



OPENING HOURS:
Monday to Saturday 9.30 to 3.00
Closed only on Sundays,
Good Friday, Anzac and Christmas Day

May 2019

Monash Men's Shed Inc. at Bogong Reserve,
1/49-77 Bogong Avenue, Glen Waverley, Victoria, Australia, 3150 Phone 9561 8557

Please support our next Health Event



Come and join us for our health day featuring information
on Parkinson's disease

Date: Wednesday 8 May 2019
Time: 12:00pm - 1:30pm
Venue: The Guide Hall at Bogong Reserve - 77 Bogong Avenue, Glen Waverley
Cost: FREE - lunch and afternoon tea provided
RSVP: Call 9561 8557 or email info@monashmensshedinc.com.au

Topic: Parkinson's disease - symptoms, treatment options, self-management, peer and family support
Speaker: Victor M McConvey - RN MACN
Manager - Statewide Health Information and Education Team
Clinical Nurse Consultant - Parkinson's Victoria
The speaker will be available for personal or more specific questions after the presentation

Clare O'Neil MP visits Shed

It was great to see Clare O'Neil (Member for Hotham) visit the Shed in April. It is a very busy time for Clare with the upcoming federal election, but

she very generously took the time to drop in and see what the Shed is about.

Clare recognizes the valuable service the Shed provides to the Community and wants to be able to support us in the future.



Welding Session

1.00pm Wed 1st May.

Open to anyone interested in learning about welding.

See John Gillies or Shane for more information.

Newsletter contributions

We are always looking for contributions from members for the Newsletter.

If you have any stories, pictures or information that you wish to share, please send it in.

Or if you have an idea for the newsletter please come and see me to discuss.

Update on Bogong Hall renovations

The renovations at the new shed are close to completion and we should be able to start using it in coming weeks. The kitchen looks good and will greatly improve the preparation and serving of lunches.

Issues around heating and adding new power points will be addressed in coming weeks to make sure it is comfortable and user friendly. Please let us know if there are issues you would like addressed

The team leaders are meeting in first week of May and will be putting together a timetable for activities in the New Shed.

Some ideas from the recent Member Survey for additions to the timetable include

- Table Tennis
- Extra Card game (500, Bridge or other)
- Discussion Group
- Film or Book appreciation
- Regular information sessions

2019 Footy Tipping update

Competition ladder after 6 rounds is

Mystery Man	29	Robbie Williams	25	N	22
MichaelJG	27	John Gillies	24	Greg Male	22
MM	26	Lurpy	24	Tex	22
Wattsy	26	Col Mann	24	Brainless	20
Champ	26	Jim	24	Phil Dunstan	20
Shane Lawlor	26	Strawman	23		
Jezzas Mate	25	Jezza n Co	23		

May Birthdays

Bob Kent 27/5

Reg Lewis 30/5

Brian Mackey 28/5

Graham Milne 2/5

Siva Sabapathy 26/5

Ken Thompson 10/5





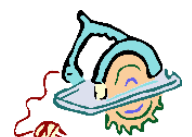

Brian Young 8/5



*We apologize if we have not included your birthday. We do not have everyone's birthday on our records so please let us know if we miss yours.
Also, thanks to Don Bladier and Phil terry who do the birthday cards and bake a birthday cake each month.*

Weekly Shed Timetable

The Shed is open 9.30 am – 3.00 pm Monday Saturday. open on public holidays except Christmas Day, ANZAC Day and Good Friday.

Monday	General Activities- all day Machinery Operation- all day	
Tuesday	General Activities- all day Computers – 10.00 am Cards - 9.30 am Machinery operation – 12.00-3.00	
Wednesday	General Activities - all day Train Room and Modeling 9.30am – 1.00pm Bread delivery – 9.30 am Leadlighting- 9.30 am – 12.30 pm Lunch preparation - am Walking group – 11am Community Lunch - 12.00 noon Yoga – 1.00pm Machinery Operation – all day except	
Thursday	General Activities- all day Cards – 9.30 am Art – 9.30 am Computers – 10.00 am Day trips- as advertised. Machinery operation – 12.00-3.00	
Friday	General Activities- all day Community brunch – 10.00 am last Friday of each month Machinery Operation- all day	
Saturday	General Activities – all day Machinery Operation- all day	
Sunday	Closed	

Team Leaders will be in Shed on these days

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stefan (social) John Sch (events/admin) Douglas K (electronics) Don M (projects)	David H (I.T) John Sch (events/admin)	Maurie T (woodwork) Mike S (walking/yoga) Stefan K (social) George (Trains) Jim H (glass) Douglas K (Electronics) Phil Terry (Welfare)	Don Bladier (Art)	Maurie T (woodwork) Don M (projects) Ray H (Painting) Noel J (finance)	Jim H (glass)

Thank you to our Partners and Supporters



CITY OF MONASH

WAVLINK

KERRY RD BAKERY

Shed Personnel

Committee of Management

President – Greg Male
Treasurer – David Harding
Committee Member – Maurie Turner
Committee Member – Stefan Kuligowski

Vice President – Alistair Pilley
Secretary – Geoff Gaylard
Committee Member – Gary Cornell
Committee Member – Mike Smithett

Staff

Coordinator – Shane Lawlor

Accountant – Max Patterson

Team Leaders

Membership – Vacant
Woodwork – Maurie Turner (Ph 0407435449)
Paint Room – Ray Hanson (Ph 0412589574)
Social Activities – Stefan Kuligowski
Computers – David Harding
Community Lunch – John Gillies (Ph 0401620531)
Community Garden – Robbie Williams
Artists – Don Bladier
Walking and Yoga – Mike Smithett (Ph 0419033953)

Projects – Don McPherson
Metal Shop – Don Murray
Lead lighting – Jim Hughson (Ph 0404724405)
OHS – Shane Lawlor
Welfare – Phil Terry (Ph 0419137313)
Events – John Schwarzman (Ph 0407095161)
Sausage Sizzles – Robbie Williams
Goods Donations – Maurie Turner

HELPLINES

beyondblue 24 hr. **1300 22 4636** Lifeline: **13 11 14** 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**

Emergency Services: **000**

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**