

# POMONAL: BUSHFIRE UPDATE

SOS  
*Tangam-Kiewa Men's Shed*

*Shed Spotlight  
Port Phillip*

*Mt Beauty's  
CNC Router*

*National Shed  
Development Program*



# SHED TALK

**FEBRUARY 2024**

Issue 26



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# REPORT FROM THE CHAIR

## **Tangambalanga/Kiewa Men's Shed**

One of the current issues faced by the VMSA is supporting the Tangambalanga/Kiewa men's shed who are dealing with threatened closure by the Indigo Shire Council.

This threat flows from a master plan to redevelop the council-controlled site on which the council owned shed is based. The shedders have been told by the council that they must leave the shed by 1 April, however, no alternative accommodation has been put in place for them.

The shed committee has tried to negotiate with the council to enable it to stay in the existing shed until such time as an agreement for a new shed on the same site is reached. So far this has not occurred. The VMSA is supporting the Save Our Shed campaign and already over 50 sheds have sent messages of support. Sheds across Victoria are also emailing the Indigo Shire Council calling on it to negotiate a new agreement to ensure the shed's ongoing operation.

At the request of the shed president and the VMSA a meeting with the council has as now been scheduled at the council office in Yackandandah on 5 March and we hope that common sense will prevail.

This dispute is placing undue and unnecessary stress on shed members and must be resolved ASAP.

## **New VMSA General Manager**

I am delighted to announce the appointment of Philip Connell to the position of VMSA general manager. Philip brings with him a significant amount of both community and private sector experience. He will commence his new role on Tuesday 12 April and we look forward to working with him to help take the men's shed movement forward.

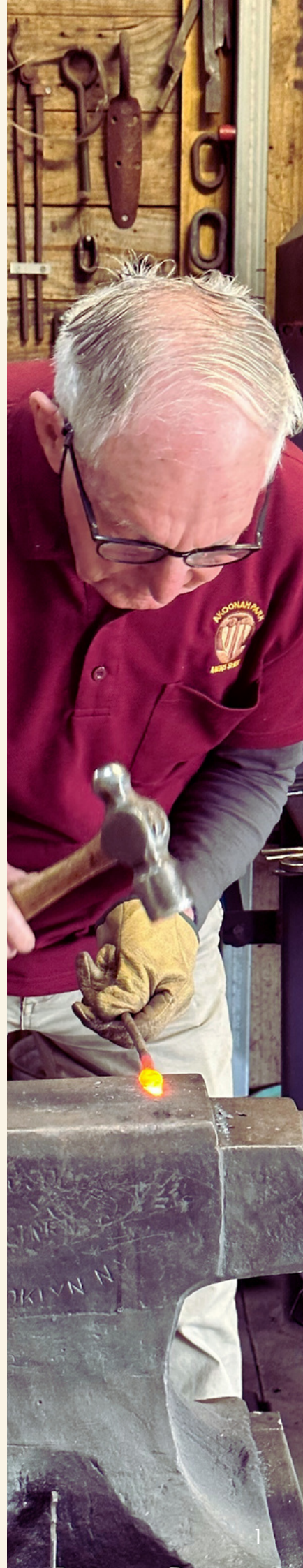
## **Age eligibility**

The question of the age of shedders often arises. While many men's shed members are retired and bring with them the experience gained from their previous working lives in often very responsible positions, men's sheds are open to all men over 18 years of age.

We welcome younger men who bring different perspectives and new skills to sheds and can energise committees to take sheds forward. If we don't renew the men's shed movement will die and nobody wants that so new younger men will always be welcome.

## **TREVOR DOBBYN**

*VMSA Chair*



# POMONAL MEN'S SHED

## UPDATE AMIDST BUSHFIRES

In a recent update, it was confirmed that the Pomonal shed emerged unscathed from the bushfires, serving as a sanctuary amidst ongoing relief efforts. Ararat Rural City Council and Red Cross counsellors currently utilise the sheds meeting room to provide support to community members. Information about available counselling services, including those provided by the CFA, Red Cross, and ARCC, is accessible for all.

Despite the challenges, the shed resumes its regular operations, fostering a sense of camaraderie and support during these trying times. Members are encouraged to lean on one another for mental and physical support as they navigate through the aftermath of the fires.

Russ Kellett, amidst his commitments with the CFA, urges all inquiries to be directed via email to [pomonalmensshed@gmail.com](mailto:pomonalmensshed@gmail.com), citing his current unavailability for phone conversations. He assures responses to all emails but requests patience during this busy time.

The community extends heartfelt gratitude for the support shown during the recent challenges, acknowledging significant losses in the area while expressing relief that the Men's Shed remains operational and untouched by the fires.

PHOTO COURTESY OF THE ARATAT ADVERTISER.







## SUPPORTING TANGAMBALANGA-KIEWA MEN'S SHED 'SAVE OUR SHED'

In a passionate display of solidarity and community spirit, sheds across Victoria have come together to support the Tangam-Kiewa Men's Shed in their ongoing 'Save Our Shed' campaign. Facing a critical juncture in their existence, the Tangam-Kiewa Men's Shed has reached out to fellow sheds for assistance, and the response has been nothing short of remarkable.

With over 50 sheds responding to the call for support, the outpouring of solidarity underscores the vital role that local sheds play in fostering the health, well-being, and sense of community among men across Victoria. Each letter written to the Indigo Shire Council puts pressure on it not to allow the Men's Shed to be forced out of its current home without an agreed alternative location available. These messages of support serve as a powerful testament to the importance of preserving the Tangam-Kiewa Men's Shed as a cherished community asset.

As the community campaign gains momentum, the Victorian Men's Shed Association (VMSA) stands in solidarity with the Tangam-Kiewa Men's Shed and will continue to provide updates on the progress of their efforts.

Stay tuned for further developments as we work together to safeguard the future of the Tangam-Kiewa Men's Shed.

If you have not yet shown your support **CLICK HERE** to follow the instructions on how to email the council and Tangam-Kiewa Men's Shed.



## SHED SPOTLIGHT:

# PORT PHILLIP

Port Phillip Men's Shed shines as an example, demonstrating strong internal organisation and a dedicated commitment to fostering community partnerships while prioritising the mental and physical well-being of its members.

Abhijit Chattaraj, the shed president, spent some time detailing the shed's approach to facilitating regular activities, including woodwork, metalwork, gardening, shed lunches, and events.

Each activity has several facilitators and a coordinator. One thing that particularly impressed was the appointment of a 'shadow' coordinator who would step in if the regular coordinator left or was unavailable for some time.

The shed's proactive stance on member well-being is evident through the appointment of a dedicated well-being coordinator, organising health events and serving as a mediator during internal conflicts. Recent initiatives included health checks by Melbourne University and a visit from St. John's Ambulance.

Port Phillip Men's Shed maintains fruitful partnerships with corporate and community groups, including Jim's Mowing, Bunnings, local technical schools, and more. Recent community projects involved crafting toys for the local toy library, building a tool carrier for the sea scouts, and creating tables for Parks Victoria.

The shed's weekly lunches attract several local men facing various life challenges, finding solace and camaraderie within its walls. One poignant anecdote shared by Abhijit highlighted the profound impact of the shed, recounting how one member, recently widowed, found solace in the cooking group, expressing gratitude for his first warm meal since his wife's passing.

Port Phillip Men's Shed exemplifies a community-driven space that welcomes individuals from all walks of life, providing support and care to its members and the wider local community.





# MT BEAUTY CNC ROUTER

After months of anticipation, the parcel that had been eagerly awaited since December 2023 was finally opened on January 29, 2024. Remarkably, the idea for its acquisition had been proposed by the committee nearly two years prior, a testament to the persistence and determination of our team.

As Phil gingerly opened the first box, his expression spoke volumes—utter amazement at the multitude of small plastic parcels contained within. With Mal's assistance, the contents were carefully spread out, revealing just a fraction of what was to come.

Yet, the journey had only just begun. Sorting through the assembly instructions proved to be a task in itself, necessitating a strong cup of coffee and collaborative consultation among shed members. Eventually, the pieces began to take shape, albeit with the added challenge of navigating an assortment of 6mm screws, washers, and nuts that seemed determined to explore the workshop floor.

Despite the inevitable hiccups and challenges along the way, the unveiling of this long-awaited addition represents a significant milestone for the Mt Beauty Men's Shed. As they navigated the intricacies of assembly and installation, they did so with a shared sense of a dose of humour, enthusiasm and determination.

With the completion of this project, Mt Beauty Men's Shed looks forward to the countless opportunities, it will bring for collaboration and creativity within their shed community.





# SHEDS SUPPORTING MEMBERS

## **Boorndawan Indigenous Program**

Located in Lilydale, the Boorndawan Shed caters to the needs of indigenous men in the eastern metro region. Facilitator George shared a heartwarming story about a member who initially kept to himself, sitting quietly in the corner of the garden. However, after just a month of attending, he had become an active participant, engaging with others and contributing enthusiastically to the shed activities.



## **Croydon Social Inclusion shed**

This shed is run for socially isolated men over the age of 65. One member stated openly to the assembled group that “he felt completely lost before he found the shed and his shed mates.”



# HEALTH AND WELLBEING INITIATIVES



**Diabetes Victoria** has recently initiated discussions with VMSA regarding the potential organization of diabetes education sessions at men's sheds across the state in 2024. They also expressed their willingness to provide support to sheds interested in establishing local peer support groups. This collaboration aims to enhance diabetes awareness and support within the shed community, promoting overall health and well-being among members.



**Food & Fibre Gippsland's** Regional Drought Resilience Officer is actively exploring the possibility of organizing informative workshops tailored specifically for men's shed groups in the Gippsland region. These workshops are slated to take place during the first half of 2024 and aim to address key aspects of drought resilience and management pertinent to shed communities in the area.

If your shed is interested in either of these initiatives please contact Jim Kane at [jim@vmsa.org.au](mailto:jim@vmsa.org.au) or 0448 015 554



# INSIDE THE WORKSHOP

# SHED

# SHOWCASE

## BEACONSFILED

The Beaconsfield Shedders unpacked their defibrillator, which was made possible by a grant from the Australian Men's Shed Association late last year. They expressed gratitude for the opportunity and hope that they never have to use it, but appreciate that it will be easily accessible if needed.



## LARA & DISTRICT

The Lara and District Men's Shed has recently completed the renovation and installation of a cubby house for the Lara Primary School. They are excited to see the children enjoy this new addition and hope it brings them years of happiness.





## ROSEBUD

The seating booths for the Rosebud RSL were delivered and installed today. It's been a big project for the shed, however they're very happy with the results. The next time you're at the RSL make sure that you check out their work.

## CAVENDISH

Recently delivered a custom desk to Sustainable Plastic Solutions in Hensley Park. Committed to their "Green Without Compromise" motto, they requested reclaimed timber for the desk. The Sheddors repurposed old Red Gum fence posts, milling them into boards to create this beautiful piece.



## LANGWARREN

Langwarrin Men's Shed partners with the Community Centre to store their trailer in exchange for labour-free services. Recent projects include installing a new gate, replacing dangerous panelling, building fence panels, constructing a retaining wall, and planting vegetables to teach children about food cultivation.





## AKOONAH PARK SHED

Akoonah Park Men's Shed built 20 possum boxes to help rescue and relocate wild possums. The boxes were crafted from donated plywood, sourced from excess caravan flooring supplies

## CROYDON SHED

Croydon Men's Shed annually creates memorial boxes for SIDS Treasured Babies in Mooroolbark. Crafting about 45 boxes per month, totaling 500 annually, members paint them before they're finished with bedding and clothing in Mooroolbark. These boxes are then distributed nationwide, honoring the memory of lost lives.



## PORT PHILLIP

Port Phillip Shed partnered with Port Phillip Rotary for a beekeeping project. It stemmed from relocating a neighbour's hive and became an extension of their gardening initiative. Initially aimed for rooftops of government buildings, the project fosters sustainable gardening and enhances local bee biodiversity.





NATIONAL SHED

# DEVELOPMENT PROGRAM

Round 27 documentation will be available on the AMSA website on Monday 15 January 24

The NSDP is a competitive grants programme and applications are open to all Men's Sheds across Australia regardless of location or AMSA membership. The programme supports Men's Sheds and organisations supporting a Men's Shed to better respond to the needs of the members and their local community.

The NSDP provides direct financial assistance to:

- Address the health and well-being of the shed members.
- Support health improvements for shed members.
- Deliver appropriate activities and programmes.
- Improve facilities and the sustainability of Men's Sheds across Australia

The National Shed Development Programme is a program of the Australian Government Department of Health & Aged Care, administered by AMSA.

Email/call VMSA's Regional Coordinator Jim Kane [jim@vmsa.org.au](mailto:jim@vmsa.org.au) or call 0448 015 554 if you have enquiries about the NSDP programme, items and services that are eligible for funding.

**CLICK HERE FOR MORE INFORMATION**





## BUILDING DIGITAL SKILLS GRANT

# BY BE CONNECTED

**Building Digital Skills grants help organisations to deliver free Be Connected digital literacy programs to older Australians in their community.**

Building Digital Skills grants of up to \$10,000 help organisations to support older Australians 50+ through free digital mentoring sessions. A range of resources and support materials are available to help organisations to deliver this program, including the learning courses available on the Be Connected Learning site.

By providing the Be Connected program for free using this grant, recipients will help people to develop their digital skills and confidence.

If you work with people with disability, First Nations communities, people from CALD communities or living in very regional or remote areas of Australia, you may be eligible for our specialist grants! Our specialist grant contracts make it easier for you to focus on helping those most in need of digital skills support in your community.

For more information and to read the grant guidelines visit  
<https://www.beconnectednetwork.org.au/grant-program/building-digital-skills-grants>

**ROUND 49 OPEN 5 FEBRUARY 2024 - 1 MARCH 2024.**





## SHEDS EMBRACING **EXERCISE AND WELLNESS**

During our recent expeditions throughout various shed communities, the Victorian Men's Shed Association (VMSA) has been actively engaged in mapping out the regular weekly shed groups and activities that are making significant contributions to the mental and physical well-being of our members. It's been truly enlightening to witness the diverse array of groups that have been cropping up, each offering unique experiences and opportunities for camaraderie and personal growth.

For instance, we've observed the emergence of meditation sessions at the Port Phillip Shed, providing members with a peaceful sanctuary to cultivate mindfulness and relaxation.

Meanwhile, sheds like Taylor's Hill have embraced the classic game of Bocce, fostering friendly competition and skill-building among participants.

Additionally, sheds in Mordialloc and Bacchus Marsh have been buzzing with excitement as they host thrilling pool competitions, igniting a sense of friendly rivalry and team spirit among members.

These initiatives not only provide enjoyable recreational activities but also serve as valuable avenues for social interaction, skill development, and overall well-being. As we continue to document and celebrate these vibrant shed groups, we're dedicated to sharing their stories and achievements through our newsletter and public notices on Facebook.

Our hope is that by shining a spotlight on these activities, we can inspire other sheds to explore similar endeavours and perhaps even foster some friendly inter-shed competitions, further enhancing the sense of community and camaraderie within our shed network.



# EXERCISE: **BENEFITS OF REGULAR PHYSICAL ACTIVITY**

**Physical activity or exercise** can improve your health and reduce the risk of developing several diseases like **type 2 diabetes**, **cancer** and **cardiovascular disease**.

Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

## **Benefits of regular physical activity**

If you are regularly physically active, you may:

- reduce your risk of a **heart attack**
- **manage your weight** better
- have a lower **blood cholesterol level**
- lower the risk of **type 2 diabetes** and some **cancers**
- have lower **blood pressure**
- have stronger **bones**, **muscles** and joints and lower risk of developing **osteoporosis**
- lower your risk of **falls**
- recover better from periods of hospitalisation or bed rest
- feel better – with more energy, a better **mood**, feel more relaxed and **sleep** better.

## **A healthier state of mind**

A number of studies have found that exercise helps **depression**. There are many views as to how exercise helps people with depression:

- Exercise may block negative thoughts or distract you from daily worries.
- Exercising with others provides an opportunity for increased social contact.
- Increased fitness may lift your mood and improve your sleep patterns.
- Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.

## **Aim for at least 30 minutes a day**

To maintain health and reduce your risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate-intensity physical activity on most, preferably all, days.

Physical activity guidelines

## **Australia's physical activity and exercise guidelines state that:**

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.



# EXERCISE:

# **BENEFITS OF REGULAR PHYSICAL ACTIVITY**

## **Ways to increase physical activity**

Increases in daily activity can come from small changes made throughout your day, such as **walking** or **cycling** instead of using the car, getting off a tram, train or bus a stop earlier and walking the rest of the way, or walking the children to school.

See your doctor first

## **It is a good idea to see your doctor before starting your physical activity program if:**

- you are aged over 45 years
- physical activity causes **pain in your chest**
- you often **faint** or have spells of severe **dizziness**
- moderate physical activity makes you very breathless
- you are at a higher risk of **heart disease**
- you think you might have heart disease or you have heart problems
- you are **pregnant**.

## **Tips and ideas for older people (65 years and older)**

Four types of activity are needed to keep you healthy:

- moderate activity – for your heart, lungs and blood vessels
- strength activities – to help maintain bone strength
- flexibility activities – to help you move more easily
- balance activities – to improve your balance and help prevent falls.

Pre-exercise screening is used to identify people with medical conditions that may put them at a higher risk of experiencing a health problem during physical activity. It is a filter or 'safety net' to help decide if the potential benefits of exercise outweigh the risks for you.

Where to get help:

- Your GP (doctor)
- Local gym
- Local community centre
- AUSactive Registered exercise professional Tel. 1300 211 311
- Physiotherapist
- Podiatrist
- Exercise physiologist
- Heart Foundation Walking



# Can you spot A rip at the beach? A great wave? A skin cancer?

Two in three Australians will develop skin cancer before the age of 70. The good news is that 95 per cent of skin cancers can be successfully treated if detected early.

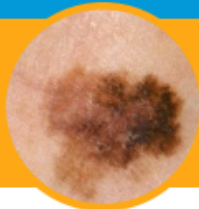
## Do you know what skin cancer looks like?

A simple check could save your life. We should all check our skin regularly. Get to know your skin and take immediate action if you notice any changes.

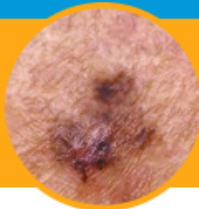
If you have fair skin, blue or green eyes, fair or red hair or lots of moles or freckles you are at high risk of developing skin cancer.

Cumulative UV exposure also contributes to your risk of developing skin cancer. So if you grew up in Australia, work outdoors or spend lots of time in the sun you should take care to protect and check your skin.

## Use the ABCD of melanoma detection to check for the following:



**Asymmetry**  
If the spot or lesion is divided in half, the two halves are not a mirror image.



**Border**  
A spot with a spreading or irregular edge.



**Colour**  
A spot with a number of different colours through it.



**Diameter**  
A spot that is growing and changing in diameter or size.

### Skin cancers

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma.

#### Melanoma

- Accounts for 1–2% of skin cancers.
- Is the most dangerous and aggressive form of skin cancer.
- If left untreated can spread to other parts of the body and can be fatal.
- Grows quickly over weeks to months.
- Can appear as a new or existing spot, freckle or mole that changes in colour, size or shape.
- Can grow anywhere on the body, not just areas exposed to the sun.
- Occurs most frequently on the upper back in males and on the lower leg in females.

#### Basal Cell Carcinoma (BCC)

- Accounts for about 66% of skin cancers.
- Grows slowly over months or years.
- Look for small, round or flattened spots that are red, pale or pearly in colour. Some are scaly like a patch of eczema.
- May become ulcerated, bleed and fail to heal.
- Usually found on the upper body, head or neck.

#### Squamous Cell Carcinoma (SCC)

- Accounts for about 33% of skin cancers.
- Grows over months and may spread if not treated.
- Look for scaly red areas that may bleed easily, ulcers or non-healing sores that are often painful, especially when touched.
- Often found on lips, ears, scalp, backs of the hands and lower legs.

### Warning signs

The following spots are not skin cancer but may predispose you to skin cancer or be a warning sign that skin damage has occurred.

#### Dysplastic naevi ('atypical moles')

- Are odd-shaped moles that may indicate a greater risk of developing melanoma.
- Usually 5–10mm wide with uneven colouring.
- If you have lots of odd-shaped moles get your skin checked regularly by your doctor.

#### Solar keratoses ('sunspots')

- Generally hard, red, scaly spots on sun-exposed areas of the skin.
- Most commonly found on the head, neck and on the back of the hands.
- Is a warning sign that the skin has been damaged by the sun and that skin cancers may develop.
- If you have solar keratoses, protect yourself from further sun damage and have your skin checked regularly by a doctor.

### Harmless spots

#### Seborrheic keratoses ('senile warts')

- Common non-cancerous spots sometimes confused with melanomas.
- Raised warty-looking brown or black lesions with well-defined borders.
- Mostly found on the trunk but can occur anywhere on the body.

### Eye damage

The sun can also damage your eyes. In the short term, sun exposure can cause burns to the eye similar to sunburn of the skin. Long-term exposure can lead to cataracts (clouding of the lens), pterygium (tissue covering the cornea) and cancer of the conjunctiva or cornea. It is important to protect your eyes by wearing sunglasses and a broad-brimmed or bucket hat.

1. Pterygium (tur-rigd-i-um)
2. Squamous Cell Carcinoma of the conjunctiva
3. Cataract

### Check your skin regularly

- Many skin cancers are detected by people themselves or by a family member.
- To check your skin, undress completely and stand in good light.
- Use a full-length or hand-held mirror to check your back, legs and scalp. If there are areas you can't see properly ask a family member or your GP for a skin check – don't ignore them.
- Make sure you check your entire body as skin cancers can sometimes occur on parts of the body not exposed to the sun, for example the soles of the feet. Go through the same checking sequence each time to get into a routine.

### Check your:

- Head, scalp, neck and ears**  
Take an extra close look around the nose, lips, ears and scalp.
- Torso**  
Check the front, back and sides of the torso.
- Arms, hands, fingers and nails**  
Remember to look at the spaces between the fingers and the beds of your fingernails.
- Buttocks, legs and feet**  
Remember to check between toes, under toenails and on the soles of feet.

### See a doctor straight away if you notice:

- A skin spot that is different from other spots around it.
- A mole or freckle that has changed in size, shape or colour.
- A new spot that has changed over weeks or months in size, shape or colour.
- An inflamed sore that has not healed within three weeks.

### Be SunSmart.

Protect yourself in five ways from skin cancer. UV levels are highest during the middle of the day. Take care to be SunSmart when the UV Index is 3 or above. Check our UV Alert online or download our SunSmart app at [www.cancer.org.au/UVALert](http://www.cancer.org.au/UVALert)

#### Slip on protective clothing

- Use clothing to cover as much skin as possible.

#### Slap on SPF 30 or higher sunscreen

- Make sure it's broad spectrum and water-resistant.

#### Slap on a hat

- Wear a broad-brimmed hat that covers your face, head, neck and ears.

#### Seek shade

- Make use of trees or built shade or bring your own.

#### Slide on some sunglasses

- Close-fitting wrap-around styles offer the best protection.

**Melanoma accounts for 10% of all cancers**



# Victoria's container deposit scheme

Designed for all Victorians



## Victoria's container deposit scheme (CDS) will:

- 🔄 increase recycling and reduce litter by up to half
- 🔄 be convenient and accessible with many types and locations of collection points
- 🔄 bring new jobs and economic opportunities for disadvantaged people, charity and community groups, and regional Victoria.

### It's a new and accessible way for charities and community groups to raise money:

- collecting containers for refunds
- running container collection drives
- receiving donations – people will be able to donate their refunds to their favourite registered group
- running a refund collection point.



## How it will work

Like all Australian container deposit schemes, beverage suppliers will fund the Victorian CDS.

To ensure an efficient, low-cost scheme and one that maximises container returns and recycling Victoria's CDS will adopt a split responsibility governance model with beverage industry having a strong role in administration and funding of the scheme.

The Victorian CDS will create new economic opportunities and jobs, with the responsibilities for running the scheme split between a scheme coordinator and network operators, appointed using a competitive tender process.

### Coordinator role:

- manage finances and commercial viability
- audits to prevent fraud
- pay refund amounts and collection network costs to network operator/s
- report against government performance targets.

### Network operator/s role:

- establish and maintain a network of refund points
- distribute refund amounts to consumers
- distribute payments to collection point operators
- report on participation and redemption rates.

## Why are we doing it this way?

Our scheme adopts key elements from other schemes to maximise return of drink containers for recycling. By sharing responsibility for its operation, the scheme will have checks and balances so it is clear and accountable and ensure collection points are convenient and accessible, which is crucial for an effective CDS.

We meet regularly with our Community Organisations Reference Group, made up representatives from charity and community groups, to make sure the way we set up our CDS means they can take part and benefit.

# Power your Shed with

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25 Lonsdale St, Dandenong

**DANDENONG HYUNDAI (03) 8797 0303**  
37 Lonsdale St, Dandenong

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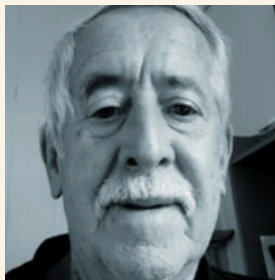


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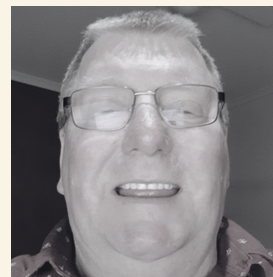


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