

# 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 March 2015

### Committee notes:

At the committee meeting on the 20th Feb ( in the middle of the cyclonic rains from Marcia) most of the members managed to attend. The subject of an open day was discussed. It has been about 6 months since the last one so the first Saturday in May was selected .

Also taken into consideration was a possible new shed/office for the Community Garden (if our grant application is successful) to be officially opened on the same day. Dan and his band of helpers also aim to have the garden sign they are working on in place by that date. So, a combine Shed/ Garden Open day with a possible official open of the Community Garden as part of the proceedings. May 2nd.

Also discussed was the support the Shed received from both Mark Stewart and Freya Ostrapovich , who lost their seats at the last election. An invitation was to be sent to them to attend the 5 th Friday meeting at the shed in February so that a formal thank you could be expressed to them for what they had done for the shed and the community they worked so hard for. Con suggested that the outstanding credit we have at Bunnings , Rocklea, be used to buy a new barbeque for the shed. This was agreed to by all present. During the next few weeks , power will be installed to the proximity of the machines that require it . With a variety of 15 amp and 3 phase machines now in their preferred positions , cables will be run and points installed to reduce the need for extension leads or the sharing of one outlet between two or more machines.

Dan will be acting treasurer while Michael is away during March. See him for reimbursements or other financial matters.

The committee will be compiling a record of health details of all members. Des will be contacting all members with a form and details about the information . This information will be kept locked up in the office and only used should an emergency arise.

### Editorial.

The political Landscape has changed with the State Election in January.

We have lost two hard working Local members who gave much support to the Men's Shed during their time in office, and became friends to those of us who were working with them, not just with shed matters, but in the local community where they were active.

We have two new local members. Peter Russo, Member for Sunnybank , has already made contact with us, visiting us and becoming a member . Welcome , Peter. Duncan Pegg is the new member for Stretton and we wish him well as he settles in to the new tasks ahead of him.

The role of the Sunnybank District Community Men's Shed as an effective presence in the community can only happen with the full support of Local, State, and Commonwealth Governments.

We trust that when Peter & Duncan settle into their new roles in this community , we can rely on their support so we can continue to grow as a positive force in our community . We hope our new members and the government they represent will get right behind us as the previous members did.

Shivum is seen here putting the finishing touches to some bird feeding boxes . He and Craig worked on these boxes , together overcoming the problems of the curved window design. Acrylic feeder trays were also made to fit inside and hold the bird seeds once the feeders have been installed.

It is intended to sell these items at our next open day.

Now that the date for the Open Day has been chosen, many projects like this will move into full production.



**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.

**This shed is the initiative of the Sunnybank RSL Sub Branch and the Sunnybank Uniting**



## DID I HEAR YOU RIGHT?

On Wednesday 18th February the Hearing Bus paid us a visit. A number of men (16+ 1 lady) availed themselves of a free hearing check. During morning tea we were pleased to hear a talk from the Hearing Consultant Peta Rana in which she outlined some of the misconceptions about hearing aids and some of the advances in technologies in that area. One member commented that it was the most up to date and detailed information about hearing aids and how they are used he had ever heard. Peta is seen here with Ken, getting ready to pack the bus and depart after a successful morning. She has offered to return in a few months time, once the committee have decided on a suitable date



We now have our own shed uniform. We received a grant late last year for uniforms and after deciding on a logo design (thanks to input from Colin), settled on the above colour. All members (if they have called in and picked it up) now have their own shirt. If anyone requires a second shirt, the cost will be \$20. See Des if you have not received your shirt yet.

## Dates for 2015

### Committee Meetings

(3rd Friday each month)

March	20th
April	17th
May	15th
June	19th
July	17th
August	21st
September	18th
October	16th
November	20th
December	18th.

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

*Guest Speaker : Friday 27th March*

Defibrillator Workshop—Ben Prichard.

9 to 10.30 am

The shed will be closed on the following days in the coming months.

Good Friday –3rd April  
Easter Monday –6th April.

## Sunday Mail 24th Jan. 15

### “ 10,000 Australians die from sudden cardiac arrest each year”

In a newsletter from AMSA last year we received a special request to make sure every shed in Australia had a defibrillator and qualified people who can use them.

We discussed this in committee and purchased one. There are 3 of our First Aiders who are at present trained to use the

apparatus if it is needed. We were contacted by the **APL Group** who run training programs for all types of safety and life saving courses. They suggested we have a training workshop using the equipment we now possess. The date selected was the last Friday in March, 27th.

Ben Prichard, the training Manager in Queensland for APL, will be arranging the workshop which will take place between 9 and 10.30 am at the shed.

Try and be there—we can never tell when the situation shown in the photo will include one of us members of the Sunnybank shed.



*One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important.*  
- Bertrand Russell

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

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This newsletter is printed by the office of Kim Marx, Councillor for Karawatha Ward, who supports us.