective.

The Hairiest shed in the land



Darren Cunningham and the men of Melton shed have made their shed stand out in this years Movember event. Melton is now undeniably the hairiest shed in the land, but more importantly they have gone to extraordinary efforts to raise funds for a very worthy cause. As outlined in our last edition, this year Beyondblue are utilising some of there allocated funds from Movember to support Mens Shed programs.

The Melton shed is a credit to all involved and is a credit to Darren and his Men as well as the Melton Shire Council who have fully supported this project. It would be great to see other councils supporting sheds in their area to such a level. A full report by Darren is on page 2,

To contact us for all Association business:-Phone **1300 550 009** or Email amsa@mensshed.net
Previous Newsletters are available on the AMSA website - www.mensshed.org

The Hairiest shed in the land

It was hairy man's heaven at the Shed on Friday as the hairy, and the hairily-challenged gathered for the inaugural Movember Brekkie and Awards ceremony. The smell of bacon on the barbie, of sawdust on the floor combined with the unique scent of a room full of bodacious Mo's set the tone for an exciting, and riveting awards ceremony.

First up was the **Lame Mo Encouragement Award – for the Mo Bro who has tried his best, yet is still a wispy effort**. After the laughter finally died down on seeing his mo, we applauded Wayne 'Yeah, Yeah' Kratsis as he took the award, before he quickly slunk back to his seat.

The tension built as we announced the **Ultimate Mo Award - A Mo Bro judged purely on the grooming & styling of his mo. He takes pride in the growing, flowing & showing of his mo**. It was a surprise to no-one when Jamie 'Aint I hairy' Guppy was presented his award. The four laps of honor were a bit much in the eyes of some and I hear he's now on an end-of-Movember-trip to celebrate. I've gotta say though, he certainly knows how to manscape that mo.

It was bacon and egg rolls down when the most prestigious award of the night was about to be presented, the **Man of Movember - The ultimate prize awarded to the stand out Mo Bro. This Bro has the supreme mo and an attitude befitting that of a mighty Mo Bro**. From certain angles, some have suggested a hint of a smile could be seen on his face when Jason 'Grrrrh' Savona's name rang out across the Shed. As he slowly lifted himself from his chair, giant slabs of bacon fell from his mo and he wiped a big gob of egg from his chin before meandering across to collect his award. The gasps from the assembled throng rang out...."What a man, what a Mo" they called. How true I say!

And so goes Movember 2009 at the hairiest Shed in Australia. We've done the deed and bought the Mighty Mo back for the month, we've raised awareness of prostate cancer and of male depression and now it's your turn to join the fight. It's not too late to donate to the cause and remember, donations of \$2 and over are tax deductible. Click the link to make a donation: <http://au.movember.com/mospace/16202>

We'll be hair again in Movember 2010.

Darren Cunningham
Resource and Development Officer
Access for All Abilities & Ageing Well Strategy
Melton Shire Council

2009 in Review

AM SA Executive David Helmers

As we witness the end of yet another year we should all take some time to reflect on the year that was, 2009. It is that time in our lives where we begin to prepare for the madness of Christmas, the rushed commuting between family visits and Christmas parties, enjoying the company (or at least pretend to) of friends and family that we know we probably won't see again until next Christmas. We share conversation, company, tell a yarn or two, quench our thirst with an ale or three, maybe a few of us engage in one of the great Christmas pastimes "the family argument", but we will all do one thing - brag about our Shed so much it will encourage others to seek alternative conversation. This is testimony to what our Sheds mean to us and how important they are in our lives, hopefully our listeners will acknowledge this and convey to others the good work and camaraderie in this place they call a "Mens Shed".

For me I am looking forward to spending time with my son Billy as he experiences his first Christmas, maybe I might progress some on those now long running home renovations and I shall definitely be spending time in my shed (I may even have a clean up).

To reflect on the year that has been and to what we have achieved I glanced at my contribution for the 2008 newsletter where I stated that "2008 had been a year of achievements and at the end of which I sincerely feel that 2009 shall be a year where AMSA shall reach our first of many major milestones" We passed that first milestone and kept on going. What AMSA has achieved in the past 12 months is nothing short of remarkable. We have made a journey from being not much more than an idea in concept to the largest male-focused Association in the country; we have stood in the halls of Parliament not just in attendance but as a voice to be listened to; we have held our 3rd National Conference in Hobart with delegates from sheds all around Australia and our first international shedders in attendance; we held our first AGM and elected



our first office bearers; we have achieved a significant positive media profile which is helping to raise awareness of sheds especially to the politicians, and we have formed some fantastic partnerships with organisations such as Beyondblue, Mensline and The Royal Australian College of General Practitioners.

The State Associations that make up AMSA are developing well with the Victorian, Western Australian, Tasmanian and Queensland branches well established and New South Wales to hold their first meeting in January. Since the conference in August we have registered 64 new Sheds with AMSA making a total 372 member Sheds, a long way from the 192 in 2007. Most of these new Sheds have been developed with the support of AMSA and the direct assistance of our members sharing their information with new communities developing Sheds.

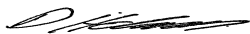
We have not only witnessed, but have been a part of the development of the First National Mens Health Policy with Sheddors from all over the country taking part in the community forums, preaching on the benefits of Sheds to Mens health. We have nominated 3 patrons of the Association, two of whom were Mens Health Ambassadors: Professor John Macdonald and Tim Mathieson. A/Professor Barry Golding, our third patron, is the leading academic on Mens Sheds and his research into learning in sheds has inspired many.

The AMSA highlights that I shall never forget from this year are: the Mukinbudin Conference in WA - how a whole community came together to host such a magnificent event: feeling very nervous on the stairs of Parliament House for the first Roundtable meeting of the Mens Health Policy - that was calmed when I realised the man with whom I was sharing jokes while going through security was David De Krester, Governor of Victoria and Patron of the VMSA; the Hobart Conference with so many highlights and such an impressive turnout of delegates. I shall never forget (or let him forget) Darren Cunningham's rendition of "Mustang Sally", nor could I forget the emotion and pride I felt on the last day when I sat back in the gallery and watched Mort chair the Q & A session with members of the committee. To me that was when AMSA took its first step as an Association. But most of all it was the thousands of Sheddors and friends that I have met and the many Sheds I have had the opportunity to visit, knowing we are all moving in the same direction with the same aims.

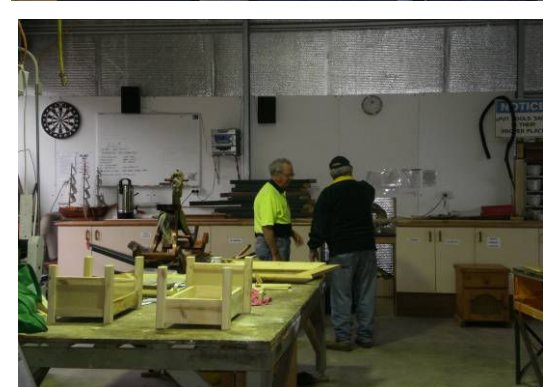
Finally a few words of thanks to everyone who has worked on establishing a Shed to improve the life of men in the community. Sometimes that can be a long hard road and without the dedicated work of these people Sheds just wouldn't happen. My thanks goes out to the working committee of AMSA and now the new Board. Without their support and effort we wouldn't be where we are today. My thanks in particular to our patrons, Barry, John and Tim who have dedicated so much time and effort to the development of AMSA. Finally a special thanks to Melissa in the office and the staff of Catholic Care Newcastle. Mel has spent hour upon hour answering the 1300 number and replying to emails as well as keeping me organised.

With that all said and done from all of us here at AMSA we wish you all a Merry Christmas and a Happy Shedding New Year.

Regards



David Helmers
Executive Officer
AMSA



MEN'S HEALTH AMBASSADOR SPEAKER PROGRAM

Invite a National Men's Health Ambassador Speaker
to present on Prostate Health and Continenence Health to your:

- Community Group
- Organisation
- Corporation
- Local Council
- Sports Club
- University
- Industry
- Men's Health Event

Our target is to **TALK ABOUT Men's Health with 50,000 people nationally**
YOU can help!



Australian Government
Department of Health and Ageing

Please contact 1800 206 700
ambassador@prostate.org.au
www.prostate.org.au



Prostate Cancer
Foundation
of Australia

Awareness

Prostate Cancer Foundation of Australia (PCFA) can supply a National Men's Health Ambassador Speaker on Prostate Health and Continenence Health to any Men's Shed in Australia - Any Day, Any Where, Any Time at No Cost!

To invite an Ambassador Speaker please contact:
1800 206 700

ambassador@prostate.org.au
<http://prostate.org.au>

We can present a formal presentation via power point, or we can talk about Prostate Health and Continenence Health around a shed work bench or table. We can present to a large community group or cluster of Men's Sheds or we are also very happy to have a conversation with the members of one shed. We are aware that your shed is unique because of the individuals that make up each shed and that their voices determine what goes on in their shed. So if you have a bench and some chairs and would like a National Men's Health Ambassador Speaker to visit please contact Prostate Cancer Foundation of Australia.

This important Men's Health Awareness Program is funded by the Australian Government Department of Health and Ageing. Since November 2008 our National Men's Health Ambassador Speakers have spoken to more than 19,500 people. The Ambassador Speakers are very proud of this result

Mrs. Jo Fairbairn

Jo. Fairbairn

National Community Partnerships and Health Promotion Manager
Prostate Cancer Foundation of Australia

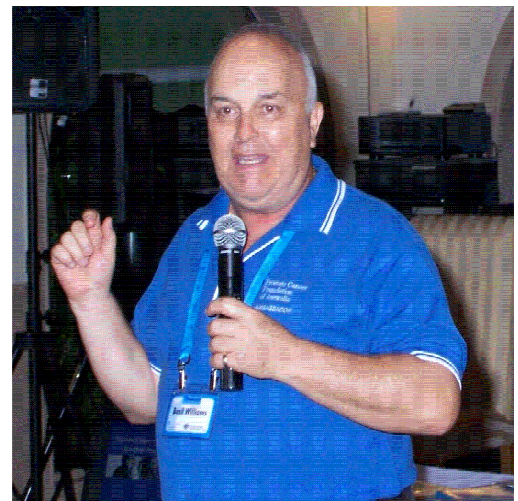


Photo: Mr Basil Williams (NSW National Men's Health Ambassador Speaker)

 Prostate Cancer
Foundation
of Australia

RESEARCH
AWARENESS
SUPPORT

Mort's Report

By Mort Shearer AMSA President

Hi Shedders

I asked for some feedback from you about the subjects we raise in the Bulletin and it's great that some is coming back to us. Please continue to make comments to us as this is a great way for us to keep up with your thinking and your needs.

One of the comments that came back was about whether Clusters are going to take away the independence of individual Sheds. There is a very simple and clear answer to that: NO.

The relationship between a Shed and the Cluster it belongs to is very like the relationship between a bloke and the Shed that he belongs to. A group of blokes band together and form a Shed for the benefits that they get out of it – mateship, something to do, a way to contribute to their community, new things to learn, a way to pass on skills and all the other good reasons men belong to Sheds. In exactly these same ways, Sheds band together into a Cluster to learn from each other, learn new skills, do joint projects to benefit their communities, pass skills between them. They can also take advantage of some additional benefits like joint buying and joint funding applications to get a better deal.

Blokes don't lose their independence when they join a Shed. They reap real benefits from banding together. Sheds don't lose their independence when they join a Cluster. They reap real benefits from banding together.

Be reassured – AMSA is not about taking away anybody's independence. We are about supporting Sheds and helping them to grow and support their members.

Another subject of widespread interest is the Deductible Gift Recipient Status that the Australian Tax Office (ATO) grants to eligible organisations so that anyone who donates to them can get a tax deduction for the donation. The best way to apply is to go to the ATO website at this location, www.ato.gov.au/nonprofit/content.asp?doc=/content/77191.htm

There you can read how to do it and you can apply on the spot by filling in the online form.

Just remember

1. You must have an ABN. If you don't have one already, you can apply for that online too.
2. Your Rules/Constitution must contain the clauses that the Tax Office requires about not distributing profits to members
3. To be successful you need to apply under the category of a Health Promotion Charity (ATO Item number 1.1.6)

If you haven't got your Rules/Constitution in place yet, we have a sample set of Rules that we recommend that already include these clauses. Contact Mel after the Christmas Break to get a copy. If you already have your Rules/Constitution in place you can amend them to include the following clauses that will satisfy the ATO requirements:

(Your organisation name) is a not-for-profit organisation and accordingly:

- (a) The assets and income of the organisation shall be applied solely in furtherance of its above-mentioned objects and no portion shall be distributed directly or indirectly to the members of the organisation except as bona fide compensation for services rendered or expenses incurred on behalf of the organisation and
- (b) In the event of the organisation being dissolved, the amount that remains after such dissolution and the satisfaction of all debts and liabilities shall be transferred to another organisation with similar purposes which is not carried on for the profit or gain of its individual members.

If you're not comfortable filling out online forms or you find the ATO's wording a bit daunting as I do, you can ring the ATO and ask for help on 1300 130 248, but be prepared to hang on the phone for quite a while. Alternatively, find a friendly accountant who can help you.

On behalf of everybody at AMSA, we wish each of you a Very Merry Christmas and a Happy New Year

Mort Shearer



All enquiries to AMSA by Phone on 1300 550 009 or Email amsa@mensshed.net

Men's learning & wellbeing: A One Day Forum

Hosted by University of Ballarat

Friday 26 February 2010

[National Seniors Productive Ageing Centre], Western Australia Department of Education and Training, Australian Men's Sheds Association, [Victorian Men's Sheds Association] & [Queens University Belfast, Northern Ireland]

At Old Chemistry Lecture Theatre, Lydiard Street SMB Campus,
University of Ballarat, Ballarat 9.30 am registration.

Forum themes

**Morning theme: Setting the scene for researching
men's learning & wellbeing**

Afternoon theme: Older men's learning & wellbeing

*Forum delegates and other guests are invited
to the Official Launch of the*

UB's Men's learning & wellbeing Australian & International Research Into Older men's learning & wellbeing

The only cost of registration will be for lunch at the Forum (\$15), payable on the day. The event coincides with and includes delegates from across Victoria attending the Victorian Men's Sheds Association, meeting in Ballarat on the same morning at the Ballarat East Community Shed.

Representatives will attend from the two organisations who have funded our 'Men's learning and wellbeing' research in 2009: National Seniors Productive Aging Centre and Training Western Australia.

Confirmed acceptances and presenters at the Forum include Tim Mathieson, Australian Men's Health Ambassador; David Helmers, Australian Men's Sheds Association; Rhonda Parker, Commissioner, Office of Aged Care; Helen Kimberley, Manager Research & Policy, Brotherhood of St Lawrence; Professor Frank Stagnitti, Pro Vice Chancellor Research at University of Ballarat and Denis Minogue, Keysborough Men's Shed.

Anyone with an interest in men's learning, adult and community education, community men's sheds, men health and wellbeing and recent research in these fields is most welcome to attend.

More details and registration will be available in the New Year via Jan Watson 03 53279702 j.watson@ballarat.edu.au at the School of Education, University of Ballarat.

Thank you and Merry Christmas to our supporters



info line 1300 22 4636



Think it over
**Mens
Line**
AUSTRALIA
1300 78 99 78



THE ROYAL AUSTRALIAN
COLLEGE OF
GENERAL PRACTITIONER



Northern Sydney Region

The Australian Men's Shed Association Newsletter is produced by:-

"The Shed" @ Windale