



Newsletter

April 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

VMSA Executive Officer Report

Welcome to the VMSA Newsletter.

Hi Shedders,

A big thank you to the sheds who have been updating me with any changes to their committees contact details and email addresses. Please send me the changes so we can update our database.

During April I was invited to many events include the consultation day at the Darebin Shed. It was great to speak at the shed after many visits over the years. I was involved many years ago in the setting up of the shed and consequently have a soft spot for Darebin.

Hume men's shed in Craigieburn invited me to speak at their inaugural Shed Breakfast. Hume shed is an example of a well organised shed with multi use spaces. I suggest anyone in the area should drop by and check it out.

I dropped by Badger Creek outside of Healesville and met with the shed committee, their new shed is nearly built and then the fit-out will start.

The VMSA committee sent me up to Newstead to present the retiring committee member Michael Martin with a farewell memento. There was 40 odd blokes from several local sheds there to attend the presentation and thank Michael for his wonderful service to Victorian Men's Sheds. After a great time at Newstead I headed up to Bendigo where I had quick look around the Bendigo Shed.

The Flowerdale Men's shed hosted Tim Fischer former Deputy Prime Minister and Ambassador to the Holy See at a dinner at the Flowerdale Hotel. Tim gave a riveting talk on his book "Maestro John Monash Australia's Greatest Citizen General". Tim donated some of the proceeds of book sold on the night to the Flowerdale shed.

On another note the VMSA has been inundated by calls hoping to get individual sheds directly. We have found several websites have used our mobile as the default contact for all sheds. Unfortunately we are unable to change the entry on these sites. I know your shed secretaries are busy people but could we prevail upon you to go to the attached site and update your shed details.

<https://www.dosomethingnearyou.com.au>

Electrical testing and tagging in sheds was a particularly important discussion and the VMSA has followed up the issues with the AMSA Insurer. Please read the message later in this newsletter and follow the link to the **Testing and Tagging Survey**.

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

Darebin Men's Shed Community Consultation.



Darebin Men's Shed in conjunction with the Darebin Community Health Service ran a successful community consultation day at the shed.

I was privileged to be invited to speak on the day and observe the groups of men exploring the ideas that could influence the future of the Darebin Men's Shed.

Community group's such as Darebin Council, Northcote Lions, YMCA and NEAMI were on hand to support this important process.

The day started off with a delicious BBQ which went down a treat with all present.

The men then broke into groups lead by a facilitator to discuss many important issues.

I was especially impressed with the inclusive and sympathetic style of the consultation.

Darebin Men's Shed will be a wonderful shed for many years to come.

Presentation to outgoing

VMSA Secretary Michael Martin



**(R) Newstead President Barry Lacey congratulating Michael Martin
on his service to Victorian Men's Sheds**



**Michael Martin arrived to his presentation in this classic Ford.
(14 y/o Jackson Blackburn hoping for a test drive)**

Winter deal for Chainsaw users.



Special pricing on Chain & Bar Oil for Men's Shed Members

The Kinglake Ranges Men's Shed has secured some great pricing on Chain & Bar Oil. With winter starting to come in fast a lot of guys will be thinking about their Chainsaws.

There are several sizes available 1, 4, 10 & 20 Litres and these need to be ordered in box quantities.

Minimum Order Value for FREE DELIVERY is \$170 inc GST. Orders under this will incur a \$16.50 delivery fee. So get together with the guys from your Shed and get your order in.

1 Litre Chain Bar Oil Qty 12 \$5.50

4 Litre Chain Bar Oil Qty 4 \$16.50

10 Litre Chain Bar Oil Qty 1 \$41.00

20 Litre Chain Bar Oil Qty 1 \$80.00

Tap for 20 Litre Drum \$2.90

We can also get the following at a really great price

12V Cordless Chain Saw Grinder \$38.50

5/32" Sharpening Stone Pack for Grinder \$14.00

3/16" Sharpening Stone Pack for Grinder \$14.00

7/32" Sharpening Stone Pack for Grinder \$14.00

Orders need to be received and paid for no later than **5pm Friday 22rd May**, so please get your orders in as soon as possible, we will then place the orders for delivery the following week.

TO ORDER

1. Email cris@kinglakerangesmensshed.org.au with your order. We will respond with an invoice. Your email MUST contain a day/time delivery address. The stock is coming direct from the supplier and it may be difficult to get a delivery to you only when your Shed is open, it will be easier to get it delivered to a business or home address
2. Pay the invoice via Direct Deposit or PayPal (details will be on the invoice)
3. Await your delivery sometime during the week 23-30 May

Shed Innovation



Pop-Up Brimbank Men's Shed

**Thursday 28 May, Thursday 18 June and Thursday 25 June
10am - 1pm**

Be part of the fun and visit Westvale Community Centre to take part in Men's Shed activities as part of Brimbank's Men's Health Day 2015 (Thursday 18 June). Take part in outdoor activities, cooking workshops, working with tools workshops, trivia or card games or sit around the fire pit, have a chat and enjoy a barbecue.

Westvale Community Centre, 45 Kings Road, St Albans

For further details contact: Matt: 0488 193 105, Anthony: 9351 3600 or Fernanda: 9249 4665

This program is a partnership between Council, Uniting Care Lentara and Melton-Brimbank Men's Health Network Inc.



183 - 0415



Anthony Lai, Brimbank Men's Shed Coordinator reports:

The Pop Up Men's Shed idea came out of a Men's Health Forum in November 2014 call "Men's Health – Does it Matter", which had a focus of engaging men.

The community development worker that Westvale Community Centre wasn't able to engage men in at their centre on an ongoing basis. They had success in one off events, but eventually the men would drift away. The Centre has had a long commitment to men's health over the years, but were not sure what to do on an ongoing basis. Also, Matt Corbet who convenes the Melton-Brimbank Men's Health Network also identified that there were no men specific programs that he could refer men to in the northern end on Brimbank.

The idea of the Pop Up Men's Shed was floated and we'd decided to give it a trial run at Westvale Community Centre. It'll be a collaboration between the 3 parties. We'd decided to keep it simple and do a "Blokies and Burgers" sessions. Brimbank Men's Shed would provide some tools and a small project to work on, the Community centre will provide a BBQ; food and use of their community Garden; and, the Network would provide volunteers to help out. If all works out, we'd explore the possibility of running a Pop Up shed at a number of different venues to try and reach those isolated guys.

Test and Tagging

At our recent VMSA Gathering in Warrnambool, it was brought to our attention the activity of Testing and Tagging is not covered under the current AMSA Insurance program for reasons previously discussed. We understand there is a need for Sheds to perform Testing and Tagging within their location, and further, we understand the need for the Shed to have necessary insurance cover to perform such.

The VMSA has had discussions with AMSA and its Insurance Advisors on this matter.

The VMSA, in conjunction with AMSA and its Advisors are proud to announce the forming of a policy, which at this stage, will provide cover in the following ways:

- Public & Products Liability for Testing & Tagging of Shed Equipment for \$10,000,000
- Errors & Omissions cover for Testing & Tagging of Shed Equipment for \$500,000
- A cost of approximately \$350 per individual, per annum, invoiced to the respective shed and is inclusive of all fees and charges
- The cover will extend to the Tagging & Testing of equipment within the Shed space for Sheds. It will not extend to cover Tagging & Testing for other locations.

In order to obtain the protection and benefit offered in this policy, the Shed must subscribe to the AMSA Insurance Program.

Prior to invoicing and providing Certificates of Insurance, Everest Risk Group, needs to gauge the level of acceptance in order to meet minimum numbers.

Therefore, we ask you follow this link and complete the survey prior to 30 April 2015, we hope to be in a position to have the policies in place shortly thereafter.

<https://www.surveymonkey.com/s/AMSAtestTag>

This will allow us to finalise our negotiations and policy terms and provide you with further updates once complete.

Strengthening Men's Sheds Grant

Men's Sheds grants to build new Men's Sheds Communities across Victoria can now apply for funding of up to \$60,000 to build new

Men's Sheds. Up to \$750,000 in funding is available across the state for local community groups to build new men's sheds. Men's sheds are great for the health and wellbeing of men in our communities. They do this by promoting the social, civic and economic participation of men – helping to replace social isolation and dislocation with inclusion and connection.

Grants of up to \$60,000 are available to:

- construct a new men's shed
 - redevelop an existing building into a men's shed, or
 - Co-locate a men's shed in a multifunction community facility or hub.
- Priority will be given to projects that can demonstrate:
- a high level of need for the project in their community
 - a plan to attract participants, create a positive environment and address issues of social isolation and promote inclusion
 - significant partnership and/or support from relevant community groups such as the local council, neighbourhood house or adult-learning providers
 - A strategic plan to sustain the operation of the shed.

Who can apply?

Funding is available to incorporated not-for-profit organisations and local councils.

How to apply

- [Guidelines for applying for grants to build new Men's Sheds \(PDF, 218KB\)](#)
- [Guidelines for applying for grants to build new Men's Sheds \(Word, 458KB\)](#)

To make an application, contact the department's Local Connections Team in your area to discuss your application. It is strongly recommended that you also seek advice from the Victorian Men's Shed Association.

Closing date for applications

Final applications must be submitted to the department's Local Connections Team by **5pm Friday 19 June 2015**.

VMSA Facebook Page

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, you can search for it or go to <https://www.facebook.com/groups/376075325824722/>

Happy posting.

Upcoming Events

- **VMSA State-wide Gathering**

9.30 am for a 10 am start on Friday July 3rd at Waverly RSL

- **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

Note: The VMSA is endeavouring to source funding to subsidise conference registrations for 1 representative per shed to attend the 6th National Australian Men's Shed Association Conference Saturday 17 October - Tuesday 20 October 2015.

Please forward expressions of interest to vmsa@vmsa.org.au

Paynesville Men's Shed Inc.

Issue 59 Newsletter

At the last shed day we had a pep talk regarding our safety with the machinery in the shed. Commandant Jeff gave a no nonsense talk on this issue. Seriously we need to heed his request and keep our good record. We have plenty of experts ready to help.

When using machinery **IF IN DOUBT ASK!!!!**



Free Asthma Education Workshop

The Asthma Foundation of Victoria is funded to provide FREE asthma education sessions to community groups. These sessions can be held at your local Men's Shed.

Participants will learn about:

- Asthma triggers, signs and symptoms
- Asthma medications & how to administer them properly
- Asthma action plans
- What to do in an asthma emergency

For more information or to arrange a FREE one hour asthma education session, please contact [The Asthma Foundation of Victoria](#) on 03 9326 7088.





Breaking Down Depression and Building Resilience

Martin McDaniel from the Black Dog Institute

- Bipolar Disorder symptoms
- Depression self
- Symptoms of Depression
- Finding a mental health friendly doctor
- Helping someone with Depression

The Black Dog Institute has been kind enough to provide us with an extremely useful presentation of information and encouragement by a man who knows the depth of depression that that “black dog” can produce but also what it takes to put that black dog in its place and who’s really the boss.

VIDEO <https://www.youtube.com/watch?v=7Bxq2mRYQos> (Very helpful)

Wartime British Prime Minister of England, Winston Churchill, famously referred to his gloomy periods as his black dog –he must have been the founder of the Black Dog Institute without ever knowing it!

Our Flyer will be out in good time to ensure that our audience of members and other folk in the Monash Community have ample time to arrange to join us – whether they/you know the debilitating effect of depression or anxiety personally or whether you/they would like to be better prepared to help friends or family in need.

Wednesday June 17 2015

Beginning with a light lunch at 12 noon to around 2pm

CLICK HERE rsvphealthdayjune172015@gmail.com

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

Fund raising for your Shed



We did our first Bunnings Sizzle on 17th March 2013. As of Saturday 16th March, 2015 we have run 51 'sizzles' for our own fundraising. We also ran two charity sizzles which raised \$1516. Bunnings have been extremely generous to us with their donations of numerous items. David Mudge would like to thank all those who have made the sacrifice of time to assist with running these days in the past few months. Your recent effort has allowed us to bank a further \$1900 to assist with covering the shed expenses.

For any Shedder who has not yet helped out on a day, you don't know what you're missing! The people you meet while serving are great to talk to and the conversations that flow back and forth between the Crew members always provide a laugh. Please give some thought to volunteering – talk to David or Jimbo about joining in. We run two shifts each time we work the BBQ - 8.30 to 12.30 and 12.30 to 4.00pm.

There are times that we only have short notice (because we're so reliable, we get the first call when another group cancels at the last minute) so to have a list available will make it easier to find Sheddors who are willing to assist. You will have seen that we will be busy at least one day per month up through September. Without this steady flow of income, we would be a very different Shed!

Insurance and Membership Enquiries

AMSA / VMSA membership enquiries.

Please note all AMSA Insurance policies fell due on 01/03/2015, if your shed has not returned your survey or have not yet received an invoice for 2015 – 2016 please call or email AMSA Ph. 1300 550 009 or email amsa@mensshed.net

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	Mirboo Nth Shed

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