



**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



September 2022

# Upcoming Monash Mens Shed Incorporated Annual General Meeting

Statutory advices will be issued shortly for our 2022 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 will be declared vacant as of 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 or new to consider how they 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:

<b>President</b>	Greg Male
<b>Vice President</b>	Vacant
<b>Secretary</b>	Clive Allan
<b>Treasurer</b>	Greg Male
<b>General</b>	Maurie Turner, Barry Roberts, Les Cowell, Vince Shevlin

# MMS Health Events

Did you know that 50,000 Australians suffer from a stroke every year?

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

And 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.

## **UPCOMING HEALTH EVENTS:**

### **Wednesday September 21<sup>st</sup> – StrokeSafe**

Presented by Roger Mendes, Stroke Foundation volunteer presenter

On the 21<sup>st</sup>, the shed will be part of the annual stroke awareness campaign and a vital supporter helping to prevent, treat and beat stroke. Our StrokeSafe speaker will explain how everyday Australians can be ready to save a life simply by knowing and recognising the F.A.S.T. signs of stroke. We know that 80% of strokes will show at least one of the F.A.S.T. signs of stroke.

### **Wednesday September 28<sup>th</sup> – Heart Attack**

Presented by Nanci Thurston, Cardiac Nurse , Epworth HeartSmart Program Coordinator.

The presentation will include how to improve your overall health and wellbeing and thereby reduce heart attack risk factors. What is to be done after a heart attack, hospitalisation, cardiac rehabilitation as well as the lifestyle changing cardiac health maintenance, which is provided by the HeartSmart team of health professionals, who offer advice on how to manage your risk factors and medications, diet and exercise.

### **Wednesday October 12<sup>th</sup> – 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.

**cont.**

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!**

## Mens Shed Open Day



Our Mens Shed open day is coming up next month on Wednesday the 5<sup>th</sup> 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](http://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 14<sup>th</sup> 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 and a including information on a Wednesday raffle that will be held with proceeds used to reduce the member costs for the event. Remember, **no walk ups are allowed so get your bookings in quick!**



## Garage Sale



The Monash Mens Shed are having another massive Garage Sale! On Saturday the 22<sup>nd</sup> 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 great bargains!

## Birthday Boys!

Tom Behrendt 6<sup>th</sup>

Reid Dodson 16<sup>th</sup>

Bob O'Brien 2<sup>nd</sup>

Ronald Wheatcroft 19<sup>th</sup>

Don Bladier 10<sup>th</sup>

Charlie Gray 29<sup>th</sup>

Alistair Pilley 14<sup>th</sup>

Jack Terribile 7<sup>th</sup>

James Cunneen 21<sup>st</sup>

Noel Johnstone 15<sup>th</sup>

Brian Rydar 20<sup>th</sup>



# Garden and Floral Art Show!

The 2022 Camellia Garden and Floral Art Show at the Mount Waverley Community Centre was very eventful!



Our own resident gardening guru Colin Mackenzie won numerous prizes at this prestigious flower show including first prize for a magnificent head of broccoli!

Colin is a well-respected gardening Judge in his own right.

Congratulations Colin!



# Geoffs Geokes

Two cows were chatting together in a paddock. The first cow said: "Have you heard about the mad cow disease that's going around?"

"Yeah," said the second cow, "But I'm not worried, I'm just glad I'm a penguin!"

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



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