



# Sunnybank District Community Men's Shed Inc.

Website : [www.sunnybankshed.org](http://www.sunnybankshed.org)

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

**Newsletter : April 2017**

## Bunnies for Bunnings



Hop to it, lads!

Stephanie from Bunnings needs some plywood cut to shape. She is holding an Easter Family Night (DIY Workshop) for the kids at Rocklea on Thursday 6 April. She eggspects around 85 children to rock up ready to make an Easter Egg Box. We supply the pre-cut shapes, the kids add nails, glue and paint and there you have it!



### Hee! Hee!



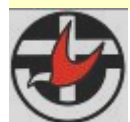
- ◇ Someone threw a bottle of Omega 3 tablets at me. Fortunately my injuries were only super fish oil.
  - ◇ People are talking about the apocalypse like there's no tomorrow.
- ◇ You know why tennis players can't ever find happiness? Love means nothing to them.
- ◇ I stayed up all night wondering where the sun went. Then it dawned on me.



**Contacts :** Des Broom - Chairman 0407 018 037      Michael Langham - Treasurer 3272 8085  
 Ken Griggs - Secretary 0478 224 269      Wyn Jones - Shed Manager 0412 043 795

**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.**



# Who's New ?

Brian S.

Hobbies: Choir Singing,  
Reading, Gardening

Recent Holiday: Walking  
through Italy & Sicily

Previous Job: Project



Engineer for mining co.

Lance T.

Hobbies: Motor Racing,  
Golf, Horses

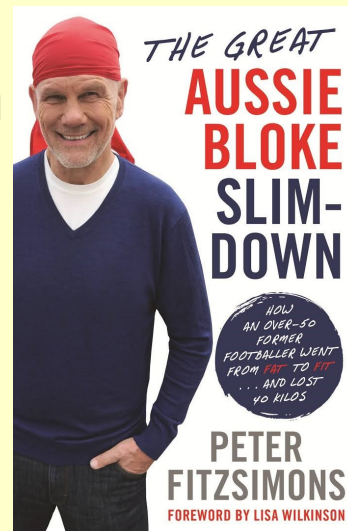
Recent Holiday: Sea  
Cruise North Queensland

Previous Job: Packaging



# Book Review

The story of one man who had the guts to lose his gut. This is a book that will finally help an ordinary bloke lose weight. (Don't worry, it has nothing to do with wearing a red bandana.)



Ever struggled with your weight? Or did you stop struggling years ago and let the pies win? In his book Peter will lead you through the fads that failed him, the diets that died fast and left him furious and the ways his waistline kept the belt industry in business.

Take tips from someone who knows how to eat and drink way too much - and has finally learnt how to stop.

Some quotes: "Do not reward yourself with food, you're not a dog."

"Only eat when you're hungry. Stop when full."

"Breakfast like a king, lunch like a prince, dinner like a pauper."

"When you want to know when you've had enough, listen to your stomach, not your eyes."

"Don't add sugar to anything."

"The whiter your bread, the quicker you're dead."

# Happy Birthday!

On April

4th - David W.

# From The Committee

- ⇒ Bruce needs volunteers to sell Anzac Day Badges at Bunnings Rocklea on Sunday 16, Wednesday 19 and Sunday 23 April.
- ⇒ Our next Bunnings BBQ is Sunday 23 April.
- ⇒ Warwick has been able to buy a new fridge to store drinks in. The old one was malfunctioning.
- ⇒ Maurice is seeking quotes to install solar power at the shed.
- ⇒ The visit to Carbatec was informative and enjoyable. We may consider buying the electronic pedestal drill and the stop saw in the future.
- ⇒ More wooden comfort crosses are being made for St David's Uniting Church.
- ⇒ Steve, Mike, Geoff & Des are working together to set up the old shed for other trades.
- ⇒ Warwick reported that the RSL Games Night was a good night out.

# DATES for 2016

**Committee Meetings** 3rd Friday each month

April 21

May 19

June 16

**Shed B-B-Q s & Social Day** - last Friday of the month  
- next one 28 April

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