

February
2025

Making friends, making a difference — together



Shedders News

Buninyong Mens Shed Visit



10 members from the Buninyong Mens Shed visited our shed. They arrived by bus at 10am and enjoyed our hospitality. They were very interested in our new laser cutting machine as well as the rest of the equipment and garden area. Nic put on a great morning tea which was enjoyed by everyone.

IMPORTANT DATES TO REMEMBER

All guest speakers will be in attendance on the third Wednesday each month starting at 10.00am for 20-30 minutes with questions considered during a morning tea that will be provided by the shed.

March 7 : Victor Chang: Free heart health check

March 19: Presentation by Metro Trains on "Myki" and other facilities available to travellers"

April 12: Garage Sale

April 16: Presentation by elder Rights Advocacy on what happens after abuse occurs, what's next steps"

:April 25: Bunnings sausage Sizzle

May 6: Train excursion provided by Metro Trains to Melbourne visit Tunnel HQ

May 21: Presentation by Country care on "What aid available for those in who need physical aids"



Presidents Report

February 2025

Welcome back to a new year Shedders, I am pleased to see so many of you attending our first speaker event where two members of the Sunbury Police came in and we were able to hear them describing and clarifying the type of situation that can constitute Elder Abuse and answering your questions. Thanks to Peter C. we have a full list of interesting speakers each third Wednesday until August including MetroTrains and cyber safety.

Our next event is free Heart Health Checks conducted by the Victor Chang Heart Health nurses on the 7th of March where they will check your blood pressure, cholesterol and diabetes risk factors. There are still vacancies and all members, and their spouses are invited to attend however you need to book a time on the link within the email sent to you 6th February. If you have problems booking, please contact Albert.

Another successful Bunning Sausage Sizzle was conducted on Australia Day which was a little cooler than last year however hot enough for the power bank for the credit card reader left in the sun to explode. Once again thank you to all the volunteers that signed up. Our next Sausage Sizzle date is the afternoon of Anzac Day 25th April.

Our next Garage Sale is Saturday 12th. April.

We are pleased to advise that thanks to the members helping at the sausage sizzles, helping with the garage sales, making and fixing items for the public etc and Peter Canning's careful stewardship the modest annual membership fee increase approved at the

2023 AGM has been postponed for both 2024/25 and 2025/26 financial years.

The 'free' lighting upgrade to the machine shop which was carried out with the aim of energy saving has had the outcome of poor lighting in an area which necessitates good vision, so we have decided to replace it with improved lamps paid for by our fund raising.

The laser printing of products has raised an issue of copyright of company logos. We cannot reproduce a corporate logo, or we risk huge legal costs as companies are very protective of their intellectual property.

Members are reminded that spray painting is not permitted in the shed due to OH&S requirements.

We continue to be disappointed with the having the same core group of members carrying out the fund raising and tasks around the Shed while everyone benefits.

While we understand sometimes medical issues prevent your participation, I'm sure there is normally something you can help with. An example is organizing the suspended Friday lunches. All that is required is for someone to nominate a simple meal, purchase the ingredients or for example store bought trays of lasagna and salad heat it on the morning if applicable. There will be NO COST to you as all out of pocket expenses will be reimbursed into your designated bank account on the day.

Ian Phillips

President

If you make a mess CLEAN IT UP. Don't wait until your wife cleans it up

POLICE VISIT THE SHED



Police from Sunbury were guest speakers talking about elder abuse at the shed. Members found the session very informative and enjoyed the special morning tea. Thanks Peter Canning for arranging great guest speakers

1			4	=34
				=34
				=34
	2	3		=34
=34	=34	=34	=34	=34

The sum of the four numbers forming a line, vertically, horizontally or diagonally is always the same.

Complete the 16 boxes of the magic square using numbers 1 to 16.

To get you started, we have filled in some numbers

REMINDER

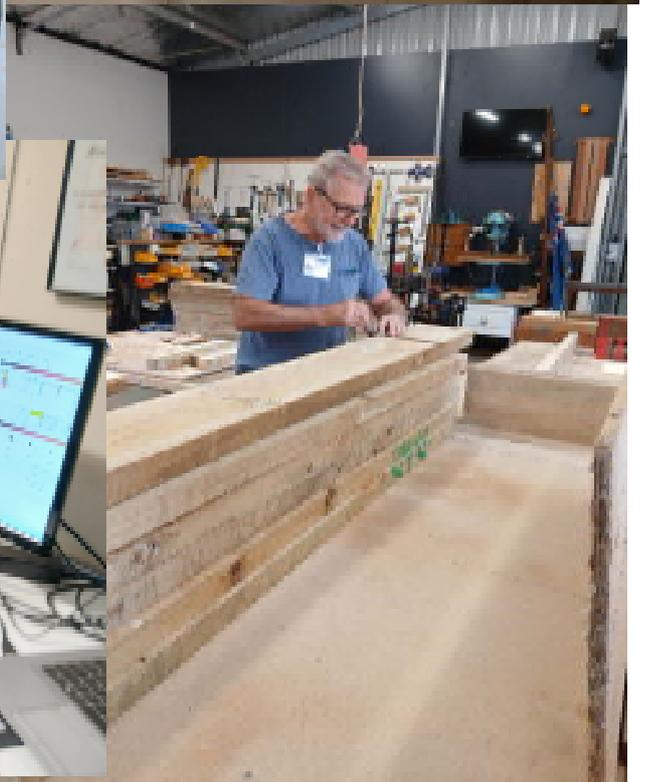
THE VICTOR CHANG HEART HEALTH CHECK FOR YOU AND YOUR FAMILY/FRIENDS

FRIDAY 7TH MARCH

BOOKINGS ESSENTIAL

SEND YOUR DETAILS TO MENSSHESUNBURY@GMAIL.COM. PLEASE INCLUDE NAMES OF THOSE ATTENDING, EMAIL ADDRESS AND TELEPHONE . ALBERT WILL CONTACT YOU TO REGISTER A TIME

Some of the hard working sheddies doing there thing





Condensed Minutes of meeting 176 Tuesday 18th February 2025 9.30am

Welcome Maria Callipari addressed the meeting for ½ hour. She offered assistance with guest speakers and funds for open days. Also reminded us about senior month in October, another opportunity to run an open day

Business arising from previous minutes

- Hume Council solar Panel cleaning ongoing
- Shrine Visit – interest received from Bill Lingham, Dieter, Peter Canning, Peter Hobbs, Ian Phillips, Charlie Borg, Ken Garth
- Sunbury Neighbour Day – Open day Sunday 30th March, show visitors around, demonstrations on request, free sausage sizzle, Maria has offered to pay for sausages etc

Correspondence

2.4. 2pieces of correspondence including;

3. Bunnings Sausage Sizzle ANZAC Day. Precook sausages at the shed as we cannot sell until 1pm

4. Buninyong Men:s Shed Visit 12th Feb. Day was a great success

19. Sunfest Assistance with stage setup and street parade Kevin to coordinate

Revised membership application was presented to the committee which stipulates that a member must second an application and photo to be supplied at time application is lodged. Also reiterating that a prospective member must come to the shed at least a couple of times before membership application is issued. The prospective member should be interviewed by the membership person or member of the committee.

Treasurer Report

The shed opening cost for a month so far this year have been around \$4500

The income has been around \$5000, this included all income grants, BBQs and sales.

interesting that with ~84 members the membership Fees total \$3528 pa. much less than 1 months operating cost.

We have now received the insurance notice for shed Liability and I hope by the time of the meeting we should have the renewal notice for our contents cover of \$200,000.

It should be noted that it is very difficult to even get Quotes from insurance companies and we have now been insured through AMSA last year and should continue to renew for 2025 -2026

Guest speakers have now been confirmed through to June 2025, details are in this next newsletter. If anyone has any further ideas please talk with Peter Canning.

Member fee was due to be increased to \$48 effective from 1/7/2024 this has now been delayed to 01/07/2026 due to the great efforts by members who assisted with the Bunnings Sausage sizzle, clearance sale and sales to public

General Business

1/ Accommodating Disabled Attendees Policy Adopted by the committee

2/ Lighting in machine shop and kitchen I believe that it would be advantageous to address the totally inadequate lighting in the machine shop (old shed) which seems to be worse since the new LED lights have been installed.

It is well known that older people are more affected by low light conditions, it is a common visual complaint in older adults including those without ocular diseases to be able to adequately see under low illumination levels, this would be especially apparent when using power tools.

Therefore I consider this shed is now possibly even potentially dangerous in some situations using the saws and routing equipment and urgent attention is required to rectify this issue either by the landlord or by the committee. Also, the lighting upgrade in the welding shop seems to be forgotten about?

Calco Electrical \$1854 inc GST

I recommend that we proceed with Calco Electric Pty Ltd., not wholly based on their quote but the extra effort demonstrated.

John from Calco advised that they could proceed the following day from receiving an order/go ahead.

Ted's welding shed

Calco were the only company to quote this as I was reminded of this being an outstanding issue on Wednesday morning, the brief I gave them was to reuse four of the lights defunct from the old shed. These lights when used in the welding shed would be mounted lower and would have more efficient light output.

Price quoted: \$591 inc GST

Engaged Calco for both the workshop new lighting and welding shop lighting

5/ Copyright Ensure members know that we cannot breach copyright especially using the new laser machine

6/ Laser CAC/CAM Hourly Rate

Decision charge \$10 per hour for members (min \$10) and \$15 for non-members

SIGN UP FOR A FREE HEART HEALTH CHECK



Mens Shed is proudly sponsoring the Victor Chang Cardiac Research Institute to bring their mobile heart health testing service to you!

The free heart health checks will be held in at the Hume Mens Shed Sunbury in the Environment Centre building 158-160 Evans Street Sunbury 3429 on Friday 7th of March.

So if you want to know how healthy you are, scan the QR code below to make your booking:



Our qualified Heart Health Check Specialists will be checking you:

- Blood pressure
- Cholesterol levels
- Blood sugar levels

TEN MINUTES IS ALL IT TAKES!



LASER CUTTER REPORT

Back again to report on the various misconduct and successes(?) of our laser cutter at the shed, specifically the caddies for the local soccer club.

It's been a busy start to the year with some new venting, new orders, another laptop with the Lightburn program, and more ideas for future projects. And all without any of the fires or explosions that I was expecting. With how scattered I am, most of the time, it's hard to keep track of everything, but we are working through it all one or often several projects at a time. But back to the point...

I have at last cut and etched the first 20 caddies order from a local club. All those laser-cut bits and pieces you see taking up your precious space in the shed? Yep, they're probably the caddies. It's been quite the learning experience, all things considered, with some funny stories along the way. If I had to list all the times I messed it up, there would be no end to it. We also don't speak of what happened to Caddie #2. Make sure NOT to ask Barry about what he did to it under any circumstances, no matter how much he likes to tell the story.

While the laser cutter has had its chance to show some of its capabilities with this project, credit goes to Barry for taking the time to design this thing and for making sure everything is organized(?). Who knew one prototype would have to get pulled apart and put together again so many times? I also hear it only took a "little" bit of stalking and staring between restaurants for the design to take shape. Not to mention the fact it's somehow balanced enough to hold in one hand without the bottom falling out... amazing stuff.

With these first 20 done, we might even be able to start making some for private order. With the flexibility of etching, we can customize caddie designs to personalize them for orders. I might even be able to polish the design up and make some small alterations here and there if I get my way. Hopefully without too much delay and without the Caddie #2 incident occurring again. Hopefully...

Foahala Powell

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DRINK MACHINE



The shed just acquired a drink machine. It can dispense 3 different cans of softdrink.

It was gifted to secretary Albert, who subsequently donated it to the shed.

It will dispense refrigerated drinks at \$2 per can. The cost will offset the cost of the drink and cost of power.

The machine will only take a \$2 coin. A change box will be in the office. IOU will not be accepted.

A Visit to Metro Trains

We would like to get an idea of the numbers of members who would like to participate in the Tuesday outing on May 6 2025. There are limited spaces, would those interested please sign up on the yellow sheet on the break room notice board.

We have arranged for Metro Trains to do 2 information sessions for Shed members.

March 19. The first session will be at the shed to cover Myki (purchase, touch on off) Finding assistance, Accessibility features and the latest in timetabling and Journey planning technology.

May 6 . The second session involves a guided return Journey from Sunbury Station to flinders street, where members can visit "InfoCentral and Travellers aid to meet staff and gather further information, we can take a break at Federation square before

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C MPASSION NORTH



THE FRED HOLLOWES FOUNDATION

Over the last few months a box has been sitting in the meeting gathering unwanted eye glasses.

The time has come that the box will need to go back to the Fred Hollows Foundation, so if you still have old eye glasses that you no longer need , bring them down to the Shed and place them into the box



A NAUTICAL YARN

I sing of a captain well known to fame;
 A naval commander; Bill Jinks was his name.
 Who sailed where the Murray's clear water do flow,
 Did this freshwater shellback, with his Yo heave a Ho

To the port of Wahgunyah his vessal was bound
 When night comes upon him and darkness around;
 Not a star on the waters its clear light did throw;
 But the vessel sped onward with a Yo heave a Ho

‘Oh captain, Oh captain, lets make for the shore,
 For the winds they do rage and the waves they do
 Roar’

Nay, nay said the captain, The fierce may blow.

I will stick to my vessel, with Yo heave a Ho
 Oh! Captain, Oh! Captain, the waves sweep the
 Deck.

Oh! Captain, Oh! Captain, we'll soon be a wreck.

To the river's deep bosom the seamen will go.
 But the captain laughed lightly with a Yo heave a
 Ho.

Farewell to my mates and the girl that I adore.
 Farewell to my friends, I shall see them no more
 The crew shrieked with terror, the captain he swore
 They'd struck on a sandbank, so the crew walked ashore



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Birthday's for the month of Febuary

Wayne Tanner

Jon Fettes

Jeoffrey Moulder

Andrew Wilson

Dieter Jankovic

Dennis Bannan

Natale Perri

Ian Lupson



New Sheddy for the month of Febuary



Steven Danckert



Bruce Hammond

Who's Who at the Shed

President	Ian Phillips
Vice President	Barry Kelly
Secretary	Albert Achterberg
Assistant Secretary	Dale Wilkes
Treasurer	Peter Canning
Assistant Treasurer	Nic Germano
General Committee	Ted Riley
General Committee	Kevin Swaffield
General Committee and Welfare	Andrew Tait
General Committee	Stephen King
Woodwork Coordinator and Welfare	Peter Hobbs
Woodwork Coordinator	Fred Parnis
Woodwork Coordinator	Barry Kelly
OHS and Maintenance	Kevin Swaffield
OHS and Maintenance	Barry Kelly
OHS and Maintenance	Stephen King
IT Equipment register	Kevin Swaffield
IT Equipment register	Kevin Wood
IT Equipment register	Dale Wilkes
Editor	Norm Ripp
Sponsorship	Jim Moffat
Grants	Andrew Wilson
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.

158 Evans Street Sunbury, 3429,



2024 / 2025 COMMITTEE



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Vic President

Barry Kelly



Secretary

Albert Achterberg



Treasurer

Peter Canning



Assistant Secretary

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