



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

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REAL ESTATE
Waverley City



June 2022

Shed Health Event- 14th of June

Below is the publicity issued by the City of Monash for our health event on Tuesday 14th June.

This event is one of our major events for the year and is in partnership with the City of Monash. Members of the public and dignitaries will be attending the event.

The event is as follows:

10.00am – 11.00am	Shed activities in action.
11.00am – 12.00pm	Healthy Eating Talk and information.
12.00pm – 1.00pm	Gourmet BBQ
1.00pm - 1.30pm	Clean up.

To make the event as successful as possible and to display our great shed to guests I would like as many members as who can attend the event and to help make our event run smoothly.

Members would help by:

- Participating in their team activities as Woodworking, Lead lighting, Metalworking, Model Rail and Art will be on display
- Assisting the Catering team
- Assisting in the set up and cleaning of Bogong Hall and the Girl Guides Hall at 11.15
- Acting as Host/Direct to members of the public

A register of helpers and tasks is held with our Coordinator, please record the area where you can help with Aden.

If you're are unable to attend or not able to assist us please let us know.

Thank you

Greg Male

President

PALS June Programs

Men's Health IN ACTION




Monash Men's Shed

Come along and join the friendly community at the Monash Men's Shed. Learn how to support the men in your family and yourself during these difficult times. Witness the work of the Men's Shed in action; including woodwork and metalwork.

Hear from health experts on healthy eating and nutrition, and other topics related to positive and active aging.

From 12.30pm share a healthy BBQ lunch with neighbours and friends, and join in an interactive and fun Drumming Workshop!

Date: Tuesday 14 June **Time:** 10am-1pm
Venue: Monash Men's Shed, 49-77 Bogong Ave Glen Waverley
Cost: FREE, including healthy bbq lunch
Bookings:  www.trybooking.com/BXTLL or  9518 3555
Parking: On-site and street parking

Possible Shed Merchandise

The Shed is going to be ordering a batch of shirts to show your support for the shed! These unique shirts will be a blue polo shirt emblazoned with the sheds logo and will be available to all shed members. The cost will be \$40, however if more than 50 shedders purchase the price will be reduced for everyone. If you are interested, please contact Aden with your size and the number of shirts you would wish to purchase. The design and size guide are shown. The dimensions are in cm and use a simple way of working out which size you want. Get your favourite shirt and lay it down on a flat surface. Next measure across the shirt, 2cm below the arm pit; this is the chest measurement. Then measure from where the collar and shoulder meet (this is the Shoulder Point – SP length) down to the hem of the shirt. Measuring this way means that we don't have to suffer the indignity of being tickled with a tape measure.



ADULTS	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST	48.5	51	53.5	56	58.5	61	63.5	66.5	70	73.5
SP	65	67.5	70	72.5	75	77.5	80	81	82	83
LENGTH										

Membership Renewal



With July fast approaching, it has come to that time of the year where renewal of shed membership to the shed becomes due. The membership fee is the same as last year: \$75 as we do our bit to limit cost of living increases. This year an important form will accompany the invoice in which you are requested to confirm your email address and phone numbers, as well as your emergency contact details. If you have any questions in regard to membership please contact Aden in his office.

Health Events Schedule

This is the current schedule for the health events for the year. Our health events for this month will be on a Healthy Bladder on June the 8th and Healthy Eating and Nutrition on June the 14th and feel free to **bring a mate!** Both of these events will be held in Bogong Hall and a lunch will also be available on both days, for which a donation would be appreciated.

Wednesday, June 8	Healthy Bladder	Bolton Clarke
Wednesday, June 14	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)

Mens Health Week 2022

From the 13th to the 19th of June the Monash Men's Shed will be celebrating Men's Health week! During this week the shed will be focused on highlighting events in the area relating to the betterment of the health of all the men of Monash. The city of Monash has invited everyone at the shed who are interested to the following free Monash Health events.



Enough is Enough

Written and directed by award-winning playwright, Kieran Carroll, Enough is Enough is a play about problem gambling and gambling harm. Set in a suburban hotel, the play follows the lives of four characters from different backgrounds who are deeply affected by their gambling addictions. Due to the themes covered, this event is recommended for people over 16.

Sunday 12 June, 2pm-4pm

Oakleigh Hall (Mechanics), 142-144 Drummond Street, Oakleigh Victoria 3166

Bookings are essential: <https://www.trybooking.com/events/landing/900309>

Or call Kieran, director – 0429 235 751

Men's Health Week at Caloola Reserve

Come along to Caloola Reserve to celebrate men's health week with a free lunch and presentation by Jeremy Forbes from HALT on men's mental health. HALT (Hope Assistance Local Tradies) is an organisation created to increase suicide awareness and prevention amongst the trade industries. Meet local groups and support services available in Monash as well as other like-minded locals. Everyone contributes to men's health – all genders welcome at this free event.

Tuesday 14 June, 12pm-1pm

Caloola Reserve Pavilion, Atkinson Street, Oakleigh 3166

Bookings are essential: <https://www.trybooking.com/BZWRL>

Or call Alyssa, Health Promotion Officer at the City of Monash - 0498 700 244

Men's Habits for Health

Dr Tim Sharp, well known as 'Dr Happy', delivers the fundamentals of how to live a happier existence, complete with practical tools and easy-to-apply methods. Dr Sharp is at the forefront of the positive psychology movement and founder of the Happiness Institute. He is a clinician, academic and health promoter with a PhD in psychology.

Thursday 16 June, 7pm-9pm

Bookings are essential: <https://www.eventbrite.com.au/e/mens-habits-for-happiness-tickets-338593029867>

Or email Bronwyn, Whitehorse City Council, Bronwyn.upston@whitehorse.vic.gov.au

Birthday Boys

Happy birthday to the following shedders this month!

Ron Adam 22nd

Michael Church 18th

Tom McLaughlin 1st

John Tomczak 9th

Adrian Bartholomeusz 22nd

Graeme Hacking 13th

John Mills 28th

David Berry 10th

Greg Male 1st

Barry Roberts 22nd



From the Writer's Corner

The following piece was crafted by our shed writing group, Charlie Gray and Joe Goddard.

Did you know that there are now more Men's Sheds in Australia than there are McDonalds! There are over 1100 Men's Sheds compared with fewer than 1000 (982 as of May 2022) McDonalds. In a similar way to Maccas', Sheds offer a place for people to get together in the community. People can also enjoy food and drinks together, so how does the Shed compare with what McDonalds has on offer?

Monash Men's Shed held an open day in December 2009 where the potential offerings of the shed were on display. Memberships were taken up on that day. The shed officially opened in 2010 as a community space providing a place for men to come together to work alongside others, on their own projects or on projects commissioned by local community groups. The Shed is a place offering a weekly meal; and tea and coffee, as well as a chance to learn and relax; somewhere safe and supportive, a place to meet others.



The Men's Shed provides regular education sessions on health issues – predominantly concerned with Men's health, these sessions are open to others attending including family members and friends. At these health events a light lunch is provided which adds to the atmosphere of conviviality. The main practical activities at the Monash Men's Shed workshop include woodworking, lead lighting, railway model making, and metalworking. In addition to the workshop activities, our quiet space – Bogong Hall – plays host to our other shared activities. Here we sit and chat as we enjoy a cuppa with mates and can partake in board games, pool, and snooker. Card playing happens twice a week, computer access and free WIFI are available. It's also in Bogong Hall that we do our food prep and looking for our weekly lunches and monthly brunch as well as our weekly sessions for art and painting, as well as creative writing. For the green fingered, we have the Shed's Community Garden where we grow flowers, fruit, herbs, and veg – much of which is used in our weekly meals.

Our Shed provides the opportunity for men to converse, create and connect in an environment which is helpful and beneficial to maintaining and improving both mental and physical wellbeing. Shed members take on supportive and varied roles including members' welfare, driving, and teaching as well as crafting community projects in a positive environment created by and for the members who use the Shed.

If you are interested in joining the shed writing group and getting your ideas down on the page, speak to Joe, Charlie or Aden.

Mens Health Week 2022 - Breaking Down the Barriers

In lieu of Mens Health Week for this year, MaleHealth.org through their Spanner in the Works program have an important message in regard to the perception of our own health.

Good health is essential for a good life. But there are barriers that get in the way of keeping our body and mind in good nick and sometimes we need help to break them down. It's important to understand what's stopping you so you can take proactive steps to overcome it.

This Men's Health Week, "Healthy Male" is looking at five factors that prevent men from seeking information and support when it comes to health and sharing practical tools and resources for bettering your wellbeing.

Understanding the five barriers

Hoping it's not an issue? You might be experiencing denial.

Taking too long to do something about your health? This is known as delayed information seeking.

Worried that asking for help is perceived as being weak? This is called the social construct of masculinity and it can be a barrier to us looking after our health.

Having trouble talking about your health? Feeling nervous or embarrassed about starting a conversation can be a barrier to getting the support you need.

Not sure what information to trust? Figuring out what health information you can trust can be a barrier to taking action on our health.

Visit healthymale.org.au for more information.

If you are concerned about symptoms you may have, 'Spanner in the Works' has also attached this website where you can check what they may be in relation to:

<https://www.healthdirect.gov.au/symptom-checker/tool>

Geoff Gaylards Jokes Corner

A couple attended a lecture about the breakdown of marital relationships. The lecturer had just declared that alienation and neglect of romance was so bad that 85% of husbands did not know their wife's favourite flower.

The man gently nudged his spouse and smilingly whispered: "Self-raising, isn't it?"

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



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REAL ESTATE

Waverley City



BatteryGuru
Battery Expert You Can Trust



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