



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

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



March 2022

Opening Hours Survey

The survey in relation to the shed opening hours is now ready to be picked up from the office. To enable your opinion to be included and assessed the survey will require the members name to be clearly detailed on the returned survey. Unnamed surveys unfortunately will not be included. Once you have completed your named survey, submit it in the box found at the sign in desk. Members who have difficulty in completing the survey can seek assistance of our Secretary, Clive Allan.



Special Visitors



Monday 21st February saw another distinguished guest visit our shed. We were fortunate to receive another visit by our Federal Member for Chisholm Gladys Liu. Gladys has been a valuable supporter of our shed. Joining Gladys at the shed was the Federal Minister for Health the Honourable Greg Hunt. The Minister spent time with our members experiencing what shed life was

like in Monash. Hosted by our Men's Health Event convenor Barry Roberts the men enjoyed a Risotto lunch and chats with both Gladys and the Minister. Over the past few years the Monash Men's shed has been the destination of a broad array of dignitaries. None better of course than the Governor General of Australia David Hurley. The success of our shed means many people want to see and hear it first-hand what we do at the shed and our outreach work. We are aware that there are more dignitaries who have indicated that they hope to be in the shed soon. Watch this space for further announcements.

Men's Health in Action

The Men's Health in Action health event will be held on Tuesday 14th June 10.00am – 1.00pm. In partnership with the Monash Council the shed will be conducting an open day and come try event combined with our usual health information sessions. BBQ Lunch will be supplied and the Health Talk provided by Bolton will focus on healthy eating and positive ageing. This is a public event and we hope all our shed members can attend as we put our shed and its activities on display to our community. **Again further information will be available soon.**

Save the Date

The shed Christmas Luncheon this year is to be held on Wednesday 14th December. A new and exciting format is proposed so look for more information soon.



Urgent Kitchen Help Needed!

The Catering Group is seeking assistance on two dates when Tony Vitarelli, our Capocuoco, will not be available to lead the Team.

The dates are: **Friday 25th March – Brunch – our usual menu**
 Wednesday 11th May - Lunch - time to give your favourite recipe a try.



Tony would like to offer these dates to others who might be interested in heading the catering for these two occasions. The usual team will be on hand to help.

If you are interested please contact Tony directly on 0425 111 225. Alternatively you can contact Aden during our usual office hours.

Vale Ted Boltong

It is with sorrow that we advise of the passing of Theodore (Ted.) Boltong on Tuesday 22nd February at the age of 76 years, having been a Member of our Monash Men's Shed since 2019. Ted started his working life at the age of 14 and had extended military experience in the Army serving for 34 years. Ted will be sadly missed by all his mates at the Shed.

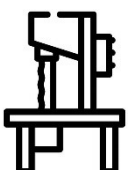
Birthday Boys

Happy birthday to the following shedders this month!

Ponniah Chandrakaran	24 th	Mitchell Connelly	27 th	Bradley Daniels	26th
John Gillies	20 th	Jimmy Gong	29 th	Haig Jason	30th
Kevin Krygger	4 th	Don Lambie	27 th	Daniel Roper	4th
Hugh Ross	19 th	Alan Scott	11 th		



New Sawblade



We have recently replaced a sawblade on the HAFCO bandsaw in the workshop so make sure to be especially careful around this extra sharp blade. Keep in mind this blade is designed for ripping wood and not for cutting curves. Watch your fingers!

Free Stuff!

Currently the shed has a surplus of nuts, bolts, screws and nails that they are looking to get rid of. Because of this, they are giving away certain fasteners free of charge to members who are interested. Have a word with Aden to secure a selection for yourself!



Toilet Upgrade Updates



We are closer to the next phase of the demolition and refurbishment of the toilets in the Workshop building. Further quotes are expected soon that will dictate how much of the work we will do and how much will be carried out by contractors. Watch your emails and the newsletter for updates in regard to workshop access during this period.

Health Events Schedule

This is the current schedule for the health events for the year. Our next health event on Hearing and Hearing checks on the 16th of March will be held in Bogong. A shed meal will also be available on this day.

Date	Session Topic	Presented by
Wednesday, March 16	Hearing & Hearing checks	Alpha Hearing – Michael Wong
Wednesday, April 6	Falls Prevention	Bolton Clarke
Wednesday, April 20	Prostate Cancer	Bert Alesich from Box Hill Prostate Support Group
Wednesday, May 4 or date TBA	Be Scam Aware	Consumer Affairs Vic (need to contact again in April as not do in-field work at present due to outbreak)
Wednesday, May 18	Arthritis	Dr Bernie Crimmins
Wednesday, June 8	Healthy Bladder	Bolton Clarke
Wednesday, June 15	Healthy Eating & Nutrition	Bolton Clarke
Wednesday, July ?	Bowel Cancer	Bowel Cancer Aus – TBC-
Wednesday, July 20	CPR and Defib Basics	Bolton Clarke
Wednesday, August?	Having end of Life Conversations	Bolton Clarke (Date TBC)

Free to a Good Home

A fibreglass Canadian Canoe shell, that requires a little work to complete but is an easy project that shall give a very good result. The shell is sound and without any leaks but requires gunwale strips and thwarts (seats) to be fitted. Comes with folding canoe anchor and paddle. Will have to be collected. Contact Geoff Gaylard on 0431 516 420 or gaylardgeoff@gmail.com.



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!

****NOTE**** Apologies I forgot to add the answers to Januarys Questions in February so here are BOTH Januarys questions and answers! (sorry!)

1. The westernmost point Australian territory is:

- a) Rottnest Island,
- b) Steep Point, Western Australia,
- c) Flat Island.

2. The northernmost point of Australia is:

- a) the tip of Cape York Peninsula,
- b) Bramble Cay,
- c) Christmas Island.

3. The highest natural point in Australia is:

- a) Mawson Peak,
- b) Mount Kosciuszko,
- c) Mount Erebus

4. Sometimes termed the “world’s largest island” and sometimes as the “smallest continent”, Australia is, in terms of total area the:

- a) ninth largest land mass
- b) twelfth largest land mass
- c) sixth largest land mass

5. Victoria achieved separation from the colony of New South Wales and Melbourne boomed at an unprecedented rate because of the Victorian gold rushes of the latter half of the 1800s. At what rate was gold produced at that time?

- a) at up to 250 kilograms per year
- b) at up to almost 95,000 kilograms per year
- c) at up to 2,000 kilograms per year

6. Each state has official floral, faunal, avian and piscatorial emblems.

Which of the following groups of emblems is Victoria’s?

- a) Waratah, Platypus, Kookaburra, Blue groper
- b) Pink heath, Leadbeater’s possum, Helmeted honeyeater, Weedy sea dragon
- c) Sturt’s desert pea, Southern hairy-nosed wombat, Piping shrike, Leafy Sea dragon

7 .Excluding insects, how many different types of living creatures are there in Australia?

- a) About 1,700
- b) Slightly more than 4,000
- c) Close to 150,000

8. In 1977 a plebiscite was held to choose a national song. “Advance Australia Fair” was chosen as the winner and replaced “God Save the Queen” as the Australian national anthem. Who wrote this song?

- a) Australian Dame Nellie Melba
- b) Scotsman Peter Dodds McCormick
- c) Irishman Sean Daragh O’Malley

ANSWERS- 1C 2B 3A 4C 5B 6B 7A 8B

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