

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

SELF-ISOLATION & MENTAL HEALTH

Men's Mentor, Michael Lauria, debuts in this newsletter with his article that recognises what you are going through while being at home. He writes about how to choose positive thoughts. (Pages 13 & 14)

TOP NEWS

THIS YEAR'S ANZAC DAY

ANZAC Day 2020 will not look like the ANZAC Day that so many Australians are used to participating in.

Stay at home but stand in your yard, driveway, or balcony and pay your respect to the veterans. Details on Page 24.

TOP INITIATIVE

THANK YOU SAYS GOV

Thank you for your responses to our recent message about the COVID-19 crisis. The Governor thanks those who are at the frontline of this crisis, and have been busier than ever, on behalf of all Victorians. (Pages 6 & 7)



FROM THE PRESIDENT'S DESK

Hope we are all coping well with the lockdown, staying safe, and keeping in touch with our mates at the sheds. Keeping in contact with our fellow shedders is most important and crucial for our sanity and friendship. Many sheds are in touch over phone, internet and Zoom. Some in a shed in a small rural town have been out walking for their daily exercise and have stopped by at the letter box of shedders who have remained shut in their home to check on how they are doing. (Pages 4 & 5)

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.

THE INSIDE PAGES

VMSA EXECUTIVE OFFICER'S REPORT	3
MORE ON COVID-19	8, 9 & 10
NEW RULES FOR INCORP ASSOC	11&12
COPING & PLANNING PANTRY	15&16
FROM THE GREYHOUND ADOPTION	17
DGR STATUS FOR SHEDS	18
MIDLAND SHED ASKS	19
WORK FROM HOME	20&21
SAY IT LIKE CHURCHILL	22
BENTMOOR'S NEW SHED	23



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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.

ALL SHEDS WILL REMAIN CLOSED UNTIL FURTHER NOTICE.

VMSA EXECUTIVE OFFICER'S REPORT

Hi Folks,

COVID-19 has kept us all at home.

Many sheds are having virtual meetings through Zoom and WhatsApp, calling members each week to catch up and support each other.

Hopefully, we are all doing our social distancing and are careful about our hygiene practices.

Bunnings has some great deals on protective masks, gloves, and sanitizer.

Keep safe and make sure you check in on the shed, as well as members to make sure everyone is safe.

As an initiative to help with housebound shedders, we are setting up a training course for shedders to learn how to use digital items such as iPhone, iPad, and computers.

We have a number of tech savvy shedders assisting us with this project and we need more such people to help us.

Please give me a call if you are interested in helping others become more tech savvy.

Great news our great supporter, OZITO Industries has donated a large number of tools and equipment for distribution to Sheds and Fire affected communities.

Please go to our website - <https://vmsa.org.au/index.php/donated-products> and fill in the expression of interest form

Each shed is entitled to 1 high value item (g: MiG Welder) and 2 lower value items (Eg: Batteries and chargers). Note some sheds have already ordered for several other sheds under their name as they will be collecting for the sheds in their region.

We prefer sheds to order in their own name and make pick-up arrangements later.

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.

The VMSA Facebook page, VMSA Public Notices, is a great place to see what's is happening in sheds around Victoria and the world. Do visit the page and follow it to receive all updates as soon as they're put out.

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



VMSA PRESIDENT'S REPORT

A Happy Easter to all of our readers.

How are we all coping with the measures that have had to be imposed upon all Australians, as part of the lockdown?

The Victorian Government has announced the extension of the Emergency Powers for Victoria until May 11. That means that sheds continue to remain closed until we all are advised that we are over the worst of the COVID-19 pandemic.

The State Government also announced some important packages, including a \$60 million package for mental health in Victoria, and the VMSA welcomes that announcement. Key components include bolstering frontline services, expanding online and phone counselling services and helping vulnerable people overcome social isolation.

Another package mentioned is "homelessness". Several of our sheds across the state have assisted people in their community in finding accommodation. The State Government has announced \$8.8 million for new temporary facilities that provide healthcare and accommodation for rough sleepers over the next six months.

The State Government also announced a package concerning family violence and advised it will spend \$20 million on short-term accommodation for people experiencing (or, at risk of) family violence, who aren't safe at home. I have recently had calls from shedders seeking information as to whom they should contact for advice on this matter for their friends and families. This is becoming a concern to many shedders as they hear of it in their community.

It is always great to get phone calls from shedders. I have had shedders on the phone discussing how they were suffering withdrawal symptoms because of not being at their shed, missing out on the fellowship and camaraderie, while telling me what they were doing at home.

Keeping in contact with our fellow shedders is most important and crucial for our sanity and friendship. Many sheds are keeping in contact over phone calls, others are using the internet and connecting via Zoom. Some in a shed in a small rural town have been out walking for their daily exercise and have stopped by at the letter box of shedders who have remained shut in their home and have called out and checked on how they are going. My family have been advising, "Dad, stay at home, shopping and any medical appointments, that's it!"



File picture

VMSA PRESIDENT'S REPORT CONTINUED

I read an article which I can relate to and I am sure that many of our shedders will as well. It is written by Greg Foyster for The Age on April 13; it was about Greg's own father.

He states how he "is worried my father will die of stubbornness", and then further in the article he comments, "Chatting this problem through with my siblings, I realised, while Dad doesn't listen to me, he does love to read the paper each morning" "Dad, please stay at home, someone else can go to Bunnings or Coles".

One of our sheds has been recognised overseas for its operations. Congratulations to the Sale Shed and to its supervisor John Duggan. Have a look at: <https://whitbysheds.co.uk/6553-2/>

I would be most interested to hear how our shedders are coping and what are they doing in this imposed lockdown. It will assist the VMSA in its work and programmes, and in helping shedders.



File picture

A couple of reminders:

- Keep on checking on each other in your shed
- Keep fit with regular exercise or walks; eat healthy and watch your diet
- Monitor your drinking but drink enough water
- Stay safe and keep at safe distance when out shopping or for a walk
- Keep in touch with your family and friends; they are also concerned about you

If you need advice, help or assistance do ask, don't be ashamed. Take care and stay safe.



Lindsay Oates

VMSA President

THANK YOU FOR YOUR LETTERS



Thank you for your responses to our recent message about the COVID-19 crisis.

From them, we can see that, for some of you, this crisis has placed your staff and volunteers under enormous pressure - never have you been busier. We thank you for your tireless efforts on behalf of your fellow Victorians.

From other responses, we understand that you may be feeling less productive than usual, social distancing rules having temporarily closed down your programs or activities, or precluded your members from getting together as you normally would.

If you are in that second category, you are not alone. Naturally, our program here at Government House also has had to dramatically change, with the temporary cancellation of events and our visits across the State. But we have been implementing new ways to stay in touch with the community, particularly with those who might feel somewhat isolated right now.

One of these new initiatives is a program of letter writing, which aims, in a small way, to build greater community connection during these difficult times.

We are contacting various organisations to see if they would welcome receiving letters addressed to individuals or groups with whom they interact. We are mindful that they will know many people whose usual social contact has necessarily come to a halt, including in local community groups, cultural and faith groups, mothers' groups, bowls and many other recreational clubs, and in aged care settings. And that list is by no means exhaustive.

GOVERNOR'S LETTER WRITING PROGRAM

Of course, for privacy reasons, we have not asked for individual contact details for the letter recipients. Instead, we have been given first names or, where no names are given, the number of recipients in the group who would welcome a letter. We are then able to bundle the letters together, to send to the organisation to send on to their members.

It has occurred to us that some of our Patronages might welcome the opportunity to be involved in this program. We are conscious that you will have your own local community contacts and that, amongst your own members, you will already have contacts and ideas of where to start.



For those interested and able to participate in this program, you can do it in different ways. Some of you might prefer to put pen to paper and to mail a letter through the post. However, to avoid postal expenses and to minimise the need for anyone to head out to the Post Office or a letter box during these times of social distancing, a handwritten letter can be scanned and emailed, making the process as simple as it can possibly be.

Finally, we would be pleased to hear how you go. You might have some happy stories to share - the better for all of us at this difficult time.

The best contact point for further information in the Office of the Governor is Will Zhong, at william.zhong@govhouse.vic.gov.au.

We again thank you and wish you well.

The Hon. Linda Dessau AC

Anthony Howard AM, QC

STAY HOME FOR THE COMMUNITY

THERE ARE ONLY **FOUR REASONS** TO GO OUT:

**MEDICAL CARE
& CAREGIVING**



EXERCISE



**FOOD &
SUPPLIES**

THAT YOU NEED



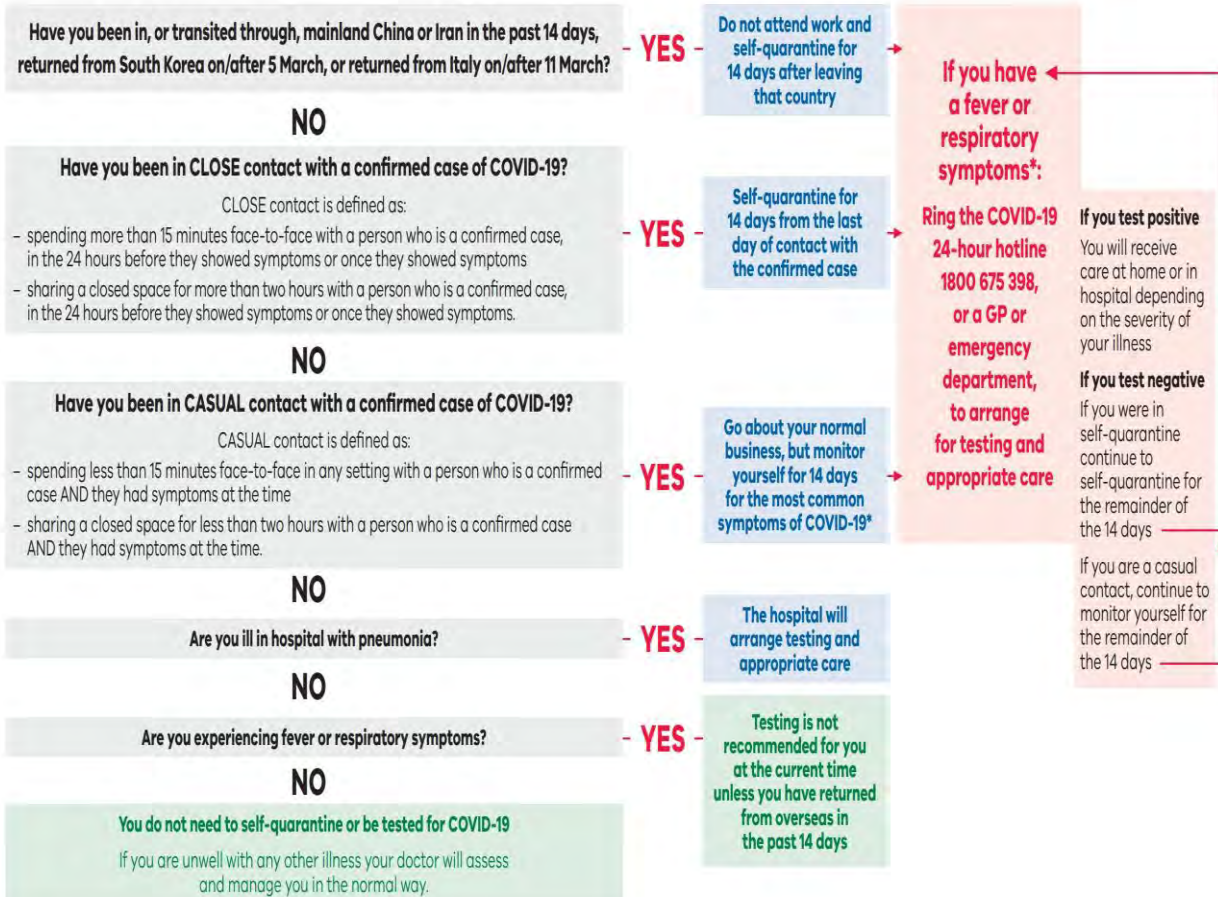
**WORK &
EDUCATION**

IF NECESSARY





Self-assessment for risk of coronavirus (COVID-19)



Additional information for healthcare workers and residential care workers

In addition to the above steps, the following information applies to healthcare workers and residential care workers who have direct contact with patients or residents.

If you have an influenza-like illness, which is a fever above 37.5 and symptoms of an acute respiratory infection (shortness of breath, cough, coryza and/or sore throat):

- **do not go to work**
- **ring the COVID-19, 24-hour hotline 1800 675 398**, or a GP or emergency department, to arrange for testing and appropriate care.

If you test negative you can return to work when well, at the direction of your treating doctor.

A healthcare worker who has worn appropriate personal protective equipment while treating a patient does not become a close contact as a result of that care. They may be a casual contact as a result of that care so should monitor themselves for 14 days.

*The most common symptoms of COVID-19 are fever, cough, shortness of breath, muscle pain and fatigue.

To receive this publication in an accessible format email COVID-19@dhhs.vic.gov.au

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Health
and Human
Services

A GENTLE REMINDER

TEN WAYS TO REDUCE YOUR RISK

1. **Wash** hands often with soap and running water, for at least 20 seconds.
Dry with paper towel or hand dryer.
2. **Try** not to touch your eyes, nose or mouth.
3. **Cover** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
4. **Isolate** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
5. **Phone** your GP first if you need medical attention. They will tell you what to do.
6. **Continue** healthy habits: exercise, drink water and get plenty of sleep.
7. **Don't** wear a face mask if you are well.
8. **Buy** an alcohol-based hand sanitiser with over 60 per cent alcohol.
9. **Get** the flu shot (available April).
10. **Shaking hands** is optional!

NEW SOCIAL DISTANCING RULES APPLY TO INCORPORATED ASSOCIATIONS



Consumer Affairs Victoria is providing advice for incorporated associations to help them manage their obligations during the coronavirus (COVID-19) crisis. This advice covers:

- Holding regular meetings, including their Annual General Meeting (AGM); Special General Meetings (SGMs) or other meetings; and lodging annual statements with Consumer Affairs Victoria
- Having their financial statements reviewed or audited (if applicable)

AGMs, SGMs And Lodging Your Annual Statement

From midnight 25 March, incorporated associations conducting meetings must observe social distancing measures, to combat the spread of coronavirus (COVID-19). If your incorporated association is scheduled to hold a meeting you should consider:

- **using alternative means** to hold meetings, including teleconference or video conference - we recommend this for all incorporated associations, particularly for larger ones.
Please note: The Associations Incorporation Act 2012 (the Act) permits members to take part in general meetings by using technology that allows members to clearly and simultaneously communicate with each other, regardless of the incorporated association's rules regarding this
- **Proxy Voting:** If using this method, you must use a standard form, subject to the rules of the incorporated Association. Members must be given a copy of that form with the notice of the AGM/Special General Meeting. A person acting as a proxy must act honestly and in good faith and exercise due care and diligence
- **applying for an extension of time** to hold your AGM. The Registrar will provide all associations an extension of three months and waive the fee.

To seek an extension please complete [our extension of time to hold an AGM or lodge financial statements form](#) and submit to cav.registration@justice.vic.gov.au.

NEW SOCIAL DISTANCING RULES APPLY TO INCORPORATED ASSOCIATIONS (CONT.)

If You Need To Hold A Physical Meeting

If you do need to hold a physical meeting:

- ensure the venue is large enough so attendees are able to maintain a distance of at least 1.5 metres from each other. Other social distancing requirements must be adhered to according the latest government guidelines
- practice good personal hygiene including:
 - cleaning your hands thoroughly for at least 20 seconds with soap and water, or use an alcohol-based hand sanitiser
 - covering your nose and mouth with a tissue or a flexed elbow when coughing or sneezing

Committees can continue holding meetings where necessary by adhering to the social distancing requirements and consideration of the use of alternative technologies.

Having Your Financial Statements Reviewed Or Audited

If you are experiencing difficulties engaging an independent accountant or auditor to review your financial statements, you may also seek an extension.

To seek an extension please complete [our extension of time to hold an AGM or lodge financial statements form](#) and submit to cav.registration@justice.vic.gov.au.



SELF-ISOLATION AND MENTAL HEALTH

- Michael Lauria, Qualified Counsellor, Men's Mentor & Relationship Guide

We are all witness to unprecedented times.

Our society and its individuals are experiencing a level of change and upheaval many of us have never seen. This kind of change challenges us on all levels - mental, emotional, spiritual and physical.

Mentally, we are trying to make sense of things, rationalise and adjust to a new way of being.

Emotionally, many of us feel disrupted, because when we find it difficult to understand what is happening, we can feel anxious, and even sometimes depressed.

Spiritually, we question much and physically, well, it's just plain exhausting.

One of the areas that really has the potential to suffer the most in times such as this is our mental health. We are feeling restricted, trapped, isolated and perhaps even controlled in many ways. Socially, we are disconnected from family and friends and for many, our ability to socialise is what keeps us connected to others and gives us a sense of meaning and purpose in life. When this is taken away, it can feel very difficult for some to simply get through the day.



Couple this with being stuck at home together 24/7 with your partner and possibly children too and it's a melting pot for relationship struggle, mental health issues and heightened tempers. It can be a melting pot for those of us who are unaware of the dangers of closing humans in with each other and largely isolated them from the world for long periods of time.

It sounds grim, and it could be, IF you don't have the ability to manage yourself during these times. In all my coaching and counselling, we always start with gratitude as it is a powerful tool for self-reflection and to help shift the focus from what isn't working, to what is. When we practice this on a daily basis continuously it can actually have a positive effect on our thinking.

Let's get into a little neuroscience for a moment to build some framework around this for you. The human brain is made up of about 100 billion firing neurons. Messages are transmitted from the body to the nervous system and back again via this system. It is now proven science, that when we choose to focus, or think differently to what we're used to, we can actually create new neurons which are conducive to the new thinking. We can actually rewire our brains, just by thought.

CHOOSE POSITIVE THOUGHTS

- Michael Lauria, Qualified Counsellor, Men's Mentor & Relationship Guide

So, when we “think” about this, when we start to choose to focus on more positive thoughts continuously, we will literally create new pathways in our brain; our brain will become ‘used to’ and familiar with these new ways of thinking, and they will become our default. And the old pathways which were associated with negative thinking, begin to break down and eventually stop firing altogether.


And because our thoughts influence our feelings, and our behaviour is driven by how we feel creating outcomes and results; it stands to reason we can change our outcomes and results JUST by thinking differently consistently, for a reasonable amount of time. The standard time frame to form new neural pathways seems to be about 66 days.

We have learned so much about mental health over the last decade that it almost seems like we could even potentially say, at some point in the future that anxiety and depression may even be caused by faulty thought patterns that we have learned over time as a result of our own life experiences, and influences of the people around us as we were growing up. What the science is now telling us, is that we are in control of our outcomes, we determine our reality and WE have the power to change our experience of life; if we choose to.



STAY CALM, STAY HEALTHY

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 

- | | | | | | | |
|--|---|--|--|--|--|---|
| 1 Make a plan to help you keep calm and stay in contact | 2 Enjoy washing your hands. Remember all they do for you! | 3 Write down ten things you feel grateful for in life and why | 4 Stay hydrated, eat healthy food and boost your immune system | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them | 7 Share what you are feeling and be willing to ask for help |
| 8 Take five minutes to sit still and breathe. Repeat regularly | 9 Call a loved one to catch up and really listen to them | 10 Get good sleep. No screens before bed or when waking up | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast | 13 Respond positively to everyone you interact with | 14 Play a game that you enjoyed when you were younger |
| 15 Make some progress on a project that matters to you | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths | 26 Take a small step towards an important goal | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year |
| 29 Connect with nature. Breathe and notice life continuing | 30 Remember that all feelings and situations pass in time |  <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>  | | | | |

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Planning your pantry during the COVID-19 pandemic (March 2020)



With the COVID-19 pandemic sweeping across the globe, eating nutritious foods and having an adequate access to food is now top of mind for many.

To help ease some of the confusion, we've collated some steps to take to help you feel prepared regarding your food supply, in the event you need to self-quarantine for 14 days.

Preparing your household for quarantine

Recently, we've seen people flocking to the stores to stock up on pantry staples. Panic-buying food places greater strain on the poorest and most vulnerable members of our community and increases the risk of food insecurity and poor health. Being sensible at the supermarket is key to looking after the health of our whole community.

In the event of needing to self-quarantine, it's important to have a plan. This is especially the case if you or a family member falls ill, and you can't leave the house. Making a plan that works for your household (rather than just stockpiling lots of food) means you are well prepared. It's also more considerate of others in your community.

The first step is to look at what you already have. Check out what you have in your pantry and freezer and look at their use-by date. You may even be able to free up space at the back of the freezer by throwing out those 'forgotten foods' that may no longer be safe to consume. The Commonwealth Scientific and Industrial Research Organisation (CSIRO), provide some handy tips regarding safe handling and storage of food at home.

<https://www.csiro.au/en/Research/Health/Healthier-safer-foods/Food-safety/Food-handling>

Next, make a list of longer lasting and shelf stable foods from the major food groups as outlined below to guide you at the supermarket. Purchase items your household will eat and enjoy, to prevent future food wastage. For canned food, check you have a working can opener (or choose cans with 'ring pulls').

Food items to consider:

- **Fruit:** Fresh fruit (choose those that last longer such as apples, bananas and citrus fruits), frozen fruits, dried fruit (eat in small amounts) and canned varieties.
- **Vegetables:** Fresh produce (choose those that last longer, such as potatoes, onions, carrots, pumpkin, and cabbage), frozen vegetables and canned vegetables (e.g. tinned tomatoes, corn, beetroot etc).
- **Cans of soup**
- **Protein sources:**
 - Canned fish (e.g. salmon, tuna or sardines)
 - Legumes (canned or dried)
 - Nuts and seeds (including nut butters)
 - Long life milk (UHT or powdered milk)
- **Grains:** Consider a range of grains such as rice, pasta, quinoa, cous cous, rolled oats and cereals. Freezing a loaf of bread or wraps can also extend its freshness and shelf life.
- **Long life sauces/herbs and spices:** Relying on shelf-stable foods, can increase the sodium in our diet, as salt is used to help preserve foods. Having a range of herbs and spices on hand can help boost the flavour of foods without needing to extra salt.
- **Foods for enjoyment:** In times of isolation and uncertainty, having foods that are a source of comfort, or a reminder of daily routine, can be beneficial for your mental health. Some examples include coffee or chocolate. While you won't need much, it's important they're not forgotten.

At the moment, it's best to focus on easy recipes with simple ingredients. It is also worth cooking a little extra so you have a few meals prepared and frozen in the freezer. This helps to provide meal variety and — if you were to fall ill — means you have a nutritious option ready to go.

For recipe ideas from APDs, see **DAA's Smart Eating Recipe collection** (<https://daa.asn.au/smart-eating-for-you/smart-eating-recipes/>). Many of these can be easily adapted for canned or frozen goods, and many can be made in batches and frozen for future use. "

For individual nutrition and dietetic advice please contact an Accredited Practising Dietitian (APD) <https://daa.asn.au/maintaining-professional-standards/register-of-apds/>

Source: <https://daa.asn.au/voice-of-daa/hot-topics/>

FROM THE GREYHOUND ADOPTION PROGRAM



Covid-19 and GAP

We just wanted to give you a quick update on our greyhounds and how we are functioning during this uncertain time.

Are we still doing adoptions?

YES we are! We've modified our adoption process so that each adoption is now undertaken over the phone and via email to keep both you and our team safe.

At present we are undertaking adoptions at Hanrob Pet Hotel in Tullamarine and also at our Seymour kennels - both are strictly by appointment only.

How do I find out what dogs are available?

As soon as dogs are ready for adoption we are posting them on our facebook page, so that's the best way to stay in touch with all our latest news. Please Like and Follow us on Facebook to see our special dogs for adoption. Click [here](#) to go to our Facebook page.

Is GAP still available for post adoption support?

YES we are! Most of our office staff are now working from home and we can be contacted via email (gap@grv.org.au), phone (57990166) or via facebook messenger if you need any help or assistance.

Does GAP need foster carers?

Not at the moment, but thank you for asking! We have been inundated with requests from people for foster dogs and have more carers than we need at present.

A big thank you for your ongoing support during this difficult time. Our dogs are being well cared for in our kennels and we are preparing them for new homes as quickly as we can.

Make a **fast** friend... adopt a greyhound! From elite athlete to champion pet.

DGR STATUS FOR SHEDS

As many shedders are aware the VMSA has been a member of the team working on Deductible Gift Recipient (DGR) status for sheds. Here is the latest information on the same.

Please read carefully, it contains some advice helpful for sheds keen to get DGR status.

Legislative amendments to create a new general DGR category for sheds have not yet been introduced before the Parliament due to the sitting calendar being interrupted by the COVID-19. Given the reduced sitting days for 2020 the Federal Government Treasury is unable to provide an estimated timeframe for when the new DGR category will be reflected in law.

This means the proposed DGR category for sheds will not be available until the tax law is amended and passed through Parliament. Donors will not be able to claim a tax deduction for gifts made to a shed until the law is passed and the shed is DGR endorsed.

Sheds intending to seek DGR status can prepare for the application process by reviewing their governing documents and making sure they meet charity and DGR requirements. This can make the process smoother when the time comes to apply, that is, once the legislation is in place.

As sheds will need to be registered as charities before they can apply for DGR endorsement, sheds may like to consider applying to be registered as a charity before the legislation is passed. Although, charity registration will not entitle a shed to apply for DGR endorsement under the proposed new category until the legislation comes into effect. Please note that charity registration involves ongoing obligations to the ACNC, including record-keeping and annual reporting.



Further Information

Sheds seeking guidance on DGR endorsement, including documentation needs, can contact the ATO not-for-profit helpline on 1300 130 248 between 8 am and 6 pm AEDT, Monday to Friday.

Sheds seeking information about charity registration are encouraged to consult the ACNC website at: [acnc.gov.au](https://www.acnc.gov.au).

A registration application checklist is available at: <https://www.acnc.gov.au/for-charities/start-charity/apply-now/application-checklist>.

Information about charity obligations can be found at <https://www.acnc.gov.au/for-charities/manage-your-charity/obligations-acnc>.

In case of any further questions, there is an online enquiry form available that will be directed to the ACNC's Advice Services team.

MIDLAND MEN'S SHED ASKS...

HOW ABOUT HELPING A MATE!

In the good Aussie tradition of mateship and neighbourly support, we would like Midland Men's Shed to be a caring community organisation during this Covid-19 craziness.

Over the coming weeks there will be members and their families who could do with a friendly phone call, grocery delivery, or other practical support.

Let's turn physical isolation into social and emotional connection in our Shed!

We can get through this together!

Would you be willing, as your availability permits, to help a member who is inconvenienced, in self-isolation or unwell?

If so, could you help by:

- Making a phone call to chat/provide moral support/discuss options
- Delivering groceries to the door
- Transport
- Pet care (e.g. walking the dog, vet visits)
- Other (suggestions welcome)?

Should you be able to help please contact our Welfare Officer, Roger - 0417 968 793 or daddypee@bigpond.com



WORK FROM HOME: WE CAN ALL RELATE NOW

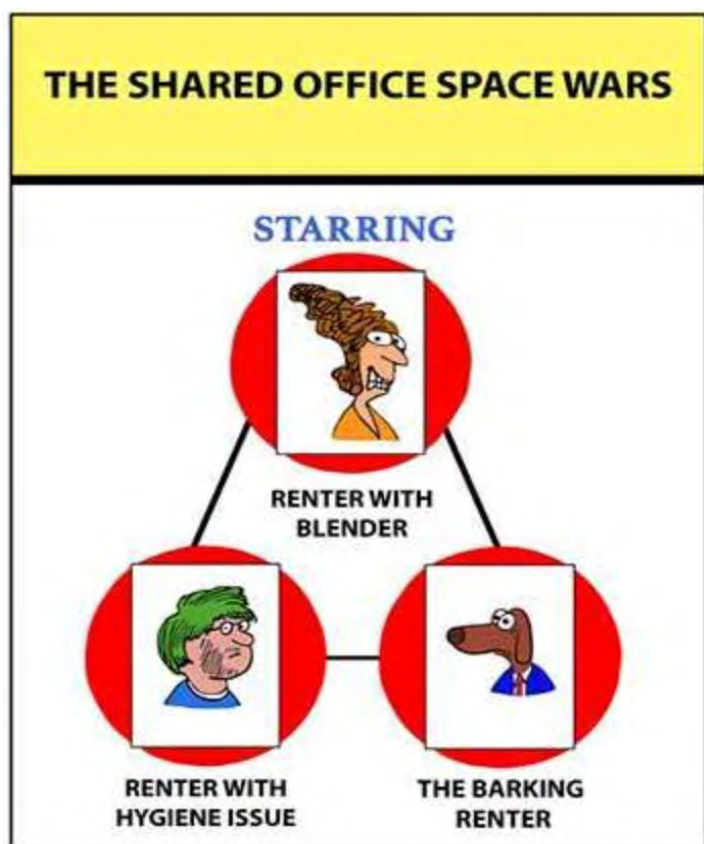


"Any problem working remotely?"

PLEASE READ THE ATTACHED EMAIL ABOUT THE EMAIL I SENT YESTERDAY IN REFERENCE TO FLOODING THE SYSTEM WITH TOO MANY UNNECESSARY EMAIL. PLEASE FORWARD THIS EMAIL TO YOUR ENTIRE STAFF.



WORK FROM HOME: WE CAN ALL RELATE NOW



"I have no idea what the dress code allows, but I bet it doesn't include jammies."

SAY IT LIKE CHURCHILL



Diplomacy is the art of telling people to go to hell in such a way that they ask for directions.

— *Winston Churchill* —

AZ QUOTES



You will never reach your destination if you stop and throw stones at every dog that barks.

— *Winston Churchill* —

AZ QUOTES



Fear is a reaction. Courage is a decision.

— *Winston Churchill* —

AZ QUOTES

BENTMOOR'S NEW SHED

Work Continues at New Shed:

Yes, work is continuing at the new Shed workshop at Moorleigh Village. These photos are from just a few days ago:



Top left: Drone view from the front. Top right: Drone view showing link into adjoining buildings. This link will be our office and the entry to the Shed.

Above left: looking in from the front; first space on the right is metalwork area, then woodwork area (both can be closed off with roller doors), then the huge general workshop. Above centre: Looking back the other way, from the rear of the building. Above right: the huge deck area.

THIS YEAR'S ANZAC DAY

As we commemorate Anzac Day on April 25, we think of all those men and women who have made the ultimate sacrifice. Those who have returned from various fronts and are still with us, those who have gone before us, and those still serving in all of the armed services of Australia.

Many of our shedders will be participating in this year's commemoration via the internet, or television or the radio. This year will be very different than what we have been used to.

Sheds have participated in making crosses, stands for wreaths and assisting with flag poles. Many have participated in the Dawn Services and catering before and after the marches.



File Picture

A good guide for this year is available here:

<https://anzacportal.dva.gov.au/commemoration/personal-commemorations>

The Victorian RSL is also encouraging the following (from their Facebook post, April 3):

<https://www.facebook.com/rslvic/photos/a.325350964271508/1868032723336650/?type=3&theater>

ANZAC Day 2020 will not look like the ANZAC Day that so many of us are used to participating in. There will be a Dawn Service, wreaths will be laid, the last post will be played, a minute of silence in memory of the fallen will be observed, but the service community and the public will stay at home.

This does not mean that ANZAC Day is cancelled. It just means that ANZAC Day will be different.

On 25 April 2020, while you can't go to the Shrine of Remembrance or a local Dawn Service, the RSL is asking that instead you **#STANDTO**.

As the Last Post is played during the ANZAC Day Dawn Service, walk outside, stand in your yard or driveway, or balcony, and observe a minute of silence in respect of our veterans. Make sure that you snap a quick picture and share it on our Facebook page using the hashtag **#STANDTO**.

Together, let's amplify our commitment to the ANZAC spirit. Lest We Forget.

To tune in through the ABC: <https://help.abc.net.au/hc/en-us/articles/360001459635-What-will-the-ABC-be-doing-to-commemorate-Anzac-Day-in-2020->

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

VMSA'S DIGITAL MENTORING PROGRAM



The Victorian Men's Shed Association (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.

ON A LIGHTER NOTE

HMMM...



**I told my wife to
embrace her
mistakes...
She hugged me.**



THAT'S HOW IT IS!

We are only 1 day late this week

The Day the Sorbent Died.
With apologies to Don McLean,
(American Pie).

Bye, bye, Sorbent Quilton good bye
Rode my scooter to the super but the
super was dry
Those good old folks are having punch
ups in aisles, shouting, "Touch my rolls
and you'll die!"

Do you believe in toilet rolls?
Can Kleenex save your mortal soul?
And can you teach us how to use it
REAL slow?
Well I know that you are taken in
Coz I saw you scrambling in the bin
We all turned up perchance
But we never got a glance

And while some tempers caused a fight
Others refused to make it right
We saw Satan laughing with delight
The day the Sorbent died
(Slow) So bye, bye Sorbent Quilton bye
bye
Rode my scooter to the super but the
super was dry
Those good old folks are having punch
ups in aisles
Shouting, "This will be the day that you
die!"

The young mother was advised by a
psychiatrist, "You are far too upset and
worried about your son. I am going to
give you a prescription for some
tranquillizers that I want you to start
taking regularly."
On her next visit the psychiatrist asked,
"Have the tranquilizers calmed you down
any?"
"Oh, yes" the mother answered. "They do
wonders for me."
"And how is your son now?" he asked.
"Who cares?" she replied.

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.