

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 DON'T GO IT ALONE

As we faced social distancing and forced isolation, it's becoming clearer what the broader socio-economic ramifications triggered by this pandemic are likely to be: a perfect storm for potentially devastating mental health and wellbeing. (Pages 10 & 11)

TOP NEWS

GOV ENQUIRES ABOUT SHEDS

The VMSA Patron, the Governor of Victoria, Linda Dessau, AC, had a Skype meeting with VMSA President recently, to enquire about the sheds and shedders.

Details on Page 5.

TOP INITIATIVE

MEN'S HEALTH WEEK

Through a series of promotions, events and publicity around the country, Men's Health Week kicks off in June. Has your Shed thought of promoting it in your community? (Pages 6 & 7)



FROM THE PRESIDENT'S DESK

The VMSA is well aware that shedders are most anxious to return to their sheds. We know that they enjoy working with their mates and sharing with fellow shedders, and the camaraderie that evolves from being together.

We are impressed to know of the ways that shedders are keeping in touch with each other and their communities. You all are making a difference! (Pages 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.

*To register for your copy of the newsletter
visit our website: www.vmsa.org.au*

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LIST OF VMSA COMMITTEE CONTACTS

OFFICE BEARERS

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Secretary	Bruce Ward	sec@vmsa.org.au	Ocean Grove Shed

COMMITTEE

Julian Sellers	j.sellers@vmsa.org.au	Inverloch Shed
Gerard Irvin	g.irvin@vmsa.org.au	Grovedale 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.

[ALL SHEDS CAN OPEN FROM JUNE 1ST.](#)

VMSA EXECUTIVE OFFICER'S REPORT

Hi Fellow Shedders!

The Premier of Victoria announced sheds may open on June 1st. Sheds are a high-risk activity due to the nature of the COVID-19 pandemic, and its impact on older Victorians. DHHS will specifically advised us of when and how sheds can open.

You can read the details by clicking on this link -

<https://www.dhhs.vic.gov.au/community-services-restrictions-covid-19#can-my-mens-shed-now-reopen>

We would be best served planning how to reopen - cleaning regimes, purchasing sanitizer, staged attendance, recommissioning of equipment plans and so on.

Bunnings has some great deals on protective masks, gloves, and sanitizer.

To help housebound shedders, we are setting up a training course to help them learn how to use gadgets (iPhone, iPad, and computers). We have a number of tech savvy shedders assisting us with the project and we can do with some more.

Please give me a call if you are interested in helping others become tech savvy.

Here's a great news! Our great supporter, OZITO Industries, has donated \$80,000 worth of tools and equipment for distribution to sheds and fire affected communities.

Please go to our website -

<https://vmsa.org.au/index.php/donated-products> and fill in the expression of interest form for the same.

Each shed is entitled to 1 high value item (Eg: MiG Welder) and 2 lower value items (Eg: Batteries and chargers). Note some sheds have already ordered for several other sheds under their name as they will be collecting for the sheds in their region.

We prefer sheds to order in their own name and pick-up later.

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

Contact the VMSA office to explore your training needs.

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.

You can register for our monthly newsletter through the website, or click on this link

<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 this 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



VMSA PRESIDENT'S REPORT

The COVID-19 pandemic has changed our way of life. For many of us it is extremely hard to remain at home. Sheds are to remain closed until Victoria's Chief Health Officer advises that they can reopen.

The VMSA is well aware that shedders are most anxious to return to their sheds. We know that shedders enjoy working at their sheds and sharing with fellow shedders, and the camaraderie that evolves from being together.

After the announcement about easing some restrictions by the Premier of Victoria on May 12, the VMSA wrote to DHHS seeking clarity on reopening of sheds. We were advised against it.

However, it is recommended that sheds prepare to reopen by appointing a Hygiene Officer for the cleanliness of the sheds. And shedders follow the instructions and advice when their sheds reopen and start operating. This advice can be downloaded from www.dhhs.vic.gov.au/coronavirus or the www.swa.gov.au/coronavirus.

The Premier of Victoria announced today (May 25, 2020) that sheds may open on June 1. However, sheds will have to comply with all the necessary requirements.

The sheds that informed the Commonwealth Government about not having a defibrillator, I believe have heard from the Department of Health, and have a contract in place. Some may even have a defibrillator delivered to their shed. If you have any queries, please contact me on 0408 343 531.

The VMSA Patron, the Governor of Victoria, Her Excellency, Linda Dessau, AC, had a Skype meeting with me recently, to enquire about the sheds and shedders. (*Refer: GOVERNOR ENQUIRES ABOUT SHEDDERS on Page 5*)

We are all impressed to know of the ways that shedders are keeping in touch with each other and their communities.

Recent research shows that as a result of this pandemic, more than 1 in 5 Australians feel positive towards people with mental health issues, those unemployed or homeless. Congratulations and thanks to all shedders who have been assisting and supporting each other in the community. Your support is making a difference.

The Victorian State Government New Shed and Shed Refurbishment Grant for 2020 has not been announced as yet. The VMSA will keep the sheds posted about it. We empathise with shedders wanting to get back to their sheds. But we must not forget that shedders are the most vulnerable group susceptible to COVID-19 and we care for them. We will be back soon. Stay safe and well.



Lindsay Oates
VMSA President

GOVERNOR ENQUIRES ABOUT SHEDDERS

On April 30, Her Excellency, the Honourable Linda Dessau, AC, spoke to VMSA President, Lindsay Oates, enquiring how sheds and shedders were coping with COVID-19 and closure of sheds across Victoria.

Our President made contact with many sheds across the state prior to his discussion with the Governor. The feedback he got from 30 sheds was encouraging and impressive.

Congratulations to sheds and a big thank you!

All of the sheds contacted were connecting with their shedders in multiple ways. Sheds advised that shedders were anxious to return to their sheds as soon as possible. They missed

- The camaraderie
- Seeing and interacting with their fellow shedders
- The support and encouragement from their mates
- And contributing to their community

The sheds advised that while the men could cope with social distancing and other restrictions, they were finding it tough to ensure that those who were depressed, lonely, disabled or ill could last the distance. The lockdown was really affecting the mental state of many of shedders. However, sheds were doing their best to support their shedders.

Here's how sheds are staying in touch with their shedders -

- ❖ Connect via a phone tree, ensure every shedder gets to speak at least once a fortnight
- ❖ Have a Welfare Officer, who checks on vulnerable shedders each week
- ❖ Use Skype, Zoom, YouTube, or podcasts to stay connected
- ❖ Train shedders each week through YouTube and helping them learn new skills
- ❖ Go for walks so that people can see each other and talk from a distance
- ❖ Leave a letter or a card for shedders or their widows
- ❖ Call shedders, help shedders with grocery, medication shopping and delivery
- ❖ May shedders drive 80kms to check on those living alone, own out of town and need visits
- ❖ Some shed Supervisors helped their shedders with wood, tools and drill bits, sand paper or paint and brushes, so that shedders could undertake some work
- ❖ Some sheds took pictures of their shed kitchen to be used by shedders as background during Zoom calls, to get the feel for being in their shed
- ❖ Those who are depressed and unwell are being rung regularly and checked on

Such efforts are making a great difference to shedders and their community. One shedder said, these efforts saved his life as he felt cared for. He feels he is part of the family. That is a very apt description of what Men's Sheds are all about.

Another shedder's wife rang to say that she was appreciative of the shed checking on her husband regularly. The effort by his shed helped him as he suffers from dementia.

Another Shed reported on a Shedder who has mild dementia and who turns up at the shed nearly every weekday at 9am sharp and rings the Supervisor to ask why the shed isn't open? The shed Supervisor takes him back home and the shedder's wife is grateful for the care shown.

There were many other examples of the exemplary work by shedders in caring for and supporting each other. And all this has been relayed to the Governor. She was pleased to know about the efforts put in by the Victorian men's sheds.

LET'S TALK ABOUT MEN'S HEALTH

International Men's Health Week is celebrated every year around the world in the middle of June. It is an important opportunity to highlight men's health and what it means to be healthy. This year, it will be celebrated between June 15 and June 21.

Through a series of promotions, events and publicity around the country, Men's Health Week is designed to provoke thought and discussion about what needs to be done to improve male health.

The Men's Health Information and Resource Centre as part of the Western Sydney University, School of Health and Science is very proud to lead and deliver Men's Health Week in Australia.

Our close connections with community and government organisations across Australia enable us to develop the kinds of networks and partnerships that bring together people who care about better health for men and boys.

Men's Health Week works on the understanding that the best people to improve men's health in Australia are those who live, work and play alongside men and boys in communities.

To support their efforts to engage with men and boys, the Men's Health Week website menshealthweek.org.au provides tools and functionality that promotes their events and provides clear contact details so that interested men can find out what is happening and who to talk to.

Event organisers receive special event packs to support their efforts in engaging local men and boys and help them run successful events.

**WORKING TOGETHER
FOR MEN'S HEALTH**

**STAYING TOGETHER
APART**

**MEN'S HEALTH WEEK
15-21 JUNE 2020**
menshealthweek.org.au

This resource is supported by funding provided by the Australian Government Department of Health



MEN'S HEALTH WEEK JUNE 2020

To reach out to Men's Health Week, write to them on the following address -

Men's Health Information & Resource Centre,
Western Sydney University,
Locked Bag 1797

Penrith NSW 2751 Australia

Or, e-mail to menshealth@westernsydney.edu.au

The VMSA strongly supports the International Men's Health Week.

Has your Shed thought of promoting Men's Health Week in your community, irrespective of your shed remaining open?

If sheds reopen by June 15, then they may wish to celebrate Men's Health Week. Otherwise, they can have some literature and posters ready, to be distributed among their shedders and in their community.



**WORKING TOGETHER
FOR MEN'S HEALTH**

**COMMUNITIES
TOGETHER**

**MEN'S HEALTH WEEK
15-21 JUNE 2020**
menshealthweek.org.au

This resource is supported by funding provided by the Australian Government Department of Health

THANK YOU, SHEDDERS!

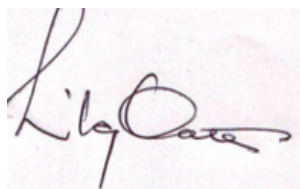
NATIONAL 18-24 MAY 2020 VOLUNTEER CHANGING COMMUNITIES. WEEK CHANGING LIVES.

The VMSA Committee wishes to acknowledge with appreciation the great work of all the men's sheds across the state, and recognises the ongoing volunteer efforts and commitments to changing lives and communities through the volunteering by shedders, in their communities and beyond.

Well done, shedders!

A big thank you for your contribution towards your community.

Best wishes



President, VMSA
14.05.2020.

GOOD JOB, DONALD SHED!



CONGRATULATIONS

This Ripon Volunteer Award is presented to

Donald Men's Shed

In recognition of the members of the Donald Men's Shed who volunteer countless hours in assisting with the preparation of the Donald Show.

Your generosity in sharing your time and expertise not only with the Donald Show but with many community organisations is invaluable for the Donald and district community.

Men's Sheds are a great initiative that promote social connection, wellbeing, skill exchange and foster meaningful projects which give back to the community.

Your ongoing commitment to the betterment of your community and your active enthusiasm is highly commendable.

Congratulations on your fantastic contribution.

Saturday, 12 October 2019

A handwritten signature in blue ink, appearing to read "Louise Staley".

Louise Staley MP
State Member for Ripon



MEN, DON'T GO IT ALONE: PICK UP THE PHONE

- Dr Zac Seidler

As new social distancing restrictions and forced isolation come into effect across the country, it's becoming clearer what the broader socio-economic ramifications triggered by this pandemic are likely to be: a perfect storm for potentially devastating effects on men's mental health and wellbeing.

Over the past week, scores were told they would not be able to return to work and, at the same time, that local pubs, clubs and gyms will be closed for several months.

Research tells us that men rely heavily on their work to fulfil a sense of achievement and self-worth. And while we may have hoped that the trope of being a "provider" died with Don Draper, we know that this expectation still rings true for many men.

We also know that men typically rely on "instrumental" support to look after their mates. From going for a beer to playing footy on the weekend, many men are more comfortable checking in with one another while they take part in an activity, compared to talking about their worries on the phone for hours. Neither form of empathy is better than the other. Yet what we are faced with now is the rapid extinguishing of a familiar way of life that saw men easily connecting and supporting each other.



File Picture

Suicide in men is uniquely predicted by risk factors like unemployment, social isolation, financial distress and relationship breakdown. Right now, a number of these factors are either already here or are on the horizon for a huge number of men, while at the same time, their usual avenues of contact and connection are slipping away.

What we're left with is a breeding ground for male despair. If we are to proactively intervene in reducing an already unacceptably high male suicide rate, we need a Plan B. And fast.

If guys are going to stay afloat in coming months this pandemic needs to trigger a rapid revolution in modern masculinity. Falling back on the comfortable masculine norms of skirting around issues and talking 'shoulder to shoulder' are just not tenable in the near future. We need to adapt.

Statistics reliably show that men have fewer close friends than women and that these numbers steeply drop off as guys reach fatherhood and head into retirement. As dads are faced with the prospect of working from home surrounded by kids, and older men can't go out to their local footy

JUST LET HIM KNOW YOU HEAR HIM

club for some banter, we'll have to make do with what we have. Consider it a survival kit for mateship in the time of COVID-19.

Men need to make the call to look after themselves and those around them. That means finding a productive outlet for the inevitable anger and frustration at the changes in your daily life. That means putting your energy into home renos, cleaning or looking after the kids to ease the pressure on your partner, who might be struggling with their own monumental balancing act. That means checking in with those more vulnerable, those less fortunate in your community, to see where you can lend a hand. That means accepting that while there might not be a solution for a problem just yet, there's still a way to utilise your strengths to build up those around you.

Thanks to modern tech, we can also bring that 'doing' style of support to social distancing. We can build things together while on the phone or laptop, from puzzles to cabinets. There are plenty of guys out there setting up weekly happy hours with their mates and a beer over the phone. Long-lost friends reconnecting on social media.



Picture Courtesy: au.movember.com

There is no excuse for not calling your mate if he just lost his job. While you probably can't get it back for him, and you might not be able to give him a loan right now - that doesn't mean you shouldn't check-in. You don't need to know what to say: as uncomfortable as it might be, it's fine not to have all the answers. Just let him know you hear him, you're with him, and you'll get through this together.

Don't let stubbornness, fear or discomfort hold you back. This isn't the time for a stiff upper lip, it's a time to rally together. Loneliness and true isolation can be more painful and long-lasting than any virus ever will be, but camaraderie is the best antidote for uncertainty. That's why those men who go to war come back with stories not of personal accomplishment, but of the rich bonds they forged with fellow soldiers.

***Dr Seidler is global director of mental health training at Movember.
This article appeared in the Sydney Morning Herald on 2 April 2020.***

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- Provide a safe workplace.
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- Open the door when your hands are full.
- Proven and trusted for over 13 years.

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BE GERM FREE | GO HANDS-FREE

WATCH THE DEMO VIDEO



Instant Hand Sanitiser | 50ml Gel

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ADD TO CART



Instant Hand Sanitiser | 375ml Pump

\$19.95 each

ADD TO CART



Instant Hand Sanitiser | Bundle

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BEST VALUE!

ADD TO CART



StepNpull | Black Finish

\$45.00

ADD TO CART

DGR CATEGORY FOR SHEDS: AN UPDATE

Legislative amendments to create a new general DGR category for sheds have not yet been introduced before the Parliament due to the sitting calendar being interrupted by the COVID-19 pandemic. Given the reduced sitting days for 2020 we are unable to provide an estimated timeframe for when the new DGR category will be reflected in law.

This means the proposed DGR category for sheds will not be available until the tax law is amended and passed through parliament. Donors will not be able to claim a tax deduction for gifts made to a shed until the law is passed and the shed is DGR endorsed.

Sheds intending to seek DGR endorsement can prepare for the application process by reviewing their governing documents to make sure they will meet charity and DGR requirements. This can make the application process smoother when the time comes to apply once the legislation is in place.

As sheds will need to be registered as charities before they can apply for DGR endorsement, sheds may like to consider applying to be registered as a charity before the legislation is passed. Although, charity registration will not entitle a shed to apply for DGR endorsement under the proposed new category until the legislation comes into effect. Please note that charity registration involves ongoing obligations to the ACNC, including record-keeping and annual reporting.



Further Information

Sheds seeking guidance on DGR endorsement, including documentation needs, can contact the ATO not-for-profit helpline on 1300 130 248 between 8 am and 6 pm AEDT, Monday to Friday.

Sheds seeking information about charity registration are encouraged to consult the ACNC website: acnc.gov.au.

A registration application checklist is available at: <https://www.acnc.gov.au/for-charities/start-charity/apply-now/application-checklist>.

Information about charity obligations can be found at <https://www.acnc.gov.au/for-charities/manage-your-charity/obligations-acnc>.

Corryong Men's Shed inc

Creating Community Unity

P.O. Box 124
Corryong 3707
22 April 2020

Hi Shedders,

Now the seasons bush fires are passed ,the Corryong Men's Shed would like to sincerely thank everyone who has helped us in any way to get through the recovery after the fires.

The fires were lapping at the back door with the potential for us to lose everything but we are truly indebted to the locals who came to our aid.

Our major loss was the large pile of donated red gum wood and large pile of kindling used for our raffles and kindling programme, also our tandem trailer.

Thanks must go to the Thurgoona Men's Shed for refurbishing our tandem trailer. which now looks like new.

Thanks must also go to the Various Men's Sheds who donated wood, tools and fencing material for which we will be forever grateful

Yours faithfully


Keith Honey Hon Secretary



The fires which devastated the Corryong Area have had a significant impact on many of our local farmers. The Corryong Men's Shed, with the help of the many donations of money, tools and equipment were "fit for purpose" and distributed to farmers in need.

The Donors generosity is often an untold story, which any one working with tools appreciates.

A handwritten signature in black ink, appearing to read "A. Honey".



File Picture of Corryong Fires

SELF ISOLATION DIARY

- Midland Men's Shed Newsletter May 2020



Day 1: I Can Do This!! Got enough food and wine to last a month!

Day 2: Opening my 8th bottle of wine. I fear wine supplies might not last!

Day 3: Strawberries: Some have 210 seeds; some have 235 seeds. Who Knew??

Day 4: At 8 pm - Removed my day pyjamas and put on my night pyjamas.

Day 5: Today, I tried to make hand sanitizer. It came out as Jello shots!!

Day 6: I get to take the garbage out, I am so excited, I can't decide what to wear.

Day 7: Laughing way too much at my own jokes!!

Day 8: I went to a new restaurant called 'the kitchen'. You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

Day 9: I put liquor bottles in every room. Tonight, I'm getting all dressed up and going bar hopping.

Day 10: Struck up a conversation with a spider today. He seems nice; he's a web designer.

Day 11: Isolation is hard! I swear my fridge just said, "what the hell do you want now?"

Day 12: I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a possum.

Day 13: If you keep a glass of wine in each hand, you can't accidentally touch your face.

Day 14: I watched the birds fight over a worm.

Day 15: Anybody else feel like they've cooked dinner about 395 times this month?

BYRON'S BOYS

The story of Akoonah Park Men's Shed

In 2012, though it looked quite serene,
 The township 'round Berwick was a desolate scene.
 There were pubs, clubs, sports grounds a-plenty,
 But for men of our age it seemed barren & empty.
 There was nowhere to go for men who were retir'n,
 Until into this void stepped Big Johnny Byron.
 Now John was a giant, well known in the 'hood.
 A man of ideas (some of them good!).
 One that kept bouncing around in his head
 Concerned this new thing they called a 'men's shed'.
 He thought we should have one, but wasn't quite sure
 (Coz nobody really knew what they were FOR).
 He decided he'd round up some men who'd retired
 And put the thought to them to see what transpired.
 So, a piece in the paper & a phone call (or 10)
 Led to a meeting of like-minded men.
 Over 20 turned up! The message was clear!
 They WANTED a shed. Right now, right here!
 Big John said he'd run it, as 'President Prime'.
 Brian said he'd help (when he had the time).
 Nev had a tin! He could keep the cash in it!
 And Cathy said (just for now) she'd keep minutes.
 It looked like a men's shed was now good to go.
 If they set it up right, it might even grow (a bit, maybe)
 The boys all signed up & the deed was complete.
 Now all that was needed was somewhere to meet!
 Jack Rae stepped in with a place he could lend.
 For a moderate fee & some labour to mend
 A few holes here & there (it had its flaws (floors?)).
 It just needed a roof, four walls & some doors!
 But the Park pitched in & the men lent a hand,
 And pretty soon 'Shed E' was ours to command.
 We set out to fill it with all kinds of stuff
 (None of us knew how much was enough)

We scoured the verges to see what we could score.
 We found kettles, fridges, & 'barbecues galore'.
 Members, sponsors & donors came through
 Our catalogue of assets began to accrue.
 Just when we figured we'd reached overflow
 We remembered the Berwick Agricultural Show.
 See, they needed the shed, to store stuff for the show,
 So, all of our ill-gotten gains had to go!
 We loaded it all, with backs that were bent,
 On the back of a truck & off it all went
 Into storage somewhere, just for the duration.
 Then back it all came for 're-translocation'.
 The whole operation was such a huge pain,
 To their credit, they never asked us again.
 We opened for business, began to expand.
 New members came in from all over Gippsland!
 Not just Berwick & Beacy, as we'd thought,
 But from Narre, Pakky & many other parts.
 From Dandenong North to Cranbourne down south,
 Most of them came just on word of mouth!
 The membership grew way past our dreams,
 Soon we were bursting apart at the seams.
 We'd filled up the shed, used all the space.
 We needed a much BIGGER place!
 Something HAD to be done to address the demand,
 But we couldn't just move, we'd have to EXPAND!
 We scored a few grants (without much trouble)
 Our single shed morphed into a DOUBLE.

BYRON'S BOYS

An 'East Wing' was built, & work went ahead,
 To create the ideal of a working man's shed.
 With a hobby room, paint shop, a real blacksmith's
 forge,
 Benches, lathes, & loads more storage.
 But it wasn't enough as the members kept coming,
 Till they started to put strain on the plumbing.
 A further extension was soon predicated,
 But for social use only it would be dedicated.
 No tools or machines, no grinding or caulking.
 The 'West Wing' would be just for meeting, talking,
 Or watching TV, or a Hollywood saga,
 On a screen like the side of a barn, only LARGER!
 It would have its own bathrooms for ladies & guys,
 Would dwarf other sheds with its sheer SIZE!
 Soon the dream was real, in the wink of an eye,
 A THIRD silver roof soared into the sky!
 That's where we stand (for the moment at least)
 Though I can't guarantee that we won't still
 increase.
 We're the biggest, busiest, in our eyes the best
 Little shed that you'll find in all Gippsland West.
 But if YOU think these claims are un-justified,
 You're welcome to join us & check out inside.
 We're here in the park, most days, before dark,
 (We're right next door to the market car park)
 We're friendly & social. We've mateship to spare.
 Our job is to make sure that men don't despair.
 We're happy, we're healthy, we're even well-fed!
 Each week (on Thursdays) we get sausage IN
 BREAD!
 So, if you're past your prime, with spare time.
 If your wife wants you out of the house all the time.
 There's a place to explore, with an 'E' on the door,
 And ecstasy lies just behind Gate 4.

It's got everything that men have desired
 (Provided you're old & mostly retired).
 We welcome the young, especially the old.
 We even allow a few women (I'm told!)
 We've wood workshops & tools to work steel.
 Whatever your taste, something's sure to
 appeal.
 You're welcome to sit & just have a chat.
 We built the West Wing just for 'chewing the
 fat'.
 Sit in the rec room & play chess or scrabble,
 Or join the RV Group, get out & travel.
 If you're a musician (real or aspiring)
 You might find the music group inspiring.
 Play pool, play bowls, play golf or go fishing
 (I have to admit, the fish usually go missing!)
 There're visits, demos, quizzes & shows.
 There're social events, wear nice clothes.
 We're not slowing down, we're not finished
 yet,
 The best cure for age is a younger mindset.
 Life for us now is just one long vacation,
 We're limited only by our imagination.
 If you sleep for too long then you'll just wake
 up dead
 So, get out of bed & get down to the shed.
 We might not look cool but don't take us for
 fools.
 We just like hanging 'round with a whole
 bunch of tools.
 We started out small but since then we've
 spread.
 We're the triple-roofed marvel that's Akoonah
 Men's Shed!

*-Akoonah Park Men's Shed Newsletter
 May 2020*

SMILE PLEASE



I hate it when I'm singing a song and the artist gets the words wrong.



LESSONS FOR THE FUTURE

This is an abridged version of a recent article by Victoria Jaggard, Science Executive Editor of National Geographic magazine.

Much to my mother's chagrin, my father is a notorious believer in the "five-second rule" - when a chip falls on the floor, he has no compunction about picking it up and popping it in his mouth.

I didn't pick up that habit, but I also didn't understand why mom got so agitated about it. He never seemed to come down with a stomach bug. And in a way, science backs him up: stuff dropped on the floor does pick up a shocking number of bacterial hitchhikers, but if you're at home and you've been keeping things tidy, you're not likely to have really harmful microbes on your floors in the first place.

Of course, that was before COVID-19.



File Picture

These days, I don't touch a delivery box or a doorknob without vigorously washing my hands, much less sit down to a meal. Anything that hits the floor goes right in the trash, and then I wash my hands again.

From the start, "wash your hands" has been the mantra from health experts around the world as the most basic measure for protecting people and slowing the spread of this coronavirus. But what happens when access to clean water is a luxury, not a given?

A single 20-second wash uses about half a gallon of water. In rural India, high percentages of households don't have running water piped in, and many people rely on trucks to deliver set amounts every day.

Sometimes, the trucks don't come. The problem is compounded by drought and groundwater contamination. As a result, washing hands isn't as much of a cultural norm.

Rural India isn't alone. According to the US Centres for Disease Control (CDC), about 663 million people around the world don't have access to "improved" water sources, including piped water in homes and water from protected wells or springs. Some early reports even suggest that clean water may not be a given in the U.S. for much longer, as the ongoing pandemic strains the ability of utility managers to staff treatment plants and maintain water infrastructure.

While immediate solutions are not yet clear, the hope in India is that COVID-19 may be a wake-up call for the nation's government to take quick action to tackle clean water shortages, and for people there to embrace hand-washing more widely.

Here at home, perhaps it will finally convince my dad that the five-second rule is hogwash.

SAY IT LIKE CHURCHILL



A nation that forgets its past has no future.

— *Winston Churchill* —

AZ QUOTES



The POSITIVE THINKER sees the INVISIBLE, feels the INTANGIBLE, and achieves the IMPOSSIBLE.

— *Winston Churchill* —

AZ QUOTES



If you're not a liberal at twenty you have no heart, if you're not a conservative at forty, you have no brain.

— *Winston Churchill* —

AZ QUOTES

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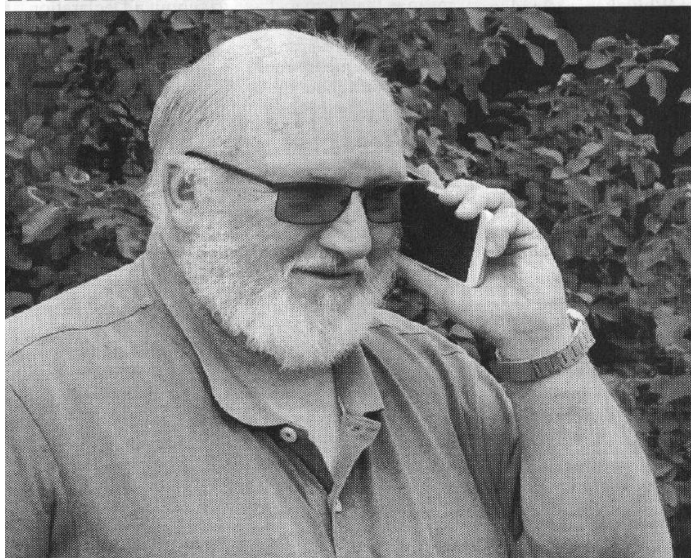
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Men's Shed Beats Social Isolation

(By Ray Walker, Secretary, Donald Men's Shed, 0417587450)

The Donald Men's Shed has devised a way of beating the COVID-19, social isolation.

Men's Sheds, by their very existence, are about providing a means for men who, at the tail end of their working life, find themselves at a loose end, and indeed become socially isolated, not through any virus but the amount of spare time they suddenly have on their hands.

The Donald Men's Shed has arranged through one of its members a telephone conference call, similar to the CB sheds arranged by the farming community in the 'seventies.

The major difference to today's linkup is that the mobile phone gives a wider variety of options.

The members now want to explore different options, such as video and audio links. From the comfort of one's home three times a week, one can be back at the Shed again with all your mates.

Who said you cannot teach an old dog new tricks? With the oldest of our members (93) and fully aware of video connections with family and friends who knows where this will end?

However, the amount of chat only satisfies part of what Men's Shed are about.

The hands-on jobs to be done are still waiting, and wait they must until the "all clear" is given, and may that be soon, for everyone's sake.

To be part of this contact group, contact any member of the Donald Men's Shed.

• Pictured left, keeping in touch: The new way of communicating for Donald Men's Shed members. Secretary Ray Walker is pictured on the phone to a fellow "shedder".

STORY IN THE BORDER WATCH.

The inability to gather together has not stopped the Mount Gambier Men's Shed from continuing its community projects.

Members are currently preparing wooden toys for the annual Mount Gambier Mayor's Christmas Appeal, a partnership formed in 2017 to help bring joy to children over the festive season.

While COVID-19 regulations have made it difficult for some members to access the space and machinery required to make the toys, several have continued their work at home, producing and painting toys.

It has been a team effort with members who can access machinery crafting the toys, before passing them on to be painted by others, all while adhering to proper infection control protocols.

Member Peter Heness said the initiative was more important now than ever with the need of the appeal expected to be bigger this year due to the current crisis. "It also allows some of the men in the appeal to remain active and ensure children do not miss out at Christmas," Mr Heness said.

"We have seen challenges with arranging to get timber pieces and timber we will need to get out of the shed and into our personal smaller shed to be able to make the toys.

"It is hoped we can still put many smiles on the little faces again this year."



Beauty reflects on different Anzac Day

By FAY MASON

ANZAC Day is a very special day for Carol Moig and Ray Connelly, like many they were up at dawn to honour the men and women who have served our country in the armed forces.

They observed Anzac Day in their driveway at 6am, Ray displaying the medals he received for years of service with the RAAF and in particular his time protecting the population and the airport in East Timor.

Ray is usually leading the parade as flag bearer in the march along Hollands Street to the cenotaph in Mount Beauty.

Ms Moig also loves Anzac Day, she reflects on her own family. Her grandfather Royce Selke served in the RAAF for over 40 years and received an OBE, her son Damien Selke Jensen served in the Royal



IN HONOUR: Mount Beauty locals Carol Moig and Ray Connelly honoured Anzac Day from their driveways this year.

Australian Navy in Iraq as an aviation technician.

Like everyone else, they were feeling sad not to be able to attend the usual remembrance ceremonies.

After their private vigil at 6am with lanterns lit they sat down to a 'Gun Fire' breakfast - another tradition from Ray's days in the air force.

Shed Member Ray Connelly observing ANZAC Day at 6:00 am in his driveway.

HANDING OVER

These pictures are from the 'handing over' of the trailer at the Thurgoona Men's Shed. Seen in the pictures are the shed's Vice President, Bruce Dyce, and the President, Ray Waters, with the new trailer.



NEW BITTERN SHED



HYUNDAI'S OFFER FOR VMSA MEMBERS



Cant wait? Don't wait!

Hyundai's national offer for Victorian Men's Shed Association members is available all year round.



Ready to update or upgrade?

Just a few steps to access your benefits

- obtain your VMSA membership letter
- call in to your local Hyundai Dealership
- quote code 27761/01 to access the offer

NOW YOU ARE READY TO DRIVE AWAY, IN YOUR NEW  HYUNDAI

VMSA'S DIGITAL MENTORING PROGRAM



Be Connected
Every Australian online.



The Victorian Men's Shed Association (VMSA) is rolling out a Digital Mentoring Program in partnership with the organisation, [Be Connected](#).

We are looking for shedders who are interested in mentoring others in being confident in using digital tools such as mobile phones, iPad or tablets and desktop computers to access the internet and connect with the world.

For more information please send your Expressions of Interest to vmsa@vmsa.org.au or call on 0408 465 228.



Picture: [Be Connected](#)

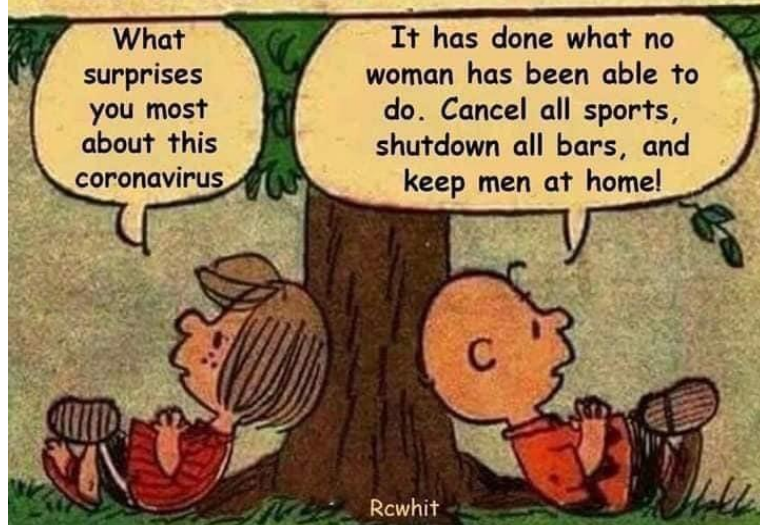
The VMSA Training programs are also available for sheds and shedders in Shed Safety, Governance, Fundraising and Health Facilitation.

Please send your expressions of interest to vmsa@vmsa.org.au or call on 0408 465 228.

ON A LIGHTER NOTE

Don't bother walking a mile in my shoes, that would be boring. Spend 30 seconds in my head, that'll freak you right out.

PEANUTS



That moment when you walk into a spider web and suddenly turn into a karate master.

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THAT'S HOW IT IS!

Can't eat beef ... mad cow.
 Can't eat chicken ... bird flu
 Can't eat eggs ... Salmonella
 Can't eat pork ... fears that bird flu will infect piggies
 Can't eat fish ... heavy metals in the waters has poisoned their meat

Can't eat fruits and veggies ... insecticides and herbicides

Hmmm!!!!!!!!!!!!!!

I believe that leaves Chocolate!!!!!!!!!!

.....

An attractive woman from New York was driving through a remote part of Arizona when her car broke down.

An American Indian on horseback came along & offered her a ride to a nearby town. She climbed up behind him on the horse and they rode off.

The ride was uneventful, except that every few minutes the Indian would let out a "Ye-e-e-e-ha-a-a-a" so loud that it echoed from the surrounding hills.

When they arrived in town, he let her off at the local service station, yelled one final "Ye-e-e-e ha-a-a-a!" and rode off.

"What did you do to get that Indian so excited?" asked the service-station attendant.

"Nothing, I only sat behind him on the horse, put my arms around his waist, & held onto the saddle horn so I wouldn't fall off," the woman replied.

"Lady," the attendant said, "Indians don't use saddles."

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.