



Sunnybank District Community

Men's Shed Inc.

Website : www.sunnybankshed.org

Men in sheds, building communities, working shoulder to shoulder.

Newsletter : August 2013

From the Committee

Only 5 members of the committee met for the July monthly meeting. Two of our members had just had surgery and were still in hospital at the time of the meeting. We wish both Clinton and Bruce well with their convalescence.

We now have had 18 members renewing their membership and have 5 new members at the shed.

The shed had been contacted by Peter Philp, a member who had been taken ill, for some assistance with some house maintenance, but unfortunately, before we could meet his needs he passed away. It was sad to lose a second shed member in such a short space of time. We were, however, after contact with his widow, Laurel, able to carry out the roof gutter cleaning and other items that needed attention. A team of Barry, Mike, Ray, Dan and Des carried out the required tasks. We will be receiving a large cabinet from *Refrigeration House of Queensland* shortly. They also made a \$200 donation to the shed, for which we are grateful.

Also donated to the shed was a large vacuum unit from *Doctor Vacuum's Tony Benedetti*.

We will soon have a 1000 pamphlets about our shed ready for distribution. The OK was given at the meeting for the printing to go ahead.

Plans to purchase some video equipment were discussed. Raymond has some excellent DVD's on Master craftsmen and they should be an excellent source of information for our members.

The lease between us and the Sunnybank Uniting Church has nearly completed its passage through the necessary channels and will soon be ready for us to sign. We might then be in a position to apply for some grants for equipment and installations necessary to function efficiently.

The Gold Coin paid when signing upon arrival was discussed by the committee.

The amount being collected is not sufficient to balance the amount spent on milk, sugar, tea and coffee.

Would all members make sure their contribution is made each week, and on the last Friday each

month, please donate enough extra to cover what you are eating at the B-B-Que. Thanks.



ABOUT THE A.G.M.--

The committee wishes to remind all members that they should be financial before the Annual General Meeting, to be held at the shed on Saturday, 21st September, at 9.30 am.

All committee positions will be declared vacant, and about half of the present committee members will not be available for re-election.

Nomination forms will be available at the shed during August and nominations will close as the shed closes on Friday, 6th September.

Email nomination will be accepted under the following conditions: 1. The nomination is to be sent to the Returning Officer, David Pitt, by the person who is doing the nominating.; 2. The member who is seconding the nomination also sends an Email to the returning officer. 3. The person nominated accepts the nomination, also by an Email, to the returning officer.

David's address is d.pitt@optusnet.com.au

This enables members on holidays or unable to attend the shed to be part of the election process.

Members are reminded the membership fees are \$30 for renewal, and an extra \$10 if just joining.

This is Noel with the vacuum unit he is about to install.

This one unit will have ports (inlets) at most benches so easy access can be gained for cleaning up the mess we sometimes make. Fortunately for us, Noel has had many years experience in this field so we are in good hands with the installation.



We had a presence at Calamvale Carnival on the last weekend of July.



Phil and Ian manned the stall and talked to many people who showed an interest in our activities.

A reminder, we are open Wednesdays as well as Friday mornings.



This shed is the initiative of the Sunnybank RSL Sub Branch and the Sunnybank Uniting Church.



Projects

The shed is continually accepting projects to be carried out at the shed. The men are eager to “get their teeth” into the available work that has been taken on by the shed. Below are some of the current projects.



A ramp was required by RSL Care. The trailer used to transport walking frames belonging to the passengers needed a ramp to assist in loading them into the trailer. Here Des is seen preparing the trailer for the ramp that has now been fitted.

The disc adjacent, about the size of a small plate, is indented with many grooves. It is used to assist stroke survivors, people with dementia and similar ailments to regain the sense of touch. By running fingers in the grooves, the person can re-train the sensitivity of their fingers back to almost normal. The



original product was reproduced in the shed by a vacuum moulding process and many were made available to the Chaplain at Sunnybank RSL for use with her therapy groups.



These extension cables have been elevated from the floor to above head height to avoid electrical accidents. Until we can have a complete electrical installation carried out

in the shed, this is one way to improved electrical safety, removing the extension leads from under our feet.

As well as the projects, we have our own maintenance program to carry out. The container we received recently had some leaky spots in the top, resulting in some material suffering water damage. A new metal roof has now been fitted, so the container can now be used to store equipment and materials without fear of water damage.

Thought for the day — When was the last time you did something for the first time?

STAY STANDING — Over eight weeks from April to June our Shed sponsored a Brisbane City Council program called 'Stay Standing'. Developed by physiotherapist Monique King, the program is designed to empower seniors with practical and scientifically supported solutions to help us stay independent, healthy and safe. Sunnybank Uniting Church made their facilities available for the sessions.

Monique and several guest presenters led sessions on such things as fall prevention, continence, bone health, eyesight, chronic pain, medication management, care of our feet and Tai Chi (great for balance). We were taught simple exercises to improve our balance and over the two months all participants saw improvement in this area.

The feedback from those who attended was very positive. All had enjoyed the program and had learned much from it. And the morning teas and the party on the last day were also good. I recommend the program to all seniors. Take a look at the web site www.staystanding.com for more information.

From Ken Griggs.

Introducing ..

Ben Guha.

Ben commenced wood turning in 2001 and started his wood crafting 4 years ago. He combines an artistic design with complex wood crafting and the illustrations



show the result of his latest creation. It involved carving the bowl from a Jacaranda block, creating the stained glass window effect with a dental type drill, then air brushing, pyro-graphing, stippling, embellishing,

bleaching the outer edges, and coating the inner edges of the tiny windows with a reflecting paint. It took him about 80 hours of very careful working with special tools to achieve the result shown.



He is a member of Queensland Wood Turners Association and the World of Wood Turners (based in Canada). He does many demonstrations at wood turning events during the year, and he will visit our shed on the **30th August** to show some of his techniques and creations to our members. He has fortunately been encouraged and inspired by his wife from the time he started his passion with timber. He lives at Waterford, and as well as his time spent with wood, finds time to play golf regularly.

Ben Guha—Artist with wood.

Karawatha Chaplains Golf Day

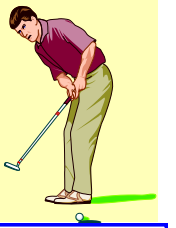
When : Friday -August 16th.

Where: Gainsborough Greens Golf Club.

Time: 7.00– for a sausage sizzle and coffee with 8.am shotgun start.

Cost : \$100– including lunch, cart hire, and donation..

Lots of good prizes, a fun day. See David to register.



This SBDCMS Inc. Newsletter is compiled by David Pitt, Publicity Officer for the Shed.

Contact at d.pitt@optusnet.com.au

Australian Men's Shed Assoc. website is

www.mensshed.org

Shed Location : Hillcrest St, SUNNYBANK HILLS.
Adjacent to Sunnybank Uniting Church parking area