



LANCFIELD MEN'S SHED: KIDS IN THE SHED

Drouin's New Mural

BBQ on Wheels

*Point Nepean Men's Shed
Partners with Umbrella
Dementia Cafes*

*Pines Community Men's Shed
Benches for Schools*

*Get Legal Help From
Justice Connect*

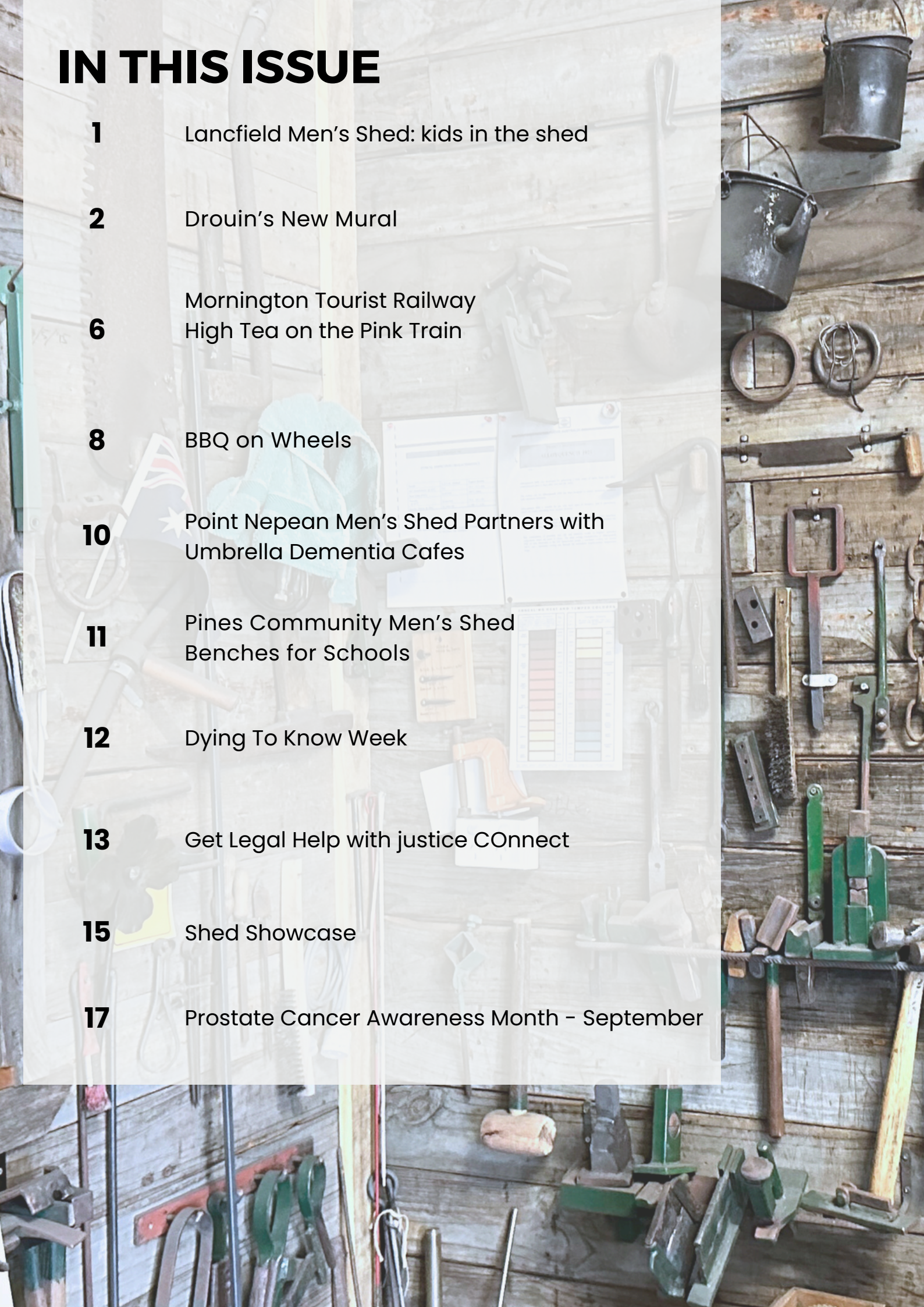
VICTORIAN
MEN'S SHED
ASSOCIATION

SHED TALK

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KIDS IN THE SHED

CRAFTING MEMORIES WITH LANCEFIELD MEN'S SHED

Each year, the Lancefield Men's Shed runs its popular "Kids in the Shed" program for local Year 6 students, introducing them to the joys of hands-on crafting. This year, two local schools participated, giving students the opportunity to assemble their very own bird boxes and wooden pencil cases to take home.

The program has become a highlight for the students, with classroom teacher

Jaclyn Milward sharing her thoughts:

"Hi Graeme,

Thanks for helping to organise such a positive experience for our year 6's this year. They all loved it and it continues to be a highlight each year."

The photos supplied by the school capture the enthusiasm and pride of the students as they worked alongside Shed volunteers, blending learning with creativity in a fun, supportive environment.

Programs like this demonstrate how Men's Sheds can play a meaningful role in the community, sharing skills, inspiring young people, and fostering connection across generations.



DROUIN'S NEW MURAL

BY KEVIN COATES



It began with a blank wall—the side of our new metalwork shed. To some, it was just that. But to a few of us, it looked like the perfect canvas for something special.

The idea of a large-format mural was put to the committee. Some members were immediately on board, while others grew more enthusiastic as the concept took shape and was explained in more detail.

After receiving support to proceed, a deep dive into mural artists began. Research led to a shortlist of talented individuals with experience in large-scale public art. Quotes were requested and returned, showing a wide range of pricing.

Council approval was the next step, followed by an application for funding. The project was fortunate to receive a grant from the Community Bank, with the Drouin Men's Shed contributing around a third of the total cost. I'd like to express my personal thank you and appreciation to the Community Bank for their generous grant which made this artwork possible

Artist Simon White was chosen to bring the vision to life. Together, he and I worked through early drafts, refining ideas and discussing what would best suit the space and community. Some suggestions from others were considered, but ultimately a cohesive vision emerged. Just as we were about to begin the final stage of the mural, I became unwell. At that point, Peter Gribben kindly stepped in to support both me and the Shed by managing the remaining process. He did a terrific job, liaising with Simon, the committee, and myself to see the project through to completion.

The final draft on the east wall, shaped by many conversations and careful thought, was presented to the committee and received the green light.

Now complete, the mural is everything I hoped it would be. Simon's interpretation of our ideas has resulted in a striking, meaningful artwork that not only beautifies the shed but also stands as a proud addition to the community. It's been a privilege to be part of a project that brings colour, creativity, and connection to our space.

Something is now in the planning stage for the north end of our buildings using the remainder of the grant funding.

REPORT FROM THE CHAIR

As the chair of the VMSA, I am really looking forward to catching up with representatives from as many men's sheds as possible at the forthcoming Statewide Forum and AGM to be held at The Meadows on Wednesday, 22 October.

This is our fourth Statewide Forum since we limped out of the Covid epidemic and it's got bigger and better each year.

It's a great day, as we get to spend a bit of time together and swap stories, ideas and contacts and hear from a range of speakers on different topics. In small groups and in general discussions, we can develop strategies to take the men's shed movement forward and as we only get one chance a year to come together like this, we won't waste the opportunity.

Melbourne Greyhounds The Meadows (MGRA) are kindly donating the use of their excellent facilities and are providing morning and afternoon tea. The event is also sponsored by Greyhound Racing Victoria and we thank both organisations for their ongoing support for men's sheds and the VMSA. If your shed has anything interesting to report, there will be an open forum to enable discussion and sheds looking for support will be able to explain what they need.

So, it's an opportunity not to be missed.

The State Government will be represented by the Minister responsible for men's sheds, Ros Spence and the co-convenor of the state parliamentary men's sheds group. Bronwyn Halfpenny, the Member for Thomastown, will also be in attendance, as will be representatives from the Department of Families, Fairness and Housing.

At the conclusion of the forum, we will hold our Annual General Meeting and all financial sheds are encouraged to attend this very important meeting.

See you there.

TREVOR DOBBYN
VMSA Chair





STATEWIDE FORUM & AGM

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

- Morning tea, lunch, and afternoon tea provided
- \$100 transport voucher for sheds travelling over 100km
- Numerous door prizes and raffles



Wednesday 22rd October, 2025



10:00am - 4:30pm



**THE MEADOWS CONFERENCE AND
EVENTS CENTRE**

**80 NORTHCORP BOULEVARD
BROADMEADOWS VIC 3047**



RSVP BY 1 OCT

JIM KANE 0448 015 554

gm@vmsa.org.au

REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

It has been about a month since we launched the first phase of the VMSA data portal.

It's been great to see a good number of sheds log in successfully, with some using this portal to pay their yearly dues. We do not expect that the process will be completely smooth for every shed though so please get in touch if you have any access issues. Phase two is coming soon and will allow you to directly enter your shed details, so please keep an eye out for this.

I travelled up to Gisborne on Monday 25th August to celebrate the 10th anniversary of the Gisborne Men's Shed at their current home in Lyell Street. I had the pleasure of meeting a couple of the lads from the local school who are part of a great mentoring program at the shed called the Young Shedmen. There was also some very inventive work being done on their very slick-looking 3D printer. 3D printers and CNC machines are now becoming the rule rather than the exception in Victorian Sheds and this will stand us in good stead for the future.

Men's Shed Week is fast approaching, happening from Monday 8 September to Saturday 13 September. If your Shed is doing anything to mark the week please send us stories, photos and details and we can help you to promote it beforehand or brag about it afterwards (or both if you like). It's hard to keep up with all the great stuff that you are doing out there but we try!

Finally, as you read this the fifth and final VMSA Regional Road Show will be done and dusted (held on the 28th August at Heywood Community Hall). We have another 100-plus Shedders RSVP (the third one in a row) which has blown us away. The VMSA would like to acknowledge the stellar work of Sandra and Terry at Heywood MS and Phil at Warrnambool MS for their assistance with this event. With all the Road Shows done and dusted it will be all eyes on the VMSA Statewide Forum in October – RSVPs are coming in thick and fast so make sure your shed doesn't miss out, see more details on page 4 of this edition.

JIM KANE

VMSA General Manager



20/08/2025

Dear VMSA

We warmly invite you to join the Mornington Tourist Railway for a very special event – our High Tea on the Pink Train, taking place on Saturdays, 4th & 11th October. This heartfelt event is part of our fundraising efforts to support Breast Cancer Network Australia (BCNA) and show our care for the thousands of Australians and their families affected by breast cancer each year.

This year alone, more than 20,000 Australians will hear the words “you have breast cancer.” With BCNA’s guidance and support, they won’t face that journey alone. To help continue their vital work, we’re turning our beloved train pink and inviting the community on board for an unforgettable experience filled with:

- A delicious high tea
- Live music
- A Mini-Field of Women tribute
- Silent auctions
- and more!

We are proud to be officially approved to fundraise on behalf of BCNA, and we’re reaching out to valued local organisations like **Victorian Men’s Shed Association** to get involved. **Whether it’s by donating a prize, offering in-kind support, helping to spread the word, making a contribution, or booking onboard to join us at the event, your support can make a real difference.**

By working together, we can raise not just vital funds, but also awareness and hope – showing those affected that their community stands beside them. The impact of a breast cancer diagnosis ripples far beyond one person, touching families, friends, workplaces, and communities. This event is our way of surrounding them with love, solidarity, and strength.

To book a ticket, learn more or make a fully tax-deductible donation, please visit our [online fundraising page](https://bcna.grassrootz.com/2025-pink-lady-events/pink-train-for-bcna):
<https://bcna.grassrootz.com/2025-pink-lady-events/pink-train-for-bcna>

If you need further confirmation of our fundraising approval, you’re welcome to contact BCNA directly at fundraising@bcna.org.au. You can also find more about their incredible work at www.bcna.org.au.

Thank you for taking the time to consider supporting our Pink Train event. With your help, we can create a truly special day and contribute to a brighter future for Australians affected by breast cancer.

Warm regards,

A handwritten signature in black ink, appearing to read "Joe Skinner".

Joe Skinner

President

Mornington Tourist Railway

**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 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!



BBQ ON WHEELS

MEN'S SHED FIRES UP SUPPORT FOR THE WANDERING MAN



Jamie Hobbs (left) and Peter Deering



OGMS and Wandering Man members in front of donated trailer.

The Ocean Grove & District Men's Shed has served up a sizzling act of generosity, donating a fully refurbished BBQ trailer to help local charity The Wandering Man feed and connect with those in need.

The BBQ trailer, restored and prepared by the Men's Shed team, will help The Wandering Man continue its vital work providing food, support, and connection to people experiencing hardship. The charity operates across the Bellarine Peninsula and Geelong region, offering a friendly face, a warm meal, and a listening ear to those who need it most.

Men's Shed President Peter Deering said the project was a perfect fit for the group's mission.

"At the Shed, it's all about mate-ship, purpose, and helping the community. When we heard The Wandering Man needed a BBQ trailer, our members jumped straight in. We've cleaned it up, checked everything is safe and functional, and now it's ready for service."

The Wandering Man's President Jamie Hobbs said the donation will make a real difference.

"This BBQ trailer means we can get out to more events and reach more people in need. It's not just about the food – it's about creating a space for conversation and connection. The Men's Shed has given us more than a trailer; they've given us a tool for kindness."

The Ocean Grove & District Men's Shed regularly works on community projects, from repairing bicycles to building equipment for local schools and community groups. The BBQ trailer donation is the latest in a long line of initiatives that demonstrate how practical skills and teamwork can directly benefit the community.

As the trailer heads off to its new home, both groups hope it will keep the flames of community spirit burning brightly – one sausage sizzle at a time.



SHED MEMBER PORTAL

We're upgrading our membership system to make it easier for Sheds to manage their VMSA membership.

Your Shed Committee members should have received the email by now detailing how to log in. If you haven't received it, please email vmsa@vmsa.org.au.

Shed Membership Dues are now payable through our new Shed Member Portal. This secure system allows Committee members to log in, view their shed's membership details, and complete payments online. Please note that this method is optional and is offered as an alternative method of payment. Invoices have already been sent, so Sheds can continue to pay via the usual method if preferred.

Step-by-step instructions on how to access and use the portal are included in the email, so please check your inbox for all the details.



POINT NEPEAN MEN'S SHED

PARTNERS WITH UMBRELLA DEMENTIA CAFES

As part of our Community Outreach efforts, the Point Nepean Men's Shed has recently begun a wonderful partnership with Umbrella Dementia Cafes (UDC).

The team at UDC were looking for a venue with ample space to support more families living with dementia. By hosting their sessions at the Hangar, they have been able to welcome an additional five families from the waiting list, allowing even more people to benefit from their valuable programs.

The first meeting was quickly arranged by the UDC facilitators, and it was truly heartwarming to witness the interactions between facilitators, volunteers, family carers, and those living with dementia. Although we initially thought we would simply be watching, we found ourselves happily involved as additional volunteers, blending seamlessly into the activities.

The Hangar proved extremely popular, especially on a day of glorious sunshine over the Bay. It was a joyful and lively atmosphere, and a reminder of the positive impact our Shed can have on the local community.

At Point Nepean Men's Shed, we look forward to a long and meaningful association with Umbrella Dementia Cafes, supporting families and carers while fostering connection, understanding, and community spirit.



FIND YOUR LOCAL MEN'S SHED

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

www.vmsa.org.au



PINES COMMUNITY MEN'S SHED

BENCHES FOR SCHOOLS

The Frankston Charitable Fund provides one-off funding to assist charitable organisations for programs and projects that work to improve quality of life by increasing life opportunities and social inclusion in Frankston City.

Funded by one of the Grants provided by the Frankston Charitable Fund, the Pines Community Men's Shed has provided five outdoor settings to each of four state primary schools in the City of Frankston. Remaining funds will be able to provide a further five settings for another four schools.

Reports from schools have already stated that the students love the settings, and teachers are having a hard time getting them off the settings and back to class.



DYING TO KNOW WEEK

OPENING CONVERSATIONS THAT MATTER

Every August, Dying to Know Week encourages Australians to spark open and empowering conversations about end-of-life planning. This year's theme, "Nobody Knows," reminds us that if we don't share our final wishes, our loved ones are left to guess.

Across Victoria, Men's Sheds have been stepping up to lead these important conversations. The South East Metro Network recently hosted a guest speaker session on Wills, Power of Attorney, and Medical Decision Makers. It was a practical and informative session and a great idea for other Sheds to consider running for their members and community.

Some Shedders have even taken these conversations into their own hands – quite literally by building their own caskets as a way of planning ahead with both humour and pride.

Len's Casket Story, Seymour Men's Shed **By John Garcia**

In mid-2012, long-time Shedder Len Fiddler suggested the blokes make him a coffin. At smoko, one of the Shedders checked the rules online and came back with the verdict: "You're being cremated, so no screws or nails."

With four sheets of 2.4 x 1.2 ply, a lot of dowels and plenty of glue, Len's "firebox," as it came to be called, started taking shape.

One day, the local Anglican minister stopped by the Shed. Seeing the half-built coffin on the bench, he chuckled:

"That's a mighty fire box you've made, but make sure the lid is fixed securely. If it comes off going down into the grave, it could be embarrassing."

Without missing a beat, Len grinned and replied:

"No problem, I'm going in the firebox."

The casket sat in the Shed for about six months until Len passed away. His wife painted and lined it, and Len even tried it out for size before his time came.

Born in 1917, Len passed away peacefully while enjoying a cuppa in the sun. A life well-lived and a legacy that reminds us how important it is to prepare, plan, and share our wishes.

Dying to Know Week is about conversations like these, practical, honest, and often filled with humour and heart. Why not spark one at your Shed?

GET LEGAL HELP FROM JUSTICE CONNECT'S NOT-FOR-PROFIT LAW

Not-for-profit Law provides free and affordable specialist legal help for community organisations across Australia.

We know that everyday sheds struggle to navigate complex legal issues around governance, workplace safety, privacy requirements, working with others and more. As a not-for-profit organisation ourselves, we understand the pressures that individuals in sheds face to ensure ongoing legal compliance in an ever-changing environment.

That's why we give community organisations like yours legal help, to ease the stresses of navigating legal issues. By providing tailored legal support, we save your shed time, money, and resources so you can continue helping your community.

Ways we can help:

Free legal and governance resources: <https://www.vmsa.org.au/shed-governance/>

Explore legal and governance resources, designed to support sheds in establishing and maintaining effective governance practices. These valuable resources provide guidance on compliance, best practices, and the overall management of your shed.

You can access their full, free library of [online resources](#) on their website.

Free and affordable webinars: <https://www.nfplaw.org.au/webinars>

From \$49, you can join their webinars and get practical legal tips and insights that you can immediately implement in your organisation. Take a look at the [upcoming topics](#).

Paid customised training sessions: <https://www.nfplaw.org.au/training/>

You can also speak to their team about engaging them to deliver [paid customised training sessions](#).

Here's what previous participants from men's sheds have said about our legal help:

"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."



ARE YOUR SHED DETAILS UP TO DATE?

Check out your Shed page and make sure everything is current.

If not, take a moment to update it today!

www.vmsa.org.au

INSIDE THE WORKSHOP

SHED

SHOWCASE

BAIRNSDALE MEN'S SHED

Bairnsdale Men's Shed has installed a brand-new Mud Kitchen at Bairnsdale '754' Primary School. The kids are sure to have plenty of fun with it, and the Shed is looking forward to an invitation to their next bake-off.



DAYLESFORD MEN'S SHED

Daylesford Men's Shed has been busy at Vic Park upgrading their entryway to make access safer and easier for mobility-challenged members and visitors. The mesh will remain in place for a short time while the surface hardens, so visitors are asked to take care. The Shed extends their thanks to Hepburn Shire for support through the community grants program, and to Patrick and his crew for doing such a great job.

Do you have a great shed story or funny moment to share? Let us know for the next edition of Shed Talk! Email vm@vm.com.au



STANHOPE & DISTRICT MEN'S SHED

The brains trust at Stanhope & District Men's Shed has been busy building an impressive new structure – and as they like to say, “May the orb be with you.” We can't wait to see what the final product looks like, and it's already a great showcase of the skills and creativity within the Shed.

WEDDERBURN & INGLEWOOD MEN'S SHED

Wedderburn Men's Shed got an early start to Men's Shed Week with a sunny celebration full of food, fun, and friendship! Members enjoyed fresh salads, fruit, and cake while Cindy, Health Promotion Officer from IDHS, shared some tasty salad recipes using fresh produce from the Community Garden. Members from Inglewood Men's Shed also joined in, making it a great day of connection and camaraderie. A big thank you to the Community Garden volunteers for supplying the fresh ingredients that made the day even more special!



Do you have a great shed story or funny moment to share? Let us know for the next edition of Shed Talk! Email vmsa@vmsa.com.au

PROSTATE CANCER AWARENESS MONTH

This September for Prostate Cancer Awareness Month, Continence Health Australia and Prostate Cancer Foundation of Australia (PCFA) have teamed up to encourage blokes to seek support.

Each year, over 26,000 men are diagnosed with prostate cancer – around 72 men each day.

Many men who undergo treatment, including a prostatectomy, can experience urinary incontinence and need ongoing support.

While prostate cancer treatments can cause physical side effects, it may also cause psychological distress.

Compared with men in the general population, men with prostate cancer may be twice as likely to experience depression and three times more likely to experience anxiety.

Those with incontinence also face additional barriers, with nearly 33% of men with incontinence reporting barriers to leaving home, resulting in further psychological distress.

If men are struggling with the impacts of treatment and incontinence, there is support available.

PCFA has Prostate Cancer Specialist Nurses available to speak to, and a Prostate Cancer Counselling Service available at no cost for men and their partners impacted by the disease. Reach out via 1800 22 00 99 for support.

Continence Health Australia has a National Continence Helpline (1800 33 00 66), offering free, confidential information, advice and support on bladder and bowel control by nurse continence specialists.

This month, all men are urged to reach out for support if they need. Both PCFA and Continence Health Australia are here to ensure that no man goes through prostate cancer and incontinence alone.

Continence Health Australia also facilitate BINS4Blokes, promoting the installation of incontinence product disposal bins in male public toilets across Australia to ensure men with incontinence can live and work in their community with confidence and freedom.

Men's Sheds can help make a difference by signing up to advocate for product disposal bins in their local area. To get involved, visit the BINS4Blokes website www.bins4blokes.org.au or email info@bins4blokes.org.au

HOST YOUR NEXT MEN'S SHED EVENT IN OURS



WE CONFESS, OUR 'MEADOWS SHED' PROBABLY LOOKS A LOT DIFFERENT TO YOURS. HOWEVER, IT SHARES THE SAME VISION, MISSION & ROLE.

Here at **The Meadows Conference and Events Centre** we too believe in empowering communities. Our mission, like just every Men's Shed, is to offer a place for people to connect. We are dedicated to providing our venue to groups who require a unique and great space to host a function at a very reasonable cost. It goes in hand in hand with being a not-for-profit organisation, just like the VMSA.

As a proud sponsor of the VMSA, our shed door is always open should your shed members need a space to gather. This October we will again be hosting the **VMSA Annual Conference**. If you plan to head along, our hospitality team will be available to show you around our venue. We've seven sensational indoor and outdoor spaces to entertain you. If you'd like more immediate information about our venue and hospitality packages you can jump on our website or call on (03) 9355 5222.

And don't forget, our venue doubles as a Australia's premier greyhounds race track. We can also host you on a Wednesday or Saturday race night. Visit melbournegreyhounds.org.au to learn more.



*The
Meadows*

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80 Northcorp Boulevard, Broadmeadows, Victoria
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- The ultimate deluxe vehicle first aid kit

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- Complies with WHS regulations for 1-25 person workplaces
- Red portable soft pack with splash resistant backing
- Modular design enables fast and easy access to required treatments
- Ideal for tradies and construction

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R2 GENERAL WORKPLACE METAL CABINET FIRST AID KIT

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- Complies with WHS regulations for 1-25 person workplaces
- Heavy duty white metal cabinet
- Carry handle and wall mount holes
- Ideal for low-risk workplaces

Special Order



R3 TRAUMA EMERGENCY RESPONSE PRO FIRST AID KIT

Product Code I/N: 0400984

- The ultimate R3 first aid kit for trauma injury management
- Loaded with hospital-quality supplies for cuts, wounds, & burn injuries
- Durable soft case for maximum portability in rush-to-scene incidents
- Exceeds requirements for WHS for 1-50 persons on a low-risk site

Special Order



R4 CONSTRUCTA MEDIC FIRST AID KIT

Product Code I/N: 0400979 (soft pack), 0400977 (metal cabinet)

- One of the biggest and best in our R4 range, especially suited to first aid rooms, etc.
- Additional modules to make contents easily locatable
- Hospital-grade content to provide an effective response to injuries
- Exceeds requirements for WHS for 1-50 persons on a high-risk site

NOW STOCKED IN STORE

Have you considered a **snake and spider bite first aid kit**?
Make sure you're prepared for the outdoors!

Product Code I/N: 0400986



Scan the QR code to learn more about FastAid kits available at Bunnings

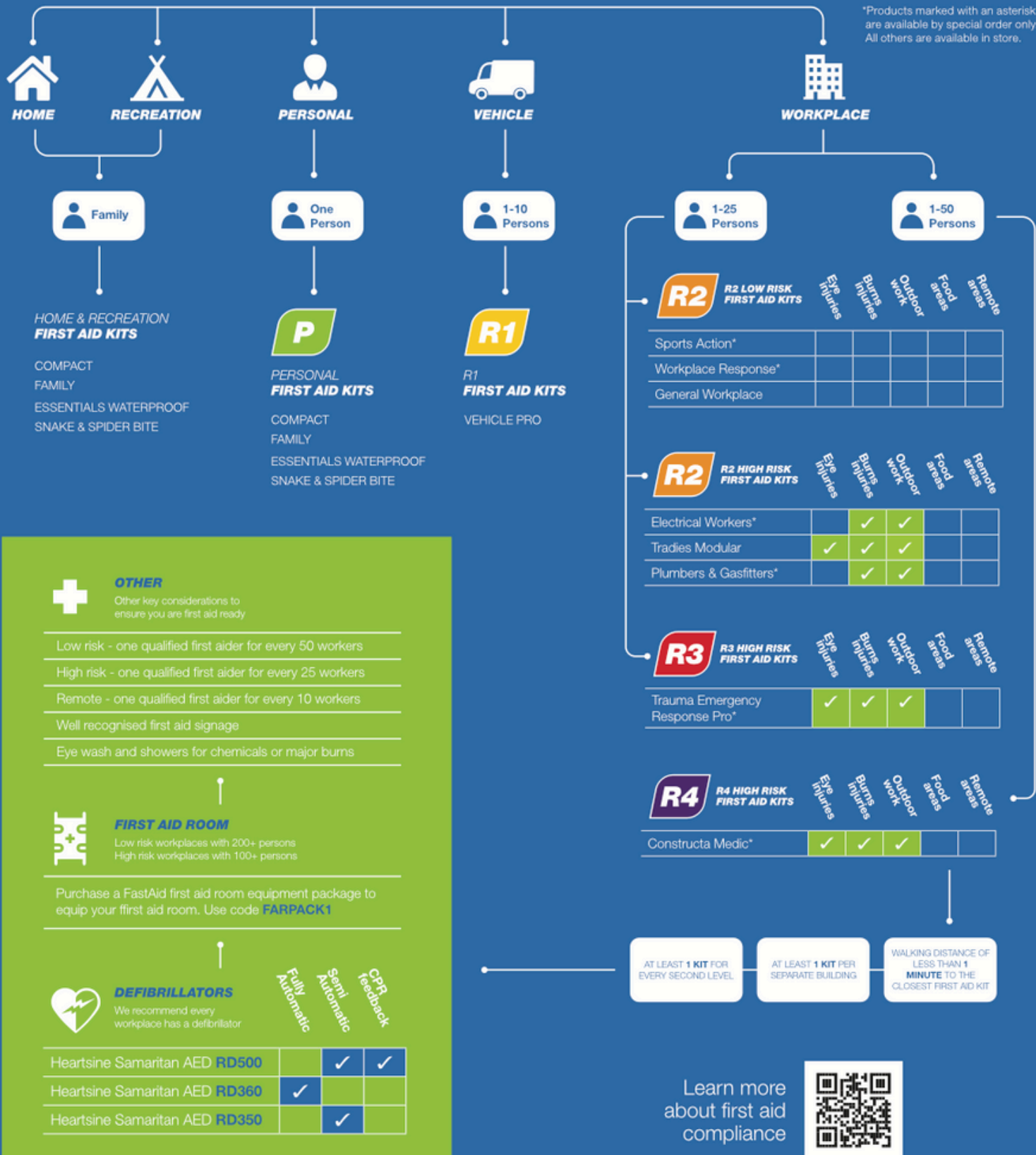
YOUR JOURNEY TO FIRST AID COMPLIANCE

FASTAID
First Aid...for life

**BUNNINGS
TRADE**

An easy to follow map to identify what you need to ensure you are first aid compliant and prepared

START HERE



What is a low risk worksite? A workplace where workers are not exposed to hazards that could result in serious injury or illness. Examples; School's, Library, Offices

What is a high risk worksite? A workplace where workers are exposed to hazards that could result in serious injury or illness. Examples; Construction sites, tradies, manufacturing plants, mine sites



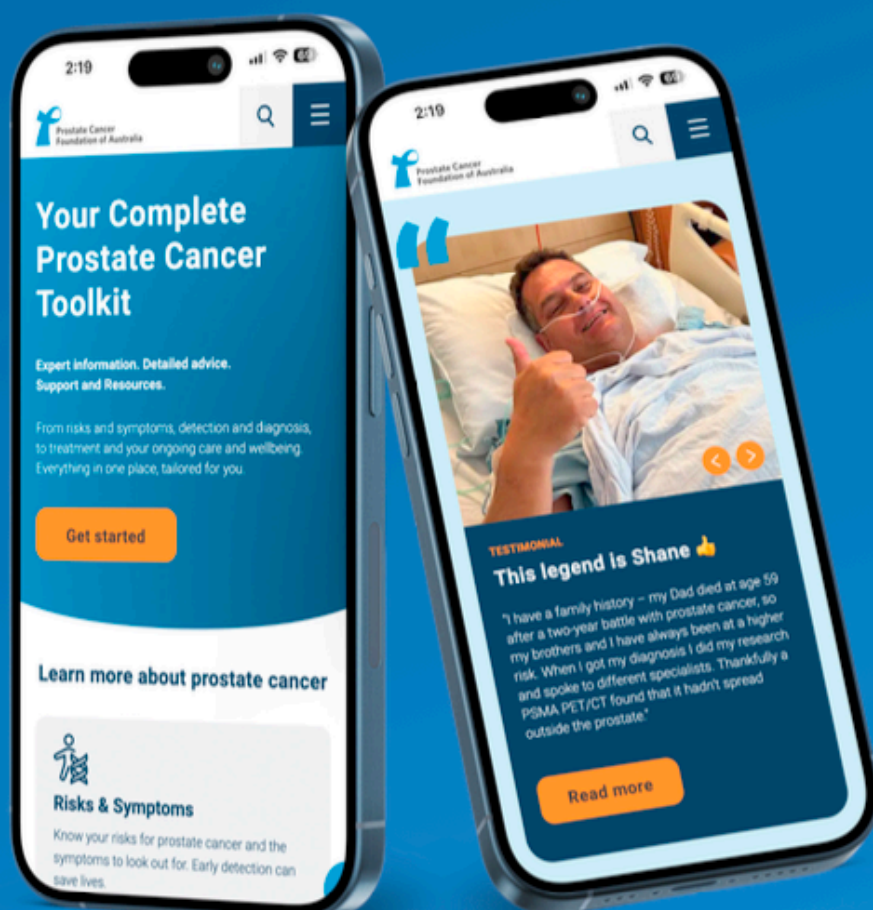
Prostate Cancer
Foundation of Australia

Your Complete Prostate Cancer Toolkit

Expert information. Detailed advice.
Support and resources all in one place,
tailored for you.

🔍 prostate.org.au

☎ 1800 22 00 99



Scan the QR code
to get the Toolkit



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!

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COURTNEY RODDA

Social Media

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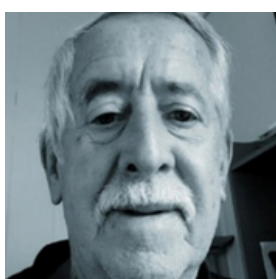
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VISIT OUR ONLINE EDITION
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- Catch the latest shedders news
- See projects in the community
- Updates from VMSA



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