



Newsletter

AUGUST 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
NORTHERN SHED PRESIDENT RECOGNISED FOR COMMUNITY SERVICE	3
BUNURONG SHED HEALTH DAY	4
"BLOKES IN BRIMBANK REPORT"	5
DELIVERY OF THE VMSA CARAVAN	6
TRILLIUM SHED OPENING	7
HUME SHED (SUNBURY)	9
VMSA FACEBOOK	11
GIPPSLAND CLUSTER MEETING.....	11
FUTURE NEWSLETTERS.....	12

VMSA EXECUTIVE OFFICER REPORT

It has been another busy month around sheds in Victoria.

The newest shed opened in Mickleham on the Trillium Estate sponsored by the developer Villawood Properties. The Northern shed in Craigieburn has provided a lot of time and effort in assisting the shed get started. It is wonderful to see companies such as Villawood Properties recognise the importance of Men's Sheds in building communities.

The VMSA would like to thank OZITO TOOLS who have supplied brand new tools and equipment for donation to sheds around Victoria. The Joe White Trust is a philanthropic organisation which has donated funds to purchase Defibrillators for Men's Sheds. The new defibrillators will be presented at the VMSA AGM in Moolap on October 14th.

The VMSA has been hosting briefing sessions on the new By-Laws of the Australian Men's Shed Association. It is important all sheds who are members of AMSA are fully informed and aware of the ramifications of these By-Laws, for both your shed and for the Victorian Men's Shed Association". The VMSA is keen to receive feedback and opinions of sheds on these matters to guide us on how we should represent your interests. An electronic copy can be found on the AMSA website at <http://mensshed.org/amsa-membership-by-laws-2016/> .

Congratulations to Tom Rolls President of the Northern Men's Shed on his Citizenship Award for services to the Country Fire Authority and Men's Sheds.

It was a pleasure to attend the launch of the Brimbank Men's Health & Wellbeing Needs Community Consultation & Discussion Paper. It is the 2nd stage of important research in to men's health in the Western Suburbs. Brimbank Shed coordinator Anthony Lai and Matt Corbett of the Brimbank Men's Health Network have produced an inspiring and professional paper that is well worth using as a community resource.

The next VMSA Gathering will be held on

- **Oct 14th 2016 in Geelong area.**

9.30 for a 10 am start at the Club Italia at Moolap

515 Bellarine Hwy, Moolap VIC 3221

VMSA will conduct the Annual general Meeting at 3pm

Ric Blackburn

VMSA Executive Officer.



NORTHERN SHED PRESIDENT RECOGNISED FOR COMMUNITY SERVICE



CRAIGIEBURN'S **Tom Rolls** has been recognised for decades of service to the community after receiving a **Citizen of the Month** award from Hume Council.

Hume councillor Drew Jessop nominated Mr Rolls for his almost 40- year involvement with the **CFA** and the **Northern Men's Shed**, in addition to helping raise money for various community initiatives such as the Craigieburn War Memorial Project.

Among his many achievements, Mr Rolls is a life member of the Craigieburn Fire Brigade and has a 35year long-service medal from the CFA.

In addition, Mr Rolls has received a national medal for police and emergency services and a national emergency medal for assisting during the Black Saturday bushfires of 2009.

Hume mayor Helen Patsikatheodorou said Mr Rolls' commitment made him a "valued member of the Hume community".

Mr Rolls said he was flattered by the council accolade. "I'm very proud. You don't hear about that often, about people being recognised by the council," he said.

Mr Rolls said his present passion was finding a permanent home for the Northern Men's Shed.

The shed, which has around 19 members, has been operating out of a garage at Mr Rolls' Craigieburn home since becoming incorporated in 2013.

Before each meeting, Mr Rolls and the other men move out a variety of machinery and equipment to make room for Men's Shed activities.

"We can fit in around eight or nine members, it depends what we move out first," Mr Rolls said.

Membership of the shed has been capped due to a lack of room.

Mr Rolls said the council had found two potential sites for the group but both were unsuitable to use as a Men's

Shed. Instead, the group hopes to lease an abandoned netball court at DS Aitken Reserve to build a shed on, but is waiting upon a council response on the matter.

BUNURONG SHED HEALTH DAY

Men's Health Day
 West Gippsland Men's Shed Cluster
 Bunurong Men's Shed
 12-26 Eagle Drive Pakenham

Schedule of events
 Thursday 8th September 2016

10.00 **Coffee and Tea.** Served in the main meeting room and available all day.

10.30 to 2.00 Men wanting to book private or group sessions with Health Care professionals please see nursing staff at desk located in the main meeting hall.

10.30 **Welcome** explanation of program.

10.35 **Main meeting room for:**
Wellbeing presentation by Michael Jaurigue Physiotherapist.
Hearing Modifications presentation by Lauren Gray, Australian Hearing.

11.05 **Daily Living** aids display by Lauren Elsaman, Occupational Therapist.
 11.20 **Nutrition** presentation by Sara Quong, Dietician.
 11.30 **Ageing** positively. An explanation of the Federal Home Care Package by John Douch.

12.00 **Lunch** provided by Pakenham Country Woman's Association.

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1.00 to 4.00 **Private rooms near main meeting room for**
Personal and group sessions for Elton Medell, **Podiatrist** and any Health Care Professional mentioned above.
Personal visits to **Australian Hearing** in special van located in main car park.

1.00 to 4.00 **Visits** to Bunurong Mens Shed (book with Les, President Bunurong Men's Shed),
 1.00 to 4.00 **Visits** through Meadowvale Village (book at main office).

Arriving by bus
 There is a bus stop outside Meadowvale village. Request driver to stop at 12-26 Eagle Drive.

Arriving by car
 There is limited parking within the village. Please respect pedestrians, observe the speed limit and any parking restrictions. There is ample parking on both sides of Eagle Drive. If walking is not your thing there will be a complimentary "golf buggy" ride departing from

Linton Shed receives a new Compound Saw from Ozito



David George, Secretary of the Linton and District Men's Shed Inc

“BLOKES IN BRIMBANK REPORT”

“*Blokes in Brimbank Report Launch*”

Brimbank Men’s Health & Wellbeing Needs Community Consultation & Discussion Paper



(Authors) Anthony Lai: Lentara UnitingCare (Pictured above)

Matt Corbett: Melton - Brimbank Men’s Health Network.

As a result, of the 4.5 million Australian men aged between 30 and 65, just four in 10 are satisfied with how much they feel like a member of the community and less than two-thirds are satisfied with the quality of their relationships. Similarly, one in four, or 1.1 million men, have few or no social connections....” The Men’s Social Connectedness Report – Beyond Blue, Dec 2014

This a partnership initiative of Lentara UnitingCare – Sunshine Mission and Melton & Brimbank Mens Health Network.

**Copy of report available on VMSA PUBLIC NOTICES
FACEBOOK Page.**



DELIVERY OF THE VMSA CARAVAN



VMSA President Phil Keily and Vice President Lindsay Oates accepting our rebuilt caravan.

Envision Employment Services, Work for the Dole program rebuilt a caravan for use by the VMSA.

The VMSA will use the caravan in promotion of Men's Sheds and Men's Health and other activities. The caravan will be fitted out with training aids and will be available as a training and meeting resource around the state.

The Victorian Member for Dandenong, Gabrielle Williams was on hand to congratulate both organisations on this wonderful community project.

The VMSA wishes to thank the Staff and participants of Envision Employment Services for their hard work and creative efforts in converting the caravan into a community resource for the VMSA.



TRILLIUM SHED OPENING



Tom Rolls Northern Shed President, Piotr Rutkowski Villawood Properties Manager and Ric Blackburn Villawood Properties have sponsored the Trillium Men's Shed on their new estate in Mickleham.

Tom Rolls and the Northern Men's Shed have taken the new shed under their wing and provided heaps of support and advice for the Trillium group. This new shed has great facilities and is adjacent to the community garden and the Sports and Function Centre.

It was great to see a company like Villawood Properties recognise the provision of services such as a Men's Shed will assist in creating a sense of community within the new estate.

It is particularly pleasing to see the mateship displayed by Northern Shed in helping another shed get up and going.



Northern Shed members demonstrating their handiwork.

THOUGHTS BY 'DUCKY';



I signed up for an exercise class and was told to wear loose fitting clothing. If I HAD any loose fitting clothing, I wouldn't have signed up in the first place!



How come we choose from just two people to run for president and over fifty for Miss America?



When I was young we used to go 'skinny dipping.'
Now I just 'chunky dunk.'



Now that food has replaced sex in my life, I can't even get into my own pants.

And remember: Life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

HUME SHED (SUNBURY)



Anzac Day is a day that ex-Servicemen and their families hold special and we extend a notice that the Men's Shed is there for them in our Community.



Dale Wilkes switched allegiances from IT to display talent and patience in making wooden models and well done Dale!

UPCOMING EVENTS

The next VMSA Gathering will be held on

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The following information and documents will be available at the end of August.

- **Notice of Motions, VMSA Committee nomination forms, Delegation / Proxy forms.**

Please note only financial Sheds can vote or nominate at the VMSA AGM.

Contact Barry Watson VMSA Treasurer to ensure you are financial by September 15th.

treas@vmsa.org.au



VMSA FACEBOOK

The VMSA has established a Facebook Page for sheds to list any surplus items they wish to donate to other sheds, or to promote activities the sheds are involved in – such as special projects or builds, markets, fete's, health expo's or just fundraisers.

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.

We now have 161 members on the page, that are getting access to the latest information on what other sheds are doing, and on the goods that are being donated.

Is your shed one of the 161 or is your shed missing out on this information?

To be part of this group go to <https://www.facebook.com/groups/376075325824722>

or search for **VMSA – Public Notices** and join.

Happy posting.

Membership Enquiries

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

GIPPSLAND CLUSTER MEETING

South Gippsland Cluster meeting in Korumburra



Member Sheds receive Ozito tools and equipment at the Cluster meeting

The South Gippsland Cluster met in Korumburra and there was a lively discussion on a variety of issues of interest to sheds. VMSA committee member Barbara Look lead the day introducing John Fleming from the Nyora shed who displayed his wife's beautiful XK Jaguar. John also gave a wonderful talk on the famous London to Brighton Rally of cars built prior to 1906.

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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