

# 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

### GOVERNOR'S RECEPTION

The Governor is an avid supporter of community groups and wishes to recognise the wonderful work sheds do for the Victorian community. She is hosting a reception for shedders. Read the details on page 5.

## TOP NEWS

### MEN'S HEALTH PLAN

The government sets out an approach to invest towards improving men's health in Australia. It provides a blueprint for actions on 5 priority health issues affecting men. More details on Page 10.

## TOP INITIATIVE

### SENIOR OF THE YEAR

Do you know an older person in Victoria or an organisation who deserve recognition for their good community work? Nominate them NOW for 2019 Senior of The Year! Details on pages 6, 7 & 8.



## FROM THE PRESIDENT'S DESK

It was an eventful last month. The President met up with officers from ATO and ACNC and is working, on behalf of VMSA, with the regulators for DGR status. Also, the VMSA Committee meeting concluded recently and new initiatives will be announced. Read the details on 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
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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 where 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,

It was my privilege to attend the opening of the New Portland Men's Shed, this month. It is a great facility. I congratulate Gerry Leonard and the boys for their hard work. While in the Western District, I attended the Heywood Men's Health Day. It was a very interactive and educational event.

Here is a timely reminder for sheds that groups applying for membership should be offered Associate Membership, as they are not personally applying for it. Many organisations such as Disability, Work for the Dole or Corrections believe sheds are 'free' programs that they can use.

Please remember membership is a privilege offered to genuine applicants. When in doubt do not offer membership or associate membership as an alternative. There are critical risk management issues relating to allowing groups accessing your sheds. For any queries regarding these issues, please contact the VMSA office.

The VMSA has a number of training and information resources available for sheds. In particular, our OHS Shed Safety Training is extremely popular as it helps keep a shed safe and be more risk management compliant. Contact the VMSA office to explore your training needs.

Our Patron, Her Excellency The Honourable Linda Dessau AC, Governor of Victoria, will host a reception for shedders at the Government House, on the 16th of July. The guest list closed with over 500 shedders responding. The guests will receive an invitation in the mail from the Government House. Please RSVP to the Government House immediately on receiving your invitation.

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 log-in.

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.

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>.

The VMSA has a very busy office and we are looking for some administrative support. If you can assist or know someone who would benefit from work experience, please contact me.

We are now accepting Expressions of Interest in the 2019 roll out of defibrillators. To know more, write to us at [vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au).

The VMSA has secured a Preferred Partnership with JEEP Australia, and we have been inundated with applications for the extraordinary discounts on the JEEP range of vehicles.

**Ric Blackburn**  
**VMSA Executive Officer**  
**Email: [vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au)**



## VMSA PRESIDENT'S REPORT

Recently, I attended the Communities in Control Conference and met senior officers from the Australian Tax Office (ATO) and the Australian Charities and Not-for-profits Commission (ACNC). Both the regulators have been advised to commence work on enabling sheds to apply for Deductible Gift Recipient (DGR) status, if they so wish. The regulators recognise the need for simple wording, reporting. The VMSA is assisting them. The ATO and ACNC wish to have everything completed and ready for the introduction of this offer by the Commonwealth Government by 1 July 2020. The VMSA will keep sheds updated on this matter.

The conference's theme was "Get Angry and Get Organised". It was attended by over 500 delegates from around Australia. There were many great speakers and the VMSA was also represented at this event. Sheds are now a very important part of communities across Australia, particularly Victoria. In fact, sheds are becoming part of 'the hub' and 'the fabric of holding communities together'. Communities are noticing that sheds are a place where men, ideas and engagements assist their development, viability and sustainability. Particularly small rural communities are now coming together and organizing themselves to take on businesses, which are impacted by the economic downturn. For instance, pubs, shops and other local assets that sustain communities. Such an action is making a real difference to rural communities. This is also happening in Britain; sheds there are also playing an important role in these ventures.

The VMSA Committee met on 24th, 25th, and 26th May to review its Strategic Plan, Constitution and activities across the State. Some new initiatives were agreed to and are being pursued. The VMSA will be announcing these shortly. The VMSA will continue to share and work closely, collaborate with the three States and other sheds across the country, but it will not join Men's Shed Australia (MSA).

Last week, the VMSA met with politicians and is in talks with legal counsel for the State Government Royal Commission into mental health. A number of people and sheds have informed us about how their shed has made a difference in their lives and helped them through 'mateship'. Sheds have also supported and encouraged them to seek professional help. The VMSA is putting forward a number of recommendations that it feels will make a difference in

assisting men, families, sheds and communities.

I am pleased to advise that the Latrobe Valley Health Assembly has agreed to fund a 12-month project, "Working with Men", in the Latrobe Valley community. Here a Field Officer has to work with local men, sheds and other men's groups across the council. The idea is to achieve healthier outcomes, both mental and physical, particularly for older men who have been displaced by redundancy, lack of skills and ability to retrain and are finding it tough. This project will also work with professional health agencies across the Latrobe Valley.

I was recently asked on an ABC radio programme about VMSA's views on the Federal Election. I said, "The VMSA works and lobbies with all major parties. It has and will maintain a bipartisan approach at all times. It will continue to work closely with the State Government and will advocate for men's health and well-being, funding at State and Federal level to enable programmes to be delivered at the grass-roots level in our State and elsewhere across Australia." Enjoy working, folks!



**Lindsay Oates**

**VMSA President 2018-19**



## RECEPTION AT GOVERNMENT HOUSE



The Patron of the VMSA The Honourable Linda Dessau AC, Governor of Victoria, has offered to host a reception for Victorian Sheds and their supporters.

The Governor is an avid supporter of Victorian Community groups and wishes to recognise the wonderful work sheds do for the Victorian community.

It is with great pleasure the Victorian Men's Shed Association invites shed representatives and shed supporters to a reception at Government House.

**Event Date: 16th of July 2019**

**Event time: 5:30 pm - 7:30 pm**

**Gates open at 5:00 pm**

**Dress is Smart Casual**

Personalised formal invitations will be sent to you by Government House.

Currently there is a limit to numbers being invited and at this stage only 2 shed executive members and their partners + 2 general shed members and partners are invited.

The guest list has been passed to the Office of the Governor; they will send personalised invitations to the guests. On receiving your official invitation, you will be required to RSVP to the Office of the Governor with your attendance or apologies.

Guests must bring their invitations to the reception to gain admittance.

*Note: If there is any update to your guest list, please contact Ric Blackburn at [vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au).*

# 2019 SENIOR OF THE YEAR AWARDS

## Nominate now

Acknowledge an older person or organisation that you think deserves recognition this year

# 2019 VICTORIAN SENIOR OF THE YEAR AWARDS



Nominations close Friday 5 July 2019

Forms available on [www.seniorsonline.vic.gov.au/awards](http://www.seniorsonline.vic.gov.au/awards) or by calling 1300 797 210



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## 2019 SENIOR OF THE YEAR

### Nominate an individual or an organisation

If you know an older Victorian worthy of recognition – for example an Elder in your community, a member of a club you attend, a volunteer in your organisation – nominate them for an award. Similarly if your organisation, or one you know, has an age-friendly approach to the way it operates and delivers programs and services consider nominating them for the Age-Friendly Victoria Award.

#### Award categories

**Premier's Award for Victorian Senior of the Year** for an outstanding contribution by an individual to their local community and Victoria.

**Promotion of Multiculturalism Award** to an individual for a significant contribution to promoting the benefits of cultural diversity in their local community or in the broader community.

**Healthy and Active Living Award** to an individual for helping to create active and healthy communities through community involvement and as a role model.

**Veteran Community Award** to an individual for an exceptional contribution to the veteran community. The recipient of the award does not need to be a veteran.

**Council on the Ageing (COTA) Victoria Senior Achiever Awards** to up to 10 individuals for significant contributions to local communities and Victoria.

**Age-Friendly Victoria Award** recognising an organisation for creating age-friendly communities, promoting active ageing and improving quality of life and inclusion for older people.

### Eligibility and selection criteria

**Senior of the Year Awards nominees** must be an Australian citizen, a resident of Victoria and aged 60 years or over. Nominees will be assessed on their volunteer contribution and achievements since reaching the age of 60.

Nominees are assessed on these selection criteria:

1. how they make a difference to community wellbeing through volunteering
2. their good standing in the community
3. how their positive attitude to ageing inspires others.

The **Age-Friendly Victoria Award** is open to any organisation or business working with an age-friendly approach to programs and services in Victoria. Nominees must demonstrate achievements in each of these selection criteria:

1. engagement with older people – older people participate in planning and implementing the age-friendly activity or environment
2. age-friendliness – the activity or environment assists older people to achieve good health, and wellbeing and social and economic participation
3. attitudinal shift – the activity or environment promotes positive attitudes towards ageing and older people in the community
4. sustainability – the activity or environment is embedded within the community or organisation/business.

#### How to use the nomination form

Use the nomination form on page 4 to make a nomination for all categories. Remember to attach the additional material as requested.

Contact Victorian Seniors Card on 1300 797 210 if you need more forms mailed to you or help with completing a nomination form.

You can download additional nomination forms from [www.seniorsonline.vic.gov.au/awards](http://www.seniorsonline.vic.gov.au/awards)

# NOMINATION FORM: SENIOR OF THE YEAR

## Nomination form for the 2019 Victorian Senior of the Year Awards

Please print clearly.

### Step 1: Mandatory for all nominations – information about you the nominator

**Your details.** You will be the person we contact during the nomination and awards evaluation period.

Ms / Mrs / Mr / Dr / Prof.

First name and surname

Position (if representing an organisation)

Name of organisation (if relevant)

Address

Post code

Telephone

Email

- Do you consent to us retaining your name and contact details so we can advise you in future years of the Victorian Senior of the Year Awards nomination period?

### Step 2: Award(s) you are nominating an individual person or an organisation for

(please tick)

#### Individual awards

- Premier's Award for Victorian Senior of the Year  
 COTA Victoria Senior Achiever Awards  
 Promotion of Multiculturalism Award  
 Healthy and Active Living Award  
 Veteran Community Award

#### Organisation or business award

- Age-Friendly Victoria Award

### Step 3: Mandatory information for individual awards

#### Nominee details:

Ms / Mrs / Mr / Dr / Prof.

First name and surname

Age

Address

Post code

Using the eligibility and selection criteria on page 3 of this guide, answer the following questions **as attachments to this nomination form**:

1. How does your nominee make a difference to community wellbeing through their service to social, cultural or civic life? Demonstrate how your nominee is held in good standing in their community.
2. Attach at least two letters supporting the nomination from colleagues or individuals in the community.
3. You can attach photocopies (not originals) of up to 10 pieces of supporting information about your nominee, such as awards and media articles.

### Step 3: Mandatory information for organisations or businesses nominees for the Age-Friendly Victoria Award

#### Nominated organisation or business details

Nominated organisation

ABN (if relevant)

Using the eligibility and selection criteria on page 3 of this guide, you must answer the following questions **as attachments to the nomination form**:

1. Briefly describe your project and its relationship to your organisation's purpose and objectives.
2. How were older people involved in the development and planning of your project?
3. How did the project affect older people's health, social participation or personal security?
4. How has the project promoted positive attitudes towards ageing and older people in the community?
5. How is the project maintaining its sustainability in the community?

Then:

- Attach three written references from individuals, organisations or community groups involved in the project.

### Step 4: How you heard about the Victorian Senior of the Year Awards (please tick)

- Mail or email from Department of Health and Human Services (DHHS)  
 Seniors Online or DHHS website  
 Seniors Information Victoria or COTA Victoria  
 Newspaper, radio or television article or advertisement  
 Social media  
 Word of mouth  
 Other (please specify) \_\_\_\_\_

For simple tips on how to write a strong nomination visit [www.seniorsonline.vic.gov.au/awards](http://www.seniorsonline.vic.gov.au/awards)

### Submit your nomination

**Mail: Victorian Senior of the Year Awards**  
**Department of Health and Human Services**  
**GPO Box 4057 MELBOURNE VIC 3001**  
**Email: [seniorsfestival@dhhs.vic.gov.au](mailto:seniorsfestival@dhhs.vic.gov.au)**

Closing date for nominations is Friday, 5 July 2019



# SHOULDER TO SHOULDER 051



In May's edition of **Shoulder to Shoulder**, UK Men's Shed Association (UKMSA) are excited to announce our partnership with household name **Ronseal**.

The **Campaign to End Loneliness** are looking for help from sheds for individual experiences about loneliness, while shedders from **Teamwork Trust Men's Shed** share how their shed has changed their lives.

Roving Mike shares how offering training courses are supporting sheds to generate extra funds, we consider ways of making sheds safer after the sad break in for Men in Sheds Bedford, and find out what you can do if your hearing isn't quite what it was (we know how loud Shed machinery can be!).

We find out how many shedders last month told us they heard about their local shed, and how they get there. We've now opened up [this month's survey](#) on the hot topic of insurance.

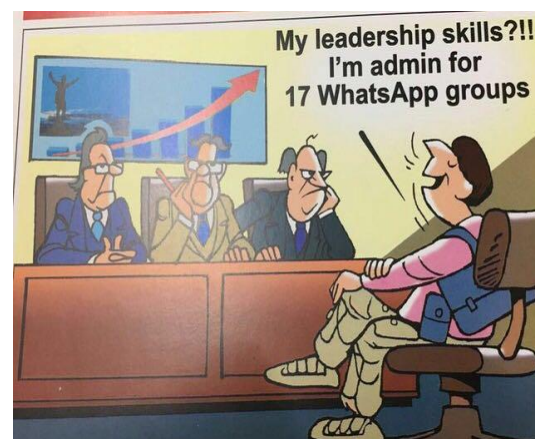
We hope you enjoy this month's issue and as always, we welcome any and all feedbacks that you have. If you have a story or article you'd like us to include in a future edition, please email it to [admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk).

[Click here](#) to read the full May edition of **Shoulder to Shoulder**.

Happy Shedding!  
The UKMSA Team

## ON A LIGHTER NOTE

### New Age Problems!



## MEN'S HEALTH STRATEGY 2020-2030

The Federal Government launched the National Men's Health Strategy 2020-2030 at Safety Beach Dromana Men's Shed (VIC).

It sets out a national approach to improving health outcomes for Australian men and boys, committing \$19.7 million to guide action focused on those at greatest risk of poor health.

The strategy provides a forward-looking blueprint for actions on 5 priority health issues affecting men:

- Sexual and reproductive health conditions
- Mental health
- Chronic conditions
- Injuries and risk-taking
- Healthy ageing

Australian Men's Shed Association (AMSA) is pleased to advise that the strategy specifically commits significant continued and expanded funding to support the growth and development of Men's Sheds nationally.

Over 4 years, the Federal Government will invest \$11.4 million to:

- Grow direct funding to sheds via the National Shed Development Programme (NSDP)
- Increase on-the-ground and national support for Men's Sheds
- Increase health, well-being and operational resources available to Men's Sheds

Recognition of the contributions of Men's Sheds to the improvement of health outcomes in the strategy further embeds Men's Sheds into the fabric of the Australian community.

We acknowledge our key health partner Healthy Male (formerly Andrology Australia) for their contributions to the development of the strategy, along with the Expert Advisory Group.

It is with great excitement that we look to the coming decade - growing our work and supporting the Australian Men's Shed movement.

## LEARNING CURVE



Dear Shedders,

I was sent this link to an upcoming course and thought it might be relevant to your sheds regarding developing strategies, please pass on as you wish.

Please consider the training course below for distribution to your sheds.

### **GRANT WRITING WORKSHOP MELBOURNE - JUNE 2019**

<https://www.eventbrite.com.au/e/grant-writing-workshop-melbourne-june-2019-tickets-59683934254?aff=erellivmlt>

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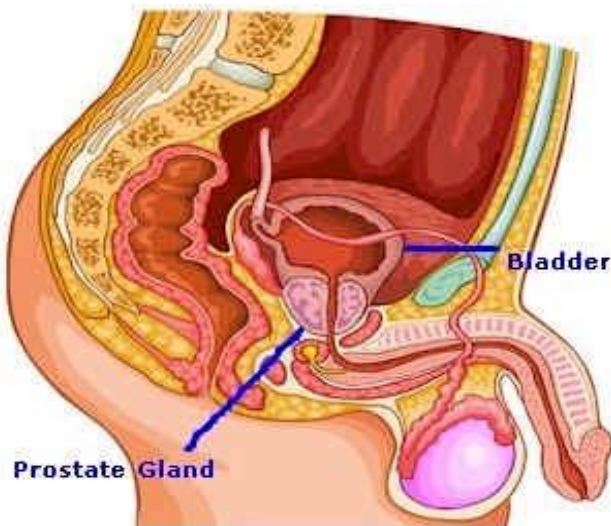
Ric Blackburn

VMSA

## THINGS TO KNOW ABOUT YOUR PROSTATE

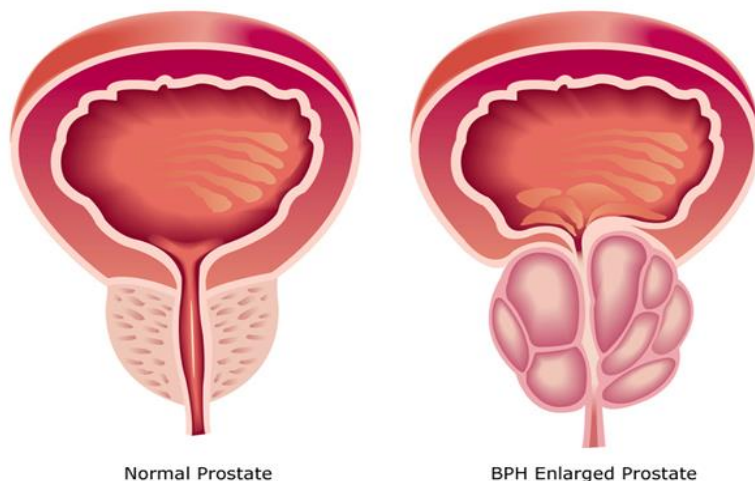
### What it is?

The prostate is a small but important gland (organ) in the male reproductive system. The main role of the prostate is to make fluid that protects and feeds sperms. The prostate makes about one-third of the fluid that is ejaculated from the penis at orgasm.



### It gets bigger as you get older

Benign Prostatic Hyperplasia (BPH) is the non-cancerous enlargement of the prostate. The male sex hormone testosterone makes the prostate grow in size. As men get older, the prostate grows larger.



Normal Prostate

BPH Enlarged Prostate

At puberty, testosterone levels in boys start to increase and the prostate grows to about 8 times its size. It doubles in size between 21 and 50 years of age, and again between 50 and 80 years. BPH is the most common prostate disease. Having BPH does not increase the chance of getting prostate cancer. However, it is possible for men who have had treatment for BPH to still get prostate cancer.

### It can interfere with urination

Men who have symptoms of BPH usually find that there are noticeable changes to their urination because BPH affects the part of the prostate that surrounds the top part of the urinary tract. Lower Urinary Tract Symptoms (LUTS) is a common term used to describe a range of urinary symptoms; most often caused by BPH.

### It can get inflamed

Prostatitis is inflammation of the prostate gland, that is, the prostate can feel sore and irritated. Prostatitis can be caused by bacterial or non-bacterial infection, and can be very painful.

### It can get cancer

Prostate cancer is abnormal growth and division of cells within the prostate to form tumour(s). Prostate cancer cells often grow very slowly and may not cause any problems or symptoms, or become life-threatening. However, less commonly, the cancer cells grow more quickly and may spread to other parts of the body. It is diagnosed mainly in men over the age of 50 years.

### REMEMBER

- Prostate diseases, including cancer, can usually be treated.
- If you have any concerns, see your doctor

*Courtesy: Rutherglen Shed Newsletter*



## AKOONAH PARK: POEMS

### OUR AUSTRALIA

When the shearing sheds are silent, and the stock camps  
fallen quiet  
When the gidgee coals no longer glow across the  
outback night  
And the bush is forced to hang a sign, 'gone broke and  
won't be back'  
And spirits fear to find a way beyond the beaten track  
When harvesters stand derelict upon the wind-swept  
plains  
And brave hearts pin their hopes no more on chance of  
loving rains  
When a hundred outback settlements are ghost towns  
overnight  
When we've lost the drive and heart we had to once  
more see us right  
When 'Pioneer' means a stereo and 'Digger' some  
backhoe  
And the 'Outback' is behind the house there's nowhere  
else to go  
And 'Anzac' is a biscuit brand and probably foreign  
owned  
And education really means brainwashed and neatly  
cloned  
When you have to bake a loaf of bread to make a decent  
crust  
And our heritage once enshrined in gold is crumbling to  
dust  
And old folk pay their camping fees on land for which  
they fought  
And fishing is a great escape; this is until you're caught  
When you see our kids with Yankee caps and  
resentment in their eyes  
And the soaring crime and hopeless hearts is no longer a  
surprise  
When the name of RM Williams is a yuppie clothing  
brand  
And not a product of our heritage that grew off the land  
When offering a hand makes people think you'll  
amputate  
And two dogs meeting in the street is what you call a  
'Mate'  
When 'Political Correctness' has replaced all common  
sense  
When you're forced to see it their way, there's no sitting  
on the fence  
Yes, one day you might find yourself an outcast in this  
land  
Perhaps your heart will tell you then, 'I should have made

a stand'

Just go and ask the farmers that  
should remove all doubt  
Then join the swelling ranks who say,  
'don't sell Australia out!'

- *Unknown*

### WHAT ARE SENIORS WORTH?

Remember, old folks are worth a  
fortune,  
With silver in their hair, gold in their  
teeth,  
Stones in their kidneys,  
Lead in their feet and gas in their  
stomachs.  
I have become a little older since I  
saw you last,  
And a few changes have come into  
my life.  
Frankly, I have become a frivolous old  
girl,  
I am seeing five gentlemen every day.  
As soon as I wake up Will Power  
helps me out of bed.  
Then I go to see John.  
Then it's time for Uncle Toby to come  
along,  
Followed by Billy T.  
They leave and Arthur Itis shows up  
and  
Stays rest of the day.  
He doesn't like to stay in one place  
very long,  
So, he takes me from joint to joint.  
After such a busy day I'm really tired,  
And glad to go to bed with Johnny  
Walker  
What a life!  
Oh yes, I'm also flirting with Al Zymer.  
The preacher came the other day  
He said that at my age I should be  
thinking  
About the hereafter.  
I told him, "Oh, I do, all the time  
No matter where I am,  
If I am in the parlour,  
Upstairs in the kitchen  
Or down in the basement,  
I ask myself, "Now what am I here  
after?"

# FROM AKOONAH PARK

## The Doris Project.

Progress on Doris is becoming easier to see now that she has a coat of paint! The paintwork looks great but it will look even better after it has been cut and polished to a high gloss.

The electrical wiring still needs to be tidied up, but now that the paint is on the body, many other aspects of the project can proceed simultaneously. We still need to check all of the electrical systems and also need to start the engine for the first time since it was stripped down and rebuilt.

Doors are going back on and door handles and other hardware are being reinstalled. Soon all the window glass will go back in and the new carpet will be installed before the seats go back in.

Then it will be time to install a new pair of seatbelts and finally check over all the lights and other items essential to obtain a roadworthiness certificate.

When it's all done, we will begin the process of selling raffle tickets. The plan is to sell 100 tickets at \$100 each. I'm sure that there will be a number of Shed members buying individual tickets or forming a small syndicate to buy a share in a ticket, in the hope of having Doris all to themselves.

Whoever the lucky winner is, there is no doubt that you could possibly buy for

they will have the best Morris Minor \$100!!"

Greg Dowd



# TO VMSA, FROM JEEP

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.



## PREFERRED PARTNER DISCOUNT FOR VMSA MEMBERS!

(We deliver the car to you anywhere in Victoria)

For details contact:

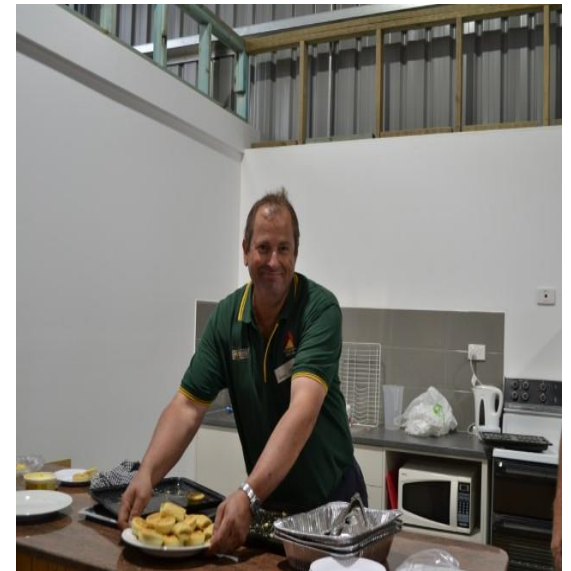
**Stewart Macdonald**

**0419 587 817**

**stewart@hoppermotorgroup.com.au**

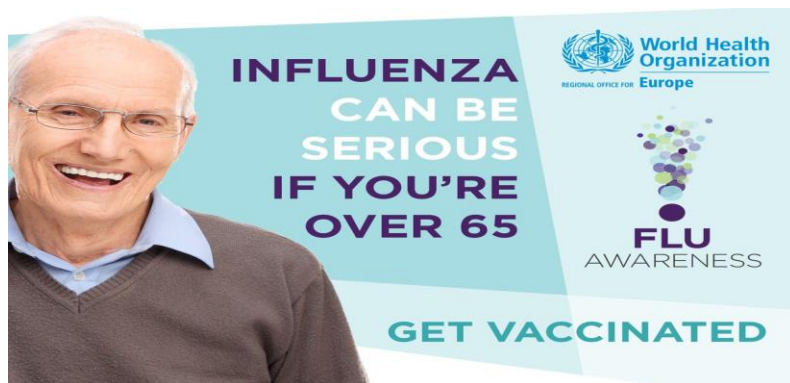


# SHEPPARTON SHED CELEBRATION





## FLU AND WHAT TO DO?



Getting the flu isn't any fun. And it's just our luck that as seniors, we are more at risk of severe complications that are associated with the flu.

Annual immunisation against flu is recommended for everyone. Under the National Immunisation Program and the Victorian funded immunisation program, people aged 65 years and over are eligible for a free flu shot. This forms part of a routine schedule of vaccines provided for free for some groups of people.

This year, it is recommended that you book your vaccination for late April, if possible, to ensure you have maximum protection over the peak of the flu season.

You can track flu in your local area by visiting [FluTracker](#) - a voluntary scheme where people take 10 to 15 seconds each week to record any symptoms they experience. This information is then used confidentially to show flu 'hotspots' around Australia. To explore your local community, simply select 'View Maps' and zoom in.

If you would like more information visit the sites below:

**Flu (influenza):** Advice from the Better Health Channel on managing or reducing the spread of the flu

**Immunisations for Older People:** Details on immunisations suggested for older people via Better Health Channel

**FluTracker:** View weekly mapped reports of flu in your area

You can access more information on <https://www2.health.vic.gov.au/public-health/seasonal-influenza>

Hospitals are full and infected people have died in an unseasonal spike of illness across the country.

## WORRI YALLOCK TO WARBURTON

Five 'fit members' of the Cycling Fraternity, met at Worri Yallock to join in some good camaraderie, and also to test their bike riding skills and stamina.

The bike trail to Warburton was on a good surface path for 17.5 kms with a gentle grade. The weather forecast for the day was indicating around 28 degrees but the shaded trees did not seem to let that heat through. A couple of drinking holes we had were refreshing and gave us the impetus to rally on.

On reaching our destination, we found the Cog Café closed. So, we had to ride down to the town centre to the excellent Warburton Bakery. (Even Shane would have been able to devour the display cabinets with great delight.) Our order was mixed up a little, but we were presented with an extra Flat White Coffee and White Tea at no extra charge.

Disaster struck when we all rode down to the toilets for some well-earned relief, and Alan announced that the urinals were overflowing. We then had to ride to Millgrove.

With the trip over four sensible (and 'not so fit') members called it a day, while Alan continued on to Seville and back to his car in Worri Yallock.

We all had a good round trip of 35 kms.

--- Kevin Sheean

*Courtesy: Acoonah Park Shed's Newsletter (June)*

# SHEDS IN NEWS

## Ellery Epiphany

Castlemaine Men's Shed were asked to renovate 3 garden seats to a new front garden at Ellery House, Castlemaine Hospital.

On completion, Castlemaine shedders were invited, along with the others, to a grand opening cup of tea.

This event was covered by the Castlemaine Mail (see photo).



Castlemaine Health's Juliet Guy and Libby Rimmer, ASQ Skydancers Lis Templeton and Castlemaine Men's Shed members Gordon Stevens, Brian McCormick and Jim Harris at the recent opening.

## Community support makes new garden space a reality

A new front garden was recently unveiled at Ellery House at Castlemaine Health. The garden is the result of a wonderful community collaboration.

Castlemaine Health midwife and registered nurse Juliet Guy took on the life-changing challenge of walking over 700 km on the El Camino Trail in Spain last year. Juliet wanted to give meaning to every step of the walk by raising funds to beautify the Ellery House gardens. Juliet's efforts were rewarded with more than \$1200 raised.

Local business ASQ Skydancers put their considerable expertise into the project by drawing up the garden plans, providing beautiful plants, pavers and a fountain at a discounted rate. The Castlemaine Men's Shed also brought their skills to the table by renovating and repainting three bench seats in a cheery shade of blue to match Ellery House.

A long-term dream for Ellery House staff, the front garden is now reality. The garden features a soothing water feature, native plants and seating for residents, family, staff and volunteers. Residents enjoy the garden every day. It has become a well-being space for people to sit quietly in the sun, make new friendships and spend time with family and friends.

Castlemaine Health is extremely grateful to Juliet, ASQ Skydancers, the Castlemaine Men's Shed and the community who supported Juliet's walk with their donations. A recognition plaque has been placed in the garden to acknowledge the efforts of all those involved.

## NEW SHED OPENING

A new men's shed was inaugurated at Tullamarine, after a wait of 10 long years.

The inauguration on 30 May 2019 was covered by The Northern Daily Leader on 31 May 2019.

thenorthernleader.com.au 31 MAY 2019

### 'Taj Mahal' of men's sheds open

Power tools at the ready in new home

**Neelima Chohan**

AFTER a wait of 10 years for a purpose-built home, the 'Taj Mahal' of men's sheds is finally ready to open.

Built with Hume Council, state, federal and community cash on council land, the Tullamarine Men's Shed has members lining up to power their tools after a long wait.

Shed manager Cheryl Hildebrandt said members were excited.

"We have been working on this for 10 years," she said.

"One of the pleasures of a workshop is the fact that you have got all your woodworking work set up.

"It's bigger than a garage. There are other guys there so there is social contact."

Ms Hildebrandt said the men's shed hadn't operated fully since mid-2014 due to permit issues. The shed has about 30 members aged from 50 to 83.

Grandfather of three Alan Dyer, 73, said the shed gave "blokes a chance to talk about blokes' things".

"People retire and they are not ready to retire ... and they get up the next morning and want to go to work, but there's no work and they don't know what to do," he said.

Mr Dyer said he was looking forward to doing woodwork, carpentry and community projects.

"It's going to be a big deal, and our men's shed is going to be the 'Taj Mahal' of men's sheds," he said.

Alan Dyer, front, and fellow Tullamarine Men's Shed members in their new home. Picture: HAMIS



## UPCOMING EVENTS



### Reception at Government House

Time: 5 pm for a 5:30 pm start

Day: Tuesday

Date: 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

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