

NEW VMSA NEWSLETTER



Several publications reported on Men's Health Week in June and the great work that Men's Sheds carry out all over Victoria. See 'Sheds in the News' from page 11. *Photo of Peter Heness of Mount Gambier Men's Shed by Elisabeth Champion - The Border Watch.*

Calling all sheds...

Have you updated your details lately?

We would all agree that communication is important. It is how we find out information that is of assistance to us for all sorts of reasons. So, we are asking all Shed Management Committees to update their contact details on our website at this web address:

<https://www.vmsa.org.au/shed-contact-form/>

Your assistance is greatly appreciated. This will ensure your Shed receives the latest VMSA and other relevant information.

When you have updated your details, please send an email to editor@vmsa.org.au

Thanks very much.



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Acknowledgement of Country

'In the spirit of reconciliation, the Victorian Men's Shed Association Inc. acknowledges the Aboriginal and Torres Strait Islander peoples as the first inhabitants of this nation and the traditional custodians of the lands where we live, learn and work. We pay our respect to their Elders past, present and emerging'.



The Victorian Men's Shed Association is funded by the Victorian Government.

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A message from the Editor



Welcome to the June edition of the VMSA New Newsletter.

It's a bumper issue as there is lots happening in sheds across Victoria and further boots on the ground progress on the implementation of the recommendations of the Royal Commission into Mental Health. Who said Shedders hibernate in winter? Staying active is good for the mind, body and soul.

More Men's Sheds are coming of age with a number of sheds this year celebrating 10-year anniversaries. It is great to see that sheds are here to stay, have strong active memberships and new sheds coming online every month – see "stories from the Sheds" for the latest news from the Sheds

The VMSA would like to take this opportunity to thank The Hon Anthony Carbines for his support for the Men's Shed community in Victoria while Minister for DFFH and wish him well in his new portfolio as Minister for Victoria Police, and we welcome our New Minister for DFFH the Hon Colin Brooks, and we look forward to working with Colin and inviting him to visit our Sheds and Shedders.

Changing of the guard has not only happened in Victoria; we have a new Minister for Health in the Federal Parliament, the Hon Mark Butler, who follows on from the Hon Greg Hunt, who was a great supporter of the Men's Shed Movement Nationally. We would like to thank Greg for his support for Men's Sheds in Victoria and wish him well in his next endeavours, and we welcome Mark and wish him well in his new portfolio and look forward to working with him on Men's Shed matters, particularly men's health and wellbeing.

The letter from Katherine Whetton heralds in the next major step in the implementation of the recommendations of the Royal Commission into Mental Health, the Local Adult and Older Adult Mental Health and Wellbeing Services: First six providers have been announced and the VMSA encourages Men's Sheds in these six target LGA zones to get in touch with the local providers and discuss how your shed can support the roll-out of the recommendations of the Royal Commission into Mental Health and what these providers can do to support your Shedders with chats on Mental Health and Well Being, Suicide Prevention AND ONE-ON-ONE COUNSELLING AS REQUIRED.

Don't forget to apply for the \$250 power saving bonus and think about getting that fourth dose of the COVID-19 vaccine.

The VMSA has signed two important MOUs this month:

- The AMSA / VMSA MOU
- The Black Dog Institute / VMSA MOU

The AMSA / VMSA MOU

The AMSA / VMSA MOU is an important step in progressing the partnership between AMSA and the State Associations to realise a united Australian Men's Shed movement. This MOU comes into full effect when it is signed by AMSA and the requisite constitutional changes are made by AMSA.

This will allow the VMSA board to have a board member on the AMSA board, replacing the current arrangement.

In the meantime, there is no barrier to the VMSA and AMSA working together cooperatively in the interests of all sheds.

The Black Dog Institute / VMSA MOU

Covers the delivery of BDI mental health presentations by Black Dog Institute's trained community presenters to Men's Sheds in Victoria.

VMSA will use best endeavours to support the rollout of these mental health presentations which will only be done in consultation and by agreement with the shed committees.

BDI will consult with the VMSA as the offering is organised and delivered and provide it with regular updates, and BDI will provide the VMSA with promotional and e-mental health resources and research information where needed.

The VMSA commits to promoting BDI presentations and e-mental health resources in its Newsletters, on its website and on its Social Media accounts.

Be alert and be on guard: two stories about a warning from Choice magazine about Crypto Currency scams and the latest advice from the ACCC's SCAMWATCH.

We are not sure if Ric Fuentes is **the oldest Shedder in Victoria**, however we know he is the oldest member of the Philip Island RSL Men's Shed having celebrated his 100th birthday on 8th December 2021. Ric Fuentes joined the Shed at the age 93 and until recently was an active member. During his involvement at the Shed Ric undertook numerous projects which included the complete restoration of an eighty-year-old Rocking Horse. He is well liked by the Shed community and admired for his extremely high work ethic.

Congratulations Ric on reaching the BIG 100 YEARS and choosing to join the PIRSL Mens Shed at 93 years. You are a great role model for Shedders everywhere.

See a photo of Ric with his mates and the full story in this edition of the VMSA New Newsletter.

Enjoy this newsletter, take care, and keep safe, and see you on the next one. Thank you.

Peter Bettes – Editor



To sign up to receive your own copy of the New Newsletter, click the link and fill in your details:

<http://www.vmsa.org.au/newsletter/?fbclid=IwAR39ym4c8KxR8tDdn6rD5ateLgqzmfVeYnduUZ-JmyMKbVgFrP8INnbPc>

Chair's Report



I am happy to report to members that we have made some progress on a number of fronts since the last edition of this newsletter.

Both the VMSA and the Australian Men's Shed Association (AMSA) have signed a Memorandum of Understanding (MOU) which commits both parties to working together in the interests of men's sheds across the board. This is an important first step in reunifying the men's shed project across Australia and aligns completely with AMSA's obligations outlined in the report on the Governance Review of AMSA commissioned by the Federal Department of Health.

While this is an important development it is only a first step on the road to a full reconciliation. What needs to happen next is for AMSA to undertake constitutional changes to give the MOU full effect.

These proposed changes will be agreed by the parties and once that's done, we will campaign together to gain support for the new constitution.

Once completed the MOU provides for us to have a representative from the VMSA board on the AMSA board. This will give us a voice where we now have none. We will also make a contribution to the men's shed project nationally through the AMSA Board.

In the meantime, we are working constructively with AMSA on a number of fronts including Shed Mates Muster events in Victoria.

The VMSA has also just signed an MOU with the Black Dog Institute (BDI) based in Sydney to roll out BDI mental health presentations to sheds in Victoria. These presentations are carried out by BDI lived experience, trained community presenters, and have already commenced and so far, have been well received in sheds.

Importantly the MOU spells out that these presentations by BDI can only occur in consultation and by agreement with shed committees. If your shed is interested in this, the details of how to organise BDI speaker at your shed was included on the May VMSA New Newsletter and details will be posted on our website and Facebook page.

In other developments the VMSA board recently held a face-to-face workshop (the first for a long time due to the pandemic) in Melbourne and identified a number of projects to work on in the period ahead. These suggestions will be considered by the next meeting of the board for approval.

The board also attended a meeting with the convenors of the newly formed Victorian Men's Shed Association / Parliamentary Friendship Group held at the Parliament of Victoria. We have been trying to get this group going for a while as there is a bipartisan Friends of Men's Shed Group in the Federal Parliament which works well. We hope this new Friends of Men's Shed Group in the Victorian Parliament will provide us with better access to the decision-makers to promote the interests of men's sheds, and to provide a conduit for parliamentarians to seek input from the VMSA.

A number of ministers and parliamentarians attended a short function to meet the VMSA Board. It was pleasing to hear how many of the Parliamentarians had visited sheds in their electorates. Importantly, our former Minister Anthony Carbines attended and spoke in support of men's sheds. Anthony has now moved to a new portfolio and our new Minister is Colin Brooks who has already indicated his interest in learning more about Men's Sheds. We thank Anthony for his support during his tenure.

We need to have good relationships with government and work cooperatively with our political representatives in a non-partisan manner to get the best possible outcomes for sheds.

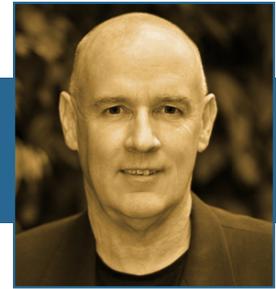
On another note, I have reluctantly accepted the resignation of board member Barbara Look due to pressing work commitments. Barbara has served on VMSA committees and Board in a number of capacities for many years and has made a big contribution to the shed movement in Victoria.

Barbara's work has been acknowledged by the Board and we wish her all the best for the future.

Kind Regards

Trevor Dobbyn - VMSA Chair

CEO's Report



As June now comes to an end and the weather gets colder and colder, the financial year comes to a close also. So, for those sheds that have a financial year that runs 1st July to June 30, it's now time to start preparing your financials and getting your ducks in a row so you can meet the deadlines for AGM's and CAV requirements.

Speaking of the weather it has certainly gotten cold very quickly this year and with that comes the almighty flu season, which seems to be spreading like wildfire after having everyone locked down on and off for the past two years, the normal bugs we had almost forgotten about like flu are now having a field day. There are lots of easy options this year to get your flu shots for free, and also a COVID booster if you are eligible or haven't yet had your final boosters.

Akoonah Park celebrated their 10th anniversary this month, and as always, the Akoonah boys put on a great show with lots of historical information and photos of the history of the shed, and a great variety of guest speakers including politicians, councillors, and sponsors, followed by a great lunch.

The end of June also marks the closing date for the Victorian Government Men's Shed funding for 2022, and I wish all the sheds that have applied the best for a successful result.

As many of you may have seen on the news recently, the Victorian Government have had a major reshuffle of ministers, and with that we welcome the Honourable Colin Brooks that is now responsible for Men's Sheds, being the new Minister for Disability, Ageing and Carers. I had the pleasure of meeting with Minister Brooks the day after he was sworn in and he's very enthusiastic to learn more about Men's Sheds and see how he can further assist us.

I would also like to thank our previous Minister Anthony Carbines, who has been a terrific advocate for Men's Sheds and volunteerism in Victoria among many other things and wish him well in his new portfolio as the new Minister for Police.

That's it for now, take care, stay well, stay warm.

Kind regards,

Derek O'Leary – VMSA CEO

ATTENTION: slashing energy bills with \$250 power saving bonus began on 1 July 2022

The new \$250 Power Saving Bonus program will provide a once-off payment of \$250 for Victorian Households to ease cost-of-living pressures and encourage Victorians to compare their household energy prices and save money. **Victorian households can apply for the new \$250 Power Saving Bonus from 1 July 2022.**

Check out how to apply here:

<https://www.premier.vic.gov.au/slashing-energy-bills-250-power-saving-bonus>

Letter from Katherine Whetton, Deputy Secretary, Mental Health and Wellbeing Division, Department of Health

Good news from Katherine Whetton, 4 July 2022. Amongst a number of announcements, The Local Adult and Older Adult Mental Health and Wellbeing Services: First 6 providers have been announced.

The VMSA encourages Men' Sheds in these six target LGA zones to get in touch with the local providers and discuss how your shed can support the roll-out of the recommendations of the Royal Commission into Mental Health and what these providers can do to support your Sheddors with chats on Mental Health and Well Being, Suicide Prevention AND ONE-ON-ONE COUNSELLING AS REQUIRED.

Letter from Katherine

Dear all,

It's been a busy time with significant announcements regarding mental health and wellbeing reform. The new Minister for Mental Health, Gabrielle Williams MP, was sworn in last week.

[Read the statement on the new Ministry.](#)

Minister Williams brings a wealth of skills to her new role, having been Parliamentary Secretary for Health before becoming Minister for Prevention of Family Violence, Minister for Women, Minister for Youth and Minister for Aboriginal Affairs – which she retains under the new title, Minister for Treaty and First Peoples.

With a passion for equity and social inclusion, Minister Williams will lead our state's mental health system reform, with a keen and valuable understanding of how intersectionality relates to a person's mental health and wellbeing, ensuring a gendered lens is applied across the mental health reform, along with a commitment to support and embed Aboriginal leadership and self-determination in health, wellbeing and safety.

As the Premier stated in his media conference, the Victorian Government's priorities for mental health and wellbeing are clearly set, and will not be impacted by the change of Ministers. We will continue to progress the reform program according to the timelines and sequencing set out by the Royal Commission.

In welcoming our new Minister I would also like to express my sincere thanks and best wishes for the future to James Merlino, State Member for Monbulk; who has been a tireless advocate for mental reform since taking on the portfolio. James has been driving force for building momentum and investment in implementation of the Royal Commission's recommendations and the 10 year transformation of the mental health and wellbeing system.

Local Adult and Older Adult Mental Health and Wellbeing Services: First 6 providers announced

I am very pleased to confirm the first 6 providers of the new Adult and Older Adult Local Mental Health and Wellbeing Services.

Services commencing from July 2022:

- Benalla/Wangaratta/Mansfield: **Wellways Australia** in partnership with **Albury Wodonga Health** and **Australian Community Support Organisation**
- Latrobe City: **Neami National** in partnership with **Drummond Street Services** and **Uniting Vic Tas**
- Frankston: **Wellways Australia** in partnership with **Peninsula Health** and **Mentis Assist**.

Services commencing from October 2022:

- Geelong/Queenscliff: **Barwon Health** in partnership with **Wellways Australia**, **ermha365** and **Wathaurong Aboriginal Co-operative**
- Brimbank: **cohealth** in partnership with **Clarity Health Care** and the **University of Melbourne**
- Whittlesea: **Neami National** in partnership with **Drummond Street Services**, **Uniting Vic Tas** and **Victorian Aboriginal Health Service**.

Continued

Continued from previous page

The breadth and extensive experience of the selected providers and their partners will help bring to life the Royal Commission's vision of locally available treatment, care and support.

The new Local Services will support people aged 26 years and over who are experiencing mental health challenges – including people with co-occurring alcohol and drug addiction treatment and care needs.

Work is also progressing towards the establishment of the next 21 Local Services, and I will keep you updated on the tender process for the next tranche of services, which is expected to open later this year.

With the announcement of the first six providers of Local Services, the first procurement round is now complete. In addition to hosting individualised debriefing sessions with organisations who responded to the tender, we will also invite interested stakeholders to provide feedback on the process. This is intended to help with continuous improvement as we progress further reform initiatives. This will not be intended to provide specific feedback or advice on the selection of organisations. More information on how you can participate in the process will be provided shortly.

Below you will find a summary of further news and updates with links to where you can find out more about these initiatives.

Kind regards

Katherine

Mental Health and Wellbeing Bill introduced to Parliament

The Mental Health and Wellbeing Bill was recently introduced into the Victorian Parliament.

The legislation contains new rights-based objectives and principles that will drive the highest possible standard of mental health and wellbeing for Victorians. Once passed, it will replace the current Mental Health Act 2014.

The new Mental Health and Wellbeing Act will commence approximately one year after Parliament passes the Bill, allowing plenty of time to communicate and plan for the changes in the new Act to the sector.

There will be education and support for consumers, families, carers and supporters to understand their rights under the new legislation. Training will also be provided for the mental health and wellbeing sector on the requirements of the new legislation.

To help you better understand the Bill and how it will support the broader reform program, we've produced a range of Information Sheets to explain how the Bill intersects with key reform projects. Please keep in mind that these documents relate to the Bill in its current form. Until the Act is passed, the content of the legislation is subject to change. These resources are now available on the [Engage Victoria website](#).

The Mental Health and Wellbeing Bill has been published online, and you can read it on the [Victorian Legislation website](#).

If you have read through these resources and have any further questions about the current content of the Bill, please email the Legislative Reform team: mhwa@health.vic.gov.au

Calendar of engagement activities: latest updates

A reminder that we now have a calendar of our forward planned engagement activities online, which is updated monthly to help provide you with as much information as possible about forthcoming opportunities for your participation.

We've provided some further detail for planned activities in July and August, as well as a brief overview of what's coming up until the end of the year.

You can find the latest updates on the [Health.Vic website](#).

If you have questions about any of the activities listed in the calendar, you can contact the relevant team via the links on the [calendar webpage](#).

I will also continue to flag opportunities for engagement in this bulletin, and encourage you to share them within your communities and networks.

COVID-19 Chief Health Officer

update

Updates from Victoria's Chief Health Officer on COVID-19.

COVID-19 Chief Health Officer Update

Date issued: 1 July 2022

Issued by: Office of the Chief Health Officer

Issued to: Clinicians and the Victorian public

Purpose

This Chief Health Officer update is intended to provide clinicians and the Victorian public with information about the number of confirmed cases of COVID-19 in Victoria as well as relevant public health response activities in Victoria.

Chief Health Officer Alerts will continue to be issued when there are changes to the public health advice related to COVID-19.

What's new

There are 472 COVID-19 cases in hospital in Victoria – with 15 active cases in ICU, including 5 on a ventilator, and an additional 8 cleared cases in ICU.

8,057 new cases of COVID-19 were recorded yesterday. This includes 5,709 who tested positive on a Rapid Antigen Test and 2,348 who returned a positive result on a PCR test.

Sadly, the Department was notified of 12 deaths yesterday of people aged in their 70s, 80s, and 90s. This brings the total number of deaths in Victoria since the pandemic began to 3,934.

Vaccines

6,280,175 vaccine doses have been administered by Victoria's state-commissioned services, with 833 doses administered yesterday at state-run centres.

68.4 per cent of Victorians aged 16 and over have had 3 doses of a COVID-19 vaccine. 94.6 per cent of Victorians aged 12 and over have had 2 doses.

Testing

12,725 PCR tests were processed yesterday. The total number of PCR tests performed in Victoria since the pandemic began is 21,431,044.

Updates

Omicron BA.4/BA.5 likely to become dominant strain in Victoria

The prevalence of Omicron strains BA.4/BA.5 in Victorian metropolitan and regional wastewater catchments continues to rise significantly, which is indicating increasing transmission of this sub-lineage in the community.

The BA.4/BA.5 sub-lineages were first identified in catchments in April and have since risen from under 5 per cent in late May to an average of approximately 40 per cent across all wastewater catchments by 23 June.

BA.4/BA.5 are expected to overtake the BA.2 strain to become the dominant strain in Victoria.

This is in line with similar patterns in NSW and Queensland where both states have seen a significant rise in the number of people hospitalised with COVID-19 during June.

The Department of Health anticipates the prevalence of BA.4/BA.5 in Victoria is likely to result in an increase in cases - including reinfections - and hospital admissions and deaths. This is because the strain has a greater ability than BA.2 to evade immunity provided by vaccination and earlier COVID-19 infection.

There is no evidence at this stage that the BA.4/BA.5 sub-lineages causes more severe disease, but the Department is closely monitoring the situation.

The Department strongly encourages Victorians to remain up to date with their vaccines, and to stay home if unwell and test for COVID-19.

Masks are strongly recommended in shared indoor settings, if you can't physically distance or you are with those more

vulnerable to COVID-19. Improve ventilation by opening doors and windows, using fans or purifiers, and gathering outside where possible.

If you test positive on a rapid antigen test, report your result to ensure you have access to the right level of care if you need it.

COVID-19 medicines are available for eligible Victorians at increased risk of severe illness if they are infected with COVID-19. If you are eligible for early treatment and you develop symptoms, get tested as soon as you can and consult your GP or GP respiratory clinic so you can get access to medicines, which are available on the Pharmaceutical Benefits Scheme.

These antiviral medications reduce the severity of COVID-19 symptoms, make the need for hospitalisation less likely, and reduce the risk of loss of life from COVID-19. See more information about COVID-19 medicines

Advice for cases and contacts

Helpful information is available online for cases and household, social, workplace, education and other contacts. See the checklists and recommend them to your patients.

General advice

COVID-19 symptoms include fever, sore throat, cough, shortness of breath and loss or change in sense of smell or taste. If you are experiencing symptoms, wear a fitted face mask when you get tested.

The Department publishes expected wait times at testing sites as well as updated information about locations and hours of operation at [Get a PCR test for COVID-19](#).

For more information call the 24-hour Coronavirus Hotline at 1800 675 398 or visit [Coronavirus \(COVID-19\) Victoria](#).

Current advice to clinicians

Notifications to the department of a confirmed diagnosis of COVID-19 can be done online. You can submit an online form to our public health team, rather than calling us, saving you time and resolving your case load more efficiently.

COVID-19 testing criteria

Practitioners should test any patients who meet the clinical criteria below:

- Fever OR chills in the absence of an alternative diagnosis that explains the clinical presentation* OR
- Acute respiratory infection (e.g., cough, sore throat, shortness of breath, runny nose, or loss or changes in sense of smell or taste)
- Note: testing is also recommended for people with new onset of other clinical symptoms consistent with COVID-19** AND who are from the following cohorts: close contacts of a confirmed case of COVID-19; those who have returned from overseas in the past 14 days; or those who are healthcare or aged care workers. Testing is recommended for those cohorts with onset of other clinical symptoms**.
- *Clinical discretion applies including consideration of the potential for co-infection (e.g. concurrent infection with SARS-CoV-2 and influenza)
- **headache, myalgia, stuffy nose, nausea, vomiting, diarrhoea.

If a symptomatic patient that presents for testing, confirms exposure to a known COVID-19 case within the past 14 days, and the outbreak definition is met, the test sample is to be treated as an 'outbreak sample'.

Read the full update: [COVID-19 CHO](#) update for more information.

Stories from the Sheds

Sessions help build digital literacy

Digital technology is increasingly becoming an important part of our lives with smart mobile phones, iPads and tablets allowing us to virtually run our lives from these devices.

The requirement of various organisations to engage electronically with them like Services Australia, banks, online shopping, and many places where we can seek information.

Many Shedders are finding it difficult to learn and embrace the range of technical technological devices available to them.

The Victorian Men's Shed Association and the Latrobe Health Assembly sought to address this partnering with not-for-profit Maturity Matters to deliver a number of sessions to local men in the Valley aimed at improving digital literacy skills. Our VMSA field officer Cameron Thompson has led this initiative one of the first sheds to take advantage of this opportunity was the Newborough Men's Shed who were taken through a range of topics including how to use mobile phone apps set up video chat on zoom and complete online banking.

Members were also briefed on Internet safety avoiding scams and the importance of strong passwords.

Read more of the story here, and if you would like to run similar training let our field officers or our CEO know.

Check out the July issue of the Akoonah Park Men's Shed Newsletter

Wodonga Men's Shed took out Wodonga Volunteer Team of the Year award at the Wodonga Council 2022 Wodonga Volunteer of the Year Awards on 18 May 2022

The boys at Akoonah Park recently celebrated their tenth anniversary and from all accounts it was a huge success. More photos and the full story here and some great jokes. I like the one about the tombstone.

<https://www.vmsa.org.au/wp-content/uploads/2022/06/JULY-2022.pdf>

Would anyone like to volunteer for the job of ticket checker or maybe the safety officer?

<https://www.vmsa.org.au/wp-content/uploads/2022/06/2018-03-20-VIDEO-000020611.mp4>

The Newsletter of the USA Men's Shed Association

Interesting to see what our Shedder cousins are doing in the USA.

<https://www.vmsa.org.au/wp-content/uploads/2022/06/USMSA-NEWSLETTER-Q2-2022.pdf>

The Wonthaggi Woodie

It is great to see how many of the VMSA sheds publish a regular monthly newsletter. Check out the latest edition of the Wonthaggi Woodie here:

<https://www.vmsa.org.au/wp-content/uploads/2022/06/WoodiesNewsletter062022.pdf>

Wangaratta Woodworkers Inc

Some great examples of craftsmanship. You must read the article on choosing the right joint for the job.

<https://www.vmsa.org.au/wp-content/uploads/2022/06/Wangaratta-Woodworkers-Inc.-June-22pub.pdf>

Mount Beauty & District Men's Shed

Check out the ageing quotes from some of the world's greatest authors like Mark Twain, C.S. Lewis and Phyllis Diller

https://www.vmsa.org.au/wp-content/uploads/2022/06/Shed_Torque_June_2022.pdf

Australians urged to come forward for their COVID-19 booster shot as health authorities warn of third Omicron wave

Jack Mahony - Digital Reporter July 1 2022

Health Minister Mark Butler has urged Australians to roll up their sleeves for their booster shot as he revealed authorities are expecting a third wave of Omicron COVID-19 cases in the coming months.

Health Minister Mark Butler has revealed the nation's health authorities are expecting a third wave of the Omicron variant of COVID-19.

Mr Butler urged residents to come forward to receive their third COVID-19 vaccine if they had not already done so, saying the new variants presented a higher chance of reinfection.

"To be fully protected against any of the Omicron sub variants, you really do need three doses at least of your vaccines," Mr Butler said.

"We are starting to see evidence in the Northern Hemisphere where BA.4 and BA.5 – these new sub variants of Omicron – have been present for some time, that there is a greater risk of reinfection.

All the health authorities do expect there to be a third wave of Omicron over the coming months."

Australia has limited COVID-19 restrictions in place but the Health Minister said "we do need to prepare ourselves for another wave of increased cases".

Read more here: <https://www.skynews.com.au/australia-news/coronavirus/australians-urged-to-come-forward-for-their-covid19-booster-shot-as-health-authorities-warn-of-third-omicron-wave/news-story/3c8edb820bb7b3309a9d1e116a81022f>



Health Minister Mark Butler urged residents to get their booster shot with a third wave on the horizon. Picture: NCA NewsWire / Dean Martin

Sheds in the News

The Border Watch

Building healthy environments for men

By [Elisabeth Champion](#) June 11 2022



Mount Gambier Men's Shed publicity officer Peter Heness said the shed can improve men's mental health. Photo: Elisabeth Champion

WITH Men's Health Week just around the corner, the Mount Gambier Men's Shed is encouraging men to get involved for their own health.

Men's Health Week runs from June 13 to 19, and is designed to raise awareness for preventable health problems in men, including mental health.

The theme this year is 'Building healthy environments for men and boys', with a focus on creating physically, mentally and emotionally healthy environments in the home, workplace and in social settings, and the Mount Gambier Men's Shed is doing just that.

Publicity Officer Peter Heness said the Shed provided men with friendship and something to do and kept their hands busy and their minds active, and had saved at least one man from dying by suicide.

He said one member joined the group after three close calls with his mental health, but his frame of mind totally changed after joining the Shed.

"Dave came from Tasmania and was out of work, and had health problems and the black dog set in," he said.

"He ended up at the Shed, and thankfully that is not a problem anymore, he is in a good mindset now.

"That is the power of the Shed."

The Men's Shed allows men to come together and work with their hands doing woodworking and metalwork, either working on their own projects or assisting with a community project.

However, Mr Heness said that not all men come and work in silence with many opting to just enjoy a cuppa and chat, while others socialise over the tools.

"You do find that the fellas in the Shed do talk – it takes a while but they do talk."

The members give back to the community through their talents, making toys for the Mayor's Christmas Appeal and assisting community groups with their projects.

The Men's Shed is open to any men over the age of 18.

Elisabeth Champion

Find out more at www.mgmensshed.com.au

Men's Health Week promotes talk and mateship at Naracoorte's Men's Shed

By Neave Moore June 20 2022



(Harold Leech from Naracoorte Men's Shed and his latest project, a bird house.
PICTURE: Neave Moore

Naracoorte's Men's Shed is honouring Men's Health Week in their own way, by highlighting the importance of maintaining, promoting and supporting men and boys health and wellbeing.

Held annually, this year from June 13-19, the local community is taking note on issues such as mental health and emotional wellbeing as well as physical security and condition.

Mr Harold Leech from Naracoorte and District Men's Shed is a proud member and this Men's Health Week he promotes conversation and honesty among the group and that this support should not be limited to one week in the year. "We want to create the opportunity for men to come here with whatever problems," Mr Leech said.

"We get all kinds of professionals coming in to talk to us and they can help put men on to something to help if they need.

"There really isn't much point in looking out for your mates only one week of the year, so we try to be open all the time."

Naracoorte and District Men's Shed promotes mateship and togetherness and encourages members to meet for a chat and company.

"I'd like to think that the men's shed could help in that way, that chances are, that if there is something wrong with you there is someone else here with it too," Mr Leech said.

"You're not on your own; we do that sort of thing rather than a specialised day or week."

The Men's Shed has over 70 members, however due to commitments less than half are free all year round with between 20 and 30 members attending meetings and workshop times.

Mr Leech and the other members encourage men to check up on themselves during this national week but aim to recognise that the attention should not be restricted.

"We've had probably closer to twenty people the last few months... cold's keeping them away," Mr Leech said.

"We get some people who just drop in for a coffee and chat and others who are here all day.

"We do have some lady members too; we aren't strict on that and do like to welcome anyone who is interested."

Naracoorte and District Men's Shed is open from 9am to 1pm on Tuesdays through Thursdays and welcomes walk-ins.

One of our oldest Victorian Shedders

Phillip Island RSL Community Men's Shed member



In this photo is a group of the PIRSL Community Men's Shed members. The member seated is the oldest member of the Shed having celebrated his 100th birthday on 8th December 2021. Ric Fuentes joined the Shed at the age 93 and until recently was an active member. His involvement is now generally contained to BBQ days and the like. During his involvement at the Shed Ric undertook numerous projects which included the complete restoration of an eighty-year-old Rocking Horse. He is well liked by the Shed community and admired for his extremely high work ethic.

I hope you may be able to include the photo in a forthcoming VMSA Newsletter. If you need any further information regarding Ric please contact me 0438 808 428.

Regards,

Terry Heffernan

Shed Coordinator

Phillip Island RSL Community Men's Shed

Six years in the making: Williams Men's Shed officially opened

By Isabel Vieira June 2 2022



Williams Men's Shed members have settled into their new headquarters after the shed was officially opened on May 23.

Representatives from the Shire of Williams and Men's Sheds of WA attended the opening of the long-awaited community hub.

The shed has been six years in the making after discussions began between the club and the shire to find a suitable site.

Construction of the shed on Brooking Street was completed just before Christmas 2021, with the members holding their first meeting in January.

Chairman Lawrence Rose said the members felt a sense of ownership over their new headquarters.

"It's so much better now that we've got our own shed rather than using a borrowed shed," he said.

"All the members feel as though it's ours now, rather than borrowing someone's else's shed, even though we were paying rent.

"It really feels as though it's our own shed now."

The shed features a kitchenette, wood and metal work machinery, workbenches and solar panels.

Mr Rose said there was plenty of room for everyone to work.

"There's a wide spectrum of fellas who are interested in different things, which is great," he said.

"Several of the members who are woodworkers just love the feel of timber, the grain and the colour.

"Then there are a few members who think if it doesn't go 'vroom vroom' with a motor on it, then it's not worth looking at.

"The best thing that we probably do is sit down and talk."

Mr Rose said that without the help of the community, the group would not be where it is today.

"The new shed has already generated some new interest," he said.

"It was really the shire that got us going in the end with the huge grant, that really got the ball rolling.

"There have been lots of people who have contributed more than they needed to and all those little things locals have contributed have made a big difference."

Cryptocurrency investigation

Ads promoting crypto assets like Bitcoin have exploded recently. Some ads even feature prominent Australians and can look quite convincing.

When CHOICE supporters Dallas and Jim clicked on one of these ads on Facebook, they received a call from a man claiming to be a retirement investment adviser. Over two months, the couple lost their entire pension entitlement – \$330,000 – in what turned out to be a sophisticated investment scam.

This is just one of the hundreds of stories we received when we asked supporters like you to share your experiences with cryptocurrency. Unfortunately, Australians lose over \$2 billion a year to scams – especially investment scams – and even if you make a legitimate purchase, the value of cryptocurrency can be extremely volatile.

Despite this, there are little to no consumer protections when it comes to investing in crypto assets – leaving people exposed to scams, exchange collapses and market crashes. The government is looking into these issues right now and your experiences have been included in CHOICE's investigation and submission calling for new laws to protect people.

Read the article here: <https://www.choice.com.au/money/financial-planning-and-investing/stock-market-investing/articles/crypto-submission-to-treasury>

Cryptocurrency horror stories

- I did lots and lots of research and took every precaution but still got scammed and lost \$30,000.
- I was conned and lost \$50K.
- If we can stop one person from getting into this situation, then I would be absolutely over the moon. I don't want anyone else to feel like we felt.
- I decided to leave my small amount in place as I thought it would go up again. What I didn't and couldn't know was that the company that held my bitcoins was in trouble and was taken over by another company. When I approached the new company I didn't receive a reply. I never made any money out of my bitcoins, which I believe are still out there somewhere, if I could only find them.

Your stories and experiences will be crucial in passing new laws to rein in the unregulated crypto asset industry – so thank you to everyone who made their voices heard. I'll be in touch again soon to update you as the government's review progresses.

P.S. To learn more about scams, check out the ACCC's latest [ScamWatch advice](#). If you're facing financial hardship, contact the free, independent [National Debt Helpline](#) on 1800 007 007.

Men's Shed in Stanhope means business

By Geoff Adams
June 10 2022



David Morrison at work in the Stanhope Men's Shed. Photo: Rechelle Zammit

When you enter the building and see a forklift parked in the corner, you know this Men's Shed means business.

"We're not really tinkerers," founding member Des Crichton said about the Stanhope Men's Shed.

"Things happen here more on an industrial scale."

The members tend to be oriented towards projects, like the old grey Fergy tractor they are restoring, or the timber tables they are working on.

On the day Country News called in, the very comfortable (and warm) kitchen was deserted and everyone was on the job, working the saws, drills and hand tools.

"Wednesday is usually a busy day," Mr Crichton said.

"Friday, we tend to have a few around for coffee and tea."

Men's Sheds developed as a meeting place for retired men who were wanting to be occupied and rediscover networks after leaving friends from their workplaces.

Les Williamson stands proudly with his handmade barrel table made from scratch. Photo by Rechelle Zammit

Some call it mental health, others see it as simply a hobby shed.

According to the Australian Men's Shed Association: "Becoming a member of a Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. Men can just come and have a yarn and a cuppa if that is all they're looking for."

The Stanhope group has expanded its role to include fundraising for worthy local projects and selling some of its projects to raise money for the shed.

The group has benefited from a unique relationship with the Fonterra factory that dominates the town's skyline.

When the factory generates wood and steel packing, the Stanhope Men's Shed co-ordinators are called — and invariably the men find something useful to recycle.

"It works well for both of us," Mr Crichton said.

"They get rid of the waste, and we get to use the timber."

They have racks of recovered timber in the shed yard, and they have even built a lock-up storage shed out of re-used packing material.

By Geoff Adams
Shepparton News assistant editor



Les Williamson stands proudly with his handmade barrel table made from scratch. Photo by Rechelle Zammit

Men's Shed Drums Up Business

May 30, 2022



David Ashen, from the Kingaroy Men's Shed, with Mervyn Wolski who snapped up the unusual gas drum

The Kingaroy Men's Shed held an open day and garage sale at their shed near Kingaroy Airport on Saturday morning.

The men had plenty of their hand-made items for sale – including chairs, benches and tables – as well as many donated items.

All the profits from the day will be ploughed back into Men's Shed activities.

The volunteers are being kept busy at the moment making items for this year's Kingaroy BaconFest event.

One of the most unusual items on sale that was quickly snapped up was a tank drum made by Men's Shed member Don Dahms.

The drum – which sounded more like a xylophone – was made from two gas bottles welded together.

The Open Day culminated with a “thank you” lunch for all the volunteers who recently helped at the LifeFlight fundraising “Dinner Under The Stars”.



Kingaroy Men's Shed president Eric Ford with Richard Smith from Wondai

Badger Creek Men's Shed helping support men's mental health



(L-R) Peter Froud, Ron Closter, Peter Broman, and John Larson with a restoration project by the Men's Shed now on display at the Healesville RSL. Picture: SUPPLIED

Badger Creek and District Men's Shed are encouraging men in the local area to get involved with their display at the Bendigo Bank branch in Healesville.

The guys meet in the wood and metalworking sheds, located at 360 Badger Creek Road, behind the Badger Creek CFA, on Monday and Wednesday, from 9:30am to about 3:30pm. The Photography Club, which also encourages women to join, meets at the Shed on Friday from 10:30am to 1:00pm.

Coordinator Mario Herodotus said the Shed started up in 2015 when the Badger Creek CFA donated some land behind the station and try to help out the community.

"Since then, we put up our own shed, we've continued to expand. We've got agreements with both the CFA and the Badger Creek Hall to do a little bit of maintenance for them for reduced rates for the hall," he said.

"We've been involved in the renovations going on at Maroondah Dam. We've been involved with the children at the Badger Creek Primary School, and we've been involved in the Healesville garden."

Right now, they are working on some new compost boxes and bird boxes for the 1st Healesville Scout Group.

Mr Herodotus said the photography club and technologies seminars run at the shed are also helping members become more tech-savvy through funding from the federal initiative Be Connected.

"We've taught courses on Microsoft Word and Excel, we've done courses on using your Android phone, connecting up your phone to your TV, things seniors tend not to really understand," he said.

Annette Thomas alerted Mr Herodotus to the presentations on camera technology by the Photography Club as well.

"Annette and I have worked in technology all our lives, and we use our knowledge to create small presentations on almost a weekly basis where we will cover a topic such as aperture, shutter speed, ISO all the way to how do you crop a photo, how do you get the composition for the

photo you want."

Loneliness and isolation are an increasing issue amongst older residents, especially over the last couple of years due to Covid-19 restrictions and lockdowns.

Vice President Roy Bennett said the Men's Shed helps to provide a place where older men can find support and company.

"For me, it's the camaraderie mainly, there's always a shoulder you can lean on. We do look after one another," he said.

Ms Thomas and Mr Herodotus said they try to raise awareness for mental health issues and invite professionals to visit the Shed.

"We've had doctors recommended to our groups to provide some members some support in a comfortable environment. We feel these members have settled in really well and we've been a real benefit to their mental health," Ms Thomas said.

"We also participate with the Yarra Valley Men's Health Organization. Brian Mears (Project Manager) has been up to shed a few times and we meet with him weekly to discuss men's health issues," Mr Herodotus said.

The group offers great opportunities to travel, with previous visits to the Twelve Apostles, a rodeo, Healesville Sanctuary, Stephenson's Falls in Marysville, and Cloud Hill in Olinda. They are hoping to make a trip to the Silo Trail soon.

While the shed's membership is primarily made up of older men, they encourage men of all ages to get involved and anyone is welcome.



More men sought mental help during COVID

COVID-19 restrictions coincided with many Australian men seeking mental health help.

The introduction of COVID-19 restrictions coincided with many Australian men seeking professional mental health help for the first time in nearly a decade.

A longitudinal study by national research project Ten to Men shows that of nearly 750 men who sought professional mental health support after March 2020, about one in five had had no prior experience with those services for about nine years.

While researchers cannot pinpoint why the men sought help - whether it was down to the strain of COVID-19 restrictions, Telehealth services or other factors - they say it is clear the demand is there for mental health support.

"(Research) has shown that men experience numerous barriers to health service utilisation, and for some men there might be some ambivalence to, or apprehensiveness about, accessing services," researcher Dr Brendan Quinn said:

"There can be that stigma about talking about mental health issues in particular, and so offering that Telehealth option might be an effective means of countering some barriers."

Ten to Men's Dr Clement Wong is presenting preliminary findings for the survey at The Australian Institute of Family Studies' conference in Melbourne on Thursday.

On a broader scale, he said the study found about three in 10 of those surveyed had accessed a mental health service in about nine years.

About one in three of survey participants were prescribed medication for their mental health at some point between 2012 and 2021.

The findings were based on results from nearly 8900 men.

Over time, the proportion of men accessing mental health support has steadily risen, and GPs were the most common provider of mental health care in Ten to Men's dataset.

"There's something perhaps reassuring about finding that because GPs are intended to be the first port of call for health care," Dr Wong said.

Dr Quinn said the research reinforced GPs' position as the "gatekeepers" of the health service.

"If we can offer telehealth services that might be effective in taking the pressure off them in an already overloaded system," he said.



Just for fun and interesting videos

Pauk Hogan – America

Watch video here:

<https://youtu.be/AUrU4F383Ow>



Amazing Transport in Asia

<https://mp.weixin.qq.com/s/koQLVfjKQV76jLPxEi8laQ>

Bendigo Men's Shed creating a Toyota Hi-Lux from a block of wood

Such skill and craftsmanship – Check out the other great wooden vehicle models

Watch video here:

<https://www.facebook.com/luizomj/videos/10223723778780143>

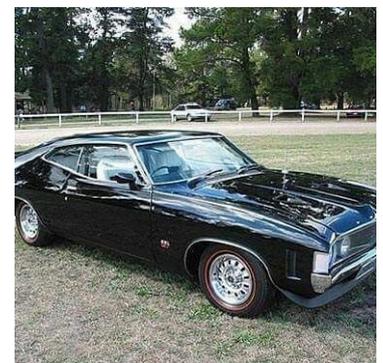
Bendigo Mens Shed – Celebrating Ford Falcon Cars for Ford-a philes

<https://www.facebook.com/Mensheds-Bendigo-188324797937405/>

And wooden models

Watch video here:

<https://www.facebook.com/WoodworkingArtofCar/videos/650246942290477>



Just a Normal Bike Math: 0.5 x 2 = 1 Wheel

Watch video here:

<https://youtu.be/PX3A7GLtFqM>

Door opens at new Linton Men's Shed



AFTER more than three years of construction, the Linton Men's Shed was officially opened last Saturday.

The ribbon was cut by Member for Buninyong, Michaela Settle, who said the building's development is a result of the dedication of its members.

"This shed is so much, much more than money. The effort and the commitment everybody has made, it's here in the walls. You can feel it," she said.

"I know we'll keep building and building and this shed will become even more wonderful as time goes on."

Located on O'Beirne Lane near the fire station, the structure replaces the group's previous two-car garage facility. The new shed was supported by a \$60,000 grant from the State Government and includes a workshop, kitchen space, toilets, and a gravel courtyard for its 27 members.

The group have been utilising their new home for about a month, and President Frank Clarey said he hopes the added space will attract new members.

"We're hoping now to be able to expand even more. We've got more space here than we've ever had," he said.

"The abilities, the knowledge and experience of our current members is extraordinary. I'm past 70 and I'm still in school here, so there's a lot for new people to learn.

"We've got the extra room for more people, more projects, even to hold materials for things like a rotunda at Skipton while we all work on other things."

Other major projects underway within the shed's expanded facilities include work on mounting steps for Smythesdale's Equestrian Centre and an upcoming pergola project.

An Australian creation, the Men's Shed movement has grown out of likeminded informal projects established in the late 1970s and early 80s.

They were originally set up for a range of reasons, often to provide a space for people to get together as a community.

There are currently more than 900 Men's Sheds across Australia, and the movement has spread to several other countries.

Thanks to the Ballarat Times.

Tim Bottams

New study shows exercise can reduce pneumonia risk

By Andrew Gigacz June 13 2022

Study provides the strongest link yet between exercise and a reduced risk of pneumonia.

Exercise – we all know how good it is for us. It helps keep your weight down, your muscles and joints in good order and it pumps smile-making endorphins through your bodies. Despite that knowledge, many struggle to make or find the time to do that exercise.



Perhaps if we just find one more incentive to don tracksuit pants and runners we might be convinced to head out the front door. Well, dear reader, that incentive has arrived.

A new study has provided us with strong evidence that regular exercise plays a role in reducing the risk of contracting – and dying from – pneumonia. With COVID still rampaging throughout Australia and the flu season cranking up, reducing our chances of contracting pneumonia has got to be a good thing.

The research, published in *GeroScience*, the official journal of the American Aging Association (AGE), effectively created a study involving a pool of more than one million participants by doing “a systematic review and meta-analysis of all published observational cohort studies to date”.

This analysis enabled the authors to evaluate the relationship between regular exercise and the risk of developing pneumonia. Prior to this research, there was no certainty that any such relationship existed.

But the new study, published late last year, has established a strong link. Even after the researchers accounted for factors that can affect pneumonia risk, including age, sex, weight, wealth, alcohol use, smoking and pre-existing health conditions, the link evidence remained strong.

Dr Setor Kunutsor, a senior lecturer in evidence synthesis at Bristol University Medical School in the UK and co-author of the study, said: “In this first-ever pooled analysis of all studies conducted on the topic, we found strong and convincing evidence of a relationship between regular exercise and reduction in a person’s risk of developing pneumonia, as well as death from the disease.”

Read more here: <https://www.yourlifechoices.com.au/health/news-health/new-study-shows-exercise-can-reduce-pneumonia-risk/>

First Nations Men's Shed on the horizon

By Gianni Francis
June 2 2022



Big plans: Uncle Ruben and Severin Duhring. Photo by Megan Fisher

The establishment of the first Traditional Owners Men's Shed in Greater Shepparton is under way, with the project receiving significant support from community groups and council.

The local First Nations community has been trying to get a Men's Shed going for more than four years, Uncle Ruben Baksh said.

Uncle Ruben is a Yorta Yorta man, and conducts walks on The Flats — a significant cultural site that became home to many Yorta Yorta people escaping institutional abuse at Cummeragunja.

Uncle Ruben said not enough had meaningfully been done to help First Nations people in the region, and City of Greater Shepparton Mayor Kim O'Keeffe coming on board to fast track this project was a step in the right direction towards reconciliation.

The initiative has been included in the Mooroopna Community Action Plan, with an objective to start a 'Yiyirr Nitel', which in the Yorta Yorta language means 'men's gathering'.

The focus of the First Nations Men's Shed will be slightly different than traditional Men's Sheds, with this facility focusing on local Traditional Owners arts and culture.



The idea is to create a cultural space where Elders can come together and mentor young people, connecting the generations and ensuring First Nations culture and traditions continue.

"The Elders will come along and have a cup of tea and get together and mentor the young men," Uncle Ruben said.

"Our young men in the community, there is a few of them that have got nowhere to go, (so) they can come here and get support from their Elders."

The Men's Shed will not only work with First Nations youth, Uncle Ruben said, but all young people, bringing in school groups to teach the next generations about local First Nations culture.

"That's what it's all about, community," he said.

The current location that is being surveyed for the Men's Shed is behind KidsTown and The Connection function centre, and has a close proximity to The Flats.

However, Cr O'Keeffe said there was no guarantee that the site being surveyed would be approved, in which case they would look for an alternative site.

Mooroopna Men's Shed president Severin Duhring said members were committed to supporting the establishment of the First Nations Men's Shed in "any way we can".

"We just thought it was a great opportunity to work with the Aboriginal community, getting the youth and the elderly all working together and bringing them to a spiritual place," he said.

"They've got The Flats just across the road, they've got school buses turning up with kids, and they can work with those kids and teach them the history that's here."

Mr Duhring is also a member of the Mooroopna Kiwanis Club, which will support the First Nations Men's Shed members to get their art out into the community, showcasing and exhibiting their works in murals across Greater Shepparton.

Men's Shed on the hunt for challenges



Just some of the items crafted by the gentlemen at the Ridley Road Men's Shed

The Ridley Road Community Men's Shed is a small well-established Men's Shed situated in the grounds of The Anglican Church Ridley Road Bridgeman Downs and serving surrounding suburbs.

The Shed provides a range of services to the community, and most importantly to its members. Members enjoy the companionship of each other and the opportunity to work together to give back to the community a range of services.

Their well-equipped woodworking workshop allows the skills of its members to create wooden items from toys to works of art. Their ability to restore wooden items is boundless. A box of bits and pieces of wood of a priceless heirloom is restored to its former glory by their dedicated skill and attention.

Where would you take that chair with a broken leg, that battered sideboard handed down through the family or that Set of Gold Essayers Scales for restoration? Why not drop them into the Men's Shed for assessment. You'll be surprised at the finished job. The Men treat this as a challenge and work together to solve it.

The group are always on the lookout for projects to assist other Community Groups. The Shed relies on community involvement to provide it with members, projects to work on and donations of any wood or tools you have lying around.

Perhaps the most valuable asset of the Men's Shed is to provide a safe drop in place for those who find themselves at a loose end after years of permanent employment. In the Men's Shed, you are accepted for what you are and how you can contribute to its well being. It is a place where you can enjoy the companionship of others who find themselves in the same situation. There is no pressure to do anything, but a very supporting and understanding mateship will put them at ease.

Interested? Call into the Shed on one of the three mornings they are open (Monday, Tuesday and Wednesday) and see if it's what you are looking for. For more information, get in touch with them at ridleyroadmensshed@gmail.com or call John on 0417 709 720.

Spain's first Men's Shed Association begins construction in San Fulgencio

By Joshua Manning May 26 2022



The construction site of the Men's Shed in San Fulgencio.

The San Fulgencio Men's Shed aims to create a community for older retired people, who can utilise the tools and equipment available to teach, learn and use practical skills, providing challenge, problem solving, social interaction and support in a friendly and inclusive environment.

Barry Wallis, President of the San Fulgencio's Men's Shed Association said that he came up with the idea in 2013, after assisting another British local alongside police, to enter the house of a deceased elderly man who had passed away five days prior.

"I thought it was so sad that there was no one there to check on him, if he were my friend I would have called or realised something was wrong if he didn't turn up for tea or coffee."

"That's when I thought the Men's Shed Association would be a great way to create a sense of community for retired men who don't have anywhere else to turn, whether it be to talk about their problems, learn a new skill or just have a cup of tea."

"I knew a little bit about the association which originated in Australia and knew some of the local council through having worked with the local football club so I proposed the idea and now, after a few setbacks, the council has finally been able to start its construction."

The San Fulgencio's Men's Shed Association, which is not affiliated to any political or religious group, and is a non profit making organisation, will provide just that with some of its core aims listed on its website, run by Fundraising Manager Chris Alner, stating:

"The San Fulgencio Men's shed will work towards a

future where all have the opportunity to improve and maintain their health and well being by participating in a community Men's Shed."

"We believe each group of people should be encouraged and supported to realise their own potential and to take responsibility and ownership of their own project and its possibilities."

Mick Montero, a committee member of the San Fulgencio's Men's Shed Association stated:

"When I first moved to San Fulgencio, my wife had lots of different options for social events and clubs, but for men there wasn't much on offer unless you like drinking or golfing."

"We hope that the Men's Shed will solve these issues, and we would like to make it clear that despite the name, we are not exclusive to just men and will accept any person of any gender or nationality."

On Wednesday, May, 26, David Last, Musical Director of Royal British Legion Concert Band in Spain presented Barry Wallis with a €700 cheque for San Fulgencio's Men's Shed Association.

"I can't stress enough how important it is that people are aware that the money raised by the Royal British Legion Concert Band in Spain stays in Spain, and funds great charitable causes like this one," stated David Last.

The charity has already seen a great response from the public with other campaigns including support from Celebrity Stevie Spitt and the British Ambassador to Spain, Hugh Elliott.

Pre-schoolers learning life skills from grandparents

By Niamh McGovern
May 24 2022



St John's Early Start preschool have taken a different approach to teaching, inviting grandparents along with older generations to come into the school to teach children some of their life skills.

Intergenerational Learning (ILG) is a learning method sharing skills, values, and norms between generations and involves different age groups learning together or learning from each other. Conducting simple activities while spending time together and having fun are the key ingredients of many successful IGL projects.

Importantly it places equal emphasis on learning together, learning from each other and learning about one another.

Intergenerational practice aims to bring people (young and old) together in purposeful, mutually beneficial activities which promote greater understanding and respect between generations and contribute to building more cohesive communities.

The TOY project was first introduced in St. John's Early Start preschool in 2019, involving a number of planned IGL activities between the preschool children, their parents, grandparents, and older people in the community. Unfortunately, due to Covid 19 restrictions, the project was unable to continue.

Recently visiting the local Men's Shed, children, parents and grandparents enjoyed a breakfast in their school's breakfast club before departing by bus to the Men's Shed facility in Mullaghcrone. Upon arrival, the group were greeted by some of their members and taken on a guided tour of their indoor and outdoor facilities.

Bernie Pentony, a teacher in the school said, "This was a new experience and an opportunity for the children and their parents/grandparents to make meaningful connections with the community."

Some of their members have also visited the school and conducted a demonstration of making birdhouses with the children and their grandparents enjoying painting together.

A gardening activity of planting flowers in their outdoor play area was also included, inviting lots of engagement and fun between the generations.

The first planned IGL activity was a Grandparent & Parent Day visit to the school with activities including cupcake decorating, arts & craft, card making, and social play activities. To conclude this special day, the school's breakfast club provided refreshments for the children and grandparents/parents.

Bernie added, "The pandemic has impacted everyone and especially our young and old. Our IGL project received a positive response from the children, parents, grandparents, and members of our local community. It has provided opportunities and learning experiences for the generations to engage in simple activities, spend time together, and most importantly have fun. The Early Start staff appreciates the involvement of the children, parents, grandparents, and the members of the Men's Shed in being part of the IGL project. We look forward to much more intergenerational experiences."

Stanhope's special relationship

By Dylan Brown June 28 2022



Relationship of sustainability: Stanhope Men's Shed treasurer and coordinator Des Crichton and Fonterra's Stanhope factory production manager Frank DiFede.

When the cheesemaking plant at Fonterra's Stanhope factory was destroyed by fire in 2014, a major reconstruction of the facility was required – which meant a large amount of materials, from fresh timber to machinery, were needed.

When the rebuild began Fonterra made a pact with the Stanhope Men's Shed that any excess materials would be donated to the shed.

Stanhope Men's Shed treasurer and coordinator Des Crichton said it was a win-win relationship as Fonterra wanted to get rid of the materials and the shed's members wanted to use them.

ADVERTISING

"Every time they unpacked something over there, we went over with our trailer and carted it back here for use, and that's been going on ever since," he said.

Mr Crichton said parts of the shed itself were constructed using the leftover materials and also created sheds they used to store things.

"The partnership has been continuously fruitful since then, with Fonterra sending 50 large trailer loads of materials each year our way.

"Anything they have in the factory that's surplus, we're interested in. I'm now in there once a fortnight."

For this relationship the Stanhope Men's Shed was awarded the 2019 Outstanding Recycling/Upcycling Activity award by the Australian Men's Shed Association.

Shed members build a range of different items that are sold to the community with the funds going back into maintaining the shed.

Mr Crichton spoke about how the shed brings people together.

"Loneliness is a terrible thing. In elderly people especially, who've lost their partners or friends," he said.

"I have seen many cases where it's changed people's lives, just becoming a member has really turned things around for them."

Mr Crichton said the shed had become a place that helped men to discuss their problems, instead of holding them in.

"They're far more likely to talk to other blokes the same age as them than go to a nurse or doctor. It really has improved people's health in a lot of ways."

Frank DiFede, who is production manager at Fonterra's Stanhope factory and has worked there for 27 years, is in charge of organising materials that go to the Stanhope Men's Shed.

"The materials we donate would normally be sent to landfill or mulched into woodchip, so for us it's not just about supporting the local community, it's also a good way to reduce our impact on the environment," Mr DiFede said.

"We always look for ways to support our community, not just one-offs, but for the long term, and our partnership with the Men's Shed is a great example of this.

"It's something that our people and our farmers are really proud of."

Students add final touches to projects

By Rohan Aldous
June 28 2022



Pride of St Pat's: Cyril Cleveland (centre) with his bird shelter, alongside teacher Ashleigh White and St Patrick's Primary School chaplain David Czech

After a series of visits from Kyabram Men's Shed woodworking experts St Patrick's Primary School student Cyril Cleveland has significantly added to his workshop vocabulary.

Not that the terms come up in schoolyard conversation too often, but Cyril is now quite comfortable talking about dovetail and tongue and groove joints.

Cyril was among four students at the Albion St headquarters of the Kyabram Men's Shed organisation last week for the final woodworking session of what has become a regular component of the primary school's curriculum.

Cyril immediately caught the attention of onlookers at the end of term celebration as he took a left field approach to his project, to which he was adding the finishing touches at the final session before school holidays.

While his three classmates went down the trophy shelves route, Cyril was inspired by his passion for wildlife and his beloved Essendon Football Club in designing his woodworking piece.

His bird shelter was finished in the red and black of the Bombers, under the watchful eye of Wayne Leppard, Gary King and the other members of the men's shed primary school program team.

The partnership between the school and the men's shed started in 2019 and despite intermittent schedules — due to COVID-19 — has continued to develop male and female students from the school.

St Patrick's principal Jackie Stockdale has taken a lead role in the program, along with teacher Ashleigh White and school chaplain David Czech.

Mr Czech said students were very enthusiastic about the one hour weekly tutorials.

"They like developing the trade skills," Mr Czech said.

"We were lucky to gain the support of Bunnings, who provided the school with two bags of hand tools.

"The school now has some basic equipment to use going forward. We only have a very small woodworking room, so the end of term visit to the men's shed was great for the students."

While the current crop of woodworking apprentices was male dominated, there has already been one female included in next term's planning.

Five members from the men's shed have been involved in teaching the students during the term.

Mr Leppard said the men's shed was open to members on Monday, Tuesday and Thursday to complete their own woodworking projects.

"We also offer a service to complete some small project work for residents of the area," he said.



Final touches: Adding the final touches to their Kyabram's Men's Shed woodwork projects last week were Colt Tyrrell, Hugh Williams and Zeb Hocking. They were supported by men's shed members Wayne Leppard and Gary King.

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7.30 AEST Wednesday 20 July

- Kirrilly Thompson, University of Newcastle
- Andrew McLean, Equitation Science International
- Chris Heislars, Veterinarian

Your vegetation – what you need to know

7.30pm AEST 10 August

- Kevin Tolhurst AM, University of Melbourne
- Justin Leonard, CSIRO
- Peter Ashton, DELWP
- Nick Guyett, Surf Coast Shire

Your last resort options

7.30pm AEST 24 August

- Justin Leonard, CSIRO
- Jim McLennan, La Trobe University
- Rob Gordon OAM, Clinical Psychologist

Why get kids involved in the family bushfire plan

7.30 AEST Wednesday 7 September

- Michelle Roberts, Australian National University
- Rob Gordon OAM, Clinical Psychologist
- Briony Towers, Co-director, LEADRRR
- Jane Hayward, Principal Strathewen Primary School

Understand your bushfire risk

7.30pm AEST 21 September

- Kevin Tolhurst AM, University of Melbourne
- Justin Leonard, CSIRO
- Ian Bennetts, Bushfire Building Council of Australia

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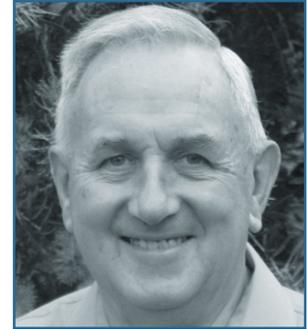
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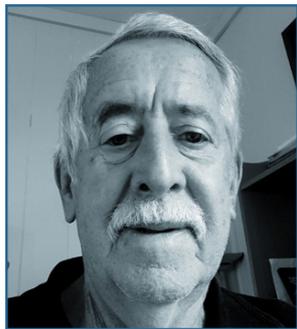
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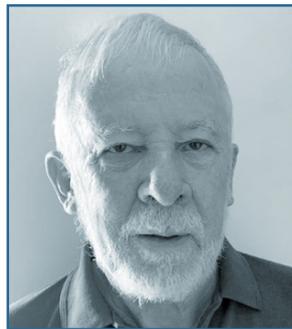
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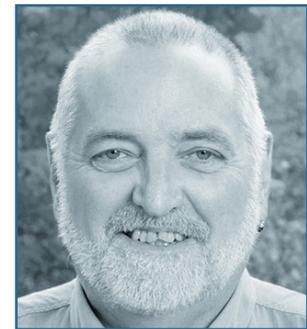
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Suicide Call Back Service Veterans Line	1300 659 467	Mind Australia Carer Helpline	1300 554 660
Veterans Line	1800 011 046	Men's Referral Service for help to avoid domestic violence:	1300 766 491
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