

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

President's Speech for Shed Extension Opening



Welcome everyone to the opening of our long awaited Shed extension.

I acknowledge our guests Mr Josh Bull MP, State Member for Sunbury

Hume Councillor Ann Potter, Hume Councillor Jack Medcraft and Hume Councillor Leigh Johnson, our Shed Patron Rev Milton Oliver, Mr Jarrod Bell from Josh Bulls Office, Lynne Rayner from Bunnings and Mr Loui Marcocci, Director from Country Cooked Meats, who have provided lunch today.

Hume Men's Shed Sunbury is a fully self funded organisation that provides a much needed facility for the men of the Sunbury area. We receive no funding other than applying for available grants, usually for purchases of specific equipment, and the generous donations of equipment and supplies from local businesses, who see the value in the Mens Shed Program.

The costs of running the shed, including rent, power, and all the consumables needed are raised by the Members in making and repairing items for members of the public, repairing and selling donated items, and our main income stream from Bunnings BBQs, without which the shed could not operate.

This new shed extension will allow the members to work in a much safer and cleaner area away from the machines that are in constant use, and allow us to continue to develop many more diverse projects that will allow members to acquire new skills

Mens Sheds are slowly being recognised as a major benefit to the community through the benefits to Men's Health. The shed is a place where men with various stress, depression, and other health or work related issues can talk openly with other men with similar problems. This in turn often makes them seek professional help, as they then realise that they are not the only ones with this problem, and help is available.

This shed was started by a small group of dedicated men under the leadership of founding President Garry Pettit, assisted by Patron Reverend Milton Oliver in 2010 and obtained access to this property in 2011. Initial clean up of the property was carried out by the members, and with the aid of a grant from the Victorian Government, administered by Hume City Council, the building was

upgraded by members, completing all the work except that requiring to be done by special licenced professionals. It was estimated in excess of 50,000 man hours was done by members on the upgrade.

It was realised that there was insufficient space in the existing shed for the expanding membership, and we researched the Government grants that were available for Mens Shed development. Frank Zambello made the application with the help of Josh Bull's office, and we were awarded \$30,000 through the Victoria Government Health and Community Service Grants in September 2016

Plans were drawn up and application made to Hume City Council for a planning permit, which was rejected. Unfortunately, it took many months and finally a face to face meeting with council officers to discover the reason for rejection was an administrative error in the original agreement with the council. Once this was solved and planning and building permits issued, construction started in November 2017, and was completed 23rd December 2017.

Nat Perri applied for and we received a grant of \$11,000 for fit out of the shed through our Federal MP Rob Mitchells office via the Federal Government Stronger Communities Program. This will be used on installing security equipment, electrical, lighting, benches etc.

The final cost to build the shed prior to fit out was approx. \$59,000, so our members have raised and contributed \$29,000 of our own funds to its construction prior to fit out stage.

The construction of this shed was done by Central Sheds, and the fit out by our own members. The lighting has been donated by Eagle Lighting, a great supporter of this shed, and the wall lining is rejected sheets of laminate donated by Laminex Industries. Bunnings organised the insulation material, and the cherry picker lent by Wayne Doolan.

I would like to thank ALL of our members who have contributed to the many tasks in getting the shed to this stage, and I am sure we can all take a lot of pride in our achievement.



Value Added Cooked Protein Solution Provider



Albert did a fine job serving up and the members and guests just seemed to keep on coming



Dieter showing his appreciation

Lunch was provided through Nat Perri who now works at the The Standard Meat Company - **Country Cooked Meats** - above ..the Shed would like to thank Nat and Loui Marcocci for the generous servings of the various cuts of pork which came hot and were a real hit with our Members and guests. I am sure our Members will take up the offer of purchasing products as offered. All the forms and product descriptions and purchasing instructions are at the Shed .





To all Hume Men's Shed Sunbury Members

From: Nat Perri

Date: 23rd February 2018

Subject: Purchases of Pre-Cooked Meats

Country Cooked Meats is pleased to offer the Members & family, the opportunity to purchase a variety of the many delicious pre-cooked meats that we produce, includes beef, pork, lamb, chicken & duck products at our Staff Price List.

All our products are Sous Vide cooked e.g. cooked in the bag to retain its tenderness and quality, with the majority then blast frozen to retain all its goodness.

The products we produce are supplied to a number of leading Asian style restaurants & fast food outlets, as well as used by many well-known up market restaurants. Order Placement will occur once a month – every 3rd week of the month.

At the Shed are copies of the Order forms – simply fill out the quantities you want for each product, make sure you print your name on the page, total off your purchase at the bottom of the page.

Place your order along with your correct payment in full in an envelope -seal the envelope and place in the locked Drop Box. All orders to be in the Drop Box by the Friday prior to the 3rd Monday of the month, I will be collecting the orders on the Monday – and all orders will be dropped off at the Shed Friday morning.

Majority of the products come frozen, and in approximately 1kg bags, you can open the bag when you get it, smash or rip some of the product off and place in smaller freezer bags and place in the freezer for future use. I have also attached images of the products on the order form so you can understand and see what it is you are ordering.

If you have any questions, please contact me directly on 0408 153 644.

We look forward to you enjoy our products.

The forms, product descriptions and prices are at the Shed.

COUNTRY COOKED INTERNATIONAL PTY LTD

ABN: 58 001 238 479

30 Kyabram Street, Coolaroo VIC 3048, Australia

T (03) 9351 1336 / F (03) 9302 3321 / W countrycooked.com.au / E info@countrycooked.com.au

A Division of University Food Group
PASSION · GROWTH · PREDICTABILITY

Howard Basson



Wayne Hartley

2 more worthy FORD Men in the Shed



March Birthdays



Jack Edwards 1 March

John Wade 2

Darren Stafford 3

Wayne Hunter 4

Pat Staub 11

Steve Mandalios 14

Dale Wilkes 15

Peter Curtis 21

Jason Toner 22

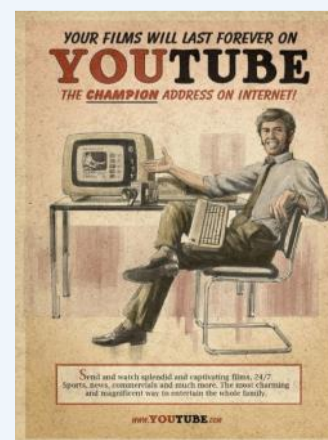
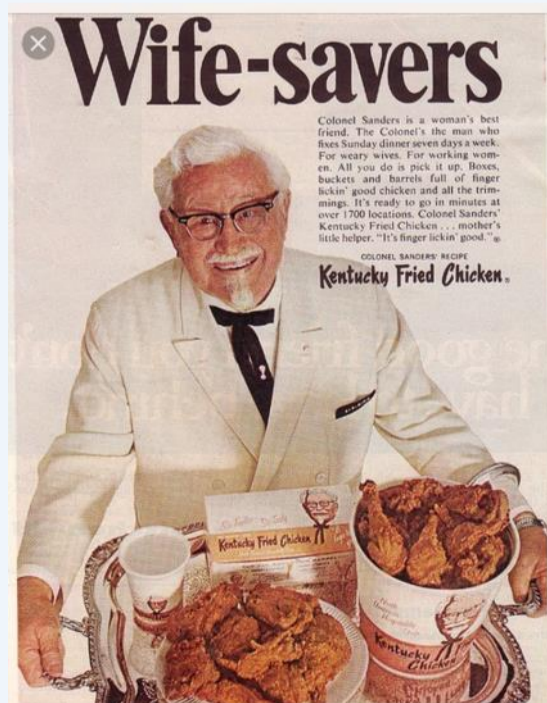
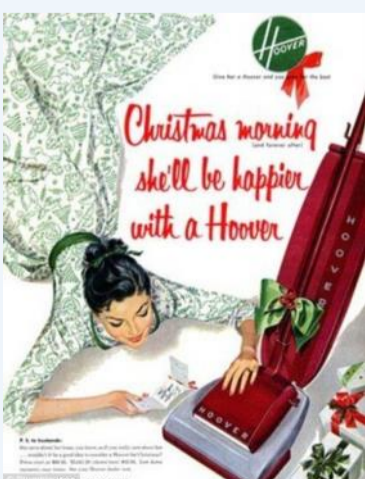
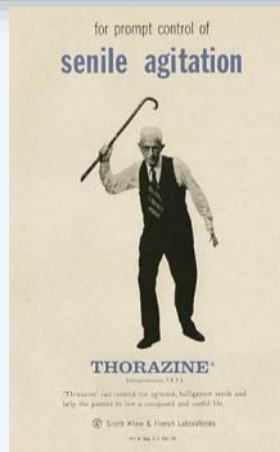
Harry Noakes 23

Rob McFazden

Tony Hill 29

Ange Micaloff 30

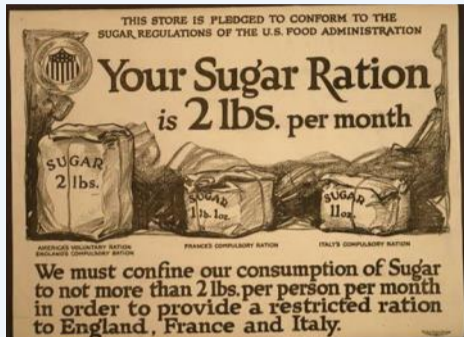
Ads from Yesteryear



WAR RATIONING – GOOD OR BAD?



During World War 2, a key aspect of almost every country's wartime strategy focused heavily on limiting domestic consumption. Dieticians have long argued that wartime rationing provided the healthiest diet we have ever eaten, leading to dramatic post-war improvements in the nation's health. Maybe there are valuable lessons we can learn from the 40s diet that could help us beat the biggest threats to health today?



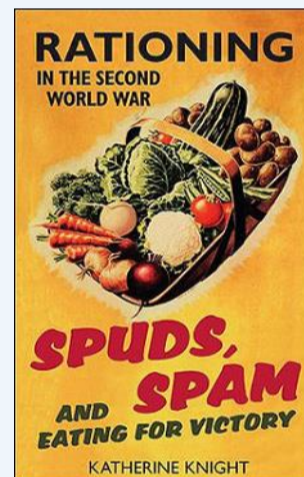
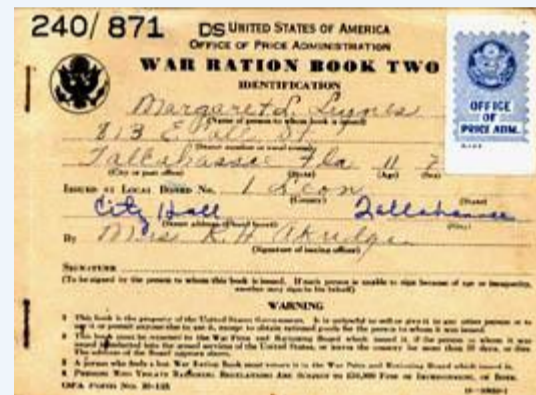
Interestingly, the principles behind World War 2 rationing are similar to today's health messages to prevent obesity and the onset of cardiac disease i.e. reduce consumption of meat, salt, fats and sugar, eat more vegetables and fruit which provide essential vitamins and minerals. Eat more oats, pulses and decent bread [not that white refined rubbish!]. Try and grow some of your vegetables and fruit; preserve excess home grown produce.

Add to that the importance of exercise Petrol rationing, meant that we were forced to exercise. We had to walk to the local grocer or fruiterer and carry some weights home!

Next meeting of Heartbeat Victoria Sunbury Branch, a peer support group for people who have suffered a heart event, their carers and family members is Tuesday, 13 March 2018 commencing 7pm at Goonawarra Medical Centre, 1/5 Dornoch Drive, Sunbury.

Incidentally, you don't have to have suffered a heart event to attend. Heartbeat Victoria is not only about helping people improve their health and wellbeing after a heart event but also a golden opportunity to socialise and make new friends..

Come along and hear Adam Demertil, Exercise Physiologist of Sunbury Community Health discuss the benefits of regular exercise for your heart, the importance of choosing the right exercise routine for you, and safety tips when exercising with a heart condition. See www.heartbeatvictoria.org.au Call Louise on 0434 400 754 for more information.



Shed activities



The Hot water Service purchased with the Hume Grant has arrived from Bunnings,... Milne and Frank are ecstatic...



All hands on deck to get the panels up before the ribbon cutting ceremony

The founding Committee for the Sunbury Women's Shed group



Already the group has committed to projects such as putting up signs and sprucing up the garden at Goonawarra Neighbourhood House.

Support for the project has come from the Sunbury (Hume) Men's Shed.

Dieter Jankovic from the Men's Shed said he was first aware of the interest in such a space when group members did demonstrations for interested women two years ago.

"There was a real enthusiasm about learning more about the tools, so there was an expressions of interest process," he said.

A shed group for indigenous women, Pernaperna, already operates in the town and is supported by Sunbury Community Health.

The inaugural Sunbury Women's Shed meeting is at noon on Thursday at Goonawarra Neighbourhood House.

Details: Margaret, 0419 320 338

Photo and article from Herald Sun

Note: Our Secretary John Hunter was involved in setting up the first Women's Shed committee with guidelines and providing ideas on constitution etc.,

The inaugural meeting seeking office holders would build on fledgling efforts to set up the shed in town.

Sunbury resident Margaret Cassidy said about eight women had been trying to build momentum for a shed.

Meetings and events coinciding with events such as Mother's Day have been held at the Goonawarra Neighbourhood House and Sunbury Bunnings.

"A lot of people have expressed an interest and we are trying to get a shed to base ourselves," Ms Cassidy said.

"There are a lot of women who would like to learn new skills, whether it's carpentry or hand tools and eventually power tools.

"Men's sheds have been great places for men to catch up and get valuable community projects off the ground.

"We'd like to do the same."



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



Shed Issues and Committee Happenings

- **SHED GARAGE Sale** has been proposed to sell surplus goods and tools and 24 March has been selected as the date which gives us time to prepare and advertise.
- **Battery powered tools.** It has been decided that the Shed will look at obtaining a good suitable range of battery powered Ozito or Ryobi tools.
- **Solar Panels.** The Shed now needs to search for an appropriate Grant to install a bank of solar panels which will reduce our power bills.
- **Cottage Use by Shed Members.** Albert has requested to organise Shed members to utilise the Meeting room “Cottage” and it has been approved with the proviso that the Cottage be left clean after use.
- **Shed Thursday opening.** Ted Riley has offered to open the Shed on Thursday mornings extending our opening days by another day.
- **A report on a visit from Westvale Men’s Shed** was given by Mike. The Shed is Council funded via a Community House project. They have a full time funded coordinator, their dues are free as is all coffee and tea at the shed but the Shed has restrictions on member use. The Shed managers visited our Shed looking for ideas on types of equipment etc.
- **Shed Security is not working very well and will be looked** at by Kevin Swaffield and Rod Jackson with a view to improve it and to include surveillance of the new shed extension.
- **A general plan of the new shed extension fit-out was presented** and will be adopted. It was noted that this will be reviewed over time and will of necessity include changes as we develop and our requirements change.
- **A letter to Hume Council will be sent** to request overhanging branches on the new shed extension be trimmed.
- **Several Community Projects have been requested** and will be reviewed and actioned as appropriate.
- **Helping Hands** have requested assistance with a donation of ‘something’ they could auction to raise funds.

Light moments



Kevin, Leu and Peter W enjoying lunch



What do you do when you have 5 cans of fruit , 30 hungry men and no can opener ? REACH FOR THE LEATHERMAN



Job’s Done
Cans opened and contents consumed



28/1/18

THE FAIRY GODMOTHER.

UNBEKNOWN TO VIRTUALLY ALL MEMBERS WITHIN THE SHED WE HAVE IN OUR MINDS A FAIRY GODMOTHER, A BEAUTIFUL LOVELY PERSON WITH OUR WELL BEING HER MAIN CONCERN.

BRINGING HER OWN DETERGENTS & CLEANING MATERIALS SHE, WIPES WASHES & CLEANS, PLATES, DISHES, CUPS, WIPES DOWN BENCHES, TABLES FRIDGE, MICROWAVE, OVEN INSIDE & OUT. POTS, PANS, CUTTING BOARDS, GETTING INTO LITTLE CORNERS & NITCHES, THAT MIGHT GO UNSEEN OR SEEMINGLY GOOD ENOUGH.

SALMONELLA IS A GROUP OF BACTERIA WHICH MAY CAUSE FOOD POISONING OR OTHER SERIOUS PROBLEMS.

THIS PERSON WHO WISHES TO REMAIN UNKNOWN CERTAINLY HAS OUR BEST INTERESTS & WELL BEING AT HAND & SHALL REMAIN OUR FAIRY GODMOTHER.

A THANKFUL SHED MEMBER.



The Fairy Godmother at work



Guess what I found on our recent cruise to NZ and I am still looking out for a trailer for a wood fired pizza oven.



I have found a way we can wash our dishes on a Friday...Yes please!



Men about the Shed



What is it about a ute that attracts men and makes them so happy?



Women seem to like them too.

Member projects and ideas



Rod is always busy and here mounting the new sink Hot Water Service

Wilko about to deliver our bee houses and Tony and Albert wanting to be noticed



Kevin Wood is always looking for projects ... here are some ideas



Hume Men's Shed Sunbury

Keep it in Sunbury

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