



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



November/December

Final Newsletter for 2022

Monash Mens Shed Christmas Lunch!

Bookings for the Christmas lunch on the 14th of December are filling up fast, and believe it or not, December is next month! 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. Remember, **no walk ups are allowed so get your bookings in quick!**



End Of Year Opening Hours

For the Christmas Holiday period the Monash Mens Shed will have different opening hours.

December/January 2023

Friday 23rd	Shed open 9.30 – 1.30
Saturday 24th	Shed Closed
Monday 26th - Friday 30th	Shed open 9.30 – 1.30
Saturday 31st	Shed Closed
Monday 2nd	Shed open 9.30 – 1.30

Any members needing any assistance during this time are encouraged to contact our welfare team Leader Phil Terry on 0419137313

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:

It is time to take your health 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 also are a social occasion as 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.

This service that the Monash Mens Shed provides 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, **you're missing out!**

UPCOMING HEALTH EVENTS:

There are no upcoming health events for this year but be sure to keep an eye out in the newsletter and in your emails for health events scheduled for next year.

AGM Outcomes



The Annual Meeting of the Monash Men's Shed was held on Wednesday 26th October with over 40 members attending. A quorum of members for the meeting was achieved.

The members were addressed by the President reflecting on the past year and setting the scene for what could be an exciting year ahead of us.

Three resolutions were placed before the members:

1. J L Collyer & Partners be appointed as the Shed's Auditor for 2023
2. Membership of the Monash Men's Shed for 2023/24 be set at \$80-
3. Attendance fees for 2023 remain at \$2- per attendance

All resolutions were carried unanimously.

Committee of Management.

The number of members of the Committee of Management remains at seven. No resolutions were received to alter the number of Committee members.

No elections were required and the following nominations were carried unanimously.

President	Greg Male
Vice President	Gary Cornell
Secretary	Clive Allan
Treasurer	No nomination (vacancy to be filled by the Committee of Management)
Committee	Maurie Turner, Barry Roberts, Vince Shevlin, Les Cowell, Gary Cornell

The Annual report is available in hard copy at the Shed's office and a link to the report will be forwarded to members shortly.

16 Days of Actism

The 16 Days of Activism against Gender Based Violence (16 Days of Activism) starts Thursday **25th November, the International Day for the Elimination of Violence Against Women** and ends on **10th December Human Rights Day**.



The 16 Days of Activism is a global campaign to raise awareness about violence against women and its impact on a woman's physical, psychological, social and spiritual well-being.

Monash Council has a range of exciting initiatives for residents to get involved with to show their support of the campaign and its message that violence against women and family violence is a human rights issue, and that all forms of violence are unacceptable and preventable.

Council staff will conduct a walk around the City of Monash in support of the program. The walk is to be held on Wednesday 30th November and will conclude at the Monash Men's Shed with our catering team providing a delicious BBQ.

Shed members are encouraged to attend and to confirm their attendance for catering purposes by email to info@monashshed.org.au

Seniors Festival

The shed had an opportunity to cater lunch for the attendees of the City of Monash Seniors Expo at the Mount Waverley Community Centre. One of the few days that no rain was experienced in Monash.

A great way to promote our shed and we had plenty of interest in the workings of the shed and membership. A really successful day and thanks to the members who contributed their time to this event.



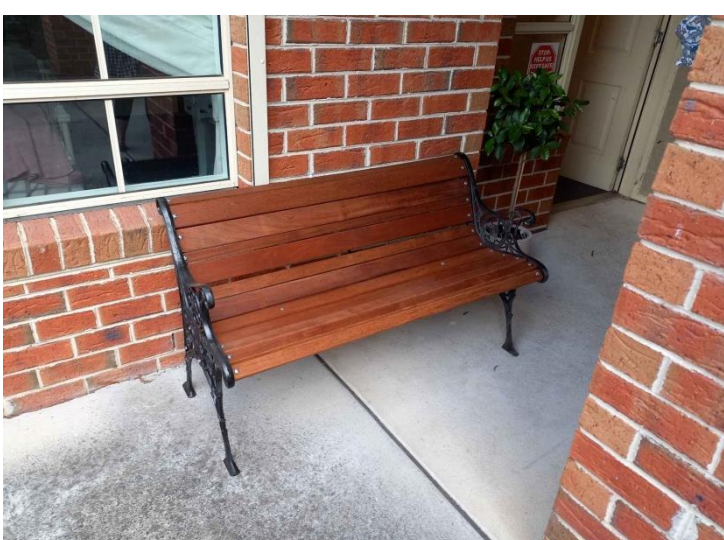
Garage Sale



Not dampened by the weather Maurie Turner and his men conducted a successful event with plenty of bargains available to everyone. Thanks to his team of workers and to the cooking team for their efforts. Financially the Sale was not as lucrative as previous sales for the shed but the sale did manage to raise just over \$2000- for the shed.

Group Home Shed Project!

The disabled daughter of one of our members (David P.) lives in a Group Home. During COVID the staff were required to wear full PPE and would take short breaks outside to get some fresh air and a brief respite. David P. noted that the staff sat on two very tired park benches and suggested that the Men's Shed might be able to repair them. He asked Committee Member Les C. if he would be prepared to restore them and he agreed. Les C. has restored a number of benches for other Shed clients. So David P. obtained the merbau slats, nuts and bolts and worked with Les C. to



replace the old pieces. The cast iron ends were spray-painted black to add the finishing touch. The benches have been repaired and delivered to the House and the staff have thanked the Shed for the excellent work we have done.

Birthday Boys!

A very happy Birthday to the following Shedders!

John Arden 20th

Gary Cornell 4th

David Harding 20th

Geoffrey Best 19th

Henry Darak 6th

Kevin Hayne 14th

Sammy Chellan 30th

Peter Gillet 24th

Tony Vitarelli 22nd



Artist in Residence

Our wood turning Guru Russel Painter had created a wonderful inlaid box. His creation was completed using a varied range of wood. A truly wonderful piece of work. Welfare Leader and self-appointed Quality Assurance guru Phil Terry was on hand to critique Russel's craftsmanship. Russell is also available to provide his valuable advice and direction if members are seeking to develop or improve their woodworking skills.



**MONASH
MEN'S
SHED**

Editor Dan's Update

G'day shedders! I hope you are all well back in the land of Oz. A few people have been asking where I have been and what I have been up to, so I thought I would give you a bit of an update.

Back in July my girlfriend Katelyn and I set off on a trip around Europe. We started off in the UK where we attended my cousins wedding and stayed with family in the north and the south of England, then went on 10 day 10 location cruise starting in Sweden. We managed to get cheap tickets as Katelyn's brother is a singer and dancer on the ship, doing shows almost every night (which were amazing). After the cruise we worked our way through France, Italy and Greece where we finished our lovely European holiday together. However, instead of going back home with my girlfriend, I decided to head back to England to look for some work.

I managed to get a few interviews for jobs, during which the main things the interviewers wanted to talk about was my work with the shed. And now, I have a job! Soon to be 2 jobs actually! I have picked up work at a place called Ribby Hall in Wrea Green in a Restaurant called the Hive, where I am serving food and slinging drinks. However, next week I start my new job as, believe it or not, a Santa at their Christmas grotto! Coming back to England was a risk for sure but it has certainly payed off and I have the shed to thank for it.

Basically what I am trying to say is thank you, reader, for being a part of the shed. Your contribution whether you think it large or small makes the shed the successful, boundlessly supportive and distinguished organisation it is today. The sheer amount of opportunities that the shed provides members of the community blows my mind, from those who have retired, those out of work, those looking for support to even a nervous teen in a deep depression who decided to accompany his Grandad to the shed one day. The time, effort and comradery you provide truly help people in ways you cannot imagine. I never would have imagined 3 years ago I would now have the confidence to put on a Santa suit and glue on a fake beard on 16,000kms away!

Thank you for all that you do. I invite you to think back to when you first started attending the shed and where you are to today, I have found it to be a rewarding experience.

I have really appreciated and enjoyed writing the newsletters while overseas, though it has been difficult at times and I have missed a few things (apologies David!), it has served as a much needed connection to home.

I hope to be back home mid-January where I will continue being part of the shed. See you soon!

Daniel Roper



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