



This year will be a good one for the Sunbury Sheddies given we are fitting out our new Shed Extension and have a new activities program planned for our members. What a great way of showing the local community what an excellent venue we have created for our older men in Sunbury who are big on comradeship and community involvement.

Happy Australia Day



Hume Sunbury Men's Shed Newsletter

Issue no 26

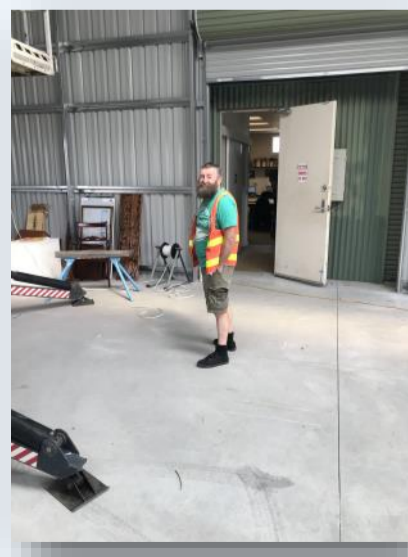
Shed Chatter

January 2018

AUSTRALIA DAY at the Hume SUNBURY MEN'S SHED



Australia Day is a good reason for our men to celebrate and we did it at the Shed. Hip hip hooray!



A photo opportunity wasn't going to stop these two blokes doing their work. Good on you Kevin and Andy.



Shed Details

This Newsletter is produced by Hume Men's Shed (Sunbury) Inc. 158-160 Evans Street, Sunbury

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.

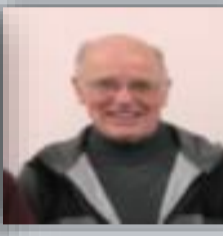
People and Roles

PRESIDENT: mediator, multitasker, countless other tasks: Kevin Swaffield



Vice President, Membership Manager, Assistant Treasurer: Mike Newman

Treasurer: Stan Rasanayagam



Secretary: John Hunter

Editor, Website, Friday meals: Frank Zambello



Garden Area Manager: Barry Burbridge

Woodwork and Community Projects: Manager Peter Wilkinson



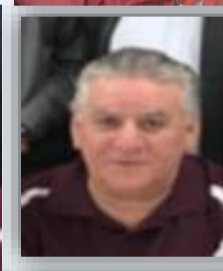
Metal fabricating and welding: Ted Riley

Woodwork and Community projects : Fred Parnis



Electrical maintenance
Kevin Wood

Property maintenance: Dieter Jankovic

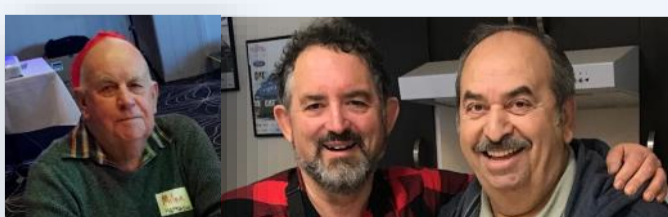


Grants Manager: WFD
consultant: Nat Perri

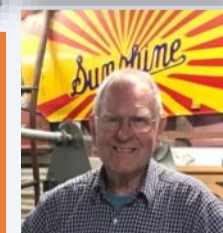
Sponsorship Managers: Jimmy Moffat, Frank Zambello



Special Projects: Ian Lupson



Permanent Sub Committees



Metal fabrication:
Trevor Dunn

Friday Meals: Frank Zambello, Chris Hogan, Milne Matthews, Albert Mastramico..... **Website and Computer management:** Frank Zambello, Allan Beck, Peter Underwood, Stan Petryk

Dear Gentlemen



Thank you so much for welcoming myself and Joanne to the Shed on Wednesday. It was lovely to be able to show her and share the culture and relationships we have built up here in Sunbury.

Regards
Lyn Rayner
Activities Organiser



The Hume **Sunbury Men's Shed** would like to thank Bunnings for it's generous donation of the rock-wool insulation for our new shed extension. It will make all the difference in summer and winter in making our Shed comfortable to be in.

Bunnings pay us a visit



Joanne is the Complex manager at Bunnings in Harlow in the UK. Her visit in Australia was to get the feel for the culture here, so it was fitting for her to visit a Men's Shed in Australia. Lynne, our valued contact from Bunnings in Sunbury thanks all the men for making her feel so welcome. It was a pleasure Lynne.



Joanne being shown our venue and wares as well as meeting the Committee

Hearing tests..at the Shed 12th Feb



"My wife said I don't listen to her. At least I think that's what she said."

Josh Bull making a generous donation to Tullamarine Men's Shed



Tullamarine member's visit Hume Sunbury Men's Shed



The Tullamarine group came to our Shed to see if they could learn anything to help them set up the new Shed.

Welcomed by our President Kevin Swaffield on the left and members were Bobby Stephenson, President of the Tullamarine Shed, Gabriel Bisso, Cheryl Hildebrant, Secretary and also Secretary of the Tullamarine Community House, John Cullen, Phil Calun, Alan Dyer—Past President—and our Ian Lupson.



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 Public Cemetery working bee

Working Bee



Sunbury Public Cemetery will be conducting a WORKING BEE at the Sunbury Cemetery on SATURDAY morning - 17th February 2018 from 9.30am until midday. We are looking for live bodies to help out.



Just a quick note to advise that The Friends of Sunbury Public Cemetery will be conducting a WORKING BEE at the Sunbury Cemetery on SATURDAY morning - 17th February 2018 from 9.30am until midday.

With the support of the Hume Council, we have been active in maintaining the cemetery grounds for a number of years.

The assistance of any of your Members for one or two hours is warmly welcomed at this working bee, in helping us clear rubbish and overgrown bushes near the boundary fence, and any trees that may also overhang the fences.

The garden waste will then be left in large, heaped piles in the cemetery grounds for Council collection.

So feel free to bring garden tools for your own use and hopefully we will see some of your Members on the morning of Saturday 17th February 2018 !

If possible, would you please kindly display this volunteer request on your noticeboard, Facebook wall and/or include it in your newsletter, to help spread the word throughout the community?

If you have any questions please contact Ian Sutherland on 0411 434 764 or Mal Cook on 0419 548 719

Regards from Mal Cook, of the Friends of Sunbury Public Cemetery





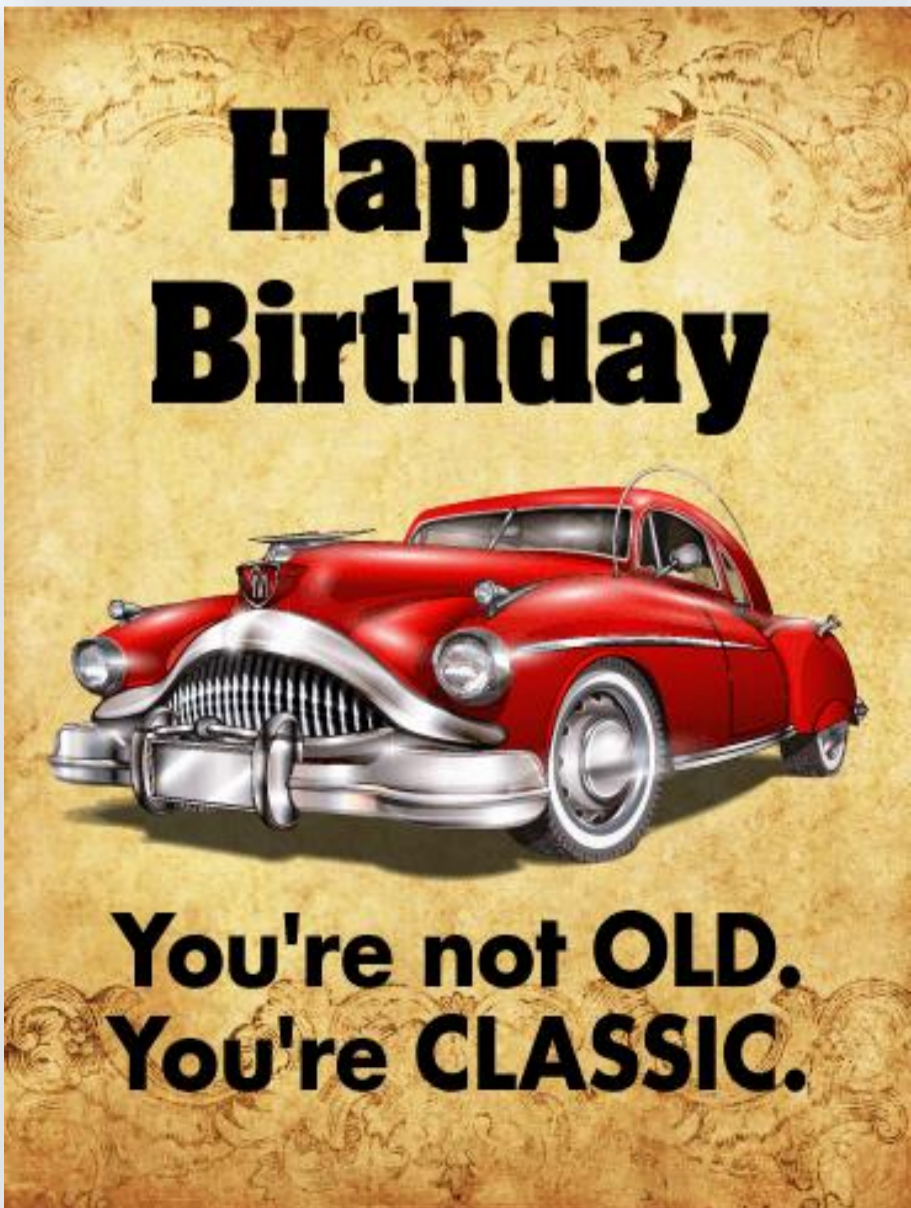
Welcome
New Members!

Frank Dunshea

February Birthdays



- Andy May Feb 12
- Bill Borchett Feb 19
- Ken Farrow Feb 19
- Dieter Jankovic Feb 19
- Colin Smith Feb 23
- Nat Perri Feb 24
- Ashley McKeon Feb 27
- Ian Lupson Feb 28



You know you're Aussie when...

- 1 You can abbreviate almost every word, usually ending in -o: arvo, garbo, servo, rego.
- 2 You know the difference between thongs and a G-string.
- 3 You know that stubbies can be either worn or drunk.
- 4 You know a place called "woop woop" and it's always in the middle of nowhere, wherever you are.
- 5 You believe "Mate" is a perfectly acceptable term for any bloke whose name you can't remember.
- 6 You've made Vegemite worms using the salty black stuff and some holey crackers.
- 7 You say 'no worries' quite often, whether you're aware of it or not.
- 8 You know the first verse of the national anthem, but still aren't quite sure what "gilt" means.
- 9 Sausage rolls and meat pies rule (sauce is obligatory, of course).
- 10 You know Australia is the best country in the world, bar none.

NEVER MAKE A WOMAN MAD.
THEY CAN REMEMBER STUFF
THAT HASN'T EVEN
HAPPENED YET.





Hi,

We have our AGM on Thursday 15th February at the Cellardoor Winebar, Sunbury 7.30pm-10.30pm.

We would love to have a great turn out to give feedback, ask questions etc. At the meeting, you will have the opportunity to:

- find out about Sunbury StreetLife (HomeGrown Promotions Inc) operations and finances
- ask questions about the operations and finances of Sunbury StreetLife (HomeGrown Promotions Inc)
- speak about any items on the agenda
- vote on any resolutions proposed.

At the meeting, members will be asked to vote to:

- accept the minutes of the last annual general meeting
- accept the presidents report
- accept the annual financial statements
- elect new members

All positions are open

Due to a few members leaving, we are seeking new committee members as well.

Meetings are monthly, generally on a Thursday night at the Cellardoor winebar. :)

We are also seeking sponsors for StreetLife 2018! Hope to see you there.

Hannah and Sharyn/ Kim, Renee, Vanessa, Rhonda and Winston

P.O Box 941, Sunbury, VIC 3429

Phone: 0418 403 346

HomeGrown Promotions Inc

ABN: 46 168 252 37

www.homegrneverntsvic.com

Breathing Life into the Community.



AUSTRALIA DAY

From our 6th Grade Reader of years past

I love a sunburnt country,
A land of sweeping plains,
Of ragged mountain ranges,
Of droughts and flooding rains.
I love her far horizons,
I love her jewel-sea,
Her beauty and her terror
The wide brown land for me!

Shed Issues and Committee Happenings

- **Hearing tests** will be conducted at the Shed on Monday 12th February by Australian Hearing.
 - **The Sub Committee consisting of Fred Parnis, Ian Baird and Trevor Dunn set up to collect and represent member ideas** for the fitting out of the new shed extension, have requested submissions for ideas on its use from members. Certificate of Completion has been obtained. Submissions for shed use proposals are now being reviewed and results will be provided to committee for discussion .
 - **Frank Zambello and Nat Perri attended the Hume Council Grants Awards night** and collected \$1,650 for the purchase and installation of a hot water service. This will now be purchased and installed.
 - **The SES conducted their regular inspection of the fire extinguishers at the Shed.** They noted we did not have any in the new Shed and requested we obtain some which is being looked into.
 - **Members need to refrain from depositing material obtained** around the Shed as it is unsightly and unsafe. Also more tip runs need to be conducted .
 - **A monthly trip to the Gisborne market** has been proposed to sell a lot of “stuff” we have made and accumulated.
 - **Ted Riley announce that there has been a large tool donation made to the Shed** which will need to be picked up and managed accordingly.
 - **A large number of pavers have been donated by Linda in Sunbury.** These will be used to landscape parts of the Shed surrounds.
 - **Ted Riley to make a larger letterbox** for the Shed.
 - **The welding shop is to remain in it’s present position** contrary to rumours that it may be moved in the new Shed extension.
 - **Solar Hot water service grants will now be sought** in line with installations taking place in other Men’s Sheds.
 - **The instant hot water service in the kitchen needs to be replaced;** Ian Lupson to purchase a new one
- The wall panes will be selected and colour coordinated** to make the Shed extension a bright and happy place.
- The Sunbury Historical Society requested the loan of the Barbecue trailer** which the Shed has agreed to as well as provide a free bottle of LPG gas.
- After Australia Day, the barbecue trailer will be refurbished** including some signwriting to reflect the Shed’s ownership
- Drainage needs to be investigated** and constructed before any paving is carried out.
- The electrical work in the new Shed** will be performed by Kevin Wood and others outside the Shed.

Quiz and light moments



Quiz... can anybody guess what the function of these two pieces of corrugated iron are? Last issue’s quiz.

No one guessed this correctly. It is a work of art no doubt made by a city dweller presented and displayed at the Adelaide Art Museum. Probably cost taxpayers \$20,000?

A wise man once said
nothing

What’s the difference
between a well dressed
man and a tired dog?
***The man wears a suit
the dog just pants***



Don't leave things laying around too long



There are two things which this bike remind me of. Firstly, if you leave something laying around for too long this is what happens. Secondly, Kevin Swaffield will be mad as hell because this is a bike which could have been sent to Africa with the others Kevin collects.

Members ideas



To make it easier to see the sizes of spanners, apply some high viz paint to the lettering



I thought the Bendigo Men's Shed anvil was the biggest one I had ever seen but I was wrong! This big sucker takes the cake. Ours is puny in comparison, but watch this space

Hot weather risks and staying cool



Did you know that heatwaves have killed more Australians than all other natural hazards combined.*

While most people find extremely hot weather and heatwaves uncomfortable, some people have a higher risk than others of becoming ill. These include:

- elderly people aged over 75 years
- babies and young children · people with long term health conditions, e.g. heart or respiratory disease, diabetes or circulatory diseases · people who are obese
- people taking certain medicines
- people who are socially isolated
- people who work outdoors or in hot and poorly ventilated areas
- people engaging in vigorous physical activity in hot weather
- people who are not acclimatised to the heat, for example overseas visitors. I

It's important to keep drinking water even if you don't feel thirsty. Avoid alcoholic, hot or sugary drinks (including tea and coffee) because these can make dehydration worse.

Keeping as cool as possible can also help you prevent heat-related illness. Make sure you stay out of the sun. Drink cold drinks and eat smaller, cold meals, such as salads and fruit; this can also help you to keep cool. Other things to do include wearing light-coloured and loose-fitting clothes made from natural fibres such as cotton, and taking cool showers or baths.

Keep your house cool by shutting curtains and blinds during the day. If you don't have air-conditioning, go to a cool place such as a library, shopping centre, cinema or swimming pool. Stay in the coolest room in the house and use the stove and oven as little as possible.

Visit or call elderly friends, neighbours or relatives at least once a day. Check they have water in the fridge and encourage them to drink it. You may like to take them to a shopping centre, library or cinema with air-conditioning. Children also need to be reminded to drink water. Babies, children or animals should never be left alone in a car, even if the air-conditioner is on. Ensure animals have water and plenty of shade if they are outside.

It is important to ensure that food that needs refrigeration is properly stored. Defrost foods in the fridge, not on the kitchen bench.

This is just a taste of some of the topics that are presented at each monthly meeting of the Heartbeat Victoria Sunbury Branch.

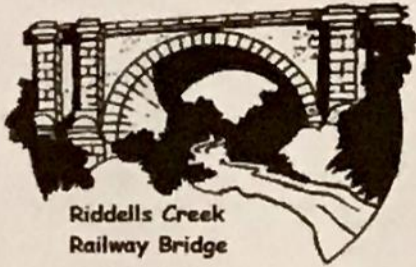
See website www.heartbeatvictoria.org.au .

Next meeting of the Sunbury Branch is Tuesday 13 February 2018 at 7pm at Goonawarra Medical Centre, 20 Dornoch Avenue, Sunbury. Email Louise at louise@heartvictoria.org.au or call 0434 400 754 for more information.

* www.healthdirect.gov.au



RC Men's Shed open
Tue. 10:00am to 3:00pm
Thu. 7:00pm to 10:00pm
Secretary Don Clark: 0409 334 551
Email: kmdc2@bigpond.com



Riddells Creek Men's Shed

Auspice by: Riddells Creek Neighbourhood House Inc.



Friday 12th January 2018

Mr Kevin Swaffield,
President,
Hume Men's Shed,
Sunbury VIC 3429.

Dear Kevin,

On behalf of the Members of the Riddells Creek Men's Shed I thank your shed for the donation of the Thicknesser unit. Our Members were so excited in receiving such a generous donation of such a quality machine. You will be pleased to know a couple of Members set the unit up almost immediately to see how it would go on a couple of projects we were working on. Everyone was more than impressed with the operation and particularly on the finish of the timber we put through the machine.

Please be sure to pass on our sincere appreciation for such a wonderful gift.

Kind regards,

Don Clark,
Secretary,
Riddells Creek Men's Shed.
0409 334 551
kmdc2@bigpond.com



Don Clark Secretary Tel: 0409 334 551
PO Box 17, Riddells Creek, 3431
Rear 59 Main Road, Riddells Creek 3431



Riddells Creek Men's Shed are pleased to acknowledge the ongoing support from Riddells Creek Neighbourhood House Inc., Frosts Sawmill, Timber & Building Supplies Pty Ltd and Macedon Ranges Shire Council.
RCMS is a Member of the Victorian Men's Shed Association

Concreting our new Shed extension



Brilliant job and hopefully in years from now when some cracks appear, they will be along the concrete cuts which have been put in as seen here. Shed members will be grateful we insisted on a quality shed and slab. We will probably all be pushing up daisies by then at the Sunbury Cemetery which we are all geared up to clean up soon.

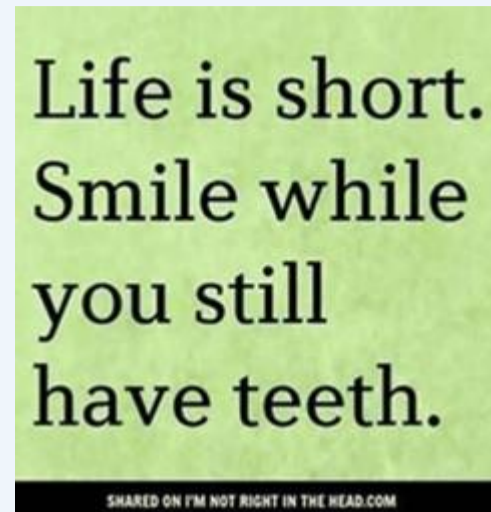


After the feed comes the washing up...thanks guys ...thankfully there is always someone willing to do the chores...especially after a good feed.



It's amazing where we get wood and materials from and donations are more than welcome. We do need to be selective as not everything is suitable and usable. Our boys know and will advise...

Fun corner. Jokes submitted. Keep them coming



Beehouse with a difference

Is it going to be a cold winter?

Late one fall the Indians on a remote reservation in North Dakota asked their new chief if the coming winter was going to be cold or mild. Since he was a chief in a modern society, he had never been taught the old secrets. When he looked at the sky, he couldn't tell what the winter was going to be like. Nevertheless, to be on the safe side, he told his tribe that the winter was indeed going to be cold and that the members of the village should collect firewood to be prepared. But, being a practical leader, after several days, he got an idea.

He picked up his phone, called the **National Weather Service** and asked, "Is the coming winter going to be cold?" "It looks like this winter is going to be quite cold", he was responded. So the chief went back to his people and told them to collect even more firewood in order to be prepared. A week later, he called the **National Weather Service** again, "Does it still look like it is going to be a very cold winter?" "Yes", the man at **National Weather Service** again replied, "it's going to be a very cold winter."

The chief again went back to his people and ordered them to collect every scrap of firewood they could find. Two weeks later, the chief called the **National Weather Service** again. "Are you absolutely sure that the winter is going to be very cold?" "*Absolutely*", the man replied. "It's looking more and more like it is going to be one of the coldest winters we've ever seen."

"How can you be so sure?" the chief asked.

The weatherman replied, "**The Indians are collecting a shitload of firewood**"

Indian myna bird traps

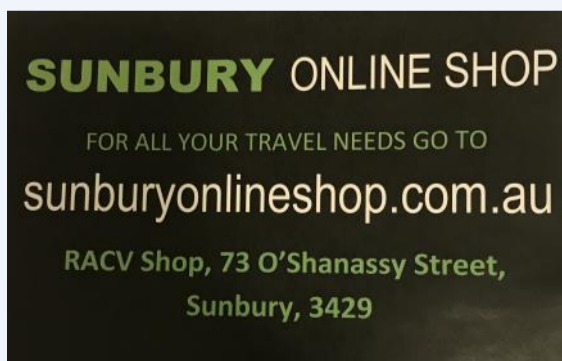


The Shed makes trap cages to order. There are no limits to our talents

Hume Men's Shed Sunbury

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7th Annual

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CAR SHOW



Good Friday 30th March 2018

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- Best Club Display, Best Bike
- Best Aussie Ford, Best Aussie Holden
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- Animal Farm & Pony Rides
- Roaming Characters
- Face Painting & much more !!!



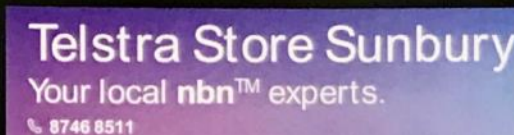
www.kruze4kids.com



For More Information on this event inc Sponsorship, donations, stall holders & General Enquires please contact Brad on 0419 327 500 or email kruze4kids@bigpond.com



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