



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

December 2021

Major Grant News

The long-awaited improvements to the toilet amenities in our Workshop are due to commence in the New Year. Working with the City of Monash the shed will be able to deliver new and improved facilities. The opportunity to progress this project is the result of two Government Grants. The Stronger Communities Programme provides each of the 151



Federal electorates with \$150,000 to fund small capital projects. These projects aim to improve local community participation and contribute to vibrant viable communities. Federal Members of Parliament (MPs) identify potential projects and invite applications from their electorate. With the support of the Federal Member for Chisholm Gladys Lui the shed was awarded \$20,000- from the Stronger Communities program.

The shed was also successful in obtaining a grant from the Victorian Government Shed development program. With the support of Matt Fregon member for Mount Waverley the shed was able to access the program and receive funding of \$18,000- to assist with the project. Shed members will be able to participate in the program and your interest and expertise is to be provided to our Coordinator Aden Green. Our shed is very fortunate to have strong and supportive relationships with all level of Government who are committed to support that we do for men in our community and the families.

Bendigo Bank Pitch It Program

On Thursday the 18th of November the Monash Mens Shed was invited to the Bendigo Bank Pitch it finalist evening. This Pitch it opportunity is run every year by Bendigo Bank and provides around 10 community organisations with the opportunity to submit a funding video. Our humorous video about the recent break in was well received and managed to raise us \$6600 towards purchasing new tools for the workshop. Click on the following link to see our video!

<https://www.youtube.com/watch?v=1V95HSCIf6c> Many thanks go to Greg, Phil, Daniel and Aden for their efforts in securing this grant.



Thank You Sue Hanson



At many shed events, Sue Hanson has gone above and beyond in providing our members with tasty refreshments. From health events to meetings to brunches, Rays wife Sue has baked and prepared all sorts of delicious treats for us. Your time and kind efforts have not gone unnoticed, thank you Sue!

Christmas Lunch

YOU ARE INVITED TO



12.00 PM

WEDNESDAY 15TH DEC

PLEASE RSVP BY FRIDAY 10 DECEMBER

Learn to play Whist!

Shedder Vince Shevlin is going to be running weekly sessions playing the card game Whist. Whist is a 4 player card game that is similar to bridge using tricks but without bidding. The sessions will be open to all, from complete beginners willing to learn, to those familiar with the game. Speak to Vince or Aden for more information.

Zoom Club Sessions

Are you interested in broadening your tech skills while chatting with your mates? Then the Shed Zoom club is for you! We have a number of shedders interested in continuing our previously successful zoom sessions where we catch up and have a laugh online. If you are interested please email danielroper2522@gmail.com with your availability, see you there!

Birthdays

A very Happy Birthday to the following Shedders!

Peter Butler

Edward Chen 4th

Rodney Iredale 6th

Richard and David Lamprell 12th

Hamilton Pinto 1st

Frank Cairncross 20th

Leon Gaisonovitch 23rd

Mike Kennedy 11th

Roy Roberts 1st

Denzil Rodrigues

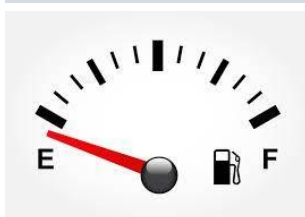
William Robertson 11th

David Scott 4th

Bob Stewart 4th



Last Health Event this year



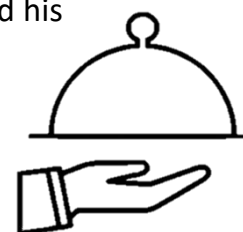
The final Health event this year will be held on Wednesday the 8th of December in Bogong Hall and will be on sleep and fatigue. Sleep is as vital for life as food or water, and not getting enough can severely affect day-to-day function and lead to fatigue. This session covers the signs and causes of fatigue as well as the stages of sleep and sleep architecture, which changes as we age. It will also provide you with tips

to getting a better night's sleep. Stay tuned for January's Nuts n Bolts Newsletter to find out the schedule for the health events for next year.

New Catering Team Leader – Tony Vitarelli

Tony Vitarelli is the new team leader of the Shed's cooking and catering team. After a long period in the role John Gillies is stepping down to take a backroom role in the team. We thank John for his tireless work and leadership. Tony has been a vital and hardworking member of the team for quite a while producing varied and exciting menus for the team. Nuts n Bolts did an interview with Tony so you can get to know the man behind our meals!

Tony joined the shed in 2016 where he explored the sheds activities to find his passion, learning how to operate all the machines in the workshop and dabbling in a number of different projects before finding the catering crew. He has developed his cooking skills throughout his life, taking inspiration from his mother back in Italy. Tony has created many new recipes and has over time developed the ability to envisage the complex tastes of a meal before he even starts cooking! Cooking is a relaxing and rewarding passion of Tony's and he is looking forward to sharing his skills and recipes with the Monash Mens Shed.



Members Forum



Thank you to those who participated in last month's members forum, the session was a great success. Your opinions and ideas were greatly appreciated. A big thank you to Ray Paterson from Wave Care counselling for hosting and to those who helped set up for the event. The information currently being collated so constructive changes can be made.

Glencare Program Shed Activities

Glencare is a community program that provides residents of Monash 65 and over with activities that aim to enhance wellbeing and to develop long-lasting friendships. The activities include outings, musical entertainment, trivia, lunches and lots more. This is a joint program with the Shed and GlenCare. The activities are to be held every Friday in the Girl Guides Hall from 10am-2pm. If you are interested in joining or learning more, please contact Wavecare on 9560 6722 or the Shed 9561 8557



****MEMBERSHIP ISSUE****

A membership renewal payment was received to the Shed's Bank account on 29th July 2021. The deposit from Bank First did not have any member details or reference no. Could members who use that Bank or paid on that day please contact the shed on 9561 8557.

Insurance Outcome



Insurance claims can be complicated and time consuming and ours was. Many thanks go to Barry for the patience and time he put in to the claim, the money will help get the sheds workshop back and running. Replacement tools are now being organised and if any member has a particular request please let Maurie or Aden know. We would like all our new equipment in place in the New year.

Shed Projects

	
<p>Mal Jenyns has assembled this Marine Flagpole in his garden over lockdown. He is now working on a boat as well!</p>	<p>Denko Maltes has been working hard in the workshop fabricating this wooden house. Check out all those uniform roof shingles!</p>

How Well Do You Know This Place?

Shedder Geoff Gaylard has put together a quiz to determine how well you know Australia. Test your knowledge with the following questions, the answers will be put in next months Nuts n Bolts along with some more challenging questions!

1. Where is the geographic centre of mainland Australia?

- a) Central Mount Stuart in the Northern Territory,
- b) Lambert Centre,
- c) Chambers Pillar, a weathered volcanic plug rising out of the central Australian desert.

2. Where was the most recent volcanic eruption in Australia?

- a) Mount Gambier in South Australia,
- b) Mount Eccles in Mount Eccles National Park, Victoria,
- c) Big Ben, a part of Mawson Peak on Heard Island, now a part of Tasmania.

3. Where is the lowest naturally occurring point in Australia?

- a) Lake Macleod in Western Australia,
- b) Lake Eyre in South Australia,
- c) The Coorong in South Australia.

4. The steps of the Mandurang Uniting Church in Victoria are notable because:

- a) They are built on the only place in Victoria where opals were ever mined,
- b) They are the geographical centre of Victoria,
- c) They mark the south-easternmost point of depredation by the notorious Kelly Gang (although Ned Kelly himself was not with them).

5. The easternmost point of Australia is:

- a) Cape Byron, New South Wales,
- b) Cape Howe at the border of Victoria and New South Wales,
- c) Steels Point, Norfolk Island.

6. The southernmost part of the Commonwealth of Australia is:

- a) South East Cape Tasmania,
- b) Wilkes Base in the Australian Antarctic Territory.
- c) The Bishop and Clerk Islets, Tasmania

7. The oldest material of terrestrial origin ever found anywhere on the planet is zircon taken from the rocks of the Jack Hills located in:

- a) far north Queensland
- b) north-western New South Wales
- c) Mid-west Western Australia

8. Archaeological evidence shows that homo sapiens have been in Australia for at least:

- a) 40,000 – 50,000 years,
- b) 25,000 – 27,000 years,
- d) 2,500 – 3,000 years.

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