

*SunFest has come round again and the Men from the Men Shed have arisen to the occasion and assembled the Dance Floor for the festivities of the day. It was a successful weekend and we congratulate the organizers of SunFest for all the hard work and benefits to our community and for the cool drinks.*



# Hume **Sunbury** Men's Shed *Newsletter*

Issue no 28

Shed Chatter

March 2018



**Steve, Stan, John, Richard, Kevin, Frank, Paul, Albert and Ian.**



**Setting up**



**Testing the stage**



*Darkie, our friend passes away...page 8,9*



# 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



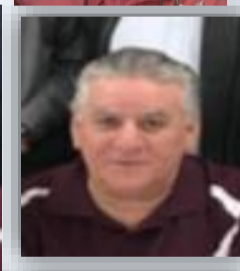
Metal fabricating and welding: Ted Riley

Woodwork and Community projects: Fred Parnis



Electrical maintenance  
Kevin Wood

Property maintenance: Dieter Jankovic



Grants Manager: WFD  
consultant: Nat Perri

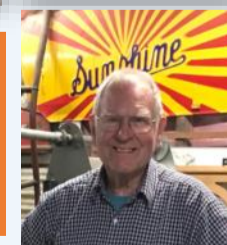
Sponsorship Managers: Jimmy Moffat, Frank Zambello



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

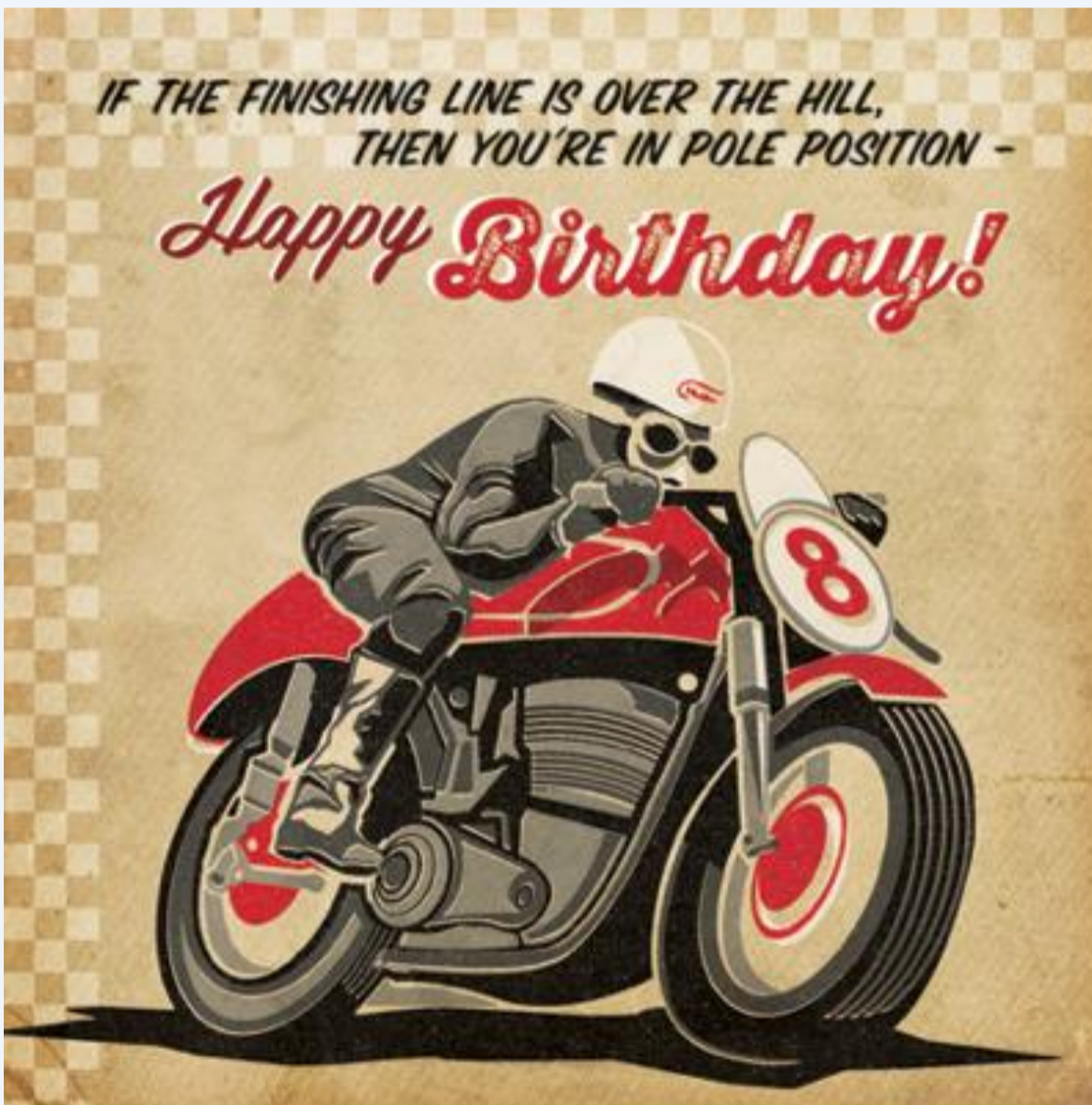
Peter Gooderham

Fred Buhler

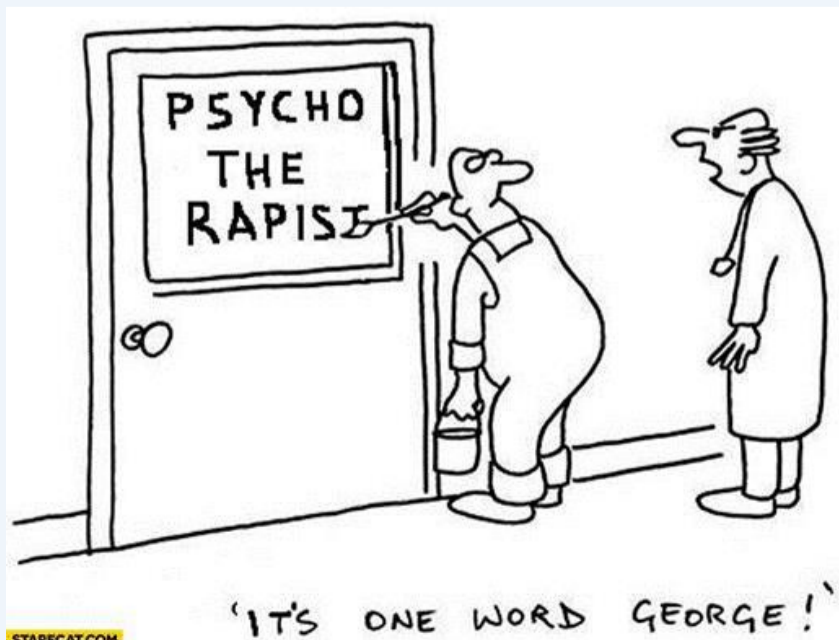


Welcome  
New Members

# April Birthdays



Pete	<b>Underwood</b>	1-Apr
Allan	<b>Beck</b>	3-Apr
Don	<b>Parker</b>	4-Apr
Ken	<b>Winnell</b>	7-Apr
Peter	<b>Morphou</b>	9-Apr
Fred	<b>Parnis</b>	9-Apr
Ted	<b>Riley</b>	10-Apr
Len	<b>Bacarella</b>	11-Apr
Steve	<b>Tyers</b>	11-Apr
Bob	<b>Barker</b>	12-Apr
Jay	<b>Downey</b>	13-Apr
John	<b>Hunter</b>	15-Apr
Ivan	<b>Furey</b>	16-Apr
Neil	<b>Whybrow</b>	16-Apr
Alan	<b>Dyer</b>	21-Apr
Frank	<b>Dunshea</b>	21-Apr
Monty	<b>Russell</b>	29-Apr



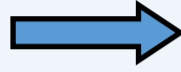
I finally realized it..  
People are prisoners  
of their phones  
that's why they are  
called Cell Phones.



# Projects and jobs



←  
No job too difficult for our woodworkers. Broken cabinet legs under repair.



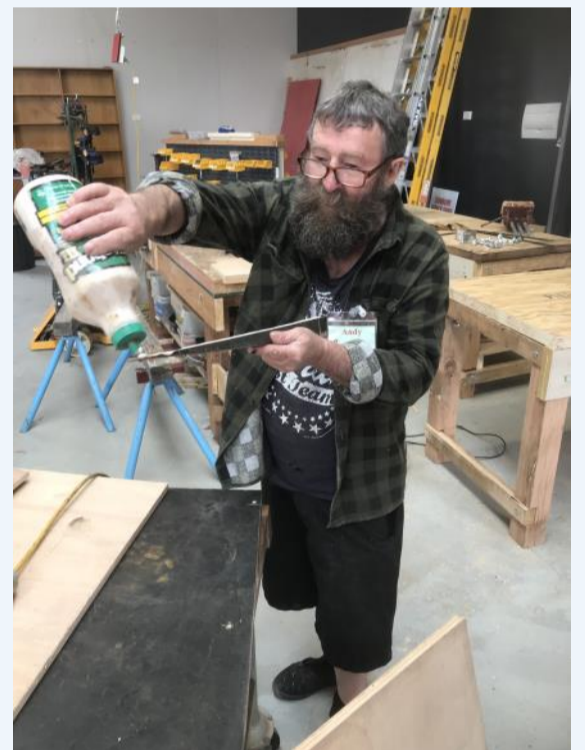
Trevor fixing machines...



Now Stan has joined him in making our machines sing and dance.



Andy making a ramp for CareWorks. Finished product in next Newsletter



Howard is going to turn his hands at furniture restoration

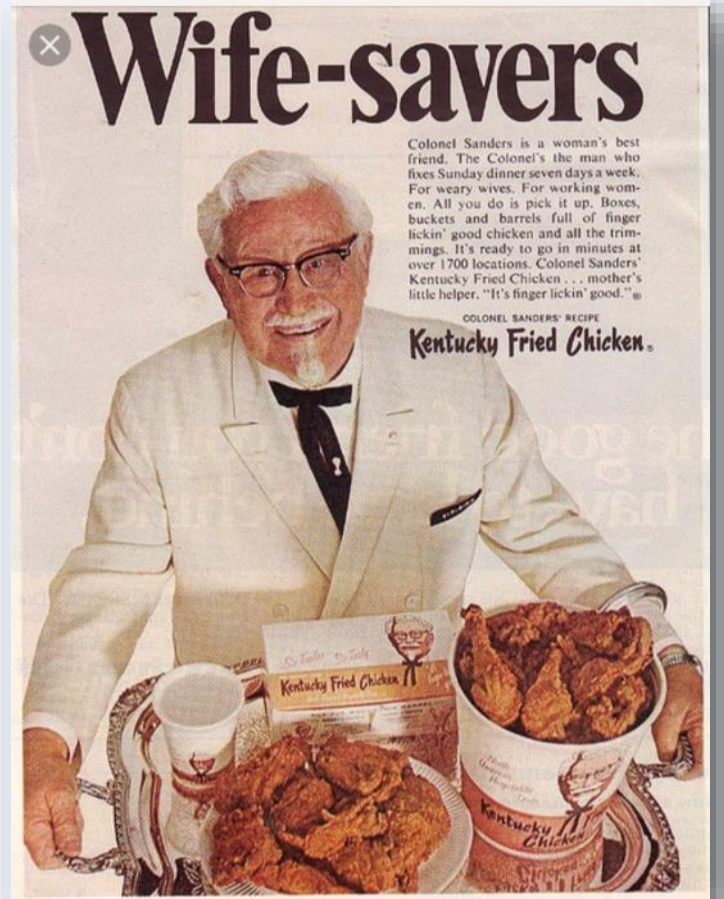


Billy and Graham showing our new recruit Blake Rudge how to make tables and chairs. Blake is preparing himself to apply for a cabinet making pre-apprenticeship



# SHED SPONSORSHIP

KFC has once again been generous enough to sponsor our Shed by donating food vouchers which we redeem at the Sunbury Store. Our members love KFC days and we are grateful for KFC's patronage.



KFC is very popular with our Sheddies

# Glass cutting and lead lighting has come to the Shed

**Greg Shoesmith** is an expert glasscutter (among other things) and we are fortunate in the Shed that Greg wants to teach us the art of glass cutting and associated lead lighting. Greg has asked that if anyone has any spare glass at home, plain glass preferably 3mm, mirrors, coloured glass, bring it in as he will use it to demonstrate the art. Also bring in your pictures of art projects to make at the Shed under his supervision. I am keen to make a BAR sign. Thanks Greg..



*Our Newsletters and promotional pamphlets are printed at our State Member for Sunbury, Josh Bull's office and Cartridge World Sunbury and gratefully*



# Shed Issues and Committee Happenings

**Albert Mastramico** has requested and has been nominated to be the **Social Secretary of the Shed** including regular use of the Cottage taking into account community use when required. A need has been identified to organise social activities and Albert is keen to do this.

**Dale Wilkes** has been nominated as the **Tagging Manager** and **Stan Petryk** has offered to assist as it is better to have 2 people perform this task which includes an inventory of all Shed tools.

It was advised that **Stan Petryk** will now be assisting **Trevor Dunn** in maintaining the metal machinery in the Shed. Stan comes skilled in mechanics and electronics and will be a great asset.

**Frank Zambello** has identified **32 roles in the Shed**. A manual is being put together to note these, along with the associated processes. The idea is that members assist in spreading the workload by performing these roles which are sometimes performed by a small group of people.

**Shed Security is not working very well** and will be looked at by Kevin Swaffield and Rod Jackson with a view to improvement. Surveillance of the new Shed extension needs to be included. New cameras have been identified as being required and will be purchased.

**Ryobi the tool people** are interested to form a relationship with our Shed. John Hunter to follow up.

**Ted Riley** to be the **Shed Coordinator** and open the Shed on Thursdays.

A system needs to be established to have more people perform the tip run as at present only two people are doing this.

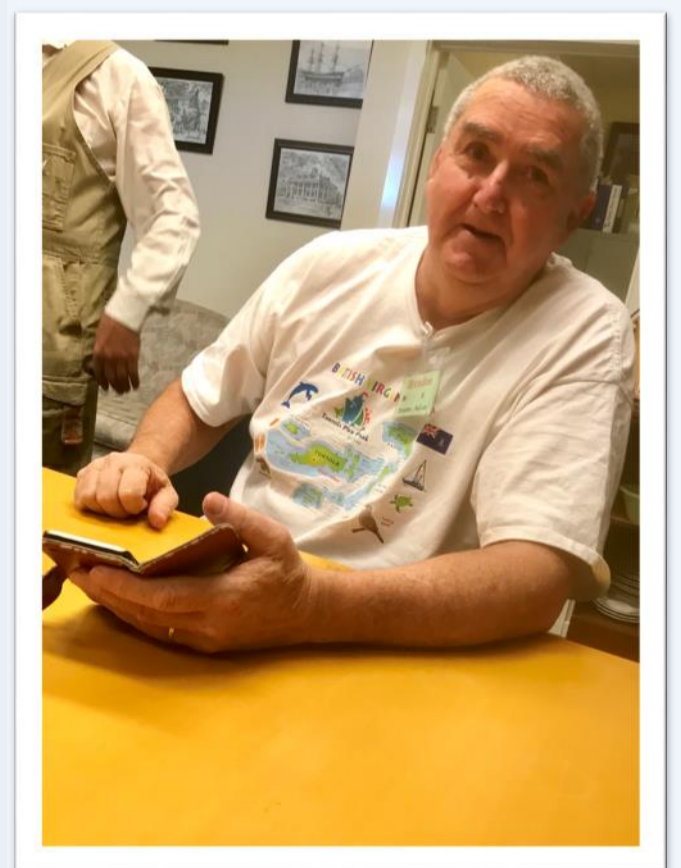
**Ian Lupson** has proposed an adventure of fixing an unfinished raft. A friend is prepared to donate a partly finished raft to the Shed with the view to members then floating it down the Murray River. A proposal will be put forward to see if sufficient members are interested to pursue the project.

It is proposed to raise awareness of prostate ailments. Person/organisation to be sourced to come along to the Shed and give a presentation.

The metal people have requested to buy a new Mig Gas cylinder for training purposes, some milling tools and a hydraulic press to supplement the metal equipment for which regular use is envisaged.

Obituaries in the Newsletter and in general were discussed and it was agreed to include a fitting input in the Newsletter for deceased members and a small memento of the person's name in a dedicated portion of the Shed.

## Brendan's Cadillac



Brendan loves his 82 Cadillac....one of our many petrol heads

# Redesdale Revellers is on again..24 May 2018



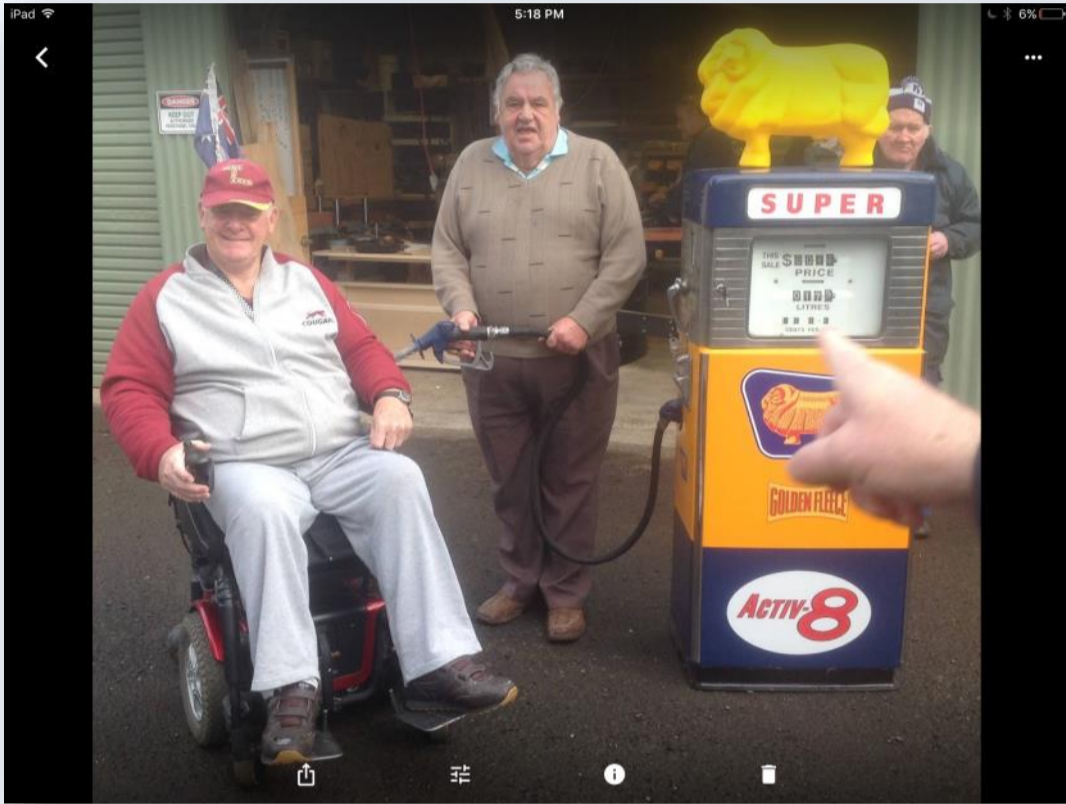
In the meantime, Lew is providing fresh vegetables from our garden.

The **Redesdale Revellers** are holding their Show and Dinner event again this year at the Redesdale Hall which has been a popular outing for our Sheddies for quite a few years. It is a great night out including a 3-course country meal and an enjoyable singing and dancing concert hall show. Please advise if you wish to attend and we will book you in. If sufficient people show interest we will organise a bus .... see Milne ASAP to book. Cost \$42.50 per head. 2631 Kyneton Heathcote Road, Redesdale.

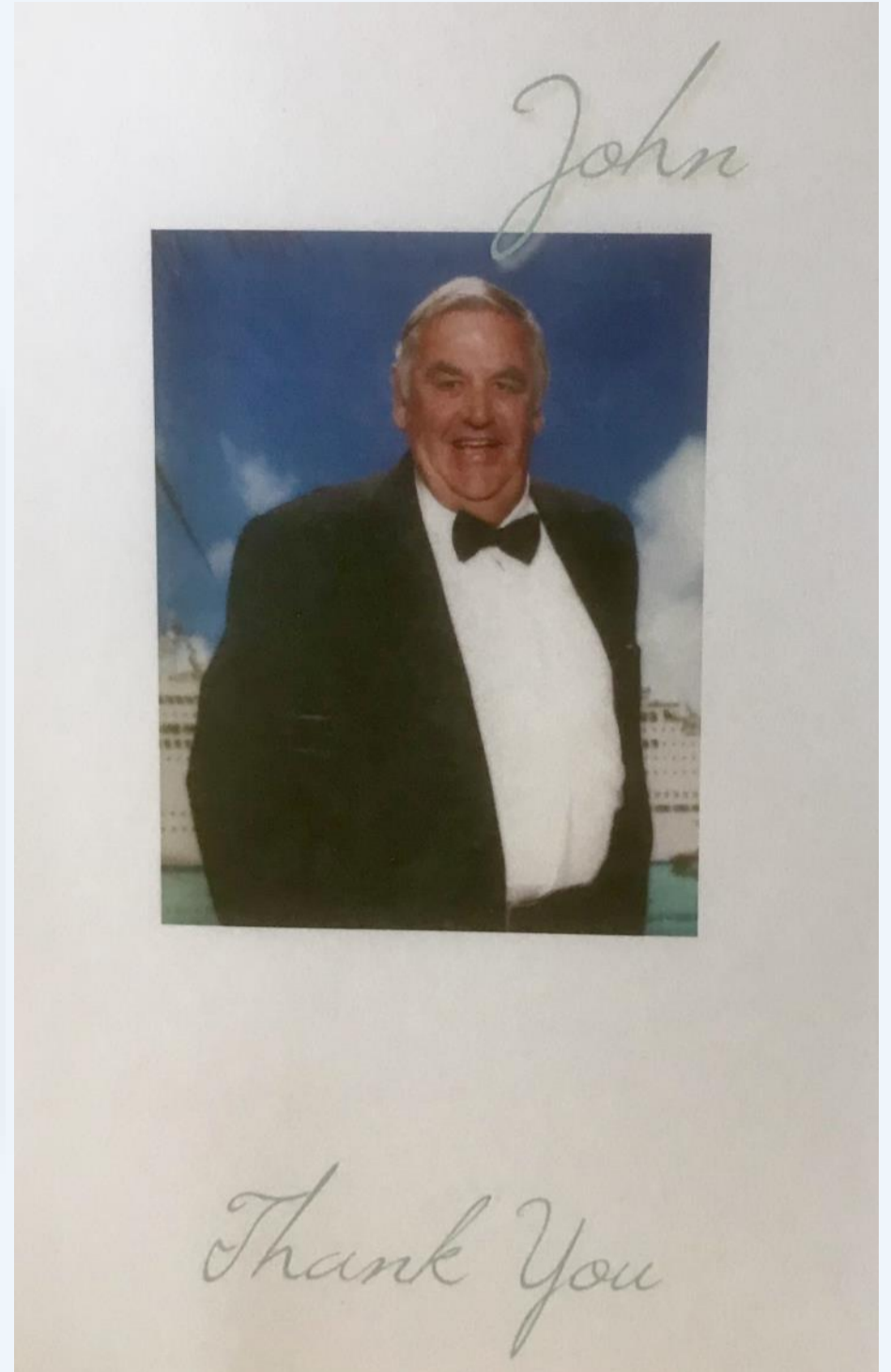


# In Memory of John (Darkie) Davis

Our good friend and active Shed Member Darkie has passed away and he will be remembered as one of Lifer's Gentlemen and good friend in the "Shed"...



Always out for a laugh



One of the boys ..... Darkie reading Election meeting notes or a form guide?



Kay, Darkie's partner was kind enough to come to the Shed today and expressed her thanks to the Boys at the "Shed" who Darkie enjoyed being with so much and for the **Sheddies to form a group of solidarity** at Darkie's Funeral which touched her and everybody else present. Kay wrote a few words about Darkie to enlighten us on his background and life achievements. Thank you Kay.

at the SEC, for 30 years. His love of horses was obvious; he travelled to many horse studs and attended auctions at Ingliss Sales. He lived in Yarrawonga for a time then finally returned to Sunbury where he knew he belonged. John was a member of many Clubs. The Bowling Club; as part of a team he won a place in the Guinness Book of Records, the Football Club, Soccer Club, and the Sunbury Men's Shed.

He was a community person who was always helping others.

Darkie will be sadly missed however we are grateful for the opportunity to have met and socialised with one of life's Gentlemen.



John lived in a lot of places .... from Kensington where he went to school, to the Davie's farm house in Digger's Rest (Winba) Winery in Vineyard Rd Sunbury. When the farm was sold, he moved to Sunbury. He worked



Darkie knew his horses ....



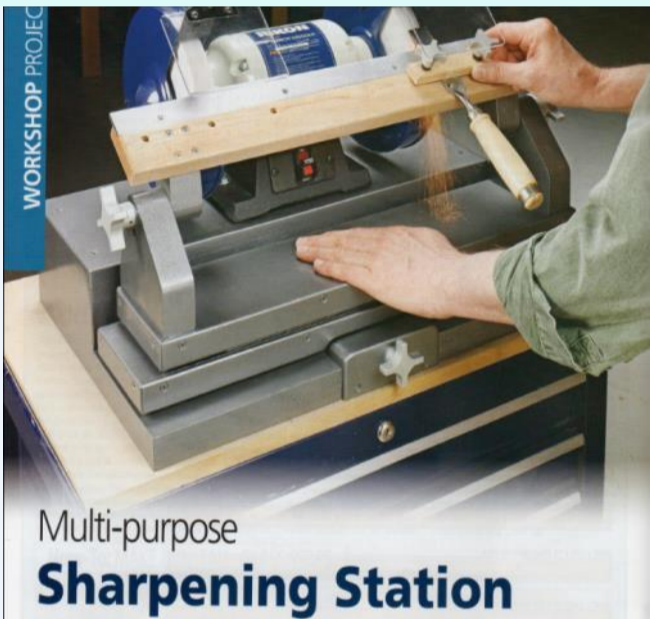
# Events of interest at the Shed



Something novel at the Shed like an enclosed motorised scooter always attracts attention



Where do you put the girlfriend?



Our talented Secretary John Hunter is making a tool Sharpening Station ... watch this space. Details in next Newsletter.



## Some humour



Your glass is empty O'Flaherty, will you be having another? And why would I be wanting two empty glasses? replied O'Flaherty.

Murphy arrived home late from the pub, well oiled and ready for trouble. "Is that you Murphy?" Called out his wife "Byjasis it damned well better be!"

*Add life to your Years and Years.to your Life*



# Sunbury's biggest car Show for Children's Hospital



The Car Show was a success again.



Kevin our President presenting his pristine Fairlane



Fred and Peter made and tested the stairway to the band trailer



Ian Baird should be inspired by this. He has one in the shed needing TLC.



Watch this car. It will soon turn up at the Shed for a group photo opportunity



Howard's enclosed motorised enclosed scooter making a hit



# The Real History of Knitting



The concept of knitting for many today conjures up images of grandmothers creating sweaters by a fireplace. However, it is men and not women who dominate the history of knitting. Believe it or not, men ruled knitting for centuries.

A high demand for knitting in 15th-century Europe aided the development of knitting guilds, which were exclusively for men. These guilds were comparable to highly competitive labor unions, established to protect trade secrets, improve the quality of the profession and increase business. In order for a boy in the Middle Ages to join a knitting guild as a master knitter, he would require six years of intensive training, and would need to be approved by a knitting apprentice through a rigorous exam. In the early 16th century, the Parisian guilds were considered the best.

So why talk about knitting this month? According to new research by Knit For Peace, knitting could actually improve your health.

The UK non-profit organisation has published findings on the benefits of knitting based on extensive past research, as well as their own — and there are quite a few reasons to start knitting.

Health benefits are both physical and mental and include lowering blood pressure, reducing depression and anxiety and delaying the onset of dementia. Knitting is deemed as relaxing as yoga. In previous studies it was found that

knitting reduced heart rate by 11 beats per minute, on average. It elicited "an enhanced state of calm," and the same "flow" compared to when athletes got "in the zone" which in turn leads to a drop in stress hormones and blood pressure. Knitting has also been known to reduce chronic pain because it changes the individual's focus by turning off alarm signals in the brain.

The repetitive movement of knitting increases the knitter's mood and dulls their pain by releasing calming serotonin.

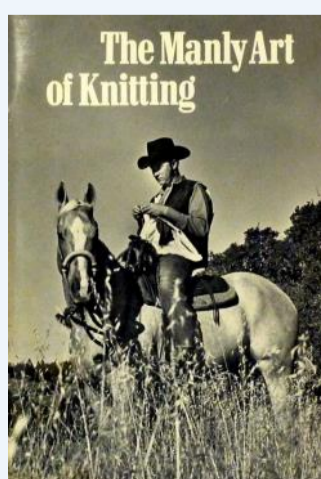
***Heartbeat Victoria Sunbury Branch's next meeting is Tuesday 10 April 2018 from 7pm at Goonawarra Medical Centre, 1/5 Dornoch Drive, Sunbury. Relax guys!! We're not going to talk about knitting. This is just a taste of the many topics we talk about each month all geared towards improving your health and wellbeing after suffering a heart event or perhaps you're someone who is just interested in improving your state of health. Come along and share experiences, be motivated, make new friends and have a laugh. Call Louise on 0434 400 754 for further information.***

References:

[https://www.huffingtonpost.ca/2018/03/14/knitting-health-benefits\\_a\\_23385911/](https://www.huffingtonpost.ca/2018/03/14/knitting-health-benefits_a_23385911/)

<https://blog.loveknitting.com/patterns-for-peaceful-knitting/>

<https://curiosity.com/topics/the-first-well-known-knitters-were-men-curiosity/>



# Hume Men's Shed Sunbury

## Keep it in Sunbury

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