



SUNNYBANK DISTRICT COMMUNITY MEN'S SHED

*Men Working Shoulder to Shoulder
Building Communities*

Email:- secretary@sunnybankshed.org

Phone:- 0493 369 198

MAY 2023 SHED NEWS

Presidents Report

Men's sheds have always had a justifiable reputation for helping men at different stages of their lives; whether they are facing social isolation after retirement, the loss of a partner or for personal medical reasons. Our shed supports all men in making new friends and finding a purpose in life. Sunnybank Men's Shed has an organic ethos of welfare that looks after the physical, mental and social wellbeing of members. Simply put shedders look out for their mates – even if they cannot attend the shed. The Sunnybank Men's Shed boasts a membership of 126 members, however our attendance report shows that many members are not attending the shed on a regular basis or have not attend for some months. Therefore it is very important that all members support our welfare officer Dennis O'L in contacting those members who are not attending. We (the committee) need to understand the reasons of non attendance so that we can look at activities or issues to help these members. Monday the 12th June, is the start of Men's Health Week, and we will have a presentation from Queensland Government funded program all about making healthier choices and adopting healthier habits & why men's health matters. The presenter will be Susan from My health for life.

SHED'S SOLAR PV SYSTEM

The solar installation has been in operation for 90 days as of the 24th May 2023.

During the 90 days, the system generated a total of 3727kWh of which 779kWh was used by the Shed and 2948 was fed into the electricity grid.

Shed operations during the last two years have used an average daily consumption of electrical energy of 12.3kWh. In the last 90 days the average daily electrical energy drawn from the grid was 3.67kWh, a saving of 70%.

We are waiting on our first bill from Origin Energy since the system started operation to determine the actual cost savings.

POSITION VACANT!!!!

I am seeking a member, or two, to be our shed photographer and photo librarian and save ALL photos to a central hard drive that we can readily access.

Please contact Geoff C on 0421 376097 or email president@sunnybankshed.org

GUEST SPEAKER

Our guest speaker on Friday 26th May was Shae Miller a clinical nurse from ACP – Community Health Queensland. Shae spoke about the importance of having an Advance Care Plan.

Advance Care Planning is the process of thinking about and communicating your preferences for future health care. Some of the topics covered included;

1. Advance Care Directive
2. Enduring Power of Attorney
3. Statement of Choices

The statewide Office of Advance Care Planning, Qld health is a free and confidential service for ALL Queenslanders to assist with the process of advance care planning.

Contact: 1300007227

FINANCIAL REPORT

Income for April 2023 amounted to \$2,491.

Expenditure was \$2,328. Income included two donations each of \$500 from the local branches of the Commonwealth Bank. The major expenditure was \$1,860 for First Aid and CPR Training. The net profit for the month was \$163.

Attendance fees for April were \$818. The average weekly Shed attendance was 83 members, down considerably from the month of March. Average weekly attendance for the months of March and February were 103 and 98.

Two mini machine tools, a lathe and a milling machine have been donated to the Shed and are being installed in the metalwork shed. They will be added to the asset register, each valued at \$250.

OCCUPATIONAL HEALTH & SAFETY

Extinguishment of a fire

To stop a combustion reaction, one of the three elements of the fire triangle must be removed.

1. Without sufficient heat, a fire cannot begin, and it cannot continue
2. Without fuel, a fire will stop.
3. Without sufficient oxygen, a fire cannot begin, and it cannot continue

A suitable fire extinguisher will cool and/or remove oxygen.

The Mens Shed uses a Dry Powder Extinguisher which separates the oxygen from the fire. Fire extinguisher are located around our sheds, please be aware of their location.

GRANT APPLICATIONS

Grant funds received by SDCMS during June quarter.

- \$500.0 CBA Sunnybank Branch. Expenditure to be determined.
- \$500.0 CBA Sunnybank Hills branch. Expenditure to be determined.
- \$2272.5 Bendigo Bank. Allocated for metal-shed power tools, English Wheel & gas-forge
- \$1000.0 Australia Post. Allocated for Shed multi burner BBQ.

Grant approved-awaiting funds.

- \$2750 Strong Communities Program No 8 (Federal Govt). Allocated for “SMOKO” area chairs.

Sunnybank Shed Birthday Bash.

2023 is the 10th Anniversary of our shed

To celebrate we are holding a Birthday Bash on July 28th at The Sunnybank Community Sports Club, McCullough St Sunnybank.

Commencing at 11.30am

Members \$25 non Members \$30.00

“YOU ARE NOT ALONE”

A Documentary by Peter Waterman

Battling Back 13 - Confronting stories

(inc. Sunnybank Men’s Shed

Date 15 June 2023

Tickets available on line only \$12.50

NOTICE TO ALL MEMBERS

Membership Renewal

Membership renewal is due for all members on July 1st 2023.

Payments can be made to the supervisor by cash or card. Please ensure that you receive a receipt.

SPECIAL GUEST

My health for Life

On Monday the 12th June, the start of Men’s Health Week, there will a presentation at the Sunnybank Men’s Shed. This presentation is a Queensland Government funded program all about making healthier choices and adopting healthier habits & why men’s health matters.

Join shed members and presenter Susan from **My health for life.**

Start 10.30 after morning tea

Cost to members is normal \$3.00 attendance

Sue will also have some handouts and stay to answer any questions

SHED SUPPORTERS

Cr Kim Marx:

Ph 3407 0566

BUG GUY

Ray Ph: 0403456943

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