



MONTHLY NEWS
FROM THE SHED

Update



OFFICE HOURS:

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



firstnational
REAL ESTATE

Waverley City



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

November 2021

The Shed is Open!

Donations

Donations are always appreciated at the shed and especially after our recent burglary. However, in regards to the donation of items, we have been having a number of issues with storage and the selling of particular items. Because of this, donations are to be discussed with either Aden or Maurie. Your kind contributions help The Monash Mens Shed is open again! On Friday the 29th at 6pm restrictions were eased enough to allow us to re-open, meaning on Saturday the 30th we had our first day open in months! To enter the shed, we need to see your **double vax certificate or your medical exemption**. This is in addition to the usual Shed sign in and the COVID QR sign in. The double vax certificate will be accepted digitally through the Service Victoria app or as a physical copy. The certificate is obtained through the myGov website and Medicare online, if you are having trouble, contact the shed on 9561 8557.



Christmas Party



The Christmas season will soon be upon us, which means now is time for us to start planning the Shed's annual Christmas celebration!

Wednesday the 15th of December is the date set and we aim to start serving food at 12:00 midday.

The subsidised cost has been kept at \$10:00 per person and includes the Christmas lunch and a drink. Full payment as well as names and numbers need to be booked in by the end of November in order for us to plan the catering and how we will comply with the latest COVID-19 requirements for seating. Talk to Aden to secure your booking for our most highly attended event of the year! Remember, payment can be made in cash, by card or by cheque.

MMS Members Forum

Now that we've re-opened, we can have our planned members forum. This event allows members to discuss and have a say in what the shed provides and how it is run. Lunch will be provided to those who attend and door prizes will also be drawn at the end of the event. It will be held in Bogong Hall on the **(24th of November)** at 10:30 so come on down, have a feed, win some prizes, but more importantly, have your say.

Keep the shed open, if you have questions about a donation contact the shed office on 9561 8557



November's Birthday boys

A very Happy Birthday to the following Shedders!

Gary Cornell 4th Henry Darak 6th
Peter Gillett 24th David Harding 20th
Ed Perkins 22nd Tony Vitarelli 22nd



Health Events



Our shed health events are starting back again so get ready to broaden your health knowledge with these sessions coming up soon. On Wednesday the 10th of November, there will be a lesson on applying for Centerlink Benefits as well as tools to aid in proving vaccinations. On Wednesday the 1st of December will be an event on Healthy Eating and how to maintain a balanced diet. On Wednesday the 8th of December an event will be held on proper sleeping habits and combating fatigue. Each of these sessions will be held with a lunch in Bogong hall for which a gold coin donation would be appreciated.

Ritchies Members Card/App

Ritchies IGA supermarkets now offer a members card to its loyal customers. The card not only provides discounts, but gives you access to exclusive offers, competitions, and their community benefit program. This program supports clubs schools and charities in the area, since the program began, they have raised over 51 million dollars. To become a member, ask a team member at a Ritchies store or follow this link <https://www.ritchies.com.au/loyalty>.



iPad Training



Calling all iPad users! Monash Men's Shed is partnering with Glencare to provide regular information and activity sessions for iPad users in the Monash area. These sessions are open to all levels of expertise – whether new to iPad or advanced users. Glencare is aiming to start on Friday 3rd December at about 10:00 am in the Girl Guides' Hall. Refreshments will be provided.

AMSA 'Toolbox Talk' Zoom Sessions

Looking to meet and talk with shedders all around Australia? The Australian Mens Shed Association hold a 'ToolBox Talk' webinar Zoom session every Tuesday on different topics with guest speakers. These topics include



anything from scam protection, mens sheds around the world, a guide to self sufficiency to the art of Cricket Bat building. To learn more and register for the next call, follow this link <https://mensshed.org/register-here-for-our-weekly-toolbox-talk-webinars/>

Christmas Opening Hours

The opening hours during the Christmas period will differ to normal. On December the 24th the shed will close at 1:30 and open again on Monday the 27th of December at 9:30am.

Shed Projects



Tony Vitarelli has been putting together this rocking scooter over the lockdowns for his family. His next step is giving his Vespa a good paint!



Maurie has been spending this recent lockdown crafting these toys for a customer with special needs who loves boats and insects.

‘A Creed for Living’ by Geoff Gaylard

Our lives are just a grain of sand on the eternal beaches of time,
But have the potential to become an experience quite sublime.
We are born just once and a lifespan is only very brief,
Use it well and wisely, aspire to live your core belief.
Move calmly ahead through trials, struggles, tension, fatigue and stress,
Life sometimes seems sadly pointless - but is never a hopeless mess.
So, calmly heed your senses, be serene within your mind
Relax your body; keep your spirit gentle, calm and kind.
Then when all is placid, you'll find a quiet, internal spot,
Where intuition, truth and love dwell; and worry isn't worth a jot.
In this tranquil private haven; safe, secure and undemanding,
You'll find renewal of your inner strength, and deep, fresh understanding.
Never forget you're a part of our times and of our planetary home,
In kinship with all creatures that through land, sky and water roam,
From the tiniest plankton or mite through to the tallest, mightiest tree
Our global biosphere encompasses all - including you and me,
We've a divine right to be here, be ourselves, and do what we must do,
So pass placidly through time and space, and be optimistic too.
Be social, independent, not enslaved by seeking power or gold,
Be kind to others, gentle on yourself, pragmatic, strong and bold.

Be free-thinking; strive to surpass the mediocre norm,
 Be approachable, fondly cherishing all your friendships warm.
 Fairness, toughness and honour are goals worthy to attain;
 Fostering them produces an enormous personal gain.
 Try to be the kind of person you would readily befriend,
 Practise kindly selflessness - and so let your life ascend.
 Surpass your aims, win through trials, and be morally correct;
 So when you're gone, your strong ideals will still inspire respect.

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



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