



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

October 2018

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

## AGM

**Wednesday October 24<sup>th</sup>.  
Glen Waverley RSL.**

Starting at 11.00 am.  
All members with emails will be sent all relevant documents on or before 3 October.  
For those without email a copy of documents will be put in the mail by 2 October.  
If you do not receive your copy or would like a copy prior, you can collect them from the Shed from 1 Oct.  
We hope to see you all there.  
Lunch will be provided for all who attend.

## BEING A MAN Men's Mental Health Forum

*What does it mean to be a man in today's world and how can we improve men's mental health?*  
Join in the conversation on World Mental Health Day.

**Wednesday 10 October  
10.00am - 3.00pm**

*Registration & refreshments from 9.30am*

**Central Reserve Sporting Pavilion  
Glen Waverley**

**RSVP Wednesday 3 October**

*Contact 9561 8557 or [info@monashmensshedinc.com.au](mailto:info@monashmensshedinc.com.au)  
This event is free to attend. Numbers are required for catering.*



FEATURING KEYNOTE SPEAKER

### JAKE EDWARDS

Fourth generation AFL player Jake Edwards says one of the highlights of his life was running out onto the MCG in front of 80,000 people. His lowest point was facing himself in the bathroom mirror, contemplating how to end his own life. Jake Edwards was diagnosed with depression at age 19 and as an elite sportsman, he coped the best way he could. But when the spotlight faded, and the Carlton jersey came off, Edwards felt an enormous loss of identity. Since then, Jake has successfully worked with many companies varying from Lifeline, Beyond Blue and AFLPA over the last 5 years and along the way established a name for his passion, education and innovation in the mental health industry.

**PLUS Simon Rice (from University of Melbourne's Orygen—The National Centre of Excellence in Youth Mental Health) AND a panel of mental health professionals and community leaders discussing how to support better men's health.**

PRESENTED BY



## Members Forum

**Next Members Forum to held**

**11.00am**

**Tuesday 2<sup>nd</sup> October**

Please come along to discuss Shed issues and upcoming events.

## Help Wanted- Shed Activities

There are a number of projects coming up that the Shed needs help with.

- Mental health forum catering and setting up on the day
- AGM: Wednesday 24 October
- Christmas Lunch: Wednesday 19 December

Also, we have a number of woodwork projects coming in to the Shed. See Maurie or Don to find out more.

If you are a new to the Shed, any of these can be a good chance to find out more about the Shed and become involved.

## Garage Sale Big Success

The recent Garage Sale was a great success with 100's attending and raising over \$3,000 for the Shed.

A huge thanks goes to all those involved, but the day would never have happened without Maurie Turner leading the way. Maurie put in many hours of work collecting, sorting and then being main organiser and salesman on the day.

I also want to thank David Parker and Jim Cuneen for collecting the items to sell throughout the year. This involved a lot of work and the event could not happen with the goods they collected.



On the day and the days leading up to it, many people lent a hand. A big thanks goes to John Schwartzman, Robbie Williams, Noel Johnstone, Jack Terrible, Glen Ryan, Max Fuller, John Nehez, Phil, Vincent Tobias, Kevin Champion and Gary Cornell for helping in a range of ways. It was a great Shed effort and I apologize for any one I have missed anyone who helped.

We are planning to have at least 1 sale next year so will be hoping it is a similar success.

## Wood work projects

**ANZAC Seats** for Primary School- See Maurie or Don

**Wooden rocking horse** restoration. Over 100-year-old horse for grand-kids of local resident. If you have the skills and patience to take this on, please come forward. We can provide support and guidance if needed.

**Insect Hotel**- for local preschool. - See Don

## Sausage Sizzle

**Bunnings Notting Hill**

**Friday October 12.**

**Helpers needed.**

**Please talk to John S, Robbie W or Shane if you can help out.**

## New Shed News

As you all know, we have been given the keys to the new shed. The renovations will begin in coming months and we will have to vacate again whilst that occurs. Therefore, our use of the Shed at the moment is in effect a trial for when we get permanent use in the renovated space.

We know that the conditions are not perfect, it is cold in the mornings and the lighting is not the greatest. But if we can use this time to identify how to improve conditions and make the most of the extra space, I think it will be to all our benefit in the long term.

Gary Cornell is overseeing the transition process and is liaising with the Council and the EMHC. Ideas and comments are very welcome and please come forward if you have either. We are also looking for members to help identify solutions, make improvements and carry out small tasks, such as opening up the new shed, turning on heating in the morning, setting up for lunch, closing up the shed, setting up tea and coffee etc., We understand not everyone is able to complete or commit to these tasks and that is fine, but any help is most welcome.

During this current trial period the activities and teams operating in the original shed will start to utilise the space in different ways to see what works and how it may be improved. If changes negatively impact on other activities, please let us know and we will try to alleviate these.

If you have any questions or concerns about these new arrangements, please talk to myself (Shane), Gary, the relevant Team Leader or any Committee member. If we work together, the better it will be for us all.

## Day Trips

**See Stefan for details on next trip.**

## Footy Tipping Competition update

Congratulations to Kevin Champion for winning the 2018 footy tipping competition. Kevin had a clear win with 144. The next best were Alf Watts and Greg male both on 139.

## Don't Forget these dates

Promoting Men's Mental Health Event – Wednesday 10/10

Sausage Sizzle – Friday October 12 at Notting Hill Bunnings

AGM – Wednesday 24/10

Christmas Lunch – Wednesday 19/12



# Weekly Shed Timetable

The Shed is open 9.30 am – 3.00 pm Monday Saturday.

And is open on public holidays except Christmas, ANZAC and Good Friday.

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

# Thank you to our Partners and Supporters



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ROTARY CLUB



GIRL GUIDES

**CITY OF MONASH**

**COLLIER CHARITABLE FUND**

**HIGHVALE HEALTH CARE**

**WAVLINK**

**RYMAN HEALTHCARE**

**KERRY RD BAKERY**



## Shed Personnel

### Committee of Management

President/Treasurer – Greg Male  
Committee Member – Maurie Turner  
Committee Member- Stefan Kuligowski

Vice President – Gary Cornell  
Committee Member – Alistair Pilley  
Secretary – Stephen Booth

### Staff

Coordinator – Shane Lawlor

Accountant – Max Patterson

### Team Leaders

Membership – Alistair Pilley  
Woodwork – Russell Painter  
Paint Room – Noel Johnstone  
Welfare – Bob Knowles **0408 534 064**  
Community Lunch – John Gillies  
Community Garden – Robbie Williams  
Artists – Don Bladier  
Goods Donations – Maurie Turner

Projects – Don McPherson  
Metal Shop – Steve Nelson  
Social Activities – Max Fuller  
Computers – David Harding  
Events Manager – John Schwarzman  
Sausage Sizzles – Robbie Williams  
OHS – Maurie Turner  
Lead lighting – Jim Hughson

## 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**