



MONTHLY NEWS
FROM THE SHED

Update



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



July 2022

"MENTERTAINMENT"



The next open day for the shed is Wednesday 5th October. The event titled "MENTERTAINMENT" is a day of games, activities and giveaways. The event is part of our participation in the City of Monash Seniors month. Preparation has commenced and we need members to become involved in the planning and the conducting of the event. Members who are interested in helping with the event should let Aden know where you could help either before or on the day.

Open Day Preparations

In preparation for the Mentertainment open day, the shed member's workmanship completed either at home or at the shed can be shown off to members of the public. **There is also the opportunity to create your own unique shed products and activities.** Products and activities such as birdfeeders, bowling, Milk bottle knock down, outback weather stations and Male survivor kits (a box that contains a "loose screw", a blunt pencil which is better than a sharp memory, a spare marble because we have all lost ours etc) would greatly help the shed on the day. If you would like to share your projects and ideas then please contact Aden as soon as possible.



Mount Waverley Bowls Club



If any shed members are interested in bowls or taking up bowls for the first time then the Mount Waverley Bowls club is for you. The club is offering 2 free introductory sessions to shedders who are interested on Friday mornings at 10am. Contact Vince Shevlin for more information!

Membership Renewal

Renewal invoices for 2022/23 shed membership will be emailed to members this month. A hard copy will be available for members without access to email. Part of this year's renewal process is the need to update/confirm personal details and contact information so make sure those details are up to date for the shed and for your safety.



IMPORTANT DATES FOR 2022

5 th of October	"Mentertainment" Open Day
26 th of October	Annual General Meeting
14 th of December	Shed Christmas Lunch at Waverley RSL

Victorian Power Saving Program



The Victorian Government has recently introduced a \$250 bonus to Victorian households to help cost-of-living pressures from July 1st. This program has also been introduced **to encourage people to compare energy offers** and through this, **save money**. All that you need to receive this payment is have a recent energy bill, be the account holder of that bill and follow the steps on this website <https://compare.energy.vic.gov.au/>

If you are having trouble with the website, you can call the National Debt Helpline on 1800 149 689, or Good Shepard on 1300 026 500. If you require in person support you can go to a Neighbourhood house, the closest one to the shed is on 6 Mount Street near Kings Way or someone at the shed will be able to assist you.

For more information or if you have any questions, consult the following website.
<https://compare.energy.vic.gov.au/psb-faq>

Food Costs

Lunches on our Health events have been free of charge or an optional gold coin donation. The current rapid rise in food costs has made it unsustainable for the shed to fully subsidise the meal. Commencing at our next Health Event a cost of \$2- will apply for those participating in the meal. Our regular Community Lunches remain unchanged at \$5-.



Birthday Boys

Happy birthday to the following shedders this month!

Clyde Hay 13th

Borys Kouzmenko 22nd

Arthur Ingram 19th

Colin McKenzie 9th

Robert Knowles 3rd

Jason Ooi 24th



Health Events Schedule

This is the current schedule for the health events for the year. Our health events for this month will be on CPR and Defibrillator basics on the 20th of July and Bowel Cancer on a date to be announced, 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 now a \$2 payment is needed.

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)

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 LENGTH	65	67.5	70	72.5	75	77.5	80	81	82	83

Sponsors



Our sponsors Campbell Place (Australian Unity) and Oak Tree Hill (AVEO) have offered to host lunches and morning teas where we can join with the men of the residences and view the facilities available.



Members interested are to either advise our Welfare Team Leader Phil Terry or record their interest on the list held in the shed office. We hope to start our visits in the spring.

Insect Hotel



One of the more complicated community projects undertaken by the Monash Men's Shed recently has been the construction and fitting out of a hotel. OK, so it was only a small hotel – or should we say, it is a hotel for small beings, insects in particular.

The Council funded project is part of the “Gardens for Wildlife” project and is now installed in a Notting Hill playground. This landscape architect designed hotel has some specific design criteria that are not necessarily seen at first sight. For example the materials used are of a really high quality – the post that goes in the ground had to be able to remain in the ground for a 100 years and the walls, roof and floor are all made of marine grade plywood. Because the hotel is located in one of Monash Council children's adventure play areas, we had to make sure that the wire mesh that is used to hold the material in place wouldn't trap inquisitive little fingers.

The hotel is fitted out with 8 specific habitat suites to cater for the needs of various types of holidaying insects. Some might only stay for a day or two, some might move in for the winter and some, we hope, will decide to move in permanently. The individual sections are fitted out with one of the following: Fir cones, blackberry twigs, wet clay, vine clippings, drilled hardwood logs, clay pipe or weathered bark.

We thank Maurie for his hard work in deciphering the brief from the Council Landscape Architect, TJ, and for putting the whole insect hotel together.

Geoffs Geokes



An old man lived alone and his only son was in prison. He wrote to his son: 'Dear Son, I am feeling low because I don't think I shall be able to plant my potatoes this year. I'm now too old to be able to dig. It would be fine if you were here instead of in prison because I know that you would dig a big enough plot for me. Love, Dad.'

The letter reached the son who immediately sent a telegram in reply: 'Dad, do NOT try to dig up the yard! That's where I buried the GUNS!'

At 4.00 a.m. the following morning, dozens of police officers arrived and dug up the entire yard without finding any guns. Confused, the old man wrote to his son, telling him what had happened. The son in prison again replied with a telegram saying: 'Go ahead and plant your potatoes Dad. That was the best I could do for you from in here.'

Stephanie, a pretty young housewife, walked into a pharmacy and asked to buy some cyanide. The pharmacist asked: "Why in the world do you want cyanide?" Stephanie explained that she wanted to kill her husband. The pharmacist's eyes widened. "Lord have mercy! I can't give you cyanide to poison your husband! That's highly illegal. I'd lose my licence and then have no livelihood... and we'd both be instantly flung into jail! No! Absolutely not! You cannot have any cyanide at all!" Stephanie reached into her purse and produced a photograph of her naked husband in bed with the pharmacist's nude wife. The pharmacist looked at the picture and said: "Well, that's different. You didn't tell me that you had a prescription."



As I walked along the street I spotted an albino Dalmatian dog. It was all I could do for him, and he was grateful.

Shed Umbrellas

Wet No More

Amazing isn't it?

Just when you decide to go from one shrd to the next
the heavens open up and take a dump!

Hey Gents

We're starting up an umbrella system between sheds.

Please bring in and share our old/extra umbrellas from home.

No reason to get wet n chilly if we take care of each other.

We'll keep them at the foyer of each shed, then do relays between sheds
when the heavens open during Winter & Spring.

A message from Franklin Ness

A Message from an Extremely Happy Dog



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