

NEW VMSA NEWSLETTER



Emu Creek Men's Shed.

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. Thanks very much.



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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
173-175 Ordish Road, Dandenong South VIC 3175
Ph: 0408 465 228
Email: vmsa@vmsa.org.au
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CEO's Report



The VMSA hosted the first in person State-wide forum that has been held for several years due to Covid on October 10th at The Meadows, which proved a great success with over 150 attendees enjoying a great day of guest speakers, fabulous food courtesy of the Meadows and GRV, and an opportunity to meet other shedders from all over the state and share ideas and learnings.

Thanks should be given to all our generous sponsors that made it possible to run an event of this scale and quality at no cost to the VMSA or its membership. Without their support an event of this size would have come at considerable cost. They include; The Meadows, Greyhound Racing Victoria (GRV) Esso (ExxonMobil), LivCor, Bunnings, and AEG.

This month we also welcome Hayley Jones as our new Communications Officer. Hayley will be putting the newsletters together going forward and we encourage you to send her any stories or articles of interest of what's happening around the Victorian Sheds.

We also welcome two new VMSA board members, James Gundren and Marcel Davis, whom we are sure will be valuable additions.

In closing, a reminder if you could keep the VMSA updated of any committee changes so we know we are in contact with the current people, we are here to help but we rely on having accurate contact details. You will find the update link on the first page of this newsletter.

Derek O'Leary, CEO

VMSA Chair Report



Dear Shedders,

As large parts of Victoria are engulfed by floods I want to acknowledge the great effort being made by both committees and members to defend their sheds and their communities.

Any sheds affected should not hesitate to contact the VMSA or visit our office if any advice or support is needed. Sheds have a proud history of helping each other out so do not hesitate to ask for assistance if needed.

Just a few thoughts on the recent VMSA state wide forum and AGM held at the Meadows greyhound racing track;

I thought that having the event in the first place was a great thing and we need to do this annually as its important to get as many sheds as possible together from across the state.

The feedback from attendees was very positive and some of the speakers were great especially those from sheds. It was also good to have our minister Colin Brooks and the federal member for McEwan Rob Mitchell (the chair of the federal parliamentary Friends of Men's Sheds group) speak.

The food and the venue were excellent and all the better as the whole day was very generously sponsored by The Meadows and Greyhound Racing Victoria. The event was free for members was not a bad thing either. Big thanks again to both organisations and our other sponsors.

It was also good to have Paul Sladdin the President of AMSA attend by video and strongly support our MOU with AMSA and the work being done by both parties to reunify the men's shed movement in Australia.

There were things we could have done a lot better however. There were around 150 attendees representing 68 sheds which is a start but leaves plenty of room for improvement next year.

We could in part blame Covid which is not over yet, but that's not the full story. The VMSA didn't do enough work to promote the conference. We are still having difficulty contacting many sheds as we have not yet completed the long overdue project of updating our data base. This will be done annually from now on. Much of our material isn't getting to sheds by email and it's unrealistic to expect shedders to trawl through our website which many say is difficult to use.

VMSA Chair Report



There were too many speakers, some with presentations that didn't appear to hold the attention of their audience. We should have had an open forum for sheds to express their views about the state of the world and an opportunity for sheds to discuss things in their regional or area groups. There were also some audio equipment issues which were beyond our control on the day and will be rectified next time.

So, whilst not detracting from what was a very good day overall we can do much better next year if we do the work. These issues are very much in the forefront of the board's thinking.

I wish to thank all those who contributed their time and energy to get this important event going, especially our board secretary Geoffrey Gedge who did all the conference and AGM papers in his own time. That is a pretty good effort for an unpaid volunteer on a community board.

In closing, AMSA is calling for nominations for a number of Member-Elected Directors based in the regions of Western Australia, Victoria and Queensland. This is being carried out under the current rules prior to full adoption of the MOU agreed between the VMSA and AMSA.

I have been nominated to run for the position of the Member-Elected Director representing Victoria by the Western Port Men's Shed Inc. and this has been seconded by my shed, the Ouyen District Men's Shed Inc. both of which are members of the VMSA and AMSA. I have also received the unanimous support of the VMSA board to nominate for this position.

Accordingly, I have submitted my nomination to AMSA.

There are a number of reasons for taking this step, the main two are as follows:

- To give Victorian sheds a real voice on the AMSA board
- To continue the process of reunifying the VMSA and AMSA

The proposed constitutional changes embedded in the MOU, if supported by AMSA sheds, will complete the reunification process between Victoria and AMSA.

In the event of a ballot for this position I will be in touch with as many sheds as possible to ask you for your support.

All the best to you all and particularly to our sheds in flood prone areas.

Trevor Dobbyn, VMSA Chair

Field Report



Hello Shedders,

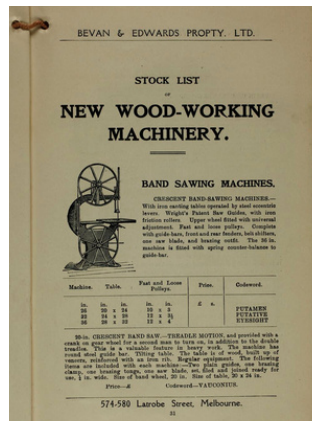
I have been very busy getting out and visiting some fabulous Shed in Wellington, The Otways, The Loddon Mallee, Victorian High Country, and South-Western Coastal areas. This has provided a wonderful opportunity to introduce myself in person and familiarise myself with some of the pressure points our Sheds are facing, as well as some of the spectacular ideas and products throughout our wider Shedding Community.

In addition to meeting some interesting people, I have also had the pleasure to see some really fascinating things in our Sheds.

Bevan & Edwards, Melbourne:

While visiting Warrnambool, I was lucky enough to have a Bevan & Edwards Pty Ltd Crescent Band Saw pointed out, thought to be at least **110 years old!** This did get me thinking that we must have some incredible old equipment within our association.

Do you think your Shed has the oldest piece of functioning equipment? If you have an old, or even a unique piece, let us know!



Furthest Shed:

During my latest trip, I made it as far as our most western Shed – in Mt Gambier! With so many wonderful Men's Shed products, I am always curious whether there is a label or inscription to indicate where it has come from. I have certainly seen some brilliant examples, however, I thought Mt Gambier's effort was very impressive! Their Laser Cutting Guru, Geoff, has worked out how to use their Laser Cutter to produce labels with black powder coated aluminium. Pretty snazzy! I will continue to highlight the awesome name plates I find in our Sheds.

Field Report



The Garage Sale Trail:

Sadly, not all of our Sheds have equal opportunities to sell their products. This is something we hope to overcome by establishing an online shopfront for our Sheds to advertise their wonderful wares. In the meantime, AMSA have partnered with the [Garage Sale Trail](#), a group focused on finding new uses for old things, by way of the tried and true Garage Sale!

“Hosting a garage sale on the Garage Sale Trail is a proven way for Sheds to raise money, recruit new members, declutter and raise awareness of the services they provide to the local community”.

“Map Twice - Drive Once”

Whenever travelling, I like to meet as many Sheds as possible. It is undoubtedly my favourite part of the gig. However, this doesn't always leave a whole heap of wiggle room in my schedule for delays. When I was rushing to get out to Beechworth on time, I popped Beechworth Mens Shed into Google Maps, clicked on the first option, and headed off down the road.

Now in the interest of total honesty, I do have a famously terrible sense of direction (after living in the same house for 10 years, I still struggled to point to the general vicinity of local landmarks, from my lounge room). Sadly, with a quick look out the car window my five-year-old daughter would have concluded that we were likely heading in the wrong direction. However, even though the road had declined from bitumen, to gravel, to little more than a dirt track I was focused on getting to where the little arrow on my phone said I needed to go, proceeding to charge 15 minutes away from town in the wrong direction. It was only when I got to that little arrow on the screen that I finally realised I had been travelling to “The Shed” (I am still none the wiser as to why it was a location of note on the “inter-web”) rather than the “Men’s Shed” for the last 15 minutes! Thankfully, despite the lateness of my arrival, the good gents of the Beechworth Shed were kind enough to save me some lunch. I guess it is true that all's well that ends well.

Darren Scicluna, Regional Coordinator

2022 Flood Recovery

Victorian Floods Disaster Recovery Allowance

Support if you've lost income as a direct result of the Victorian Floods starting in October 2022.



To get it, you must meet all of the following:

- Were 16 or older at the time of the floods.
- Are an Australian resident or hold an eligible visa
- Work or live in an affected Local Government Area (LGA)
- Lost income as a direct result of the floods.
- Earn less than the average Australian weekly income in the weeks after you had this income loss.

You have until 17 April 2023 to make a claim for the following Local Government Areas (LGAs):

- Alpine
- Ararat
- Ballarat
- Banyule
- Benalla
- Boroondara
- Brimbank
- Buloke
- Campaspe
- Goldfields
- Colac Otway
- Corangamite
- Gannawarra
- Glenelg
- Golden Plains
- Greater Bendigo
- Greater Geelong
- Greater Shepparton
- Hepburn
- Horsham
- Hume
- Indigo
- Loddon
- Macedon Ranges
- Mannington/Manningham
- Mansfield
- Maribyrnong
- Melbourne
- Mitchell
- Moira
- Moonee Valley
- Moorabool
- Mount Alexander
- Moyne
- Murrindindi
- Northern Grampians
- Pyrenees
- Strathbogie
- Swan Hill
- Wangaratta
- Warrnambool
- Whittlesea
- Wodonga
- Wyndham
- Yarra Ranges
- Yarriambiak

Flood Recovery Hotline

1800 560 760

To claim head to:

<https://www.servicesaustralia.gov.au/victorian-floods-october-2022-disaster-recovery-allowance>

If you have been affected by the Victorian Floods, please contact a VMSA Board member for assistance.



AGM & Statewide Forum

Overview

Thank you to all that attended the AGM conference. We had an incredible turn out of over 150 people from 68 sheds all over Victoria. It was a great day to meet in person, with some incredible guest speakers, and delicious food.



Guest Speakers:

Minister Colin Brooks

State Member for Bundoora
Minister for Child Protection and Family Services
Minister for Disability, Ageing and Carers

The Conference's first Guest Speaker, who praised the Men's Shed and the work they do.



Sue Woodward

Justice Connect

Sue provided an overview on the work that Justice Connect have been doing with some governance training for VMSA. She also spoke on the background and advice on Men's Shed registering for DGR.



John Hopkins & Charlie Lovich

The Horse & Human Foundation

A unique not-for-profit organisation and community providing programs, facilities, and resources across Australia; transforming lives and setting a new standard in horse and human welfare.



Bronwyn Halfpenny

State Member for Thomastown

Parliamentary Secretary for Workplace Safety

The priorities Bronwyn has for her community are to ensure better services and infrastructure, including a balance of resources to meet the needs of both established suburbs and growth areas. Bronwyn was instrumental in forming the Victorian Parliamentary Friends of the Men's Shed group.



Gerard Mansour

Commissioner for Senior Victorians

A highly respected and passionate advocate for the needs of older people who provides independent advice and advocacy to the Victorian Government



Wayne Wiggins

Black Dog Institute

Wayne spoke about his own battles with mental health and ways he helped himself. Involving people with lived experience helps the Institute to build understanding, reduce stigma and discrimination, and improve the quality, relevance and knowledge translation of their research.



John Haines

Managing Director - Liv Cor

John spoke about the newest life-saving product, The CellaAED®, a handheld single-use, multi-shock, fully automatic Defibrillator for minimally trained personnel and trained medical experts alike.



Rob Mitchell

Federal Member for McEwen

As a founding member of the Community Emergency Response Team, or as an RACV mechanic helping drivers on Victorian roads, Rob has played a hands-on role in the community. Rob is also Co Chair of the Federal Parliamentary Friends of the Men's Shed group.



Steve Boyle

Port Phillip's Men Shed

Steve shared the incredible work around OH & S training programs they have been conducting at the Port Phillip Men's Shed.



Winners:

Lindsay Harding

Akoonah Park Men's Shed

Winner of the fabulous AEG raffle prize, presented by Jamie Vella from AEG.



Sheds in the Media



State funding for local Men's Shed.

Rebecca McDonald / 08 September 2022



A men's shed in Highton has received nearly \$30,000 in state funding.

The St Luke's group will use the money to build a new storage facility next to the current shed, increasing its space.

The Victorian government has announced \$1 million for Men's Sheds across Victoria. Disability, Ageing and Carers Minister Colin Brooks said the groups were aimed at providing a welcoming place for men of all ages.

“Men’s Sheds play an important role in providing a welcoming place for social connection, to learn new skills and contribute to the community and improve wellbeing,” he said.

“This investment will support upgrades for Men’s Sheds throughout the state, delivering more opportunities for Victorians to reconnect after a difficult couple of years.”

Picture: The St Luke's Men's Shed [via Facebook]

Artspace Selby explores men's health in Man Overboard exhibition.

Tyler Wright, 24th October 2022



'Man Overboard' is a phrase seafarers yell when one of their peers has fallen into deep waters below; a plea for help when one of their own is in dire straits.

It is also the title of a new exhibition coming to Selby Community House on Friday 28 October, encouraging men in the Yarra Ranges to call for support when they are struggling with their mental and physical health.

Selby resident Ross Miller will be featured in Selby Community House's upcoming exhibition 'Man Overboard'. PICTURE: KATHY RONALDS

Seven local male artists aged between 30 and 70 have created multimedia works; ranging from collage, oil paintings and illustrations to copper and brass sculptures, showcasing a wide range of experiences including one man's journey of chemotherapy treatment for facial cancer and an emerging artist who has found solace within art therapy.

The idea for 'Man Overboard' came from Selby Community House's engagement with people who were impacted by Covid-19, and statistics from a free Mental Health First Aid course on men's mental health and suicide rates provided by Yarra Ranges Council.

Selby Community House found a "huge discrepancy" between how men speak about their mental health in comparison to women; and recognise the "fatal effects" of poor mental health, Selby Community House community engagement coordinator Jordan Sibley said.

"The reality is – it's not actually that men have less mental health issues, it's that our culture doesn't provide an atmosphere for that discussion," Sibley said.

"Having more things that provide a platform that encourages people to really look at the value of men's mental and physical health, will assist in that ongoing discussion."

High resolution photos of the artworks created by men in the Yarra Ranges will be for sale, with 100 per cent of the proceeds injected into the Belgrave Men's Shed.

"That's our way of: one, supporting the Men's Shed, but also reflecting on how important these hubs are for men to meet together, have companionship and also share information about their health and well being," Sibley said.

Selby CFA members will be providing sausages at the 'Man Overboard' exhibition opening on Friday 28 October from 6pm to 7pm, with local male act 'Yee-Haw' performing live music and a light platter of food provided.

Artists from the exhibition will also be giving a free 20 minute presentation on Saturday 12 November from 11am to 12pm Belgrave Library, discussing their artistic practice and how their work relates to the topic of men's health.

Selby Community House is located at 2/1 Minak Road in Selby.

Bellarine Times

Group get new equipment through Living Local Fund.

James Taylor, 25th October 2022



THE Bellarine Training and Community Hub (BTACH) and the St Leonards Men's Shed will get new equipment in the latest round of the state government's Living Local Fund.

Announced by Bellarine MP Lisa Neville last week, the grants will see BTACH get \$6,476 to replace broken furniture and the St Leonard's Men's Shed get \$5,230 for a new woodworking machine.

The Bellarine Training and Community Hub will use the \$6,476 grant to replace broken furniture. Photo: FACEBOOK

The BTACH, located in Ocean Grove, will purchase tables in their community kitchen and replace moveable tables for the classroom focused on art, language and general interest programs.

The St Leonards Mens shed will purchase a thicknesser with improved technology – the new machine is 60 per cent wider and has new blade technology that makes it very quiet, replacing a small old noisy machine.

Local councils and community organisations have received grants of up to \$200,000 for upgrades to shopping strips, playgrounds, community gardens and public art projects, or to buy new equipment or carry out minor refurbishment works.

“We’re doing what matters by investing in infrastructure that our local communities need to enjoy the services they deserve,” Minister for Suburban Development, Melissa Horne said.

“Our suburbs and regions are great places to live, work and play and we’re making sure they stay that way.” The Living Local Fund is part of the state government’s Our Suburbs: Living Local and Our Regions: Living Local initiatives.

The Living Local – Regional Grants Program is a competitive grants program open to eligible rural and regional local governments and incorporated (not-for-profit) organisations/associations.

Applicants may seek a minimum of \$20,000 and maximum of \$200,000 (exclusive of GST).

The Living Local – Regional Community Grants Program is open to applications from not-for-profit and charity organisations that are operating in rural and regional Victoria.



By Anthony Brady, Updated October 24 2022 - 1:58pm, first published October 18 2022.

Port Fairy Men's Shed at full throttle.

The handy work of the Port Fairy Men's Shed is about to shine in the public arena with the arrival of the spring and summer event season.

With the decline of COVID bringing with it an opening up of the community, the return of much loved gatherings are being eagerly awaited.

The men's shed members have been hard at work creating their wooden toy kits.

These kits will be for sale at the Port Fairy Show in early November, while men's shed members will be on hand during the Moyneyana Festival to help children assemble the kits on the spot.

The men's shed will also have a float in the Moyneyana Festival parade. Members have just finished constructing a smaller scale men's shed to have as part of that float display.

Port Fairy Men's Shed president Peter Down said it would be great to be back out in the community. "Being involved in these community events is very important to our members," Mr Down said. "It's fantastic to be back in full swing."

"During COVID I had a battle to keep the guys away, as soon as lockdowns would end we would have 15 blokes at the door ready to go again."

The men's shed has a membership of 70, with a regular daily turn-up of around 20. This includes lunches on Mondays and Wednesdays.

Mr Down said the operational costs of the shed come to \$10,000 annually. This is covered by membership and by selling goods made by shed members.

These include items such as raised garden beds. The men's shed also created items used by the Moyne Shire for the street entertainment section at the Port Fairy Folk Festival in March.

Huge boost for Newstead Men's Shed.

Jade Jungwirth, October 7, 2022



Members of the Newstead Men's Shed welcomed MP Maree Edwards as she announced their successful grant application.

Newstead Men's Shed has been successful in receiving a grant of \$26,504.

Bendigo West MP Maree Edwards visited the shed on Tuesday this week to make the funding announcement.

The shed is one of 30 Victorian sheds to share in a \$1 million state investment into Men's Sheds across the state.

The funds will assist with the extension of the current shed, located behind the iconic men's shed shopfront. The extension will create more space in the existing steelworks bay, plus space for people to get together and socialise in a dust-free environment, and will include a digital space for IT equipment.

Shed Secretary Graeme Lees told the Mail that the shed currently has 33 members, many of whom aren't tradespeople, and would simply like to get together for a cuppa and chat.

"The extension will allow us to cater to their needs and provide a space for them to sit and connect," Graeme said. "We realised, particularly during COVID, that many of our members are limited with technology, and with the increased space we can have a dedicated area to put IT equipment and run training on emailing etcetera. "We have also been working with age care facilities such as Shannon's Bridge, running workshops for the members and we have such limited space that we've had to hire facilities. It will be great to have the space to run the workshops here at the shed," he said.

Members of the Newstead shed have raised an additional \$13,000 through fundraising to assist with the works. Fundraising efforts have included community BBQs as well as the sales of hand-made crafts and tables. Sixty of the beautifully handcrafted timber, outdoor tables have skilfully been crafted by members of the shed and sold to individuals, Mount Alexander Shire Council, Castlemaine Salvation Army, and the Castlemaine Lawn Tennis Club. MP Edwards congratulated the Newstead Men's Shed and said they were an important part of the Newstead community.

"Since their new shed was opened, they have gone from strength to strength with increased membership and participation in the broader community," she said.

Victoria is home to over 360 Men's Sheds that provide practical and engaging spaces for men to connect, socialise, learn new skills and work on common building projects together. Men's Sheds support local communities in many ways, running first-aid courses, building picnic tables, and making toys for local childcare groups.

"The grants allow an opportunity to undertake refurbishments that will ensure an existing men's shed is fit for purpose so that safe, productive, and accessible meeting places are available to our diverse men's sheds groups," Ms Edwards said.



By Shepparton News, Sep 11, 2022

New covered space on the way for Tatura Men's Shed.

The Tatura Men's Shed is located on Ross St, behind Tatura Racecourse.

Tatura Men's Shed is a beneficiary of the 2022-2023 Men's Shed Funding Program.

As part of the Victorian Government's \$1 million investment in men's sheds across Victoria, \$7653 is heading Tatura's way.

More than 360 communities have a men's shed across Victoria and the grants help support them to provide a welcoming place where men of all ages could connect, socialise, learn new skills and work on common building projects together.

Tatura Men's Shed will use the funding to construct a covered outdoor space next to the existing lunchroom, doubling the size of the space.

With cafe blinds, the new area will allow for social distancing while still socialising and having a cuppa.

The new space will also negate the need to hire marquees when the shed hosts community events like the annual community Christmas party.

"These grants give local communities an opportunity to establish a men's shed or undertake refurbishments that will ensure their facilities are fit for purpose so that safe, productive and accessible meeting places are available to our diverse men's sheds groups," Member for Northern Victoria Mark Gepp said.

"Men's sheds play a critical role in the wellbeing of men, particularly here in regional Victoria – keeping them active and connected to their community and culture while giving them the opportunity to make new friends and hone their skills." They provide a relaxed, supportive environment where men can roll their sleeves up, build friendships, learn something new and help their local community."

Community help needed for Upwey Men's Shed.



As the search for a permanent location continues, the Upwey Men's Shed is seeking support from the community to find an area for storage.

President of the Upwey Men's Shed Gerran Wight said without a permanent shed, members have been storing tools and materials in their own homes.

Members of the Upwey Men's Shed are still meeting regularly despite having no permanent home.

"We are very grateful for the generosity of community members who want to help with donations," he said. "It's very sad but unfortunately we are now having to say no thanks to regular offers from locals who want to donate tools and equipment to the men's shed in Upwey."

The community organisation has been searching for a permanent home for the past four years but has yet to obtain permission to build a shed on public land.

Mr Wright said with the search for a suitable location for the community shed still ongoing, the group is looking to the community for help in alternative storage arrangements.

"If there is someone out there preferably in or around Upwey with secure industrial, commercial or residential storage we would love to hear from you as soon as possible," he said.

"Upwey Men's Shed have even thought of buying a container, which we could easily fill, but need to find somewhere secure to locate it until we can build our own shed."

Members from the Men's Shed recently undertook several community projects, including building new benches for the Upwey Community Group and fixing local residents' bikes.

Mr Wright said the Men's Shed has successfully fundraised enough money to build the shed and spent countless hours developing proposals and plans, but they cannot get an agreement to use public land to build the shed.

"We are hopeful that some land may be found soon so we will have somewhere that members can meet together to use these tools and equipment for community benefit," he said.

"Looking for a site has been very frustrating and whilst we are maintaining good membership numbers, we are concerned that unless we can find somewhere soon it might all fall apart, and Upwey will lose a valuable community service."

Upwey Men's Shed — a registered charity with the Australian Tax Office — has raised over \$230,000 in grants, donations and fundraising for their permanent home, but without the land to build it on they cannot proceed any further.

Mr Wright said if anyone can help locate a suitable place for storage, contact him on 0419 560 051 or the Men's Shed secretary Roger Bailey on 0409 102 007.

Shrine Service

A Service to Commemorate the 50th Anniversary of the Abolition of National Service.

"I am a member of the Akoonaah Park Mens Shed in Berwick and also an ex National Servicemen who was discharged from the army in 1972.

I share an invitation to the commemoration of the 50th anniversary of the abolition of National Service on 7th December 1972. It will be the first time from 1965 to 1972 that National Servicemen have had the opportunity to gather and commemorate those that lost their lives during their service both those in Vietnam and within Australia. Neill Smith."

You're Invited..

Where: **Melbourne Shrine of Remembrance**

When: **Saturday 10th of December 2022 @ 1pm**

What: **A Wreath Laying to Honour the Service and Sacrifice of National Servicemen 1965-1972**

1965-72 National Servicemen, their families and friends are invited to join us at the forecourt of the Melbourne Shrine of Remembrance, where we will commemorate the 50th anniversary of the abolition of national service on 7 December 1972.

During the period July 1965 to December 1972, 63,375 twenty-year-old men were conscripted into the Australian Defence Forces, predominantly the army. Over 600 of these men would die while in service - 210 in Vietnam, and more than 400 in Australia, from various causes. The service commemorates their memory.

The service is also the first occasion on which these men will have joined together, as a group. It provides an opportunity for national servicemen to reflect on their period of service, the culture shock of basic training, challenges met and overcome, mate-ships created, and the often-difficult journey back into civilian life.

The occasion provides an opportunity for family and friends to pay tribute to a group of men who have never been publicly acknowledged or thanked for their service.

Medals are to be worn. If numbers of attendees are sufficient, we will march together as a unit from Anzac Parade to the forecourt.

Following the service, which will take approximately 30 minutes. all attendees are invited to join us in a casual picnic atmosphere at a venue to be decided and announced soon. Please join us.



Geoff Parkes
President, Nasho Fair Go

International Men's Day

Men Leading by Example.

International Men's Day (IMD) is celebrated on **19 November** every year and is marked in around 80 countries worldwide.

Some people ask why we need an International Men's Day? In Australia, IMD is a great opportunity to take part in a global conversation about manhood, masculinity and men's issues by:

- Highlighting some of the social issues that men and boys face
- Making a difference for the men and boys in your community
- Celebrating men and boys in all their diversity
- Having some serious fun in the process

LET'S TALK
ABOUT
MEN.

international
MEN'S DAY

**KNOW YOUR
MAN FACTS**

Let's get Australia talking about men's health

 **AMHE**
AUSTRALIAN MEN'S HEALTH

www.internationalmensday.info
TalkingAboutMen #KnowYourMan



LET'S TALK
ABOUT
MEN.

A photograph of two men fishing on a boat, viewed from behind. They are wearing light-colored shirts and caps. The background is a vast body of water under a clear sky.

REALLY DO RELAX

STRESS KILLS, TAKE A BIT OF 'MAN TIME'

LET'S TALK
ABOUT
MEN.

A photograph of several men relaxing on a beach. They are sitting on towels or blankets, some are shirtless, and the scene is filled with a sense of leisure and social interaction.

REALLY DO HAVE A SOCIAL LIFE

BEING LONELY IS AS UNHEALTHY AS SMOKING

LET'S TALK
ABOUT
MEN.

A close-up photograph of two hands holding white coffee cups. The background is a textured, brown surface, possibly a piece of wood or a wall, creating a warm and intimate atmosphere.

IF IN DOUBT

TALK WITH AN EXPERT

VMSA Board Members



Trevor Dobbyn

President
0408 121 934



Geoff Brooks

Treasurer
0407 486 953



Colin Prowd

Vice Chair
0437 311 218



Peter Broomhead

Committee/Board
0405 058 319



Max Finlayson

Committee/Board
0428 171 020



Tom Rolls

Committee/Board
0490 290 597



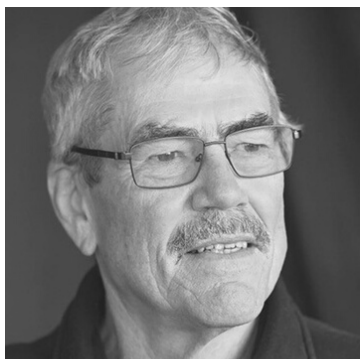
Graeme Newman

Committee/Board
0422 248 310



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Our CEO, Board Members and Staff are always willing to help our shed members. Please do not hesitate to contact us.

Important organisations that are there to help in difficult times

REMEMBER TO CALL A MATE

Beyond Blue **1300 224 636**

Lifeline **131 114**

MensLine **1300 789 978**

Suicide Call Back Service **1300 659 467**

Veterans Line **1800 011 046**

Black Dog Institute **(02) 9382 4530**

Head to Health:

<https://www.headtohealth.gov.au>

Grief Line - 12-3pm 7 days: **03 9935 7400**

Thanks to our sponsors for their ongoing support:

