

NEW VMMSA NEWSLETTER

Season's greetings from the VMMSA



Peter Bettes

This is normally a great time of the year but this year it is even more special, as the COVID 19 restrictions have eased up enough to be able to see family and friends that we have not seen for quite some time, and in many cases, for over 2 years.

So I wish you all, on behalf of the VSMA Board, the very best for a happy, peaceful and safe Christmas and New Year, and that whatever you do, you will have a wonderful holiday.

Even though our focus is on family and friends at this time, there will be a number of us who may be alone at Christmas and over the holiday period. Don't forget to check in on your mates and make sure they are ok.

In this edition we have included some references to activities of various sheds across the state, some holidays tips for you and your family, and some safety tips for your car, boat, trailer or caravan, and a list of sheds that have interesting websites that you might like to check out.

I have also included some interesting information from the Victorian Government about the work that is still going on in the background about strengthening the services for mental health and wellbeing. Check out this site to see some of the early progress of implementing the Local Services

<https://engage.vic.gov.au/local-adult-older-adult-mental-health-wellbeing-services>

Check out the document library on the right hand side of the page for the first reports.

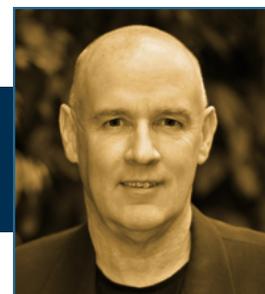
Enjoy yourselves, have fun with family and friends and see you in 2022.

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>

CEO's Report



With Christmas rapidly approaching it's been great to see many sheds returning to some sort of normality with the eased restrictions due to Victoria's high rate of vaccination. Many of you are now back to enjoying normal activities in your shed, and catching up with your mates in person again, and this has been largely made possible by the vast majority of shedders complying with the vaccination requirements and Covid safe measures in your shed.

I'm sure you are all looking forward to a Christmas that is a lot more normal than last year, with travel and border restrictions relaxed, many of you will be able to catchup with family and friends that you may not have seen for some time.

With the easing of travel restrictions, I've had the opportunity to visit several sheds in the past weeks, which has been terrific to not only meet with some of you in person, but also to see the great facilities many of you operate within. Whether the shed is large, small, or somewhere in between, one common thread I noticed is that the space is always optimized and put to the best possible use, and the shedders are always proud and passionate of what they've achieved in their workspace.

As some of you may be aware, there has been some Ministerial shuffling in the Victorian Parliament of late, and I'm pleased to see the Hon Anthony Carbines has been appointed as Minister for Disability, Ageing and Carers, and Child Protection and Family Services. I've had the pleasure of working with Anthony over the past 12 months as a member of the Victorian Government Volunteer Strategy Taskforce, which Anthony chairs, and I can assure you Anthony will be a great asset to government and Men's Sheds as the responsible Minister.

The first of governance training sessions funded by the Victorian Government for Sheds were delivered by Justice Connect, which were extremely well run and targeted specifically for Men's Sheds, and I'd encourage those of you that have not already signed up to do so for next years sessions that commence again in February and run over several months.

In closing I'd like to wish each and every one of you a happy and safe Christmas and holiday break and look forward to seeing many of you hopefully in person in the new year.

Kind regards,

Derek O'Leary – VMSA CEO

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President's Report



As a year dominated by the pandemic draws to a close I want to acknowledge the hard work done by the VMSA Board (all of whom are members of sheds working on a voluntary basis), the CEO Derek O'Leary, our part time Latrobe Valley Field Officer Cameron Thomson and Professor Rick Hayes for his support of Cameron's work and contributing to our successful Federal grant application for a Regional Fields Officer for Victoria.

In particular, I want to thank our secretary Peter Bettes for his great contribution to the new newsletter which has been so well received by sheds and our stakeholders.

As chair I was pleased to welcome two new board members at our AGM. Both Geoff Brooks and Colin Proud bring a wealth of experience and skills to the board and will further reinvigorate the VMSA.

I am happy to report the board, CEO and staff have worked hard during the year to assist all sheds in Victoria on so many fronts, in what has been a very challenging year for all concerned.

With the office closed and face to face meetings banned and sheds closed for much of the year the show went on regardless.

As sheds and our VMSA office continue the process of reopening and returning to a new normal we see concrete proof of the resilience and strength of the men's shed project

I want to acknowledge the funding and support of the Andrews Labor Government for all men's sheds in Victoria and to the VMSA.

I also want to thank the Morrison Coalition government for its support for sheds in this state.

We look forward to working with both in the year ahead.

Importantly I want to acknowledge all of the shed committees for their great work on behalf of their sheds and their members. Without this contribution we wouldn't have a shed movement of such great diversity and strength. The VMSA will continue to work closely with you all in 2022, to demonstrate the power of us banding together in pursuit of shared objectives.

I wish all a merry Christmas and a happy new year.

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 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 members on your committee?

3 tips for welcoming and inducting

Being on a Shed's governing committee is an important role. Even if someone has run a business or been on other committees, each one is different. We've put together some tips to help you support a new committee member find their feet as quickly as possible.

Tip 1: Induction Pack

There can be a lot of information to digest when joining a committee – it helps when a new Shedder has it all in front of them and can look through everything at their leisure, and refer back to things as needed.

A copy of your Shed's rules (or maybe it is called your constitution) is important. This document lets them know what their role is, the purposes of the Shed, the rules about holding and running meetings and elections. It's legally binding and there to help the Shed run smoothly as an organisation. A quick explainer on the key points of the rules can be handy and don't forget to let them know practical things like when and where meetings happen!



Tip 2: Meeting with the President

It's important to make a new committee member feel welcome and there's no better way to do this than a coffee catch up with the President (Chair) before their first meeting. A letter welcoming them to the role and including the induction pack is a good start especially if it is sent as soon as possible after they are appointed so they can use the catch up to clarify queries.

Remember to find out how you can best contact them and let them know the best way to contact you. Don't forget to introduce them to any of the committee they don't know and explain any roles these people might hold (for example, Treasurer).

Tip 3: Legal Responsibilities

A committee member needs to know their duties, role and anything to look out for on the governance front. Compliance and governance are important and are a shared committee responsibility. Ask if they have any questions about their duties and make sure they know about what may come up in meetings.

Let them know that they'll be asked to review and approve minutes of the previous meetings, financials and outstanding agenda items from the last meeting. Are there any sub-committees they might be asked to work on or key projects coming up? Are there any grants, sponsors or funding contracts?

Remember there is free help for you! We have factsheets on inducting new committee members that you can include in the pack for the new committee member (it covers key point about their legal duties): take a look: www.nfplaw.org.au/governance

Our friendly lawyers are experienced in governance of volunteer run community groups (many are volunteer committee members themselves). And the good news is we are excited to be delivering free governance training sessions designed specifically for Victorian Sheds over the next nine months. Stay tuned for dates.

Shed Insurance

The VMSA strongly recommends that all Sheds have a current insurance policy in place.

We do not specifically offer advice nor offer any recommendation on which insurance policy, broker or company that your shed should insure with, as we are not a Licensed Financial Service Advisor as required under the law to give such advice.

As with all insurance products you would use in your personal life, its important each shed should do their own due diligence, research and comparisons and if necessary, seek independent advice as to what insurance product best suits their specific requirements, circumstances and budget.

We are aware of several companies that Victorian Men's Sheds use for insurance including, but not limited to:

Jobs Australia

Everest Insurance (via the Australian Men's Shed Association (AMSA))

Sportscover

Victorian Managed Insurance Authority (VMIA) (only available to Auspiced sheds funded by VicGov)

Gallaghers – that previously insured Victorian sheds, have advised they may not provide insurance to men's sheds once the current policies expire in February 2022. They are currently reviewing the situation. If you are insured with them you should contact them prior to renewal date.

This list is by no means exhaustive and there may be other options some sheds are using.

Record One Million Fish Stocking For Lake Eppalock

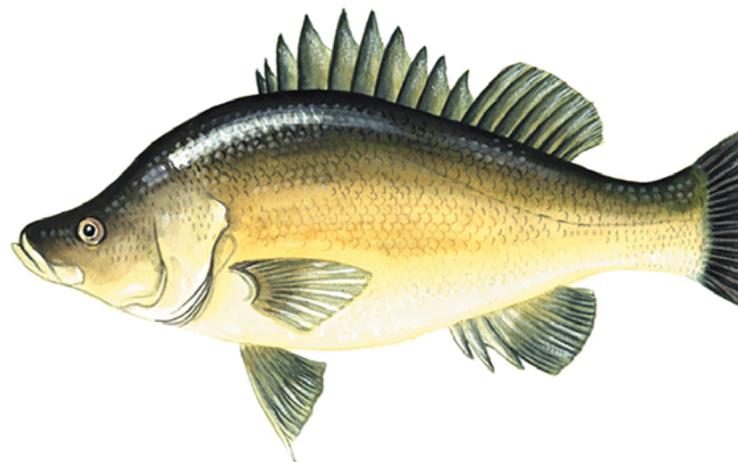
Recreational anglers will soon have one million chances to reel in a fish at Lake Eppalock with a record stocking for the waterway in the coming months.

Set to improve freshwater fishing for decades to come, the one million fish stocking is part of an Andrews Labor Government promise to stock an Australian-record 10 million fish across the state by April 2022. It is also a key component of its \$35 million Go Fishing Victoria plan to get more people fishing more often.

The Lake Eppalock stocking will consist of 500,000 Murray cod and 500,000 golden perch fingerlings, set to grow to catchable size within three to four years.

Check out the full story here:

<https://vfa.vic.gov.au/about/media-releases/record-one-million-fish-stocking-for-lake-eppalock>



Governance, Safety, Risk and Insurance Training Schedule for 2022

Please see the table below for the planned Governance, Safety, Risk, and Insurance Training Schedule for 2022. All VMSA member sheds are encouraged to register and participate in these very worthwhile sessions. The training is particularly aimed at the executive committee members, President, Secretary, Treasurer and Vice President, and a shed safety officer or supervisor.

Please register at <https://www.vmsa.org.au/training-registration/> or contact Derek O’Leary on 0418 348 888, or ceo@vmsa.org.au.

Day	Date	Time		Module	Mode of delivery
Tuesday	01-Feb-22	10am - 1pm	VMSA	Governing a Community Organisation	Online
Wednesday	09-Feb-22	10am - 1pm	VMSA	Member disputes and conflict on the committee	Online
Thursday	24-Feb-22	10am - 1pm	VMSA	Volunteer Safety, Risk and Insurance	F2F - Metro
Wednesday	09-Mar-22	10am - 1pm	VMSA	Member disputes and conflict on the committee	Online
Wednesday	16-Mar-22	10am - 1pm	VMSA	Governing a Community Organisation	F2F - Metro
Wednesday	30-Mar-22	10am - 1pm	VMSA	Member disputes and conflict on the committee	F2F – possibly adjoining a cluster meeting?
Tuesday	05-Apr-22	6pm – 8pm	VMSA/ NHV	Creating positive auspice arrangements	Online
Wednesday	13-Apr-22	10am - 1pm	VMSA	Governing a Community Organisation	F2F - Regional
Wednesday	27-Apr-22	10am - 1pm	VMSA	Member disputes and conflict on the committee	Online
Wednesday	04-May-22	10am – 12pm	VMSA/ NHV	Creating positive auspice arrangements	F2F - Regional
Wednesday	18-May-22	10am - 1pm	VMSA	Governing a Community Organisation	F2F - Metro
Wednesday	25-May-22	10am - 1pm	VMSA	Member disputes and conflict on the committee	F2F – possibly adjoining a cluster meeting?
Thursday	02-Jun-22	2pm – 4pm	VMSA/ NHV	Creating positive auspice arrangements	F2F - Metro
Wednesday	22-Jun-22	10am - 1pm	VMSA	Member disputes and conflict on the committee	F2F – possibly adjoining a cluster meeting?

New and improved men's sheds to better support mental health

The Andrews Labor Government is continuing to support the health of local men, with Men's Sheds in Birregurra and Cobden to share in a total of \$85,000 through the latest round of the Victorian Government's Men's Shed Funding program.

Labor Member for Western Victoria, Gayle Tierney today announced Birregurra Men's Shed will enjoy a new shed thanks to an \$80,000 grant from the program, whilst Cobden's Men's Shed will receive \$5,000 to upgrade ceiling insulation and storage.

It is part of almost \$1 million in support for men's sheds, giving more men the opportunity to learn new skills, build friendships and give back to their communities – when it's safe to do so.

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

See the full Media Release here:

<https://www.vmsa.org.au/wp-content/uploads/2021/12/MENS-SHED-TO-BETTER-SUPPORT-MENTAL-HEALTH.pdf>

Victorian Government Better Health Website

The theme of this website is: We care about improving your health and wellbeing.

Take a moment to check out the wealth of information about Health and Wellbeing

<https://www.betterhealth.vic.gov.au/>

New Lived Experience Branch of the Mental Health and Wellbeing Division.

The Royal Commission recommended that our reformed mental health and wellbeing system be designed, delivered, and led by people with lived experience.

Therefore it is great to have Mary O'Hagan join the team as Executive Director of the new Lived Experience Branch of the Mental Health and Wellbeing Division.

In her new role, Ms O'Hagan will lead our Lived Experience Branch and ensure the expertise of consumers, carers, families, and supporters is integrated across projects - and at the heart of our reform agenda.

The Department of Health is also funding new ways of working with peak bodies to ensure lived experience is integral to mental health workforce reform.

See the full story here with some very useful links in the body of the document.

<https://www.vmsa.org.au/wp-content/uploads/2021/12/New-Lived-Experience.pdf>



Mental Health and Wellbeing Act: what we heard

Thank you to everyone who had their say on the update and engagement paper for the new Mental Health and Wellbeing Act.

Through the Engage Victoria process we received 283 submissions from individuals and organisations. In addition, we heard from over 500 people through 28 targeted engagement sessions.

The breadth of feedback we received shows how passionate people are about helping to redesign the mental health and wellbeing system in Victoria.

Check out the full version with useful links:

<https://www.vmsa.org.au/wp-content/uploads/2021/12/Mental-Health-and-Wellbeing-Act.pdf>

Where to get help

If you need help, talking to your doctor is a good place to start. If you'd like to find out more or talk to someone else, here are some organisations that can help:

- **Head to Health** (to find digital health resources)
- **Beyond Blue** (anyone feeling depressed or anxious) — call 1300 22 4636 or chat online
- **Black Dog Institute** (people affected by mood disorders) — online help
- **headspace** (online tools for young people)
- **Mensline Australia** — call 1300 78 99 78
- **Lifeline** (anyone having a personal crisis) — call 13 11 14 or chat online

For more detailed information check out this link. It is a Federal Government site, so the information can be trusted as can the information from the listed organisations

<https://www.healthdirect.gov.au/mental-health-resources-for-me>

And information for men at: <https://www.beyondblue.org.au/who-does-it-affect/men>



Being prepared for you and your family's holiday

Given we have been in lockdown for most of the last two years we may have forgotten some important holiday preparation for ourselves and our family. Here are a few things to think about:

- Do you have enough of your prescription medications to last until you get home
Do you need to get new prescriptions to be either filled before you go, or to take with you so they can be filled along the way?
- Check if your GP or specialist(s) are taking holidays over the Christmas / New Year period. Do you need to see them before you leave if you are traveling away, or even if you are just staying home?
- What are the holiday hours of opening of your GP or specialist(s) over the Christmas / Holiday period?
- If you are going to be in an unfamiliar location, and you have health issues, check out the local health services and the location of the nearest hospital / emergency department.
- Do you have a good first aid kit that has the key items you might need on your holiday: e.g. a large wide pressure bandage if there is a risk of snake bite?
- If you are travelling off the beaten track, make sure someone knows your proposed route and when you expect to return, or when you will check in. This even applies to bush walking to reach a lookout, waterfall, or other feature, like the Grampians, Wilson's Promontory
- And remember: don't drive through flood water.

Vehicle holiday checklist

Roadside Assistance

From: lockouts to tyre troubles, empty tanks, flat batteries broken fan belts / cam belts, do you have or do you need to have Roadside Assistance for your holiday.

If you are seriously going off-road, do you need extra cover for towing and repairs in the bush.

Car, Caravan and Trailer Insurance

Check to see if it is all up to date.

Vehicle safety and maintenance

Is your car, truck or motor bike in tip-top condition to embark on your holiday travels, especially tire and battery condition and fluid levels.

When was the last service – is it still current.

Are you going off-road? Any special preparation you need to carry out, including getting the car / truck serviced.

ATAGI recommendations on the use of a booster dose of COVID-19 vaccine



The overarching goal of Australia's COVID-19 vaccination program is to protect all people in Australia from the harm caused by SARS-CoV-2, primarily through preventing serious illness and death. As the virus that causes COVID-19, SARS-CoV-2, is likely to become endemic in Australia, ATAGI strongly advises that the first priority for providing optimal community-wide protection against COVID-19 is achieving very high vaccination coverage of two vaccination doses for all eligible Australians.

ATAGI anticipates that booster doses of COVID-19 vaccines are likely to be warranted, in time, for all Australians aged 18 years and older to mitigate against waning immunity to SARS-CoV-2 and emergence of SARS-CoV-2 variants.

Click here to read more. <https://www.health.gov.au/resources/publications/atagi-recommendations-on-the-use-of-a-booster-dose-of-covid-19-vaccine>

Getting Back on the Tools How to look out for your mates through Covid-19

Check out 'Getting Back on the Tools: How to look out for your mates through Covid-19_Information session recording' from VicGov DFFH on Vimeo.

The video is available for your viewing pleasure at <https://vimeo.com/652680804/2036d38ddd>

If you like this video, make sure you share it, too!

Vimeo is filled with lots of amazing videos. See more at <https://vimeo.com>.

Check out these VMSA Men's Sheds

If you have some spare time over the Christmas / New Year Holiday period, check out the websites of some of the VMSA member sheds. Check to see if they are open in December / January and pop in. Just ring first to see if they are open and when would be a good time to visit.

Wodonga Men's Shed
<https://wodongamensshed.com.au>

Drouin Men's Shed
<https://drouinmensshed.com.au/>

Hobsons Bay Men's Shed
<http://www.hobsonsnet.com/>

Hobsons Bay Men's Shed Motoring and Engineering Group
<https://www.facebook.com/hobsonsbaymotoringmen/>

Sunraysia Men's Shed
<http://sunraysiamensshed.org.au/>

Kyneton Men's Shed
<http://www.kynetonmensshed.org.au/>

Geelong East Men's Shed
<http://geelongeastmensshed.com/>

Point Nepean Men's Shed
<https://www.sorrentoms.mpmsn.com.au/>

Sheds in the news



Southern Peninsula NEWS

An independent voice for the community



Many hands: Shedders getting the job done are Phil Endersbee, Phil Robinson (hidden), and Laurie Oliver. Picture: Supplied

Shedders pitch in for wildlife

POINT Nepean Men's Shed members are using their woodworking skills to make 100 shelter and nesting boxes for wildlife impacted by bushfires in Gippsland.

In the picture, above, men's shed president John Stevenson and members Laurie Oliver and Leigh Norrie add final details to the boxes which were the last of a batch going to Kalimna West, inland from Lakes Entrance.

The bushfire recovery program aims to help the animals in their long-term recovery. BirdLife Australia provided a design template, Studio57F1 provided the boxes in kit form, Bunnings Rosebud provided the paint and the Men's Shed

provided the hardware as well as assembling and painting the boxes.

"We have partnered with BirdLife Australia, Studio57f1 and Bunnings in creating nesting boxes," the shed's Terry Phippen said.

"A local indigenous community group will take the boxes and place them where the need is greatest.

"The aim is to provide nesting opportunities for native fauna where their natural habitat has been destroyed. Our effort was a small part of a major recovery program which brought several groups together."

Pakenham Gazette

Wednesday, 1 December, 2021



Shed men's special gift to Dot

You couldn't wipe the smile off Dot Wade's face on Monday morning, as the kind gentlemen at the Cardinia Men's Shed Pakenham unveiled an extra special gift for her.

The 97-year-old Dandenong RSL member and devoted Remembrance Day poppy seller was over the moon when the local club reached out to her recently, wanting to give her a handmade present.

After seeing her story on Channel Nine for Remembrance Day, the men created a beautiful, bespoke wooden box for her late husband Jack's war medals - a gift that Dot said had touched her heart and would soon sit "pride of place" in her home.

STORY PAGE 7

NEWS



Dot Wade was proud as punch to see the box that is being handmade for her by the Cardinia Men's Shed Pakenham. 259442 Pictures: STEWART CHAMBERS



A photograph of Dot's late husband 'Jack', aka John Melville Wade. 259442



Jack and Dot sold poppies together for years. 259442

A box full of honour

By Gabriella Payne

The Cardinia Men's Shed Pakenham was filled with laughter and smiles on Monday 29 November as a special guest stopped by for a visit.

Dot Wade, a 97-year-old great-grandmother from Dandenong was the guest of honour at the men's shed that morning, as members of the club unveiled a bespoke gift, made especially for her.

The men had reached out to Dot after seeing her story on Channel Nine just a few weeks ago - and it's clear to see why they were inspired by her.

For 60 years now, Dot Wade has been tirelessly selling red poppies to support veterans and their families for Remembrance Day and has single-handedly raised thousands of dol-

lars for the Dandenong RSL Club.

Before her late husband Jack passed away in 2015, the pair (who were married for 70 years) used to sell poppies together throughout the local area, and it's something she's continued on with since his passing.

With Jack having fought in the Second World War, Dot knew firsthand the tolls war can have on a person and she and her husband were always passionate about helping other returned soldiers and their families.

Dot said that when the men's shed reached out to her with the hopes of giving her their handmade gift, she was absolutely delighted.

"I think it's just absolutely wonderful," Dot said.

"I think that's one of the nicest things that's

ever been done for me.

"I have a little table at home which I call my remembrance table with a picture of my daughter (who passed away) and Jack and things like that on it, so this is going to sit pride of place on the table," she said.

Dot said that her late husband "just loved people" and was always giving back to the community.

She said that to receive this beautiful handmade box, made from recycled timber, was just amazing and it would be the perfect place for Jack's many war medals.

"It means so much to me," she said. "To think that this has all come about now, the family is just going to be so proud - it's his legacy living on."



The beautiful bespoke box has a few final touches still to be made, but is nearly ready to be given to Dot. 259442



THE SHEDDERS

A poem by Ian Terry from the Philip Island RSL Men's Shed

**Rat a tat, rat a tat, rat a tat tat, shedders are busy bees
Splish, splash paint flows in a rapid flurry
Nail guns smack as pneumatics hiss and whistle
To the steady unrelenting hum of wood saws whirring**

**This is the Shed in action, with its action men
Doin' up the block with devout sense of pride
Community spirit guiding their bony hands
As wood chips fly and metal sparks shower**

**Terry, Rod, Brian and David all good men
With a team of guys from all walks of life
Together forming a thin khaki line
Punching above their weight delivering the goods**

**Week to week they churn out the projects
Antique chairs for customers' memories
Cabinets for older kitchens a specialty yes
Tables and toys, hat stands to bike racks it's all there!**

**Men here share their stories, rich tapestries of life
A book for each one could be written indeed
Always fostering camaraderie and mateship
But always committed to the job in hand**

**The Sheddens are on the tools and sawdust flies
Wood chips spit from the machines in a dusty shower
Jobs to be done, keep on going, bang go the nails
Rat a tat, rat a tat, rat a tat tat, shedders are busy bees**

Ian Terry 2020

Stories from the Sheds



Rosebud and District Men's Shed Network

The Rosebud and District Men's Shed did not let Covid-19 restrict their chance to catch up with one another and to help out those less fortunate than themselves. They organised a breakfast club. So, the fellas could meet up out in the open. Even though they may stop the breakfast club once restrictions ease, it is certainly a good idea to continue after COVID-19 restrictions ease. Nice to see the use of the masks to protect each other and their guests.

With the support of the Seawinds Community Hub, the Rosebud and Districts Men's Shed committee members are running a breakfast club facility every Tuesday morning at the shed. Providing free bacon and egg rolls for those needing a helping hand during the lockdown which has made life challenging for many in our local community.

Vinnies Kitchen, another local community support group which provides meals to those needing assistance has been providing the supplies for this activity, which is much appreciated. Any men who might be interested in joining the shed will be made welcome when we are able to return to the shed and resume our normal activities.



The Shed is located at the rear of the Seawinds Community Hub, 11A Allambi Av, Capel Sound, Mornington Peninsula Victoria.

Contact via email: rosebuddistrictsmensshed@gmail.com

If you are down the Peninsula way, drop in and say hello to the fellas.

Wimmera Men's Shed Network

This month's article reflects on the partnership between the local Bunnings store and sheds across the Wimmera Men's Shed network.

A little about the partnership between the sheds and Bunnings

Bunnings is a long-time supporter of Men's Shed across the Wimmera. The Bunnings activities organiser linked with the shed network on their commencement after purchasing the former Dahlsen's Hardware group store in Horsham to establish their new Bunnings store in 2014. The team from Bunnings attended many network meetings to form links with the individual sheds offering opportunities of support through their communities' program.

The sheds have taken up many opportunities in assisting with various community event nights, assembling BBQ's, trollies and wheelbarrows and opportunities for assistance with supplies for community projects over the years.

In this article we reflect on the partnership between Bunnings and Wimmera Sheds to collaborate participation at the Wimmera Machinery Field Days. This three-day event held every March (noting Covid has paused its operation in 2021) attracting in excess of 30,000 visitors from across Australia.

The Wimmera Machinery Field Days is nationally recognised as the Victorian and Southern Australian premier broadacre, and agricultural machinery event and it is the largest annual event held in Western Victoria. (<https://wimmerafielddays.com.au/>).

Check out the full article here: <https://www.vmsa.org.au/wp-content/uploads/2021/12/The-Wimmera-Mens-Shed-Network-long-version.pdf>

Stories from the Sheds 2



Akoonah Park Men's Shed 2021 newsletter

Check out the December edition of the Akoonah Park December 2021 edition. Another bumper edition from the fellas. Always a good read.

<https://www.vmsa.org.au/wp-content/uploads/2021/12/Akoonah-Park-Dec-2021.pdf>

Diamond Creek Men's Shed Christmas party.

Check out the fellas at the Diamond Creek Men's Shed enjoying a Christmas celebration.

<https://www.facebook.com/groups/376075325824722/permalink/4514992748599605/>

Community Christmas Spirit

The Christmas Spirit is really starting to sneak into Ouyen now, decorations and lights are popping up all over town, both in shared public areas, shops and private homes and yards.

Keep your eye out for a lovely grove of Christmas Trees made for the community by those beaut blokes at the Ouyen District Men's Shed. Made from recycled shipping pallets and strung with lights, they really are delightful.



• Ouyen District Men's Shed members with their Christmas trees.

Wangaratta Woodworkers

Check out the Wangaratta Woodworkers bulletin here. Some examples of fine woodwork and tips on different types of joints.

Check out the bulletin here:

<https://www.vmsa.org.au/wp-content/uploads/2021/12/Wangaratta-Woodworkers-long-version-November-21.pdf>

Wood and Woodworking: 20 Fun Facts

<https://www.bluentcad.com/blog/wood-and-woodworking-20-fun-facts/>

Watch Top 5 Woodworking projects

<https://youtu.be/7pIKH-BCLoA>

Watch 'The Best Way To Use Old Wood / The Perfect Wood Recycling Project'

<https://youtu.be/m-DjPYBfDmQ>





\$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 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



Our Board



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Committee/Board
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Committee/Board
0438 198 001



Colin Prowd
Committee/Board
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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 **1300 224 636**
Lifeline **131 114**
MensLine **1300 789 978**
Suicide Call Back Service Veterans Line **1300 659 467**
Veterans Line **1800 011 046**

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

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

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

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