



## Update

MONTHLY NEWS  
FROM THE SHED



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



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

May 2022

## Men's Health in Action

The major Health Event for 2022 is our **Men's Health in Action held on Tuesday the 14<sup>th</sup> of June at 10am to 2pm**. The event is to show case to the community the work that the shed does to assist men and their families. Men's Health in Action is a joint event with the City of Monash and Bolton Clarke. We will showcase our shed in action from 10.00am before joining Bolton Clarke for a presentation on Healthy eating. A gourmet BBQ Lunch will be provided by the City of Monash and will include a drum performance and workshop. All members are encouraged to attend and assist with the preparations and conduct of the event. This is a great opportunity to show everyone how important our shed and men's health is to the community.



## Urgent Kitchen Help Needed!



The Catering Group is seeking assistance on a date when Tony Vitarelli, our Capocuoco, will not be available to lead the Team. This date will be **Wednesday the 11th May for lunch**. Tony would like to offer this date to others who might be interested in maybe giving their favourite recipe a go. 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.

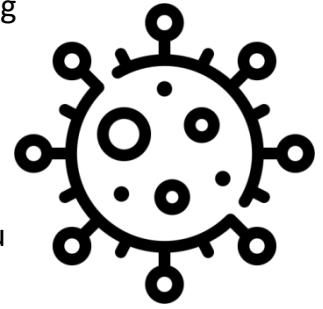
## First Aid Training

We have funding for up to a dozen Shed members to undertake an accredited level 2 first aid course. We would like to offer this training to Boss Cockys and Team Leaders first as a means of helping to ensure that we have accredited first aiders present whenever the Shed is open. Please contact the Office if you would like to undertake this training. The course will be delivered during the day in the girl guides hall lasting approximately 6 hours. There will also be a couple of hours on-line reading as well. For those who've already got their Cert 2, then there is also the opportunity for a refresher/update. Watch the Nuts and Bolts for more information!



## COVID Rules

COVID rules have now been relaxed. We now have no need to sign in using the QR code and there's also no requirement to be triple vaxxed. We are still requested to maintain a safe distance and physical contact is still not encouraged. If you know you have been in contact with someone who's tested positive then please wear a mask indoors until you have tested negative at least 5 times in the 7 days since exposure. Also, as ever – if you feel unwell please stay away and get checked.



## Health Events Schedule

This is the current schedule for the health events for the year. Our health events for this month will be on Scam awareness on the 4<sup>th</sup> and Arthritis on the 18<sup>th</sup> 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.

Date	Session Topic	Presented by
Wednesday, May 4	Be Scam Aware	Consumer Affairs Vic
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)

## The *Holiday InnSect Hotel!*

One of the larger projects that we have undertaken in the last few months is now complete. Many have seen the tower taking shape over the weeks with many comments as to its purpose. We can finally reveal that the tower is a multihabitat for local insect life. As a means of being able to cater for the needs of many types of insects, the tower is made up of 8 stacked boxes each filled with material to provide the environment that is needed for the insects to hibernate or breed. These include pine and fir cones, bamboo, vine cuttings, blackberry stalks, clay, decaying wood, and drilled hardwood blocks. The *Holiday InnSect Hotel* is headed for its new home this week where the 8 specialised suites will be ready and waiting for their new guests. Our master-builder, Maurie, will attend the inaugural grand opening in the grounds of one of the Council's green spaces not far from the shed.

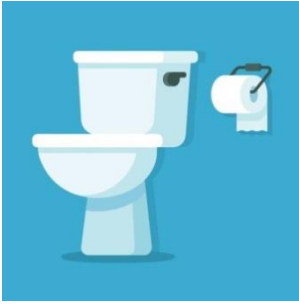


## Cuckoo Clock



Recently we received the unique donation of a cuckoo clock making kit at the shed, complete with battery operated quartz movement. If you would like have a crack at making the housing for the clock, feel free to have a word with Aden and have a look at the plans.

## Workshop Amenities Update



Work on the workshops amenities has been well on its way now. The layout of the area has been set out, the wall lining boards are starting to be put in to place and the windows are going to be replaced soon. Many thanks go to the shedders who have volunteered a considerable amount their time and effort to prepare the room. Quotes for the final stages of installing the sanitary ware and the electrical are to be made, and soon enough we will have a brand spanking new bathroom!

## Birthday Boys

**Happy birthday to the following shedders this month!**

Varun Dewan 28<sup>th</sup>

Geoff Jackson 13<sup>th</sup>

Bob Kent 27<sup>th</sup>

Reg Lewis 30<sup>th</sup>

Kevin Luxford

Brian Mackey 28<sup>th</sup>

Henry Mallia 16<sup>th</sup>

Graham Milne 2<sup>nd</sup>

Siva Sabapathy 26<sup>th</sup>

Kenneth Thompson 10<sup>th</sup>

Graham Reid 10<sup>th</sup>



## The Shed Wireless Podcast



Shed Wireless is back for another season! Our mates at the Australian Mens Shed Association have a very successful podcast for shedders run by singer John Paul Young. This podcast now has new content for you to listen to, their latest episode features an interview with Aussie singer John Williamson, an “Ask The Doc” section about men’s health and a talk with Coffs Railway modellers. Check

it out by tapping or clicking on the following link <https://mensshed.org/theshedwireless/>

## Shed Lunches

A reminder that lunches on our Health Event days are free of charge with the opportunity for members to make a contribution. All other meals including our monthly brunches require payment from members for the meal. Payment can be made on the day to one of our ticket sellers or meal tickets can be purchased in advance from our Coordinator. Meal tickets are either \$5- or 5 tickets for \$20-.



## Jokes Corner – Send in your favourite Joke!

“What has four letters, always; Sometimes has nine and never has five.”

The Answer? Well – it wasn’t a question – it was a statement!!! -Aden Green

A wife asked her husband to describe just how he saw her. She wanted a description that included character and feelings and not just appearance. It was a rather big task to ask of him. He looked at her for a moment and then said: “You’re an alphabet wife: A, B, C, D, E, F, G, H, I, J, K ...” Puzzled, she asked “What do you mean?” The husband replied: “Attractive. Beautiful. Cute. Desirable. Elegant. Feminine. Gorgeous. Honest.” “Oh, that’s really lovely, dear” said the wife, “But what about I, J and K? What do they stand for?” The husband grinned at her and said: “I’m. Just. Kidding.” His memorial service is next week. –Geoff Gaylard





# ART n EASEL

Proudly Presents

## Closer To The Flowers

Paintings by Rashmi Gore & her Students



**May 4–15, 2022**

**Gallery Open Hours:**

Wed, Thu 10:30am -2:30pm

Fri 2pm - 6pm,

Sat & Sun 11am to 5pm

*(Extended hrs. for this exhibition)*

**Opening Ceremony:**

**May 5<sup>th</sup>, Thursday 6pm-8pm**

Also exhibiting artworks from the  
**“Recovery & Resilience through  
Art”**

Project - Supported by the Monash  
City Council.

**Free Entry**

Monday, Tuesday closed

**For more details-**

Ph: **0469882251**

[info@artneasel.com](mailto:info@artneasel.com)

[www.artneasel.com](http://www.artneasel.com)

**At: The Track Gallery**

47 Miller Crescent,

Mount Waverley

(located within the Mount Waverley  
Community Centre)

**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!**

**Thank you to our Partners and Supporters**



**Waverley City**





Keeping lives on track







**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**