


 NEW VMSA NEWSLETTER

# A welcome from the editor



Peter Bettes

Hello fellow Shedders. I hope you are all keeping well and safe, keeping in touch with and looking out for your Shedder mates and 'getting the job'.

Last month I edited the New VMSA Newsletter anonymously. Given the very successful launch of the first edition, the Board has formally asked me to continue. So here I am as the official editor of the New VMSA Newsletter.

So how did I get to be a Shedder? In 2018 after two years of Chemo for CLL, I was feeling pretty low and not sure of the future. My lifelong Partner Carmel encouraged me to visit the Whittlesea Men's Shed. Six months after joining I was asked if I would like to take on the role of Secretary. I came home and said to Carmel, 'I think I have been accepted at the Shed'. Her response was classic 'so what have you volunteered for now?'

Roll on to the present and I am still volunteering. I am on the board of the VMSA, now Editor of the New VMSA Newsletter, and as of Thursday 30 September 2021, Secretary of the VMSA. Did I hear someone say 'sucker'?

Becoming part of the Men's Shed movement is one of the best things I could have done for my own mental health and wellbeing, and the feeling that I am helping others and making a contribution. The Men's shed movement and my oncologist have kept me alive for five years after diagnosis, for which I am forever grateful.

Enough of me, here is a quick overview of this issue of the New VMSA newsletter.

It has been a busy month at the VMSA.

- The New Newsletter was successfully launched. The feedback from Sheds, the Victorian Government and other stakeholders has been very positive
- The Special General Meeting was held on 10 September 2021, and the New VMSA constitution was approved unanimously
- The new Associate Membership Policy was developed and approved by the Board – see detail in the Newsletter and on the VMSA website
- Work has begun on other new policies
- Keeping in close touch with the Government regarding vaccination.

In the meantime, see the article in this Newsletter strongly recommending Shedders get double vaccinated and the reasons why, and see what one Shed, the Whittlesea Men's Shed Inc., did to encourage its Shedders to get vaccinated. **See the end of page 12 for two ICU Nursing Unit Managers clearly describing why we all need to get double vaccinated and what our nurses are doing for all of us.**

*Continued*

Check out 'What's inside' below for the full list of articles and stories. I hope you find them of interest and useful.

Key date to keep in mind:

- The Board is preparing for the AGM to be conducted by ZOOM on **Friday 5 November 2021** at 10:30am. See the website for detail of closing dates for nomination for Board positions, attendee nomination, nomination of proxies
- Nominations are now open to fill the three vacant positions on the Board that will open at the AGM, as a result of Lindsay Oates' retirement and Geoff Gedge's resignation from the Board and the one vacant position not yet filled. [See website](#) for details.

The Board wishes to thank Geoff Gedge for his significant contribution to the VMSA in taking a major role in developing the New Constitution, improving governance and the development of policies.

## Peter Bettes

Editor

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-JmyMKbVgFrP8INnbPc>

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# CEO's Report

The end of month has come around quickly, and whilst we are frustratingly still in a hard lockdown in suburban Melbourne and a few other regional areas, there's plenty of work going on behind the scenes. Fortunately, most of our regional sheds are operational again and enjoying being with fellow shedders.

Our new field officer Cameron Thomson has now commenced work in the Latrobe Valley, and he is gradually making his way around all those sheds and parts of Gippsland.

Our SGM was held successfully online via zoom and the new constitution has been approved and registered with all the relevant authorities, thanks to all those that took the time to attend the SGM and give us their valuable feedback. It was a very productive meeting and great to see so many familiar faces albeit online.

We are hoping to start rolling out some governance and risk training delivered by our good friends at Justice Connect in late November, pending any restrictions in place. Keep an eye on the VMSA website, Facebook page and newsletters for more information.

One of the most posed questions I get asked constantly, is certainly; 'can we make vaccination compulsory in our shed?'

The simple answer is we are awaiting advice from the Victorian Government, as we follow the official advice of the health department, and other government departments. I know this is a question of great concern for many sheds and be assured we are working hard behind the scenes to get an official position from government that relates specifically to Men's Sheds. In the meantime, the best approach is to strongly recommend that all your members are fully vaccinated and follow the latest COVID advice. When we have formal advice from Government, we will be quick to convey that advice to all sheds.

It is pleasing to hear that in talking to many sheds most have a very high uptake of vaccinations, and this certainly sits well with our government funding partners and will help us all to open up and get back to some sort of normal sometime soon.

For those in regional Victoria, enjoy the spring weather and working with your mates in the shed, and hopefully by the next newsletter Metro Shed's will also be in a position to be operating again in some form.

Best Regards

**Derek O'Leary** – VMSA CEO

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The Victorian Men's Shed Association is funded by the Victorian Government.

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# President's Report

Another day in the life of Men's Sheds during the pandemic... At the time of writing, sheds in the regions have now spluttered back to life as the regional lockdown has partly lifted, while those in Melbourne remain shut.

This is the second edition of the monthly newsletter which so far has been well received and if you have any articles, photos or stories please send them to our new editor Peter Bettes who is also a VMSA Board member. You can reach Peter at [editor@vmsa.org.au](mailto:editor@vmsa.org.au)

In VMSA news we held our Special General Meeting (SGM) by Zoom on Friday 10 September which endorsed the new VMSA constitution. This is good news as it's been on the to-do list for some years now.

Surprisingly the vote was 100 per cent in favour - (it's almost impossible to get 100 per cent of Australians to agree to anything!) - so the result was a tribute to all those who put in the effort to get this difficult task done. The work of building policies to align with the new rules has now commenced, with the Associate Member Sheds policy being the first cab off the rank.

In the spirit of not wasting a good crisis we have been doing more and more meetings on Zoom which in some ways increases

connectivity, especially for those in remote parts of the state. An example of this is the recent SGM which went very smoothly. Whilst it's always better to catch up in person, many of these changes during COVID in terms of how we meet and communicate will in all likelihood be permanent.

Many sheds are fast adaptors, so we've been discussing the idea of the VMSA organising Zoom meetings of say 12 sheds at a time for those that are interested. This would get everyone together to talk about ideas and problem-solving or just to have a natter, maybe on a monthly basis.

One idea has been to get sheds from different geographical locations together in a forum such as this. We would welcome your feedback on this idea to [ceo@vmsa.org.au](mailto:ceo@vmsa.org.au).

Our Annual General Meeting will be held on 5 November by Zoom and notices will be sent out in accordance with the new rules.

I look forward to talking with delegates at this meeting and visiting sheds at some time in the future when regulations allow.

Kind Regards

**Trevor Dobbyn** - VMSA President

## 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 Constitution approved!

The Special General Meeting of members of the VMSA held on 10 September 2021 has approved the New Constitution of the VMSA. The result of the vote was 100% in favour. A unanimous decision – a great result and recognition of all the work done to create the New Constitution.

The Board would like to thank all the members of the Sheds that participated and voted, and Herbert Smith Freehills for all the work done Pro Bono to develop the New Constitution. The VMSA now has a modern constitution on which to base its Governance into the future.

## Policy Development

# Associate Membership Policy

With the new constitution finalised and approved, the work of the Board now turns to policy development. The first of these policies approved by the Board, is the 'Associate Membership Policy', a copy of which can be viewed on the VMSA website here:

<https://www.vmsa.org.au/vmsa-constitution/>

The Associate Membership Policy provides for:

- a. Organisations that have an association with and support the statement of purposes and values of the VMSA which may apply for Associate Membership.
- b. Individual persons that have an association with and support the statement of purposes and values of the VMSA which may apply for Associate Membership.
- c. Associate Members may reside outside the State of Victoria.
- d. Associate members do not have voting rights in meetings including, but not limited to AGMs and SGMs.

Policies in development include:

- a. Board Charter
- b. Governing Values
- c. Delegation Authorities
- d. Governance



# The Royal Commission into Mental Health

The Royal Commission recommended the Victorian Government establish a responsive and integrated mental health and wellbeing system.

The new system will ensure people receive services locally and in the community throughout Victoria, close to their families, carers, supporters, and networks.

The Royal Commission's redesigned system called for service delivery across Victoria at local, area-based and state-wide levels comprising:

- between 50 to 60 new Adult and Older Adult Local Mental Health and Wellbeing Services that operate with extended hours and are delivered in a variety of settings
- 22 Adult and Older Adult Area Mental Health and Wellbeing Services delivered through partnerships between public health services or public hospitals and non-government organisations that deliver wellbeing supports
- 13 Infant, Child and Youth Area Mental Health and Wellbeing Services delivered through partnerships between public health services or public hospitals and non-government organisations that deliver wellbeing supports: and

- state-wide services that are delivered in a way that minimises the need for people to travel far to access services.

The Royal Commission also called on the Victorian Government to:

- realign existing boundaries and organise mental health and wellbeing services across eight regions to improve planning and governance
- remove rigid boundaries (or catchments) for service delivery based on where people live
- establish the requirements for each service and the links between them through a 'service capability framework'.

**The VMSA plays an important role in getting the message out about Mental Health. The importance the Victorian Government places on this work is evidenced by its announcement on 23 September 2021 for funding to the tune of one million dollars for new sheds, refurbishment and extension of existing sheds. See Media Release in this newsletter.**

Men's sheds improve the health and wellbeing of their memberships by reducing social isolation and promoting social inclusion.

The Royal Commission Final Report can be read here:

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

More Information here at the Department of Health website:

<https://www2.health.vic.gov.au/mental-health/mental-health-reform>

Media Release on the six target areas where Mental Health Support Hubs will be established is here:

<https://www.premier.vic.gov.au/giving-victorians-mental-health-support-close-home>

*Continued*

# Mental Health Support Close to Home

The locations, recommended by experts, include:

- **Benalla** which has the highest per capita level of suicide over the 2011-2020 period, as well as one of the highest per capita levels of suicide attempts presenting to emergency departments.
- **Brimbank** which has one of the highest levels of very high psychological distress (a measure of anxiety and depression) recorded across Victoria.
- **Frankston** which has one of the highest per capita rates of suicide attempts presenting at emergency departments in 2020-21 and one of the highest per capita rates of suicide over the 2011-2020 period
- **Greater Geelong** which consistently has higher than state averages for self-harm presentations per capita in all recent years
- **Latrobe Valley** which has one of the highest rates of mental health presentations to emergency departments, including for self-harm and suicide attempts

- **Whittlesea** which has one of the highest levels of community mental health contacts per capita, as well as significant evidence surrounding ongoing mental health issues related to the Black Saturday bushfires.

The Department of Health is investigating options to establish services within each priority region. This will involve a consultation process with established local providers. The first of these local services would open from mid-2022, with all six of the initial services open by the end of 2022.

**The VMSA suggests Sheds may wish to take an active interest in these six Communities** with local DFFH representatives, the local Health Professionals, the local Health Networks, local Emergency Service Workers as a means of being in the front line to ensure help will be there for our Shedders, who may be experiencing depression, mental health issues, suicide thoughts, loneliness, isolation.

**Local Emergency Service workers are being trained to support people experiencing mental health issues.**

Details are in this media release from the Victorian Government:

<https://www.premier.vic.gov.au/emergency-workers-heart-mental-health-response>

If you are worried about a fellow shedder, another mate in the Community, a family member or an acquaintance, reach out and ask, "Are You OK"? See our bulletin in last month's New Newsletter.

Check out this UK website that has a very good fact sheet called Suicidal Thoughts – How to Support Someone:

<https://www.rethink.org/advice-and-information/carers-hub/suicidal-thoughts-how-to-support-someone/>

**Tell us what you are doing at the local shed level to help the mental health of your Shedders at [editor@vmsa.org.au](mailto:editor@vmsa.org.au), it may help another Shedder.**

Wednesday, 3 March 2021

## GIVING VICTORIANS MENTAL HEALTH SUPPORT CLOSE TO HOME

Victorians will be able to get the treatment they need sooner, closer to home and family, with the Andrews Labor Government fast-tracking the delivery of six mental health priority sites across the state.

The six sites will be the first of up to sixty across the state, providing a ‘front-door’ for anyone in the community to access mental health support including a range of therapies and expanded wellbeing treatment.

Establishing the new *local Adult and Older Adult Mental Health and Wellbeing Services* is a key recommendation of the Royal Commission into Victoria’s Mental Health System. They will help Victorians access help in the community earlier, before they need to access a hospital or when they reach a crisis point.

The locations, recommended by experts, include:

- **Benalla** which has the highest per capita level of suicide over the 2011-2020 period, as well as one of the highest per capita levels of suicide attempts presenting to emergency departments
- **Brimbank** which has one of the highest levels of very high psychological distress (a measure of anxiety and depression) recorded across Victoria
- **Frankston** which has one of the highest per capita rates of suicide attempts presenting at emergency departments in 2020-21 and one of the highest per capita rates of suicide over the 2011-2020 period
- **Greater Geelong** which consistently has higher than state averages for self-harm presentations per capita in all recent years
- **Latrobe Valley** which has one of the highest rates of mental health presentations to emergency departments, including for self-harm and suicide attempts
- **Whittlesea** which has one of the highest levels of community mental health contacts per capita, as well as significant evidence surrounding ongoing mental health issues related to the Black Saturday bushfires

The Department of Health will immediately investigate options to establish services within each priority region. This will involve a consultation process with established local providers. The first of these local services would open from mid-2022, with all six of the initial services open by the end of 2022.

The new services will work to a ‘*how can we help?*’ model, helping people seamlessly access the right support for them, close to home, across a transformed mental health and wellbeing system.

They will operate in partnership with reformed, area-based adult and older adult mental health and wellbeing services, and specialist statewide services – ensuring the right level of care is available in the right time.

The Royal Commission report contains 65 recommendations that establish a blueprint to transform mental health support and care to make it accessible, flexible and responsive – free of stigma and discrimination.

The Labor Government will implement every single recommendation.

Alongside the pandemic, mental health is one of the greatest challenges facing Victorians right now. The Labor Government is determined to build a mental health system that will support all of us – now and into the future.

**Media contact:** Jamila Fontana 0409 741 279 | [jamila.fontana@minstaff.vic.gov.au](mailto:jamila.fontana@minstaff.vic.gov.au)



# Congratulations to all grants recipients!

Well done to the Sheds listed in the table on the VMSA website that have successfully applied for and will receive grant funds for their Shed improvement projects. Check out the successful sheds here:

<https://www.vmsa.org.au/funding-announcement/>

The VMSA would like to thank the Victorian Government for the Shed Funding program. This program is vitally important to support the development of new Men's Sheds, extensions to, and refurbishment of, existing sheds.

Men's Sheds play the very important role of promoting Men's Health and Wellbeing in their Communities. See media release on the following page.

## Tools of the Trade

### Keep all your grant information in one place



Responding to questions within a grant application is one of the many tasks that need to be ticked off before you can hit that send button! From researching relevant and useful statistics to preparing budgets and collecting letters of support, there can be lots of information to gather to complete your funding application.

Often, collating this information causes the most grant seeking stress and takes time away from writing a successful application. To help alleviate this pressure and set you up for future grant success, we recommend starting a grant folder with information that is readily available for you to access. This gives you a head start so that you can focus extra efforts on preparing your application responses.

Grant applications are so much easier to prepare if you have your information readily available. All applications will require certain information about the applicant organisation and often ask for similar information. Be organised and store information on the computer all together in one folder. Create a folder (Grants - Shed Information) and file current copies of important documents. Your grant folder could include:

- Incorporation registration
- Insurance Certificates of Currency
- Memorandum of Understanding (if applicable)
- DA, Council approvals, site plans (if applicable)
- Letters of support.
- A single document with relevant information about your Shed (make sure you keep it up to date) – AMSA has a template as part of The Men's Shed Grants Handbook, available in the Member Resource Library
- Useful statistics (for your own school/business/organisation, region and state)
- Photos showcasing your organisation
- Project overviews
- Project costings
- Statement of need (why the project is needed)
- Examples of previous grant applications.

Make sure you adapt the information you've gathered for each application you prepare so that it is relevant and current.

Start gathering that information and preparing your grant folder now to give you a head start for when funding becomes available.

*Source: Reprinted with the permission of the Australian Men's Shed Association Inc. from its September 2021 bulletin, Shoulder to Shoulder.*



# Media Release

**The Hon Luke Donnellan MP**  
Minister for Child Protection  
Minister for Disability, Ageing and Carers



Thursday, 23 September 2021

## **MORE MEN'S SHEDS TO BETTER SUPPORT MENTAL HEALTH**

More men across Victoria will be able to learn new skills, build friendships and give back to their communities, thanks to almost \$1 million in Victorian Government support for men's sheds.

The funding will go towards the construction of eight new sheds and the renovation of 21 others across regional Victoria and metropolitan Melbourne.

Four of the new constructions will enable new groups to form in the Colac-Otway, Campaspe, Swan Hill and the Mornington Peninsula communities.

Men's sheds improve the health and wellbeing of their memberships by reducing social isolation and promoting social inclusion.

Mt Duneed Men's Shed, one of the successful grant recipients, will receive \$80,000 towards a permanent home at the planned community complex in Armstrong Creek.

The grant will enable the group to convert a warehouse into a purpose-built shed, complete with separate woodwork and metalwork areas and a built-in dust extraction system for their growing membership.

The Mt Duneed shedders work together to complete a number of local projects all year round such as building garden beds for schools and local communities and making toys for charities in the lead up to Christmas.

The Labor Government provides \$1 million to support men's sheds each year, which includes \$130,560 to the Victorian Men's Shed Association.

There are currently more than 360 communities with men's sheds throughout Victoria.

The list of grant recipients is available at the Department of Families, Fairness and Housing website:

<https://providers.dffh.vic.gov.au/mens-shed-program>

### **Quotes attributable to Minister for Disability, Ageing and Carers, Luke Donnellan**

*"The Victorian Government proudly supports men's sheds because they provide a safe and busy environment where men can roll their sleeves up, build friendships and serve the local community."*

*"Humans are social beings that need community. After the year that's been, enabling social connection and supporting mental health is more important than ever before."*

### **Quote attributable to the Victorian Men's Shed Association Chief Executive Officer Derek O'Leary**

*"Men's sheds make a powerful contribution to the health and wellbeing of Victorians, bringing individuals together and strengthening communities. These grants will help men's sheds grow and welcome new members to reap their benefits."*

*"We thank the Victorian Government for their continued support and ongoing commitment."*

# Foundation for Rural and Regional Renewal grants available



## Second Round of Future Drought Fund's Networks to Build Drought Resilience grant program

\$2.9 million is available to not-for-profits and community groups to support grassroots projects that help build resilience within local networks and enhance the ability to respond to drought- such as events, projects, training, small-scale infrastructure that will strengthen community engagement, networking and preparedness for drought. They are particularly keen to hear from groups seeking between \$20,000 and \$50,000, although there are other tiers of funding available.

**Closes:** 15 November 2021

**Announcements:** Late February 2022, projects completed by August 2022

**Contact:** 1800 170 020 or [futuredrought@frrr.org.au](mailto:futuredrought@frrr.org.au)

More info: <https://frrr.org.au/funding/disaster-resilience-and-climate-solutions/future-drought-fund-networks-to-build-drought-resilience>

## Strengthening Rural Communities

**Closes:** Tuesday 23 November

The Strengthening Rural Communities program aims to give the thousands of small rural, regional and remote communities across Australia an opportunity to access funding to support broad community needs. This round, grants up to \$10,000 are available through the Small & Vital Stream, and grants up to \$25,000 are available through the Bushfire Recovery Stream

Applications are accepted on an ongoing basis and assessed quarterly.

Visit: <https://frrr.org.au/funding/place/strengthening-rural-communities>

For information on all FRRR grants available, visit: <https://frrr.org.au/funding>



# Coronavirus / COVID-19 Trusted Sources of Information

There is a lot of misinformation swirling around about Coronavirus/COVID-19 vaccines and vaccination. The safest places to get accurate information and advice on the Coronavirus/COVID-19 are the Government websites.

The Victorian Government's website is one source:

<https://www.dhhs.vic.gov.au/coronavirus>

and on the Victorian site, where you can go to get vaccinated:

<https://www.coronavirus.vic.gov.au/vaccine>

The Federal Government's website has trusted information about vaccines and vaccination:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Here is a weblink from the Federal Government that answers many of the misinformation questions:

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/is-it-true>

Please watch these videos recorded at the Premier's Press Conference on 3 October 2021.

If you ever had any doubts about vaccination, this should change your mind.

Michelle Spence, ICU Unit Manager Royal Melbourne Hospital.

<https://www.youtube.com/watch?v=gK8LcoHL4DE>

And watch the full press conference to see Jackie Harper, ICU Unit Manager, Northern Hospital and both Nurses answer questions, which is quite telling:

<https://www.youtube.com/watch?v=WTV3cdlt9bQ>

**STOP  
PRESS**

The VMSA will always follow the advice of the Victorian Government, including advice on voluntary or mandatory vaccination. At this stage no decision has been made about mandatory vaccination.

# How one Men's Shed addressed the vaccination question



The Whittlesea Men's Shed (WMS) Committee met by ZOOM on 16 September 2021 to discuss the subject of vaccination against COVID-19.

The discussion centred around the Committee's responsibility and duty of care to look after the safety and well-being of its members when they are at the Shed, and whether the Committee can mandate that members should be double jabbed before returning to the Shed.

It was agreed that the WMS Committee cannot mandate that its members must be double vaccinated, unless it is made mandatory by the Victorian Government, however it was felt that it was important to strongly encourage members to get vaccinated for these reasons:

1. Vaccination protects us as individuals, and in normal circumstances vaccination for any purpose is a personal choice, however
2. Because of the COVID-19 Delta strain being so infectious, everyone has a responsibility:
  - a. not only for their own health and well-being, but
  - b. for the health and wellbeing, of family and friends,
  - c. the community in which they live,
  - d. AND THEIR MATES AT THE SHED.

With this in mind, the Committee decided to strongly encourage its Whittlesea Men's Shed members to:

1. Get vaccinated if they have not already done so, as soon as possible,
2. Get the second jab if they have had the first,
3. Talk to their GP, Pharmacist, or the medical professionals at the State Government vaccination sites if they have any concerns about vaccination.

And to remember the advice of the Victorian Government's Chief Health Officer, Brett Sutton;

“The best vaccine is the one you can get today”

If you still have questions about COVID-19 vaccines and vaccination, check out this website:

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/is-it-true>

# Improve your finance and accounting practices



Are you looking at improving your Shed's finance and accounting procedures and reporting?

An accounting software package might be the answer – especially if your shed must report to external organisations like the ACNC or the ATO if you have DGR status.

There are several very good accounting software packages for small businesses and self-employed people, like tradies. These software packages can also be used for not-for-profit organisations, like a Men's Shed. Some of the more common brands are:

- Xero
- MYOB Essentials
- QuickBooks
- Reckon

These packages are all accessed online and charge various monthly fees depending on which one is chosen.

However, there is a freeware software accounting package called GNU Cash, which can be loaded on the user's computer. It is currently being used by the Diamond Creek Men's Shed and the Whittlesea Men's Shed.

While the VMSA does not officially recommend GNU Cash or any of the other commercial packages, we wanted you to be aware of what is out there to help Sheds make an informed decision.

Here is a review by Motley Fool:

<https://www.fool.com/the-blueprint/gnucash-review/>

And here is the GNU Cash website where you can download the software:

<https://www.gnucash.org/>

If your shed is using an accounting software package, let us know your thoughts at

[editor@vmsa.org.au](mailto:editor@vmsa.org.au).





Proudly supporting  
**MonashHealth**

## Monash Health Urology Pump the Pedals

31 August 2021

Pump the Pedals is the fundraising and awareness platform for Monash Health Urology. This specialist team is committed to being at the forefront of cancer survivorship and patient care.

In 2020 Pumps the Pedals participants cycled over 1000km on a virtual platform, equivalent distance from Sydney to Melbourne. Raising over \$150,000 to facilitate the purchase of new ultrasound probes for improved diagnosis and toward our Prostate Cancer nursing service in the Survivorship Clinic.

Scott Donnellan explained, "The new ultrasound machine and probes positively impact patient care and research"

"These devices significantly decrease the wait time for patients between first contact and biopsy. We will either clear the patient of cancer or diagnose the condition significantly sooner and allow earlier treatment. This will improve clinical outcomes and help allay some of the patient's anxiety of the wait and uncertainty," he said.

The Monash Health Urology team are Australia's 1st Survivorship Clinic means all Prostate Cancer patients have consistent and supportive follow-up care, offering ongoing support for patients and families after treatment with regards to Prostate Cancer outcomes and the unwanted associated sequelae of incontinence, erectile dysfunction, Peyronie's Disease and psychological affects of the process.

Prostate Cancer is the most common cancer in Australian men and second leading cause in cancer-related death. Monash Health Department of Urology is actively working to improve diagnosis and treatment of Prostate Cancer at all stages of the condition. Scott Donnellan and the Monash Health Urology Team are passionate about being at the forefront of Prostate Cancer care. Where their patients, their partners and family members reap the benefits of cutting edge clinical and scientific research in the field of Urology.

You are invited to hear more from Mr Scott Donnellan, Director of Urology Monash Health, Senior Lecturer Monash University in this video please click this link

<https://www.youtube.com/watch?v=Z3OnMJYeiUg>

To read more about 'Pump the Pedals' visit: <https://www.pumpthepedals.com.au/>

### FOR FURTHER INFORMATION:

Mr Scott Donnellan  
Director of Urology Monash Health  
Senior Lecturer Monash University

e: [Scott.Donnellan@monashhealth.org](mailto:Scott.Donnellan@monashhealth.org)

Annalese Fowler  
Monash Health Foundation  
Community Fundraising & Events Coordinator  
m: 0431 112 015

e: [Annalese.fowler@monashhealth.org](mailto:Annalese.fowler@monashhealth.org)

# 5 tips for running your shed during lockdown

While you can't physically attend your sheds just yet, we have put together some tips on how to use this time to plan for when you can bring Sheddors back safely. Remember, we are here to support you with your legal questions and are working with VMSA to bring you free training later this year.

## Tip 1: Closely follow government announcements and advice

There is an obvious but important tip - be sure to monitor government advice around COVID-19 restrictions including physical attendance at the shed, capacity limits, vaccine considerations and other requirements. As we all know, this advice can change quickly, so it is important that we stay up to date with current information.

This is the best place to keep an eye on: <https://www.coronavirus.vic.gov.au/> - see previous article on 'Trusted Sources of Information.'

## Tip 2: Identify key risks at your shed

You can use this time to think about how you can make your shed as safe as possible for Sheddors. One way you can do this is by using the SAFE acronym:

**S** = Spot/identify any risks - example: think about whether work benches at your shed are appropriately spaced.

**A** = Assess risks - example: Benches that are not appropriately spaced may be against government guidelines and may contribute to a spread of the virus.

**F** = Fix/control the risks - example: This risk can be minimised by following government guidelines around appropriately spacing out workbenches.

**E** = Evaluate and update your plan - example: Determine whether you have complied with the requirements around the spacing of workbenches and make sure you regularly check the spacing so (i) you comply with government guidelines into the future, and (ii) workbenches don't end up back where they were!

This is just one example of how you can use the SAFE acronym. Think about other risks at your shed and to follow this same process.

## Tip 3: Think ahead to your AGM

When is your next AGM? Find out when your AGM is due and use this time to plan for it. Will it be held face-to-face? Online? Or a with a mixture of face-to-face and online attendees? Depending on the way your AGM will be held, think about how you can support members to attend.

You can access our free resources on holding meetings during COVID-19 here: <https://www.nfplaw.org.au/covid19/governance-0>

## Tip 4: Check your rules and see if they need to be updated

Are your rules in need of a refresh? Are you thinking of drafting a new set of rules for your shed?

We have a free video recording that you can watch to help you to better understand your rules, available here: <https://www.nfplaw.org.au/training/webinars>

## Tip 5: Consider Deductible Gift Recipient (DGR) status

Do you know that your group may be able to apply for DGR (Deductible Gift Recipient) status? DGR status is an endorsement by the tax office that means donors can claim a deduction in their personal tax return. This status can help your group to attract donations and raise funds.

For more information on DGR, you can view our DGR guide here: <https://www.nfplaw.org.au/DGR>

There will be more information on this in the next newsletter and in the meantime you can contact VMSA.

Over the next nine months, our team is excited to be delivering free training sessions designed for Victorian Sheddors on Volunteer Safety, Risk and Insurance and other topics (thanks to funding from the Department of Families, Fairness and Housing). The program will start in November 2021 and more details will be circulated shortly.

# Shed Projects

## Wodonga Men's Shed and Albury Woodworkers – *Pens for the Troops working bee*

The Albury Wodonga Woodcrafters sponsored by the Wodonga Men's Shed have successfully made 62 pens to be sent to our troops overseas. They had a fun day of making these pens and lunch was included.

17 members attended and all sections of the club were represented. They ended up completing 62 pens a mighty effort thanks to every one that attended.



Check out the story here:

<https://awwinc.com.au/report/pens-fro-the-troops-working-bee/>

and the Wodonga Men's Shed here:

<https://www.facebook.com/Wodongamansshed/>

Send photos and stories of your projects to [news@vmsa.org.au](mailto:news@vmsa.org.au)



# BUNNINGS HAS ALL VIC MEN'S SHED MEMBERS COVERED

Bunnings Trade and Vic Men's Shed are delighted to announce a strategic partnership which gives you the opportunity to join PowerPass or link your existing account to access a range of benefits! Bunnings PowerPass is a free commercial account designed to make life easier for trade and commercial customers

## ✓ Commercial products

From build and fit out, to maintenance and cleaning – we've got you covered. And if we don't stock it, we'll do our best to find it

## ✓ Customised pricing

Through PowerPass, we'll add you to your organisations price list that's better than the baseline

## ✓ Account Management tools

Manage quotes, invoicing and transactions online through our PowerPass portal or app

## ✓ Quick, easy & flexible fulfilment

With stores nationwide, we offer convenient payment, pick-up and delivery options



To sign up or link your existing account contact [Organisationsvic@bunnings.com.au](mailto:Organisationsvic@bunnings.com.au) or (08) 8392 4815





# \$250 Power Saving Bonus: how to apply

Victorian households deserve the best energy offers.

That's why we're offering to help with a new \$250 Power Saving Bonus for eligible concession card holders, just for visiting our website.

There are better energy deals out there for Victorian families and we have set up an independent website – Victorian Energy Compare – to help people find them.

Seven out of 10 people can save money by using the Victorian Energy Compare website, with typical annual household savings of \$330 on energy bills in the first year alone.

You don't have to take up an offer or switch plans, you just have to visit the comparison website to see how you can take charge of your energy costs.

## The \$250 Power Saving Bonus

The \$250 Power Saving Bonus is a one-off payment to help eligible Victorian households cover the cost of their energy bills. Eligible concession card holders can visit [compare.energy.vic.gov.au](http://compare.energy.vic.gov.au) between 1 February 2021 and 31 January 2022 to apply online. Only one payment is available per household.

## Eligibility Requirements


To be eligible to claim the \$250 Power Saving Bonus, you must meet the following criteria.

- You must be a residential energy consumer (i.e. have a residential electricity account)
- You must receive one of the following concession benefits:
  - Centrelink Pension Concession Card
  - JobSeeker, Youth Allowance, Abstudy or Austudy
  - Department of Veterans Affairs Pensioner Concession Card
  - Department of Veterans Affairs Gold Card

\*Holders of Health Care Cards who are not recipients of Youth cap Allowance, JobSeeker, Austudy or Abstudy are not eligible.



For assistance in languages other than English, contact Translating and Interpreting Services (TIS) on 131 450.

 Take charge





## What Victorian Energy Compare can do for you:

- ⊕ It compares available offers with your current plan so you can see if they are higher or lower.
- ⊕ It searches every offer on the market from every Victorian energy company.
- ⊕ It shows you green energy offers and solar feed-in tariffs.
- ⊕ It uses data specific to your household or business to provide the best information.

### Step 01



Find your latest electricity or gas bill.

### Step 02



Visit [compare.energy.vic.gov.au](http://compare.energy.vic.gov.au)

### Step 03

Enter some of your information and find the best offers.



7 out of 10 people can save money by using Victorian Energy Compare.

\$330

Victorians can typically save \$330 on their energy bills in the first year alone when they compare and switch energy offers.



On average, Victorians spend 21% more for their electricity compared to the cheapest offer on the market.



Nearly one quarter of Victorians pay \$500 more a year than the cheapest energy offer.

10 days

All energy companies give you 10 days to change your mind after signing up for a new offer.

17.5% discount

Concession card holders may be entitled to a 17.5% discount on their electricity bill, and the same discount on their winter gas bill.

## Claim once

You can only claim the \$250 bonus by visiting the Victorian Energy Compare website. If you receive any unsolicited calls about the bonus they will not be from the Victorian Government.

## Compare regularly

Don't forget to check back with Victorian Energy Compare regularly to make sure you're getting the best deal all year round.

Visit [compare.energy.vic.gov.au](http://compare.energy.vic.gov.au) or call 1800 000 832 for general enquiries.

⊕ Take charge



# Stories from the Sheds

## GOROKE MEN'S SHED AND THE WIMMERA MEN'S SHED NETWORK

The Wimmera Men's Shed Network members are producing a number of Newsletter articles to introduce their sheds and themselves to Victorian Shed community for the VMSA newsletter.

We have started with an article from the Goroke men's Shed written by long standing Goroke Shed Member Gerald Murnane (pictured right, back row, second left).

We, Goroke Shedders, don't like to boast, but we have plenty to boast about. In our twelve years of existence, we've had an average of fifteen paid-up members and an average daily attendance of nine. (We're open only 2 days each week. We do not believe in too much of a good thing.)

We have substantial cash reserves, including term deposits. We have formal meetings only three times yearly, and meetings seldom last for more than half an hour. All members are eligible to attend meetings.



Goroke Men's Shed - (back) Don McEachran, Gerald Murnane, Jeff O'Mahoney, Barry Crick, John Williams, John Crabtree, Max Carter, David Mitchell (front) John Brent, Taffy Williams, Alan Ward, Rob Stacey, Ron McEachran - August 2016



Correspondence and paperwork are kept to an absolute minimum.

Our main income is earned from cutting and parcelling kindling wood for sale during winter months. As well, we do odd jobs for the townsfolk and make items to order. We hardly ever make stuff in the hope that someone will buy it.

We admit that we've had some good luck and some help from others. Our spacious building was provided for us free by West Wimmera Shire Council. (We pay the electricity and water bills but no rent.) We've also had a number of grants and donations.

If we were boasters, our proudest boast would be this. In our early years as a shed, we used to visit other sheds, hoping to learn things of value. Well, the main thing we learned was that we liked our own shed best. In all honesty, we never saw a shed that we envied for any reason. Through good luck or good management, we had developed a way of doing things that suited us perfectly.

Our motto is NO PRESSURE. Those of us who like to be busy, they spend their days being busy. Those who like to be idle, they do bugger-all. And nobody lifts a finger between 9:00am and the end of morning teatime. That's the time when we gossip and tell jokes and tease each other. We sometimes reckon Goroke Men's Shed is the last place on Earth where anyone can say anything without fear of prosecution.

Do we have any problems?

We find it not easy to recruit new members- we don't know why. We know some men in the town who would benefit from joining, we think, but they hang back. We're working on it.

And our greatest problem is that we're bombarded with paperwork from outside bodies who think we're a business organisation with work rosters and name tags on our shirts and mission statements and all that crap. We're not. We're Goroke Men's Shed.



If you are travelling through the Wimmera region, Goroke Shed invite you to drop in for a cuppa and chat.

If you wish to call ahead you can find our contact details listed on WPCP webpage under the Men's Shed tab [wimmerapcp.org.au](http://wimmerapcp.org.au) (click here).

# KILMORE DISTRICT MEN'S SHED

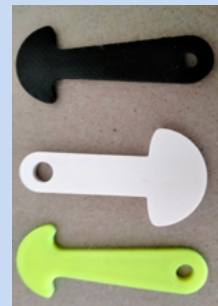
## NEW WELDING SHED

Kilmore District Men's Shed have just completed their welding shed, which is now fully equipped, thanks to a grant from a 2020 Supplementary Volunteer Grant. The first project was to build a welding bench.



The fellas at Kilmore have also received a grant from FRRR to purchase a 3-in-1 3D Printer, this gives their tech savvy blokes the opportunity to increase their knowledge, these are some the items they have made so far.

## 3D PRINTED ITEMS



These Items will be for sale and listed on the Kilmore District Men's Shed web page [www.kilmoremensshed.com](http://www.kilmoremensshed.com)

3D Printing Pro purchased from Dale Wathen, 8 Pelican Ct, Shepparton VIC 3630  
[www.3dprintingpro.com.au](http://www.3dprintingpro.com.au)



# THE RUTHERGLEN COMMUNITY MEN'S SHED

Like the rest of the community and Men's Sheds across Victoria, the Rutherglen Community Men's Shed has suffered many setbacks associated with all the lockdowns in the past 18 months. Projects have stopped and started, but the enthusiasm of the members has remained positive throughout. Many projects have been slow to progress, but the production of kindling has been the main focus as the members strive to keep adequate stocks available for their valued customers. Production for this season has stopped, however we can celebrate the work they have been doing in pictures.



## CURRENT PROJECTS

### Kindling

Kindling production has been the main focus over the winter months as members endeavoured to keep up with demand over a very cold season. Quantities produced were far in excess of their first production year in 2020. This was due to the very cold and long recent winter as well as greater awareness in the community of the availability of this product. For several weeks, kindling production was all the boys did as the demand was so strong.

Once again, the members were thankful to the local traders who agreed to retail the product for the Shed— Mitre 10 Hardware, Rutherglen Newsagency and the Rutherglen Butchery. The members are very appreciative to these business owners who have supported the only fundraising activity over the last 18 months. Without that support and the funds raised the Rutherglen Community Men's Shed would not have been able to continue running the shed in the manner planned.

Here are a few photos of Shedders in action! All members are involved in the various stages of production from initial sizing, splitting, bagging, storing and then delivery to the local traders.



Continued

### Mitre 10 delivery

The kindling production line has been so busy, that even Len was up to his armpits in kindling. Not sure how he got in, or out, of this situation!!!

### Newsagent and Butcher delivery



### Playgroup Cubby House

Ken Dean and Moss Harkness have overseen the transformation of the Rutherglen Playgroup cubby house. Another great example of community groups working together.



### Dust Extractor

Alastair Shanks and Graham Hill have continued to build a shed for the new dust extractor. This installation is an important project for improved dust removal in the workshop thus reducing dust inhalation risks for the shedders. Well done Alastair and Graham for getting this far given all the lockdowns. We hope to see it operational very soon.



Check out the Rutherglen Community Men's Shed Facebook page here:

<https://www.facebook.com/Rutherglen-Community-Mens-Shed-141968969984480/>

You can see the full newsletter here:

<https://www.inh.org.au/wp/wp-content/uploads/2020/10/Mens-Shed-Newsletter-Sep20.pdf>



# THE MILLICENT MEN'S SHED

Suicide remembrance seat –  
designed to help trigger conversations about this taboo topic

Here is something of real interest from just across the border. Millicent Shed is part of the South West Cluster that takes in 10 South Australian Sheds on the Border with Victoria.

and Sheds like Portland, Heywood, Hamilton Balmoral, Cavendish, Casterton, Coleraine, Macarthur, Harrow, etc. Here is a link to the full story ABC story:

<https://www.abc.net.au/news/2021-09-13/suicide-prevention-bench-unveiled-at-millicent/100457462>



These Men's Sheds along the SA /Victoria Border and others along the NSW /Victorian border are now covered by the VMSA Associate Membership Policy. See details of the Policy elsewhere in the newsletter.

This is a great example of what Men's Sheds are all about.

In an effort to reduce the stigma around suicide, the Wattle Range Suicide Prevention Network has unveiled a unique remembrance seat at Millicent.

Key points:

- The bench was handed over to the Wattle Range Suicide Prevention Network on Friday
- It was built by Senior Sergeant Rick Errington over a two-year period with help from the Millicent Men's Shed
- It is hoped the bench will trigger conversations about suicide and mental health.



The carved red gum seat, complete with angel wings, was meticulously crafted over a two-year period by community member and police Senior Sergeant Rick Errington.

Unveiled in line with R U OK? Day, Senior Sergeant Errington said he hoped the seat would help start conversations around mental health and suicide.

"The whole concept was to raise awareness and generate conversations

around suicide because it is a subject that has been taboo in the past," he said.

"It's something that needs to come out from the darkness and be spoken about."

## Men's Shed lends a hand

Senior Sergeant Errington leaned on the expertise of the Millicent Men's Shed during the construction phase, which presented several challenges throughout the two-year construction.

"We've got a few members of the men's shed who have actually been spared from taking their own lives by virtue of being a member of our group," Mr Matthias said.

"One of the key planks of the men's shed movement is looking out for men's mental health as well as physical health, so this project just fitted in with us perfectly."

While members provided assistance, Mr Matthias said Senior Sergeant Errington deserved to receive the most credit.

"He'll hate me for saying it, but he was the one who did most of the work," Mr Matthias said.

"Not knowing much about woodwork or the machinery, he decided it was a good way to learn how to do everything and we were just there to get him skilled up to do what he wanted to do."

If you or a mate, or a family member are thinking of suicide, please call one of the numbers at the end of this newsletter.

The VMSA wishes to thank the ABC for running stories about men and Men's Sheds, and male suicide.

The Wattle Range Suicide Prevention Network Facebook page: <https://www.facebook.com/WRSPN/>

The Millicent Men's Shed Facebook page: <https://www.facebook.com/MillicentMensShed/>

Source: ABC News



*The bench includes a plaque with a special poem.*

*Supplied: Rick Errington*

# WARRNAMBOOL MEN'S SHED



Warrnambool Men's Shed is making great progress in the construction of their new shed.

The guys at the Warrnambool Men's Shed have many great photos of the new Shed's progress and some good examples of projects recently undertaken.

Check out the link here:

<https://www.facebook.com/Warrnambool-Mens-Shed-708997179177200/>



# UPWEY MEN'S SHED



## Upwey Men's Shed becomes virtual during lockdowns

For members of the Upwey Men's Shed turning to online meetings has helped to keep spirits up during lockdowns. "Whilst we can't meet physically, we have been meeting regularly via the zoom app," said President Gerran Wright. One of our members volunteered to become zoom captain and coordinates our on line catch ups. Members can check in every Monday and Wednesday mornings which provides support and laughter to help keep everyone's spirits up. With all the lockdowns, we have developed a well-heeled and smooth system now for keeping in touch. We have also kept members updated via our Facebook page where UMS has also actively promoted local businesses and encouraged members and others to support businesses in the Upwey and surrounding areas.

Following retirement, many members lost contact and social interaction with work friends and colleagues but have discovered new friendships through Upwey Men's Shed. Whilst we still don't have our own workshop space, many members have participated in community projects involving local schools, upgrades to the Upwey Township Hall, providing relief to storm affected residents, fundraising activities and responding to Upwey residents requests for assistance where we can help.

### Future Plans

Once lockdown is over UMS will continue to meet on Monday and Wednesday mornings and conduct bicycle maintenance workshops and evening social gatherings. After lockdown, a bicycle maintenance workshop is planned to be held in the **Upwey Township Hall** (near the skatepark) on a **Saturday morning** where people can bring along their bicycles to get maintenance advice and assistance to check over their bikes; making sure they are safe to ride. This will be a free service and if popular we will undertake more workshops. Check out our Facebook page 'Upwey Men's Shed' for up- to- date plans, news and events.

Those who work during the day or cannot get to our weekday morning zoom or physical meetings, we have you covered too! After lockdown, we plan to hold evening gatherings. Upwey Community Group has approved use of the Upwey Township Hall for the first and third Wednesday evenings of each month for UMS members to drop in. Non -members are welcome to attend (and hopefully become members). Again, check out our plans on our Facebook page. Other plans include: holding coffee shop trips / motorcycle rides, camping and fishing trips, a first aid course as well as engaging in community projects.

### The only Men's Shed without a Shed

UMS members have succeeded in raising \$230,000 to build their own workshop with amenities and are currently looking forward to positive news of our efforts to get a site to build our Shed. After three years we are still seeking a home in Upwey and need support to get a permanent site for our operations. Unfortunately we have had to put on hold requests from the public who want to donate tools and equipment as we have no room to store or use them until we get our Shed.

Men's Sheds have truly demonstrated their value to the community and to their members physical and mental health through supporting each other and sharing their skills and experience. There are 360 Men's Sheds in Victoria alone and we are the only one without a workshop. We are not going to be defeated and will continue our three -year struggle to get agreement to build our shed and continue to provide a valuable service for the Upwey community.

### Gerran Wright

President  
Upwey Men's Shed

## Upwey Men's Shed receives generous donation

Upwey Men's Shed (UMS) is thrilled to announce an extremely generous donation from Suzanne McLoughlin from 'Home Instead, Outer East and Glen Waverley' of \$10,000 towards the building of a Men's Shed in Upwey. Home Instead, Outer East and Glen Waverley has recognised the health benefits of keeping men active and engaged in the community. Their donation of \$10,000 will ensure UMS will go a long way to ensure UMS can build a Men's Shed that reflects the communities' expectations. This generous donation adds to the total amount raised of \$230,000 in cash for Upwey Men's Shed from grants, donations and fundraising.

UMS has worked closely with like-minded community organisations in Upwey to assist the health and wellbeing of men through participation in a range of activities. A shed will enable us to expand our work and activities with the development of a base containing a workshop and related amenities. We have many talented members who are keen to get together in a workshop environment, share their skills and assist local community and sporting groups.

Since 2018, following a well-supported public meeting hosted by the Upwey Community Group, the Upwey Men's Shed has worked tirelessly to build a Men's Shed in Upwey. UMS has successfully applied for funding from the State Government, Dandenong Ranges Community Bank and Yarra Ranges Council. We have also been generously supported by local businesses helping with fundraising through raffles, sausage sizzles and other revenue raising initiatives over the last 3 years.

With this generous donation from Home Instead we have now achieved our initial financial target for the construction of a Men's Shed. The community is behind us all the way and this is a major step towards providing a facility for men experiencing social isolation.

UMS is continuing its ongoing efforts to secure a site to construct a shed containing a workshop and amenities and is seeking support from Yarra Ranges Council and/or other like-minded community organisations to achieve this.

Again, UMS is very grateful to Home Instead, Outer East and Glen Waverley for their support of UMS with this generous donation of \$10,000 which we will put to good use in constructing a Men's Shed in Upwey.

### **Gerran Wright**

President  
Upwey Men's Shed

<http://upweymensshed.org.au>



# Recipes

from Laurie Connor – Banyule Men's Shed

Laurie is a dab hand at cooking, so we wanted to share a couple of his recipes.

In a future newsletter we will include some photos of the multi-talented Laurie's toys he makes for his Shed.

## Laurie's Rock Cakes

350g self raising flour  
160g castor sugar  
140g sultanas  
12 glazed cherries (cut in half)  
130g melted butter  
3 eggs  
1 tabs milk  
1 teas vanilla essence



Combine flour, sugar, sultanas and cherries in a bowl and mix well. Add butter, eggs, milk and vanilla, again mix well. This mixture makes 12 Rock Cakes, place 6 onto each baking tray.

Bake at 180°C for about 15-20 minutes or until brown. ENJOY!

## Laurie's Sausage Rolls

500g sausage meat  
1/8 teas curry powder  
1 finely grated carrot (small)  
1 tabs tomato sauce  
1 tabs Worchester sauce  
1 ½ tabs beef stock powder  
2 tabs onion flakes (or 1 small finely chopped onion)  
¼ cup diced bacon  
½ teas mixed herbs  
1 egg  
2 sheets Pampas Puff Pastry  
Milk  
Breadcrumbs\*



Combine all ingredients and mix well, using the \*breadcrumbs to thicken mixture to suit. Cut pastry into halves.

Add meat, roll pastry, use milk to join, place onto lightly greased baking tray, making sure the join is facing down. With back of knife, mark out the required size.

Cook at 180° approx. 35-40 mins. Cut to size. ENJOY



# Scamwatch update

Since August 2021, Scamwatch has received over 9,500 reports of Australians being sent messages regarding missed delivery, calls or voicemails and / or texts.

The reported messages used similar wording/spelling to the examples below:

- The delivery time for your parcel is DD/MM. Check out your options: Your DHL order IDxxxxxx will arrive soon. Track progress here.
- You have mqssed calk. Caljer left yhu a message
- Voicemail message received. Visit (link) before it is automatically deleted.
- You have (1) Pending Package! Ref: DHL-6461W Last chance to PICK it up >

*No guys there are no typos in the above – that’s how the messages might come through.*

So, note! Once you download the app or click the link, your device may become infected with malicious software commonly known as a Flubot.

A Flubot attempts to steal your phones contact details and other personal information, or financial details stored within your phone, e.g., stored card/wallet details or internet banking credentials. This malware commonly impacts Android devices however be cautious as malware may impact any of your devices.

## What do you need to do?

If you have clicked a link or downloaded any apps at the request of a SMS, you are at risk of the information stored on your device being compromised by fraudsters. Do not enter any passwords or sign into any accounts until you have taken action to clean your device.

You can clean your device by taking the following actions:

- Visit an IT professional
- Perform a factory reset of the device
- Performing a factory reset of your device may delete all your data including photos, messages, and applications, so be sure this is what you want to do.

For more information, please visit [www.scamwatch.gov.au/news-alerts](http://www.scamwatch.gov.au/news-alerts)

If you have experienced a scam, let us know [news@vmsa.org.au](mailto:news@vmsa.org.au)

# Book review

Adrian Hyland's acclaimed book *Kinglake 350* is a timely reminder that we are approaching Summer and Bushfire season.

Adrian Hyland is the award-winning author of *Diamond Dove* and *Gunshot Road*. He lives in St Andrews, north-east of Melbourne, and teaches at LaTrobe University.

It is available as an eBook in libraries and may help fill the time while we are in lockdown and may encourage some of us plan for the summer / fire season. Click [HERE](#) for more reviews.

**"Kinglake-350 to VKC.  
Urgent, do you read me?  
The fire's here now.  
God help us."**

*Kinglake-350* is a masterpiece of writing about family, community, country life and what happens when a day of ultimate terror arrives.

Adrian Hyland takes a dramatic and compelling sequence of events on that day and weaves them into a picture of universal significance and deep fascination.

On 7 February 2009 Roger Wood was the police officer in charge of Kinglake, at the epicentre of the worst bushfire disaster in Australia's history, Black Saturday. As the firestorm engulfed the community, he risked his life, again and again, to try and save people. With the fire raging all around, he phoned home to warn his wife what was coming. She screamed that the fire had already hit their property. Then the line went dead.

Black Saturday was a many-headed monster in whose wake stories of grief, heroism and desolation erupted all over the state of Victoria. This is a book about the monster—and the heroism of those who confronted it.

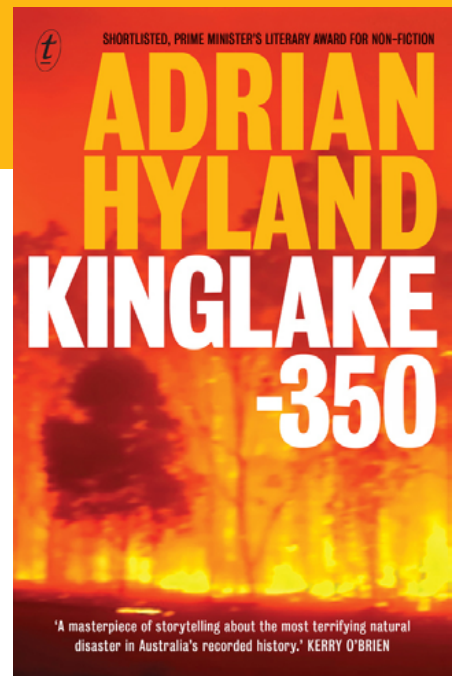
Shortlisted, Prime Minister's Literary Awards, 2012

Shortlisted, Waverley Library Award, 2012

Shortlisted, Age Book of the Year Awards, 2012

Commended, WA Premier's Book Awards, 2011

Source: <https://www.textpublishing.com.au/books/kinglake-350>



*'What sets Kinglake-350 apart is its strong, agile storytelling—particularly Hyland's skill for weaving together small, telling details with big-picture concerns like climate change, weather pattern complexity, the failings of fire management policy and Australia's historical relationship with fire...'*

**Meg Mundell, Readings**

*'Every Australian, both rural and urban, should read this book. Adrian Hyland pulls no punches in describing the harrowing consequences of living on the planet's driest and most fire-prone continent, and his account of the disastrous Black Saturday fires is a story of courage, dread and fallibility that will never leave you.'*

**Cate Kennedy**

*'I was compelled by Adrian Hyland's Kinglake-350, which traces the movements of key members of Kinglake's community on February 7, 2009, the day a firestorm engulfed the town. Why do some people, indeed some systems, rise to a crisis and others collapse in on themselves? These are complex questions.'*

**Sophie Cunningham**  
Weekend Australian



As summer approaches it is time to think about our fire ready preparedness.

AND it does not only apply to our mates in regional and rural areas.

It is a good time for those of us who live in urban areas to check smoke alarms and our fire ready plans.

Here are some useful guides from the CFA website that you should find helpful whether you are in the bush or the suburbs.

### **Home Fire Safety – Fires in the Home**

<https://www.cfa.vic.gov.au/plan-prepare/fires-in-the-home>

*Remember – practise your home escape plan*

### **Planning for Bushfire – How to Prepare your property**

<https://www.cfa.vic.gov.au/plan-prepare/how-to-prepare-your-property>

### **Bushfires: Before and During a Fire**

<https://www.cfa.vic.gov.au/plan-prepare/before-and-during-a-fire>

### **Your Survival Guide**

<https://www.cfa.vic.gov.au/plan-prepare/before-and-during-a-fire/your-guide-to-survival>

Source: <https://www.cfa.vic.gov.au/>



# Some light entertainment

1. Hand synchronisation - Amazing

<https://www.youtube.com/watch?v=YnwbHY7zggI>

2. Carmen de Bizet par ZIC ZAZOU pour la Grande Battle; thanks to the Ringwood Men's Shed for discovering this gem.

[https://www.youtube.com/watch?v=96l\\_UrTOZF0](https://www.youtube.com/watch?v=96l_UrTOZF0)

3. and a longer version (in French)

<https://www.youtube.com/watch?v=cn7NAOskIBM>

4. The Swincar eSpider – great ingenuity

The website: <https://www.swincar.net/>

One of the many videos of the Swincar eSpider.

And they even have a mobility version for folks that a paraplegics.

<https://www.youtube.com/watch?v=xW6bTE0XdWI>

Here is a story of Rose, an Aussie, using the Swincar eSpider when visiting the USA

<https://www.swincar.net/buy+an+off-road+vehicle+australia-z261>

5. Billy Connolly visits Dalbeattie Men's Shed. Here is the story.

<https://www.youtube.com/watch?v=AHNFia6dCck>

Dalbeattie is a town in the historical county of Kirkcudbrightshire in Dumfries and Galloway, Scotland. Dalbeattie is in a wooded valley on the Urr Water 4 miles east of Castle Douglas and 12 miles southwest of Dumfries.

And here is another fun video from Billy Connolly

<https://www.youtube.com/watch?v=V2xBRouXRhE>

One more from Billy Connolly – the train signal man

<https://www.youtube.com/watch?v=suHlvvMLWUw>

# Our Board/Committee



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Our CEO and members of the Board are always willing to help our member sheds.  
Do not hesitate to contact us.

Don't forget these important organisations that are there to help in these difficult times.  
REMEMBER TO CALL A MATE.

- |   |                     |
|---|---------------------|
| Beyond Blue   | <b>1300 224 636</b> |
| Lifeline  | <b>131 114</b>      |
| MensLine  | <b>1300 789 978</b> |
| Suicide Call Back Service Veterans Line                     | <b>1300 659 467</b> |
| Veterans Line   | <b>1800 011 046</b> |
| Grief Line - 12-3pm 7 days:                                 | <b>03 9935 7400</b> |
| Pain Management Line  | <b>1300 340 357</b> |
| Sane Australia  | <b>1800 18 7263</b> |
| Mind Australia Carer Helpline                               | <b>1300 554 660</b> |
| Men's Referral Service for help to avoid domestic violence: | <b>1300 766 491</b> |

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

