



Newsletter

APRIL 2016

Her Excellency, The Honourable Linda Dessau AM 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.***

In this Month's Newsletter:

VMSA EXECUTIVE OFFICER REPORT.....	2
MELBOURNE STORM TICKETS.....	3
MELTON SHEDS.....	4
BADGER CREEK OPENING	5
DONATED POWER TOOLS.....	6
WANGARATTA SHED.....	7
MOUNT ELIZA SHED OPENING.....	8
MOUNT ELIZA SHED OPENING cont.....	9
CHEQUERED FLAG DAY.....	10
AGE FRIENDLY REPORT LAUNCH.....	11
UPCOMING EVENTS	12
VMSA FACEBOOK.....	13
HUMOUR	13
FUTURE NEWSLETTERS.....	14

VMSA EXECUTIVE OFFICER REPORT

Hi Folks,

The Men's Shed Movement is growing steadily with new sheds opening almost fortnightly.

The Mount Eliza and Badger Creek sheds officially opened this month with several more planned for May. These sheds are well organised and important additions to their communities.

The Commissioner for Seniors, Gerard Mansour submitted his report on **Isolation and Loneliness** amongst Older Victorians to Minister Martin Foley. Minister Foley has taken the recommendations and started addressing them within the community and government.

Planning is well underway for the **VMSA State-wide gathering** of sheds in Cobram on the Murray. The gathering is on the **24th of June** and will include many NSW sheds from across the border. The VMSA is always committed to bringing gatherings to regional Victoria. Please contact me with your attendance to get information on accommodation etc.

The **Chequered Flag Day** at Sandown Racecourse is on 15th of May and will be a fantastic opportunity for a family friendly day out. The VMSA and AMSA will have a stall at the day with Health checks and information on sheds around the State.

The VMSA has been excited to source many pieces of equipment and materials for sheds. Special thanks to **Robert Bosch** (Australia) and the **Joe White Foundation** for their generous support for Victorian sheds.

The VMSA has secured discount tickets for **Melbourne Storm** tickets for their June 4th game versus the Panthers. Contact me quickly to reserve your tickets.

The VMSA hopes to find funding for more **Defibrillators** and would like expressions of interest from sheds who are interested in receiving a Defibrillator for the shed.

The VMSA Public Notices **FACEBOOK** page has been distributing some very interesting freebies and some great feedback from sheds on various shed activities around the Victoria. Head onto FACEBOOK and join the page and reap the benefits.

The VMSA is looking to establish an office with storage in the Eastern Metropolitan area. Anyone who can let us know of a suitable site at a reasonable cost please let us know.

Ric Blackburn

VMSA Executive Officer.



MELBOURNE STORM TICKETS

Adult: \$22.00 Concession: \$15.00 Junior: \$10.00

Contact Ric Blackburn on 0408 465 228 and reserve your Tickets by the 23rd of May

FAN UP FOR THE BOYS!

STORM VS. PANTHERS

Saturday June 4 7:30pm at AAMI park.

VICTORIAN MENS SHED ASSOCIATION

Discounted Tickets for Large Groups
Exclusive Group Experiences on Offer
Enjoy a Great Day Out with Great People!

Contact: Sam Mangioni on 02 9359 8170 or smangioni@melbournestorm.com.au

The poster features the Melbourne Storm and Panthers logos at the top, with 'VS.' in the center. Below is the match date and time at AAMI Park. It also mentions the Victorian Mens Shed Association and offers discounted tickets for large groups. At the bottom, there is a photo of five players in Storm jerseys and contact information for Sam Mangioni.

PROUD SPONSORS OF THE STORM



MELTON SHEDS.

Darren Cunningham from the city Of Melton has followed up with information requested at the last Sate-wide Gathering in Melton

- **Virtual Sheds tour**

For anyone wanting to check out the Melton and Taylors Hill Men's Shed tours, go to www.melton.vic.gov.au/mensshed

If you are wanting to find out more about getting a virtual tour of your Shed, contact:

Dave Whiteside from Better Clicks

www.betterclicks.com.au

0407 748 916

- **Men's Shed Research**

The issue of getting some research about the impact and benefits of Men's Sheds was raised at our meeting. Good data (mixed with good stories of real Sheddies) on the impacts on men's health and wellbeing can add greatly to grant applications, and could be useful to try and encourage support from your local Council, and other potential partners.

beyondblue released a report in 2013 which provides some very useful content, attached is the Executive Summary. The full report can be downloaded at: [beyondblue full report](#)

- **VMSA Gathering**

It was a real pleasure hosting everyone at the recent VMSA gathering, and especially the 50-60 Sheddies that came to the Taylors Hill Men's Shed for a tour, a cuppa and a good ol' chinwag. Attached are some photos from the Gathering and Tour.

If any Sheds want to come and visit down the track, we'd love to host you at either Melton or Taylors Hill Men's Shed.

- **CD Resource**

Over the years, we've given out a number of CD's with copies of our grant applications, Shed designs, promotional materials, Operations Manuals etc. We've recently updated a number of these documents and we're happy to send them out to Victorian Sheds, whether they've received them previously or not. If your Shed would like a copy, please send me your Shed name and postal address.

Darren Cunningham

Acting Men's Health and Wellbeing Officer

Melton City Council

(03) 9747 7332

0416 115 409

www.melton.vic.gov.au/mensshed

BADGER CREEK OPENING

Congratulations to the Badger Creek Shed on its official opening.

The Plaque was unveiled by Tony Smith MP, Federal Member for Casey, While Mathew Guy Leader of the State Opposition, Cindy McLiesh State member for Eildon and Fiona McAllister Councillor for Shire of Yarra Ranges looked on.



The hard work by John Layton and his committee has paid off in a big way for Badger Creek and the wider Healesville community.

The VMSA is proud to have supported this shed.

The acknowledgement of community support and the sheds sponsors can be seen on the magnificent board above the plaque. The shed is located at the back of the CFA Station and has been fully supported by the CFA. The shed made a hose winder (pictured) in appreciation of this support.



During the event the Rotary club made an astonishing donation of \$10,000 worth of tools. This group will continue their partnership with the local primary school teaching the kids skills and running a visiting shed program with the local Nursing Home. A particularly poignant moment was when shed member Mario Herodotus shared what the shed meant to him and his life.

DONATED POWER TOOLS



Peter from Manningham shed and Clayton from Carlton shed with new power tools

Robert Bosch (Australia) has donated over a hundred different power tools to the VMSA to distribute to members. We have been pleased to distribute them at recent Gatherings and our AGM.

If you wish to receive Power Tools in future, you should join VMSA Public Notices on FACEBOOK as one lucky shed **who joins our FACEBOOK Page** will win a DREMEL set with all the attachments.



VMSA Committee member Geoff Witmitz presenting a donated Dremel in Horsham

WANGARATTA SHED

WANGARATTA & DISTRICT MENS SHED



History

The need for a Men's Shed in Wangaratta was recognised in 2010 when it was no longer viable to hold the North Eastern Rural Expo. The group decided to seek a worthwhile cause to use their large shed. Most of this committee being of the older generation decided a Men's Shed would be a suitable use of the space. The Rural City of Wangaratta then got involved by calling a number of public meetings to gauge interest. Over 30 men attended these meetings and showed interest. It was in October 2010 that an interim committee was elected. It was in February 2011 that the shed was opened. By June that year they had already recorded up to 43 members. During their first year they made plans to ensure the shed would meet everyone's expectations including the Australian Men's Shed Association.

"Our shed is a place for men to be socially active and form friendships, and allows new opportunities for activity and interaction in their post-work years. Through shared experiences members make friends, build a network of emotional support and develop a sense of belonging, self-worth and being of value to the community."

"The health and well-being aspect of our shed, particularly in terms of preventative health, is perhaps our greatest benefit."

-Peter Patton-

About us

The Men's Shed is a place for people from all backgrounds to meet and hang out doing something with their spare time. Men's Shed is open on Tuesdays and Wednesdays from 9.30am till 4.30pm. Men's Shed is provided on these days. The idea is for the men to get together and socialise in a comfortable environment. They participate in a range of activities from fundraising BBQ's at Bunnings to building bird traps for the Indian Myna Bird. Members can be found doing woodwork, metal work, playing cards, restoring furniture and even projects for the community. The Men's Shed also helps raise awareness for men's health.



VISION STATEMENT

To provide an opportunity for men who share a common commitment to older men's friendship, health and well-being in conjunction with regular and supervised hands on activity in group settings in a shed type space for both individual and community benefit.

-Peter Patton-

CONTACT DETAILS

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Website: www.vmsa.org.au



WANGARATTA & DISTRICT MENS SHED
WANGARATTA & DISTRICT MENS SHED ASSOCIATION
Incorporating the former "Rural Expo"

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MOUNT ELIZA SHED OPENING

Opening of Mount Eliza Men's Shed Sunday 3rd April 2016



On a beautiful Sunday morning a group of approximately 70 met in the grounds of the Mount Eliza Country Club 32 Old Mornington Road Mount Eliza to witness the opening of this new shed. President Dr Don Reeves welcomed those in attendance and spoke of the lengthy time it took to get to this day and the work that had been carried out to make a run down shed into what they are opening today.

He was followed by several speakers Federal MP Bruce Bilson, State MP David Morris Deputy Mayor Cr Bev Colomb, Ritchies Supermarket Representative Linda Morris who donated a Cheque for \$1053.80.

Mount Eliza Country Club President Ian Leslie advised that they welcome the Men's shed on their grounds and look forward to the shed being extended to give the men more room.

MOUNT ELIZA SHED OPENING cont.



Upon adjourning outside to the shed a ribbon cutting ceremony was held with the ribbon being cut by Bruce Bilson & David Morris together.

The shed will now be open Thursdays from 9.30 to 12.30 and all are welcome to come and have a cuppa with the team.



David Mudge

VMSA Southern Area Representative

CHEQUERED FLAG DAY



**AUSTRALIAN STREET ROD FEDERATION
VICTORIAN DIVISIONAL COUNCIL**

Presents...

...a full throttle family day out!

for MEN'S HEALTH AWARENESS



**Chequered Flag
Day**

for MEN'S HEALTH AWARENESS

AN OPEN INVITATION TO...

Anything with Wheels

SANDOWN RACECOURSE

Sunday 15th May, 2016

www.asrfvic.org



AGE FRIENDLY REPORT LAUNCH



Photo Caption: Signatories to the *Age-Friendly Victoria Declaration: Statement of Support and Partner Endorsement* with Martin Foley, Gerard Mansour and Bill McArthur.

Age-Friendly Victoria and the launch of the *Ageing is everyone's business* report by the Commissioner for Senior Victorians

On the 14th April 2016, the Minister for Housing, Disability and Ageing Martin Foley MP launched the report *Ageing is everyone's business: a report on social isolation and loneliness among senior Victorians* and signed the *Age-Friendly Victoria Declaration* with Bill McArthur of the Municipal Association of Victoria.

Ageing is everyone's business – by Gerard Mansour, Commissioner for Senior Victorians – reveals isolation and loneliness is a significant issue for Victoria's ageing population

In response to the Commissioner's report, the Victorian Government is introducing a range of initiatives, including Age-Friendly Victoria. Age-Friendly Victoria aims to promote the inclusion of older people and support services, businesses and community leaders to better plan for the needs of seniors and enhance the quality of life for people as they age.

Stakeholder organisations can sign up to the *Age-Friendly Victoria Declaration: Statement of Support and Partner Endorsement* to show their support and commitment to creating liveable communities for older Victorians. To sign up, visit [Seniors Online](#) and download the *Age-Friendly Victoria Declaration: Statement of Support and Partner Endorsement*. Signatories will join like-minded organisations like AGL, Arthritis and Osteoporosis Victoria, Alzheimer's Australia Victoria, Carers Victoria, Council on the Ageing (COTA) Victoria, Public Libraries Victoria Network, Telstra, Transdev Melbourne and the Transport Accident Commission

More information

- [Commissioner for Senior Victorians](#) (including downloadable *Ageing is everyone's business: a report on social isolation and loneliness among senior Victorians*).
- [Victorian Government's response](#) to *Ageing is everyone's business: a report on social isolation and loneliness among senior Victorians*
- [Age-Friendly Victoria](#) (including downloadable *Age-Friendly Victoria Declaration: Statement of Support and Partner Endorsement*)

UPCOMING EVENTS

VMSA State-wide Gathering in Cobram.



The next VMSA Gathering will be held on 24th June on the Murray in Cobram.

We will have shed representatives from NSW and surrounding Districts.

The VMSA remains committed to bringing these Gatherings to Regions around the Victoria.

RSVP to Ric Blackburn Mb 0408 465 228 ASAP for information on accommodation and to reserve your place.



VMSA FACEBOOK

The VMSA has received a number of queries and requests to find an avenue that sheds can easily list & advertise surplus items they have that they wish to donate to other sheds, or to promote activities that the shed are involved in - such as market days, or fundraisers.

The VMSA has recently created and trialled a Facebook page, this is now available to all sheds and shedders to join, and to place your ads and info on.

Please note this is not the avenue if you wish to sell your surplus good, it is only if you want to donate the goods.

There are plenty of sites available such as eBay or Gumtree if you are looking to sell an item,

The Facebook page is VMSA - Public Notices, and you can search for it or go to

<https://www.facebook.com/groups/376075325824722/>

Happy posting.

Membership Enquiries

Please contact the VMSA Secretary on sec@vmsa.org.au

HUMOUR

Facebook for the senior generation

For those of my generation (and any others)
who do not and cannot comprehend why Facebook exists:

I am trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later, and with whom.

I give them pictures of my family, my dog, and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day.

I also listen to their conversations, give them the "thumbs up" and tell them I like them.

And it works just like Facebook. I already have four people following me: two police officers, a private investigator, and a psychiatrist.

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

Victorian Men's Shed Association acknowledges the support of the Victorian Government.



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

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