


**VMSA NEWSLETTER**

# Happy New Year to all our Shedders!



Peter Bettes

It is never too late to wish folks a Happy New Year.

I hope you all had a chance to enjoy good times with family and friends and are now keen to enjoy the company of your mates at your Men's Shed.

To start off the new year, I have asked Sheds to do some housekeeping and make sure you update your Shed's details. Read the article in this issue or jump straight onto the link here:

<https://www.vmsa.org.au/shed-contact-form/>

It is important to keep shed details up to date so we can keep Sheds and Shedders informed of grants available, important health information, share information with and between Sheds, training available and Government information that directly affects sheds.

See the article seeking expressions of interest from Shedders interested in joining the Board of the VMSA.

Check out the upcoming training in the article: Governance, Safety, Risk, and Insurance Training Schedule for 2022. These courses are a valuable source of information for Committees of Management to give them the tools and knowledge to effectively govern their Sheds.

Our good friend and Board member Russell Laurens has had to retire due to heart health issues. We wish Russel all the very best and trust the doctors will keep that ticker ticking.

Pomonal Men's Shed celebrated the opening of their new shed on Thursday 17 February 2022. We will have a full story in the next issue of the VMSA New Newsletter. But check out their story in this issue of being the first graduates of the Mental Health First Aid (MHFA) Course, and how your shed can get involved in this important program.

We welcome two new Sheds to the VMSA Community of Sheds. Glad to have you guys on board:

- The Theatrical Men's Shed, and
- The Albury Wodonga Woodcrafters

Thinking about new sheds see the article "The VMSA is seeking to invite new men's groups as members". Traditionally, a men's shed has primarily been considered to do woodwork or metal work. However, there are many other "Men's Sheds / Groups" that are communities of men working on projects of common interest for the well-being of their members. These sheds may qualify as men's sheds too.

This month the Mail Chimp Version has a selection of articles and the full version will be in the pdf version. Hope you like this edition as much as you have the previous issues. As always please send stories and news to [editor@vmsa.org.au](mailto:editor@vmsa.org.au) and news to [news@vmsa.org.au](mailto:news@vmsa.org.au). Don't forget to print a copy and put it on your noticeboard.

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=IwAR39ym4c8KxR8tDdn6rD5ateLgsqzmfVeYnduUZ-JmyMKbVgFrP8INnbPc>

**Peter Bettes – Editor**

# CEO's Report



Welcome back shedders to what is hopefully a better new year than the one we have just exited.

It's great to see most sheds are now fully back in action after the Christmas break and it was also encouraging to see many sheds working on various Christmas themed projects in December in their local communities.

With most restrictions now eased as we enter a new phase of COVID normal, it's important to remind you all, that we still need to keep going with the few safety measures that help us keep open, one of these is masks indoors, which includes inside the shed and keeping a record of who's attending the shed each day.

We have now had a few sheds with positive cases attending sheds and due to those committees having excellent controls and procedures in place these situations have been well managed and haven't caused any serious harm to other shedders, nor caused the shed to be closed for any extended periods.

Justice Connect Lawyers have been busy delivering training sessions for us and I thank those of you that have attended, and I'd strongly encourage those that haven't to register for the upcoming dates on our website. Anyone that's

attended will tell you they've found the sessions very valuable and I'm sure they would recommend them very highly.

With many planned events and openings not proceeding last year due to COVID, I'm looking forward to attending the official opening of the Pomonal Men's Shed this month and visiting several other sheds.

Hopefully by the time you read this newsletter many of you will have applied for the NSDP Round 23 grant which closes on February 25th. This grant is open to all sheds across Australia and I encourage you to keep an eye out for future funding rounds if you've missed this one. It's an important funding program provided by the federal government, and we would like to think our Victorian sheds are getting a decent slice of the federal funds. We are also currently recruiting for a regional field officer and part of their role will be to assist you with funding applications and other government incentives and programs.

That's all for now, stay busy, stay safe, and hope to see you in a shed soon.

Kind regards,

**Derek O'Leary** – VMSA CEO

## What's inside

	Page		Page
A message from the Editor	1	Governance, Safety, Risk, and Insurance	8
CEO's Report	2	Training Schedule for 2022	
Chair's Report	3	Get to Know Your Local Council / Shire	9
International Men's Shed Associations	3	Stories from the Sheds	10
Calling all sheds	4	Stories from the Sheds 2	11
Are you online?	4	Russ Kellett's letter of endorsement and praise	12
The VMSA is seeking two new Board members	5	Emergency Medical Information Booklets	13
Retirement of Russell Laurens from the VMSA Board	5	Recovering from COVID at Home	14
The VMSA is seeking to invite new men's groups as members	6	Flu Vaccination and Booster Shots for COVID-19	14
New VMSA members	6	Thanks to our sponsors	14
Men's Health – Health Direct	7	Useful and interesting videos	15
Local Adult and Older Adult Mental Health and Wellbeing Services	7	Viewpoints and cartoons on vaccination and masks	16
Veterans - Get Support	8	Our Board	17
Researching Convicts	8	Don't forget these helpful organisations - helplines	17
Caring for Pets in Hot Weather	8		

# Chair's Report



Unfortunately we are now heading into the third year of the global pandemic which has seen sheds shut down for long periods and normal activities subject to restrictions of one sort or another. Men's Sheds should however be very proud of the important role they have played in looking after their members' health and wellbeing over the previous two years.

This contribution was recognised by the Governor of Victoria in her address to the VMSA AGM in November last year.

We can expect 2022 to be a challenge for Men's Sheds in respect to the ever-changing circumstances of the pandemic, however members can always check out the VMSA website and online newsletters for the latest government regulations and advice on what do.

The next newsletter will be out in February so keep an eye out for it.

Shed insurance is another issue which is before us. Gallagher Insurance, which insured around 40 sheds in Victoria, has now advised VMSA that they will no longer be offering insurance to sheds from 28 February this year.

Sheds such as mine, The Ouyen District Men's Shed Inc, who are covered by Gallagher will need to do their homework and find a suitable alternative insurer quickly. The VMSA cannot give insurance advice, but we can say that there are two main insurers of incorporated sheds in

the market. They are Everest through AMSA and Marsh Insurance through Jobs Australia. Sheds should do their own due diligence about these two options or other alternatives if required.

Members will also know that careful consideration needs to be given to this important question and how important it is to avoid under-insuring.

Finally, the VMSA board is kicking off the new year by developing a strategic plan to take us forward over the next three plus years. This will commence with a facilitated half day strategic planning session in February and will be concluded by late March.

This will guide the board and give some assurance to our state and federal government stakeholders that we are heading in the right direction.

The main objective is to enable us to continually improve the Men's Shed movement, which means promoting the development of new sheds and assisting those sheds who require support or advice.

I am also looking forward to visiting sheds by invitation this year where possible and safe to do so.

Kind Regards

**Trevor Dobbyn** - VMSA Chair

## International Men's Shed Associations

You may be looking for something to do - 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/>

# Calling all sheds...

## Have you updated your details lately?



We would all agree that communication is important. It is how we find out information that is of assistance to us for all sorts of reasons. So, we are asking all Shed Management Committees to update their contact details on our website at this web address:

<https://www.vmsa.org.au/shed-contact-form/>

Your assistance is greatly appreciated. This will ensure your Shed receives the latest VMSA and other relevant information.

When you have updated your details, please send an email to [editor@vmsa.org.au](mailto:editor@vmsa.org.au)

Thanks very much.

## Are you online?



## Looking to connect with Shedders from the comfort of home, or when your shed isn't open?

Join our Facebook group, a place for Shedders to connect and share. The group is a way for the VMSA to keep shedders up-to-date on the latest news, resources and opportunities available.

The group is an informal space for shedders to chat about shed-related activities. Ask questions, offer advice & share experiences.

When requesting to join the group, please make sure you read the group rules, and answer all the questions, so that moderators can see that it's Shedders looking to join, otherwise you may not be let in.

Check out our Facebook Page here:

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

# The VMSA is seeking two new Board members

The Board is seeking expressions of interest from members of Men's Sheds that would like to be considered for a Board position with the VMSA.

There are two positions available, one due to the resignation of one Board member due to serious illness, and we have one vacant position that we would like to fill.

The position is voluntary, and Board members need to be members of a VMSA shed.

The VMSA is a not-for-profit incorporated organisation that is a registered ACNC Charity.

There are in excess of 300 member sheds in Victoria and an estimated membership of approximately 20,000 Shedders.

The Board meets monthly either by ZOOM or face-to-face.

The association's purpose is to advance health by supporting the growth and sustainability of Men's Sheds in Victoria by, without limitation:

1. providing opportunities to bring Victorian Men's Sheds together to share ideas, knowledge and experiences;
2. promoting the profile of Men's Sheds within the Victorian community;
3. providing practical advice, assistance, support and guidance to Victorian Men's Shed's, and in relation to the establishment of a Victorian Men's Shed;
4. advocating on issues affecting Victorian Men's Sheds.

We are looking for individuals to join the VMSA Board that have the requisite skills and experience and can demonstrate a commitment to the Men's Shed Movement, and are willing to understand and accept the responsibilities of being a Board member.

**You will first and foremost have the interests of Shedders and Men's Sheds at heart.**

**Please send expressions of interest to:**

**Peter Bettes**  
**VMSA Secretary**  
[peter@vmsa.org.au](mailto:peter@vmsa.org.au)

**If you wish to discuss the role please call Peter on 0417 031 213**

## Retirement of Russell Laurens from the VMSA Board



Russell Laurens has had to retire from the Board of the VMSA and step down from his executive role at the Lalor Men's Shed due to his heart health. Russell was a respected contributor to Board discussions, and he has been an active Shedder in the Men's Shed movement for some years.

We thank Russell for his contribution to the Board of the VMSA and to the Men's Shed Movement. We wish Russell all the very best and that the doctors can keep that ticker ticking. Take care Russell.

# The VMSA invites new men's groups as members

Traditionally, a men's shed has primarily been considered to do woodwork or metal work. However, there are many other "Men's Sheds / Groups" that are communities of men working on projects of common interest. These sheds may qualify as men's sheds too.

Recently the Theatrical Men's Shed in Elsternwick was accepted as a member of the VMSA. The shed makes sets, props and staging for community theatre productions, and other not-for-profit performing arts organisations. The work includes woodwork, metal work and painting. And men who can operate sewing and overlocker machines will be most welcome to make costumes and soft props.

The shed is part of a not-for-profit amateur theatre production company and the fellas, when not make the sets and props, get involved, if they wish, in the productions, and if not on stage, they will be selling tickets and programs for their shows. The chairman of the Shed is Andrew Gyopar and he can be contacted at 0468 993 903, or by email: [communityshed@theatrical.com.au](mailto:communityshed@theatrical.com.au)

The VMSA welcomes Andrew and his team as members of the VMSA, as a fine example of a non-traditional men's shed. And if the fellas are not working on props and sets, they can work on their own or community projects.

Other groups of men are working on restoration and preservation of:

- old railmotor and steam loco vehicles,
- historical stationary engines and farm tractors
- motor vehicles and trucks
- historical aircraft – military and civil

These groups clearly have a common interest and represent a group of men working together for mutual benefit and comradeship.

If there are other groups of men in your area that you think would qualify as members of the VMSA, please let me know at: [editor@vmsa.org.au](mailto:editor@vmsa.org.au).

The key criteria for admission to membership are:

- To support the purposes of the VMSA, as defined in the VMSA Constitution
- Is community-based
- Not-for-profit
- Non-commercial organisation
- Accessible to all men
- Primary activity is the provision of a safe and friendly environment where men are able to work on meaningful projects at their own pace in their own time in the company of other men or such other criteria as determined by the Board from time to time.
- Are insured by an insurer approved by the Australian Prudential Regulation Authority (APRA) in respect of Public & Products Liability, Voluntary Workers Personal Accident, Association Liability & Property Insurance.

## New VMSA members

The Board of the VMSA on behalf of the VMSA membership would like to welcome two new member sheds to the VMSA community of sheds. They are:

- The Theatrical Men's Shed in Elsternwick. (see story elsewhere in this newsletter)  
Website: <https://theatrical.com.au>
- The Albury Wodonga Woodcrafters Inc.  
Website: <https://awwinc.com.au>

Welcome to the shedders in these sheds and their management committees. We trust that you will enjoy and benefit from membership of the VMSA.



# Men's Health – Health Direct

We blokes are not very good when it comes to going to the doctor. We tend to tough it out and sometimes with debilitating or fatal results. Dr Google is never a substitute for visiting the GP, however we can search trusted Government websites like Health Direct – a Commonwealth Government website, which has good resources for men, to at least learn about the issues facing men of any age. Check it out.

Here is the weblink for Men's Health:  
<https://www.healthdirect.gov.au/mens-health>

And the Health Direct website:  
<https://www.healthdirect.gov.au>

Let me know if you found this website helpful.  
Peter Bettes at [editor@vmsa.org.au](mailto:editor@vmsa.org.au).



## Local Adult and Older Adult Mental Health and Wellbeing Services

The phase one and phase two reports on the community engagement forums have now been published on the Local Adult and Older Adult Mental Health and Wellbeing Services website here: <https://engage.vic.gov.au/local-adult-older-adult-mental-health-wellbeing-services>.

The phase two report covers the forums that covered the six target areas for the implementation of the recommendations of the Royal Commission into Mental Health and Wellbeing. The geographic areas are: **Whittlesea; Benalla; Frankston; Latrobe Valley; Brimbank; and Greater Geelong.**

Local Services are a new service stream and by the end of 2022, the first six Local Services will be set up in Benalla, Brimbank, Frankston, Greater Geelong, Latrobe Valley and Whittlesea.

We encourage sheds in these geographic areas to read the Phase one and Phase two reports and get involved in the local communities as the planning and implementation evolves.

# Veterans – get support



RSL Victoria can help connect veterans with counselling and mental health support as well as direct welfare, advocacy and wellbeing services. Victorian Veterans in need of support can contact your local RSL Sub-Branch or RSL Victoria's Veteran Central (VETCEN) between the hours of 9-5 Monday to Friday via 1300 MILVET (1300 645 838).

<https://rslvic.com.au/veteran-support/veteran-central>

24-hour support is also available through Open Arms – Veterans & Family Counselling. You can contact Open Arms via 1800 011 046. <https://www.openarms.gov.au>

Also check out this link on the VMSA website:

<https://www.vmsa.org.au/wp-content/uploads/2022/02/220214-Supporting-Our-Veteran-Community.pdf>



## Researching convicts

Were your ancestors convicts but you know very little about them? The Yarra Plenty Regional Library has a very good reference page on their website here:

<https://www.yprl.vic.gov.au/blogs/researching-convicts>

## Caring for pets in hot weather



This article appeared on the Yarra Plenty Regional Library website and is a useful reminder of how to make sure our animal friends are safe on hot days.

<https://www.yprl.vic.gov.au/blogs/caring-for-animals-in-hot-weather>



# Governance, Safety, Risk and Insurance Training Schedule for 2022

The VMSA in conjunction with Justice Connect has developed and is running a series of courses for Sheds and Shedders. A special thanks to the folks at DFFH for funding this training.

Three courses have been run so far, one in 2021 and two in 2022 YTD. Attendance has been good, and the courses have been well received. While attendance has been good, it has not been great.

Why you may ask? Well we receive a good number of registrations, and then folks don't turn up. Reasons are varied, but I forgot is not uncommon. We know life can get in the way of things we want to do, however it would be nice if Shedders could let Derek O'Leary know if they cannot make it. If people say they are coming, we hold a place for them, and then if they don't turn up they have potentially prevented another Shedder from attending.

Here is a list of the courses available now:

- Thursday 24th Feb - **Volunteer Safety, Risk and Insurance**
- Wednesday 9th March - **Member disputes and conflict on the committee**
- Wednesday 16th March - **Governing a Community Organisation**
- Wednesday 30th March - **Member disputes and conflict on the committee**
- Tuesday 5th April - **Creating positive Auspice arrangements**

**These courses are worthwhile, and help Sheds and Shedders learn about good governance. A well governed shed will be a successful shed. Check out this link to register:**

<https://www.vmsa.org.au/training-registration>

## Get to know your local Council/Shire

Every Victorian Council/Shire has various forms of Community Development officers.

We encourage our Men's Sheds to get to know their local Council/Shire Community Development Officer, as they can provide great assistance, including access to grants, advice, and support. They can also keep sheds and shedders informed and involved in local community events, and in a number of cases, training on topics of relevance and interest to Sheds. Make sure you get on their mailing list so you can keep informed.

Council staff with this Community Support role will have position titles the same or similar to:

- Community Engagement Officer - Community Groups Innovation
- Community Development Officer
- Community Development Officer - Liveability
- Community Development Officer – Neighbourhoods and Community
- Health Promotion Officer/Community Development
- Community Governance Officer

By getting in the loop with your local Community Council /Shire Rep, you will raise the profile of your shed.

# Stories from the Sheds

## Mt Gambier Men's Shed

Mt Gambier Men's Shed wins many Australia Day awards for active citizenship: Well done fellas! Check out their newsletter here:

<https://www.vmsa.org.au/wp-content/uploads/2022/02/02-February-2022-Mens-Shed-Mt-Gambier..pdf>



## Diamond Creek Men's Shed

Diamond Creek band have been busy rehearsing for their 10th Anniversary celebrations on 1 March 2022. Congratulations guys! Check out the link to read more:

<https://www.vmsa.org.au/wp-content/uploads/2022/02/DCMSBand.pdf>



## Forster-Tuncurry Men's Shed

Forster-Tuncurry Men's Shed, just north of Port Stephens in NSW, has built a second Little Library for the community of Nabiac. Read the story to find out about the history of Little Libraries, and how the whole concept started and is now a world-wide phenomenon. The Little Library Movement, has as its aim to inspire a love of reading, build community, and spark creativity by fostering neighbourhood book exchanges across the globe.

A good project for any shed looking to help build community. Check out the link.

<https://www.vmsa.org.au/wp-content/uploads/2022/02/NabiacLibrary.pdf>



## Wagga Wagga Men's Shed

Wagga Wagga Men's Shed is working with the local Council to refurbish street furniture in the main streets of Wagga Wagga. A great example of how a men's shed is valued by the local community, and how the men's shed is contributing to its local community. Check out the link:

[https://www.vmsa.org.au/wp-content/uploads/2022/02/WaggaShed\\_Mission.pdf](https://www.vmsa.org.au/wp-content/uploads/2022/02/WaggaShed_Mission.pdf)



## Midland Men's Shed

A story from WA where the Midland Men's Shed is helping blokes in the local community, who are suffering from isolation, lacking self-confidence, mental problems and disabilities, and John Griffith, President of the Midland Men's Shed, says that it goes a long way to helping get these men through some tough times.

Check out the link:

[https://www.vmsa.org.au/wp-content/uploads/2022/02/Midland\\_Feb22.pdf](https://www.vmsa.org.au/wp-content/uploads/2022/02/Midland_Feb22.pdf)



# Stories from the Sheds 2

## Pomonal Men's Shed – Mental Health First Aid Graduates

The fellas at the Pomonal Men's Shed deserve to be proud of their effort, as they are the first group to graduate in the Mental Health First Aid (MHFA) Conversations about Suicide (CaS) training. They are Left to right: Danny Brunskill, Phill Bennett, Ray Walter, Stephen Dowling, Russ Kellett and Gary Alexander.

This training is part of the BUOY project.

### The BUOY Project

Suicide is a significant concern in Australia. In 2019, 3,318 Australians died by suicide, and it is estimated that over 65,000 Australians attempt suicide each year. Men aged 45 and over have the highest suicide rates.

The Buoy Project aims to test different suicide prevention interventions for boys and men via a series of randomised controlled trials.

Five of the interventions are 'upstream' interventions that encourage boys and men to look out for each other and talk to a counsellor or other professional if they're facing life's challenges. The **Mental Health First Aid (MHFA) Conversations about Suicide** course is one of these upstream interventions.

The VMSA has agreed to participate in this project with the help and support of its member sheds, and Shedders, because of the benefits to be gained by Shedders, their families and their communities. If we save one life, the effort will have been worthwhile.

### Mental Health First Aid Conversations about Suicide course

Because mental health problems are common, most people in the community are likely to have contact with someone with a person developing a problem or in crisis. Enhancing the knowledge, attitudes and supportive actions of friends and family is a potential pathway for reducing suicide risk.

MHFA Australia has developed public education courses that teach community members to recognise when someone is experiencing a mental health problem and provide them with appropriate support (known as mental health first aid).

The MHFA Conversation About Suicide course is a specialised four-hour course focused on recognising and supporting people with suicidal thoughts. It aims to improve participants' confidence and skills in supporting someone in their social network, such as a friend or family member, who is feeling suicidal.

The course is based on suicide prevention best practice guidelines and is delivered by Instructors who are trained and accredited by MHFA Australia.

If the trial shows that the course is helpful, it can be rolled out more widely. Ultimately, this will help reduce suicide risk in Australia men.

The course, which is delivered by trained MHFA Instructors, is provided at no cost to VMSA or Shed members.



## An Opportunity for Sheds and Shedders to Help Their Mates and Their Communities

The VMSA Board encourages sheds and shedders to take up the challenge like the fellas at Pomonal Shed have done and do the Mental Health First Aid Course.

To make this project successful, we need a total of 24 Shed 'clusters' and 576 Shed Members.

Clusters can be 1 Shed or multiple Sheds that are grouped together to ensure 10-20 participants for a course. We have 10 months to sign on Sheds (until November 2022) to get the critical mass for the project to be a success.

The Point Nepean Men's Shed has signed up with a total of 8 members. Well done fellas.

Other Sheds that have expressed interest and need to re-engage after the COVID/holiday break are: Western Port, Rosebud, Brighton, Dingley Village, Sale, Harrow and Heywood sheds. Maybe worth putting on the agenda of your next committee meetings the MHFA Course and reengage.

For more information and how to get involved, check out the full story here:

<https://www.vmsa.org.au/wp-content/uploads/2022/02/Buoy-Project-MHFA-Conversation-about-Suicide-trial-VMSA-Newsletter.pdf>

And give Derek O'Leary or Barbara Look a call if you have any questions and discuss how to get involved.

## Russ Kellett's Letter of Endorsement and Praise for the MHFA Course

**From:** Pomonal Men's Shed <pomonalmensshed@gmail.com>  
**Date:** 17 February 2022 at 4:58:41 pm AEDT  
**To:** Derek O'Leary <ceo@vmsa.org.au>

**Subject: Pomonal Men's Shed**

Hey Derek,

Thanks again for your help with our official opening. We really appreciate all your support.

Following up on our conversation in regards to the mental health first aid course Pomonal Men's Shed participated in recently I thought I would let you know our thoughts.

We had 10 people attend the four-hour course and found it to be fantastic. It was delivered in a calm, non-threatening manner and very easy for all to participate in. Stephen the instructor began by speaking to each group member and coming up with a list of topics we all wanted covered.

By the end of the session all these and more were covered with a lot of personal queries also, this was done in such a way that as well as gaining information we all felt empowered in new areas and more capable of assisting friends and family in stressful times. We also had members that felt not so alone with some personal issues as they shared quite freely and bravely as the overall atmosphere was so comfortable.

Overall everyone that attended had nothing but high praise for the experience and felt comfortable in sharing their new found knowledge with others in the future.

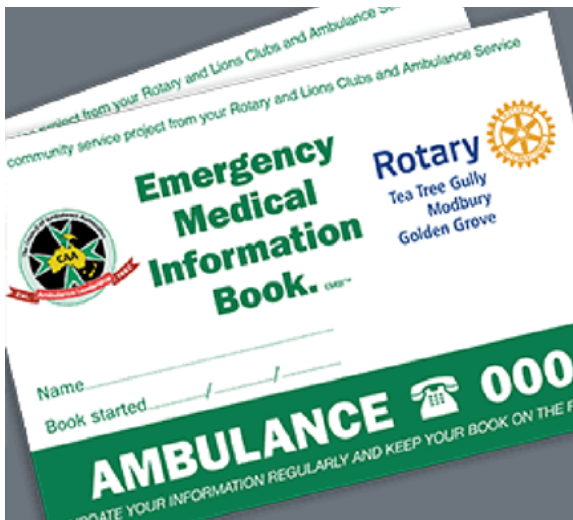
I have no problems at all recommending that all men's sheds consider participation within this program and hope they get as much out of it as we have.

Russ Kellett  
Pomonal Men's Shed



# Emergency Medical Information Booklets

A typical scenario is that distraught family members may be unable to give correct details of the patient's condition, or the medication they may be on. The paramedics physically have to collect all the patient's medication in the house, try and obtain a medical history and take it to the hospital with the patient. The Emergency Medical Information Book is a life saver.



The Emergency Medical Information Book – contains all of your information and medical records which is needed if or when an ambulance is called and you need to be transported to a hospital. This small book contains patient contacts, service or carer provider information, medications and any medical condition, so a paramedic is able to treat and ready a patient for transport to a hospital.

In a Men's Shed, the need for your medical information to be on hand if paramedics are called to the shed, is of critical importance, as fellow Sheddors will not have details of medications, medical conditions, and details of who to contact in an emergency.

Read more about the Emergency Medical Information Booklets here: <https://emib.org.au>

The booklets and pocket versions can be orders at <https://emib.org.au/shop>

Check out the video here: <https://emib.org.au/about-emib>

or here: <https://vimeo.com/336815493>

The VMSA strongly encourages its member sheds to support this fundraising initiative and help keep your members safe, by keeping medical information to hand at your shed.

For further information, please contact

Paul Shortis

'V' District Co-Ordinator

EMIB Project

[pshortis52@gmail.com](mailto:pshortis52@gmail.com)

0407 854 829

Paul is the Treasurer at the Yackandandah Men's Shed, and can organise orders for you.

A major Community Service project by



EMIB – The Emergency Medical Information Book contains the vital information needed to save your life during a medical emergency.

## Recovering from COVID-19 at Home

COTA, the Council of the Aging has put together a good self help guide. Check it out here:

[https://www.cotavic.org.au/news-items/recovering-from-covid-19-at-home/?utm\\_medium=email&utm\\_campaign=COTA%20Connects%20February%202022&utm\\_content=COTA%20Connects%20February%202022+CID\\_b55856194b9501abf8ee0a4c32cef6e7&utm\\_source=Email%20marketing%20software&utm\\_term=what%20to%20do%20and%20how%20to%20get%20help%20if%20you%20catch%20COVID](https://www.cotavic.org.au/news-items/recovering-from-covid-19-at-home/?utm_medium=email&utm_campaign=COTA%20Connects%20February%202022&utm_content=COTA%20Connects%20February%202022+CID_b55856194b9501abf8ee0a4c32cef6e7&utm_source=Email%20marketing%20software&utm_term=what%20to%20do%20and%20how%20to%20get%20help%20if%20you%20catch%20COVID)

It also has some links to take you to other sites like this.

Here is the Victorian Government's website:

<https://www.coronavirus.vic.gov.au/managing-covid-19-home>

Also check out the COTA website for other useful information, here

<https://www.cotavic.org.au>

## Flu Vaccination and Booster Shots for COVID-19

Vaccination, Vaccination, Vaccination – “isn't there another topic we can talk about”, I hear you say. Well in the VMSA constitution it states, “The association's purpose is to advance health by supporting the growth and sustainability of Men's Sheds in Victoria without limitation”.

### So, we care about our Shedders!

So, just a gentle reminder to get your Booster shot as soon as you can, and don't forget your flu shot this year.

The TGA has accepted the Australian Influenza Vaccine Committee (AIVC) recommendations for the 2022 flu vaccines, so keep an eye out for when they will be available from your GP or local pharmacy.

## Thanks to our sponsors for their ongoing support



**BOSCH**



# Useful and interesting videos

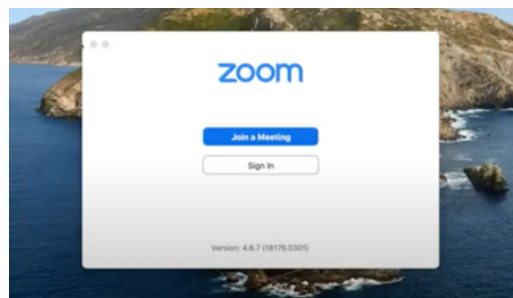
## How to use Zoom

Check out this YouTube video on how to use ZOOM.

<https://youtu.be/FnFSBjFvK2o>

Also check out the ZOOM Help page on the VMSA website here:

<https://www.vmsa.org.au/zoom-help>



## Bartop Tables From 100% Pallet Wood!

<https://youtu.be/dD1vC5QalzY>



## Make Money Woodworking! My Top 5 Most Profitable Projects That Sell!

<https://youtu.be/zD19kbnsTQo>



## Outrageously Smart Recycled Pallet That You Should Try / Space Saving Folding Table and Chairs

<https://youtu.be/f4YriQMu5NI>



## Service Stations And Cars From The 1950s Small1

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



## If you enjoy a bit of nostalgia and remember the FJ Holden that your family had, check out this original example

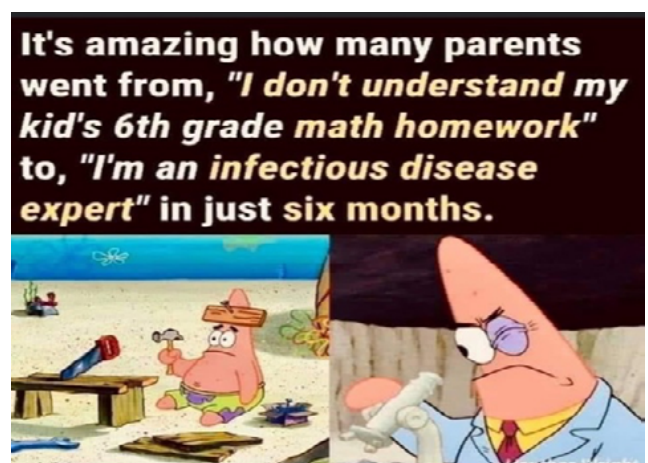
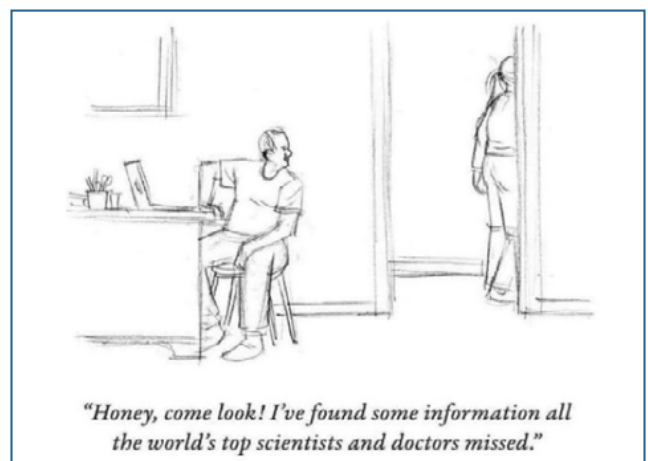
<https://youtu.be/zLo6N9pBpd0>



# Viewpoints and cartoons on vaccination and masks



**"If you don't trust doctors and science to keep you from getting sick, why the hell are you clogging up hospitals trusting them to cure you?"**





# Our Board



**Trevor Dobbyn**  
President  
0408 121 934



**Barbara Look**  
Vice President  
0413 475 552



**Peter Bettes**  
Secretary  
0417 031 213



**Geoff Brooks**  
Treasurer  
0407 486 953



**Tom Rolls**  
Committee/Board  
0490 290 597



**Peter Broomhead**  
Committee/Board  
0405 058 319



**Colin Prowd**  
Committee/Board  
0490 290 597

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>	Grief Line - 12-3pm 7 days:	<b>03 9935 7400</b>
Lifeline	<b>131 114</b>	Pain Management Line	<b>1300 340 357</b>
MensLine	<b>1300 789 978</b>	Sane Australia	<b>1800 18 7263</b>
Suicide Call Back Service Veterans Line	<b>1300 659 467</b>	Mind Australia Carer Helpline	<b>1300 554 660</b>
Veterans Line	<b>1800 011 046</b>	Men's Referral Service for help to avoid domestic violence:	<b>1300 766 491</b>
Black Dog Institute	<b>(02) 9382 4530</b>		

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

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

The Victorian Men's Shed Association  
173-175 Ordish Road  
Dandenong South  
Victoria 3175

Tel: 0408 465 228  
[news@vmsa.org.au](mailto:news@vmsa.org.au)

