

# STATEWIDE CONFERENCE & AGM 2024

FULLY CATERED / MUSIC / PRIZES / GUEST  
SPEAKERS

[WWW.VMSA.ORG.AU/EVENTS](http://WWW.VMSA.ORG.AU/EVENTS)



**WEDNESDAY  
OCTOBER 23, 2024**



**THE MEADOWS  
80 NORTHCORP BOULEVARD  
BROADMEADOWS VIC 3047**



**10:00AM - 4:30PM**

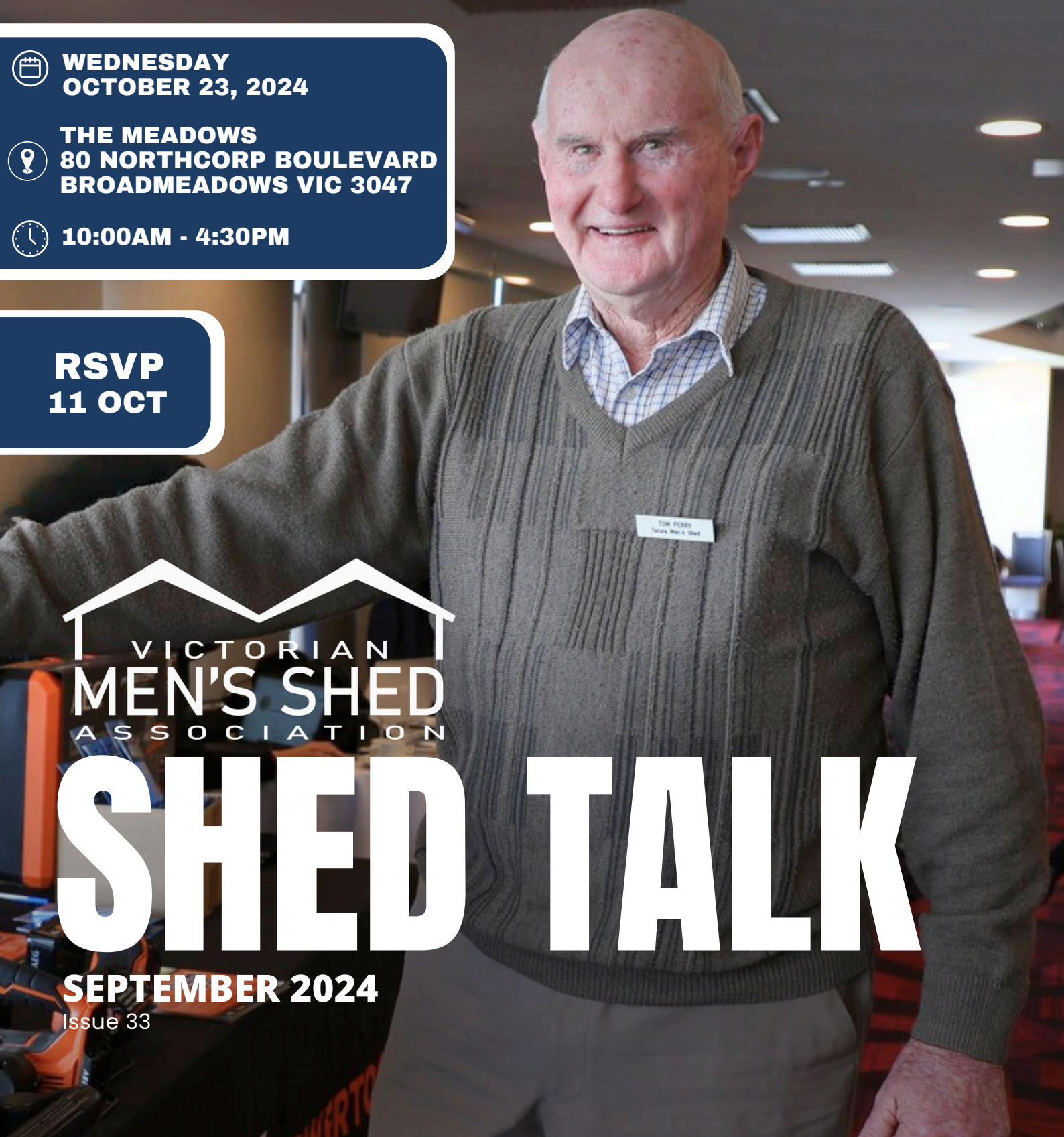
**RSVP  
11 OCT**



# SHED TALK

**SEPTEMBER 2024**

Issue 33





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# REPORT FROM THE CHAIR

I write this VMSA chair's article from the perspective of being an elected director of the Australian Men's Shed (AMSA) Board representing Victorian men's sheds. Many members who have been around for a while will know that the history of the relationship between AMSA and four of the five state associations has had its ups and downs.

In its early days the men's shed movement came together on a state and federal level and then (without wanting to re-litigate old arguments) largely fragmented, with the Victorian, Western Australian, Tasmanian and Queensland state bodies leaving AMSA (or in WA's case being expelled).

It was a bitter and divisive split, with neither side finding virtue in the other. In the last two years the pendulum has swung back. Now all four state bodies have rejoined AMSA following the establishment of MOUs approved by their respective boards and governing bodies which outline areas of agreement.

This is a positive development which is welcomed by all men's sheds who had tired of being taken for a ride on the never-ending dispute merry-go-round. It shouldn't be forgotten that most men's sheds in Victoria (including mine, the Ouyen District Men's Shed Inc.) are members of the VMSA and AMSA which works just fine on the ground. That is really all that should matter.

So the men's shed movement is slowly re-unifying, which is a really good thing however there is still more work to do in terms of developing meaningful and permanent co-operation between the state associations and AMSA and in the longer term finalising the arrangements outlined in the agreed MOUs. State-based men's shed associations also have a role to play in the re-unification process as it takes two to tango.

In a positive development the new AMSA president Luke Clifton has agreed to be the keynote speaker at our state-wide forum on 23 October. It will be great to hear Luke's views on this and other subjects.

The forum will be held at The Meadows, the headquarters of the Melbourne Greyhound Association in Broadmeadows and all sheds are invited to attend. Further details can be found in this newsletter.

Looking forward to catching up with you there if you can make it.

Kind regards,

**TREVOR DOBBYN**  
*VMSA Chair*





# REPORT FROM THE **GENERAL MANAGER**

Hello shedders,

For one day each year Victorian Men's Sheds get an opportunity to meet their peers from across the state to share stories, ideas and all the joys and occasional sorrows that come with being a part of this movement.

And it's great to think that the date for the VMSA Statewide Forum is again almost upon us, happening at the Meadows Racetrack in Broadmeadows on Wednesday, October 23rd. It's particularly pleasing to see a strong number of RSVPs come in from across the regions. From Rainbow to Rutherglen, Bairnsdale to Beechworth, Heywood to Heathcote, all corners of Victoria will be represented, with many taking advantage of the \$100 travel voucher on offer.

This year's event will have a particular focus on providing you with opportunities to have discussions on topics of interest, both with each other and with the association. Generous sponsors Bunnings, Abrasiflex and Carbatec have donated plenty of goodies for showbags and door prizes. I'd also like to extend a huge thanks to the Torquay and Eltham MS music groups who will be providing entertainment on the day. Spots are filling fast so if you haven't booked yet don't dilly dally – check RSVP details on page 3.

In mid-September I took another trip down to the state's south-west, where the Heywood MS held a successful network meeting. It was good to catch up with members from Warrnambool, Mt. Gambier, Hamilton, Port Macdonnell, Portland and Macarthur. I also attended the 'Heads of Sheds' meeting at the Surf Coast Shire, a small network of community-focussed sheds that has been meeting like clockwork for the past 10 years. New or re-booted networks in the East Gippsland, South Gippsland, Barwon, Central Victoria and South East Melbourne regions will be commencing over the coming months, with more details provided by Network Facilitator Kylie Hughes on page 6.

As always, if you would like to chat about any of the above or any other shed matters you can contact me on 0448 015 554 or [gm@vmsa.org.au](mailto:gm@vmsa.org.au)

Until next time, happy shedding,

**JIM KANE**  
*VMSA General Manager*





# FORUM UPDATE

Seats are filling up quickly, so make sure your shed is represented.

**RSVP by 11th October to secure your spot!**

How to RSVP:  
Contact Jim Kane at 0448 015 554 or  
Trevor Dobbyn at 0408 121 934  
Email us at [gm@vmsa.org.au](mailto:gm@vmsa.org.au)  
RSVP online **[click here](#)**



## Showbags

Giveaways on the day

1

## Bunnings

Bunnings \$500 Bunnings  
Voucher and Tool  
Giveaways



2

## HP Computers

Contest winners  
announced



3

## Live Music

Entertainment from the  
Torquay Singing Group &  
Eltham Men's Shed



4

## Delicious Meals

Enjoy a catered spread  
with morning tea, lunch,  
and afternoon tea, all on  
the house



5

## Shed Talk Sessions

On key interest topics to  
share and learn



6

WITH THANKS TO OUR SPONSORS

**The Meadows**  
CONFERENCE • EVENTS CENTRE

**GRV**  
GREYHOUND RACING VICTORIA

 Prostate Cancer  
Foundation of Australia

**BUNNINGS**  
warehouse

**ABR/SIFLEX**

**carbatec**  
THE HOME OF WOODWORKING

**ExxonMobil**





Whittlesea Mens Shed president Eric Gunstone (front) with members Sean Byrne, Daryl Hannet, Murray Franks and George Tractsis. (Damjan Janevski.) Article reference and image from Northern Star News

# MEN'S SHED WEEK 2024

## SEND HIM DOWN TO THE SHED

From September 1-7, sheds across Australia came together to celebrate Men's Shed Week, an initiative aimed at promoting the benefits of men's sheds in fostering connection, community, and well-being among men. This year's theme, "Send Him Down to the Shed," encouraged men to take time for themselves, engage in hands-on activities, and build lasting friendships in a supportive environment.

The spotlight was on the Whittlesea Men's Shed, as reported by the Northern Star. President Eric Gunstone highlighted the significant role that men's sheds play in combating social isolation and providing skill development opportunities. "The biggest positive generally speaking is the company of like-minded men, that avoids social isolation," he explained. Mr. Gunstone noted that many retired men struggle with finding a purpose after years of being busy. "Rather than sitting down in front of the TV, which can be quite depressing after a while when you are on your own, we provide a social outlet," he shared.

With over 60 members, the Whittlesea Men's Shed sees 20 to 30 members attending regularly on Mondays, Thursdays, and Fridays, benefiting from workshops that cover a range of skills, including woodworking, 3D printing, CNC machining, and metalworking.

### The Importance of Connection

The theme, "Send Him Down to the Shed," resonates deeply with the mission of Men's Sheds: to provide a space where men can escape the stresses of everyday life and connect with others. Throughout the week, sheds organized various activities, from woodworking and metalworking to community BBQs and open days, showcasing their incredible craftsmanship and talents while inviting the wider community to experience what sheds have to offer.

### Community Support and Engagement

Men's Shed Week not only promoted the sheds themselves but also encouraged community involvement. Many local businesses and organizations stepped up to support sheds, providing resources and hosting events to raise awareness about the benefits of these community spaces.

### Looking Forward

As Men's Shed Week wrapped up, the spirit of connection and collaboration remains strong. The message is clear: it's essential to check in on the men in our lives and encourage them to engage with their local sheds. Whether it's a neighbour, friend, or family member, sending them down to the shed could be the key to improving their well-being and fostering meaningful connections.

Men's Shed Week is not just a celebration; it's a movement that continues to grow and evolve, reinforcing the importance of community, friendship, and support. Let's keep the momentum going and ensure that every man knows he has a place to belong.





# THE MEN'S SHEDS BIODIVERSITY TRAIL

Recently, a Buloke Times photographer discovered a stunning collection of colorful birdhouses at the Donald Buloke Shire Council office, each receiving a protective finish. Initially, the news was kept under wraps while further consultations with land management partners took place.

Now, after engaging with the community and securing necessary permits, the Men's Sheds Biodiversity Trail is coming to life. This initiative, inspired by the community's resilience following the October 2022 floods, reflects our ability to adapt and create meaningful change.

Crafted by dedicated Men's Sheds teams from Birchip, Charlton, Donald, Sea Lake, and Wycheproof, these birdhouses were made during skills-sharing workshops aimed at arts recovery. They not only provide homes for birds and insects but also showcase the creativity and craftsmanship fostered within Men's Sheds, promoting community connection and mental well-being.

There's potential for more boxes to be added for the Berriwillock and Culgoa areas, and residents from Watchem, Nandaly, and Nullawil have expressed interest in future workshops. The birdhouses will be placed at various locations:

- Birchip – Tchum Lake Walking Track
- Charlton – Walking track near Dews Lane
- Culgoa – Barry Park
- Berriwillock – Tynan Park
- Donald – Next to levee bank near McCulloch St
- Wycheproof – Centenary Park
- Sea Lake – Best Street opposite Apex Park

This initiative not only beautifies the region but also fosters future opportunities for creative installations, thanks to the collaboration of Buloke's Men's Sheds, Buloke and Northern Grampians Landcare, Parks Victoria, the Department of Energy, Environment and Climate Action (DEECA), and local Traditional Custodians.

The Sheddars extend their gratitude to the Department of Fairness and Housing and the Australian and Victorian Governments for their support through the Community Recovery Programs.

If you're interested in acquiring one of these unique birdhouses for your home or as a gift, please reach out to the Men's Sheds via [www.buybuloke.com.au/mens-sheds](http://www.buybuloke.com.au/mens-sheds).  
A special shoutout to the Buloke Times photographer for capturing this moment!





## UPCOMING NETWORK **MEETINGS** WITH KYLIE HUGHES

My first month has flown by, and I am very grateful for everyone who has made me welcome and answered all my rookie questions! It has been fantastic to learn about the diversity of activities across all of the Sheds that I have spoken with so far.

We have been mapping our networks and potential networks, and our September tally is 94 sheds actively participating in 8 local networks. The best news is that (so far) more than 90 other sheds have already expressed interest in recommencing old networks or forming new ones. We look forward to helping you connect!

We would love to hear from any Shedders keen to work with us to set up a network in your local area. We can help with contacting local sheds, catering, organising guest speakers and can even co-Chair if required. If you don't need any help, please invite us along anyway – we will try to get a VMSA staff member along to as many network meetings as we can.

Interested in the concept, but don't have a network in your area? Some of our existing networks are very happy to have visitors from other areas come along to see the benefits of network meetings. We can help link you in if required. I will be reaching out to more sheds in the coming weeks and am particularly interested in understanding what makes a good network meeting so that we can share best practices. If you have ideas about what works well, I would love to hear from you via phone 0458 105 444 or email [kylie@vmsa.org.au](mailto:kylie@vmsa.org.au)

Upcoming event! Heywood Men's Shed will be **live streaming** a mental health presentation on Sunday 27 October at 11 am. All VMSA Shedders are welcome to attend in person or online to hear Black Dog Institute share their mental health and well-being strategies. Please contact Sandra 0438 336 589 or Terry 0437 653 720 for details. There will be a BBQ lunch provided for those who attend in person.

I look forward to meeting some of you at the Statewide Conference & AGM on 23rd October!



# UPCOMING NETWORK MEETINGS



## OCTOBER

- 1** Barwon network at the Mt Duneed Shed Wednesday 2nd Oct 10am-12pm
- 2** South-East Melbourne network at VMSA Friday 4th Oct 11am-1pm
- 3** Cardinia network at the Kooweerup Shed Thursday 17th Oct 12pm – 1pm
- 4** Yarra Ranges network Friday 18th Oct, time and venue to be confirmed
- 5** Heywood Mental Health Day: Sunday 27th Oct 11am (in person or online)

## SAVE THE DATE

Macedon Ranges network at the Romsey Shed - Tuesday 12th Nov 10 am-12 pm  
North-East Metro network at the Diamond Creek Shed - TBC  
East Gippsland network at Bairnsdale Shed - Wednesday 20th Nov 11 am-1 pm  
Surf Coast network - 4th Dec 10 am-11 am at the Suft Coast Shire offices  
Lower Goulburn network at the Seymour Shed - Tuesday 10th Dec 10 am – 12 pm



# STATEWIDE FORUM & AGM

The VMSA cordially invites two members from each registered shed to our annual forum and AGM

- Guest speakers include: Minister Ros Spence, AMSA President Luke Clifton, Monash Shed President Greg Male
- Morning tea, lunch, and afternoon tea provided
- \$100 transport voucher for sheds travelling over 100km
- Numerous door prizes and raffles
- Four break-out rooms for discussion and 'show and tell'

 **Wednesday 23rd October, 2024**

 **10:00am - 4:30pm**

 **THE MEADOWS CONFERENCE AND  
EVENTS CENTRE  
80 NORTHCORP BOULEVARD  
BROADMEADOWS VIC 3047**

 **RSVP BY 11 OCT  
JIM KANE 0448 015 554  
gm@vmsa.org.au**



# ASK THE SHEDDERS

Got a question that's been on your mind? Need advice on a project, tool recommendations, or tips for your shed? We're excited to introduce a new section in our newsletter called "Ask the Shedders," where members can write in with their questions and receive answers from the wider shed community.

## How it works:

1. **Submit Your Question:** Email your question to [vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au). Be sure to include as much detail as possible.
2. **Featured Questions:** We'll select a few questions to feature in each edition of our newsletter.
3. **Community Answers:** Our knowledgeable and experienced shed community will provide their insights and answers.

Let's tap into the collective knowledge of the shed community!

## QUESTION FROM ROB, TATURA MEN'S SHED



Hi guys, I have recieved an enquiry from members about creating a "Life Membership" status for a couple of long-serving members. Can you assist with any frameworks that have been developed across our membership?

Many Thanks Rob Knight

If you have any advice, templates, or insights to help Rob and others facing similar challenges, please share your thoughts!

Please send your responses to [vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au) and we'll pass your feedback onto Rob





**DO YOU HAVE A STORY TO SHARE?  
WE WANT TO HEAR FROM YOU!  
WHETHER IT'S A PROJECT SUCCESS,  
A MEMBER'S ACHIEVEMENT, OR A  
COMMUNITY INITIATIVE, WE'D LOVE  
TO FEATURE IT IN SHED TALK.**

Send us your photos and stories to  
**[vmsa@vmsa.org.au](mailto:vmsa@vmsa.org.au)** and let us showcase  
the amazing work happening in your shed.

Don't miss this opportunity to share your  
journey with the wider Men's Shed  
community!



# HEART HEALTH CHECKS COMING TO

## MURRAY OVENS NETWORK

Over the next few weeks, the Murray Ovens Network will be offering Shedders the chance to get a quick, convenient Heart Health Check at their local Shed.

In partnership with Priceline Pharmacies and The Shane Warne Foundation, the Shane Warne Legacy Health Checks will be available throughout October. Pharmacists will be visiting Sheds across the Murray Ovens Network to provide these essential checks right on-site. These checks are quick—just 4 minutes—but they could make a big difference in detecting potential heart issues early.

Don't miss this chance to take control of your health. Contact your local Shed to find out when the checks will be available. If you're unable to attend on the day, you can still get your Shane Warne Legacy Health Check at any participating Priceline Pharmacy.

It's a simple step that could save your life—be sure to take advantage of it!



### FIND YOUR LOCAL MEN'S SHED

Camaraderie,  
connectivity, and  
engagement for men of  
all backgrounds.





# ANZAC PRIDE REBORN

BY NEILL SMITH  
FROM AKOONA PARK



Anzac Days came and Anzac Days went  
Due respect we paid to those that were sent  
To far off shores that from some many would not return  
But your feelings for us we could not discern

Most chose not to march for we felt uncertain  
Of the peoples acceptance that was our burden  
Some chose to march but with the "Regs" they did serve  
But for many years we did not have the nerve.

In 2022 a new group was formed  
To bring together us "Nasho's" and to it we warmed  
No longer should we be ashamed of our service.  
Together we just might make the DVA nervous.

The idea to gather and fight for what's right.  
A feeling of pride began to take flight  
We met in December 22 at the Shrine to celebrate our purpose  
The 50th anniversary of the end of National Service

To march as a unit on Anzac Day  
Was an idea born on that bright summers day  
"Nasho Fair Go" really got to work  
By phone and email they went berserk

At least 50 starters in Melbourne agreed to march  
And the rest of Australia was not left in the lurch  
The 25th of April quickly rolled around  
Many more than 50 in Melbourne is the number we found

The result was similar in every other state  
To march under our own banner, the feeling was great  
Pride in our service the crowd made us feel  
They accepted and applauded, Wow it was unreal

This was the start we had to make  
Our feeling of pride is now hard to shake  
So if you have doubts please be assured  
Join us, your mates, and those doubts will be cured.

# INSIDE THE WORKSHOP

# SHED

# SHOWCASE

## SHEPPARTON MEN'S SHED

David Muir from the Shepparton Men's Shed has created an incredible activity board designed to help dementia patients stay engaged and active.



## INVERLOCH MEN'S SHED

Inverloch Men's Shed set up a stall at their local market, showcasing some of their fantastic handmade creations. If you missed them at the market, don't worry! You can visit the shed on weekday mornings to see more of their work or chat with the members. Keep an eye out for their next appearance!







## COLAC WOODCRAFTERS GUILD

The Colac Woodcrafters Guild has some incredible work on display in their showroom! From finely crafted pieces to unique handmade items, there's something for everyone.

## CROYDON HILLS MEN'S SHED

The Croydon Hills Men's Shed Annual Car & Bike Show is just around the corner!

Next Saturday, October 5th, join them for an exciting morning filled with classic cars, amazing bikes, and plenty of family fun! For more details, contact Ken at 0417 122 576.



## ROSEBUD AND DISTRICT MEN'S SHED

Rosebud & District Men's Shed was thrilled to be giving a BlazeAid trailer a much-needed renovation at the shed! BlazeAid, a volunteer organisation, supports rural communities in Australia after natural disasters like fires and floods. With 25 trailers in action across Victoria, these hardworking units help repair fences and are ready for a little TLC.





# HELPING HANDS

ADORÉE SPRY,  
ROSEBUD

I am 92-years-old, disabled, and living alone in Rosebud with no family I can call on in times of need. I thought it was terrible when the bush rats moved into my garden, but then came the wind!

On 1 September, the howling gale brought a huge ivy covered pine tree down into my back garden.

It lay across the roof of my shed, my clothesline and back window.

I rang the SES and they were helpful, removing it from my back window, chopped it up, but then had to go to another job, as they were flat out.

I was horrified at the mess, so I made a cuppa and got my knitting out and got knitting trauma teddies to the hospital. One hour of knitting is equal to three hours of meditation. And I needed it!

Homehelp had come out and bought me a copy of the Southern Peninsula News.

Reading the paper, I thought I would ring the editor Cameron McCullough. He listened to my story, and me explaining I didn't know where to turn, as I didn't have family, and he said "leave it to me. I will make some calls".

I soon got a phone call from Mornington Peninsula Shire councillor Antonella Celi (who, I am happy to hear, is standing for re-election). She told me she had got the ball rolling. Someone from the council came to take a look and said if I could get it onto the nature strip they could pick it up. I said "phooey! I'm 92!"

I came home from the doctors on Tuesday 10 September to find 15 men with wheelbarrows and arms full of bushes and wood, putting them on the nature strip.

It was men from the Point Nepean Men's Shed that had come to my rescue!

Between Cameron at the paper who started the ball rolling, Antonella Celi and staff at Mornington Peninsula Shire Council, and the men from Point Nepean Men's Shed, I was overwhelmed by the kindness shown to me.

I'm very grateful. Thank you and God bless you all.



# AKOONA PARK UPDATE



Original article by Journalist  
Matthew Sims and photo by Star  
News Group.

Young wild possums in Pakenham Upper have received a new place to stay, thanks to volunteers from the Akoonah Park Men's Shed.

The Men's Shed donated seven new habitat boxes for ringtail possums and four habitat boxes for brushtail possums at the Locky's Legacy wildlife shelter in Pakenham Upper.

Locky's Legacy owner Lyndel Chalmers runs Locky's Legacy from her 18-acre property in Upper Pakenham, where she rescues and rehabilitates wombats, kangaroos, echidnas, galahs and cockatoos to name a few.

She said the boxes acted as a safe place for the possums to transition out of their aviary. "When we release the possums, it's a big and wide world out there," Ms Chalmers said.

"I move the whole box with the possums in it. "They've got their familiar smells but they've got the whole world to explore." She said she had received possum boxes from the Akoonah Park Men's Shed previously and was happy to contact them again for another batch of boxes.

"They're just so handy and well-made," Ms Chalmers said.

"Thank you very much to the Akoonah Park Men's Shed volunteers."

She said with the shelter accepting about 40 possums each year, there was always a need for more habitat, with a ringtail possum box housing two or three possums and a brushtail possum box only housing one possum at a time.

"It allows them to go back into the wild," Ms Chalmers said.

Wayne Rose and Maury Hall load up Lyndel's car with possum boxes. (Stewart Chambers: 428775)

Men's Shed volunteer Maury Hall said the boxes were made using plywood donated by the Burwood Men's Shed.

"We don't have much waste," he said. "We're always very happy to do stuff for the community."

Anyone interested in donating old sheets, towels or blankets, or pouches or possum boxes to Locky's Legacy, phone Lyndel on 0431 635 858.

# Cardinia Men's Sheds

Our purpose is to provide a forum for Cardinia Men's Sheds to exchange ideas, share resources and experiences, network and find support.



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Cardinia  
Ageing Well

Cardinia

# THE CARDINIA MEN'S SHEDS NETWORK

If you're able to join The Cardinia Men's Shed luncheon on Thursday, 17th October, please let them know as soon as possible so they can finalise numbers for catering.

You can confirm your attendance by emailing or calling:

Email: [georgefittock@gmail.com](mailto:georgefittock@gmail.com)

Mobile: 0403 030 027



# SENIORS FESTIVAL

The Victorian Seniors Festival returns this October with free and low-cost events right across Victoria.

For more than 40 years, the Victorian Seniors Festival has celebrated the important and diverse contributions of older Victorians and encouraged community participation.

The Festival is delivered by the Victorian Government in partnership with local councils and community organisations.

The Festival features everything from country concerts, dances and high teas, to exciting new events celebrating the diversity of our community.

Victorian Seniors Card holders can enjoy 8 days of free public transport throughout Victoria from 6 to 13 October 2024. This includes travel across all metropolitan services, V/Line train and coach services, and selected regional bus services outside of the myki-enabled area.

For all the details about the 2024 Festival, visit:

[www.seniorsonline.vic.gov.au/festival](http://www.seniorsonline.vic.gov.au/festival)

**Victorian  
Seniors  
Festival  
2024**





# GRANTS **AVAILABLE**

## **Tiny Town Fund - Now Open**

Closes: 25/10/2024

<https://www.suburbandevelopment.vic.gov.au/grants/tiny-towns-fund>

The Tiny Towns Fund provides funding for community infrastructure, facilities and capacity-building projects in communities with populations of up to 5000 in regions including the Yarra Ranges.

Local community groups and Councils can apply for grants between \$5000 and \$50,000 for projects that increase liveability, local opportunities and prosperity, create better public places, build community capacity or increase visitation.

If you need any further assistance please contact:

Michael Goodrich  
Community Development Officer (Upper Yarra)  
Creative and Connected Communities  
03 9294 6592  
0427 810 692  
[M.Goodrich@yarraranges.vic.gov.au](mailto:M.Goodrich@yarraranges.vic.gov.au)



# SHED TO TABLE

# TABLE



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## Beef and green veggie pasta bake

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*Recipe from the Heart Foundation*

### Ingredients

1 tbsp olive oil  
1 brown onion, finely chopped  
2 garlic cloves, finely chopped  
400g extra lean beef mince  
1 green capsicum, thinly sliced  
500g vine-ripened tomatoes, coarsely chopped  
400g can no added salt diced tomatoes  
80g baby spinach  
250g wholemeal pasta  
1 bunch baby broccoli, chopped  
350g green beans, trimmed, chopped  
1/3 cup (25g) grated parmesan  
2 tbsp chives, finely chopped

### Directions

1. Lightly grease a 22cm x 32cm baking dish. Heat oil in a large deep non-stick frying pan over medium-high heat. Add the onion and garlic and cook, stirring, for 1-2 minutes or until onion just softens.
2. Add the beef mince and capsicum and cook, stirring with a wooden spoon to break up lumps, for 2 minutes or until browned. Add the combined tomato and bring to the boil.
3. Reduce heat to low and simmer, stirring occasionally, for 5-8 minutes or until sauce thickens. Stir in the spinach.
4. Meanwhile, cook the pasta in a saucepan of boiling water following packet directions or until al dente, adding the broccolini and beans for the last 1 minute of cooking. Drain well.
5. Preheat grill on high. Add the pasta mixture to the tomato mixture in the frying pan and stir to combine. Spoon into the prepared dish and sprinkle with parmesan.
6. Cook under the grill for 5 minutes or until cheese melts and is golden. Sprinkle with chives to serve.

# Follow Us on Social Media



Don't miss out on the latest updates, events, and community initiatives from the Men's Shed!

Follow our Facebook page **Victorian Men's Shed Association** for all the news, photos, and stories straight from Sheds.

Plus, join our Facebook group **VMSA - Public Notices** to connect with fellow members, share ideas, and stay in the loop with discussions on topics that matter to you.

Stay connected, stay engaged, and be a part of our vibrant online community!

Follow us today!





2022/183

## ENERGY ASSISTANCE PROGRAM

### Free help with your energy bills

We have a new team ready to help you with your electricity and gas bills.

We can help you:



Talk to your energy retailer and get help if you have debt



Access extra financial support



Check you are getting your Government energy concessions and ensure the concessions are applied to your bill



Find and move to an affordable energy plan



Understand your bill and fix any possible errors



Save money by changing the way you use energy around the home



Understand what other supports are available

**All you need  
is a copy of  
your most  
recent bill.**

**Call Anglicare Victoria's Energy Team on 1800 531 741**

(between 8am and 7pm, Monday to Friday excluding public holidays)

Or email [energy@anglicarevic.org.au](mailto:energy@anglicarevic.org.au)

We can also organise to meet you in-person at one of our outreach locations across Victoria. Call us to find out more or book an appointment.



Scan here to  
find out more.



Translating and  
Interpreting Services  
are available

This program is supported  
by the Victorian State  
Government



**BETTER  
TOMORROWS**



Support services that can help you **manage stress and uncertainty** before, during, and after a natural disaster.

Swipe →



## Mental Health Services

**Lifeline Crisis Support**  
13 11 14  
[lifeline.org.au](http://lifeline.org.au)

**Beyond Blue**  
1300 224 636  
[beyondblue.org.au](http://beyondblue.org.au)

**13YARN**  
13 92 76  
[13yarn.org.au](http://13yarn.org.au)

**Suicide Call Back Service**  
1300 659 467

Swipe →

## Natural Disaster Services

**Get Prepared App**  
[redcross.org.au/prepare/get-prepared-app/](http://redcross.org.au/prepare/get-prepared-app/)

**State Emergency Service**  
132 500

**Disaster Assist**  
[disasterassist.gov.au](http://disasterassist.gov.au)

**National Recovery & Resilience Agency**  
[recovery.gov.au/](http://recovery.gov.au/)

Swipe →

Discover more services and wellbeing tips for coping with natural disasters in our **Support Toolkit**

Managing stress and coping with uncertainty isn't something you have to do on your own. Swipe to see and save a list of mental health and emergency support services that can help before, during, and long after a natural disaster.

Visit our Support Toolkit to discover more services and learn wellbeing tips for coping with extreme weather.

A Lifeline and NRMA Insurance Help Nation initiative



# 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.

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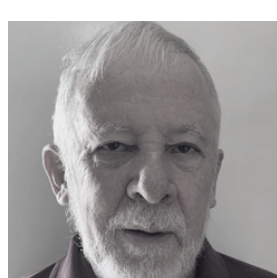


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