

Sunnybank District Community Men's Shed Inc.

Website : www.sunnybankshed.org

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

Newsletter : MAY 2018

Have YOU been to The Edge?

ONLY A FEW OF US HAVE!

In the words of Arthur C. Clarke - "Any sufficiently advanced technology is indistinguishable from magic."

Alan, Ted, Keith, Greg and Ken have witnessed the magic done at The Edge - Qld State Library.

Emma, Mick, Andrei and Laust are some of the magicians luring us into the world of Laser Cutters, CNC Routers, 3D Printers and more.

After your in-servicing, creative software and specialist media labs await you and your imagination!

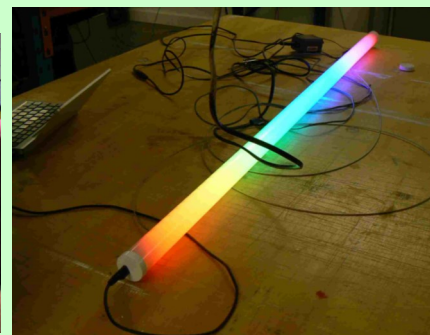
There's even a Recording Studio!

So what are you waiting for?

Why not come in with the lads one Thursday from 10 a.m.?

what.the@edgeqld.org.au

ANYTHING IS POSSIBLE!



First Aid

Do you need to bring your CPR up to date? For only \$50 this can happen.

Wednesday 2 May
The Church 9-11.30
See Warwick

ABC's of CPR



Recycle Reduce Re-use

There's a Free Composting and Worm Farm Workshop Wednesday 2 May 9.30 - 12.00 in the Morning Tea Area.

Learn how to turn kitchen and garden waste into rich nutrients to feed your plants and to reduce the organic waste we send to landfill.

Wear a hat, a long sleeve shirt, closed in shoes and bring sunscreen and drinking water.

Morning Tea will be provided. To book phone 3403 8888

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.



Under Pressure

Karen from the Hyperbaric Medicine Unit at the Wesley (wesleyhyperbaric.com.au) spoke to us on Friday 27 April.

Hyperbaric discovery dates back to 1662. In the 1800s oxygen under pressure helped workers suffering from being deep inside caissons making footings for bridges. Later it was used to relieve "the bends" in deep sea divers. In 1956 the first heart surgery was performed on "blue babies" in a hyperbaric chamber.

Oxygen is toxic to bacteria and so mends non-healing wounds. Nowadays time in a chamber aids sufferers of diabetes, melanomas, carbon monoxide poisoning and brain injuries. Experiments are beginning on Crohn's Disease.

Eight people spend 45 minutes

at a time inside the chamber. Medicare covers most of the costs.



A clear conscience is usually a sign of a bad memory.

From The Committee

- ◆ Committee meetings will now be held over at the Church. This will free up activities at the Shed.
- ◆ Wyn and Ted are looking at making Training Videos for the machines. New members will watch these as part of their induction.
- ◆ Maurice & Ken G. have put all the current projects onto a Spread sheet.
- ◆ The BCC Compost team will visit the Garden on Wednesday 2 May.
- ◆ On Saturday morning 19 May we have a Stall at St David's Autumn Fest at Coopers Plains.
- ◆ Please don't put any painted timber or varnished timber through the Drum Sander.

DATES for 2018

Shed B-B-Q & Social Day - last Friday of the month
- next one 25 May

Committee Meetings 3rd Friday each month
May 18

Educational Tour

Come and check out rum! The bus leaves on Wednesday 9 May for the Beenleigh Distillery. Only \$20. See Geoff.

PUNJAB AIRLINES

Balli Singh's son Karendeep was very happy to receive one of the few models he did not have.



Let's talk about money!



Sylvain dropped in during April to get our help. QUT researchers are seeking couples aged 60-89 to take part in a study on financial decision making. They begin with a 30 minute phone survey per couple. Phone 3138 3292 from 9 a.m. to 5 p.m. Monday to Friday or email seniorsresearch@qut.edu.au

One More Candle On The Cake!

On MAY 8th - Mukhtiar S. 13th - Thomas F., Tom T.
15th - James B. 19th - Cliff D. 25th - Terry B.
26th - Ted S. 28th - Roberto D. 29th - Shaun K.

Bread is like the sun. It rises in the yeast and sets in the waist.

You should always give 100% -unless you're giving blood.

New Faces



Jon A.

Hobbies: Motorbike Restoration

Recent Holiday: Traralgon, Vic.

Previous Job: Maintenance Fitter

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