



SUNNYBANK AND DISTRICT COMMUNITY MEN'S SHED Inc.

*MEN WORKING SHOULDER TO SHOULDER
BUILDING COMMUNITIES*

SEPTEMBER 2023 SHED NEWS

Presidents Report...

It would not be proper for me to assume that I will be President after our AGM later this month, however if no one steps up I may well still be the newsletter editor. This year has thrown up challenges to the committee & I would be telling 'porky pies' to say there were no tense moments during our meetings. However I would sincerely like to thank all members who have supported me during my first year as President. In my opinion we have had a very positive 12 months and celebrated our 10th year in style at the Sunnybank Community & Sports Club. Des Broom was acknowledged and presented with a Life Membership for his outstanding service to our shed

Unfortunately, as at the time of writing this report we have not been successful in signing an agreement with the Uniting Church, however this task is high on my 'to do' list & I will continue to seek a result.

KNOW YOUR COMMITTEE



TREASURER Brian Louis Shepherd.

Born at South Otago, New Zealand to a family where father and two previous generations all worked for NZ Railways. Received primary education during the 1940's at various South Island country schools and secondary education at Timaru Technical College.

After graduating with a degree in electrical engineering from Canterbury University, Brian joined Mt Isa Mines at Mt Isa and subsequently spent a total of 55 years in design, construction and maintenance of mines, associated metallurgical plant and services in Queensland. For the last 20 years, he provided engineering consultancy services to coal mining companies operating in Queensland and East Africa.

Married to Judy. They share some responsibility for 4 married children, 10 grandchildren and 2 great-grandchildren. Other interests include rugby union and singing in a community choir.

Having fancied himself as a competent bush carpenter somewhat frustrated through lack of accurate woodworking machines, he planned and joined the Sunnybank Men's Shed a month after retirement in January 2017.

OCCUPATIONAL HEALTH AND SAFETY

Recently OH&S officer David Lack experienced an event whereby the "Out of Service" tag was removed from machinery without consulting the person authorised (David) and made no attempt to replace/repair the defective equipment. It is essential that any notices placed on equipment are adhered to and when repaired the person responsible for tagging the machine in the first place must be advised.

NOTICE TO ALL MEMBERS

SPECIAL NOTICE

**Visitors attending the shed
are not permitted to carry out
any work in or around the sheds.**

Thank you

By Order of the Shed's Insurance Company.

SHED AGM

**ALL MEMBERS ARE REMINDED THAT OUR
AGM WILL BE HELD ON FRIDAY
22ND SEPTEMBER AT 10.00AM.
IN THE U.C. CHURCH.
ALL POSITIONS WILL BECOME VACANT.
NOMINATIONS ARE NOW CLOSED FOR
COMMITTEE POSITIONS
COFFEE WILL BE SERVED, BACK AT THE
SHED FOLLOWING THE GENERAL
MEETING.**

MEMBERSHIP RENEWAL

MEMBERSHIP RENEWAL FOR 2023/24

is now overdue.

No payment No vote at the AGM.

Payments can be made by cash or card.

Please ensure that you receive a receipt.

VALE JIM KNIGHT

Unfortunately for the second month in a row I must report the loss of another shed member. **Jim Knight** passed away suddenly after a short illness. Our thoughts go out to Jim's family. Jim joined the shed in 2022 and was 80yrs old.

SHED ACTIVITIES

There are a number of projects being under taken at the shed. Maurice M, Glen M and others have



been chipping away at the old garden area in an attempt to clear the accumulated rubbish so we can safely walk and mow.

HEALTH CORNER

The Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke. Using the F.A.S.T. test involves asking these simple questions & observations:

FACE: Check their face, has their mouth drooped?

ARMS: Can they lift both arms

SPEECH: Is their speech slurred?

TIME: Is critical.

If you see any of the above signs **call 000** immediately.

FUNDING FOR MEN'S SHEDS

From an Article appearing in Echo News on August 15, 2023.

In this article, the Ridley Road Men's Shed Bridgeman Downs have been actively involved in creating various items to support the Berghofer Cancer Appeal and Hummingbird House through donations of toys for fundraising Cent Auctions. They've introduced two new items this year: "Pot Plant Dogs," which are lifelike dog-inspired plant holders designed to commemorate beloved pets, available in four breeds; and a "Mum's Washing Holder" inspired by the days when laundry was done manually with wooden wash trolleys.

A total of 131 Men's Sheds will share almost \$670,000 in Australian Government funding to continue supporting the health and wellbeing of their community. Grants of up to \$10,000 are for activities focusing on men's health issues.

CENTENARY MEN'S SHED

Centenary Men's Shed president, Rob Troy has invited members of Sunnybank Men's Shed to visit their shed on Monday 11th September for morning tea and a chat.

These visits are always a good learning opportunity to understand how other sheds tackle problems etc.

If you are interested please contact President Geoff.

MEMBER'S BIRTHDAYS

Dean ALBOANOZ

Paul MICHAELS

Burt BEAUMONT

Danny MIHAILOVIC

Murray DAWSON

Owen PARKER

Levon KADASHIAN

Som PARKESH

John LARME

Frank MAUGHAM

Brian SHEPHERD

I think we should start celebrating members birthdays better than we do, after all we never know if we will make another year. So I propose that the second Friday of each month we will celebrate birthdays of all members born during the month. Cake supplied.

Therefore Fri 15th September is Birthday Friday.

DOUG'S JOKES

Men say women should come with instructions
What's the point of that?

*Have you ever seen a man actually read
the instructions?*

I will be posting telepathically today.

*So if you think of something funny,
that was me.*

I'm afraid for the calendar.

Its days are numbered."

"My wife said I should do lunges to stay in shape.

That would be a big step forward."

"Why do fathers take an extra pair of socks when
they go golfing?"

"In case they get a hole in one!"

"Singing in the shower is fun until you get soap
in your mouth.

Then it's a soap opera."

"What do a tick and the Eiffel Tower have
in common?"

"They're both Paris sites."

"What do you call a fish wearing a bow tie?"

Sofishticated."

"I thought the dryer was shrinking my clothes'.

Turns out it was the refrigerator.

"How does dry skin affect you at work?"

*"You don't have any elbow grease to put
into it."*

"What did the ocean say to the beach?"

Nothing it just waved

QMSA — EVENTS



ZONE CLUSTER MEETING (TOOWOOMBA)

Thursday,
28 September 2023
9:00 am 2:00 pm

At The
Community Baptist Church
(conference room)
100 Glenvale Road,
Harristown, QLD, 4350

CONCESSIONS FOR QLD Seniors

Monday, 9 October 2023

10:30 am — 12:00 pm

Dorrington Men's Shed
250 Banks St, Ashgrove

Emily Gould from Uniting Care will outline what,
where and how seniors can access various government
financial and other concessions.

GUEST SPEAKER



On Friday,
25th August, Senator
Paul Scarr spoke
to almost 50 shed
members about the
"Voice" NO vote.

This followed an ear-
lier presentation from
Graham Perrett MP,
speaking to the
members on the
"Voice" YES vote

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