

Sunnybank District Community Men's Shed Inc.

Website : www.sunnybankshed.org

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

Newsletter November 2014

Committee notes:

At the committee meeting held on October 17th., the following matters were discussed.

The grant we were promised at the last Federal Election has finally worked its way through the system and we now have \$15,000 to spend on tools and equipment for the shed.

Unfortunately, the conditions attached to the grant were almost unable to be understood, let alone adhered to. Des has a big job on his hands to follow it up, clarify the guidelines and find a way to move the shed forward with a better selection of tools that this money makes possible. Let us hope he recovers from his time in hospital and is back with us soon.

Ian and Peter are going to find the space needed for our proposed new tools and equipment, and find a suitable way to set up our main shed to make room for them. Some of our existing saw benches and similar items might be available for purchases by the members when this happens.

It has been difficult to get names on rosters for the various activities we take part in—barbeques at Bunnings, Assembly work at Masters and Bunnings, Badge sales for Remembrance day and Anzac day, and finding a way to share the washing up after morning tea each shed day. A large white board will be set-up near our assembly area for morning tea so all members can see where the manpower is required.

It was decided to cancel our badge selling at Sunnybank Hills Shopping town because of the poor position we were allocated there. Calamvale will be our one outlet this November. Taking part in this badge selling is one way we can reduce the amount we have on loan from the RSL.

The purchase of a shed uniform is going ahead—Des is following up shirt styles, and a logo will be attached when we take delivery of them. Money for this was made available from a grant.

Web site.

There has been some new work done on our Website— See the new home page opposite.

The site contains many new features, one being the ability to download the latest Newsletter from the front page instead of going to the newsletter page and finding it. Have a good look the next time you go into the site.



whereabouts on our behalf last month. The above ground garden beds that are planned for the Community Garden area can now be constructed and the real gardening can commence in earnest after all the excellent preparation work that has been done up to this stage.

The Community Garden received a shot in the arm this month with the delivery of over 80 sleepers, courtesy of Queensland Rail. We requested them some time ago, and Mark Stewart enquired their



The large shade house, left, is one of the projects successfully completed by the members of the Sunnybank Shed. The installing of several taps around the site is still to be done but is the next big item on the list.



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.



MENS SHED —YOUR HEALTH.



A gentle warning about Christmas celebrations. The World health Organization in a recent press release stated the following :
Alcohol is a drug that kills 2.5 million people per year. It is ranked as the third largest risk factor for premature death.

During **Mental Health Week** on 5-12 October, the ABC held **Mental As** : a week of distinctive programming across the ABC. Any one who listened to these special sessions would have been amazed at the openness and honesty expressed by the many well known personalities as they told about their problems with depression and other personal issues of mental health. We should never hesitate while at the shed to be open and honest about any problems we may have; there could not be an easier and more supportive environment than with your mates ,working shoulder to shoulder at the shed.

1 in 8 men will get prostate cancer



Do you know the signs?

Do you know how to check?

Do you know how to reduce your risk?

Activities Day

When a Guest speaker was not available for the last Friday of October , an activities day was suggested by the committee. As shared by Colin in an Email to some of the members;

All who went to our end of month Shed barbeque appear to have had a great time, playing darts, bocce or simply drinking coffee while discussing anything and everything with anyone and everyone. From this member's perspective the Shed Committee should be pleased with their "No-Work-Day" trial and hopefully it will become a regular calendar event .

Good News— November will be the same . Same sorts of activities will be pursued by those present, and David will make a contribution , telling of some of his musical experiences as a singer. The emphasis for the morning will be on enjoyment, not working.

On a "working " session at Bunnings at Rocklea recently, we were given the left over bits from a wheelbarrow assembly session . There were about 8 sets of handles, and boxes with all the pieces necessary to assemble about 6 complete wheelbarrows, except for the main piece ,the trays. At the shed we have already removed the tray of an old rusted barrow that Noel uses, and replaced the rest of the parts with new ones. Any shed members who would like to do the same at home can use these parts and maybe make a donation to the shed for the pieces.



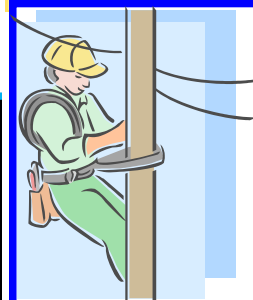
This SBDCMS Inc. Newsletter is compiled by David Pitt, Publicity Officer for the Shed.
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Australian Men's Shed Assoc. website is www.mensshed.org

Rebecca made a visit to the shed with an invitation to **PAINT THE RIDGE RED** .



The event is being held at Grenier Park, Acacia Ridge , on November 21st (Friday) from 2pm to 5.30pm. The theme will be centred on young people learning to read. She says "We would be thrilled if some of your members could attend our event in November. If you can come we would love you to wear your aprons or T-shirts so others can learn about the great work your organization is responsible for in this part of Brisbane. We are looking for people to Read a story to some of the little ones who will be there , cook the sausages and help with set-up or pack up of the event" . If you are not familiar with the work that Rebecca does with the young children, read our June 2014 newsletter, available on our website.



Power has now been connected to the site. The final connection was made on Thursday 30th Nov.

John and his team of electricians will be completing the rest of the installation during the first week of November.

The days of using long leads and power boards should be over once he has finished . Three phase will also be available in the shed , along with hanging outlets and some additional lighting. The switchboard for our future shed will also have power connected and be usable after this installation is completed

Our 5 year lease has been approved by the Church Council (Sunnybank) and then approved by the next level of Church management, the Presbytery (south East Queensland.) One more level to go—the Synod which meets in late November.

Dates for 2014.

Committee Meeting (3rd Friday)

November Friday 21st

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

**Activities Day- November 28th.
sausage sizzle following.**

Christmas break-up –December 6th

at the home of Peter and Maria Scully.

21 Murramarang Drive, Parkinson.

(Maps will be available at the Shed)

Carols in the Yard. The Uniting Church will

be holding Carols in the area behind the Church on Friday 12th Dec. from about 5.30pm. We will be manning the B-B-Q and also displaying some of our products under our marquee. Carols follow the food —the night should finish about 9-9.30pm

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

Bunning's B-B-Q's

Sun. 28th December.

This newsletter is printed by the office of Mark Stewart MP, Member for Sunnybank, who supports us.