



OPENING HOURS:
Monday to Saturday 9.30 to 1:30
Closed only on Sundays,
Good Friday, ANZAC and Christmas Day



Waverley City



Monash Men's Shed Inc. at Bogong Reserve,
1/49-77 Bogong Avenue, Glen Waverley, Victoria, Australia, 3150
Phone 9561 8557

June 2021

Latest Lockdown

By now, it would have sunk in that we have had to go into a further period of lockdown. Obviously, this means that usual Shed workshop activities are suspended until the COVID-19 lockdown is eased.

During this time, the Shed telephone will continue to be answered during our usual hours of 09:30 to 1:30 so that you can keep up with the latest developments.

Whenever this lock-down ends, we anticipate being able to re-open very quickly. We will try to keep both facebook and the website up to date <https://monashshed.org.au/> with the latest information on opening times.

Here we go again!

One of the things that we are being alerted to, as we go into this latest period of lockdown, is that this time it might well be more difficult for us to deal with mentally. Sure, we have sufficient experience to know what to expect – shortages of toilet paper, fresh meat, flour and sugar for example – but the



sense that we had that this problem was going to go away quickly; that sense has gone. It has been replaced with a sense of *déjà vu* – a familiarity with what's going on but knowing that things are different. Now, when we go out, we have the suspicion that everyone we pass is like *Pig-Pen* in 'Peanuts' – with a

cloud of COVID-19 particles waiting to infect us.

We wake up expecting that this latest lockdown will be extended beyond the initial 7 day period and, with no end in sight, this can be quite demoralising.

On top of that – we’ve done everything. We’ve got things organised in our pantries; we’ve done all those niggling little jobs around the house; we’ve read all the books in the pile next to our bed and we’ve watch every DVD in our collection at least twice.

Talk to a mate

So what can we do about it? Taking time to think about some of the other things that helped during the last lock-down is a useful place to start.

Most Shed Members have made friendships with other Shedders. During this lock-down period, how about checking in on them with a quick phone-call. It’s a common misconception that our mates don’t want to hear from us – especially if we’re feeling anything less than perfect. The truth is very different – we all appreciate a phone-call from a mate who is phoning purely to chat. Sure we often disguise it as wanting to borrow something, or asking for advice on a project we have underway.



During this lock-down, how about picking up the phone and calling a mate – purely to check in on them. It doesn’t have to take long – we don’t need to sit on the phone for hours on end. Many of us dislike talking on the phone so the first couple of times we phone a mate, it can feel awkward but after that it does become easier.

If you’d like a practice then how about giving the office a quick call?!



Getting the ‘monkey off your back’

We sometimes avoid connecting with others when we feel that we have a ‘monkey on our back’: A persistent problem that keeps hanging on and weighing us down when we think it should be easy to deal with. We don’t connect with others because of the fear

that the only way that we can lose our 'monkey' is for someone else to take it off our back and for them to carry it.

Life's not like that. If I'm having trouble dealing with a metaphorical 'monkey', what happens is that while I'm wrestling with it on my own, it digs in and clings on even tighter. When I talk things over with a mate, they can help get the monkey off my back, we kick it around for a while and then it buggers off on it's own with neither of us being weighed down by it.

The conversation ends up with both of us feeling good – me no longer being weighed down by the problem and my mate feels valued and useful.

June's birthdays

We wish a happy birthday to all the Shed guys born in the month of June, and we hope you have a great day in whatever way you manage to celebrate.

Ron Adam 22nd

Graeme Hacking 13th

John Mills 28th

Adrian Bartholeusz 22nd

Mal Jenyns 11th

Barry Roberts 22nd

Dave Berry 10th

Peter Lyons 27th

Mark Smith 1st

All members are encouraged to submit items for the newsletter. It could be Shed related or a photo of something you've made either at the shed or at home. It could also be something significant that has happened in your life that you wish to share.

Thank you to our Partners and Supporters



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Waverley City



HELPLINES

Emergency Services: 000



24-hour helpline.
Free phone 1300 22 4636

Suicide Call Back Service: 1300 659 467

Men's Line: 1300 78 99 78 Veterans Line: 1800 011 046

Men's Referral Service for help to avoid domestic violence: **1300 766 491**

Grief Line: 03 9935 7400 12-3pm 7 days Pain Management Line: 1300 340 357

Sane Australia: 1800 18 7263 Mind Australia Carer Helpline: 1300 554 660