

# 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 : February 2015

### Changes

The new year arrived with a working bee and some big changes. First thing before the change was a big clean-up. We haven't seen this much floor space for some time. Most of the existing equipment was removed and one bench, a band saw and most of the hand tools remained inside the shed. The new equipment, delivered early in the new year, was then unpacked and assembled. It included a thicknesser, a 3 phase saw bench, a belt linisher, a dust extracting unit, and many hand tools and accessories. More units are still to be delivered, and it will be a steep learning curve for us all to become proficient with all the new machines.



Des is seen here (left) trying to find the correct part to complete the wheel assembly for the new linisher. Ian (below right) is assembling the dust extraction unit. A team of 4 or 5 were present for most of the days during the week before the shed opened on the 12th Jan.



### Our Election Promises



*An E-mail message from Mark to the editor.*

David, I promise that if I am re-elected as part of an LNP Government, I will commit \$50,000 to the Sunnybank District Community Men's Shed. The shed offers men a place to meet, share a coffee and sharpen their handcraft skills. This funding pledge will help the shed expand and enable even more Sunnybank men to connect with their community.

Note: The Labour candidate, Peter Russo, visited the shed during the week and became a member.

As part of the re-vamping of the available space we have in the shed, a charging station has been set up so all our battery powered hand tools can be found in the one place, and all the batteries can be recharged in the one location. This should make it easier to find the tool you require, and to maintain it correctly. Drills with flat batteries were often just left on the bench because it was not always easy to find the correct charging unit. Hopefully, we will all now get the most out of the power hand tools we have at our disposal.



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Secretary -Des Broom -Ph. 3345 2876 Ian Turner - Shed Manager Ph. 0448 045 438

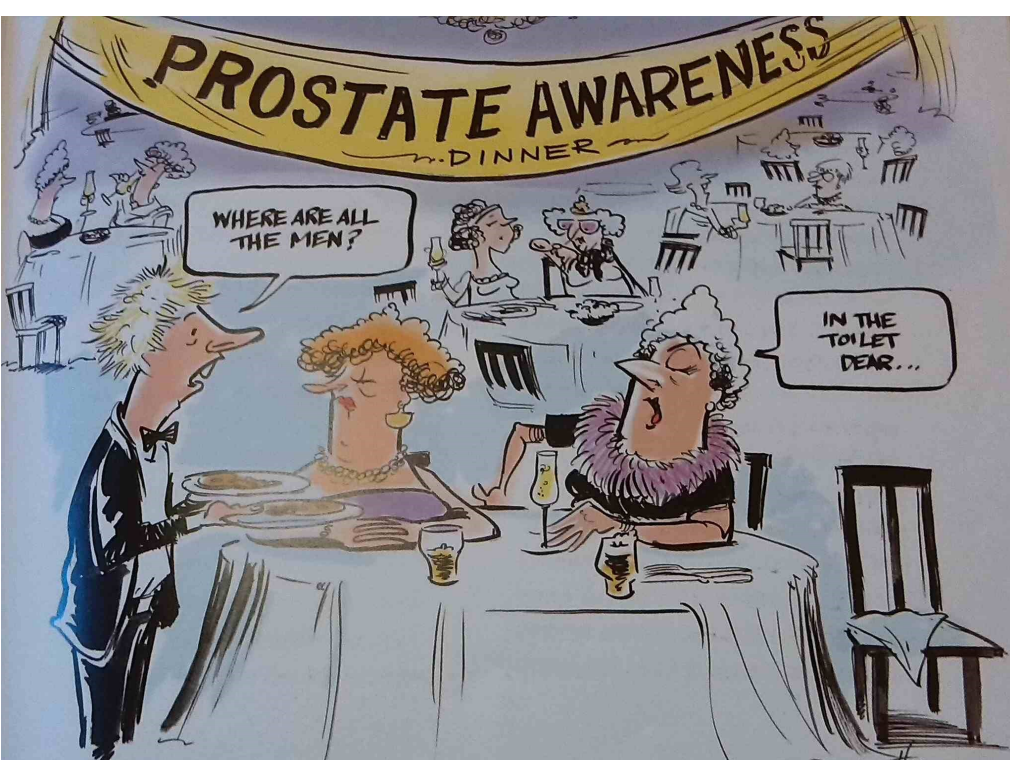
**Location** : Hillcrest St, Sunnybank Hills - Adjacent to Sunnybank Uniting Church parking area.

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.





Some of the ailments we men may suffer from have symptoms that are obvious to those suffering from it. Others are not obvious at all—possibly the most invisible is mental health problems. Last year, we featured a program to try and address this problem. It was called RUOK.

Libby Trickett, Champion Swimmer, has become an Ambassador for RUOK, and is trying to get the message out to the public. It has 4 simple steps. 1. Ask the person you are with -AUOK.? 2. Listen without judgment as they talk. 3. Encourage action to solve the problem, and 4. Follow up. If you know someone is struggling with life, start a conversation that can make a difference. Find out more : [www.ruok.org.au](http://www.ruok.org.au)

The Australian Hearing Bus is coming to the Sunnybank Men's Shed and will be available to do free hearing checks.

No appointment necessary, just come along on the day.

**Find us here:**  
**Sunnybank Mens' Shed**  
 cnr: Hellowell & Hillcrest Roads  
 Suburb - Sunnybank Hills  
 QLD 4109

**Date: 18/02/2015**  
**Time : 9:30 am**  
**Phone (07) 3347 4200**

I'm going to stop procrastinating once I get around to it

The Guest Speaker for February will be Colin Calvert. His topic is titled **Age proof your body: Buying comfy shoes & cleaning out your ears.**

His talk will be based on an article by Sir J. A. Muir Gray, former Chief Knowledge Director for the British National Health Service. He wrote on January the 19<sup>th</sup> this year in the Daily Mail Online, some surprising little life changing tips to help keep every part of your body in good shape — to keep you fit, healthy & active for years & years longer — yes, the doctor claims for decades — no matter what your age may be.

Colin will list 13 top-of-head-to-bottom-of-toe guides on body maintenance for holding advancing years at bay. Wouldn't it be wonderful if age was just a number? Dr Muir Gray says it can be — if you follow his simple life-changing advice & this from a man who is one of Britain's leading health professionals”.

# Dates for 2015

**Committee Meetings**  
 ( 3rd Friday each month)

|          |      |
|----------|------|
| January  | 16th |
| February | 20th |
| March    | 20th |
| April    | 17th |
| May      | 15th |

Peta Rana from Australian Hearing will be at the shed Wed. 18th Feb. and will carry out hearing test on anyone who wish to do so. No appointments needed.

**Guest Speaker & Shed B-B-Q's –**  
 Last Friday each month

**January** Friday 30th. David's musical life; stories and songs.

**February** Friday 27th .  
 Guest Speaker : Colin Calvert (article this page)

**March** ( No speaker as yet ) . Friday 27th.

.The shed will be closed on the following days in the coming months.  
**Good Friday –3rd April**  
**Easter Monday –6th April.**

*If you find a path with no obstacles, it probably doesn't lead anywhere.*

This SBDCMS Inc. Newsletter is compiled by David Pitt, Publicity Officer for the Shed. Contact at [d.pitt@optusnet.com.au](mailto:d.pitt@optusnet.com.au) Australian Men's Shed Assoc. website is [www.mensshed.org](http://www.mensshed.org)

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