



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

March 2024

Shed Tool Sale – Coming soon!

Next Saturday the 16th of March from 9am to 1pm the shed will be holding our next Tool Sale. Because of this it will be all hands on deck on the 14th and 15th in preparation for the event.

The sale is one of the smaller sales that we will be conducting as a lead up to our Major Annual sale later this year.

If you know of any friends, family, organisations or companies looking for tools, let them know!

Any members interested in helping out with the moving of items to the hall, pricing of items or helping out buyers on the day, come in on the Thursday and Friday, the 14th and 15th

Contact Maurie or Daniel or the office on info@monashshed.org.au to register your interest. Any help would be appreciated!

Dinner at the Mulgrave Country Club!

New to the shed? Looking to socialise a bit more? Looking for a good feed? Our first dinner of the year is coming up soon and is a great opportunity to eat, drink and be merry with a nice group of shedders. There are only 18 spots so be sure to RSVP ASAP by emailing info@monashshed.org.au, calling 95618557 during shed hours or contacting Daniel in the office to secure your spot. Partners and friends welcome!

This dinner will be at the Mulgrave Country Club at 6pm on Tuesday the 26th of March

Don't have transport and still want to go? Let us know and we can see what we can organise.



Bus Trip #2!



After a successful Bus trip last month, we are in the process of organising another Bus trip for April; this trip will be to the Moorabbin Air Museum!

Here are the details for the coming Bus trip

Destination – Moorabbin Air Museum

Date – Thursday the 18th of April

Set off time from Shed – 10am

Travel time (rough) – 1 hour there 1 hour back

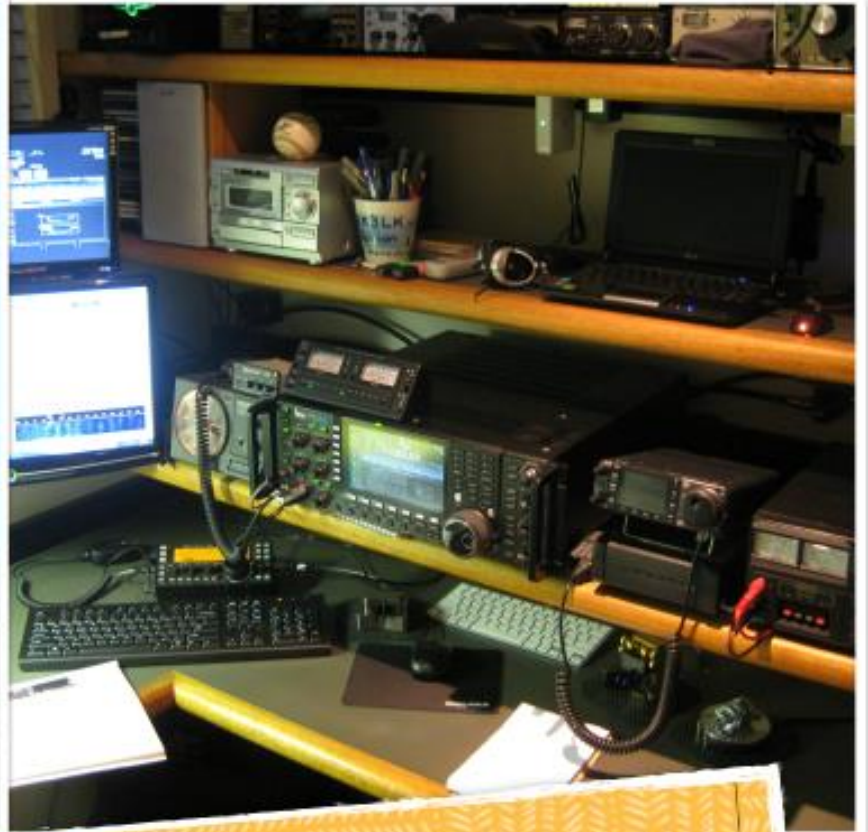
Signup sheet will be put up in Bogong Hall once the planning has been completed, we will let you know when it is up! We will be planning on stopping on the way there or back for a snack or meal.



We have also taken on board the feedback from the Caldermeade day and will be ensuring there is a plan for the full day out.

A very big thank you to new member Wayne Thompson for doing the driving for the Caldermeade farm trip!

It would be great to have a few different volunteers we can call on to help for the driving for these bus trips, Interested? Please let us know.



AN INTRODUCTION TO AMATEUR RADIO (HAM RADIO)

**PLEASE COME ALONG TO A
PRESENTATION ON THE FASCINATING
HOBBY OF AMATEUR RADIO, AND
DISCOVER SOME OF THE TECHNOLOGIES
USED AND ACTIVITIES UNDERTAKEN
WITHIN THE HAM RADIO COMMUNITY
AROUND THE WORLD.**

WHERE: BOGONG HALL.....

DATE: WED 3rd APRIL.....TIME: 12PM.....

HELP WANTED!

Volunteer Opportunity – Table at Burwood One

A volunteer opportunity has come up for the shed where we are able to have a membership table up at Burwood One, formally Kmart plaza, the shopping centre on the corner of Blackburn road and Burwood Highway. If you are passionate about the shed and want to help us get a few more members in our ranks, let us know! The table would only be up for around an hour during the peak times of Burwood One and the day of the week is flexible. Any help would be appreciated.

Volunteer Opportunity – Shed BBQ Open day

We have been reached out to by 'Return-It' the organisation in charge of the Victorian initiative to have a spot at one of their weekend open day holding a BBQ and drinks. These days are a great opportunity to work together with your fellow shedders, cook a few snags while enjoying the sunny weather, and helps in getting our name out there in the community. If you are interested please let us know!

Dart Board

Many thanks to Shedder Brian Merry for donating a dart board to the shed! Interested in helping out the shed? We are looking for a hand installing this in Bogong Hall. Let us know if you can help!



Shed Phone Messages

Is the phone ringing and no one else is around to get it? Feel free to help us out and take a message on our new Shed phone messages pad found next to each shed landline phone. The form will help you with all the details the shed needs to take down.

Shed Movie –James Bond Dr. No



Shed Movies are back! With our first one of the year being the first James Bond movie! In this classic Bond flick, James is sent to Jamaica to investigate the disappearance of a fellow British agent. The trail leads him to the underground base of Dr. Julius No, who is plotting to disrupt an early American space launch from Cape Canaveral with a radio beam weapon. Come on down to the shed on Monday the 25th of March at 10:30am for a great movie and free popcorn!

Shed Notice Board

Feel free to make use of our new shedder noticeboard which can be found in Turner Hall on your left as you come in. Advertise something you're selling, a service you want to provide shedders, something you need doing, anything! If you are unable to get in to the shed and want something on there, send through an email on info@monashshed.org.au or give us a call during shed hours on 95618557. On there you will also see some jobs that need doing around the shed if you are looking for a new project.



Shed Library



Shedder Noel Johnstone has put together a collection of books for shedders in Bogong Hall. Next time you are in there; feel free to borrow one of the many interesting, engaging and informative books he has chosen for the shed!

Don't forget your badge!

As we get more and more new members on board (and as our memory gets worse!) it is becoming increasingly important to ensure you wear your name badges when you attend the shed. Be sure that the emergency details are filled in on the back and are in date in case of an emergency. Also, let us know if you do not have a badge and we will make one for you.



Disposal of Liquids

A reminder to all shedders to dispose of liquids in the appropriate manner for example, paint is not to be disposed of in the kitchen sink through the washing of brushes, and oil is not to be poured in to our sinks. If you are unsure of how a liquid is to be disposed, contact the office and we will work it out.

Colin Mackenzie – Gardening Extraordinaire

On Tuesday the 6th of February we had an impromptu ceremony for shedder Colin Mackenzie to thank him for the important work he has done on the shed garden. Almost every single day, Colin is around watering, harvesting or digging up the garden which contributes to our meals and serves as a great advertisement for the shed.



Party pies and sausage rolls were eaten, and speeches were presented, with Colin stating we are on the lookout for passionate gardeners to help out as soon as possible. Thank you, Colin, for everything that you do for the shed and thank you shedder Derek Christie for putting this event together.

MMS Health Events

Did you know that Parkinson's is the second most common neurological disease in Australia after dementia.

Did you know 38 Aussies are diagnosed with Parkinson's every day?

It is time to take your health seriously.

We have several strong relationships with health talk providers whom we invite to our shed to assist with reducing common health issues in the community. We do this by each month holding a health event for our members and opening it to members of the Monash area. 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 often inspires new members to join. So, if you aren't coming to these already, **you're missing out!**

2024 dates	Topic	Presented by
Wednesday, February 21	Healthy Feet	Bolton Clarke
Wednesday, March 6	Exercise	Alliance Health
Wednesday, March 20	Parkinson's	Fight Parkinson's
Wednesday, April 17	Healthy Bladder	Bolton Clarke
Wednesday, May 15	The importance of having a caring GP	Dr Bernie Crimmins
Wednesday, June 19	Healthy Eating and Nutrition	Bolton Clarke
Wednesday, July 17	Hearing Health	Alpha Hearing
Wednesday, August 21	Stroke Safe	Stroke Foundation
Wednesday, September 18	CPR and Defib Basics	Bolton Clarke
Wednesday, October 16	First Aid	Bolton Clarke
Wednesday, November 20	Falls Prevention	Bolton Clarke

**Our next health event will be on Parkinson's on
Wednesday the 20th of March. See you there!**

We need Chess Boards and Board Games!



In April, we are going to have a day of board games, chess and card games to work out what individual activities we might want start throughout the year.

Have any chess boards and pieces, or other board games you think shedders will get something out of? Bring them to the office when you can!

Thanks Geoff Hayley

Thank you to shedder Geoff Hayley for helping us with our bread emergency the other day for our shed lunch!

Chris Schreiber and the Special Olympics

Shedder Chris Schreiber is hoping to compete in the Special Olympics! If all goes to plan, he will be heading to Perth in June to compete in the SO National Games

He is now working hard trying to fundraise to fund his trip. if you are interested in helping Chris out let us know. Chris is a passionate Bocce player and is hoping to compete with the big leagues and hopefully bring back a medal!

Pool Table

The sheds old pool table has been levelled to the best of our ability and will now be ready for tournaments! Keep an eye out for shed tournaments on our emails and the next Nuts and Bolts. Thank you to shedders Brian Merry and Mal Wall for helping us with this!



Recycling at the shed

Have some old phone, batteries or printer cartridges you are looking to get rid of? We can recycle those for you! Bring them in to the office the next time you are in and we will take them off your hands.

Singer Sewing Machine Renovation



On Tuesdays, shedder Aden Green has been working on renovating the Singer Sewing machine we received as a donation last year. He is coming up to the finishing touches so be sure to check out his work before we sell the machine for shed funds! He is happy to walk you through the process if you are interested.

Lost your Glasses?

These glasses were left in the OHS cupboard and we believe they may be a prescription pair, please let us know if they are yours and you can claim them from the office. Thank you shedder Ross Smith for coming across these!



Alpha Hearing

Our friends of the shed at Alpha Hearing have formalised our relationship as a shed sponsor! In lieu of this relationship, Michael Wong, Principal Audiologist is offering shedders a 10% discount on all Alpha Hearing products and services, including hearing assessments and hearing aids, to all Monash Men's Shed members effective immediately!

Plus, any members who are pensioners or veterans will receive free services at Alpha Hearing, funded by the Government Hearing Services Program – through which Alpha Hearing has accreditation.



Alpha Hearing is located on 294 Stephensons Rd, Mount Waverley for any shedders in need of a trusted hearing specialist.

Looking for some Project ideas?

Finding yourself struggling for project ideas? No worries, we've got you covered! In the office there is now a library of Woodworking and engineering magazines for shedders to have a flick through at the shed, or borrow and take home, or even to flick through while enjoying a cuppa. Find them over the printer in the office.



Shed Borrowing Directory



Looking to do some practical work at home but need some tools from the shed? No worries, just make use of our Shed borrowing directory. Speak to Daniel or the Boss Cockey on duty to walk you through the borrowing process.

Birthday Boys!

Happy Birthday to the following shedders this March!

John Gillies 20th Haig Jason 30th Don Lambie 27th Kevin Luxford 7th Joe Matotek 25th
Agron Namoni 16th Hugh Ross 19th Alan Scott 11th Colin Smith 25th
Peter Tam 15th Vincent Tobias 1st Stephen Williams 20th

Free Comedy Shows

G'day Men of the Monash Mens Shed!

This is a quick message to let you know we are holding some free Melbourne Comedy Festival Preview Shows.

Below is an open invitation for the free tickets that you can forward onto your family, friends, work colleagues & people who need a good time.

All you & your guests need to do is click the below email with name, night of choice and how many tickets they would like.

Melbourne Comedy Festival favourites are back in town.

With "Our Exclusive" sample of The Comedy Festival shows from this year and last year.

This will be a night where you are guaranteed the best medicine – plenty of LAUGHTER!!!!

You will get to enjoy over 2 Hours of great stand-up comedy.

When: Tuesday 12th, Wednesday 13th, Thursday 14th, Friday 15th, Tuesday 19th, Wednesday 20th OR Thursday 21st March.

Doors Open: 6.30pm (if you want to come & buy some dinner/snacks at 6.30pm - Joe King Bistro Menu

Show Starts: Starts: 8pm (runs for 2+ hours)

Cost: NO ENTRY FEE CHARGE (for the show, normally \$35pp)

Where: The Comics Lounge 26 Errol St Nth Melbourne

To book: email laughs@thecomicslounge.com.au with your name, number of tickets & which show you would like, your confirmation email will be sent straight to the bookings office.

Keep on Gigging

Joe King – Comics Lounge

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



HELPLINES

Emergency Services: 000



24-hour helpline

Free phone 1300 22 4636

Online crisis support chat

Call 13 11 14

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