

NEW VMSA NEWSLETTER

Bunnings invites Victorian Men's Shedders to the Mighty Trade Expo



As a result of the VMSA signing a new agreement with Bunnings to build on the PowerPass relationship, all Victorian Men's Sheds (and Shedders) are invited to attend the Bunnings Trade Expo 2022. This is a first step in Bunnings providing more opportunities for our Sheds to network with Bunnings and its suppliers.

Don't miss out on the latest products, innovation and exclusive deals!

The 2022 Trade Expo events will feature in five locations across Australia – Melbourne, Sydney, Brisbane, Adelaide and Perth. Each Trade Expo will be a one-day-only event not to be missed.

The Trade Expo provides a great opportunity for you to talk face to face with Bunnings suppliers and Bunnings product experts, and network with industry suppliers. There will also be the chance to access exclusive one day only Trade Expo deals! On the day you can expect to see over 100 suppliers with delicious free food and drink provided as well as complimentary parking! Bunnings hopes to see you there. Late stayers may even be treated to a free beer.

Register now for the Melbourne event

Melbourne Showgrounds, Exhibition Pavilion. Thursday 4 August 12:00pm – 7:00pm

Free parking available via Gate 5 Langs Road, Ascot Vale. [View on map](#)

Over 130 suppliers – [click here to see the full list](#)

Register for the event here: <https://fcm.eventsair.com/bunnings-trade-expo-2022-mel/registration/Site/Register>

Shuttle transport is available from some major regional Bunning stores – when registering check shuttle locations.

NB: You must be registered to gain entry.

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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.

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A message from the Editor



Well, we're more than halfway through the year already and almost to the end of July, the end of winter, and time to look forward to Spring and Summer.

We hope our shedders are taking care of each other and keeping safe. COVID-19 again has reared its head with the BA4 and BA5 5 variants rapidly moving across the community. See the article about 'Staying ahead of COVID', keeping safe, the recommendations to keep your vaccinations up to date for maximum protection and a reminder of the precautions we can take to keep safe.

We are pleased to announce further progress in our relationship with Bunnings. Our sheds and shedders have been invited to the forthcoming Bunnings Trade Expo which is the next step in Bunnings providing more support to our sheds and shedders. Check out how to register to attend the Expo on Thursday August 4 from 12:00pm to 7:00pm at the showgrounds in this newsletter.

RUOK? Day Is coming up in September. Check out the article in this newsletter and on the RUOK? Website for ideas and resources to raise awareness in your Shed and your Community.

There is a bunch of stories in the section "Sheds in the Media" which are a great inspiration of ideas of how sheds can assist their communities and at the same time raise funds to support their shed. We are seeing more sheds refurbish computers to assist those in our communities that cannot afford a computer.

I really like the story of the Bulahdelah Men's Shed where, as a gesture of goodwill and community support, the local real estate agent, Debra Thomson, is giving back to the community with every sale. Debra shares a percentage of her commission with local community groups, and the Bulahdelah Men's Shed was one of the first organisations to receive a donation. Read the full story in this newsletter. Maybe our Sheds could approach their local real estate agents and establish a similar arrangement.

The VMSA welcomes two new sheds as members:

- The Knox & District Woodworkers Club
- The Learmouth Community Men's Shed

Welcome fellas and we look forward to your active participation in the VMSA.

It is heartening to see new sheds being established to support Men's health and wellbeing in their local communities.

Check out the story from the Crystal Brook Men's Shed. A great example of Sheds and Shedders working together for the health and wellbeing of their Shedder mates.

We love to get stories from our Sheds to share. Please send your stories to editor@vmsa.org.au.

Peter Bettes – Editor

To sign up to receive your own copy of the New Newsletter, click the link and fill in your details:

<http://www.vmsa.org.au/newsletter/?fbclid=IwAR39ym4c8KxR8tDdn6rD5ateLgsqzmfVeYnduUZ-JmyMKbVgFrP8INnbPc>

Chair's Report



On Wednesday 20 July I attended a great event at the Waller Street Men's Shed in Benalla, which saw the opening of their new shed by Benalla Rural City Council mayor Bernie Hearn. This was the culmination of two years of hard work to establish an impressive 30 by 15 by 4 meters high shed in the council designated community hub precinct.

Such projects might look easy, but they never are and current committee member Lou Sigmund, who was President during the two year project, described the difficulties of negotiating a complex grant process which eventually saw DFFH approve \$80,000 to enable the shed to be built.

AMSA President Paul Sladdin was also in attendance and congratulated all involved in getting this great project completed.

He also somewhat surprisingly pulled out a hardcopy of the newly signed Memorandum of Understanding (MOU) between VMSA and AMSA from his back pocket and spoke about the importance of this agreement.

I was asked to speak briefly and congratulated Lou, the shed committee, and members for this great achievement. I also noted the importance of the VMSA/AMSA MoU and said that this agreement is an important first step in reunifying the men's shed movement in Australia and signals what will hopefully be a new era of friendship and cooperation between both peak bodies.

Lou told me afterwards that the MoU went down very well with members of the shed as they were heartily sick of a feud well past its used by date.

Oh, and I almost forget to mention that lunch was kindly provided which was really very nice.

I look forward to seeing more new sheds such as this one popping up out of the ground in the future.

Kind Regards

Trevor Dobbyn - VMSA Chair

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.



CEO's Report



Now we are truly into the cool weather, and sheds are very busy getting back to business in the shed. Just a reminder that whilst both State and Federal Governments are reluctant to use the “M” word for mandatory, it still doesn’t hurt to use some common sense and apply some of the lessons we learnt during the early days of COVID and wear a mask if you’re at risk or can’t socially distance, especially during the colder months when everyone’s inside, and get a booster and flu shot if you haven’t already.

This month our field officers have been very busy with Darren Scicluna organising the Shed’s Mate Muster event in Heyfield, and a tree planting event in Colac with the local shed, both of which were well attended and a big success. Cameron exceeded all expectations with the Winter Festival in Old Gippsdown, which was a joint initiative by VMSA and Latrobe Health Assembly, with over 4,000 people turning up and hundreds of VMSA showbags and quantities of promotional material being collected by happy attendees, after finally getting through the gate with the queue to get in a mile long.

VMSA and Bunnings Trade continue to work together, and if your shed doesn’t have a Bunnings PowerPass, please make sure you sign up. It’s a group buying scheme and the more all the sheds use it, the better the benefits become. Bunnings are also running their mighty Trade Expo with over 130 suppliers onsite on Thursday the 4th August at the Melbourne Showgrounds, those interested should drop me a line or check our website for more information.

We still have a good quantity of 120 grit sandpaper in stock that’s available for member sheds, and a few other donated items; please give me call to arrange collection if you’re interested.

The Victorian Government have a fabulous community grant on offer, that closes on August 14th. I encourage all sheds to look at the grant and apply as this is separate and quite different from the annual Men’s Shed Grant program. Things like kitchen and computer equipment can be funded, which is of great benefit to many sheds. If you need advice or assistance, please give us a call.

Planning is well underway for the first in person AGM and State-wide gathering in a few years to be held in Melbourne, which hopes to be bigger than Texas, more info on that next month.

Kind regards,

Derek O’Leary – VMSA CEO



RUOK? DAYTM
8 September 2022

Get involved

Has your shed thought about raising awareness of RUOK? Day and have you planned activities around it?

Are U OK? is a great way to start a meaningful connection with mates, friends and family, the people around you, who may be struggling with life.

You don't need to be an expert to reach out – just a good friend and a great listener.

Use these four steps to have a conversation that could change a life:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

Here is the RUOK? Website where you can get ideas, resources and support to help you plan your event / activity, and to find out more click here: <https://www.ruok.org.au/>

If you want to chat or feeling a bit down, need any help please don't hesitate to call members of your own shed or call the VMSA or any of the organisations below.

Don't forget these important organisations that are there to help in these difficult times.

REMEMBER TO CALL A MATE.

Beyond Blue: 1300 224 636

Lifeline: 131 114

MensLine: 1300 789 978

Suicide Call Back Service Veterans Line: 1300 659 467

Veterans Line: 1800 011 046

Black Dog Institute: (02) 9382 4530

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

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

Pain Management Line: 1300 340 357

Sane Australia: 1800 18 7263

Mind Australia Carer Helpline: 1300 554 660

Men's Referral Service for help to avoid domestic violence: 1300 766 491

a Genevieve Bailey film

HAPPY SAD MAN

WE ALL
KNOW
ONE

Happy Sad Man - the movie
Host a screening in your town!



HAPPY SAD MAN is a charming and uplifting insight into the lives of five very different Australian men.

Following her smash hit I AM ELEVEN, Australian filmmaker Genevieve Bailey was inspired to find more diverse and positive portrayals of men exploring their emotional selves. We journey from Bondi Beach to the outback; we laugh and cry alongside a war photographer traversing global conflict zones, we visit a farmer and outreach worker from rural Victoria, a musical nomad and a sensitive dog-loving artist. Each portrait is an intimate and heartwarming look into vulnerability, friendship and compassion.

HAPPY SAD MAN gives unforgettable voice to the complex emotional landscapes we can all traverse. Touching, funny and tender, this must-see documentary is set to shine a light on and change the dialogue around masculinity and mental health today. Exploring hopes, anxieties, joy and darkness the raw vulnerability of these stories will inspire you to hold some of the men in your life that bit closer.



HOST A SCREENING

To date we have screened thousands of times across Australia and due to demand these events keep happening! We are so happy the film has been resonating with diverse audiences.

VMSA Member Sheds may wish to organise an event to screen Happy Sad Man - the movie. The model for screening the movie works as follows: Genevieve Bailey, the Filmmaker, hosts the event and in some cases, men featured in the film may attend.

After the screening, Genevieve conducts a discussion and answers any questions. Genevieve suggests that mental health professionals attend the event to address any issues that may arise during the event.

The event is ideally conducted in a local cinema or hall so the movie can be presented in an appropriate venue to get the best experience.

For more details about the movie and to discuss how you can set up a viewing for your shed and in your community. Check out the Happy Sad Man website: www.happysadman.org



Genevieve Bailey can also be contacted here: film@happysadman.org - Proud Mother Pictures



COVID-19 update from the Chief Medical Officer, Professor Paul Kelly

Australia is experiencing a significant increase in cases of the new BA.4 and BA.5 subvariants of the COVID-19 Omicron strain.

These variants are highly infectious and have an ability to evade the immune protection from either previous infection or vaccine. Although three or four doses of vaccine remain very effective at providing protection against severe disease from BA.4 and BA.5, vaccination alone is not effective at stopping infection or transmission of the virus from person to person.

All indications, including previous experience with the BA.1 Omicron variant in Australia in January this year, as well as recent experience with the BA.4 and BA.5 variants in other countries, along with our weekly forecasting reports, suggest that cases will continue to rise in Australia over the coming month.

This wave of infections is already leading to an increase in the number of people with COVID-19. This will increase pressure on our hospitals which are already experiencing high levels of patients, and absenteeism due to illness in staff. Due to the number of cases, we may also see a rise in the number of people dying with COVID-19, particularly among those who are at higher risk of severe disease, most notably people over the age of 80 and those who have not received all recommended vaccine doses.

We cannot stop this wave of infections, but we can slow the spread and protect the vulnerable. We have done this before and we can do it again. In fact, a range of measures and advice provided in the past two weeks gives us a clear, scientifically-based path to achieve these dual aims.

The Australian Health Protection Principal Committee (AHPPC) has reiterated its advice on reinfection periods, testing and isolation, mask wearing, vaccine boosters and treatments and called on employers to allow work from home if feasible.

Employers should review their occupational health and safety risks and mitigations, and their business continuity plans. They should consider the feasibility of some employees working from home, wearing masks in the workplace and support employees to take leave when sick.

All of these recommendations are based on what we know works to either reduce the spread of the virus or protect those at highest risk of severe disease.

The Australian Technical Advisory Group on Immunisation has widened its recommendations on fourth doses of COVID-19 vaccine. Very pleasingly, this has had an immediate effect, with almost 560,000 fourth doses administered in the first week of the expanded rollout, compared with approximately 180,000 the week before – a threefold increase.

The Pharmaceutical Benefits Advisory Committee has also widened and simplified the criteria for the

availability of oral antiviral treatments which can be prescribed by general practitioners and dispensed from community pharmacies. We do not yet have data on prescribing since the announcement of these changes but expect a major increase, given that the number of prescriptions had already more than doubled from 5,657 in mid-June to 13,441 in early July.

Last week, numerous measures were introduced to increase the protection of aged care residents. As part of this, I wrote to all residential aged care facilities to stress the importance of having readily available antiviral medications within 24 hours of a positive test and a comprehensive winter plan to protect residents against COVID-19.

Modelling and forecasting provide a range of possible scenarios which are completely dependent on what we do now. We know this from our experience of the past two years where we have all taken actions which have changed the course of history.

What has been predicted before has led to appropriate actions by individuals, communities and government which has led to fewer cases and protected the most vulnerable members of our community – older Australians, people living with a disability, those with chronic disease or lowered immunity and First Nations peoples. By working together, we can do that again. This is not about individual responsibility but concerted and sustained community action.

I encourage everyone who is eligible for their fourth dose and who has not yet had it to make an appointment as soon as possible to receive it. I also remind any Australian who has not had a third dose of vaccine that two doses of the COVID vaccines simply do not provide adequate protection against severe disease. Having the recommended vaccinations for your age group or risk profile is the single most important thing Australians can do to prevent severe COVID requiring hospitalisation or even death.

I also encourage everyone to follow the recent advice of the AHPPC and wear masks when outside the home in crowded, indoor environments, including on public transport. This is important to protect yourself and others.

Physical distancing, where possible, and following good hygiene practices provide additional layers of protection. Undertake a test if you have any symptoms and stay at home if you have COVID-19.

Check your eligibility for antiviral treatments with your usual health provider and make a COVID treatment plan so that you know exactly what to do to access that life saving treatment before you get sick.

Reducing the impact of COVID-19 is a shared responsibility for everyone. We can all play a role in protecting ourselves and our loved ones, our hospitals and the wider health system, those most at risk, and society as a whole.

Staying ahead of COVID-19

As our Shedders are a vulnerable cohort with respect to COVID-19 we encourage all Shedders to keep vaccinations up-to-date and take the necessary precautions to keep safe.

An extract from the Government website: <https://www.coronavirus.vic.gov.au/staying-safe>:

What you can do to reduce the risk and stop the spread of COVID-19

As we continue to live with COVID-19, there are important steps you should take to help reduce the spread of COVID-19 and protect yourself and those who are most at risk.

The risk of catching or passing the infection to others is higher if you are not up to date with your vaccinations, when you are in close contact with the person infected with COVID-19, lack basic hygiene, or if you spend time in poorly ventilated or crowded indoor settings.

Use the below advice to protect yourself and your community from COVID-19.

COVIDSafe settings

There are things we can all do to make ourselves and others safer. As you live and work, remember these COVIDSafe principles:

- Workplaces remain open, however it is recommended that if you can work from home, you should.
- Carry a face mask when leaving home. Face masks are required for everyone aged 8 and above in some locations, including on public transport and in sensitive settings such as hospitals and care facilities. See Face masks for more information.
- We strongly recommend that you wear a face mask if you:
 - are indoors
 - have any COVID-19 symptoms
 - are with people who are at high risk to COVID-19
 - are in a space where you cannot physically distance.
- There are no vaccination requirements for patrons to enter any venues, such as hospitality, retail, entertainment, or gyms. Vaccination requirements are still in place for select workers.
- Schools, childcare centres, and early childhood education are open.
- Get your next COVID-19 vaccine dose as soon as you are eligible. It is strongly recommended you have three doses of the vaccine for the best protection. Some people may be eligible for a fourth dose, while children 5-11 are recommended to have two doses. Book an appointment today at a state-run vaccination centre, GP, or pharmacy.
- If you have symptoms of COVID-19, you should get tested. If you test positive on a rapid antigen test, you must report your result and isolate for seven days.
- If you have COVID-19, or you are a contact of someone who does, read Your COVID Checklist for what to do. You must follow the checklist, including isolating if required.
- There are limits and restrictions on attending hospitals and care facilities. See below for more information.

Stay up to date on COVID-19 information Here: <https://www.coronavirus.vic.gov.au/staying-safe>.

Latest COVID-19 Patient Resources

Keep up to date on COVID-19 Vaccination.

Check the Federal Government Website at:

<https://www.health.gov.au/resources/collections/covid-19-vaccination-patient-resources>



The VMSA cannot mandate that members of Men's Sheds get vaccinated as it is a personal choice.

Given older men are at a higher risk of serious illness and death, we strongly encourage members of Men's Sheds to discuss vaccination with their GP or trusted medical advisor and seriously consider getting vaccinated to protect themselves and their families and friends.

Latest Coronavirus Testing Information in Victoria

To check the latest COVID-19 Testing click on this link:

<https://www.coronavirus.vic.gov.au/coronavirus-covidsafe-settings>

Stories from the Sheds

WANGARATTA WOODWORKERS Inc. *The Wang Woodies!*

The Wang Woodies

The Wang Woodies have recently launched their own Facebook Page. Check it out here: <https://www.facebook.com/groups/420949419943727>

Ian Wilson of the Wangaratta Woodworkers Inc. is hoping members will put up photos of what they have done, and that a family member would give it a thumbs up. (Typically, Ian's wife does this and then all the family/people on her network see it.) This helps let lots of people know about Wangaratta Woodworkers.

This new site will replace their websites and the old Wang Woodies site.

Check out their latest newsletter here: <https://www.vmsa.org.au/wp-content/uploads/2022/07/Wang-Woodies-316-July-22-pub..pdf>

Well done fellas in taking this initiative and getting the word out about Wang Woodies. (Ed).

“Bikies” the heart of the community

By Nathan Rivalland
June 20 2022



The 'bikies' have been running their service for over six years.
Photo: NATHAN RIVALLAND

THE Queenscliff Men's Shed Bicycle Group continue to be a force of positivity in the community through their philanthropic bike donation program.

For nearly six years, the Men's Shed have collected donations of old or damaged bikes from community members and spruced them up with a high-pressure wash and a good once over, recycling and replacing parts to get them back on the road.

The “bikies” group, who meet each Tuesday and Thursday at the Queenscliffe Community House, have restored more than 400 pre-loved bikes and sent them across the world to African communities in Namibia, remote Indigenous communities in Northern Territory, refugee communities in Geelong and bushfire and flood victims on Australia's east coast.

The 'bikies' have been operating for over six years.

The group supports Cultura (formally Diversitat) by providing monetary donations to facilitate refugee camps and helmets.

Program co-ordinator Bill Hall said community members could purchase bikes from the group, with all proceeds going towards helping organisations and local schools in the community.

“Here at the Men's Shed we are all about community and want to assist and provide for people, not just through our overseas programs but right here in Queenscliffe and the Bellarine.

“If a young boy at one of the three local schools doesn't have a uniform or some school shoes, then we will go out and buy those things for him.

“By people purchasing the bikes, we can keep providing for local schools, Diversitat, or put the funds back into the Men's Shed to buy parts and gear to fix the bikes.”

The “bikies” are made up of former bootmakers, sound engineers, navy chefs and dairy farmers, and have generated a reputation of strong workmanship in the community, never having had a complaint about the quality of their work.

“I like to think we do a good job, so the community trusts us,” Mr Hall said.

“Sometimes there's as many as 16 of us here, fixing the bikes and having a chat.

“It's a really great way to not only give back to the community, but to make some new friends and have a laugh.”

The community is invited to pick up a restored bicycle for a great price at the Queenscliffe Neighbourhood House on Tuesday and Thursday mornings from 9.30-11.30am.

If you'd like to drop off a bike to assist the program, bikes must be in a reasonable condition to be able to be repaired, with minimal rust and dings.



Over 400 bikes have been repaired so far during the bicycle group program. Photo: NATHAN RIVALLAND

Read article [here](#).

Sheds in the Media

THE Recorder

Good mates working shoulder-to-shoulder at men's sheds in Crystal Brook and other towns

By [Greg Mayfield](#) July 20 2022



TEAM: Men's shed official Tony Wyld, left, Anthony North, Mayor Leon Stephens and Australian Men's Shed Association representative Marty Leist were at the muster.

They call themselves "shedders" and they come from all walks of life, often sharing a few words of "bull" among themselves.

As members of men's sheds around the Mid North, they are living better lives because of their experiences together.

About 100 men from Port Pirie, Crystal Brook, Booleroo Centre, Clare, Bute, Whyalla, Port Broughton, Jamestown, Port Germein, Peterborough and Burra gathered at the Crystal Brook site for a Shed Mates Muster.

Crystal Brook vice-president Rob Beveridge said the event had been successful with mental health being the hot topic over a cuppa.

He said men's spirits were lifted when they got together in a shed and worked alongside each other at a bench.

"We talk 'bull' and a lot of 'bull' happens in the shed," he said.

"It is the funniest thing that you have come across.

"When blokes get together you don't have to be face-to-face. You can talk to one another shoulder-to-shoulder while working at a bench.

"You work on a bench with two or three blokes doing their own thing, but they are talking general chit-chat.

"It is hard to explain - you have got to be here."

He said men tended to lock themselves away in front of the television after events such as divorce or the death of their wife.

"There is more to life than sitting inside," he said.

"The suicide rate among older blokes is not to be ignored. We have people with mental-health problems or dementia, with the latter needing a carer with them."

The average age of the "shedders" is about 72 years old.

Mr Beveridge said the muster was all about men's health and welfare.

Guest speakers included Mayor Leon Stephens, Tracie Hawkins from health, Michael Hancock and Anthony North, of Still Life at Warnertown.

Mr Hancock, of Hancock Farming Enterprises, who was guest speaker, is based at Lock on the Eyre Peninsula.

He is a volunteer with Rural Aid which counsels farmers who are doing it tough.

On the lighter side, several shed members and local artisans showed their skills and old cars, and tractors were on show.

Crystal Brook's Ivan Venning brought along a Cadillac once owned by the wife of the United States Ambassador to Australia.

It was built on the production line in the factory as a special right-hand-drive model and shipped to Australia.

And that should set a few tongues wagging among the "shedders" at their benches.

Click [here](#) to read the article and see more photos.

Local real estate agent gives back to Bulahdelah Men's Shed

By **Tara Campbell** - News Of The Area - Modern Media - July 18, 2022



Front: President David Flynn, Debra Thomson, Kevin Smith, Bob Bonner. Behind: Royce Ford and David Skinn.

LOCAL real estate agent Debra Thomson is giving back to the community with every sale.

Since launching her own company, Debra Thomson Property, Debra has looked for ways to give back to the areas in which she operates.

This month saw Debra donate \$1,500 towards the Bulahdelah Men's Shed, who were the first recipients of her donations back in February when the scheme began.

Debra says that she loves to give back to the community, supporting organisations that benefit locals.

"As an agent since starting my own business at the end of last year, I like to give back to the community after every sale in that area.

"Since my first sale as a solo agent, I've supported the Men's Shed and Bulahdelah Golf Club, where I presented the donation and celebrated with lunch," Debra said.

Currently the Bulahdelah Men's Shed are in the process of relocating to a larger, more suitable location and President David Flynn says this funding helps to obtain the gear necessary to move forward with the relocation.

"Without people like Debra, our community organisations would not be able to accomplish these great things – we're very thankful for Debra's continued support," David said.

Generously, the Bulahdelah Golf Club has offered a space in which the Men's Shed can build their new shed.

"We are at the Development Application (DA) stage now with the Council and have put a Memorandum of Understanding (MoU) in place with the Bulahdelah Golf Club who are very enthusiastic to see the new shed move forward.

"There is still a long way to go to see this project come to fruition, but it won't be for the want of trying by both parties."

David says the members of the respective parties should all be commended for the enthusiasm and drive that has been shown to achieve this goal.

The current Shed is at capacity and the Men's Shed has begun opening for a second day each week (Tuesday and Wednesday 9.00am to 1.00pm) to cater for the additional new members and try to keep up with the projects as they come in.

The Men's Shed aims to provide a space which focuses on men's health and benefits the community.

David says that the current limited shed size and lack of suitable safe access continue to be an ongoing problem for the organisation, particularly in the wet weather that the region has been facing.

"These issues can only be addressed by moving from where we are at the moment, behind the Memorial Hall and next to the Preschool," David said.

"We are determined that the Shed is going to keep going and prosper."

Read article [here](#).

Circular Head Men's Shed find permanent home after five years

By Rodney Woods

July 18, 2022



After a near five-year battle to find a permanent home, the Circular Head Men's Shed will hold an open day on Friday.

After a long search, the Circular Head Council provided the group with a shed and facilities last year at the site of the nursery on Nelson Street, Smithton.

"Vacancies were the biggest issue," the group's president Bradley Gawne said.

"There are a lot of properties owned by the one entity and there is a lack of funds on our behalf.

"After nearly five years, it's unbelievable.

"To have a shed, is just brilliant."

With 15 members already, Mr Gawne expected the group to continue to grow.

"Our membership is great, we are growing regularly," he said.

"We've been open for about three weeks and we have already had three new members.

"We are set to go from strength to strength."

The group's open day will be held on July 22 from 12pm to 2pm.

The municipality's mayor Daryl Quilliam and deputy Norman Berechree will be in attendance, in addition to McCain Foods staff, who are one of many businesses supporting the group.

For more information, contact Bradley Gawne on 0402 462 770.

Read article [here](#).

Supporters thrilled as work starts on Oxley Vale Lifelong Learning Centre

By **Lisa Tisdell**
June 21 2022



*Port Macquarie Arts and Craft Centre president Mavourna Collits, Port Macquarie MP Leslie Williams and Oxley Vale Lifelong Learning Centre president Dennis Woods discuss the progress on the site.
Photo: Lisa Tisdell*

A lifelong learning centre project in Port Macquarie has taken a significant step with early works underway.

The Oxley Vale Lifelong Learning Centre will be home to the Hastings Men's Shed and Port Macquarie Arts and Craft Centre on state government-owned land east of Douglas Vale Historic Homestead and Vineyard.

The early works, expected to be complete in September, subject to the weather, will pave the way for construction.

The state government has invested \$3.4 million in the Oxley Vale Lifelong Learning Centre.

Port Macquarie Arts and Craft Centre president Mavourna Collits said she was thrilled to see the block of land begin to transform into what would be a wonderful centre for Port Macquarie residents.

She said the arts and crafts centre would move into state-of-the-art premises where woodworkers, potters, artists, fibre artists, leatherworkers, lapidary artists and silversmiths had access to space, communal areas and eventually exhibition spaces.

The new home is expected to boost membership and bring health benefits to members.

"We all know that keeping minds active keeps people young and mentally and physically healthy," Dr Collits said.

The arts and craft centre will relocate from its Gordon Street premises which is in poor condition.

Dr Collits said the arts and craft centre would also open in the evening, allowing workers to follow their creative interests.

The men's shed will be built first, followed by the arts and craft centre.

Hastings Men's Shed president Dennis Woods said the members looked forward to the purpose-built men's shed.

"We can't wipe the smile off our faces," he said.

The men's shed will include an open plan workshop, metal room, paint rooms, office space, kitchen and meeting rooms.

Read article [here](#).

The Hastings Men's Shed will move from rented premises in the Port Macquarie industrial area to a permanent home thanks to the development.

Mr Woods is also president of the Oxley Vale Lifelong Learning Centre.

He said the centre would be an asset for Port Macquarie.

"It is a retiree population, and [the centre] will mean a great deal for retirees in this town," Mr Woods said.

He said the new facility was designed to meet the specific needs of both groups so they could continue to make a positive difference in the region.

Port Macquarie MP Leslie Williams described the Oxley Vale Lifelong Learning Centre as a great use of the land.

She said the facility would bring more opportunities for members of the men's shed and arts and craft centre. There will be other benefits too.

"We all know and we continue to hear about the health benefits from socialising and from keeping our brain active," Mrs Williams said.

"That is what these sorts of facilities do."



Supporters welcome the start of work on the Oxley Vale Lifelong Learning Centre site. Photo: Lisa Tisdell

Men's Shed bat for Will

By Adrienne Hartnett

July 13, 2022



Rutherglen Community Men's Shed member Brett Wiltshire with his "Where There's a Will" bat competition entry. The bat reflects everything Rutherglen is known for, including wine, canola, the old rush era and Indigenous people.

The Rutherglen Community Men's Shed is busier than ever this winter with many projects on the go including transforming a cricket bat into a piece of art to increase awareness and inclusion for people with disabilities.

The Men's Sheds Bat for Will project is a meaningful collaboration between the Australian Men's Shed Association and 'Willo' (Where There's a Will) – a national charity aimed at connecting communities to disability. Each Men's shed is required to simply create a piece of art from a cricket bat which will go on exhibition.

The Bat for Will competition is inspired by Will, a young man with Autism who has faced significant challenges in his life. With Will's resilience, love of life and his passionate love of sport, especially cricket, the Where There's a Will charity was born.

The idea was to teach Will skills through refurbishing cricket bats. It is now the catalyst for communities to learn how to change the way they see, include and support all people with intellectual and physical challenges.

Leading the charge on this fantastic initiative locally is Rutherglen shed member Brett Wiltshire, who has a disability himself, and has been working hard with the assistance of local artist Robyn Patterson-Elliott.

Mr Wiltshire's bat entry represents the Rutherglen region and history, featuring colourful illustrations of wine, gold, canola and the Indigenous people.

Rutherglen Community Men's Shed President Ern Walder said it was great to have Mr Wiltshire involved in the project.

"It's been a great project for Brett to sink his teeth into," Mr Walder said.

"He's taken ownership of it and has been really enthusiastic about it all."

Mr Wiltshire said he has enjoyed the process of creating art with a cricket bat.

"It's been a lot of fun to work on and given me a bit of confidence," he said.

Read article [here](#).

Elsewhere in the shed Mr Walder said the men have been busy cutting, splitting and bagging their premium kindling with demand very high.

"Our kindling, which is our major fundraiser, is available from Mitre 10, Rutherglen Newsagency, Rutherglen Butchery or down here at the shed on Tuesdays and Thursdays," Mr Walder said.

"We thank the retailers and customers who have supported us so far with the kindling project.

"At present, we are producing around 30 bags a week."

Recently the shed was successful in obtaining a grant under the 'Solar on Public Buildings Program' managed by DELWP, with solar panels installed on the roof.

"Down the track we will look at getting a battery as well, so that we are more energy efficient," Mr Walder said.

Other projects being undertaken by the Men's Shed include refurbishing furniture and creating incredible woodwork pieces which can be purchased from the shed.

The Rutherglen Community Men's Shed are always welcoming new members who want to learn and share new skills, or just simply want to enjoy a cuppa and a yarn with other local men. To find out more pop down to 171 High Street Rutherglen on a Tuesday or Thursday morning, visit the Facebook page or contact president Ern Walder on 0409 554 762.



There's plenty of projects firing up at the Rutherglen Community Men's Shed this month including producing bags of kindling for local residents, refurbishing antique furniture, and designing a cricket bat for the "Where There's a Will" charity to create awareness and inclusion for people living with disabilities. Pictured is Steve Jones, Graham Climas, Ern Walder (president) and Brett Wiltshire.

The National Shed Development Programme (NSDP) and Other Grants

The National Shed Development Programme (NSDP) Round 24 will be opening soon and is available to Men's Sheds across Australia. To get a head start and getting prepared read this [Ten Tips for Grant Applications](#) article and have a look at the Round 23 funding guidelines and application instructions [here](#). to get an idea of the information you will need to get together and start thinking about what you want to use the grant monies for.

The feedback the VMSA receives from funding bodies, be it the NSDP, State and Local Governments, and other funders is that applicants don't read the guidelines and miss out on funding for what are worthwhile projects, because they did not meet (read) the guidelines.

These Ten Tips for Grant Applications will help make sure you gather all the information you need.

If you need help with grant applications don't hesitate to contact the VMSA for guidance and assistance in putting your grant applications together.

Ten Tips for Grant Applications

Funding bodies often ask for a pile of information which can be daunting at times. So, here's 10 tips for navigating your way through!

1. Have your shed information saved and ready to copy and paste for every application.
2. Read the funding guidelines very carefully. Check:
 - Is your shed eligible to apply?
 - Can your shed meet your objectives with the funds available?
 - What will not be funded?
 - Are there different categories of funding and separate application forms?
 - Do you understand the selection criteria?
3. Gather insight into the objectives of the funding body. Do some background reading to help you understand their values, strategic direction and what issues are important to them – and address these in your application.
4. Check the closing date and submission instructions so you can plan backwards from that date.
5. If you need letters of support from external organisation, MPs, Neighbourhood Houses or local community groups, make sure you allow enough time for them to respond and let them know your deadline. A week before the closing date is a good guide as a buffer.
6. Allocate a shed member to 'own' the submission, to drive and lead the application process – and delegate where necessary. The submission owner must ensure:
 - All selection criteria are covered in the submission;
 - All contributors understand what is required from them, and when;
 - All relevant information and attachments are included; and
 - The submission is lodged on or before the closing date.

7. Preparing your shed's submission to meet the selection criteria should be a thoughtful process. Pull information together from a range of sources to demonstrate your need for funding and your shed's capacity to deliver the proposed project.
 - Explain how your grant application will meet the objectives of the funding body as expressed in the guidelines.
 - Provide evidence (for example; statistics, ABS data, extracts from local or state government reports).
 - Demonstrate value for money.
 - Show commitment by demonstrating other means of raising funds to contribute to the proposed project.
8. Ensure you keep your application simple and concise. Address the questions, remembering that the person reviewing your application may not know anything about your shed or proposed project (so don't assume they do!).
9. Check, check and double check. Once you've compiled a draft submission, have it reviewed by your Men's Shed Committee to ensure the submission is free from errors and includes all required information.
10. Where possible, submit your application prior to the closing date. Ensure you have read the submission instructions as funding bodies are usually quite specific. Don't let your hard work writing the application go to waste by failing to submit correctly.
11. Keep a copy of your complete submission (including attachments) for future reference, irrespective of whether you win or not.

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<https://mensshed.org/development-grants/>

Greater Shepparton City Council's Community Grants Program.

Two Men's Sheds successful in the Greater Shepparton City Council's Community Grants Program

Of the Community Matching Grants Program, Mayor, Councillor Shane Sali said.

"Council are pleased to be able to continue this funding support each year which helps strengthen our community and bring a range of positive social and economic returns."

Grants of up to \$2,000 were available per project, with the Mooroopna Men's Shed, Katandra West Recreation Reserve Committee of Management, Tatura Community Plan Group, Lions Club of Toolamba and Tallygaroopna Men's Shed each successful in their applications.

Congratulations to these sheds for their successful grant applications.

Three Lismore groups helping community post-flood benefit from Raymond Terrace Men's Shed band's \$18,000 donation

By **Ellie-Marie Watts**

July 13, 2022



HIGH SPIRITS: The Raymond Terrace Men's Shed band has donated \$18,000 to the Lismore Flood Appeal. The money, raised for a band tour to regional NSW, has been donated to three Lismore organisations. Picture: Ellie-Marie Watts

On Friday mornings, members of the Raymond Terrace Men's Shed put down their tools and pick up instruments.

For three hours music flows out of the Boomerang Park-based shed as the about 20-person strong band practices together.

Not just another social activity that the Men's Shed provides its members, the band practices weekly to remain performance ready.

They are regulars at community events such as the Step Back into King Street Heritage Festival and are now preparing for a performance at a Heatherbrae Bunnings event in August. "The band is another addition of the service that the Men's Shed provides," Raymond Terrace Men's Shed president Robert Bull said.

"We also have other areas of interest within the Men's Shed such as fishing, cards, computer and gardening groups, in addition to woodworking.

"The Men's Shed band was established about eight years ago when two members expressed an interest in starting one. It has grown over the years to include 20 members with various experience levels, from beginners to experienced musicians.

"We perform a number of times throughout the year within the community."

Mr Bull, a guitarist and singer, is one of the Men's Shed members who founded the band.

In late 2019 when Australia was battling drought, bushfires and floods - before being hit with the COVID-19 pandemic - the Raymond Terrace Men's Shed band planned to provide some relief by touring to six of NSW's hardest hit towns for a one-night only performance.

The Men's Shed raised \$18,000 for the regional tour, which would not only provide entertainment for struggling residents but also an economic boost to each through the purchase of fuel, petrol and other resources and services.

"We wondered what we could do to help those country areas that had seen floods and fire devastation and came up with the idea to tour the band to towns like Murrurundi, Barraba and Gilgandra," Mr Bull said.

"We planned to tour to six towns, doing one tour a week. We wanted to involve school children and the communities and had planned to support local businesses in each.

"We raised funds within our own community to support that plan but unfortunately, after four attempts in getting the tour operational, COVID shut us down." Instead, the \$18,000 raised for the band tour has flowed north to Lismore, which on February 28, 2022, was devastated by catastrophic flooding.



Continued

Sheds in the Media

Continued



Chelsea Claydon (Koori Kitchen), Don Abrahams (Lismore Men's Shed president), Lismore MP Janelle Saffin, Frank Seysener and Bob Bull (Raymond Terrace Mens Shed) and Elly Bird (Resilient Lismore). Picture: Facebook/Janelle Saffin - Member for Lismore

Four people died in the floods and, as of June 2022, thousands of residents remained homeless after the flood which is now the subject of an independent inquiry.

The tour money has been donated to the Lismore Flood Appeal, with \$6000 each going to the Lismore Men and Community Shed, Resilient Lismore (a collaborative community-run disaster response network) and The Koori Kitchen which has cooked more than 10,000 free hot meals for flood-affected residents since March.

The Raymond Terrace Men's Shed band practicing at the shed. Pictures: Ellie-Marie Watts

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The Lismore Men's Shed was ruined by flood water and has since moved to a new location.

Mr Bull said supporting the Lismore Men's Shed was an easy choice to make.

"The Men's Shed up there is more important now than ever for the mental healing of men post-flood," Mr Bull said.

"It is great to see that the Men's Shed has now reopened after the flood and is providing men somewhere to go and something else to focus on."

Mr Bull said the other two organisations it has donated money to were recommended to them by Lismore MP Janelle Saffin, which they were happy to do as they were "local community organisations helping locals".

Mr Bull and Raymond Terrace Men's Shed treasurer Frank Seysener travelled to Lismore on June 27 to meet with three organisations and present them each with \$6000 cheques.

Ms Saffin and Lismore Men and Community Shed president Don Abrahams were on hand to personally thank the pair and Raymond Terrace Men's Shed for the donation.

"There are more Men's Sheds in Australia than McDonalds. They are an important part of any community," Mr Abrahams said.

"We now have young people working in our shed through NorthTrack and this [donation] will support them too."

The Port Stephens community has been a strong supporter of the Lismore Flood Appeal.

Irrawang High School collected essential items for flood-affected residents immediately following the flood while a number of Port Stephens organisations participated in the School Backpack Drive for Lismore children.

Additionally, Salamander Bay Rotary Club donated \$15,000 and Tomago Aluminium \$20,000 to the appeal.

Raymond Terrace Men's Shed

The Men's Shed, located at 17G Irrawang Street (behind the community hall), is open Monday to Thursday 8am to 12pm. Friday mornings the shed is open for members of the band only for practice.

The shed has 140 members but is always open to more. Anyone interested in joining the shed can head in and speak to members during open hours.

Read article [here](#).

Community group in Kilmore supported through grant

July 1, 2022



Kilmore Men's Shed has been named one of 67 projects across remote, rural and regional Australia to share in almost \$800,000 in grants aimed at strengthening communities.

Funded by the Foundation for Rural Regional Renewal, FRRR, through the Strengthening Rural Communities, SRC, program, the grants were given to grassroots projects run by organisations led by local people that strengthen their communities and have direct benefits for those living in them.

Kilmore Men's Shed received about \$4000 in funding, which will be put towards the permit application process and the installation of a shade sail outside the building.

Whyalla Men's Shed refurbishing and upgrading computers to boost kids' education

By **Lucas Forbes** - ABC North and West
June 30, 2022



Whyalla Men's Shed members such as Johnson Darkwa are showing skills beyond woodwork. (ABC North and West SA: Lucas Forbes)

Amid the sound of grinding metal and wood cutting, the volunteers at the Whyalla Men's Shed have been repurposing old computers for their community.

Key points:

- The Whyalla Mens Shed plans to donate computers to local children
- With more funding, the shed could donate even more computers to families that need them
- The computer donations are to help children develop computer literacy

The group has been updating old computers to donate to local playgroups and kindergartens.

Whyalla Men's Shed coordinator Gary Misan said the computers had been upgraded to be just powerful enough to run games and basic programs and would give children a chance to learn computer skills.

"We have spoken to all the playgroups who are quite interested in getting these computers so they can develop some computer skills," he said.

"We've pulled them apart, replaced a range of components inside the monitors so they're standalone computers.

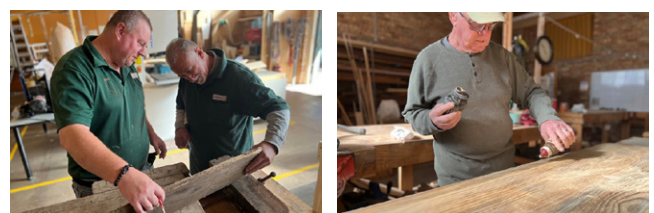
"We've increased the memory. We've put large hard disk drives in, and we've beefed them up so they can run the software most people use."

Mr Misan said computers could also go to local aged care facilities or help families struggling to afford computers for things such as schoolwork. He said the donations were made possible by a grant but said if the shed could find more financial support, it could refurbish and donate more computers to local families in need.

We often get computers so if we can keep this program going then we can look at donating to Centacare and some of the other community service organisations around town," Mr Misan said.

"We got a small grant from GFG Alliance which has allowed us to cover the cost.

"These kids or families wouldn't have access to these computers normally, so it's a win-win situation for GFG Alliance, us and the people who receive them."



L. Michael King and Gary Misan convert an old work bench into a kitchen bench. R. Dennis McFadyen uses glue and sawdust to fill cracks. (ABC North and West SA: Lucas Forbes)

Read article [here](#).

How this unique Men's Shed is helping retirees stay connected with community projects

Tyra Peters, Sound Telegraph

Wed, 20 July 2022



*Men's Shed subcommittee member Rod Sharpe.
Photo: Stefan Gosatti*

This year marks the 12th anniversary of the Tuart Lakes Lifestyle Village Men's Shed, a space that has created meaningful collaboration among its local retirees.

The Men's Shed in Baldyville was created by a group of men at the village, who decided to fill it with tools and gadgets to ensure there was somewhere for them to come together, work with their hands and keep their minds active.

It also aims to help retirees adjust to community life, weekly activities, a smaller home and less garage space, which can be a hard adjustment for some at first.

More than 40 men and women gather daily to get creative, repair household items and catch up.

The shed is open to all and members range between their early 60s to early 80s, from those who have trade experience to those who have none.

"The building is a tin shed that we have extended to include a metal workshop to one side, our very own garden centre facility and a social area which includes a fire pit," shed sub-committee member Rod Sharpe said.

"We produce some unique items to take to the local markets and sell. We survive on generous donations from residents and local retailers, and we also restore repair and recycle many of these items.

"It's great to have an outlet to 'chew the fat', talk men's shed business and generally support each other through good times and difficult times.

"Moving into a lifestyle community can sometimes be a bit challenging for men but having our shed keeps us occupied, active and involved."

Mr Sharpe said the group made and sold prospector picks to WA retailers and profits went back into the workshop.

"Essentially, we convert old plough discs into these prospector picks, powder coat them, add a sturdy high gloss jarrah handle and market them, as well as number of other items under our Redbax brand," he said.

Read article [here](#).

Therapy restoring touch to stroke survivors

Thousands of survivors of stroke struggling with everyday tasks have an opportunity to regain their sense of touch, thanks to a world-first therapy now available in Geelong.

Developed by researchers at La Trobe University, SENSE therapy (Study of the Effectiveness of Neurorehabilitation on Sensation) has already

helped hundreds of survivors of stroke improve their ability to undertake tasks such as cooking, dressing, eating and driving.

Barwon Health is one of eight healthcare networks to provide SENSE therapy as part of the partnership, which involves universities and healthcare providers across Victoria, New South Wales and South Australia, and 100 newly trained health professionals.

Program lead, Professor Leeanne Carey from La Trobe University, said although one in two people (or more than 200,000 Australians) experienced a loss of touch sensation after stroke, it was largely a hidden problem.

“We may take touch sensation for granted – but for someone to suddenly not have this skill can erode confidence, independence and the ability to live a full and happy life.

“Family members may see the person walking and talking and assume they can easily return to their everyday life, including tasks such as cooking – but this is often not the case.” She said making SENSE therapy more widely available is critical to enabling survivors of stroke to regain use of their hand in daily activities and improve quality of life.



*Professor Leeanne Carey from La Trobe University.
Photo: SUPPLIED*

Interesting videos and articles

BALLARAT MODEL RAILWAY EXHIBITION - 2022

For our model railway members. The exhibition was held on the Queen's Birthday weekend in Ballarat. Some great models of well-known historic trains.

Watch video here: https://youtu.be/u0lb5_aUSb4



TRIP REPORT: 707 OPERATIONS - THE WALKERLANDER

A great rail journey to Castlemaine and Daylesford showing quite a number of classic Victorian locos, diesels, rail motors and rolling stock from across the years. Great memories for those that rode in them or worked on them, as many of our shedders have done.

Watch video here: <https://youtu.be/ac6k6voD5Xc>



BENDIGO MODEL RAILWAY EXHIBITION

Check out the Taradale model.

Watch video here: <https://youtu.be/0KfTFkLtxJI>



BRAIN FOOD

Some interesting brain teasers

<https://www.vmsa.org.au/wp-content/uploads/2022/07/BrainStuff.pdf>

Teaching Maths over the Decades

<https://www.vmsa.org.au/wp-content/uploads/2022/07/Teaching-Maths-Over-the-Decades.pdf>

You've gotta be joking

A man and his wife were celebrating 50 years together.

Their three kids, all very successful, all agreed to a Sunday dinner in their honour.

"Happy anniversary, Mum and Dad", gushed son number one, a surgeon. "Sorry I'm running late. I had an emergency at the hospital with a patient, you know how it is, and didn't have time to get you a gift"

"Not to worry", said the father, the important thing is that we're all together today.

Son number two, a lawyer, arrived and announced, "you and Mum look great, Dad. I just flew in from Los Angeles between cases and didn't have time to shop for you".

"It's nothing," said the father. "We're glad you were able to come"

Just then the daughter, a marketing executive, arrived: "Hello and happy anniversary! I'm sorry but my boss is sending me out of town and I was really busy packing so I didn't have time to get you anything"

After they finished dessert, the father said, "There's something your mother and I have wanted to tell you for a long time. You see, we were very poor. Despite this, we were able to send each of you to university. Throughout the years your mother and I knew we loved each other very much, but we just never found the time to get married"

The three children gasped and all said, "You mean we're bastards?"

"Yes," said the father, "and miserable ones at that"!

A man and his family walk into a bar. Inside of the bar, the man's youngest child sees a Native American sitting under a sign stating "World's longest memory".

The child walks up to sign and decides to test if this sign is true.

The child asks, "What did you have for breakfast 30 years ago?"

The Native American states, "eggs."

The child states that the native could have just made that up, and then later leaves the bar.

Years later, when the child returns back with his own family he sees the same native at the bar.

Walking up to the man, he states a stereotypical, "How?!"

The Native replies, "scrambled."

Two guys walk into a bar and order lunch.

"What brings you guys in today?" the bartender asks.

"I guess you haven't heard yet. The mayor passed a law yesterday to try to help out local restaurants during Covid-19. All adult males are required to go and eat lunch out with their best male friends at least once a week," one of the guys answers the bartender.

"Well it's not a law really," the other guy corrects him. "It's more of a mandate."

Our Board



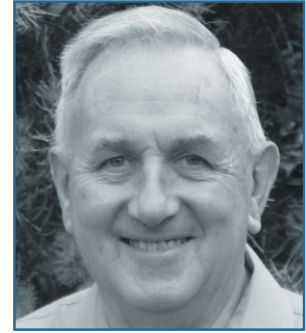
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Max Finlayson
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0428 171 020

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

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

Beyond Blue	1300 224 636	Grief Line - 12-3pm 7 days:	03 9935 7400
Lifeline	131 114	Pain Management Line	1300 340 357
MensLine	1300 789 978	Sane Australia	1800 18 7263
Suicide Call Back Service Veterans Line	1300 659 467	Mind Australia Carer Helpline	1300 554 660
Veterans Line	1800 011 046	Men's Referral Service for help to avoid domestic violence:	1300 766 491
Black Dog Institute	(02) 9382 4530		

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

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