

Sunnybank District Community Men's Shed Inc.

Website : www.sunnybankshed.org

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

Newsletter : September 2016

From The Committee

- ◇ The 2016 A.G.M. will be held at the shed at 10am on 16 September.
- ◇ Nominations close on 2 September for the Management Committee i.e. Chairman; Vice Chairman; Secretary; Treasurer; Shed Manager & Projects Officer; Assistant Shed Manager, OHS Officer & Asset Manager; Sponsorship & Fundraising Officer; Membership & Welfare Officer; Communication, Marketing & Media Officer; Social Activities Officer (Includes Buntings BBQ's)
- ◇ As the Governor is unable to attend we will defer our "Opening Day" until early 2017 to allow time to set up the sheds fully.
- ◇ Des is following up on storm water overflow issues and installing the downpipes for the new shed.
- ◇ Bruce is looking for someone to replace him to co-ordinate RSL Badge Sales for November 2016 and April 2017.

COLIN CAN HELP

If you are going to be away for an extended time e.g. on holiday or in hospital please let Colin C. (our Welfare Officer) know. If your wife needs help around the house or in the yard while you're recovering, Colin can arrange someone to help with that too.
Ph 3349 5326 or email colandmarg@gmail.com

As of 6 September, a new address for Bob McGregor
23 Hamilton Street, Warwick 0428 158 678

RUOK?™

A CONVERSATION COULD CHANGE A LIFE

Thurs. 8 September is R U OK ? Day.
(But hey, keep the message alive every day!)

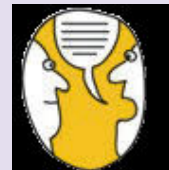
1. Ask R U OK?

"You seem less chatty than normal. How are you travelling?"



2. Listen without judgement

Don't interrupt or rush the conversation.



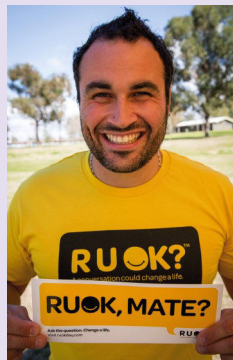
3. Encourage action

"Where do you think we can go from here? How can I help?"



4. Follow up

In a few days check in and see how they are going.



Contacts : Dan Stark - Chairman 0404 983 502
Ken Griggs - Secretary 0478 224 269

Michael Langham - Treasurer 3272 8085
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.



Gimme Shelter



Thanks to a grant from BCC we have shelter between the two sheds!



A Backyard Legend?

Do you know a Backyard Legend?
Maybe you are one?

As part of Backyard Legend Day, the search is on for Australia's Backyard Legend, someone who has gone above and beyond to help out a neighbour or someone in their community. If you know somebody who has helped out in the community in this fashion, this is a great opportunity to say 'thanks' and show your gratitude by nominating them and telling their story. There's \$10,000 worth of prizes to be won, thanks to Victa.

To nominate someone go to <https://www.facebook.com/backyardlegendday/>

or alternately, you can send a short story and photo to kathryn@nichegroup.com.au

Simply offer to do a chore for your neighbour or help out your community on 16 October (Backyard Legend Day), then share your Backyard Legend Day activity and photos with us at #BackyardLegend on our Facebook page.

Your Dues are Due

If you want to be a financial member (& vote at the A.G.M.) you will need to get your \$40 to Mike by Friday 16 September.



Only one birthday for September
13th - Peter R.

Handyman & Dingo Services



Are you in need of
⇒ Handyman Services
⇒ Stump Grinding
⇒ Dingo Services
⇒ Post Hole Digging
⇒ Trenching or soil spreading

Call Kev Bradshaw 0419 787 220 or 3273 7184
or email: handyman.dingo@yahoo.com.au

Dear Dad: \$chool is great. I'm making lot\$ of friend\$ and \$tudying hard. I \$imply can't think of anything I need, \$o ju\$t \$end me a card, a\$ I would love to hear from you.

Love, Your \$on.

Dear Son: I kNOW astroNomy, ecoNomics and oceaNOgraphy are eNOugh to keep a student busy. Do NOt forget that the pursuit of kNOWledge is a NOble task and you can never study eNOugh.

Love, Dad.

DATES for 2016

Committee Meetings 3rd Friday each month

September 16 (A.G.M.)
October 21
November 18

Shed B-B-Q s – last Friday of the month
—next one 30 September
28 October
25 November

This SBDCMS Inc. Newsletter is compiled by Ken Tedford, Publicity Officer for the Shed.
Contact Ken at kenjan.tedford@bigpond.com