



Sunnybank District Community Men's Shed Inc.

Website : www.sunnybankshed.org

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

Newsletter : October 2017

From The Committee

- ⇒ Our A.G.M. was held on Friday 15 September. The members present numbered 34. Des spoke to his report.
- ⇒ Kim Marx (BCC) was represented by Heidi Randall.
- ⇒ Duncan Pegg, State M.P. for Stretton, presided over the elections.



- ⇒ The Office Bearers are:

Chairman - Des B.	Vice Chairman - Warwick V.
Secretary - Ken G.	Shed Manager - Wyn J.
Assistant Shed Manager/Asset Manager/OHS Officer - Ted S.	Membership & Welfare Officer - Barry L.
Communication, Marketing & Media Officer - Ken T.	Social Activities Officer - Geoff C.
Projects Officer - Maurice M.	Sponsorship & Fundraising Officer.
- ⇒ There was no nomination for
- ⇒ Brian S. will step in as Assistant Treasurer when Mike is away.
- ⇒ Peter S. has volunteered to act as Provedore in place of Con.
- ⇒ Mike suggested that we sell the old dust extraction system to another shed at half price.
- ⇒ Two new activities are Leather Work, commencing Wednesday 27th, and Spoon Carving, starting soon.
- ⇒ As we now have three supervisors for Tuesdays Wyn and Ted will have a new roster out in the near future.

Clean Air

The air in the wood workshop has never been cleaner, thanks to the new air filtration system! The purchase and installation of this system was made possible by a grant of over \$17 000 received from the Department of Veterans Affairs.

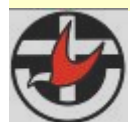
All those who work in this area can now breathe a lot easier!



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.





niagara
feel, move, live ...BETTER!

Improved Circulation

This is great, not only for newsletter editors, but for all of us, it seems!
On Friday 29 September Johnno & Bec told us that medication for osteoarthritis simply masks the pain. Knee and hip replacements are generally only effective for 50% of recipients.

The answer to better health, they say, lies in improving the circulation of blood throughout the body, resulting in decreased pain and swelling and increased mobilisation. This is achieved through cycloid vibration therapy.

See www.niagara.com.au



Sunnybank Men's Shed & Community Garden

2017 CHRISTMAS PARTY

will be held on **25th November at 6pm**
at **Sunnybank RSL Hall, 19 Gager St, Sunnybank**



Cost will be \$35 / person

- SPIT ROAST BUFFET
- BYO beer & wine

See Geoff C. to reserve your seats at the table!

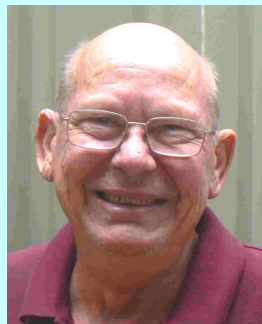
Parkinson Discount Drug Store

When you're next needing a Chemist, consider going to Parkinson Chemist, cnr Algester Road and Nottingham Road, Parkinson. The Pharmacist, Ross, is a keen supporter of the Shed.

Trading Hours:
Mon-Fri 8a.m. - 7 p.m.
Sat 8:30a.m. - 5 p.m.
Sun 9 a.m. - 5 p.m.



New Faces



Ted A.

Hobbies: Gardening

Recent Holiday: European River Cruise

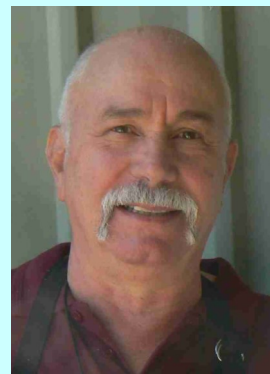
Previous Job: Forklift Driver

Alan d B.

Hobbies: Watching Sport

Recent Holiday: Melbourne

Previous Job: Retail Management



Happy Birthday!

On OCTOBER 3rd - Maurice M. 4th - Gorge M.
7th - Barry L. 8th - Mike G. 21st - Shivum P.
25th - Mike L. 27th - Mark M.

DATES for 2017

Committee Meetings 3rd Friday each month
October 20
November 17

Shed B-B-Q & Social Day - last Friday of the month
- next one 27 October

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