



# 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 : May 2014

### Good News.

In a Press Release this week, **Councillor Kim Marx** announced that Sunnybank

District Community Men's Shed Inc. would receive \$20,000 to undertake construction works and install 3 phase power to their site. This would enable the use of more powerful motors than can be used on single phase. It also enables us to install lathes, both wood and metal, that require clockwise and anticlockwise rotation for production work. Also, three phase welders can produce superior results than their 240 volt cousins.

This grant was part of Lord Mayor Graham Quirk's Council Men's Sheds Grants Program 2013/14. A total of six recipients will share in the \$79, 279.80 as part of the 2013/14 program.

**Councillor Marx** said the program would provide funding for new equipment, materials and facility upgrades for local Men's Sheds across the city.

The committee will revise their management plans for development of the site now that funds are available. All the members are grateful for the support we have received from Councillor Marx. Without her backing, this money would not have eventuated.



Colin was our Guest Speaker for March. His subject was men's health – Weight. He gave us good information about weight reduction and sensible eating. His advice on weight control centred on having the resolve firmly fixed in your mind, not relying on quick fix diets. He constructed a height measuring device, produced some bathroom scales, and after talking about body mass index (BMI) he proceeded to give some of our members their BMI. Your BMI number is a good indication of a healthy weight.

A quick way to assess your BMI is to divide your weight in kg by your height in metres squared, for example – 77kg is divided by 1.73metres & then divided again by 1.73. Write down your BMI score.

A BMI score of between 18.5 & 25 is considered to be within the healthy range.

*A lower score?* You are considered to be underweight if your BMI is less than 18.5

A BMI greater than 25 but less than 30 is considered to be overweight.

We all enjoyed our usual sausage sizzle after Colin had concluded his interesting and informative talk, and tried hard not to think too much about how much we were eating.



The second BBQ at Bunnings at Rocklea took place the day after Anzac Day.

The hard working team were all wearing their new shed aprons which created some positive comments

from the customers. Being part of a holiday weekend, the store had more customers than usual, and our profit from the day was up on our last BBQ.

The next BBQ will take place on Sunday 8th June, and the committee would like all of our members to consider taking their place in this fund raising event before the end of the year. It is not a task for only the committee members – *as we all benefit from the funds raised in this way – we should all take part in the fund raising.*



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■ The **Development Application** for our shed and surrounding area has been approved. However, as with most documents of this kind, there are some conditions that need to be addressed before any extensions or major work takes place. Ian is following these up, as he has with the whole D.A process, and we hope the conditions will be complied with in the near future. The committee sincerely thanks Ian for his commitment to completing this process, so necessary for the future plans for our Men's shed.  
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**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.**



The old container we had donated to us, and we use for storage, is no longer an eyesore when you drive into the car park. A team of members have spent many hours sanding and scraping and finally painting the container with a paint that turned out to be a perfect match to the main shed and the office. Well done fellas, it is a job you can be proud of.



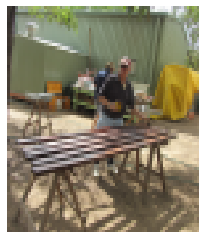
Anzac Day badge sales kept the shed members busy during April. Bruce, as usual, did a wonderful job of rostering shifts from early April till Anzac eve at both Sunnybank Hills Shopping Town and Calamvale Central. Some of the tales told to us by our customers made the hours spent selling badges worthwhile.

A total of 20 members, many on multiple shifts, spent a total of 322 hours from 7th April till 24th April selling over 1,500 badges. A tremendous effort by all who took part. Unfortunately (for us) Bruce is having a holiday year next year and will not be available to do the arranging. Anyone willing to be trained, see Des.

3000 of our shed pamphlets have just been supplied to us. This will assist us as we continue our attempt to let the Sunnybank community know who we are and where we are. They were supplied (no charge to us) by Mark Stewart, MP, Member for Sunnybank, Freya Ostapovitch, MP, member for Stretton, and Kim Marx, Councillor for Karawatha Ward. Our thanks for their support.

Rejuvenating this type of park bench has featured over the last months.

We have completed 3 of these, all part of the Uniting Church area adjacent to our shed. Graeme is seen here preparing the wooden lengths for varnishing, and together with Con (below)



checking this finished unit before re-installing it outside the Church's front entrance.



We manage to eat well at the shed. The last Friday each month we have a sausage sizzle, and each morning that we meet someone brings in some home cooking or a birthday cake (Dan's birthday-right) to share. We recently were invited to have morning tea with the Uniting Church Ladies Craft group and enjoyed a wonderful spread. We will join them again for an **Australia's Biggest Morning tea on Friday 30th May**. We have even started sharing recipes (yes, ladies, us men are swapping recipes). Below is a hit from a few weeks ago.



#### CHEESE LOG

- 250G PACKET PHILLY CREAM CHEESE
- 60G BUTTER
- 1 TABLESPOON GRATED PARMESAN CHEESE
- 2 TABLESPOONS TOMATO SAUCE
- 2 GHERKINS, FINELY CHOPPED
- 2 LARGE CLOVES GARLIC, FINELY CHOPPED
- 4 SHALLOTS, CHOPPED
- CHOPPED PARSLEY

Beat cream cheese and butter together until smooth. Add parmesan, tomato sauce, gherkins, garlic and chopped shallots.

Place in cereal bowl and place in freezer for 90 minutes. Divide in half and form into two rolls.

Roll in chopped parsley.

Wrap each roll in greaseproof paper and refrigerate overnight.

Serve finely sliced on CLIX biscuits or water crackers.

Of course, we checked our BMI's before we indulged ourselves—it was delicious.

A draft copy of the management structure for the Uniting Community garden is available—Ask David for a copy.

## Dates for 2014.

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

**Committee Meetings (3rd Friday)**  
Friday 16th May  
Friday 20th June

**Sausage sizzles (last Friday)**  
Friday 30th May—Biggest Morning tea  
Friday 27th June.

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](http://www.mensshed.org)

Chris Jarrott, Store Manager for Masters—Parkinson was our Guest Speaker for April. The new store will open in early July, and Chris told us he would appreciate our assistance in the preparation for this event. He would like us to do the assembly work on some of their lines of furniture, and put together some wheel barrows, Bar-B-Ques and similar items that will be sold in the store. In addition to this, which could involve teams of about 4 men for up to 3 weeks in May, we were also invited to do all the sausage cooking and serving during the opening celebrations in early July. Des will get together with Chris and work out the details necessary for a task of this dimension, and the members will be informed and asked to roster on for the working teams as the date gets closer. Chris also suggested there could be more work for us on a few days a month basis, but will be in a better position to confirm this after the store opens. He expects crowds of up to 5000 will attend during the opening weekend. We thanked Chris for talking to us, and told him we were looking forward to a beneficial working relationship with Masters.

