



Newsletter

December 2014

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.

Hello fellow Shedders,

Well a busy 2014 has come to an end with a bright and exciting 2015 coming up.

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.

Great news from the newly named Department of Health and Human Services that the Strengthening Men's sheds grants will continue. The VMSA will continue to represent Victorian sheds in lobbying and advising on the delivery of funding to sheds. We will bring you information as quickly as possible on potential funding opportunities.

I would like to take the opportunity to farewell Ray Spark who was extensively involved in running the Kew and Manningham sheds. He was a kind man and sadly missed.

Finally I would like to thank the many people around the Victorian Sheds who have generously given me support and guidance over this year, too many to name, thank you all.

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



Season's Greetings

Dear all

It is our pleasure to introduce ourselves to you as the Ministers for Housing, Disability and Ageing and Mental Health; for Families and Children and Youth Affairs; and for Women and the Prevention of Family Violence.

From 1 January 2015, the new Department of Health and Human Services will be established to integrate health and social care policies, programs and services to improve the well-being of all Victorians.

In the past, we have each worked with many dedicated people in the health, disability and community service sectors and we look forward to building a strong and collaborative relationship with the organisations who are central in delivering services to Victorians.

Our immediate priorities are to progress the election commitments in our portfolios, which include establishing the Ice Action Taskforce and Australia's first Royal Commission into Family Violence, both announced this week.

We are also committed to commencing work on a ten-year Mental Health Plan for Victoria, working towards improving the child protection and out-of-home care systems, and helping children and young people get the best possible start in life.

We are now looking forward to meeting more of our stakeholders and sector partners in the coming months and we are all very excited about the opportunity to work with you to make a difference in these essential portfolios.

We will be holding a forum for community service organisations on 27 January 2015 from 10.00am to 12.00 pm and invite you to save the date. A formal invitation will be sent in the new year and we very much look forward to meeting you then.

Best wishes for a happy holiday season.

Regards

Martin Foley MP



Minister for Housing,
Disability and Ageing
Minister for Mental Health

Jermy Mikakos MP



Minister for Families
and Children
Minister for Youth Affairs

Fiona Richardson MP



Minister for Women
Minister for the Prevention
of Family Violence

Mornington Peninsular Ageing Well Expo



Picture attached showing left to right John Baarsma (Frankston Men's Shed), Anthony Leigh (Victorian Men's Sheds Association Treasurer) manning a Men's Sheds information table at the Ageing Well Expo.

The Ageing Well expo was held on October 8th this year. The event attracted over 1000 local older residents from the Frankston and Mornington Peninsula region.

John Baarsma Coordinator Frankston Men's Shed and Anthony Leigh Treasurer of the Victorian Men's Sheds Association manned a Men's shed information display at the event. There was good interest in Men's Sheds and their whereabouts on the Mornington Peninsula Victoria.

This is a regular event and I will be running another information table next year and we will have support from the VMSA again as this is a good opportunity to promote Men's Sheds and their benefits for the Mornington Peninsula area.

John Baarsma | Co-ordinator Frankston Men's Shed Program



Peninsula Health Community Health

P.O. Box 52, Frankston, 3199

T 03 9784 8403

E jbaarsma@phcn.vic.gov.au

Gippsland Men's Shed Cluster Muster

20 sheds and almost 80 shedders and guests attended the second annual Cluster Muster Day at Lang Lang on Thu 20th November. The West Gippsland Cluster and the South Gippsland Cluster decided last year to all meet up at a shed central to both areas once per year, and last week was the second time this happened. We were really fortunate to have Simon Madden former Essendon footballer as our keynote speaker, who spoke from the heart about men's health. Three alcohol free days per week and a good red the other days was one of the messages I took home.



Legendary Essendon Ruckman Simon Madden

Other speakers added value to this by covering falls and hazards in the sheds and the importance of balance. Yes we had to stand on one leg with our eyes shut, and then we reviewed hearing risks in sheds discussing protective ear muffs etc.

We used the day to launch the Shed Tucker Project for West Gippsland, and all the sheds took a resource folder back for their shed to use with basic BBQ ideas, fund raising food ideas and opportunities to get good food messages shared amongst shedders. Over the next six months shed will have the opportunity to have a "Shed Tucker" session in their shed based on the interests of participants. A focus will be on shedders sharing with each other, so successes or good ideas from

The best part of the day however, in addition to the scrumptious roast lunch was when the 20 sheds all presented updates on their activities. We heard that almost 900 toys have been made at one shed for community distribution. Another is still mending push bikes for local disadvantaged kids. One shed continues to recycle wheelie bins into outdoor furniture.

The ideas and activities just keep coming!!!! They also shared surplus tools, materials and resources. That is what a cluster muster is all about.

It also offered the opportunity for our new VMSA President Phil Keily to meet shedders.



VMSA President Phil Keily (front 2nd from left) with some of the Cluster Muster men.

Thanks to our hosts Lang Lang Men's Shed, our sponsors for the day Monash Health Community, Cardinia and South Gippsland Shires and special thanks to Kevin Chambers for inviting his mate Simon Madden along.

For any queries about "Shed Tucker" please ring Marlene Dalziel on 5941 0500

Marlene Dalziel

Health Promotion Practitioner | Monash Health | Community

Phone 5941 0500 or Wed Cockatoo site; Phone 5968 7000/ e: marlene.dalziel@monashhealth.org





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



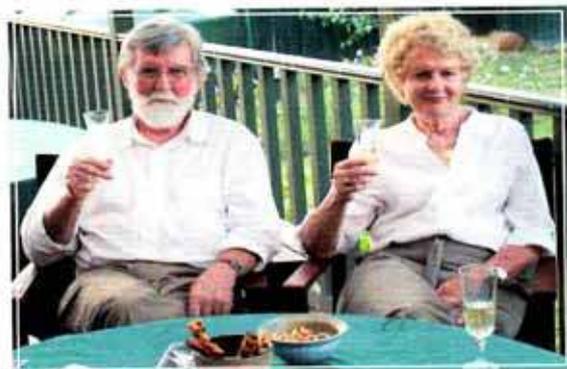
After the success of the VMSA Men's Shed Expo at the Queen Victoria Market the VMSA is pleased to confirm the Expo will be held again on Sunday 29th of November, 2015.

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

In Memoriam

Ray Spark



Ray Spark was as Coordinator at both the Kew and the Manningham Men's Sheds

Ray was a legend in Medical circles in New Guinea and one of nature's gentleman.

Announcement of the ‘Strengthening Men’s Sheds’ Refurbishment Grant to Alamein Men’s Shed



Community Services Minister Mary Wooldridge, Health Minister David Davis, Premier of Victoria Denis Napthine and Member for Burwood Graham Watt announcing the Refurbishment Grant for Alamein Shed

On November 13th The Premier of Victoria announced a grant of \$50,000 to the Alamein Shed under the “Strengthening Men’s Sheds Grant Scheme”.

The Community Services Minister responsible for administering the grants Mary Wooldridge spoke of her deep admiration for the work done in men’s sheds and its impact on the wider community.

The local member Graham Watt who has been a longtime supporter of the shed was very pleased to see the grant being awarded as he believes this will improve services dramatically.

The Alamein shed is in an interesting location as it comprises most of the Alamein Railway Station building. Alamein Station is a working terminus station with travelers catching trains from its platform all day. Shed Coordinator Rob Read said having passengers moving around the shed can be challenging but the members enjoy the public interest it generates.

The Alamein shed is cosy and well organized with space at a premium. I had the opportunity to meet many of the shed members who showed me around the shed with great pride.

I particularly would like to thank Roman and Tino who were very kind and showed me what shed hospitality is all about.



Alamein Shed members Roman Wiltgren & Tino Desousa



(Then) Premier of Victoria Denis Napthine, Member for Burwood, Graham Watt

VMMSA Executive Officer, Ric Blackburn and Alamein Shed Coordinator Rob Read

During the event there was an opportunity for a chat and a quick look at the racing paper!

I took the opportunity to do some polite lobbying on behalf of Victorian Sheds and thank the Premier for the support we have received over the term of his government.

Special thanks to our host Rob Read who is deeply respected by his members and epitomises the best kind of leadership in men's sheds.

Bushfires at Creighton's Creek



Just before Christmas Bushfires broke out in Creighton's Creek near Euroa in central Victoria.

VMSA Secretary Stuart Marshall wisely moved to an Evacuation Centre to wait while the CFA fought the fires. Stuart went home to find the CFA had halted the fire 400 metres from his property.

Unfortunately Stuart received a nasty surprise on Christmas day when the fire roared back to life and swept through his property. Stuart had his paddocks burnt out and fences destroyed. Quick work and support from the CFA assisted in saving his stock and buildings.



The graphic pictures above are of the hard working fire fighters loading water from his dam and of the aftermath of the fire.

Stuart is sourcing stock feed and getting on with the clean-up.

Interestingly the VMSA received a note regarding the organization BlazeAid which was set up after the Black Saturday fires to assist farmers with rebuilding their fences.



Geoff Thake sent the following note to the VMSA as the fires started impact the Victorian community

“Earlier in 2014 Geoff Thake, a member of the Stamford Park Shed, and his partner Lyn, embarked on an adventure. Geoff and Lyn spent over 3 months assisting BlazeAid with fencing fire affected farms in the Grampians and Barossa Valley.

During their sojourn they were pleasantly surprised with the amount of support local sheds provided, to both shed members and other volunteers.

Come to our meeting next week, we can cook a BBQ dinner for you every Tuesday, if you need tools come and see us, if you just want a chat ring us, were the standard comments.

Come to the Natimuk Shed opening was another one. Remembering that the shredders were all affected by the disaster it was amazing the support they gave to both volunteers and locals.

Unlike higher profile services shredders seem to fade into the background, but their support is appreciated. Unfortunately bushfire season is already upon us, and volunteers are out fencing already in the Euroa and Benalla areas.

Although VMSA is not affiliated with BlazeAid.com, perhaps various sheds in these areas could make themselves known, and offer support”.

<http://blazeaid.com/>

Kevin Butler, BlazeAid Founder and President.

Mb 0418 530 471,

blazeaid@gmail.com



Just Like You But Older!

Would you like to add value to the life of an older person?

Why not join the Multiple Sclerosis (MS) Community Visitors Scheme?



Chat over a cuppa, share stories or go for a leisurely walk

Skills required:

Caring nature ✓

Reliable ✓

Good conversational English ✓

A willingness to commit to at least fortnightly visits for a minimum of 12 months is important!

Female and male volunteers are needed in the following areas:

Drouin, Warragul, Neerim South, Bunyip, Newborough, Morwell, Traralgon, Mirboo North, Inverloch, Korumburra, Leongatha, Wonthaggi, Cowes, San Remo, and lots more areas...just ask!

Ongoing training and support provided
Flexible hours

If you are interested in becoming a Community Visitor contact us today!

Email: CVSRecruitment@ms.org.au

Phone: (03) 9845 2729

Web: www.communityvisitorscheme.org.au

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

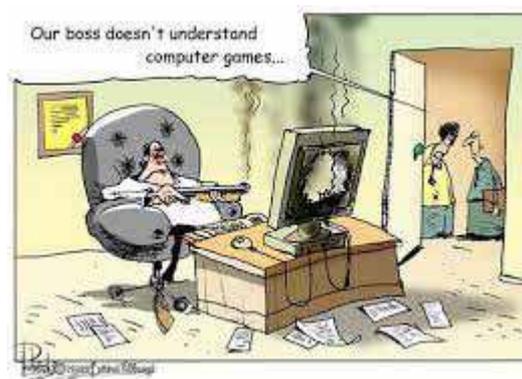
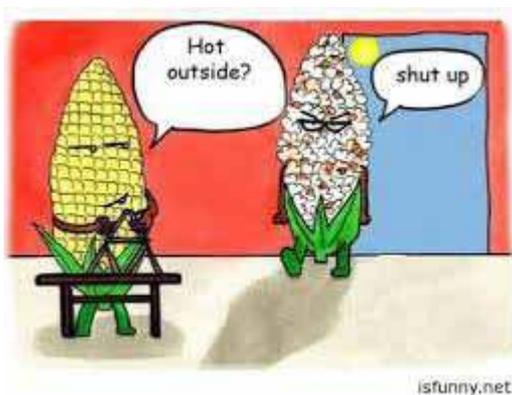


Northern Men's Shed President Graeme Pendlebury

Graeme Pendlebury has been very busy all year at the Northern Men's Shed. He has just taken possession of his pride and joy a 1967 Ford Fairlane 500 compact convertible, the colour is turquoise blue (This is a genuine ford colour). It is a two door, left hand drive. Graeme describes it as a very basic vehicle, 4 wheel drum brakes, 2 arm steering, crank handles on the windows.

As you can see the car is air conditioned, but only when the roof is in the boot.

Graeme says they call it a 'classic' and I have been promised a ride if I'm a good boy!



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@mensshed.net

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

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Treasurer	Anthony Leigh	treas@vmsa.org.au	Keysman Shed
Vice President	Lindsay Oates	vice@vmsa.org.au	Mirrboo Nth Shed

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