

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
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Ph: 0408 465 228
Email: vmsa@vmsa.org.au
Web: vmsa.org.au



Board Chair's Report



Statewide Forum and AGM

The VMSA Statewide Forum and AGM was held on 16 October at The Meadows Conference and Events Centre in Broadmeadows. Feedback from men's shed representatives who attended has been overwhelmingly positive.

In opening, I welcomed shed representatives and read a letter of support from our newly appointed Minister Ros Spence.

Over 160 representatives from 65 sheds took part in this terrific event and heard presentations from Paul Sladdin, president of AMSA, Trevor Gorey, president of the West Australian Men's Sheds Association and David Seen, president of the Tasmanian Men's Shed Association.

John Greatrix, president of the Queensland Men's Shed Association and John Sharples, president of the NSW Men's Shed Association were both apologies. John Greatrix's farm was destroyed in the Queensland fires days earlier and we send him our best wishes.

These presentations were particularly interesting because they gave different perspectives on activities around the country in what is a strong national men's shed movement.

The day included a lively open forum where delegates could put questions to the board and each other and we also had a number of speakers including Bronwyn Halfpenny MLA for Thomastown and Emma Kealy MLA for Lowan, the co-convenors of the Victorian Parliamentary Friends of Men's Sheds and the VMSA, both strong supporters of men's sheds. There was also a range of speakers on men's health and wellbeing.

The VMSA was able to stage this event free of charge to members because of the generous support of Melbourne Greyhounds -The Meadows- and Greyhound Racing Victoria who resourced the whole day including all of the catering. We are enormously grateful for this support from both organisations.

ExxonMobil made a significant donation which enabled us to give country sheds more than 100km from Melbourne \$100 to assist with travel expenses. Making this event free is very important as we need to do everything we can to encourage sheds to attend and exchange ideas and stories with each other.

Other sponsors included Bloom Hearing, Booran Motors, AEG, Ryobi, Bendigo Bank, Kabadoodle, Dynaweld and Bunning's Trade. We extend our sincere thanks to all these organisations.

Board Chair's Report



Continued.....

A raffle at the end of the forum saw many delegates receive fabulous prizes donated by our generous sponsors which was a great way to round off the event.

The AGM followed and progressed smoothly to unanimously approve rule changes to allow VMSA to pursue DGR status. This will enable donations to the VMSA to be tax deductible.

Two nominations were received to fill three vacant board positions and Colin Prowd who renominated and Mick Overman who nominated were both declared elected.

The Statewide Forum/AGM next year will be bigger again, so keep an eye out for the date which we will publish shortly and put it in your diaries when you get it.

In closing I wish to acknowledge the two retiring board directors, Tom Rolls and Jim Gundren and thank them for their significant contribution to the VMSA.

MOUs and AMSA Rule Changes

The important work of reunifying the men's shed movement across Australia continues.

The recent Memoranda of Understanding (MOUs) between the Victorian, Western Australian, Tasmanian and Queensland men's sheds associations and the Australian Men's Shed Association (AMSA) have paved the way for rules changes to the AMSA constitution.

Importantly, these MOUs have been agreed by the boards of the four state associations and the AMSA Board and all parties are continuing to operate in good faith to progress this matter. This now requires rule changes to the AMSA constitution to give each state association the right to nominate a director to the AMSA Board.

It has been agreed that the proposed AMSA rule changes will soon be put to members at a Special General Meeting. If this passes it will give full effect to the MOUs and be a very big step towards completing the reunification of the men's shed movement across the country.

Trevor Dobbyn -VMSA Chair

CEO's Report



As we start the homerun towards the last part of the year, I'm pleased to report that our two newly recruited field staff Jim and Nigel are settling in and have been very busy on the road visiting dozens of sheds.

After two years of on and off lockdowns in Victoria it's fantastic to have the guys out visiting sheds every week building face to face relationships with many of you, listening to your stories and experiencing the great projects you are doing in your sheds.

Our communications manager, Courtney is also busy helping sheds spread their stories via social media, so if you need help getting your shed onto Facebook, please reach out to Courtney.

Don't forget the Victorian Government Men's Shed funding round is currently open and closes on the 8th of December. We lobbied government on your behalf, and they listened increasing the maximum grant available to \$100,000 to take into account rising costs of building and renovating sheds. Don't leave your application to close to the deadline, as it gets more difficult to get quotes quickly as you get closer to Christmas.

We are currently implementing a new Shed database, and I would ask you if you haven't already to please update your shed contact details with us so we have the latest information. This can be done online on our website, or alternatively in person when our field officers visit you.

Later in this newsletter you will find information about free building materials from Superyard coming out of the Melbourne Cup carnival that are available to sheds. Thanks to Port Phillip Men's shed for alerting us to this great recycling initiative.

We are always on the lookout for stories for the newsletter from the sheds, if you have an interesting project or event going on in the shed, please let us know.

Derek O'Leary - CEO

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](#)



2023 Statewide Forum & AGM



Shed Spotlight – Pomonal

Pomonal Mens Shed

October has been a very busy time for the Pomonal shed with us having various activities and trips happening.

On Friday 20th a group of members took a bus trip to Mortlake to receive a Nation Volunteer Award from Dan Tehan which was wonderful to receive and a great day was had by all attending.

We took another bus trip on Monday 23rd to Warracknabeal men's shed, With members from the Stawell shed on board to have a BBQ and visit their shed. This was a great day of networking, comradery and overall fun with Warracknabeal planning a visit to our shed next year.

Monday's from 9-30am we meet for our weekly social session where we usually solve a variety of the worlds problems over a hot cuppa and snack. Every Monday morning, we are running a woodwork session with students from Pomonal Primary school, which is a great time for the students and our members alike.

Thursday's from 9-30am we have had busy Project sessions with lots of different projects on the go in the workshop. We are slowly producing some items for sale at the monthly markets. The last Sunday of each month we run our (now quite famous) sausage sizzle at the Pomonal market. This helps us raise some much-needed funds as well as being a great social time for all involved. It is also a great way of showing potential new members through the shed and explaining some of our various activities



Shed Spotlight - Monash Men's Shed

Understanding Dementia Health Event

Fantastic turnout at our understanding Dementia Talk held by Bolton Clarke. Our most well attended health event yet with over 90 people in attendance!

It's an important issue that many of us have a connection with at some time in our lives via family, friends and sometimes shed mates, so raising awareness is important and it's great to see Monash Men's Shed getting such a great turnout for this important health issue.

If your shed is thinking about hosting a health event, please reach out to our VMSA Regional Coordinator, Jim Kane on 0448 015 554 for assistance.



Shed Projects - In the Community

Rowville Men's Shed- Kids Toy Kits

A great example of Sheds working with your local community, the Rowville Men's Shed make some fantastic wooden toy kits for kids, and took the opportunity to participate in the Stringybark Festival and help the kids put together a whopping 295 of their wooden toy kits.

A great effort guys and a great example of working with the community.

Stringybark Festival is a free community event that has been running for over 30 years, and celebrates all things home-grown, sustainable, playful, educational and creative in Knox.



Shed Projects - In the Community

Rosebud & Districts Mens Shed

The lime tree at the Seawinds Community Hub got a new home thanks to the Rosebud and Districts Men's Shed crew.

The Hub is undergoing a renovation of the Early Learning Centre playground, this work is being done by Rox Landscaping who were happy to lend the shed a hand. We all hope that the lime tree will thrive in its new location.



The Rye Community House asked if we could build a Coffee Cart that they could use at their facility to help train up and coming baristas.

The shed came up with a solution that was easy to move around and store. It's a demountable unit that can be dismantled and transported if required.

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37 Lonsdale St, Dandenong

DANDENONG MG (03) 8764 0044
55 Lonsdale St, Dandenong

DANDENONG MITSUBISHI, CHERY & HOLDEN SERVICE (03) 9771 9400
25 Lonsdale St, Dandenong

DANDENONG HYUNDAI (03) 8797 0303
37 Lonsdale St, Dandenong

DANDENONG NISSAN & KIA (03) 9792 9922
46 Lonsdale St, Dandenong

CRANBOURNE MITSUBISHI, KIA, MG & HOLDEN SERVICE (03) 5995 4555
215-217 South Gippsland Hwy, Cranbourne

CRANBOURNE CHERY (03) 5995 1188
209 South Gippsland Hwy, Cranbourne

CRANBOURNE HYUNDAI (03) 5995 1188
200 South Gippsland Hwy, Cranbourne

SOUTHLAND KIA & HOLDEN SERVICE (03) 9581 8200
1212 Nepean Hwy, Cheltenham

SOUTHLAND ISUZU UTE, CHERY & GMSV (03) 9581 8200
1190 Nepean Hwy, Cheltenham

SOUTH MORANG KIA & CHERY (03) 8400 8400
8 Wealthland Dr, Mill Park

SOUTH MORANG HYUNDAI (03) 9007 0203
2a Oleander Dr, Mill Park



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Free material to Men's Sheds



THE
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SUSTAINABLE
MARKETPLACE



BRINGING SUSTAINABILITY TO THE MELBOURNE CUP CARNIVAL

A SUPERYARD AND CIRKA INITIATIVE

Superyard, in partnership with waste management leaders Cirka, is proud to make the Victoria Racing Club's 2023 Melbourne Cup Carnival a flagship for sustainable and circular economy practices.

Learn more about how we are transforming one of Australia's premier events into a model for eco-friendly initiatives.



MELBOURNE CUP
CARNIVAL 2023

PARTNERSHIP INSIGHTS

01

About The Partnership

We're joining forces with Cirka to source, hold, and redistribute reusable building materials from the Melbourne Cup Carnival. From pine wood and MDF panels to a range of other crucial building supplies, we're making sure nothing goes to waste.



02

How It Works

Instead of disposing of these valuable materials, Superyard will facilitate their redistribution to sectors in need, prioritising health, education, and charity organisations in Melbourne and the broader Victorian region.



03

Who Benefits

This initiative is a win-win for all involved: reducing waste, promoting sustainable practices, and offering nearly-new building materials to organisations in need.





2022/ 183

ENERGY ASSISTANCE PROGRAM

Free help with your energy bills

We have a new team ready to help you with your electricity and gas bills.

We can help you:



Talk to your energy retailer and get help if you have debt



Access extra financial support



Check you are getting your Government energy concessions and ensure the concessions are applied to your bill



Find and move to an affordable energy plan



Understand your bill and fix any possible errors



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Understand what other supports are available

All you need is a copy of your most recent bill.

Call Anglicare Victoria's Energy Team on 1800 531 741

(between 8am and 7pm, Monday to Friday excluding public holidays)

Or email energy@anglicarevic.org.au

We can also organise to meet you in-person at one of our outreach locations across Victoria.

Call us to find out more or book an appointment.



Scan here to find out more.



Translating and Interpreting Services are available

This program is supported by the Victorian State Government



BETTER TOMORROWS

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



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
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
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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:

