

## AGM and Turner Hall

A very big thank you to all who attended the Monash Mens Shed's Annual General Meeting on Wednesday the 25<sup>th</sup> of October. The meeting was chaired by our President Greg Male where the reports featured in the annual report and the shed's financials were accepted and the future of shed was discussed. Greg also spoke about the grants he had secured this year and the ones he has ready for next year, one of them being a Saturday cooking class. The elections then took place where the sheds committee for 2023-2024 was determined. Barry Roberts, Tony Vitarelli, Maurie Turner, Les Cowell were voted as committee members, Clive Allan will continue as the Secretary and Greg Male will continue as the President. The Committee of Management will announce the new Treasurer shortly.

Members who attended the meeting also witnessed the naming of the workshop as Turner Hall in recognition of Maurie Turner and the monumental work he has done for our organisation. From donations collecting and organising, to community project planning and construction, to being an approachable mate to have a laugh with, Maurie has been making a real difference at the shed since March 24<sup>th</sup> 2012. Maurie appreciated the recognition in a short speech and said he would get back at all involved!



## Shed Christmas Party Tickets now on sale!



**Bookings for the Christmas lunch on Wednesday the 13<sup>th</sup> of December are now open** and spots will be filling up fast as December is next month! If you would like to secure your position at the event, tickets will be available in the office for **\$20** each for all who would like to attend. Feel free to book a spot for a partner or friend as well! Remember, no walk ups are allowed so get your bookings in quick! The Shed Christmas party will be held at the Waverley RSL at 11am.

## Chat GPT AI program follow-up

On Thursday the 2<sup>nd</sup> at 10:30am there will be meeting to share projects put together through the AI program chat GPT. Have you dabbled in AI websites and want to show off what you have come up with? Then come on down! No idea what Chat GPT is? Check out this advertisement I generated using the website:

*"ChatGPT is an AI designed for natural language understanding and generation. It comprehends and produces human-like text, facilitating conversation, answering questions, generating content, assisting with tasks, providing recommendations, and more. It's adept at various domains, offering versatile and contextually relevant responses in diverse scenarios."*

Create an account using this website here: <https://chat.openai.com/>

## Shed Movie – Sweet Charity



On Monday the 6<sup>th</sup> of November at 10:30, the shed will be showing the classic musical Sweet Charity. The Comedy drama features **Shirley MaLaîne, Sammy Davis Junior, John McMartin and Ricardo Montalban** and is directed by highly acclaimed standout choreographer **Bob Fosse**. Taxi dancer Charity continues to have Faith in the human race despite apparently endless disappointments, and Hope that she will finally meet the nice young man to whisk her away to a better life. The movie will be shown with freshly prepared popcorn in our blackout theatre!

## Little Chores

A very big thank you to friend of the shed Aeysha Begg. Aeysha has been providing our shed with contacts for donations around the Monash area. Aeysha's business, Little Chores provides house reorganisation and decluttering services. These donations provided through Aeysha have led to significant funding towards our shed through our garage sales and online selling. A major contributor of the Monash Mens shed, thank you Aeysha. If you or any family or friends are in need of assistance in decluttering around the home, please don't hesitate to contact her on 0410 484 287 or by email on [aeysha@littlechores.com.au](mailto:aeysha@littlechores.com.au)



## Shed Projects

A reminder to shedders that if a request for a project is received from a member of the community, or a community group, please inform Daniel and/or Maurie.

## Lead Lighting Foiling Boxes – Last Chance to put your name down!

Interested in Lead lighting but not sure where to start? Are you wanting to expand your lead lighting capabilities? Are you looking for a new project or something to give as a Christmas Present? Then you may be interested in a Lead Lighting Box Project. Shedder Fred Seeber has offered to teach a group of shedders how to go about putting together a glass box like the ones shown below. Fred will go through the whole process with the group from designing, to glass cutting and foiling, to installing the hinges and chains. Contact the Daniel in the office on [info@monashshed.org.au](mailto:info@monashshed.org.au) or in person if you are interested. The class is hoping to get started soon!

## Friday Boss Cockys

The shed are in need of Boss Cockys on Fridays from now on. We are looking for members to open the shed at 9:30 and/or close at 1:30. Please contact the office if you are interested.

## Tony Vitarelli's AI Poems

Check out these poems Tony wanted to share using Chat GPT

In the Mens Shed, where friendships bloom,  
Let's nurture manners, chase away the gloom.  
Respect each other, and kindness share,  
In this space of camaraderie, show you care

Listen well to stories, old and new,  
Empathy and patience, let them through.  
Politeness and courtesy, let them be your guide,  
In the men's shed, let good manners reside

With open hears and respect to mend,  
In the Men's shed, may manners ascend.

In the billiards hall, Tony takes his cue,  
With every shot, his skills shines through.  
Against Rick, he never seems to fall,  
Tony's victory, a consistent call.

With precision and finesse, he takes the lead,  
In this game of balls, it's Tony who'll succeed

In the heart of the shed, Tony stands tall,  
With his apron on, he answers the call.  
From sizzling pans to dishes so fine,  
He stirs up flavors, a culinary design

A master of meals, with a welcoming grace,  
In the men's shed kitchen, he finds his place.

## Looking for a renter?

Do you own a property in Monash and are looking for a tenant? A friend of the shed is looking for a house to stay in in the area. Contact Jeremy for more information.



# Defibrillator: How to



Want to know how to use an important piece of equipment where and when it counts? A short class on to on how to use a Defibrillator including the sheds defibrillators as well as a very basic first aid run down will be held on Tuesday the 28<sup>th</sup> at 10:30 am. Formal training is not required to use new defibrillators but it is always good to learn how to properly use one before needing to use one in an emergency.

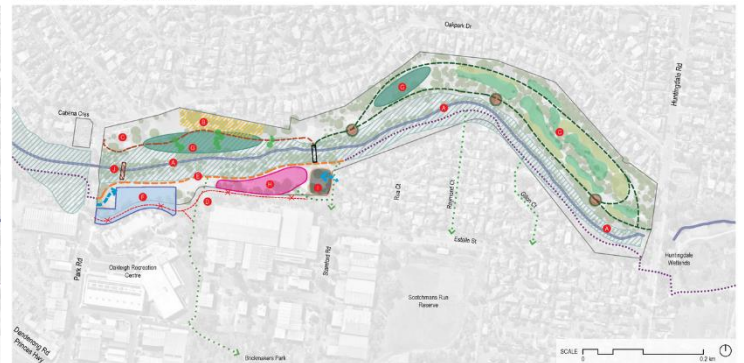
## Have your say in Oakleigh

Monash have reached out to the community to have a say in Oakleigh's golf grounds. There are 2 options for the land, to retain the 9-hole golf grounds or convert the site in to a regional park. Click or tap on the following link to the shape monash website to create an account and have your say. <https://shape.monash.vic.gov.au/oakleigh-gc>

OPTION A - NINE HOLE GOLF COURSE



OPTION B - REGIONAL PARK



## Shedder Update – Kevin Hayne

Shedder Kevin Hayne has updated us in regards to his move to New Zealand! He says he has finally moved in to his new house and will hope to have his furniture by the time this message goes out. He passes on his regards to all of his mates at the shed. If you would like to contact Kevin you can using the following email address [hayne@169@gmail.com](mailto:hayne@169@gmail.com)



## Fitness Class

A reminder to all shedders that the fitness class is open and free to all shedders and is now open to all others in the community for \$2. Never too late to give it a try, we'd love to see you there!



## Fire Drill

The shed will be having a fire drill on Thursday the 23<sup>rd</sup> of November at 11am. For a period of around 10 minutes, the shed machinery and gas will have to be switched off as we head in an orderly fashion to our emergency evacuation assembly point at the sign on Bogong Avenue in front of the Girl Guide Hall. Machinery will be able to be turned on as soon as we are finished, thanks in advance for your patience.



## MMS Health Events

Did you know that in 2022, Colorectal Cancer accounted for 10% of all cancer diagnoses in Australia?

Did you know that 99% of Bowel cancer cases can be treated if found early but only 50% are found 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?

**It is time to take your health seriously.**

Our shed has strong relationships with health talk providers we like to make use of to assist with reducing common health issues in our area. We do this by each month holding a health event for our members and opening it to members of the Monash community. Each event is about a different, equally important aspect of living a long and healthy life.

Guest speakers who are professionals in their specific fields provide talks on how aspects of health can be improved. The shed members who attend these events have benefitted considerably from these talks and have made use of the information given to improve the wellbeing of themselves and their families.

The events also are a social occasion as shedders are invited to bring along their 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!**

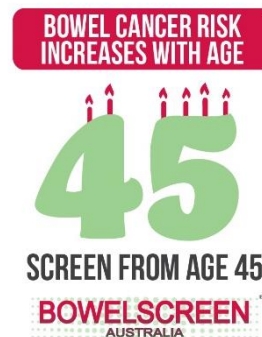
### UPCOMING HEALTH EVENT:

Wednesday 15<sup>th</sup>

Bowel Health

Bolton Clarke

**We look forward to seeing you there on the 15<sup>th</sup> for an informative talk on Bowel Health and a shed prepared lunch.** Why not come early to enjoy a fitness class at 11am?



## Birthday Boys!

A very happy Birthday to the following Shedders!

Gary Cornell 4<sup>th</sup> Henry Darak 6<sup>th</sup> Chris Schreiber 17<sup>th</sup> Geoff Best 19<sup>th</sup>  
John Arden 20<sup>th</sup> Tony Vitarelli 22<sup>nd</sup> Michael Pitt 28<sup>th</sup> Peter Gillet 24<sup>th</sup>  
Sammy Chellan 30<sup>th</sup>



## Shed Chess Club

The shed are looking at starting up a chess club in the coming months and are looking for boards and sets members may be willing to part with. Interested in a chess club yourself? Look out for the next Nuts and Bolts for more information!



## Thank you to Shedder Colin Mackenzie

Shedder Tony Vitarelli wanted to give a big shoutout to Colin Mackenzie for the passion and time he puts in to the sheds garden. Colin works hard every day to maintain the garden and make sure things are growing for meals on a Wednesday. A pillar of the shed community, thank you Colin!



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



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