

# Warbler

#30 August 2016

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

## Men's Wellbeing Talks and Pit Stop

**THE** Regional Men's Health Initiative (RMHI) offers a range of holistic health and wellbeing educational programs, which country Sheds can access at no cost.

**WAMSA will meet the cost of RMHI conducting a session at metropolitan Sheds.**

Programs Available:

- Working with Warriors Education Sessions

- Fast Track Pit Stop Program  
Working with Warriors is a series of educational sessions that can equip men with the knowledge and skills to better understand some of the logic that underpins masculine behaviour, and why males are sometimes a danger to themselves and others. Some topics can be covered by short 30 minute presentations, while others can be more comprehensive 90 minute presentations.

**Most men take an interest in maintaining their car, how about your body?**

Fast Track Pit Stop is a program for raising awareness of men's wellbeing. Participants will have their blood pressure (oil pressure) and waist line (chassis) measured and are asked 10 questions that help to identify stress levels and coping skills (shock absorbers). If the participants have one or more



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

FROM THE EDITOR

## Advertising

The Warbler has a very wide distribution list including:

- The 177 Men's Sheds and committees planning a shed on our data base, with the distribution list containing 250 addresses.
- Approximately 175 supporters of Men's Sheds, who have requested to receive the newsletter
- All WA members of parliament, plus the WA members of federal parliament
- All WA local government authorities

For the client providing the copy, the advertising rates are:

- Full page \$250
- 1/2 page \$140
- 1/4 page \$80
- 1/8 page \$50
- Business Card \$40

All enquiries and advertising material to be sent to:

Gary Bryant  
Executive Officer  
[eo@wamsa.org.au](mailto:eo@wamsa.org.au)  
0414 950 902

The Warbler is professionally produced by Sage Media Group.

## 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.



**WAMSA** now has three different news sources.

You are on the distribution list for the Warbler, which is WAMSA's official, public e-newsletter.

You may also wish to receive the News for Shedders or check out the President's blog.

News for Shedders is an internal e-newsletter for discussions about Men's Sheds and their development. To subscribe click [here](#).

Related to News for Shedders is the WAMSA president's blog, which is a discussion forum for Shed matters. The president's blog is available at [www.shedtalk.info](http://www.shedtalk.info).

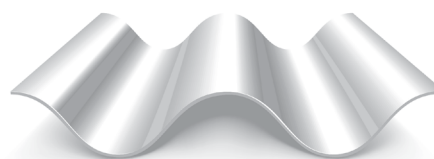
## Men's Sheds Videos

**THE** following link takes you to many videos of Men's Sheds from Australia, UK and Ireland.

<https://m.youtube.com/watch?v=QqRkVKOyuwE>

You may wish to save the link to some and use them for promotion at community events

WESTERN AUSTRALIAN



**MEN'S SHED**  
ASSOCIATION



Continued from page 1

of the listed things out of tune, however slight, they are then given some simple pointers to help them retune. Fast Track Pit Stop is a simple and non-invasive way of helping men become more aware and take charge of their own health and wellbeing.

Your Shed may wish to combine an education session with a Pit Stop.

Country Sheds may apply to RMHI for funding (maximum \$300) to organise a session.

### Arranging a Session

These programs are in high demand. You should contact RMHI at least 6-8 weeks in advance to make a booking.

Please phone (08) 9690 2277 or email [menshealth@4blokes.com.au](mailto:menshealth@4blokes.com.au)

Metropolitan Sheds are to inform WAMSA [admin@wamsa.org.au](mailto:admin@wamsa.org.au) that they wish to conduct a session and confirm they are a financial member prior to contacting RMHI. The offer is limited to one activity per metropolitan Shed.

All Sheds, following the event you are requested to provide

WAMSA with the following:

- Date of the activity
- Venue
- What activity was conducted (topic of talk and/or Pit Stop)?
- How many people attended?
- Photos of the event

Please send the report to: [admin@wamsa.org.au](mailto:admin@wamsa.org.au), or PO Box 663, Wembley WA 6913.



THE  
**REGIONAL  
MEN'S HEALTH**  
INITIATIVE

## Warrior Education Sessions

Working with Warriors is a series of educational sessions that aim to equip everyone with knowledge to better understand some of the logic that underpins masculine behaviour and why males are sometimes a danger to themselves and others.

### 1. Wellbeing Tips [Booklet No. 1]

Looks at a variety of issues including physical, mental and social/spiritual aspects of our wellbeing and health. A light hearted session identifying some of the things men do, or don't do! Also includes important tools and tips to help get the balance right.

Wellbeing Tips can also be broken up into three individual sessions:

#### 1.1 Physical Health and Wellbeing

Talks about eating, neglect, and abuse disorders and includes tips for making a change.

#### 1.2 Distress and Why Mental Health and Wellbeing Matters [Shockie's Sheet]

Talks about distress (situational distress) the dangers of distress, managing distress and caring for ourselves and others.

#### 1.3 Social / Spiritual Wellbeing

Talks about the many important aspects that can define a man's life and the stages blokes go through in discovering themselves and their identity. There is more to us than just our job!

All talks can be moulded to suit target audience.  
Contact our Office for further information and fact sheets.

## 2. Looking After Your Mates

*[... are you okay??]*

*[Booklet No. 2]*

Focuses on finding out more about how you can effectively support your mates and community, particularly those who may be struggling with life events and in a state of "distress". When we consider that 80% of Australian suicides are men, it is important to develop an understanding of risks in our own lives and others.

## 3. Communication [Booklet No. 3]

Delivers some hard hitting facts with a degree of humour. It also encourages understanding of the need to "listen and be heard" in all relationships. Sometimes we are guilty of misunderstanding someone of the opposite sex.

## 4. Progression Planning [Booklet No. 4]

Focuses on the importance of retaining family relationships in the farm succession process by looking at "people issues" before dealing with the financial and business aspects.

## 5. Risk Taking [DVD - Making Their Mark]

Looks at why we should consider "consequences" before taking risks. "Risky Behaviour" is it normal for males? Encourages taking personal responsibility to stay safe through work and day to day life.

## 6. Men's Sexual Wellbeing

Looks at both the physical bits of our reproductive anatomy and the psychosocial aspects which can affect our wellbeing as we age. It is not just about being sexually active, it's about all the bits that make us a man.

## 7. Working Safely

Talks about safety being my responsibility, what often leads to accidents and what we can do that matters.

## 8. Mentoring Boys

Looks at the definition of wellbeing, bullying, risk taking, adolescent behaviour and why we all need mentors.

## 9. Parenting Talks

### 9.1 New Dads – Antenatal

Talks about whose baby is this. What is my role as a dad? What can I do to help and look after myself?

### 9.2 Father & Son

Talks about aspects of masculinity. What do you know about your dad? And why we all need mentors.



# WORKING WITH WARRIORS MENTAL WELLBEING

**THE** Regional Men's Health Initiative (RMHI) is a state-wide program empowering men and communities to take responsibility for their wellbeing and health. This program's primary role of community education on men's holistic wellbeing is delivered in three ways:

- Warrior Education Sessions
- Fast Track Pit Stop
- Advocacy.

The RMHI's emphasis is on men's holistic wellbeing and health, which means the whole person and understanding problems/issues in the context of life. When we consider

the individual, we believe we are more than just physical and mental beings, the often neglected element is our social/spiritual wellbeing. We promote the requirement that it is important to know and understand the story behind our identity and what it is that makes us an individual.

Modern Western Medicine is too often about:

- Diagnosing ills
- Prescribing pills, and
- Sending bills

**The human factor can get lost in the medical mix**

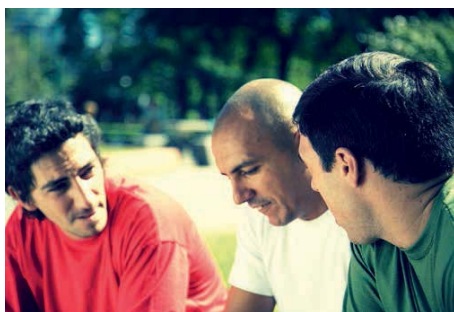
It has been said to me in the

past that the definition of a good accountant is, "they get to know the people in the business". This is no different to the functioning of a good doctor or specialist. In the work we do this is obvious, especially in the case of both the diagnosis and marketing of mental health issues.

We talk about situational distress, which is the space between being well and being diagnosed with a mental illness. Quite often we fail to realise that most mental illnesses start from situations that are unresolved in our lives. Sometimes we have to allow people, in particular blokes, to be in this space which is about people having a "normal

Continued on page 5

The Regional Men's Health Initiative  
delivered by Wheatbelt Men's Health (Inc.)  
is proudly supported by Royalties for Regions.



*...before it all gets too much...*  
**Talk to a Mate!!**

**WORKING WITH WARRIORS**  
and  
**FAST TRACK PIT STOP**  
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*...empowering men and communities to take  
responsibility for their wellbeing and health...*

Delivered by Wheatbelt Men's Health (Inc.)

Address: PO Box 768 Northam WA 6401

Telephone: (08) 9690 2277

Fax: (08) 9690 2253

Email: [menshealth@4blokes.com.au](mailto:menshealth@4blokes.com.au)

Web: [www.regionalmenshealth.com.au](http://www.regionalmenshealth.com.au)



## WARRIOR EDUCATION SESSIONS

Working with Warriors



*...empowering men and communities to take  
responsibility for their wellbeing and health...*



Delivered by Wheatbelt Men's Health (Inc.)



Continued from page 4

reaction to an abnormal event”.

Often men know the issues but we don't want to show ourselves as the “only one” with a problem. Men in particular struggle because we think we are failing, rather than realizing we are battling issues beyond our making and/or control. A lot of the time it is about giving blokes permission and pointing blokes in the right direction to seek the best medical advice they can.

Blokes are warriors and that winning and macho attitude is very prevalent which often inhibits help seeking behaviour and can contribute to delays in men getting to the doctors. In regional areas the distance factor and lack of services also plays a role.

Our slogan “...before it all gets too much...Talk to a Mate!!” is the basis of all our initiatives. Mateship, empathy and appropriate use of humour is the key to connectedness in our programs and presentations. We don't do health assessment but we do health awareness, which is quite often the missing link.

**For more information you can contact The Regional Men's Health Initiative.**

**Owen and the Team  
The Regional Men's Health Initiative  
delivered by WMH (Inc.)  
PO Box 768, Northam WA 6401  
Phone: 08 9690 2277  
Email: menshealth@4blokes.com.au  
www.regionalmenshealth.com.au**

## Spanner in the Works

IS your shed planning for a Men's Health Event? Here are a few ideas to help you along:

### **How about running a Spanner in the Works (SITW) Men's Health screening and information session with the support of your local health service?**

Designed specifically for Community Men's Sheds the SITW program uses the staff resources of your local health service and the organisational ability of your shed. Involve the community and you might gain some new members and show off your shed, as well as place an emphasis on staying healthy. SITW booklets, posters and brochures are provided free to AMSA member sheds. Contact gary@mensshed.net for further details. Indigenous SITW booklets are also available. Further information on the program is available at <http://malehealth.org.au/resources>

**You can add value to your SITW program or run an alternate Health Event by inviting along a guest health speaker or two.** Potential speakers might be

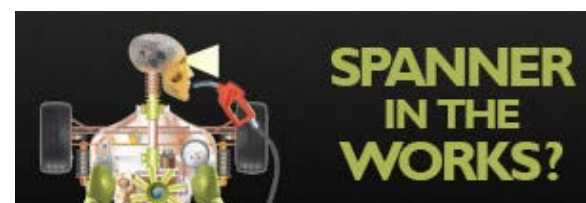
from your local health service, or you can choose from one of the organisations listed on the AMSA website at: <http://mensshed.org/wp-content/uploads/2014/10/Peer-Ed-programs-Final.pdf>

**Make your sausage sizzle a little healthier** by checking out the Any Mugs BBQ Cookbook on the AMSA website at [http://mensshed.org/wp-content/uploads/2015/03/BBQ\\_Cookbook\\_Final.pdf](http://mensshed.org/wp-content/uploads/2015/03/BBQ_Cookbook_Final.pdf)

### **Still struggling for ideas?**

Further resources for your Health Event are available from:

- Andrology Australia - <https://www.andrologyaustralia.org>
- Foundation 49 - <http://www.49.com.au>
- Or any of the Health Organisations listed at <http://mensshed.org/wp-content/uploads/2014/10/Peer-Ed-programs-Final.pdf>



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# Loneliness and Middle Aged Men

By Darragh O'Keeffe, ABC Health & Wellbeing

A great ABC report that highlights the importance of social connection and friendship to health, especially for middle aged men. Well worth reading to better understand the issue and the importance of Men's Sheds in providing opportunities for mateship.

Imagine waking up one day and realising — aside from your partner or family — you have no-one to talk to. No close friend to call if you have lost your job, no shoulder to cry on if your parents are gone and no-one to support you if your relationship breaks down. This is the reality many men face as they head into middle age. Not only are these men lonely, their social isolation has the potential to significantly affect their physical and mental health.

Studies have linked social isolation and loneliness to a whole host of health issues, including high blood pressure, heart disease, stroke and depression. In fact, research has shown that people who are socially isolated have up to five times more risk of dying from almost all causes. Men with lower levels of social support are also more vulnerable to psychological distress, according to head of research for beyondblue Dr Stephen Carbone.

Dr Carbone said our social networks were vital in helping us navigate life's rough patches, and those without this support find their stress is not reduced by some of the "diffusing, de-escalating things that happen when you interact with others".

Maybe these men can get by — but they'll likely do better in the long run with some friends in their life, Dr Carbone argues.

Even if you do not discuss your problems with friends, sometimes just being around other people helps.

"Interacting with others is fun; it's enjoyable, it offers you a bit of an antidote to what else might be happening," Dr Carbone said.

"It's like the old adage, 'humans are social creatures'. We do better together."

A report published by beyondblue found that 25 per cent of 30 to 65-year-old men had no-one outside their immediate family they felt they could rely on. It also found that 37 per cent of those surveyed were not satisfied with the quality of their relationships, often feeling they were not emotionally connected or supported.

## Wellbeing 'dips' during middle age

Friendships can be particularly helpful when we head into middle age, when many of us have lower life satisfaction and wellbeing. The UK's latest annual wellbeing snapshot found those aged 45 to 64 were the least satisfied with their life overall. Similarly, last year's Australian Unity Wellbeing Index identified a "slight wellbeing dip in middle age" after which satisfaction with life increased into old age.

It has been suggested the demands of managing the home, balancing work and family, as well as caring for ageing parents

and children may all contribute to this sense of dissatisfaction. Given the "buffering" aspect of friendships are so vital at this time, why is it that friendship is such a challenge for some middle-aged men?

Expectations and the narrow cultural norms associated with masculinity were identified as issues by those who contributed to the beyondblue research.

"The expectation that men are silent, resilient, unemotional and self-reliant makes it harder for them to engage with others, and especially with other men, in any but a very superficial way," the report noted.

Yet social expectations and norms do not provide the full explanation.

"There are nuances below that, such as changes in family circumstances, or financial issues, or changes in work, or people moving away from where they grew up, or middle-aged men not keeping up with sport and losing contact with that group of friends," Dr Carbone said.

Don't stop making an effort

Many men, for whatever reason, stop making the effort, according to Dr Carbone. But the truth is our social networks need to be nurtured and kept active.

Steve, a 34-year-old professional who is single and lives with his mother, admits he does not meet up with his friends as often as he would like. Making an effort to catch up with them more frequently would be good, but after a day's work he is often tired and prefers to just go home



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and relax.

The beyondblue research described Steve as being closest to the average level of social connectedness for this group of men. They have no real emotional, financial, time or health barriers, yet while they see some value in having a rich social life it's not a priority for them.

### Some men lack skills to get help

Dr Elizabeth Celi, a psychologist and men's mental health specialist, said many middle-aged men "missed primary school and high school", when it came to acquiring skills in emotional openness.

"You're talking about a generation of men who weren't encouraged or raised to express themselves, if anything they were overtly and covertly given the

messages you don't share your emotions or open up about your personal issues," Dr Celi said.

"By the time they're in their 20s and have gone through the early developmental phase, the generations change and socially we're in a different place where it's OK for men to do this, and we want men to do this.

"But they haven't had a chance to learn it. And then we expect them to do it in a day."

Dr Celi said society needed to be more receptive to men opening up.

"I speak to a lot of men who, when they do open up, the people in their networks dismiss it or tell them to toughen up ... that's not exactly encouraging those men to build quality friendships," she said.

But she argues it is important not to compare men's friendships with women's.

"Men do quality friendships, which means it will typically be



fewer friends in their network. They don't necessarily show them outwardly to the same degree that women do," she said.

*In my job I have to write out invoices and timesheets.*

*Before I would only use words that I knew I could spell. When I looked at it, it was pretty dismal.*

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Read Write Now is an adult literacy program funded by the Western Australian Department of Training and Workforce Development



# MEN'S SHED IN BALI?



Well not really.....

MensWork Project is pleased to offer Shedders two unique special programs in Bali. If you feel the call please act quickly as places are filling fast

[www.mensworkproject.org](http://www.mensworkproject.org)

## **15<sup>th</sup> to 22<sup>nd</sup> October 2016 - A MAN'S JOURNEY**

A really special retreat for men at any age or stage of their life, **A Man's Journey** provides the chance to explore your life's journey so far; and issues about what really matters for you as a man.

## **26<sup>th</sup> November to 3<sup>rd</sup> December 2106 -THE ELDERS WAY**

Far from being a place of placid 'retirement', **The Elders Way** challenges you to claim and celebrate this magnificent period of your life as a precious gift and reward for your accomplishment and contribution to yourself and to others.

- 7 days and 8 nights in a luxury Balinese village style bungalow
- Highly acclaimed professional and experienced facilitators
- Sumptuous meals lovingly prepared by the engaging [Pondok Saraswati](#) staff
- An outstanding opportunity to explore your potential in a unique tropical setting and take a real look at how you function in the world



**All participants in Men In Bali programs are given an opportunity to provide feedback - this is a snapshot of some of the comments:**

A willingness to let go of past issues  
Enriched and deeper insight into my life's purpose  
Self-respect and respect for others  
Respect from others  
An appreciation of spirit  
A clearer understanding of what to do in the future

Enriched sense of family and place  
A willingness to know and accept my life's journey  
A freedom to be with other men  
Ability to make time and space for myself  
A sense of purpose around creativity  
Understanding of my place in community



There are many more details on our website:  
Including the programs and the facilitators and some blogs and our history

[www.mensworkproject.org](http://www.mensworkproject.org)

Or you can make direct contact with one of the program leaders

Wes Carter	(08) 9337 8434	<a href="mailto:menswork@iinet.net.au">menswork@iinet.net.au</a>
Peter Efford	(08) 9293 2363	<a href="mailto:epj@iinet.net.au">epj@iinet.net.au</a>
Athol Prior	0402 688 578	<a href="mailto:atholprior49@gmail.com">atholprior49@gmail.com</a>
Jeremy Ingham	0417 987 932	<a href="mailto:jeremy@wambli.com">jeremy@wambli.com</a>

# lotterywest grants help Men's Sheds make a lasting difference in the community

WITH the financial year now drawn to a close, Lotterywest is celebrating returning \$281 million to the community through support for the health, sports and arts sectors as well as supporting thousands of different community organisations through grants.

It's all been possible because of the support of Western Australians playing Lotterywest games.

Lotterywest's unique operating model means money raised from



*Lotterywest Supported Fremantle Men's Community Shed (From L-R): Fremantle Mayor Dr Brad Pettitt, Simon O'Brien MLC and Fremantle Men's Shed President Bill Johnstone.*

the sale of Lotterywest games is returned to the community through grants – such as those received by Men's Sheds across WA.

Lotterywest has supported over 50 Men's Sheds in WA recognising the important role they play in encouraging men to take an interest in their health and wellbeing.

In the last eight years, nearly \$7 million in Lotterywest grants has supported the construction and fit out of new Men's Sheds as well as supporting new tools and equipment.

Recent support includes the Augusta Men's Shed, for workshop equipment, and the City of Cockburn for a new Shed to upgrade from the interim facility in Wattelup.

In November, the Fremantle Community Men's Shed, one of the first in WA, was supported with a grant, through the City of Fremantle, for a new multi-purpose facility in Hilton. This will activate new social connections for the members with the nearby

bowls Club and the broader Hilton community. The facility is equipped

with areas for woodworking and metalworking, as well as a computer space and meeting room for community use.

Lotterywest support has also extended beyond construction and equipment assisting with costs for country shed members to attend the 2015 WA Men's Shed Conference. This was a great opportunity for representatives from Men's Sheds across the state to network and plan for future projects.

Most recently the WA Men's Shed Association (WAMSA) also received a grant towards professional fees to produce a business plan and marketing strategy. This will help WAMSA continue to provide a valued service to Men's Sheds and their members throughout WA.



*Lotterywest Supported Mundaring Men's Shed.*



# Shire of Cranbrook receives funding

**THE** Shire of Cranbrook has been fortunate to receive a \$25,000 Lotterywest grant to assist in purchasing a building for the Cranbrook Community Men's Shed.

The Cranbrook Men's Shed has been operating out of the building under a private lease for some time, and members have been busy undertaking minor improvements and creating workable spaces within the structure. "The reuse of this building was a great fit for purpose for the Men's Shed", said Peter Northover, CEO. "This building needed love and attention and is in a perfect location. The refurbishment of the building has been a worthwhile project for the

shedders. Their work to improve the amenity of the building has greatly enhanced the appearance of the town centre". The Shedders



have already replaced the roof on the building and are hopeful of securing a grant to replace the wall cladding on what was once an old service station building.

Norm Baker, the Chairman

of the Cranbrook Men's Shed said "that the funding provided by Lotterywest provided a wonderful opportunity to

purchase an old building with great character and history. The Shedders are very proud of the improvements already made to the building and excited about other enhancements to come in future".

The Council has been supportive of the establishment of the Men's Shed in Cranbrook since

the initiative was first discussed and recently agreed to fund the purchase of the building on behalf of the Men's Shed subject to grant funding assistance from Lotterywest.

## Hold a Gift Day at your Shed

**ONE** man's junk is another man's treasure – or so the saying goes.

Take a look around your stuff at home. Have you got two or more duplicate items that you will probably never have use for? Tools, tins of unused paint, plants, seeds, books, manuals, garden products, machinery, clothes, homewares, electrical items... anything that could be put to better use than waiting for that day when it might come in handy.

Have a couple of men from your Shed take on the task to set up your Shed Gift Day. Encourage members to bring along around three items from home that are to be gifted. Your

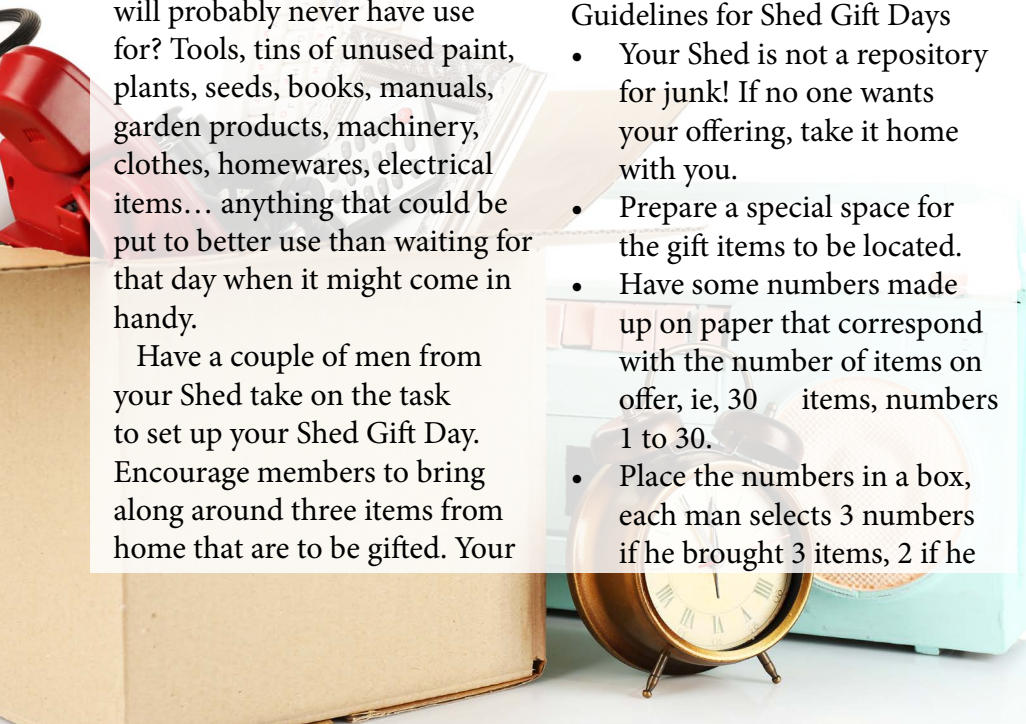
Shed Gift Day could also extend out into the community, offering your items free or by donation to worthy causes.

Guidelines for Shed Gift Days

- Your Shed is not a repository for junk! If no one wants your offering, take it home with you.
- Prepare a special space for the gift items to be located.
- Have some numbers made up on paper that correspond with the number of items on offer, ie, 30 items, numbers 1 to 30.
- Place the numbers in a box, each man selects 3 numbers if he brought 3 items, 2 if he

brought 2 etc. Participants are then invited to make their first selection from the Gift items commencing with number 1, he then waits until his next number is sequenced. Men get to choose by sequence of numbers.

- If your item/s are not selected, then you are to take them home.
- Make it a bit of fun and a special time for all your members to join in.
- Be creative with your gifting process, think up other ideas on how to make this event a regular part of your Shed activity.





## WAMSA Board Meetings

AN invitation is extended to any shed wishing to host a WAMSA Board meeting. For logistical and financial reasons, at this stage, the venue needs to be within the metropolitan area or a reasonable distance of Perth.

The Minutes of the WAMSA Board meetings are made available on the website at [www.wamsa.org.au/contact-us/board/](http://www.wamsa.org.au/contact-us/board/)

A summary of recent meetings follows:

### 11 May 2016

Kevin Skipworth CVO was appointed as the third independent Board member. Kevin was the Agent General for Western Australia in London with responsibility throughout Europe from February 2012 till June 2015. Prior to this appointment, Kevin served five Governors of Western Australia as Official Secretary and Chief Executive Officer, Governor's Establishment, from January 1991. He has also served successive State Governments as Private Secretary to four Ministers in the portfolios of Lands, Forest, Works, Water Supply, Housing, Tourism, Regional Development, the North West, Conservation

and the Environment and was also Chief of Protocol in the Department of the Premier and Cabinet.

The three independent Board members, Kevin Skipworth, Michael Woodhouse and Clayton Hollingsworth were appointed until December 2018.

A summary of the issues raised at the zone meetings was presented and subsequently distributed to all Sheds.

The Board decided to accept an offer from an inventor to see if any Sheds are interested in constructing a small cart that is used for transferring an ocean kayak from the car park, across the beach to the water.

It was agreed that most accounts should be paid by Electronic Funds Transfer rather than by cheque.

It was decided that WAMSA would charge a membership fee of \$1.00 per Men's Shed member, with a minimum of \$55.00. This proposal had been endorsed at all the recent zone meetings.

WAMSA will provide each member Shed with a free refurbished computer or laptop that it will purchase from the Wanneroo Men's Sheds. The Wanneroo Shed is also offering to sell additional computers to Sheds at a cost of \$80.

WAMSA will promote the Heart Foundation's project to

establish walking groups at Sheds.

### 6 June 2016

Lotterywest has approved the grant for the business plan and marketing strategy that will be undertaken by Michael Woodhouse of Glide Strategic Pty Ltd.

Quotes are to be sought for an auditor for the 2016-17 financial year.

The Board decided that WAMSA would promote the Australian Men's Health Forum's crowd funding project to raise funds for the male suicide prevention project.

It was decided that the safe work procedure cards provided by Frontline Safety and Training Services, a Bunbury company, would only be provided to Sheds that are members.

Stephen Barton was appointed as the volunteer to fill the position of Human Resources/ Volunteer Coordinator.

### Special Meeting 22 June 2016

The meeting was called to discuss the AMSA Membership By-laws that were adopted on 3 June 2016 and the letter from AMSA dated 6 June 2016 that required WAMSA to accept the by-laws by 30 June 2016 or have its membership terminated by AMSA.



It was agreed that AMSA be informed that WAMSA is unable to comply with the request to agree to the By-laws by 30 June 2016 and that the reasons for this and the objections to the By-laws is sent to AMSA and the other relevant parties, including all WA Sheds.

### 13 July 2016

AMSA has advised that Sheds must be a member of AMSA to access the insurance package as this is a member benefit. It was agreed to request Jobs Australia to develop an insurance package specifically designed for Men's Sheds and inform the Victorian and Tasmanian Men's Shed

Associations.

AMSA has distributed the draft constitution which it plans to submit for adoption at its AGM. An email dated 23 June 2016, which provides a rationale for the changes makes it clear that AMSA does not wish to have independent state associations. WAMSA has similar objections to the constitution that it had to the membership by-laws.

AMSA is attempting to register trade marks for Australian Men's Shed Association Western Australia and similarly for other states. It was agreed that WAMSA would protect its position by registering similar

trademarks.

It was also decided that WAMSA should also discuss with the Victorian and Tasmanian Men's Shed Associations the possibility of establishing a national organisation, such as the Men's Sheds Federation of Australia.

There were 126 financial members and 175 Sheds on the data base at 30 June 2016. This compares with 101 financial members in 2014-15 and 83 in 2013-14.

The Board agree to continue with the provision of first aid courses and first aid kits to Sheds using the sponsorship from the Freemasons.

## Men's Shed Member Riding to Conquer Cancer



**THE** Green Head Men's Shed is supporting one of their members who has taken the challenge to ride 200km over the weekend of the 15/16th of October, to raise funds for the Harry Perkins institute of Medical Research.

Rex Heal who is the Secretary/ Treasurer of the Green Head men's Shed has accepted the challenge to participate in The Ride to Conquer Cancer. He has not ridden a bike seriously for the past 54 years but because of the loss of two brothers over the last six years and a sister who has defeated bowel cancer twice,

along with the members of the Men's Shed fraternity who have had or are being treated for some form of this insidious disease.

Rex has made the decision to attempt this journey and raise as much money for the cause as he can. His initial target was \$2500, however due to overwhelming support this goal has now been raised to \$30000 plus. With the fund currently sitting on \$24615 the target should be exceeded comfortably.

100% of all funds raised for the ride are used for critical ground

breaking cancer research at the Perkins institute.

The Green Head Men's Shed is asking all member sheds of WAMSA to consider supporting this event either by way of a direct donation and/ or purchasing tickets in an upcoming Raffle to be drawn on the 8th of October

Further information can be accessed at [www.conquercancer.org.au](http://www.conquercancer.org.au) (select Perth, then Top fund Raisers for 2016, then Rex Heal for his personal page), or Healy's Heroes on Facebook.



# THE 2016 WEST AUSTRALIAN MEN'S GATHERING

INVITES YOU TO ATTEND IT'S 22ND ANNUAL SPECIAL EVENT

## CELEBRATING & CONNECTING HUSBANDS, FATHERS & SONS



**FRIDAY 18TH TO SUNDAY 20TH NOVEMBER**  
**POINT WALTER, BICTON WESTERN AUSTRALIA**

CONTACT: ADAM MAJROUH - T: 0403 011 300 E: [WAMENSGATHERING@GMAIL.COM](mailto:WAMENSGATHERING@GMAIL.COM)  
VISIT: [WWW.WAMENSGATHERING.ORG.AU](http://WWW.WAMENSGATHERING.ORG.AU) [WWW.FACEBOOK.COM/WAMENSGATHERING](http://WWW.FACEBOOK.COM/WAMENSGATHERING)

## CELEBRATING & CONNECTING HUSBANDS, FATHERS & SONS



### THIS YEAR'S THEME

Every MAN whether a Husband Father or Son deserves to be celebrated and ultimately feel connected to the men closest to him in his journey through life. This year the 2016 WA Men's Gathering is choosing to support men in their search to find a deeper connection and a better understanding of the relationships that ultimately define who they are in today's world.

The relationship between a husband or partner with his loved one is now being played out in challenging times. How we continue to show up in each other's presence on a daily basis often defines the amount of happiness and joy we may ultimately have in our lives.

Perhaps even more important is the relationship between a Father and Son. Never before in history has this relationship been more challenged than in these crowded hours.

Join us for a weekend of self discovery as we unravel, delve into, define, celebrate and connect the definitions of men and their relationships, in what is the ultimate journey of discovery for a MAN today.

### WHY YOU SHOULD BE THERE

Let's face it - you owe it to yourself! You deserve a break. We have a wonderful bush setting, and it's a chance to get away, relax and surround yourself with good men - young and old alike and good quality food.

Looking for some answers in your life? This is the place you can talk about what's important to you - relationships, partners, your children, your hopes and aspirations, things that bother you deep down or give you joy. No judgment or lectures about how you should be. At the Gathering we learn from sharing our experiences and our own life's journey.

### WHAT YOU GET

The registration price is inclusive of everything for the weekend including accommodation, terrific meals, and all workshops and activities. There will be fun, laughter and creativity. You will find time to nurture yourself, your health, and make connections with some great blokes and share your stories.



Proudly supported by the Lotteries Commission

### REGISTRATION

\$390	<b>Full Registration</b> includes accommodation, meals & activities
\$330	<b>Early bloke rate</b> (full payment by 25 Sept)
\$550	<b>Father &amp; Son package</b> (Sons aged 16-21)
\$290	<b>Concession</b>

#### **Registration enquiries including subsidies**

Call Adam Majrouh on 0403 011 300  
or email [wamensgathering@gmail.com](mailto:wamensgathering@gmail.com)

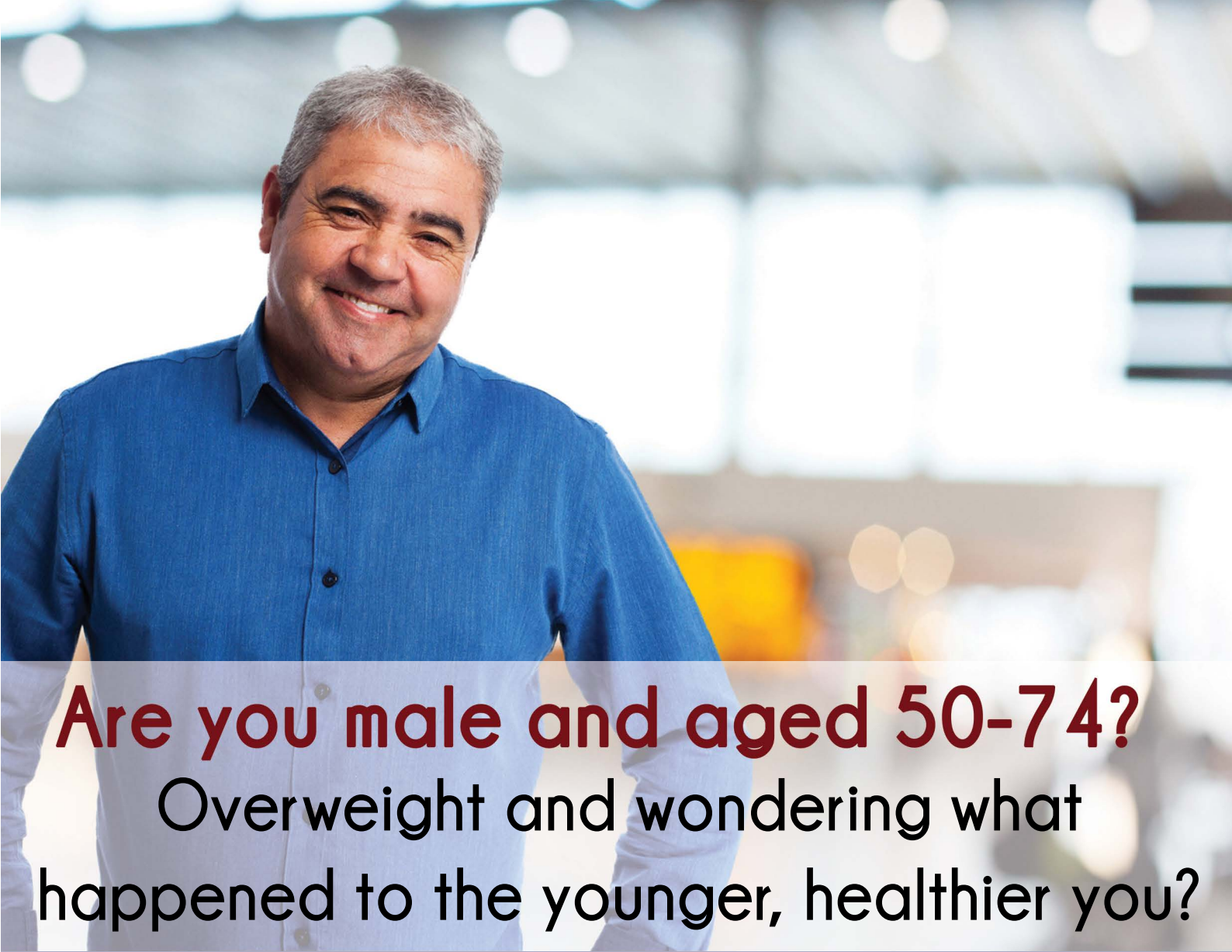
[www.wamensgathering.org.au](http://www.wamensgathering.org.au)  
[www.facebook.com/wamensgathering](http://www.facebook.com/wamensgathering)

Note: Registrations close  
**Thursday 10th November 2016**  
(no exceptions)

**PRESENTED BY THE WEST AUSTRALIAN MEN'S GATHERING (INC) SUPPORTED BY  
MENSWORK PROJECT (INC) & MEN'S HEALTH AND WELLBEING WA.**







# Are you male and aged 50-74?

Overweight and wondering what happened to the younger, healthier you?

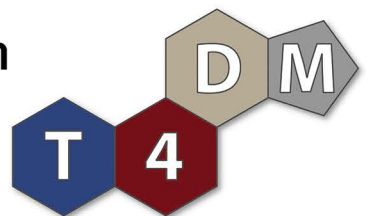
We invite you to join our government-funded T4DM Diabetes Prevention Study

You will receive (at no cost to you):

- ✓ 2 years of treatment with testosterone or placebo
- ✓ 2 years of Weight Watchers membership
- ✓ Regular support from our dedicated study team

## 3 ways to join

1. **ONLINE:** visit [www.diabetesprevention.org.au](http://www.diabetesprevention.org.au)
2. **SMS:** text 'JOIN' to 0417 140 314 for the cost of a regular text message
3. **PHONE:** call our team on 1300 865 436 for the cost of a local call



Testosterone Intervention for the Prevention  
of Diabetes Mellitus in High Risk Men

Why not join today? This could be the change you've been waiting for.