

Sunnybank District Community Men's Shed Inc.

Website : www.sunnybankshed.org

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

Newsletter : AUGUST 2018

It Takes the Whole Village ...

Some people have helped the Shed in the past month.

On Wednesday 18 July Susan and Luke from Sunnybank Private Hospital came along to tell us that they had been baking cupcakes to sell during Men's Health Week in June. They must have sold like hotcakes because Susan presented Mike with a cheque for \$455.

In turn the Shed has been able to help many in our community.

Our boys did a little upgrade on a train set. The residents and staff of Blue Care Sunnybank Hills Carramar Aged Care facility showed their appreciation at a lunch on July 20.

Lu Senituli, the new minister at Sunnybank Uniting Church, had a little difficulty finding a car park close to the Church. We thought we'd lend a hand. After a little bit of sawing, routing, painting and sign-writing by our resident artist, Owen, we had a sign. Des, Maurice and Peter cemented their friendship with Lu. The car park is organised!

Bunnings Rocklea has a large version of this popular game. However some remodelling was needed to make it work better. No worries! The boys got to work on it and also made some new red and blue disks and a supporting frame for it too. At the next Family Fun Night the children will be challenging their parents. We hope you're ready, Mum and Dad!

The Sunnybank/Salisbury Meals On Wheels needed some items to raffle at their Annual Luncheon. We were able to supply them with a Wooden Train and a Chess Board. Some of the proceeds will go towards the annual Christmas Hampers for their clients.

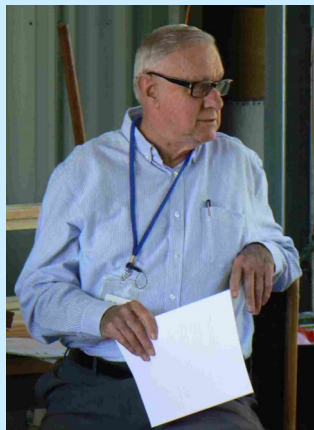


Contacts : Des Broom - Chairman 0407 018 037 Michael Langham - Treasurer 3272 8085
Ken Griggs - Secretary 0478 224 269 Wyn Jones - Shed Manager 0412 043 795
Location : Hillcrest St, Sunnybank Hills - Adjacent to Sunnybank Uniting Church parking area.
Postal Address : Unit 5 / 62 Pinelands Road, Sunnybank Hills. QLD. 4109

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



Beyond Blue



Bryan dropped by on Friday 27 July to share some information about depression with us. Six percent of Australians (1 In 16) experience anxiety and/or depressive disorders. Alarmingly in senior Australians this figure jumps to 15% (1 in 7) . Of the one million people experiencing depression and anxiety disorders 50% go undiagnosed, due to the many barriers associated with mental health transparency.

Bryan began his battle in 1975 . Even though his physical illness improved it took many months for him to seek help for his anxiety and depressive illness. Twelve months of counselling and medication helped him and his family enormously.

Bryan stressed four key points. Depression is not a normal part of aging. Depression is an illness, not a weakness. Depression is treatable. Information and support is available.

Some of the common **risk factors** are: family history and genetics, a history of depression, physical illness, chronic pain and/or disability, PTSD, medication, substance abuse, social isolation, personality and those caring for a loved one.

Signs to look for are **changes in behaviour** e.g. increased drug/ alcohol/sedative use, decreased physical or mental performance, **physical changes** e.g. fatigue and pain, loss of appetite, headaches, and **changes in feelings and thoughts** e.g. loss of interest in activities and people, irritability, feeling overwhelmed or a lack of confidence.

Prevention strategies include asking people, “**Are you OK?**”, a willingness to learn, eating healthily, exercising regularly, getting enough sleep, avoiding harmful levels of alcohol and participating in support organisations like a Men’s Shed.

See beyondblue.org.au



Family Fun Day

Free Entry Runcorn Ward Family Fun Day Sunday 12 August 10a.m.-2 p.m. Williams Park, Ervatamia St., Runcorn.

Gecko’s Wildlife **Free Face Painting** **Sausage Sizzle** **Free Fairy Floss** and much more!

Hip! Hip! Hooray!

Con, one of our long term members of the Shed, turned 80 years young!

We couldn’t let the moment pass without acknowledging the occasion and complimenting him on his many years

of selfless service at barbecues and morning teas.

We look forward to sharing many such cakes with you, Con!



Ha! Ha! Ha!

Police arrested two kids yesterday. One was drinking battery acid, the other was eating fireworks. They charged one and let the other one off.

They were laughing when I told them I’m becoming a stand-up comedian. Well, ha! They’re not laughing now!

Crime in multi-storey car parks - wrong on so many levels. **A few decades ago we had Johnny Cash, Bob Hope and Steve Jobs. Now we have no Hope, no Cash and no Jobs.**

Please don’t let Kevin Bacon die!

If anyone knows how to fix some broken hinges, my door is always open.

Conjunctivitis.com - now that’s a site for sore eyes.

I used to think sticks and stones could break my bones but words could never hurt me, until I fell into a printing press.

Why is Miss Universe always won by people from Earth?

From The Committee

- ⇒ The Christmas Party is set to begin at 12 p.m. on Friday 30 November at Sunnybank Community & Sports Club. More details to follow !
- ⇒ Your dues are due now. Still only \$40 for the year!
- ⇒ Geoff and Colin are working on a new Shed logo. Stay tuned!
- ⇒ We are donating an old drill press and woodworking lathe to Gayndah Men's Shed.
- ⇒ The next Computing Course is about to get under way over at the Church.
- ⇒ Attendance Fees each day are still only \$3. Please remember to place it in the Honesty Box.
- ⇒ Ken G., Geoff & Mike are updating the Constitution.
- ⇒ A Music Group may soon be starting on Saturdays.

Happy Birthday!

On AUGUST 1st - Daryl K. 2nd - Bruce T.
9th - John C., John K. 10th - Ray D. 12th - Bill F.
13th - Oscar S. 19th - Graeme O. 24th - Fred H.

New Faces



Tony P.

Hobbies: Cooking

Recent Holiday: China

Previous Job: Barber

Leon S.

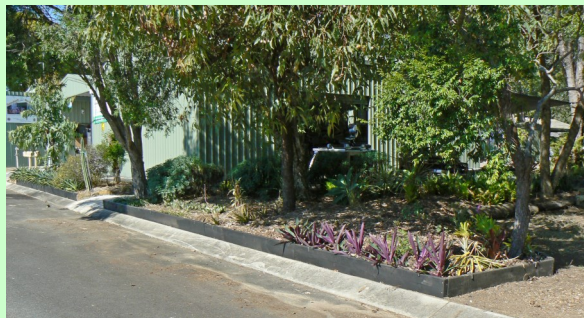
Hobbies: Yoga, Gardening

Recent Holiday: New Zealand

Current Job: Handyman, Martial Arts Instructor

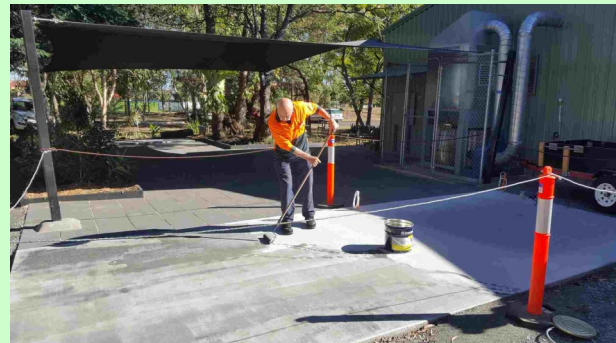


A Tale of Two Sheds



It was the best of times!

We started the week with two concrete slabs laid, the garden edges completed and the morning tea area paved.



Alan set to work sealing the slabs.
Greg and his mate began construction.

We now have two new sheds complete with roller doors, windows, insulation and lining.

The new office and utility room are ready for use.

Finished! Well done, everyone!



DATES for 2018

Shed B-B-Q & Social Day - last Friday of the month
- next one **28 August**

Committee Meetings 3rd Friday each month
August 21

Wanted!

- * Santa Claus for Carramar Aged Care 7 December
- * Rags for Shed
- * Zippo Lighters - Wyn

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