



Our shed Barbecue trailer is like a beacon on Sausage Sizzle days as it stands out and sells our message.

STOP PRESS : The Council Planning Permit has arrived..here comes the extension....we will be able to spread out a bit.



Hume Sunbury Men's Shed Newsletter

Issue no 21

Shed Chatter

August 2017



The day before **Father's Day** was a good opportunity for our Shed to be involved with the Bunnings sausage sizzle. Our guys having a good time, revenue raising for the Shed and letting the community know what we are about. Pamphlets available and questions about the Shed happily answered.. On this cold Sunbury day, the first shift consisted of Ross Paragreen, Albert Mastramico, Andy May and Peter Hobbs.



The second and busy shift had Tony, Lew, Barry and Bill Borchert, then the last shift with Billy, Nat, Geoff and Roy. In between all this Kevin Swaffield was rung several times for mercy missions to supplement the bread and sausages, cut more onions at home and deliver ...in all 888 sausages were cooked and sold.

Shed Details

This Newsletter is produced by Hume Men's Shed (Sunbury) Inc. 158-160 Evans Street Sunbury, 3429, Phone: 03 9740 2912. Email: mensshedsunbury@gmail.com Website: www.sunburymensshed.com

SHED MANAGEMENT

President Kevin Swaffield
Vice President Mike Newman
Secretary John Hunter
Treasurer Stan Rasanayagam
Editor: Frank Zambello

COMMITTEE

Peter Wilkinson, Chris Hogan
Fred Paris, Ted Riley
Ian Lupson, Frank Zambello
Website Management
Alan Beck, Frank Zambello
Sponsorship Manager Jim Moffat
Grants and WFD Supervisor Nat Perri

Member Contributions:

If you have any information that you think Members would be interested in, please contact the Editor and all contributions will be considered.

Advertising/Sponsors

If you are a business that wishes to advertise or promote its service(s) or products, please contact us..

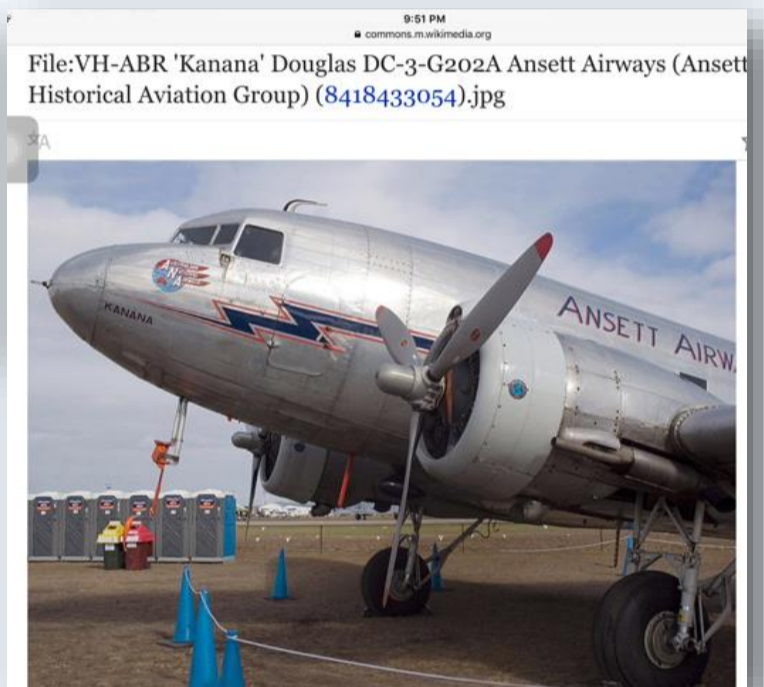
We have a Sponsorship package which may suit you.

Member Business/Sponsorship suggestions are welcome for including on our new Membership cards

Brian Girdwood's interest



More information on this can be found on :<https://www.pacificwrecks.com/aircraft/dc-3/vh-abr.html>



Brian has for several years tested and tagged all our Shed electrical equipment. Not everybody knows that Brian had another interest and that has been helping to restore this 'Kanana' Douglas DC-3-G202A (VH-ABR) Ansett Airways at the Ansett Airways Historical Museum in Tullamarine.



September Birthday Celebrations



Mike Newman Sept 9

Jimmy Moffatt Sept 9

Greg Shoemith Sept 9

Frank Zambello Sept 13

John Bradley Sept 16

Geoff West Sept 20

Stan Rasanayagam Sept 24

Lew Galpin Sept 26

Bob White Sept 29

Peter Naughton Sept 30



Grahame Scutts .



Things we make at the Shed. Kevin was requested to make some spoons and now we can't stop him

Shed Projects



Everyone chipped in to make these benches for a horse riding school for disadvantaged youth organised by Len and delivery was a pleasure for the Sheddies.– Andy, Len, Tony and Darkie.



Grahame Scutts painting up a job for a school.

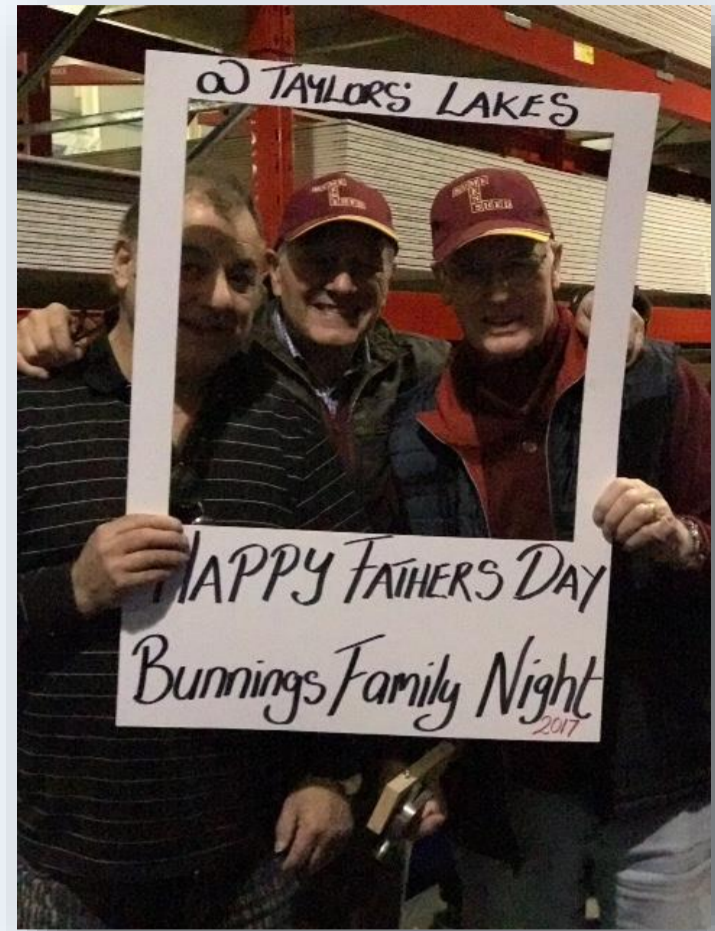


Lloyd has fixed up a broken rocking chair which when returned it's surprised owner earned the Shed a big tip...



The maintenance team give Jimmy's wheeler a grease, oil change and wheel alignment whilst Jimmy waits patiently

Bunnings Father's Day projects at Watergardens



Fred, John Hunter and Frank helped out on the night to make wooden key-holder boards for local kids and it was a great night. Bunnings thanks the Men's Shed by donating a Gift Voucher for our many purchases at Bunnings. Another team was at the Sunbury Store so we are in demand and need to spread ourselves around.



Hume Sunbury Men's Shed Dinner Function



CONTACT US TODAY

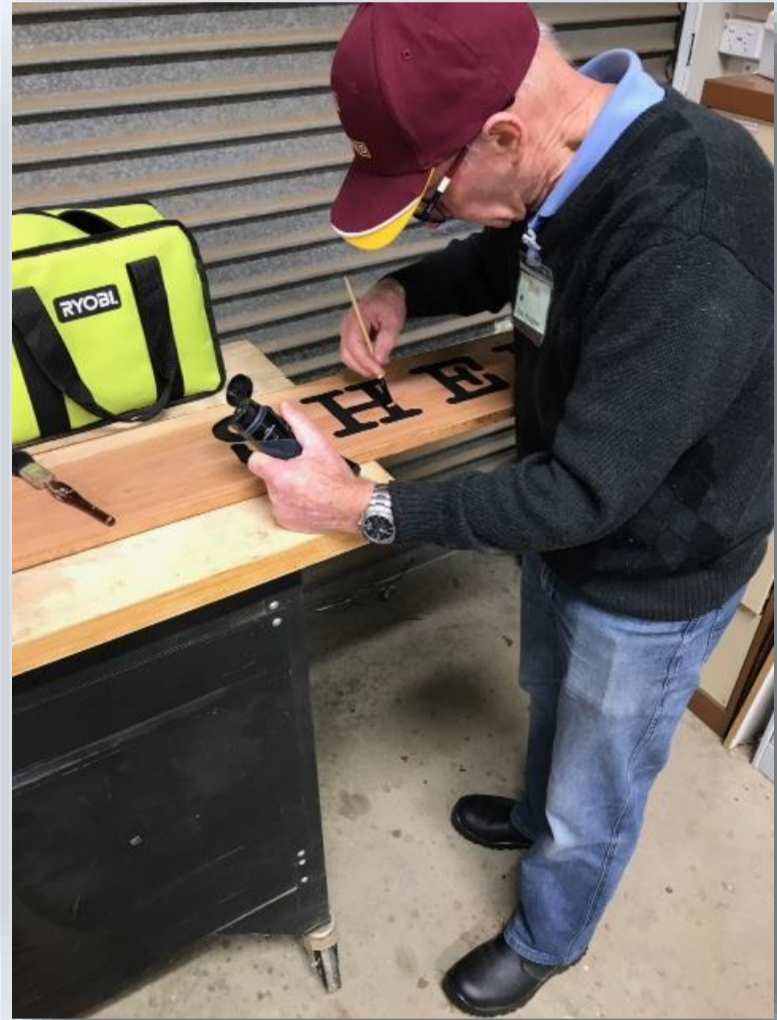
(03) 9740 6511



The night was a success. Members and partners had a great time, used the occasion to meet up and discuss social and Shed happenings.

Thank you Nat for organising the event, Langama Park for the good food and success of the night.

Our Shed Extension sign — ready to display



Ross has done an outstanding job engraving, painting and lacquering the signs. They will no doubt add personality to our new extension. I envy your patience and perseverance Ross.

Shed Issues and Committee Happenings

- **The Shed is planning** a stall at the Gisborne market in Oct and Nov to sell some our wares and maybe some excess tools.
- **The Shed is putting together a Sponsorship package** to enable us to obtain sponsorship from Sunbury Businesses .
- **CFA Hazard sign requirements** for the Shed are being complied with, with appropriate signs being purchased and displayed in prominent spots.
- **Sunbury Streetlight Festival** participation will be investigated with a view to running a sausage sizzle.
- **Shed Media Manager position** to be investigated to encompass the Shed website, Newsletter, Sponsorship and Facebook..
- **Health and Wellbeing information** should be included in our future Newsletters.
- **The workshop dust extraction system to be reviewed** including a redesign if appropriate to make it more effective and the earthing to be investigated to ensure it is functional. A subcommittee was suggested to manage the issue.

NEWS TO HAND THAT WE HAVE RECEIVED THE COUNCIL PLANNING PERMIT FOR OUR SHED EXTENSION SO ALL SYSTEMS GO!



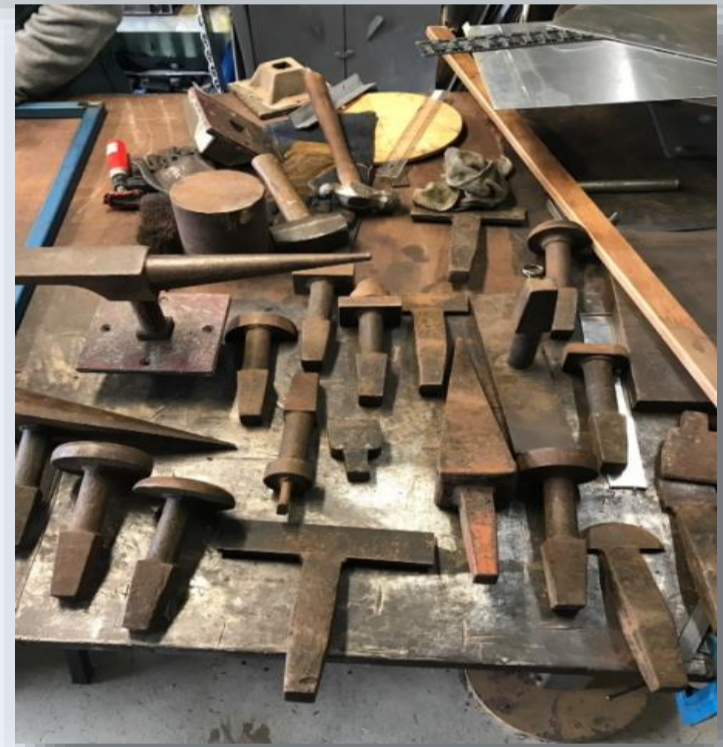
Joke Joyce

Did you hear the one about my friend the blacksmith who gave me his pet dog.

First thing he did was make a bolt for the door.



On the subject of blacksmithing, the Shed is now well equipped with sheetmetal and metal shaping tools from the Sunbury Secondary College tool purchase. These are valuable in a financial sense and also a great addition to our tool stock to give our metal men much flexibility in what we can make.



Why we drink alcohol

'Well you see, Brian, it's like this . . . A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells.

Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine.



Never know who you will meet up with in your travels.

And that, Brian, is why you always feel smarter after a few beers.'

Another Quiz . answer



What is this we ask? Trevor Dunn is making another one so it must be useful!
No one guessed it but this is a pipette to syphon petrol or other fluids from inaccessible spots like a carbie.



Nat's grant for a new thicknesser has come to fruition...thanks Nat. Kevin is on hand with his purpose built trailer and crane to unload which is priceless at a time like this. Rod helping to set up and commission the new machine which will be well used in the Shed. **"Heavy duty" is the way to go.**



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



The Heart of the Matter



If the fuel pump in your car fails, your car stops.

Similarly our heart is a pump, beating an average of 72 times a minute (every minute of our lives). Our heart pumps oxygen and nutrient-rich blood throughout the body, while simultaneously removing the waste products we don't need. When blood flow becomes limited or stopped, the body starts to shut down and without intervention, we're in serious trouble!

Heartbeat Victoria, established in 1984, a not for profit organisation run by volunteers, promotes and establishes peer support groups throughout Victoria for people who have suffered a heart event, their families and carers. Joining a cardiac peer support group which meets monthly gives members an opportunity to share experiences, motivate each other to learn how to improve their heart health, learn and exercise together and most importantly socialise. For more information see

www.heartbeatvictoria.org.au

Heartbeat Victoria Sunbury Branch is coming to Sunbury! An Information Night is to be held on Wednesday 25 October 2017 commencing 6pm at the Goonawarra Community Centre, Dornoch Avenue, Sunbury where the President of Heartbeat Victoria Council Inc. will give a presentation on the benefits of cardiac peer support. Finger food, tea and coffee provided. Please RSVP to Louise Zambello on 0434 400 754 or

louise@heartbeatvictoria.org.au



Editor's note: Yes, Louise is my wife and I've been told that I'm going!

EMERGENCY SUPPORT SERVICES

PERSONAL CRISIS

aged

Carer Information, Support & Emergency Respite 24 hrs 1800 052 222
 Dementia Help 1800 100 500
 Carers Victoria Respite Service
 1800 242 636 / AH 9396 9550
 www.respitenorthandwest.org.au
 Seniors Information 1300 135 090

alcohol & drugs

Al - Anon Family Groups
 Help for Family & Friends of
 Problem Drinkers 1300 25 26 66
 www.al-anon.austeen.org/australia
 Alcohol and Drug
 Counselling 24 Hour & Referral Service 1800 888 235
 Alcoholics Anonymous Help Line 1300 222 222
 Parent Drug Information & Support Help Line
 1300 660 058

child & youth help

ADHD Info (Active Inc) 9650 2570
 Child Protection Crisis Line (24 hrs) 131 278
 Child Protection (Hume)
 1300 664 977 / AH 13 12 78
 Child Protection (Macedon Ranges) 1800 675 598
 Kids Help Line 1800 551 800
 Oxygen Youth Health over 15 years old 1800 888 320
 Royal Children's Mental Health Service
 - under 15 yrs old 1800 445 511



community support

Griefline 1300 845 745
 Griefline - Melbourne Metro (12noon-3am) 9935 7400
 Lifeline 24 Hours 131 114
 PANDA (Post & Ante Natal Depression Ass) 1300 726 306
 Road Trauma Support Team Inc 1300 367 797
 Suicide Line 24 hrs 1300 651 251
 Suicide Call Back Service 1300 659 467
 www.suicidecallbackservice.org.au
 Solace - Victoria
 (Self Help for Bereaved Partners) 6331 1344
 SIDS & Kids - Victoria (Sudden Infant Death) 1300 308 307
 SANE (9am - 6pm)
 (Mental Health Info & Referral) 1800 187 263

family violence

Men's Violence Support & Referral Service 1300 766 491
 Vincent Care Housing 9304 0100
 Western Region Centre Against Sexual Assault
 (WESTCASA) 9687 5811
 Sexual Assault Crisis Line 1800 806 292
 Women's Domestic Violence Crisis Service
 (Refuge-24 Hrs) 9322 3555 / 1800 015 188

gambling

Gambling Anonymous - Victoria 9695 6108
 Gamblers Help Northern 1300 133 445
 Gamblers Help Line 1800 858 858

veterans

Veterans & Veterans Family Counselling Service
 National - 24hrs 1800 011 046

MENTAL HEALTH CONTACTS & SERVICES GUIDE 2016

Beyond Blue

www.beyondblue.org.au T: 1300 224 636

f beyondblue @beyondblue

Carers Victoria

www.carersvictoria.org.au T: 1800 242 636

f Carers Victoria @CarersVictoria

Mensline

www.mensline.org.au T: 1300 789 978

f MensLine Australia @MensLineAus

Mental Health Complaints Commissioner

www.mhcc.vic.gov.au T: 1800 246 054

f Mental Health Complaints Commissioner

@mentalhealthcomplaintscommissioner

Mental Health & Wellbeing

www.mindhealthconnect.org.au

f mindhealthconnect @mindhealthconnect

Mind Australia

www.mindaustralia.org.au T: 1300 286 463

f Mind Australia - supporting mental health

@MindAustralia

Reachout

www.reachout.com

f ReachOut.com Australia @Reach_OutAus

MENTAL HEALTH APPS

Apps sourced from vichealth, headspace, ReachOut, SANE, Black Dog Institute, Mindhealthconnect, beyond blue and Healthline websites.

- Get Some Headspace
- Zenfriend - Meditation Timer & Guided Meditations
- Way of Life - The Ultimate Habit Maker & Breaker
- T2 Mood Tracker ■ The Check-in
- WhatsMyM3 ■ Bipolar Disorder Connect
- Moodytics ■ Black Dog Snapshot
- Smiling Mind ■ ReachOut Worry Time