

# NEW VMSA NEWSLETTER



*Maffra Men's Shed members with their built Christmas trees.*

## 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.

Thanks very much.



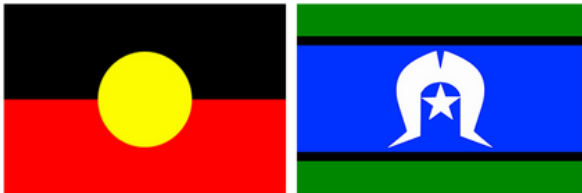
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## Acknowledgement of Country

'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  
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# CEO's Report



Hard to believe it's almost summer, and many of us have the heating on in November!

The month started with the opening of an extra shed at the Bayside Men's Shed. The shed had a full house for the opening of the new social shed which is a welcome addition to the existing workshop. There was a fantastic spread of food, and a great turnout from local council, politicians, and supporters which shows how well loved the shed is within their community.

I've had the privilege of visiting a few sheds this month, and next cab of the rank was the Baxter Men's Shed. It was great to meet all the guys in person and have a look around their shed. More importantly, it gave them the opportunity to ask questions about what was in the pipeline at VMSA, how government interacts with VMSA and listen to their feedback and thoughts as to what things were important to them.

Later that week I attended the presentation of the SEN Chase for Charity, along with the other chosen charities Ronald McDonald House, and the McAuley Foundation which was sponsored by GRV (Greyhound Racing Victoria) who have been a great supporter of their three chosen charities representing Men (VMSA) Women (McAuley Foundation) and Kids (Donald McDonald House). All three organisations were very appreciative of the support provided by GRV and the additional assistance that was donated by Sportsbet.

I've also been working on the new advisory group to Government on Digital Connectiveness for senior Victorians. This is an important piece of work to ensure people don't get left behind in the digital world, and something that VMSA believe is important to our members, more to come on this in later editions.

Leongatha had their official opening at the end of last month, and what an amazing effort by all the guys down there that put together the incredible build cost of \$396,000 a large percentage of which was raised by the shed's efforts, just incredible. Please read the story in this edition, it's a great read.

Next month I'm expecting to see some great Xmas projects in the next edition, as I know this is something sheds do a great job of in their communities.

**Derek O'Leary - CEO**

# VMSA Chair Report



The other day I was asked by a shed president a question as to why his shed should be a VMSA member. I think it's a fair question and it's one I asked myself when I became secretary of my shed.

There is a long list of things you could say a peak body like the VMSA should do for its members who in this case, are the sheds themselves, but it could be summed up as follows:

**Visibility:**

To improve the visibility of Men's Sheds and the shed project in the community.

**Connectivity:**

To enhance the connection between sheds to enable them to help each other, strengthen the shed movement overall and to look after our mates

**Advocacy and representation:**

To actively represent sheds' interests to Government, the public service, the private sector, the community sector and the national Men's Shed movement through AMSA and to obtain funds, resources and support for sheds from these bodies.

**Governance and general support and advice:**

To provide support and advice on improving governance and helping sheds to become self-reliant and robust entities capable of surviving whatever the fates throw at them.

You could do a much longer list but I think that just about sums it up. It is also important to note that many sheds have everything sorted out and don't need much help but still support the VMSA as they understand having a strong peak body delivers a stronger shed movement overall.

On another matter, we had a great suggestion from the Mt Duneed Men's Shed Inc., and that is to set up a new page on the VMSA website to enable sheds to post photos and a description of things they have made. Sheds could then scroll through to get ideas for new projects and contact the relevant shed for advice. So we are working with our new comms person to make this happen.

We should be able to get this up and running pretty quickly and the instructions as to how to use it will be on the new webpage.

Best regards to all sheds.

**Trevor Dobbyn, VMSA Chair**

# Field Report



**Hello Shedders,**

For those who have not met me yet, my name is Hayley and I am the newest member of the VMSA team. I am here for all of your communications and marketing needs!

I was lucky enough to visit some sheds this month, and what an amazing time I had. I wanted to share with you some of my experiences and incredible things I saw in our Sheds.

## **Kingston Men's Shed:**

I had the pleasure of speaking with Malcom and Phillip from the Kingston Men's Shed and got an insight into the incredible things the Shed has been doing leading into the festive season.

The members of the Kingston Men's Shed have been working hard making toy trucks and strollers for the First Nations children of the Derrimut Weelam Gathering Place. I was blown away by the level of craftsmanship and detail.

Shed members have also been very busy organising and building a veggie garden!



## **Mordialloc Men's Shed:**

Next up was the Mordialloc Men's Shed. The first thing I noticed when I arrived was the social atmosphere within the Shed. There was a billiard table, an area for coffee and catch ups and a woodworking area. Hovering around 40 members, Mordialloc Men's Shed has been hard at work, generously building various pieces for the "Next Steps" Woman's Refuge in Mentone and Parkdale Primary School.

# Field Report



## Dingley Men's Shed:

My last stop for the day was the wonderful Dingley Men's Shed. I was astonished by the amount of activities on offer here! From bike maintenance, to golf, to photography and art, there is definitely something for everyone at the Shed! Dingley Men's Shed members have been busy painting beautiful portraits, building a putting course and probably the most impressive of them all; building furniture out of recycled plastic!



I look forward to coming and seeing more of our wonderful Victorian Sheds! If you are interested in a visit from myself to share some of your Shed's stories for the newsletter, please contact me with your name and Shed:

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

**Hayley Jones**  
**Communications Officer**

# Available Grants

## Rebuild and Reconnect Grants

Reconstruction and remediation grants for neighbourhood houses and men's sheds damaged by Victorian floods.

### Overview

Some Victorian neighbourhood houses and men's sheds have been inundated by floodwaters in October and November 2022. This funding provides grants to cover emergency repairs, replacement and reconstruction costs that are not covered by existing insurance policies.

### Funding

\$500,000 in grants is available to existing neighbourhood houses and men's sheds that have been damaged by floodwaters in October and November 2022. This funding is in addition to the \$500,000 in flood assistance grants previously provided to Victorian neighbourhood houses in October 2022.

### Grant streams

There are two types of grants to apply for:

- Stream 1: emergency repairs or rebuilding costs not covered by insurance (up to \$100,000). For example, a kitchen damaged by floodwaters
- Stream 2: equipment replacement not covered by insurance (up to \$10,000). For example, replacement of kitchen appliances damaged by floodwaters.

Applicant organisations can apply once for either or both grant streams.

Please note: *applications for repairs and rebuilding will be reviewed and allocated first. Remaining funds will then be allocated to equipment replacement applications, dependent on assessment.*

### Eligibility criteria

Applicants must:

- Be either funded through the Victorian Government's Neighbourhood House Coordination Program (NHCP) or be an established men's or community shed
- Provide a copy of their insurance policy as part of the application. Costs that are covered by insurance will not be covered. Applications for the cost of the insurance excess will be considered
- Demonstrate that the proposed expenditure is related to flood damage through photos, quotes etc.
- Demonstrate security of tenure for at least three years if applying for more than \$10,000.

What won't be funded?

- Damage or repairs not directly caused by flooding
- Damage or repairs covered by an existing insurance policy.

# Available Grants

## Applications

- For expenses that overlap or are covered by other existing grants
- From organisations that are not funded through the Neighbourhood House Coordination Program or an established men's or community shed
- From groups that are located on private land
- For projects that have already begun
- For projects that fail to reflect community inclusion and access requirements
- For administration, program funding or staffing costs for the applicant organisation
- For donations or support payments to other groups or organisations
- That do not demonstrate good value for the investment of public funds.

## Conditions

Successful applicants will be required to acquit the funding and provide project reports to government.

Projects must be implemented in accordance with applicable laws and safety standards and procedures.

Capital works must be carried out with the permission of the land and facility owner.

## Assessment

Applications will be assessed based on the impact of the works required. This is based on the degree of damage and the impact on service continuity. Priority will be given to catastrophic to significant damage to facilities.

Damage	Score	Business continuity	Score
Catastrophic. The facility is or was completely inundated. The facility is damaged beyond repair and will need replacement.	4	Total disruption to regular activities. The facility is unable to be used and usual activities are not proceeding.	4
Severe. Over floor flooding with damage to walls and floor. Some items are damaged and require replacement.	3	Significant disruption to everyday business. Some activities are not able to continue until remedial works are completed.	3
Significant. Flooding has impacted the facility causing damage that will require remediation. Some items damaged and will need repair or replacement.	2	Activities have been impacted but some are able to continue.	2
Minimal. Some aspects of the facility or some items/equipment have been damaged.	1	Minor disruption. Most activities are continuing despite the damage.	1

## Process and timelines

Applications are open now and close on at 5pm on 9 December 2022. Another round of grants from the same grant pool is planned to open in January 2023.

Successful applicant organisations that already have a service agreement with the Department of Families Fairness and Housing will be paid through a variation to that agreement.

Successful applicant organisations that do not have an existing agreement will be required to invoice the department for payment.



# Shed Openings

## Leongatha

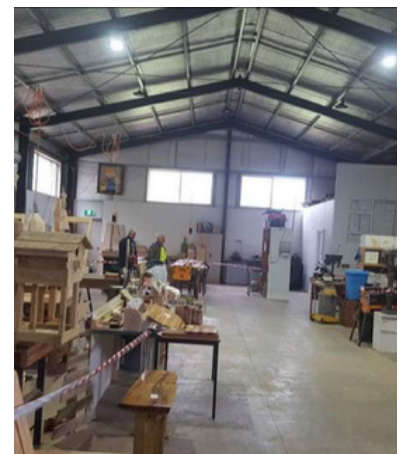


The Leongatha Mens Shed have finally moved into their new shed on the Leongatha Rec Reserve, with a grand opening taking place on the 27th of October. Over 100 people attended the opening, including Mayor Mohya Davies.

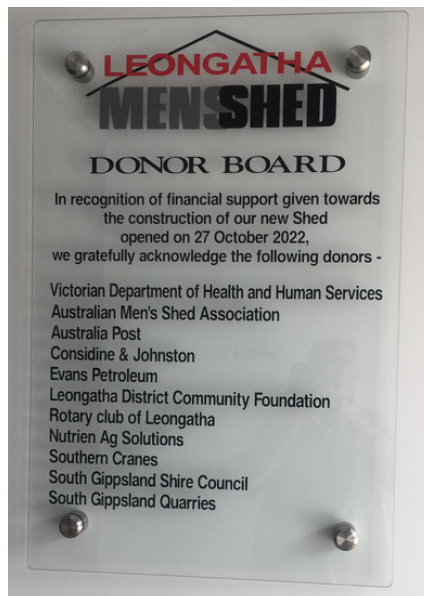


Leongatha Mens Shed president, Max Wood, noted that "we were very happy with how the opening went. Everything went according to plan and it went off perfectly."

The new Shed is 500 square metres, and contains a brand new facilities such as a woodworking area and meeting rooms, just to name a few.



# Shed Openings



"We received a grant for \$60,000 towards a new shed, but the shed cost us around \$396,000 all up to build, which is a lot of money. The state government, local council and local businesses all helped to support us and contributed around \$125,000. We raised the rest of the money ourselves over the past few years." *Max Wood, President.*

One of the biggest highlights for Leongatha Men's Shed was the amount of money they were able to raise themselves to go towards the new building.

Max also stated that, "we raised money by selling items at local markets and regular sausage sizzles at Bunnings, which are very worthwhile to us. Our local wood merchant also buys our bags of kindling that we make through old pellets, and they have also been helping us out with extra timber for 6-7 years now."



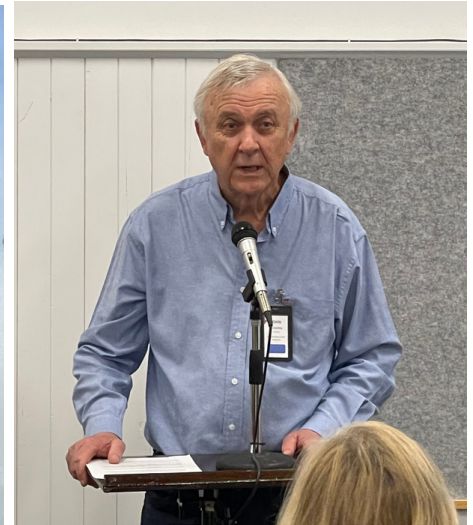
*What an incredible effort. Congratulations to all members of the Leongatha Men's Shed.*

# Shed Openings

## Bayside



The Bayside Men's Shed, in Beaumaris, opened their newest extension and building off their original shed on the 8th of November. Around 90 people attended, including shed members, local council members, local parliament members and local businesses.



'Bayside Men's Shed president John said that "the new building has a space for socialising which includes a new fitted out kitchen and billiard table."

The building was originally a Scout Hall but it became vacant a couple of years ago when Covid hit, and once the Scout lease was up the council was kind enough to allow Bayside Men's Shed to take over the space.

"We wanted to attract more members so we decided to broaden the activities we offered to bring new people in. It was a big job fitting out and tidying up the new building but we are very happy with how it has turned out." John said.

The exotic fruit cakes made by shed members and the delicious refreshments served was also a big highlight of the day.

*Congratulations to all members of the Bayside Men's Shed.*

# Sheds in the Media

## Men's Shed Helping Out

Western Port News, 02 November 2022



*Two of the many members working on the shed's current projects, Warren Johnson and Geoff Hubbard, draw on their woodworking skills and expertise to create community furniture.*

There's a buzz of activity at Western Port Men's Shed as members get to work on a range of projects to benefit the community.

Currently, the shed participants are making 10 large picnic tables and 10 memorial seats for the Balnarring Foreshore Committee.

President Colin Prowd said the project was a major undertaking and was keeping members very busy.

"We also have a large project coming up for the Wallaroo Community Centre constructing seating in their social/barbecue area, and another job in the pipeline is for Rotary to make a frame for their new sign at the entrance to Hastings," he said.

"We are always looking for community/school projects which our members are happy to give their expertise/assistance to, we are also looking to welcome new member enquiries."

Prowd said members are also encouraged to bring their own projects to work on.

He said some members have made rocking horses, billy carts, tables, stools, bread and cheese boards, barbecue trolleys, mail boxes, doll's houses, wooden trains and many other toys.

Some have even turned out beautiful timber pieces on lathes, while others have crafted jewel boxes, statuettes, and chess sets.

"The one thing that members would appear to share in common is their enjoyment of doing things in the company of other men for friendship and support."

For information phone: 0447 354 128.

## Festive season for Woodend Men's Shed.

Elsie Lange, 3rd November 2022



*Woodend Men's Shed members John Burns, Bob Sullivan and Paul Muller have been making special gifts for the Carlsruhe Country Fair. (Damjan Janevski)*

Like busy Christmas elves, whittling away on wooden treasures to fill stockings or to place under a tree, the Woodend Men's Shed has been busy making special toys ahead of this year's Woodend Primary School Carlsruhe Country Fair.

From small, wooden cars with wheels, bowls or even miniature festive trees created out of upcycled timber – shed president Kevin Davis said a range of knick knacks will be on show and available to purchase on November 26.

"We turn bowls and platters, little toy cars... my experience with it is kids play with them for years," Mr Davis said.

"You give children one of the little cars, then five years later the child is still pushing the car around.

"Their imagination takes over... I've been making them for at least 20 years."

There is a real focus on sustainability when it comes to everything the shed does, from reusing naturally felled timber found or donated by locals through urban salvaging, to reselling unused tools back to the community.

"We get lots of bits and pieces donated. Some of the tools we get donated are older, but they're still good tools [even if] they're not required by the shed," Mr Davis said.

"We put them out [at the fete] for a dollar each or something... we'll always recycle."

At the fete there will even be an opportunity for little ones to have a go at making themselves a wooden plaything.

"We will have a little demonstration of some sort as well, where there will be little trucks kids can make. We pre-cut the pieces and they can glue them together... that's always popular."

## Shed's chateau a model of its time.

BY LIZ BELL - NOVEMBER 15, 2022



*Model of the Hotel Chateau Du Grand-Luce*

Most of the model is made from 3mm MDF, with some intricate details that also include curves and steps. The tiled roof has been hand made from a sheet of the MDF with precision individual knife cuts.

McKeegan said the project took 2080 hours over 22 months, weighs 18kg and has battery-run LED lights in all 13 rooms on its two floors. It has been hand painted throughout.

"The roof can be raised, panels swing open on all sides so that you can see inside with the LED lights," he said. "It is so intricate, there are marble columns, staircases, lattice like windows, archways and hallways."

The chateau will be on display with tickets being sold in the foyer of Bunnings Rosebud store 9am to 3pm on Sunday 4 December and at the Bunnings car park market 6pm to 8pm on Thursday 8 December.

McKeegan said the international men's sheds organisation's sole purpose was looking after the health and mental health of its members.

"One amazing fact is that not one member in any of the men's sheds in Australia has committed suicide, which is a testament to how men mostly retired value the shed," he said. "There are some members who live alone after their wife has passed away and just like to come along for a chat and coffee and even participate in the workshop. "Only this week, one member came to me thanking the shed and all the members for helping him cope with his health and wellbeing. He looks forward to coming to the shed on a weekly basis."

McKeegan said activities at Safety Beach Dromana Men's Shed included mobile phone, laptop, iPad and tablet training, woodwork, making wooden clocks, bread boards, hand towel holders, welding, wooden and plastic pens, beach boxes of different sizes and colours and library books.

"We are active in working with the local community, which the members have a real satisfaction in helping organisations who need projects completed where they don't have the expertise or time to complete," he said.

MEMBERS of Safety Beach Dromana Men's Shed have been keeping busy during the COVID years, getting involved in some community projects that make a difference.

A replica chateau is now being raffled to raise money for an extension of the Pier Street, Dromana shed.

Secretary Denis McKeegan said the model was based on the Hotel Chateau Du Grand-Luce in the south of France, which was built in 1760, and was a classic example of the architecture of the era.

## Men's Shed prepares for monster sale.

Rohan Aldous, November 7th 2022



*Quality goods: Peter Hindson, Roy Knapp and Ray Mueller with the popular Kyabram Men's Shed storage boxes. They will be among the items for sale at the Albion St base of the organisation on Saturday.*

Thirty of Kyabram's most motivated handymen will be displaying their wares at a Kyabram Men's Shed monster sale on Saturday (November 12).

If the sales from last week's bush market are any indication demand for the woodwork products produced from the 117 Albion St site will be great.

The monster sale is a major fundraising exercise for the self-funded men's group and will be held from 8.30am until 1pm on Saturday.

Along with the hand-made wood products, there will be plants and a variety of other items on offer — supported by the staging of a barbecue at the site.

The annual event has been, like most other similar celebrations, in moth balls since 2019 and the club is excited about the potential for the sale — due to be staged on a 24°C spring day.

Friday's bush market offered a sample of the desks, reclining chairs and storage boxes that are the most popular of an expansive product range.

The storage boxes attract significant interest and the men's shed said its role was to offer a great product, at a terrific price, to the community.

A \$500 monthly rental fee is one of the significant costs for the group, which is covered by proceeds from events like the monster sale.

# Covid-19 Update

Currently, some areas of Victoria are experiencing increasingly high numbers of Coronavirus cases. We can all stay well by choosing to stay ahead of COVID. Choose to stay safe by wearing a mask in indoor settings, getting together in well ventilated spaces and staying up to date with vaccinations.

## Advice for seniors:

Adults aged 65 years and over have a higher risk of falling seriously ill with COVID-19. If you're in this age group, there are actions you can take to protect yourself from getting COVID-19 or from becoming very sick if you get it.

- **Stay up to date with your vaccinations**

Victorian seniors are one of the most vaccinated groups in the world. Keep up to date with your vaccine by knowing which dose you're eligible for. Vaccines remain the safest and most effective way to protect against COVID-19. Get your vaccinations at your GP and local pharmacy.

- **Accessing antivirals**

Antiviral medications treat COVID-19 and are proven to save lives and reduce the risk of needing hospitalisation when taken early. People aged 70 and over are eligible for antiviral medications. GPs can prescribe antivirals and help eligible people plan to access them if they test positive for COVID-19. This can help you get the medication within 5 days of becoming sick when it will be most effective. For more information see: [antivirals](#).

- **Managing your health**

Managing your overall health is important when preparing and protecting against COVID-19. Victorians who are 65 and over should continue to:

- monitor existing health conditions and seek healthcare if required
- book routine screenings
- keep scheduled medical appointments
- take medications that your doctor has prescribed
- keep up physical activity

- **Staying connected**

Staying well-connected with family, friends, community, and services supports your mental health and wellbeing

**1800 171 866**

Older Persons COVID-19 Support Line





# Project Place

As stated in Trevor's Chair Report, we are working towards launching **Project Place** on the VMSA Website.

This will be a collaborative page and a way to enable all shed's to share their ideas and current or past projects. This will also offer a way to give advice to other sheds, share, and unite.

For any projects, big or small, or out of the box ideas that you would like to share on our newest webpage, please send through some photos/descriptions of items that your Shed has made to:  
[newsletter@vmsa.org.au](mailto:newsletter@vmsa.org.au)

We cannot wait to see all of the incredible work and ideas shared in Project Place!



# Decembeard

THIS DECEMBER • GROW A BEARD • RAISE FUNDS

## HELP US BEAT BOWEL CANCER

[decembeard.org.au](http://decembeard.org.au)



Bowel Cancer Australia

## *Did you know?*

- Bowel cancer is the **second** deadliest cancer.
- Bowel cancer (colorectal cancer) is the **third** most common type of newly diagnosed cancer in Australia.
- Bowel cancer claims the lives of **5,354** Australians every year (103 a week).
- **99%** of Bowel Cancer cases can be treated successfully if found early.

## *Get Involved*

- Grow a beard or some chin stubble and promote your facial hair in the month of December.
- Dye, decorate, shave or trim your precious hair and create something fun!
- Raise funds on your own or get your Shed together and grow together!

*Ready to grow? Sign up online for [Decembeard](#) or [Decemhair Australia](#)*



Bowel Cancer AUSTRALIA

**NATIONAL BOWEL CANCER**  
SCREENING PROGRAM

# 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



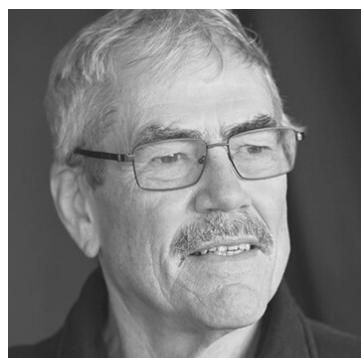
**Tom Rolls**  
Committee/Board  
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**Graeme Newman**  
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0422 248 310



**Marcelle Davis**  
Committee/Board  
0408 592 016



**James Gundrum**  
Committee/Board  
0438 737 401



**Geoff Gedge**  
Board Secretary  
0405 983 635  
secretary@vmsa.org.au

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**

# VMSEA Staff Members



**Derek O'Leary**

CEO

0408 465 228



**Cameron Thomson**

Latrobe Field Officer

0487 427 404



**Darren Scicluna**

Regional Coordinator

0402 522 325



**Hayley Jones**

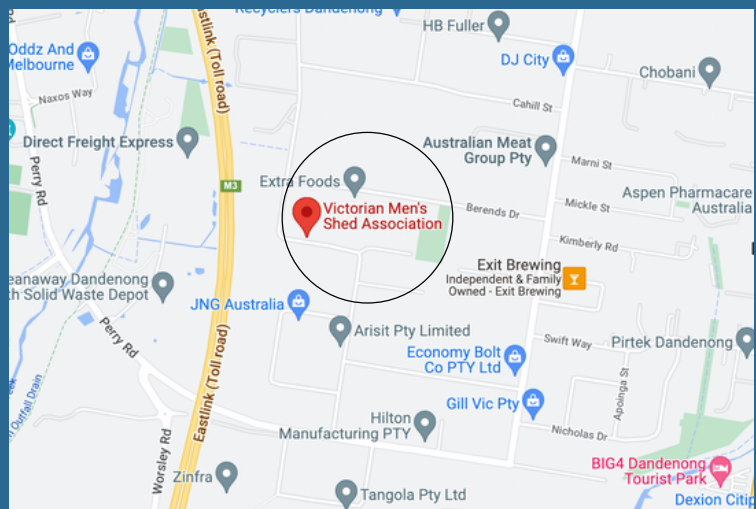
Communications Officer

0422 883 019

*Our CEO, Board Members and Staff are always willing to help our shed members.*

*Please do not hesitate to contact us.*

We are here to support you.  
The VMSEA Office is open Tuesday,  
Wednesday, & Thursdays 9-5



173-175 Ordish Rd, Dandenong VIC 3175

Thanks to our sponsors for their ongoing support:

