

NEWSLETTER



The Victorian Men's Shed Association is the Oldest Shed Support Organisation in the World

**The VMSA is proud to have as patron,
the Governor of Victoria, the Honourable Linda Dessau AC**

TOP STORY

THE GARAGE BAND

A combination of men's shed and an old love for music, came to the aid of some shedders. They saw a massive turnaround in their health and happiness quotient. To know how and where it all started turn to pages 10 & 11.

TOP NEWS

DEFIBS ARE USER FRIENDLY

To be able to save someone's life defibs need to be accessible in public places. But, are they? Who can use defibs and how? Read the details on pages 6, 7 & 8.

TOP INITIATIVE

MENTAL WELLNESS SESSION

Heywood Shed held a session on mental well-being, where Frank Zeigler, a professional, gave some simple tips on how to look after yourself. Details on page 9.



FROM THE PRESIDENT'S DESK

In this edition, the President asks pertinent questions about taking care of yourself. This will not only help you, but also anyone and everyone related to you. Also, only if you are healthy and peaceful will you be able to look after others in your life. Read the details on Page 4.

This Newsletter is 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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LIST OF VMSA COMMITTEE CONTACTS

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PLEASE NOTE

The VMSA has received a number of queries and requests to find an avenue where sheds can easily list and 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, "VMSA Public Notices". This is now available for 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 goods, it is only if you want to donate goods.

The VMSA now has a Buy/ Swap and Sell Page on its website for shedders to use.

VMSA EXECUTIVE OFFICER'S REPORT

Hi Folks,

It was my privilege this month to attend the opening of the new Broadford Men's Shed, inaugurated by the Honourable Jaclyn Symes, Minister for Regional Development, Agriculture, and Resources. John Brissett and the Broadford blokes are over the moon with their new shed. John reports they have 3 new members already.

There has been a lot of excitement around the State when our Patron, the Honourable Linda Dessau AC, Governor of Victoria, announced she wanted to hold a reception to recognise the contribution sheds make to the Victorian community. Almost 600 shedders have registered for the reception at Government House on the 16 July. I would like to remind everyone who has registered themselves for the reception that you all need to RSVP as soon as you receive your invitations.

On 14 June, Friday, I attended the World Elder Abuse Awareness Day breakfast hosted by Gerard Mansour the Commissioner for Seniors. The work being done to ensure Australia is a safer place, free from abuse of our elders, is truly inspiring. Please take the time to follow the link below and listen to Gerard's presentation.

<https://elderabuseawarenessday.org.au/gerard-mansour-commissioner-senior-victorians/>.

The VMSA has a number of training and information resources available for sheds. In particular our Occupational Health and Safety (OH&S) Shed Safety Training is extremely popular as it helps have a safer shed that is more risk management compliant. Contact the VMSA office to explore your training needs.

The VMSA is your voice and has been advocating hard for sheds at all levels of Government. If your shed is applying for a Strengthening Men's Shed Grant please contact us if you need any assistance with the preparation of the application.

Please note the VMSA website is under renovation and it's not using a member login.

The VMSA Facebook page, VMSA Public Notices, is a great place to see what's happening in sheds around Victoria and the world.

You can register for our monthly newsletter through the website. Click on the link below for the same.

<https://vmsa.org.au/index.php/component/users/?view=registration&Itemid=101>.

The VMSA Radio Show, Hangin' Out in a Men's Shed, is being heard around the world by live streaming the show. You can do the same by clicking on the given link: <http://3wbc.org.au/wp-content/plugins/mp3-jplayer/popout.php>.

We are now accepting Expressions of Interest in the 2019 roll out of defibrillators. To know more, write to us at vmsa@vmsa.org.au.

The VMSA has secured a Preferred Partnership with JEEP Australia, and we have been inundated with applications for the extraordinary discounts on the JEEP range of vehicles.

Ric Blackburn
VMSA Executive Officer
Email: vmsa@vmsa.org.au



VMSA PRESIDENT'S REPORT

On the afternoon of 10 June, Monday, I was listening to the ABC 774 and the pre-match comments by David Parkin on the 'Motor Neurone' (MND) AFL Round at the MCG between Collingwood and Melbourne. David Parkin referred to Neale Danniher AM, former Essendon player best known as the former coach of the Melbourne Football Club.

Neale Danniher was diagnosed with MND in 2013 and is now known as a prominent campaigner for medical research into MND. Since 2015, Neale Danniher has promoted awareness and the need for a cure for MND. The campaign has raised \$40 million for research. David Parkin also spoke of Neale Danniher's talk at the Melbourne Football Club during the week, some of which was played on the radio that afternoon. It was inspiring, to say the least. What a great role model Neale Danniher is as he lives with this debilitating illness.

Despite many advances in medicine, we still haven't found cures for many such devastating illnesses, which brings me to my message.

It was Men's Health Week between 10 June and 16 June. And I have the following questions for my fellow shedders -

- **When was the last time you had a thorough medical check-up?**
- **Was it in the last 12 months?**
- **If not, have you done something about it?**

Your health and well-being are most important firstly, to yourself and then, to your loved ones as well as to those in your shed and local community. Your shed and community really appreciate your efforts whether it is at work in the shed or in the community or just sitting down and talking or listening to your fellow shedders or others. You are a valued member and people want you around.

Men reckon if they are going well then there is no need to do anything about their health. At our age in the shed it is always wise to go that extra mile and get that thorough medical check-up done. Visit your doctor, be candid about your mental and physical health and well-being, whether there is no concern or a small concern either in body movement, stress, tiredness, pain, stiffness, sight, hearing or that cough. Just do it!

People will be happy and grateful that you take care of

yourself by meeting your medical practitioner regularly, and that you don't just kept putting such a most important matter off. Do not procrastinate, act on it now.

If your shed has not had any health and well-being speakers for a while, prompt your committee and ask for one or for someone to speak at a cluster meeting. You never know who will benefit from it. Some may thank you silently, while others may say, "by listening and taking action my health and life has improved". Sheds make difference and you can make a difference, too.

I look forward to seeing some of our shedders at the Governor's Reception. Those who can't attend it, can come for our next Gathering in Castlemaine on Friday, 26 July. Please put that in your shed diary now and start booking to attend and possibly stay in another beautiful part of Victoria.

Keep up the great work, shedders! And remember to get your medical examination done if you haven't already, in the last 12 months.



Lindsay Oates

VMSA President 2018-19

MEN'S HEALTH WEEK 2019

Wednesday, June 12, 2019 | thestar.com.au

MEN AT WORK!

INCORPORATING Men's Health Week
June 10 to 16, 2019

Men, make your health a priority

WHY is the health of Australian men so in need of attention?

Because the health status of males in most countries, including Australia, is generally poorer than that of females.

More males die at every stages through the course of life, more males have accidents, more males take their own lives and more males suffer from lifestyle-related health conditions than females at the same age.

Meanwhile, men are less frequent visitors to general practitioners and the perception is they don't care about health.

But that's not what Men's Health Week – June 10 to 16 - is about.

The week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June.

The approach celebrates the strengths of men, the contributions they make and the important role they play in society.

A boy born in Australia in 2010 has a life expectancy of 78 years while a baby girl born at the same time could expect to live to 82.3 years old.

From the start, boys suffer more illness, more accidents and die earlier than their female counterparts.

Men take their own lives at four times the rate of women - that's five men a day, on average.

Accidents, cancer and heart disease all account for most male deaths.

To reduce one's risk of heart disease, the Heart Foundation is urging men to manage their blood cholesterol.

Cholesterol is a fatty substance in one's blood and while cholesterol is necessary for the body, an imbalance can lead to a heart attack or stroke.

Healthy eating is a way of addressing cholesterol.

High blood pressure is a factor and is best monitored by a doctor.

A blood pressure reading under 120/80mmHg is considered optimal. Readings over 120/80mmHg and up to 139/89mmHg are in the normal to high normal range.

People with depression have a greater risk of heart disease for people, as are those who are socially isolated or do not have good social support.

Having a good social life with family and friends can help.

If you feel depressed for more than two weeks, talk to your doctor, a family member or someone you know well.

Local medical centres have doctors who specialise in men's health matters and male patients are able to request a male doctor to discuss such health issues, if they feel more comfortable doing so than talking to a female doctor.

Above, men's health starts with men making their health a priority and be willing to talk with family and friends who are good listeners when they need to.

Do You Know How To Help?

Do you work with, or know a **farmer**, or a person affected by the current **rural crisis**?



Do you know the **signs** that someone isn't coping under **stress**?

Would you know how to **help**?

DATE: FRIDAYS 19TH JULY AND 2ND AUG 2019
TIME: 9.30AM—3.30PM each day
VENUE: STRATFORD UNITING CHURCH HALL
Light lunch provided

THIS 12 HOUR COURSE WILL TEACH YOU TO

- Identify and approach if you are concerned about someone
- Listen and understand without judging
- Pass on information about getting treatment
- Give help and support to someone experiencing a mental health problem
- Know what to do if a crisis situation arises

FREE FOR VOLUNTEERS
\$100 Employees

Bookings essential! Please call:
DIANE ROBINSON
mobile: 0438 841 270
email: ruralfamilyresources@bigpond.com

sponsored by
Rural Family Resources Project
Drought Relief

12-hour Course to Teach You To -

- Identify and approach someone if you are concerned about them
- Listen and understand without judging
- Pass on information about getting right treatment
- Help and support someone suffering from mental health issues
- Know what to do in a crisis

When and Where?

Day & Date: Friday, 19 July & 2 Aug

Time: 9:30 am - 3:30 pm

Venue: Stratford Uniting Church Hall

For Booking Contact:

Diane Robinson

Mobile: 0438 841 270

Email:

ruralfamilyresources@bigpond.com

DEFIBRILLATORS ARE USER-FRIENDLY

Andree Withey

Helping someone survive a cardiac arrest is not always going to be the job of a medical expert – it could be down to you.

Each year, more than 20,000 Australians suffer a sudden cardiac arrest, but according to Australian medical authorities only about 10 per cent of those people survive.

St John Ambulance Australia said its figures showed the survival rate was more like 5 per cent.

Either way, that is far too many lives being lost each year, especially given that the issue is fundamentally one of response time.

Two years ago, Ellie Bayliss, 30, was standing on a Sydney railway station when her heart stopped beating. Luckily for her, a rail paramedic was on the same platform, along with two other men who knew what to do.

"They started CPR immediately and were about to use an automatic external defibrillator when ambulance crews arrived and used their own device to shock my heart back into action," Ms Bayliss said. "It's a no-brainer to me – these guys saved my life."



© Provided by ABC News AEDs need to be easily accessible in public areas, experts say.

Ms Bayliss now has a defibrillator permanently installed in her body in the case of another heart episode.

In Brisbane, the city train network has no defibrillators on trains or platforms and is reliant on equipment in police outposts at three stations. But QR chief executive Nick Easy said that would soon change.

"We are moving to make automated external defibrillators (AEDs) available, initially at 12 priority locations," he said.

IT'S EASY TO SAVE A LIFE IF YOU'RE QUICK

Would you know how to use an AED in an emergency?

If you're thinking the answer is no, think again – the devices are designed to be easy to use. They are often found in workplaces and gyms.

This year, Woolworths is rolling them out to all its stores across Australia for the use of both workers and customers.

Tony Hucker from Queensland Ambulance said using an AED required no formal training.

"As soon as you turn on the AED, the device starts talking and steps you through what to do," he said.



Why is timing such a big deal?

Every minute without defibrillation reduces your chance of survival by 10 per cent.

"In Queensland, there is a 16 per cent survival rate for people who have their heart restarted with a defibrillator and are treated in hospital and eventually get to go home," Mr Hucker said.

In February, a Sunshine Coast gym owner saved the life of a young woman with an AED when she collapsed while she was using a rowing machine at Noosa.

DEFIBRILLATORS: A REAL LIFE SAVER

When is an AED needed?

If a person has stopped breathing, that is when you need to start CPR and find a defibrillator.

Call triple-0 first, but it is important not to simply wait for an ambulance to arrive because defibrillation is most effective when done within the first few minutes.

The shock delivered interrupts the chaotic rhythm of the heart, giving it a chance to return to its normal rhythm.

The AED will continue to monitor the person's heart and if it stops again the unit will audibly advise that another shock is required.

Can you harm someone with an AED?

No, the AED will only give a shock when it is required.

Cardiac arrest can happen to people of all ages and can be caused by heart disease, but also occurs as a result of trauma such as a fall or car accident, breathing conditions and allergic reaction.

In Victoria, a third of all "out of hospital" cardiac arrests in 2017-18 had bystanders provide CPR. But only 1 per cent of those interventions involved bystanders using AEDS.

In 2016, there were just 17 reported cases of defibrillation with an AED prior to the arrival of paramedics in Queensland.

An AED costs about \$2,000 and with more in the community authorities stress the importance of knowing where they are and how to access and use them quickly.

National Heart Foundation CEO John Kelly said AEDs need to be displayed in very public places on a wall.

"AEDs should be where everyone can see and access them not under an office desk or in a first aid room," he said.

Mr Kelly said the units had to be as visible as fire extinguishers so they can be grabbed quickly in an emergency.

Courtesy:  **9NEWS**

MENTAL WELLNESS SESSION AT HEYWOOD



Frank Zeigler

A session on mental well-being was held by Frank Zeigler at Heywood during the Men's Sheds District gathering on 16 May, 2019.

Frank holds a master's degree in mental health. He was a part of the Police Force and now is in the Army.

He suggested the following for good mental health.

- Be happy and smile at all times.
- Walk, do some mentally challenging activity every day.
- Create lists, make them achievable; it's fine to carry over items.
- Write your private thoughts in a diary to organise your brain.
- Use a 'stress bucket' - write the things that are bothering you and drop them in a container for looking at later on.
- At night record things for the next day. This can help organise your life, and give confidence.
- Have about half an hour of 'me time' before going to sleep - read a book (no screen time), or listen to music.
- Try to achieve 3-hour night sleep cycles - 3, 6, 9 hours.

Men's health is assisted by men's sheds where men are a part of an organised shed, have sets of rules, smile, undertake regular activities, meet up with people, and have common goals. Simply put, they set aside time for themselves and others daily.

MEMBER BENEFIT FROM JEEP

Jeep Australia are offering discounts on their cars through their Preferred Partner Program to all VMSA member sheds and individual shedders in each of these sheds.

To obtain your letter of introduction to participate in this program please complete the 'Jeep National Fleet Discount Request Form' available on the VMSA website.



PREFERRED PARTNER DISCOUNT FOR VMSA MEMBERS!

(We deliver the car to you
anywhere in Victoria)

For details contact:

Stewart Macdonald

0419 587 817

**stewart@hoppermotorgroup.
com.au**

WORLD'S BIGGEST GARAGE BAND

A Brief History

David Sharpe and myself commenced a Document Signing Station at Hobsons Bay Men's Shed for the Department of Justice on a Wednesday, in September 2017, between 10 am and 2 pm. It became extremely popular; and did far better than any of the other three within the same postcode. Also, it attracted quite a number of new members to our shed.

A year later, I happened to be signing documents for two female shed members (one of them from Laverton Community Choir) and we got chatting about music. The ladies mentioned how many chaps at the shed were making instruments as they'd like to learn music. I mentioned to them that I had played in bands since 1964, so, they asked if I could help.

I decided to run the idea past Ken Inglis and Les Auld. They suggested putting an ad in the monthly newsletter. Subsequently, I started with 6 band members - those two ladies and four men. Today, the number has grown to 38. Each week we have 25-30 participants. Also, the oldest member of the band is 93 (Harmonica and Washboard) and the second eldest is 88 (Guitar and Uke).



The group plays on Wednesdays from 11am to 12:15 pm, but most roll up at 10. This session has also attracted friends of shed members as new members. Because of the varying knowledge and ability of the group, I now also run catch-up classes on Thursdays from 10 am to 1:30 pm.

Our first performance was at our shed's Christmas Party, where we performed two carols.

The next performance was in April, where we played 10 songs for a shed member's 60th birthday. That was followed by one on 23 May for Hobsons Bay City Council (at the shed), who hosted a day at the end of Volunteers Week for all volunteers throughout Hobsons Bay.

As a result, the Council have asked us to perform again on 11 July at the Council Offices, as a prelude to the graduation ceremony of participants of "Sons of the West - Men's Health Program". We have also been booked for a Music Trivia Night at the end of August for a local church.

That is pretty much the story of how an acorn grew into an oak tree; and the way it is going it may soon become a forest.

This program has helped many members. One said to me "Clive, you saved my life."

-- *Clive Pattie*

THE GARAGE BAND IS ON!

A New Lease of Life



Clive and I had a difficult time health wise since the early 2000s. I contracted meningitis in 2001 and then Clive had a heart attack, stroke on New Year's Eve 2008. This put an end to a successful band we were in. It took him ages to recover and we thought our music days together were over.

Then in 2010, I had to have a brain tumour removed. After my recovery, we started writing songs with a friend. Three of the songs were recorded. You can find them on iTunes, if you would like to hear them (<https://itunes.apple.com/au/artist/cheryl-pattie/848800345>).



I joined the Hobsons Bay Men's Shed less than 6 months ago, after I saw the improvement in Clive and the new lease of life he had gained since joining men's shed, and starting the music program.

I wanted to do woodwork, IT, photography and also join Clive's music sessions.

With men's shed I have had nothing but help with the things I wanted to do and learn. Also, the emotional support I have received at the shed has been an enormous help in my recovery and well-being.

Clive and I have both made some wonderful friends through the shed and I really love being a part of it. It has certainly proved to be a place of healing for us, and hopefully the medical issues are behind us both. We can go on being active and supportive members for many years to come.

-- Cheryl Pattie

ON A LIGHTER NOTE



Things Only A Mother Would Say...

Mona Lisa's Mother:

After all that money your father and I spent on braces Mona, that's the biggest smile you can give us?

Humpty Dumpty's Mother:

Humpty, if I've told you once, I've told you a hundred times not to sit on that wall. But would you listen to me?

Christopher Columbus' Mother:

I don't care what you've discovered Christopher, you could have written!

Napoleon's Mother:

All right, Napoleon! If you're not hiding that report card inside your jacket, then take your hand out of there and prove it!

Batman's Mother:

It's a nice car, Bruce, but do you realise how much the insurance will cost?

Little Miss Muffet's Mother:

Well, all I've got to say is if you don't get off your tuffet and start cleaning your room, there'll be a lot more spiders round here.

Albert Einstein's Mother:

But Albert, it's your school picture. Can't you do something about your hair? Styling gel, mousse, something....?

Jonah's Mother:

That's a nice story, but now tell me where you've REALLY been for the past three days?

Thomas Edison's Mother:

Of course I'm proud that you invented the electric light bulb, dear. Now turn off that light and get to bed.

EXHIBITION OF THE CLASSIC & EXOTIC



When?

Friday, 11 October - 9:00am - 9:00pm
 Saturday, 12 October - 9:00am - 9:00pm
 Sunday, 13 October - 9:00am - 5:00pm

Book Tickets

<https://tickets.lup.com.au/motorclassica-2019>



CAUGHT ON CAMERA



VMSA's Executive Officer, Ric Blackburn, with Cardinia Men's Shed's Alby Mann, the most photographed shedder

WIMMERA MACHINERY FIELD DAYS

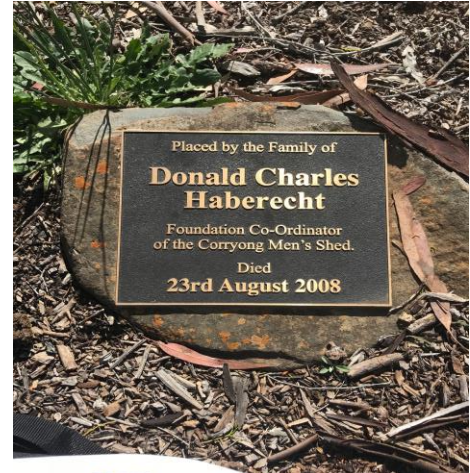


VMSA's Vice President, Geoff Witmitz, with Sarah from Horsham Bunnings



Best Indoor Presentation Award to the District Men's Sheds

FROM CORRYONG



Inside Corryong Men's Shed

POEM FROM DROUIN

MATE SHIP

The shed where you meet mates each week
 Is there to help cheer us all even the meek
 A place to go and feel loved, helped and secure
 Whether we are boisterous calm or just demure

A pat on the back a handshake or a howdy
 Is there for the quiet ones or those very rowdy
 No matter how you might feel, happy or sad
 Meeting friends here should make you glad

Some are talented beyond our abilities
 How do they do it seem an impossibility
 Yet your talent is just as helpful today
 To brighten others in many other ways

Buck up put a smile on your old face
 You are here by His almighty grace
 To bring a cheer to another shed mate
 To share your life before it's too late

So mate thank you for being here
 Like everyone we all need a cheer
 A word that helps us coz your near
 A good friend is always so very dear

Say hi, hello, what's new me old mate
 Great you made it again here today
 Tell me how your going what's new
 I'm so glad to again have met you

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WORK BY INVERLOCH SHED

This is a Wishing Well that was built by the members of Inverloch Men's Shed to assist in fund raising for Bass Coast Hospital's cancer unit.



NEW SHED OPENING AT HAMPTON PARK



WE GOT A JEEP!



The presentation of a fully restored military Jeep to the Healesville RSL by the Badger Creek shedders

UPCOMING EVENTS



Reception at Government House

Time: 5 pm for a 5:30 pm start

Day: Tuesday

Date: 16 July 2019

All guests must RSVP upon receiving their invitations.

FUTURE NEWSLETTERS

This Newsletter is being emailed to the Contact Person at each of the sheds on the VMSA database. We have a large list of many subscribers who also receive the Newsletter and consequently we are limited in our ability to send the Newsletter to every shedder and so we ask that as the CONTACT PERSON your shed please print and display the Newsletter in your shed.

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.