

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

INDEPENDENT THEATRE

Are you interested in community theatre? If yes, check out Theatrical Incorporated's website and Facebook page to know more about them. And, also to get involved with their work. Details on pages 6 & 7.

TOP NEWS

MINISTER'S VISIT

Luke Donnellan MP, Minister for Child Protection and Disability, Ageing & Carers, recently visited Waverley Woodworkers Inc. and engaged with everyone there to see and understand what they do. Pictures on pages 4 & 5.

TOP INITIATIVE

NARI'S NEW PROJECT

What do older people want from their healthcare? This is the question NARI wants an answer for in order to assist in developing better health policies for Victorians.

For more turn to page 10.



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

OFFICE BEARERS

President	Lindsay Oates	pres@vmsa.org.au	Mirboo North Shed
Vice President	Geoff Witmitz	vice@vmsa.org.au	Horsham Shed
Secretary	Bruce Ward	sec@vmsa.org.au	Ocean Grove Shed

COMMITTEE

Julian Sellers	j.sellers@vmsa.org.au	Inverloch Shed
Lou Sigmund	l.sigmund@vmsa.org.au	Benalla Shed
Gerard Irvin	g.irvin@vmsa.org.au	Grovedale Shed
Peter Johnson	p.johnson@vmsa.org.au	Wimmera
Sam Story	s.story@vmsa.org.au	South Gippsland

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,

The VMSA Annual General Meeting (AGM) and Statewide Gathering was held in Bendigo at the Greyhound Racetrack this month. Around 200 shedders from 65 sheds enjoyed an exciting day of speakers and presentations. A big thanks to Maree Edwards, MP for Bendigo West, for opening the day for us at the event.

The VMSA was proud to donate another 15 defibrillators to 15 sheds across Victoria. The VMSA has now supplied 25% of Victorian sheds with defibrillators over the last 4 years.

We had an interesting presentation from the "Lost Trades" Fair. We have access to tickets at a huge discount for their next fair on Saturday, 7 March 2020 and Sunday, 8 March 2020 at the Bendigo Racecourse, Bendigo.

The VMSA Hall of Fame Award was given to Peter "Soapy" Vallance posthumously. The award accepted by his wife, Julie, and son, Peter. Soapy was an inspiring and tireless worker for the town of Donald and Victorian men's sheds. Soapy was also an original member of the inaugural VMSA committee.

The VMSA AGM was conducted, recently. The VMSA welcomes 3 new members of the committee -

- Peter Johnson from the Wimmera
- Gerard Irvin from Grovedale Shed
- Sam Story from South Gippsland

We are sure this injection of new blood to the committee will drive the VMSA forward.

On a sad note, we farewell Barry Watson our long-time treasurer as his term of office ends. Barry has been a stalwart of the VMSA, and we are grateful for his tireless contribution and commitment to our sheds.

The VMSA has a variety of interesting and useful activities and events coming up in the new year. Keep an eye out for the announcements in the newsletter and on Facebook. The VMSA Facebook page, VMSA Public Notices, is a great place to see what's happening in sheds around Victoria and the world.

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.

Feel free to contact the VMSA office to explore your training needs.

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>. The show plays out on the first Saturday of every month from 9 am to 10 am on 3WBC 94.1 FM.

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



MINISTER'S VISIT

Luke Donnellan MP, Minister for Child Protection and Disability, Ageing & Carers, visited Waverley Woodworkers Inc. He announced that Waverley Woodworkers were successful in their grant application under the Strengthening Men's Shed Round.

He was accompanied by the Mayor of the City of Monash, Counsellor Stuart James.



MINISTER VISITS WAVERLEY WOODWORKERS



INDEPENDENT THEATRE FOR EVERYONE



Theatrical Incorporated is a new community theatre company. We use performing arts as a means to bring the community together. We promote community engagement, mental wellbeing, physical health and social inclusion.

Theatrical Incorporated is a not-for-profit incorporated association. We will make theatre attainable for the community - both in terms of community participation and affordability.

As a local non-profit music theatre group, we openly engage with the community to encourage people with varying skills and experience to participate in all aspects of theatre production, on stage and behind the scenes. Our experienced arts practitioners will support new participants through workshops, formal mentoring programs, a welcoming auditioning process and by creating an inclusive, supportive environment in which participants will be encouraged to express their creativity.

COMMUNITY PARTICIPATION

Theatrical Incorporated genuinely engages with the community. We welcome people of all experience levels to participate in our programs. Whilst we always aim to produce high quality theatre productions, we support talented inexperienced members of the community to perform at their best.

We believe that music theatre is a creative medium through which members of the community can challenge themselves, enjoy the company of like-minded people and work as part of a team to create something special.

Some of the benefits of participating in a Theatrical Incorporated production include:

- Creative Expression
- Self-Learning
- Physical Health
- Mental Wellbeing
- Capacity Building
- Skills Sharing
- A Supportive and Safe Community
- Community Connectedness

COMMUNITY THEATRE

GET INVOLVED

We encourage members of the community to get involved with Theatrical Incorporated. Some of the ways people get involved include:

Casting Audition

Anyone in the community is welcome to audition to join the cast of our shows. Visit our website and sign up for our newsletter to know when we are casting for our next show.

Volunteering

If working behind the scenes is more your thing, we are always looking for people to help us build and paint sets, design costumes, promotions/marketing, ushering and helping back stage. If you have never been involved in theatre before talk to us about your skills and interests and we will try to find a job for you.

Production Proposals

If you are an aspiring director and you would like us to produce a show with you, you are welcome to send us a show proposal.

Community Partnerships

We have already started working with other groups and associations where a synergy exists. If you would like your community group to work with Theatrical Incorporated please contact us with your ideas.

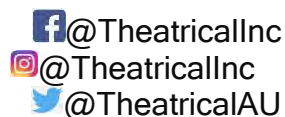
Workshop Participation

If you want to get involved in community theatre but don't know where to start, consider coming to one of our workshops. They are a fun way to meet new people and learn new skills.

Watching Our Shows

For information on how to book tickets to our shows visit our website or follow us on social media.

If you have any questions or would like to get involved with Theatrical Incorporated email write to getinvolved@theatrical.com.au or visit theatrical.com.au for more information and to sign up to our newsletter.



For more information contact:
Andrew Gyopar, Executive Producer
Phone: 0468 993 903
Email: andrew@theatrical.com.au



VMSEA DONATED DEFIBRILLATORS



The Committee of the Victorian Men's Shed Association is proud to donate another 15 defibrillators to men's sheds across the state, bringing the total to more than 25% of sheds receiving free defibrillators from the VMSA.



HALL OF FAME HONOUR FOR PETER VALLANCE

On 11 November, 2019, Peter “Soapy” Vallance was awarded the Hall of Fame honour posthumously, by VMSA.



Peter Vallance's wife, Julie, and his son, seen with VMSA Wimmera representative, Geoff Witmitz



Peter Vallance's wife, Julie Vallance, with the Hall of Fame award

NARI'S NEW RESEARCH PROJECT



Invitation To Take Part In A Research Project:

WHAT DO OLDER PEOPLE WANT FROM THEIR HEALTH CARE?

The National Ageing Research Institute (NARI) is working with the Victorian Department of Health and Human Services to develop a better understanding of what is important to older people in Victoria in relation to their health and wellbeing needs at key points in their later life.

We would like to invite all Victorians over the age of 65, and their carers (regardless of age), to participate in an important survey to discuss your health care preferences, expectations and priorities. Your input will inform a report which will be provided to the Victorian Department of Health and Human Services to assist them in developing health policy that is informed by older people themselves.

The survey will take approximately 15-20 minutes to complete and will be conducted online. By completing the survey, you will go in the draw to win one of five \$40 Coles Myer gift vouchers.

If you are interested in participating in this survey please click on the following link to proceed:
<https://redcap.nari.edu.au/redcap/surveys/index.php?s=34HCKTRMMA>

Or visit our project Facebook page at www.facebook.com/WDOPW

For further information, please write to Dr Jessica Cecil from NARI at j.cecil@nari.edu.au or connect with her on (03) 8387 2301 or (03) 8387 2621.

Thank you for considering participating in this project.

Kind regards

Dr Frances Batchelor

Director of Clinical Gerontology

National Ageing Research Institute

WHAT A GREAT X-MAS PRESENT!



Hon Luke Donnellan MP

Minister for Child Protection
Minister for Disability, Ageing and Carers

GPO Box 4057
Melbourne Victoria 3001
Telephone: +61 3 9096 0301
www.dhhs.vic.gov.au

BAC-3273

Ian Howley
Secretary
Mount Beauty and District Men's Shed Inc
2 Tennis Court Avenue
MOUNT BEAUTY VIC 3699

Dear Mr Howley

APPROVAL OF GRANT APPLICATION – MEN'S SHED FUNDING 2019-20

I am delighted to advise that your application for men's shed funding has been approved. Funding of \$60,000 will be provided to Mount Beauty and District Men's Shed Inc for the proposed shed extension project.

Through the Andrews Labor Government's Men's Shed Funding Program, these grants support more men's sheds across the state to meet the needs of men in their local communities.

Congratulations on the success of your application. The Department of Health and Human Services will be in contact with you regarding the contract process.

If you would like to discuss this matter further, please contact Daniel Pennefather, Senior Project Officer, Community Capacity Building, Department of Health and Human Services, on 9096 7515 or at mens.sheds@dhhs.vic.gov.au.

I look forward to hearing about the completion of your men's shed project and its contribution to your local community.

Yours sincerely

Hon Luke Donnellan MP
Minister for Child Protection
Minister for Disability, Ageing and Carers

14/11/2019



EARLY CHRISTMAS AT MOUNT BEAUTY SHED



THANK YOU

The Men's Shed committee would like to thank the following for the support given that resulted in the success of the Shed Extension Project Application.

- The 27 community organisations and businesses that provided letters of support
- Helen Mathew (Mountain Creek Architecture) for the very professional work on the plans
- Tiffany Clare our local Victorian Department of Health & Human Services liaison person in Wangaratta
- The shed members who encouraged the committee to initiate the project and to see it through

Paul L'Huillier

Treasurer (2019-20)

Mt Beauty & District Men's Sheds

TRARALGON SHED'S WOMAN'S PROGRAM

Traralgon Men's Shed ran a successful Women's Program in October and November, 2019. The women loved the program and were able to make a coffee table each.

A grant from Latrobe City Trust enabled the men's shed to purchase additional equipment and run the program at night. Six ladies completed the 6-week course last week and completed individual tables, learning how to use thicknesser machines, table saw, drop saw, band saw, drill, sanders and staining.



Another program will be held in February 2020 and anyone interested should check the website traralgonmensshed.com.au or their Facebook page.



WOMAN'S PROGRAM AT TRARALGON SHED

Traralgon Shed is a unisex shed and welcomes the community to drop in, check out the facilities and join. The Shed will close for Christmas on 12 December and reopen on 14 January. It will be open from 7:30am to 3pm on Tuesdays, Wednesdays and Thursdays.



REPORT FROM RUTHERGLEN

We have moved in to our new shed on 14 November!

Over the last couple of months, we have gradually been finishing the interior and moving equipment into place. A Certificate of Occupancy has been issued.

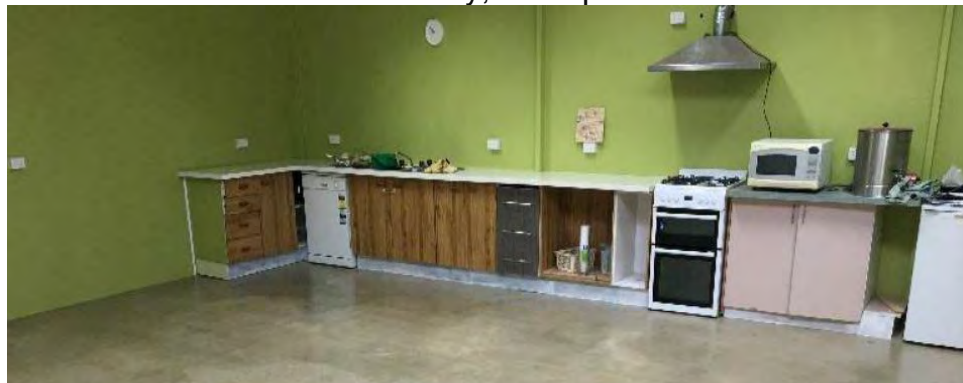
A major focus for shed members over the cold winter months was the installation and painting of the internal walls. This was a large undertaking and all members were actively involved in completing this important piece of the internal fit-out. We also received great assistance from some men from the Beechworth Correctional Centre.

Our major donor was once again the Ken and Leigh Jasper Foundation. We continue to seek further donations which can be made via the GoFundMe page on our Facebook page or directly to Indigo North Health. These donations will go towards the purchase of new equipment that will expand the shed's capability to help the community and its members.



In mid- July we started installing the wall panelling in the workshop. At the end of July, we commenced painting of the walls.

In early August, we had our first meal in the newly installed kitchen and a few weeks later it was fully functional as shedders enjoyed a cuppa and reflected on the journey so far. The Repair Café had its first session in the new shed on Saturday, 26 September.



RUTHERGLEN'S NEW SHED

Essential services have also been installed and connected - gas, hot water, air-conditioner and town water.

One of the more challenging tasks was connecting the sewerage system. This required some significant trenching work, both manually, and with a big toy! Tree roots and a confined access area caused some consternation along the way, but, as always, with some creative thinking, the goal was achieved. Many thanks to The Hub Automotive for the use of the excavator. Work continued at the rear of the shed building - a retaining wall and levelling to enable safe access.

Our attention then turned to getting organised in the workshop. Finding a home for everything took some time and patience. A properly made and installed shadow board is an integral part of a well-functioning shed. In the picture below, Ray is seen putting the final touches to our second board.



We continued to build shelves, cupboards and benches as part of getting organised throughout September and October. All shedders played a key role in organising, building and cleaning.

A new bandsaw was purchased with donation from the Murray Brass Band. The Men's Shed is highly appreciative of them.

Tiling was completed at the end of October. The tiles were kindly donated by Beaumont Tiles, Wodonga. A big thank you to Beaumont's. The kitchen is now looking a real treat.

Crushed brick was supplied by Greenscape Environmental Solutions, a Wodonga based company, with a presence at The Hub Automotive in Rutherglen. They have been very supportive of the Rutherglen Men's Shed project.

Source: Rutherglen Men's Shed October 2019 Newsletter

NEW SHED OPENING AT BALLARAT

Ballarat East Community Men's Shed now has a new storage shed



GET CHRISTMAS TREE AT DROUIN SHED

With Christmas around the corner, it's nearly time to start thinking about your decorations.

Here's just a friendly reminder about Drouin Men's Shed's wooden Christmas trees. There're now complete with solar LED lights. These trees are made from treated pine and so will last for years.



They're made to order, and you have until the 1 December to order yours. After that, the book shuts and you'll miss out. They cost only \$60 each, they're an absolute steal.



SHED IN NEWS

Headline: Students and volunteers carve strong friendships at Warrnambool Men's Shed

News Media: The Standard, Warrnambool

Date: 21 November, 2019



In the picture: Warrnambool Shed's Les Donald enjoyed helping Archie O'Dwyer hone his woodwork skills at the men's shed.

THE FUNDING CENTRE

The Funding Centre is Australia's best grants and fundraising hub.

To know more about the Centre, check out its comprehensive newsletter, [EasyGrants](#).

Information in EasyGrants is based on the most comprehensive and current database of grants available in Australia. EasyGrants is unique in the Australian fundraising and grants landscape and provides:

- Monthly email PDF newsletters (excluding January when the Australian grants landscape largely goes into hibernation)
- A customised grant listing, including all new and recurring federal, state and local government, philanthropic and corporate grants
- The latest grants and fundraising news from around Australia and the world
- Ideas, tools and intelligence from the experts

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VMSA TRAINING COURSES

Over the next couple of months, the VMSA will be holding several training courses for shed members, these will include:

OH&S WORKSHOP SAFETY



GOVERNANCE

At this point no dates have been set for the OH&S Workshop Safety and the Governance Training, but we are seeking Expressions of Interest from those sheds that are interested in these courses.

Please call Ric Blackburn on 0408 465 228 or email him at vmsa@vmsa.org.au to register for the Fundraising Training, or to place your Expression of Interest for the OH&S Workshop Safety or Governance Training.

SINGERS NEEDED!



Do you like to sing?

We're looking for new members.

Come and join us on a
Wednesday night for rehearsals with the
Australian Welsh Male Choir - City Chapter.

Welsh Church - 320 La Trobe St, Melbourne.

Wednesday evenings

7:00pm – 9:00pm

(except for the last Wednesday of each month due to
our singing in the pub committment)

For more information please call
Tim Gibson on 0412 191 971

or visit us at

awmc.org.au



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- For any assistance with your shopping feel free to visit, call your local store

Terms & Conditions

Available only to VMSA members and their immediate family



ON A LIGHTER NOTE

I finally got 8 hours sleep. It took me three days, but whatever.

When you ask me what I am doing today, and I say "nothing" It does not mean I am free. It means I am doing nothing.

When one door closes and another door opens, you are probably in prison.

JUST LIKE THAT...

The meaning of opaque is unclear!

I wasn't going to get a brain transplant but then I changed my mind.

Have you ever tried to eat a clock? It's very time consuming.

I'm reading a book about anti-gravity. I can't put it down.

If there was someone selling marijuana in our neighbourhood, weed know about it.

It's a lengthy article about ancient Japanese sword fighters but I can Samurais it for you.

It's not that the man couldn't juggle, he just didn't have the balls to do it.

So what if I don't know the meaning of the word 'apocalypse'? It's not the end of the world.

The other day I held the door open for a clown. I thought it was a nice jester.

Need an ark to save two of every animal? I Noah guy.

I went Christmas shopping to buy a Barbie Doll for my niece.

I viewed many Barbie Dolls -- Nurse Barbie, Teacher Barbie, Sporting Barbie, Chef Barbie, and so on. They were all costing \$19.95.

Then I came across Divorced Barbie which was costing \$199.95.

I asked the sales lady, "Why is the Divorced Barbie so expensive?"

The sales lady replied, "Divorced Barbie comes with all Ken's accessory's -- Ken's Boat, House, Cars, and many more."

UPCOMING EVENTS

Jericho Cup

Venue: Warrnambol, Victoria

Day & Date: Sunday, 1 December, 2019

Time: 11 am - 5 pm

Christmas

Day & Date: Wednesday, 25 December, 2019

Boxing Day

Day & Date: Thursday, 26 December, 2019

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.