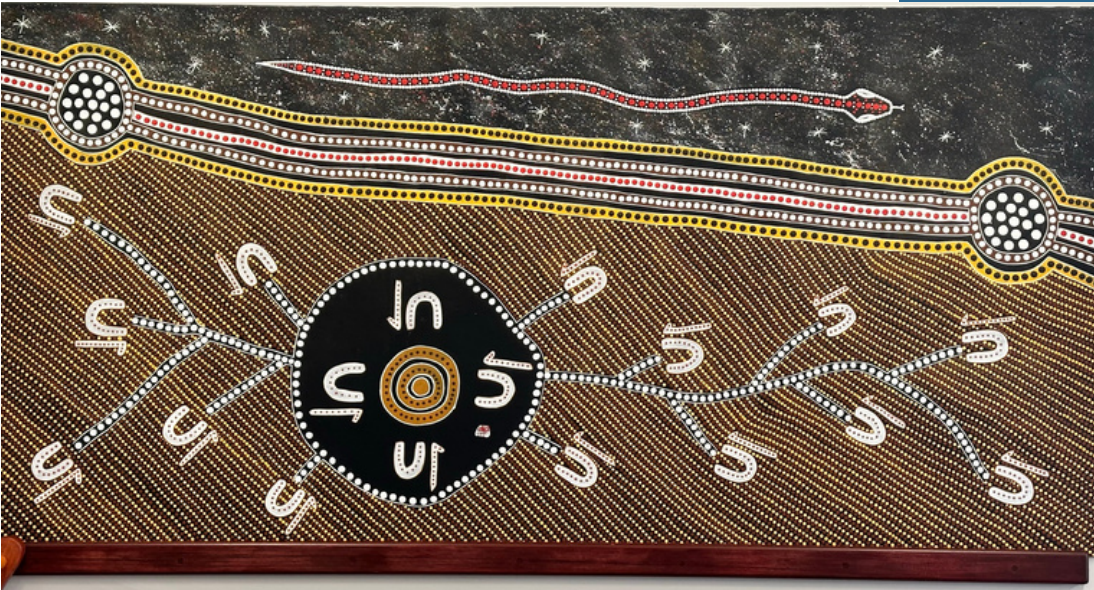


NEW VMSA NEWSLETTER



A very large impressive indigenous artwork graces the social meeting and meals area at Sebastapol Men's Shed



Calling all sheds... Have you updated your details lately?

We would all agree that communication is important. It is how we find out information that is of assistance to us for all sorts of reasons.

So, we are asking all Shed Management Committees to update their contact details on our website at this web address:

<https://www.vmsa.org.au/shed-contact-form/>



What's Inside

In this edition

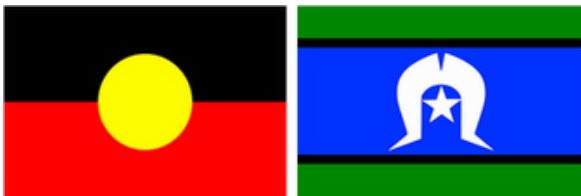
Chair Report
CEO's Report
Shed Spotlight - Sebastapol
Shed Spotlight - Monash
Sheds in the News
Yack Shack Recipe
Free Governance Training
Healthy Habits
NFP Tax Exemption Info
Board Members
Staff Members



Acknowledgement of Country

'In the spirit of reconciliation, the Victorian Men's Shed Association Inc. acknowledges the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation and the traditional custodians of the lands where we live, learn and work.

We pay our respect to their Elders past, present and emerging'.



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

The Victorian Men's Shed Association
173-175 Ordish Road, Dandenong South VIC 3175
Ph: 0408 465 228
Email: vmsa@vmsa.org.au
Web: vmsa.org.au



Chair Report



On the 30 May I dropped in to the Wycheproof Men's Shed on the way back from a regional sheds meeting in Bendigo, which our CEO will report on in this edition. It was as cold as charity so I quickly joined the blokes were around the shed woodfire heater- a luxury members at my more Spartan shed in Ouyen could only dream about. On invitation from the President Will Russ I gave a report from a VMSA perspective and took questions from the floor. Over a cup of tea Will informed me that they own the shed and the land and are establishing an MOU with the op shop at the front which will contribute to shed overheads. The shed is incorporated, carries out repairs on furniture for the community, works with the local preschool and high school and builds bird boxes. They have 22 members. They make visitors feel very welcome and I was glad I got there in time to drop in.



On 14 June on invitation from the president Ian Smith (Smithy) I attended a Murray Hume cluster of sheds held at the Beechworth Men's Shed along side VMSA CEO Derek O'leary, board member Max Finlayson and an AMSA representative from NSW. Sheds in attendance included Beechworth, Yackandandah, Thurgoona, Henty, Howlong, Wahgunyah, Corryong, Mt. Beauty, Wangaratta, Myrtleford, Wodonga and my shed Ouyen. As chair, Smithy ran the meeting like a Swiss clock. After my presentation, all sheds gave reports which was really interesting and showed the breadth and depth of shed activities in their communities. All in all it was an impressive event, with top notch catering as a bonus. Men's sheds are now celebrating their 30th anniversary in Australia and have come a long way since then. Occasions such as this provide tangible evidence of the achievements and progress of the Men's Sheds movement since founded three decades ago.

Trevor Dobbyn - VMSA Chair

CEO's Report



It's been a busy month on the road rather than just behind the desk having visited quite a few sheds all over Victoria for various meetings.

First stop was Yackandandah, a fantastic shed in a lovely historic town that has managed to preserve most of its vintage appeal. Larry put on a great healthy hot meal for all the guys on a freezing cold wet day, and his recipes are actually featured in this edition, thanks Larry.

The following day was a visit to beautiful Beechworth for a busy regional meeting of all the sheds in the area, VMSA Chair Trevor Dobbyn will update you on that visit in his report.

The following week included a trip down to Sebastapol which once again showcased what great work is occurring in regional Victoria, see my story on the following page.

The outcomes for Round 25 of the Federal NSDP grants have just been announced, and **can be found here**. 44 Victorian Sheds applied in round 25 receiving \$146,407 of the total \$669,280 pool.

NSDP Grant Round 26 opens July 17th, and closes Friday August 25th, make sure you get your application in on time if you're considering applying, it's important Victorian Sheds get their fair share of the Federal grants.

In closing, I'd like to remind the sheds about the important governance training sessions that are being run by Justice Connect, registration details are included in this newsletter.

Derek O'Leary - CEO

Shed Spotlight - Sebastapol



From humble beginnings that started in an empty warehouse back in 2014, a small but dedicated steering committee and members pursued their dream working with local businesses and supporters, State Government and their local Federal MP, to build their own new shed in Sebastapol in 2019.

The shed was originally auspiced by Ballarat Community Health up until December last year, when the Shed took the decision to become Incorporated as a stand alone entity. They still enjoy a strong and positive relationship with the local community health service, but felt they were now in a solid position with 75 members to take the reins up fully, and become more independent.

They have a range of activities available in the shed which include woodworking, metalwork, a vegetable garden, mower repairs and all sorts of restorations and projects for the local community.

They are open five days a week from 9am to 2pm which is very impressive, with the occasional weekend to sell their wares produced in the shed.

A strong focus on health and wellbeing is supported by a very professional looking operation in their almost commercial kitchen, with a strict policy of tools down everyday bang on 12 midday, where the entire shed sit down for a healthy cooked lunch prepared by the Shed's cooks each day, often with produce from their own garden.



Shed Spotlight - Monash

Whilst we all know there's a Men's Shed in practically every regional town in Victoria that you drive through, we sometimes forget how many great sheds are nestled amongst the busy bustling areas of suburban and metropolitan Melbourne.

Over 100 Men's Sheds are tucked away in the suburbs of Melbourne, providing much needed facilities in the ever increasing higher density living that we know as the urban sprawl.

Monash Men's Shed is one such shed, neatly tucked away in amongst a load of Mount Waverly houses on a small parcel of land that also accommodates the local Girl Guides Hall and Early Model Holden Car Club. The Monash Men's Shed have their own workshop building on the site, which whilst modest in size and carefully sectioned up, houses a multitude of activities for a membership of around 180 members. They also share the building used by the Early Model Holden that has a good kitchen adjoining as a social room that's also great space for hosting presentations such as health promotion events and other functions of interest to the Men's Shed members.



Korumburra op-shop's \$166K donation to create Men's Shed

Korumburra op-shop's Anne Millar and GSHS CEO Lou Sparkes are thrilled that the op-shop will donate an incredible \$166K towards a new Men's Shed at Hillside Lodge.



THE success of a Korumburra op-shop is about to leave a lasting legacy for residents of Hillside Lodge Aged Care Facility.

The Friends of Hillside Lodge op-shop has confirmed it will make a \$166,000 donation to build a new **Men's Shed at Hillside Lodge**. It will be the largest donation in the Friends of Hillside Lodge's 20-year history and will leave a permanent reminder of the group's work.

While the Friends donate up to \$50,000 a year to Hillside Lodge, which is operated by Gippsland Southern Health Service, founder Anne Millar said she wanted a big one-off contribution to make a difference in the lives of residents. "I wanted to do something permanent there," she said.

Mrs Millar launched the Friends group about 20 years ago after her mother-in-law was a resident at Hillside Lodge. "I thought they did a good job, and I loved the place, but I saw a need for some extra financial help," she said.

The group's first big project was the establishment of the Hillside Leisure Centre. This was partly funded by a bequest but also supported by \$120,000 donated by the Friends for furniture and other fittings.

Plans are completed for the Men's Shed and the group has the funds, but the project is awaiting final approval and council permits. "We are really looking forward to the purpose-built Men's Shed, storage area and barbecue area at the Lodge for the use of the residents," Mrs Millar said.

Mrs Millar started the Friends group with about six committee members and continues today with a core group of about 10 volunteers, some of whom have worked alongside her for 15 years. "We would not survive without their dedication, humour and loyalty," she said.

Korumburra op-shop's \$166K donation to create Men's Shed

The Friends started fundraising all those years ago by running raffles and markets.

“We soon realised that wasn't going to make enough money, so we rented a shop, then a larger shop until about 14 years ago we were in the position to buy our present building,” Mrs Millar said. “We had a 15-year mortgage but with the added space we were able to move a lot more stock so we paid it off in three years. while continuing to donate money to Hillside Lodge.

“The building is now worth more than double what we paid,” Mrs Millar said.

Mrs Millar set up the organisation and when the Op Shop is shut down, the building will be sold and all monies will go to Hillside Lodge.

“We set it up that way because my husband and I and our volunteers have been running it for years. If anyone had to come in and take it over, you'd have to pay two full-time wages and it wouldn't be as viable. My husband Eric and I work seven days a week. We are open for trade six days and then on the seventh we're in there re-stocking shelves and re-pricing things.”

Mrs Millar added that since COVID, profits have been cut by about a quarter.

At 71, Mrs Millar has no plans to slow down. “I'll be here to the day I can't do it or the day I die,” she said.

GSHS CEO Lou Sparkes said the health service was extremely grateful for the work of the Op Shop and the benefits that it brings residents.

“The donations made over the years thanks to the work of the Op Shop volunteers have been magnificent and their major contribution for a new Men's Shed will be a significant addition at Hillside Lodge,” Ms Sparkes said.

The Yack Shack - Recipe

Courtesy of Larry Kern

Curries for lunch -Yes Please!

Food preferences have changed dramatically. Not that long ago if you asked a group of older males what they would most like to eat for a celebratory lunch a majority would likely put their hand up for a large piece of red meat. Today, thanks to better health awareness, increased exposure to a vast array of ethnic restaurants, and overseas travel experience , food preferences now include dishes that one would have struggled even to pronounce just a decade or so ago.

When a food preference survey was given to members of the Yackandandah Men's Shed in NE Victoria with the question: what foods would you most like to have for a celebratory lunch, the majority wanted curries! Consequently, our small team of enthusiastic cooks and learners got together and presented an array of Indian and SE Asian curries for our monthly lunch at the Shed. The recipe for one of those dishes, Butter Chicken, is given below.

As well as feeding the troops our monthly lunches provide an opportunity for members to learn how to cook healthy dishes they could prepare for themselves at home. Traditionally, curries are made by dry roasting spices then pounding them in a mortar and pestle with wet ingredients to make a unique paste. It is a time consuming but wonderfully creative activity. Fortunately for the home cook there are ready made curry pastes available at supermarkets and modern equipment like electric rice cookers that enable wholesome curries to be made by those with minimal cooking experience.

Most curries benefit from a long and slow cooking process and even taste better the next day. For those who don't have the time or inclination to devote to slow cooking then the modern version of the old pressure cooker is an ideal piece of equipment to add to your kitchen. These modern electric pressure cookers have multiple cooking options that combine to make it a slow cooker, rice cooker, and stew pot all in the one unit. They are available at the chain appliance stores like K-Mart and range in price from \$65 up to over \$300.

Curries can be made with a wide range of ingredients, from meats, seafoods, vegetables, to beans and pulses. They are generally inexpensive to make as the individual serving portion of the protein ingredients is much less than in typical Western dishes.

Curries are usually served with rice, plus optional accompaniments like yogurt and cucumber, chutneys and flatbreads like roti, nan, or chapati. A curry plus rice and varied accompaniments make a delicious and balanced meal.

The Yack Shack - Recipe

Butter Chicken Recipe

(for 2-3 people)

Ingredients:

- 1 boneless breast of chicken
- 2 tablespoons butter chicken curry paste: Patak's or similar
- 1/4 cup yogurt
- 3 tablespoons of butter
- 1 can diced tomatoes
- 1/4 cup thickened cream

Method:

Cut chicken breast into bite size pieces and place in bowl with yogurt and butter chicken curry paste. Marinate for 1 hour or if time allows overnight.

Heat butter in frypan on a medium heat and add marinated chicken pieces. Cook for 5-7 minutes then add can of diced tomatoes. Continue cooking on a low heat for 20-25 minutes until chicken is cooked through but still tender.

Add 1/4 cup of thickened cream. Stir and cook for further 5 minutes then serve with rice and accompaniments such as yogurt and cucumber, chutney and Roti bread.



Chicken pieces marinating in yogurt and butter chicken paste. Other ingredients include diced tomatoes and thickened cream



Butter chicken with basmati rice, fruit chutney, yogurt and cucumber and roti

Free Governance Training for Shed's

The **Department of Families, Fairness and Housing**, with **Justice Connect's Not-for-profit Law**, is providing free customised training on a range of different topics to help Men's Sheds better understand (and implement) their key responsibilities and legal obligations. Not-for-profit Law's experienced lawyers run interactive sessions, in plain language – with no legal jargon.

As a charity and not-for-profit themselves, Justice Connect understands the issues you face and will help to build the capacity of your men's shed.

Upcoming online sessions include:

- Governing a Not-for-profit Organisation
- Becoming an Incorporated Association
- Volunteer Safety, Risk and Insurance

[Click here](#) to view dates of upcoming sessions and to register, and Justice Connect will send you all the information you need to easily join the session.

What you'll receive:

- 3 hours of plain language training from an experienced lawyer from Not-for-profit Law
- Opportunity to ask questions of a lawyer who specialises in how the law applies to not-for-profits
- Copy of the session recording and slide presentation (recording available for 14 days)
- Top tips and additional resources to help you in the future

Here's what participants from men's sheds have said about this customised training:

·“The session reminded me to review and become more familiar with the existing constitution & rules that I hadn't addressed for many years since joining a men's shed. There is very useful and helpful guidance and resources that I will use to better understand my shed, its purpose, rules and reason to be.”

·“It covered a great deal of information in a very interactive way”

·“A more complete / deeper knowledge will help make sure our shed is on the right track going forward.”

Click on the tiles below to register



Healthy Habits

Practice Nurse Claire Pyper shares her guidance tips for a longer healthier life

International Men's Health Week theme is healthy habits - encouraging men to identify lifestyle changes that can benefit their physical and mental health.

- Australian men have a lower life expectancy than women by at least 5 years.
- Men are more likely to be overweight and experience higher rates of a range of chronic diseases and mental health concerns in comparison to women.
- A man's overall health is 30% linked to genetics but 70% linked to lifestyle factors such as sedentary lifestyle, poor diet, excessive alcohol consumption and smoking.
- These factors cause or exacerbate certain medical conditions such as diabetes, high blood pressure, high cholesterol and coronary heart disease which is the current leading cause of death in Australian men.

PHYSICAL ACTIVITY

- Physical activity is perhaps the most important lifestyle factor that plays a crucial role in your physical and mental health.
- Less than 50% of men do a sufficient level of physical activity each week.
- Over 50s should do a minimum of 150 minutes of exercise each week of moderate intensity exercises e.g. brisk walking or bike riding = 30 minutes a day, 5 days a week.
- In addition to this, it is also recommended that you include low intensity weight exercises, swimming, water aerobics, yoga and gardening.
- It's important to always select activities that are suitable for your current physical condition and that will minimise impact on joints or exacerbate current injuries.
- Exercise tolerance works on a use it or lose it policy; the less active you are, the harder it is to stay active especially as you age due to the body's natural decline.
- Living an active lifestyle not only has a positive impact on your over physical and mental health but is also great for falls prevention as it improves strength, balance, coordination and flexibility.
- Physical activity also improves your mental health by decreasing depression and anxiety symptoms as exercise releases endorphins and serotonin, the feel-good chemicals, which actively improve mood and distract from negative thought patterns.
- Exercise also improves your attention span, increases productivity, improves your memory and encourages better sleep quality.

DIET & FLUIDS

- Regular exercise in conjunction with a healthy diet can reduce your risk of developing a chronic medical condition such as diabetes, high blood pressure, high cholesterol or coronary heart disease by an average of 50%.
- 97% of men do not eat the recommended serves of vegetables each day and 71% do not consume enough fruit.
- Recommended that you have a variety of nutrient rich foods = 5 serves of vegetables and 2 serves of fruit each day in conjunction with lean protein, low fat dairy and fish.
- Should limit the amount of saturated fats, added salt and added sugar in your diet as this has a direct impact on your risk of developing a cardiovascular disease.
- A fibre rich diet with a good amount of water is important to avoid constipation and keep your bowels working efficiently and effectively.
- Water is a necessary resource required by our body to maintain healthy cells, allow for efficient blood circulation, lubricate joints, keep the bladder clear of bacteria, aid digestion and moisten the skin.
- Most men do not drink the recommended 10 glasses of fluids a day with a minimum of 6 glasses being water.
- Avoid having too many caffeine, sugary or alcoholic beverages as they have a negative impact on the body and tend to dehydrate the cells rather than hydrate them.

Healthy Habits

Practice Nurse Claire Pyper shares her guidance tips for a longer healthier life

ALCOHOL

- Limit the amount of alcohol that you consume especially as you age.
- An average of 30% of men consume alcohol at more than the recommended amount of 10 standard drinks per week and a maximum of 4 standard drinks in a day.
- One standard drink = 285mL of full-strength beer, 100mL of wine or 30mL of spirits.
- Excessive drinking can lead to some cancers, liver damage, immune system disorders and brain damage.
- Can worsen some medical conditions such as diabetes, high blood pressure, ulcers, osteoporosis, memory loss and mood disorders.
- As you age, alcohol consumption can also worsen memory decline and prematurely ages the brain by an average of 10 years.
- Has a negative impact on certain medications by making them ineffective and can cause or worsen other side effects.

SMOKING

- Smoking reduces health in general as it harms nearly every organ in the human body.
- 13% of Australian men aged over 55 years smoke more than 10 cigarettes each day, a much higher rate than in women.
- Smoking is a major risk factor for many chronic illnesses especially cardiovascular diseases.
- Cigarette chemicals make the walls of the arteries sticky which increases the amount of plaque that sticks to the artery walls and builds up over time to cause a narrowing of the vessels which can result in blockages, the leading cause of heart attack, stroke and peripheral vascular disease.
- Life expectancy is reduced by an average of 10 years while you continue to smoke.
- Risk of a heart attack is 4 times greater and stroke is 2 times greater as a smoker.
- Ceasing smoking almost immediately starts to improve your health = within 3 months your risk of having a heart attack starts to reduce and your lung function improves.

MENTAL HEALTH

- Lifestyle choices also have a direct impact on mental health.
- Physical activity, eating well, limiting alcohol consumption and ceasing smoking can have a positive impact on depression and anxiety symptoms and our overall ability to cope in stressful situations.
- Men generally are less likely than women to engage with health professionals regarding their mental health or the inability to cope with life's stressors, particularly men aged over 60 years.
- This is believed to be due to traditional masculine norms such as stoicism, self-reliance and toughness which have stigmatised help-seeking behaviours.
- It is important to perform a self-check regularly and to check in on your mates.
- By simply asking yourself, a relative or friend are you ok, can help to break down mental health barriers and encourages open and honest communication that can reduce stigma and improve help-seeking behaviours.

Making simple lifestyle changes such as exercising more, eating healthier, reducing alcohol consumption and quitting smoking will have a positive impact on your longevity and overall physical and mental health so that you can live a long and healthy life.

Watchout for Scams

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

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

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

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

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

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

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

Top tips for avoiding scams

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

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

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

Signs of a bank impersonation scam:

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

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

Not for Profit - Income Tax Exemption Changes as of July 1st 2023

The Australian Taxation Office (**ATO**) has commenced targeted consultation in relation to the upcoming changes for not-for-profit (**NFP**) entities that self-assess as eligible for income tax exemption (**ITE**).

From 1 July 2023, NFP entities with an active **Australian Business Number** that self-assess as eligible for ITE will be required to **lodge an annual self-review form** along with supporting documentation with the ATO. Failure to lodge may result in loss of ITE and penalties may apply. The reforms are intended to ensure that only eligible NFP entities access ITE resulting in the increased trust, transparency and integrity of NFP entities within the sector. The additional administrative burden will likely diminish in subsequent years as the ATO is funded to develop an online portal providing NFP entities with the ability to either confirm or amend a pre-filled self-review form.

Affected NFP entities

The changes will affect NFP entities that are **not** registered charities with the Australian Charities and Not-for-profits Commission (**ACNC**) and self-assess as ITE.

These entities fall into eight categories (**the ITE categories**):

- **Community service organisations** including playgroup associations, community service clubs and senior citizens associations. (**Men's Sheds** fall under this category)

Is the entity not-for-profit?

- While a NFP entity can make a profit, that profit must be used for its purposes. This means that the entity must ensure that it is not making payments to members in their capacity as members. The entity must also ensure that it is not making other payments that could be characterised as conferring an inappropriate private benefit (such as excessive payments to employees or directors or payments to directors that are prohibited by the governing rules).

Has the entity reviewed the ATO self-assessment tools?

The ATO has produced the following self-assessment tools. These tools will assist entities to prepare the supporting documentation that is likely to be required for submission to the ATO:

- a **self-governance checklist** for all NFP entities – complete Section B (for self-assessing NF entities) and Part 2 (which works through a range of tax related questions); and
- an ITE self-assessing worksheet:
 - You can **download the relevant form here**

I know a few sheds have called me concerned about this after AMSA sent out their newsletter. It's not as complicated as it first seems, the main change is you need to fill out a form each year. Download the form, fill it out, any concerns or questions please give me a call

Derek O'Leary -CEO

VMSA Board Members



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Colin Prowd

Vice Chair
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Max Finlayson

Secretary
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Tom Rolls

Board Member
0490 290 597



Graeme Newman

Board Member
0422 248 310



Peter Broomhead

Board Member
0405 058 319

Important organisations that are there to help in difficult times

REMEMBER TO CALL A MATE

Beyond Blue 1300 224 636

Lifeline 131 114

MensLine 1300 789 978

Suicide Call Back Service 1300 659 467

Veterans Line 1800 011 046

Black Dog Institute (02) 9382 4530

Head to Health:

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

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

VMSA Staff Members

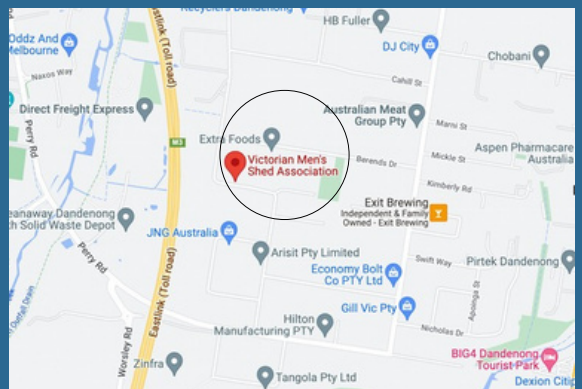


Derek O'Leary
CEO
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Cameron Thomson
Latrobe Field Officer
0487 427 404

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



173-175 Ordish Rd, Dandenong VIC 3175

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

Thanks to our sponsors for their ongoing support:

