

NEW VMSA NEWSLETTER



Men's Shed
Funding Program

Apply now

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 some great events as part of the celebration of 30 years of Men's Sheds in Australia.

To think from such humble beginnings 30 years ago we now have approximately 360 sheds just in Victoria alone, that is quite a testament to the value Men's Sheds provide to their local communities.

This month we also welcome another new team member to VMSA, Field Officer Nigel Robinson. Nigel comes to us with a diverse background in the building industry, DELWP and Project management for Seymour Health. Nigel's broad experience will offer practical support to Sheds and broaden our coverage across both regional and metro sheds with our goal to have all three field staff on the road visiting sheds offering meaningful support to our members.

I encourage all sheds to contact our field staff and organise them to visit your shed

Don't forget that it's important to send in any stories of projects and community work that your shed is doing as these stories are valuable to promote all the amazing work sheds are doing in their local communities.

Our Statewide forum is shaping up to be a fantastic event this year so please see the information on the following page to secure your spot, and I look forward to seeing many of you at the event.

Derek O'Leary - CEO



STATEWIDE FORUM & AGM



Reconnect with your shed mates, dive into shedder discussions, share ideas and ignite your inspiration over **FREE** morning tea and lunch.

Some highlights of the day you won't want to miss!

THE FOUR PRESIDENTS ADDRESS

Open discussion featuring the four principals from WA, TAS, QLD, and AMSA – an interesting segment you won't want to miss!

OPEN PANEL DISCUSSION

We've set aside time for an open discussion where you have the chance to fire away with your burning questions!

Hear from local Men's Shed's about how they run their shed and what community projects they are involved in.

📅 16th October 2023

🕒 10AM - 4PM

📍 The Meadows Conference & Events Centre
80 Northcorp Boulevard
BROADMEADOWS VIC 3047

**TRAVELLING FAR? +100KM?
ENJOY A \$100 SUBSIDY!**

HOW TO REGISTER?

DEREK O'LEARY

📞 0408 465 228

✉️ ceo@vmsa.org.au

TREVOR DOBBYN

📞 0408 121 934

✉️ trevor@vmsa.org.au

OR REGISTER ONLINE:

<https://www.vmsa.org.au/agm-2023/>

Applications are open for the Men's Shed Funding Program

Men's Shed groups can now apply for grants up to \$100,000 to help build or improve Men's Sheds across the state.

This latest grant round is part of the ongoing Men's Shed Funding Program.

Every year \$1 million is invested into supporting Victorian Men's Sheds, including around \$140,000 towards the Victorian Men's Shed Association.

The funding program supports Men's Shed groups to help build new facilities or upgrade existing ones. This may include upgrades like a dust-extraction system, or renovations to improve accessibility.

Men's Sheds are an important part of our communities. They bring people together and improve the mental and physical health of members. People can work on common projects, form friendships and give back to those around them. There are approximately 360 Men's Sheds across Victoria. Each shed contributes a lot of value to their local community and the people who attend them.

Grant-writing resources are available on the Victorian government's [How to write a grant application web page](#).

Applications for the Men's Shed Funding Program **close at 5.00pm on 8 December 2023.**

Learn more about the program and how to apply on the [Men's Shed Program web page](#)



30th Anniversary of Men's Sheds

Men's Sheds - 30 years on

One of the feature events that was hosted for the 30th anniversary of Men's Sheds was held at Tongala, reported to be the birthplace of Men's Sheds in Victoria.

The Shed sits on the grounds of the Tongala Aged Care facility and has quite a bit of history attached.

It was a big turnout on the day with staff on hand from both VMSA and AMSA to meet and chat with many surrounding sheds that made the trip to Tongala for a special part of the 30th celebrations.

Ruth McGowan still proudly works in the shed making pens on the lathe and keeps the blokes in line and well organised.



VMSEA On Tour - Shed Spotlight

Seymour Mens Shed

As part of the 30th Anniversary of Men's Sheds, we headed north and did a "Tour De Sheds" on the way to the official 30th anniversary event at Tongala.

First stop was the amazing Seymour Men's Shed. The guys at the Shed are very busy making some fairly large park tables for the Seven Sisters Organisation, a Womens support group.

The shed started in 2011 initially in Puckapunyal then later moving to the current location. Other projects include tables for the Seven Hills Campsite and helping out the local RDA (Riding for the Disabled) and tables for the Seymour Footy Club.

A great country shed with some very knowledgeable and friendly guys so if you're in their area give the guys a call and drop in and say hello.



VMSEA On Tour - Shed Spotlight

Stanhope & District Men's Shed

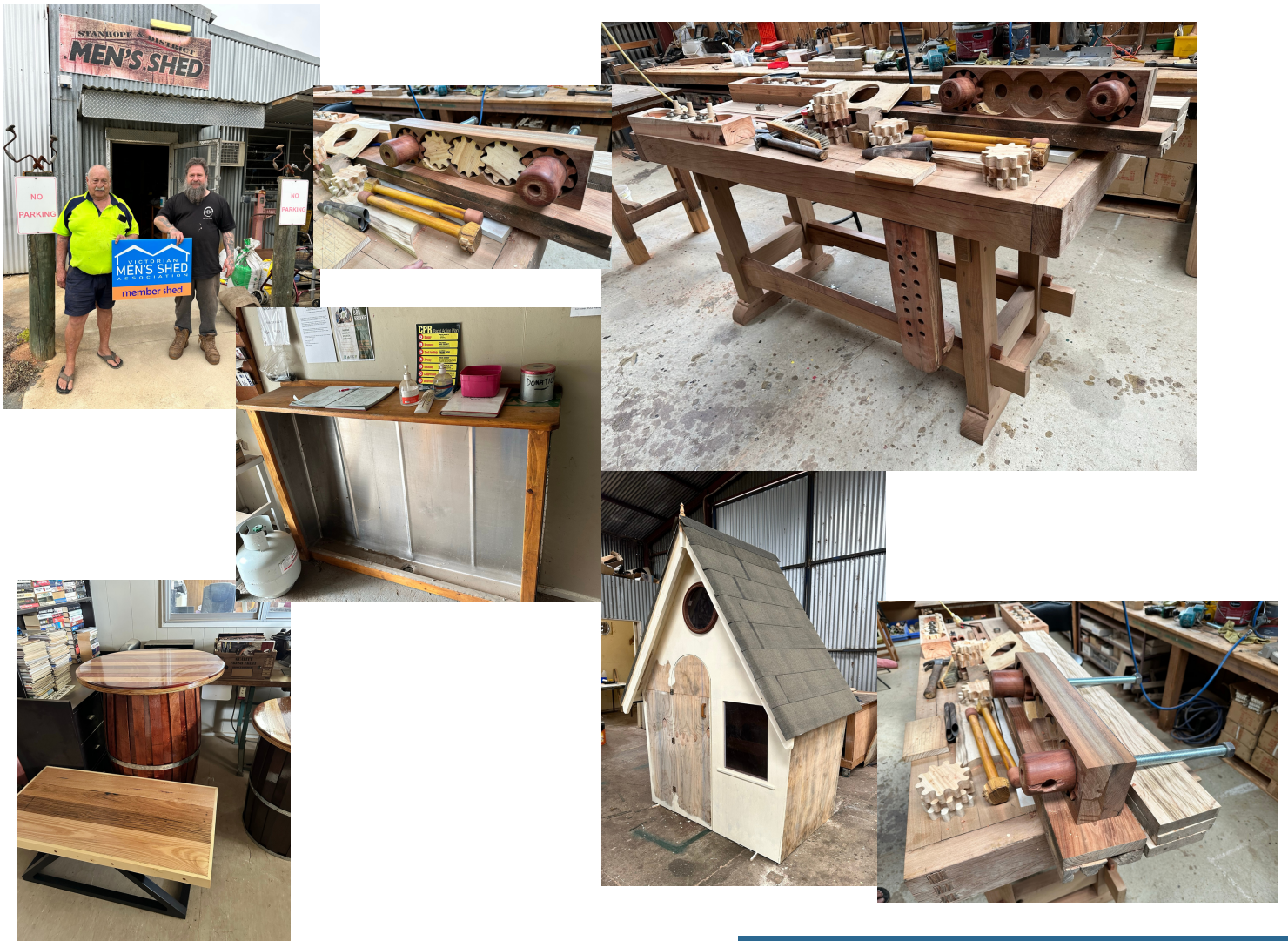
Further north and closer to Tongala we discovered the mighty Stanhope & District Men's Shed

These guys are doing an amazing variety of projects in their community and beyond. They have a great relationship with the Fonterra Dairy that provides them with a steady supply of pallets and plywood from the giant cheeseboards. A Bendigo tire company also supplies them with large metal rims from mining tires.

At first you can't help but think it looks like a scene from Steptoe and Son out the back, but their imagination crafts all these donated items into some amazing pieces of art.

One of the guys is also making a beautiful vintage workbench with a magnificent timber geared vice, it really is a work of art. A large gingerbread house is also under construction for a lady in town that has a mystical garden that attracts many tourists to the town.

A small town of the beaten mainstream track a little but these guys punch well above their weight in creativity so if you're in their area give the guys a call and drop in and say hello.



VMSEA On Tour - Shed Spotlight

Tatura Men's Shed

On the trip back home we just had to stop in and see the Tatura Shed.

Nestled on the side of the racetrack is a great location that comprises several buildings.

Every shed we had been to along the way had told us about the legendary Tatura Tuesday Lunch at the Shed. We bolted along the back roads, of course not breaking any speed limits, to arrive just as they were clearing the plates from the tables.

The social room was chock'a'block with around 40 guys looking very full and content after the big lunch. Strategically the Shed committee had carefully engineered the meal to get a big turnout for their AGM which followed straight after. It was run with military precision with the Shed reporting a healthy profit and concluded in about 15 minutes.

This shed has a lot going on, probably one of the most unusual shed activities is their famous winemaking facility, which I must point out is all perfectly legal and above board. Other projects include restoration of a horse drawn carriage, leather tanning, and all the usual wood and metal work you would expect to find in a shed of this calibre.

If you are in the region, call the guys and try to do it on a Tuesday and you may even get a great lunch!



Shed Projects - In the Community

Cypress Pine Planter Boxes for Yackandandah's Streetscape

The Yackandandah Men's Shed works collaboratively with many community groups, on projects that benefit the whole community. Recently the Yack shedders have built benches for the Cemetery Trust, play equipment for the Little Yack childcare centre and a storage shed for the Yackandandah Women's Shed.

Earlier this year we were asked by the Yackandandah Garden Club if we could build durable planter boxes to replace some half wine barrel planter boxes that had fallen apart. The planter boxes were to be located alongside the town's historic Post Office wall and thus had to be sympathetic to this environment. We proposed that the planters be built with Australian Cypress Pine (*Callitris columellaris*) due to its known resistance to decay and insect attack.

The Garden Club wanted to 'wick' the planter boxes to better cope with our hot dry summers and need to conserve water. Wick or wicking is a technique whereby a reservoir of water is contained underneath the plants and is fed up to the plants via the process of capillary action. To enable the planter boxes to be wicked we built them as a bottomless frame. The garden club members then fixed waterproof pool liner plastic inside the Cypress frame, half filled it with gravel to hold the water, covered the gravel with Geotextile fabric then soil and installed a water inlet pipe and overflow valve.

The Cypress Pine planter boxes are located in a high foot traffic area. Their attractive appearance has been positively commented upon by townspeople and visitors alike. By regularly oiling these Cypress pine planter boxes they will retain their attractive feature for a very long time.



Yackandandah Men's Shed member Neil Padbury prepares a length of 150mm X 38mm Cypress Pine for the top sides of the planter boxes



Members Peter Scott and Larry Kern give the bottomless Cypress Pine planters a final sanding



Shed Recipes

This months recipe kindly supplied by Yackandandah Men's Shed

'Eat less meat and more vegetables'. This is a common refrain we hear frequently from health authorities. Good advice, but very challenging for those of us growing up in Australia where a good sized piece of meat is most often the main feature of a meal. Shifting to a vegetable only diet is just not on the cards for many of us. At best, eating a smaller portion of meat would be considered, so long as it's tasty and certainly if it was larger than a fifty cent coin!

One way to eat less meat by weight, than the usual Australian average 180 grams portion, is used regularly in Europe and Asia where meat is much more expensive. Typically there, the meat portion of a meal might be 100 grams or less. A useful technique used in Asia to make meat go further is by stir frying thinly cut pieces with fresh vegetables; whereas in Europe, steaks are usually cut very thinly and served in the style of a schnitzel.

In our desire to present a healthy monthly lunch at the Yackandandah Men's Shed our cooking team adopted the European schnitzel technique by flattening 70 gram portions of thinly cut chicken breasts, marinating the portions in an egg white and cornflour slurry then breading them with Japanese Panko breadcrumbs. The chicken schnitzels were fried on the BBQ and served on toasted muffins with shredded lettuce, coleslaw and salsa. Our hungry shedders were well satiated on the 70 gram meat portions and in fact, were very pleased that the burgers were mid-sized rather than the monsters that one is confronted with at pubs and restaurants.

The recipe for making chicken schnitzel burgers in this manner is given below:

Cut thin slices off a whole chicken breast in roughly 70 gram sized portions.

Pound the thin slices of chicken with a mallet or rolling pin between two pieces of baking paper such that each piece becomes 3-5 mm thick.

Make a slurry of an egg white and a tablespoon of cornflour in a bowl and add the chicken slices. Marinate for two hours or overnight. Marinating meat in beaten egg white and cornflour is known as 'velvetting'. During cooking, the velvetting mixture protects the meat fibres from seizing, resulting in a more tender meat.

Next, dip each chicken piece in dry roasted Panko breadcrumbs to cover both sides. Fry the flattened 70 gram breaded chicken schnitzels until browned and cooked through. Transfer the crumbed and pan-fried chicken schnitzels onto toasted muffin buns and top with shredded lettuce, coleslaw and salsa, and serve.



Pound 70 gram sized slices of chicken breast with mallet. Soak in beaten egg white and cornflour, then coat with roasted Panko breadcrumbs. Cook on BBQ plate or fry in conventional fry pan

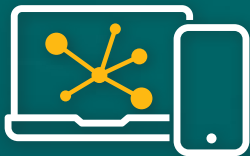


Panko-coated 70 gram chicken schnitzel burger served on toasted muffin with salsa, coleslaw and shredded lettuce

Power your Shed with



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For a **Lifetime** of Listening

We're excited to be seeing you at the Victorian Men's Shed Association Statewide Forum.

Learn about hearing health and get a FREE hearing health check.

Ask us about an opportunity to have our Bambi caravan at your Men's Shed for hearing screenings.

The Meadows - Greyhound Racing Club

Monday 16th October

10:00am

We look forward to speaking with you about how we can help your members!

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



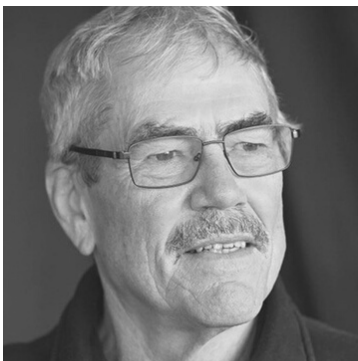
Graeme Newman

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



Nigel Robertson
VMSA Field Officer
0429 128 766



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:

