

Sunnybank District Community Men's Shed Inc.

Website : www.sunnybankshed.org

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

Newsletter : May 2017

What a BBQ!!!



Wow!!!

The people kept coming! The orders never stopped! The sausages sold like hotcakes! The tongs were a blur!

On top of that, we were running a one-day raffle as well!

Sunday 23 April has set new records!



Will the next barbecue live up to our new expectations?

HOW FIT R U ?

DID YOU PUT ON A KG OR TWO OVER CHRISTMAS?



ARE YOU TIRED OF EXERCISING ALONE?



WHY NOT



RUN DOWN TO SUNNYBANK R.S.L.?

As a Social Member (only \$10 a year) you can join the **EXERCISE CLASSES** each Tuesday or Friday morning from 6:45 to 8 am - only \$5

Ph. 3344 7423 Mon., Thurs., Fri. 10am-2 pm
or email adminofficer@sunnybankrsl.org

What about the Bunnings Bunnies?



Des and a handful of men had a great time assisting Stephanie at the Easter Family Night on Thursday 6 April. The kids got a special hammer and assembled their egg box. Painting came next.

Some may or may not have looked like this at the end!



Contacts : Des Broom - Chairman 0407 018 037
Ken Griggs - Secretary 0478 224 269

Michael Langham - Treasurer 3272 8085
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 ?

Ken O'B.

Hobbies: Boating, Golf,
Restoring cars & bikes.

Recent Holiday: Drove to Cairns

Previous Job: Technician for
electronics and engineering firms



Tom T.

Hobbies: Singing at Church

Recent Holiday: Moreton Is.

Previous Job: Pastry Chef,
Baker, Welder, Training for
Chaplaincy



Happy Birthday!

On May 8th - Mukhtiar S. 12th - Lance T.
 13th - Thomas F. and Tom T.
 19th - Clifton D. 25th - Terry B.

From The Committee

- ⇒ Our Shed Open Day will be on Saturday 8 July from 10-2pm. Mark it in your diary now!
- ⇒ We are getting quotes to have a Security System installed at the shed.
- ⇒ St David's Uniting Church at Coopers Plains has invited us to have a stall at their Autumn Fest on Saturday 20 May. Are **you** available from 10 till 1pm?
- ⇒ Richard from the Southern Star took some pictures of men in the Workshop last Wednesday. Look in the edition out on Wednesday 3 May.
- ⇒ Lance has found that 24 men still need to hand in their Medical Forms (for use in an emergency). Is **you**rs in the office?
- ⇒ A new shade cover will soon be appearing over the outdoor morning tea area.

Do you hear what I hear?



Peta from Australian Hearing paid us a visit. They have been around since 1947 when a severe outbreak of Rubella took place severely damaging children's hearing. There are over 400 clinics with our closest being on Logan Road near Garden City. Hearing aids are free if you are a child under 25 years of age, an Indigenous person over 50 or a holder of the blue Pension Card.



After a hearing check, see your G.P. Then contact your Health Care Fund to determine what you are covered for and next check with your House Contents Insurance for coverage. After seeing an audiologist test your hearing aids in various environments. They can last up to 10 years.

DATES for 2016

Committee Meetings 3rd Friday each month

May 19
June 16
July 21

Shed B-B-Q s & Social Day - last Friday of the month
- next one 26 May

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