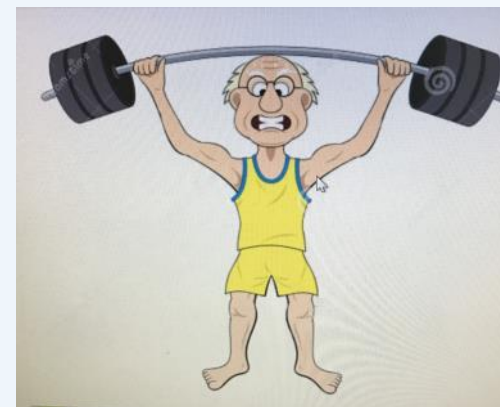


Men's health also embraces exercise and this month Alan Demirtel of Footscray Football Club fame has encouraged Sunbury Men's Shed members to attend the free exercise classes which have been enthusiastically taken up



Sunbury Men's Shed Newsletter

Issue no 15

Shed Chatter

February 2017

Men's Exercise Program



Alan Demirtel from the Footscray Football Club giving a health awareness talk and inviting Sheddies to a free health exercise program.

SONS OF THE WEST
PRESEASON
2017

Sunbury
Every Thursday night from 16 February to 20 April, 7pm-8:30pm
Goonawarra Primary School, 3-6 Gullane Drive, Sunbury 3429

sonsofthewest.org.au
@sonsofthewest /W3sonsofthewest /sonsofthewest

Community **SONS OF THE WEST**

Proudly brought to you by
Sunbury **VICTORIA** **VicHealth** **phn** **water gardens**



March Birthday Celebrations



It's wheat free—dairy free, fat free, nut free, sugar free and salt free...enjoy !

March Birthday Celebrations

Jack Edwards	1st
Pat Staub	11th
Steve Mandalios	14th
Dale Wilkes	15th
Peter Curtis	21st
Jason Toner	22nd
Harry Noakes	23rd
Don Edwards	25th
Tony Hill	29th
Ang Micalfeff	30th



New Member



Sunbury Men's Shed

David Balfour

Welcome Aboard!



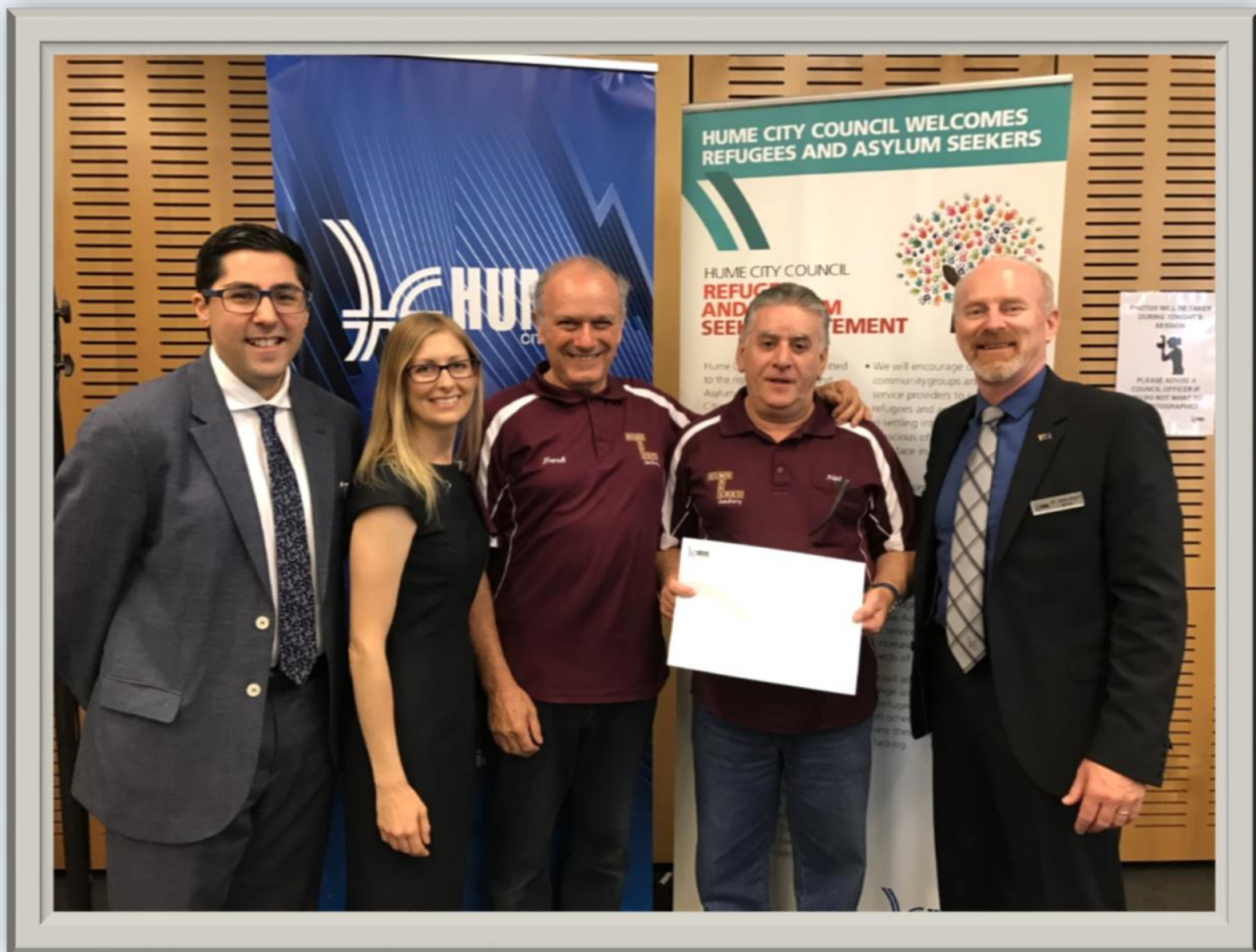
Where has our Secretary gone? Sailing the high seas. Enjoy a good break John and Helen.



Hume Council Grant Presentation



Anne Potter - Deputy Mayor, Nat Perri, Frank Zambello and Cr Leigh Johnson



Councillor Joseph Haweil, Cr Jodi Jackson and Cr Drew Jessop, Mayor
Presentation was for \$1,000 towards our new Shed Member Management system.



Friday Lunches

Sorry Everyone. After a profit and loss briefing on our finances and considering we need to pay more for shed extensions, it has now deemed necessary to go back to paying \$5 for lunches and includes KFC but also takes into account our tea and coffee. Wood Pizza oven is also on hold.



EDITORS CORNER

Our Men's Shed is still waiting on permission from Council to progress with the Shed extension. We applied to the Victorian Government for a \$30,000 Grant. Council had given us the go ahead for the project subject to planning approval. Planning approval has been denied because of our limited parking situation. Nat Perri went to a lot of trouble to provide Council with several parking options within our Shed boundaries as well as around the corner from the Sunbury Storage facility. We have not heard back from Council so will now pursue this matter. Owing to the delay, the price of the project has increased by \$2,000 which our shed now has to fund. This will no doubt rise again the longer it takes for us to place a firm order for the Shed extension.

On Wednesday 8 February, Nat Perri the Shed Grant's Coordinator and I attended the Hume City Council Community Grant presentation held at the Craigieburn Learning Centre. We submitted a grant application for \$2,000 to cover the cost of a member management system e.g. membership cards for the Shed and sponsorship use, with a printer and bar code reader.

We received half the amount we initially requested, This now means that the Shed will need to raise the balance of funds to be able to purchase all the equipment –our objective is to have the new Membership cards ready to roll out start of the New Financial Year i.e. 1 July 2017.

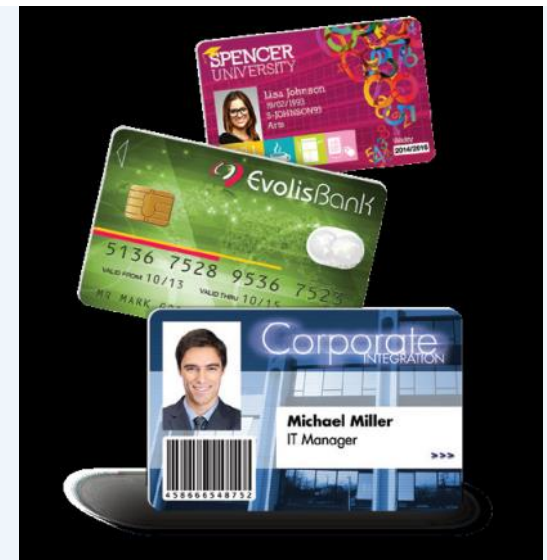


Our Newsletters and promotional pamphlets are printed at our State Member for Sunbury, Josh Bull's office and Cartridge World Sunbury and gratefully received as a Community Service



Sunbury Shed Member Management System

We have applied for and gained a Hume City Council grant for a Member Management System. What's that you ask? It is a piece of software which allows us to enter all the member information including a photo which we will print on a card with a special printer. It will contain a barcode which will allow us to swipe a card and it will log attendances and departures. . . Meanwhile, it will document your status as a Committee member or for example, someone who has completed a First Aid course, a metal/woodwork approved qualification. It will add sponsors on the back of your card where you will be able to obtain discounts from participating retailers and businesses in Sunbury. We will be purchasing this from Cartridge World in Sunbury who is one of our current sponsors. We are still sourcing the equipment so pictures are just indicative.



Joke Joyce



Kevin our OH&S guru gave us a Workshop OH&S refresher course and said we should always be on the alert ...not like this driver.

Shed Management Team

Shed Management

President Kevin Swaffield

Vice President Ian Lupson

Secretary John Hunter

Treasurer Stan Rasanayagam

Committee

Peter Wilkinson, Dieter Jankovic

Mike Newman, Rod Jackson

John Staines, Frank Zambello

Website Management

Alan Beck, Frank Zambello

Sponsorship Manager Jim Moffat

Grants and W.F.D. Supervisor.. Nat Perri

Website www.sunburymensshed.com

Defibrillator Demonstration



An attentive crowd learning about CPR and to use the defibrillator



Graham on the floor demonstrating

Shed Personalities



Stan, Leon and Russel happy as usual ...



Peter is busy everywhere



Nat keeping an eye on things



Kevin, Ian, Reverend Milton, Billy, Dieter, Frank at Jacksons Hill staking a claim



Billy making wooden toys and Jimmy Moffat...making his presence felt



Shed Issues and Committee

Hume Sunbury Men's Shed is still

waiting on Council to provide guidance with how we are to progress with our required extension. Nat Perri has provided options for parking within our boundary and outside and Scott Trembath on behalf of the Council is dealing with it. Scott visited the Shed on 18 January, discussed our current status, was shown the parking issues and options and will report back. We are still waiting for Scott to come back to us with the Council's position.

A Sunbury Men's Shed Sponsorship Package is being put together by Jim Moffatt and Frank Zambello to foster new sponsorship but also servicing present sponsors through advertising in our Newsletter, website and membership cards. Ongoing

Friday lunches have been reverted to \$5 as the Committee deemed finances are not as good as we had determined, tea and coffee needs to be taken into account as well.

SunFest have requested Sunbury Men's Shed assemble the dance floor once more as well as assemble some marquees for the coming festival for which they will provide us with a grant like last year. We have 2 stalls booked for the Festival this year where we will display photos of our old Shed and new Shed along with some of our wares. We need some hands to install the floor and to man the stall on the Saturday to have questions answered from the public and prospective members.

An Invitation will be sent to the Mayor to visit our Shed.

A letter to be sent to Council to request a progress report on the Shed extension parking situation.

John Hunter will be away for the next 3 weeks and Frank Zambello will be Acting Secretary.

SunFest fair is coming up from Friday 18th March and we will be needing help to set up the dance floor and marquees just like last year and we will have some more fun.

Kevin Swaffield will be holding an initial Induction OH&S Course on Tuesday 14th.

Bunnings Sausage Sizzle on Monday 13th is an opportunity to mix it with our Sheddies, meet the public and make some money for the Shed. Please consider giving 2 hours of your time for a worthy cause.



Shed Sponsorship



Hume Sunbury Men's Shed is putting together a Sponsorship Program.

Businesses who contribute to our functioning are a necessary requirement and for our part we will acknowledge, advertise and encourage our Members to foster the businesses. We are also gathering participating parties who will provide our Members with a discount on production of our soon to be implemented identity card. Ongoing.



CONTACT US TODAY (03) 9740 6511



Men on Ladders



Rob and Russell making a home for our Sand Blasting machine and Steve just looking beautiful.



Billy up to his old tricks fixing dents whilst the crowd looks on and gives advice `



Gordon, Fred, Peter, Lloyd, John, Bill and Arnold

Dr. Chris Hogan...GP.be prepared

* **Pick a GP** with whom you can effectively communicate (you know and understand them and they know and understand you) and see them regularly- twice a year at least at our age but away from school holidays and flu season! Sometimes you need to be seen more often.

* Have your regular immunisations especially influenza - they really make a difference .

* **Ask your GP for a print out of an UP TO DATE** summary of your medical history including contact details, previous adverse drug reactions and current medications- if any, also previous immunisations. This is usually a 2 page document. Either get multiple copies to keep in your wallet, car and medicine cabinet or keep a photo or file on your mobile phone. When I have been ill enough to call an ambulance I can scarcely remember my address let alone my medical conditions or treatments.

I have been handing out these summaries for a while and they have been literally life saving on many occasions for my patients.

* **Learn as much as you can about your health** conditions and keep learning. Modern medicine relies on the patient doing so much for themselves. Another professor told me "*The patient treats themselves and the doctor is just their advisor*". Why keep learning? Because diagnosis , management and treatment changes. Where do you get your information? Ask your doctor- they can direct you to suitable sources Health insurance for hospital is a good idea - if you can afford it

Have a will that is up to date and appoint an executor who will deal with your wishes when you are dead

When you make a will also appoint an Enduring Power of Attorney for Medical and Financial issue. This is different from an executor and is someone whom you trust to carry out your wishes if you are incapacitated. My executor is well aware that if I am permanently incapacitated I do not want treatment that will needlessly prolong my life. All I ask for is adequate pain relief- as one of my professors said "*Better to go into the next world floating on a sea of morphine rather than lying on a bed of nails*".

I am also an organ donor "*Why take your organs to Heaven? Heaven knows we need them here*"

Preplan and prepay your funeral; plan a service if you want one. I have had to organise too many funerals for family and friends; it was hard to guess what they wanted if they had not been specific.

Many of you have asked me about euthanasia- that is your business. I have never considered it useful or needed when a person has appointed an Enduring Power of Attorney and instructed them adequately

If you have not appointed an Enduring Power of Attorney , hospitals will feel compelled to keep you alive as long as possible- for me there are worse things than death.

Chris Hogan

Thank you for this very informative article Chris. We are always learning and sometimes need to be reminded of important things we overlook. Frank.

Moved a Shed to the Sunbury Heights Primary School



A member's friend passed away and his wife offered a garden shed to the Sunbury Men's Shed. When no takers were found, a call to Lynne at Bunnings revealed a need for a shed at the Sunbury Heights Primary School so Ian and Bobby Barker set about moving it and a win-win was achieved.

Companions Wanted. Ads for Single Senior Citizens are interesting at times

FOXY LADY :

Sexy, fashion-conscious blue-haired beauty, 80's, slim, 5'4' (used to be 5'6'), Searching for sharp-looking, sharp-dressing companion. Matching white shoes and belt a plus.

LONG-TERM COMMITMENT :

Recent widow who has just buried fourth husband, looking for someone to round out a six-unit plot. Dizziness, Fainting, shortness of breath not a problem.

SERENITY NOW

I am into solitude, long walks, sunrises, the ocean, yoga and meditation. If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.

WINNING SMILE

Active grandmother with original teeth seeking a dedicated flossier to share rare steaks, corn on the cob and caramel candy.

BEATLES OR STONES ?

I still like to rock, still like to cruise in my Camaro on Saturday nights and still like to play the guitar. If you were a groovy chick, or are now a groovy hen, let's get together and listen to my eight-track tapes.

MEMORIES :

I can usually remember Monday through Thursday. If you can remember Friday, Saturday and Sunday, let's put our two heads Together.

My favorite...

MINT CONDITION :

Male, 1932 model, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well.

SunFest

CAR & BIKE SHOW 2017



*Sunbury
Victoria*



19th March, Barkly Street Sunbury
10am-5pm Enter From Macedon St

\$10 Entry per Vehicle public Free
All Vehicle Types & Clubs Welcome
Trophie Categories : Best on Show, Top Bike, Best
Paint Work, Best Engine Bay & Most Attention
Trophy Presentations at 1:30pm

Heaps of Entertainment inc The Transformers
BumbleBee Limo, Live Music, Amusements, Stalls
& So Much More



Proudly Supporting

Sunbury & Macedon Ranges Specialist School
& The Good Friday Appeal

**For More Information
go to
www.sunfest.org.au**

