

# Sunnybank District Community Men's Shed Inc.

Website : [www.sunnybankshed.org](http://www.sunnybankshed.org)

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

## Newsletter : September 2013

One of the few projects at the shed that has involved every person at some stage has been the production of 120 letter openers. A ladies group from the Sunnybank Uniting Church requested the openers. Each year, on Fathers Day, the Church gives a small present to the men associated with the church

through its many different groups and also parents of the children involved with the child care section of the church activities.

The project was entered into with much enthusiasm, everyone getting

involved, until in early August, we handed over the 120 wooden letter openers to Jeanette, who received them on behalf of the Church. She also provided some cakes for morning tea, a sure way to keep on the right side of the shedders.

On the 18th August, after a Fathers day message was attached to each one, they were put on show in Church, with a notice acknowledging the work done by the men's shed.



Now, about Mother's Day next year !!!!!!!!!!!!!

### Don't forget:

The **AGM** is on Saturday 21st September, starting at 9.30 am, at the Shed. If the weather is fine, it will be outdoors, if not, we will fit into the shed.

Morning tea will be provided by some of the Church ladies after the meeting. This is your chance to take part in the running of the Shed, please try to be there.

### Thought for the Day

*I WAS ALWAYS TAUGHT TO RESPECT MY ELDERS,  
BUT IT IS GETTING HARDER TO FIND ONE.*

## From your committee -

The need for electrical safety was discussed at committee this month. We will endeavour to have all appliances tagged as soon as possible. Also discussed was the need to clean up after work and returning tools to their allocated places. Our 3 x 3 shed has arrived and will soon be erected (see story this issue). Bruce told us we will be holding a Bunning's BBQ on November 9th (Saturday) - more later. Also, 2 demonstrators are required at Bunnings, one to demonstrate Power Saws, and one to show how to repair a damaged wall with plaster. This will happen on September 11th. The lease with the Uniting Church has now been signed, and the next stage of re-zoning will commence soon. We are hopeful that the expensive fees involved might be reduced by council for a small community group such as ours.

**Its Election time**, and the shed has seen some of the local candidates visit us at the shed. Both Malcolm Cole and Kevin Andrews paid a flying visit to the shed on Wed. 28th August. There will be \$15,000 equipment grant under the coalition if elected. Kevin Andrews said that organisations such as Sunnybank Men's Shed were central to building strong communities and he supported Malcolm Cole's proposed grant for the shed.

We also received word from Graham Perrett that if Labour was elected, they would match the \$15,000.

The Palmer United party's Jeremy Davey, who visited the shed some weeks ago, also promised an injection of funds into the shed, provided his party gained enough votes to receive the refund from the electoral commission. That refund would be spent in Jeremy's area and we were assured we would be part of the handout..



**Contacts** : Des Broom - Chairman Ph. 3345 2876 . Ian Holst - Treasurer Ph. 3344 2718  
Secretary - Clinton Dodge -Ph. 0418 880 075 Ian Turner—Shed Manager Ph. 0448 045 438

**Location** : Hillcrest St, Sunnybank Hills—Adjacent to Sunnybank Uniting Church parking area.

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



# Healthy Thoughts

Positive thinking has long been associated with a healthy outlook on life. **Positive thinking helps with stress management and can even improve your health. ( Mayo clinic findings)**

Here is an example of a positive outlook from a bus driver ( story-B -mag -July 13) . His aim is to drive a “ Happy bus” and makes this comment—*When you wake up in the morning , choose your attitude. It reflects what sort of day you’re going to have. Even if you do have some hiccoughs, they may happen, but if you say you’re going to have a good day and approach it as a good day, at the end of the day you will say “ I had a good day.”*

Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach the unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

## The health benefits of positive thinking

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body. It's also thought that positive and optimistic people tend to live healthier lifestyles — they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.



“ Can you fix a table with wobbly legs? “ the Child Care group enquired. No problem for these two members , a few screws, some glue, a bit of bracing, and it was as good as new. They even

repainted it for the Child Care group.

This SBDCMS Inc. Newsletter is compiled by David Pitt, Publicity Officer for the Shed. Contact at [d.pitt@optusnet.com.au](mailto:d.pitt@optusnet.com.au)

Australian Men’s Shed Assoc. website is [www.mensshed.org](http://www.mensshed.org)



## Shed.

Some time ago we received funds to purchase a 3 x 3 m shed. The plan was to make it into a kitchen area, thereby reducing the

space it occupied indoors and expanding the working space. The shed package arrived recently, and work has begun on installation. It will be positioned directly behind our present kitchen area, but on the outside of the shed.



The stuff in the way was moved, and ground leveling commenced. Next the material needed for the floor base was found, cut and assembled. By the time the next newsletter is due, the shed construction will be completed and it will

contain the office and the kitchen.

We were asked to rejuvenate the outdoor chairs and tables at Carramar Retirement Village. It took many weeks and a lot of sanding and



varnishing but we have now finished the task. The final delivery of completed furniture took place 2 weeks ago, and a visit to Carramar found 2 of the

residents enjoying the much improved settings. They are very grateful to the men in the Shed for the work done.



The Guest speaker for the month was **Ben Guha, an Artist in Wood.** He displayed samples and photos of his work and gave a demonstration of

some of the techniques that were used to produce his pieces . He used a high speed dental type of drill, demonstrating on a sample he had with him( see picture below) showing many different ways you could produce special effects in wood. The members started



off listening from their chairs , but as the work got more complex, they crowded around to observe the fine detail that Ben was producing. Des thanked him for his enlightening demonstration.