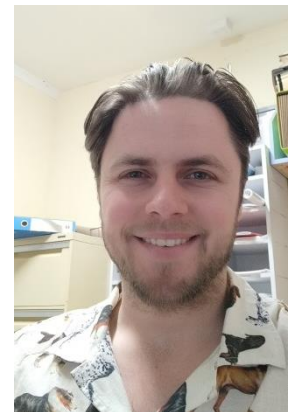


Community Development Worker – Daniel Roper

G'day! A lot of you will already know me but for those who don't, I am the young guy in the funky shirt that you may see roaming round the shed. Recently, the Committee of Management appointed me as the Monash Mens Shed Community Development worker, it is a role that is a bit different to that of coordinator. Though I do have some responsibilities in regard to the day to day running of the shed, my main job will be to generate more interest in the shed through new events and activities. Aden Green hasn't gone far! He has decided to retire and is now a member of our shed looking at doing some work in the workshop.



I am here for you, if you want to see a particular thing happen at the shed, please let me know. I already have quite a few ideas in mind from a Shed Dinner Group to exercise classes, and I have been made aware of the ideas brought up on the shed planning day held on the 12th of Jan.

I am very excited to be a part of the shed again and especially in this role and am looking at doing whatever I can to make the shed the best it can possibly be.

If you have any ideas you would like to discuss or would just like to introduce yourself, feel free to at any time! Find me in the office or feel free to ring up the shed on 9561 8557.

Any News? Let us know!

If you have something that you would like to share with the sheds members please send it our way. It could be anything from news relating to your group, a project you have completed to a fact or joke you would like to share. **We would love to hear from you!** Email info@monashshed.org.au or talk to Daniel in the office.

MMS Health Events

Did you know there were over 2500 cases of stomach cancer diagnosed in Australia in 2022?
Did you know that fewer than 5% of the population are trained in first aid?
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:

Wednesday February 15 th	Upper Gastrointestinal (GI) Cancers	Pancare
Wednesday March 15 th	First Aid	Bolton Clarke
Wednesday April 19 th	Transition to Aged Care	Bolton Clarke/Allity

Our health event for this month will be on upper gastrointestinal cancers on February 15th and will be held by Tiffany Dobson from Pancare.

Tiff has 20 years of acute nursing experience, including some surgical liaison nursing. She has spent the majority of her career as a theatre nurse and has a postgraduate diploma in peri-operative nursing (peri-anaesthesia).

Tiff became aware of Pancare through Shannon. Through her work as an anaesthesia nurse, she regularly looked after patients undergoing upper GI cancer surgery. When someone close to Tiff was diagnosed with an upper GI cancer, it became one of her 'causes of choice'. Tiff has raised money for Pancare via the Facebook birthday fundraising platform and last year she and her

daughter participated in Unite for Hope together. So when the opportunity to join the PanSupport team came up, it felt like a good fit.

Often patients and their families get in touch with Pancare because they need a little reassurance and an understanding ear to listen to them. Tiff finds her role as a cancer support nurse satisfying because “When a patient or their loved one makes an appointment with us, that time of 45 minutes is just for them, unlike other appointments they may have, which tend to be shorter. There are so many benefits to being a consistent point of contact for our patients. Being able to educate and encourage self-advocacy is also rewarding.”

We look forward to seeing you there on February 15th for an informative talk and a shed prepared brunch.

Gardening Club Desperate!



The gardening club needs your help! Colin, Roy and Derek have been hard at work tending to the shed garden, most recently harvesting silver beets, over 10kgs of potatoes, Beans, zucchini as well as growing some beautiful dahlias. Not only that but Colin has also planted some cucumbers, tomatoes, eggplants and capsicum that are well on their way. However because the garden has been so successful, they are in desperate need of more volunteers! It won't only be you volunteering your time, if you are interested in growing your own fruit, vegetables and/or flowers, there is a wealth of knowledge available to you in this group. The group is looking to meet on a Wednesday and Saturday morning. Contact Daniel in the office or on 0466574943 if you want to get involved.

Gardening Classes

As you have read in the previous article, our Shed garden has been a considerable success mainly due to Colin Mackenzie our gardening team leader. Not only has he and his team put together a fantastic garden, Colin has over 70 years of gardening experience under his belt and has won numerous gardening awards for his hard work. And, get this, he would like to share that knowledge with you! Look out for more information in the next few Nuts and Bolts for Monash Men's Shed Gardening classes.



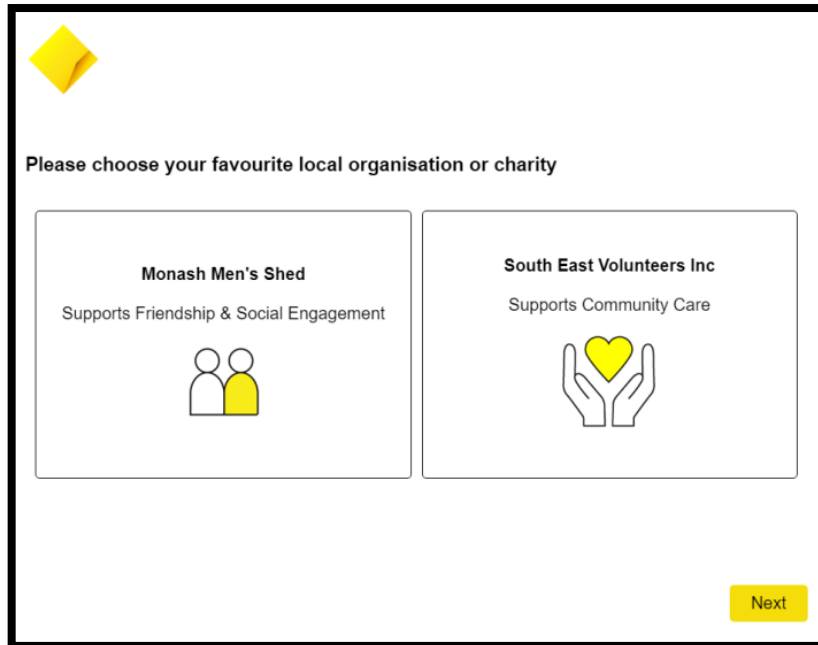
Gloriosa superba, the national flower of Zimbabwe grown by Colin and can be seen growing in the Shed garden

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

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

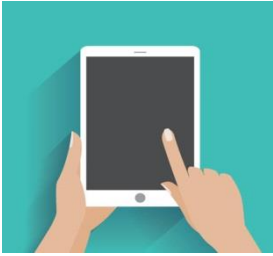
When here, click/tap on the Monash Mens Shed box, then "Next" and you are done! The Shed thanks you for your help. If you would like to further help the shed, send that link around to your friends and family so they can also vote for us in this Campaign. If you have any issues with this please email Daniel on info@monashshed.org.au

Streamlining Boss Cocky



Over the next couple of months, the shed will be going back to the boss cocky system. The committee of management will be streamlining the role, however boss cockys will need to pick up a few more skills to help the shed run a little more smoothly. More information will be coming soon so watch out for it in the next few Nuts and Bolts. If you are interested in getting involved, we would love to have you on board! Just let Daniel know in the office or contact him on 0466574943

The Shed iPad group is a hit!



On Tuesday the 31st of January we had our first Tuesday Tech Team meeting where the goal was to get those interested in furthering their tech knowledge together. The day had a fantastic turnout! Over 15 members attended, with 10 interested in a weekly iPad meeting. The meeting was quite a social one with members sharing their knowledge and discussing the best ways to use their devices. Are you looking to buy an iPad? Or do you have an iPad and are looking to expand your knowledge? Then come on down to next week's iPad meeting on Tuesday the 7th we would love to have you. Because so many people attended this successful day, a few troubleshooting issues couldn't be got to, but we have a way around that...

Thursday Tech Troubleshooting!

Thursday will now be our designated tech troubleshooting day. Do you have a problem with a phone or laptop and don't know where to start? We have the answers! Contact Daniel in his office or on 0466574943 to register your interest.

Metalwork News

Good news! The Committee has come to the decision to keep the Sidchrome Tool set on wheels found in the engineering room next to the modellers. The tool set will be of great use to all members.



Bad news! The Tig welder in the metalwork has failed, however as it is in warranty it will hopefully be repaired within the week.

Woodwork News



Maurie and Les have been hard at work on a Mud Kitchen for St Lukes Uniting Kindergarten in Mount Waverley. The timber was donated by Bunnings however the members did the work putting it all together. The project is looking good so far and just needs to be painted before being sent over. This project will make a perfect addition to their playground is a great opportunity for the shed and will be receiving a donation of \$300 for the hard work done.

Modellers News

Due to having surgery on his hernia, team leader of the Modellers George Elliston will not be able to attend for the full day on Wednesdays, but will be able to attend for an hour or so mid mornings.

Leadlighting News



The tribute to Jim Highson is a beautiful addition to the shed, at certain times of the day it catches the light perfectly. Be sure to look out for it. Well done to the leadlighting team.

Bench Space

A reminder to all shedders to remember to take your projects home where possible when you have finished at the shed for the day. If you would like to leave your projects at the shed, please check with Maurie.

Shed Riders

On Saturday the 28th, there was an impromptu meeting of some of the shed bike riders! The guys were keen to show off their sweet wheels.



Also another member could possibly be interested in joining?



Australia Day Celebrations

The sheds Australia Day celebrations were a great success! The shed cooking team catered for over 50 members with burgers, fresh salad and sausages. A great time was had by all and was topped off with a cold beer or soft drink while chatting under the shed marquee.



Apology

Many apologies to Jack Terrible, in Septembers newsletter his name was misspelled. A revised version of the newsletter has been uploaded to the website where the mistake has been corrected.

Birthday Boys!

A very happy Birthday to the following Shedders!

Philip Lynch 1st

Peter Klink 3rd

Dom Brookstein 10th

Eric Reuter 11th

Michael Sayers 15th

Geoff Gaylard 19th

Lionel Borton 17th

Gus Romero 28th

Aden Green 29th (better luck next year!)



Email in your submissions to the newsletter to info@monashshed.org.au

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



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