



Newsletter

January 2015

His Excellency Alex Chernov AC QC Governor of Victoria is proud to be the Patron-in-Chief of the Victorian Men's Shed Association

Emailed to a Representative of every Men's Shed in Victoria.

Please print out a copy and distribute to members of your Shed.

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SAVE THE DATE!

You're invited to the

6th National Australian Men's Shed Association Conference

Saturday 17 October - Tuesday 20 October 2015

Newcastle/Hunter Region NSW

For further information

<http://www.dconferences.com.au/mensshed2015/>

VMSA Executive Officer Report

Welcome to the VMSA Newsletter.

Hello fellow Shedders,

The VMSA has been working hard for its members lobbying the new Government and developing more tools to help sheds. The new Department of Health and Human Services Minister, Jenny Mikakos has committed to ongoing support for sheds around the state.

The VMSA has had many enquiries from sheds on a variety of issues. Some of the main concerns for shed are around Governance and OH&S. We have started developing shed specific training packages to address some of the most relevant matters. The VMSA is conscious of being proactive and responsive to your needs we look forward to providing our members more support and assistance as time goes on.

The VMSA has partnered with many organisations to present some great events for shedders state-wide.

On a more entertaining subject the **VMSA Steam Traction Engine Day** will be held again in Scoresby on Thursday **7th May** from 9am to 3.30pm. 200 VMSA members enjoyed last year's event and we are gearing up for an even bigger day with more interactive displays and activities. Admittance fee will be the same as last year \$5 per head and will include a free train ride.

Please book your transport early and remember to RSVP to me at vmsa@vmsa.org.au

The VMSA was so pleased with the outcome from the 2014 **Blokes Day Out** at Sandown Racecourse. This year we will be encouraging as many sheds and other organisation to get behind this great event. It is on again at the Sandown Racecourse and is being hosted by the Australian Street Rod Federation on Sunday, **March 1st 2015**.

The next **VMSA Gathering** will be a regional gathering in beautiful **Warrnambool** Friday **March 27th** 2015. There will be a dinner on the Friday night to socialise and get to know each other and on the Saturday morning there will be shed tour and lunch. A special notice will be sent out after we confirm the details. RSVP to me at vmsa@vmsa.org.au

Ric Blackburn

VMSA Executive Officer.



It is wonderful to receive invitations to events in sheds around Victoria and the VMSA will endeavour to have a representative attend where possible. Please forward any notifications of events to me so I can include them in our newsletter and arrange our attendance.

vmsa@vmsa.org.au

Congratulations to our Australia Day Award winner




Image L-R: Deb Shultz (MC for the Flowerdale Australia Day Celebration), Member for Eildon Cindy McLeish, Cheviot Ward Councillor John Kennedy, **Citizen of the Year award winner Stephen Joblin** and Murrindindi Shire Mayor Margaret Rae.

Stephen has contributed strongly to the Flowerdale community for the past five years. He involves himself passionately and actively looks for ways to support and promote members of the community groups in which he is involved. He is primarily a team player, but not afraid of taking the lead where necessary and creating change where needed.

Some of Stephen's many contributions to the community include: campaigning for new Committee members for the Flowerdale Community House; serving on the Executive Committee of the Flowerdale Landcare Inc. which has also involved convening a committee to organise ANZAC Day and Remembrance Day observances (the first time that ANZAC Day has been observed for at least 45 years); serving as Secretary on the Executive Committee of the Flowerdale Men's Shed and establishing the Flowerdale Men's Shed family violence initiative.

Stephen also established the Murrindindi Men's Shed Cluster which includes participants from the Alexandra, Flowerdale, Kinglake, Marysville, Toolangi and Whittlesea Men's Sheds, and in 2014 he helped organise convoys to take hay to fire-affected locations in the Mickleham and Kilmore areas.

Stephen has also been successful in attracting many grants for the Flowerdale Men's Shed and has also served as an active participant of Strath Creek Landcare since 1998.



**AUSTRALIAN STREET ROD FEDERATION
VICTORIAN DIVISIONAL COUNCIL**

...a full throttle family day out!

MEN'S HEALTH Initiative

HOT RODS

HISTORIC VEHICLES

BOATS

MOTOR CYCLES


SPORTING CLUBS

RACING VEHICLES

PUBLIC GATES 10am

& MUCH MUCH MORE

AUSTRALIAN STREET ROD FEDERATION
BLOKES
Day Out



MEN'S HEALTH INITIATIVE
www.asrfblokesdayout.webs.com

SUNDAY MARCH 1st, 2015

Sandown Park Racecourse

General Event Information: Steve Bridges 0407 498 400
TRADE STANDS AVAILABLE

www.asrfblokesdayout.webs.com

VMSA State-Wide Gathering in Warrnambool Friday March 27th

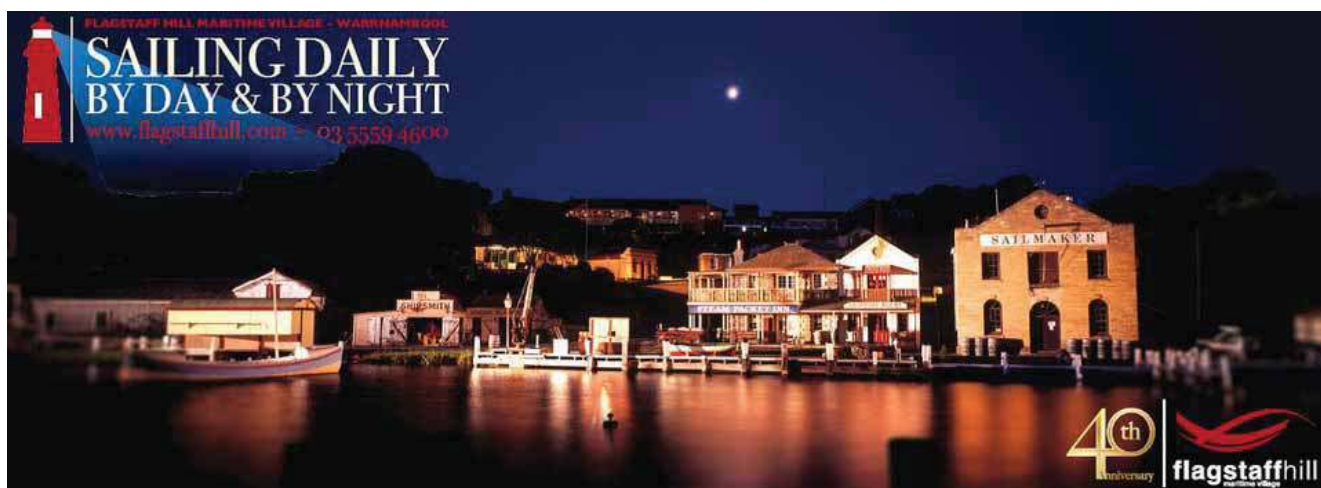


The VMSA is taking its state-wide Gathering to regional Victoria in keeping with our commitment to staying in touch with our grassroots membership.

We will be having the Gathering at the Warrnambool Greyhound Racing Centre, in their Wannon Room at the Warrnambool Showgrounds Koroit St, Warrnambool. The Gathering will run from 10 am to 2 pm with a sumptuous lunch. Those staying for lunch the meal will be \$10.00 for members and \$20.00 for non-members.



After the Gathering we would like attendees to join us for dinner at the fabulous Flagstaff Hill Maritime Village. There will be an opportunity for you to enjoy a great social experience and for those interested in maritime history there is a wonderful Audio Visual experience on the sinking of the Loch Ard. We are still negotiating the cost for the dinner and show and will advise you ASAP.



On Saturday the 28th there will be a tour of sheds around the district culminating in a lunch hosted by Heywood Men's Shed.

As we need to confirm numbers for the various events and organise catering

Please RSVP to me at vmsa@vmsa.org.au

Congratulations on the opening of the Dingley Men's Shed



Dingley men's Shed interior





1300 975 889

courses@aplgroup.cc



Defib2saveLives.com.au

Australian Men's Shed Association
SHOULDER TO SHOULDER

Sudden Cardiac Arrest occurs often *without warning*.

The most effective treatment is **defibrillation** via an AED.



30,000
Australians suffer
from Cardiac Arrest
every year



To celebrate this exciting new partnership,

We invite you to an exclusive AMSA member only special.

AFA
HeartOn A10 AED Package

Normally \$1850 RRP
is available to Your Shed for just

\$1550.00

(AED is GST exempt)

*\$20 shipping charge applies (Australia Wide)

Add

Alarmed wall mount cabinet

Normally \$195 RRP

FOR A TOTAL PRICE OF

\$1650.00

(AED is GST exempt)

**\$40 shipping charge applies (Australia Wide)

Both packages include everything you need to ensure you have the right tools to deal with an SCA emergency.

Don't get caught out.

CALL AFA NOW



VMSA Queen Victoria Market Men's Shed Expo



After the success of the VMSA Men's Shed Expo at the Queen Victoria Market the VMSA is pleased to confirm the Expo will be held again on Sunday 29th of November, 2015.

This will give sheds from around Victoria plenty of planning and preparation time for the day.

Expressions of interest can be forwarded to me at vmsa@vmsa.org.au





Working in Dairy Communities Small Grants Program

Department of Social Services Grants

The Minister for Social Services, the Hon Scott Morrison MP has released a [statement](#) providing an update on the DSS New Way of Working for Grants.

The update includes information on the negotiation of new funding agreements with organisations successful in recent grant funding rounds, and the announcement of bridging funding being offered to some organisations.

Further information is available on the [Frequently Asked Questions page](#).

<http://scottmorrison.dss.gov.au/media-releases/morrison-to-fill-critical-front-line-service-gaps-in-social-service-grants>

Community Services & Volunteers Grants

Sunsuper Dreams program

Sunsuper Dreams is all about doing something positive for the community in a really meaningful way. Dreams must make a positive community impact to qualify. This initiative gives individuals, groups and organisations the opportunity to be awarded a \$5,000 grant to help realise a dream for a better world. The focus varies each round and includes health & people, sport & community, environment & animals. There is an open focus for the January 2015 round.

Applications close 31 January 2015.

Bennelong Foundation

The Bennelong Foundation supports organisations and projects with a focus on the areas of Education, Training & Employment, Migrant & Indigenous Community Welfare and Community Health. Only groups with DGR Status can apply.

Applications close 13 February 2015.

Besen Family Foundation Grants

The Besen Family Foundation has three priority areas for grant making: Arts & Culture; Health & Welfare and Jewish Interests. Grants are made to support the immediate and long-term needs of the wider community in Victoria and in Israel. The Foundation's grant making goals are to assist these communities to build capacity and community connectedness and to affect long-term change towards a better quality of life. Grants are also made to assist innovative and creative arts projects that challenge the current boundaries of their given discipline.

Only groups with DGR and TCC Status can apply.

Applications close 27 February 2015.

GRANTS Cont.

James N Kirby Foundation

The James N Kirby Foundation supports organisations that provide innovative solutions and opportunities to those in the community who need it most. The supports organisations and programs whose work benefits education and technology; the environment; health, social welfare and the arts. Only groups with DGR Status can apply.

Applications close 28 February 2015.

Helen Macpherson Smith Trust Grants

The Helen Macpherson Smith Trust Grants support the needs of the wider community of Victoria across a range of targeted program areas. Grants are available in Education and Vocational Pathways, Regional Resilience, Culture and Heritage, Land and Environmental Stewardship and Health Advancement across two grant streams. Only groups with TCC Status can apply.

Applications close 26 March 2015.

Carlisle Homes Community Grants

The Carlisle Homes Community Grants support projects that add value to the community in the areas of sport and recreation, health and caring, education and training. Shortlisted projects are judged by number of likes on Facebook and/or promoters webpage.

Applications close 31 March 2015.

Coopers Brewery Foundation

The Coopers Brewery Foundation supports medical research and health care, educational development for the young, aged care or promotion of family and community support based on Christian values. Only groups with DGR Status can apply.

Applications close 31 March 2015.

Grants for Resilience & Wellness

The Grants for Resilience & Wellness program has a specific focus on providing assistance towards community-strengthening and resilience-building projects for communities affected by the 2009 Victorian bushfires. It recognises that while the fires were in 2009, recovery takes time and an important part of community recovery is having opportunities to connect, share experiences, enhance individual and community wellbeing and resilience, and to build strength and capacity for the future.

Applications close March 2015.

SIMPSON MEN'S SHED JANUARY NEWSLETTER



Fitting out of the toilet



Time to relax and have a "Cuppa"

MONASH MEN'S SHED

Stay healthy in the heat - there's plenty more to come in Feb/March

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/heat_health?open

Plan for hot weather don't get caught out this summer. Take a minute right now to think about how you can stay healthy in the heat. To prepare for hot weather you can: Ask yourself if you or someone in your family, neighbourhood or circle of friends are vulnerable to heat-related illness and how you might care for them in extreme heat.

- Think of ways you can prepare your home, for example, checking your cooling appliances are working.
- Have a list in mind of places you could go to escape the heat, if it's just not possible to stay cool at home, and get there before the heat really hits.
- Remember that power failures can happen in extreme heat. Think about what you will do to stay cool and keep in touch.

What actions to take during hot weather during extreme heat, whether it's one hot day or a heatwave, remember:

- Look after yourself and keep in touch with others.
- Drink plenty of water.
- Keep cool.
- Stay out of the sun.
- Hot cars kill – do not leave anyone in a car who cannot easily and quickly get out by themselves.
- For any health concerns contact your doctor, call NURSE-ON-CALL on 1300 60 60 24
- Contact a medical professional or ambulance in the case of an emergency.

NOTE: The Better Health Channel is a Victorian Government initiative. See above link to the website and lots more information. We reckon summer these days is Jan-Mar not Dec-Feb.

I read in the local rag that Bunnings were having a sale on *Council Recliners*. I got curious about this item, never heard of a 'Council Recliner', so I went to Bunnings to find out what these things were ... Guess what? I've had one in the shed for years!

Just hadn't figured out how to use it properly ...



Upcoming Events



- **Blokes Day Out at Sandown Racecourse.**
Sunday, March 1st 2015.
- **VMSA State Gathering in Warrnambool.**
Friday March 27th 2015
- **VMSA Steam Day Scoresby.**
Thursday 7th May from 9am to 3.30pm.
- **6th National Australian Men's Shed Association Conference.**
Saturday 17 October - Tuesday 20 October 2015.
- **VMSA Men's Shed Expo, Queen Victoria Market,**
Sunday 29th of November, 2015

Please feel free to send through dates of Cluster meetings,
Special events, openings etc.

This will help other sheds know what is happening around Victoria.

vmsa@vmsa.org.au

Insurance and Membership Enquiries

AMSA / VMSA membership enquiries.

If you are a shed wishing to join AMSA / VMSA or have an Insurance query you should contact the AMSA Membership / Insurance Officer.

Ph 1300 550 009 or www.mensshed.org

ELTHAM MENS SHED



Above photo left, shows Jim G 'Hobnobbing' with our guests at own Christmas BBQ.

From left Michael Maloney (Bendigo Bank) and the lovely girls Suzanne and Connie from Fort Knox.



Future Newsletters

This Newsletter is being emailed to the Contact Person at each of the sheds on the VMSA database. We are limited in our ability to send the Newsletter to every shedder and so we ask that as the CONTACT PERSON for your shed please print and display the Newsletter.

If you have something to share with other sheds, write a short article (photos are handy) and send to the Executive Officer vmsa@vmsa.org.au

The VMSA acknowledges the assistance of the State Government of Victoria



Disclaimer

This newsletter is for general information only. The views expressed in this newsletter are not necessarily those of VMSA Committee. Reasonable measures have been taken to ensure that the material contained in this Newsletter is correct. However there is no responsibility for the accuracy or the completeness of the material.

LIST OF VMSA COMMITTEE CONTACTS:

OFFICE BEARERS

President	Phil Keily	pres@vmsa.org.au	Stamford Park Shed
Secretary	Stuart Marshall	sec@vmsa.org.au	Euroa Shed
Treasurer	Anthony Leigh	treas@vmsa.org.au	Keysman Shed
Vice President	Lindsay Oates	vice@vmsa.org.au	Mirrboo Nth Shed

COMMITTEE

Rob Butler	r.butler@vmsa.org.au	Cobram Shed
Barbara Look	b.look@vmsa.org.au	Milpara Shed
Bob Forde	b.forde@vmsa.org.au	Beaufort Shed
Bruce Ward	b.ward@vmsa.org.au	Ocean Grove & District Shed
Geoff Witmitz	g.witmitz@vmsa.org.au	Horsham Shed