

CHRISTMAS MAGIC ON THE MORNINGTON SANTA TRAINS

*Point Nepean Men's Shed
Extends Its Community Impact
with a Dementia Café*

*Getting Into The Seasonal Spirit
The Yackandandah Experience*

Christmas Shed Showcase

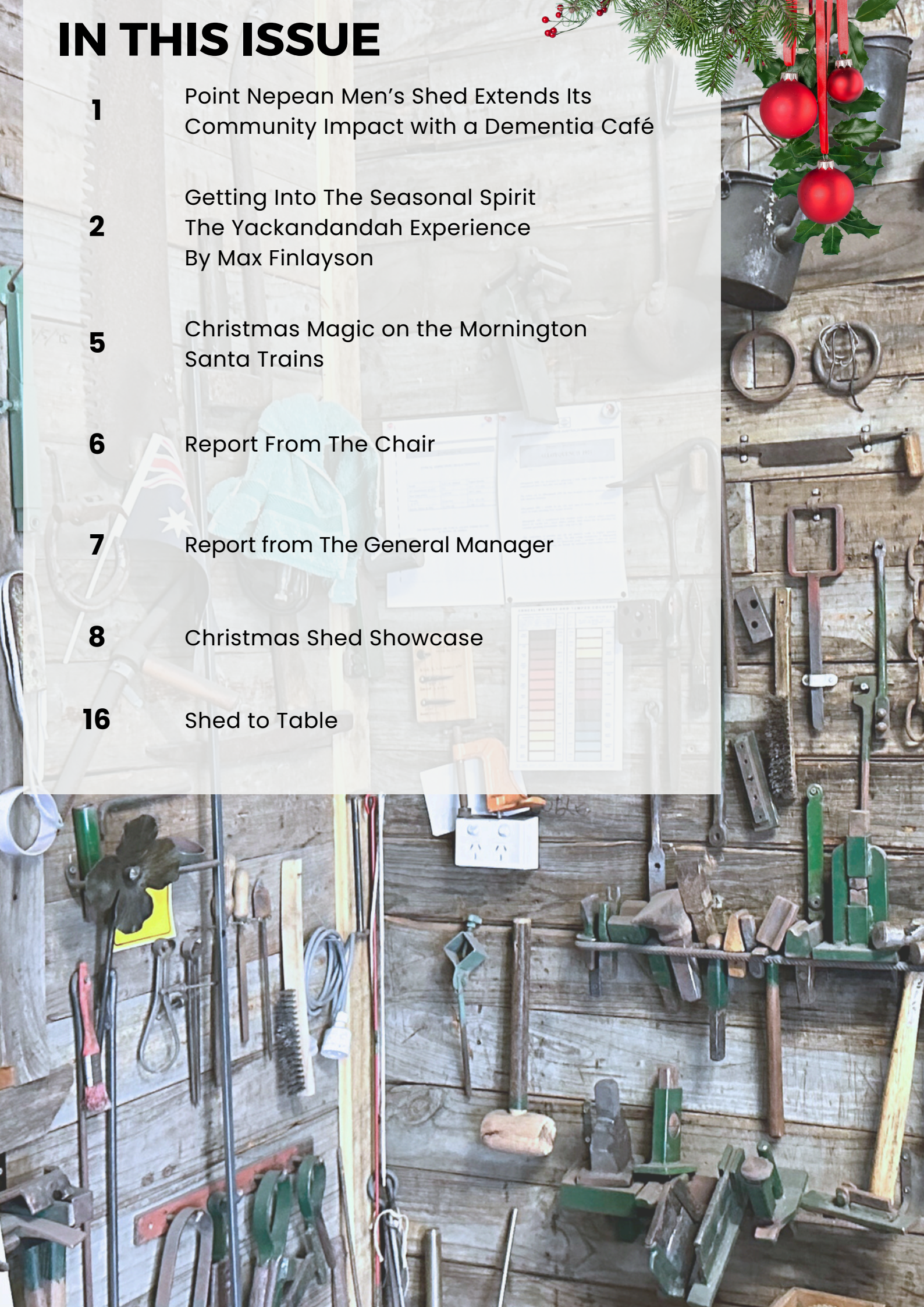
VICTORIAN
MEN'S SHED
ASSOCIATION

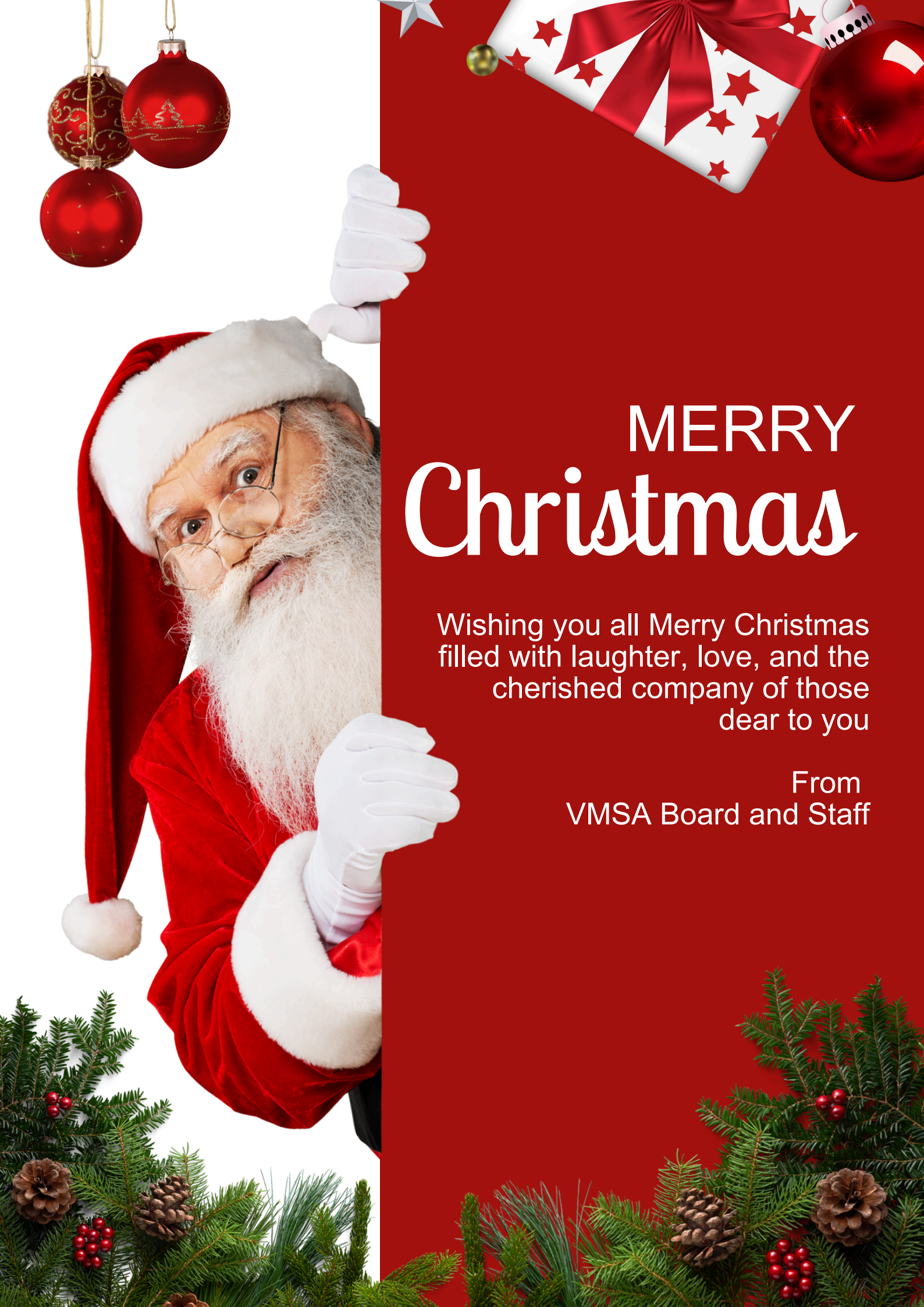
SHED TALK

DECEMBER 2025

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IN THIS ISSUE

- 
- 1** Point Nepean Men's Shed Extends Its Community Impact with a Dementia Café
 - 2** Getting Into The Seasonal Spirit
The Yackandandah Experience
By Max Finlayson
 - 5** Christmas Magic on the Mornington Santa Trains
 - 6** Report From The Chair
 - 7** Report from The General Manager
 - 8** Christmas Shed Showcase
 - 16** Shed to Table



MERRY Christmas

Wishing you all Merry Christmas
filled with laughter, love, and the
cherished company of those
dear to you

From
VMSA Board and Staff

POINT NEPEAN MEN'S SHED

EXTENDS ITS COMMUNITY IMPACT WITH A DEMENTIA CAFÉ

Dementia is now Australia's leading cause of death, according to the latest Causes of Death, Australia, 2024 report from the Australian Bureau of Statistics (ABS), overtaking ischaemic heart disease. Initiatives like dementia cafés provide meaningful local support, and on Victoria's Mornington Peninsula, the Point Nepean Men's Shed has embraced this challenge by opening its own dementia café.

Tucked between the ocean and bay, the Shed has long been a hub of connection and creativity. Known for woodworking projects and school partnerships, it has now taken on something unexpected and deeply meaningful.

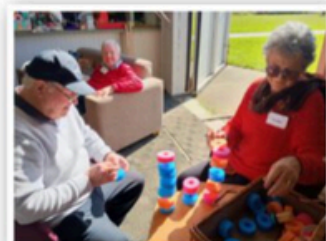
The idea began with a fundraiser for Umbrella Dementia Cafés. Following the event, members were invited to host a café themselves. Their venue — an old helicopter hangar with sweeping bay views — proved perfect.

Every fortnight, families living with dementia gather for two hours of games, conversation and support. Carers share stories and enjoy respite, while participants experience a safe, engaging space.

"It's been an eye-opener," says Terry, a long-time member. "Over two hours, seeing interaction between facilitators, volunteers, caregivers and members was wonderful." The dementia café is one of many ways the Shed extends its reach beyond workshops. Members have built shelters for endangered hooded plovers, run bike maintenance sessions, created "buddy benches," and introduced wicking boxes to teach sustainability. From helping neighbours after storms to providing school resources, the Shed demonstrates the practical and caring role sheds play across Victoria.

"For us, it's a chance to be together — the banter, laughs, and satisfaction of helping," says Terry. "With the café and everything else, we never quite know what's next — and that's the beauty of it."

There's a great opportunity for other Victorian sheds to host a Dementia Café. Interested sheds can contact Umbrella Dementia Cafés at: enquiries@umbrelladementiacafes.com.au



GETTING INTO THE SEASONAL SPIRIT

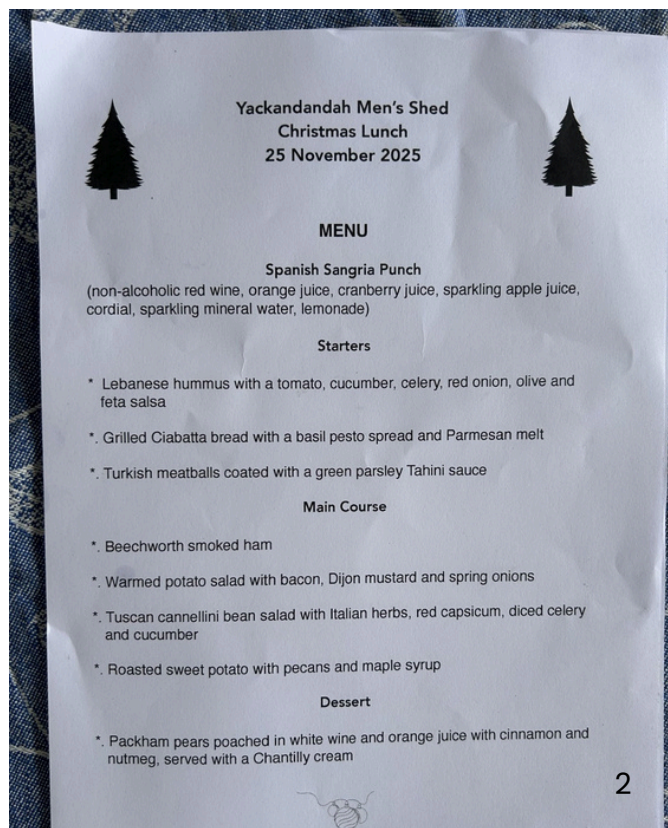
THE YACKANDANDAH EXPERIENCE

BY MAX FINLAYSON, SECRETARY, YACKANDANDAH MEN'S SHED

The Yackandandah Men's Shed, known as the Yack Shack, in north-eastern Victoria held its Xmas lunch on 25 November. This was fully self-catered and held in the meeting room at the Shed. We've done this for the past few years as a substitute to the previous lunches held at one of the local pubs. The decision to do so was prompted by the arrival and initiative of Larry Kern with his experience in catering and penchant for cooking healthy meals. He was supported by a willing and skilled band of helpers who scrubbed and prepared the room (the elbow grease was phenomenal), assisted with food preparation and serving, as well as the post meal clean up. If you were looking for an unabashed example of teamwork this would be a good place to start.

We had 62 members and their partners seated (or squeezed in) around tables covered by red or white coverings with flower arrangements delicately placed amongst the cutlery that was set in readiness for the well adorned patrons who were to file in and take their places in anticipation of a healthy meal. Many of our members were in their radiant blue Shed shirts, and some had even ironed them (or had them ironed).

The meal was duly provided by the finely tuned bevy of blokes in the kitchen and delivered by the well-balanced and smiling waiters who had honed their skills with the kindling cutting, band sawing and other machines out in the workshop. They were prepared to a hitherto unobtained level of high perfection. This was not a charade in the image of Fawlty Towers (respectfully noting the recent passing of Prunella Scales alias Sybil Fawlty). It was a presentation in line with that found in a Michelin star restaurant; one with a multi-year three-star rating, of course. Not that we have hosted the Michelin dining inspectors in our realm – our own rating of ourselves suits the purpose and is undisputed (as per the executive order quietly delivered by our President).



GETTING INTO THE SEASONAL SPIRIT (CONTINUED FROM PAGE 2)

The meal started with Lebanese hummus, grilled Ciabatta bread & Turkish meatballs, then came the mains comprising Beechworth smoked ham, warmed potato salad with bacon, Tuscan cannellini bean salad & roasted sweet potato, followed by Packham poached pears. The details and accompaniments with each course are shown in the complete menu. This was all washed down with a thirst-quenching Spanish sangria punch; this was blissful and healthy as well. We enjoyed both the culinary fare and appreciated the multi-cultural origins of the menu – we are located about 35 km from the former Bonegilla migrant camp that hosted around 300,000 post second world war migrants with an indelible influence on our cuisine and enjoyment of food.

The food was laid out on large platters on each table and subsequently eagerly consumed by the seated diners. The initial noisy chatter declined to be replaced by cutlery hitting the plates (ok, and the occasional audible slurp) then festive glances seeking a second serve. There was ample for all, and without the leftovers (wastage) that can at times occur with such grand occasions.

At the end of the dining another band of men quickly assembled and gathered the plates and cutlery and distributed them between our two dish washing machines (yes, that's right, we have two!) and the kitchen sink. As always, the ingenuity and imagination of our blokes came to the fore with a wheelbarrow commandeered and used to good effect to efficiently move things around, and without breakage (well, no one is saying if there was!). Our newly installed hot water system was also put to good use – gushing sufficient steaming water on demand – not a once, but no longer, burnished electric urn (tested and tagged, of course) for us nowadays, nor one of those wall-mounted splutteringly scalding zip heaters. It's a well-equipped and multi-functional place run by adaptable blokes with expertise to spare.



GETTING INTO THE SEASONAL SPIRIT (CONTINUED FROM PAGE 3)

Our President, Graeme Neil, acknowledged the traditional owners of the Yackandandah land and welcomed everyone, members and their partners, thanked all those who assisted in the preparation and execution of the dining experience, and emphasised the values that underpinned the Men's Shed over the year, and into the future. All spoken with intended sincerity while resplendently adorned in his woollen kilt with sporran swinging, but no sign of his deadly, razor sharp sgian dubh or dirk. Then we had a well-orchestrated surprise with a ballad orated by our baritone-voiced foundation President, John Bradley, about the follies of men away on tour (relating the frivolity not any bawdiness), and as we relaxed with the dessert we indulged in a splendid musical rendition from two talented and local flautists, Janet Russell and Sharon Emmett, performing as the Serenata Duo. Amongst the songs they played were 'Scarborough Fair', 'Crested Hens' (with harp) plus 'Have Yourself a Merry Little Christmas' and 'We Wish you a Merry Christmas'.

The music was fantastic and soothing and took the undivided attention of all diners. It capped a thoroughly enjoyable gathering based on healthy food, cultural excellence, and teamwork, and all those things that make Men's Sheds an important part of the social fabric of our communities. And not to be forgotten, the very next day a group of our members descended on the High Street to rebuild the wooden fence that fronts the yard of the local volunteer-run museum. The cycle continues. Men doing things. Men sharing and enjoying themselves. Men helping others.

We extend our greetings for the festive season to all Shedders and their families and friends and look forward to another year of men doing things and enjoying themselves while helping others. In case you were hopefully looking across our way for the next edition of a Xmas lunch with all the adornments, we are sorry to say that bookings for next year are already fully subscribed.



Photo Credits:

Table set before diners were seated (photo Max Finlayson)
Lunch menu (photo Max Finlayson)
President Graeme Neil and Sharon Emmett (photo Max Finlayson)
Serenata Duo flautists Janet Russell and Sharon Emmett (photo Max Finlayson)
Attendees watching the flautists (photo Larry Kern)
Wheelbarrow commandeered as part of the kitchen utensils (photo Max Finlayson)

CHRISTMAS MAGIC ON THE MORNINGTON SANTA TRAINS



The Mornington Railway which operates as a men's shed, has once again welcomed the festive season with its much-loved Santa Special Trains, offering families a traditional Christmas experience aboard century-old heritage carriages. This year's services have been exceptionally popular, with more than 600 passengers travelling on the sold-out opening day.

Passengers step aboard the beautifully restored "Red Rattler" carriages for a 50-minute return journey filled with Christmas cheer. Each service includes a meet-and-greet with Santa at Moorooduc Station, with Santa also making his way through the train to share festive greetings and photos with families. Every child receives a lolly bag, adding to the excitement of the trip.

A kiosk at Moorooduc Station is open throughout the operating days, offering a sausage sizzle, snacks, ice creams, cold drinks and a selection of Mornington Railway merchandise. The railway encourages families and community groups to make a day of it and soak up the holiday atmosphere.

For more information about the Santa Special Trains and other upcoming heritage rail experiences, visit the Mornington Railway Facebook page:

[Mornington Railway](#)



REPORT FROM THE CHAIR



As another year in the life of the men's shed movement in Victoria ticks over, we should spare a moment to take a breather before we shut down our operations for the holidays.

The manifold achievements of men's sheds over the past year are too numerous to list here but are the product of the tireless work of volunteer shed members.

I particularly want to thank the shed committees who provide leadership and good governance for the sheds they so ably represent.

I also want to thank the VMSA Board for their commitment and hard work, all of which is done on a voluntary basis.

Also big thanks to Jim our General Manager and our two staff members, Mark and Kylie for their hard work and commitment.

I must also acknowledge the great work done by Courtney Rodda who does our website, newsletter and social media.

I am happy to report that Ros Spence, the State Member for Kalkallo and Minister for Agriculture, Community Sport, Carers and Volunteers has approved the VMSA grant application for \$100,000 to fund a VMSA Network Sustainability Project 2026-27.

We have just completed a project plan with the Department of Families, Fairness and Housing for this 12 month project which will consolidate the sustainability of Victorian Men's Shed Networks and be rolled out from April next year.

This plan sees \$60,000 of this \$100,000 being allocated directly to support the men's shed network meetings with the balance to the VMSA for coordination and administration. This ensures that the shed networks will receive a direct benefit from the grant.

Thank you to all of the shed committees, the VMSA board and the state government for its financial support for the men's shed movement.

I would also like to thank our sponsors and partners, including The Meadows, Greyhound Racing Victoria, Exxon Mobile, Bunnings Trade, Total Dust Extraction, JC Walsh, Beyond Bank, Prostate Cancer Foundation of Australia, Ambulance Victoria, Diabetes Victoria, Ryobi, Bins4Blokes, Essere and Fluidmaster.

I wish all men's sheds a Merry Christmas and a Happy New Year.

Thank you,

TREVOR DOBBYN
VMSA Chair





REPORT FROM THE **GENERAL MANAGER**

Hello Shedders,

Reflecting on 2025 as it draws to a close, I'd say that it's been a good year for the VMSA and for Men's Shedding more generally across the state. I'd have to preface this by acknowledging that not every shed is thriving and there continue to be challenges, particularly with securing adequate shed space in metropolitan areas and attracting new membership at some remote sheds.

In the new year, I will be taking a closer look at these issues and working to address them, ensuring sheds affected receive the support they need.

We have worked together with you this year to develop five well-attended regional events and many local shed networks, and the feedback we have received indicates that there is a real appetite for increasing these connections next year.

The subscriptions on our core media channels (Facebook, VMSA website, Shed Talk) continue to increase as have the number of daily emails and calls that our staff receive. We have also formed relationships with a growing list of sponsors and community organisations and these will be important in helping to secure the ongoing viability of our association.

It may not come as a shock to you that this edition of Shed Talk is focusing primarily on the Christmas celebrations being held across Victoria. If there's one thing shedders know how to do well it's nail a great end-of-year party, and I'm sure this year will be no different.

As we all know though, Christmas can be a very challenging time for many people, particularly for those without a strong social network. For more than a few men, the trip to the shed is their main social event of the week. If this stops for a month or so, it can be a lonely time. Maybe have a think about the guys at your shed that fit into this category and organise a catch-up or at least a phone call or two during the downtime.

I hope you all have a lovely break, and I wish you all a very Merry Christmas and a happy New Year.

JIM KANE
VMSA General Manager



CHRISTMAS SHED SHOWCASE

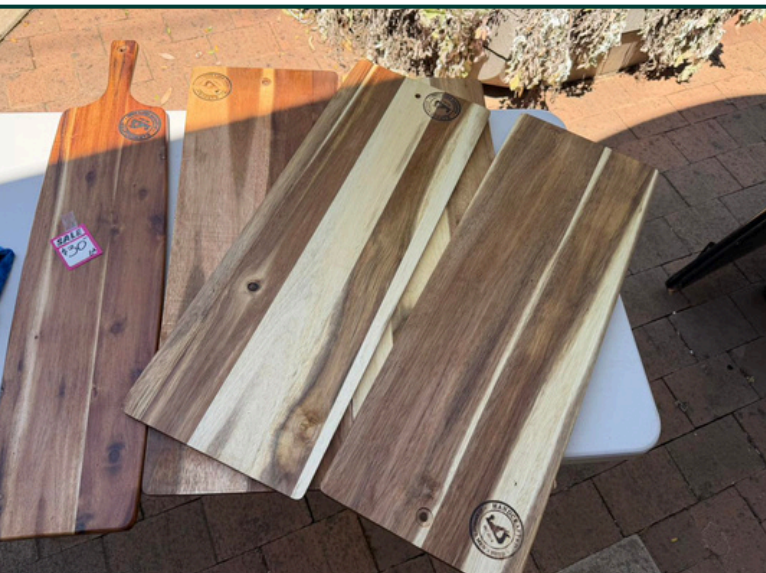
BAIRNSDALE AND DISTRICT MODEL AERO CLUB

At the BADMAC Christmas dinner, Peter Kieth was awarded the Clubman / Best and Fairest for his outstanding dedication. From supporting every Bunnings Sausage Sizzle to maintaining and improving the club facilities, Pete's contributions have been invaluable. Congratulations on a well-deserved recognition!



STANHOPE & DISTRICT MEN'S SHED

Stanhope Men's Shed have been busy making their Christmas wares and have crafted these beautiful wooden boards and serving trays. All funds raised go back into supporting the Shed's overheads and repairs.



ROCHESTER MEN'S SHED

Rochester Men's Shed have been showcasing their handmade crafts at the local Christmas market, including these charming table Christmas tree decorations. All proceeds support the Shed's projects and facilities, making every purchase a gift that gives back to the community.



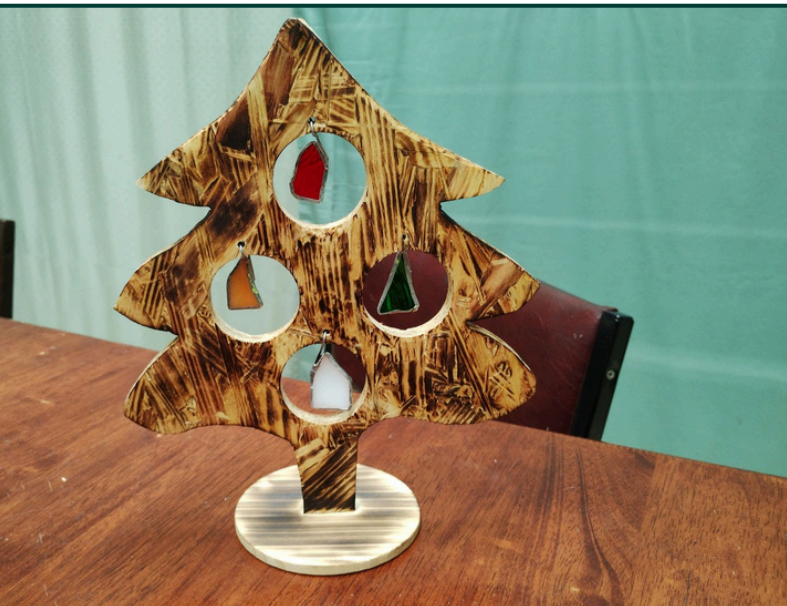


GISBORNE MEN'S SHED

Gisborne Men's Shed have been out and about supporting the local foodbank. At FoodWorks in Gisborne, the men have been selling tickets for handmade wheelbarrows filled with vouchers—1st prize \$2,000, 2nd \$600, and 3rd \$400. Don't forget to say hello to Santa Geoff from the Shed!

ENDEAVOUR HILLS MENS SHED

Endeavour Hills Men's Shed helped out at Bunnings Dandenong's Christmas function, lending a hand from 5 pm to 7 pm and supporting the community event.



BALLAN MEN'S SHED

Ballan Men's Shed had a new addition arrive at their workshop this week, with a member dropping in a freshly made item for their market stall. Crafted from offcuts of oriented strand board (OSB) and glass, it's a great example of creative reuse—and there may be more on the way.



TALLYGAROPNA MEN'S SHED

Tallygaroopna Men's Shed have completed another great community project, with special thanks to Ian and Alan for their efforts. The team recently handed over their work to Bunnings, helping bring some festive cheer for the weeks ahead. Pictured are Caitii Owen, President Ian Waite and Sarah Batho at the handover.

BENALLA WOODWORKERS ASSOCIATION

Wrapped up a busy year with their Christmas party, where around 30 members and partners gathered to celebrate the season. During the festivities, Dennis Ball received the coveted Frank Wilcock Award for Woodworker of the Year, recognising his hard work and consistently beautiful creations. Peter Carvel was also acknowledged with the President's Prize for his excellent contributions to the club's strong financial position. A great end to a productive year for the Benalla Woodworkers.



DAYLESFORD MEN'S SHED

Daylesford Men's Shed have been busy installing Christmas trees along Vincent, Albert and Howe Streets, with support from Victor and Danny from Daylesford Rotary. A special tree is also on display outside Baker's Delight. Thanks to Hepburn Shire Council for loading and delivering the trees from Vic Park.

The trees feature small wombats decorated by local students, while larger wombats painted by local artists brighten nearby shopfronts and are available for purchase. A wonderful community effort to kick off the festive season!



MT DUNEED MEN'S SHED

Mt Duneed Men's Shed have been busy taking orders for their ever-popular range of handcrafted Christmas trees. All proceeds go towards supporting the Shed's projects and facilities—perfect for adding a special touch to your festive celebrations!



MARONG & DISTRICT MEN'S SHED

Marong & District Men's Shed held their Christmas lunch on 9 December, bringing members together to celebrate the festive season and enjoy camaraderie, good food, and shared cheer.



GOULBURN VALLEY WOODWORKERS

On Sunday 7th December, the GV Woodworkers enjoyed their Christmas lunch at the Shepparton Club, with around 40 members coming together to celebrate the festive season and enjoy good food and company.



HEATHCOTE MEN'S SHED

Heathcote Men's Shed wrapped up another enjoyable year with a lunch at the Commercial Hotel, celebrating a great day shared among a great bunch of blokes.

WODONGA MEN'S SHED

Wodonga Men's Shed proudly donated food to the Albury Wodonga FoodShare Christmas Appeal, with CEO Katrina Pawley accepting the contribution on behalf of the organisation.



BALLARAT COMMUNITY MEN'S SHED

Ballarat Community Men's Shed is looking very merry, with their Christmas display now set up and ready to enjoy. The Shed is showcasing this year's decorations, handmade gifts and a range of items crafted by members. If you're after something unique or locally made this Christmas, pop in, say g'day and have a browse.



MARYBOROUGH MEN'S SHED

Maryborough Men's Shed have a range of items for sale, including BBQ condiment trays, tealight trays, egg trays, rolling pins and serving boards.

UPWEY MEN'S SHED

Upwey Men's Shed gathered for their annual Christmas luncheon, enjoying a wonderful meal and festive atmosphere thanks to the Upwey Belgrave RSL and Running Rabbits Military Museum. Members appreciated the excellent food, friendly staff, and the chance to celebrate the season together.



CROYDON HILLS COMMUNITY MEN'S SHED

Croydon Hills Community Men's Shed members have once again contributed Christmas hampers to the Ringwood Salvation Army for distribution in the local Maroondah area. With demand high at this time of year, the Shed is proud to support the Salvos in providing much-needed assistance to the community.

SHARE YOUR SHED'S STORY!

Got a story to tell? Whether it's big or small, we'd love to feature it in Shed Talk! Celebrate your Shed's achievements, events, or unique moments with the wider network. Email your stories to vmsa@vmsa.org.au and let's spread the word!



ROWVILLE MEN'S SHED

Rowville Men's Shed crafted a Santa Letter Box for the Coonara Community House, helping spread a little extra festive magic. The letter box gives children—and the young at heart—a place to post their letters to Santa Claus at the North Pole as Christmas approaches.



OUYEN DISTRICT MEN'S SHED

Ouyen District Men's Shed enjoyed their Christmas lunch, featuring turkey, lamb and roast vegetables with all the trimmings, expertly prepared by Neil, the Kiwi cook.



SHEPPARTON MEN'S SHED

Shepparton Men's Shed's newest member, Michael, has completed another batch of Christmas trees made from pine pellets. Some of the trees will be donated to the local kindergarten, where children will enjoy painting them.



BACCHUS MARSH MEN'S SHED AT THE LAURELS

Bacchus Marsh Men's Shed members enjoyed a great Christmas lunch at The Laurels, with good food and company shared by all. Thanks to John, Ian, Rob, Alec and others who organised the catering and set up the venue.

VENUS BAY, TARWIN LOWER & DISTRICT MEN'S SHED INC

Venus Bay, Tarwin Lower & District Men's Shed Inc. recently held their Christmas dinner for members, partners and guests. A big thank you to Secretary David for organising the event, along with the many helping hands who made the evening a success.



DIAMOND CREEK MEN'S SHED

Diamond Creek Men's Shed held their Christmas lunch as an opportunity to thank the many people who support the Shed. Among those pictured are local MP Vicki Ward, along with Naomi and Peter, and founding member Leigh Marshall. Leigh had the foresight and energy to establish the Diamond Creek Men's Shed, serving as President for its first five years and later being recognised as a Life Member. Leigh now lives in Torquay.

SHED TO TABLE



Summer fruits gingerbread crumble

Recipe and image from the Heart Foundation

Ingredients

6 (850 g) nectarines, cut into wedges
1 tablespoon golden syrup
125 g punnet raspberries
 $\frac{2}{3}$ cup reduced fat plain Greek yoghurt, to serve

Crumble

$\frac{1}{3}$ cup wholemeal plain flour
 $\frac{1}{3}$ cup quick oats
 $\frac{1}{3}$ cup flaked almonds
2 tablespoons raw sugar
2 teaspoons ground ginger
 $\frac{1}{2}$ teaspoon ground cinnamon
2 tablespoons olive oil
1 tablespoon golden syrup

Directions

1. Cut nectarines into quarters, remove stones. Place over base of a large shallow ovenproof dish. Drizzle with golden syrup. Cover with foil. Bake in 180 °C oven (fan-forced) for 35 minutes, or until fruit is tender when tested with the tip of a sharp knife.
2. Meanwhile, to make crumble, place all ingredients in a medium bowl. Stir until well combined and crumbly.
3. Remove foil covering from baked nectarines. Scatter over raspberries and sprinkle with crumble. Return to oven for 15–20 minutes or until crumble is golden brown.
4. Serve warm with yoghurt.



IF YOU'RE STRUGGLING, HELP IS AVAILABLE

If you or someone you know is struggling during this time of year, it's important to remember that help is available.

The following organisations provide support, guidance and a listening ear for anyone facing difficult times:

Beyond Blue: 1300 224 636

Lifeline: 13 11 14

MensLine: 1300 789 978

Suicide Call Back Service: 1300 659 467

Veterans Line: 1800 011 046

Black Dog Institute: (02) 9382 4530

Head to Health: <https://www.headtohealth.gov.au>

Grief Line (7 days, 12–3 pm): 03 9935 7400



FIND YOUR LOCAL MEN'S SHED

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

www.vmsa.org.au



KEEP DOING WHAT YOU LOVE AT YOUR LOCAL MEN'S SHED

With Aunty Grace's Support at Home services, you can keep enjoying the activities and mateship of your local Men's Shed for years to come.

Got a Home Care or Support at Home government package?

Aunty Grace is here to help with:

Stay Connected

More time at your Shed, building, creating and catching up with mates.

Stay Active, Stay Strong

Access to physiotherapy and other clinical services with no out-of-pocket contributions under Support at Home.

Support at Home

Assistance with everyday tasks so you can stay safe and independent in your own home.

Transport to the Shed

We'll help you get to and from your Shed so you don't miss a thing.



Support at Home that keeps you moving, connected and independent

At Aunty Grace, we deliver better care and **Support at Home** that's consistent, compassionate, and clinically backed.

With local knowledge and genuine personal care, your Aunty Grace Care Partner supports your independence every step of the way.



Aunty Grace ensures you get more from your home care with:

- Regular, reliable services
- Smarter Care Management
- Every incident reviewed by a clinical team
- We stay in touch – regular updates, clear communication, and community events!
- Need help? Our friendly support team is always there and ready to assist

Call us today **1300 010 801**
or visit us at **www.auntygrace.com.au**

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.

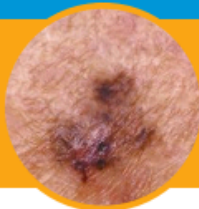
If you have fair skin, blue or green eyes, fair or red hair or lots of moles or freckles you are at high risk of developing skin cancer.

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:



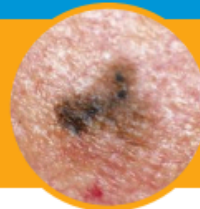
Asymmetry
If the spot or lesion is divided in half, the two halves are not a mirror image.



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/UVAAlert



Slip on protective clothing

- Use clothing to cover as much skin as possible.



Slop 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

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*

CONFERENCE + EVENTS CENTRE

80 Northcorp Boulevard, Broadmeadows, Victoria
themeadowsevents.com.au | (03) 9355 5222



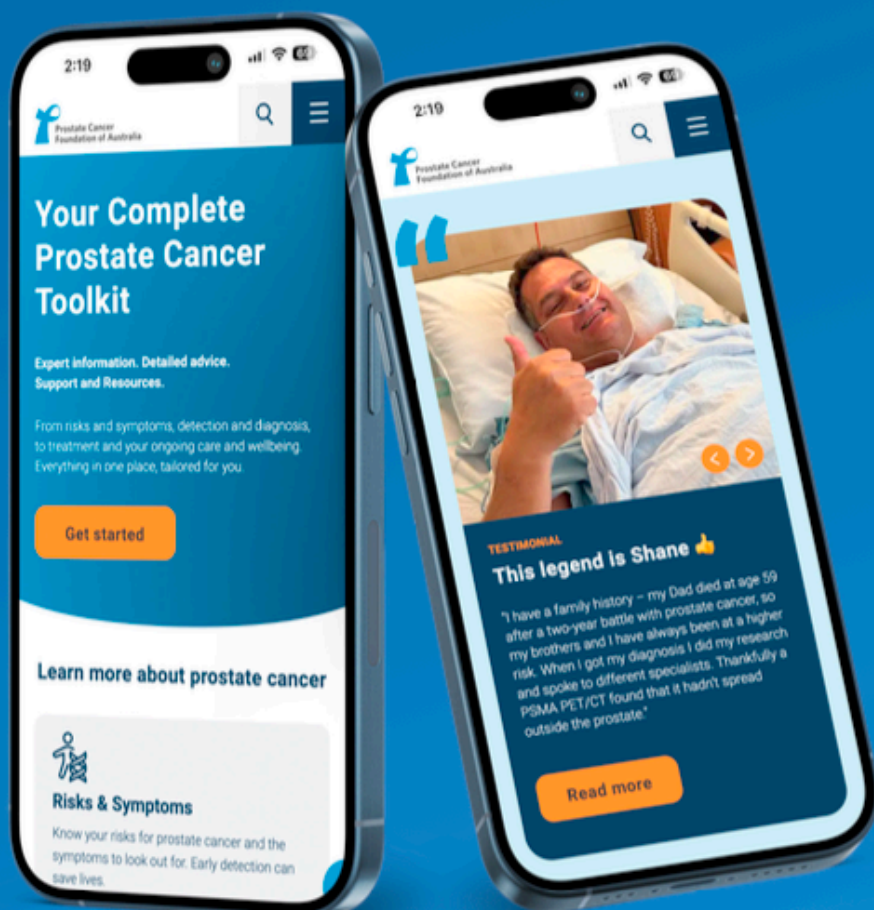
Prostate Cancer
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Your Complete Prostate Cancer Toolkit

Expert information. Detailed advice.
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Scan the QR code
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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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VMSA BOARD



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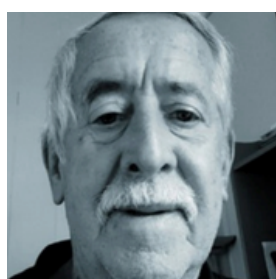
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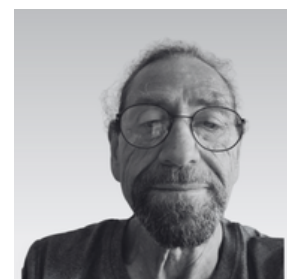


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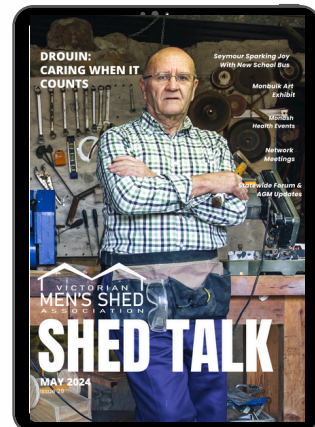


Russ Kellet

Committee



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- Catch the latest shedders news
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