

Sunnybank District Community Men's Shed Inc.

Website : www.sunnybankshed.org

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

Newsletter : December 2017

A Stitch in Time



Our Christmas Party was held on Saturday 25 November at the Sunnybank R.S.L. The menu consisted of hors d'oeuvres followed by a spit roast and dessert. Entertainment was provided by Sons of Anykey. Thanks for organising it all, Geoff.

A highlight of the night was the presentation of some quilts to Brian, Des and Bruce by Vicki Venables. These were made by Quilts of Valour Australia and are awarded to currently serving Armed Forces personnel, veterans and immediate family members touched by war.

No Crib for a Bed?

There was no room at the BCC offices for these Nativity Figures so Maurice, Peter, Terry and Shivum made one! Des presented our stable to Kim Marx.



Are you being served?

Ted, Daryl and Noel are wearing the aprons made for the Shed by Noel's grand daughter. Great work Liz!

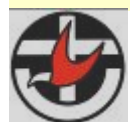


Contacts : Des Broom - Chairman 0407 018 037
Ken Griggs - Secretary 0478 224 269

Michael Langham - Treasurer 3272 8085
Wyn Jones - Shed Manager 0412 043 795

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.



In Touch with your Inner Sole

On Friday 3 November Dr Roger Pegoraro talked about a study he and Prof. Graham Kerr (under the Institute of Health and Biomedical Innovation) are endeavouring to reduce falls risk in people aged 55 to 85 years and people with Parkinson's Disease. Diminished sensory information of the feet occurs in older people and people with Parkinson's. They need volunteers who wear covered shoes for most of the day and who are able to walk without assistance. They are investigating whether a new textured insole can improve postural instability and thereby prevent falls.

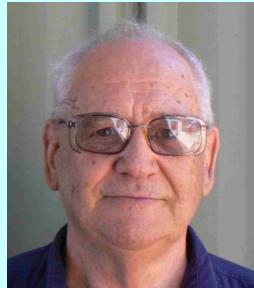
The project will require involvement over eight months. After monitoring during an initial 4 week period some will be asked to wear the insoles for 28 weeks, keeping a record of daily activity, balance and any falls. The research will be conducted at QUT Kelvin Grove Campus.

If you are interested contact Roger on 3138 6305 or email r.pegoraro@qut.edu.au.



New Faces

Jim B.



Hobbies: Collecting old tools,
Restoring Villiers Engines

Previous Job: Mining,
Engineering, Construction



John B.

Hobbies: Inventing, Playing
Violin

Previous Job: Fitter and Turner

A Big Thank You

Parkinson Discount Drug Store
for your kind donation of \$200 to the Men's Shed.

From The Committee

- ⇒ Our next barbecue at Bunnings Rocklea is on Thursday 7 December.
- ⇒ Thanks to Maurice for taking on the role of Test & Tag Man for machines and tools at the shed.
- ⇒ The Shed will close for the Christmas break on Friday 15 December and re-open in 2018 on Monday 15 January.
- ⇒ Thanks Frank for the generous donation of a car trailer to the Shed.
- ⇒ We have recently purchased a new Router Table and some metal Drill Press Stands.
- ⇒ Des is organising a First Aid refresher course using funds raised by our BBQs.
- ⇒ We have sold our old Dust Extractor Machines.

Happy Birthday!

On DECEMBER

1st - Alan D.

4th - Geoff C.

27th - Noel W.

DATES for 2017

Committee Meetings 3rd Friday each month
December 15

Shed B-B-Q & Social Day - last Friday of the month
- next one 19 January 2018 (not 26th)

This SBDCMS Inc. Newsletter is compiled by Ken Tedford, Publicity Officer for the Shed.
Contact Ken at kenjan.tedford@bigpond.com