

# Sunnybank District Community Men's Shed Inc:

Website : [www.sunnybankshed.org](http://www.sunnybankshed.org)

*Men in Sheds, building communities, working shoulder to shoulder*

## Shed News



July 2018

### WHAT'S HAPPENING (BE INFORMED)

June and July can be hectic for some members. End of financial year accounts, stocktaking, odd jobs around home, tax office compliance, readying the garden for a burst of summer colour, plus a myriad of other activities. The list goes on.

When asked by our publicity officer to facilitate the July newsletter, a desktop publishing application was called for.

This open source app lacks a few features one would expect with similar shareware apps, nevertheless, I'm sure Sheddies will agree that it's more than adequate for our requirements.

With so many newsworthy activities going on at this time, the July edition has grown to twice its normal size. ~ Colin C.

### IMPORTANT DATES TO REMEMBER

The Committee meets on the third Friday of each month.

**PLEASE NOTE** - July meeting scheduled for 8am. Friday 20th. Next Social Day & BBQ is on the 27th. Be there or be square.

### COMMITTEE REPORT

1. A photograph for ID purposes is to be established in the membership database. If a particular member (not well known) is being discussed in committee deliberations, it is anticipated that a photo will help identify the person.

2. The purchase of a new 48 inch HD TV has been approved for video workshop skills training intentions.

3. The committee would like to canvas support from members apropos ideas for a new Shed logo to replace the existing one

4. Membership numbers are rising, they are now around 86

5. Current building program is progressing according to plan

6. The committee has agreed to be in partnership with the Rustic Pathways Project, they have 60 boys from Brisbane Grammar School in year 10, heading over to Cambodia in September to participate in a community service project where they plan to help locals build houses.

It is hoped that some boys will be given a few basic trade skills, how to hold a hammer, hit a nail, use a hand saw, etc:

7. The Shed has started to manufacture special computing desks for students sponsored by TADQ (Technical Aid for the Disabled. Qld) to improve the quality of life for their pupils with a physical disability!

### SHED OPENING TIMES (BE A SUPPORTER)

On 22nd June, Chairman Des advised members by email of the Committee's decision to consider extending opening days to include Thursday and Saturday, also if justified, close the Shed later on some weekdays.

The significant point here is that there's no better time than right now to write your ideas down on paper and talk them over with Des. The Committee is able to organise extending days and times if there is ample support by all members!

### NEW MEMBER

### (BE WELCOMED)

#### My Name

Doug Sawyer

#### Current / Previous Occupation

Advertising Executive

#### Spare Time Interests

Oil painting. Listening to Jazz  
Reading crime fiction

#### Recent Vacation

Touring NSW mid coast



### MICHAEL TO THE RESCUE

Mike is expertly welding a metal collar to repair an old rusty steel post holding up the front balcony at the home of a Shed member!

### SPECIAL PROJECT FOR AUTISM QLD



Photographed in the Shed workshop, Jeff K & Ted S are cutting out & putting together 2 delightful children's tables, each with 4 chairs. An extra 6 spare chairs are needed too for the boys & girls at Autism Qld

### BIRTHDAY GREETINGS (BE CONGRATULATED)

JULY : 13th - Graham M and Ken O 15th - Col H  
22nd - George D 27th - Con J 31st - Keith V



**Mr. Neville Kerr** is a StrokeSafe Ambassador & stroke survivor. Neville cordially accepted an invitation to be our **guest speaker in May**. His topic "The signs of stroke & how to recover" gave members a comprehensive account

on how to recognise & respond if they happen to witness someone experiencing early onset stroke symptoms

(Think F.A.S.T. act fast dial 000)

The speaker spoke at length on stroke prevention, treatment, recovery, support, resources, referrals & where to find other information.

At the conclusion of his speech he handed out various brochures & "What is your stroke risk" fridge magnets.

Neville's talk was well received by all who listened to the discussion!



## HIPPITY HIP HOORAY (BE A WINNER)



Wednesday morning 6th of June, Duncan Pegg MP presented the Shed with a "Stretton Qld Day Community Service Award" for displaying the highest commitment to community in Stretton 😊

## REMOVAL SQUAD (BE ENERGETIC)



Friday afternoon 25th of May, the old office shed was relocated next to the container, making way for two new sheds, each 3 by 3 metres, (one for the office & the other for general utility purposes). The new sheds will be set up & fitted out where the old office was previously positioned!

## THE NEW BUILDING (LIKE THE MEN'S SHED ORGANISATION) IS BUILT ON A STRONG FOUNDATION



Wednesday 13th June 9.30am. A worker is hurrying to finish constructing formwork for the new sheds!



At 12 noon a ready mixed concrete truck arrived on site to unload cement for the floor slab, it was then levelled to a smooth finish

A concrete step was fabricated for the old office as well as in front of the storage container!





The State Library of Qld (SLQ) has created a "Creative Community Computer" (CCC) series of training programs. The series are actually workshops where participants get hands-on, real world experience with stripping down & taking apart a computer, breaking it, & fixing hardware problems. The CCC training program assumes that students have no prior knowledge of computer hardware, it begins with the basics of computer software, using clear simple language. A student gets to create their own custom-built computer operating system, using free software which they select & install themselves. At the end of the series, participants will have the skill & knowledge to not only repair & upgrade everything inside the desktop computer given to them for the training programs, they get keep it & take it home, absolutely free. Two groups are currently undertaking a CCC training program series facilitated by our own Sunnybank Shed member Alan D. Smiling faces in the two photos indicates how much satisfaction the Creative Community Computer series is generating!

Friday 15th June. **Ladies from the Uniting Church Friday Craft Group** invited Shed members to their charity craft sale and morning tea to raise funds for cancer research.



Our Chairman was informed later that \$1470. 60 was raised

The fund raising event will be held around the same time next year!

## 2018 - 2019 MEMBERSHIP FEES "STAND & DELIVER"

Members annual subscription for this financial year is now due. Fee **\$40.00**.

NOTE. NO INCREASE FROM LAST YEAR

Members unable to pay promptly are urged to discuss other options with the Treasurer!



## JUNE GUEST SPEAKER - ROSLYN BROOM - TOPIC: MEALS ON WHEELS IN OUR COMMUNITY



The Queensland division of Meals on Wheels is an iconic Not for Profit organisation that has been bringing local communities together for more than 60 years. The 15,000 volunteers who make Meals on Wheels possible, deliver 2 million meals a year to more than 10,000 people across the state with a wide variety of support needs.

People of all ages; seniors, a person with a disability, recovering after hospitalisation, a major illness or surgery, a carer, or needing assistance due to special circumstances.

The local Meals on Wheels has been in operation 46 years. It offers much more than a food delivery run offering just a meal, it's a service, run by volunteers, bringing a sense of security to their clients through visiting them on a daily basis, (excluding week-ends and public holidays).

Dedicated volunteers deliver meals in all weather regardless of rain, wind, heat, or winter chill. Because they don't leave meals in an esky at the front door, volunteers are in a unique position, in an unobtrusive way of course, to check on their clients well being & where necessary contact a family member or other nominated person if a client needs help.

Meals are cooked fresh daily by a qualified chef. Clients have a choice of two daily menus. Suburbs serviced by Sunnybank/Salisbury Meals on Wheels stretches from Salisbury down to Underwood and Sunnybank across to Parkinson, plus all retirement villages.

Expressions of interest for more volunteers is keenly sought! **Our very special thanks Roslyn**



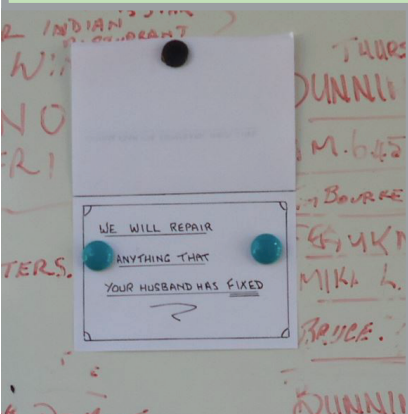


We were delighted to greet Mark when he dropped by recently to have morning tea & a chat at the Shed. He has been a SDCMS member for close to five years. Mark is steadily recovering from a haemorrhagic stroke!

### MORNING TEA/COFFEE BREAK AREA ROCK AND ROLL DANCE FLOOR.



### MESSAGE ON NOTICE BOARD FOR SPOUSES



The Sunnybank Men's Shed EOFY special offer has been extended

**"WE WILL REPAIR ANYTHING THAT YOUR HUSBAND HAS FIXED"**



**Bunnings** recently had a volunteer night to update various groups about changes to their BBQ policy. Their Rocklea store **thanked the Shed** for our generous reciprocal support!



**THREE WISE SHEDDERS CREED**  
**SEE NO EVIL**  
**HEAR NO EVIL**  
**TALK BOLLOCKS**

This whimsical cartoon drawing has an important message for all Sheddies. Please.....talk to your doctor about getting a regular prostate cancer screening test

### HAVE A LAUGH (BE SMILING)

June was lying in bed one night. Larry was falling asleep, but June was in a romantic mood and wanted to talk. She said: "You used to hold my hand when we were courting." Wearily he reached across, held her hand for a second and tried to get back to sleep. A few moments later she said: "Then you used to kiss me." Mildly irritated, Larry reached across, gave her a peck on the cheek and settled down to sleep. One minute later she said: "Then you used to bite my neck." Angrily, Larry threw back the bed clothes & got out of bed. "Where are you going?" June asked. "To get my teeth!"

### FIVE RULES FOR MEN TO FOLLOW FOR A HAPPY LIFE

Here are the Five Rules for Men to Follow for a Happy Life that Russell J. Larsen had inscribed on his tombstone in Logan, Utah.

1. It's important to have a woman who helps at home, cooks from time to time, cleans up, and has a job.
2. It's important to have a woman who can make you laugh.
3. It's important to have a woman who you can trust, and doesn't lie to you.
4. It's important to have a woman who is good in bed, and likes to be with you.
5. It's very, very important that these four women do not know each other or you could end up dead like me!

SDCMS Shed News edited this month by Colin Calvert, with Scribus 1.4.6 & Photoshop free version CS2, for Ken Tedford - Sunnybank Men's Shed Publicity Officer!



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SUNNYBANK MEN'S SHED IS THE INITIATIVE OF

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