

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

BEING A GRANDPARENT...

...can be a beautiful, but it isn't always easy. While you get to enjoy having little ones around again, their discipline can prove to be a sensitive issue. How do you tackle the subject then?

Read on page 14.

TOP NEWS

NEW CURE PROSTATE CANCER

A Movember-funded study revealed men are most likely to benefit from a radical new 'search and destroy' treatment for advanced prostate cancer. To know more turn to page 11.

TOP INITIATIVE

HARVEY NORMAN'S OFFER FOR SHEDDERS

Enjoy special product pricing every day on a whole range of products at your local Harvey Norman store.

Details on page 17.



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.

THE INSIDE PAGES

VMSA EXECUTIVE OFFICER'S REPORT	3
PICS FROM GOVERNOR'S RECEPTION	4 & 5
VMSA TRAINING COURSES	6
CLASSICS IN THE PARK	7
VICTORIAN MPs VISIT THINK PINK	8
HEALTHY MALE	9 & 10
SHOULDER TO SHOULDER 053	12
DON'T SIT AT HOME, GO OUT	16
AUSSIE INVENTIONS	20 & 21
WHAT DO YOU REALLY MEAN?	22



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 Community Shed

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,

Sheds are still over the moon with the Men's Shed reception at Government House. A huge number of shedders and supporters, 520 to be precise, were thrilled to meet our Patron, the Governor of Victoria, the Honourable Linda Dessau AC.

The event was a fantastic opportunity to meet and mingle with shedders from all over Victoria. We were most pleased that one of our most vocal supporters Mr Gerard Mansour, Commissioner for Seniors, could attend the reception.

sia Australia has donated 15 pallets of sandpaper to be distributed to sheds. The VMSA has organised hundreds of brand-new plywood sheets for sheds over the last few months.

Keep an eye on our Facebook page as freebies are always coming up.

Our great charity partner, Greyhound Racing Victoria, invited shed representatives to their annual GRV Awards night. Five sheds went along, and it was an exciting evening.

A big thank you to Castlemaine and Newstead sheds for organising the VMSA State-wide Gathering in Castlemaine. There were some fabulous speakers and presentations. A special thank you also to the Hobson's Bay Shed Band who entertained us all.

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.

The VMSA Facebook page, VMSA Public Notices, is a great place to see what's 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 on 3WBC 94.1 FM.

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



MOMENTS FROM GOVERNOR'S RECEPTION



The Patron of the VMSA, Governor of Victoria, the Honourable Linda Dessau AC



VMSA President, Lindsay Oats, giving his speech

MOMENTS FROM GOVERNOR'S RECEPTION



In the picture, the Governor is seen with (from left to right) Irene Hendel OAM, Director & Patron of Think Pink Foundation and Founder of The Living Centre, with her husband, David Hendel.



In the picture (from left to right): VMSA Executive Officer, Ric Blackburn, Irene Hendel OAM, Director & Patron of Think Pink Foundation and Founder of The Living Centre, and her husband, David Hendel.

VMSA TRAINING COURSES

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

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



Neilson Partners



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

VICTORIAN MPs VISIT THINK PINK CENTRE



Victorian Members of Parliament along with staff, clients, ambassadors and board members at the Think Pink Living Centre.

The Honourable Michael O'Brien MP, Leader of the Victorian Opposition and Georgie Crozier MP, Deputy Leader of the Opposition in the Legislative Council, and Shadow Health Minister visited the Think Pink Living Centre to meet with staff, clients, ambassadors and board members.

The meeting enabled the Members of Parliament to gain an overview of the Think Pink Living Centre's facilities and programs.



Left-to-Right: Andrea Cannon, Manager & Think Pink Breast Care Nurse; the Hon. Michael O'Brien MP, Leader of the Victorian Opposition; Georgie Crozier MLC, Deputy Leader of Opposition in the Legislative Council and Shadow Health Minister; and Cr. Felicity Sinfield, Think Pink Ambassador in the Wig Room at the Think Pink Living Centre.

The Think Pink Foundation would like to thank the Honourable Michael O'Brien and Georgie Crozier for their interest in the Centre and its charitable work.

Ron Smith

Chairman

Think Pink Foundation



HEALTHY MALE



MEN'S HEALTH WEEK 2019 (10-16 June)



At Healthy Male, our vision is for a healthier life for all men and boys, which is why this year, Men's Health Week was all about encouraging men to be more proactive in looking after their health.

Throughout Men's Health Week, over 250 communities and organisations promoted men's health issues using Healthy Male resources and posters, and in addition countless events and promotional activities were held by other men's health services, Men's Sheds and community groups.

Many of the events and activities held as part of the week are designed to give men an opening to talk about their health. The activities help men, and their families and friends, to understand how common certain health conditions are - and reduce the stigma around them - such as erectile dysfunction which isn't often openly spoken about but can signal something more serious. That's why Men's Health Week is so important.

Thank you to those passionate about men's health who helped to spread the word about the key issues in men's health during Men's Health Week. Your continued support for the improvement of men's health in Australia is appreciated.

HEALTHY MALE: IN THE ISSUE...

IN THE BLOG

Exercising your way to recovery from prostate cancer treatment

Regular exercise is essential for good health. It can help prevent chronic disease and has benefits for our mental health too. A growing body of evidence also shows that regular exercise plays an important role during, and after, prostate cancer treatment.



While evidence shows that regular exercise won't cure cancer, it can prevent some cancers from developing and is an essential part of reducing symptoms, lessening the side-effects of radiation treatments and increasing prostate cancer survival rates. [Click here](#) to read more.

ASK THE DOCTOR



Dr Michael Lowy is a sexual health physician specialising in men's health conditions, sexual medicine and counselling. He's specifically trained in the treatment of male sexual dysfunction, relationship and sexual problems.

Question: When I have sex with my partner, I always ejaculate earlier than I want to. What's a normal length of time to last during sex? I think what I'm experiencing is premature ejaculation. I read online that anti-depressants can help by causing delayed ejaculation. Is this true?

Answer: During sexual intercourse, most men ejaculate between 5-10 minutes and research has shown the average time to ejaculate after penetration is 5 1/2 minutes.

Usually, ejaculation less than 1 to 1 1/2 minutes after penetration is regarded as premature ejaculation. But if this causes no distress to either partner, no treatment is necessarily required. The presence of distress in association with quick ejaculation often indicates the need for treatment.

There are a few treatments including behavioural exercises, use of condoms and anaesthetic spray, as well as anti-depressant medication (also known as SSRI). This requires a doctor's prescription and comes in two forms. SSRI medication is a very successful treatment for depression but it has a significant side effect of delaying ejaculation which is why it's sometimes prescribed for men with premature ejaculation.

NEW TREATMENT FOR PROSTATE CANCER



This week, a Movember-funded study revealed which men are most likely to benefit from a radical new 'search and destroy' treatment for advanced prostate cancer.

A team of scientists at the Institute of Cancer Research in London have found that the amount of a protein molecule PSMA (prostate-specific membrane antigen) detected on a cancer cell, along with changes in a man's DNA, could help doctors predict how they will respond to this new class of treatments known as PSMA radiotherapy.

This breakthrough, made possible by you, "is a significant step forward in the field of personalised medicine", says the Movember Foundation's Global Director of Biomedical Research Dr. Mark Buzzza.

Since 2011, the Movember Foundation has supported 17 projects globally that help to build evidence around the utility of PSMA-based technology. In Australia, more than \$5.8 million has been invested into four ground-breaking trials involving the use of PSMA PET/CT imaging for the detection of recurrent tumors, and looking at whether theranostic PSMA is safe for men whose disease has spread.

Find out how your donations are helping men all around the world live happier, healthier, longer lives.

[TELL ME MORE](#)

 **MOVEMBER® FOUNDATION**

SHOULDER TO SHOULDER 053



In July's edition of **Shoulder to Shoulder**, UK Men's Sheds Association (UKMSA) welcomes new trustees to the board.

We celebrate with Street Men's Shed who have a VIP visit, and a UKMSA Ambassador reflects back on his experiences of a tour of Sheds 'down under'.

What are you making in your Shed? We hear the background of a popular craft - the **Welsh Lovespoon**, and Dalbeattie Men's Shed update us with how their **Skeoch Car project** is gathering pace. We also have information about **National Listening Day** and a potential big funding source for sheds.

It's been a busy month for UK Men's Sheds, as we're preparing for **ShedFest 2019**, returning to Worcester on **Tuesday, 3 September**. [Tickets are available through Eventbrite](#). Member sheds have been emailed your code for FREE tickets.

Please contact admin@ukmsa.org.uk if you've not received your discount code. [You can share your thoughts to shape our planning for ShedFest through this quick survey](#).

We hope you enjoy this month's issue and as always, we welcome any and all feedback 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.

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

Happy Shedding!
The UKMSA Team

GONE, BUT NOT FORGOTTEN

Some old shedders have passed or so we say

But really friends they have just gone away
Sadly, missed by not just only one but us all
They have answered sadly to the final call

They gave their all with love hope and cheer
Things that many of us will hold so very dear
Their memory very strong inside all of our hearts

Their names now written on another set of charts

Yes, very sad to many of us it must always seem

Yet they left a legacy for us all, yes you and me

To soldier on, to carry on the great shedders fight

To celebrate with friends to bring forth some delight

So, as we ponder think hard on life's eternal ways

Let us celebrate their memory in our own special way

Thank God we all of us knew them for just a very short time

They are still shedders but now serving on another shed line

- Chris Porter

Drouin Men's Shed

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).*

HELP TAKE CARE OF THE NEXT GENERATION

Being a grandparent can be a wonderful experience, but it isn't always easy. On the one hand, you get to enjoy having little ones around again, without the constant responsibility of child rearing. But as a grandparent, discipline can prove to be a sensitive issue, especially given the different parenting styles of different generations.

Here are a few tips for dealing with these concerns which are unique to the role of a grandparent.

Disciplining your grandchildren: While it's natural to still feel that your own children are still your kids, it's important to respect them as equal adults, and recognise that they have the final say in how their children are brought up.

Different parenting styles: Ways to discipline children have changed over time. For example, smacking kids is no longer acceptable, because of shifts in society's values. Whether you agree with these changes or not, it's important to be aware that what might have been acceptable in the past may no longer be so.

Managing behaviours: It's important to leave the behavioural management of your grandchildren to their parents. However, if s/he behaves in an unacceptable way at your home or when out shopping with you, you may need to speak to his or her parents. Ensure not to belittle their parenting style or lecture; keep an open mind, and ask for their inputs. If you ask for help, you will get a better response.

Also, keep it positive. When babysitting your grandchildren, try to notice the good and kind things they do, and provide them with positive feedback. Children, like adults, respond well to positive reward.

Avoid being a full-time babysitter for your grandchildren: As a grandparent, the chance to babysit and spoil your grandkids is something to look forward to, and there's nothing like watching them grow before your eyes. As families may need two full-time incomes these days, grandparents are often asked to look after the grandchildren. While some may like this, if you don't, set some boundaries.

Asserting yourself: Retirement should be a chance to enjoy your free time and please yourself after all the years of hard work. You may want to travel or take up hobbies. As a grandparent, it's important to realise that you have a right to your own life, just as your own kids have a right to theirs.

When your son or daughter wants you to babysit, you may end up feeling that you are being selfish if you don't always give up your own desires to help out. However, if the amount of babysitting you're doing is starting to leave resentful or exhausted, be honest about this with your children. Let them know that while you would love to help, there are some days when you need to rest or have time for your own life.

Don't give in to guilt: If you are happy to babysit occasionally, let your children know. Hopefully they will understand and make some other arrangements. It might be helpful to have a clear arrangement, such as an agreement to babysit on certain days of the week.

If they are annoyed or offended, don't back down for the sake of peace. Chances are they will accept your decision over time. You probably spent many years taking care of others - it's not selfish or wrong to now want to have some time for yourself, and having time for yourself doesn't mean you love them any less.

Source: Acoonah Park Shed Newsletter

DON'T SIT AT HOME, GO OUTSIDE & ENJOY



DON'T SIT AT HOME, GO OUTSIDE & ENJOY



Never mind!
Just go back inside and watch TV, it is safer at your age.

HARVEY NORMAN OFFER FOR SHEDDERS

ENJOY VIP PRICING EVERY DAY!!!

****Present your VMSA Shed Membership Number****

Harvey Norman®

On which products?

On a range of home appliances, computers, bedding, furniture & flooring

How to access this benefit?

- View products in store
- Present your VMSA membership at time of store purchase
- For any assistance with your shopping feel free to visit, call your local store

Terms & Conditions

Available only to VMSA members and their immediate family



VICTORIAN GREYHOUND AWARDS 2019



In the picture, VMSA Executive Officer, Ric Blackburn, is seen with Daryl Gates of Manningham Shed and Paul Etherington from the Children's Charity, Uncle Bob's Club.



Daryl Gates of Manningham Shed and Paul Etherington from the Children's Charity, Uncle Bob's Club

CENTRAL HIGHLANDS CLUSTER

Picture from Central Highland Cluster Meet held on 23 August 2019 at Maryborough



SHEDS IN NEWS

On Friday, 2 August, Castlemaine Mail published a report about Castlemaine Men's Shed hosting the VMSA's state-wide gathering.

Castlemaine hosts state's Men's Shed event

Men came out of their sheds across the state and headed to Castlemaine for a state-wide Victorian Men's Shed Association gathering on Friday.

The local Castlemaine Men's Shed hosted the gathering of members from 34 different sheds - some of whom had travelled about 500km to attend.

The gathering took place at Castlemaine's Church of Christ in Blakeley Road where shedders compared notes and networked while gaining valuable gems of information from a diverse array of guest speakers, with live music and lunch part of the program.

Men's health was one of the agenda items with guest speakers including Men's Health Clinic nurse practitioner with Bendigo Health, Peter Strange, and Alan White of the Prostate Cancer Navigate Project run through Melbourne's MacCallum Cancer Centre.

When the *Mail* dropped in on the gathering Alan was holding his audience riveted to their seats as he went into the finer points of prostate cancer - preventing it, treating it, recovering from it and dealing with it in general, while other speakers had focused on topics including



Men's Shed members from across the state listen to one of the guest speakers during Friday's statewide Men's Shed event held in Castlemaine.

using defibrillators, applying for Rural, Regional Renewal Grants - and governance.

Victorian Men's Shed Association state president Lindsay Oates - whose home shed is the Mirboo North Shed in the state's Strzelecki Ranges - said Friday's gathering was an incredibly valuable networking exercise for the different sheds.

"The interaction is very valuable in terms of hearing about what's going on in other sheds across the state," said Lindsay, adding that every shed is unique, reflecting its membership and their skills and expertise.

"Some of our sheds focus on woodwork,

some on metalwork, some have more of a focus on health, cooking and food and others more on gardening," he said, noting that nationally Victoria tends to boast sheds with particularly strong woodworking skills.

"One of the sheds in Bendigo has a focus on making model yachts," noted the Castlemaine Shed president Brian McCormick.

Brian said Friday's gathering was one of three gatherings that the Victorian Men's Shed Association holds annually, with the next - the AGM - set for Bendigo in November.

AUSSIE INVENTIONS

Didgeridoo: It can arguably be classified as the first Australian invention, and is still prominently used today.



The wind instrument was developed by Indigenous Australians around 1000 to 1500 years ago. Playing the didgeridoo involves a complex breathing technique called circular breathing --- breathing in through the nose and breathing out of the mouth at the same time.

Australian Rules Football (1858): An iconic Australian sport, Aussie Rules has been played since June 1858 and was originally established as a means to keep cricketers fit during the winter.



In 2002, the Australian Football International Cup began with the tournament being held every three years. Australia, however, cannot participate.

Brennan Torpedo (1874): It is often claimed as the world's first guided missile.



Invented by Louis Brennan in 1874 and patented in 1877, the Brennan Torpedo was propelled by two rotating propellers that were spun by rapidly pulling out wires from drums wound inside.

AUSSIE INVENTIONS

Feature Film (1906): Heralded as the world's first full-length feature film, *The Story of the Kelly Gang*, traces the life of bushranger Ned Kelly.



Written and directed by Charles Tait, the film ran for more than an hour, which was the longest time that a film had run during this era.

Notepad (1902): Tasmanian J.A. Birchall was the first person to bind loose sheets of paper together and sold them as the first notepad.



Birchall's innovation involved cutting sheets in half, backing them with cardboard and gluing them together at the top.

Source: Acoonah Park Shed Newsletter

WHAT DO YOU REALLY MEAN?

- Ray Lewis, *Midland Men's Shed*

Many of us must have seen the TV advertisement that starts with an older man or middle-aged lady saying something like, "It is time to talk about kicking the bucket, turning up your toes, pushing up daisies", and then goes on to talk about funeral insurance. Neither wants to use the shorter, proper phrase to describe the event that precedes the funeral. Yes, DEATH! He doesn't want to shock our sensitive ears with this unfortunate event that comes to us all. He is using euphemisms, trying to make it sound better.

There are more euphemisms which convey the message. Some are brutal, others, a little more obscure - "Buying a wooden overcoat", "gone to meet his maker", "the fat lady has finally sung", "written out of the script", and "shuffled off this mortal coil". The last two might be used for people who aspired to be members of the theatrical profession. Brutal words like "croaked", or to quote a now departed, sorry, dead, friend "carked it", are used only among friends.

The English language has lots of expressions to disguise an unpleasant fact or giving people offence or an attack of the vapours. Many of the members of the Midland Men's Shed are "chronologically gifted" or "not in the first flush of youth", even "over the hill". Some may perhaps be described as "well preserved". Yes, they are older than most of the general population. Some may want to be brutally honest and even describe themselves as 'old' but that is up to them. I know I am older than the general run of the population.

Of course, there can be lots of hidden meanings too in euphemisms, particularly when they are used in obituaries in the various newspapers. Some are kind, as "his loss to his family and friends will be felt for many years." Others are a little more obscure, used to disguise what may be viewed as rather unwelcome traits about the subject, "lived life to the full and enjoyed a drink" (a drunkard), "gave colourful accounts of his life in" (a consummate liar), "complex character" (a definite nut case), "lived a quiet life" (boring).

The euphemism is a useful escape from offending by speaking literally. Hopefully, you will look more carefully at obituaries to see if you are able to discover the hidden meanings behind some of the euphemisms with which they are inhabited.

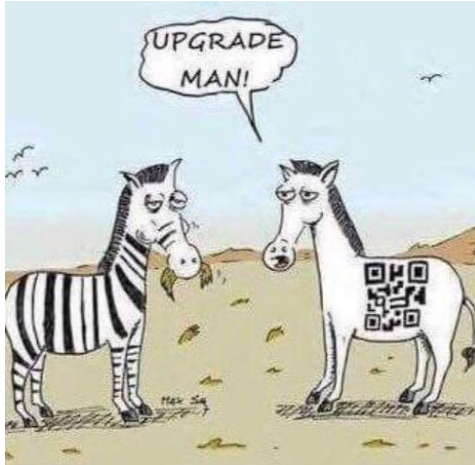
Of course, there are a number of other occasions in which euphemism can be used. It can be a disguise for a sarcastic comment, often about appearance, "darling, you've lost weight. You look wonderful!" Taken at face value it says what you might mean, or perhaps "you need to lose some more". Let us hope that people do not use euphemisms to disguise what they want to say about us.

And there are other ways to disguise plain language. I am thinking about the words that mean different things dependent upon which side of the fence you may be standing. Everybody is familiar with "freedom fighter". Some see the person as a fighter who wants his country to be free from oppression, others see the person as a terrorist who subjects his countrymen to acts which kill or maim innocent members of the general public.

There are many more words which may disguise what we want to say. But what is becoming more prevalent is the use of initials to describe an event. Often described as "Internet speak", its use has spread into our daily lives. We have "LOL" (laughing out loud), along with a whole new lexicon of "initialese" used in emails and text messages. The local newspapers and businesses have got into using "EOFY" (End of financial year).

Where will it end? Who knows? Just like the slogan for a brand of margarine "its fame is spreading".

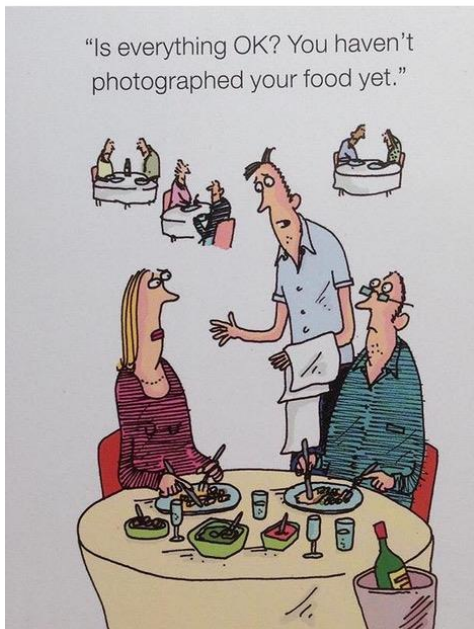
ON A LIGHTER NOTE



**I'M GREAT AT
MULTITASKING.
I CAN LISTEN, IGNORE AND
FORGET ALL AT ONCE.**



"Is everything OK? You haven't
photographed your food yet."



DID YOU KNOW?

Q: What's the difference between Big Foot and an intelligent man?

A: Big Foot's been spotted several times.

Q: What do you get when you cross a snake and a kangaroo?

A: A jump rope!

Q: How does a lumberjack start his computer?

A: By Logging On!

Q: What do you call a piece of wood with nothing to do?

A: Board!

Q: Why do surgeons wear facemasks?

A: So if they make a mistake, no one will know who did it.

Q: How do you kill a circus troupe?

A: Go for the juggler.

Q: Why do dragons sleep during the day?

A: So they can fight knights!

Q: What do you call a baby monkey?

A: A Chimp off the old block.

Q: What word is always spelled wrong in the Dictionary?

A: Wrong.

Q: What do you call the security guards who work at the Samsung store?

A: Guardians of the Galaxy.

THE LIVING CENTRE PROGRAMS & SERVICES

Accommodation

The Living Centre Apartment offers a fully furnished two-bedroom apartment on site for regional families travelling over 100km to Melbourne for Breast Cancer treatment. *Eligibility criteria applies

Art Therapy - Proudly sponsored by South Melbourne Bendigo Bank

Sessions offer a combined relaxation, meditation and art experience assisting clients to express thoughts, feelings and nurture the whole self.

A-Z of Headwear

Sandy, a creative milliner, who has also been challenged by breast cancer, facilitates this fun and casual workshop which covers styling, design, shape, colour guidance, headbands, scarves and other embellishments.

Beyond Pink Education Session 'Sexuality'

Chantelle Otten is a Melbourne based Psycho-Sexologist who is passionate about empowering people to feel great about their sexual health, self-esteem, communication and education.

All clients are welcome to attend.

Book Launch 'The Courage to be You' by Cheryne Blom

Author and Mindfulness Coach, Cheryne Blom has been working with Think Pink for the past ten years. In her new book titled, 'The Courage to be You', Cheryne explains how to navigate stressful or challenging situations to ensure you are responding from your calm self rather than your fear.

All are welcome to attend.

Bra Fittings

Bra fitting specialist Genevieve understands that it takes a lot of courage to step back out into the world after breast cancer surgery and treatment. Restoring visual symmetry with comfortable and beautiful lingerie is Gen's primary focus.

Breast Care Nurse Private Consultation

Our Breast Care Nurses are highly qualified and experienced nurses who are specifically trained to assist and support breast cancer patients.

Please contact The Living Centre to arrange a private consultation.

Card Making Workshop \$10 cost for materials

These sessions provide an opportunity to connect with others whilst utilising your creativity to make something beautiful.

Career Workshop Tips & Tricks for Starting Your New Career

This workshop will provide you with more insights about your value proposition, how to make your CV relevant, working with recruiters, networking, interview tips as well as how to use LinkedIn to your advantage.

Day of Indulgence

The Living Centre invites you to experience a day of nurturing, support and relaxation. Places are limited. Bookings are essential.

Food, Finances & Fitness Workshop

This program presents the latest information on diet, financial considerations and how to exercise to enhance treatment and overall wellbeing.

THE LIVING CENTRE PROGRAMS & SERVICES

Guided Meditation

Guided meditation is a tool/process that assists in bringing peace to the present moment and gives you a steady balanced and serene anchor.

Massage

Our Massage Therapist, Stephanie, is experienced in several different modalities of massage and each 50-minute session is individualised for clients through assessment and palpitation of tension areas.

Metastatic Breast Cancer Education Forum *for Breast Cancer Nurses and Health Professionals*

An educational and networking opportunity for Breast Care Nurses and other health professionals to learn from the champions in the field.

Cost: \$150 per person, places are limited. See website for details.

Mindfulness

Cheryne Blom is an Empowerment Coach and Mindfulness teacher, passionate about helping you discover the best version of you. Cheryne will take you through a series of attention training practices and cognitive strategies that can help you unhook from unproductive thought patterns and behaviours.

Music Therapy

Music is used to actively support people as they strive to improve their health, functioning and wellbeing. Fem Belling, a well-known jazz vocalist, musician and performer, will be leading these sessions.

Pilates

Gentle Pilates specifically designed to help maximise recovery, regain physical and emotional strength, improve body confidence and control.

Pink Sisters Under 50 Support Group

A support group specifically for women under 50. Meet with other women who are facing the challenges that arise after a life changing diagnosis of breast cancer.

Second Hope Support Group

An informal group which offers understanding and education to women with metastatic breast cancer. We meet twice a month.

Supporting Blokes Group

A partner who is diagnosed with breast cancer can have an impact on relationships and the family unit. This group offers male partners or male family members a chance to share experiences and learn coping strategies.

Tai Chi

Conducted in a very tranquil environment with music, our Tai Chi classes provide a gentle and pleasurable means of attaining and maintaining health and harmony in both mind and body, mobility, suppleness and mental alertness.

Walking Group

Join us at The Living Centre and enjoy an hour of gentle walking around the Royal Botanic Gardens. Meet up with old friends and make new ones.

Wig Fittings

A well-fitted and flattering wig can increase self-confidence during breast cancer treatment. Our free wig service is private and customised.

Please contact The Living Centre for an appointment.

Yoga

Gentle Yoga for women experiencing breast cancer and its treatments. Sessions include relaxation, breath work and gentle practice to enable a sense of calm. Suitable for all levels.

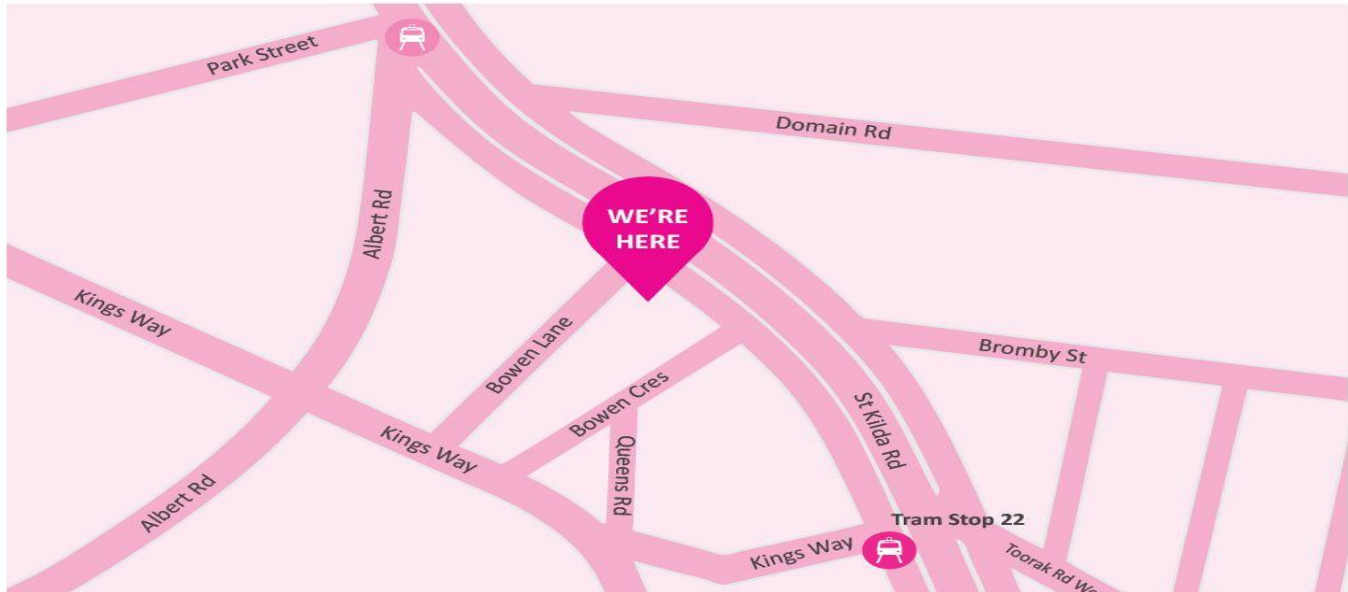
50 Plus Support Group

A support group specifically for women over 50. Meet with other women who are facing the challenges that arise after a life changing diagnosis of breast cancer.

THE LIVING CENTRE PROGRAMS & SERVICES

The Living Centre

Ground Floor, 390 St Kilda Road
Melbourne VIC 3004



Getting to The Living Centre

By St Kilda Road Trams

No: 3, 3a, 5, 6, 16, 64, 67, 72

Tram Stop 22 Toorak Road / St Kilda Rd
(walk towards the city) to 390 St Kilda Road

Parking Options

2hr meters in Albert Road.

4hr parking for \$8.00 is available at St Kilda Road Towers Carpark,

1 Queens Road, Melbourne

Validate your ticket at The Living Centre

Hours of Operation

Monday to Friday 10am – 4pm

(Public Holidays excepted)

Phone us: (03) 9820 2888 **Fax us:** (03) 9820 0388

Email us: thelivingcentre@thinkpink.org.au

UPCOMING EVENTS

West Gippsland Cluster Meeting

Venue: Labertouche

Day & Date: Thursday, 19 September, 2019

Western District Cluster Meeting

Venue: Heywood Men's Shed

Day & Date: Thursday, 19 September, 2019

Motorclassica

Venue: Royal Exhibition Building, 11 Nicholson Street, Carlton - 3053

Dates & Time:

Friday, 11 October, 2019 - 9 am - 9 pm

Saturday, 12, October, 2019 - 9 am - 9 pm

Sunday, 13 October, 2019 - 9 am - 5 pm

VMSA Gathering & AGM

Venue: The Bendigo Greyhound Racing Association

Date: 7 November, 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

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.