

# 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 May 2015

### Committee notes:

Our most recent committee meeting took place on Friday 17 April and the outcomes are as follows:

- ◆ Our OPEN DAY is fast approaching—SATURDAY 2 MAY. On the day
  - ◇ Kim Marx will open our Community Garden at 10 a.m.
  - ◇ There will be a Sausage Sizzle (\$2) with drinks (\$1).
  - ◇ The new garden sign is in place, thanks to Dan and his gang.
  - ◇ Des, Michael and others will be showing people through the shed.
  - ◇ Tools, bric-a-brac and all sorts of treasure will be up for sale.

Please plan to come along and enjoy the day with the rest of our community!

- ◆ Don't forget to complete your medical form and return it to the office ASAP. There are 11 in but we need many more.
- ◆ We plan to engage a mobile electrician to test and tag our machines. It works out cheaper than getting one of us accredited to do it.
- ◆ While Des was thanking the rep from QR for the railway sleepers it was discovered that QR dismantle unneeded sheds each year. Des sent them the dimensions of our proposed shed and we are waiting to see what eventuates!
- ◆ Our next Sausage Sizzle at Bunnings Rocklea is Saturday 13 June.



### Anzac Day Badge sales.

The Men's Shed once again assisted the Sunnybank R.S.L. Sub-branch with the sales of badges and other items to help commemorate Anzac Day this year.

Bruce set up the display for the

first of our 2 week involvement and Dan took over the setup and closing down each day plus the banking after that. It is nice to be able to share in some of the stories we are told while the customer is deciding which item to buy. Thanks to Bruce and Dan for their extra work in organising the badge sales.



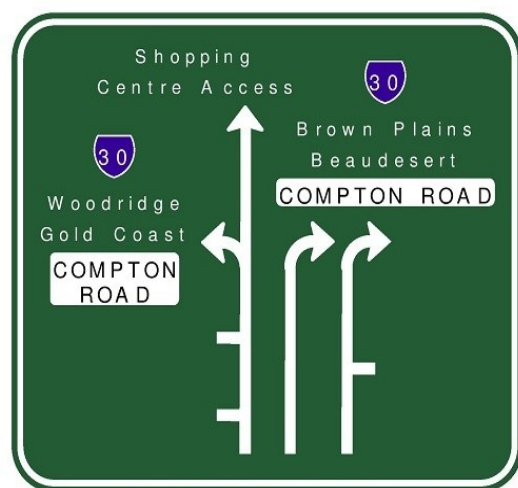
### Message from Kim Marx: Karawatha Councillor

Happy result from Men's Shed Christmas Party!

I am delighted to be able to inform you all that as a result of one of your members letting me know about the poor signage on Calam Road heading towards Compton Road, I was able to address the issue with Council Officers.

I have just signed off on a new directional sign that will be installed shortly which should result in less driver confusion as to which lane they need to be in to head to where they are going. This is an example of how a brief comment to me can result in actual outcomes for local

residents and I thank you for bringing it to my attention.



**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.





# HOME READING

Rebecca dropped in a few weeks back to underline the importance of children being read to by adults - parents and grandparents.

*Some questions to ask children could be:-*

*What did you notice about the story? Does this book remind you of anything else you've read? Were there any parts that surprised you? ...*

*(adapted from Johnson and Keier*

*"Catching Readers Before They Fail")*

She wants to create mini-libraries for parents and children to access in the Acacia Ridge area where there is no public library.



Bendigo Bank and Bunnings are sponsoring her idea by supplying materials but she needs help in building some boxes.

The mini-libraries are made from marine ply and look like houses with a pitched roof and perspex windows.

They sit on a post and are about half a metre in size. Please see Warwick and Wyn if you are able to help out.

Rebecca would like to promote the project in a nearby park at the end of June by having people decorate a few of the assembled boxes.

# First Aid Course

Following the Defribulator demonstration we had recently, the committee decided to pursue the funds to run a First Aid course involving Ben Pritchard's group.

We have been successful with a grant of \$1,500.00 to conduct a First Aid Course for 10 members. It is usually \$150.

However, the cost through APL Group (Ben) is \$100.00, so we can offer the course to 10 more. This gives us 20 places

all up. If we don't get enough takers we can offer the vacancies to the Community Garden group or to Church members.

It is essential that as many as possible of our shed members are familiar with CPR and other first aid techniques .

There is a list at the shed, see if you can find the time to join in — you may end up saving your mate's life!



# Dates for 2015

Committee Meetings  
( 3rd Friday each month)

|           |      |
|-----------|------|
| 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

Next Bunnings-Rocklea BBQ 13th June

# PROJECT COMPLETE



The rehabilitation unit at QE2 hospital needed our assistance. People who are involved in car accidents or perhaps have had a stroke are often left with impaired hand/eye co-ordination skills. So Colin and Mukhtiar have been working on 3 activity boards to assist people who have these brain injury problems. The first board involved the manipulation of various locks and catches. The second had to do with turning a tap. The final one requires the user to plug and unplug a power cord, usb and other leads into sockets.

Hopefully these boards will help these patients in their recovery.

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.**