



# Update

MONTHLY NEWS  
FROM THE SHED



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



April 2022

## Attendance – Did you know?

Did you know that some shed members who frequently don't carry coins or cash on them, pay their \$2 attendance fee and pay their \$5 for lunches using tickets purchased from the Shed office? We introduced this system some time ago in response to a request from members and the system is working well. Please consider getting these tickets from the office – you can pay by cash, cheque or card – if you're one of the ones who are no longer in the habit of carrying cash.

Please also remember that the attendance fee serves several purposes:

- 1 It helps in keeping Shed Membership fees down (if we don't have attendance fees then everyone would have to pay more to be a Shed Member);
- 2 The costs of running the Shed and providing consumable items are borne more by the people who use the Shed;
- 3 It covers more than the cost of tea and coffee; from heating and cooling to sandpaper and sawblades; from drill bits to BBQ gas; and from toilet paper to masks and hand sanitiser.

If you cannot afford the \$2 daily attendance fee, please discuss this with the Shed Co-Ordinator or a Committee Member as there may be ways that we can assist you.

## \*\*\*NAME BADGES UPDATE\*\*\*



As most Sheddors will know on the back of each of the name badges, there is a space to fill in your emergency contact details. However, it has been found that **more than half** of the badges details are not up to date or not on there at all. The shed needs to have your details on there and up to date so we can contact the necessary people in case something happens to you while at the shed. Failure to have recent details will result in less crucial time for help to get to you in the event of an emergency. Please make sure these details are filled in and up to date as soon as you can.

## Easter Lunch!

Our head chef Tony Vitarelli is putting on a special Easter Lunch on Wednesday the 13<sup>th</sup> of April in Bogong Hall; however he needs an idea of numbers for the meal he is preparing. If you are interested in attending the Easter festivities please inform Tony or the office. Looking forward to seeing you there!



## Health Events Schedule

The April Health Event will be held on Wednesday 6th April at noon in Bogong Hall. The topic is "Falls Prevention" and it will be presented by Raquel from Bolton Clarke

As usual we encourage all members to invite wives, partners, friends and neighbours to join us, at these Community Health Events to hear important messages about maintaining good health. All Health presentations will commence immediately after a free light lunch. Gold coin donation suggested.

Date	Session Topic	Presented by
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)

## Unwanted donations

As most Shedders will know, last year the Storage facility where we had a unit, changed their renting terms ultimately leading to us having to give up that unit. Since then we have struggled to make the best use of the available storage space at the Shed. Even though we installed more shelving in the Wood Store, we are still short of space.

This means that, unfortunately, we are unable to accept the following items regardless of condition:

- Bicycles
- Chairs
- Furniture
- Garden tools and equipment

We appreciate your thoughtfulness in relation to these donations and we hope that members understand the sheds situation.

## Birthday Boys

**Happy Birthday to the following shedders!**

Ryan Chong 3<sup>rd</sup>  
John Borchers 16<sup>th</sup>  
Sathi Krishna 19<sup>th</sup>

George Sand 7<sup>th</sup>  
David Blanch 17<sup>th</sup>

Douglas Knox 10<sup>th</sup>  
Arnie Becha 18<sup>th</sup>

David Parker  
Ross Smith 19<sup>th</sup>



## Toilet Upgrade Has Begun!



Work on the Workshop toilets has started! Demolition has taken place in preparation for the upgrade provided by both the state and federal government. The works will continue throughout this month so be prepared for some extra noise in the workshop. Also a reminder that the workshops disabled bathroom is still available for use.

## Whats on in the Garden?

Colin Mackenzie has an update about what is going on in the shed garden!

There is not much happening in the garden at the moment. The beds are being prepared for winter vegetable sowing by further digging and fertilising, and waiting for a good rain. The Dahlias have been a great display but now nearing the end of their season. Soon the bushes will be cut down and the tubers lifted around May/June.

There will be lots of spares for members to take for their own gardens. The herb boxes have been lush and some are being moved to a more convenient position, also they are in need of thinning out and this is an exercise being carried out by some members. The same group last week planted Sweat Pea seeds (kept from our garden last year) in to seed raising boxes and pots to be planted out soon there are several packets of seeds left over and members may be interested in taking some

-Colin

If you interested in helping, please contact Colin or the office for more information.



## Shed Projects



Maurie has been hard at work on this cupboard for the Lions Club. They are planning to put books on the top shelves and toys on the bottom ones.



This bird feeder also made by Maurie has been prepared for the Wheelers Hill Primary School. They will also be receiving nesting boxes as well.



Franklin has finished this hose reel cabinet for the garden. The reel now has a safe and secure place to be kept that is close for use in the garden.

## Lost and Found

Have you recently misplaced an article of clothing at the shed recently? Then be sure to check the sheds lost and found box in Bogong Hall. This box has been slowly filling for a while and is mainly filled with misplaced jackets so be sure to have a check for your items, especially in time for winter.



Email in your submissions to the newsletter to [danielroper2522@gmail.com](mailto: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!**



Waverley City



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### 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