



Nuts & Bolts

AMSA MEMBER BULLETIN

APRIL 2024



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Get your ~~Shit~~ Shed together!

Is your Men's Shed a disorganised, disappointing, disgrace? Well, dis' is the competition for YOU!

It's time to "Get your ~~Shit~~ Shed Together" and with the support of our Australian Men's Shed Association partner, Pinnacle Hardware, you have the chance to do just that!



Let face it, it's not easy keeping a shedload of stuff (and blokes) in an organised state, but Pinnacle are the masters in garage systems, storage and organisation and are offering Men's Sheds of Australia the chance to WIN a share of over \$5000 worth of workshop storage gear. Prizes include Pinnacle Pro Series 5 Drawer Storage Station, Lockable Metal Cabinet, and a Lockable Mobile Storage Unit.

Find out how to enter here

<https://mensshed.org/the-shed-online/get-your-shed-together/>



**AUSTRALIAN
MEN'S SHED
ASSOCIATION**
Shoulder to Shoulder

Active, Stronger, Better

AMSA have partnered with the Active, Stronger, Better program run through NOVA Care to produce three warmup video routines to ensure Shedders are at their best before starting their activities within the Shed. The videos and downloadable posters are available from AMSA's website (see link below).

Ensuring members are fit and ready for their Shed day by undertaking these easy to do routines at the start of every day gives other members peace of mind that the ER can wait for more important things. Each exercise is based on best practice and includes ideas to accommodate a broad range of abilities. By participating members can expect to improve their overall fitness and agility limiting balance difficulties and falls as well as minimising strains and injuries.

The posters are available on our website along with the videos at mensshed.org/the-shed-online/active-stronger-better-at-the-mens-shed/

Thanks to the gents at Belmont Men's Shed (NSW) and Cardiff Edgeworth Men's Shed (NSW) for getting involved.

NSW Seniors Festival



On the 13 & 14th March 2024 Beth and Marty represented the Australian Men's Shed Association at the NSW Senior Festival in Sydney, accompanied by the Menai Men's Shed and the Pymont Glebe Ultimo Men's Shed (PUG).

The sheds displayed a number of their items they make at their sheds, along with a number of wooden toys by the Raymond Terrace Men's Shed. It was a great opportunity for the sheds to speak with the public and provide great information on what and how their sheds work. Over the two days we constructed and painted two cubby houses, which have been donated to local charities. This was a great way to engage with the public and work alongside the 'shedders'.

We were treated to a performance by the PUG shed band, with an audience sing-along, and we were serenaded by Jorge Campano from the PUG shed. Jorge is a classical guitarist but he also made the guitar on which he played. You could hear a pin drop when he started playing, it was a real highlight of the event!

We spoke to hundreds of people about Men's Shed and the important role they play within our community and utilised our Find-a-Shed on the AMSA website to help lots of people find their closest shed. Notably, lots of wives were interested to know where the local shed was so they could send their husbands off to it!!

Shed Diary 2024

Contact events@mensshed.net for event information or to submit events and meetings for promotion. See more information at mensshed.org/events

29 April	VIC Regional Gathering Hosted by Taylor's Hill Men's Shed
8 May	Alice Springs new shed opening and Shed Mates Muster Alice Springs, NT,
16 May	Regional Round Up Cluster Gathering Mount Gambier, SA
5 June	Regional Men's Shed Gathering Illawarra Southern Highlands Bargo
10 – 16 June	Men's Health Week
26 & 27 June	VIC Governance Seminar (2 day) Shepparton, VIC
1 July	National Men's Shed Awards Nominations Open
26 July	Schools Tree Day
1 – 7 September	Men's Shed Week
4 & 5 September	10th National Men's Shed Gathering Bridgeport Hotel Murray Bridge, SA
12 September	R U OK? Day
10 October	World Mental Health Day
9 & 10 November	Garage Sale Trail See more at garagesaletrail.com.au/get-involved/australian-mens-sheds
16 & 17 November	Garage Sale Trail See more at garagesaletrail.com.au/get-involved/australian-mens-sheds
19 November	International Men's Day
