

Summer is coming and it won't be long now for our new shed extension to take shape. The Shed Company has been given the go ahead to obtain necessary permits and schedule the works. We expect work to commence in the next few weeks.



# Hume Sunbury Men's Shed Newsletter

Issue no 22

Shed Chatter

September 2017



Our Hume Sunbury Shed through Nat Perri won a Grant from Rob Mitchell, Federal Member for McEwen, to purchase a new thicknesser. Our surplus thicknesser has found a home in the Riddells Creek Men's Shed. Our President Kevin Swaffield has shown us how useful his portable crane is on these occasions and to collect the thicknesser was John Hemiak and our ex President Dieter who arranged it all - Neil Harris, Peter Wearne, Laurie Freeman. .



Members are always coming up with innovative projects either to keep or sell on behalf of the Shed. Clock and Barometer mounted on a beautiful piece of timber and golf clubs and balls mounted to make interesting coat hangers..



# 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, Stan Petryk, 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

## Friday Lunches a weekly allure

We never know what we are getting for Friday lunch but it is always interesting. At normal attendance of 30 members, we just fit into our lunch room which will eventually be expanded to cater for about 50.



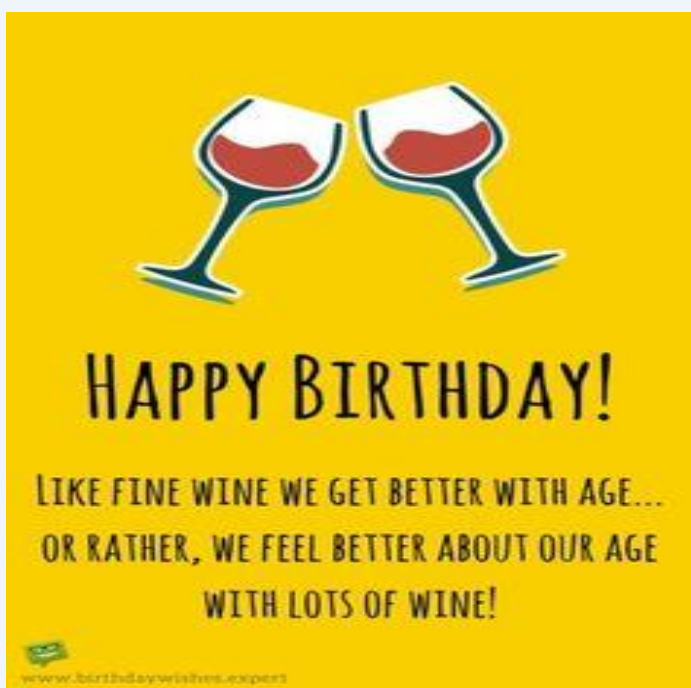
Variety is the spice of life



We all chip in to make it a success



# October Birthday Celebrations



- Barry Kelly 2
- Graeme Simmons 6
- Arnie Sharp 9
- Kevin Dyson 11
- Stan Petryk 13
- Bill Lingam 15
- Brian Girdwood 16
- Ian O'Brien 20
- Keil Maslen 21
- David Balfour 23
- Geoff Fanning 23
- Vic Swain 27
- Albert Mastramico 29
- Karl Woetzel 30



- Peter Shanaghan
- Mick Priest
- Stephen Tyres
- Larry Desmond .





# Sunbury Men's Shed GISBORNE Craft market stall



Members set up a stall at the monthly Gisborne market to sell some of our wares. The day was a success especially this side of Xmas for people to buy Xmas presents...



*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*







Nextra Sunbury Newsagency – 14 Brook Street, Sunbury Vic 3429  
Phone: (03) 9744 1220 | Fax: (03) 9740 9530 |  
Email: [geyers@sunburynewsagency.com.au](mailto:geyers@sunburynewsagency.com.au)



Jenny Carland of the Geyer's Nextra Sunbury Newsagency is our first official Diamond Sponsor .

As well as that, she has donated a Quick Pick for every week of the year for us to give our members. Thank you Jenny.



Every month now we will be awarding a Quick Pick to our stalwart members and Barry was first cab off the rank. Barry is always first to volunteer for the Bunnings Sausage Sizzles and passionately takes care of our vegetable garden.



# Hume Sunbury Men's Shed Xmas Dinner Function



Sunbury Bowling Club Inc trading as



**Sports & Entertainment Centre**

**OPEN 7 DAYS**  
Bistro Open For  
**LUNCH & DINNER**  
**DAILY SPECIALS**  
*A la Carte Menu*



**SPECIAL EVENT CATERING**  
SEPARATE FUNCTION ROOM  
Up to 180 people

- **Weddings** • **Christmas Parties**
- **Corporate Bowls Days** • **Bare Foot Bowls**
- **Birthday Parties** • **Lawn Bowls**

Bowling and Social Memberships Available  
Courtesy Bus - Friday & Saturday Nights (Sunbury Only)

**P: 9744 1211 F: 9744 7956**  
www.clubsunbury.com.au reception@sunbowl.com.au  
49 Riddell Road Sunbury 3429

ABN 94 016627 427 Reg No 3171



**49 Riddell Road**

**Function Room**

(We will be the only ones in the room)

**Date: Wednesday 6<sup>th</sup> December**

**6.00 pm for 6.30pm start**

(Bar will be open at 6.00pm)

Drinks will be available at Bar Prices.

**Meal: Buffet Menu (extensive selection) plus Dessert**

Normal Cost per Person = \$32

To encourage a greater attendance, the Shed Committee has agreed to subsidise \$7 per person

**Cost per Person = \$25**



# Shed Issues and Committee Happenings

- **The Shed is planning** a stall at the Gisborne Market in Oct and Nov to sell some our wares. A portable EFTPOS machine has been arranged for the next three months.
- **The Shed has acquired a Diamond Sponsorship package** from Geyers Nextra Sunbury Newsagency as well as 50 Quick Picks—one each week.
- **Sunbury Streetlight Festival** participation will be investigated but we have been advised a sausage sizzle is run by another party so that opportunity is unavailable but we are looking at other ways of getting involved.
- **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. Ongoing.
- **The Shed through Nat Perri has been successful in winning a Grant** for \$10,000 from Rob Mitchell to fit out the new Shed extension
- **The Shed has decided not to foster the Mentor Drivers Program.**
- **KIWANIS Club in Sunbury is closing down and their Barbecue trailer has been donated to us.** It will be a great asset to the shed. Kevin Swaffield will be picking it up and it will be a used for another few years of Community Services.
- **NEWS TO HAND THAT WE HAVE RECEIVED THE COUNCIL PLANNING PERMIT FOR OUR SHED EXTENSION SO ALL SYSTEMS GO!** Kyneton Shed Company is now organising the Building permit and has commenced fabrication of the structure. All going well we are hoping for it to be completed by Xmas.t



**CONTACT US TODAY** (03) 9740 6511



Health and Human Services





## 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