





# 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



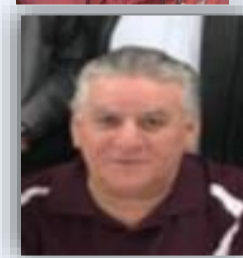
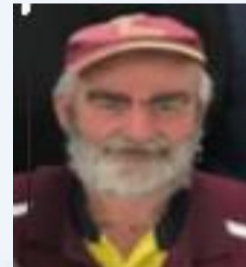
Metal fabricating and welding: Ted Riley

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

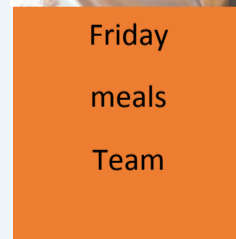
Barbecue trailer stocking manager: Peter Morphou



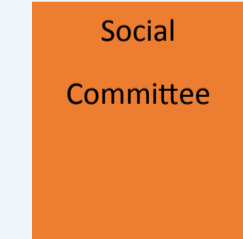
Metal fabrication: Trevor Dunn



Chris Milne Albert Frank



Friday meals Team



Social Committee



Albert Howard Frank-

## Website and Computer Management:

Frank Zambello, Allan Beck, Peter Underwood, Stan Petryk




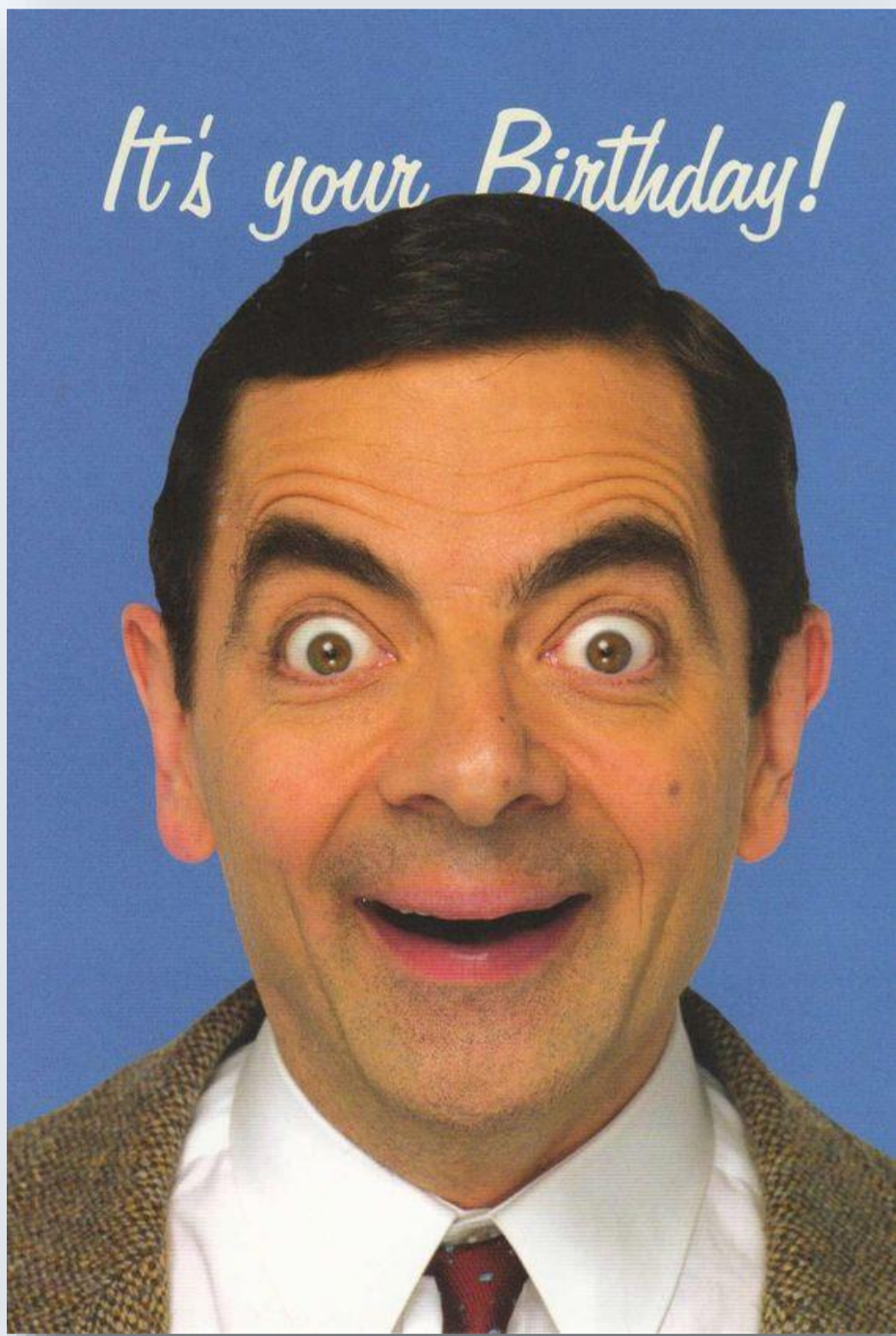


# June Birthdays

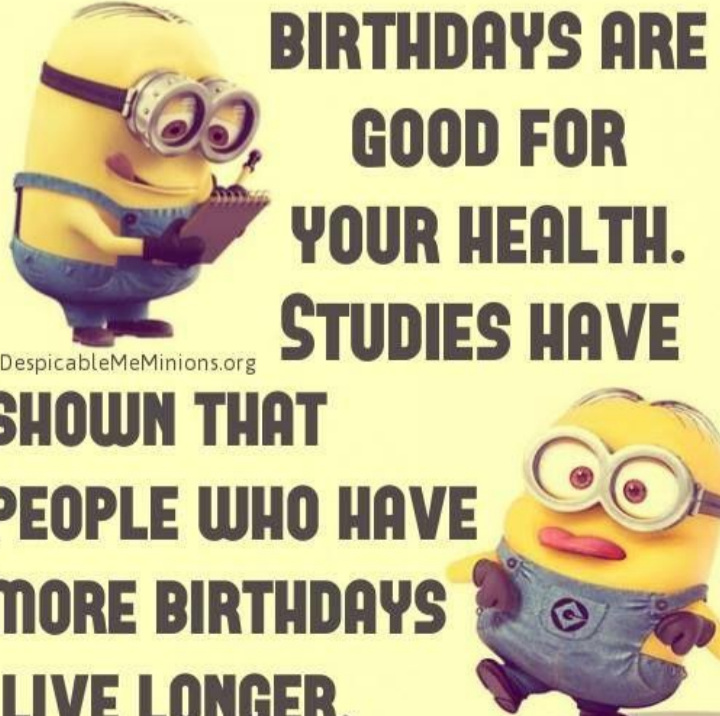


YOU'RE ONLY  
**AS OLD AS**  
YOU REMEMBER  
YOU ARE

David	<b>Thomas</b>	1-June
Derek	<b>Clark</b>	6 June
Barry	<b>Burbridge</b>	8-June
Pat	<b>Carey</b>	12-June
Trevor	<b>Dunn</b>	24-June
Richard	<b>Zabielski</b>	27-June
Barry	<b>Steer</b>	29 June
		




*Richard is the man...*



**BIRTHDAYS ARE GOOD FOR YOUR HEALTH. STUDIES HAVE SHOWN THAT PEOPLE WHO HAVE MORE BIRTHDAYS LIVE LONGER.**

DespicableMeMinions.org

Your birthday reminds me of the old Chinese scholar:  
Yung No Mo.

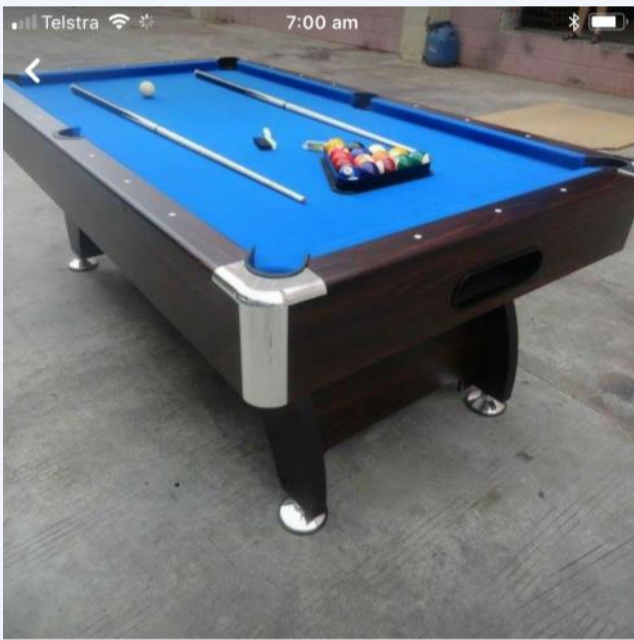




# Social Committee Members



Frank, Richard, Howard, Frank Z...insert..., Albert, Roy, Brendan, Kevin and Dale

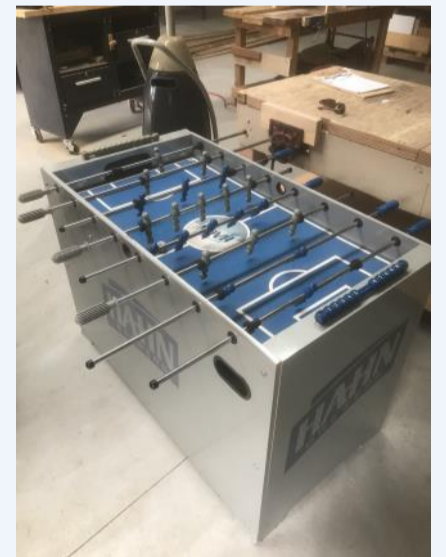


Sold billiard table,commercial coin operated  
\$800

Five of us piled into Albert's 4 wheel drive with money in hand and tandem trailer in tow to buy these tables which were advertised as having little use as the photos would indicate. One was in Braybrook and the other was in Broadford. Both were clapped for want of a better word so we did not buy them but came across one in Kilmore which we bartered for (Howard did) and brought home. This now takes pride of place in our new Shed Extension..



For Sale ..as new \$400..clapped



*Our new Social Hardware ready for action. Will keep us young Mixing work with play.*



# We have got ourselves a billiard table



Happy faces going home with the spoils ...many hands make light work



Up up and away

tie her up boys...we are along way from home



No many truckie's knots here but the table and light were not going to fall..table weighed a ton.



# Socialising at the Shed..lots of things to do



As an afterthought, the billiard table light had to come too



# Friday lunches continue to be a hit ...



Chris getting his hands dirty in the kitchen and Louise his good wife pays a visit to see all is good.



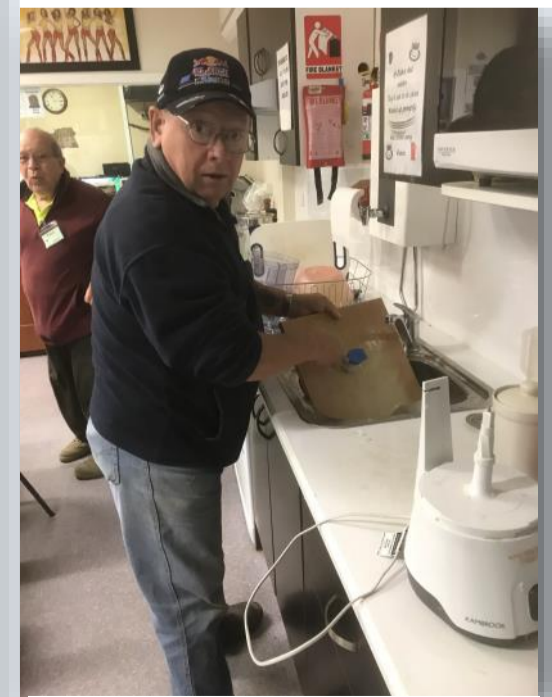
Carl dishing up to the masses...you don't want to end up in the far queue.



Frank and Milne, a formidable pair



Peter knows how to work and play with Garry and Andy



Washing up is no fun but has to be done.- many thanks



## LOOKING AFTER YOUR BRAIN IS A NO BRAINER

It is now believed that our modern lifestyle plays a significant role in contributing to cognitive decline, which is why exposure to toxins, chemicals, poor diet, lack of sleep, stress, and much more can actually hinder the functioning of your brain. There's no harm then in adopting a healthy lifestyle if there's a chance it will help your brain health and encourage your brain to grow new neurons, a process known as neurogenesis. It is now believed that our brain's hippocampus, i.e. the memory centre, is especially able to grow new cells.

How about trying out the following tricks to improve your memory? For further details see <https://articles.mercola.com/sites/articles/archive/2014/04/24/memory-improvement-tricks.aspx>

**Eat Right** - The foods you eat – and don't eat – play a crucial role in your memory. Fresh vegetables are essential, as are healthy fats. Avoid sugar and grain carbohydrates. Curry, celery, broccoli, cauliflower, and walnuts all contain antioxidants and other compounds that protect your brain health and may even stimulate the production of new brain cells.

**Exercise** - Exercising encourages your brain to work at optimum capacity by stimulating nerve cells to multiply, strengthening their interconnections and protecting them from damage. To get the most out of your workouts, a comprehensive program is recommended that includes high-intensity interval exercise, strength training, stretching, and core work, along with regular intermittent movement.

**Stop Multitasking** - Used for decades to describe the parallel processing abilities of computers, multitasking is now shorthand for the human attempt to do simultaneously as many things as possible, as quickly as possible. Ultimately, multitasking may actually slow you down, make you prone to errors as well as make you forgetful.



**Get a Good Night's Sleep** - Sleep is known to enhance your memories and help you "practice" and improve your performance of challenging skills. In fact, a single night of sleeping only four to six hours can impact your ability to think clearly the next day.



**Play Brain Games** - If you don't sufficiently challenge your brain with new, surprising information, it eventually begins to deteriorate. One way to challenge your brain is via 'brain games' such as Sudoku, crosswords, puzzles, jigsaws or better still learn a new skill or take up a new hobby.

**Master a New Skill** - Engaging in "purposeful and meaningful activities" stimulates your neurological system, counters the effects of stress-related diseases, reduces the risk of dementia and enhances health and well-being, the key being to find an activity that is mentally stimulating for you. Ideally this should be something that requires your undivided attention and gives you great satisfaction... it should be an activity that you look forward to doing, such as playing a musical instrument, gardening, building model ships, crafting or many others.

**Try Mnemonic devices** - Mnemonic devices are memory tools to help you remember words, information or concepts. They help you to organize information into an easier-to-remember format. Try creating acronyms (such as PUG for "pick up grapes"), visualising (such as imagining a tooth to remember your dentist's appointment), dreaming up rhymes (if you need to remember a name, for instance, think "Shirley's hair is curly) and/or "chunking", which is breaking up information into smaller "chunks" (such as organizing numbers into the format of a phone number)

*Heartbeat Victoria Sunbury Branch offers peer support for those who have suffered a heart event, want to avoid one [!], their family and carers and meets every second Tuesday of the month in the community centre of AVEO Retirement Village, 45 Cornish Street, Sunbury. Share experiences, be motivated to live a healthy lifestyle and make friends. Call Louise on 0434 400 754 for more information.*



### ADVERTISING PER EDITION

Business card size

1/4 page \$25

1/2 page \$50

Full page \$100

For booking space, contact the Editor:

Frank Zambello

Members 20% discount



# Shed Issues and Committee Happenings

**Albert Mastramico and Howard Bassin attended the meeting and requested a \$1,000 budget** for the Social Committee to purchase equipment such as a billiard table, card table etc. to be used by all members at social gatherings. This was granted. It was requested that space be made available for the equipment and a corner of the Shed was suggested for this use. The Cottage was also suggested for use and it was noted this needed to be cleared and cleaned after each use.

**Guidelines for the operation of the Social Sub Committee** were to be drawn up by the Secretary and provided to the Sub Committee for approval and use.

**It was requested that a dust extractor** be put in the new Shed extension to eliminate walking into the workshop with work to be assembled but this still needed investigation and justification.

**A list of Shed positions** have been noted and presented and will be the basis of noting and sharing the workload in the Shed.

**Paid Advertising in the Newsletter** has been approved and will be applied from the next Newsletter. A 20% discount will be awarded to Shed Members for advertising private goods and services.

**Storage of Electrical and Engineering equipment** to be performed in one of the shipping containers.

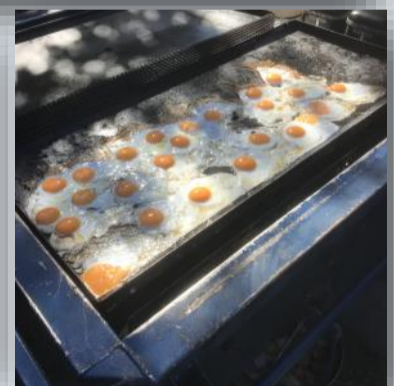
**A comprehensive set of Ryobi tools will be purchased** for the Shed so we have one brand for all our portable tools and will use common batteries and chargers.

When items of the Shed are sold, the Treasurer needs to be advised.

## Our New Barbecue trailer makeover in progress



From the moment Kevin and Mike brought the trailer in, it has got plenty of use and now it has been sandblasted and painted ready for it's new life at our Shed.



Kevin transforming a trailer. Soon to be painted Shed Maroon.



# How to bust out of a rut

Rut: [noun]

1. A long deep track made by the repeated passage of wheels as they travel the same path day in and day out.

2. A habit or pattern of behaviour that has become unproductive, dull and unfulfilling.

There's no denying that a little routine in life is a good thing as it gets things done. However, too much routine and things can start to feel like week-old bread ... stale and boring. It can make you stop and think ... why and how did everything in my life turn a dull grey? If this sounds like a page from your book of life, you may well be stuck in a rut.

Let's think about it. When did you last make a new friend, really speak your mind or do something wonderful and spontaneous? Now is the time to inject a "thrill of the new" into your life to bump you out of that rut.

Some ruts require a major overhaul and some can be fixed quickly. Sometimes a rut is just being bored or feeling frustrated which soon passes. You may be "off colour" or just "out of whack". It may be the weather, a troublesome project or a temporary problem. However, other ruts can be harder to shift ... like family issues, a relationship gone sour, a sense of dissatisfaction with life in general, financial problems to name a few. Let's face it. Life is short and precious. An unhappy rut is no place in which to spend it. Bust out of that rut now!



Some easy rut busters

1. Try eating something different. What about Ethiopian, Sudanese or Turkish? We are blessed with many different cuisines in Australia.
2. Take a different route to the Shed. It's amazing what you can see driving a different way.
3. Your shed or garage is messy. How about cleaning it?
4. Create a surprise treat. Take your wife, partner or grandkids to the movies.
5. Start planning your next holiday. Having something to look forward to always helps.
6. Try saying no instead of yes sometimes or vice versa. See where it takes you.
7. Invite a neighbour or acquaintance you don't know very well for a coffee or a beer.
8. Listen to new music or read a book outside your usual choice.
9. Nurture your passions, whatever they may be. Doing what you love feeds the soul and gives meaning to life leaving little room for feeling stuck in a rut.

Remember, you deserve to be happy. Create a plan to get there. Envision what you want and imagine yourself there. If it's a partner or a friend, then have those hard conversations. Try to work out solutions, but if it can't be resolved then work on moving on.

If you still can't pinpoint why you're feeling blah, a visit to the doc may be a good idea to rule out or identify any underlying medical or mental health issues.



# Visitors from Sunbury Health



A visit from Sunbury Community Health Centre...Acting General Manager, Bernadette Hetherington and staff with our Garry Pettit, and Peter Wikinson.



Jason making tables and chairs for Garry P.



Fred making honour boards as community projects..



# 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

## 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.



If you have a vertical drill and want to turn wood...check this out.....this isn't what it seems...Lloyd is very productive.



## Possum Nesting Box



Wildlife Victoria is working with Men's Sheds to make these nest boxes, using recycled timber.

- Each box costs \$50 and is suitable for both Brushtail and Ringtail possums.
- Box measurements are approximately 26 cm (W) x 30 cm (D) x 52 cm (H), with an 80 cm long post. It weighs around 8.5 kg.
- Dimensions and weight will vary slightly depending on the timber used by the different Sheds.
- Two nails will be provided for attaching the box to the tree. You will need a ladder and hammer to install it.

SUNBURY MENS Shed is now making these.



*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*





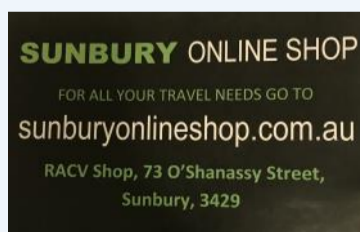
# Hume Men's Shed Sunbury

## Keep it in Sunbury

### Proudly Sponsored in 2017-18 by:



Advertising rates/month	
Business card size	\$20
1/4 page	\$50
1/2 page	\$75
Full page	\$100



#### 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.



# All weather scooters....

advertisement

Howard Bassin 0425 767032..Warranty 18 months, Free delivery,  
Test drive available, Range of colours

## Mini scooter...goes in car boot..\$1,590



Scooter size (LxWxH)	1030 x 570 x 840mm
Base weight	19.7kg
Battery weight	14kg
Seat weight	6kg
Total weight	39.7kg
Front wheel	200x50mm Solid tire
Rear wheel	200x50mm Solid tire
Anti-tip wheel	2"
Battery	12V 12Ah X2 , up to 20Ah
Charger	2.0A off-Board
Charging time, hours	>6hr
Motor	180W 24V
Turning radius	32.2"
Max. speed	4mph/ 6.4km/h
Cruising range	15-20km (10-12miles)
Weight Capacity	115kg (250lbs)
Maximum climbing angle	8°
Controller	45A PG

## Middle size scooter...\$2,775



Scooter size (LxWxH)	1550mm x 680mm x 1280mm
Base weight	84kg
Battery weight	34kg
Seat weight	22kg
Total weight	140kg
Front wheel	12inch
Rear wheel	12inch
Anti-tip wheel	2"/50mm
Battery	55Ah/12V x 2
Charger	5.0AOff-Board
Charging time, hours	>6h
Motor	800W
Turning radius	67.2"
Max. speed	13km/h
Cruising range	60km
Weight capacity	330lbs /150kg
Maximum climbing angle	15°
Controller	PG 120A

## Tri-mobility scooter...\$2,975



Scooter size (LxWxH)	1300mm x 650mm x 1200mm
Base weight	75kg
Battery weight	28kg
Seat weight	22kg
Total weight	125kg
Front wheel	10" pneumatic (265x 85mm)
Rear wheel	12" pneumatic ( 4.10/3.50-6)
Anti-tip wheel	2"/50mm
Battery	40Ah/12V x 2
Charger	5.0AOff-Board
Charging time, hours	>6h
Motor	800W 4700RPM
Turning radius	49.1"
Max. speed	15km/h
Cruising range	40km
Weight Capacity	330lbs /150kg
Maximum climbing angle	15°
Controller	PG 120A

## Enclosed mobility scooter...\$7,850



- Overall Dimentions (LXWXH): 1550 x 690 x 1580 mm
- 2. Weight with batery: 182 kgs
- 3. Braking Distance: 1.8 m (Dry Surface)
- 4. Max Climbing slope: 15 degree
- 5. Ground Clearance: 110 mm
- 6. Weight Capacity: 120 kg
- 7. Motor Rated Power: 24V, 1200W , 13:1 4000 r/m
- 8. Controlle: 24V 120A
- 9. Battery Charger: Input: 115/230VAC 60/50Hz 2.7/1.7A  
Output: 24VDC/5A
- 10. Batteries: 2 PCS of 75AH
- 11. Battery Weight: 47 kg
- 12. Braking System: Electric Regenerative  
Braking and Hand brake
- 13. Front Tire: 14" Pneumatic
- 14. Rear Tire: 14" Pneumatic
- 15. Seat Type: Luxury
- 17. Seat Size (LXWXH ): 570X520X710 (780)mm
- 18. Seat Weight: 21kg
- 19. Container packing: 6 PCS / 20 GP , 13 PCS / 40 HQ
- 20. Range per Change: 40 km
- 21. Max speed: 10km/H
- 22. Turning radius: 1.5 m