

## AVEO Open Day

Considering a transition to a simpler, more relaxing lifestyle at a retirement village? After the shed planning meeting in January, the shed have reached out to Aveo for an open day. The retirement living community came back to us with a club connect event on **Wednesday the 29<sup>th</sup> of March at 12pm** at Oak Tree Hill for our members. You may remember our last visit to aveo where a good time was had by all. Enjoy a comprehensive tour of the establishment's facilities as well as the ability to chat with its residents. There will be no lunch at the shed; however **Aveo will be putting on a BBQ for us while we are there.** If enough members attend this event and their October event, they will be making a large donation to the shed. **RSVP before Friday the 10<sup>th</sup> to secure your place!** Contact Daniel on 0466574943 or in the office to get involved.



## Footy Tipping



The footy season is almost upon us and the Monash Mens Shed are looking at putting together a footy tipping group! Think you have a good idea of how the teams are going to perform this year? Let us know! Contact Daniel on the office or on 046657943 to register your interest, **we need at least 20 members involved to get this activity going** so get involved!

## Craig Gardener Advertising work

Friend of the shed Craig Gardener and his Company GDH Advertising and Marketing, has been hard at work these past few months finding opportunities to better improve the reach of our shed. From printing out our promotional material, securing a deal with channel 31 for our shed advertisements and most recently putting together magnetic signs for members out and about doing work for the shed. A lot of what they have done has been pro bono so a massive thank you to Craig and his team for believing in what we do for the people of Monash.



# MMS Health Events

Did you know that fewer than 5% of the population are trained in first aid?

Did you know that 99% of bowel cancers can be treated early but only 50% are detected early?

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 Monash Community. Each event is about a different, equally important aspect of living a long and healthy life. Professionals in their specific field provide talks where aspects of health can be raised, discussed and improved. The shed members who attend these events take a lot from these talks and have used the information to improve their own 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 March 15 <sup>th</sup>	<b>First Aid</b>	<b>Bolton Clarke</b>
Wednesday April 19 <sup>th</sup>	Transition to Aged Care	Bolton Clarke/Allity
Wednesday May 17 <sup>th</sup>	Bowel Cancer	TBC

**We look forward to seeing you there on March 15<sup>th</sup> for an informative talk on First Aid provided by our mates and Bolton Clarke and a shed prepared lunch**

## **Shed Advertisement shown Friday 3<sup>rd</sup> of March**



Wednesday the 15<sup>th</sup> of February was quite a big day for the shed as a videographer came round to film the shed in action as well as interviews with our members. It was a very busy day with almost 50 members attending which provided a lot to the advertisements'. The finished product has been put together and approved and will be on C31 on Friday in the evening. A reminder that C31 is on the free to air channel 44!



# MMS ELECTRONICS GROUP

The Electronics group has contributed to the shed in terms of repairing both shed and members' personal equipment and sorting through donated electrical goods for either sale or re-cycling. There have been some very interesting items coming through so if you are looking to learn something new—the electronics group is the place to be!

In addition to repairing this year I want to restart a Wednesday morning discussion and presentation based both new and old technology. Taking learnings from a previous attempt (prior to Co-Vid) I have decided to run them every second Wednesday and to start with of a more general nature.

Electronics is such a diverse discipline it's hard to know which of the many fascinating topics will appeal so here goes.

## Topics this month:

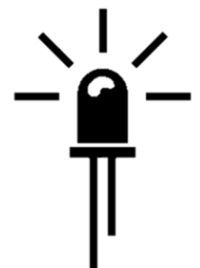
1. Finishing touches: No matter what you have made it's always nice to have a professional finish with regard to labelling switches, knobs or anything else. I will show you a free software program that will print out to accurately positioned labels and then show you how to finish them off.

**Wednesday the 8<sup>th</sup> of March at 11am**



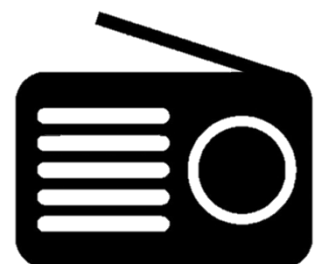
2. How to make your first computer controlled device: – a blinking LED! It's simpler than you think with only a handful of components.

**Wednesday the 22<sup>nd</sup> of March at 11am**



3. How to make a crystal radio set: Here is a very simple project that I'm sure will bring back a lot of fond memories. No cats-whisker detector but very simple and hopefully we will tune in a couple of local AM stations!

**Wednesday the 29<sup>th</sup> of March at 11am**





## The Shed Cooking Group

Are you looking to try out a new recipe? Do you want to learn your way around a kitchen? Are you looking to help the shed in some way and not sure how? If that is the case, **the shed Cooking group needs your help!**

We need help with:

**The planning of meals**

**Purchasing Ingredients on behalf of the shed**

**The preparing of meals on a Tuesday and Wednesday**

**Plating up of food for members**

If you can help with even just one of these aspects it would be very much appreciated.

Get involved with the art of preparing food and see how your hard work contributes to bringing our men together. You will find it a wholly rewarding experience.

A big shout out Vince, Derek and Tony the head of the cooking team, they have been working very hard feeding us with a small crew.

Contact Tony, or Daniel in the office to get involved.



## MMS Music Meeting

### Musicians wanted!

A number of members have been interesting in sharing their musical knowledge and collaborating with others. To determine how this will work, we are having a **Music meeting on Thursday the 9<sup>th</sup> at 10am in Bogong Hall**. They say there is nothing greater than creating music with others so come on down to work out how we can make some music together. All skill levels welcome whether you are tone deaf, you sing, play guitar or can burp the national anthem, we want you there!



## Shed Dinner Group

# Shed Dinner Group

*Relax with a nice meal with your mates, bring along your partners!*

*First Night Out: Tuesday the 7<sup>th</sup> of March at 6:00 at*

*The Waverley RSL*

*RSVP seats via Daniel by*

*Monday the 6<sup>th</sup>*

*Contact him in the office or on 0466 574 943*

## New Shed Sponsor: Alpha hearing

The Shed have a brand new Sponsor, a leading audiology clinic in Mount Waverley. Alpha Hearing are offering free consultations to all shed members! Ask for Michael when you book. They can be found using the following website <https://alphahearing.com.au/>



## Free RAT COVID tests

If you are over 70 or have a disability then the Monash Library will be able to provide you with free RAT tests. Ask the librarian on duty to secure up to 2 packs of 5 for you and your family. The tests are useful for at least 5 months so get in quick before they run out. Thank you to David Parker for this useful tip!

## Free First Aid Course

Premium Health are offering a comprehensive free first aid course for free to our members. The course will cover first aider responsibilities, Manual handling, resuscitation after a cardiac arrest and how to use a defibrillator. The course will be held on the 23<sup>rd</sup> of March at 3pm to 5pm and be sure to book in quick as there are not many places left! Use the following link

[www.trybooking.com/CGCUG](http://www.trybooking.com/CGCUG)

## Shed Creative Writing Group

Are you looking at improving your writing skills? Whether it is for a keeping a journal, writing a story, documenting your ancestry, putting together an autobiography or any other writing project then the shed Creative writing group could be the right fit for you. The group meet on a Wednesday at around 11am, look out for Joe G and Charlie.



## The Monash Mens Shed's Classic Movie Day

On Monday the 27<sup>th</sup> of February, the shed had our first movie day of the year with over 12 members in attendance enjoying the Magnificent 7 with fresh hot buttered popcorn. Due to the overwhelming success of this day, we are planning to have another movie day at the end of this month! Come on down to Bogong Hall on Monday the 27<sup>th</sup> at 10am for a showing of the classic heist comedy The Sting starring Robert Redford and Paul Newman. See you there!



# THE STING



## Birthday Boys!

**A very happy Birthday to the following Shedders!**

Ponniah Chandrakaran 24 <sup>th</sup>	Mitchell Connolly 27 <sup>th</sup>	Bradley Daniels 26 <sup>th</sup>
John Gillies 20 <sup>th</sup>	Jimmy Gong 29 <sup>th</sup>	Haig Jason 20 <sup>th</sup>
Kevin Krygger 4 <sup>th</sup>	Don Lambie 27 <sup>th</sup>	Kevin Luxford 7 <sup>th</sup>
Daniel Roper 4 <sup>th</sup>	Hugh Ross 14 <sup>th</sup>	Alan Scott 11 <sup>th</sup>
Alex Voltan 1 <sup>st</sup>	Vincent Tobias 1 <sup>st</sup>	





# Shed Projects

## David, Don, Maurie and Kel's Chair project



This project was a 100 year old rocking chair that a shedder wanted restored. The guys worked hard to clean, restore and varnish it making the old rocker look brand new! Is there something you or your family owns that the shed could restore for you?

## William Robertson's Mirror creation



This is Williams mirror setup he uses to film his martial arts classes. He found that it was difficult to record using his phones higher resolution camera without being able to see. He designed it and crafted it using wood and plastic brackets. Will now has quality footage of his lessons!

## Adrian's Walking Sticks



Adrian has spent a long time looking out for particular pieces of wood and branches, developing an eye for finding interesting shapes and animals in them. He then fashions sturdy walking sticks out of them that serve as great conversation starters. As you can see he has quite the impressive collection. Look out for more of his projects on here in the future!

## Jeremy's Cube Puzzles



Jeremy, after very quickly picking up how to use the equipment in the workshop, he has been hard at work making some very impressive projects. Most recently he has been putting together these wooden cube puzzles for the shed! Contact Daniel if you would be interested in purchasing one of them. They make great gifts for friends and grandkids.

## The Mud Kitchen

The mud kitchen has gone down very well at St Luke Preschool in Mount Waverley. The students and teachers even left the shed with some tasty treats and lovely hand drawn card. Thank you to Maurie and Les for putting the project together!



## Free Encyclopaedias!



Noel Johnstone has a set of 24 volumes of Columbia University Encyclopaedias that he is looking to give away to anyone who wants them. Rather than throwing them away he was hoping they could go to a good home! Call Noel on 9561 1331 for more information.

## Committee Of Management Minutes

Just a reminder that if you would like to see what was discussed in the last Committee of Management Meeting, this folder is available to all shedders to look through. Digital copies of the minutes are also able to be sent round, contact Daniel in the office if you would like one sent to you.

## Attendance and Lunch Tickets

Always find yourself out change? Lunch and attendance tickets are available to purchase via the office. However make sure to **write your name and the date** on the ticket as you use it so when we know who it came from!



# CAR FOR SALE

Asking \$16,500

## HYUNDAI i-30

GD4 i30 HATCH ACTIVE  
2015 Build (2016 registered)  
1.8P AUTO (Marina Blue)  
APPLE CAR PLAY  
NEW TYRES  
NEW BATTERY  
REGULARLY SERVICED  
ONE OWNER



### Contact

Clive Allan

Telephone:  
0417 913 3145

Email:  
[cstallan@bigpond.com](mailto:cstallan@bigpond.com)

Preferred Contact Times:  
Any time.

### CONTACT INFO

We are selling our very reliable i-30 as we need a larger car. The car has 100k on the clock, has never been in an accident and is in great condition. It has been regularly serviced by the same mechanic since new (all paperwork available). It has always been fully under covered garaged (Glen Waverley). With 5 star ANCAP it would make an ideal safe first car or family runabout. The car will be sold with a RWC and has 12 months registration (due 19<sup>th</sup> Feb 2024).

It is currently fitted with two child seats for the grandchildren (These will not come with the car) so would also suit a young family.

Email in your submissions to the newsletter to [info@monashshed.org.au](mailto: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



### HELPLINES

Emergency Services: 000



24-hour helpline

Free phone 1300 22 4636

Online crisis support chat

Call 13 11 14

[lifeline.org.au](http://lifeline.org.au)



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