

March 2025

Making friends, making a difference — together

**H U M E
E N
S H E D**

Sunbury

Shedders News

METRO INFORMATION TALK

We had Metro come down to give an extensive talk on Metro. He covered topics such as using your Miki. Safety on the train and platform, how to alert staff to dangers or if you require assistance. How to tell if your train is running on time and whether there are major disruptions.



#####

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 30th (Sunday) Neighbourhood open day at the shed

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

March 2025

Well, another month has flown by with plenty of activity.

We have invested considerable money in upgrading the poor lighting in the machine shop, food preparation area and the welding shop plus a new dedicated computer for the laser machine which seems to be in almost constant use.

We have received notification from Sam Rae, the local Federal Member that we have approval from the Federal Government to replace the office printer which has reached its 'use by date' and we have had to resort to using a loan machine.

We hope to regain some of the expenditure with a Bunnings Sausage sizzle on the afternoon of Anzac Day and a large Garage Sale on Saturday April 12th so put that in your diary.

The Victor Chang Heart Health Check was conducted with around 42 participants from our Men's Shed the Cobaw Sunbury Shed plus a number of members of the public from our publicity in the local paper. A successful event which no doubt highlighted some risk factors to some of the participants.

Peter C. continues to arrange a procession of informative presenters with Metro in March explaining the Myki Card variations benefits for users. The issue of Elder Abuse is back to the fore on the 16th. April after the very informative presentation by Sunbury Police with definitions of Elder Abuse when a representative of the Elder Rights Advocacy organization explaining what options are available if you or someone you know encounters Elder Abuse.

Once again, our Maintenance Team has had to carry out maintenance on the Thicknesser. May I remind you it is designed to 'finish' the thickness of timber, not 'rough cutting down' to size of second-hand material which may include imbedded foreign matter e.g. small stones nor is it designed to finish the end grain of material. We ask you all for your assistance in minimising the harsh wear and tear on this machine. If you have second hand material, please consider taking the first cut with a hand operated planer. If you are unsure of the suitability of your job for this or any other machines please ask a member of the Maintenance Team or Barry Kelly.

Ian Phillips
President



Guess who?

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

44 members, spouses and members from the public participated in the Heart Health Check that was conducted at the shed on Friday 7th March



Participants 42 14 Females were tested 28 Males were tested

Number of participants whose blood sugar falls into each of the following categories:

- Low - 0
- Healthy – 32
- Elevated - 8
- Diabetes Risk – 2 88%

had one or more results outside of the healthy range and were recommended to visit their GP

#####

Number of participants whose blood sugar falls into each of the following categories:

- Low - 0
- Healthy - 32
- Elevated - 8
- Diabetes Risk

#####

Number of participants whose systolic blood pressure falls into each of the following categories:

- Healthy/normal - 4
- Elevated - 15
- High stage 1- 7
- High stage 2 - 16
- Crisis call a doctor – 0

#####

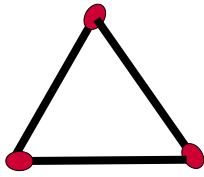
Number of participants whose diastolic blood pressure falls into each of the following categories:

- Healthy/normal - 14
- Elevated - 0
- High stage 1 - 18
- High stage 2 - 10
- Crisis call a doctor – 0

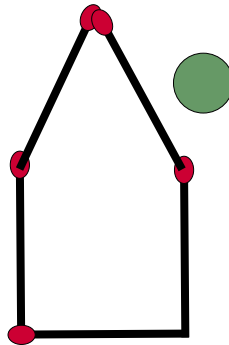
Number of participants whose cholesterol falls into each of the following categories:

- Healthy - 32**
- Elevated - 6
- High - 4

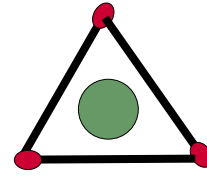
Try these puzzles for size



Move one match stick to make a perfect square



Move three match sticks to get the coin inside



Kick out the coin in one move

A stingy old lawyer who had been diagnosed with a terminal illness was determined to prove wrong the old saying, "You can't take it with you."

After much thought and consideration, the old ambulance-chaser finally figured out how to take at least some of his money with him when he died.

He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. He then directed her to take the bags of money to the attic and leave them directly above his bed.

His plan: When he passed away, he would reach out and grab the bags on his way to heaven. Several weeks after the funeral, the deceased lawyer's wife, up in the attic cleaning came upon the two forgotten pillowcases stuffed with cash.

"Oh, that old fool," she exclaimed. "I knew he should have had me put the money in the basement."





Condensed Minutes of meeting 178 Tuesday 18th March 9.30am

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, Barry Kelly

Sunbury Neighbor Day Sunday 30th March

Garage Sale

Correspondence

21 pieces of correspondence were dealt with.

Treasurer Report

After our recent spending spree our P&L does not look as good as last month but not terrible.

The main items purchased were two office computers and a dedicated computer for the Lightburn Design program. The lighting has been upgraded in the Kitchen area, the old shed area and the welding shed.

Further upgrade to the machine/electrical work area has been ordered and the work will be completed soon.

I am hopeful that the upcoming Bunnings BBQ on ANZAC day and the April 12 garage sale will restore some of our recent expenditure.

Peter C

General Business

1/ Thicknesser

Old material to be hand planed (electric planer) first to prevent stones going through thicknesser
Barry, Kevin and Stephen to come up with recommendation on usage of thicknesser

2/ Name badges for visit use Badges cost approx. \$1 to produce plus backing cost of approx. \$2.50.
Badges to be printed for all committee members and members going to activities outside of shed eg Metro visit. Replacement badges to cost member \$5 each

3/ OHS video. All members to view video as part of the OHS policy. Arrange to view video at the shed and have non attendees confirm that they have watched the video. All new members to view OHS video as part of induction.

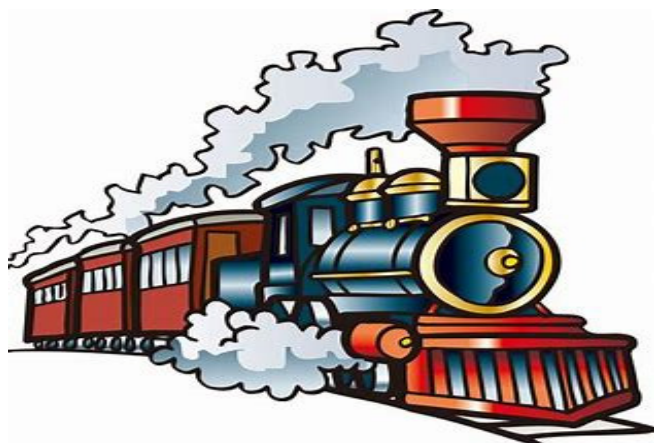
4/ Constitution requires updating in accordance with ACNC requirements. Milton will review our constitution and come up with recommendations to put forward to 2025 AGM

6/ Purchase digital angle gauge \$50 each to be funded by credits.

REALITY CHECK

- Eventually, you will reach a point when you stop lying about your age and start bragging about it.
- Don't let anyone tell you that you're getting old. Squash their toes with your rocker.
- The older we get, the fewer things seem worth waiting in line for.
- Some people try to turn back their odometers. Not me. I want people to know why I look this way. I've traveled a long way and some of the roads weren't paved.
- Maturity means being emotionally and mentally healthy. It is that time when you know when to say yes and when to say no, and when to say WHOOPPEE!
- How old would you be if you didn't know how old you are?
- When you are dissatisfied and would like to go back to youth, just think of Algebra.
- You know you are getting old when everything either dries up or leaks.
- I don't know how I got over the hill without getting to the top.
- The golden years are really just metallic years: gold in the tooth, silver in your hair, and lead in the rear.
- Life would be infinitely happier if we could only be born at the age of and gradually approach 18.
- One of the many things no one tells you about aging is that it is such a nice change from being young.
- Age seldom arrives smoothly or quickly. It is more often a succession of jerks.
- Yeah, being young is beautiful, but being old is comfortable.
- Old age is when former classmates are so gray and wrinkled and blind that they don't recognize you.

If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.



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.

May 6 . 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 visiting Metro Tunnel HQ control room for an update on the new CBD stations.

Sustainable Energy Projects and Consulting Services



REGENERATE ENGINEERING

SUNBURY BASED

PROFESSIONAL ENGINEERS *supporting HMSS*

CONTACT US

Jon Fettes

MOB: 0425 856 965

jon@regeng.com.au www.regeng.com.au

RESIDENTIAL SOLAR PV ENERGY,

RESIDENTIAL BATTERIES

Special rates for members, family and friends

GREEN FINANCING AVAILABLE

COMMERCIAL LIGHTING RETROFIT

COMFORT AND BUILDING FABRIC IM-



farm 1.bak



C MPASSION NORTH



Phone: 9744 5006

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

4/100 Horne St, Sunbury 3429

elite_tyres@outlook.com

Wheel alignments

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



Birthdays for the month of March

Stephen Wade

Richard Gibbons

Kenneth Garth

Dale Wilkes

Stuart Dodd

Anthony Hill



New Sheddy for the month of March

Nil for March

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



President

Ian Phillips



Vic President

Barry Kelly



Secretary

Albert Achterberg



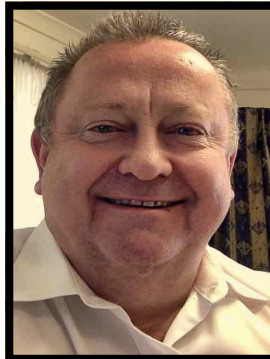
Treasurer

Peter Canning



Assistant Secretary

Dale Wilkes



Ex Officio

Milton Oliver



Assistant Treasurer

Nic Germano



General Committee

Kevin Swaffield



General Committee

Stephen King



General Committee

Andrew Tait



General Committee

Ted Riley

Sunbury Men's Shed
Proudly Acknowledge
Supporters for 2024/2025



REGENERATE ENGINEERING
 SUNBURY CAR WASH
 BUNNINGS SUNBURY
 ELITE TYRE & AUTOCARE
 AUSSIE BROADBAND
 CITY OF HUME
 JOSH BULL MP
 COMPASSION NORTH
 KFC
 NEXTRA SUNBURY NEWSAGENCY

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.

HUME MENS SHED SUNBURY IS A MEMBER OF



Australian Men's Shed Association
 SHOULDER TO SHOULDER