



# 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 : April 2014



The team at Bunnings at Rocklea on Feb 6th during the first of 6 BBQ's to be held there this year. The next one is on the day after Anzac day , Saturday 26th April. If you are available to help out , the roster for volunteers is near the sign-on book in the office. We will need many cooks before we finish the year ( and a total of 6 BBQ's).

Also needing volunteers , the RSL will again be selling badges for Anzac Day and need our assistance. The roster, in morning and afternoon sessions , is also near the sign-on book in the office. This is important to us as we raise funds for the Shed by taking part.

### DonateLifeWeek 2014

was held in March . The AMSA supported this worthy cause and requested all sheds to get the message out about organ donations to their members. At Sunnybank Shed, we filled a notice board, pictured, with the available literature , featured it in our office for the whole month, and spent a morning tea session talking about the issues.

Several of our members were already registered donors and spoke to the members about the need to talk to their loved ones about the decision to register to be a donor.



*Golf ball are like eggs: they are white, come in boxes of one dozen, and new ones are needed each week.*

Sobering thought: Depression will leap from 4th to 2nd as the greatest cause of human suffering and disability by 2020, according to the WHO.

The wheel is finished, the numbers are now all in place, and Thomas here is handing it over to Robyn, the occupational therapist from Carramar. The residents there will be using the wheel for a variety of games and activities now that it is available to them.



### Bissell School

David gave a talk at the Uniting Church on 1st March. It was to raise funds for a project being supported by a group from the Church. The project is a school for orphans in Zambia, the **Bissell School**, and they hold a breakfast on the first Sat. each month for this purpose.

David told them of the way the Sunnybank District Community Men's shed came into being and shared with the audience of about 25 some of the highlights of shed membership and the experience of achieving various goals together. He then, with the assistance of Ken Griggs, took them over to the shed and showed some of our project to them. They were also shown where the Community Garden will be established and they were invited to be part of it. Some of David's unique letter openers were offered to them for a donation toward the school and \$ 50 was raised by this means.

### David's Letter Openers



Kim Marx called in on the 21st of the month to join us at our "cup of tea" time , but unfortunately, we were running early and had finished. We were preparing for a committee meeting and had cleared away all the makings.

While she was there at the shed , we took her over to where the Community Garden will be located and shared our plans with her. She was enthusiastic about what we could do there , gave us some good advise about where we could get ideas and see how other s had gone about doing the same thing. She also told us there were funds to provide assistance for this type of community project and we will be seeking some of these funds as the project gets underway. We hope she is more successful with her next morning tea visit.



**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.





Remember them, this coming ANZAC Day.

**Hard work never hurt anyone, but why take the risk?**

## Anyone for prostate advice ?

This is the subject nobody likes to bring up in conversations, but perhaps we should.

There is now a ground breaking *personalised online support program for men and their families dealing with prostate cancer.*

To access the support program visit:

**[www.prostmate.org.au](http://www.prostmate.org.au)**

It gives you access to the latest information, consultation with specialist nurses and allied health practitioners, & it is free to join, and easy to use. There will be information about this in the office for the next few weeks.



**Jane Peel, from the Digital Hub,** was the guest speaker for the month of February. The Digital Hub, part of the Brisbane City Council library services, provides teaching and tutoring sessions for all things digital. She spoke about all the different courses they run at Sunnybank Hills library, and offered to bring the course to the shed if sufficient members were interested in forming a class on a particular topic. Well over

20 members were present on the day, and enjoyed playing with the many tablets she supplied on the day to introduce them to the members.

She and her offsider stayed for the sausage sizzle following, and were at all times surrounded by members asking questions.

Many showed interest in learning more and a few enrolled for classes.



## The latest on the Community Garden.

After talking to the congregations at the Uniting Church, enough interested persons were found to report the feasibility back to the Church Council meeting, and the OK was given to go ahead and form a steering Committee to look into the organizational structure needed to establish the Community Garden project. The first meeting is planned for late March, and some decisions should be made at that meeting.

Meanwhile, the desire to garden continues. The member pictured above brought some pots plants from home and planted them to help make the area around our meeting area even more pleasant.

## Masters-Parkinson.

We welcomed a visitor to our committee meeting in March. Chris Jarrott is the Store Manager for the soon to open Masters store in Parkinson (late June). He proposed a few ways that our members could become involved with the store and in the opening few weeks. He will discuss these ideas in detail with Des over the next few weeks. He will return to the shed as Guest Speaker on 16th April, where the ideas will be shared with the members. We will hold a sausage sizzle after his talk.

Also, because of the Easter and Anzac holidays, there will be no BBQ on the last Friday, and no committee meeting in April.

## WHAT'S GOING ON AT THE SHED -?

**We** have been asked to take part in a Fete at Carramar in May.

**We** have been asked to make a large shoe box— about 1 metre long, hinged top, and the height and width of a normal chair—we have 3 different designs already.

**We** have been asked to design a box full of switches, plugs & sockets, key holes etc. When car crash (and some stroke) victims are recovering, they have some trouble with hand/eye co-ordination. This device is to assist the therapists to re-train the victim to insert keys, turn knobs, and other hand/eye tasks. A hospital requires this.

**We** are still trying to complete the orders we took when we had our open day last November—the shed is always busy.

**We** are busy filling in grant applications to obtain much needed funds to start planing our stage two development.

**In** April, **we** will be down in workers as we are all involved in selling Anzac Day merchandise at Sunnybank Hills Shopping Town and Calamvale Central.

**We** have been asked to have morning tea with the ladies Craft Group at the Church on Friday, April 4th. 10.30 am. Let David know if you are going.

First aid knowledge is essential in a shed such as ours. 6 members recently attended classes and now have certificates—a very welcome addition to the skills needed to have a safe shed environment.

We recently received a “come quickly” call from the ladies Craft Group that meets in the Church on Friday mornings. Someone had fallen and needed assistance. Two of our recent graduates went over to the fall victim, assessed the injury, and rang for an ambulance to get additional help. She eventually needed a couple of stitches in her chin, and was back the following week. All the ladies appreciated our assistance and the knowledge that first aid help was nearby.

## Dates for 2014.

**Guest speaker for 5th Friday 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

No committee meeting in April  
**Easter Friday 18th April - Easter Monday 21st April**  
**Anzac Day - Friday 25th April \_No shed.**  
Friday 16th May  
20th June

**B-B-Q's** Wed 16th April - Guest Speaker :  
**Chris Jarrott**— Store Manager. Parkinson.

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