

SUNNYBANK AND DISTRICT COMMUNITY MEN'S SHED

MEN WORKING SHOULDER TO SHOULDER BUILDING COMMUNITIES



SHED NEWS

MAY 2019

We Will Remember Them Lest We Forget



About 40 men were at the Shed on Friday 26 April when Des, Bruce, Geoff, Warwick and Ken led us in a short Commemoration Service for Anzac Day.



EXERCISE RIGHT WEEK | 20 - 26 MAY 2019



This year's theme is "Active Ageing." All Australians need to Move More and Age Better!



Research shows that extra kilos mean a shorter life for men. It's time to start **turning back the clock.**

- 1. First measure your waist.** It should be no bigger than half your height.
- 2. Cut down on alcohol.**
- 3. Use pedal-power.**
- 4. Motivate yourself with this fact.** One study found men who did three 45-minute workouts a week looked younger.
- 5. Take the stairs.** Just taking two flights a day can help shift nearly 3kg in a year.
- 6. Resistance isn't futile.** Try resistance training.
- 7. Make the weights heavy.**
- 8. Warm up.** A weekly sauna could cut the risk of a heart attack for middle-aged men by up to 63 %.
- 9. Time yourself over a mile.** Provided your knees are up to it.
- 10. Do push-ups.** Push-ups can provide the strength to reach out and break a fall, preventing fracture.
- 11. Don't be scared to push yourself.** Provided you have had a medical check-up.
- 12. Eat more protein.**
- 13. Become a swinger.** Golfers with a low handicap live the longest.
- 14. Follow a 4x25 fitness plan.** In middle age, exercise should be four days a week, minimum, and for at least 25 minutes.
- 15. Stretch in front of the TV.** Deep stretching helps to boost blood flow and nutrients to your muscles and skin.
- 16. Add 60-second bursts of effort to a stroll.** Short bursts that leave you breathless can make all the difference.
- 17. Try brick sessions.** Switching from one form of exercise to another within a workout can boost fat-burning.
- 18. Don't worry about running giving you bad knees.** But it is wise to mix high-impact exercise with activities that are kinder to the joints.
- 19. Eat more manly superfoods.** Almonds, broccoli, flaxseed, tomatoes, half a bar a week of dark chocolate, two glasses of unsweetened orange juice a day for a month.
- 20. Recover well.** Don't feel guilty about taking time out to recover.

FUTURE-TECH & WHAT IT MEANS TO BE HUMAN



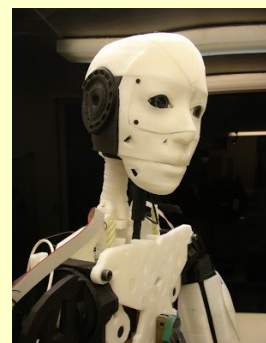
Artificial Intelligence and automation are no longer a pipe-dream or something held in the imagination of SCI FI writers. This is real! Through sheer disruption, future-tech will have our attention. The question is, will it catch you, your family, your vocation, your business and your community off-guard, or will you be prepared for the impact future-tech will have on your way of life?

Check out a 20 minute conversation between

David Tensen and Stuart Cranney at

davidtensen.com.

Stuart has spent years considering, watching and investing in this future space.



From The Committee

- ☞ The next Bunnings BBQ is on Thursday 2 May. Add your name to the White Board if you can help.
- ☞ The Shed is not open on any public holiday.
- ☞ The BCC Grant for Music equipment was not successful. Ron is investigating another avenue.
- ☞ We are purchasing the computer programme Office 365 for our 3 computers in the Office.
- ☞ Buddy Benches have been commissioned by our Federal MP Graham Perrett. These will be placed in a local school. Then children experiencing bullying can take refuge on one and receive assistance from designated children.
- ☞ Alan is preparing a course on how to use the CNC Router. He will pass on knowledge gained over many months to those interested in learning this intriguing and complex machine.
- ☞ Mike is buying some charcoal to fire up the blacksmith forge.

Including the Kitchen Sink

Wyn, Ken and Darryl have remedied the problem of where to wash your hands before Morning Tea. Not content with that, they also built a new (waterproof)



bench and incorporated it into the design. We're always looking for more flat surfaces.

Thanks men!

New Faces



Sharma'arke H.

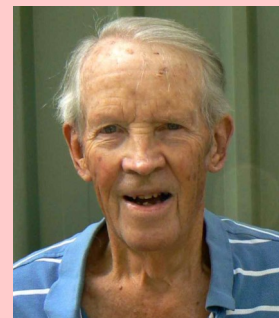
Hobbies: Singing

Previous Job: Meatworker

Richard M.

Hobbies: Playing the Clarinet

Previous Job: Sales Rep. for Pharmaceuticals



New Service



If YOU are looking for free advice, direction or guidance in matters including:
 consumer rights, tenant's rights, neighbour disputes, how to prepare to attend a courtroom or to defend a court case, how to deal with various government departments, how to deal with disputes with local councils or financial institutions, refugee status or applications. Available every second Thursday starting 29 March 9 a.m. to 12 noon. Ph. 3344 1149



DATES for 2019

SHED B-B-Q DAY - \$5 LUNCH
 next one - 31 MAY

Committee Meeting 3RD FRIDAY of the month
 May 17 at 11:30 a.m.



On MAY

3rd - Shu W., 13th - Tom F.

15th - James B., 19th - Cliff D.

25th - Terry B., 26th - Ted A.

28th - Rob D.M.

Contacts : Des Broom - Chairman 0407 018 037

Alan de Beer - Secretary 0417 364 444

Website: www.sunnybankshed.org

Find us on **Facebook** - Sunnybank Men's Shed

Location : Car park area adjacent to Sunnybank Uniting Church, Hillcrest St, Sunnybank Hills

Postal Address : Unit 5 / 62 Pinelands Road, Sunnybank Hills. QLD. 4109

Sunnybank Men's Shed is the initiative of **Sunnybank Uniting Church** and **Sunnybank RSL Sub Branch**

Shed News is printed by the office of **Kim Marx, Councillor for Runcorn**, who proudly supports us.

