

Mackay Men's News

Relationships Australia

April 2011

ATSICHS Men's Group



Most Mondays at 11:00 am a group of men, of various ages, meet in AT-SICHS Social Health Unit - 36 Victoria St. On Monday 28th March & 4th April Colin Doolah will be presenting info on Health & Well-being. This will include a walk along the Pioneer River and a BBQ at Far Beach.

Monday 11th & 18th April, Matt



Humphries will be delivering computer training to the group.

When a friend is in trouble, don't annoy him by asking if there is anything you can do. Think up something appropriate and do it - Author unknown

A Real Man is a woman's best friend. He will never stand her up and never let her down. He will reassure her insecurities and comfort her after a bad day. He will inspire her to do things she never thought she could. He will enable her to express her deepest emotions and give in to her most intimate desires. He will ensure that she always feels she is the most beautiful woman in the room. No wait..sorry!.. That's a glass of wine that does all that



The next Iona – West Uniting Church Men's Breakfast will be held in the church hall at 7 Brooks St, West Mackay at 7:30 am on Saturday 2nd April, 2011.



Building Social Capital
Following an appeal from Cheryl Machen of Cootharinga Nth Qld, several guys from the Iona West Men's Shed assisted in the establishment of a home garden. The house has been set up by Cootharinga and other community agencies to house men who are differently-abled. The men are great mates and will be supported to live in the residence. When Cheryl told of the efforts being made the men of the shed were only too glad to lend a hand.



The Men's Shed will be open afterward from 9:00am until 1pm.



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