



Newsletter

NOVEMBER 2017

Her Excellency, The Honourable Linda Dessau AM Governor of Victoria is proud to be the Patron-in-Chief of the Victorian Men's Shed Association

*Emailed to a Representative of every Men's Shed in Victoria.
Please print out a copy and distribute to members of your Shed.*

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VMSA EXECUTIVE OFFICER REPORT

The Annual General Meeting of the Victorian Men's Shed Association will be held on Friday 1st December 2017 at Sandown Park Greyhound Racing facility, View Road, Springvale from 2.00pm, following the VMSA gathering that will commence at 10.00am.

Each shed that is a financial member of the Association is entitled to appoint a delegate who will vote on behalf of that shed at the Annual General Meeting. Sheds are requested to complete the Notification of Delegate form which is attached and send it to the VMSA Secretary 7 day prior to the meeting. This will be by close of business on Wednesday 29th November 2017.

The business of the meeting will be to:

Confirm minutes of the previous Annual General Meeting.

To receive and consider –

The annual report from the Committee on the activities of the Association during the preceding financial year.

The financial statements of the Association for the preceding financial year submitted by the Committee.

Accept Jim Johnson & Associates as the Auditors for 2018

Elect three (3) delegates to the Association Committee.

To confirm or vary the amount of the annual subscription. Recommendation – annual subscription to be \$55.00 including GST.

Nominations are called for three (3) committee members to be elected to the Victorian Men's Shed Association committee for a period of three (3) years.

Applicants must be – Over the age of 18, Financial members of the nominating shed, The nominating shed must also be a financial member of the VMSA and entitled to vote at a general meeting.

Applications are encouraged from Loddon, Eastern & Northern areas.

Members will be elected for three (3) years and are entitled to serve two (2) terms. Committee members whose first term of office finishes at the AGM are eligible to renominate.

Nominations must be in writing and received by the Secretary by close of business on Thursday 30th November 2017. Nominees are requested to complete a candidate profile for distribution the members

Composition of current committee.

Term finishes 2017 AGM	Bob Forde	Beaufort Shed
	Bruce Ward	Ocean Grove & District Shed
	Geoff Witmitz	Horsham Shed

A member shed may appoint another member shed as a proxy to vote and speak on their behalf at the Annual General Meeting. The appointment of the proxy needs to be in writing and signed by any two of President, Secretary or Treasurer of the member shed making the appointment. The shed appointing the proxy may give specific directions as to how the proxy is to vote on their behalf, otherwise the shed with the proxy may vote on behalf of the other shed any way they see fit.

Ric Blackburn

VMSA Executive Officer



VMSA PRESIDENTS REPORT

Following the recent Special Bulletin to Sheds on October 13th 2017, the VMSA Committee wishes to advise that it has now received confirmation that the President of the Western Australian Men's Shed Association has been served with a legal notice from AMSA for defamation. Two other individual WAMSA board members are cited as individual respondents but have yet to be served. This is a very sad state of affairs for the Men's Shed movement across Australia after all of our achievements.

The VMSA Committee will now be writing to the Federal Minister for Health, the Honourable Mr Greg. Hunt, expressing its serious concern at such actions by AMSA, particularly whilst he and his Department were having discussions in person with the AMSA Chairperson, the AMSA Vice Chairperson, the Presidents of each State and Territory Men's Shed Association whilst this legal action was taking place. The Presidents of the State Associations and Territories at this meeting agreed to present the AMSA governance documents to their member Sheds in their States and Territories and to survey their Sheds on whether they approve or reject the proposed Constitution and this included the current By-Laws and to report back by the 31st. October to the Minister as stated in the Special Bulletin of 13th October.

Further, the VMSA Committee will continue to honour its commitment to the Minister that was given on the 12th September 2017, by the VMSA President at that meeting in Canberra. The VMSA Committee considers it has gone far beyond normal expectations to try and work to resolve the many issues with AMSA and to change this unfortunate situation.

The VMSA Committee has received many responses to the Special Bulletin of October 13th from its members advising that their Sheds and Shedders do not agree with the proposed Constitution and consequently the By-Laws. The VMSA Committee will include in its letter to the Federal Minister of Health, the Honourable Mr. Greg. Hunt, the decisions of the VMSA's member Sheds, as well as that of the VMSA Committee. The VMSA Committee will also suggest some options for its future relationship with the Federal Dept. of Health.

The VMSA Committee is of the opinion that, after the next meeting with the Minister of Health, it should immediately move on and not continue to try to resolve this situation until there are major changes within AMSA in its leadership and overall governance. The VMSA Committee is of the view that this saga has deeply affected the operations of the VMSA and Sheds over the past 17 months.

The VMSA Committee has agreed to proceed with its future directions through the Strategic Plan for the VMSA and that the Committee and its staff will continue to meet the needs and wishes of its members without any association with AMSA. The VMSA Committee will also keep its members fully informed.

I thank all Shedders for their ongoing support.

Lindsay Oates,

President

HYUNDAI VMSA PARTNERSHIP.



The VMSA has recently received approval from Hyundai Motor Company Australia as an authorised Association to participate under the Hyundai National Fleet discount programme.

This approval allows any member of a shed that is a member of the Victorian Men's Shed Association to be eligible to receive a National Fleet Discount on the purchase of a new Hyundai motor vehicle.

The VMSA will need to send a Letter of Introduction confirming your eligibility, and on production to the Hyundai dealer you will receive the National Fleet discount on your purchase.

This discount is set, based on the model chosen and the specification level, and can vary from \$1,500.00 to \$6,500.00.

In addition to this discount, Hyundai Motor Company Australia also recommends a Dealer Delivery fee of \$695.00 as a part of these arrangements.

There is no cost to a shed member to participate in this programme, and the National Fleet Discount received is deducted from the purchase price of the vehicle, thus reducing your costs to upgrade your vehicle.

As a part of the arrangements under this deal, the VMSA will receive a "Spotters Fee" from the dealer of \$500.00 for introducing the purchaser.

Conditions

1. This deal is only available to members of the sheds, and the vehicle purchased MUST be registered in the member's name.
2. Only one discount is available per member per annum.

FIRST DELIVERY UNDER HYUNDAI NATIONAL FLEET PROGRAMME

The first purchase under this programme was by Alan Hoy of the Leongatha Men's Shed and Alan collected his new Hyundai Tucson from his local dealer Edney's Leongatha on Friday 21st April 2017.delivery



L- R Lindsay Oates (VMSA Pres), Alan Hoy (Leongatha MS) Walker (Edneys Leongatha)

L-R Lindsay Oates (VMSA Pres), Barbara Look (VMSA) Heather Alan Hoy (Leongatha MS), Phil Keily (VMSA Vice), Darryl McGannon (Dealer Principal Edneys Leongatha)

, email and phone number) to travelclub@grouplink.com.au



The Executive of the Victorian Men's Shed Association invite you to celebrate the Anniversary of the oldest Men's Shed Association in the world.

DATE: Friday 1 December 2017

AGM & GUEST SPEAKERS: 2:00pm

DINNER: 6:00pm

**VENUE: Sandown Greyhound Racing Club,
View Road, Springvale 3171**

DRESS CODE: Smart Casual

Members \$30 / Non-Members \$55

Please RSVP via www.vmsa.org.au
by COB **Thursday 23rd November 2017**

PROSTATE INFORMATION

The UroLift System for men with an enlarged prostate or BPH

What is BPH?

Benign Prostatic Hyperplasia, or BPH, is a condition in which the prostate enlarges as men get older. Over 70% of men in their 60s have BPH symptoms so it is very common¹. While BPH is a benign condition and unrelated to prostate cancer, it can greatly affect a man's quality of life.

The prostate is a male reproductive gland, about the size of a walnut, which produces fluid for semen. The prostate surrounds the urethra, which is the tube that carries urine from the bladder out of the body. As the prostate enlarges, it presses on and blocks the urethra, causing bothersome urinary symptoms such as:

- Frequent need to urinate both day and night
- Weak or slow urinary stream
- A sense that you cannot completely empty your bladder
- Difficulty or delay in starting urination
- Urgent feeling of needing to urinate
- A urinary stream that stops and starts

If you suffer from the above symptoms, you are not alone. BPH is one of the leading reasons for men to visit a urologist.

What is the UroLift® System?

The UroLift® System is a new, minimally invasive approach to treating BPH. It is for patients looking for an alternative to drug therapy or more invasive surgery. The UroLift System is a relatively quick procedure that utilizes tiny prostate retractors to lift and hold the enlarged prostate tissue out of the way so it no longer blocks the urethra. There is no cutting, heating or removal of prostate tissue.

Clinical data has proven that the UroLift System treatment is safe and effective. The goal is to relieve you of bothersome urinary symptoms so you can get back to your life and resume daily activities.



As well as offering rapid relief, a unique benefit of the UroLift System is that clinical studies have shown that it preserves sexual function².

Most common adverse events reported include hematuria, dysuria, micturition urgency, pelvic pain, and urge incontinence. Most symptoms were mild to moderate in severity and resolved within two to four weeks after the procedure.

<https://www.youtube.com/watch?v=5lkdLN-Ek9Y>

PROSTATE INFORMATION cont.

How the UroLift System Works

 <p>The diagram shows a cross-section of the bladder and prostate. The bladder is at the top, and the prostate is below it. The urethra is the central channel through the prostate. An enlarged prostate is shown compressing the urethra, making it difficult for urine to flow.</p>	<p>An enlarged prostate compresses on the urethra, making it difficult for urine to flow.</p>
 <p>The diagram shows the same cross-section as the first one, but now the UroLift retractors are implanted. These retractors are shown as small, yellow, rectangular devices that are placed on either side of the prostate, pulling it back and away from the urethra. This leaves the urethra open and allows for easier urine flow.</p>	<p>The UroLift retractors implanted leaving an open urethra for urine to flow.</p>



Dr Justin Chee is a Melbourne trained urological surgeon sub-specialising in reconstructive urology based at Epworth Freemasons. Dr Chee was an early adopter of the UroLift System technology for prostatic enlargement and was involved in its post-study introduction into Victoria. Dr Chee has organised and led several training workshops at Epworth Freemasons.

Suite 2, 140 Clarendon Street
East Melbourne, Victoria 3002

P: 03 9088 5138

F: 03 9088 3579

E: reception@murachealth.org

www.murachealth.org

Sourced from NeoTract Inc. MAC00181-01 Rev A

1. Berry, et al., Journal of Urology 1984

2. Roehrborn et al. J Urology LIFT Study 2013

HUMOUR

NEW Wine for Seniors, . . . I kid you not



Clare Valley Vintners in South Australia,
which primarily produce
Pinot Blanc, Pinot Noir, and Pinot
Grigio wines,
have developed a new hybrid grape
that acts as an anti-diuretic.
It is expected to reduce the number of trips
older people have to make to the
bathroom during the night.

It's called "PINO MORE"

VMSA TREASURER RECOGNISED



CERTIFICATE OF APPRECIATION

Recognising the contribution to the
Australian community made by:

**BARRY
WATSON**

as the valued Treasurer of:
Victorian Men's Shed Association

**Commonwealth Bank Not-for-Profit
Treasurers' Awards 2017**



Julianne Price

Head of Not-for-Profit
Sector Banking
Commonwealth Bank

Denis Moriarty

Group Managing Director
Our Community

DEDICATION OF INVERLOCH SHED.



Inverloch President, Julian Sellers writes,

Photo taken of Merv Riley the shed's no 1 member in front of the Inverloch Men's shed showing the signage completed announcing the shed is open in town.

Merv did not believe that the shed would be carry the name of "The Merv Riley" shed agreed by the member and I think a tear was in the eye

INVERLOCH GETS GIANT MEN'S SHED

The newly built Inverloch Men's Shed is opening tomorrow at 11am at the Inverloch Football Grounds Reserve. It has been built with a Victorian Government grant of \$60,000 and from local funds and grants of approximately \$65,000. Through the invaluable assistance of many local community business and local organisations and community members together with the Shed members who have contributed through fundraising, as well as volunteering their time, skill and resources to the project, this 322sqm Shed has been completed within budget at total cost of over \$150,000. "Without such commitment, collaboration and hard work, this project would not have been completed", stated Julian Sellers, President of the Inverloch Men's Shed.

Lindsay Oates, President of the Victorian Men's Shed Association advised, "that over 350 men's sheds exist across Victoria, providing space and support for men and others in the community to work on projects of interest and engage in activities that connect them to their community. Another Victorian Government Men's Shed funding round worth \$879,000 has recently closed and the State Government is expecting recipients of this funding to be announced in September 2017.

Lindsay Oates added, "that the key benefits of the Inverloch Men's Shed are that it provides a safe space for men to meet, and to share their experiences in the various activities and programmes, to learn new skills and connect to their community. Each Shed in Victoria is different in its interests, some may do woodwork such as furniture, or make toys, others just enjoy social activities, or assist with community gardens; many Sheds undertake wood turning, or metal work or even rebuilding cars for example, some only participate in helping the local community without having a large Shed. Over 20,000 men and some women around Victoria are involved in Men's Sheds. Men's Sheds make a real difference in men's lives and Sheds have saved many lives through their programmes."

PINES MEN'S SHED.



Pines Men's Shed held a Christmas in July fundraiser

There was be plenty of good cheer at the Pines Men's Shed Christmas in July fundraiser.

President Andrew Maling encouraged locals to drop in for the open day event, which will raise money to pay for the group's ongoing costs, including electricity.

Mr Maling said the fun included a large range of handcrafted items for sale, as well as a sausage sizzle and door prizes.

A magician performed for children from noon to 1pm.

The open day was held on Saturday, July 29, from 9am to 5pm.

Pines Men's Shed is at 14 Stringybark Cres, Frankston North.

Details: 9786 1008.

Courtesy of LEADER Newspapers

VMSA GATHERING AT INVERLOCH

Inverloch hosts state Men's Shed gathering

THE Inverloch Men's Shed and the South Gippsland Cluster of Men's Sheds welcomed about 200 'shedders' from across Victoria to the winter gathering of men's sheds at the Inverloch Hub on Friday.

Organised by the Victorian Men's Shed Association (VMSA), the gathering is a chance for men's shed members to come together and hear from guest speakers and updates from the VMSA.

Inverloch Men's Shed president Julian Sellars said it was an honour to host the gathering.

"Seeing as the shed is only four years old, to be offered to host a VMSA winter gathering is great," he said.

"We've been in planning for this for the past six months and we've had great support from our members and the committee has worked extremely hard in putting it all together.

"The South Gippsland and Bass Coast shires have been fantastic, as well as people like the Bendigo Bank and Bunnings who have done an absolutely fantastic job.

"They've given us 160 show bags and each member walks out of here with a show bag with a cap, a water bottle and some information about Inverloch.

"It's great to bring these people down and discover where Inverloch is and what Inverloch offers.

"We have four executive chefs who are retired who prepared the meal today and worked tirelessly, led by Inverloch shed member John Langford."

The Inverloch Men's Shed building will officially be opened on Wednesday, July 5.



Inverloch Men's Shed president Julian Sellars, guest speaker Peter Hudson (director Victorian Cancer Biologics Consortium) and Victorian Men's Shed Association president Lindsay Oates were pleased with the turnout at the winter gathering of Men's Sheds from across Victoria at the Inverloch Hub on Friday. rg102617



The Gathered Shedders were ecstatic with the catering at the Inverloch Gathering and expressed this to our Chefs and Servers pictured.

VMSA GATHERING AT INVERLOCH cont.

Inverloch hosted a wonderful Gathering which everyone enjoyed immensely.



Next time you are in South Gippsland drop in at the Inverloch Shed.



THE NAGAMBIE LAKES MEN'S SHED.



(L/R) Max Powell, VMSA Local Rep. Ric Blackburn, VMSA EO. Jenny Mikakos, Minister for DHHS, Bob Crick, and President Nagambie (Seated). Amanda McClaren, Mayor of Strathbogie and 9 shed members



Official unveiling of the Plaque by Jenny Mikakos, Minister for Department of Health and Human Services who helped fund the building of the shed through the Strengthening Men's Sheds Grants.

KYNETON MEN'S SHED



Kyneton Men's Shed has secured a deal to build a new shed. Pictured from left Steve Jones, Tony Paterson (secretary/treasurer) and John Mitchell (Chairman). Photo: Shawn Smits.

Chairman John Mitchell said finding the site, located between Riverwalk Boulevard and Bupa Aged Care, was a huge relief.

"Late last year we had almost given up hope of ever getting land," Mr Mitchell.

"It means we've now got certainty and it means we'll have one of the best men's sheds in Australia."

"The new shed will be almost twice the size of the existing shed."

Plans for the new building include a library, kitchen, meeting room and large workshop, with raised vegetable gardens to be included in the landscaping. Mr Mitchell said the group hoped construction would start before the end of the year.

The land has been provided by Bupa, which has also offered to match the shed's contribution to the build.

Mr Mitchell said Bupa would put \$100,000 into the construction. The state government has contributed \$60,000 and grants have been provided by Cobaw Community Health, local businessman Noel Henderson and artist Daniel Butterworth.

The men's group has almost finished fundraising for the remaining balance.

The men's shed organisation was set up as an informal setting to advise and improve the overall health of all males. The Kyneton shed has been operating since 1997, and is the second oldest men's shed in Australia.

Courtesy of LEADER Newspapers

VMSA PARTNERSHIP WITH THINK PINK

THINK PINK IT'S FRIDAY!

Here's how it works

The Think Pink Living Centre is a wellness centre providing those with a diagnosis of breast cancer with emotional, practical and physical support through a comprehensive range of programs. (and we are located on the Ground Floor of your building!)

We invite you to participate in raising funds and awareness in your office or workplace during October which is National Breast Cancer Awareness month.

It's really easy!!



Every organisation that participates goes into the draw to win a Think Pink prize.

A Magnum of Moet Chandon Champagne is on offer to the organisation for the funds most raised!

October is Breast Cancer Awareness Month

Step 1

Spread the word - distribute our posters and collection tins and invite your team to participate in the campaign.

Step 2

Encourage everyone in your entire team to wear something gloriously pink and make a gold coin donation on Friday October 20th (or another nominated day that suits you).

Step 3

Call or email us at the Living Centre us to arrange collection of your tin by the Friday 3rd November, 2017

Think Pink Living Centre
www.thinkpink.org.au



VMSA FACEBOOK

The VMSA has received a number of queries and requests to find an avenue that sheds can easily list & advertise surplus items they have that they wish to donate to other sheds, or to promote activities that the shed are involved in - such as market days, or fundraisers.

The VMSA has recently created and trialed a Facebook page, this is now available to all sheds and shedders to join, and to place your ads and info on.

Please note this is not the avenue if you wish to sell your surplus good, it is only if you want to donate the goods.

There are plenty of sites available such as eBay or Gumtree if you are looking to sell an item, The

Facebook page is VMSA - Public Notices, and you can search for it or go to <https://www.facebook.com/groups/376075325824722/>

Happy posting.

Membership Enquiries

Please contact the VMSA Secretary on sec@vmsa.org.au

FUTURE NEWSLETTERS

This Newsletter is being emailed to the Contact Person at each of the sheds on the VMSA database. We are limited in our ability to send the Newsletter to every shedder and so we ask that as the CONTACT PERSON for your shed please print and display the Newsletter.

If you have something to share with other sheds, write a short article (photos are handy) And send to the Executive Officer vmsa@vmsa.org.au



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.

VMSA LIST OF COMMITTEE CONTACTS:

OFFICE BEARERS

President	Lindsay Oates	pres@vmsa.org.au	Mirboo North Shed
Vice President	Barbara Look	vice@vmsa.org.au	Milpara Shed
Secretary	David Mudge	sec@vmsa.org.au	Drouin Shed
Treasurer	Barry Watson	treas@vmsa.org.au	Heywood Shed

COMMITTEE

Max Powell	m.powell@vmsa.org.au	Benalla Shed
John Drysdale	j.drysdale@vmsa.org.au	Peninsula North Shed
Bob Forde	b.forde@vmsa.org.au	Beaufort Shed
Geoff Witmiz	g.witmitz@vmsa.org.au	Horsham Shed
Bruce Ward	b.ward@vmsa.org.au	Ocean Grove Shed

Hanging Out in a Men's Shed Radio Show.

**9 am on the 1st Saturday of the month on 3WBC
94.1 FM**

Live Streaming on <http://3wbc.org.au/>

available all around the World.

