



# Melton Men's Shed Newsletter

July - September 2011

## Enterprising Sheddies

The Melton Men's Shed in 2011 adopted a 'social enterprise' business model where local industry engage the Melton Men's Shed to hand-craft somewhat 'unusual' items, the profits of which help fund various local community projects undertaken by the Shed that local industry cannot accommodate.

One such venture was the construction of ten possum boxes for Western Highway - Anthony's Cutting Realignment Project. WHRP's Communication and Stakeholder Relations Officer, Victoria Rodriguez contacted the Shed in July 2010 with a detailed request. Sheddies Ray Phillips and Darren Cunningham took on the project in May 2011, and ten boxes were handed over to Justin Rhodes, WHRP's Environment Manager by Ray and Darren in time for the official opening of the Project.

A rather 'sensitive' request was received early in the year from Tattersall Funeral Care, Werribee. Having lost access to his local supplier, Brad Tattersall contacted the Melton Men's Shed to enquire whether Sheddies might want to construct forty small coffins of various sizes. Interested Sheddies Gill Ellis, Mark Sweet (project leaders), Joe Cortis, Joe DeBono, Joe Doyle and Alan Benson agreed to undertake this enterprise as they saw the value in supporting families experiencing such a tragic loss. Construction of the coffins took place outside of normal Shed operation hours out of respect for Sheddies who might find the project confronting.

Wood was kindly donated by Schiavello Group Pty Ltd, Tullamarine. And in June 2011 a total of forty three coffins were delivered to Tattersalls Funeral Care.



*Sheddies Ray & Darren present Possum Boxes to Environment Manager Justin Rhodes*



*Construction & quality control was overseen by Sheddie Gill*



**Willows Historical Park  
76 Reserve Rd, Melton  
9971 5106**

[www.melton.vic.gov.au/mensshed](http://www.melton.vic.gov.au/mensshed)



## Giving back to our community

We get many requests to build projects for community groups and, where possible, Sheddies work to make these projects happen ... at no cost to the groups.

**Life Long Learning:** Eight Year 6 boys from Melton West and Coburn primary schools took part in a *Life Long Learning* experience at the Melton Men's Shed. The boys visited the Shed every Wednesday over four weeks in Term Two to work side-by-side with Sheddies Ron Dewhirst, Mark Sweet, Joe Doyle, Ray Townsend, Gill Ellis and Chris Carlyon to design and construct their own wooden toolbox.

The aim of the LLL program was to get Sheddies to mentor the boys in a non-formal learning environment. Each student was asked to calculate and measure out the wood they would need for their project. And while our Sheddies did all the dangerous cutting, the lads savoured the unique opportunity to pick up a drill or sander to push their projects to completion. After a tiring couple of hours on the job, the boys were treated to afternoon tea.

The Shed would like to acknowledge Bunnings Melton who very generously donated eight brand new measuring tapes to pop in the boys' toolbox on the last day of the project.

Writes Margaret from Melton West PS, *"Thank you all so much for all the time and effort you have put in over the last 4 weeks with the program you offered the boys. They have had so much fun and learnt such a lot. The toolboxes were taken home very proudly. Cath – thank you so much for all those 'WOW' afternoon teas!"*

**Bike Donations:** Several bicycles donated to the Shed by members of the community were tweaked and moved on to clients of MacKillop Family Services and Hope St. Youth & Family Services by Sheddies Ray Townsend and Chris Carlyon. Another trailer load of donated bikes will be transported to *Bicycles for Humanity's* Melbourne storage compound in Yarraville for shipment to Africa.

**Restoration of Magistrate's Bench:** The Melton Men's Shed was commissioned by Council to bring back to life a late nineteenth century magistrate and judicial bench. These historical pieces are to be returned to their original location at the Melton Courthouse in the very near future.

**Auskick:** Bunnings will run an Auskick Clinic for kids on Saturday 27 August. Val Turner from Bunnings Melton has requested 400 assorted wooden cut-out footy shapes for the kids to paint.

## 'Getaway' to Mulwala

During **Veterans' Health Week** (24-30 October 2011), the Melton Men's Shed is offering twenty four (24) of its members the opportunity to 'getaway' and enjoy some golf, fishing and take in attractions in the region in a setting that promotes health & wellbeing and facilitates socialisation.

The theme for this year's Veterans' Health Week is "Building on the strengths of the veteran community – mental wellness".

Targeting Sheddies who have served in the Australian Defence Forces, our Shed 'Getaway' aims to address social isolation, idleness, loneliness, trauma and depression - common areas within mental health.

**Tour Dates:** Wednesday, 26 October returning Friday, 28 October, 2011

**Departure Time:** Buses will depart Men's Shed @ 8:00 am and arrive back at the Shed sometime around 3:00 pm on Friday.

**Cost per Member - \$150:** Included are 2 nights' accommodation, transport & breakfast each morning. Members would cover all other costs such as lunch, dinner & any entertainment or sightseeing undertaken.

**Bookings Essential:** Seating is limited so get in early to book your spot. Put your name on the RSVP sheet at the Shed or call ☎ **9071 5106**.

## Shed Birthday BBQ

Melton Sheddies and partners are invited along to a BBQ lunch at the Shed on **Friday, August 19** to celebrate the Shed's 2<sup>nd</sup> birthday.

**Arrive** 11:30 am

**Provided** BBQ & refreshments

**BYO** fruit platter/favourite dessert to share

**MUST BOOK!** ☎ **9071 5106**.

## **Worried About Your Memory?**

The **Melton Men's Shed** will host a free 1-hour information session in association with Alzheimer's Australia Vic. Participants will explore how memory works, common memory changes that occur with ageing, when memory difficulties need to be investigated, and get tips on how to improve your memory and looking after your brain. Light refreshments provided.

**Tuesday 25 October @ 10:30am**

**BOOKINGS** ☎ **9971 5106**



*Before and after photos (Sheddie Joe)*

## Old hat stand gets second life

Since it's opening in 2009, the Melton Men's Shed has under its Community Programs constructed pieces of furniture on request of the Melton Historical Society.

Recently the Shed received a request from the Society's Glenda Hutchinson to bring back to life for display in their museum a hall hat stand that had seen better days. No small challenge, Sheddie Joe Cortis delighted in the opportunity to demonstrate he is indeed an experienced craftsman.

Joe took apart the hat stand piece by piece, running some sections through our Shed's thicknesser, sanding back the more intricate areas by hand.

He completed much of the work at home in his own backyard shed, generously pouring many man-hours into the restoration of the hat stand. That Joe lovingly breathed new life into this fine antique piece is an achievement worthy of recognition.

As with all our Shed community projects, the costs incurred in restoring the hat stand were born by Melton Men's Shed.

## Shed scores bike racks

On learning the Shed's Friday Bike Group were having trouble safely parking their bikes in and around the Shed, Council's Transport Connections Project Officer Dean O'Loughlin together with Jan Webb, Road Safety/Active Transport Officer undertook to source and fund the installation of two new bike racks.

These new racks allow the maximum number of bicycles to be stored safely in the smallest space, away from the main Shed entrance so as not to present an OH&S risk to Sheddies coming and going.



## What's on at the Shed?

**1-Day Great Vic Bike Ride Finale** – the Shed's Bike Riding Group are planning to participate in the *1 Day Finale* from **Maryborough to Castlemaine** on **Sunday 4 December 2011**. This one day cycling experience which coincides with the last day of the RACV Great Victorian Bike Ride 2011 takes off in Maryborough where cyclists will ride 53km into Castlemaine. Lunch is supplied at the finish in Castlemaine. En route support is provided, with a spectacular finish in Castlemaine joined by over 4,000 riders. **Cost \$60 per rider**. Call the Shed on ☎ **9971 5106** to get your name on our 'interested riders' list. Partners are most welcome ... to ride or welcome the group over the finish line! You don't have to be a Melton Sheddie to join in.

**Legal Workshop for Men:** John Verry, Manager Brimbank Melton Community Legal Centre popped by the Shed on Tuesday 9 August to lead discussions with Sheddies on legal issues relating to a variety of scenarios. The Legal Centre provides **free legal services**, and focuses on helping disadvantaged clients who cannot afford a private lawyer. John has very kindly promised to run several of these informal forums for Sheddies as interest dictates.



Lancefield Men's Shed Visit - 13 July 2011

**Men's Shed Study Tour:** The Melton Men's Shed will participate in a 1-day Men's Shed Study Tour planned for **Thursday, 25 August 2011** in association with The University of Ballarat, Australian Men's Shed Association, Victorian Men's Shed Association and Adult Learning Australia. The tour aims to introduce those familiar (and unfamiliar) with Men's Sheds to how the five participating sheds work. Attracting different groups of men in different communities, Sheds have different organisational structure, resources, funding, activities and auspice arrangements. One size does not fit all men or all rural, regional or urban communities.

Participants on the tour will hear from the Melton Men's Shed Development Officer and volunteer Team Leaders about how our respective Shed works and get a chance to chat and ask questions. The Study Tour will **arrive at our Shed at 10.45am** for a walk through and morning tea, afterwards heading to Daylesford Men's Shed for a light lunch. Any Melton Sheddies who want to join the full tour from Melton are very welcome: cost is \$35 but you'd want to book in soon via Aleisha ☎ **5327-9729** or email [a.habegger@ballarat.edu.au](mailto:a.habegger@ballarat.edu.au)

**Art Workshops:** Sheddies can now access **FREE** art workshops at the Shed **every Friday** morning, giving blokes a chance to explore their creativity and awaken their artistic spirit. No booking necessary - just come along and join in. The group is led by Sheddie Blair Angelo with projects reflecting ideas and interest of the group. Also of a Friday is **portrait sketching** by Sheddie Brian Lawrence. Originals are available to purchase at \$15 each; all proceeds donated to the Shed.



## Shed Timetable

### July – September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Woodworking Class</b> 9.30 - 11.30am	<b>Cooking Group</b> 9.30am - 1.30pm  <b>Men's Health Workshops</b>	<b>Gardening</b> <b>DIY &amp; Community Projects</b> 10am - 12.30pm	<b>SHED CLOSED</b> <i>(for Council program)</i>	<b>Bike Riding Group</b> <b>Art Workshop</b> <b>DIY Projects</b> 10am - 12pm
<b>DIY Projects</b> 12 - 3pm  <b>Meditation &amp; Reiki Share</b> 3:30 - 4:30pm	<b>SHED CLOSED</b>	<b>Community Projects</b> 12.30 - 3pm		<b>Games Day</b> <i>cards, darts, table tennis</i> 10 - 3pm
	<b>DIY Projects</b> 6 - 9pm	<b>Relaxation Class</b> 7 - 8pm <i>(at Morton Homestead)</i>		

## SPECIAL CLASSES - Bookings Essential

<b>Basic Woodwork Classes</b> Build a small project which is yours to keep, or work together on a large Shed project. Each workshop is lead by a skilled Shed Team Leader. Materials included. Ongoing 4-week blocks.	<b>Mondays</b>	9.30 - 11.30 am	<b>\$20</b> Sheddies <b>\$50</b> non-Sheddies Register ☎ 9747 7283
<b>Cooking Classes</b> Come together to socialise, cook nutritious meals, and enjoy a relaxed meal with other men. Class lead by a qualified trainer. Classes ongoing every week.	<b>Tuesdays</b>	9.30 - 12.30 am	<b>\$3</b> Sheddies <i>(Must be a registered Shed participant)</i>
<b>Relaxation Classes</b> Destress your mind and body from the challenges and hassles of daily life. Classes are held at Morton Homestead in Taylors Hill and lead by a skilled instructor. Free yoga mat included with your registration. Ongoing 4-week blocks.	<b>Wednesdays</b>	7 – 8pm	<b>\$20</b> Sheddies <b>\$50</b> non-Sheddies Register ☎ 9747 7283