



Sunnybank District Community Men's Shed Inc.

Website : www.sunnybankshed.org

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

Newsletter : February 2016

New Shed in sight!

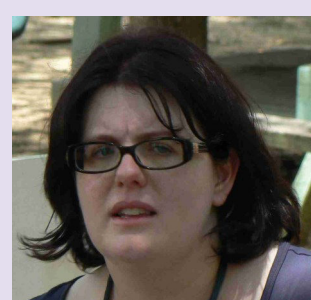
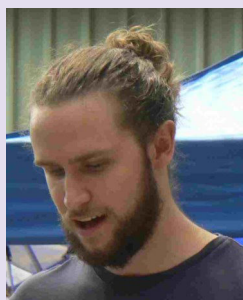
Through Duncan Pegg we heard we have a sizable grant in hand at last! We are moving forward and **getting closer!**

How smart is H.A.R.L.I.E. ?



This was the question on the minds of Dr Tina and her research team from UQ when they dropped in to the shed last Friday. Their mission was to test a smartphone application called "H.A.R.L.I.E.—Human and Robot Language Interaction Experiment" which they have developed and are modifying.

Harlie is a talking robot that can call individuals on their smart phones to have a chat and to ask for voice samples.



Those who wished to be involved were able to talk with the robot. "She" is programmed to conduct a conversation. Afterwards members of the research team interviewed us individually and in a group to see what we liked or disliked about the experience. This feedback will help them improve the phone application which in the future will help to keep track of changes in the voices of patients with various impairments (such as Parkinson's Disease) which need regular monitoring.



Contacts : Dan Stark - Chairman 0404 983 502
Ken Griggs - Secretary 0478 224 269

Michael Langham - Treasurer 3272 8085
Phil Giles - Shed Manager 3273 8513

Location : Hillcrest St, Sunnybank Hills— Adjacent to Sunnybank Uniting Church parking area.
Postal Address : Unit 5 / 62 Pinelands Road, Sunnybank Hills. QLD. 4109



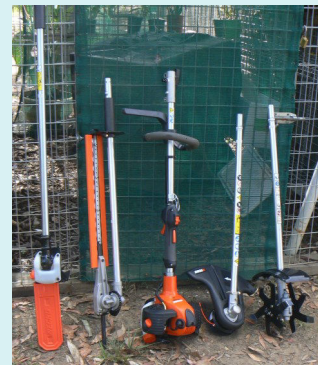
This shed is the initiative of the Sunnybank RSL Sub Branch and the Sunnybank Uniting Church.



GARDEN NEWS



Kim Marx (BCC) gave us a heads up about the Lord Mayor's Community Grants and we were granted a new mulcher and trimmers. They arrived just in time for summer pruning. Noel & the gang have the work in front of them-but at least they have the right tools!



Men's Health - Boundaries

"I am free to be me but..."

All healthy relationships have boundaries.

Ryan Howes, PhD, a clinical psychologist in Pasadena, California, defines a boundary as "the line where I end and someone else begins."

According to psychologist Leslie Becker-Phelps, PhD, healthy boundaries include everything from speaking up when you think you're being disrespected to advocating for yourself to have time for your own interests. Some ideas:

1. Be self-aware.
2. Be clear about your needs.
3. Be specific and direct.
4. Use "I" statements (not "You should..." but "I feel.. I like it when...")
5. Try the "sandwich" approach. i.e. compliment, criticism, compliment.

Healthy relationships require clear-cut parameters.

See psychcentral.com/.../why-healthy-relationships-always-have-boundaries...
"Boundaries" by Dr J. Townsend & Dr H. Cloud

From The Committee

- ◆ Ken Griggs has volunteered to fill the role of Secretary until the A.G.M. Many thanks, Ken!
- ◆ Our appreciation also goes to David who carried out this task while his health allowed. We are grateful to Des for helping us out as well!
- ◆ Our finances are being monitored well by Mike.
- ◆ We have joined ALDI's new list of Community Groups. Customers vote for their favourite and ALDI gives a donation to the winner at the end of the competition.
- ◆ Mike & Pete have almost finished assembling the 23 TADQ boxes.
- ◆ We are requesting some more dates for fund-raising barbecues at Bunnings Rocklea this year.
- ◆ Duncan Pegg has sent out some community surveys. They are in the office at the shed.

Want to see new things?

Pop any new ideas of things to do at the shed in the box at the office. Don't forget to put your name on it.



A barrel rolled out!

We heard that Milly from the Grace International Church Street Fair was in need of barrel from which many tickets could be drawn. Wyn, Kev, Ted, Warwick & Maurice made it happen! Another satisfied customer!!!



DATES for 2016

Committee Meetings 3rd Friday each month

February 19

March 18

April 15

Shed B-B-Q s – last Friday of the month

—next one 26 February

18 March (due to Easter)

29 April

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

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