



## Melton Men's Shed Newsletter

October – December 2011

### Shed celebrates its second year

On Friday 19 August 2011 the Melton Men's Shed celebrated its second year in operation in the Shire of Melton. Shed workbenches were laden with sumptuous home-cooked dishes and desserts as colourful as they were mouth-watering as Sheddies and their partners came together to reflect with immense pride upon their Shed's accomplishment and the valued partnerships forged in the community since its launch in 2009.

A hectic year it certainly was with over 4,500 visitors through our Shed doors. January saw several Sheddies perform in a television commercial commissioned by the Australian Men's Shed Association (AMSA) that aired nationally. Later in the year in Brisbane during the AMSA National Conference the Melton Men's Shed Cooking Program received recognition for 'Most Innovative Shed Activity'.

Coming out of the AMSA conference, we circulated over fifty resource CDs to sheds, organisations and students around Australia seeking to discover what makes the Melton Men's Shed so successful. Meanwhile several local Sheds popped in to say hello, tour our Shed and gather information on Melton's diverse programs.

Health promotion was a highlight during 2011 with four workshops hosted at our Shed specifically targeting men.

And with over twenty five Community Projects undertaken in 2011 by dedicated Sheddies for local not-for-profits, this anniversary marked a celebration of inclusion, mateship and meaningful participation on our community.



*Naomi, Travis, Val and Mark celebrating strong local partnerships*



*Sheddie Joe DeBono with his wife Jenny*



**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.

**Santa Seat:** On request from Val Turner, Activities Organiser for Bunnings Warehouse Melton, Sheddie Allan Benson constructed a 'flat-pack' Santa Seat from donated timber, completing the build in time for Christmas. The seat will be decorated by Bunnings to the delight of children looking to have their photo taken on Santa's knee.

**Garden Art Project:** During the month of November several young adults from the Melton Specialist School will work alongside Melton Sheddies lead by Blair Angelo to transform an assortment of wooden animal cut-outs into works of art, to be showcased for a short time at the Shed.

**Life Long Learning:** Coming off the back of a very successful partnership with the Men's Shed in Term 2, this month Shed Team Leaders welcomed another bunch of Year 6 lads from Melton West and Coburn Primary Schools who over four weeks will work alongside Sheddies to build a chicken roost and miniature cubby house furniture for their respective schools.

**Possum Boxes:** Sheddie Johnny Williams constructed half a dozen possum boxes for Melton resident Karen Hogg on behalf of the Wildlife Insecure Environment (WISE) Trust.

**Bike Donations:** Sheddies delivered a full trailer load of reclaimed bicycles to *Bicycles for Humanity* then hung around for some hours to help pack hundreds of bicycles into waiting containers.

**Anzac Day Memorial Crosses:** Sheddie Chris Carlyon has been hard at it, for many weeks, cutting out and joining 100 memorial crosses. Once painted, these crosses will be donated to the Shire's Information Centre located at the Old Courthouse in time for Anzac Day 2012.

Other Community Projects undertaken by the Sheddies since our last newsletter include:

- 400 wooden cut-outs for Bunning's August AusKick
- Melton West Kinder furniture restoration
- 2 BBQ holders for Melton Lions Club
- 150 wooden boomerangs for the Platypus Festival
- 2 chopping boards for Melton Specialist School
- Suggestion Box for Melton Diabetes Support Grp



## Cooking up opportunities

Sheddie Matthew 'Matty' Sciciulna is currently participating in the cooking program at the Melton Men's Shed where he prepares an assortment of meals and desserts while learning the basic principles of working effectively in the kitchen.

By participating in the Shed's Cooking Program Matty is completing his work placement as part of his Certificate II in Hospitality through Djerriwarrh Neighbourhood House (DNH). At the end of these courses Matty will have acquired all the skills necessary to work in the hospitality industry and in a variety of hospitality outlets.

DNH delivers a variety of Hospitality based, accredited and pre-accredited training courses throughout the Melton Shire and surrounding areas. DNH has developed a strong working partnership with the Melton Men's Shed which allows the Sheddies to participate in a basic cooking program in the comfort of the Shed's setting.

The partnership between the Melton Men's Shed and DNH creates opportunities to deliver courses tailored to meet the needs of the community in a fun and relaxed environment. The partnership also provides a pathway from pre-accredited courses into accredited courses and further studies.



*Sheddies extend a warm welcome to visitors from Melton's Country Women's Association*

## CWA ladies pop in for a cuppa

Kath, Syliva and fellow representatives from Melton's Country Women's Association popped in to say hello and enjoy a cuppa with our Sheddies.

The Melton Country Women's Association is part of the largest women's organisation in Australia that aims to improve conditions by community service. Members work for the welfare of all women and children through representation to all levels of government, undertaking fundraising events, providing networking opportunities and teaching life skills.

Interestingly the idea of a Melton Men's Shed was first raised to Council staff by the women who attend the Country Women's Association and Partners of Veterans through consultation undertaken as part of the development of Council's 2004 – 2016 *Ageing Well Strategy*. The initial proposal was supported by Council and an application for funding was submitted. The rest is history.

These delightful and inspirational ladies were thrilled to bits to glimpse the Melton Men's Shed in operation, taking particular interest in the strong, local philanthropic partnerships Sheddies enjoy.

## **Shed XMAS Timetable**

The Melton Men's Shed will be closed just prior to Christmas and will re-open after a two week break. This is to give our hard working volunteer Shed Team Leaders time off with their families during the festive season.

**CLOSED:** Wednesday, **21 December 2011** until Friday 6 January, 2012 (inclusive)

**RE-OPENS:** Monday, **9 January 2012**

## VETs escape to Mulwala

A small number of Melton Sheddies enjoyed a 3-day getaway at Mulwala in late October to coincide with Veterans' Health Week. Our Sheddies relished the opportunity to play a little golf, enjoy some down time together, and fish the day away out the back of Gill's new boat.

Sheddies on the trip had an absolute ball, retelling comedy capers that had mates back at the Shed in stitches. So successful was the getaway, Sheddies are planning their next trip, possibly down Port Fairy way in early 2012. Stay tuned.



## What's on at the Shed?

### Upcoming Ride from Drysdale to Queenscliffe:

The Melton Men's Shed Bike Riding Group has organised a **FREE Family Ride** to wind up 2011. Sheddies, family members and general public are invited to join in. The plan is to meet at the **Drysdale Railway Station**, 2-10 Station Street at **11:00am** on **Saturday, 26 November**.

The group will ride at a leisurely pace from Drysdale Station to Queenscliffe Harbour (approx. **20 km** one way) where participants can take in a meal at a local cafe or pub (or BYO picnic) followed by some sightseeing in and around the local area. From Drysdale to Queenscliff the bike trail runs beside the Bellarine Peninsula Tourist Railway.

Please note the tourist railway does not operate on a Saturday prior to Christmas. Riders therefore who are not up to cycling the return trip to Drysdale should arrange pick-up from Queenscliffe.

There is **no need to book** - just rock up on the day and join in.

**Woodworking Class:** Participants in our Monday woodworking class are ready to get started on building the Shed a rather unique Christmas Tree featuring as its centrepiece an old ladder. Our woodworking class has this quarter constructed two new workbenches and a number of raised garden-beds for the Shed, and more recently painstakingly hand-craft individual Shadow Boxes.

**Art @ the Shed:** Every Friday Sheddies can explore their creativity alongside resident artists Blair Angelo and Brian Lawrence. Both Sheddies are happy to share their joy of all things art with any bloke willing to sit down and have a 'play'.

**Shed Garden:** Now that we've 'possum-proofed' our Shed garden area, the beds are ready to yield us a bumper crop.

**Games Day:** Friday's program offers blokes the opportunity to catch-up, have a laugh together, enjoy the odd BBQ lunch, generally unwind.



Sheddie Trevor McCann unleashes hidden talents



Melton Sheddies get sun-smart for summer

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Woodworking Class</b> 9.30 - 11.30am	<b>Cooking Group</b> 9.30am - 12.03pm  <b>Men's Health Workshops</b> <i>(as promoted)</i>	<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>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 <b>Morton Homestead</b> 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> Participants <b>1<sup>st</sup> session is FREE</b> Register ☎ 9747 7283

# GARAGE SALE

The Melton Men's Shed has amassed a number of **RETRO BICYCLES** that are all the rage at the moment. We need to give them a new home. So come along to the Men's Shed and check out the variety we have on offer.



Most bikes will carry a price tag of **\$30** as they are being sold "as is" (un-restored). This is a unique opportunity to pick up a vintage bike that would usually sell for around \$100.

All profits from bikes sales goes towards funding our Shed's Community Projects initiatives.

Also on sale are a variety of second-hand Shed **TOOLS & EQUIPMENT**.

**WHEN** Saturday, 3 December

**WHERE** Melton Men's Shed  
Willows Historical Park  
76 Reserve Road

**STARTS** 9:00 am



**MELTON MEN'S  
SHED**



# Cycle the Bellarine Rail Trail



## Drysdale to Queenscliffe

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From Drysdale to Queenscliff the bike trail runs beside the Bellarine Peninsula Tourist Railway.

Now the tourist railway is happy to take bicycles on their trains if you don't want to ride in one (or both!) directions of this section. They even have a bicycle hire facility at Drysdale station. HOWEVER ... there is NO SERVICE operating of a Saturday prior to Christmas.

Riders therefore who are not up to cycling the return trip to Drysdale should arrange pick-up from Queenscliffe. There is **no need to book** - just rock up on the day and join in.

**When:** Saturday, 26 November  
**Where:** Drysdale Railway Station  
2-10 Station Street  
**Start:** 11:00 am

