



MONTHLY NEWS
FROM THE SHED

Update



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

 **firstnational**
REAL ESTATE
Waverley City



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

October 2022

Monash Mens Shed Incorporated Annual General Meeting

Our meeting will be held at 11.00am Wednesday 26th October in the Bogong Hall.

A barbeque will be held at the conclusion of the AGM.

All shed positions were declared vacant on 26th September with incumbents managing the shed until the meeting.

The Committee of Management are seeking nominations for the positions of:

- President
- Vice President
- Secretary
- Treasurer
- Committee Member



It is now time for members old and new to consider how you can help with the management of our shed. Members who may be interested and would like details of the responsibilities and time commitment can ask any of our Committee.

For those who may be unfamiliar with who is part of the shed Committee of Management, the 2022 Committee are as follows:

| | |
|-----------------------|---|
| President | Greg Male |
| Vice President | Vacant |
| Secretary | Clive Allan |
| Treasurer | Greg Male |
| General | Maurie Turner, Barry Roberts, Les Cowell, Vince Shevlin |

MMS Health Events

Did you know the leading cause of death for Australians is Heart disease?

Did you know that 24% of men are less likely to go to a doctor because they are embarrassed to discuss their health issues?

These are just some of the health concerns currently facing Australians and because of this:

Is it time to take your health more seriously?



Our shed has strong relationships with other health organisations like ourselves to assist with reducing these widespread health issues where we can. We do this by each month holding a health event for our members and members of the wider Community. Each event is about a different, equally important aspect of living a long and healthy life. Guest speakers who are a professional in their specific field provide talks where aspects of health can be discussed and improved. The shed members who attend these events have taken a lot from these talks and have used the information to improve their health and the health of their friends and family.

The events are also social occasions where shedders are encouraged to invite friends and family. Before each event there is an affordable tasty lunch available for \$2 provided by our talented cooking team.

Our latest Health Event was about Heart Attack & Heart Disease

“My heart goes; Boom, booty, boom, booty, boom, boom, beeeeeeeep” That’s how we tend to think about what happens when you have a heart attack. We’re happily walking along enjoying life and then, all of a sudden, just like a scene from a Road Runner cartoon someone drops an anvil on our chest, and we keel over in agony clutching our chest.

At our latest health talk we heard from Nanci Thurston – the HeartSmart Coordinator at Epworth – that this scenario is pretty much an urban myth. The truth of most people’s experience is that heart problems have been gently letting their owners know for some time that things are not healthy.

For many people, heart problems can be indicated by pain in places other than in the chest for example pain radiating down into the arms, up into the neck or in the jaw may all be indications that not all is well with the old ticker.

If you experience any of these signs the message is simple: **Stop** what you’re doing (especially driving), **Talk** to those around you and tell them what’s going on, **Call** – there’s only one number you need to remember, it’s 000.

Don’t ignore these signs. They are important. Go get them checked out. There’s no such thing as a false alarm and your family will thank you for going to your doc – regardless of the outcome.

There are some things that your doc will encourage you to do to help reduce your risk of heart attack. These include

Monitoring your blood pressure and keeping it below 135/90.

Monitoring your bad cholesterol to get it below 2.0, and

Guys, apparently, our waistline ought to be under 90cm. Go figure!

Nanci's talk generated lots of discussion and questions. Lots of what we heard we already knew but it was good to be encouraged to take better care of ourselves and to listen to our bodies when it gives us warning signs. After all, there are no prizes for making an early or unnecessary exit from this mortal coil.

For more information refer to the Heart Foundation at <https://www.heartfoundation.org.au>

UPCOMING HEALTH EVENTS:

Wednesday October 12th – CPR & Defibrillation basics

Presented by Raquel O'Donnell of Bolton Clarke. Raquel is a registered Nurse of over 20 years and is an excellent presenter on important health topics.

What's more important than knowing how to save a life? It could be your spouse or a family member or a fellow Shedder. Be prepared for an emergency. Learn the basics of resuscitation and how to use a defibrillator.

Wednesday November 9th – Home Care Packages

Presented by Jane Edwards, Operations Manager at Bolton Clarke

The session will be about At Home Services and the My Aged Care process. The talk will cover, not only the types of services available, namely the Commonwealth Home Support Program, Home Care Packages and Short-term Restorative Care options, but the steps to access them as well. This information is certainly of vital interest to many Sheddors who may not know they are eligible for this Government support or how to go about accessing it. Having access to a Home Care Package is of great benefit to people who want to remain in their family rather than go into an aged care facility. The wide range of services available in Home Care Packages is surprising and can include such services as shopping support, dog walking, gardening and companion visitors just to name a few.

The Health Events that Monash Men's Shed puts on, not only attracts a lot of attention to the shed, but also inspires new members to join. So, if you aren't coming to these already, **please don't miss out and remember to bring a mate!**



Mens Shed Open Day



Our Men's Shed open day is coming up **this month** on Wednesday the 5th of October! We will open our doors to the public to show off what we do and what makes our shed unique. Come on down and show off your work and your creations to potential new members. Invite your friends, family, acquaintances, everyone you know! Be proud of what you do! Please register visitor bookings through the following link:

www.trybooking.com/CCDHP or call 9518 3555. The event will take place from 10am to 1pm so see you and your friends and family there!

Christmas Lunch Bookings

Bookings for the Christmas lunch on the 14th of December are now open! If you would like to secure your position at the event a \$5 deposit is required. The cost of the meal to members will be \$20, and if you would like to bring a friend, partner or family member the cost for them will be \$30. The dinner will be 2 delicious courses with drinks sold separately. More information will be in next month's newsletter. We are also holding raffles at our Wednesday lunches with proceeds used to subsidise the costs for members for the event. Remember, **no walk ups will be catered for at the venue allowed so get your bookings in quick!**



Garage Sale

**GARAGE
SALE**

great bargains!

The Monash Men's Shed are having another massive Garage Sale! On Saturday the 22nd of October from 9am to 1pm we will be holding a garage sale in Bogong Hall to sell some of our donated goods and shed made products to the public. Come on down from and support the shed, bring a mate and get some

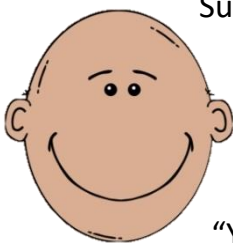
Birthday Boys!

A very happy Birthday to the following Shedders!

Clive Allan 31st Noel Anguin 9th Sarath Mendis 21st
 Charles Mercieca 6th Rod Macaulay 13th John Saddington 1st
 James Zombos 20th Leigh Rogers 16th



Geoffs Geokes



Susan was wearing a smart new silver locket. Her friend Meg asked "Is there some special memento inside your new locket?"

"Yes, there is," said Susan, "It's a lock of my husband's hair."

"But Terry is still alive and well," commented a surprised Meg. "I saw him only about a week ago."

"Yes, thank goodness," said Susan, "But he's rapidly becoming very bald."

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



firstnational
REAL ESTATE
Waverley City

BOLTON CLARKE

BatteryGuru
Battery Expert You Can Trust

MST
LAWYERS

wavecare
Keeping lives on track

Neuton POWER[®]
Revolution
in Power

HELPLINES

Emergency Services: 000



24-hour helpline
Free phone 1300 22 4636



Online crisis support chat
Call 13 11 14
lifeline.org.au
Lifeline

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