

NEW VMSA NEWSLETTER



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/>



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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
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Email: vmsa@vmsa.org.au
Web: vmsa.org.au



CEO's Report



I'm pleased to announce that we have locked in the date and venue for the 2023 VMSA Statewide forum and AGM, Monday October 16th commencing at 10.00am.

Our good friends at The Meadows have agreed to sponsor our event again this year along with equal support from Greyhound Racing Victoria (GRV). This means we are able to offer the event totally free of charge to all registered attendees, which is a fantastic outcome for Men's Sheds in Victoria.

The day will include guest speakers, equipment displays and promos, morning tea, lunch, afternoon tea and a talkback forum where attendees will have a good opportunity to ask questions, network with other sheds and exchange learnings and ideas. The day will conclude with the VMSA AGM.

Details of how to register will be sent out to sheds in the upcoming weeks.

VMSA Vice Chair Colin Prowd and I attended the Geelong Regional cluster meeting held at the Lara Men's shed. Shed leaders from St Leonard's, Torquay, Mount Duneed, Clifton Springs, Leopold, Ocean Grove, Geelong East, Bannockburn and Lara were all in attendance and discussed a range of topics and reported on how each shed was travelling. All reported strong membership with some growth post COVID which was very encouraging. Thanks to Lara Men's Shed for hosting a great event and making us welcome. I must emphasize the importance of regional meetings and the benefits they bring by networking with other sheds in your region. VMSA strongly supports these meetings and would be happy to offer assistance to existing groups, or sheds that wish to form new groups.

In closing I would encourage all sheds to view and follow our new official Facebook page, as although there are mixed views on social media, it's an important medium to demonstrate to government and their departments all the great work that occurs in Men's Sheds and their surrounding communities, which goes a long way in us receiving continued government support. If you have good news stories about what's happening in your local shed, we would love to hear from you. Details on the following page.

Derek O'Leary - CEO

Follow us on Facebook



Here's how you can stay connected:

Visit our Men's Shed Facebook page at

<https://www.facebook.com/profile.php?id=100066357739225>

Click the "Follow" button to receive all our latest updates directly in your newsfeed.

Why follow us on Facebook?

Get the latest news: Stay informed about upcoming shed events, workshops, and community initiatives.

Share the fun: See photos and videos from shed activities and projects, and tag your friends to show off your skills!

Stay inspired: Find creative ideas, health tips, and heartwarming stories from shed members just like you.

Join the conversation: Engage with other members, share your thoughts, and make new friends within our growing community.

Remember, our Men's Shed Facebook page is YOUR space to connect, learn, and support each other. Let's build an even stronger and more vibrant shed community together!



Don't forget to spread the word! Tag your fellow shed mates in the comments below and encourage them to follow us too!



OCTOBER

STATE

16

FORUM

SAVE THE DATE

with thanks to our sponsors

The Meadows
CONFERENCE + EVENTS CENTRE



MEADOWS CONFERENCE AND EVENTS CENTRE,
80 NORTHCORP BOULEVARD, BROADMEADOWS

Registration details will be sent out soon, keep an eye on the
VMSA Website and Facebook page

Moonlight Market & Winter Festival

VMSA Latrobe Valley Field Officer Cameron Thomson Reports In

Men's Sheds - Working with their communities

Over 3,000 turn up for the Moonlight Market and Winter Festival on 22rd July 2023

This is the second year that the VMSA and Latrobe Health Assembly (LHA) have partnered with Moe's Old Gippsdown Heritage Park to hold the community event in Latrobe Valley. The event aims to encourage positive community connection for residents of Latrobe Valley, while also promoting Men's Sheds and support men's mental health. Local community service providers are given the opportunity to promote their services and to engage with community members.

Working closely with both the Latrobe Health Assembly and the events management team at Old Gippsdown, the night provided a range of attractions to draw in the community.

These included 95 market stalls, 15 food vans, a fire-twirler and led light performances, a DJ, snow machine, and face-painting for the kids.

The Drouin Underground Barber provided free haircuts in the Shearing Shed, volunteers ran lantern-decorating in the old school building, and Moe Scouts Group ran free S'mores roasting over an open fire.

Community service providers attending included my **VMSA stall**, the **Latrobe Health Assembly, Youth Support and Advocacy Service (YSAS), Latrobe City Libraries, Into Jobs, and the Latrobe Mental Health and Wellbeing Local service.**

The Moe Old Gippsdown Men's Shed provided a sausage sizzle for the night, while the Newborough-Yallourn Men's Shed were kept busy serving hundreds of free hot chocolates to the community, with milk provided by local dairy business Gippsland Jersey.

Cameron Thomson, VMSA Latrobe Valley Field Officer.



Sheds in the News - Torquay



L-R: Torquay Men's Shed members Ray Busby, Brian Burch, and SCEG founder Graeme Stockton with two of the bird boxes that will be installed alongside Merrijig Creek west of Anglesea Road.

Photo: VINNIE VAN OORSCHOT

One of the 20 bird boxes has been installed. The rest will be installed before the end of the year

A COLLABORATION between two Torquay community groups will benefit local wildlife along Merrijig Creek's upper catchment area west of Anglesea Road.

Surf Coast Energy Group (SCEG) has partnered with **Torquay Men's Shed** to provide long-term temporary habitats to local birds in the Surf Coast region that rely exclusively on bird hollows.

The project involves assembling and attaching 20 bird boxes to 5.5-metre high wooden posts strategically placed along Merrijig Creek, 10 of which will be constructed by the local Men's Shed. It will also complement a large revegetation project conducted by SCEG to restore the creek's swampy riparian woodland and reconnect it to isolated bushland.

SCEG founder Graeme Stockton said the project came out of a literature search on wildlife that rely exclusively on hollows. He said research by David Lindenmayer of Australian National University found more than 300 native species of birds relied on hollows. Local birds that will potentially use the hollows include eastern rosellas, crimson rosellas, blue-wing parrots, treecreepers and grey shrikethrush.

SCEG will install 10 Habitech boxes, which are made of recyclable UV-stabilised polypropylene and have a lifespan of 50 years.

Torquay Men's Shed will add an additional 10 wooden bird boxes that have an approximate 10-year life span.

"What we're trying to do is fill in the gaps where hollow-reliant species don't have proper homes," Mr Stockton said. "Knowing that all these species rely on hollows, boxes like the ones we're building will provide suitable habitats while trees and natural habitats are being grown around the posts along Merrijig Creek."

Men's Shed co-ordinator Brian Burch said the group has undertaken box projects for organisations such as Great Ocean Road Coast and Parks Authority, Torquay Early Learning Centre, and Jirrahlinga Wildlife Sanctuary in recent years.

"A project like this with SCEG is what the Men's Shed is all about, not only for men's health, but building stuff together for the community," Mr Burch said. "We've got a lot of stuff on the go at the moment, we're a not-for-profit organisation and it's what we love to do in our spare time to add to this region that we all live in."

All 20 man-made hollows will be installed before the end of the year.

Akoonah Park team up with Wombat Protection Society

Wombat swing gates help to solve farmer-wombat conflict



Leading on from the successful Victorian Wombat Gate trial we are pleased to announce that wombat swing gates will now be available to landowners in NSW.

Wombat swing gates help to solve farmer-wombat conflict

Many rural landholders struggle with fence damage caused by wombats. This is one of the reasons wombats are often not very popular with

farmers and are sometimes persecuted. Wombats create holes in fences enabling farm animals such as farm dogs or lambs, to escape.

Wombats are an important part of the ecosystem and must be able move freely throughout their territory or home range. They are often misunderstood and not appreciated for the role they play in the environment. Wombats are the largest burrowing animal in the world and are often called eco-engineers for the positive impact on the soils, plants, and general health of the Australian bush.

There are many adverse impacts on wombats from mange, vehicle strike, climate change disasters such as drought, bush fires and flooding, human development, land clearing and habitat destruction. Non-lethal solutions are needed to help wombats co-exist with people.

Since it was established almost 30 years ago, the WPSA has provided advice to landholders on how to 'live with wombats' and provide legal, compassionate, and practical animal welfare solutions to mitigate the impacts of wombats on properties. The WPSA website has a section dedicated to mitigation.

<https://www.wombatprotection.org.au/mitigation>

Concern about landholder-wombat conflict, led the Wombat Protection Society to reach out to the Akoonah Park Men's Shed in Berwick in Victoria to help address the problem and protect wombats.

Semi-retired engineer Jim Grills took charge of the project and designed a very robust, well-constructed, engineered metal gate that is placed over the hole in the fence on the regular path of the wombat. Wombats are creatures of habit and tend to use the same tracks in their territory. The gate allows a wombat to gain entry, but other animals are reluctant to push on the heavy gate, whereas wombats seem to have no trouble.

The wombat gates were successfully trialled in Victoria in 2022 with 130 landholders participating. Around 200 gates were made by the Akoonah Park Men's Shed.

The driving force behind the project was WPSA director Jen Mattingley, who organised the funding for the Victoria project through the Victorian Government Community Support Fund, and has been involved every step of the way. WPSA are very grateful and appreciative of the huge commitment and enthusiasm of the Men's Shed for this ongoing wildlife conservation project.

The gates which cost about \$50 in materials to make and around \$20 for postage were provided free of charge to the Victorian landholders.

Building on the success of the Victorian wombat gate trial, a similar trial is planned for NSW. Until funding is secured for the wombat swing gates, they can be purchased from the WPSA for a nominal price to cover costs and postage. Generally, two gates can be purchased for \$50 each and the cost of postage for two gates is approximately \$20.

Please send inquiries to gates@wombatprotection.org.au Instructions on how to install the gates will be provided.



Left: Volunteers at the Akoonah Park Men's Shed, in Berwick Victoria, have set up a production line to produce the wombat gates very efficiently and to a high standard. Pictured are John Marshall, Graeme Adams, Noel Phelan, David Russell and Phil Watson, under the welding shield and sparks!



Above: Wombat swing gates are easy to install and should be placed on well-used wombat tracks. Installation is simple and instructions are provided. Once installed, it is best to tie the gate up for a couple of weeks so the wombats slowly get used to the change in the fence. The gate is then lowered.



Above: Some of the volunteers at the Akoonah Park Men's Shed with the gates they have made. Note there is a small container for holding Cydectin® making them dual purpose and capable of treating wombats with mange. Engineer, Jim Grills, far right.

NSDP Grants Open

Australian Government
Department of Health and Aged Care
National Shed Development Programme
Administered by the Australian Men's Shed Association (AMSA)

Round 26 NSDP Grants - now open

Open Monday 17 July

Closing at midnight:

Categories 1-4 Friday 25 August 2023

Category 5 Thursday 21 Sept 2023

Men's Sheds can apply for financial support across the following funding categories:

- **Category 1** Health, Wellbeing and Events \$8,000 maximum
- **Category 2** Shed Improvements \$8,000 maximum
- **Category 3** Tools and Equipment \$5,000 maximum
- **Category 4** Mental Health, Wellbeing and Events \$8,000 maximum
- **Category 5** Defibrillators \$2,250 maximum

Under Category 5, Men's Sheds seeking funding to purchase a defibrillator will be able to apply at anytime before 21 Sept 2023, ensuring faster delivery of their defibrillator.

Guideline changes made since round 24 include:

- More flexibility with criteria for hosting events E.g. remote sheds that don't have nearby sheds to seek letters of support
- Contact details of Regional Coordinators who may provide support for health events and preparations of applications.
- Clarified that priority will be given to grants that can be justified from a health perspective.
- Clarified that applications which do not meet the criteria are ineligible, unless strong justification is provided from a health perspective.

Priority will be given to shed improvements that can be justified from a health perspective. Where this is not possible (e.g. security systems and solar panels), significant evidence of need must be provided to make the application competitive against health related applications.

Round 26 will specifically prioritise applications requesting events/improvements/equipment with a strong health, mental health, wellbeing or safety emphasis, in acknowledgement of the impact of COVID-19 and the needs of sheds in the recovery period (and beyond). Additionally, considering ongoing COVID-19 impacts, IT equipment and training will be prioritised to facilitate connectivity.

Category 3-Tools and Equipment - \$5,000 maximum

The priority for funding under Category 3 is providing financial support to

- a) new Men's Sheds (less than 2 years old),
- b) Men's Sheds that have not previously received NSDP funding or
- c) Men's Sheds that have not received funding in the past six rounds (rounds 20-25).

Sheds that do not meet the criteria are ineligible unless strong justification is provided from a health perspective.

Contribution to a specific project

Funds will only be offered if applicants can provide evidence of being able to source the remaining funds. e.g. disabled toilet \$10,000- seeking \$8,000

How to obtain additional information or assistance

Please email amsa@mensched.net if you have enquiries about the NSDP programme, preparing your application, the Application Form and application process, items and services that are eligible for funding.

Support is provided to all applicants regardless of their location or membership of AMSA.

FREE Governance Training



Justice Connect's Not-for-profit Law is running easy to understand legal training for men's sheds.

[Register now](#) for an upcoming online session.

Member disputes and conflict

Conflicts and disputes in your not-for-profit organisation can be stressful and highly disruptive. Learn what the law requires you to do when a conflict or complaint arises between members or committee members of your not-for-profit.

You'll learn about:

- Common disputes involving members or committees
- Following your dispute resolution or grievance procedure
- Disciplining a member - when and how
- What to do if there is a dispute within the committee
- Tips on how to avoid and manage disputes
- How to seek assistance

16 August 2023
2PM – 5PM

Delivered online via
Zoom

[Register here](#)

Creating Positive Auspicing Agreements

Auspicing can be a great way for community organisations to trial a new project, hold a one-off event, or access funding or insurance. But it's important to understand all the legal implications. Join experienced lawyers from Justice Connect as they walk you through the key legal considerations.

You'll learn about:

- What is auspicing and when should you consider it? What does an auspicing agreement look like?
- Pros and cons for the auspicator and auspicee
- Key considerations for both parties, including intellectual property and reporting
- What to do if things go wrong
- Top tips and further resources

14 Sept 2023
10AM – 1PM

Delivered online via
Zoom

[Register here](#)

Shed Recipes

This months recipe kindly supplied by Akoonah Park Men's Shed

HEART WARMING POTATO CASSEROLE

Recipe to serve 4

- 6 Teaspoons Butter
- 2 Shallots, Coarsely Chopped
- 2 Celery Stalks, Trimmed and Coarsely Chopped
- 1 Garlic Glove, Crushed
- 1kg Potatoes, Peeled and Thinly Sliced
- 250 Gr Carrots, Scraped and Thinly Sliced
- 4 Bacon Rashers, Chopped
- 470g Canned Tomatoes
- 250ml Beef Stock
- 2 Teaspoon Paprika
- ¼ Teaspoon Dried Basil
- Salt And Pepper



In a large frying pan melt the butter over a moderate heat.

When the foam subsides add the shallots, celery and the garlic and cook, stirring occasionally, until soft and translucent but not brown.

Add the potatoes, carrots, bacon and cook, stirring frequently for 15 minutes or until the potatoes are golden brown. Pour in the tomatoes, stock, salt, paprika and basil. Bring to the boil, reduce the heat, cover and simmer for 10 minutes or until the potatoes are tender.

BON APPETIT

If you have a great recipe, please send them in and share with us

Elder Abuse Consultation-Have your say



Elder abuse is one of those topics that can make us all feel a bit uncomfortable. You may have heard stories about elder abuse through family, friends, or the community. Or you may have encountered situations directly.

Whichever the case, Elder Abuse Action Australia (EAAA) needs to hear from you.

As a national voice for action to end the abuse of older people, EAAA has been engaged to lead an important national research and consultation project to inform the 2nd National Plan to Respond to the Abuse of Older Australians.

Over the next six weeks, face-to-face focus groups will be held to gather insights from older people and the community regarding elder abuse.

EAAA's primary goal is to ensure this consultation is comprehensive and inclusive and all participants will share their experiences in a safe, collaborative space.

They are particularly keen to hear from men, whose opinions and experiences have been traditionally under represented. As members of the Men's Shed community, you all possess a wealth of knowledge, experience, and unique perspectives and EAAA needs to hear your voices.

So, if you've had lived experience of elder abuse or have supported someone who has, **please register your interest for the Melbourne session on Monday 21 August from 10am to 1pm here.**

Participants who take part in these focus groups will **receive a \$50 gift card** at the conclusion of the session.

If you need any further information about this important project, please email info@eaaa.org.au or phone EAAA on 1800 960 026

Watchout for Scams

Consumers are being warned to be wary of phone calls and texts that appear to be from their bank, following alarming reports of Australians losing their life savings to a highly sophisticated impersonation scam.

Scammers are using new technology to trick their victims, by making the call appear to come from the bank's legitimate phone number or by sending a text that appears in the same conversation thread as genuine bank messages

Bank impersonation scams impersonate the big four banks as well as other financial institutions.

Communications often have a sense of urgency to them, such as fraudulent activity raising red flags, or a frozen account.

It is critical to remember that no matter how legitimate the call or message seems, a bank won't ask you to urgently transfer funds.

"If you receive an SMS with a telephone number to call, do not use it. Instead, call your bank direct on a number you have sourced yourself. Likewise, hang up if you receive a call from someone claiming to be from your bank requesting you to transfer money to 'keep it safe'. Ask for a reference number and call your bank back using contact details you have found independently."

Never provide online banking passwords, one-time security codes, pins or tokens to anyone over the phone. Contact your bank or financial institution immediately if you think you have been scammed.

Top tips for avoiding scams

Stop – take your time before giving money or personal information.

Think – ask yourself if the message or call could be fake?

Protect – act quickly if something feels wrong. Contact your bank and report scams to Scamwatch.

Signs of a bank impersonation scam:

- There is a sense of urgency or threat to the message – “your bank account has been accessed”, “your bank account has been locked” “a payment has been made from your account. If this was not you, please call (phone number)”.
- The message looks different to other messages in the SMS thread, such as different wording or phrases used.
- The message may contain a suspicious looking link. Never click on links.
- The SMS has a telephone number to call – always find your bank's phone number independently.
- The caller will tell you to transfer money to a different account to 'keep it safe' or for 'further investigation'. This is not standard procedures for a bank. It is a scam.

[You can find more information about Scams here](#)

VMSA Board Members



Trevor Dobbyn

Chair
0408 121 934



Colin Prowd

Vice Chair
0437 311 218



Max Finlayson

Secretary
0428 171 020



Mick Overman

Treasurer
0419 576 795



Marcelle Davis

Board Member
0408 592 016



Tom Rolls

Board Member
0490 290 597



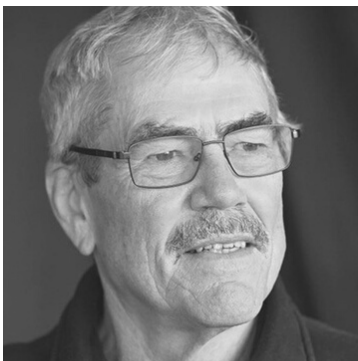
Graeme Newman

Board Member
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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

VMSA Staff Members



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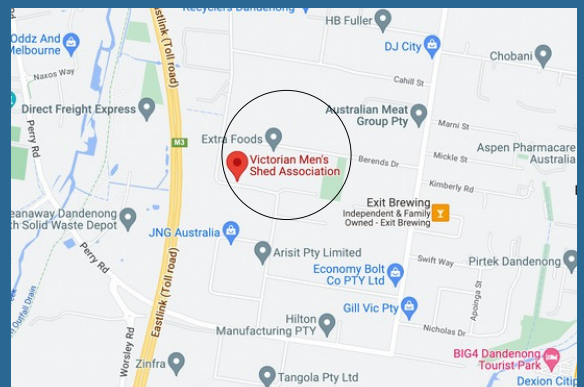


FOLLOW

US ON FACEBOOK

[CLICK HERE](#)

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



173-175 Ordish Rd, Dandenong VIC 3175

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

Thanks to our sponsors for their ongoing support:

