



Editorial,

April 2018

Your editor starts with an apology.

This long delayed newsletter has been something of a headache for me but I have, finally, collected the items forwarded to me and brought together something for distribution.

Our Social Outreach Program has continued (more photographs of projects to the Secretary please) and our Stitch'n Share Ladies have done us proud over 2017.

Likely the most important piece of news is first on the list. Mental Health is a burgeoning problem for the 21st Century and it is certain that, for men of a certain age, the activities of your Shed (working together, learning and socialising) are the greatest ameliorating factor available.

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The Editor

MENTAL HEALTH FIRST AID COURSES

In 2017, TMSA conducted for the first time a 2 day Mental Health First Aid (MHFA) training course for our members around the state.

The aim of this program is - to extend the concept of first aid training to include mental health problems so that community members are empowered to provide better initial support to someone who is developing a mental health problem, has a worsening of an existing mental health problem or is in a mental health crisis.

The course was conducted by Rural Alive and Well (RAW) and participants received internationally recognised accreditation at the conclusion.

In many ways this initial course was a trial that proved to be very successful and well received by our members that attended.

Following this successful course, TMSA has secured funding to conduct 3 courses during 2018. At this early stage, I am planning one course in each of the 3 regions. The locations and dates are yet to be finalised and will be dependent on where state wide participants are located to reduce travel and inconvenience.

Your regional TMSA representatives will be assisting with recruitment for the courses, but you can indicate your interest now to ensure you get on the program. If you are interested in undertaking this program, please let me know asap, preferably by email to tmsaxo@gmail.com

**CMS Vegie Patch – Proudly Supported by:
Hollander Imports
(87 Brooker Highway Hobart)**

Lawrie tells me that he now has a few regular volunteers so if you are interested in getting your garden planning in, come along and see what is happening in our patch.

STITCH'N'SHARE GOOD WORKS

Some members have wondered about the Monday afternoon ladies who rent part of our house area. We think that their Community Outreach efforts are very much in line with our own philosophy (see elsewhere in this report) and worthy of our support and admiration.

This past year the Stitch'n'Share group have knitted, crochet, stitched and sewed around 2019 items. They report to your Committee as follows.

Of those 1597 we have given away or sold to raise money.

We raised \$530.00 in total for Kingborough Helping Hands plus we have to add the \$160.00 raised at the Card Shop and we also have \$165.00 in our kitty from goodies sold to various people throughout the year.

Our goodies have gone to
the Paediatric Ward at the RHH, Jireh House, ABC Giving Tree,
234 glasses and glasses cases for Merinda to take to PNG,
13 sample items to Days for Girls,
27 pieces to the Uthando project, 39 items to Legacy, about 10 beanies for various cancer patients known to Ladies in our Group,
134 items to Foodbank, over 16 items for the Shoe Box project, 6 toys to South Africa,
17 teddies to the Sorell Police, 23 items to Kim for her foster children,
88 items to Catholic Care for the Syrian Refugees,
30 F&C Jumpers to the Cook Islands, 41 items to Dr Crean, to Nepal, some Teddies to Ronald MacDonald House,
6 Dude Dolls went to Probus for distribution and so the list goes on.

ORAL HISTORY OPPORTUNITY

We are looking to someone who can assist with converting local and family oral history from audio cassette to DVD or modern storage method. The process is entirely private and no commercial intentions are involved. While not an enormous amount of data is involved it is possible that this request may bring a few other interested parties to the fore.

If you have the technology and willingness to assist with preserving family heritage, please copy this contact into your email ichopping@bigpond.com to write to explore the details

Your Editor has, sadly enough, little in the way of any interesting family history, but, from chats around the Shed, there is much to be captured from our members as well as making sure that that older records are available for future generations

Free Wood Chips

The Shed still has available an ongoing surplus of wood chips, available to Members "no charge".

This offer is for small quantities, up to a trailer load per interested Member.

For larger quantities we suggest dealing directly with a tree maintenance crew or a bulk supplier.



Pictured above the winners of our 2017 Raffle at Mitre 10

BOOT RACK

Following on from the mention of our efforts in the support DPIPW we have received the following request from our contact in the department, Darren who took delivery of the Orange Bellied Parrot breeding boxes. He tells us that “we are looking for someone to make 2-3 boot racks like the one pictured below. We’re planning to use these in our breeding banks to place quarantine boots on. Let me know what you think and if you have someone down there whose interested.”

Let the secretary know if this project appeals.



Your Shed -an occasional explanation

What is a Shed coordinator?

Is a Member, volunteer, rostered for the day

IDEALLY: 0900 to 1530 Monday through Saturday although this will depend on volunteer availability. Roster, half to a full day a month if possible.

Gets Shed opened by a key-holder (Committee provides list of key-holders and contact details1)

Checks Members accreditation, sign-in and badge issue (latter is self-service)

Arranges for any required inductions on the day

Closes shed and arms doors (Committee to provide Shed closure check list)



STITCH'N'SHARE

The following photos from Barbara Johnson (one of the two Stitch and Share Ladies travelling to Nepal) of an overlocker purchased in Kathmandu no doubt using some of the funds we allocated to them. Christine Larratt is the lady in the photo.

SHED IMPROVEMENTS

We had a good audience for the lift of the Container (over the Shed!) and, since this bit of excitement internal painting has been completed, one of the external doors has been commenced.

We have yet to connect the Container to the Shed (and willing workers are always welcome, check with our President), fit out the interior (timber and metal racks and a separate dust free finishing shop).

Wiring the extension will wait on the planned review and upgrade of the Shed's electrical layout.

Your Committee is planning to maximise on savings -- the generous payment for our Solar input to the grid stops next year-- by the installation LED lighting throughout (subject to a successful grant application) and a number of timer switches. This latter to turn of the overhead lighting once the skylights kick in.

The long awaited centralised dust extraction system will also be part of the combined projects.

SOCIAL OUTREACH

From time to time the Shed is approached with requests for assistance under the above heading. Our ability to deal with these depends largely on the efforts of our volunteers.

Pictured is one of our WFD participants (now a member) with his most recent project. Brought along by Committeeman Lyndley Chopping, this tea trolley --thought to date from the 1930's-- was refinished in shellac. We chose this finish to match with the original and to preserve as much of the patina as possible.

We were also able to assist by using our thicknesser . A brief job but, by the following a worthwhile small job.

"Attached are some pics of the finished display made from the huon pine plank that the Channel Mens Shed kindly thickened for Friends of Melaleuca, Wildcare Inc.

The plank is fixed in the entry foyer of the Deny King Heritage Museum at Melaleuca, and the routed text is one of Deny King's favourite quotes. It describes how that wild buttongrass country gets "into the blood" and draws people back.

Thanks to the Channel Mens Shed for your support of our volunteer group."

