

Sunnybank District Community Men's Shed Inc.

Website : www.sunnybankshed.org

Men in sheds, building communities, working shoulder to shoulder.

Newsletter : October 2015

Do You Girls Need A Hand?

The story goes like this: These 5 girls, Caroline, Ellen, Tyneele, Megan & Nicola were needing help with an assignment for Occupational Therapy.



Ian & Ted helped them mapping out.



Then Peter, Barry & the lads showed them how to use a jigsaw and a sander.

Next thing you know—



Contacts : Dan Stark - Chairman 0404 983 502 Michael Langham - Treasurer 3272 8085
David Pitt - Secretary 3349 1797 Phil Giles - Shed Manager 3273 8513

Location : Hillcrest St, Sunnybank Hills— Adjacent to Sunnybank Uniting Church parking area.
Postal Address : Unit 5 / 62 Pinelands Road, Sunnybank Hills. QLD. 4109



This shed is the initiative of the Sunnybank RSL Sub Branch and the Sunnybank Uniting Church.



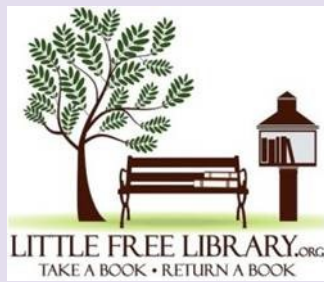
In 2015, Mental Health Week will run from **Sunday 4th to Saturday 10th October**. It is designed to get people talking about mental health and prompt people to find out more about mental health problems and seek help.



You know, there's nothing like getting in touch with nature; travelling through the bush, roaming off into a rainforest, taking a stroll along a beach... So many members of the shed have discovered the secret of the regenerative properties of such places. Is this why people love taking off in their caravans or simply loading up their tent and swag and getting away? **This is one way of looking after your mental health!** Show us your pictures when you get back!

Rebecca is launching "The Little Free Libraries" on Friday 9 October from 3 till 4:15 pm at Watson Road State School, Acacia Ridge.

RSVP NOW to 0458 050467.



From The Committee

- ◆ Our **A.G.M.** was held on Friday 18 September.
- ⇒ All nominated Office Bearers were elected. However



Waddayamean 'biased'?

About a dozen shed members spent an enjoyable few hours tossing a couple down - the carpet, that is!



Comments were heard like: "I got the hang of it fairly quickly!" and "It's not too hard!"

Ken G. now attends regularly on a Monday night at the church at 7pm if you'd care to join him.

David will only act as Secretary for 3 months; then a volunteer will be needed for the following 9 months.

- ⇒ Special guests included Kim Marx (Councillor for Karawatha) & Duncan Pegg (Member for Stretton).
- ⇒ A Member's Fee for 2015/16 is now \$40.
- ⇒ Our Development Application has been approved by BCC. Now we just need \$50 000 for the new shed.
- ⇒ The shed will be open until 2pm on Wednesday afternoons. A supervisor will need to be present.
- ⇒ Des is keen to run training courses on shed machines on Wednesday and/or Friday afternoons.

- ◆ Bruce is needing help selling Remembrance Day badges from 2 to 11 November.
- ◆ Raffle winners: Wooden Steam Train - G. Thomsen, Chess Board - B. Ryan, Serviette Holder - P. Russo, Cutting Board - D. Hammell, Doll's High Chair - Kerry, Hobby Horse - Sue

Dates for 2015

Committee Meetings (3rd **Friday** each month)

October	16th
November	20th
December.	18th

Shed B-B-Q's – every third Friday
—next one 9 October

This SBDCMS Inc. Newsletter is compiled by Ken Tedford, Publicity Officer for the Shed assisted by David Pitt.
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