

Sunbury Men's Shed has been very lucky in Jim Moffat having a good friend who is a master Signwriter. So what better use of Steve's skills than to sign write our Barbecue Trailer? This will be an eye opener at the Bunnings and events sausage sizzles. A BIG Thank you Jim and Steve Farreno. Your work is appreciated by many; I doubt if there is a better Men's Shed trailer in Oz!



# Sunbury Men's Shed Newsletter



*This has surely got to be the best Men's Shed in Australia. It looks like it would have ample parking and the capacity to have all the room to carry on the activities men need like workshops, social meeting areas, commercial kitchen with ample room for meals, computer / recreation room, training room. I commend the Council who has put this together.*

*The Hume Sunbury Men's Shed Committee of management are putting up a case where Hume Council or the State Government would instigate a Feasibility Study.*

*This would involve the Hume Sunbury Men's Shed Members, the Sunbury Community, the Sunbury Business Organisation, the Sunbury Ratepayers' Association and other interested parties such as are looking at our current Hume Global learning project, to look at our needs and Sunbury's projected retired population member numbers. The ultimate aim is to cater for our senior retired men around Sunbury in an appropriate and fair way. What a great solution for the senior men in the Mosman Park community. Well done!*

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*Hand Painted Signwriting, a personal distinctive and custom skill, is becoming a lost art form as it is no longer formally taught.*

*My name is Steve Farren, Signwriter which I have been actively doing for 30 years. I have been privileged to be asked by Jim Moffat, a lifelong friend to sign write/decorate the Sunbury Men's Shed barbecue trailer and I hope the Sheddies will be happy with it.*

*I did a 4 year Apprenticeship at Melbourne College of Decoration, Latrobe Street learning all about paints, lettering, pin-stripping, colours, customer interaction. Practice, practice, practice ... until it became second nature. The old fashioned art of marking*

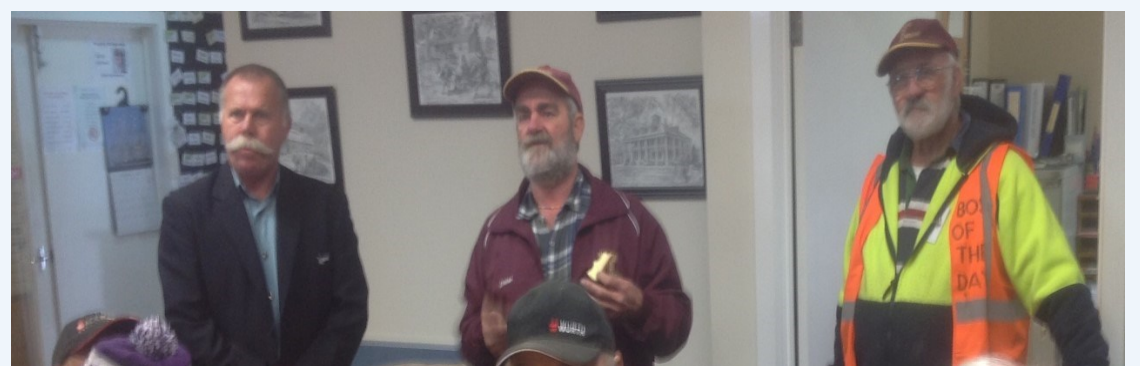
*out signs by chalk pencil then hand painting in all weather and positions has been taken over by computer printed sticker signs, losing that personal unique flavour but with a mass produced market need.*

*Because paint technology is so sophisticated now, painted signs last longer in the elements and look more personal. But maybe I am biased. As a professional signwriter I am also adept at computer-cut vinyl lettering and wide format digital printing of any kind.*

*I am happy to discuss any client needs and provide a free quote for my work at competitive prices.*



Kevin Swaffield our President and Ian Baird, man about the Shed, spent countless hours putting this trailer together then setting it out to carry all our goods to go to Bunnings sizzles and such events. Thank you guys.



Jack Medcraft our Councillor at short notice came to the Shed (thank you Jack) and accepted Dieter's personal presentation of the Pioneer Plaque Signwritten by Steve Farren.

The 40 members present at lunch applauded in appreciation.

We won't forget the Pioneers who set the shed up but I make a prediction that in a few year's time even they will be surprised at the Success of the Shed which they created for Sunbury Senior Men.



*We now have 120 members of which 40 come to lunch on a Friday. It's standing room only for some diners. Nat Perri has negotiated with the Council and we now have access to the Cottage on the property which we may soon be using for lunches and social recreational activities.*



*It's my Birthday this week so Happy Birthday Frank...I'm not modest..*



Sunbury Men's Shed welcomes  
 Jay Dowling  
 Lionel McGuire  
 Welcome aboard Gents

## Shed Issues and Ideas ... If you have any bring them on!

**First Aid Certificates:** Plans are still underway to organise First Aid courses. There are approximately 10 people who are seeking to complete the course.

**Plasma cutter.** As part of the Vic Government Grant we have purchased a plasma cutter for the sheetmetal men and anyone who is interested to cut metal including profiles of anything imaginable. Examples in pictures below. First job is to make some letterings for the Shed.

**Steve Farren has signwritten our Barbeque trailer** and it has come up a treat. Thanks Steve. This will be an icon around Sunbury and the envy of Men's Sheds everywhere.

**Fox Classic Car Museum** . Another session for members to visit the Fox Museum has been organised by Alan Dwyer, a volunteer at the Museum. Special admission to our members is \$5.00.

**Bunnings request to the Shed** On 1 September, the day before Fathers Day this year, Bunnings asked the Shed members to perform a toy assembly exercise *similar to what we did a couple of years ago*. The Shed members make "kits" of a car and a truck, pre-cut, pre-drilled with jigs to make sure they can be assembled accurately. The children "make" the toys with the help of "Sheddies". This year we are also going to have a "kit" for a small tool box that is ideal to give Dad to carry tools around in when doing minor repairs around the house.

**The Shed needs to be represented at more Field days** like SunFest and markets.

**Our Shed has been requested by the Victorian Men's Shed Association to host the next NW Region Men's Shed meeting.** We have also been requested to develop an OH&S schedule, procedure and policy for all Sheds in Victoria.

**The Shed is working towards having a preferred buyer list** based on economy and other considerations.

**Sick members to be identified and contacted on a regular basis.** We are looking at asking wives or next of kin to advise the Shed if a member is sick and going to be away for any length of time.

**Shed Shirts and Hats.** This issue is being investigated with a view to seeking sponsorship or a discount. A list will be placed on the Notice Board for interested members.

**Our Security System** is being upgraded to high quality cameras and lighting. Members will install them and Calco will integrate them into our present system and commission them.

**The Members are now permitted to use the Cottage** anytime with the proviso that we vacate it if it is booked at any time.

**The Shed now comes under the auspices of the Environment Department** of the Hume Council



*The Sunbury Men's Shed Committee discussed the issue of members who are away due to illness. We ask partners, wives or friends of these members to please advise us if someone is sick or in hospital. Unfortunately, we sometimes don't know the real reason and figure they may just be on holiday. Please don't hesitate to call 9740 2912 if you know anyone who falls into this category.*

### **A Sunbury Community Men's**

### **Health Representative** recently

*came to give us a talk on the benefits of men in their senior years exercising in a safe, non-competitive environment under the supervision of Sunbury Community Health Staff. Barry regularly attends and recommends it. The benefits of regular physical activity for our health and well being have long been established. It easily surpasses the effectiveness of any drugs or other medical treatment. Program Information Day Thursday 9:30-10:30 am, Cost \$5. Venue Physiotherapy Gym Sunbury Community Health 12 -28 Macedon Street Sunbury. Andrew (in podiatry) or George (in physiotherapy) via reception \*\*phone 9744*



We have come a long way from cutting timber with elbow grease and with the Vic Government Grant, the Shed has progressed to purchase a much needed 12" bench saw. Our trusty electrician, Kevin Wood, has wired it up. The Shed has been rearranged to accommodate it and with a bit of training, members will be let loose to use it for our timber projects.



Peter and Andy testing the new saw



Bill....turning wood



Gordon and Geoff...being themselves



Fred making tables ...

# Interest Corner



We need these on our Committee



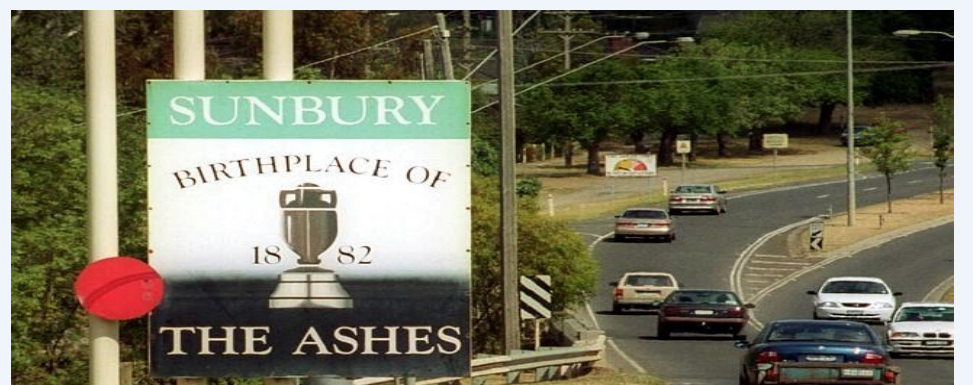
First we had a Falcon in a tree now we have a tree out of a Holden FJ.  
All starts from a small twig. In a front yard in SA.



Next holiday destination ... Chinese style ... beats going to Rosebud.

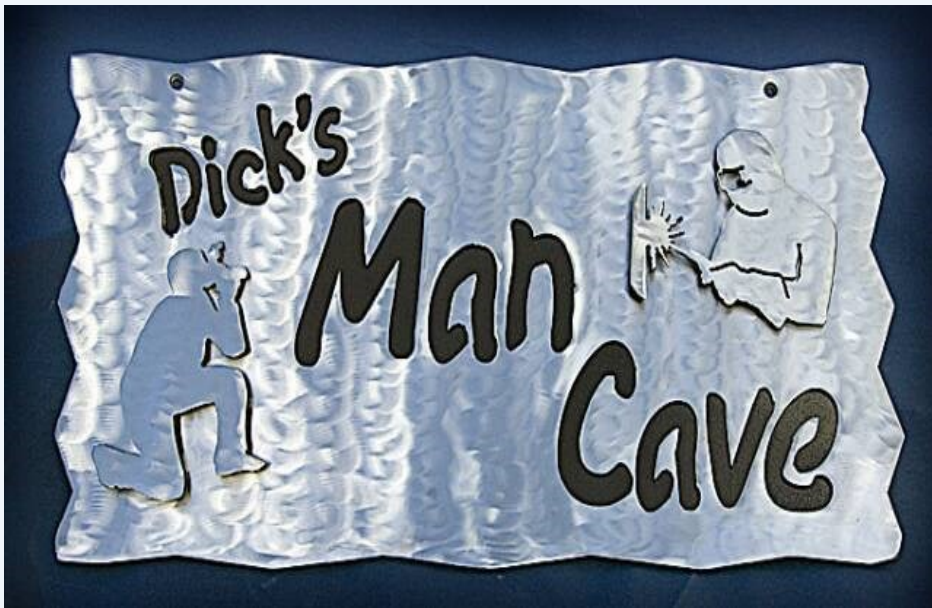


Men's Shed Embroidery needs...One Stop...





Plasma Cutter ... We have taken delivery of the Plasma Cutter from the Vic Government Grant and now we can start using it to display our artistic skills. Plasma cutting is used to make many silhouettes or cutting metal.



Billy Macumber panel beating Garry's Merc



Kevin Swaffield doing what Presidents do...everything



Rod Jackson milling our vice



Leon Bacarella and Graeme Gibbs pretending to garden





# SUNBURY LADIES SHED



At a recent Bunnings' trade evening, our Shed was invited to show some of our handiwork and discuss Shed matters with anyone who showed any interest. Quite a few ladies approached us and asked about our Shed. Dieter took the initiative to obtain a list of names and email addresses of the ladies. John Hunter followed through with this on contacting the ladies and as a consequence, this week we held an evening at the Shed for those interested ladies. Anne Potter our Councillor was also good enough to attend. Ideas were raised and discussed on how

they could start up their own Shed. John Hunter has advised that the other Sunbury Men's Shed has been approached and is presently in discussion with the view of the ladies sharing its venue and arrangements. We could soon have a group of Ladies partaking in the other shed's activities which has been so beneficial to 120 men from Sunbury.



Ladies in search of a Shed



Bunnings Trade night

Bunnings trade night



Kiel Maslen and Kath are happy to announce the birth of Joshua. Bring him to the Shed Kiel...it is never too early



These Newsletters are printed at our State Member for Sunbury, Josh Bull's office and gratefully received as a Community Service

