

NEW VMSA NEWSLETTER



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

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

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

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



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Acknowledgement of Country

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

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



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

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



CEO's Report



It's been a busy month with many sheds organising and running events as part of the celebration of 30 years of shedding in Australia.

Safety Beach-Dromana pulled out all stops to put on the fantastic "Big Breakfast" with over 250 people attending from 18 sheds. Another great health promotion event was hosted by the Gippsland cluster which drew a crowd from over forty Gippsland and surrounding Sheds proving that networking events are of significant importance to our members as is the promotion and awareness of current men's health issues.

I'm also pleased to advise that Jim Kane joins the VMSA team this month as our new Regional Coordinator and Jim will be instrumental in helping you plan and organise Men's Health events in your region.

Courtney Rodda also joins the VMSA team to help get the stories of all the great work sheds are doing in their communities onto social media platforms, so if you have a good story let Courtney know so we can promote your shed stories.

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

Registration for our Statewide forum are now open so please jump on our website and register as we want to make this the biggest event of the year.

Derek O'Leary - CEO

Follow us on Facebook



Here's how you can stay connected:

Visit our Men's Shed Facebook page at

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

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

Why follow us on Facebook?

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

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

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

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

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



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



OCTOBER

STATE

16

FORUM

Registration is now open

Click here to Register online at
vmsa.org.au

with thanks to our sponsors



MEADOWS CONFERENCE AND EVENTS CENTRE,
80 NORTHCORP BOULEVARD, BROADMEADOWS

Gippsland Cluster Health Event

Men's Sheds - all about Men's Health

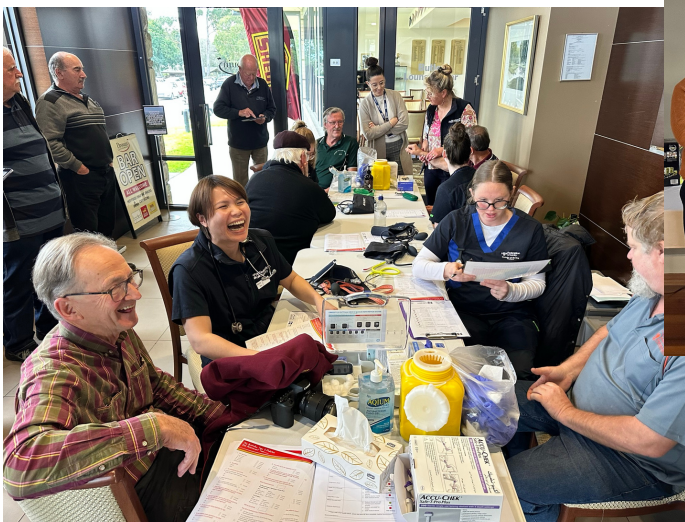
Drouin Men's Shed and the Gippsland cluster hosted a fantastic health promotion event held at the Drouin Golf Club.

With over a hundred registered attendees from forty four sheds the room was pretty much at capacity and a great example of the importance of sheds networking together and sharing ideas and learnings.

Guest speakers from "It's a Bloke Thing Foundation" that raises awareness of prostate cancer, Diabetes Victoria, and Standby Support after suicide gave informative presentations of issues that can affect men's health.

Federation University rallied up a team of student nurses that gave all the guys on the spot health checks checking things like blood sugars, blood pressure and heart rates. They were overwhelmed with the amount of interest and were kept very busy all morning.

The day concluded with a light lunch and many new friendships between shedders forged.



Shedder's Big Breakfast

Safety Beach- Dromana Mens Shed

Safety Beach-Dromana Men's Shed hosted the fantastic Big BBQ Breakfast as part of the celebration of 30 years of Men's Sheds. The weather gods turned on a fantastic day on the Peninsula much to the relief of the organising committee after some bitterly cold and wet days just prior.

A bumper crowd of around 250 turned up with a range of great displays to visit, a very busy team on the BBQ kept every one fed and guest speakers including member for Nepean Sam Groth, Mornington Peninsula Shire Cr. Antonella Celi, and David Parkin OAM gave entertaining talks and praised the work of Men's Sheds and the significant contribution they make to their communities.

Members from eighteen Men's Sheds came from far and wide to support the event



Men's Shed Open Days

Part of the Victorian Seniors Festival Events

14 October 2023 9:00 AM - 01:00 PM

Mansfield Men's Shed Open Day

Come and see what the Mansfield Men's Shed is all about!

Mansfield Men's Shed, Erril St, Mansfield, VIC, 3722

For Info contact Bill [0491723642](tel:0491723642)

17 October 2023 8:30 AM - 12:30 PM

Torquay Men's Shed open day

Come see what the Torquay Men's Shed are all about!

Enjoy a sausage sizzle, chat and connect.

18 Price Street, Torquay, VIC, 3228

For Info contact Ian [0438822157](tel:0438822157)

17 October 2023 08:30 am - 12:00 pm

Lorne Men's Shed Open Day

Come and see what Lorne Men's Shed are all about!

Enjoy a sausage sizzle, chat and connect.

Otway Street & Williams Street, Lorne, VIC, 3232

For Info contact Bill [0408123677](tel:0408123677)

17 to 19 October 9.00AM - 3.00PM

Anglesea & District Men's Shed Open Days

Come see what Anglesea & District Men's Shed are all about!

15 Cameron Road, Anglesea, VIC, 3230

For Info contact Jeff [0474748792](tel:0474748792)

18 October 9.30AM - 3.30PM

Winchelsea Men's Shed Open Day

Come see what Men's shed's are all about! Enjoy a sausage sizzle, chat and connect.

51 Hesse Street, Winchelsea, VIC, 3241

For Info contact Ray [0407839139](tel:0407839139)

Sheds Projects

Romsey Men's Shed restoring a 1925 Model T Ford

A 1925 Model T Ford truck is putting skills to the test at Romsey Men's Shed.



Romsey Men's Shed secretary Eric Foster, president Kevin Fothergill, Jeff Smith and Brian Neivandt with the vehicle so far

Local identity Doug Newnham donated the model in September last year to give it a new lease on life. The proviso was that it be restored to its original working condition and remain with the Romsey Men's Shed.

"It was pretty exciting the moment we got it going," shed secretary Eric Foster said. "The first time it kicked over it sputtered. It was amazing to see it kicked back to life."

Ex-Army Reserve mechanic Jeff Smith is one of the project's key restorers and currently working on the engine. Normally repairing old mowers to fundraise, he said the vehicle had set a whole new and exciting challenge. "It had been in the shed for about 35 years," he said.

"We want to try and restore it as close to the original as possible but with a few changes. We're imagining the finished product will have a cabin in Romsey Men's Shed maroon with gold lettering."

Model T enthusiasts from outside of the shed have also assisted with advice. A crucial contributor has been Vic Ashton from Woodend, who has completed about 20 of his own restorations. "He has a wealth of knowledge about Model T Fords and has been really helpful," Mr Smith said.

"There are a lot of parts that we don't know are missing because we started restoring it from a bare skeleton." Some parts will need to be specially ordered from the USA, while others can be sourced from fellow car enthusiasts, collectors and suppliers. Vital pieces the shed is now seeking to secure are tyres and tubes.

The project has certainly achieved one of the shed's main objectives of bringing people together and sharing skills.

Romsey Men's Shed is a not-for-profit association that supports men's mental health by providing a meeting place where men can come together. It is hoped that once restored and used within the community, the Model T will help raise community awareness of the shed and the importance of men's health.

Volunteers aim to have the vehicle restored by 2025-26 (the vehicle's 100th birthday).

The Romsey Men's Shed has created a [GoFundMe page](#) for donations toward the project. They are also eager to hear from anyone with knowledge in Model T Fords and collectors with parts.

Shed Updates & New Initiatives

Langwarrin Men's Shed Opening at Night



Commencing on the 2nd October 2023, the Langwarrin Men's Shed will be open on Monday nights from 6.00pm to 9.00pm.

Our goal is to appeal to a broader group of men in our community, who are unable to attend the Langwarrin Men's Shed during normal opening hours. In particular, men who are working full time.

If you would like to join the Langwarrin Men's Shed, please register your interest on our web site langwarrinmensshed.org.au



Sebastopol Mens Shed Strength thru Fellowship

Sebastopol Men's Shed are hosting the first in person **Governance Training Session** on 3 October, 10.30am - 2pm

This session will be run in person at Sebastopol Men's Shed, Sebastopol.

Thankyou Sebastopol for offering your shed for this great training initiative.

You must register as places are limited, registration details on the following page

FREE Governance Training



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

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

Governing a Not-for-profit Organisation

About this training session

Join the upcoming session where a lawyer from Justice Connect will unpack the A-Z of governance and make sure you are fully aware of your legal obligation as a board or committee member. Whether you're a new board/committee member or you've been doing it for a while, there is always more to learn about your legal responsibilities.

You'll learn about:

- Legal roles of committee/board members as decision makers
- Differences between governance and management
- Legal structure and status of your organisation
- Importance of rules and legal purpose or objects
- Four key legal duties of committee/board members
- Potential liabilities, protecting yourself and your organisation
- Other relevant laws and additional resources

When?

3 October, 10.30am - 2pm

Where?

This session will be run
**in person at Sebastopol
Men's Shed, Sebastopol.**

We'll send you all the
details when you register

[Register here](#)

Creating Positive Auspicing Agreements

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

You'll learn about:

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

**14 Sept 2023
10AM - 1PM**

Delivered online via
Zoom

[Register here](#)

Shed Recipes

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

DUTCH SPLIT PEA SOUP

INGREDIENTS

- * 500gr green split peas
- * 2 smoked bacon bones
- * 3ltr cold water
- * 1 leek chopped
- * 1 large carrot chopped
- * 1 large peeled potato, 250 gr.
- * 1 rookworst (dutch smoked sausage)
- * 2 tsp beef stock



Rinse the split peas thoroughly until the water is clear.

In a big pot put the peas, vegetables, potato, water, bacon bones and bring to the boil, add the stock and simmer for about 1 hour stirring occasionally until the peas and potato are cooked. Scoop off any broth foam. Remove the bacon bone and slice the meat off the bone. To blend or not to blend? To blend use a stick blender and blend until you get the desired consistency. Some people like it chunky, others smooth. Slice the smoked sausage and add it the soup together with the bacon.

You can serve the soup with rye bread and sliced (thinly) pork belly.

Bon appetite

Some trivia.

Did you know that peas and split peas are from the same plant. The first is fresh the second is dry.

In Germany there is a pea sausage called erbwurst. It is presented in a sausage shaped packaging which is used to prepare instant soup using boiling water. Invented in 1867, this recipe was sold to the Prussian state to feed the soldiers of the Franco-German war in 1870.

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

Welcome Jim Kane - VMSA

Regional Coordinator

Exciting News: Welcoming Our New Regional Coordinator to the Team!

G'day Shedders! We're thrilled to introduce our newest addition to the team, Jim, who is stepping into the role of Regional Coordinator for our growing shed community!

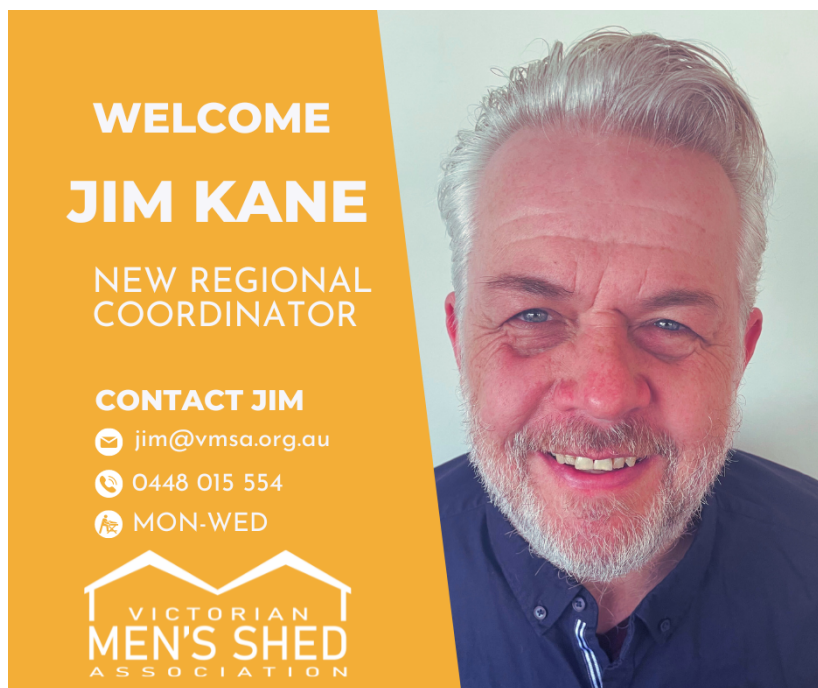
Jim comes to us with 20 years experience in leading community based health projects, mainly in Melbourne's inner north and west, addressing areas of mental health, social connection and chronic disease. We couldn't be happier to have someone with their expertise on board. He's passionate about supporting our shedders and driving positive change within our community.

As our Regional Coordinator, Jim will be working closely with all our sheds within Victoria, ensuring that our members are well-supported, our projects flourish, and our shed culture continues to thrive.

Jim's role will help you with accessing and making use of local health information and services, planning events and network meetings, keeping you up to date and assisting you with grant opportunities, in particular the NSDP grants.

Join us in giving Jim a warm welcome to the team! If you see Jim around the shed, be sure to say g'day and have a yarn about the exciting plans you have in store for your local shed.

Here's to an incredible journey ahead as we work together to make our Men's Shed community even stronger.



WELCOME
JIM KANE
NEW REGIONAL
COORDINATOR

CONTACT JIM
✉ jim@vmsa.org.au
☎ 0448 015 554
🕒 MON-WED

**VICTORIAN
MEN'S SHED
ASSOCIATION**

Watchout for Scams

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

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

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

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

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

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

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

Top tips for avoiding scams

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

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

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

Signs of a bank impersonation scam:

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

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

VMSA Board Members



Trevor Dobbyn

Chair
0408 121 934



Colin Prowd

Vice Chair
0437 311 218



Max Finlayson

Secretary
0428 171 020



Mick Overman

Treasurer
0419 576 795



Marcelle Davis

Board Member
0408 592 016



Tom Rolls

Board Member
0490 290 597



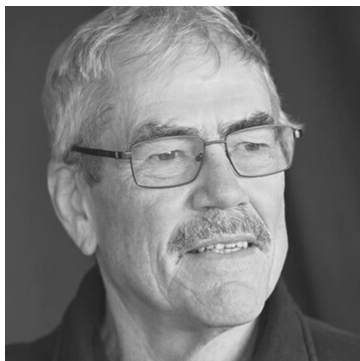
Graeme Newman

Board Member
0422 248 310



Peter Broomhead

Board Member
0405 058 319



James Gundrum

Board Member
0438 737 401

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
0408 465 228



Cameron Thomson
Latrobe Field Officer
0487 427 404



Jim Kane
Regional Coordinator
0448 015 554



Courtney Rodda
Social Media Manager
comms@vmsa.org.au



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:

