

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

INSURANCE MATTERS

Yes, the premium per person has increased for all the sheds. It's unfortunate but there are good reasons behind it. Of course, you can question your insurer about it. Or, you can simply turn to pages 6 & 7 of this newsletter edition!

TOP NEWS

GRANT FOR SHEDS

Sheds have an opportunity to apply for any or all three types of grants open right now. To know what they are and how they will help your shed, and community at large, please read the detailed piece on page 5 of this edition.

TOP INITIATIVE

CARRIAGE NEEDS RESTORATION!

Two carriages at Puffing Billy need restoration. It will be a funded agreement with any Men's Shed. Is your shed interested?

Details on page 10.



FROM THE PRESIDENT'S DESK

Even though the bushfires are behind us now, it has had a lasting impact on all of us whether directly impacted or not. At such a time, we as shedders have to stand up for each other as we are known to do always. Those impacted need a little more care and hand-holding than the others. But, we have to ensure that no one feels unsettled in the long-run. Events like these never fade away from memory but we can help make it feel less painful. (Pages 3 & 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 PRESIDENT'S REPORT

This summer's Australian bushfire crisis has been a reminder of the fragility of life, the uncertainty of our relationship to our environment and the incredible human capacity to come together when such tragedy and devastation strikes.

The fires have also provided us with touching reminders of the vital place sheds hold in our communities. Some sheds have been a gathering point during fires, a recovery centre or the place where people go in times of crisis for a sense of community, and they have also been a major community asset during the tough times. Sheds continue to provide a sense of connection, not just for the areas directly affected by fires, but for communities across the country who've been deeply affected. They have rallied and sent support in many forms to the bushfire impacted communities.

None of us are immune to the impact of the fires and their extent over a large part of Victoria. Men and women of all ages, younger people and children have all been subject to the news on the media, seen and also for some experienced it in person. I personally know of several friends who sat at the water's edge at Mallacoota covered in wet blankets as houses burnt behind them, gas tanks exploded and shot up into the dark reddish-brown sky full of smoke and ash. It sounds like a scene from Armageddon, but it was not, it was for real. There was shock, anxiety, tears, fear and anger. These are common emotions as we display our vulnerability in such terrifying circumstances.



File picture

Those of us who were not directly affected by the bushfires are also not immune to the impact. We can also feel distressed, upset and unsettled by such happenings.

As a shedder, how do you cope and what can you do to help oneself, your family and others? So that no one dwells on such events, is prepared to listen, take time out and ensure we all can all talk, work, play and think.

VMSA PRESIDENT'S REPORT CONTINUED

Sometimes we cannot connect to our anxiety. Use techniques such as deep breathing and exercise and talk if you wish, to your friends and family. Men are typical at bottling things up, so try to relax talk with your mates at the shed, listen and share with your family and grandchildren. It makes a big difference, just like sheds make a difference in our lives and communities.

Shedders in the bushfire affected areas are asking for work benches, tagged and thoroughly checked up-to-date tools, and for small sheds where a few men can congregate in the street and work on projects rather than a fair way away from their burnt home.



File picture

The men are wanting to work on projects to keep their minds and bodies still alert and active. Sheds are assisting with such projects and the communities have been most grateful for such generosity and assistance.

The VMSA is working with Bushfire Recovery Victoria, Department of Human Services and other agencies in assisting sheds and impacted communities. The VMSA is also proposing to deliver in conjunction with other agencies programmes that will assist communities and shedders. Sheds are part of the hub of our communities and have an important role in sharing and working in there.

Keep up the great work, shedders, and I hope to see some of you at the next gathering at Rupanyup.

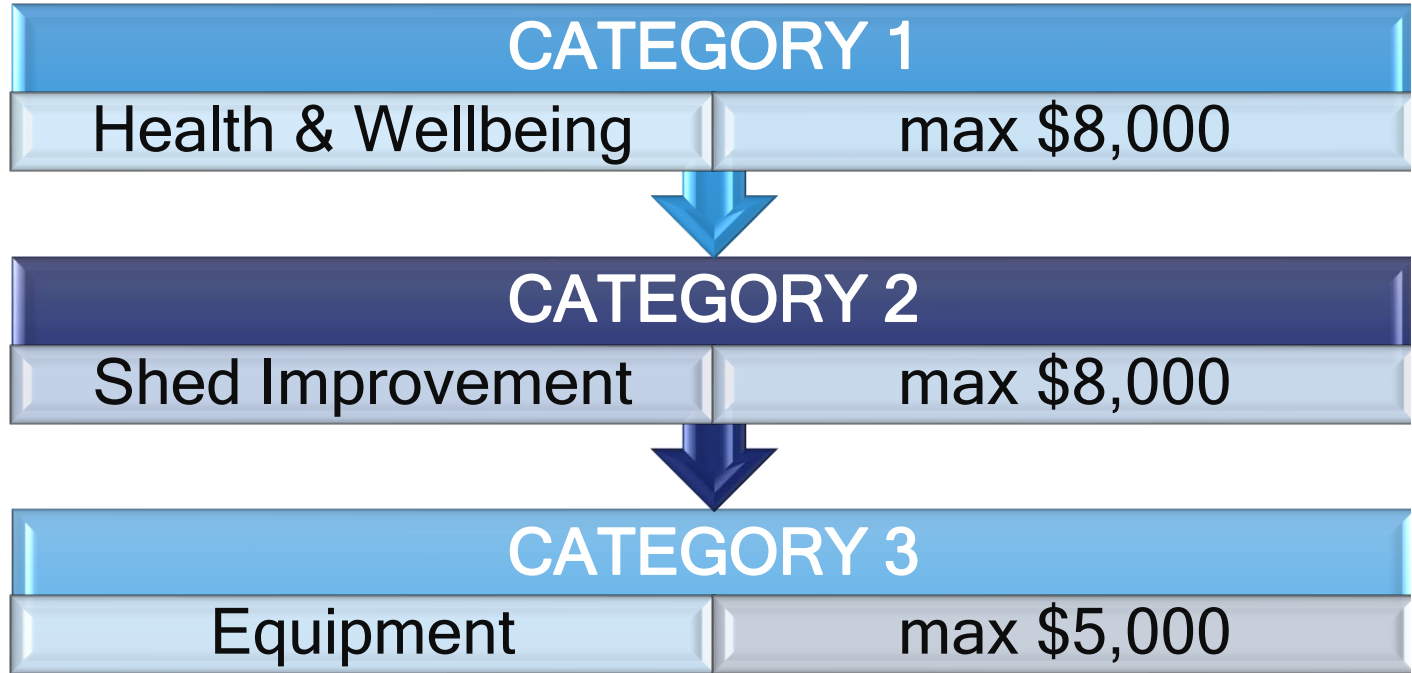


Lindsay Oates
VMSA President

GRANTS FOR SHEDS

The Australian Government Department of Health National Shed Development Programme application for grants **closes on March 9, 2020**.

The VMSA suggests that sheds think about applying for a grant or grants in the following categories:



Sheds have the opportunity to apply for any or all of these grants.

The Health and Wellbeing grant can be put towards training in first aid, defibrillators, or for mental and physical programmes for your shed and other community sheds. Sheds may wish to talk to each other and organise something that would be better for many shedders to be trained or participate in, rather than just a few.

Sheds could also plan for Men's Health Week, or Senior's Week, or Volunteer's Week etc. Also, events such as market days in distributing materials with a stall, or participate in having a stand at a Field Day or some other community event where contacts can be made with men in particular. These events could be organised annually.

Or, sheds could have an event at the Cattle Sale yards or a Car Display or a Swap and Shine or Motor Bike event and have a stall, distribute material to those attending. This is where sheds meet people at the coal face and such contact can save lives.

The rural scene suicide rate is very high in some areas of our State. Talk to shedders and see what they think and also think of what benefit there is in having a Health and Wellbeing event in your community, at your shed or elsewhere.

I suggest sheds have look at the website: <https://mensshed.org/development-grants/>

This is Commonwealth Government money set aside for the purpose of assisting men in the community, health and wellbeing programmes and in assisting sheds.

Take advantage and have a go!

INSURANCE MATTERS

Many sheds have sought information on insurance costs and comparisons as they have received their men's shed policy and premiums for renewal for the period February 28, 2020 - February 28, 2021.

Unfortunately, there is an increase in premium per member this year of \$13.50, which now totals to \$33 per member. This is unavoidable for the 2020-21 renewal period, and has resulted from the substantial number and amount of claims processed.

1 in 5 sheds made a claim on insurance

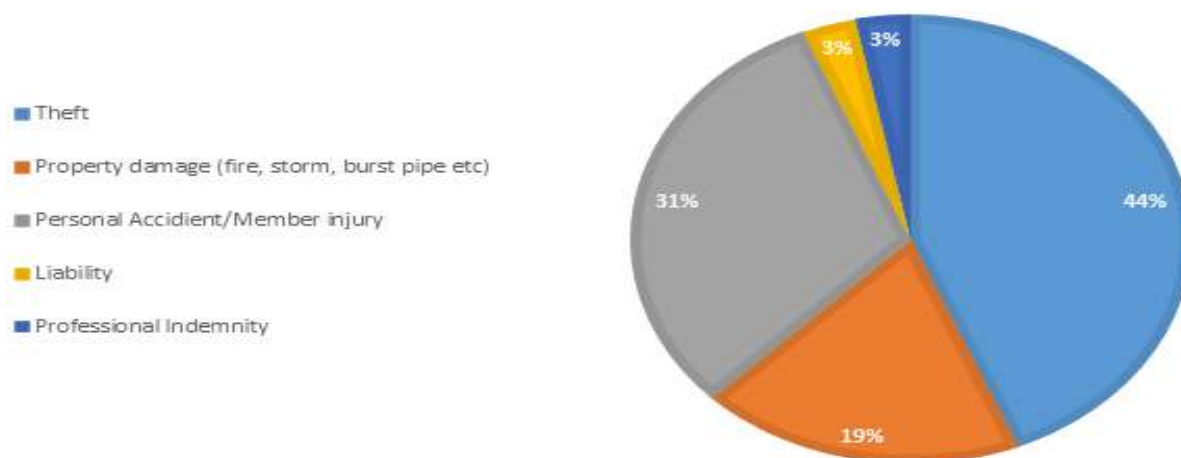
The average payout per claim is \$10,265

Average premium paid per shed was \$610 (minus fees for 2019-20)

The main area for concern (other than theft) is the high number of member injuries. Injuries have the potential to shut down a shed either temporarily or permanently. Injury puts stress on the injured member, their family, shed and fellow shedders. Prevention is the key for all claims and particularly injuries.

Along with the renewal invoice and schedule that sheds have received from their insurer, Gallagher have included several documents for risk management by shedders and the Shed Committee. Other insurers may have sent similar documents, if that is the case. Remember these are important reference document. Each Shed is responsible for these measures; however, it is recommended that each shed have safety and risk management procedures in place and ensure it has adequate insurance cover including debris removal.

OVERVIEW OF ALL CLAIMS MADE BY POLICY SECTION



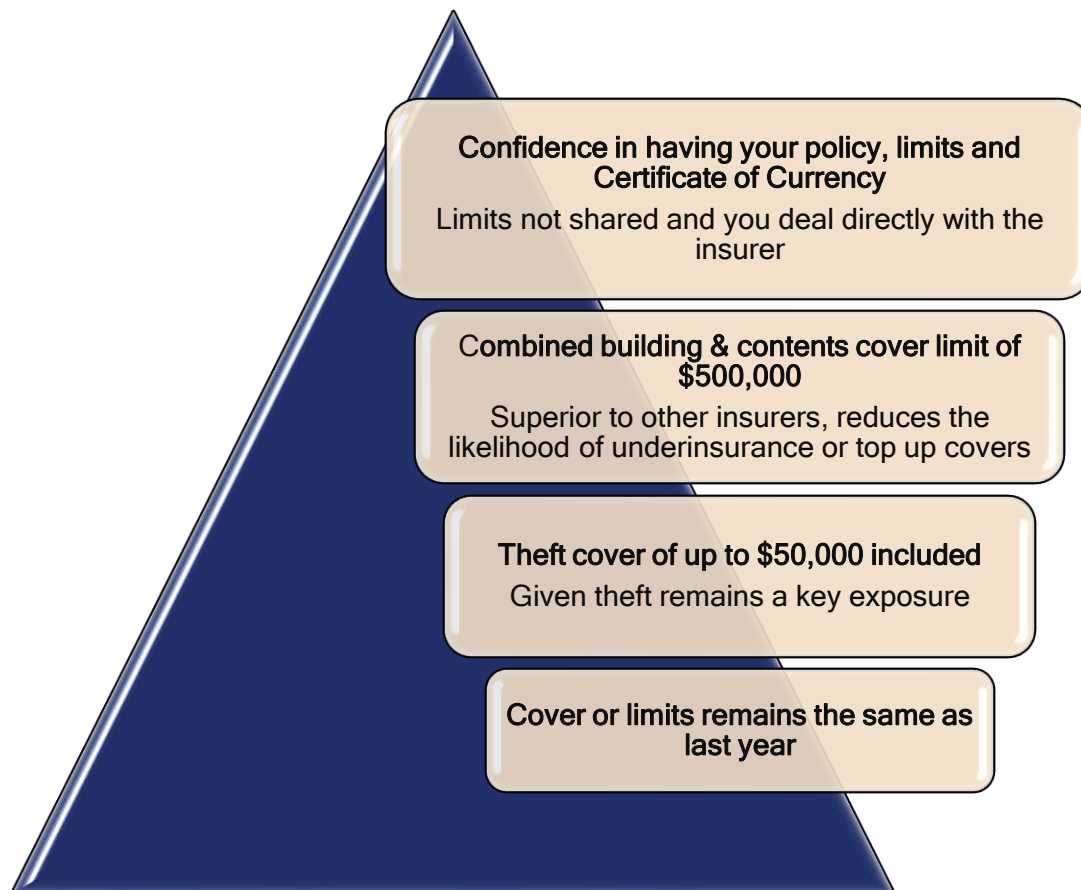
Sheds that have not made a claim may ask why has their premium been increased. This is because all sheds are combined into a 'premium pool' and charged. If one shed makes a claim, it potentially affects all the sheds. This is not to discourage sheds from making a claim, as that is what insurance is for. This is simply to let you know how an insurance scheme works.

KNOW MORE ABOUT YOUR INSURANCE COVER

It is because of the premium pool that a shed with 45 members, for example, pays \$1,485 for 12 months. However, if that shed was required to obtain insurance that included all the coverage within the Men's Shed scheme, the price would be substantially more.

It is up to each shed to decide on their insurance policy. The VMSA has gone into the insurance market and sought it for sheds. There are many insurers and many policies available but as mentioned earlier, one needs to compare the benefits and advantages.

The key advantages of the Gallagher Men Shed Insurance Program for 2020-21 are -



Please go through your policy schedule. If you have any questions, please ask your insurer.

Furthermore, if you have been with your insurer for several years now, compare the benefits. Being caught short with under insurance is not advisable when you have a claim, long-standing partnerships are always favourable.

It is important that you review all the documentation that has been sent to you to ensure the risks covered, sums insured, excesses and other information are correct, meet your requirements. If your shed's circumstances have changed, let your insurer know. Ensure your insurance cover fits your shed's needs. Also, know your shed's Duty of Disclosure, which is detailed in the document sent.

Here are the documents to assist sheds: "Aggressive People", "Arson and Fire", "Induction and Safety Check list", "Personal Safety", "Security of Premises", "Slips trips and falls", and "Storm Advice". Find them on the insurer's website.

Gallagher contacts are as follows. Direct: 1800-316-432 | Fax: +61 3 9412 1666 | Email: shedinsurance@ajg.com.au | Website: <http://info.ajg.com.au/mens-shed>

VMsa's Digital Mentoring Program



The VMSA is rolling out a Digital Mentoring Program in partnership with the organisation, [Be Connected](#).

We are looking for shedders who are interested in mentoring others in being confident in using digital tools such as mobile phones, iPad or tablets and desktop computers to access the internet and connect with the world.

For more information please send your Expressions of Interest to vmsa@vmsa.org.au or call on 0408 465 228.



Picture: [Be Connected](#)

The VMSA Training programs are also available for sheds and shedders in Shed Safety, Governance, Fundraising and Health Facilitation. (More details on Page 24)

Please send your expressions of interest to vmsa@vmsa.org.au or call on 0408 465 228.

DOCKLANDS WELCOMES THINK PINK

The Docklands Chamber of Commerce has welcomed the opening of the new Think Pink Living Centre at Mirvac's Yarra's Edge community



The new Think Pink Living Centre at Yarra's Edge, Docklands

President of the Docklands Chamber of Commerce, Johanna Maxwell said the establishment of the new Think Pink Living Centre, on the ground floor of the Mirvac Forge residential complex at Yarra's Edge Docklands would be a valuable addition to the Docklands community.

Ms Maxwell said, "The Docklands precinct has a residential population of 16,000 with over 50,000 employees involved daily working in the area."

Located on the ground floor of the Forge residential apartment building, the new \$1 million Think Pink Living Centre has been designed, funded and built by Mirvac in partnership with a number of its contractors and suppliers.

This significant contribution which forms part of Mirvac's commitment to invest \$100 million in the social sector by 2030 continues the near decade relationship Mirvac has had supporting Think Pink, an independent charitable foundation that provides professional and holistic support to patients, their families and carers at any stage of their journey with breast cancer.

Chairman of the Think Pink Foundation, Ron Smith, said through the generosity and support of Mirvac and other sponsors over the last ten years, 3000 women and their families have had access to a range of services through the Think Pink Living Centre, originally founded and nurtured by Irene Hendel OAM and her husband David.

"The \$1 million new Think Pink Living Centre has been designed, funded and built by Mirvac in partnership with a number of its contractors and suppliers. The outstanding contribution of Mirvac through its entire team including board members, senior executives, marketing and staff, along with all of the contractors and suppliers, has meant the Docklands residents and the wider Victorian

THINK PINK IS NOW IN DOCKLANDS



The meeting room at the new Think Pink Living Centre

community will have access to this important facility,” Mr Smith said.

Think Pink Living Centre Manager and Breast Care Nurse Andrea Cannon said “the vision behind the Living Centre is to create a non-clinical facility with professional guidance, where people can participate in a variety of programs that support them as a person, to help them through breast cancer, and enhance the breast cancer experience through the delivery of support and educative programs informed by best-practice.”

The location of the new Think Pink Living Centre at Mirvac’s Yarra’s Edge community will see Think Pink’s clients and volunteers benefit from lush parkland, and riverside walking trails - not to mention the tranquil waterfront environment with city vistas - to enhance their Living Centre experience and assist with rehabilitation and recovery.

Mr Smith said the Think Pink Foundation have joined the Docklands Chamber of Commerce and looked forward to becoming part of the Docklands community.

HYUNDAI'S OFFER FOR VMSA MEMBERS



Cant wait? Don't wait!
Hyundai's national offer for Victorian Men's Shed Association members is available all year round.



Ready to update or upgrade?
Just a few steps to access your benefits

- obtain your VMSA membership letter
- call in to your local Hyundai Dealership
- quote code 27761/01 to access the offer

NOW YOU ARE READY TO DRIVE AWAY, IN YOUR NEW  **HYUNDAI**

TRENTHAM GOLF CLUB CHARITY DAY 4-person Ambrose

Saturday March 14, 10.30 am

All golfers with a Golf Australia handicap are invited to play in this event, with all money raised on the day to go to the Trentham Men's Shed to help them with equipment.

The event is a 4-person Ambrose, with a multi-tee start at 10.30am.

Entries can be made online at:

tournaments.trenthamgolf.com.au

\$80 per team of four, pay online by Paypal, Visa, Mastercard or bank deposit.

For all enquiries contact: tournaments@trenthamgolf.com.au
or call Vicki Adamson on 0412 254 721



The Cool Country Men's Shed is non-profit local organisations that provide a men's space for wood and craft work and social interaction. The Men's Shed movement originated in Australia as a way to improve the health and well-being of older men.



CARRIAGE RESTORATION, ANYONE?

Hi Members,

Here are the photos of two carriages which we were recently transferring them from Emerald yard, where they had been stored under tarps for a number of years, to a storage facility at Beaconsfield.

There are two types of carriages here. 6NB is the shorter one and is without its end platforms and 8NB is the longer. Dimensions of 8NB are roughly 2m wide, 2m high and 8m long.

We are seeking to go into a funded agreement with a Men's Shed for the bodies' restoration. This is all wood work, except for small brass fitting, door latches and hinges. Along with many photos and drawings there are two preciously restored vehicles in current use at Puffing Billy.

Would any Men's Sheds be interested in this project?

Regards.

Graeme Kidgell

Executive Committee Member - Puffing Billy Preservation Society



148 ADOPTIONS IN THREE DAYS

The Greyhound Adoption Program's annual 3-day adoption event has come to an end for another year.

In 2020 records have been set all weekend, culminating in a total of 148 greyhounds finding new homes, the highest number of greyhounds adopted in a single event.

Greyhound Racing Victoria's Chair, Peita Duncan, said it was no surprise that the record was broken. "This just shows the love affair the Victorian public has with the greyhound breed," Ms Duncan said.

"The secret is out and there are now thousands of greyhounds in homes and apartments right across the state. The most pleasing thing about the weekend is we have found loving homes for more than 140 of our beautiful greyhounds. I'm sure all the people who have taken home greyhounds this weekend will join me in saying well done again to our GAP staff and volunteers who have matched them with their new family member," she added.

81

- ADOPTED ON FRIDAY

51

- ADOPTED ON SATURDAY

16

- ADOPTED ON SUNDAY

148

- ADOPTED OUT OF 152

38

- MORE DOGS ADOPTED VERSUS 2019

GAP Re-homing Manager Sean Stanton was overwhelmed at the achievements of the weekend.

"This is a tough event to prepare for and it's a taxing weekend on staff and volunteers, but I'm so thankful to everyone for their hard work. The results speak for themselves," said Sean.

"Last year's record of 110 was something that I thought we could match, but the response this year has been amazing and my thanks go out to all the GAP staff and volunteers who have worked across the three days. Well done!" he added.

If you would like to find out more information about adopting a greyhound, please contact GAP on 03 5799 0166.

WE NEED A HOME FOR THIS SANTA SLEIGH



APEX - Dederang Santa Tour 21 December 2010

POSTCARD FROM MT BEAUTY MEN'S SHED

New 15" Thicknesser – spiral cutting heads



With assistance from a \$2,000.00 grant from the *Alpine Shires Community Development Fund* and a *Shed contribution* of \$1,200.00 we now have a state of the art '**Thicknesser**' for preparing wood surfaces. The boys are excited about this new piece of equipment. Pictured from left: *Henry Ziemnicki, Rod Hyde, Derek Hutton, Reg Hollonds & Mal Darwent*

POSTCARD FROM MT BEAUTY MEN'S SHED

Kenyan Topbar Beehives



From left: *Warwick Mitchell & Mal Darwent* constructing **Kenyan Top- Bar Beehives** for a client.

Neighbourhood Centre Project

This **Community project** involves the Men's Shed constructing a *new ramp to one of the portables (Stage 1), another garden shed (Stage 2) and a fence (Stage 3)*. This will improve the whole appearance to the area next to the Alex McCullough Hall.



Stage 1 completed and officially opened by *Mal Darwent (left) & Barry Hinson* cutting the ribbon. *Dick Puttyfoot* getting suck into the serious part of the project.

STROKE – CURRENT TREATMENT

- Dennis Fowler, Akoonah Park Men's Shed

A stroke is a sudden interruption in the blood supply of the brain. Most strokes are caused by an abrupt blockage of arteries leading to the brain (ischemic stroke). Other strokes are caused by bleeding into brain tissue when a blood vessel bursts (haemorrhagic stroke).



File picture

Ischemic stroke

In 1996, a more effective treatment was implemented. During that year, the use of Tissue Plasminogen Activator (TPA) was approved. It is a medication that breaks up the blood clots that cause ischemic strokes.

However, in 2004 a recent advancement in treating these types of strokes was introduced, called Mechanical Thrombectomy. This procedure can physically remove a blood clot in someone having an ischemic stroke.

Using fluoroscopy, or continuous x-ray, the doctor guides instruments through the patient's arteries to the clot, extracting the clot all at once. The radiologist starts the procedure by making a small incision in either the wrist or the abdomen, giving them access to the artery. After making the incision, the doctor threads a catheter through the artery to the clot.

Next, they insert a tiny net-like device called a stent retriever, into the catheter and guide it to the blockage. They then push the stent retriever through the clot. After the stent retriever is through, it expands to the size of the artery wall. At this point, the stent retriever has captured the clot, and the doctor is able to pull it out backwards, removing the clot entirely.

STROKE – CURRENT TREATMENT

- Dennis Fowler, Akoonah Park Men's Shed

(Continued)

The likelihood of disability-free recovery after acute ischemic stroke is significantly improved by minimisation of tissue damage caused when blood supply returns to tissue after a period of lack of oxygen to the brain.

The above treatment can lead to a successful therapy but that also depends on the services that can deliver treatment within a short time at centres with adequate expertise to perform the procedures.



File picture

Haemorrhagic Stroke

Haemorrhagic stroke treatments have also come a long way. If the haemorrhagic stroke affects a large portion of the brain, doctors may recommend surgery, in an attempt to reduce long-term damage and relieve pressure on the brain.

Surgical treatments for haemorrhagic stroke include:

Surgical clipping: This involves placing a clip to the base of the area causing the bleeding. The clip stops the blood flow and helps prevent the area from bleeding again.

Coiling: This procedure involves guiding a wire through the groin and up to the brain while inserting small coils to fill areas of weakness and bleeding. This can potentially stop any bleeding.

Surgical removal: If the area of bleeding can't be repaired through other methods, a surgeon may remove a small section of the damaged area. However, this surgery is often a last resort because it's considered very high risk and can't be performed on many areas of the brain.

Other treatments may be required, depending on the location and severity of the bleeding.

NEWS FROM BENTMOOR SHED

The New Shed is Happening:

Each week from now on we will bring you updates and info on the new Shed - to answer the thousand questions members have. To whet the appetite, here are a couple of photos, taken just last Friday, showing progress:

This is the new workshops building. Total floor area in here is 182m²; this compares to the 105m² of our current workshops, or 159m² of the current workshops plus the usable area of the quadrangle plus the carport plus the undercroft storage. A floor plan will be up on the noticeboard this week.

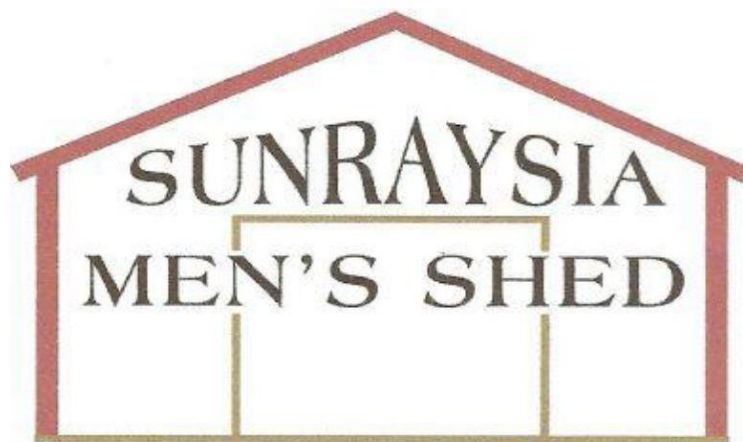


Front view. Shed entry will be to the left of the building; the large gap in the front will be filled by a roller door.



Rear view. The gap between the camera and the block wall will be filled by a very large timber deck; doors will fill the gap in the wall.

SHED HAPPENS



2020 has arrived and by now most of the Christmas Pud will have been worked off.

Thanks to the members who joined together at the 1909 Cafe, for our pre-Christmas lunch. It turned out to be a very pleasant venue and the menu was enjoyed by all.

2020 is planned to be a big year for our shed, with a proposal on the table. We're now getting quotes for some increase in floor space to the 14th Street end of the building. Early indications seem to favour extra containers, over extending the buildings, but if it were to happen that someone kicks a "nugget" or comes into an inheritance of mammoth proportions, then we could reconsider!

In the meantime, we have secured the use of one of the TAFE sheds to store our excess materials. The materials will be transferred from January 20-24. President Bruce has procured on a "name/qualification" card which will be issued to all members, with membership details on one side and authorisation to use potentially dangerous machinery on the other. Vice president Hoddo has been appointed Shed Captain. He will oversee the equipment qualification requirements, and use of procedures together with Hendo and Tony Lush. Our only female member, Jenni Snadden, has had a change of role in her employment with MRCC, and we wish her well, and look forward to all the new benefits our shed will receive from Council!

Coles weekly Sausage Sizzles continue to be our most regular form of fund raising, but if the load could be spread over more shoulders, it would be even better. We were asked to participate in a Sausage Sizzle at Coles 15th Street to raise money for bushfire relief. We accepted the challenge and on Sunday January 12, we set up the BBQ for 8 am, selling sausage almost before the set-up was completed. The outcome of the day was 12 packs of sausages (288 sausages) sold together with drinks over 8 hours.

But, by far the biggest earner of the day was the donation tin. We had to empty the tin several times throughout the day as it was getting overfilled. The final results were:

Bob Hayes and I handed over \$2,938.95 to Suzie Conquest from Coles 15th Street, Mildura for bushfire relief. This was made up from the proceeds of a sausage sizzle (\$720), donations from customers (\$1,220) and \$1,000 from The Sunraysia Men's Shed. This amount way surpassed our expectations when we first decided to do it and I thank the Shed members and Mildura for their time and generosity.

SUNRAYSIA FUND RAISER

To sum up the bushfire and drought activities completed and planned for January 2020:

- January 7 - \$600 (2 pallets) of bottled water purchased for firefighters
- January 8 - \$400 cash donation for consumable firefighting tools (rakes, shovels etc)
- January 14 - \$2,938.95 cash donation for victims of the fires
- \$1,000 to Rural Aid (Buy a Bale) for a load of hay for farmers



File picture

We are well advanced in the procurement of containers to be installed next, to the existing container, to extend our storage and work room capacity. In the interim, we have secured the use of the shed near the basketball court in the old school grounds for the temporary storage of goods and equipment that is currently crowding our storage. This will be relocated back to the shed area when the containers are in place.

Normal shed opening commenced on the January 7, and we look forward to another great year at the shed, and may we all re-commit ourselves to the Motto - "We are Here to Help Each Other, Enjoy the Rest of our Lives".

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.

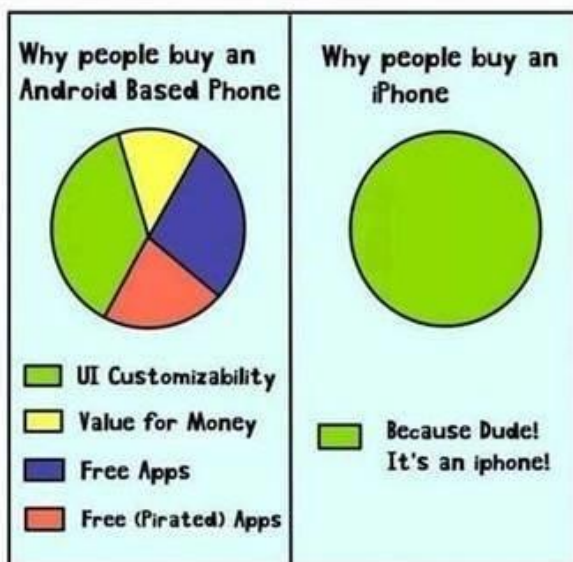
Please call Ric Blackburn on 0408 465 228 or email him at vmsa@vmsa.org.au to register for the Fundraising Training, or to place your Expression of Interest for the OH&S Workshop Safety or Governance Training.

ON A LIGHTER NOTE

Ok, then!



So a friend of mine works at a car dealership, a young person came in with an older car and wanted to know why his iPhone charging port is scratching his screen and not charging!



THAT'S SOME VALENTINE'S DAY...

Valentine's Day Plan

1. Breakfast in bed.
2. Chocolates.
3. Watch movie.
4. Dinner for two.
5. Regret eating two dinners.

In January, while crossing a border on his bicycle, a man was stopped by Paul, a security guard, who pointed to two sacks the man had on his shoulders.

"What's in the bags?" asked the guard.

"Sand," replied the cyclist.

"Get them off - we'll take a look," said the guard.

The cyclist did as he was told, emptied the bags, and proving they contained nothing but sand, reloaded the bags, put them on his shoulders and continued across the border.

Two weeks later, the same thing happened. Again, Paul the security guard demanded to see the two bags, which again contained nothing but sand.

This went on every week for months, until one day the cyclist with the sand bags failed to appear.

A few days later, the guard happened to meet the cyclist downtown. "Say friend, you sure had us crazy", said the guard. "We knew you were smuggling something across the border. I won't say a word - but what is it?"

"Bicycles."

"I've been described as a lighthouse in the middle of a bog: Brilliant but useless."
- Connor Cruise O'Brien.

UPCOMING EVENTS

Statewide Gathering

Venue: 93 Wimmera Highway,
Rupanyup, Victoria 3388

Day & Date: Friday, 27 March
2020

Time: 10 am for a 10:30 am start

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.