

# 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 April 2015

### Committee notes:

The committee met at 8.30 on Friday, 20 th March, and all attended except Peter who was away holidaying at the time. Our treasurer was still on a trip away so the financial statement was deferred till the next meeting when a two month report will be tabled.

A sub-committee comprising Des, Ken, and Peter will explore the available granting bodies appropriate to our needs and forward applications to those bodies. The new shed is a pipe dream unless we obtain some sizable grants to kick start the construction phase.

The electrical installation of the new machines was completed on the Tuesday and Wednesday, 18th & 19th March. John Bowkett, our electrician carried out most of the work on a "no cost for labour" basis. We thank him for his time and his generosity shown to the Men's Shed.

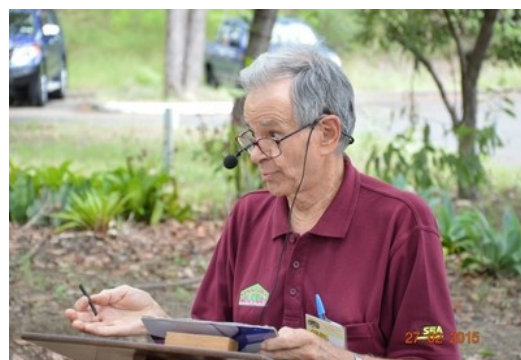
A sum of money was donated to the committee to assist in getting rid of accumulated rubbish in the area. The committee decided to extend this gesture by holding a big clean-up of the whole area in preparation for our Open Day and Official Opening of the Community Garden. A letter of thanks will be sent to the donor.

The Open Day was discussed. Our project manager will display the list of items we will endeavour to produce in time to sell and display them on the Open day—May 2nd. The Medical Form, mentioned in the last issue, has been confirmed by the committee, and all members will be asked to take part. They will be requested to fill in the form, seal it, and return it to Des who will keep it secure until it might be opened to assist medical or first aid assistance in case of emergency. Our membership is now 64 members.

### Here's to your Health

We thank Colin for presenting a talk about Men's Health at our regular monthly barbecue at the end of February. He outlined 13 areas where men need to be vigilant, such as eating healthily, getting enough sleep and exercise, regular medical checks, to name a few.

His talk was based on an article by Sir J.A. Muir Gray, formerly from the British National Health Service.



### Matters of the Heart

Ben Prichard was our Guest speaker for March. He is training manager for [Defib2save](http://Defib2save.com) and he demonstrated how we should use our recently purchased Defibrillator. He started with the basic ABC of First Aid—Airways-Breathing, and Compression. Con and



Joseph with Ben observing are here practicing on a mannequin that Ben supplied for demonstration purposes. Ben then showed us the defibrillator and proceeded to help

various members as they learned and practiced on the equipment. Ben is an enthusiastic speaker and would like to return soon to check out our proficiency with our own equipment and also our ability to assist someone who suffers a heart attack.



**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.



# Mates Dropping In

On the last Friday of February we were pleased to welcome a number of visitors to the shed.



Firstly we had about five young men from the Coopers Plains Learning & Lifestyle Endeavour Workshop join us for a cuppa. We were originally approached about the possibility of finding some type of active participation with wood working or gardening for these men. The committee decided that we did not have the training to work with this type of disability and felt it unsafe to go ahead with this idea. We did, however, extend

an invitation for them to join us for the B-B-Q event held on the last Friday each month.

Secondly Mark Stewart, the previous State Member for Sunnybank and shed member, called in. We were able to thank him for his support of the shed during his time in office. By the rosella garden bed at the Community Garden, his two young boys were able to find out where rosella jam comes from.



## OPEN DAY! SATURDAY MAY 2ND.

Goods for sale—Sausage Sizzle—Shed Inspection— Official opening of Garden.

### A Cuppa with Duncan

The new local member for Stretton, Duncan Pegg, paid us a visit. Although not committing to financial aid, he assured us he would look for ways he could assist us.

## Dates for 2015

### Committee Meetings

( 3rd Friday each month)

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.

Coming soon—June 26th.

Guest Speaker : Joanne Kowitz:  
Sunnybank Hills Library

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

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

Here Duncan is observing some of the items being manufactured for the upcoming Open Day-2nd May. We hope our local member will return on that day as we open the shed and share our activities with the community.



If you look at all the new machines in our shed and think to yourself "this is a bit too hard for me -I will never be able to use them" think again. Find a Supervisor to go through with you the steps necessary to start and use the machine . Don't try to figure it out for yourself. We already have 2 machines that have been incorrectly set-up and used. We should not have to repair new machines if they are used correctly. So don't be scared to have a go—just do it with someone who knows how to use the machine. We were all beginners once. Don't be frightened of a new learning process -just do it with someone who has learned and will share his new knowledge with you.

This SBDCMS Inc. Newsletter is compiled by David Pitt, Publicity Officer for the Shed assisted by Ken Tedford.. Contact David at [d.pitt@optusnet.com.au](mailto:d.pitt@optusnet.com.au) or Ken at [kenjan.tedford@bigpond.com](mailto:kenjan.tedford@bigpond.com)

The Australian Men's Shed Assoc. website is  
[www.mensshed.org](http://www.mensshed.org)

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