


**VMSEA NEWSLETTER**


# 1 in 2

Australians experience  
 mental illness in  
 their lifetime

## Take a moment to check in

While we all know it's good to check in with the people around us, sometimes it can be hard to find the right words. But there are things we can do for ourselves, for each other, and for the whole community, to make sure everyone knows they're not alone.

### Stay connected

Black Dog Institute is a world-leading mental health research institute. Our Breaking Down Depression presentations are designed to help people like you.

Backed by science and spoken from experience, the 40-minute talks are delivered in a way that is relatable so you can get the most out of the session. The talks are presented by people with lived experience of mental illness who share their personal story and provide knowledge on how to manage your mental health, and how to reach out to people in your life that you think might be struggling.

### Book a free presentation in your shed!

Chat with Kate about a speaker to visit your shed:

T: 02 9065 9001 E: [community@blackdog.org.au](mailto:community@blackdog.org.au)



**Black Dog  
 Institute**

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## Acknowledgement of Country

'In the spirit of reconciliation, the Victorian Men's Shed Association Inc. acknowledges the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation and the traditional custodians of the lands where we live, learn and work. We pay our respect to their Elders past, present and emerging'.



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

The Victorian Men's Shed Association

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Dandenong South

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# A message from the Editor



It is almost the end of autumn and many shedders across the state will be cutting wood for their communities to help keep folks warm during winter. Just another example of men's sheds working for the good of their communities and building mateship and well-being in the process.

It is clear that the sheds are back in full swing as there are many stories in this May edition about the activities of Men's Sheds across our state and across the country. So much so that some stories have had to be carried over to our June edition.

In this edition there is important news from the Department of Families Fairness and Housing (DFFH) about the joint training initiative with Justice Connect and Not-for-Profit law. We strongly encourage Management Committees of sheds to take advantage of this free training to help improve their overall governance, safety, and risk management.

The Berwick and District Woodworkers club is holding its annual Expo from 8 to 10 July. Check out details in this newsletter.

There are some good savings to be had with a new \$250 Power Saving Bonus starting 1 July 2022 and a generous offer from Carbatec for savings of 15% for Sheds and Shedders.

Check out the article "Building Connections with New Men's Sheds Grants" for information on new grants available. There is **\$870,000 in grants of up to \$80,000 each, for the construction of new men's sheds or the refurbishment or extension of existing sheds. Applications close at midnight on 30 June 2022.** If Sheds don't apply for these grants there is a risk we may lose this funding in the future.

Men's Health Week is almost upon us, June 13 to June 24, 2022, and there is still time to stop and think about focussing on Men's Health in your sheds and communities; see some tips in this newsletter.

Enjoy this newsletter, take care, and keep safe, and see you on the next one. Thank you.

**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=IwAR39ym4c8KxR8tDdn6rD5ateLgsqzmfVeYnduUZ-JmyMKbVgFrP8INnbPc>

# Chair's Report



Now that the federal election is done and dusted, and we have a new government in place we are looking forward to receiving continued support for Men's Sheds across the country.

In respect to federal funding the VMSA will support AMSA which is the national body representing sheds as they endeavour to get more money and resources for sheds. At the same time of course the VMSA will independently pursue grants as we did successfully in the case of the Regional Coordinator Program.

On the same note the VMSA Board has our first meeting with the newly formed State Parliamentary Friends of the VMSA in early June. All state parliamentarians will be invited to attend as we must work with all parties and independents to ensure all sheds are properly represented and resourced. Retaining and increasing state government funding for sheds in Victoria is vital and we can all put our shoulders to the wheel in this regard.

Sheds can do this by inviting their local member of parliament to visit their shed. You can talk to them about the great benefits sheds deliver in terms of the health, wellbeing, and connectivity of men and how these benefits flow through to the wider community.

Some sheds already do this of course and if you haven't already done so it's a very easy thing to organise and most politicians if they are half smart will respond enthusiastically once they realise what a great thing men's sheds really are.

Kind Regards

**Trevor Dobbyn** - VMSA Chair

## Building Connections with Men's Sheds grants

The Andrews Labor Government is supporting wellbeing in communities across the state with further funding to establish, expand or improve men's sheds. Minister for Disability, Ageing and Carers Anthony Carabine opened applications for grants through the \$1 million men's sheds program while visiting the new Mount Duneed Men's Shed recently.

The Mt Duneed Men's Shed is made up of almost 60 members from across the Waurin Ponds, Belmont, Grovedale, Armstrong Creek and Mt Duneed areas. The men's shed helps the local community in many ways, including building bag boxes for schools and display cabinets for local artists, and crafting and donating wooden toys to local charities at Christmas.

The Mt Duneed Men's Shed received a \$80,000 grant from the Government in the last men's shed grant round, funding the fit out of their new customised facility. The funding supported important additions like workbenches, lighting and a dust-extraction system, making it an effective creative space for the community.

In the 2022-23 grant round, men's shed groups can again apply for a grant of up to \$80,000 for the construction of a new shed or the extension or refurbishment of an existing shed.

Here is the Link for more details: <https://www.vmsa.org.au/wp-content/uploads/2022/05/220429-Building-Connections-With-New-Mens-Sheds-Grants.pdf>

# CEO's Report



It's been a busy month around the sheds during May, with most now in full swing and resuming more normal activities after the prolonged Covid shutdowns and restrictions.

Cluster meetings are recommencing in a face-to-face format, in some regions for the first time in two years. One such cluster meeting was organized by the City of Greater Shepparton and held at the Mooroopna Shed on the 18th of May. There were tool demonstrations, distribution of donations, but most importantly a huge amount of networking and sharing of ideas between the sheds and shedders in attendance. A last minute Covid strike on the staff in the community center next door where the luncheon had been planned caused a rapid relocation to the local footy club, who put on an amazing hot roast lunch for around eighty shedders which went down a treat on a chilly day.

Gippsland Sheds also had their Cluster Muster on the same day as Mooroopna, and David Mudge and Barbara Look as always ran a fantastic event at the Drouin Golf Club with eighteen sheds in attendance and sixty-eight shedders. On top of the normal shed business, guest speakers and reports, a Funny Hat competition was well supported along with a great monster raffle, and the distribution of donations from the VMSA.

Westernport Shed also hosted a very successful cluster meeting on the Mornington Peninsula which was also a first for a long time and had great attendance with everyone asking how soon they could plan the next one. Colin Prowd from

Westernport also followed this up the next week with an impromptu morning tea and visit from retiring federal health Minister Greg Hunt who has been a great supporter of Men's Sheds during his time in office and has been instrumental in the Federal funding of the NSDP program and our recently appointed Regional Coordinator, and the VMSA thank Greg for his support, commitment, and contribution to the Men's Shed movement during his time in office.

I had the pleasure of visiting Paynesville Shed who celebrated their 10th anniversary on the 3rd of May, and had the shed full to capacity with shedders, local councilors, sponsors, supporters and partners of the shed members. The guys have a fantastic team in the kitchen and put on a first-class morning tea followed by a comprehensive video presentation of the history of the shed from its inception. If you are ever travelling down that way it's a beautiful location and I'd recommend dropping in for a visit to see the guys in action, whom I'm sure would be happy to see you and share ideas and stories.

In closing I'd like to encourage all of you that aren't currently involved in a cluster group to get involved. They are incredibly valuable for sharing ideas, knowledge, and experience.

If you need help putting a new cluster group together or resurrecting an old one, give me call and I'd be happy to help.

Kind regards,

**Derek O'Leary** – VMSA CEO

# New VMSA Board Members

The VMSA Board is pleased to announce the appointment of two well-qualified new appointments to the VMSA Board. They are **Graeme Newman**, President, Diamond Creek Men's Shed and **Max Finlayson**, Secretary, Yackandandah Men's Shed.

## Graeme Newman

Graeme brings to the VMSA a wealth of experience in the Men's Shed community and a broad business experience, including

- Board positions as Treasurer and President of an Australia-wide and New Zealand Teleconferencing Association and editor of the Association's newsletter
- Telecommunications research
- Roles in multinational companies, Government and retail in telecommunications and IT
- Qualifications in Mental Health First Aid and Safety
- An awarded leader in the Scouts



## Max Finlayson

Like Graeme, Max is now retired and resides in Yackandandah after a career in water and environmental management activities, including applied, research and education, in Australia and internationally (being resident in WA, Qld, NSW, NT and Vic, and in the United Kingdom and Sri Lanka). Max brings to the VMSA:

- extensive administrative and managerial roles, representative roles for Australian government in international treaties and organisation, engagement in community consultation, and liaison with industrial groups
- employment (which included government, non-governmental, and university) with experience around governance and participation in organisational board, councils, and the like.
- working in agricultural and mining institutes, and undertaking projects, often in conjunction with community groups (indigenous and non-indigenous, and internationally)
- extensive governance and Board experience, including Australian government and non-government delegations to international environmental treaty on wetlands and associated wildlife – technical policy, including working with local communities, and developing responses to climate change, as well technical policy, including addressing agricultural issues, human wellbeing, and health
- President of scientific societies
- Deputy Chair (and then acting chair) of Charles Sturt University governance board



Other roles Max has had include:

- President of international non-governmental organisations
- Chair and member of intergovernmental wetland treaty
- Committee member of Birds Australia
- Board member of global ecosystem assessment – bringing humans, environment, food & water issues together; UN funded five-year exercise
- Chair of Winton Wetland
- Independent advisor to various groups/panels and projects, both nationally and internationally.

# Men's shed receives Council donation of Blackwood logs

**At the Badger Creek Men's shed, behind the Badger Creek CFA, work is underway to repurpose blackwood timber that Yarra Ranges Council donated to the group.**

In February 2022, Yarra Ranges Council received a number of expressions of interest from local community groups, Men's Sheds, and artists, many of which have now taken possession of the unique blackwood logs after they fell during the June storm.



182 pieces of the valuable wood were shared among 57 individuals and groups, including Badger Creek Men's Shed. Badger Creek Men's Shed Treasurer Alan Jones said the organisation of 30 members relied on donated materials and that blackwood was very rarely donated because of its value.

"Generally, we only get donations of plywood and pine, but Yarra Ranges Council has supplied us with this blackwood timber that has been cut from storm-felled trees, so it means a lot to us to have this material."

"Once this wood seasons we'll be able to use it to make some furniture or something else – we've got some time to decide before it becomes useable."

The timber will have to season before being made into furniture, which can take two years.

Blackwood logs are sought-after for their impressive appearance, which is described as a rich, golden-brown colour that is often complimented by reddish streaks or narrow bands of black.

Yarra Ranges Council Mayor, Jim Child said the blackwood logs attracted a huge amount of interest from the community and that he is looking forward to seeing what interesting items are made from the logs.

"It will be wonderful to see what the Badger Creek Men's Shed are making and their plans for this wood," Cr Child said.

"We all know the health benefits the sheds provide to so many, and to be able to offer these logs to the community for such positive projects is excellent."

"The community will be able to reuse and repurpose these logs in a meaningful way, so it's a great environmental thing, but it's also a great community thing."

Thanks to Yarra Ranges: <https://www.yarraranges.vic.gov.au>

# Men's Health Week

## June 13 to June 24



**MEN'S  
HEALTH  
WEEK**

'Building healthy environments for men and boys'

This year, the 2022 Men's Health Week theme of 'Building healthy environments for men and boys' is a great opportunity to celebrate the role of Men's Sheds in their Communities and to foster connection between fathers and sons, and grandfathers and grandsons.

Sheds may wish to run events for fathers and sons; sausage sizzles, making a simple toolbox, run an open day for the local community to promote Men's Health Week, your shed and the mission of Men's Shed to promote Health and Wellbeing for men in your community.

Host men's health screenings for blood pressure, cholesterol, diabetes etc. in conjunction with your local Health Service, local health organisations, GP Practices, or local Division of a General Practice

Western Sydney University has a comprehensive website to support Men's Health Week and you can download a booklet called Men's Health Week: Useful Men's Health Information, Event Ideas & Contacts with useful information, here:

[https://www.westernsydney.edu.au/\\_\\_data/assets/pdf\\_file/0020/1505036/mens\\_health\\_week.pdf](https://www.westernsydney.edu.au/__data/assets/pdf_file/0020/1505036/mens_health_week.pdf)

Here is the University's website link:

[https://www.westernsydney.edu.au/mhirc/mens\\_health\\_information\\_and\\_resource\\_centre/our\\_work/research\\_projects/mens\\_health\\_week](https://www.westernsydney.edu.au/mhirc/mens_health_information_and_resource_centre/our_work/research_projects/mens_health_week)

and the main Men's Health Week website:

<https://www.westernsydney.edu.au/mens-health-week>



## ATTENTION: slashing energy bills with \$250 power saving bonus back in July

All Victorian households will receive a \$250 bill busting bonus if they seek out a better energy deal on Victoria's Energy Compare website – saving hundreds of dollars.

As part of the Victorian Government Budget 2022 -2023, the Andrews Labor Government will invest \$250 million in a new Power Saving Bonus – driving down the cost of living right across the state.

From 1 July 2022, the new \$250 payment will be open to all Victorian households who use the Victorian Energy Compare website to compare their energy deal and seek out a better price.

Check out this website for all the details: <https://compare.energy.vic.gov.au/>



# Sheds in the News

## Bellarine Times

# Men's Shed donation a boost for Riding for the Disabled Barwon

By Nathan Rivalland  
May 14 2022

**In a welcome boost for the volunteer-led Riding for the Disabled Association Barwon, the Clifton Springs Men's Shed has presented a \$1200 cheque to assist the organisation in giving children with a diverse range of disabilities the opportunity to ride horses at Koombahla Equestrian Centre in Wallington.**

The RDA has embraced the therapeutic benefits of horses for more than 40 years, focusing on giving all children between the age of five and 18 the opportunity to take part in the activity.

On Friday, children with a range of disabilities were taken through a riding session by a group of volunteers, with a cheque being presented during the formalities to assist the RDA in continuing their amazing volunteer-led service.

The Barwon branch of the RDA was delighted to secure the \$1200 of funding, which would go towards making their programs more inclusive and diverse as well as assisting the group in buying new equipment for the sessions.

"This show of support from the Clifton Springs Men's Shed is remarkable and we can't thank them enough for this generous donation," RDA volunteer Susan Dodson said.

"The wonderful cheque will go towards assisting our branch in buying new equipment for our riders as well as helping to assist in covering the registration fees that are associated with the RDA Australia-wide."

President of the Clifton Springs Men's Shed, Stuart Davies, was equally chuffed to be a part of the process, knowing the funds donated by their team were going to assist in areas they are incredibly passionate about.

"Giving back and providing for the community is what Men's Shed's are all about and when we heard about the amazing work that the RDA do with disabled children, we wanted to support them in any way we could.

"We have been involved with the RDA at Koombahla Equestrian Centre for three years now and we believe that anything to do with supporting children is a really important cause.

"Our Men's Shed love seeing the smiles and excitement on the kid's faces at each session and it certainly makes us feel great that we can assist in helping those fun times continue with this donation to the RDA."

The Riding for the Disabled program, which is completely built upon volunteers, runs during the school term and involves core strength, muscle tone, balance, cognitive and speech development and social interaction with a focus on equestrian skills.

Riding for the Disabled is always looking for volunteers who have a love for children and a will to help those in the community.

The RDA continue to be humbled by the support of the Clifton Springs Men's Shed, Give Where You Live and the Geelong Community Foundation.

If you are interested in assisting the RDA by becoming a volunteer you need a Working with Children Check, and can register your interest by emailing [barwonrdav@gmail.com](mailto:barwonrdav@gmail.com)



The Clifton Springs Men's Shed presents the RDA with the \$1200 cheque. Photo: NATHAN RIVALLAND



RDA volunteers guiding the children through their session. Photo: NATHAN RIVALLAND

# Men's Sheds more than just woodwork

By Gianni Francis  
May 18 2022

**Members of the nine Men's Sheds across Greater Shepparton came together for their annual gathering to demonstrate the projects each were working on and to share ideas.**

The event is a chance for the different groups to get together and celebrate the role of Men's Shed in the Greater Shepparton community.

Men's Sheds aren't just about making things, they are a place for isolated men within the community.

"We've got people here who just need an outing. They're here first thing when you open (the shed) up, and last to leave," Mooroopna Men's Shed president Severin Duhring said.

The public perception of a bunch of old fellas getting together and doing woodwork to pass the time is only a small part of what Men's Sheds bring to the community, Victorian Men's Shed Association chief executive Derek O'Leary said.

"What we really do is almost mental health by stealth," he said. "It's really more about getting guys together for social inclusion. To get them out of a house "A very big part of what we do is social connection."

If you want to chat with men, you don't do it face to face, you do it shoulder to shoulder.

"There's a lot of medical research that's proven that when men have health problems, they won't talk to their wife or their partners about it," Mr O'Leary said.

"But they'll come and talk to a mate about it. They might say, 'I've got prostate cancer, what do I do?'."

"It's a fantastic opportunity for guys to network together and share ideas, look after their mental health and physical health, and stay busy."

It's a circular economy, community development officer Josh Lee said. The Men's Sheds provide community for the men, and the men in turn work for the betterment of the community.



Men's Shed: Derek O'Leary, CEO VMSA, Severin Duhring and Josh Lee. Photos by Megan Fisher. *Photo by Megan Fisher*



High-tech: Graeme G'Day using the 3D printing machine. *Photo by Megan Fisher*



Craftsmen: Ernie Garboon and Peter Dixon show off their handiwork. *Photo by Megan Fisher*



Men's Shed: Derek O'Leary, CEO VMSA, Severin Duhring and Josh Lee. Photos by Megan Fisher. *Photo by Megan Fisher*

# Opening hearts and doors



**"It's wonderful to be able to assist people in enjoying themselves and learning new skills."**

*Peter Slattery, retired carpenter*

**In this COVID-new-normal world, re-connecting in familiar but somehow new ways is proving to be a winner.**

And volunteering is an easy and rewarding way to re-engage with the world.

Retired carpenter Pete (pictured) feels revitalised as they get back into the swing of things at the Uniting AgeWell Centre in Hawthorn.

These days it's abuzz with laughter, people hammering and yammering in the well-equipped Men's Shed, others exercising, and a group about to head off on a bus trip to the beach.

Knocking on wood has never felt so good, says volunteer Pete Slattery.

"We are put on this earth to help others," Pete, 80, explains. "It's wonderful to be able to assist people in enjoying themselves and learning new skills."

And Pete loves seeing the sheer joy on participants' faces when they restore broken furniture and create beautiful objects to be passed down for future generations - like a rocking horse in the shape of a swan for a beloved Swan Princess granddaughter, chess sets or fruit bowls.

Someone even made a highchair for a dog with swallowing problems who needed to sit upright to eat.

National Volunteer Week is a chance for all of us to celebrate and recognise the vital work of volunteers and to say thank you. Through volunteering, we are changing communities for the better.

Endorsing this "giving it a go" approach is newly minted Order of Australia Merit Award recipient Ruth Hosking.

Last week Ruth attended an official ceremony at the Governor General's residence in Melbourne to receive an OAM for her services to aged care.

Ruth has racked up a collection of awards since she first started volunteering at Strath-Haven Community in Bendigo nearly 30 years ago, meeting with older people and their families and helping them transition into residential aged care.

The 89-year-old is now on three national committees helping shape the face of aged care in Australia.

And following a submission she made to the Royal Commission on Aged Care Quality and Safety, she diligently ensures its recommendations are taken into account.

Another person whose life has been changed by volunteering is Cassie Wallace.

While there's a 60 year age gap between herself and Ruth, volunteering has given both of them a sense of purpose. It has also launched Cassie's career.

She explains: "I was an unemployed Bachelor of Arts graduate sitting on my butt at home for 18 months and needed to do something."

So she started volunteering one day a week in an admin position with Uniting AgeWell, which evolved into a full-time role in the rostering team.

Now the 31-year-old heads up the team and has recently completed a leadership training course intended to develop emerging leaders.

"You'd be surprised how much volunteering teaches you and how many career doors it opens," Cassie says.

# A letter from Carbatec Springvale



PH: 1800 658 111

Hello All,

I would like to take this opportunity to first introduce ourselves to those that maybe unaware of our company and what we do.

As the logo above states, the companies name is Carbatec, Australia's home of woodworking. We supply specialty woodworking hand tools, machinery, and consumable products to Australia's woodworking community.

The reason for this letter is to highlight what we offer to Sheds, Community clubs, Guilds, etc, and the members of those establishments.

I have attached a flyer that outlines the offer available to all, I implore you to place this on your notice board to keep everyone aware of what is on offer and have all take advantage of it.

One thing we need to be highlighted is that this offer is available to all paid up members of your particular Shed, Club, Guild, etc, as well as the establishment itself. Some product exclusions do apply these are stated on the attached flyer.

Further to this if you sign up to our website and supply our Call centre (1800 658 111) with your login details (Not your password) Eg: For sheds etc mensshed@abc.com.au or individuals john.doe@abc.com.au and your customer details we will set you or your shed, club, etc. up in our system, so next time you login you will see the discounted prices displayed on your web page. Should you not participate in the above you will only see R.R.P pricing displayed.

Should you be instore, please make the staff member aware of your membership so he or she can apply the discount code to your personal account. This account is separate to your online account. Unfortunately, our staff are unable to read minds and can be unaware of your membership, so will not apply the discount code.

Should you need further clarification on the process, don't hesitate to call the above number our staff will be more than happy to assist you.

Further to all this we can arrange demo days either within your place of work (distance pending) or ours. Our showrooms can also be used to hold your general meetings, AGM'S etc. We will offer demonstrations, meeting room, tea, coffee, water and bikkies on the day.

Again, if you require any further assistance please call or email us.

Thank you for taking the time to read this letter. And to all we all appreciate the support you have shown us over the years and to going forward, even over the latest trying times. Let's hope that things improve quickly going forward and this pandemic is well and truly behind us.

Kindest Regards

Carbatec Springvale

(03) 8549 9999  
1800 658 111

# Did you know?

Australian registered Men's Sheds, Woodworking Community Clubs, and Guilds  
SAVE 15% on all purchases at Carbatec *The Home of Woodworking* (exclusions apply\*).

## Members also enjoy the same discount!

Shop the best brands in high quality machinery and hand tools, blades, bits, blanks and more! Visit our knowledgeable team in store or call to redeem this offer.

Follow this link to available National Shed Development Program grants:

<https://mensshed.org/development-grants/> or other examples are state government or local government grants a sample of which is below:

<https://www.vic.gov.au/2021-22-mens-shed-grants> Just google either community or Men's Shed grants to find out what your shed may be eligible for.



**carbatec.**  
THE HOME OF WOODWORKING

\*Excludes gift cards, Festool, Microjig, already discounted items, Axiom, Tormek, Veritas & freight.

1800 658 111      
[www.carbatec.com.au](http://www.carbatec.com.au)

**BRISBANE**  
128 Ingleston Rd,  
Wakerley, QLD  
(07)3390 5888

**SYDNEY**  
113 Station Rd,  
Auburn, NSW  
(02)9648 6446

**MELBOURNE**  
80-82 Osborne Ave,  
Springvale, VIC  
(03)8549 9999

**ADELAIDE**  
27 Magill Rd,  
Stepney, SA  
(08)8362 9111

**PERTH**  
168 Balcatta Rd,  
Balcatta, WA  
(08)6143 5788

**HOBART**  
17 Farley St,  
Glenorchy TAS  
(03)6272 8881

# Australian registered Men's Sheds, Woodworking Community Clubs and Guild's Offerings

Apart from being *The Home of Woodworking* and a place where you can get high quality tools, machinery and advice, we can also offer your club a number of services.

## **Use our space!**

We can host your club at any one of our locations for product demonstrations, events or meetings. Not only will you have access to our full range of products in store and our skilled staff at the ready all under the one roof, members can also take advantage of our 15% discount whilst in store!

But wait...there's more; our team will also supply tea, coffee and biscuits!



## **Can't make it in store?**

No problem! Let us come to you. We can provide your club with demonstrations, advice, products, raffle/fundraiser offers and more! Utilise our social media & mailing list to promote your event and reach audiences of 40,000 or more.

## **Why not make a day of it?**

By inviting along other clubs, you can easily put together a fundraiser for your club. You could do a sausage sizzle, raffle, or even run a competition. We'll be there to support you in every way we can, just give us a call!

## **Make a booking today!**

Spaces fill up fast, so let us know what you're planning and we'll get our local Men's Shed, Woodworking Community Club and Guild specialist to contact you promptly.



Let's get together to build a stronger woodworking community and support our Aussie woodworkers dreams and projects.

**carbatec**  
THE HOME OF WOODWORKING

\*Excludes gift cards, Festool, Microjig, already discounted items, Axiom, Tormek, Veritas & freight.

**1800 658 111**      
**www.carbatec.com.au**

**BRISBANE**  
128 Ingleston Rd,  
Wakerley, QLD  
(07)3390 5888

**SYDNEY**  
113 Station Rd,  
Auburn, NSW  
(02)9648 6446

**MELBOURNE**  
80-82 Osborne Ave,  
Springvale, VIC  
(03)8549 9999

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Stepney, SA  
(08)8362 9111

**PERTH**  
168 Balcatta Rd,  
Balcatta, WA  
(08)6143 5788

**HOBART**  
17 Farley St,  
Glenorchy TAS  
(03)6272 8881

### John Paul Young made a Toronto Men's Shed life member, amid hosting The Shed Wireless podcast and performing the 50 Years Young tour



Top Man: John Paul Young received a life membership from Toronto Men's Shed, with Lake Macquarie mayor Kay Fraser attending.

#### Iconic pop singer John Paul Young is shedding a little light on his life through the men's shed movement and a new tour.

Toronto Men's Shed has made John Paul a life member, following his hosting of The Shed Wireless podcast for the Australian Men's Shed Association.

"My son Danny and I put together the podcast, along with the office of the men's shed," said John Paul, who has lived in Lake Macquarie for 34 years.

"We talk about men's health, leisure activities and we try to interview as many interesting people as we can. We have Dr Karl coming up.

"We just did John Williamson. A few of my old rock and roll mates are in there, like Glenn Shorrock."

He said the men's shed movement was "a great thing".

"The most interesting thing about it is the germ of the idea came from two women.

"An interesting point is there are more men's sheds in Australia than there are McDonald's outlets.

"It's an Australian idea that has taken off around the world."

Former ABC Newcastle radio host Aaron Kearney started the podcast.

"He was friends with Danny. He asked if we could write a jingle for the men's shed."

The song was used for a TV ad.

John Paul said "a fishing buddy of mine gets involved" in the podcast.

"You'd be surprised how much volunteering teaches you and how many career doors it opens," Cassie says.

"We talk fishing. We'll expand that to talk about all things outdoors because the old grey nomads are taking over the world as we know it," he joked.

#### 50 Years Young

John Paul, who had a global hit in 1978 with Love Is In The Air, is a month into a new interstate tour, titled 50 Years Young - The Anniversary Tour.

The two-hour singing and talking show will be held at Lizotte's at Lambton on May 27 and Cessnock Performing Arts Centre on June 11.

"It's called 50 Years Young because it's been 50 years since my first song - Pasadena - got airplay," he said.

"It's been 50 years since the opening night of Jesus Christ Superstar at the Capitol Theatre in Sydney. A lot of things happened back in 1972 for me. I'm celebrating everything that's happened since then."

He starts the show talking about his relationship with Molly Meldrum.

"Then I go back to Glasgow and my dad's idea of emigrating to Australia."

At age 11, Young came to Australia with his family on board the SS Canberra. They arrived in Sydney on Australia Day in 1962.

"The most amazing thing is my mum told me the first song I ever sang was the Wild Colonial Boy by Banjo Paterson.

"I was a two and a half year-old kid in Glasgow singing a song written by an Aussie."

"My mother was a Protestant. My dad was a Catholic. I think the Wild Colonial Boy came to me through my dad's side of the family, being an Irish rebellion song."

John Paul has no sign of a Scottish accent now. "That's one of the stories I tell [in the show]. I was bullied at primary school, as soon as I got here, by a kid who must have repeated three or four times. He had facial hair in sixth class. He used to rib me something fierce."

One of his hobbies as a kid was "taking the piss out of accents".

So over a weekend, he learnt how to speak with an Australian accent.

He turned up at school on the Monday with his new accent. His tormentor had "nowhere to go".

# Important Message from the Department of Families, Fairness and Housing

## Free training for Men's Sheds

The Department of Families, Fairness and Housing has partnered with Justice Connect's Not-for-profit Law to deliver free legal training in the areas of governance, member disputes, Auspicing and volunteer safety, risk and insurance.

The training is developed specifically for Men's Shed participants and delivered in plain language with interactive sessions. The use of real-life scenarios helps participants understand committee members key responsibilities and legal obligations. The feedback of participants so far has been overwhelmingly positive, including the following comments:

“

Great information, well presented. Nice discussion, great guidance and reference to further resources.

”

“

I can now more confidently create an appropriate induction for Committee Members.

”

There are 6 remaining men's shed training sessions and the registration link sets out the dates and further details of the sessions, and can be found here:

<https://www.nfplaw.org.au/vmsa>

There are also three e-learning modules available online for Men's Shed members, that address recruiting, inducting and managing volunteers.

The e-learning modules can be found here:

<https://www.nfplaw.org.au/e-learning-modules>

Men's Sheds are also able to access free advice and support from Justice Connect in seeking Deductible Gift Recipient status by contacting Linh Le Hume, Principal Lawyer, Not-for-profit Law, Justice Connect on (02) 8599 2182 or by emailing:

[Linh.LeHume@justiceconnect.org.au](mailto:Linh.LeHume@justiceconnect.org.au)



## New Ulladulla Men's Shed opens



**YOU would be wrong to think a men's shed is just about a bunch of blokes hanging out and not doing anything to support the community.**

The Ulladulla Men's Shed at Leo Drive, Narrawallee is definitely a community-minded organisation.

Shed secretary Barrie Wilford is the perfect go-to person to find out more about what the Ulladulla Men's Shed is all about

"It's a great place to make friends, because regardless of background, previous career, skills, education, or ability, everyone is equal and respected for who they are," Barrie said.

"You can learn something new from everyone and share any skills you have with others."

Being part of a men's shed also sounds like a perfect way to improve your general wellbeing.

"Observations made across the world show that men who are socially connected live longer, enjoy better health and happier family life," Barrie added.

"Another important aspect of men's shed is the ability to learn from visiting health professionals about men's health issues in an environment which creates no embarrassment."

So don't just take Barrie's word - come and have a look for yourself.

The group is holding an open day on Saturday, May 14 from 8 am till 12pm.

You can come along and see the shed's facilities and activities and share a free sausage sizzle and coffee with shed members - prospective members are especially welcome to attend.

Well in a shed - one also makes stuff and the Ulladulla Men's Shed members take on a range of projects and the lads are always willing to work on community projects.

"While there is a preference for carrying out projects for community groups and charities, we also make and repair items for private clients, and goods for sale on market days," Barrie said.

"Members may also create things for themselves, for which they pay a charge for materials used.

"Some members make occasional trips to carry out maintenance work on the Apex Foundation Chalet for disadvantaged children at Smiggin Holes.

"We also make toys for distribution to disadvantaged children overseas through the Samaritan's Purse program.

"We do not take on work in competition with local tradespeople," Barrie stressed.

The facility also has many gardens for members to work in.

"Produce from the garden is sold to members at low prices to finance the garden project and other activities," Barrie said.

Barrie loves his time in the shed

"I guess I am a member because I was one of the founding members. I still enjoy being part of it and mixing with other men's shed members after 16-years," he said.

"It gives me a sense of purpose in my old age! I enjoy finding solutions to a challenge in collaboration with other members.

"I enjoy woodwork with the benefit of the sophisticated machinery available in the shed and the bee-keeping as well."

It's up to the member to decide what they want to do.

Often the activities are away from the shed.

"We now have room to expand our membership and develop a wider range of activities. Current activities include woodworking, gardening, metalwork, welding, lead-light glasswork, beekeeping, enamelling, kayaking, and bushwalking," Barrie said.

"Some members may prefer to play board-games or read in our newly remodelled recreation room.

"While many members work on projects, there is no obligation to do so."

The Ulladulla Men's Shed Management committee comprises seven duly elected financial members.

The Workshop Coordinator oversees projects for clients and community groups and sets prices according to the charity rules and other considerations.

Shed Leaders are responsible for the overall operation of the shed on their set days.

Safety of members is essential, and the group requires members to wear safe clothing, enclosed footwear and PPEs when using machinery or in dusty environments.

New members need to demonstrate skills in using machinery and training is readily available.

Members do not work alone in the shed premises for safety reasons.

"We are covered with accident insurance up to the age of eighty years," Barrie said.

All members stop work for morning tea at 10am as this is an opportunity to socialise, get to know each other and hear announcements.

General meetings and sausage sizzles are held on the last Thursday of each month.



**Theatrical believes that community made performing arts is a great way to bring people together. To share skills, socialise and to promote positive mental health.**

Theatrical is about so much more than singing, dancing, and acting. Although we are known for our high-quality musical theatre productions, most of the volunteers involved with Theatrical are not seen on stage. These are the people who build the sets, make the costumes, paint sceneries, volunteer as stage crew and ushers and our technicians who create our sound, lighting and visual effects.

The Men's Shed ethos is to promote positive self-image, productivity, community contributions, creating social connections and maintaining an active body and mind. Theatrical Community Shed proudly welcomes people of any gender identity.

If you like the sound of working alongside creative people in a supportive, safe environment to make objects that will be used in musical theatre productions then you might find that Theatrical Community Shed is what you have been looking for.

Find out more or contact Theatrical Community Shed here:

<https://theatrical.com.au/shed/>

**theatrical.**  
**COMMUNITY SHED**

A member of  
  
VICTORIAN  
MEN'S SHED  
ASSOCIATION

# 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.

# The Yankalilla Men's shed has raised and donated funds to the Ukraine with Shelter Box



Dan Edmonds, Rotary/Shelter Box S.A. coordinator, Bob Hacker, President Yankalilla Men's Shed, Louise Alstom, President Club Fleurieu, and Steve Miller who brought the Shelter Box concept to our notice.

**YOU would be wrong to think a men's shed is just about a bunch of blokes hanging out and not doing anything to support the community.**

With the Ukraine situation horrifying most people in Australia, the Yankalilla Men's Shed decided to make a donation of \$1000.00. To further the delight, Club Fleurieu and investment company, Rivkin Investments, also made very generous donations to the Men's Shed fund.

Rivkin Investments have been, since the inception of the Yankalilla Men's Shed, significant financial supporters and the Shed is most grateful for this support.

On Tuesday, May 10, the Shed presented a donation to the State coordinator of Shelter Box Australia, a cheque for \$3000.00. Readers will no doubt be curious to know what Shelter Box is, the following is a brief outline of their activities.

Globally there are many disasters caused by climate, war or civil conflict. This renders thousands of people without shelter for themselves and their families.

Shelter Box delivers the essentials directly to these unfortunate folk and provides survival in the form of kits tailored to the needs of each community.

In the most extreme circumstances these kits comprise very sturdy tents to house complete families, plus the essential items such as bedding, water treatment, cooking implements, solar power generation and lighting and tools that enable basic repair works to occur.

Two very appealing aspects of Shelter Box is the fact it comes under the umbrella of Rotary International which means it has a global reach and is run by volunteers.

It is also a registered charity and all donations are therefore tax deductible.

If any reader is interested in acquiring further information regarding this organisation, it is suggested that they go online and log into the Shelter Box website.

There they will find a very comprehensive description of the organisation and its activities.



Dan Edmonds, Giving presentation to Yankalilla Men's Shed members.

# A social space for creative Shedders

By **Edwina Williams**  
May 25 2022



Plenty of projects: Committee members Geoff Rishworth and Jeff Martin get a mounting block ready for the local equestrian centre. *Photos: EDWINA WILLIAMS*

**AFTER two years, countless working bees, and thirteen hundred hours of hard effort from members, the purpose-built Linton Men's Shed is operational.**

Set off O'Beirne Lane, the new community space includes a big workshop for building and repairing things, including mailboxes, billy karts, bench seats, pergolas, mounting blocks, and more.

Through the door is a cosy amenity room with meeting and kitchen areas, a bathroom, and courtyard, which will soon have a barbecue.

Vice-president Geoff Rishworth said it's a huge improvement on the tiny, freezing former shed they had in the centre of town.

"Here, we've got access to all machinery all the time. In the old Shed, lots of was hidden behind things and using machines was a major exercise," Mr Rishworth said.

"Now they're easily available, they're being used more, things are more efficient, and safer.

"Of course, by this time of the year as well, we would

usually have been frozen out of the old Shed. Our new one is clean, bright, and warm."

The new facility has been built mostly by its volunteer members, with the support of a few necessary trades who donated their time.

Committee member Jeff Martin said even the simple things are exciting at their new home.

"We've never had a toilet before, so that's a bit flash," he laughed.

"In our amenity room we're able to sit and chat comfortably, which is what a Men's Shed is all about, and in our workshop, we can work on a project in comfort with space."

Twelve members have contributed to the build, including a core group of six helpers.

Construction has mostly been completed by them, except for some essential concreting, plumbing and electrical trades.

The community group has been striving for a purpose-built space for four years. They currently have 25 members, including residents from Linton, Pittong, Skipton, Snake Valley, and Ballarat.

Some do woodwork, while others just enjoy dropping in for some companionship over a cuppa.

"We're encouraging new members to join us, because we have plenty of space. Not all our members are usually here at once," Mr Martin said.

The Linton Men's Shed will be officially opened on Saturday, 18 June at 11am, with Member for Buninyong, Michaela Settle, in attendance.

Members are always on site on Wednesdays and Saturdays, 11am to 4pm.



# Council grants more than half million dollars to local community groups

In a major boost for local not-for-profit community groups, Sunshine Coast Council has announced more than \$550,000 will support 95 local projects in its latest Major Grants round.

Community Portfolio Councillor David Law said he was proud to see council continue to support a variety of projects which would provide community benefit well into the future.

“It’s great to see so many Sunshine Coast community groups receive funding to deliver one-off projects, events and activities which benefit the entire region,” Cr Law said.

“The successful funding recipients are certainly making a difference and contributing to our thriving community.”

One community group set to benefit is the Maleny and District Men’s Shed Incorporation, having been awarded \$6394 in the Community Facilities category towards erecting a new shed.

Men’s Sheds play an import role in improving men’s health and wellbeing by offering an inclusive and safe place for all men from a local community to come together, and by providing important health information.

Maleny and District Men’s Shed Incorporation Secretary Lindsay Hay said he was thrilled the group had received a Major Grant with membership increasing recently.

“Our Men’s Shed now has more than 50 members and the funding will go towards erecting a shed recently donated by the Australian Defence Force and allow expansion of the Men’s Shed’s activities,” Mr Hay said.

“Our members are excited to get into alternative activities such as leatherwork, lead lighting, cards and computers, as well as having a breakout space for meals and information sessions.”

Cr Law said in this round of funding, there were a lot of important community projects, including youth programs, creative and cultural events, and facility upgrades.

“Council’s Community Grants Program acknowledges and strengthens the valuable contribution community groups and their volunteers make towards achieving our shared vision and goal of being Australia’s most sustainable region: healthy, smart, creative, while also fostering a strong community,” he said

Check out the Maleny and District Men’s Shed here:

<https://mensshed.org/maleny-mens-shed-create-lasting-memento/>

and their Facebook page here:

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

Thanks to Sunshine Coast: <https://oursc.com.au>

# Stories from the Sheds

## **New Thurgoona Men's Shed officially opens its doors with ceremony**



Check out the story at the Thurgoona Men's Shed's Facebook Page:

<https://www.facebook.com/groups/679264135495891/>

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## **Wodonga Men's Shed win Volunteer Team Award**

**Wodonga Men's Shed took out Wodonga Volunteer Team of the Year award at the Wodonga Council 2022 Wodonga Volunteer of the Year Awards on 18 May 2022**

Congratulations to the fellas at Wodonga Men's Shed on this their second award this year having recently been named the best men's shed in Australia

This group does outstanding work not only in making and repairing items for the community to use but also in developing camaraderie and mateship among its members, helping them to be mentally and physically active and supportive of each other.

Obstacles are seen as challenges at the shed and an example of the great things they do can be seen in the work they do at the Belvoir Special School – such as building a kennel for the school's comfort dog – and helping the students to grow and learn.

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## **Paynesville Men's Shed celebrates 10 Years Anniversary**

Here's the slideshow from Paynesville's 10th Anniversary which gives a good overview of their story.

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

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## **Falcon Men's Shed Open Day**

The Falcon Men's Shed is held a Gala Open Day to promote the four sheds in the Mandurah area. Those sheds include Mandurah, Peel, Falcon and Timbers Edge.

The event was held at 60 Linville Street, Falcon WA. There were displays of the different sheds activities along with many items that had been produced for sale.

Demonstrations also took place highlighting the machinery the Falcon Shed has and also the new craft area for the less ambulatory members.

<https://www.facebook.com/falcon.mensshed/>

# Stories from the Sheds continued

## Mt Beauty and District Men's Shed – Shed Torque

Like many of our Shedders across the State, the fellas at Mt Beauty and District Men's Shed stopped and commemorated ANZAC Day. A great turnout for both the dawn service and the march down Hollonds St to the Cenotaph. Check out Shed Torque for some good stories and tips for Shedders here:

[https://www.vmsa.org.au/wp-content/uploads/2022/05/Shed\\_Torque\\_May\\_2022.pdf](https://www.vmsa.org.au/wp-content/uploads/2022/05/Shed_Torque_May_2022.pdf)

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## Midland Men's Shed – Stories from WA

The fellas at the Midland Men's Shed visited the Perth Observatory – a great excursion, and a good idea for other Sheds to "Reach for the Stars".

Oh and we like the Twelve Commandments for Seniors on page 6. Read the full newsletter here:

<https://www.vmsa.org.au/wp-content/uploads/2022/05/Midland-Mens-Shed-News-126.pdf>

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## Akoonah Park Men's Shed

Another great newsletter from the Akoonah Park Men's Shed can be read here:

<https://www.vmsa.org.au/wp-content/uploads/2022/05/Akoonah-Park-May-2022.pdf>

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## Wodonga Men's Shed

Great photos of the members celebrating "Shed of the Year" award, including The Hon Helen Haines MP joining in the celebrations.

<https://www.vmsa.org.au/wp-content/uploads/2022/05/Wodonga-Mens-Shed-Newsletter-May2022.pdf>

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## Point Nepean Men's Shed

The Point Nepean Men's shed was asked to help install a new path and to move memorial pavers to a new spot at the Sorrento RSL. We happily created a sloping bed for the existing pavers and room for a 7th as part of the "Lest We Forget" memorial at the front entrance. They make quite a statement.

Terry Phippen

<https://www.sorrentoms.mpmsn.com.au/>



# Stories from the Sheds continued

## Wangaratta Woodworkers Inc

Check out the Show and Tell section for examples of fine woodwork, and craftsmanship. The veneer work done by Joe Costantino is striking.

<https://www.vmsa.org.au/wp-content/uploads/2022/05/Wnagaratta-Woodworkers-Newsletters-314-April-22pub.pdf>

## Berwick District Woodworkers Club Inc. Annual Expo: 8 – 10 July 2022

Following the outstanding success of last year's Expo, the Berwick District Woodworkers Club Inc. will again hold an exhibition of members' work on the weekend of 8th July (5pm – 8pm), and 9th and 10th July (9am – 5pm daily) 2022. Entry is free.

Held in the Club's clubrooms and workshop in the grounds of The Old Cheese Factory, 34 Homestead Rd., Berwick, this year's Expo will display a broad range of members' woodwork, some of which will be for sale. For the first time, we will also have a dedicated Sales area, where members will be offering non-exhibition pieces for sale also.

A number of live demonstrations will run during the Expo, including wood turning, rocking horse making, band saw, scroll saw, toy making, carving, pyrography, and routing. There will also be a kid's corner and drinks available.

We will also be conducting our popular monthly Farmer's Market on the Saturday morning till 1pm, and for the first time, the management of The Old Cheese Factory will run a number of complimentary displays on the Saturday and Sunday. These are still to be finalized, but already include chainsaw carving, ceramics, and leatherwork, with more to come.

So it promises to be another great weekend, and we would love to see you there. For further information and queries, contact John McMahon 0437096840. See flyers below for more information.

<https://bdwwc.club/>

**Berwick Woodworkers Presents**  
Their Annual Open Weekend  
**Woodworking Display and Expo**

Friday 8 July 2022 5.00pm-8.00pm  
Saturday & Sunday 9-10 July 2022 9.00am-5.00pm

At the clubrooms  
**The Old Cheese Factory**  
34 Homestead Rd., Berwick

More info:  
Len Preece: 0408365970  
John McMahon: 0437096840  
Email: bdwwcsec@outlook.com

**BERWICK DISTRICT WOODWORKERS CLUB Inc.**  
Inc. No. A0012122U

Visit our Workshop & Clubrooms  
**FREE entry**  
(Children under 16 accompanied by an adult please)

**Woodworking Demonstrations, including:**  
Wood Turning / Band Sawing / Scroll Sawing / Dremel  
Toy Making / Routing / Pyrography / Wood Carving

Various items produced by our members on display.  
A selection of items for sale.  
Kids Activity Corner.  
Raffle.  
Tea & Coffee available.

Friday 8 July 2022: 5pm-8pm  
Saturday & Sunday 9&10 July 2022: 9am-5pm  
The Old Cheese Factory, 34 Homestead Rd. Berwick

More info:  
Len Preece: 0408365970  
John McMahon: 0437096840  
Email: bdwwcsec@outlook.com



# Just for fun and interesting articles

## The Two Ronnies – Four Candles

Watch video here:

[https://youtu.be/gi\\_6SaqVQSw](https://youtu.be/gi_6SaqVQSw)



## The Two Ronnies – The Accountant Bore

Watch video here:

<https://www.youtube.com/watch?v=4IsZiRRKpvQ>



## Where did all the toilet rolls go?

Watch video here:

<https://www.vmsa.org.au/wp-content/uploads/2022/05/Where-are-all-the-toilet-rolls.mp4>

## For those that enjoy classic automobiles, Mercedes Benz SL and its legacy

The SL legacy lives on. Article here:

[https://www.mercedes-benz.com.au/passengercars/experience/mercedes-me-magazine/fashion/articles/sl-model-legacy/story-content.module.html?utm\\_source=facebook-instagram&utm\\_medium=social\\_paid&utm\\_content=BrandedContent\\_MMEMag22&dclid=CjkKEQjwj42UBhD1iff20-btrP4BEiQADaON4IA0hiSB7224ZLZ-bFK1yh4NYH5cdsLHgbxquLifqfw\\_wcB&\\_knopii=1](https://www.mercedes-benz.com.au/passengercars/experience/mercedes-me-magazine/fashion/articles/sl-model-legacy/story-content.module.html?utm_source=facebook-instagram&utm_medium=social_paid&utm_content=BrandedContent_MMEMag22&dclid=CjkKEQjwj42UBhD1iff20-btrP4BEiQADaON4IA0hiSB7224ZLZ-bFK1yh4NYH5cdsLHgbxquLifqfw_wcB&_knopii=1)

## An interesting Wooden Model - The difficulty of miniaturising small mechanisms: Wooden Car - What Craftsmanship

Watch video here:

<https://www.vmsa.org.au/wp-content/uploads/2022/05/dreveny-motor-ve-drevenym-aute-PJ.mp4>

## Foldaway Homes

Watch video here:

<https://www.vmsa.org.au/wp-content/uploads/2022/05/FoldAwayHouses.mp4>

## Minder 80s TV 1984 SE4 EP5 - The Car Lot Baggers

Watch video here:

<https://www.youtube.com/watch?v=2yvJGyjbglc>

## Extended Warranty

Article here:

<https://www.autoevolution.com/news/kia-driver-gets-the-most-out-of-warranty-drives-608000-miles-and-swaps-9-engines-189154.html>

## Why the Russian Army is having difficulty prosecuting its agenda in Ukraine

Watch video here:

<https://www.vmsa.org.au/wp-content/uploads/2022/05/Russian-Tank-Falls-off-Trailer.mp4>

# Our Board



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**Max Finlayson**  
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0428 171 020

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

## Thanks to our sponsors for their ongoing support



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