



## Melton Men's Shed Newsletter

September/October 2010

On August 20 over 100 Sheddies, their partners, friends and other supporters came together for the first birthday of our Shed.

Tom Hafey, legendary Aussie Rules Coach and fitness fanatic gave a stirring speech highlighting the importance of being physically active, as well as being a part of your local community.

Whether it's being a member of a footy club, a church or a Men's Shed, Tom stressed the value of being part of and contributing back to our community.

A mark of the man was not only his rousing speech, but the fact he arrived an hour before he was due so he had the chance to check out the Shed, and to spend some time mixing with our Sheddies.

Another highlight was the speeches given by two of our Sheddies, John and Ron. Both spoke from the heart about what the Shed means to them and the road ahead.

Ron shared his passion for the Shed and what it can do for men's wellbeing. Like Tom, he challenged every Sheddie to do their bit, to pull together even more than they have to this point to make the Shed a success.

John spoke of his struggles with depression and many would have understood exactly what he meant when he said **"I've battled with depression over the years and I can tell you that the Shed has been better than any medication a doctor could have prescribed for me."**



Willows Historical Park  
76 Reserve Rd, Melton  
9971 5106

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

## In one short year

Here's just a snapshot of some of the achievements of the Melton Men's Shed in its first year:

- 4715 visitors to the Shed,
- An average of 17 visits to the Shed each day,
- Visits from 14 existing Sheds and other communities looking to establish a Shed,
- Community projects including:
  - ✓ Rehabilitating bikes from Victoria Police and giving them to local needy families and groups,
  - ✓ Building possum boxes for Wildlife Victoria for the Black Saturday fire affected areas, and providing possum boxes to the Melton Environment Group to be placed along Arnold's Creek,
  - ✓ Working with Melton Special School students to build a spectacular 'worm-themed' bench seat (see photo below),
  - ✓ Building coffee tables in kit-form for clients of a local mental health service,
  - ✓ Restoring old picture frames for the Melton and District Historical Society,

**and many, many more.**



## 'Virtual' Men's Shed

by Sheddie Paul Harris

Whilst we're fortunate to have a local Men's Shed, not everyone has one that's close to home. *beyondblue* is developing an online 'virtual Shed' to reach isolated men so they can get some sense of being part of a Shed.

We were approached by *beyondblue* for ideas that may be of interest to men who may not have access to or can't get to a real Men's Shed, and several Melton Sheddies took up the chance to share their ideas about what other men might like to see on a virtual Shed website.

Several weeks later a second session was arranged for the website developers to bring a laptop computer so our Sheddies could test the new website and see if it worked the way it was planned.

Those Sheddies thought the virtual Shed was well done and we're looking forward to the final release by *beyondblue*.



## Are you Game?

by Sheddie John Roylance

The Sheddies first fun Friday games day was a great success. About 22 turned up and by all reports they had a great time, and are looking forward to future Friday afternoons.

The games played were cards, darts and putting (golf) and general chat, coffee and biscuits. I suggested to the guys if they could put in a couple of dollars and have fish and chips and they agreed. This fun day will only get better, I hope to see you there.



Phil, Pieter & Don prepare another fine feast

## Cooking at the Shed

by Sheddie Alan Buckingham

The Tuesday morning cooking class, affectionately known as *Chez Shed*, progresses from one gastronomic triumph to another. With an average class size of about ten Sheddies each week the class begins its meal preparation at 9:30 and sits down to eat at midday.

The cost is only \$3 for a two course meal that is almost an all you can eat affair. We like to make man-sized portions. I always know the meal has worked out well when the only sound I hear at 12:05 is cutlery scratching on crockery.

Meals are agreed on during the previous week's meal and the menu is posted on the kitchen's chalkboard.

When we started some blokes didn't know how to cook or to shop for groceries and my job was to help them feel comfortable about it. Nowadays most of the blokes are so keen to get stuck into the work that my job is to make sure blokes don't miss out on a job as we prepare, cook, serve and clean up.

## Fundraising for the SES

For several weeks now the Sheddies have been raising funds for the Melton SES and the hope is to raise enough money to purchase a generator for them.

Funds have been raised through raffles and selling items made at the Shed. To boost these efforts, we need more woodworkers to put their hand up and help out by making quality items for sale at the upcoming Djerriwarrh Festival (Sat 6 Nov).

We'll supply the materials, we just need some of your time and skills to help support these wonderful SES volunteers and their work within our community.

To get involved, contact the Men's Shed on 9971 5106 or speak to one of the Session Supervisors when you're next in the Shed.



To find out more about the excellent work of the SES visit: [www.ses.vic.gov.au](http://www.ses.vic.gov.au)

## Sheddies on Tour

Up for a day of fun and the chance to see what other Sheds get up to? Join your fellow Melton Sheddies as we hit the road to visit the Ballarat East Men's Shed on Tuesday 21 September.

The bus leaves the Melton Shed at 9am sharp and returns around 1pm. It's free and you can sign up at the Shed.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Basic Woodwork Class</b>  9.30-11.30am  <b>DIY Projects &amp; Community Projects</b>  12pm-3pm	<b>Community Kitchen (cooking)</b>  9.30am-12.30pm  <div style="background-color: yellow; text-align: center; padding: 10px;"><b>CLOSED</b></div> <b>DIY Projects</b> 6-9pm  <b>Woodwork Instructor</b> 6-8pm	<b>DIY Projects &amp; Gardening</b>  10am-12.30pm  <b>Coffee &amp; Chat</b>  12.30-3pm	<b>Planned Activity Group</b>  10am-3pm	<b>DIY Projects &amp; Community Projects</b>  10am-12pm  <b>Games Time</b>  12-3pm



### Special Events

<b>Visit to Ballarat East Men's Shed</b> We're off to visit the Ballarat Shed, to find out what they're up to and to enjoy a cuppa or two.	Tuesday 21 September Depart 9am Return around 1pm	FREE Register on the signup sheet at the Shed
<b>Basic Woodwork Class x 4 weeks</b> Build a CD storage holder which is yours to keep	Mondays 9.30-11.30am September 20, 27 & October 4, 11	\$20 existing Sheddies \$45 concession \$50 standard
<b>Basic Woodwork Class x 4 weeks</b> Build a small project which is yours to keep	Mondays 9.30-11.30am October 25 & November 1, 8, 15	Register: 9747 7283

### Movember

Movember is not far away and minds will soon turn to raising funds for and raising awareness about men's health by starting the month freshly shaven, then vigorously growing a mo for the cause.

Here's what we achieved last year:

- ✓ 128,547 people took part in Australia
- ✓ \$20,612,086 was raised, *beyondblue* and the Australian Prostate Cancer Foundation received over \$8million each
- ✓ Melton's team raised \$2,493

We'll let you know how to get involved in this year's effort over the coming weeks. Find out more about Movember at

[www.movember.com.au](http://www.movember.com.au)

