


**VMSA NEWSLETTER**

# A message from the editor



Peter Bettes

Despite the lockdowns there is always something happening at the VMSA, in the Men's Shed Community and initiatives being taken by the Victorian Government for the benefit of Men's Sheds and Shedders.

This month sees the New VMSA Newsletter published a little later than usual for a few reasons:

- Preparation for, and reporting on, the VMSA AGM
- Our graphic designer lost power in the storms for several days and is still working in cafes as his internet connection is still waiting to be reconnected
- Yours truly spent four days in the Austin Hospital for a complex set of issues and is recovering very well.
- And to complete the picture some issues with the computer
- Oh, and I moved house into the bargain.

Notwithstanding, 'the show must go on', so I hope you enjoy this third edition of the New VMSA Newsletter.

You will note as you read this newsletter, we are referring to weblinks on the VMSA website or on Government websites, so you can read stories in depth that are of interest and value to you. This helps us continue to publish information of interest and value to shedders and at the same time, keeping our costs of production at manageable levels.

We are interested in seeking sponsorship for the VMSA New Newsletter and would appreciate any assistance that Shedders may be able to offer in recommending possible sponsors. Please write to [peter@vmsa.org.au](mailto:peter@vmsa.org.au), or call Peter on 0417 031 213.

The implementation of the recommendations of the Royal Commission into Mental Health is gathering momentum. In the week of 22 November 2021, The Department of Health's Mental Health and Wellbeing Division conducted forums in the six key target **LGAs of Benalla, Brimbank, Frankston, Greater Geelong, Latrobe Valley and Whittlesea.**

These forums were the second phase of the implementation. The VMSA Secretary, Peter Bettes, participated in five of the six forums, being Benalla, including Wangaratta and Mansfield, Brimbank, Frankston, Greater Geelong, including the borough of Queenscliffe, and Whittlesea.

See the full article in this newsletter.

**In summary the Men's Shed movement is highly regarded by the participants in the forums and Men's Sheds are considered to be important assets in each of the six target LGAs in the implementation of the recommendations of the Royal Commission, and the establishment of the Local Services.**

**There are in excess 50 Men's Sheds in these 6 LGAs.**

*Continued*

## Shed Contact Details

**We need your help.** Why? to help get the VMSA database as accurate as possible, which it is not at the moment. In the normal course of shed life, members move on for one reason or another, and new members assume various roles in their shed, and roles often change at the shed AGM.

As it is AGM season, I would ask all sheds and their committees to take a moment or two to update the shed contact form for their shed which can be found here:

[https://www.vmsa.org.au/wp-content/uploads/2020/12/Shed\\_Contacts.pdf](https://www.vmsa.org.au/wp-content/uploads/2020/12/Shed_Contacts.pdf)

If you have all the information to hand, it should take about 20 minutes to complete.

Thank you in anticipation.

## Change of Ministers for Men's Sheds and a Message from the Hon. James Merlino, Deputy Premier

Recent changes in the roles and responsibilities of Ministers in the Victorian Government have seen the change of the Minister for DFFH from the Hon Luke Donnellan to the Hon James Merlino, Deputy Premier.

## Check out this link to read the very positive letter of support from the Hon James Merlino to the VMSA and its member sheds.

<https://www.vmsa.org.au/wp-content/uploads/2021/11/Hon-James-Merlino-MP-Victorian-Mens-Shed-Association-1.pdf>

## Governor's Message to the Men of the VMSA Men's Sheds

Our patron the Governor of Victoria, the Honourable Linda Dessau AC , gave a warm and sincere speech to the Men of the VMSA's Men's sheds in a video at the VMSA AGM on 5 November 2021.

The members present at the AGM showed their appreciation for her message.

The video can be watched by clicking on this link: <https://www.vmsa.org.au/governors-message/>

and here: <https://www.dropbox.com/s/y1mmei06jctlmce/Victorian%20Men%E2%80%99s%20Shed%20Association.mov?dl=0>

**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=IwAR39ym4c8KxR8tDdn6rD5ateLgs-qzmfVeYnduUZ-JmyMKbVgFrP8INnbPc>

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# CEO's Report

Well, another month has quickly come around again, and whilst Covid still lingers, it's been great to speak to many sheds and assist them with opening up inquiries, given that many are now operational again, albeit with a few COVID safe requirements to comply with.

We now have a few drop points located around the state with plenty of free hand sanitiser available to all VMSA sheds, drop me a line if you need details as to how you can get your hands on some for the shed.

The VMSA 2021 AGM took place online this month, and I'm pleased to report that the technology all worked very well, and the members that attended all did a great job participating via technology, and I thank them for their support and participation.

Hopefully as the vaccination rates continue to climb, and restrictions ease further, we can start to plan for some in person gatherings early in 2022, which I'm sure you are all enthusiastic to attend, given the lack of any real face to face meetings of any significant size over the past year or more.

Those of you in parts of Gippsland and Latrobe Valley may have now met with Cameron Thomson, our new field officer in that region. Cameron is putting together a few plans at the moment to assist the sheds

in the region, and I'm sure he will welcome your ideas and suggestions when you talk with him.

Later this month Justice Connect will start to roll out some of the governance training for sheds, so keep an eye on our website and your emails for details.

I've seen a few enterprising sheds starting to produce some great Christmas items for sale in their local communities, which is terrific and certainly a positive as we rapidly approach the upcoming festive season, which I'm sure everyone is looking forward to, given the past Christmas that nearly never was.

I hope you're enjoying the newsletters and a big thanks to Peter Bettes who puts an amazing amount of time and effort into getting it out each month. Don't forget to send him your stories if you have something you would like to share.

Hopefully I'll see many of you over the coming months as restrictions taper off, in the meantime, enjoy heading back to the shed.

Best Regards,

**Derek O'Leary – VMSA CEO**

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

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

Tel: 0408 465 228  
news@vmsa.org.au



# President's Report

As we emerge from the longest lockdowns, like bears after hibernation, early signs of return to some kind of normal life in Men's Sheds (albeit with Covid 19 features) abound.

Reopening yes, but with Covid check-in marshalls checking proof of double vaccinations, record books, QR code requirements, masks, distancing, cleaning, and a host of other Covid regulations that put pressure on committees and members alike.

Through all of this most have kept calm and carried on without complaint and the committee members who took responsibility for keeping their sheds safe during these challenging times should be congratulated.

Sheds have had different experiences during the pandemic and reacted in different ways to the difficulties they faced, but all have shared the common experience of being locked out and of using a variety of methods to keep in touch with shedders to help overcome the attendant isolation, loneliness and stress.

I think it would be good at some point in the not too distant future for the VMSA to ask sheds to record what they did during the pandemic and that these records be centralised and preserved for those that come after us. This will help them understand what happened during this rather dramatic time and maybe give them a few tips on how to cope when the next pandemic comes along...

The VMSA had its AGM on Friday 5 November which went off smoothly, commencing with a video message from the Governor, the reading of a letter from the Deputy Premier in support of the VMSA and sheds, the endorsing of the Annual Report and financials, the setting of membership fees (no change) and the filling of board vacancies.

The AGM also acknowledged the contribution of outgoing Vice President (and former president) Lindsay Oates who has retired from the VMSA after many years of service.

We also had an excellent presentation from Wayne Wigham from the Black Dog Institute (BDI) on men's mental health which was timely given the pressures faced by members during the pandemic.

BDI have speakers including Wayne who can visit sheds over the next few months on request, subject to time and resources being available.

If your shed would like to have a BDI speaker please let our CEO Derek O'Leary know asap.

I wish all members well in continuing to look after their sheds as we continue the process of recovery from the effects of this dreadful pandemic.

Kind Regards

**Trevor Dobbyn** - VMSA President

## International Men's Shed Associations

While we are all locked down, and you may be looking for something to do, you may want to check out International Men's Shed sites for ideas. Here are the links:

- The UK Men's Shed Association website is: <https://menssheds.org.uk/>
- The Irish Men's Shed Association website is: <https://menssheds.ie/>
- The Welsh Men's Shed Association website is: <https://www.menssheds.cymru.co.uk/>
- The Scottish Men's Shed Association website is: <https://scottishmsa.org.uk/>  
*The Scottish Shedder Magazine is well done.*
- The Canadian Men's Shed Association website is: <http://menssheds.ca/>
- The New Zealand Men's Shed Associations website is: <https://menzshed.org.nz/>
- The USA Men's Shed Association website is: <https://usmenssheds.org/>

# The VMSA AGM 2021

The VMSA AGM was held via ZOOM on 5 November 2021. The meeting was very successful and well received by the members present. The highlights of the AGM were:

- A video presentation by the Governor of Victoria, the Honourable Linda Dessau AC, check it out here: <https://www.vmsa.org.au/governors-message/>
- A reading of the strong letter of support for the VMSA, its member sheds and their shedders, from the Hon James Merlino MP, Deputy Premier. Check out the letter here: <https://www.vmsa.org.au/wp-content/uploads/2021/11/Hon-James-Merlino-MP-Victorian-Mens-Shed-Association-1.pdf>
- A compelling presentation by Wayne Wigham, from the Black Dog Institute on Men's Mental Health and depression. Wayne's story can be read here: <https://www.blackdoginstitute.org.au/resources-support/personal-stories/wayne/>

Check out this link for the Black Dog Institute's Resources and Support <https://www.blackdoginstitute.org.au/resources-support/>

- Acceptance of the Annual Report, Annual Accounts and Auditor's report.
- The following members were re-elected / elected to the Board:
  - Trevor Dobbyn continuing
  - Barbara Look continuing
  - Peter Bettes continuing
  - Peter Broomhead continuing
  - Russell Laurens continuing
  - Geoff Brookes new nominee
- In accordance with the new constitution, portfolios will be allocated at the first Board meeting after the AGM, scheduled for Wednesday, 17 November 2021 at 9:00am via ZOOM.

## Retirement of Lindsay Oates

At the AGM Trevor Dobbyn thanked Lindsay Oates, who is retiring from the Board of the VMSA, for his work most recently as Vice President and previously as President, for the work he has done for Men's Sheds and Shedders in Victoria and for the VMSA.

The Board on behalf of all VMSA member sheds wished Lindsay all the best for the future and trusts that he will enjoy a long, happy and healthy retirement.

A glass trophy was presented to Lindsay as a memento of his service to the VMSA, VMSA member sheds and their members.

Lindsay said in reply that he was honoured and privileged to have served the Men's Shed movement in various capacities over a number of years and emphasised the importance of Men's Sheds to Men's Health and Wellbeing.



## Keep up to date on VMSA Matters

### VMSA website

The VMSA has a new for 2021 website thanks to our new CEO Derek O'Leary

If you haven't had a chance to check it out, now is a great time.

Check it out at [www.vmsa.org.au](http://www.vmsa.org.au)

### VMSA facebook page

Shedders, please join our facebook page – follow the link or search for VMSA – Public Notices.

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

This is open to every Shedder – so the more the merrier.

Post lots of interesting articles and pictures about your Sheds activities - but note – please do not post any naked selfies!



# Board Portfolios, New Board Members and Casual Vacancies

The new Board met on Wednesday 17 November 2021 to elect the executive members of the Board, welcome the new Board member Geoff Brooks and invite Colin Prowd and Tom Rolls to fill two of the three casual Board vacancies

The roles of the new Board are:

- President, Trevor Dobbyn
- Vice President, Barbara Look
- Secretary, Peter Bettles
- Treasurer, Geoff Brooks
- Board members
  - Tom Rolls
  - Peter Broomhead
  - Russell Laurens
  - Colin Prowd



## Our Board



**Trevor Dobbyn**  
President  
0408 121 934



**Barbara Look**  
Vice President  
0413 475 552



**Peter Bettles**  
Secretary  
0417 031 213



**Geoff Brooks**  
Treasurer  
0407 486 953



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



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



**Russell Laurens**  
Committee/Board  
0438 198 001



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

Our CEO and members of the Board are always willing to help our member sheds. Do not hesitate to contact us.

Don't forget these important organisations that are there to help in these difficult times. REMEMBER TO CALL A MATE.

Beyond Blue	<b>1300 224 636</b>	Grief Line - 12-3pm 7 days:	<b>03 9935 7400</b>
Lifeline	<b>131 114</b>	Pain Management Line	<b>1300 340 357</b>
MensLine	<b>1300 789 978</b>	Sane Australia	<b>1800 18 7263</b>
Suicide Call Back Service Veterans Line	<b>1300 659 467</b>	Mind Australia Carer Helpline	<b>1300 554 660</b>
Veterans Line	<b>1800 011 046</b>	Men's Referral Service for help to avoid domestic violence:	<b>1300 766 491</b>

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



# Implementation of the Recommendations of the Royal Commission into Mental Health

The implementation of the recommendations of the Royal Commission into Mental Health is gathering momentum. In the week of 22 November 2021, The Department of Health's Mental Health and Wellbeing Division conducted forums in the six key target **LGAs of Benalla, Brimbank, Frankston, Greater Geelong, Latrobe Valley and Whittlesea.**

These forums were the second phase of the implementation. The VMSA Secretary, Peter Bettes, participated in five of the six forums, being Benalla, including Wangaratta and Mansfield, Brimbank, Frankston, Greater Geelong, including the borough of Queenscliffe, and Whittlesea.

Why these six LGAs? The selection was based on a complex set of criteria including, socio-economic factors, population size, number of mental health services in the LGA, the level of mental health factors in the community, such as suicides, emergency department statistics of people presenting with mental health issues to name just a few. The rollout to the next group of LGAs will be selected on the same criteria and the experience of the first six LGAs.

The phase one report will soon be published on the official website of the new Local Adult and Older Adult Mental Health and Wellbeing Services, here:

<https://engage.vic.gov.au/local-adult-older-adult-mental-health-wellbeing-services>

The results of the six forums are being collated for each LGA in the week of 29 November 2021. The report will be submitted to the Minister and then made public, again on the website of the new Local Adult and Older Adult Mental Health and Wellbeing Services, here:

<https://engage.vic.gov.au/local-adult-older-adult-mental-health-wellbeing-services>

The VMSA will keep you posted when these reports are available.

**In summary the Men's Shed movement is highly regarded by the participants in the forums and Men's Sheds are considered to be important assets in each of the six target LGAs in the implementation of the recommendations of the Royal Commission, and the establishment of the Local Services.**

**There are in excess 50 Men's Sheds in these 6 LGAs.**

The VMSA encourages Men's Sheds in these LGAs to keep abreast of the implementation as the Local Services are rolled out.

# Mental Health Resources for us Blokes

Many blokes are finding it difficult to return to their sheds after being locked down for many weeks and months. Reasons are many, including reluctance to be out in public where they will have to communicate, or a lingering fear / anxiety of catching COVID-19, and a feeling of I am safe in my 'castle'. Here is some useful information from the Health Direct website that will help.

Do you ever feel alone? Do you worry a lot or feel like life is too hard? If you do, you are not the only one.

Many people struggle with **mental health issues**, such as **depression** and **anxiety**.

But just like physical illnesses, most mental health issues can be managed or treated.

## What is mental health and why is it important?

The term mental health refers to your state of mind. **Good mental health** is about feeling a general sense of wellbeing, confidence and a healthy self-esteem.

Good mental health is important. This is not just so you can get through the day, but so you can form **healthy relationships** with others, and enjoy and appreciate life.

Mental health deserves to be taken seriously. If you feel like you're not coping, the best thing you can do is ask for help. Just doing this might help you to start feeling better.

**Why does the VMSA place such a strong emphasis on men's mental health? *Beyond Blue* state that "On average, one in eight men will experience **depression** and one in five men will experience **anxiety** at some stage of their lives". So, there is a fair chance that even a Men's Shed of say 20 members may have 2 to 4 blokes that are suffering or have suffered from depression or anxiety.**

**Men are known for bottling things up. But when you're feeling down, taking action to call in extra support is the responsible thing to do. So read on if you, a friend or a family member need help.**

## Not sure what to do next?

If you or someone you know are finding it difficult to manage mental health issues, try **healthdirect's Symptom Checker** and get advice on when to seek professional help.

The Symptom Checker guides you to the next appropriate healthcare steps, whether it's self care, talking to a health professional, going to a hospital or calling triple zero (000).

## Where to get help

If you need help, talking to your doctor is a good place to start. If you'd like to find out more or talk to someone else, here are some organisations that can help:

- **Head to Health** (to find digital health resources)
- **Beyond Blue** (anyone feeling depressed or anxious) – call 1300 22 4636 or chat online
- **Black Dog Institute** (people affected by mood disorders) – online help
- **headspace** (online tools for young people)
- **Mensline Australia** – call 1300 78 99 78
- **Lifeline** (anyone having a personal crisis) – call 13 11 14 or chat online

For more detailed information check out this link. It is a Federal Government site, so the information can be trusted as can the information from the listed organisations

<https://www.healthdirect.gov.au/mental-health-resources-for-me>

And information for men at: <https://www.beyondblue.org.au/who-does-it-affect/men>



# New Mental Health Lived Experience Leadership

The Andrews Labor Government has appointed its first Executive Director of Lived Experience to help build Victoria's new mental health and wellbeing system, ensuring those with experience of the mental health system are at the centre of its reform.

Mary O'Hagan, an internationally recognised lived experience executive and advocate will take on the leadership role after dedicating her passion and expertise to the lived experience movement for more than 35 years. She is also a former Mental Health Commissioner of New Zealand, where she advocated as a strong voice for change.

For the full story click here:

<https://www.vmsa.org.au/wp-content/uploads/2021/11/Mental-Health-Leadership.pdf>

## Shed Training – Governance and what it means to be on a Shed Committee

The VMSA is pleased to announce the first of the Justice Connect Governance Training sessions for Sheds.

This training has been made possible by a grant from the Victorian Government so it could engage Justice Connect. The VMSA thanks the Victorian Government and Justice Connect for making this training possible.

Make a note of the date: Monday November 29th 10.00am – 1.00pm via Zoom.

Sheds interested should register ASAP via the online form:

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

The first session will be limited to 30 participants, preferably one or two from the executive committee of each shed, eg: Secretary, President, Vice President or Treasurer.

The focus is on good governance and what it means to be on a Shed committee.

There are many other sessions scheduled next year commencing early February, some on Governance and some on Safety and Risk.

Good Governance is critical to the success of any organisation, and Men's Sheds are no exception.

Good Governance applies to all aspects of an organisation's operations and its success, eg:

- Health and Safety
- Policies and Procedures
- The Shed's Model Rules or Constitution
- Financial Management
- Delegation Authorities
- Insurance
- Risk
- Duty of Care for Members

This training is free and is open to all Men's Sheds in Victoria. It will be delivered by Not For Profit lawyers Justice Connect.

Over the next 12 months the VMSA encourages all sheds to participate in this great opportunity.

# Victoria Hits 91.3% Vax Rate

Victoria has cleared the 90% vax rate hurdle for those over 16 years of age as at 29 November 2021 with 91.3% being fully vaccinated. While this is an excellent result, there is no time for complacency; we still need to keep vigilant as we go about our daily lives and encourage those not vaccinated to get the jab as it is not too late – it may save their lives.

Check out the latest Covid-19 information on the Victorian Government website here:

<https://www.coronavirus.vic.gov.au/>

Check out the latest information on "staying safe" and what you need to keep doing here:

<https://www.coronavirus.vic.gov.au/staying-safe>

## **Booster shots are now available**

Many if not most Shedders now qualify for Booster doses of COVID-19 vaccines.

Check out the latest Australian Government advice here:

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-your-vaccination/booster-doses>

Check out the latest Victorian Government advice about booster doses and home vaccinations here:

<https://www.coronavirus.vic.gov.au/vaccine>

# Radio Interview with our CEO by Gerard Mansour

Derek O'Leary was interviewed by Gerard Mansour in October as part of the Victorian Seniors Festival Reimagined 2021. Check out the link below:

<https://soundcloud.com/seniors-festival-radio/episode-19-derek-oleary-mens-sheds>

Gerard Mansour is the Commissioner for Senior Victorians.

Derek O'Leary represents the VMSA, our members and shedders on Gerard Mansour's advisory Board.

## **About Gerard Mansour**

In May 2019, the Victorian Government announced the reappointment of Gerard Mansour as the Commissioner for Senior Victorians until 2023.

A widely respected and outstanding advocate for the needs of older people, with over 30 years of leadership experience within the aged and community services sectors, Gerard was appointed as the inaugural Commissioner for Senior Victorians in 2013.

'Gerard Mansour is an outstanding advocate for senior Victorians – respected, considered and knowledgeable about the issues facing older people,' Minister for Disability, Ageing and Carers Luke Donnellan, at the time, said.

Read more about Gerard Mansour here:

<https://www.seniorsonline.vic.gov.au/services-information/commissioner-for-senior-victorians/about-the-commissioner>

And more about Seniors Online here:

<https://www.seniorsonline.vic.gov.au/services-information>

# Stories from the Sheds

Check out some stories from some of our Men's Sheds and congratulations to the Wodonga Men's Shed and the Croydon Hills Community Men's Shed on creating two excellent videos to help get the word out about their Sheds.

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**Wodonga Men's Shed promotional video:** Check out this link to the Wodonga Shed's OHS video. It is well produced, and would be of great value for all sheds.

<https://www.facebook.com/Wodongamansshed/videos/4610801352273267>



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**Wimmera Men's Shed Network:** A little story about Rupanyup and the Rupanyup & District Men's Shed

<https://www.vmsa.org.au/wp-content/uploads/2021/11/Wimmera-Men-Shed.pdf>

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**Red Knights gear up for annual toy run with the help of the Maffra Men's Shed.**

<https://www.vmsa.org.au/wp-content/uploads/2021/11/Red-Knights.pdf>

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**Leongatha's new Men's Shed** nearing completion – so good to see Men's Sheds expanding and building new facilities.

<https://www.vmsa.org.au/wp-content/uploads/2021/11/Leongatha-Mens-Shed.pdf>



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**Akoonah Park Men's Shed** – always a good read.

<https://www.vmsa.org.au/wp-content/uploads/2021/11/Akoonah-Mens-Shed-Newsletter-Nov-2021.pdf>

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**Mansfield Men's Shed** – Open Days will again be possible now restrictions are easing. An older story but a goodie.

<https://www.vmsa.org.au/wp-content/uploads/2021/11/Mansfield-Mens-Shed-article.pdf>

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**Croydon Hills Community Men's Shed Promotional Video:**

<https://www.facebook.com/CroydonHillsCommunityMensShed/videos/1010507062858440/>



# To Lighten the Moment

## 'Do You Love Me?' – Boston Dynamics

The whole crew at Boston Dynamics got together to celebrate the start of what they hoped will be a happier year: Happy New Year from all of us at Boston Dynamics. [www.BostonDynamics.com](http://www.BostonDynamics.com)

Check this out here:

<https://www.youtube.com/watch?v=fn3KWM1kuAw>

and here:

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



## 8 Advanced Robot Animals You Need to See

[https://www.youtube.com/watch?v=Oqq5tgday\\_w](https://www.youtube.com/watch?v=Oqq5tgday_w)

## Mesmerising Things to Watch

<https://www.youtube.com/watch?v=kKChUC36AgQ>

### Shed Jokes

My friend was showing me his tool shed and pointed to a ladder.

"That's my step ladder", he said. "I never knew my real ladder".

*Can't believe someone broke into my shed and stole my limbo stick.*

*How low can ya go?*

Q: What rock would you find inside a garden shed?

A: Shedimentary

*My wife told me she and her sister started a weight loss competition to see who can shed the most pounds before their cousin's wedding this summer.*

*"I hope you win" was not the correct response.*

I'm hiding in my Finnish Neighbour's shed, waiting to jump out and surprise him.

It's like a sauna in here.

Teacher: How old is your father?

Kid: He is 6 years.

Teacher: What? How is this possible?

Kid: He became father only when I was born.

(Logic!! Children are quick and always speak their minds.)

TEACHER: Maria, go to the map and find North America.

MARIA: Here it is.

TEACHER: Correct. Now, Class, who discovered America?

CLASS: Maria.

TEACHER: Glenn, how do you spell 'crocodile'?

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it.

(I love this child.)

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?

CLYDE: No, sir; It's the same dog.

(I want to adopt this kid!!!)

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?

HAROLD: A teacher.

PASS THIS AROUND AND MAKE SOMEONE LAUGH!  
LAUGHTER IS THE SOUL'S MEDICINE!!



# Interesting Projects

## **Making a 100-drawer workshop organiser from pallets.**

Check out this link to see how this chap made a workshop organiser from pallets – over 1000 pieces. Great workmanship, patience, and dedication.

<https://www.youtube.com/watch?v=SD6B73gYI6k>

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## **Nine Amazing Wood Projects You Must See**

Nice work – check it out here:

<https://www.youtube.com/watch?v=bRXTJGKtzy4>

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## **10 AMAZING Scrap Wood Project Ideas | Beginner Woodworking Projects**

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

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## **2 Easy DIY Projects For Beginners and 1 With a Twist**

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

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# Scam Awareness Week and Scamwatch

You may ask, why do we put an article about Scams in every edition of the New VMSA Newsletter. Well unfortunately scams are on the increase, and they catch some of us out, especially when we are not checking messages on our phone, our tablet or our computer, with a suspicious / critical eye.

Here are some useful resources to keep you safe:

The Australian Competition and Consumer Commission Site, Scam Watch, and Scams Awareness week. Check out this link:

<https://www.scamwatch.gov.au/news-alerts/scams-awareness-week-2021>

Consumer Affairs Victoria

<https://www.consumer.vic.gov.au/scams>

If you have experienced a scam, let us know [news@vmsa.org.au](mailto:news@vmsa.org.au)

# Thanks to our Sponsors for their Ongoing Support

## Ozito

The VMSA wishes to thank Ozito Tools for the ongoing support they provide to the VMSA with donations of superseded models and ex-demonstrator stock. These tools provide an invaluable resource to our Shedders.

We are pleased to say that our Shedders and our member Sheds, not only rely on the donations, but go out and buy Ozito tools as well.



## Bunnings

The VMSA wishes to thank Bunnings for the several ways they support VMSA Men's Sheds:

- Bunnings offers VMSA Sheds a Power Pass, so they get discounts on Bunnings products. Every VMSA Shed is entitled to receive a Power Pass on application with an ABN
- From time-to-time Bunnings will donate tools to Sheds, which are ex-demonstrator, ex-display stock or superseded models
- And of course, the 'traditional Bunnings sausage sizzles'



## Bosch

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## Sia Abrasives Australia P/L

The VMSA wishes to thank sia Abrasives for their generous support and donation of sandpaper and other abrasive products for distribution to VMSA member sheds.

Sandpaper is a vital resource in every Men's Shed.



**BUNNINGS HAS ALL  
VIC MEN'S SHED  
MEMBERS COVERED**

In the October VMSA New Newsletter, we reminded Sheds that they can apply for a Bunnings Power Pass, as many have yet to apply for a Power Pass. If you haven't already done so, it is not too late to apply for a Power Pass for your Shed.

The headline 'BUNNINGS HAS ALL VIC MEN'S SHED MEMBERS COVERED' has been misinterpreted on the odd occasion as applying to individual Shedders. It actually applies to the Sheds, as the Sheds are the members of the VMSA i.e. the Victorian Men's Shed Association members. Shedders are members of their sheds.

We apologise for any misunderstanding.



To sign up or link your existing account  
contact [Organisationsvic@bunnings.com.au](mailto:Organisationsvic@bunnings.com.au)  
or (08) 8392 4815

