Cardinia Men's Shed

Come along and "Talk to a Mate "





Bunnings donated a prize through the shed to support getting a companion dog for Tanner



Getting back to the new normal

Shed re opening program.

With the worst of COVID behind us and the possibility of vaccines, it's time to look forward and plan for the coming year. At the time of writing there are protocols we need to follow, restrictions may apply on the numbers we are allowed to have at our various sessions and Wednesday socials. All sessions will currently require that your temperature is read and if you are above the norm you will be required to return home and we recommend seeing your doctor. That aside the smaller group sessions will start up in from the second week of Jan. forward and plan for the coming year. At the time of writing there are protocols we need to follow, restrictions may apply on the numbers we are allowed to have at our various sessions and Wednesday socials. All sessions will currently require that your temperature is read and if you are above the norm you will be required to return home and we recommend seeing your doctor. That aside the smaller group sessions will start up in from the second week of Jan.

Gerald Prestt Gerald has taken over as treasurer

Mali Farnell Sadly for Cardinia Men's Shed Mali resigned from staff at Living Learning. She



will be missed by all those whose lives she touched positively.

Stuart Dennis



Most of you will be aware that our Treasurer, Life Member and great friend Stuart passed away during the early days of COVID. His passing was not due to COVID and happened fairly suddenly. Stuart had recently regained control of his life after being in a difficult relationship. It's pleasing to note that he did form a great friendship with Sandra one of his colleagues at the 4C's, Mali Farnell the Wellbeing co ordinator at Living Learning was a marvellous support getting his mental state healthy. He also had great support from his mates in the shed. Stuart was our bbq king, taking care of everything to do with running bbq's at Bunnings, he'll be very hard to replace.

Trevor and David Chandler

Sadly father and son David and Trevor Chandler passed away within weeks of each other. Trevor who had only been seen on occasion at the shed contracted a form of CJD which he initially kept from Marjorie and David until it was unavoidable. His passing had a profound affect on David who soon afterwards succumbed to asbestosis. David was a long time member of the shed and is survived by the love of his life Marjorie.



Men's Shed grant

During COVID the government offered a special grant to Men's Sheds to assist them in reopening. The money was available to be spent on a variety of things mainly to create a better environment in the shed and supporting COVID requirements. Some of our money was spent on dust control within the work shop with the purchase of ivac equipment. This product will be attached to our ducted vac system allowing for the automatic start up when a machine is used. It's a series of blast gates and controller, the blast gate senses the unit is switched on, opens the blast gate and starts the dust collector. In addition we will purchase an air filtration unit.

Ken Hordern and John Buckley recently built this cupboard which will soon house a variety of foodstuff freely available for those struggling in our local community.



Free Food Pantry





food pantry pātaka kai مخزن الطعام սննդի մառան dapur makanan 粮食 食品儲藏室 tủ đựng thức ăn रसोई भंडार despensa de alimentos potu teu meaai храна остава ਭੋਜਨ ਪੈਂਟਰੀ ντουλάπι τροφίμων dispensa del cibo garde-manger pantry ng pagkain انبار غذا உணவு சரக்கறை koskas gilar ushgimore pantry dahareun i-pantry yokudla کھانے کی پینٹری အစားအစာစားစရာခန်း

Great effort by John and Ken

Member News

Peter O'Dea

Peter recently suffered a heart attack but is now back at home having had a stint inserted.

Gerald Prestt

Gerald Prestt also had a stint put into an artery that was 80% blocked. Gerald is also recovering

Richard Jesty

Richard the editor of "Have a Chat" and the newsletter has not been well and also had computer problems. I know my effort in writing this newsletter is not of the same standard, I apologise.

Neville Cartwright

Neville is currently receiving hormone treatment but is in good spirits despite his setback to his ongoing illness.



My wife just stopped and said, "You weren't even listening, were you?

I thought to myself... "That's a pretty strange way to start off a conversation." Liby Roden from Very Special Kids receiving on behalf of Edwina Hargreaves of the Malvern office John Dobson and John Buckley not photoed



Memory Boxes

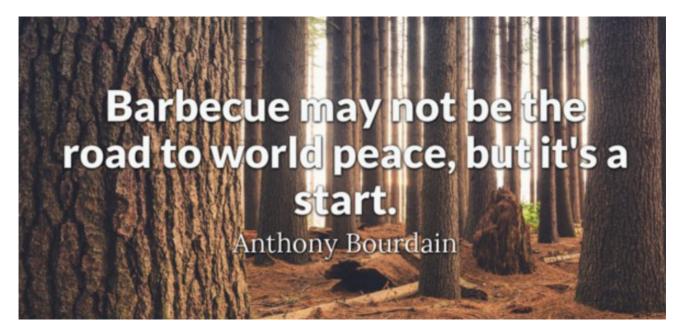
John Buckley and John Dobson have been working very hard making memory boxes for "Very Special Kids" an organisation which supports the families of children who have passed. John Buckley has been making the boxes and John Dobson has been creating the add ons using the 3D printer and the laser engraving.

Great work by both men.

Bunnings Bbq's start again

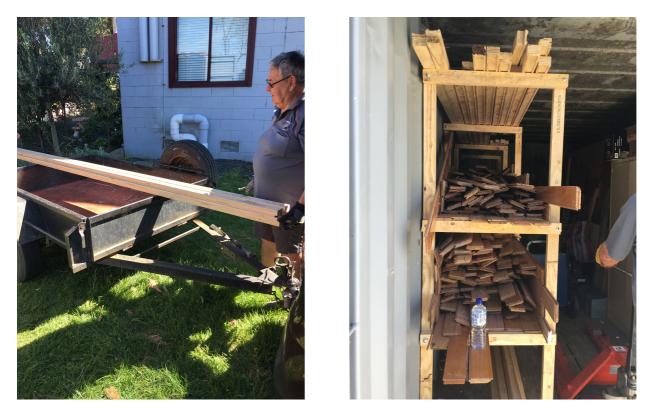


It was good to see how many members put their hand up to help at the first of the Bbq's at Bunnings on Saturday 12th December. Pictured above are some of the shedders in the morning group. I think pink suits our President Geoff Fluck whose is at the back of the group. It's pleasing to note on the generosity of the public as the donations built throughout the day. Gerald Prestt advised that over \$700 was raised on the day. The only other day we reached that figure was when we decided to donate the days takings to the Bunyip Fire Relief \$250 of that day was donated by the public.



Donations

As our enforced COVID seemingly drew to an end we received several offers of donations, sadly one of them was due to business closure. The Dance Studio on the Princes Hwy had not been able to operate for months and was forced to close their doors. They contacted the shed to see if we would like their studio flooring which was oak, it was far too much for one shed so we contacted Drouin and others to see if they would like to collect some to save it from the tip. We collected two trailer loads and packed it away in the container.



In addition we picked a number of office workstations from Paddy Ryan's daughter as her place of work were upgrading their offices. These computer work stations were passed on to Drouin Men's Shed as they have an active computer repair group.

New Hardwood Contact



Australian Timber Wholesalers in Narre Warren have come onboard as a both a supplier and donator of hardwood timber to the shed. Contacted during the recent shed closure the owner Bruce Bell was more than happy to donate hardwood to the shed for use in making memory boxes and alike. Bruce has also indicated a willingness to be a guest speaker, sharing his vast knowledge of hardwoods.

Lunch with a few Friends.

A small number of us got together for an impromptu lunch at the Officer Club. Numbers were limited to 20 by the venue and therefore mainly the group consisted of those that had participated at the weekend bbq. Whilst not an official Cardinia Men's Shed event it was good to be out and see some friendly faces.





Discussions centered around the shed reopening in January though the concern was how many would be able to attend. Alby Mann shared that Carmel has not been well, we wish her a return to good health. It was good to see the likes of Gerald Prestt and Peter O'Dea up and about after their recent stent insertions, Peter's after a recent heart attack and Gerald's to overcome a 80% blocked artery.

Our Website

Hopefully a few of you will have visited our website over the break and noticed that more content has been added. The site is now being updated quickly thanks to a wonderful volunteer Yolanda, who I hope we will meet at next years Christmas function. The committee sought the services of a person through the "Seek Volunteer" site and Yolanda was the successful respondent. We hope to add an archive section where the newsletters and other information can be accessed, this will take time but we're confident we can do it.

Dept. of Health Updated COVID Info 11th Dec 2020

Some of our sheds have expressed interest in having a Xmas breakup meal at their shed, so we have sought clarification on the Do's and Don'ts from the COVID team at the Dept of Health to make it simple, and of course safe.

Food/cutlery and reducing COVID-19 risk:

- No buffet-style food service areas or communal condiments or drink stations.
- People serving food must wear masks and follow normal safe food handling good hygiene practices
- Don't share meals other than with those from the same household.
- Don't share drink bottles, glasses, crockery or cutlery
- Wash crockery and cutlery in a dishwasher on the hottest setting possible. If a dishwasher is not available, hand wash with hot soapy water and allow to air dry.
- · Alternatively to make it simple, use disposable cutlery and plates
- If a group is eating together, consider asking people to bring their own food, drinks, glasses, and utensils to help limit the potential spread of the virus.

More information about general hygiene measures to reduce the risk of COVID-19 can be found here: <u>https://www.dhhs.vic.gov.au/staying-safe-covid-19</u>

Latest info on wearing masks

https://www.coronavirus.vic.gov.au/face-masks

Face masks are mandatory on public transport and when in taxis or ride share vehicles such as Uber.

Face masks must be worn inside Sheds if you can't socially distance from others near you Face masks must also be worn when inside shopping centres, including the retail stores inside the shopping centres, and large retail stores such as department stores, electronics stores, furniture stores, hardware stores or supermarkets

Free QR Contact Tracing APP

The Victorian Government QR Code Service is free for all Victorian Men's Sheds. These records help contact tracers in the event a positive case of coronavirus (COVID-19) is identified. <u>You can find out more and register here</u>

Time traveler: What year is it? Me: 2020 Time traveler:



Please support the People's Choice community raffle, remember all money raised goes directly to Cardinia Men's Shed. Please go to our website and hit the donate now button on one of the pages and this will take you straight through to the sheds raffle page or follow the link below.

https://communitylottery.peopleschoice.com.au/collections/not-for-profit/products/cardinia-<u>men-s-shed</u>

Buy your \$2 tickets today



SA Lottery Licence No. M13910. Vic Raffle Permit No. 10306/20. Declared Organisation No. 58545. ACT Permit No. ACT R 20/00148.1. NSW Art Union Authority no. GOCAU/2338. Full T&Cs communitylottery.com.au

I won a raffle prize today a years supply of Vegemite!

One whole jar

A Message from our Secretary

It's really important to get behind these fundraising bbq's and with two in one weekend we need at least 14 people to help out. Please get in touch with Ken and let him know your availability.

<	5	Bunnings Sausage Sizz ∧	\sim
	sizzles in weekend. The first i Pakenha The seco Lakeside	is on Saturday_9th January at East I m Bunnings i.e. Bald Hill Road. Ind is on Sunday 10 th January at e.	
	raisers fo We need events, I email to you are a	re aware these are important fund or the Men's Shed. your assistance to be able to run the ask you who are able, to send an me, saying as to what days and time available so that a roster can be draw nembers notified of their times and	s
	am and 3 The hours pm. Thanking their fam Christma Looking Year	s for East Pakenham is <u>between 8:00</u> 3:00pm s for Lakeside are <u>from 8:00 am til 4</u> : g You and Wishing all members an hilies a very Safe and Merry as and Happy New Year. forward to catching up in the New m Mail for Windows 10	00 d

We hope you all enjoyed a festive Christmas enjoying catching up with family and friends.



The committee looks forward to seeing you all in the New Year