

## A Message from your Committee of Management

Your committee wishes you a very happy new year to you and your family! We hope that you had an enjoyable holiday period and that you are ready for a new and exciting year. The shed will be going through a few small changes this month in terms of the sheds management, however activities will be running like business as usual. Your committee is eager to serve the shed to the best of its ability for 2023 so keep up your fantastic contributions and see you all around the shed.



## Planning for your shed in 2023



The Committee of Management will host a planning day for this year's activities on Thursday 12<sup>th</sup> of January. Commencing at 11.00am we intended to brainstorm what activities and events members would like to see and participate in for the forthcoming year. Bring all your ideas and then share a lunch provided by the Committee and the Cooking team.

## New and Improved Boss Cocky Roster

This year the daily operations of the shed will revert to the "Boss Cocky" system this year. The role of the Boss Cocky will be revised and streamlined for 2023 and beyond. The shed will commence increasing the number of available Boss Cockies during January and February. Members are asked to consider putting their name forward to be part of this team and to provide feedback of the requirements of the role.



## Get on Bored?

Your Shed has been successful in obtaining a grant from The Suburban Rail Loop Authority.

The project titled “Get on Bored?” Has been established to assist the men of our community connect with other men through an activity-based program. The varied program will be conducted Tuesdays and Thursdays and may extend to other days as the program develops. The majority of activities will be free of charge or requiring a nominal contribution or donation.

Many activities may originate from our January Planning day



**SRL Community  
Projects Fund**



**SUBURBAN  
RAIL LOOP  
EAST**



## Commbank Community Donations Campaign

The shed has been chosen by the Brandon Park branch of Commonwealth Bank to take part in their Community Donations Campaign. In this campaign they will allow members of the public to vote for which community organisation should receive a grant from the bank. To help the shed, you can vote by clicking or tapping on the following link.

[commbank.com.au/communitydonations](https://commbank.com.au/communitydonations)

From there click/tap on “Vote Now” then start typing in Brandon Park as the branch. It should appear underneath as you are typing, click/tap on that, then next. You should get to a page that looks like this.

Please choose your favourite local organisation or charity

<p><b>Monash Men's Shed</b></p> <p>Supports Friendship &amp; Social Engagement</p> 	<p><b>South East Volunteers Inc</b></p> <p>Supports Community Care</p> 
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Next

When here, click/tap on the Monash Mens Shed box, then “Next” and you are done! The Shed thanks you for your help. If you would like to further help the shed, send that link around to your friends and family so they can also vote for us in this Campaign. If you have any issues with this please email Daniel on [danielroper2522@gmail.com](mailto:danielroper2522@gmail.com).

# Training

Friday's at the Shed in 2023 will continue with our project work and now include training sessions. The team leaders are currently assembling a group of shed members to be available on a regular basis to induct Members on Machine and other shed tools and equipment.



The training will be free of charge and we implement a simple training booking program. Let us know what you would like to learn. Don't forget that our Artists are also available to support interested members on a Thursday morning.

## National Shed Development Programme

The NSDP is a competitive grants programme of which applications are open to all Men's Sheds across Australia regardless of location or AMSA membership. The programme supports Men's Sheds and organisations supporting a Men's Shed to better respond to the needs of the members and their local community.

The NSDP provides direct financial assistance to:

- Address the health and wellbeing of the shed members.
- Support health improvements for shed members.
- Deliver appropriate activities and programmes.
- Improve facilities and the sustainability of Men's Sheds across Australia



The National Shed Development Programme is a program of the Australian Government Department of Health & Aged Care, administered by AMSA.

Our shed has been successful in obtaining a grant to purchase a Drum Sander for use on shed and member projects. The equipment supplied by Carbatec one of our valued suppliers will be installed in the Shed during January.

The shed is thankful for the support of AMSA in our application assessment and approval.

# Skin Cancer Prevention

Skin cancer is a significant health and economic burden in Victoria. Skin cancer is one of the most preventable forms of cancer yet remains highly prevalent, with two in three Australians diagnosed by the age of 70.

The majority of skin cancers in Australia are caused by exposure to UV radiation in sunlight. Outdoor activity increases a person's risk of over-exposure to UV radiation.

The provision of well-planned and designed shade as a sun protection measure can reduce overall exposure to UV radiation. Shade used in combination with other sun protection measures, including protective clothing, broad brimmed hats, sunglasses and SPF 30+ or higher sunscreen provides the best protection from harmful UV radiation exposure when spending time outdoors. With this in mind, the Victorian Government has stepped in to give the shed a hand.



## Shade Grants Program

The Victorian Government is providing \$15.1 million towards the prevention and early detection of skin cancer, including \$10 million to the Shade Grants Program since 2019. The aim of the Program is to reduce Victorians' exposure to UV radiation by increasing shade in public places



across the state and by promoting the uptake of sun protective practices. The Monash Men's shed was a successful recipient of a Shade grant in 2021 where we purchased our Marquee for shed and community events. In 2022 we applied for the subsidiary grant for either sunscreen or sun protection hats. We were successful in obtaining funding for 100 hats.

All financial members can obtain a hat whilst supplies last. Hat sizes are 50cm and 60cm. See Greg or John Schwartzman when you are next at the shed.

## Christmas Luncheon 2022

Our Christmas Luncheon was an outstanding success ! It was great to catch up with Robbie and John Gillies after making the long trek from Gippsland. After a delicious meal the 10 year certificates were presented. The round tables at the Waverley RSL tend to encourage bright conversations and loads of good hearted laughter. It was great to have the newly appointed Mayor Tina enjoying the Monash Men's Shed's hospitality. Our wonderful sponsors Jessica from First National Real Estate, Kerry from Bolton Clarke to mention only a few! It was great to leave the venue with no cleaning up like years gone by. All in all a Great time was had by all!





## Ten Year Certificates

Shed membership has been acknowledged at our 2022 Christmas party.

The shed issued the inaugural Ten Year membership certificate to 20 members and each year will acknowledge new ten year members.

Our first group of ten year members were:

Alistair Pilley	Arthur Ingram	Bob Stewart	Brian Rydar	Don Bladier
Erich Reuter	Gary Cornell	Graham Milne	Graham Reid	Greg Male
Gus Romero	James Cunneen	Neville Edgcumbe	Kelvan Robertson	John Gillies
Kevin Krygger	Kelvin Edgcumbe	Kevin Luxford	Maurie Turner	Phil Terry
Jim Cooper	Noel Johnstone	Rodney Iredale	Vincent Tobias	



## Birthday Boys!

A very happy Birthday to the following Shedders!

Raymond Upton 6 <sup>th</sup>	Franklin Ness 10 <sup>th</sup>	Joe Goddard 11 <sup>th</sup>	Russel Painter 13 <sup>th</sup>
Mike Wilson 15 <sup>th</sup>	Les Cowell 17 <sup>th</sup>	Luigi De Fanti 21 <sup>st</sup>	Keith Harvey 21 <sup>st</sup>
Vince Shevlin 22 <sup>nd</sup>	John Nehez 23 <sup>rd</sup>	Albert Ong 26 <sup>th</sup>	Barry Elder 28 <sup>th</sup>



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



**firstnational**  
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