

Issue 39

April

2019

Making friends, making a difference — together

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SHEDDERS NEWS

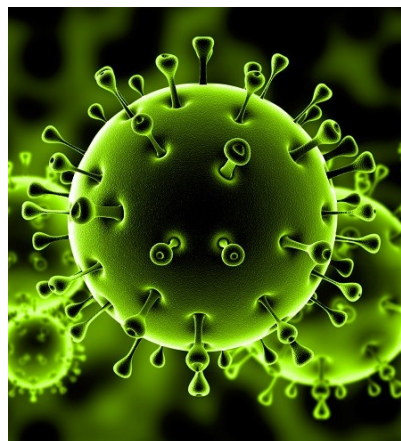


What's coming up:

Stay at home



Good Corona



Bad Corona



Boring Corona

Don't wait to be asked to volunteer, offer to volunteer

Presidents Report For April

Hi Shedders

Well, haven't things changed in the last month. There we were, being busy with projects and jobs for others, Friday lunch, a cuppa and idle chit chat, with a bit of Micky taking along the way. In other words, enjoying the camaraderie that good friends enjoy at the Men's Shed.

Now, a month later, we are all stuck at home twiddling our thumbs wondering what to do with ourselves, and goodness knows how long this will go for. I guess all those odd jobs will now get done!!

I hope you are all enjoying the phone calls from committee members. It was agreed that we would form a "phone tree" (Albert's idea) to keep everyone in touch. The idea is to keep you all informed of the decisions of the committee and what's going on, but more importantly to ensure our shed members are OK. If you need assistance with anything let us know. With self isolating etc we may not be able to help directly but help in finding the best avenues to assist you. So, you need to shut the shed down for an indefinite period of time. What do you need to do? This required some individual brain storming and the following was resolved.

All power was shut down with the exception of the main computer and security system.

All machines were checked and areas sprayed with WD40 to prevent any surface rust.

Fridges and all consumables were cleaned out.

All cash deposited in the bank.

Committee members will do spot checks of the shed whilst closed.

Elsewhere in this newsletter is a letter from the Mayor (CR Carly Moore) congratulating us on the Channel 7, House of Wellness program. Please read and be proud of our shed's contribution.

That's it from me. Stay happy, stay well and, most importantly, STAY AT HOME.

Cheers for now

Mike



Rest Your Mind

I know you have been laying awake at night wondering why baby diapers have brand names such as "Luvs", "Huggies," and "Pampers", while undergarments for old people are called "Depends".

Well here is the low down on the whole thing.

When babies crap in their pants, people are still gonna Luv'em, Hug'em and Pamper' em. When old people crap in their pants, it "Depends" on who's in the will!

Glad I got that straightened out so you can rest your mind.

Don't wait to be asked to volunteer, offer to volunteer

SUMMARY OF MINUTES FROM COMMITTEE MEETING

Associate Professor Chris Hogan Corona Virus Recommendations adopted by the committee;
Virus will be a long term situation

Check Victorian Health Department Website daily for updates and recommendations

It is important to keep the shed open for the following reasons

- (a) Mental Health
- (b) Somewhere safe to meet (not mixing with young people)
- (c) Physical health
- (d) Food security (Friday lunches)

Keep to numbers attending as per recommendation of the Victorian Health Department web site.

Open additional days if numbers are limited.

Contact members by phone on a regular basis

Clean surfaces daily by sanitizing them eg table chairs, handles etc

Monitor members to ensure that they:

- (a) Wash their hands thoroughly – toilets, after coughing and sneezing etc.
- (b) Touching their face

Friday lunches, Everyone must wash their hands before getting their lunch

Keep doors to kitchen area open

Correspondence in and out 31 items received/sent including

Stroke Foundation

Salesian College linking students to the community

Repair Café – members advised

John Hunter acceptance of resignation from committee and thank you

KFC thanking for donation

Membership applications.

Thomas Singleton

George Szabo

General Business

5 Year Plan adopted

Code of conduct. To be presented to members as part of the Bylaws

Application for Mental Health Seminar to AMSA

Paint Safety lanes in workshop and toilets

Concrete slab between containers for BBQ trailer and also for Compressor.

Automatic Hand Sanitizers 4 off cost approx. \$900

Hire of BBQ requirement of Public Liability Policy and stating on acceptance letter that no responsibility to Men Shed

Registration for tax deductible status – decided not to apply.

Members using their vehicle to tow rubbish to the trip are to have a minimum of 3rd part damage policy. This is required in the event part of the load falls off damaging another vehicle. The Shed will pay the insurance excess providing the driver is covered by minimum 3rd part damage.

Ian to obtain plans and permits for new shed as per 5 year plan, this will enable the shed to go ahead if we receive funding in the future.

Don't wait to be asked to volunteer, offer to volunteer

Men's Shed Clothing

For anyone wishing to purchase items with the Men's Shed logo on it, these include:

- Polo shirts.....\$30
- Caps\$18
- Fleecy Jacket.....\$40

Go to shop 7 Evans Street Arcade, and place your order



Phone: 9744 5006

New and used tyres from \$25 – Repairs from \$15

47 Gap Road Sunbury 3429

elite_tyres@outlook.com

Wheel alignments

Car, 4X4, truck, bobcat, forklift and tractor repairs and many more.

We can repair anything with tyres.

A pets perspective on COVID 19



The nice thing about being senile is you can hide your own Easter eggs.



Don't wait to be asked to volunteer, offer to volunteer

Some thoughts of Peter Canning's Winter in Canada

Thoughts on the coming Australian autumn and winter, In Canada now people are seeing Spring, more sunshine as the snow banks slowly melt away, fresh new flowers are starting to push there blooms out from newly emerged stalks. Day temps are now reaching a high 2-3'c while the nights will be -8-10'c

The grass around their properties is all browned off still dormant from the winter snow covering but leaving deposits all over from their dogs nightly visits during the winter.

Canadian truckies are mostly up and about despite the covid19 woes, I have spoken with a few who on travelling across the country are still running into snow blizzard's that cover the road with a few inches of snow packed down and snow drifting across from the wind. As they continue to push across to their destinations slowly they may arrive to find the destinations to find the warehouses snowed in, so delays in getting unloaded. I spoke with one guy who is sitting in Alberta waiting for a warehouse dock to clear the outside temp is -23c. unfortunately these conditions will last till May.

So the weather we have here in Melbourne although getting cool is still much better than some places



1950s TV Shows

Fill in the blanks to complete the crossword puzzle.
You may choose your answers from the word list at the right. Good luck!

BEST

CLUB

EYE

HARRIET

MARGIE

QUESTION

PRESENTS

RILEY

SECRET

STORM

STRIP

TRAVEL

TRUTH

TUNE

Across

2. 77 SUNSET _____

6. THE LIFE OF _____

9. THE ADVENTURES OF OZZIE AND _____

12. HAVE GUN WILL _____

13. FATHER KNOWS _____

14. \$64,000 _____

Down

1. MY LITTLE _____

3. TO TELL THE _____

4. THE MICKEY MOUSE _____

5. HAWAIIAN _____

7. I'VE GOT A _____

8. ALFRED HITCHCOCK _____

10. NAME THAT _____

11. SECRET _____

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- OFFICE OF THE MAYOR -



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www.hume.vic.gov.au

Wednesday, 25 March 2020

Mr Mike Newman
President
Sunbury Hume Men's Shed
158-160 Evans Street
SUNBURY VIC 3429

Dear Mr Newman

RE: HOUSE OF WELLNESS

Hume City Council at its meeting of 10 March 2020 resolved:

"That Council writes to the Sunbury Hume Men's Shed and congratulate them on their recent inspiring story on the House of Wellness, Channel 7 television program, specifically in relation to the theme which was mental health."

On behalf of Hume City Council, I congratulate the members of Sunbury Hume Men's Shed for your willingness to share your personal stories on mental health.

Reducing the stigma and fear of discussing mental health concerns is vital, as it is a key factor that will lead to a reduction in the rates of suicide and self-harm, which can devastate individuals and families across our community.

Hume City Council has actively supported the development of Men's Sheds over the years as Council recognises that they play an important role in strengthening positive community connections. Men's Sheds directly combat social isolation and loneliness, especially amongst high risk groups such as men.

It was pleasing to see such a positive public recognition of the great work that you do at Sunbury Hume Men's Shed. The House of Wellness segment was a strong testament to the ongoing work of your members to create a safe and welcoming environment that enables people to build connections and support networks that directly combat depression, isolation and loneliness.

It is the work of people such as yourself and your members at Sunbury Hume Men's Shed that strengthen the fabric of our community every day and Council thanks you.

Yours sincerely

A handwritten signature in cursive script that reads 'Carly Moore'.

**CR CARLY MOORE
MAYOR**

Birthday's For the April Babies

STEPHEN TYERS

ALLAN BECK

KENNETH WINNELL

ALFRED PARNIS

PETER MORPHOU

RUAN RILEY

ROBERT BARKER

IVAN FUREY

ALAN DYER

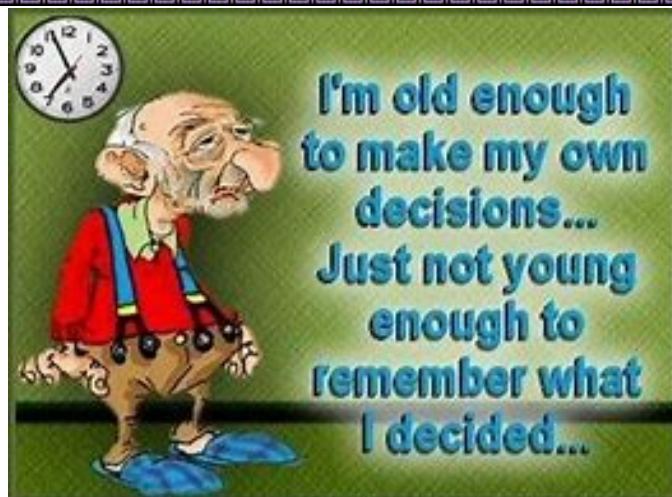
COLIN REES

STEPHEN MILLS

New Members Welcome

THOMAS SINGLETON

GEORGE SZABO



People of importance

| | |
|---|-------------------|
| President (Membership) | Mike Newman |
| Vice President (Metal Fabrication..Welding) | Ted Riley |
| Secretary | Albert Achterberg |
| Assistant Secretary | Ian Phillips |
| Treasurer | Stan Rasanayagam |
| Assistant Treasurer | Peter Kanning |
| General Committee (Special Projects) | Ian Lupson |
| General Committee (OHS, First Aid) | Rod Jackson |
| General Committee (Property Maintenance) | Dieter Jankovic |
| General Committee (OHS, Property Maintenance) | Kevin Swaffield |
| General Committee (Woodwork & Community Projects) | Peter Wilkinson |
| Assistant (Woodwork & Community Projects) | Peter Hobbs |
| Editor | Norm Ripp |
| Editor | Bill Lingam |
| Sponsorship | Jim Moffat |
| Grants | Nat Perri |
| Woodwork and Community | Fred Parnis |
| Electrical Maintenance | Kevin Wood |
| Garden Area | Barry Burbridge |
| Metal Fabrication...(Fitting & turning) | Trevor Dunn |



Shed Details

This Newsletter is produced by Hume Men's Shed (Sunbury) Inc.

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SUNBURY MEN'S SHED
PROUDLY ACKNOWLEDGE
SUPPORTERS FOR 2019-2020



BUNNINGS SUNBURY

CITY OF HUME

JOSH BULL MP

MOWATT { Scottish foods }

ROB MITCHELL MP

KFC

GEYERS NEWSAGENCY

ELITE TYRES

SUNBURY CAR WASH

HI TENSILE STEEL (Engineering Supplies)

Advertising/Sponsors

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We have a Sponsorship Package which may suit you.