

# NEW VMSA NEWSLETTER



Wycheproof Men's Shed proudly receiving their new VMSA Member sign

## 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/>



# What's Inside

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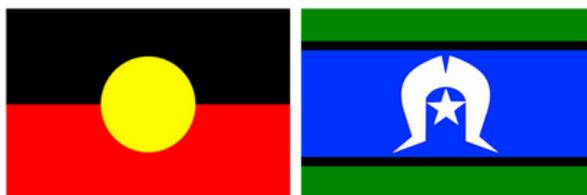
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## Acknowledgement of Country

'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**

The Victorian Men's Shed Association  
173-175 Ordish Road, Dandenong South VIC 3175  
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Web: [vmsa.org.au](http://vmsa.org.au)



# Chair Report



The VMSA's first exhibition of items made in men's sheds held in Queens Hall in the state parliament on the 16,17 and 18 Of May was a big success. Parliamentarians, public servants and the public all viewed the exhibition and the response was extremely positive.

A broad cross section of shed-made products was on display and the quality of the exhibits was first class. The amazing quality was remarked on by all.

A video of photographs from sheds was on continuous loop on the big screen in Queens Hall and VMSA staff, shed and board members were on hand to discuss the role men's sheds play in their communities.

This was no idle vanity project as we have a longer-term objective of increasing our state government funding. As our funding has not been increased for a long time we need to do the work of convincing government to provide more. That won't happen unless we can demonstrate what the real value of men's sheds is to our state.

Men's sheds provide tangible benefits in terms of mental health, general health, connectivity and well-being. They help men lead longer and happier lives. Men's sheds save lives and it is important to note that they also save the government money because of the many benefits they bestow on their communities. Our request for increased funding from government is very much framed in this context.

I would like to thank the sheds who loaned items for this exhibition and staff and board members who did so much work to make this event a success.

I would also like to thank Bronwyn Halfpenny and Emma Kealy, co-convenors of the Victorian State Parliamentary Friends of Men's Sheds and the VMSA group who supported this project and encouraged so many of their parliamentary colleagues to attend the exhibition and a function held on the Wednesday evening in the Federation Room at Parliament House.

Speakers included our Minister Lizzie Blandthorn, the shadow minister Tim Bull, the Speaker of the House Maree Edwards and the two parliamentary convenors of the friends group. All of whom were very positive in their support of men's sheds.

The work of improving funding and resources for men's sheds should be continuous for the VMSA and as you can't fatten a pig on market day, we need a carefully thought-through submission for government and the department before the end of this calendar year. Finally, this event was a success and we will look to do something bigger next year and invite a cross section of shed committee members from across the state to attend and participate.

**Trevor Dobbyn - VMSA Chair**

# CEO's Report



It's been a very busy couple of months getting our exhibition at Queens Hall organised. In doing so I've managed to catch up with quite a few sheds, visiting them to collect some of the amazing work they produce that was on display in the Queens Hall at State Parliament.

The event was a huge success and **special thanks** to all the sheds that contributed to the display this year, which included:

**Bayside Men's Shed**  
**Baxter Men's Shed**  
**Corner Inlet Men's Shed**  
**Cardinia Men's Shed**  
**Carpenter Bee Men's Shed (Moe)**  
**Diamond Creek Men's Shed**  
**GV Woodworkers**  
**Korumburra Men's Shed**  
**Horsham Men's Shed**  
**Monash Men's Shed**  
**Mornington Men's Shed**  
**Melbourne Men's Shed**  
**Ocean Grove & District Men's Shed**  
**Ouyen & District Men's Shed**  
**Rowville Men's Shed**  
**Westernport Men's Shed**



Pictured at the Regional Meeting at Men's Shed Bendigo  
L-R: Tony, Marty(AMSA) Carol (Bendigo)  
Trevor, Derek (VMSA) Brian (Bendigo) Stuart (AMSA)

In the spirit of the MOU between AMSA and VMSA, myself and Trevor Dobbyn also visited Bendigo last week for a Regional meeting of sheds organised by AMSA and hosted by Men's Shed Bendigo. Thanks to Brian and Carol for their great hospitality and excellent job of hosting the event.

Sheds in attendance came from Avoca, Broadford, Charlton, Donald, Gisborne, Sunbury, Kilmore, Maldon, Marong, Romsey, Wedderburn, Woodend and Ouyen. Myself and Trevor managed to speak to pretty much every shed that attended between us, which was great to put a lot of faces to the names we often speak to via phone.

We are already starting to plan for our **Statewide Forum** and **AGM** in October, and plan to make that even bigger and better than last year. If you have suggestions for things you would like to see at the forum, please contact me.

**Derek O'Leary - CEO**

# VMSA Queens Hall Event



# VMSA Queens Hall Event



Just some of the great items made by sheds on display in Queens Hall State Parliament

# Cooking up a storm

Like many Men's Shed's around Australia we would have a Sausage Sizzle once a month at the **Yackandandah Mens Shed** in North East Victoria. The sausage sizzle provided a good opportunity to put down tools, relax, chat and have a tasty feed. But as we know, in terms of promoting good health in older males, fat laden sausages, white bread and sugar rich sauces is not a healthy combination, particularly for those who struggle with obesity and diabetes 2. We have not given up on the sausage sizzle, but there are options and simple variations that can be added to satisfy traditional expectations and ensure we support Men's health and wellbeing.

While moving to a healthier version of the sausage sizzle we have also introduced an alternative, namely a once-a-month members lunch that features fresh vegetables as well as lean meats and chicken. Guided by a member who has trained in Commercial Cooking and French, Cordon Bleu cuisine, the members now prepare a sumptuous lunch on the last Tuesday of the month. These have included pasta served with several different sauces, Spanish Paella, Indonesian Nasi Goreng rice with Chicken Satay, and pulled pork burgers. A fresh side salad is always included with the lunch.

The focus on creating healthy alternatives to the basic sausage sizzle has stimulated a heightened interest in cooking amongst the members. After a survey was taken of what specific cooking skills were desired by the members, the Yackandandah Shed is now conducting formal lessons in skills such as using a chef's knife, cooking rice to perfection, and making low-cost meals for singles.

Next month the members are going to create a feast of curry dishes from different regions of India and South-East Asia. By then we will also be experts at cooking rice, and also at dicing onions.

Recipe sheets are being included with each monthly lunch so that members can replicate the dishes in their own home. Below is one of these recipes, for Indonesian Nasi Goreng fried rice.



# The Yack Shack - Paella Recipe

## Ingredients (for two servings)

1 cup cooked rice  
1 diced onion  
Tablespoon crushed ginger  
Clove of garlic, chopped  
1 cup diced cabbage  
1/2 cup diced red capsicum  
1/2 cup diced celery  
1/2 cup frozen green peas  
1/2 cup finely chopped spring onion  
Teaspoon dried chilli flakes  
Tablespoon ground cumin  
Tablespoon ground coriander  
2 Tablespoons Oyster Sauce  
2 Tablespoons Kecup Manis (sweet soya sauce)

## Method:

On a medium element heat a wok or large fry pan with two tablespoons cooking oil and when hot, add onion, ginger and garlic. Cook, stirring for 3 minutes then add vegetables (cabbage, capsicum, celery and frozen green peas) cook for a further 3 minutes then add the cooked rice. Combine the rice with the cooked vegetables then add the ground cumin and coriander, chilli flakes, the oyster sauce and kecap manis. Finish with the chopped green spring onions. Optional: push the ingredients to one side and add a beaten egg, cook until firm then blend with the fried rice. Then enjoy your meal with your fellow Shedders, and feel confident to impress those at home or at other social gatherings with your cooking prowess.



Larry Kern preparing a Spanish paella

# Free Governance Training for Shed's

The **Department of Families, Fairness and Housing**, with **Justice Connect's Not-for-profit Law**, is providing free customised training on a range of different topics to help Men's Sheds better understand (and implement) their key responsibilities and legal obligations. Not-for-profit Law's experienced lawyers run interactive sessions, in plain language – with no legal jargon.

As a charity and not-for-profit themselves, Justice Connect understands the issues you face and will help to build the capacity of your men's shed.

## **Upcoming online sessions include:**

- Governing a Not-for-profit Organisation
- Becoming an Incorporated Association
- Volunteer Safety, Risk and Insurance

[Click here](#) to view dates of upcoming sessions and to register, and Justice Connect will send you all the information you need to easily join the session.

## **What you'll receive:**

- 3 hours of plain language training from an experienced lawyer from Not-for-profit Law
- Opportunity to ask questions of a lawyer who specialises in how the law applies to not-for-profits
- Copy of the session recording and slide presentation (recording available for 14 days)
- Top tips and additional resources to help you in the future

## **Here's what participants from men's sheds have said about this customised training:**

·“The session reminded me to review and become more familiar with the existing constitution & rules that I hadn't addressed for many years since joining a men's shed. There is very useful and helpful guidance and resources that I will use to better understand my shed, its purpose, rules and reason to be.”

·“It covered a great deal of information in a very interactive way”

·“A more complete / deeper knowledge will help make sure our shed is on the right track going forward.”

**Click on the tiles below to register**



**Governance training:**

**Becoming an Incorporated Association**

Register now

justice connect SIT VICTORIA State Government



**Governance training:**

**Becoming an Incorporated Association**

Register now

justice connect SIT VICTORIA State Government



**Governance training:**

**Volunteer Safety, Risk and Insurance**

Register now

justice connect SIT VICTORIA State Government

# Shed down the Murray tour

Our trip down the Murray arriving in Swan Hill at around **4.00pm on 11th August**. We are not planning any official function in Swan Hill but we extend an invitation for shedders to greet us as we arrive at Riverside Park. We also invite sheds to donate to the trip by supporting **ITS A BLOKE THING FOUNDATION** and the Prostate Cancer Foundation of Australia. All money raised will attract a dollar for dollar subsidy from the Federal Government and are tax deductible.



Proudly supporting the It's a Bloke Thing foundation, and Prostate Cancer Foundation of Australia.

The Pittsworth & District Men's Shed has constructed a river raft from Composite Fibre (Supplied by the Wagner Group) and will undertake a 600km river trip down the mighty Murray River from Yarrowonga to Swan Hill. But first, they will travel down the Newell Highway, visiting Men's Sheds and communities along the way, spreading the word on Prostate Cancer and the Men's Shed movement

Would you like to get on board?

Pittsworth & District Men's Shed Inc will be out and about at trade and Agricultural Shows, markets and other events promoting the *Shed Down The Murray* project.

All money raised will be donated to *The It's A Bloke Thing Foundation* and will attract a Dollar for Dollar subsidy from the Federal Government.

## Prostate Cancer is a big deal for blokes

By age 85, **1 in 5** Australian men will be diagnosed with Prostate Cancer.

In 2022 over **24,000** Australian men were diagnosed with Prostate Cancer.

**95%** of men diagnosed with early-stage Prostate Cancer are expected to survive at least five years.

Each day **66** Australian men are diagnosed with Prostate Cancer.

Each day **10** Australian men die from Prostate Cancer.

Early detection save lives!

You can donate directly to the appeal at:

HERITAGE BANK – PITTSWORTH BRANCH  
BSB: 638-070 ACC: 13325485

All donations over \$2.00 Are tax deductible. To obtain a tax receipt, email Merv Hinneberg: [mervandmaggie1@gmail.com](mailto:mervandmaggie1@gmail.com).

**For more information visit [www.pittsworthmensshed.org.au](http://www.pittsworthmensshed.org.au)**

# Mental Health & Wellbeing Reform

## An update from Katherine Whetton

Deputy Secretary  
Mental Health and Wellbeing Division  
Department of Health



On Tuesday, the Treasurer handed down the 2023-24 Victorian State Budget.

There has been a lot of focus ahead of this year's budget on the next steps for mental health and wellbeing services and continued system transformation as the state and our health system continues to recover from the pressures of Covid.

This year's budget includes some great outcomes for mental health and wellbeing, and for specialist alcohol and other drugs services. It includes investments totalling **\$521.1 million** for mental health and wellbeing initiatives, and a further **\$255.1 million** allocated to support specialist alcohol and other drugs service delivery.

This combined investment of **\$776 million** will enable the continuation and expansion of critical programs, services and facilities across both sectors.

Below you will find a summary of high-level outcomes for mental health and wellbeing and AOD. This is not a complete picture of this year's investments but I hope it will provide a helpful overview of some of the areas of investment.

### Building a strong and sustainable mental health and AOD workforce

Building on \$372 million in the 2022-23 Budget, the Victorian Government is delivering an additional \$103.9 million to build a strong mental health and wellbeing workforce that can support the needs of the Victorian community and realise the Royal Commission's vision for reform.

Funding will support the delivery of the Earn and Learn program for community mental health workers the Aboriginal Mental Health Trainees, recruitment of 84 new AOD trainees and recruitment of two Koori Mental Health Liaison Officers at Forensicare.

### Delivering the right care, in the right place, at the right time

Investment of **\$350.6 million** will support delivery of 96 new and continuing mental health beds including the state's first publicly funded residential eating disorders treatment centre, delivery of three new Mental Health and Wellbeing Locals in Northcote, Leongatha and Narre Warren and planning for an additional 20 Locals, continuation of 145 residential rehabilitation and withdrawal beds for adults and young people, expanded perinatal mental health services and an investment of \$21.8 million for community-based organisations to deliver the support that their local communities need.

### Preventing and responding to suicide

This Budget provides **\$17.7 million** to support suicide prevention initiatives, including follow-up support people for people affected by suicide, their families and loved ones.

Funding will support continuing the Youth Live4Life program, progressing the design of an aftercare service for LGBTIQ+ community members following a suicide attempt, continuing support for the Strong Brother, Strong Sister program which provides support to Aboriginal children and young people in Geelong, and continuation of universal aftercare services for a further three years.

# Mental Health & Wellbeing Reform

## **Implementing the Mental Health and Wellbeing Act**

Taking effect on 1 September 2023, the new Mental Health and Wellbeing Act 2022 will change the way Victorians experience mental health and wellbeing treatment, care and support.

An investment of **\$47.8 million** over the next four years will support the implementation and continuation of important Act components, including the Mental Health and Wellbeing Commission, the continuation of the Victorian Collaborative Centre for Mental Health and Wellbeing, the Office of the Chief Psychiatrist, and the Mental Health Tribunal. It will also support the continued work of the Interim Regional Bodies.

## **Expanding Victoria's forensic mental health capacity**

Investment of **\$81.3 million** will provide critical support for people experiencing severe mental illness who are involved in the criminal justice system.

Funding will support the expansion of forensic community mental health teams, expansion of the Youth Justice Mental Health Initiative (YJMHI), and Forensicare's Community Forensic Disability Mental Health Service which helps reduce barriers people with disability face in accessing vital mental health services.

## **Supporting people with substance use or addiction issues**

Investment of **\$255.1 million** will support improved outcomes for people with substance use or addiction issues and the delivery of life-saving harm reduction initiatives.

Alongside investment for new AOD trainees and residential rehabilitation beds listed above, this funding will also support the expansion of Victoria's naloxone and pharmacotherapy programs, the continuation of the Medically Supervised Injecting Room in North Richmond, outreach programs in North Richmond and the CBD, the progress of public intoxication reforms and the creation of a purpose-built alcohol and other drugs rehabilitation, outpatient support and outreach centre for Victorian workers.

I want to take this opportunity to thank and acknowledge our AOD sector who advocate tirelessly in support of people experiencing substance use or addiction.

Since the Royal Commission's final report was handed down, the Victorian Government has invested almost \$6 billion invested in mental health and wellbeing support for Victorians. Much of this funding is continuing to roll out to services, supporting increasing availability and delivery of treatment, care and support.

This year's budget further adds to this investment and reinforces the government's strong commitment to delivering the services and support that Victorians need, and to progressing the important work to transform the system in line with the Royal Commission's vision.

# Latrobe Cluster Muster

## Cameron Thomson - Field Officer reports in

The **Latrobe Valley Cluster Muster** was held on 30th May 2023. The event was held at the Morwell Historical Society building.

42 shed members attended, representing Men's Sheds from Boolarra, Churchill, Moe (Old Gippstown), Moe (Carpenter Bees), Morwell, Newborough/Yallourn, Toongabbie and Traralgon. This was the first Cluster Muster held specifically for the Latrobe Valley sheds since prior to COVID lockdowns.

The event included a talk from guest speaker Nikki McNeilage from Latrobe Community Health Service (LCHS) around engaging men from multicultural communities with the Men's Shed movement. Kellie Bertrand from DFFH provided an update on grants and funding, as well as providing information and tales from the vaults of the Morwell Historical Society. VMSA Latrobe Valley Field Officer Cameron Thomson provided an update on the VMSA and his own projects within Latrobe.

Feedback from the event was overwhelmingly positive. Shedders were very happy to be able to catch up with other sheds in person from Latrobe, share information and updates, and to feel united as a region. Good connections were made, and it is planned for the event to become a regular feature for the Latrobe sheds in future.



# Shed Opening: Murchison Men's Shed

Murchison Men's Shed was instigated by the Murchison Community Planning group, in the Murchison and district community plan 2011. In January 2013, a meeting was held at the Neighborhood house to gauge the interest in a men's shed with approximately 25 in attendance.

Our shed started in February 2013, in a very cramped cluttered workshop behind what was then, DP Jones nursing home. We then moved to a slightly larger, 22 square metre shed behind neighborhood house, yes still very cramped, but we made do.

Over the time we have completed projects for the Murchison cemetery trust, DP Jones Nursing home prior to closing, pre-school, RSL, Heritage society. More recently we have refurbished the Meteorite Park information boards, Pre-School Children's picnic table, A bench seat for the children at the primary school, Town Christmas Decorations, The list goes on.

As some of you may know, in 2019, we were auspiced to Murchison Community Care and had plans to build our new shed behind neighborhood house.

We worked hard with the help of Jenny Lister, (neighborhood house), Josh Lee, (Shepparton council), Liz and Ros from DHHS to put together a grant application from the Victorian government.

Then came the bomb shell that rocked Murchison, MCC went into liquidation and that put an end to our new shed. Our members, although looking as though we would lose everything, decided not to let this beat us.

2020 we became incorporated, and with this we had control of our destiny.

After the sale of all MCC's property the new owners of the old Bush Nursing Hospital property generously let us remain and work in our tiny shed behind the neighborhood house.

We would like to formally thank Guido and Sandra Vazzoler for their generous support.

Although COVID slowed us down, we again worked hard to raise money with sausage sizzles and donations. Then, with the help of Josh, we approached the Shepparton council for help in finding a new home.

With the help of our members, their wives and partners, along with Josh and Cr Greg James, and indeed, all the councilor's support over the last 2 years, this building is the end result.

The members would also like to formally thank Greater Shepparton City council, our wives and partners, and the Murchison community for their generous support over this time.

When we started we had just 22 square metres, our new shed spans **288 square metres** of indoor floorspace, just a slight improvement!

# Shed Opening: Murchison Men's Shed

We are looking forward to a productive future with membership growth.

Now to fill up our new great space, plans are in place for:

More Community projects

Setting up a new metal workshop

A new Wood workshop

A quiet place for men to sit, yarn over a cuppa, play cards, or watch their team win the Grand Final.

The members of Murchison Men's Shed, thank all those involved in the process, and invite everybody to call in for a cuppa any time.

This invitation extends to all men 18 and over of Murchison and surrounding areas. You are always welcome to call in anytime, have a yarn, the billy is always on the boil. Come and see what we are up to.

## Our open times are:

Wednesday's 10am to 3pm.

We are also planning to open Saturdays 11am to 3pm to accommodate those men that are still in the workforce.



# Shed Projects: Kilmore District Men's Shed

The lads from the Kilmore and District Men's Shed have been putting together 5 seats using the Cypress pine that was supplied by Tree Tactics, which were reclaimed timbers from the area.

It was made possible with the combined effort of the Bendigo Bank & The Trustees of the Kilmore Racecourse & Recreational Reserve

Now you can catch your breath along the Walking Trail while taking in the serenity along the walking trail.



# Not for Profit - Income Tax Exemption Changes as of July 1st 2023

The Australian Taxation Office (**ATO**) has commenced targeted consultation in relation to the upcoming changes for not-for-profit (**NFP**) entities that self-assess as eligible for income tax exemption (**ITE**).

From 1 July 2023, NFP entities with an active **Australian Business Number** that self-assess as eligible for ITE will be required to **lodge an annual self-review form** along with supporting documentation with the ATO. Failure to lodge may result in loss of ITE and penalties may apply. The reforms are intended to ensure that only eligible NFP entities access ITE resulting in the increased trust, transparency and integrity of NFP entities within the sector. The additional administrative burden will likely diminish in subsequent years as the ATO is funded to develop an online portal providing NFP entities with the ability to either confirm or amend a pre-filled self-review form.

## **Affected NFP entities**

The changes will affect NFP entities that are **not** registered charities with the Australian Charities and Not-for-profits Commission (**ACNC**) and self-assess as ITE.

These entities fall into eight categories (**the ITE categories**):

- **Community service organisations** including playgroup associations, community service clubs and senior citizens associations. (**Men's Sheds** fall under this category)

## **Is the entity not-for-profit?**

- While a NFP entity can make a profit, that profit must be used for its purposes. This means that the entity must ensure that it is not making payments to members in their capacity as members. The entity must also ensure that it is not making other payments that could be characterised as conferring an inappropriate private benefit (such as excessive payments to employees or directors or payments to directors that are prohibited by the governing rules).

## **Has the entity reviewed the ATO self-assessment tools?**

The ATO has produced the following self-assessment tools. These tools will assist entities to prepare the supporting documentation that is likely to be required for submission to the ATO:

- a **self-governance checklist** for all NFP entities – complete Section B (for self-assessing NF entities) and Part 2 (which works through a range of tax related questions); and
- an ITE self-assessing worksheet:
  - You can **download the relevant form here**

*I know a few sheds have called me concerned about this after AMSA sent out their newsletter. It's not as complicated as it first seems, the main change is you need to fill out a form each year. Download the form, fill it out, any concerns or questions please give me a call*

**Derek O'Leary -CEO**

# VMSA Board Members



**Trevor Dobbyn**

Chair  
0408 121 934



**Colin Prowd**

Vice Chair  
0437 311 218



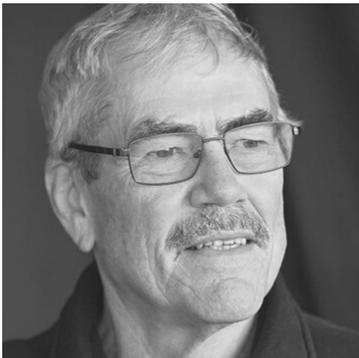
**Max Finlayson**

Secretary  
0428 171 020



**Marcelle Davis**

Board Member  
0408 592 016



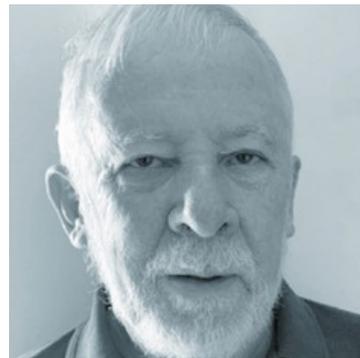
**James Gundrum**

Board Member  
0438 737 401



**Tom Rolls**

Board Member  
0490 290 597



**Graeme Newman**

Board Member  
0422 248 310



**Peter Broomhead**

Board Member  
0405 058 319

Important organisations that are there to help in difficult times

## **REMEMBER TO CALL A MATE**

Beyond Blue 1300 224 636

Lifeline 131 114

**MensLine 1300 789 978**

Suicide Call Back Service 1300 659 467

Veterans Line 1800 011 046

Black Dog Institute (02) 9382 4530

Head to Health:

<https://www.headtohealth.gov.au>

Grief Line - 12-3pm 7 days: 03 9935 7400

# VMSA Staff Members



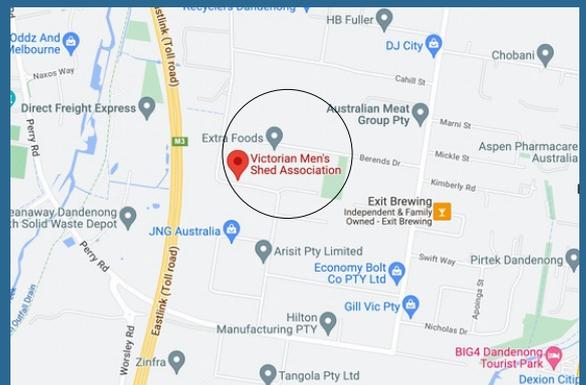
**Derek O'Leary**  
CEO  
0408 465 228



**Cameron Thomson**  
Latrobe Field Officer  
0487 427 404

**New Metro &  
Regional  
Field Officers  
Coming Soon**

We are here to support you.  
The VMSA Office is open Tuesday,  
Wednesday, & Thursdays 9-5



**173-175 Ordish Rd, Dandenong VIC 3175**

*Our CEO, Board Members and Staff are always willing to help our shed members. Please do not hesitate to contact us.*

Thanks to our sponsors for their ongoing support:

