

# NEWSLETTER



*The Victorian Men's Shed Association is the Oldest Shed Support Organisation in the World*

**The VMSA is proud to have as patron,  
the Governor of Victoria, the Honourable Linda Dessau AC**

## TOP STORY

### NEW BEGINNINGS

A brand-new shed in underway for New Peninsula Men's Shed. Congratulations to the shedders there!

Check out the pictures on Page 12.

## TOP NEWS

### GOVERNMENT SUPPORT

The Honourable Luke Donnellan MP, Minister for Child Protection, Disability, Ageing and Carers has announced a new funding round for men's sheds. To read more details, turn to Page 5.

## TOP INITIATIVE

### MORE ON PARKINSON'S

Are you at risk of Parkinson's Disease? Or, are you seeing a family member go through it? Or, even if it is just to stay informed, head to Monash Men's Shed to understand the disease in depth. (On Page 7)



## FROM THE PRESIDENT'S DESK

Has your shed chalked out a future plan? Does it have a strategic and business plan? Matters of funding, sustainability, growth, new memberships, aspirations are important. This is a good time to start planning so that community work can continue unhindered. (Page 4).

*This Newsletter is emailed to a Representative of every Men's Shed in Victoria. Please print out a copy and distribute to members of your Shed.*

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## LIST OF VMSA COMMITTEE CONTACTS

### OFFICE BEARERS

President	Lindsay Oates	pres@vmsa.org.au	Mirboo North Shed
Vice President	Geoff Witmitz	vice@vmsa.org.au	Horsham Shed
Secretary	Bruce Ward	sec@vmsa.org.au	Ocean Grove Shed
Treasurer	Barry Watson	treas@vmsa.org.au	Heywood Shed

### COMMITTEE

Julian Sellers	j.sellers@vmsa.org.au	Inverloch Shed
Lou Sigmund	l.sigmund@vmsa.org.au	Benalla Shed
Steve Andrusiak	s.andrusiak@vmsa.org.au	Ballarat East

## PLEASE NOTE

The VMSA has received a number of queries and requests to find an avenue that sheds can easily list and advertise surplus items they have, that they wish to donate to other sheds, or to promote activities that the shed are involved in - such as market days, or fundraisers.

The VMSA has recently created and trialled a Facebook page, "VMSA Public Notices". This is now available for all sheds and shedders to join, and to place your ads and info on. Please note this is not the avenue if you wish to sell your surplus goods, it is only if you want to donate goods.

The VMSA now has a Buy/ Swap and Sell Page on its website for shedders to use.

## VMSA EXECUTIVE OFFICER'S REPORT

Hi Folks,

I am pleased to announce that our Patron, Her Excellency The Honourable Linda Dessau AC, Governor of Victoria, is hosting a reception for shedders at Government House. It will be held on the 16th of July. Full details about the event will be shared with you at the earliest by a special bulletin. Shed leaders and members with their partners will be invited to attend the function. The VMSA would like to invite significant supporters of your sheds from your communities to attend the event, with their partners.

The VMSA is your voice and has been advocating hard for sheds at all levels of the government.

Please note the VMSA website is under renovation and it's not using a member login.

The VMSA Facebook page, VMSA Public Notices, is a great place to see what's happening in sheds around Victoria and the world.

Registration for our monthly newsletter is available through the website. Please note we are not intellectuals and do not know that you are not receiving the newsletter every month. Additionally, let us know what is happening at your shed so that we can include it in the newsletter. Also, keep us informed at all times so that we can update your details.

I am happy to inform you that the VMSA Radio Show, Hangin' Out in a Men's Shed, is being heard around the world by live streaming the show. You can do the same by clicking on the given link: <http://3wbc.org.au/wp-content/plugins/mp3-jplayer/popout.php>.

Some sheds are getting their insurance renewed soon. We need to remind shedders that reviewing the insurance policies and their coverage on an annual basis is important. Sheds should have their Certificates of Currency handy during the period of their policies and be fully aware of the coverage they are provided. Review the cost involved and the quality of the service provided by the insurer. There are many insurers in the marketplace but the VMSA currently recommends Gallagher Insurance as the best policy, service and cost of shed insurance.

Call the advisor at Gallagher Insurance on 1800 316 432 or

e-mail them at [shedinsurance@ajg.com.au](mailto:shedinsurance@ajg.com.au).

Also, go through their website for more details -

<http://info.ajg.com.au/mens-shed>.

The VMSA has a very busy office and we are looking for some administrative support. If you can assist or have someone who would benefit from work experience at a large community organisation, please contact me on 0408 465 228.

We are now accepting Expressions of Interest in the 2019 roll out of defibrillators.

Write to us at

[vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au) about the same.

The VMSA has secured a Preferred Partnership with JEEP Australia and we have been inundated with applications for the extraordinary discounts available on a range of JEEP vehicles. Combining the National Fleet Discount with the Preferred Partnership discount adds up to thousands of dollars in savings. Check out the details on our website [www.vmsa.org.au](http://www.vmsa.org.au).

**Ric Blackburn**

**VMSA Executive Officer**

**Email: [vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au)**



## VMSA PRESIDENT'S REPORT

I hope all of our shedders had an enjoyable Easter. I am also aware that many of our sheds have undertaken work in preparing for ANZAC Day services in their community. I received a call from an RSL thanking a shed for assisting their community prepare for an ANZAC Day service. I think that phone call reflects the splendid community work sheds across Victoria voluntarily and willingly undertake.

With the forthcoming Federal Election, some members of the VMSA Committee have been talking to candidates of all parties about the Men's Shed movement and the future funding of programmes, opportunities and aspirations of the VMSA. These discussions cover matters of sustainability, viability, growth in membership in new and old sheds alike, and the need to further the agenda of health and well-being.

Various announcements and promises have been made by the parties, such as the Deductible Gift Recipient (DGR) status, and possible future funding of certain programmes prior to the election.

Has your shed spoken about its future lately? What does your shed envisage for itself in the next 5-10 years? Does your shed have a strategic and a business plan? Does your shed have good governance and OHS plans in place? Does your shed have speakers on men's health and well-being? Such matters are well worth discussing at this time of the year. Even Councils and Governments have plans for the future and publish such plans as mentioned below.

The Victorian Health Priorities Framework 2012-2022 commits to developing a health system that is responsive to people's needs. Improving men's health and well-being is an important part of this strategic direction and Men's Sheds are benefitting from this. Men are more likely to face lifestyle health risks -- smoking, alcohol and drug abuse, mental health issues and/or depression, poor nutrition and obesity, and having poor engagement with health services.

Sheds play an important role these days in disseminating health information, but what is more important in men's lives is the mateship, the camaraderie, the sharing, the friendships, working together and supporting each other in the local community and beyond, and building the confidence of all the men and women involved. Such support and interest are crucial in helping us all stay on

track with our lives and health.

The activities and programmes that your shed is planning are vital to the ongoing sustainability of your shed, such as inviting speakers, having someone visit your shed or visiting other sheds (on a Shed Crawl), participating in a cluster meeting, ensuring maximum participation in the activities your shed is undertaking and engaging with your community. These are signs that your shed is sustainable and that it is important to the local community. So, speak up and spread the word about the benefits of being a shed member and what it means to you and others.

A few things that you may like to do, if you are not already doing, your shed could arrange an 'Open Shed Day', or arrange to speak at a local Council meeting, or a meeting with your local Councillors, your State and Federal Members of Parliament, or arrange to speak at a Rotary or Lions Club or some other organisation. Invite people to your shed and show it off no matter how big or small it may be, or how it looks. The vital thing is to be justifiably proud of the work your shed is doing in your community.



**Lindsay Oates**

**VMSA President 2018-19**



## VICTORIAN GOVERNMENT'S SUPPORT FOR MEN'S SHEDS



*Honourable Luke Donnellan MP, Minister for Child Protection, Disability, Ageing and Carers*



Health  
and Human  
Services

The Victorian Government is a proud supporter of men's sheds, and recognises the role that they play in supporting the health and well-being of men, and providing them with an opportunity to give back to their communities.

Men's sheds provide a space for men to connect with their community through shared interests, working together, learning and teaching new skills.

The Honourable Luke Donnellan MP, Minister for Child Protection, Minister for Disability, Ageing and Carers is proud to announce a new funding round for men's sheds, providing \$882,000 for grants that can be used to build new men's sheds or to refurbish an existing one.

*"In 2019-20, eligible shed groups can apply for a grant of up to \$80,000, for the construction of a new shed or replacement, extension and refurbishment of an existing one."*



In 2019-20, eligible men's shed groups can apply for a grant of up to \$80,000, for the construction of a new men's shed or replacement, extension and refurbishment of an existing men's shed.

This year, the application process involves logging an Expression of Interest (Eoi) on the Department of Health and Human Services' [Men's Shed Program webpage](#) which can be found by typing 'DHHS Men's Shed' on a Google page. An application form will then be e-mailed to you.

Expressions of Interest close on Monday, 29 April 2019. Applications close on Tuesday, 23 July 2019.

The webpage has a lot more information including the grant guidelines. Be sure to read the same thoroughly before applying for the grant.

## WOODIES WORKSHOP SESSIONS

Wonthaggi Woodworker's Men's Shed have a real community involvement and offer the following sessions for shedders and community members. Has your shed thought of something similar?

	TIMING	CONTACT PERSON
<b><u>WOOD TURNING</u></b>	<b>Regular Sessions</b>	
Monday	9 am - 12 noon	Hartley Tobin: 5997 6328 Neil Bateman: 5672 3229 Neil Lenne: 5678 5736
Monday	5 pm - 8 pm	John DiStefano: 0481 480 812
Wednesday	1 pm - 4 pm	Lionel Wood: 5672 2029
Friday	9 am - 12 noon	Hartley Tobin: 5997 6328 Neil Bateman: 5672 3229 Neil Lenne: 5678 5736
	<b>On-demand Session</b>	
Friday (project based)	1 pm - 4 pm	Hartley Tobin: 5997 6328
<b><u>SEGMENTED TURNING</u></b>	<b>Regular Sessions</b>	
Friday	9 am - 12 noon	Alan McNaught: 5674 2457
<b><u>TOY GROUP</u></b>	<b>Regular Sessions</b>	
Tuesday	9 am - 4 pm	Ron Snooks: 0429 722 113
<b><u>PYROGRAPHY</u></b>	<b>Regular Sessions</b>	
Friday	1 pm - 4 pm	Michael Bladen: 0428 270 850
<b><u>SCROLL SAWING</u></b>	<b>Regular Sessions</b>	
Wednesday	9 am - 12 noon	Ray Oram: 5662 4181 Lionel Wood: 0490 695 950
<b><u>BANDSAW BOX MAKING</u></b>	<b>On-demand Session</b>	
Monday	1 pm - 4 pm	Marion Kerry: 0409 010 843 / 5672 3553
<b><u>JOINERY &amp; SMALL FURNITURE MAKING</u></b>	<b>Regular Sessions</b>	
Thursday	9 am - 12 noon	David McNaughton: 0425 786 381
<b><u>CARVING</u></b>	<b>Regular Sessions</b>	
Friday	9 am - 12 noon	Harry Smith: 5674 8078 Lionel Wood: 5672 2029

*\*\*As a courtesy to workshop supervisors and other participants, please notify in advance if you are unable to attend the regular session(s).*

## KNOW MORE ABOUT PARKINSON'S DISEASE

Community Health Event

# Understanding Parkinson's Disease

Symptoms, Treatment options, Self-management,  
Peer and family support

**Speaker: Victor M McConvey, RN MACN**

Manager, State-wide Health Information and Education Team,  
Clinical Nurse Consultant – Parkinson's Victoria

Wednesday 8<sup>th</sup> May

Commence with lunch at 12 noon



RSVP by calling 95618557 or  
by email [info@monashmensshedinc.com.au](mailto:info@monashmensshedinc.com.au)



# GALLAGHER: STANDING BY MEN'S SHEDS



**Supporting local Men's Sheds**  
Shedding some light on your insurance and risk management

Partnering with Men's Sheds is an integral part of supporting local communities, a place to connect, communicate and support the health and well-being of others.

We've leveraged our local and international resources to develop an extremely competitive and comprehensive insurance package that is an excellent fit for Men's Sheds. The programme includes:

- **Property Cover** – \$500,000 limit which includes cover for your buildings, contents, equipment and fittings
- **Accidental Damage Cover** – \$100,000 automatic inclusion
- **Personal Accident Cover** – Providing protection for volunteers whilst on shed business
- **Public and Products Liability Cover** – \$40,000,000
- **Theft Cover** – \$50,000 cover has been included
- **Flood Cover** – Included to a limit of \$100,000
- **Management Liability**



**Gallagher**

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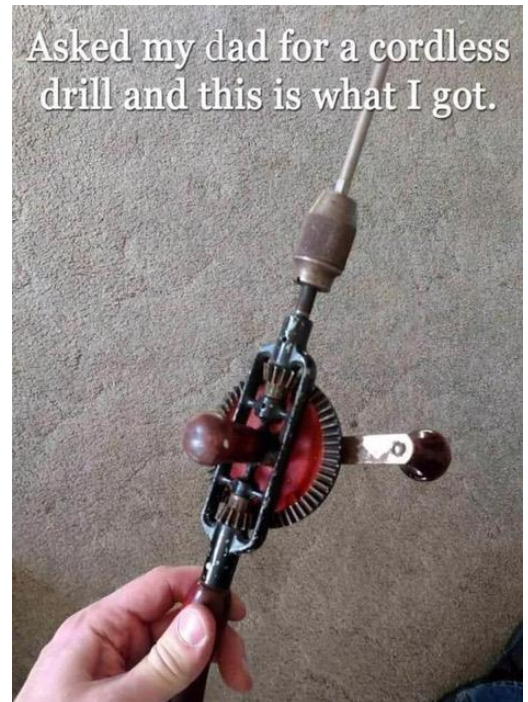
[info.ajg.com.au/mens-shed](http://info.ajg.com.au/mens-shed)

Get in touch with our dedicated Men's Shed Team on **1800 316 432**  
or send an email to [shedinsurance@ajg.com.au](mailto:shedinsurance@ajg.com.au)

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# ON A LIGHTER NOTE

**YEAH, RIGHT!**





## POSTCARD FROM SIMPSON



It was interesting to see on Facebook the Simpson Men's Shed featured in the Warrnambool Standard's video at Heytesbury Agricultural Show. Colin Darwin and Casper Van Leerdam were caught on camera.

Thanks to all those who assisted on the day, and, also to those who helped in distributing the items for the Show Bag on behalf of the Simpson Community Centre.

Work is about to get underway with the construction of the double garage. There has been a delay in getting the concreters, and on the instillation of dust extractor.

I have received an e-mail from Susan Hampshire, who has taken over the Do Care Men's Group in Colac. Susan may pay another visit to our shed in the coming months.

We were paid a visit by this group last year and it was a successful day. John will be able to make arrangements for Susan's visit when a date is fixed.

Work has commenced for cleaning up the Community Garden following a very warm summer. New plantings will be done shortly. Our pumpkin crop is looking good; the seeds were given to our shed by Ivan Gass.

It is hoped that some more plantings can be arranged with the Simpson Kindergarten children and Jo Connell of Bunning's Colac, when possible. Joe Wetemans is tracking down some lime and some sandy loam for the garden plots. I am informed that a bag of 'Spuds' are in store and green potatoes have found their way to Pieta Van Donk for her Chooks.

## IN OTHER NEWS



*Women's Trap High Gun Penny Smith*

Simpson Men's Shed's Colin Darwin's granddaughter, Penny Smith, has claimed several shooting titles in Brisbane this year.

In the women's Trap, Penny was in great form winning both the Commonwealth and National Open. **ISSF Trap Interstate Representative:** Women's Team Competition - Victoria - 344/375  
Penny Smith - 123/125

**National ISSF Mixed Pairs Trap Championship:**

1st: Thomas Grice  
Penny Smith - 141/150 - 43/50

**National Women's ISSF Trap Championships High Gun:**

Women: Penny Smith 237/250

## LANGWARRIN REPORTS

During the last month membership numbers have climbed back to the highs of previous years.

Project activity centred in our workshop continues to be at a steady pace with enquiries picking up both in terms of numbers and variety. A major contributor to these enquiries has been our improved presence online, on Facebook.

I had previously requested support from a volunteer to help us improve our Facebook presence; and it was great for Bob Jones to have volunteered. Bob dived straight into it and as a result our connections with our community improved. It is amazing what a few well-placed words and photos can achieve.

The 'Be Connected' project we started, continues to kick goals. The target to have 500 sign-ups by 30 June is well and truly going to be achieved.

The committee is continuing to work on 'Building and Facilities Development Masterplan and Strategy', having had discussions with FCC staff and a building development architect / drafting company. Members have also been given the opportunity to provide input(s) at this preliminary stage, more consultation will be required as we proceed.

Over the past few weeks, we hosted visits by existing and prospective politicians, and we took the opportunity to discuss our needs with them and the possibility of obtaining their support for a grant to fund our proposals.

Based on this, we have passed a preliminary grant submission to Chris Crewther MP. Having his strong support, it will be presented to the appropriate Government Department, so fingers crossed.

Finally, on a very sad note, we had to bid goodbye to our fellow member, Committee and Welfare Officer, Hughey Wannenburg. He was battling cancer. He will be greatly missed.

That's all for now.

Cheers

George Ballard

## SOLAR PANELS AT NATHALIA SHED



*Aerial view of the solar panels*

Nathalia Men's Shed has received a grant from the Foundation for Rural and Regional Renewal (FRRR), to install 5kW of solar panels on the roof of our shed.

We highly recommend FRRR as we have now been able to reduce our power bill substantially, at no cost to us.

It was a simple online application and the panels were installed promptly, without fuss by Blake Campbell Solar from Shepparton.

-

Stan Lowe



## LOTS HAPPENING AT CARDINIA SHED

Last month, the CFA brought back the fire truck that Cardinia Men's Shed built for them. The trucks are now fitted with flashing emergency lights and a great rear photo board.

In the pictures below is the team that built it, led by Ken Hordern.



## MORE GOOD WORK

During the bushfires, and on one of Cardinia Men's Shed's fundraising BBQs at Pakenham East, the shed members decided to pass on the proceeds (worth \$500) to Bunyip Bushfire Relief Fund.

The shed only raised \$270 through sausage sales. The rest was made up by generous people.





# NEW SHED ON ITS WAY FOR NEW PENINSULA MEN





## RED CLIFFS SHED IN NEWS

**Sunraysia Daily, 1 April 2019**

A night under the vines with great food, entertainment and company is in store for this Saturday's Red Cliffs Twilight Music and Food fundraiser.

All money raised from the night will go toward the building of the new Red Cliffs Men's Shed, which requires another \$30,000 to be able to open its doors this year.

A project of the Red Cliffs Community Resource Centre, its executive officer Jo Farrell said \$130,000 had already been raised for the much-needed initiative through state government grants and the community.



## SAVINGS ON EXPENDABLES



The Wonthaggi Men's Shed has expendable items -- sandpaper, super glue -- for sale at cost price.

The shed also has some EEE Ultrashine for sale.

If anyone / any shed is interested in purchasing any of these items, please get in touch with your shed supervisor.

Alternately, check the noticeboard for more details and cost.

## JEEP OFFERS FLEET DISCOUNT FOR VMSA

Jeep Australia are offering discounts on their cars through their Preferred Partner Program to all VMSA member sheds and individual shedders in each of these sheds.

To obtain your letter of introduction to participate in this program please complete the 'Jeep National Fleet Discount Request Form' available on the VMSA website.



### HOPPER MOTOR GROUP

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For details contact:

**Stewart Macdonald**

**0419 587 817**

**[stewart@hoppermotorgroup.com.au](mailto:stewart@hoppermotorgroup.com.au)**



## UPCOMING EVENTS

### 1) City of Shepparton Regional Men's Shed Celebration

Venue: Tallygaroopna

Day & Date: Wednesday, 1 May 2019

Time: 9:30 am

### 2) West Gippsland Cluster Meeting

Venue: Drouin Men's Shed

Day & Date: Tuesday, 7 May 2019

Time: 9:30 am

### 3) Heywood Western District Men's Health Forum

Venue: Heywood Men's Shed

Day & Date: Thursday, 16 May 2019

Time: 9:30 am

### 4) Portland New Shed Opening

Venue: Portland Men's Shed

Day & Date: Friday, 17 May 2019

Time: 9:00 am

### 5) Reception at Government House

Day & Date: Tuesday, 16 July 2019

## FUTURE NEWSLETTERS

This Newsletter is being emailed to the Contact Person at each of the sheds on the VMSA database. We have a large list of many subscribers who also receive the Newsletter and consequently we are limited in our ability to send the Newsletter to every shedder and so we ask that as the CONTACT PERSON your shed please print and display the Newsletter in your shed.

If you have something to share with other sheds, write a short article (photos are handy) and send to the Executive Officer [vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au)

Victorian Men's Shed Association acknowledges the support of the Victorian Government.



#### Disclaimer

*This newsletter is for general information only. The views expressed in this newsletter are not necessarily those of VMSA Committee. Reasonable measures have been taken to ensure that the material contained in this Newsletter is correct. However, there is no responsibility for the accuracy or the completeness of the material.*