

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

MEN AND LONELINESS

Loneliness isn't just unpleasant - it can seriously impact your mental and physical health. Looking out for your mates: helping men stay socially connected and well. Read the detailed report on pages 13, 14 and 15.

TOP NEWS

COMMUNITY CARE HELPS MEN

Older men who access a wide range of community care services are more likely to have better memory than those who access fewer services, research indicates. Details on pages 7 and 8.

TOP INITIATIVE

OUR BROTHER'S KEEPER

Who is responsible for your safety? What does it mean to be your brother's keeper? Who to ask for help and how? Motivational speaker, John Drebinger, gives out all the details you need on pages 11 and 12.



FROM THE PRESIDENT'S DESK

In this report, the President talks about the tireless and extremely important work men's sheds and shedders undertake for communities across the state of Victoria. Also, the Governor of Victoria praised and thanked shedders for their relentless work.

Details on Pages 4 & 5.

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
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COMMITTEE

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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,

There was a lot of excitement across the State when our Patron, the Honourable Linda Dessau AC, Governor of Victoria, announced she wanted to hold a reception to recognise of the contribution sheds make to the Victorian community.

We will put out a detailed report about the reception in our August newsletter. Do check that out. In this newsletter, we are sharing a nice picture from the evening, with the Governor. Do take a look. We were honoured with the Governor's kind gesture.

The Murray Cluster had a get-together in Beechworth this month and they are getting a group of sheds together to host a OH&S session.

sia Australia has donated 15 pallets of sandpaper to be distributed among sheds.

The VMSA has a number of training and information resources available for sheds. In particular our Occupational Health and Safety (OH&S) Shed Safety Training is extremely popular as it helps have a safer shed that is more risk management compliant.

Feel free to contact the VMSA office to explore your training needs.

The VMSA is your voice and has been advocating hard for sheds at all levels of Government. If your shed is applying for a Strengthening Men's Shed Grant please contact us in case you need any assistance with preparing the application.

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 is happening in sheds around Victoria and the world. Do visit the page and follow it to receive all updates as soon as one is put out.

You can register for our monthly newsletter through the website. Click on the link below for the same.

<https://vmsa.org.au/index.php/component/users/?view=registration&Itemid=101>.

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 show plays out on the first Saturday of every month from 9 am to 10 am.

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.

You all know that the VMSA has secured a Preferred Partnership with JEEP Australia. We also have a great partnership with Hyundai Vehicles. We have been inundated with applications for the extraordinary discounts on both JEEP and Hyundai vehicles.

Ric Blackburn
VMSA Executive Officer
Email: vmsa@vmsa.org.au



VMSA PRESIDENT'S REPORT

I have been asked by many shedders at the Government House reception held on the 16 July for my speech to be included in the newsletter. This is for those who were present and for those who could not attend.

It was a great honour and privilege to be there and represent Victorian sheds. I thank all the shedders present that evening, their wives, friends and all our guests for making it such a wonderful evening. I also need to thank our Executive Officer, Ric Blackburn, most sincerely for his hard work in enabling all of this to take place so successfully. This event has well and truly put men's sheds on the map of Victoria.

The Governor, the Honourable Linda Dessau AC, spoke about the work that sheds and shedders are undertaking across the state and thanked all the shedders for their contributions in assisting individuals and their communities across Victoria.

She thanked shedders for being such great volunteers and said how that made a huge difference across various communities and in the lives of those involved with sheds.

Here's my speech from the reception.

Your Excellency, it is an honour for the Victorian Men's Shed Association, its shedders and guests to be invited to this great reception in recognition of the contribution of sheds to the Victorian Community. We sincerely thank you for this opportunity to meet you as our Patron and share this privilege.

Sheds mean a lot to men. A shed is a place where "What is said in a shed stays in the shed". Men feel secure, they feel wanted, they wish to be contributing, learning, sharing, listening, supporting and helping others, as well as talking to a 'mate' across the table or working 'shoulder-to-shoulder'. That is when men open up and get chatting about their personal issues and concerns.

Sheds through their programmes and their shedders save lives. They make a real difference in the lives of men in their shed and in the community. Sheds help men turn their lives around. Shedders support and look after each other; they support men in need, helping them seek professional people for assistance.

No shed is the same across Victoria, either in its building, its activities or in its involvement in the community.

Recent surveys indicate that Victorian Sheds contribute annually much more than \$25 million in their volunteer time to the community and individuals in need. It is through the many partnerships and assistance from stakeholders that sheds and the VMSA are supported in their work. The VMSA is most grateful for that.

Men's Sheds are becoming the hub in their communities. The VMSA is committed to fostering and supporting the development and sustainability of Victorian sheds by advocating on behalf of its member sheds to government at all levels and to the private and community sectors. The men's shed movement is expanding and still growing in Victoria, across Australia and the world.

All those here who are from a shed are most proud to be a shedder and to know that their contribution is making a real difference to the lives of men and their families and community. Last week, I received a phone call from a wife of a new shedder.

VMSA PRESIDENT'S SPEECH AT THE RECEPTION

She said, "Thank you for saving my life and marriage; John is now out of the house and enjoying himself."

Some people here may relate to that. To our guests, wives and partners, we know you are proud of your shedder and their incredible work at the sheds.

To our shedders, I say, "Thank you so much for everything you do. I challenge all of our shedders to be proud, passionate, active, show initiative, be leaders, engage, participate, share, contribute, and tell your shed story. Make a difference and keep up the fantastic work that you are all doing".

Thank you, your Excellency!

With our passion and engagement, sheds are making a difference around Victoria because sheds are at 'the coal face' and are operating at the grass roots level. Consequently, we are assisting our communities with health and well-being programmes, and in volunteering our services when asked for and where appropriate.

The Royal Commission into Mental Health in Victoria is well underway and I wish to thank those who have participated and appeared before it, speaking about how men's sheds have helped them. Some of you will be aware that a shedder was in the media on Monday and he spoke very well about what his shed and men's sheds mean to him. Thank you for that.

The VMSA has had positive feedback from many quarters on this.

Keep up the great work you are all doing.



Lindsay Oates

VMSA President 2018-19

VMSA TRAINING COURSES

Over the next couple of months, the VMSA will be holding several training courses for shed members, these will include:

FUNDRAISING



This will cover the idea and concept of fundraising, and identify the types of activities that sheds can undertake within their own communities to increase the funds available to their shed to cover the operating needs of the shed.

Location: VMSA Office, 173 - 175 Ordish Rd Dandenong South VIC - 3175

Time: 10:00 am - 1:00 pm

Dates: Friday, 16 August 2019

Each of these sessions will be restricted to 12 people, and ideally the people that are attending would be the shed representative who is responsible for the sheds fundraising activities.

Other courses that will be offered include:

OH&S WORKSHOP SAFETY



GOVERNANCE

At this point no dates have been set for the OH&S Workshop Safety and the Governance Training, but we are seeking Expressions of Interest from those sheds that are interested in these courses.

Please call Phil Keily on 0484 867 000 or email him at philk@vmsa.org.au to register for the Fundraising Training, or to place your Expression of Interest for the OH&S Workshop Safety or Governance Training.

GOVERNOR'S RECEPTION



On 16 July 2019, the Patron of the VMSA, the Honourable Linda Dessau AC, Governor of Victoria, had hosted a reception for Victorian Men's Sheds and their supporters. The Governor is an avid supporter of Victorian Community groups and wished to recognise the wonderful work sheds do.

In the picture, the Governor is seen with (from left to right) VMSA President, Lindsay Oates, the Governor's husband, Anthony Howard AM QC, Commissioner for Senior Victorians and Ambassador for Elder Abuse Prevention, Gerard Mansour, and Executive Officer of VMSA, Ric Blackburn.

MEN ACCESSING COMMUNITY CARE HAVE BETTER MEMORY

Older men who access a wide range of community care services are more likely to have better memory than those who access fewer services, research indicates.



Dr Joyce Siette, Research Fellow, Macquarie University's Australian Institute of Health Innovation

Macquarie University preliminary research suggests that using multiple services offered by community aged care providers is of great benefit to community-dwelling older men.

Lead researcher Dr Joyce Siette, a Research Fellow with Macquarie University's Australian Institute of Health Innovation, said users of aged care services benefit in multiple ways, including from increased social interaction.

"Older men who are receiving community aged care services are more likely to have higher cognitive function compared to those who are receiving less services," she told Community Care Review.

"The reason behind this may be that the men who enter these services have received the help they needed and as such there's been a change in their health, particularly towards their mental health and cognitive function."

"Our early results also indicate that men who have higher social networks have a benefit in their cognitive ability."

"Often, when older adults access aged care services, they are more likely to meet new people and form friendships, increase their social networks, which here in this study, suggests an improvement in their memory performance."

COMMUNITY SERVICE HELPS MEN: RESEARCH

Dr Siette said that interestingly age is not the most likely predictor of declining cognitive function in older adults in this cohort.

For the study, the Macquarie University researchers recruited 177 people living in NSW, who were receiving home and community-based care services from one of three aged care organisations. They measured the participants' social networks, health-related quality of life and cognitive function at two time points - at the beginning of the research and after six months.

The researchers are currently analysing the data and will release the study findings later this year. The protocol paper describing this study has been published in the BMJ open.

While evidence has shown that involving older adults in social activities is beneficial, this is the first study to look at what works best in terms of other practical services, such as help with transport and personal care.

"We will be investigating which aged care services in particular are driving this improvement in cognitive function," Dr Siette said.

"The findings will contribute to our understanding of how specific social network structures and social support services can maintain cognitive function in community-dwelling older adults.

Currently, services provided by community aged care may include practical assistance, such as transport and personal care, one-on-one visits to a person's home and social outings. It may also include help accessing rehabilitation with nurses or physiotherapists.

"With further analysis we will be able to guide community aged care providers in designing services that offer the best outcomes for older Australians."

The factors that influence changes in the older brain's ability to learn and understand, include sociodemographic factors such as education, age, marital status, country of birth, as well as social factors such as friend and family networks and wellbeing factors such as quality of life.

These factors will be considered in the future analysis of this body of research.



July 4th 2019



What is elder abuse?

Elder abuse is a form of family violence and it is unacceptable.

Elder abuse is any act occurring within a relationship where there is an expectation of trust, which results in harm to an older person. Elder abuse may be physical, sexual, financial, psychological, social and/or neglect.

Elder abuse that occurs in aged care facilities and nursing homes has received a lot of media coverage, particularly in the wake of the Royal Commission into Aged Care Quality and Safety, with a final report expected by 30 April 2020. This form of abuse violates human rights and is both illegal and abhorrent.

This factsheet refers to violence and elder abuse that occurs in a family context that is perpetrated by either a relative, friend or known and trusted associate (such as a carer).

Research shows that up to 14 per cent of older people may be experiencing elder abuse. Yet the real number is estimated to be much higher than this because elder abuse is often underreported.

Forms of elder abuse

Family violence against older people can take many forms. It is not uncommon for older people to experience multiple forms of elder abuse at one time.

Some common forms of elder abuse are listed below.

Financial abuse

One of the most common forms of elder abuse reported by older Victorians. Examples may include

- › Coercing an older person into giving money to a relative
- › Taking money to compensate for looking after an older family member
- › Pressuring an older relative into making financial decisions
- › Forcing an older relative to change their Will.

Emotional (or psychological) abuse

Using threats, humiliation or harassment, which may cause distress, feelings of shame, stress or powerlessness. Emotional abuse is often used alongside other forms of elder abuse.

WHAT IS ELDER ABUSE?

Neglect

Failing to provide the necessities of life.
Examples may include:

- › Failure to provide adequate food, clothing, shelter, medical attention or dental care
- › Using medication improperly
- › Keeping older people in a state of poor hygiene.

Physical abuse

Inflicting pain or injury through physical force.
Examples may include:

- › Hitting
- › Slapping
- › Pushing
- › Using restraints.

Social abuse

Forced isolation and increased helplessness.
Examples may include:

- › Restricting access to support networks (family, friends, help services)
- › Discouraging visitors/social outings
- › Opening mail/screening phone calls without permission.

Sexual abuse

Any form of forced or unwanted sexual activity, including taking advantage of a person unable to give consent.

Barriers to reporting

The reasons for not reporting elder abuse are complicated and may include:

- › fear, including fear of retaliation or family breakdown
- › older people may not recognise that what they are experiencing is elder abuse
- › older people may feel that they are responsible for the behaviour of the perpetrator
- › feelings of guilt and shame
- › belief that aggression and violence is a normal part of family life
- › fear that seeking help will lead to being placed in residential care
- › lack of knowledge about available sources of help.

What to do if you suspect elder abuse is occurring or you are experiencing elder abuse

If you are unsure about asking for help, remember everyone has the right to be safe. No older person should be subjected to any form of abuse, mistreatment or neglect. Elder abuse is a form of family violence, and it is unacceptable.

If you or someone you know is experiencing any form of elder abuse, you can discuss your concern with a trusted family member, GP or physician.

For further information and for independent advice, contact:

Seniors Rights Victoria – 1300 368 821

Available from 10.00am to 5.00pm Monday to Friday.
For more information on Seniors Rights Victoria, visit www.seniorsrights.org.au

1800 RESPECT – 1800 737 732

Available 24 hours a day, 7 days a week.
For more information on 1800 RESPECT, visit www.1800respect.org.au

Men's Referral Service – 1300 766 491

Available from 8.00am to 9.00pm Monday to Friday, and from 9.00am to 5.00pm Saturday to Sunday.
For more information on Men's Referral Service, visit www.ntv.org.au

If you are concerned for your immediate safety or that of someone else, please contact the police in your state or territory or call Triple Zero (000) for emergency services.

For more information, please visit www.respectvictoria.vic.gov.au



YOUR BROTHER'S KEEPER

John Drebinger

Motivational speaker, educator and trainer on safety

Virtually everywhere you go you hear leaders imploring their employees to watch out for each other. The most common phrase I hear is we should be, “our brother’s keeper.” This safety comment has its roots in the story of Cain and Abel. The clear implication is we are, in fact, responsible for those around us.

How To Help?

For more than 23 years, I have heard corporate executives and safety team members encourage their employees to, “Be Your Brother’s Keeper.”

There is no question they know what they mean when they say that and, likewise, their audience knows what they are being asked to do. I even believe from all the employees I have interviewed over the years they even are willing to watch out for their fellow employees. They just have never been taught how.



Why Are Hazards Ignored?

Because of this lack of knowledge or skill, over and over after an injury or incident, people report they observed the person doing something unsafe or they saw the hazard that injured them.

Even though they recognised the hazard, they did not warn their fellow employee about it. Was it because they did not want to be their “brother's keeper”?

Once again, it is important to realise the reason that people may see a hazard or an unsafe behaviour and not report or take action is not because they don't care about others; it is because they don't know how to take action.

Action, not knowledge, is the key! No one is safe unless someone takes action to tell them about the hazard. The challenge is people have never been taught techniques to share safety in such a way so that they feel comfortable.

WHO IS RESPONSIBLE FOR YOUR SAFETY?



Why Weren't They Taught "How To"?

There are several reasons people have never been taught how to go about it. The first reason is people assume sharing safety with others is simple and easy. It has been assumed, "Be your brother's keeper" is self-explanatory. Leaders assume when someone sees someone at risk, they will say something. This has been a false assumption.

A second reason is in some cases they have been taught how to point out a hazard or an unsafe behaviour but the focus was on making the person being protected feel good about the intervention. No one in the field of communication has focused on making sure the person intervening feels good or comfortable, too.

The truth is unless people learn some techniques to share about safety so that they feel comfortable, they will not take action.

Several years ago, I read about this challenge in a friend's book. Ever since, I have worked to develop techniques so people feel comfortable when they share a safety concern.

The Temptation To Wait

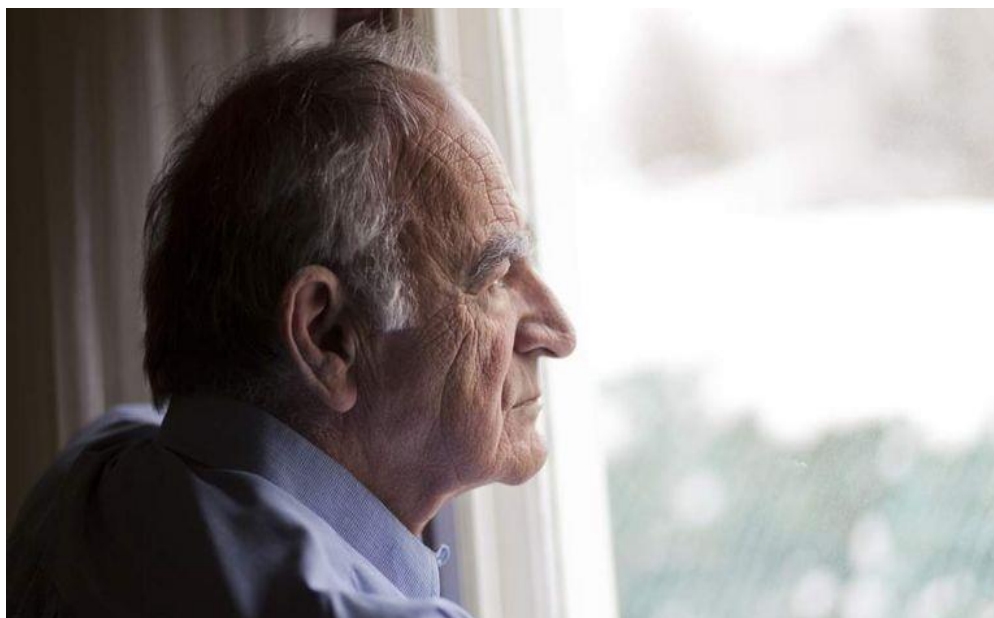
Some leaders decide to wait until the next annual or quarterly safety kick-off meeting to bring me in. The fallacy of this approach is that in the meantime unnecessary injuries keep occurring. With every injury, two people are hurt. First, the one who sustains the injury and second, the one who regrets because he/she failed to intervene and prevent the injury.

Source: Wonthaggi Woodcrafters' June Newsletter

MEN AND LONELINESS

Looking out for your mates: helping men stay socially connected and well.

Cathy Wever, journalist and editor, Better Health Channel



Loneliness and social isolation are common issues facing Australian men.

According to a recent report published by Beyond Blue, one in four (or 1.1 million) men had few or no social connections, while 25 per cent of middle years (aged 30-65) men had no one outside their immediate family they felt they could rely on.

It is well documented that loneliness isn't just unpleasant - it can seriously impact your mental and physical health. As you might expect, being lonely can increase your risk of mental health conditions such as depression, as well as your ability to socialise enjoyably with others. More recently though, loneliness has been linked to poor cardiovascular health and to speeding up the onset of conditions such as dementia.

According to the 2018 Australian Loneliness Report, "higher levels of loneliness are associated with higher levels of social interaction anxiety, less social interaction, poorer psychological wellbeing and poorer quality of life."

With the link between loneliness and health well established, tackling loneliness and social isolation has never been more important. In some countries, such as the UK, national strategies are being implemented to tackle loneliness, such is its negative impact on the overall health of society.

Research suggests that men are more likely to experience social isolation and loneliness than women. If you know a man who is experiencing loneliness, here are three ways that may help him to build the social and community connections that are vital to personal health and wellbeing:

Create the right environment

According to Beyond Blue, "many men do not talk in some more conventional settings about their feelings or emotions and have not been encouraged to take an interest in their own health and wellbeing."

With this in mind, creating the right environment for social connection is a vital first step in

WAYS TO START DIFFICULT CONVERSATIONS

promoting conversations about men's health and wellbeing.

Men's sheds are a great example of how this principle can work in practice. The men's sheds movement has been very successful in Victoria and is helping reduce the number of men who are at risk from preventable health issues that may emanate from social isolation.

Victoria's men's sheds provide 'a place for participants to have a chat, learn new skills and give back to the community'. According to Lindsay Oates, Victorian Men's Shed Association (VMSA) President, men are able to forge sustaining friendships through men's sheds.

"They provide an environment where men can bond with one another and talk about things that they might otherwise not discuss with anyone else," he says.

With more than 11,000 members attending sheds each weekday and more than 340 different sheds operating throughout Victoria, men's sheds run regular health and wellbeing sessions for members. Many men's sheds also have welfare and social officers who help create a welcoming environment and provide genuine friendship and support.

Men's sheds act as a conduit for preventative health information to be shared with men, including tips on managing stress, eating well and looking after your physical health as you age.

Men's sheds can also provide invaluable social connectedness for men from rural and regional areas.

"Particular issues affect rural and regional men, including severe weather events and the stress impacts of remote living. For men in rural and remote areas, men's sheds can be a literal lifeline."

While many members are over 60 years of age, the benefits of being part of a men's shed are likely to be just as significant for younger men.



Make a connection through shared activities

Many men build friendships based on shared interests such as sport. For some men, particularly as they age, these social connections tend to fall away.

Staying connected to a sporting or other interest-based club is a good way to combat social isolation. Whether it's a role on the cricket club committee or acting as a volunteer manning the weekly sausage-sizzle, having a sense of purpose and being connected to an organisation that interests you personally can be positive on many fronts. It can help men find opportunities to talk about personal issues or things that are worrying them.

HAVE A BUDDY, AND BE ONE TO SOMEONE

Activities such as bike-riding can provide an environment in which men feel more comfortable talking. As former Australian Rugby professional Mat Rogers once said, "I think that blokes in a cycling bunch would be the least depressed of any group of men because they get stuff off their chest, they talk, and they don't feel like they're getting looked down on or judged."

Rome wasn't built in a day

Whether it's joining a men's shed or a social or sporting group, it can take a while to feel confident to open up to others. According to VMSA President, Lindsay Oates, this is completely normal.

"Men tend to initially talk side-by-side or shoulder-to-shoulder. It can be hard as a newcomer, so take your time to build up your confidence," he says.

Don't feel that everything needs to be covered in one conversation, either. Setting up a regular activity - weekly, fortnightly or monthly - can give men time to feel comfortable and allow them to connect more strongly when they are ready. Pushing too quickly can inadvertently drive people away.



Online connections and friendships can help too

Humans are social animals, and while there's nothing quite like face-to-face interactions to nurture the soul, the value of online connection shouldn't be underestimated either.

According to the experts, supplementing face-to-face catch ups with digital communication (eg texts, Facebook messages etc) can be a good way to develop and sustain friendships.

If you, or someone you know, is struggling with loneliness and/or social isolation, don't be afraid to seek help. Services such as ReachOut, the Mensline and Beyond Blue provide support online as well as over the phone. Or make contact with the Victorian Men's Sheds Association and find a men's shed near you!

POSTCARD FROM SIMPSON SHED

Ken Unwin

We are now well into the winter months with good rains and frosty mornings. Just the kind of weather we put up our new multi-purpose shed (see photos).

I am delighted to tell you all that we have a new member attending the Simpson Men's Shed - Ray Jennings. Ray has been well-known for transporting farm stock from all over the settlement.

Also, Ian Laurensen informs that the Colac Pony Club is trying to raise grant money for possibly up to 20 jumps and the Simpson members have been asked to build them. Hopefully, they will be successful. Additionally, Ian has organised the Bunnings BBQ dates through to December. The BBQs have proven to be a great fundraiser for running the Simpson Men's Shed.



On Thursday, 20 June, Carol Fulford and Paul Parsell came to our shed for meeting John Morris and the Steering Committee. Following lunch, Paul gave members a lesson in first aid. It was an excellent session. It covered calling an ambulance, assessing the patient, initial treatment and identifying stroke signs. A similar session has been planned in the not so distant future.

Some months ago, Simpson Men's Shed were successful in getting a defibrillator from the VMSA. Paul also instructed members about using the machine.

On Monday, 24 June, ten members from Mortlake Men's Shed spent the day at Simpson. They had planned to install a dust extraction system in their shed and had come to inspect our set-up.

On 10 June, a men's health screening was held by the Timboon Health Services where members were checked for blood pressure, diabetes, prostate, coping skills, and so on.

John Morris has been in talks with Jane Bennett from the Simpson Kindergarten, who is organising another garden day for the kids in the community garden with Jo Connell from Bunnings Colac. Spending the day with the young ones is always very interesting.

We also spent a day at the Simpson Primary School where we instructed the students in putting together some possum boxes prepared by shed members. It is hoped that more activities between the shed members and school students will happen on a more regular basis in the days ahead.

WOODIES WORKSHOP SESSIONS

Wonthaggi Woodcrafters 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
<u>WOOD TURNING</u>	Regular Sessions	
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
	On-demand Session	
Friday (project based)	1 pm - 4 pm	Hartley Tobin: 5997 6328
<u>SEGMENTED TURNING</u>	Regular Session	
Friday	9 am - 12 noon	Alan McNaught: 5674 2457
<u>TOY GROUP</u>	Regular Session	
Tuesday	9 am - 4 pm	Ron Snooks: 0429 722 113
<u>PYROGRAPHY</u>	Regular Sessions	
Friday	1 pm - 4 pm	Michael Bladen: 0428 270 850
<u>SCROLL SAWING</u>	Regular Session	
Wednesday	9 am - 12 noon	Ray Oram: 5662 4181 Lionel Wood: 0490 695 950
<u>BANDSAW BOX MAKING</u>	On-demand Session	
Monday	1 pm - 4 pm	Marion Kerry: 0409 010 843 / 5672 3553
<u>JOINERY & SMALL FURNITURE MAKING</u>	Regular Session	
Thursday	9 am - 12 noon	David McNaughton: 0425 786 381
<u>CARVING</u>	Regular Session	
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).*

CLASSICS IN THE PARK



Supporting
Prostate Cancer
Foundation of Australia

- ◆ Hot food & Drinks
- ◆ Barista
- ◆ Trade & Sponsor Stands
- ◆ Car & Bike Trophies
- ◆ Raffles

Show Cars & Bike
including passengers – \$10
Adult Spectators – \$5
Children under 16 – Free

Proudly Sponsored by



Akoonah Park, Berwick (Melway 111 H10) enter via Manuka Road

All Enquires. Greg: 0417898760 Ray: 0419116851



Facebook.com/berwickclassicsinthepark

Akoonah Park Mens Shed Inc. accepts no responsibility for any vehicles attending the show

OBITUARY FROM THE LONDON TIMES

Today we mourn the passing of a beloved old friend, **Common Sense**, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain.
- Why the early bird gets the worm?
- Life isn't always fair.
- And, maybe, it was my fault.



Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death	He is survived by his 5 step-children
By his parents - Truth and Trust	1. I Know My Rights
By his wife - Discretion	2. I Want It Now
By his daughter - Responsibility	3. Someone Else Is To Blame
By his son - Reason	4. I'm A Victim
	5. Pay me for Doing Nothing

Not many attended his funeral because so few realized he was gone.

Source: Acoonah Park Men's Shed Newsletter July 2019s

MEN'S HEALTH: HOW TO HELP?

Do you work with, or know a **farmer**, or a person affected by the current **rural crisis**?

Do you know the **signs** that someone isn't coping under **stress**?

Would you know how to **help**?

DATE:
FRIDAYS 19TH JULY AND
2ND AUG 2019

TIME:
9.30AM—3.30PM each day

VENUE:
STRATFORD UNITING
CHURCH HALL
Light lunch provided

THIS 12 HOUR COURSE WILL TEACH YOU TO

- Identify and approach if you are concerned about someone.
- Listen and understand without judging.
- Pass on information about getting treatment.
- Give help and support to someone experiencing a mental health problem.
- Know what to do if a crisis situation arises.

FREE FOR VOLUNTEERS
\$100 Employees

Bookings essential! Please call:
DIANE ROBINSON
mobile: 0438 841 270
email: ruralfamilyresources@bigpond.com

sponsored by
Mental Health First Aid
Drought Relief

12-hour Course to Teach You To -

- Identify and approach someone if you are concerned about them
- Listen and understand without judging
- Pass on information about getting right treatment
- Help and support someone suffering from mental health issues
- Know what to do in a crisis

When and Where?

Day & Date: Friday, 2 Aug

Time: 9:30 am - 3:30 pm

Venue: Stratford Uniting Church Hall

For Booking Contact:

Diane Robinson

Mobile: 0438 841 270

Email: ruralfamilyresources@bigpond.com

MEMBER BENEFIT 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

ON A LIGHTER NOTE

Ah, the good old days!

Remember when you used to be able to call a person 57 times, and hang up, and they never knew it was you.



The phone my sister has (she's six)



The phone I had when I was six



Who remembers?



**WAITING TO CALL LONG
DISTANCE AFTER 7PM
BECAUSE IT WAS CHEAPER**

CONFLICTING PROVERBS

Actions speak louder than words.
The pen is mightier than the sword.

Look before you leap.
He who hesitates is lost.

Many hands make light work.
Too many cooks spoil the broth.

A silent man is a wise one.
A man without words is a man without thoughts.

Beware of Greeks bearing gifts.
Don't look a gift horse in the mouth.

Clothes make the man.
Don't judge a book by its cover.

Nothing ventured, nothing gained.
Better safe than sorry.

The bigger, the better.
The best things come in small packages.

Absence makes the heart grow fonder.
Out of sight, out of mind.

What will be, will be.
Life is what you make it.

SHEDDERS, YOU MADE A DIFFERENCE!

I visited the Drouin Men's Shed last Tuesday. I was told that about 20 shedders were going to visit and have lunch with farmers in Heyfield. Previous visits to another town, were greatly praised by members, so I thought I should go and see for myself.

At the Heyfield Hotel were many shedders and farmers, some looking lost while others trying to socialise with each other.

I had bought my name tag and started to introduce myself to as many farmers as possible. It took us all about half an hour when we started to feel at home and discussions started.

I must congratulate the organisers for the lunch. There was a wide variety of fantastic food available. I sat down next to a lady whom I thought was a farmer's wife but no, her husband was a fellow shedder.

Next to her was another lady, who with her brother and father, owned a dairy farm. Opposite us sat a couple who owned a beef farm.

We all know that farmers are usually not great at talking, so I had to make the effort of asking as many questions about running a farm as I could. I got to engage in interesting conversations about finance, feed and general cost factors.

I learnt that if a young farmer is starting on a farm now, he/she would have great difficulty obtaining a bank loan and run a business, which at the moment is possibly unprofitable.

As for the event, the farmers said they enjoyed themselves and got to meet so many other people and talk about things they would not otherwise get to discuss.

As I was leaving the hotel, one of the lady farmers walked up to me and said, "Thanks for asking all those questions, it was so good to meet people from out of town, some of us are doing it hard"!

I would like to thank all the shedders present there. I benefited greatly from the visit.

Dick Van Leeuwen
Drouin Men's Shed

SERVICE AWARD FOR 15 Years JOHN ELLIOTT



WHEN THE WHEELS FALL OFF



Wouldn't it be nice if life was always smooth-sailing, filled with pink, fluffy unicorns dancing on rainbows all along the way? Unfortunately, this is not the way life rolls. Because we are human, we make mistakes and our lives, periodically, become messy. We each have a baseline level of functioning determined by our usual levels of stability versus stress. When we hit a bump in the road, the increased stressors tend to disturb the homeostasis. It feels like **the wheels have fallen off** and we are veering wildly.

The straw that breaks the camel's back might be a conflict in an important relationship, a challenge with a business, or an epic parenting fail. **When the wheels pop off**, we feel off balance, anxious, irritable, afraid and inadequate. Our inner critic spews negative thoughts and can exacerbate shame and impair the coping skills. At times like these, I recommend the following:

1. Slow down or pause. Breathe. Meditate. Practice self-care (even a 10-minute walk can help) Sometimes taking a break from trying to fix something can give clarity.
2. Cut yourself some slack. You are human and not perfect. Don't compare yourself with others. Try to forgive yourself. Say, "I am doing the best I can".
3. Zoom out for a new perspective. Ask, "Is my situation truly the end of the world?". Understand the present moment is only a small blip, and "this too, shall pass."
4. Practice gratitude. Train your brain to look at the good parts to stay positive and resilient.
5. Consider a mental "reboot". Let go of what is keeping you fixated to a problem. Hit the "refresh" button on your psychological browser and view your situation in a new light.
6. Detach from ego. Let go of the need to be perfect, and right. Basically, get over yourself.
7. Seek help from friends, family, therapist or support group. Ask for what you need to recalibrate.
8. Practice self-care. Get rest, good nutrition and exercise to be your best.
9. Appreciate that hardships are opportunities for growth. Author Eckhart Tolle said, "Life will give you whatever experience is necessary for the evolution of your consciousness".

Source: Akoonah Park Men's Shed Newsletter (July 2019)

SHEDS IN NEWS



Unveiling the first 24/7 AED in the area is Men's Shed member Matt McDonald and President Julian Sellers, with Danieli Saxton and Amy Skelton (in red) from the Heart Foundation. tm03_1419

New defibrillator will save lives

INVERLOCH now has its first 24-hour public Automatic External Defibrillator (AED), located on an outer wall of the Men's Shed at the recreation reserve.

It's been made possible thanks to the collaborative work of the Inverloch Men's Shed, Heart Safe Community projects and Ambulance Victoria.

Amy Skelton is a paramedic who is working in the Inverloch area with Heart Safe Community projects to increase awareness and accessibility to AEDs.

"It's been great to work with the Men's Shed. Their proactive approach is really setting a great example for the community," said the experienced paramedic.

"We know a person's chance of surviving a cardiac arrest doubles if a bystander performs CPR and if an AED is used. It dramatically increases."

"Gippsland has the state's highest incidence for out-of-hospital cardiac arrests, so it's vitally important that we get more life-saving defibrillators (AEDs) out from



Danielle and Amy demonstrated how easy it is to use an AED. tm04_1419

behind locked doors.

"Most defibrillators are only accessible during business hours and the issue is that they can be required at any time."

"Through our Heart Safe Community project in Inverloch, we aim to empower the community with the skills and confidence to act if they witness a cardiac arrest."

"Every second counts in a cardiac arrest. Saving a life can be as simple as knowing CPR and using an AED."

Men's Shed members received a demonstration on how to use the AEDs last Wednesday.

Community demonstrations are encouraged and can be organised by contacting Amy Skelton at Amy.Skelton@heartfoundation.org.au

Heart Foundation is encouraging the Victorian Government to expand the roll-out of 1000 more registered AEDs across the state to priority areas and high-exposure locations.



Mens Shed members Max Adams, Colin Scales, Alan Haigh, John Hoggood, Graeme Baker, Brian Gauntlett and Ron George show off a wooden reindeer made with the local Cub Scout group

Blokes find their mojo at Men's Shed

The Lang Lang Men's Shed is a hub for blokes around the town. "We sit around and have a good chat," says Brian Gauntlett, who has been with the group for about two years. "And we have a bloke who tells funny jokes," he says.

The group is currently comprised of 22 members. Longtime member Graeme Baker said the group is always looking for new members.

"There's no pressure," says Baker. "For those who are more hands-on, the group has a workshop for members to use. "There's plenty of tools to play with," says Baker.

The Men's Shed has gone on field trips to Arthur's Seat, the Carlton Brewery, the Southern Star Observation Wheel in Melbourne, the Melbourne Zoo and the Holden Museum in Taffalgar. In September

they will visit the RAAF base and museum in Williamstown. A wine tour is also planned for later in the year.

Members of the Men's Shed are heavily involved in other community activities in Lang Lang. Earlier this year the group built bird boxes with the Lang Lang Cub Scout group. Last year they helped make wooden reindeer models.

The group has been up and running for more than 14 years. The Mens Shed building is the former home of the shire offices in Lang Lang, before the premises was purchased by the Men's Shed group.

The group holds a fundraising stall at the Lang Lang Show, selling vegetables. They also hold a wood raffle during the winter.

More information about membership can be found by visiting the Lang Lang Community Centre or calling the Centre on 5977 5704.

JULY 2ND - GAZETTE

Gazette covered activities undertaken by members of Lang Lang Men's Shed.

The Star covered the unveiling of the first 24/7 AED in Inverloch.



Inverloch Men's Shed was covered by press for first aid qualification.



MP Russell Broadbent congratulated Doug Kuhne from the Meeniyian Men's Shed on the opening of the shed's new kitchen and continued work within the community.

Mates are made at Meeniyian

Grace Griffith

IT'S where people come together over a cup of tea and where quality conversations happen: the kitchen.

The Meeniyian Men's Shed revealed their newly renovated and expanded one last week to a growing club.

Meeniyian MP Russell Broadbent, who was there for the official opening, said the space was just as important as the club itself. "You may come together in the men's shed, but mostly, you come together over a cup of tea or a cup of coffee, and that's when you start to talk," he said.

Men's sheds to me are all about people communicating and having people to talk to. "There are lots of people out in the community who are on their own, or isolated, and it provides that interaction with people and they are happier for it."

Since the club started six years ago, membership has doubled.

Club secretary George Fairweather said the group was about "mateship, coming down to have a yarn and sitting down in comfort", as well as building things to benefit the community.

The men's team mascot, Ruby the Cavalier, was first into the kitchen once the doors were swung back for the reveal, providing a laugh between the men.

"All the men love having her there on a Tuesday and Friday," Mr Fairweather said. "She sits on Kevin Robinson's scooter, keeps his feet warm and goes for a ride."

Animal sofiie, Terry Ryan, admitted

KITCHEN TREAT: Terry Ryan sneaked a few treats to Meeniyian Men's Shed mascot, Ruby, who

to sneaking her treats every time the men come together.

The group, which now has 16 members, is in the process of making new seats for the rail trail between Meeniyian and Koo-wee-rup.

"We are always looking for different retired tradesmen, so come down any Tuesday or Friday night, have a cuppa and see what you reckon!" Mr Fairweather said.

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KITCHEN TREAT: Terry Ryan sneaked a few treats to Meeniyian Men's Shed mascot, Ruby, who

The Star covered the opening of Meeniyian Men's Shed's renovated kitchen.

THE CHAPLAIN'S LOG

It's been a whirlwind 2 months, since Men's Sheds of WA appointed me to the new role of volunteer chaplain.

I attended 6 zone meetings. My appointment was also flagged in the zones that I could not attend meetings in. I was invited to Dunsborough and Capel where I spoke briefly at morning tea, then hung around for some time to yarn.

To say I have been amazed will be an understatement but I have indeed been amazed. Not only at the size and scope of all the sheds in WA and the incredible community service they do, but also, at the acceptance and recognition for such a role as mine.



What is my role?

To come alongside to help -

- To liaise with sheds and members on men's physical, mental, emotional, social, intellectual and especially, spiritual health and wellbeing.
- To provide spiritual and pastoral care to sheds and their members, in order to develop their capacity to care for themselves and for each other.
- To help develop and support 'welfare' officers in all sheds.
- To recruit and release a vibrant team of volunteers who can deliver a Chaplaincy service in each area.

WHO do we go to?

At all recent zone meetings, we asked about welfare that each shed does and whether or not they have a welfare officer?

Now since the word 'welfare' is used in various connotations, some positive some negative, we decided to rename it to "Wellbeing & Health Officer" (WHO). He will be the "WHO to go to" in the shed when people have concerns for themselves or for others.

Most sheds, it seems, has either someone operating in this capacity, officially or unofficially, or doing it on a collective basis and they are doing an amazing job.

DELIVERING CHAPLAINCY SERVICE

This is one of the fundamental tenets of sheds: to provide a place of belonging leading to a reduction in social isolation in order to better address men's health and wellbeing. Because of the need, we do not want anyone to slip through a hole in the net.

Who is WHO?

Therefore, in consultation with as many sheds as possible, I would like to further ascertain what follow-up or care is to be taken in each shed, whether by an individual or by regular members of the shed at large. This will enable me to better support current WHOs as well as help establish, equip and resource new WHOs who obviously will not be responsible for all the follow-up but will facilitate care on a shed wide basis. The WHO is not a counsellor but someone who is concerned for his fellow shedders and can help them source appropriate information and help. The shared experience from all the sheds will help me develop a WHO toolkit, which will not only have generic information but also resources specific to the locality that a shed operates in.

The Mental Health First Aid Training that is subsidised by MSWA will be a vital part of that toolkit. Further funding is also being sourced to help cover the costs of my visits to different areas. However, sheds and shedders don't have to wait for my visit, they can contact me or get their WHO to touch base with me.

It will be a great help if sheds could either forward this information via email to their members or place it on your notice board for everyone to read.

Cheers,

Richard



Richard McAllister

Chaplain

0417 927 196

chaplain@mensshedswa.org.au

Men's Sheds of WA | PO Box 663 Wembley WA 6913 | www.mensshedswa.org.au

VMSA GATHERING AGENDA

HOST: CASTEMAINE SHED

Time: 9:30 am

Date: Friday, 26 July 2019

TIME	TOPIC
9:30 am	Arrive and revive with a cuppa, mingle and meet other Shedders. View displays. Host: Castlemaine Men's Shed The cost per person is \$15
10:00 am	<ul style="list-style-type: none"> • Meeting commences • Introduction by VMSA President or Executive Officer • Welcome by Host Shed and VIP Introduction - Brian McCormick • Welcome by Mayor or local Councillor • Welcome by local Member of Parliament • Executive Officer introduces Guest Speaker
10:25 am	GUEST SPEAKER: Peter Strange, Health Nurse, Bendigo Health Services
11:00 am	DHHS UPDATE: Community Participation Officer, Local Connections
11:10 am	VMSA UPDATE: Lindsay Oates, President will update about insurance / membership
11:15 am	SPEAKER will talk about defibrillators and how to use them, also providing regular training information
11:25 am	SPEAKER ON GOVERNANCE: Megan Buntine
11:35 am	SPEAKER on Foundation for Rural, Regional Renewal grants
11:50 am	Alan White, Navigate Project, Prostate Cancer
12:15 pm	PERFORMANCE by Hobson's Bay band and singers
12 :30 pm	LUNCH PS: \$15 covers morning tea, lunch, also tea and coffee all day and the hire of the premises
1:15 pm	OPEN FORUM: Questions and suggestions from Sheds and members
1:30 pm	AROUND THE SHEDS: Any news, updates, resources to share etc. from each shed attending
2:25 pm	RAFFLE DRAW: Distribution of Ozito tools and sia Abrasives sandpaper
2:30 pm	MEETING CLOSES <ul style="list-style-type: none"> • Visit Castlemaine Shed • On the way home visiting any other Sheds that may be open

NOTE: To REGISTER for the Gathering use this [link](#).

UPCOMING EVENTS

VMSA Gathering

HOST: CASTEMAINE SHED

Time: 9:30 am

Date: Friday, 26 July 2019

**Venue: Church of Christ Hall,
66 Blakely Street, Castlemaine**

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

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.