

Sunnybank District Community Men's Shed Inc.

Website : www.sunnybankshed.org

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

Newsletter October 2014

AGM

The Annual General Meeting and Election of Officers for 2014 was held on Friday, September 19th at a meeting room at the Uniting Church.

Positions filled

Chairman: Dan Stark

Secretary: Des Broom

Treasurer: Michael Langham

5 committee members were also elected — Ian Turner, David Pitt, Con Janouris, Peter Versace, Ken Griggs.

The roles these committee members play in the operations of shed activities will be discussed at the next committee meeting. These duties include **Shed Management, Publicity, Welfare & Membership, Projects Management, Fund Raising (B B Que rostering included)**, and many more. Please have a look at the list in the office and find a spot there where YOU can make a contribution to the smooth and efficient running of our Shed.

At the conclusion of the AGM and the General meeting that followed, morning tea was provided by the ladies from the Uniting Church. Many thanks to Jeanette and her team for the refreshments they supplied.

While the AGM was taking place, an Energex team was supplying power to our site. During the temporary loss of power, most of our shed items in the office fridge were transferred to the Church fridge. Later in the day, power was restored and all was returned to normal.

Someone is needed to co-ordinate the RSL badge sales we take part in for remembrance day. Bruce is unavailable for most of the sales but is prepared to train someone so that we can take part in this worthwhile event and assist our fund raising at the same time. See a committee member if you can assist.

Open Day 2014



September 13th was a fine sunny day, a big contrast to the Open Day held in 2013. All the activities were outside, except for the shed inspections, and the weather could not have been better. The many visitors came in a continuous stream and the

shed members were kept busy being "Guides" to all who came to see what we did at our "Men's Shed". The sale of shed made goods was constant, as was the cue for a Sausage Sizzle from Con and his helpers.

John gave several

demonstrations of wood turning during the morning and was constantly answering questions about this facet of shed activity.



The wooden rocking horse also attracted much attention. Many tickets were sold in this first prize in the raffle—tickets still available till last shed day in November.

The Community Garden was also popular. Many people made a visit to the Community Garden, next door to the Men's Shed. Plants were sold, together with some home made cooking. Many visitors expressed interest in this activity and we may see some new faces soon in "Noel's" area.

About \$600 was realized by the shed sales and donations and over \$200 was raised by the gardeners.

It was a successful day, everyone who took part was pleased with the outcome, and many suggested we hold two open days each year.



Contacts : Dan Stark - Chairman Ph. 0404 983 502. Michael Langham - Treasurer Ph. 3272 8085
Secretary -Des Broom -Ph. 3345 2876 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.



Request from Dan— our New Chairman. (from the minutes of the general meeting which followed the AGM)

Housekeeping: Dan asked that members assist with the cleaning of Machines etc. by cleaning after use and also putting tools away.

Safety Gear should be worn when using machines.

Machines are to be checked for serviceability and correct tagging prior to use. If machine is not tagged or are deemed unsafe it is to be brought to the attention of the Workshop Manager through the Supervisor of the day. **If Unserviceable it should be tagged thus.** Electrical Leads and cords to machines which appear damaged should be referred to David and/or Darren, our resident electricians.

Morning Tea Roster to be drawn up – a good way to get to know other sheddies.

Con has offered to take on the responsibility of ensuring Morning Tea supplies are plentiful for each shed day.

*There are many things we can do as Shed Members to make the shed a safer and better place to work and enjoy our time together.
See what **you** can do —Ed.*

We were invited and have accepted the invitation to assemble goods at Bunnings at Rocklea. Several teams have already carried out 4 hour shifts assembling B-B Qs and wheelbarrows at the store and in doing so have amassed credit at the store for the Men's Shed. This is a worthwhile form of fund raising and many new tools or pieces of equipment will be obtained in this way. We already have a sizable amount at Masters at Parkinson from a similar activity. If you are good with hand tools and have not been asked to be part of a team as yet, see Dan.



More from Open day

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

MEN'S SHED —YOUR HEALTH.

For **Mental Health Week** on 5-12 October, the ABC is launching ***Mental As*** : a week of distinctive programming across the ABC. You're invited to take action, start talking and to give to mental health research and help fund the next wave of breakthrough solutions. Dig deep and make your contribution today.

From Mark Stewart's Week in Parliament:

The Health Legislation Amendment Bill will strengthen smoking bans in Queensland. More than 3,400 Queenslanders die each year from smoking-related illnesses and smoking accounts for an estimated \$6.1 billion every year in health costs, lost productivity and premature death in Queensland.



• SOME STATISTICS ON BOWEL CANCER

These are about men our age, and yet it is the one thing we don't wish to talk about.

Bowel cancer is more common in men:

The risk of developing bowel cancer increases with age.

In 2010, the age-standardised incidence rate of bowel cancer was 73.7 cases per 100,000 men, compared with 51.1 cases per 100,000 women.

In 2009, the average age of bowel cancer diagnosis was 69.3 years. In 2010, the risk of developing bowel cancer before the age of 85 was **1 in 12.**

Don't become another statistic—if you have some of the signs, do something about it—talk to your local Doctor.

Dates for 2014.

Guest Speaker :October 31st. If available
—sausage sizzle following.

Bunning's B-B-Q's

Saturday 11th October:
Sun. 28th December.

Committee Meetings (3rd Friday)

October Friday 17th
November Friday 21st

Shed B-B-Q's – last Friday each month.

October 31st.
November 28th.

Last day of Shed for 2014. Friday 19th Dec.