

NEW SHED FOR BAXTER

Australia Day Awards

*Upgrade For
Muckleford Station*

*Maldon Men's Shed
Mateship in Action*

Grant Opportunities

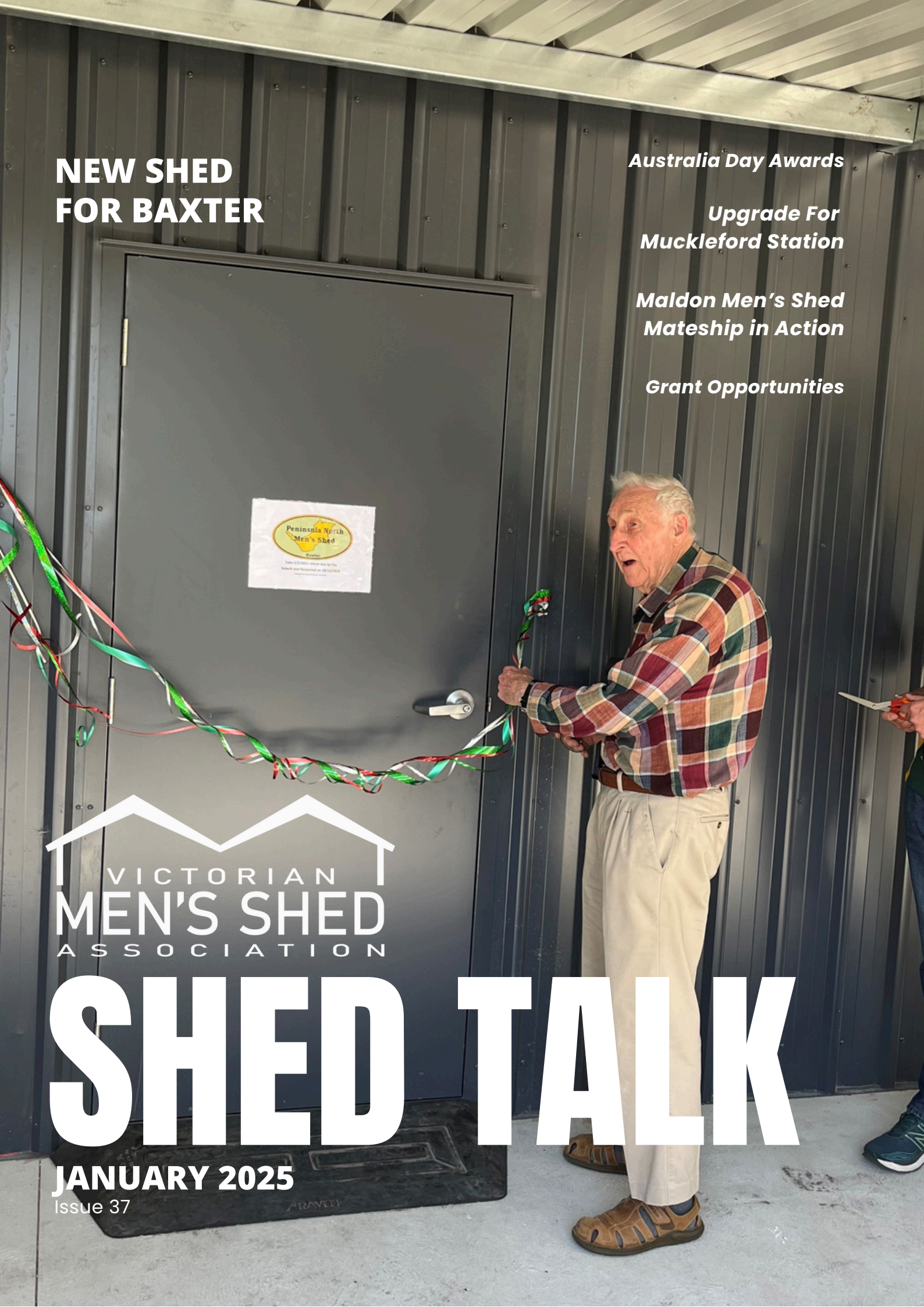


VICTORIAN
MEN'S SHED
ASSOCIATION

SHED TALK

JANUARY 2025

Issue 37



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Two years, eighteen days and six hours

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REPORT FROM THE **GENERAL MANAGER**

I hope you all had a lovely Christmas and New Year and that 2025 is being kind to you thus far. January is traditionally a quiet month for sheds as most of you know but things are already starting to pick up with more of your calls and emails coming through to our office.

This year is shaping up to be a big one with plenty of network and roadshow events happening across all corners of the state. The VMSA will also be looking to secure new corporate partnerships and continue to investigate ways we can improve our service.

One of the highlights of this newsletter is reading stories about sheds that are helping their communities, and as usual this edition is packed full of them. From my travels I also know that there are plenty of sheds where members rally round to help a mate in trouble. Many of you are happier being quiet achievers, but it really is great to hear heartfelt and inspirational tales of how acts of selfless mateship have improved people's lives. On page 6 we hear from Maldon MS Vice President Alan who shares one such story.

I hope you enjoy the January edition of Shed Talk,

Happy Shedding,

JIM KANE
VMSA General Manager





BAXTER MEN'S SHED

TWO YEARS, EIGHTEEN DAYS
AND SIX HOURS.

BY GRAHAM BALMER
PRESIDENT, BAXTER MENS SHED.

That's the period of time from when the Baxter CFA told us there had been a fire at the shed, to when we received the keys to our new shed. As we start to rebuild our shed both physically and socially it's probably a good time to think about the lessons learned over that drawn out no shed period.

1. Have realistic expectations.

The Mornington shire council owned and therefore insured the building. We insured the contents. The first Council employee I met after the fire told me that as the property was under \$500,000.00 this would be a relatively quick process, Six to nine months. Six months later, he had long moved on to another position and the insurance companies were still arguing over what was contents and what was building. As councils manage building codes and regulations they must abide by them. There are no shortcuts when dealing with a council and obviously insurance companies will try to limit their payout figures.

2. Members are more important than place.

Fairly quickly after the fire, alternative meeting places were established. The Bittern shed offered their facilities to us one day a week, the local CFA offered there's on another day and we had access to the community hall right next to our shed so we could watch the total lack of progress. Whilst we lost some members, a strong core stuck together and recently we have welcomed five newcomers. The workshop is an important part of our shed, but the tea room is an essential part.

3. There is a lot of goodwill in the community for Men's Sheds.

Whilst no one was successful in speeding up the rebuilding process, help came from the community in other ways. Our relationship with our local Bunnings has strengthened over the rebuilding period and our local councillor the VMSA and the company contracted to rebuild the shed have all been very supportive.

4. Try to make the shed as safe as possible.

We believe the fire started in a wooden box that we stored cleaning rags with paint and turps soaked into them. We will buy a metal container with a fitted lid to prevent that from happening again. With the new shed up to date with the current building codes, it is interesting to see the changes that have been made in ten years since the original shed was built. Proper fire doors, simplified electrical switchboard, new security system, wall and ceiling insulation and lighting that is cheaper to maintain and much more effective than the previous lights. Whilst I wouldn't recommend a fire to get all these updates, next time a grant comes up for property improvements have a look at your older systems that may be ready for an upgrade.

Thanks to everyone from the shed community that have supported us over this challenging time.





AUSTRALIA DAY AWARD FOR AKOONAH PARK & WODONGA

Australia Day is a time to reflect on and celebrate the contributions of individuals and organisations that make our communities stronger. This year, Men's Sheds were proudly recognised for their dedication, skills, and commitment to giving back.

The Wodonga Men's Shed was honoured with the Community Organisation of the Year award, a testament to their unwavering support for the local community. From building projects to social connection, the Shed continues to be a vital hub for men's health and wellbeing in the region.

Meanwhile, the Akoonah Park Men's Shed received an award for their Metal Working Group's incredible efforts in producing wombat gates for the Wombat Protection Society of Australia (WPSA). These gates play a crucial role in protecting native wildlife and preserving habitats, showcasing the impact that skilled craftsmanship can have on conservation efforts.





MALDON DOUBLE FEATURE

Maldon's oldest member, Allan Trounson, along with others enjoying a sit down.

UPGRADE FOR MUCKLEFORD RAILWAY STATION BY ALAN HART

Muckleford Railway Station is a non-attended middle station on the Victorian Goldfields Heritage Railway line between Castlemaine and Maldon, Central Victoria. The Steam train regularly stops at this station and passengers are allowed to alight to look around.

As a community project, some members of the Maldon Men's Shed decided to do something to enhance the station. It was noted that there were no passenger seats at this station for patrons to sit on. The Maldon Men's Shed had access to some long river red gum poles and decided to use some of these poles to plank out and make some bench-style seats for the Muckleford Railway Station.

About seven members of the Shed were involved in the design, cutting and planking, assembly and painting over several weeks. Once the parts of the bench seats were completed and assembled, they were delivered to the railhead at Maldon and transported by rail to the Muckleford Railway Station. The railway staff and volunteers then dug the holes and meticulously levelled them up to ensure both bench seats were level with each seat. They were then concreted into the ground and treated for termite (white ant) attack.

A great community project initiated by the Maldon Men's Shed. In return, The Victorian Goldfields Heritage Railway, having recently replaced a large number of red gum sleepers, supplied some sleepers to the Shed to finish off the borders to their new gardens at the Maldon Men's Shed.

MALDON MEN'S SHED

MATESHIP IN ACTION STORY FROM ALAN HART, VICE PRESIDENT, MALDON MEN'S SHED INC.

I was diagnosed late 2023 with level 5, high risk, aggressive prostate cancer, PSA 11. After coming to grips with what this meant, I was advised that I needed to do 39 radiation treatments (8 consecutive weeks at 5 days a week) at Peter Mac Cancer Clinic in Bendigo and what could be the side effects caused by the radiation treatment.

I then needed to work out how I was going to get to the Clinic and back each day. I live 40 minutes car drive from Bendigo (no public transport). My wife does not drive and I needed to drink 750 mm of water in 10 minutes, 30 minutes before treatment. I casually spoke to the President of our Mens Shed at Maldon as a friend and he, through our secretary, put out a call for volunteers who could help me, drive me to and from Bendigo. 12 men and 2 women (wives of members) put their hands up and so a roster was created. The times for the radiation treatment was variable, not the same time each day, some early morning and others late afternoon. Each treatment would take, with setting up, about an hour of time. They all used their own cars except one and one lady did the driving on Wednesdays to allow all the men to go to their Men's Shed.

I was given a treatment schedule on a Friday and over the weekend organised the drivers for the next week, different drivers each day. All were on time and no one missed their time.

After the treatment finished, my wife and I were so appreciative of the support that we put on a morning tea at our Men's Shed in Maldon as a thankyou for all their time.



MEDIA RELEASE

29 January 2025

Aussies urged to buy virtual lap for men with prostate cancer

Australians are being urged to take a front-row seat in the fight against prostate cancer and buy a virtual lap to raise funds for Prostate Cancer Foundation of Australia (PCFA).

PCFA is the official Charity Partner of the 2025 Meguiar's Bathurst 12-Hour event this weekend (Jan 31 – Feb 2) at Mount Panorama.

PCFA CEO Anne Savage called on the community to get behind the cause to help drive home awareness and support for men with prostate cancer.

"This year, more than 26,000 men are expected to be diagnosed with prostate cancer, vastly outstripping the number of Australians diagnosed with any other form of cancer," Ms Savage said.

"To support these men and funnel more funds into research, awareness and support, we are urging Australians to buy a virtual lap at www.pcfa.org.au/bathurst12hr.

"We're on a mission to save the lives of Australian men, but we can't do it without community support.

"People who jump onto the page and donate can leave a message of hope for the men in their lives and get in return a virtual lap around Bathurst with Craig Lowndes in a Z06 Corvette."

Supercars legend and PCFA Ambassador Craig Lowndes OAM and the team at Scott Taylor Motorsport have thrown their weight behind the campaign.

Lowndes said he faces an increased risk of prostate cancer because of a strong family history of the disease.

"This isn't just about raising money—it's about starting a conversation about getting checked and saving lives. As men, we often put our health on the back burner, but a simple PSA blood test can make all the difference. If you're over 40 or have a family history, like I do, it's crucial to chat with your GP about getting tested," Lowndes said.

Donate to at www.pcfa.org.au/bathurst12hr.

For more information about prostate cancer or to find a local Support Group visit www.prostate.org.au, or phone 1800 22 00 99 to speak with a Prostate Cancer Specialist Nurse.

ENDS

Media contacts for further information or interviews:

Laura McKoy M. 0435 094 788



FIND YOUR LOCAL MEN'S SHED

Camaraderie, connectivity,
and engagement for men
of all backgrounds.

www.vmsa.org.au



UPCOMING NETWORK MEETINGS

WITH KYLIE HUGHES

We are back into the swing of things with 6 network meetings locked in for February and Cardinia still to confirm. In my role, I hear a lot about the catering for meetings, and word has it that the meals at Koo Wee Rup are the best in the business, so a VMSA rep might need to drop in and fact check that claim to fame.

Please be advised that there has been a change to the South-East Melbourne Network meeting. Due to unexpected circumstances, we will now be meeting at Akoonah Park in Berwick at 10 am on 7 February. A huge thank you to Akoonah Park for stepping in to host at short notice—it is greatly appreciated! We're looking forward to hearing from our guest speakers from At Your Will and Encara, and of course, enjoying some delicious catering on the day.

Shed Leaders from the South-East Melbourne region are welcome to attend!

I was lucky enough to be at the Diamond Creek Men's Shed Christmas party for the announcement that their extensive Shed renovation has secured Federal and Municipal funding. Graeme Newman and his team have been advocating passionately for this funding for 4 years, and the joy in the room was indescribable. Congratulations to everyone involved, and best wishes with your temporary relocation and rebuild.

The Yarra Ranges Network December meeting was full of good news stories, with the highlight being that the “homeless” Upwey Shedders are finally in their new Shed! Hopefully we can share some photos on our social media soon. The next network meeting for Yarra Ranges will be focused on health and wellbeing partnerships with Council.

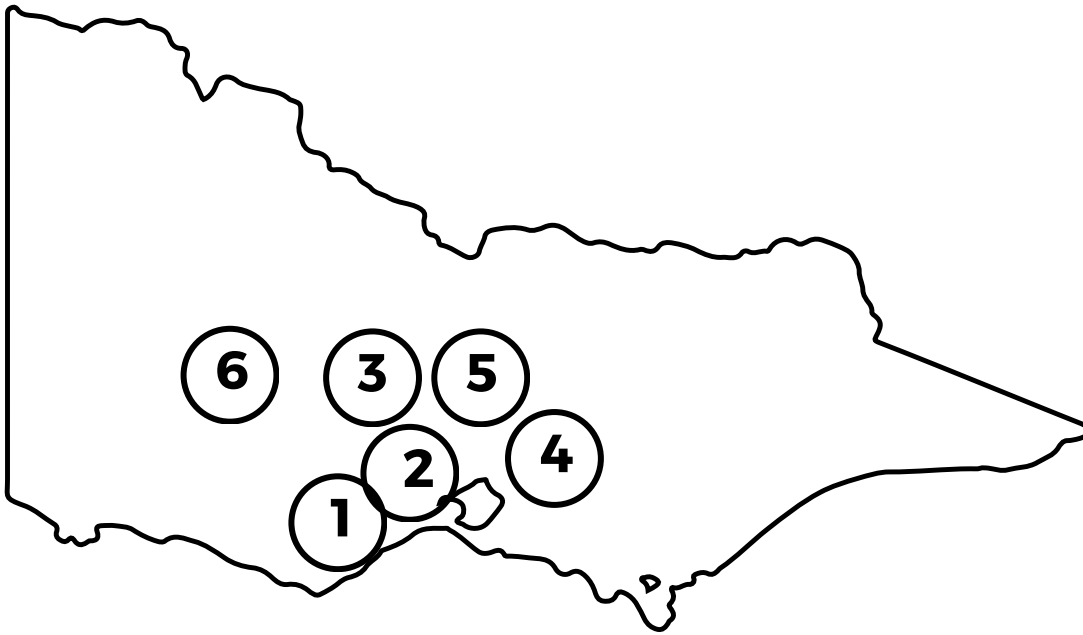
I had a visit to Wendouree Shed this month – it's fantastic! It will be great to share the new building with the broader Highlands Network on 25th February. Please note that the meeting will be in the Community Centre next door, but I'm sure Simon would love to take you for a tour. Also, a shout-out if anyone local has the capacity to help Wendouree with setting up their CNC, would be really appreciated.

Mark and I were treated to a “preview” of some of our 2025 guest speaker presentations over the month of January. I personally learnt a lot, and hope the sessions will be of interest to Shedders who take up the opportunity to invite speakers to their meetings.

New Networks coming soon! We will be launching the LaTrobe Network on 20th March with a Big Breakfast for International Happiness Day. Thanks to Yallourn-Newborough Shed for taking on this huge commitment!

Warrnambool will also host the new South West Vic Network on 27th of March, thanks to the mighty planning efforts of Phil Pettingill. Warrnambool are fortunate to receive lots of donations that they are happy to share across the Network. Sheds in the area will have received an email from Phil in December, so if you haven't seen it, please check your spam folders and get back to him!

UPCOMING NETWORK MEETINGS



FEBRUARY

- 1** Barwon Network - Wednesday 5th Feb 10am at Bannockburn
- 2** South East Melbourne - Friday 7th Feb 10am at Akoonah Park
- 3** Macedon Ranges - Tuesday 11 Feb 10am at Kyneton
- 4** Yarra Ranges - Friday 21st Feb 10am at Mooroolbark
- 5** Murray Hume - Weds 19 Feb 11am at Myrtleford
- 6** Highlands - Tuesday 25 Feb 10am at Wendouree

As the VMSA Shed Network Facilitator, Kylie Hughes plays a key role in supporting and strengthening the connections within our shed community.

Kylie works part-time on Mondays, Tuesdays, and Fridays and is available to assist with inquiries or planning for upcoming network meetings.

To get in touch with Kylie, email her at kylie@vmsa.org.au. She's here to help!

**DO YOU HAVE A STORY TO SHARE?
WE WANT TO HEAR FROM YOU!
WHETHER IT'S A PROJECT SUCCESS,
A MEMBER'S ACHIEVEMENT, OR A
COMMUNITY INITIATIVE, WE'D LOVE
TO FEATURE IT IN SHED TALK.**

Send us your photos and stories to **vmsa@vmsa.org.au** and let us showcase the amazing work happening in your shed.

Don't miss this opportunity to share your journey with the wider Men's Shed community!



GRANT

OPPORTUNITIES FOR YOUR SHED



Australian Government Department of Health & Aged Care National Shed Development Programme

Administered by the Australian Men's Shed Association

Round 29 Now Open

Round 29 specifically prioritises applications with a strong health focus. Further details and resources are available at mensshed.org/nsdp/supporting-docs-faqs

Closing dates:

Cat 1-4 Friday 21 February 2025

Cat 5 Friday 7 March 2025

NSDP Documents:

1. [Programme Guidelines – NSDP Round 29 Jan 2025](#)
2. [General Application Form – NSDP Round 29 Jan 2025](#)
3. [Defibrillators Application Form – NSDP Round 29 Jan 2025](#)
4. [Preparing your NSDP Application – NSDP Round 29](#)
5. [Step by Step Guide - multiple pages into one pdf document](#)
6. [AMSA Resource - The Men's Shed Gathering and Health Event Manual Jul 2022 V4](#)

How to obtain additional information or assistance

Please email amsa@mensshed.net if you have enquiries about the NSDP programme, preparing your application, the Application Form and application process, items and services that are eligible for funding.

Support is provided to all applicants regardless of their location or membership of AMSA.

GRANT

OPPORTUNITIES FOR YOUR SHED



Business
business.gov.au

Stronger Communities Programme Round 9

Grants of up to \$20,000 are available for eligible small projects that encourage and support participation in local projects and improve our community.

Some examples of eligible projects are listed below:

- Construction of a women's change room at a local football ground.
- Holding an event for NAIDOC week to celebrate indigenous Australians
- Installation of a new war memorial that commemorates Australians killed or injured in war
- Installation of solar panels at a local community centre
- Constructing a disability access ramp or lift at a local sporting facility
- Installation of a native garden to educate the community and celebrate indigenous Australians and their culture.
- Establish a new website to provide information and support to newly arrived immigrants in a local community.

A full list of program objectives is included in Section 2 of the [grant opportunity guidelines](#)

A full list of eligible activities is included in Section 5.1 of the [grant opportunity guidelines](#).



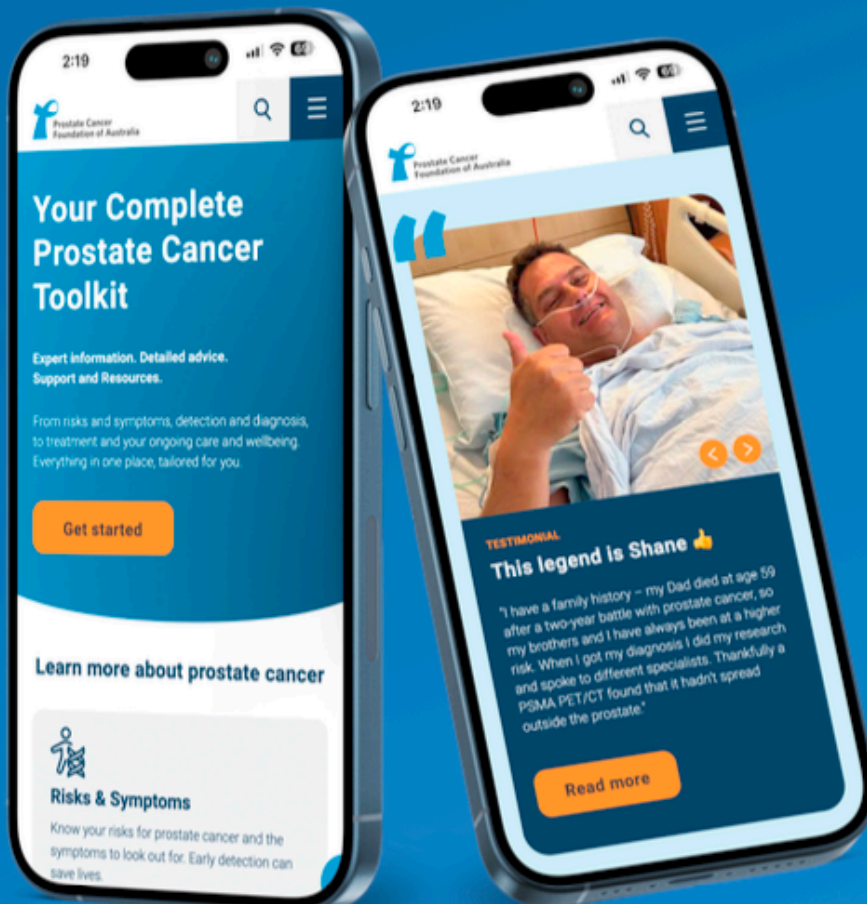
Prostate Cancer
Foundation of Australia

Your Complete Prostate Cancer Toolkit

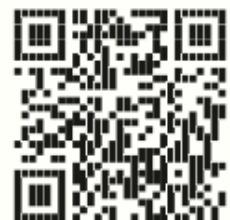
Expert information. Detailed advice.
Support and resources all in one place,
tailored for you.

🔍 prostate.org.au

☎ 1800 22 00 99



Scan the QR code
to get the Toolkit



INSIDE THE WORKSHOP

SHED SHOWCASE

ENDEAVOUR HILLS MEN'S SHED

The Endeavour Hills Men's Shed has been hard at work building and installing new benches for Dandenong Primary School, creating a welcoming space for students to enjoy. The school community is incredibly grateful for their time, effort, and expertise—showing their appreciation with a heartfelt thank-you letter and some well-deserved chocolates!



BALLARAT COMMUNITY MEN'S SHED

The team at Ballarat Community Men's Shed has been busy crafting brand-new name tags for their members! It's a simple yet powerful way to build connections, making sure every face has a name and every member feels part of the crew.



ROCHESTER MEN'S SHED

What a productive morning at the Rochester Men's Shed! From metal fabrication to woodturning, the members have been busy crafting and creating.

WARRNAMBOOL MEN'S SHED

A big shoutout to Warrnambool Men's Shed and their Shed Maintenance Team Leader, Barry, who has kicked off vital repairs to the local school buildings!

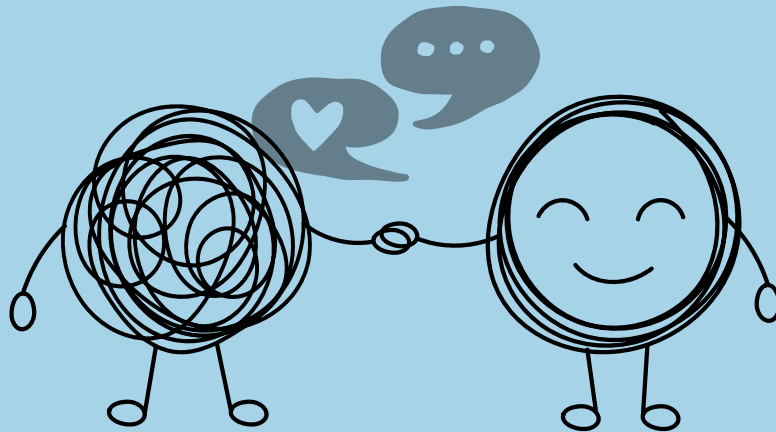


TALLYGAROPNA MEN'S SHED

The team at Tallygaroopna Men's Shed has brought a piece of local history back to life! They've restored a 100+ year-old gate, originally crafted at Gribben Engineering Works in the early 1900s. This beautifully revived piece will now take pride of place at their Smith Street premises—an incredible nod to the region's heritage.

STANDBY SUPPORT AFTER SUICIDE

“WHAT DO I SAY, WHAT DO I DO” WORKSHOPS



Did you know?



Every year in Australia, more than 3,000 people die by suicide – nearly 9 people a day,



It is estimated that around 135 people are affected by each suicide death. The effects are devastating for families, kin and communities.



In 2022 in Australia, just over three-quarters of all suicide deaths were men.



The highest rates of suicides in a single age group occur among Australians aged 85 and older

StandBy is dedicated to assisting people bereaved or impacted by suicide. They support families, friends, colleagues and communities at any stage after their loss. StandBy is accessible seven days a week, providing free face-to face and/or telephone support at a time and place that suits you.

SHED TO TABLE

TABLE



Avocado, corn and tomato breakfast omelette

Recipe from the Diabetes Australia

Ingredients

125g can corn, drained
½ avocado, peeled, seeded, finely chopped
1 ripe tomato, seeded, finely chopped
Pepper and dried herbs to taste
4 eggs, lightly whisked
1 tablespoon cold water

Directions

1. Combine the corn, avocado and tomato in a small bowl. Season with pepper or dried herbs. Set aside.
2. Whisk the eggs and water together in a small jug. Season with pepper.
3. Spray a small frying pan with a little olive oil spray and place over medium-high heat. Add half the egg mixture and cook, tilting the pan until mixture covers the base. As omelette sets, lift edge so uncooked egg runs underneath. Cook for 2-3 minutes.
4. Spoon half the avocado mixture over the omelette. Fold edge over to enclose filling. Turn onto a serving plate. Repeat with remaining egg mixture and avocado mixture.
5. Serve immediately.

Follow Us on Social Media



Don't miss out on the latest updates, events, and community initiatives from the Men's Shed!

Follow our Facebook page **Victorian Men's Shed Association** for all the news, photos, and stories straight from Sheds.

Plus, join our Facebook group **VMSA - Public Notices** to connect with fellow members, share ideas, and stay in the loop with discussions on topics that matter to you.

Stay connected, stay engaged, and be a part of our vibrant online community!

Follow us today!



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



Save money by changing the way you use energy around the home



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



Support services that can help you **manage stress and uncertainty** before, during, and after a natural disaster.

Swipe →



Mental Health Services

- Lifeline Crisis Support**
13 11 14
lifeline.org.au
- Beyond Blue**
1300 224 636
beyondblue.org.au
- 13YARN**
13 92 76
13yarn.org.au
- Suicide Call Back Service**
1300 659 467

Swipe →

Natural Disaster Services

- Get Prepared App**
redcross.org.au/prepare/get-prepared-app/
- State Emergency Service**
132 500
- Disaster Assist**
disasterassist.gov.au
- National Recovery & Resilience Agency**
recovery.gov.au/

Swipe →

Discover more services and wellbeing tips for coping with natural disasters in our **Support Toolkit**

Managing stress and coping with uncertainty isn't something you have to do on your own. Swipe to see and save a list of mental health and emergency support services that can help before, during, and long after a natural disaster.

Visit our Support Toolkit to discover more services and learn wellbeing tips for coping with extreme weather.

A Lifeline and NRMA Insurance Help Nation initiative

Victoria's container deposit scheme

Designed for all Victorians



Victoria's container deposit scheme (CDS) will:

- 🔄 increase recycling and reduce litter by up to half
- 🔄 be convenient and accessible with many types and locations of collection points
- 🔄 bring new jobs and economic opportunities for disadvantaged people, charity and community groups, and regional Victoria.

It's a new and accessible way for charities and community groups to raise money:

- collecting containers for refunds
- running container collection drives
- receiving donations – people will be able to donate their refunds to their favourite registered group
- running a refund collection point.



Purchase drinks

Recycling cost is included in the price.



Return empty containers

to a variety of locations across Victoria, including shops, reverse vending machines, depots, pop-ups and drop-off points. Run by recyclers, small business and charity, community and sports groups.



Container refunds

Ten-cent refund per container to person who returns it and/or charity, community and sports groups.



Recycle containers

reducing the need for new materials.

How it will work

Like all Australian container deposit schemes, beverage suppliers will fund the Victorian CDS.

To ensure an efficient, low-cost scheme and one that maximises container returns and recycling Victoria's CDS will adopt a split responsibility governance model with beverage industry having a strong role in administration and funding of the scheme.

The Victorian CDS will create new economic opportunities and jobs, with the responsibilities for running the scheme split between a scheme coordinator and network operators, appointed using a competitive tender process.

Coordinator role:

- manage finances and commercial viability
- audits to prevent fraud
- pay refund amounts and collection network costs to network operator/s
- report against government performance targets.

Network operator/s role:

- establish and maintain a network of refund points
- distribute refund amounts to consumers
- distribute payments to collection point operators
- report on participation and redemption rates.

Why are we doing it this way?

Our scheme adopts key elements from other schemes to maximise return of drink containers for recycling. By sharing responsibility for its operation, the scheme will have checks and balances so it is clear and accountable and ensure collection points are convenient and accessible, which is crucial for an effective CDS.

We meet regularly with our Community Organisations Reference Group, made up representatives from charity and community groups, to make sure the way we set up our CDS means they can take part and benefit.

Power your Shed with

**BUNNINGS
TRADE**

PowerPass



**Useful
digital tools**



**Exclusive
PowerPass prices****



**Flexible
payment options***



**Trade-quality
hire equipment~**



**Dedicated
trade support**



**In-store collection
& delivery^**

**For more information please contact
Sign up now at trade.bunnings.com.au**

*PowerPass members can apply for a credit or a 30-day account on trade.bunnings.com.au. Credit can only be applied for by Directors, Partners or Sole Proprietors and the application process requires a driver's licence, date of birth and residential address of each partner, as well as the details of your business's accounts payable contact details, including postal address and business address for accounts. Financial information such as turnover, assets and liabilities will also be required. **Terms and conditions apply. Exclusive prices do not apply to Coates Hire products. If a product attracts an exclusive PowerPass price, you can scan the product on the PowerPass App or login to the website at trade.bunnings.com.au. Exclusive prices apply to Coates products hired through the Bunnings in-store Hire Shop only and are not applicable when hiring products directly through Coates Hire. Hire Shop services may not be available in all stores. For more information please visit: trade.bunnings.com.au or call 1800 980 050. ^Click & Collect is available nationally, with a wide range of items available to be purchased online. Orders placed by Monday - Friday (or 4pm Saturday/Sunday) will be available for collection on the same day. Orders placed after 6pm will be processed the following day. You'll be contacted when your order is ready for collection. Please note collection timeframe may vary depending on the location, size, and service requested a reasonable delivery fee will be applied to your customer's order. In most cases, delivery for products purchased online is available for some products, such as Special Orders items, it may take 7-14 days. Visit the website for more details, trade.bunnings.com.au

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COURTNEY RODDA

Social Media

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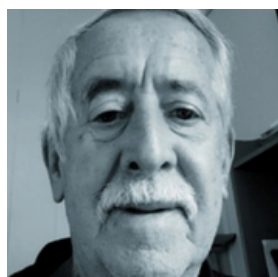


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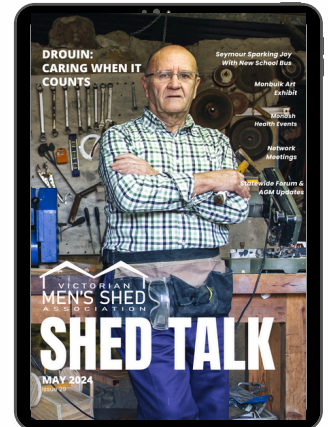
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