



OPENING HOURS:
Monday to Saturday 9.30 to 1:30
For Public holidays, contact our office
on 9561 8557



Waverley City



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

August 2021

A Message from your Committee of Management

Greeting to all shedders and welcome to our new shed newsletter researched and prepared by our new Editor Daniel Roper. To keep members informed of what happening in the shed we aim to provide as much information to our members as soon as we can. If you have any content that you would like to be considered to be included in our newsletter please let Daniel know.

Annual memberships are now due and you can find your invoice at the sign in desk in the workshop. If there are any letters that you would like to hand to other members please do.

August's Birthday boys

A very Happy Birthday to the following Shedders!

Ananth Chiliveri 4th

Jim Cooper 6th

Kenneth Swanson 10th

John Gladstone 13th

Joe Bezemer 15th

Don McPherson 15th

Rick Gillard 18th

George Beavan 20th

Colin Chippindall 21st

Phil Terry 21st

Ray Hanson 28th



Power Saving Bonus Brunch

Last months Power Saving Brunch held in Bogong hall was a great success. Thank you to the catering team and MP Matt Fregon for a great afternoon! The talk was well attended and members can continue to learn more at

<https://www.victorianenergysaver.vic.gov.au/victorias-household-energy-savings-package>



Upcoming Shed Events

Member's Forum

*****RESCHEDULED FROM LAST MONTH*****

Thursday the **19th of August** is the new date set for our next Members' Forum. It will be held in Bogong Hall starting at 10:30 and will be followed by lunch. This is your opportunity give us feedback on how the shed functions and help guide where we head in the future. We have arranged for Rae Bonney to attend and act as our independent facilitator. Any topics that you would like to raise on the day can be forwarded to John Gillies before the event as Rae would appreciate knowing them in advance to aid discussions.



Starting End-of-Life Conversations

On Wednesday the **11th of August** our friends at Bolton Clarke will be holding a talk open to all shedders on how to start discussions regarding the end of life. This talk will provide guidance in the delicate ins and outs of bringing up, accepting and preparations of passing. The session will be held in Bogong Hall at 12pm with the community lunch.

Save the date!

Seniors' Week is in October this year



Our shed is conducting a celebration event on Wednesday 13th October.

The event "Men's health in action" will showcase all the activities that happen at the shed during a normal shed week and promote the great work that we do.

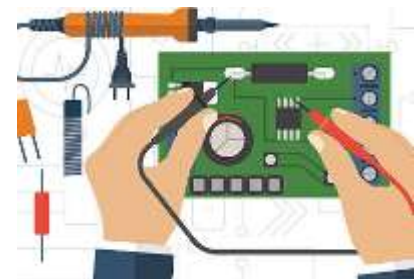
Our health event will be held on the day courtesy of Bolton Clarke and a BBQ lunch will be held provided by the City of Monash.

It is hoped that all members will get involved.

More details will be available soon after the next shed Leaders Meeting.

Electronics group is up and running

With the Electronics room fully fitted out with tools and workbenches, the team leader Clive Allan is now running Tuesday morning sessions starting at 10:00am for any interested members. Projects have begun already, they are currently building a battery charger that can be left on permanently without damaging the battery. Full guidance and support is provided and no background in electronics is needed, just stop in if you want to learn!



Weekly Schedule

This is our current weekly schedule of shed activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer access	Computer access	Computer access	Computer access	Computer access	Woodwork
Snooker	Snooker	Snooker	Snooker	Snooker	Lead Lighting
Woodwork	Woodwork	Woodwork	Woodwork	Woodwork	
Metalwork	Electronics	Lead Light	Metalwork		
	Cards	Creative writing	Art group		
	Model trains	Model making	Cards		
	Catering food prep	Maths club			
		Catering; Lunch			

Isolation and Lockdowns



As we find ourselves in and out of strict lockdowns and continuing the battle with harsh restrictions, it is important that we keep in contact with our friends family and fellow shedders. Everyone struggles with isolation and coming out of it can be a big thing. Remember to check in with your mates, giving them a ring or if restrictions permit accompany them on a walk. A simple gesture can mean a lot. If you wish to contact a shedder but do not have their details, or know of a shedder who is struggling, contact our welfare officer Phil on 0419 137 313.

Buy Sell Swap

Looking for a specific item? Or to get rid of something of value? Then feel free to advertise it here in the next Nuts and Bolts newsletter. This newsletter is seen monthly by over 100 likeminded resourceful fellows such as yourself looking to procure and free themselves of goodies. Email Daniel on danielroper2522@gmail.com to place an ad.



Tips for getting old!

*Lately, you've noticed people your age are so much older than you.
So,*

- *Talk to yourself, there are times you need expert advice.*
- *'In style' are the clothes that still fit.*
- *Your people skills are just fine, it's your tolerance of others that needs work.*
- *The biggest lie you tell yourself is, "I don't need to write it down, I'll remember it".*

Shed Projects

Interested in whats going on round the shed? The following projects have been/are being completed by your fellow shedders



Maurie has been working hard making these shelves for a printing company in Oakleigh. A great source of income for the shed.



This trailer is being renovated by Franklin . He has gone above and beyond in restoring it to be more functional and safe.



Aden has completed this colourful mandala. He has incorporated shading giving it its heightened effect.

Want to submit your own project to be featured in the next Nuts and Bolts? Email Daniel at danielroper2522@gmail.com

Community events

Looking at learning new skills and meeting people while getting involved in your local community? Then the following Monash events could be for you.



Researching Family History Online for Beginners Friday the 20th of August, 10:30am-12pm held at the Glen Waverley Public Library. Book on this website <https://www.trybooking.com/events/landing?eid=772482&>

Community Plant Exchange Saturday the 7th of August, 10am-11:30am, bring your swap your cuttings, seeds, seedlings, and bulbs for something new! Held at the Oakleigh Fusion Community Centre. Email oakleigh.centre@fusion.org.au to join.

Getting in to Podcasts Thursday 26th of August, 10:30am-11:45pm held at the Oakleigh Public Library, any topic you can think of there is a podcast about it! (Even Mens sheds, check the AMSA's shed wireless podcast!) Book on this website <https://www.trybooking.com/events/landing?eid=784246&>

Email in your submissions to the newsletter to danielroper2522@gmail.com

It could be Shed related or a photo of something you've made, something significant that has happened in your life or even a joke or fact you would like to share. Anything you like.

We would love to hear from you!

Thank you to our Partners and Supporters



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