



Newsletter

March 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,

Welcome to the March newsletter. What an eventful month it has been around Victoria.

The VMSA State-wide Gathering in Warrnambool was a hit with the regional sheds and we had 24 sheds attend from as far as Yarrawonga and Gippsland. There were some very topical and relevant issues discussed during the Gathering. Melissa White the insurance contact for AMSA came down from Newcastle to provide some excellent advice on membership and insurance matters.

Amanda Miggins from the DHHS Barwon Community Participation, Local Connections Unit, gave a great outline on the current Strengthening Men's Sheds new build grant round

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**.

The social dinner at Flagstaff Hill after the Gathering was well attended and the Warrnambool Skiff Building group hosted a demonstration in their shed onsite.

On the Saturday morning we toured the district starting at the Warrnambool shed, we travelled to the Port Fairy Shed for morning tea then onto Portland. We all finished up at the Heywood Shed where we were treated to a sumptuous BBQ lunch. The Gatherings are a fantastic opportunity for the VMSA committee to travel around the state and hear from the Grassroots members.

During March I had the opportunity to attend the official opening of the Lara Men's shed and the Braybrook Shed. These sheds are wonderful examples of co-located sheds on shared sites.

The Department of Health and Human Services have opened the Strengthening Men's Sheds, New Build grant round. I am always available to assist interested sheds with advice and guidance on these grants.

Just a reminder 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 and 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

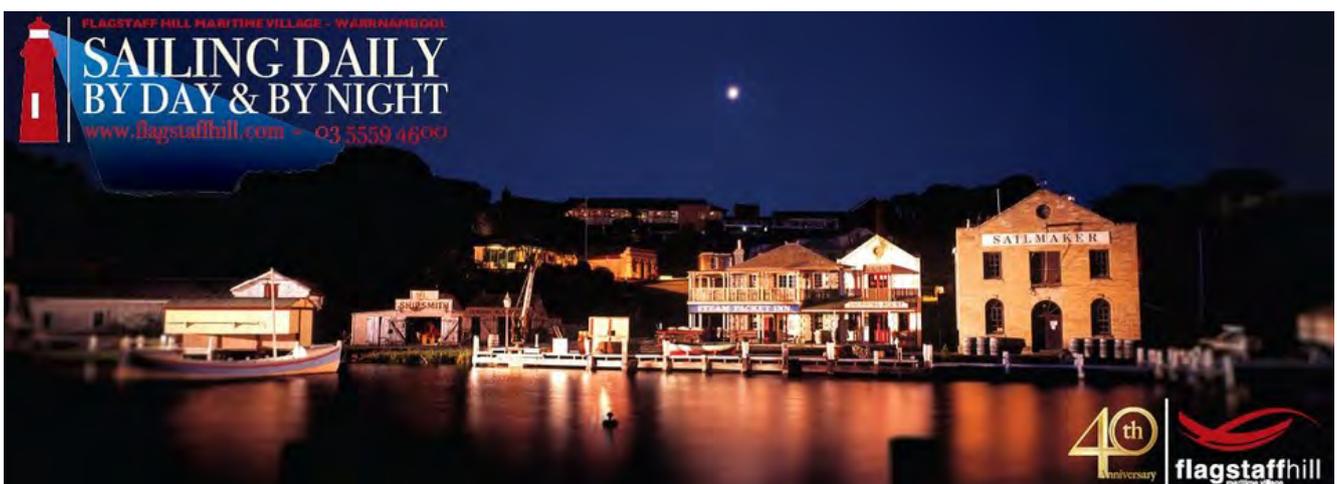
VMSA State-Wide Gathering in Warrnambool Friday March 27th



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

We had the Gathering at the Warrnambool Greyhound Racing Centre, in their Wannan Room at the Warrnambool Showgrounds Koroit St, Warrnambool. There was some 24 Victorian sheds represented on the day. We had some very interesting speakers covering grants, insurance, governance and regional matters.

The VMSA received fantastic support from the regional sheds and the City of Warrnambool in staging the Gathering. We would especially like to thank the Warrnambool Rural access worker, Neil Ballard and Heywood's Barry Watson for their wonderful assistance.



Gathering Shed Tour



AMSA Member Services Officer Melissa White doing her best Sale of the Century model impression at Warrnambool Shed at the start of the Tour



Port Fairy Shed, VMSA committee member Geoff Witmitz & AMSA Member Services Officer Melissa White enjoying the Tour



VMMSA President Phil Keily, Gary Rogers and Portland Shed coordinator Gerry Leonard



Heywood Asst. Secretary Barry Watson, VMSA President Phil Keily and Heywood Shed President Terry Sparrow

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.



The Standard SATURDAY, March 28, 2015

Victorian Men's Shed Association president Phil Kelly (left) and Warrnambool City councillor Rob Askew at yesterday's information sessions.

150327AM04 Picture: ANGELA MILNE

Building life anew in Men's Shed

COMMUNITY
By JARROD WOOLLEY

THERE might be 300 different Men's Sheds across Victoria but they all have the one goal—to give men a place in the community to improve their health and wellbeing.

Representatives from most of the Victorian Men's Sheds have gathered in Warrnambool this weekend for the Victorian association's annual gathering.

Victorian Men's Shed Association president Phil Kelly said gatherings were held in various locations around the state.

"It's a great way to let them know what's happening with

insurance, funding and various other bits of information," he said.

Information sessions were held yesterday and today they will visit the Men's Sheds in Warrnambool, Port Fairy, Portland and Heywood.

Mr Kelly said the Men's Shed program had grown rapidly since the Victorian association was founded in 2007 with 30 sheds.

There are now 300 sheds across Victoria with about 10,000 members.

He said the sheds all had different management structures and membership bases, but each played a huge roll in its community.

"It's a social outlet," Mr

Keily said. "It gives these men who may be retired, retrenched or widowed somewhere to go and something to do."

Mr Kelly said that being a member of a shed had saved his life after a health-check program picked up high blood pressure and other health issues.

"Like any bloke I couldn't tell you the last time I had been to a doctor," he said.

"I felt fine but in reality, I was a walking time bomb."

"The shed gives blokes an informal setting to talk about whatever is troubling them."

"It's about improving health and wellbeing of these men."

jwoolley@fairfaxmedia.com.au

Media Release



Martin Foley MP

Minister for Housing, Disability & Ageing
Minister for Mental Health
Minister for Equality
Minister for Creative Industries

Friday, 13 March, 2015

SENIORS CARD HOLDERS LOG ON TO WIN iPADS

Victorian Seniors Card holders have a chance to win an iPad in a new competition encouraging older Victorians to connect with the latest digital technology.

Minister for Housing, Disability and Ageing, Martin Foley today launched the Tech Savvy Seniors iPad Competition at Emerald Hill Library in South Melbourne.

The Victorian Government, through the Seniors Card Age Friendly Partners Program, is working with Telstra to roll out the Victorian Tech Savvy Seniors Program.

The competition offers free training and DVDs to seniors who want to learn more about computers, smartphones and tablets.

Victorians have the opportunity to hire training DVDs from public libraries or to access the videos online if they already have online ability.

In rural and regional Victoria, seniors also have the chance to learn in person with peers at training sessions. The partnership is delivering training to more than 6,000 seniors in over 40 library services.

Seniors Card holders can enter the iPad competition for free and learn more about the Tech Savvy Seniors Program by visiting the Victorian Government's Seniors Online website, www.seniorsonline.vic.gov.au.

Easy-to-follow training videos are also available on the website. The competition will run regularly throughout 2015 with the first winner announced on June 1.

Quotes attributable to Minister for Housing, Disability and Ageing, Martin Foley

"In today's digital world, it is more important than ever for seniors to be equipped with the skills to use the latest technology and stay connected to reduce social isolation."

"The Andrews Labor Government is supporting older Victorians to age well, and Tech Savvy Seniors is one way we are bridging the gap for seniors who are yet to connect online."

"The Andrews Labor Government wants to give seniors the confidence they need to use tablets and smartphones, whether it is for accessing services, paying bills, reading books and news, playing games or staying in touch with loved ones."

Quotes attributable to Telstra Chief Sustainability Officer Tim O'Leary

"Telstra is committed to helping all Australians enjoy the benefits of being connected and this goes to the heart of what Telstra stands for."

"New communications technology gives people the opportunity to be more connected than ever."

"Developing the confidence and skills to use technology and participate in the digital community and economy is increasingly important for seniors and we know that most seniors who participate in the Tech Savvy Seniors training are keen to integrate technology use into their lifestyles."

Media Contact: Karen Kissane 0428 657 076 | karen.kissane@minstaff.vic.gov.au



Lynne Lumsden at an iPad training session with Minister for Housing, Disability and Ageing Martin Foley



Tim O'Leary, Chief Sustainability Officer, Telstra and a Port Philip Shed representative



Men's Shed Health Checks were popular with the public at the Sandown Racecourse on Blokes Day Out (March 1). At times there was a queue of three waiting. Hopefully this friendly way of checking health will make it easier for guys to visit doctors when they should. The Victorian Men's Shed Association was on display together with ones from Cardinia Cluster, North Frankston (The Pines) and the very colourful Monash MS banner. Members from the above sheds with Drouin MS and Keysmen MS contributed time. On that ASRF day the shedders stall was not the only stall supporting men's health but the keen participation by the public in our free health checks is very encouraging.



Jenny Mikakos, MP Minister for Human Services launching the Strengthening Men's Sheds Grant Round at Banyule Men's Shed.



Jenny Mikakos and VMSA committee member Bruce Ward

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**.



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courses@aplgroup.cc



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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





Lara and District Men's Shed Opening

After considerable effort since 2009 the Lara and District Men's Shed (LADMS) Shed was opened by the Principal of Lara Secondary College on the 26th of March.

In 2009 discussion began with a member of the Lara Community (that considered not enough was being done for local men's health) and members of the original Men's Shed in Geelong, Geelong Community Men's Shed (which was then located in Station Street, Norlane), City of Greater Geelong (CoGG) staff and eventually staff at St Laurence Community Services (SLCS).

2010 saw several meetings occur in the community hall at St Laurence Park where a working committee was formed to establish a Lara Men's shed. The intention was to utilise an existing storage shed in the grounds of St Laurence Park. SLCS staff had approached the State Government Department of Human Services (DHS) and obtained \$40,000 funding to connect power, water and sewage to the shed. SLCS was also contributing some \$10,000 to the project. Because of the shed's location close to Hovell's Creek no permit could be issued for the shed to be used as a Men's Shed. The Working Committee then had to look further afield to find a location for a Shed. SLCS then arranged with DHS to re-allocate the funding of \$40,000 towards establishing a new shed. SLCS also re-allocated their \$10,000 to assist with the new shed.

In 2012 a site for the new shed was investigated. Many sites were inspected by members of the committee of the newly formed Lara and District Men's Shed (LADMS) but all were going to impose a considerable cost. One of the committee was also the Community Officer at the Lara Secondary College and suggested the possibility of the Shed being established on Education Department land.

An agreement between the Education Department (DEECD), Lara Secondary College (LSC), Lara Primary School (LPS) and LADMS was signed in early 2014 to provide land for building the LADMS Shed. After a number of disappointments a contract for the provision of a suitable sized shed at a reasonable price was signed with a shed builder from Bacchus Marsh in late 2014. By early 2015 building the Shed was completed. Much fundraising was required to complete the building with costs totalling almost \$100,000. As well as the \$50,000 from the original shed proposal, major funding was also provided by the Lara Branch of Bendigo Bank and Boomaroo Nursery plus many smaller donations from local businesses, groups and individuals.



AMSA Member Services Officer, Melissa White meeting some Lara Shed members

Guest speakers at the opening included Laurel Robinson, president of the Lara Chamber of Commerce (LCC), who spoke on behalf of CoGG's local councillor Tony Ansett. Laurel was followed by Bruce Ward representing the Victorian Men's Shed Association and the Barwon Cluster of Men's Sheds. Boomaroo Nursery's Theo Jacometti followed with all speakers speaking glowingly of LADMS accomplishment. The Shed was officially opened by LSC Principal Lyn Boyle. Light refreshments followed as guests inspected the new shed.

Ron Goldsmith, Treasurer, LADMS 0400699580

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 trialed 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.



The VMSA has again organised a Men's Shed Members Day at the Melbourne Steam Traction Engine Club on their Scoresby site. On **Thursday 7th May from 9am to 3.30pm.**

Entry is \$5.00 which includes entry, tea / coffee and a free train ride around the site.

The Stamford Park Men's Shed has organised a BBQ for visitors at very reasonable prices.

The Melbourne Steam Traction Engine Club is at 1200 Ferntree Gully Rd, Scoresby which is on the south-western corner of the EASTLINK freeway and Ferntree Gully Road.

Easy parking for buses and cars with good walking access around the site.

If you need further info please check the VMSA website or call Ric Blackburn on 04080 465 228

<http://www.vicmensshed.org/page12002/Home.aspx>

Raised Garden Beds

H U M E
E
N
S H E D
Craigieburn

THE HAMMER!

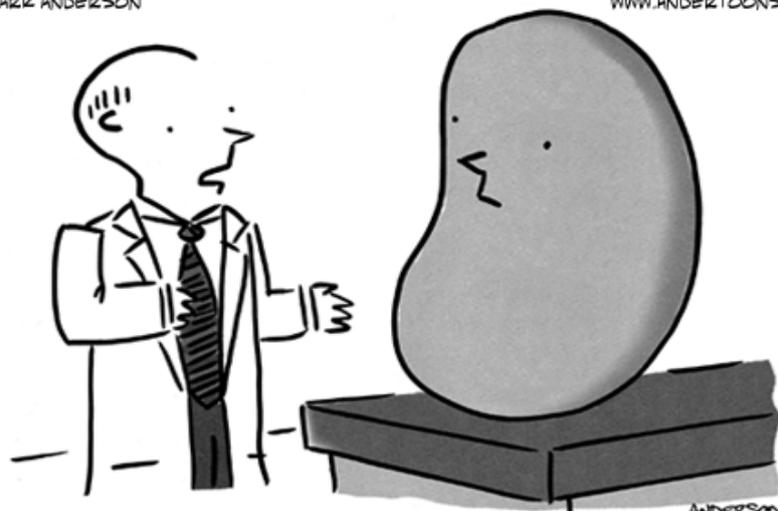
Official newsletter of the
Hume Men's Shed Craigieburn



“What do you think happens when the sprinklers were turned on while Stan was painting”?

© MARK ANDERSON

WWW.ANDERTOONS.COM



“Your blood sugar is incredibly high, but, then again, you are a jelly bean.”

Opening of the Braybrook Men's Shed 107-139 Churchill Avenue Braybrook



Col Patterson Shed Chair, Bob Tabor and Henk Van Sanvoort committee members



Bruce Ward VMSA committee member presenting the Banyule Men's Shed with a new Bosch Hammer drill courtesy of Bosch Australia and the VMSA.

Daniel Pennefather (far left) from the DHHS Community Participation Central Team was a welcome visitor at the event.

Upcoming Events

- **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

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

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

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