

Sunnybank District Community Men's Shed Inc.

Website : www.sunnybankshed.org

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

Newsletter : March 2014

Noel and his team of helpers have been steadily building up all the necessary ingredients that will be needed when a Community Garden is established. He has proceeded with the preparation knowing that some of his projects will take up to 12 months nurturing before they can be used. Here they are constructing the first worm farm on the site.

The Sunnybank Uniting Church, who has this area of land as part of their property, has decided to ask the congregations from the Church to show expressions of interest in setting up a Community Garden. Once this interest is shown, a group of people, including members of the shed, will be established for the purpose of planning and establishing a Garden and determining the policies and rules under which it will be operated.

It will not be supported financially by the shed, but most of the construction (a lot already achieved) is expected to be carried out by shed members. The dream of a Community Garden in proximity to the mens shed is getting closer to fruition.



Con is seen here with an height adjustable basketball ring.. It is used to encourage arm movement—throwing a ball is much more interesting for your arms than just lifting and dropping them. This device has 3 different heights, and can be used by wheelchair residents as well as people who are at full height. Con developed this piece of apparatus at the shed with some help from other shedders. Its home now is the Taigum Respite centre, an arm of Greek Orthodox

Community Care and St. George Greek Orthodox Church at Taigum. The Occupational Therapist, Angela, assisted Con with the project, and supervises the exercise sessions using the ring.



Hand over: Phil and Bruce went to Calamvale National Seniors to hand over the small high chairs that were requested by them for use at Carrington Manor.

The dementia unit at the manor will be using them as part of the on-going treatment of some of the residents. The National Seniors President, Pamela Wintour



received them, along with 2 representatives from Carrington Manor. The Shed had previously carried out the refurbishment of outdoor furniture for Carrington Manor.

The Chocolate wheel is getting closer to being finished. Thomas has now completed the painting of the panels, next comes the precision job of adding all the numbers. It will be put to good use once it is completed, and the residents of Carramar will appreciate the addition of the wheel to it's activities.



The unusual hot spell has made working inside the sheds—large and small—hard work. A member donated 2 whirly-birds to us and Maurice installed one in the office shed as soon as he could. It is not air conditioning, but is a big improvement to the heat in the office.



Contacts : Des Broom - Chairman Ph. 3345 2876 . Michael Langham - Treasurer Ph. 3272 8085
Secretary –Maurice Millsom –Ph. 3272 4045 Ian Turner—Shed Manager Ph. 0448 045 438

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

Postal Address : Unit 5 ,62 Pinelands Road, Sunnybank Hills. QLD. 4109



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



AMSA (Australian Men's Shed Association) has backed this year's campaign to promote the subject of

The Sunnybank Men's Shed will assist in this **Organ & Tissue Authority Awareness Project 2014**. During March, a notice

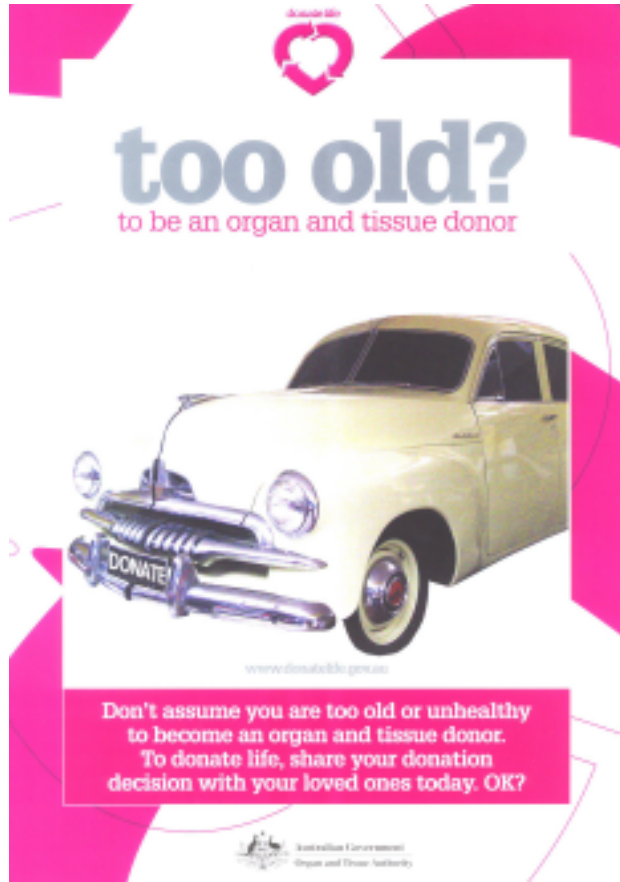
board in the shed will have a range of literature on the subject of Organ Donation, as well as Registration forms for those wishing to take part in this sometimes life saving venture. **One organ and tissue donor can transform the lives of 10 or more people.**

You are asked to look at the available reading material , discuss it with your family and love ones, and , if you wish to help someone else in this way, make a commitment.

Information is available on the **donatelifeweek** website www.donatelifeweek.gov.au

Did you Know? Around 1600 people are on Australian organ transplant waiting lists at any one time.

Australia has a world class reputation for successful transplant outcomes. Australia also has one of the lowest donation rates in the developed world. If you would like to talk to someone at the shed who has already registered, see Maurice (our Secretary) or Ken Griggs.



Top Tips

For keeping on top of Asthma:

- .. See your GP and get an Asthma Action Plan.
- .. Take preventative medication regularly– taking the right medication at the right dosage can eliminate or significantly minimise symptoms.
- .. Get your inhaler checked to ensure you are getting maximum benefit



from your medications. Understand and know your triggers and avoid them if possible. ..register for Asthma Assist, a free asthma information and support service from Asthma Australia that offers a control pack and regular updates. People can go to the website to register, or call 1800ASTHMA(278 462) www.asthmaaustralia.org.au (This article appeared in Feb/March issue of ROAD AHEAD.)

Out shed manager, Ian, designed and made this truck at home in his (limited) spare time. The shed hopes to produce more like this one for fund raising during the year.



Sufficient space to work safely has been a constant problem at the shed since it's inception. Moving equipment around –usually out of the shed when we arrive , and back when we are packing up, has been a constant hassle. After a concentrated push over the last month, all the big or heavy machines have been fitted with wheels. The illustration shows the last of them, a heavy planer, being fitted . The four supervisors are not really giving advice, they are discussing another project behind our hard working shed member.



Well done, all who took part. Working areas will be a lot easier to set up because of your hard work with the wheels.

Dates for 2014.

Guest speaker for 5th Friday in March: 28th March.
Colin Calvert — Sunnybank Shed Member-
Topic - Men's Health — Weight.

Bunning's B-B-Q's. Sat. 26th April:
Sunday 8th June:
Sunday 3rd August :
Saturday 11th October:
Sun. 28th December.

Committee Meetings (3rd Friday)
21st March
Easter Friday 18th April - Suggest Wed. 16th. April
Friday 16th May
20th June

B-B-Q's – last Friday each month.

This SBDCMS Inc. Newsletter is compiled by David Pitt, Publicity Officer for the Shed.
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Australian Men's Shed Assoc. website is www.mensshed.org