

VMSA NEWSLETTER

Welcome to the New VMSA Newsletter!

The VMSA has quite a bit to celebrate despite COVID-19. So, to mark the celebration, a New Newsletter has been created. Here are some of the reasons to celebrate – we have:

- a new CEO – Derek O’Leary
- a New Board/Committee
- a new Field Officer dedicated to the Latrobe Valley – Cameron Thomson
- funding to support a new Regional Coordinator position – hiring now
- funding to support the implementation of the Royal Commission into Mental Health
- a new Constitution to approve at the upcoming SGM on 10 September 2021
- the New CEO’s Report
- the New President’s Report
- plus
 - our usual stories from Sheds and Shedders
 - news of new grants
 - articles on Health and Well Being for Men in sheds
 - articles on building mateship, camaraderie and community
 - jokes, poems, funny stories
 - news of interest from around the State, Nation and Internationally
 - recipes for blokes
 - ideas for projects
 - things to watch out for, like scams

The Board wants the New Newsletter to be informative, interesting and belong to our Member Sheds and their own Shedders.

In this edition:

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The plan is to make the New Newsletter the Voice of the Victorian Men's Shed Association and its Member Sheds and their Shedders.

We plan to circulate the New Newsletter to all Sheds in Victoria and their Shedders, to all LGAs, Auspicing Bodies, Key State and Federal Government contacts and other stakeholders. So, they know what the VMSA and its members are doing and achieving in supporting Men and their Communities in their Health and Well Being endeavours.

We want to build up our mailing list to include Shedders, so they get the VMSA New Newsletter directly. For what purpose you may ask? Well, instead of having around 350 Sheds and a few people that already get the Newsletter directly for a total mailing list of around 800, we could have around 20,000 on our mailing list.

This will allow us to approach businesses to get sponsorship to cover the cost of the New Newsletter and possibly other projects that will benefit our Sheds and Shedders.

It will demonstrate to Government, funding bodies and other stakeholders that the Member sheds of the VMSA are making a significant contribution to the Health and Well Being of Men and their Communities.

To achieve this goal, we need:

- feedback from Sheds and Shedders as to what you like or don't like about the New Newsletter, and what you would like us to consider including in future editions of the New Newsletter.
 - **To let us know your ideas; please send your feedback to news@vmsa.org.au**
 - **Please send us your stories, copies of Newsletters, news from the local press and other media where your shed or shedders have featured.**
 - **Wherever possible please include good quality photos.**
 - **Send all feedback, stories, newsletters, and other news to: news@vmsa.org.au**
- the email addresses of the Shedders in all the VMSA Sheds. To sign up to receive your own copy of the New Newsletter, click the link and fill in your details:

<http://www.vmsa.org.au/newsletter/?fbclid=IwAR39ym4c8KxR8tDdn6rD5ateLgs-qzmfVeYnduUZ-JmyMKbVgFrP8lNnbPc>

Hope you enjoy this first 'Bumper Issue'.

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CEO's Report

Welcome to the first edition of our revamped newsletter.

As many of you will know, I joined the VMSA in November last year, and during the past 10 months I've had the opportunity to talk and meet with many of you. I have worked as a CEO at both the State and Federal level in three different Olympic sports, and as such have a good understanding of government funding and opportunities and will work hard to utilise these skills and connections to better support the VMSA and its members. Prior to working in the sports sector, I ran a very successful audio electronics manufacturing and technology installation business that included woodwork, metalwork, prototyping, and electronics production lines, so fair to say I'm also no stranger to what goes on in a workshop environment and how tools, technology and machinery work.

Whilst many of our in-person activities and gatherings have been disrupted and put on hold during the restrictions, rest assured, when it's safe to do so and we are permitted under the health directives, gatherings that I know you all miss and enjoy will be scheduled again.

It's been a challenging time for many of the sheds, and indeed the shedders during COVID, however one thing that has become obvious is the sheds' resilience and ability to adapt and stay connected during the on again off again lockdowns and restrictions.

We have many great things planned for the VMSA membership to support you, and some of these early initiatives including rolling out of new VMSA field officers in the Latrobe Valley, Gippsland, and other parts of regional Victoria. These important positions have been facilitated and funded by our active lobbying of both the State and Federal government, and I'm sure will be welcomed by the sheds and their members.

COVID has pushed us all to learn to use technology in ways we had never considered pre pandemic, and I'm impressed at the ability and the enthusiasm of the shedders in how they have embraced this and upskilled themselves in these areas. For those of you that are struggling with using technology, the VMSA will do our best to help you with training and guidance, and if you need help, please reach out to us.

In closing, if you have areas, you feel we should be targeting, or you need specific help with, we would be pleased to hear your ideas, please drop us line, we are always here to help.

Stay safe, look after yourself, and stay in touch with your shed mates and community by whatever means you can during the lockdowns, using phone, email, zoom, and anything else that works safely.

Best Regards

Derek O'Leary – VMSA CEO

President's Report

Welcome to our new newsletter which will be sent out every month from now on to keep members and supporters up to date with VMSA news.

I was honoured to be elected president after the March AGM and your committee - which has six new members in addition to two from the previous term - has been hard at work to ensure that the VMSA does its job to support sheds and provide effective advocacy to all three levels of government.

As you know we also have a new CEO, Derek O'Leary, who is modernising the operations of the VMSA.

I would also like to thank the immediate past committee members including the past president Lindsay Oates for their hard work, dedication and commitment on behalf of Victorian sheds.

Being the current secretary of the Ouyen District Men's Shed Inc has given me a good grounding in shed culture, organisation and governance which has made me aware of the vital role that sheds play for shedders and the community as a whole.

It is a sad fact that the pandemic has wreaked havoc on sheds, however despite this, shedders have remained in touch and supported each other through the crisis.

I am certain sheds will rebound strongly when the worst is over and will continue to play our role in the nation-wide recovery that follows.

The VMSA is dealing with numerous matters affecting sheds in Victoria and there are a couple of key events coming up.

The first is **the Special General Meeting (SGM)** to be held by zoom on Friday 10th September at 10am. This is important as it will give members the opportunity to vote on a new constitution for the VMSA. The existing constitution is no longer fit for purpose and has needed modernising for some time. Our committee retained law firm Herbert Smith Freehills (Freehills) to develop a new document to take us forward.

Happily this work, which involved many hours and numerous drafts, was done pro bono

by Freehills and a final draft constitution has been approved by the committee for ratification.

The proposed constitution does a number of significant things including:

- the restoration of six year maximum periods for committee members. This is reduced from the current nine years which is considered too long.
- enshrining the right for member sheds to vote on VMSA membership fees.
- removing the right of past presidents to stay on for an additional year once their maximum period in office has expired.

Importantly Freehills have ensured it will be consistent with current laws and regulations. It will also provide us with a solid base for further policy development which will commence immediately after ratification.

It is also important to note that the new constitution is for the VMSA only – it will not disturb the constitutions held by individual sheds.

The second key event for the VMSA is **the Annual General Meeting (AGM)** on Friday 5th November at 10am. Due to the uncertainty created by the pandemic it will not be possible to do this on a face-to-face basis. It will therefore be necessary to conduct the AGM by Zoom. These arrangements will be finalised shortly.

Finally I want to thank all office bearers and committee members in all of our sheds for the great work you do on behalf of your sheds and for keeping members safe in these challenging times. I would also like to thank the VMSA Secretary/Treasurer Geoff Gedge, Vice President Lindsay Oates and the other members of the committee for their hard work and support.

I look forward to meeting more members and visiting sheds (by invitation) when circumstances allow.

Very Best Regards

Trevor Dobbyn - VMSA President

The Special General Meeting (SGM) to Accept the New Constitution

Don't Forget to make sure your Shed is ready to cast your Shed's Vote

Check with your Committee of Management that your Shed is able to vote:

To help your Shed be ready, here are a few tips and some information.

- 1. Check that your Shed is a current financial member.**
- 2. Make sure a representative of your Shed has registered to vote.**
- 3. If your Shed is appointing a Proxy Shed to vote on your Shed's behalf, make sure your Shed has nominated a proxy Shed to vote on your Shed's behalf.**

The Presidents Letter – Why we need a New Constitution

You can read the letter [HERE](#) or below.

10 August 2021

Dear Shedders,

I write to you on behalf of the VMSA Committee with an important update.

Over the past several months, the VMSA Committee has been working with our new CEO, Derek O'Leary to improve the Association's governance framework. This work includes the development of a new constitution for the VMSA.

The need for a fit for a purpose, modernised constitution has been recognised by previous VMSA committees and several attempts have been made to complete this very important project.

At the beginning of this year, our CEO successfully negotiated a pro-bono arrangement with law firm Herbert Smith Freehills (Freehills) to review our existing constitution and develop a new document to bring the organisation into line with modern best governance practices for not-for-profit, membership-based entities.

Freehills assigned a dedicated senior associate who specialises in not-for-profit, community and membership-based organisations, who had previously worked for Justice Connect, that have conducted other great projects with Men's Sheds. This gave the VMSA expert legal resources totally free of charge, which was a huge benefit in getting this work done quickly and professionally.

The existing constitution contained a series of piecemeal amendments over many years as the structure of the organisation changed. This resulted in some cumbersome and often conflicting and confusing wording. It has not been updated to reflect modern methods of communication nor the registration of the VMSA under the Australian Charities and Not-for-Profits Commission Act and the Associations Act.

Freehills have kindly provided a summary of changes made in the new constitution and this will be sent to member sheds along with the new draft constitution and other supporting documents.

Continued

Proposed New Constitution

The new constitution has been accepted by the VMSA Committee and will be put to a Special General Meeting of members in accordance with our existing rules. Several revised drafts have been scrutinised by the VMSA Committee and the final version recommended by Freehills is considered to be fit for purpose in today's governance environment.

It takes away previous ambiguities, has been modernised, is clearer and more concise in its wording and complies with existing legislation.

Nine-year terms for committee members have been reduced to six and the ability to extend those terms has been removed. Given the typical age profiles of our committee members, it was felt six years was more than adequate whilst still retaining organisational history. This allows for regular refreshment with a rotating three-year term, ensuring committee members remain energetic and enthusiastic in their work on behalf of the Association.

The right of VMSA members to approve fee increases will be enshrined in the new constitution.

It is important to note this new constitution is a document that governs the operation of the VMSA and its relationship to its members. It in no way prescribes how individual sheds operate, as every shed has its own constitution, procedures, and policies.

Special General Meeting

It is important that you all have a say. Normally we would call a series of gatherings and a large general meeting of members to pass the new constitution. In our current constrained COVID world, we cannot do that unfortunately.

It is important that each shed either appoints a proxy to vote on its behalf or appoints a delegate to attend the Special General Meeting, so that your voice is heard.

On behalf of the current VMSA committee, I can convey to you that the committee has approved this new constitution and recommends it to you.

The VMSA committee members are more than happy to assist you with any questions you might have over the coming weeks. Each shed will receive both an electronic version of all documents, via email, as well as a paper version via Australia Post.

Many thanks and let's all hope that we can soon gather together again as one.

Best regards

Trevor Dobbyn – VMSA President

For more information about the new constitution go to:
<https://www.vmsa.org.au/sgm-new-constitution-2021/>

Field Officer for The Latrobe Valley VMSA Sheds and Communities

The VMSA has received funding for a Field Officer from the Latrobe Health Assembly, through the Latrobe Health Innovation Zone. This is a very important initiative and the VMSA is proud to be associated with the Latrobe Health Assembly, through the Latrobe Health Innovation Zone to improve the health and wellbeing of men in the Latrobe Valley.

Derek O’Leary and Barbara Look interviewed potential



The VMSA is delighted to announce the successful candidate, **Cameron Thomson**, started on 30 August 2021.

Cameron will be:

- Working with local men, Men’s Sheds, and other men’s groups across Latrobe City to achieve healthier outcomes, both mental and physical. The role will have a focus on assisting and engaging with men, who have been affected by the downturn of employment in the Latrobe Valley, and their families.
- Working closely with the following Men’s Sheds: Toongabbie, Traralgon, Traralgon South, Boolarra, Churchill, Moe, Newborough and Morwell and liaise with Sheds that have had men referred from the Latrobe Valley or who have worked in the Latrobe Valley and been made redundant or depressed due to the industrial and other changes in the Valley. These men may live in Yarram, Sale, Rosedale, Heyfield, Mirboo North, Foster, Warragul, Yarragon, and Trafalgar.
- Engaging with Men’s Sheds, all levels of government as appropriate, and other professional community service organisations in the Latrobe Valley area that provide information, resources, counselling, and other assistance in order to help identify opportunities and co-design events and programmes.
- Actively engaging the wider community organisations where men are involved, such as multi-cultural groups. As Field Officer, Cameron will promote participation in these organisations/ clubs, together with assisting them as much as possible, to assist all people in the Latrobe City community, in particular those impacted by redundancies and industry changes.

Please make **Cameron** feel welcome when he contacts you and visits your shed or community organisation.

Regional Coordinator Program – to deliver Grass Roots support for Men’s Sheds

Early this year the Federal Department of Health sought expressions of interest from State-Based Men’s Shed Associations to submit a proposal for a grant to cover funding for three years to appoint Regional Coordinators in each State and Territory to increase the support for men’s health and wellbeing.

The VMSA proposal prepared by Derek O’Leary, the VMSA CEO and a very well qualified consultant, Dr Rick Hayes was successful. The funding is sufficient to employ one person full-time over the next three years. This additional manpower will significantly increase the support to the VMSA Men’s Sheds.

Dr Rick Hayes was involved in the early days of the Men’s Movement in Australia and most recently prior to retirement was a Senior Lecturer at Latrobe University.

Derek O’Leary is currently in the process of seeking suitable candidates for interview.

The Regional coordinators will:

- **identify critical health needs for men’s sheds across the state**
- **give men’s shed members access to health and wellbeing information and resources to meet their needs**
- **promote the benefits of men’s shed activities**
- **promote the National Shed Development Programme**
- **form partnerships with health providers**
- **help men’s sheds to organise and promote regional health events to benefit men and their communities**
- **make sure grant information and applications are available to men’s sheds**

MOUNT BEAUTY & DISTRICT MEN’S SHED

The men at the Mount Beauty & District Men's Shed have been busy. Check out the link to their website, there are some good stories in their latest August Newsletter.

<https://mountbeautymensshed.org.au/>

Great to see Shedders improving their shed, well done fellas!



Supporting engagement with the Royal Commission's final report into Victoria's Mental Health System

Project purpose

The final report of the Royal Commission into Victoria's Mental Health System (Royal Commission) was released in March 2021. This represents the end of an intensive and thorough two-year inquiry.

The final report provides a blueprint to rebuild the system from the ground up and stretches over five volumes and 3000 pages. It sets out a bold and ambitious reform agenda that will benefit the lives of all Victorians.

Given the extensive nature of the report, it is critical to ensure the reforms are appropriately communicated and, most importantly, understood.

Organisations like the Victorian Men's Shed Association will play an important role in the reform journey. This project will support focused engagement by the Victorian Men's Shed Association and its community/members with the final report and assist in deepening the awareness of the future mental health system envisioned by the Royal Commission's recommendations.

This project will see the Victorian Men's Shed Association host content on its website about the Royal Commission.

- provide regular emails/newsletters/communication updates to their members about the final report and significant further developments.
- host two or three specific events with their members to assist them in understanding the key reform directions and themes embedded in the final report.

The VMSA is pleased and honoured to be chosen to be part of this very important initiative. Keep an eye out for more details of how the VMSA will be implementing its role in this program.

In the meantime, if you or anyone you know maybe in need of support, **please refer to articles in this New Newsletter about R U OK, and What About You.**

Important dates to keep in mind

The Special General Meeting (SGM) to approve the New VMSA Constitution

Friday 10 September 2021 at 10:00am by ZOOM

More details to follow.

The Annual General Meeting (AGM)

Friday 5 November 2021 at 10:00am by ZOOM

Why are we conducting these important meetings by ZOOM?

The Board has decided to have these important meetings by ZOOM for these reasons:

- Firstly, and most importantly, members of the VMSA sheds are a vulnerable cohort to contracting COVID-19, and to hold a face-to-face SGM and AGM would be careless, negligent and fly in the face of the VMSA's duty of care to members of Victorian Men's Sheds.
- The unpredictability of COVID-19 Lockdowns and restrictions, makes planning any gathering right now, virtually impossible.
- By conducting the SGM and AGM by ZOOM means members don't have to travel long distances, which will mean that potentially more members can participate.

We will get back to you before the SGM with tips on running a ZOOM meeting.

RUOK?™

A conversation could change a life.

Are U OK? is a great way to start a meaningful connection with mates, friends and family, the people around you, who may be struggling with life.

You don't need to be an expert to reach out – just a good friend and a great listener.

Use these four steps to have a conversation that could change a life:



1. Ask



2. Listen



3. Encourage action



4. Check in

To find out more, click [HERE](#).

R U OK Day is
Thursday 9 September.
This year's message:

really
Are they OK
Ask them
today

WHAT ABOUT YOU?



If you want to chat or feeling a bit down, need any help please don't hesitate to call members of your own shed or call the VMSA or any of the organisations below. Don't say I am OK when you may not be OK and put off picking up the phone. **JUST DO IT.**

Black Dog Institute

Some hilarious haircuts and mental health conversations are happening across Australia right now, inspired by the team at Black Dog Institute.... check out [Mullets for Mental Health](#).

Are you struggling to exercise in lockdown, or just down on motivation?

<https://www.blackdoginstitute.org.au/news/are-you-struggling-to-exercise-in-lockdown-or-just-down-on-motivation/>

Beyond Blue 1300 224 636
Lifeline 131 114
MensLine 1300 789 978
Suicide Call Back Service 1300 659 467
Veterans Line 1800 011 046

Grief Line - 12-3pm 7 days 03 9935 7400
Pain Management Line: 1300 340 357
Sane Australia: 1800 18 7263
Mind Australia Carer Helpline: 1300 554 660
Emergency Services 000

Men's Referral Service for help to avoid domestic violence: 1300 766 491

Head to Health <https://www.headtohealth.gov.au/>
Fantastic portfolio of resources.

Bank of Melbourne Community Grant

Overview

This program aims to support local charities and programs that deliver sustainable benefits to Victorian communities. It seeks to support charities who receive little or no Government funding and aren't big enough to generate significant fundraising income of their own.

Grants of up to \$50,000 are available.

The funding round dates are:

- Round 1: Opened 21 December 2020 and closed 14 February 2021
- Round 2: Opens 30 August and closes 10 October 2021

Who Can Apply?

Eligible applicants include charitable organisations that must:

- Be located in Victoria.
- Be focussed on helping neighbourhoods and local communities.
- Provide a minimum of 12 months' worth of audited financials. No requirement to provide donor workout copy.
- Have an annual gross revenue of less than \$5 million.
- Receive less than 60% of their income from recurrent State, Federal or local Government funding (unless the income is less than \$1 million per annum, in which case their government funding can exceed 60%).
- Be endorsed as a Deductible Gift Recipient (but not another ancillary fund). Deductible Gift Recipients must be listed with the Australian Taxation Office under Item 1 of the Table in Section 30-15 of the Income Tax Assessment Act, 1936.

Eligible Activities

Eligible projects include those that will improve the lives of Victorian communities.

Restrictions

The following are ineligible for funding:

- Projects outside Victoria.
- Organisations with an income of more than \$5 million per annum.
- Organisations who receive more than 60% of their annual funding from government (unless they have an income less than \$1 million per annum).
- Auspiced applications.
- Sponsorship or funding towards a marketing appeal/event or fundraising activities.
- Projects that support animals or to promote animal welfare.

Documentation	Uploaded	
Web Overview	2021-08-30	Download
Web Overview	2021-01-19	Download

Use these documents as a guide only - always get the latest direct from the [Administrator](#)

Funding Helps Grassroots Work On Mental Health

Community groups and key peak bodies will be able to keep the conversation going about Victoria's mental health reform at a local level, thanks to an investment from the Andrews Labour Government.

Minister for Mental Health James Merlino today announced 16 community groups and peak bodies will share in the funding to support targeted engagement with their members and communities.

The organisations will use the grants to host forums and events, communicate with their members and the wider community on the key reforms and next steps to deliver all 65 recommendations of the landmark royal commission.

This funding is an important and necessary next step to ensure more Victorians have an opportunity to deepen their understanding of the redesign of Victorian's mental health and wellbeing system.

- VMIAC
- Tandem
- Victorian Aboriginal Community Controlled Health Organisation (VACCHO)
- Australian Nursing and Midwifery Federation (ANMF)
- Health and Community Services Union (HACSU)
- Australian Services Union (ASU)
- Youth Affairs Council Victoria (YACVic)
- Thorne Harbour Health
- Council on the Ageing (COTA) Victoria
- SANE
- Australians for Mental Health
- VALID
- Ethnic Communities' Council of Victoria
- Women's Mental Health Alliance Victoria
- **Victorian Men's Shed Association**
- National Centre for Farmer's Health

The landmark final Royal Commission into Victoria's Mental Health System report sets out a vision for a system redesign which requires engagement and collaboration across the system and in the community to ensure the delivery of all recommendations.

Continued

Quotes attributable to Acting Premier and Minister for Mental Health James Merlino

“The Royal Commission’s final report puts forward an ambitious and bold agenda, which is why ensuring all Victorians understand these reforms and what’s involved is so important.”

“Grassroots conversations are crucial to keeping people connected with the fundamental changes and updates as we embark on this generational rebuild of Victoria’s mental health system.”

Read more about the Royal Commission Report at this website, click the link.

<https://finalreport.rcvmhs.vic.gov.au/>

And keep an eye out for relevant information in VMSA Newsletters and on the VMSA website and Facebook page

*Based on Media Release by the Hon James Merlino MP
Minister for Education
Minister for Mental Health
Acting Premier*

Dated: Monday 19 April 2021

TRARALGON MEN'S SHED & WOODWORKING INC.

Natural disasters are never far from our door, be they fires, floods, cyclones, and even mice.

Dorothy Mackellar summed it up in her poem, "I love a sunburnt country/A land of sweeping plains,/Of ragged mountain ranges,/Of droughts and flooding rains."

Our VMSA sheds have had their fair share of natural disasters in the last decade or two.



One such shed is the Traralgon Men's Shed & Woodworking Inc. shed, that was affected by the floods in Gippsland earlier this year.

To get an understanding of the devastation, it is best the men of the Traralgon Men's Shed & Woodworking Inc. shed tell their own story.

So we encourage you to check out the Traralgon Men's Shed & Woodworking Inc. Facebook page by clicking on this link.

<https://www.facebook.com/Traralgon-Mens-Shed-Woodworking-Inc-464468520291991>

We are sure they will appreciate words of support.

eNews August 2021

FRRR Newsletter



Interesting reading in the latest eNewsletter from FRRR.

Click the link: <https://mailchi.mp/frrr/enews-august-2021?e=3d69ec894b>

The Whittlesea Men's Shed got a mention.

Sign up to the FRRR Newsletters here:

<https://frrr.org.au/news/newsletters/newsletter-subscribe/>



Beware of Scams!



VMSA is advising Members of Sheds to be cautious of potential scammers operating online or by phone.

We would like to remind all shed members and their families to be vigilant and protect themselves from any incident that may compromise their private or personal information.

If you are a member of a Men's Shed, or know someone who is a member of a Men's Shed, please pass on the following tips:

If you receive a phone call or letter asking for your Pension Customer Reference Number or banking details, or communications company account number do not provide them. Contact your nearest Centrelink Office, Bank or Telco to confirm the request is legitimate.

Be cautious if you are contacted out of the blue by someone claiming to be from ANY of these organisations, or a government department requesting personal information.

Always contact the organisation before responding, using contact details from a trusted source.

- Never give personal details to someone you do not know and trust.
- Never provide information such as passwords, tax file numbers or bank account details via email links.
- Do not open suspicious texts or click on links or attachments in emails received from unknown or unexpected sources.

If you think you have provided your account details to a scammer, contact your bank or financial institution immediately.

If you think you have provided your Pension Client Reference Number to a scammer, contact the nearest Centrelink office.

If you have shared personal information and believe you may be at risk, you can contact IDCARE, a not-for-profit organisation that provides assistance and support to victims of identity theft and other cybercrime. Visit idcare.org or telephone 1800 595 160.

For additional information about scams, visit scamwatch.gov.au - you can also subscribe to a free alert service to receive updates about the latest scams.

The Australian Cyber Security Centre also provides advice for individuals, a free alert service to help you understand the latest online threats and the ability to report online crimes via the Report Cyber page. Visit cyber.gov.au.

Another place you can check on scams and report scams is Scam Watch. Here is the link:

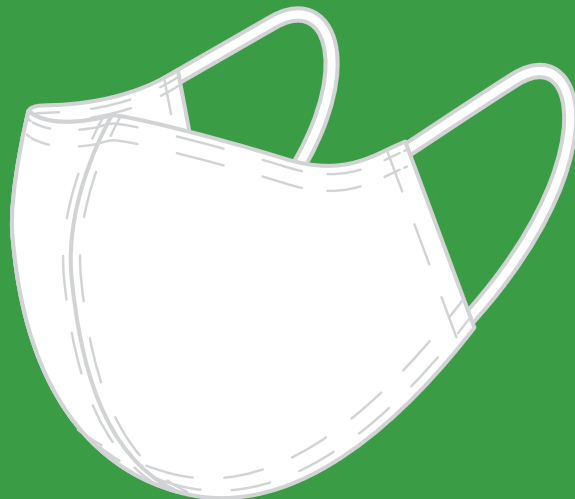
<https://www.scamwatch.gov.au/news-alerts?f%5B0%5D=date%3A2021>

If you are a veteran, or a veteran you know, has been

approached by someone posing as a DVA representative please contact your nearest DVA office.

Source: Based on article July 21, VETAFFAIRS

Are cloth face masks likely to provide protection against COVID-19?



Check out this link to find out:

https://www.health.gov.au/sites/default/files/documents/2020/07/coronavirus-covid-19-are-cloth-face-masks-likely-to-provide-protection-against-covid-19_0.pdf

Keep Up To Date on VMMSA Matters



VMMSA WEBSITE

The VMMSA has a **New for 2021 website thanks to our new CEO Derek O'Leary.**

If you haven't had a chance to check it out, now is a great time **given we are all in lockdown.**

Check it out at <http://www.vmsa.org.au>

VMMSA Facebook Page

Shedders, please join our Facebook page – follow the link or search for VMMSA – Public Notices.

<https://www.facebook.com/groups/376075325824722>

This is open to every Shedder – so the more the merrier.

Post lots of interesting articles and pictures about your Sheds activities - but note - please do not post any naked selfies!

International Men's Shed Associations

While we are all locked down, and you may be looking for something to do, you may want to check out International Men's Shed sites for ideas. Here are the links:

- The UK Men's Shed Association website is: <https://menssheds.org.uk/>
- The Irish Men's Shed Association website is: <https://menssheds.ie/>
- The Welsh Men's Shed Association website is: <https://www.menssheds.cymru.co.uk/>
- The Scottish Men's Shed Association website is: <https://scottishmsa.org.uk/>
The Scottish Shedder Magazine is well done.
- The Canadian Men's Shed Association website is: <http://menssheds.ca/>
- The New Zealand Men's Shed Associations website is: <https://menzshed.org.nz/>
- The USA Men's Shed Association website is: <https://usmenssheds.org/>

New Accessible Parking Permit Scheme

From 22 March, a new Accessible Parking Permit scheme will be launched across Victoria.

The new scheme is designed to create fairer outcomes and free up accessible parking bays for the people who need them the most.

Just a reminder, the main changes for drivers with disabilities or injuries are that:

- You'll need to start the application or renewal process online, before you visit the doctor
- Accessible parking permits will be extended from three to five years
- People with permanent disabilities will no longer need to be re-assessed in the future.

The main changes for GPs and OTs are that:

- Instead of filling out a physical form, you'll complete the functional assessment online
- You won't know the outcome of the patient's application – the outcome of the functional assessment will be sent to the patient once their local council has reviewed the application
- OTs will now be able to assess a patient's eligibility for a permit.

For more info click [HERE](#).

Latest COVID-19 Patient Resources

Keep up to date on COVID-19 Vaccinations

Check the Federal Government Website at:

<https://www.health.gov.au/resources/collections/covid-19-vaccination-patient-resources>



Australian Government
Department of Health

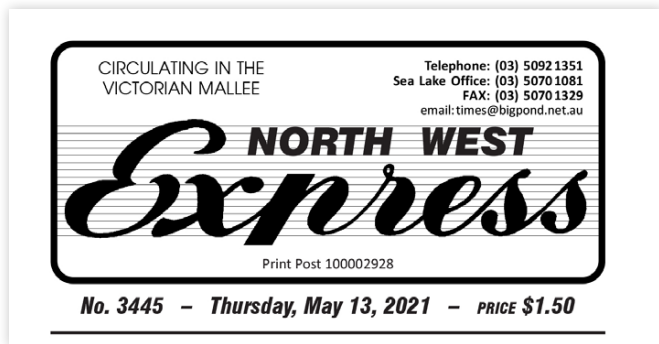
Latest Coronavirus Restrictions in Victoria

To check the latest COVID-19 Restrictions click on this link:

<https://www.coronavirus.vic.gov.au/coronavirus-covidsafe-settings>



Sheds in the News



Back to Business at the Men's Shed for New and Old Members

The local branch of the Men's Shed is calling all Mallee blokes looking for something to do.

The Ouyen District Men's Shed has recently reopened for 'business' after a year-long recess caused by the coronavirus pandemic. The group, which meets each Tuesday morning in their Rowe Street home beside the hotel, has welcomed the return that allows them to get together, but they want to make sure all blokes know they are welcome.

The premises of the Men's Shed is a simple one, a place for men of any age to go and be part of a group that provides mateship and social inclusion while working on projects often related back to the community. Since it opened in 2018, local men from Hattah to Underbool have been making the most of a space to call their own and enjoy, not only the

company of other blokes, but the chance to work with their hands, learn new skills or continue putting a long-held skill to good use.

However, the local blokes are concerned that the coronavirus restrictions that were in place for so long have stopped new members from reaching out to join the group or made some previous members slow to return. Life member Lionel Loxton, who is also a foundation member of the group, said it is important that district men know they are welcome at the shed.

"We started this Men's Shed because I knew blokes needed a place to go and tinker about or have a chat and we needed a big space for 30 blokes or more," Lionel said.

"However, now we are back after the virus slowed us down for a while and we are a bit worried that some blokes

have slipped out of the habit of turning up and got used to staying home alone, but that's not good for mental health. We need to get them off their backsides and back here.

"We want to encourage any new members to come along as well; we would love to see new faces come through the door to check things out."



Weather



The blokes from the Ouyen District Men's Shed are ready to welcome new and old members back to the shed.

Poets Corner

AN ODE TO COVID-19 by Vin Johnston, Ringwood Shed

**A mask to wear when leaving home, A 5k limit on where to roam.
Being in lockdown in our State, Shunned by others is our fate.**

**Remember we are in this together, Would be better with warmer weather.
One point five metres distance we're told, Or four foot eleven in the old,**

**Our Shed is closed as we know,
I for one can't wait to go.**

But while we wait to open the gate, Don't forget to call a MATE.

PHONE A FRIEND by Ken Keleher, Ringwood Shed

I pen this ode to all Shed men. Sadly we are in lockdown again.

We did re-open for a very short spell. To again see our mates was really swell.

A second wave of this dreaded virus, has once again been sent to try us.

An enormous jump in new infections, has forced us all to change directions.

Lots more businesses ordered to close. Stricter laws to be imposed.

No more driving after dark. Spend just an hour in the local park.

No more guests, distance greetings. No more cuddles, no more meetings.

No more straying far from homes. Thank the Lord we all have phones.

So if you're feeling low at all. Get off your bum and make a call.

Ring a mate, make someone's day. I'm sure you'll both have lots to say.

Surely this virus can't last forever We'll soon be back in the Shed together.

Stay Safe!

Shed Projects

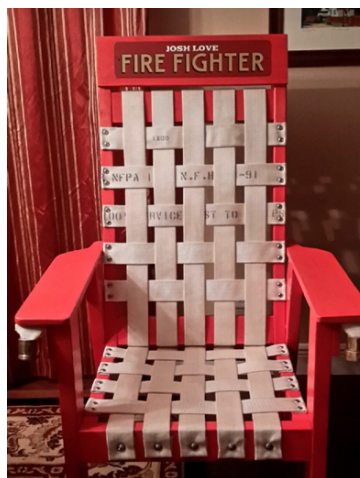
What do you do with Old Firehoses?

Make Furniture!

Here are some pictures of what can be done with old fire hoses or hessian strips that some of your members might find interesting.

Add chains to each end of the seat to be attached to a hook or a frame and make a swing. Ideas are endless. Dog beds, chairs etc etc.

Tempt your creativity.



A special thanks to Mary Wood of Christ the Light Parish Mernda for sharing the ideas, photos and writing the article.

Send photos and stories of your projects to news@vmsa.org.au

Recipes

from the old cook book

Tuna and corn patties

Winter Lunch, Day 2: Tuna and corn patties

Best served immediately but will keep 1 day refrigerated

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients:

- 1 tablespoon of grated reduced fat cheddar cheese
- 1 95g of tuna in spring water, drained and flaked
- 1 ½ tablespoon of corn kernels
- ¼ cup of mashed boiled potato (1 medium potato)
- 1 egg, lightly beaten (use only 1 tablespoon)
- 2 tablespoons rolled oats
- 1 spring onion, chopped.

Method:

1. Combine all ingredients in a bowl, mixing well until combined.
2. Divide mixture into 6 equal portions and form patties.
3. Cook in a non-stick frying pan on medium heat for 3-5 minutes, or until golden brown on both sides.
4. Serve with a garden salad and crusty bread.

