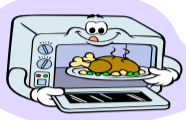


MEMBER'S DRAWS

Wednesday Nights 6pm & 7pm
 Plus Bonus Draw of \$100 at 8pm
 (Please register at reception for bonus draw)
 Sunday Afternoons
 1pm, 2pm & 5pm



Enjoy a traditional Roast Meal?

**Why wait until Sunday?
 Let us slave over a hot stove**
 Every Wednesday Night
 Just \$7.00 which includes Tea or Coffee

**Over a \$1,000 a week in Cash prizes!
 Raffles are always fun**
RAFFLES



Wednesday Night Tickets sold from 6pm
 Thursday Lunch Tickets sold from 12.15pm
 Thursday Night Tickets sold from 6pm
 Friday Night Tickets sold from 6pm
 Saturday Night Tickets sold from 6pm

COME ALONG FOR SOME FUN IN OUR DAILY PROMOTIONS

- Tuesday Fuel 10 x \$25 Fuel Vouchers
- Wednesday Shopping Spree 10 x \$25 Westfield Vouchers
- Thursday Cash Splash 10 x \$25 Cash Prizes
- Friday Friday Fuel 10 x \$25 Fuel Vouchers

Don't forget to insert your Membership Card.



Hello Everyone,

We have recently introduced some exciting new promotions in the gaming lounge.

Between 1-00pm and 2-30pm Tuesday to Friday you can join in by simply inserting your membership card while playing any of our 219 gaming machines.

On Tuesday you can win \$25-00 fuel vouchers, Wednesday Westfield vouchers, Thursday there are cash prizes and Friday \$25-00 Terrace restaurant vouchers up for grabs.

Why not join us at the club for a fun time. You can get all the details from any of our friendly staff.

Look forward to seeing you at the club, please say hello when you're next in.

Julie, Promotions Coordinator.

PS Don't forget the "Carve up the Cash" Promotion which is on right now there are 4 huge Sunday draws were \$20,000 cash in total will be given away to some of our lucky members.



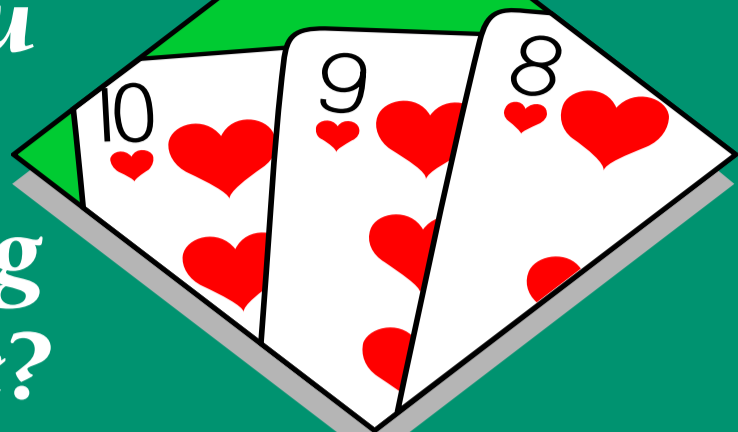
COME JOIN US FOR A FUN TIME AT THE CLUB



Mt Gravatt Euchre Club



Do You Like Playing Euchre?



Every Thursday Night at the Club a Group of People get together to have some fun playing Euchre.

IF YOU WOULD LIKE TO JOIN OUR FRIENDLY GROUP PLEASE CALL BEV – 3341 5737

Teams compete in Champonships

It has been a very busy time at MacGregor Netball Association over the past two months. After many months of training teams have competed in the Challenge Carnival and the State Age Championships.

The teams did well considering the tough competition and it was a wonderful experience for the girls, particularly the new players competing at Representative Level. At the State Age Championships held at Ipswich over the Queen's Birthday weekend the 17 year old team came in as Runners Up in Division One.

The Association's first senior night season is

coming to a close with Grand Finals being held next week. After a short break the second senior night season will begin.

The day season is in full swing with players from all ages competing on Saturday. There is also the Junior Night Season commencing in August.

If anyone is interested in joining a team either Day or Night, Senior or Junior, please contact MacGregor Netball Association on 3345 9386. The courts are situated on the Corner of McCullough and Granadilla Streets at MacGregor.

The Association appreciates the assistance and support it receives from Sunnybank Community and Sports Club.

We would also like to acknowledge the continued support from the Queensland Government Gambling Community Benefit Fund, Councillor Graham Quirk, Brisbane City Council Minor Facility Program Grant and Brisbane City Council Department of Sports & Recreation for providing our Association with Grants to improve our facilities.

Our thanks to Leiden Studios for providing the photos of players in this article.





Wine Club

Next Wine Club
6.00pm for 6.30pm start

TUESDAY

25/08/09



Just \$5.00 per night, which includes Wine Tasting and Nibbles to complement the wines

Membership is Free Application forms at reception

High Tea Club

Starts: 10.30am to 12pm
Cost: \$14.00 single – \$28.00 for 2

Lucky Door Prizes

It's just a nice way to enjoy morning tea
The second Monday of every month



Why not join in on a special morning?

The Terrace

A choice for every taste

View from the Restaurant

SEAFOOD LOVERS DELIGHT

Grilled Salmon with garlic prawns on mash or risotto, seasonal greens with hollandaise sauce – \$23.90



*Available only at dinner



Slow cooked lamb shanks, soft off the bone, served with potato of the day and seasonal greens – \$18.00



Grilled Wagyu beef fillet, on toasted Turkish bread with bacon, tomato, lettuce, tasty cheese, and caramelized sweet onion jam, drizzled with our own house made dressing, served with beer battered chips – \$16.00



Is there a better way to enjoy our Queensland weather?

*Delicious New Dishes
have been created
Just for you!!*

WE'VE GOT THE MUSIC!!! FREE ENTERTAINMENT

GET YOUR FRIENDS TOGETHER FOR A FUN TIME WITH
SOME OF QUEENSLAND'S BEST ENTERTAINERS



JULY

Wednesday
Thursday
Thursday
Friday
Friday
Saturday
Saturday
Sunday

1 July
2 July
2 July
3 July
3 July
4 July
4 July
5 July

The Zeds
Bj Little
Glen Court
Tracey Vaughan
Montego
Paul Reno
Adrenaline
Lloyd Saniel



5.00pm-10.00pm
11.00am-2.00pm
5.00pm-10.00pm
4.00pm - 8:00pm
8.30pm - 12:30am
4.00pm - 8:00pm
8.30pm - 12:30am
4.00pm-8.00pm

Wednesday
Thursday
Thursday
Friday
Friday
Saturday
Saturday
Sunday

8 July
9 July
9 July
10 July
10 July
11 July
11 July
12 July

Dave Clayton
Craig Shaw
Craig Shaw
Duo 24/7
Cool Change
Mary-Ann Leyden
Matrix
High Noon



5.00pm-10.00pm
11.00am-2.00pm
5.00pm-10.00pm
4.00pm- 8.00pm
8.30pm - 12:30am
4.00pm - 8:00pm
8.30pm - 12:30am
3.00pm - 8.00pm

Wednesday
Thursday
Thursday
Friday
Friday
Saturday
Saturday
Sunday

15 July
16 July
16 July
17 July
17 July
18 July
18 July
19 July

Whack'd Out
Doug Stuart
Geoff Dutton
Freddy Wild
Fire & Rain
Don Whitaker
Wayne Nettle
Goran Sedlar



5.00pm-10.00pm
11.00am-2.00pm
5.00pm-10.00pm
4.00pm- 8.00pm
8.30pm-12.30pm
4.00pm - 8:00pm
8.30pm - 12:30am
3.00pm-8.00pm

Wednesday
Thursday
Thursday
Friday
Friday
Saturday
Saturday
Sunday

22 July
23 July
23 July
24 July
24 July
25 July
25 July
26 July

Adrenaline
Ray Davies
Ebb & Flow
Jo E Bishop
Cargo
Glen Court
7th House
Spic & Span



5.00pm-10.00pm
11.00am-2.00pm
5.00pm-10.00pm
4.00pm- 8.00pm
8.30pm-12.30pm
4.00pm - 8:00pm
8.30pm - 12:30am
3.00pm-8.00pm

Wednesday
Thursday
Thursday
Friday
Friday

29 July
30 July
30 July
31 July
31 July

Greg Bankx
Rob Rosenlund
Rob Rosenlund
Marty Edwards
Poco Loco



5.00pm-10.00pm
11.00am-2.00pm
5.00pm-10.00pm
4.00pm- 8.00pm
8.30pm-12.30pm

STAFF PROFILE



Name: Gemma Taylor
Position: Café Attendant
Interests Hobbies: Hanging with Friends, shopping (Oh I just love shopping) and Snow boarding especially in New Zealand
Favourite Movie: Dirty Dancing
Favourite CD: Ministry of Sound
First Job: Fashion Retail assistant

Most Famous Person: Jacob Oram (Of course New Zealand Cricketer)
What do you like most about your Job: I have just recently come from New Zealand. Working at the club gives me a fantastic opportunity to meet so many new people and make great friends.



Name: Kurt Finch
Position: Guest Service Attendant
Interests Hobbies: Sky Diving, Bunji Jumping, Reading, Hanging with my mates, fishing or should I just say the outdoors never many fish!!
Favourite Movie: Anchorman
Favourite CD: Ministry of Sound (Same as Gemma but I said it first)

First Job: Very successful business running a lemonade stand
Most Famous Person: Andrew Johns
What do you like most about your Job: Working at the club allows me to interact with patrons and I really enjoy the variety of personalities it brings.

The Upper Mt Gravatt Toastmasters Club seems to have found the home it was looking for in the friendly and cosy environs of the Sunnybank Community and Sports Club (SCSC).

While in our previous locations, our membership had steadily dwindled, since having relocated to SCSC, a year and a half ago, our club's roster has increased from around eight to presently 18 members. Amongst our newest members are Dr Caroline Hwang, Mr

Toastmasters find home

Vasuki Prasad and Mr Salman Altattan. Vasuki has this to say: "As an IT person trying to get into the higher rungs of the corporate ladder I realised my biggest shortcoming is Public Speaking. I have been with Toastmasters for less than 5 months, yet I am clearly more confident and learning public speaking skills exponentially during every meeting. I am glad that I have found Toastmasters and my only regret is, Why didn't I discover Toastmasters earlier?"

We meet 1st Mondays and 3rd Wednesdays of every month at 6.30 PM for a 7.00 PM start in the Board room, upstairs. No advance notice is necessary and patrons of SCSC are welcome to just drop in and join us in our meetings. Our next few meetings are scheduled for 6 & 15 July; 3 & 19 August; and 7 & 16 September.

Recent events include the presentation of a 15-year membership pin and trophy by our Area Governor, Mr Jim Jaeger to our Charter-Member (member at and since the Club's foundation) Mr Peter McMahon. The Club is also active outside its usual meeting place and time. In May, assisted by a number of Toastmasters from other Clubs, we presented a workshop in Public Speaking and Confidence Building to a number of PhD students of a well known local University. These students received a much needed shot in the arm towards their preparations for delivering presentations in forthcoming scientific conferences, abroad.

On Monday, 6 July we will meet in the Rosemount Room for our annual changeover of the Executive Committee. The newly elected members of the Executive committee



Presentation of a trophy to Mr Peter McMahon

will take their Pledge of Office, administered by the incoming Area Governor for 2009-10, Mr Steve Christopherson, who will also discharge the 2008-09 Committee Members of their responsibilities. The Club's new president from July 2009 is Ms Brigid Low, an experienced educator for special needs students.



Toastmasters from Upper Mt Gravatt and other Toastmasters Clubs and PhD Students at the Workshop:



Wilson HTM
INVESTMENT GROUP

ClubMoneyMatters

www.wilsonhtm.com.au

Positioning yourself for a new financial year



Written by
Dean Ireland,
 Financial Adviser
 Wilson HTM
 Investment Group.

Given that we have just completed an interesting financial year, everyone is in the midst of preparing their tax returns. You may be asking yourself "Did I really earn that much?" or "Where did it all go?" It may be a good time to start fresh.

The following aims to provide you with an overview of some basic considerations for wealth accumulation.

The first step

Building wealth comes down to a simple formula - spend less than you earn and invest the rest. If you don't have a budget or track your spending, now is a great time to start. Never underestimate the importance of budgeting to help you take control of your finances and build wealth.

Finding a balance

All investing involves some risk with the potential for higher returns meaning an increased chance of negative returns. You need to find a comfortable balance between the level of risk you are prepared to accept and your desired level of return. Giving consideration to your investment time frame and diversification will be important in helping you discover the correct balance for you. If you take a long-term time frame and remain focused, history shows that generally investments (such as shares) produce higher returns than less risky investments like cash and fixed interest.

A good mix

Spreading your money across a variety of investments can help lower investment risks as different types of assets can rise and fall at different times. Diversification generally reduces

the likelihood of a single investment negatively affecting the value of your overall portfolio. A good mix of investments ensures you have exposure to growth assets to help achieve long term objectives, as well as including defensive assets that stabilise your investment so you can sleep at night.

Actual returns

While before-tax returns might make one investment look better than another, it's usually the after-tax results that can make the difference to your actual wealth. Some investments, like super, are taxed at lower 'concessional' rates and enjoy other tax advantages. You should consider the impact of tax when making or switching investments.

Boosting investments

Through making a long term investment and reinvesting returns you can help boost your investment through compound returns. By reinvesting returns you are also maintaining a disciplined approach to budgeting via redirecting excess investment income back into your portfolio.

Make regular contributions

Instead of making lump sum investments, you might realise increased benefits by investing smaller, more regular amounts over a longer term. As markets move up and down, you will invest at higher prices and at lower prices. So the price you'll pay over time will be averaged out. Remember that generally investing is about time in the market and not timing the market.

Take control of your finances and talk to us about your investments today.

For more information speak to your adviser or contact Dean Ireland, Financial Adviser
 Ph: 3212 1095 or email: dean.ireland@wilsonhtm.com.au

Disclaimer: The advice provided is general advice. It has been prepared without taking into consideration any persons objectives, financial situation and needs. Wilson HTM Ltd ABN 68 010 529 665. Market Participant of the ASX Limited, Principal Member of the Financial Planning Association of Australia, AFSL Number 238375.

MacGregor Cricket Club of the Year

MacGregor/Souths Cricket Club was announced as the Sporting Club of the Year by Sports Minister Judy Spence at an Australia Day breakfast in her Mt Gravatt/Sunnybank electorate.

Club president David Rieck, and secretary Greg Bartlett were in attendance and were chuffed to beat a strong field including Souths United Football Club. South's president Geoff Doyle and David observed that many junior members of MacGregor CC are also members of Souths United FC.

The junior members of MacGregor were buoyed by their results last summer, with many teams being named as premiers in the Pre and Post-Christmas competitions. MacGregor teams that won junior Pre-Christmas premierships were the u13B Hawks, U14B Scorpions, U15A1 Kookaburras and U15A2 Stingers. Post-Christmas premierships were won by the u11A Condors, U11B Kangaroos, u12B Tigers, U13 Leopards and U16/17 Lions.

At their recent Trophy presentations MacGregor CC made a special presentation to Pat Frazer, immediate past

president of Metro South West Junior Cricket to thank him for long service to junior cricket in the region. Former member Mike Fisher supplied the award of framed photographs of the Queensland Bulls inaugural Sheffield Shield win, signed by Carl Rackemann. Perpetual trophies were awarded to Kieren Baker (Cricketer of the Year), Brodie Hicks (Most Wicket keeping Dismissals), Mitchell O'Brien (Most Runs), Robert Anderson (Most Wickets) and Michael Keks (Best All-rounder). President David Rieck awarded the Presidents Trophy for Club-man of the Year to Ray Perry, whose son Mitchell plays with MCC. Ray's family company Panapower has sponsored MCC's coaches' shorts for a number of years, but last year Ray spent many hours rebuilding the macgregorcc website, so the Club will be able to disseminate information and results with ease.

The Club has been especially fortunate in the offer from



Courage Homes to design and build their new storage facility. MacGregor CC under 13 Hawks coach Michael Jones is the general manager at Courage Homes, and has offered Courage's expertise, after the project manager MacGregor CC had earmarked was unable to under-take the role.

President David Rieck has been working closely with Michael, Darlene O'Bryan (project manager) and Robert Davies (draftsman) at Courage, with the plans now ready for Council consideration. All going to plan, construction should commence in June. Because of the generosity of Courage Homes and their many suppliers and consultants, the Club will construct the long planned-for storage shed adjacent to their floodlit practice wickets AND a small pavilion overlooking their bottom oval in DM Henderson Park.

This project is being funded by grants from Queensland Sport & Recreation, Councillor Graham Quirk & the Brisbane City Council, Sunnybank Community & Sports Club and MacGregor club funds.

The MacGregor Cricket Club created history by becoming Warehouse Country Carnival – Second Grade Champions in late December in only their third year by defeating Nth QLD Hornets in the Grand Final (3/118 df NQLD 117). MacGregor were undefeated in their pool matches beating Bald Hills/Lawnton, Albany Creek, Valentines Plains (CQLD). MacGregor's Brett Baxter was named player of the tournament.

On the home front, MacGregor Warehouse has 6 teams playing this winter



■ The MacGregor CC trophy winners- Pat Frazer; Kieren Baker (Cricketer of the Year), Brodie Hicks (Most Wicket keeping Dismissals), Mitchell O'Brien (Most Runs), Robert Anderson (Most Wickets) and Michael Keks (Best All-rounder).

COUNTRY CARNIVAL 2008 - 2ND GRADE CHAMPIONS MACGREGOR CRICKET CLUB



■ Back Row L - R M.Windsor (Manager), P.Burse (Scorer), V.Garapati, P.Smith, D.McDonald, C.Watts, G.Lightbody, T.Burns, B.Baxter Front Row L - R C.Burse, D.Balfe, G.Narang, R.Carr, N.Kahlon

season, including a team of MacGregor junior coaches and dads playing in the Sunday comp, and another 4 teams of under 14 & 16's. If anyone is interested in playing warehouse cricket with MacGregor CC, you can contact Troy Burns (Secretary) on 0401 142 885.

The Club has continued to spend time and money on facilities for their members with the renovation of Warrigal Road State School cricket pitch completed, thanks to funding from Brisbane City Council Community Grants Scheme.

The Club has also lodged applications for funding to replace the Gabba Grass at

Sunnybank State High School, and renovate the bowlers' runnups at Henderson Park. The Sunnybank Community & Sports Club has assisted with this project by funding their groundsman John Greenhalgh to mow the space to allow a more accurate assessment of the ground work required.

Sign-on Day will be held on the mornings of Saturday 22nd & Sunday 23rd August at our ovals in Henderson Park. All details will be available soon on the MCC web-site, but Club registrar Russell Waugh can answer any more difficult questions on 3273 4600.



Club-man of the Year Ray Perry receives his President's Trophy from David Rieck.



■ MacGregor CC president David Rieck, vice-president Col Steinke, and registrar Russell Waugh present Pat Frazer with his award.



■ Member of Parliament for Sunnybank Judy Spence presents the Sporting Club of the Year Award to MCC president David Rieck and secretary Greg Bartlett.



RUGBY NEWS



Five Players in Junior World Cup

Sunnybank has provided more players than any other club to the Australian Under 20 team selected to contest the IRB World Championship in Japan. Albert Anae, Rob Simmons, Tom Murday, Jake Schatz and Richard Kingi have all been selected as part of the 26 player squad. It is a phenomenal result when you consider that more players were selected from Sunnybank than both the ACT and Western Australia. The team will be one of the favourites to win the tournament with a number of players with Super 14 experience. Richard Kingi scored 4 tries in the opening match against Canada while they also defeated Tonga in their second pool game. A victory in their last pool game against Wales will see the team proceed to the semi-finals.

Pure Blonde Golf Day

The annual Sunnybank Rugby 'Pure Blonde' Golf Day was held at Windaroo Golf Course on a gloriously sunny day in April. This year we had a record attendance of 26 teams. For the second year in a row the team from Ray White took out line honours with a blistering score. Many thanks to our supporters and sponsors for making the day such a huge success - Fosters, ALM, Sunnybank Sports and Community Club, Brand and Slater, NAB, Coca-Cola, Redlands Sporting Club, Star Games, Neumann Petroleum, Yellow Cabs, Diageo and Robert Timms.



Junior Rep Teams

Sunnybank has again been successful in having a large number of players selected in regional teams to participate in the QJRU State Championships from the 2nd – 5th July 2009.

U17 South

Cameron Torr, Benjamin Wyatt, Michael Gunthorpe, Carlos Kerapa, Jordan Smith, Ioasa Teo, James Iopu-Johnson, Graham Baumber, Taylar Herniman, Sioli Filianga, Daniel Edmonds

U16 West

Nathan Rokesky, Mackenzie Barnes, Tyron Senituli, Tyler Tavalea, Darren Tominiko, Feao Fotuaka, Joseph Vatu, Tom Lucas, Samuela Kerevi, William Gilroy, Cuan Neyland, Steven Swinglehurst, Polisi Fitisemanu, Samuel Amai

U15 West

Jake Newell, Jake Simeon, Craig Sharp, Chazz Mahina, Peter Jaffe, Liume Maile, Tui Tusa, Tyrone Brimble, Mikaele Tela, Ionatana Lauti, Mason Walker, Brandon Khuu, Nicholas Brew, Jordan Roberts, Thomas Dempsey, Simon Gregg, Lorenzo Clarke, Sione Feao

U14 South

Benroy Sala, Vaiinupo Fitisemanu, Jesse Saifoloi, Jeremy Tyrell-Tuuga, Timothy Robinson, Matthew Scott, Devan Savelio

U13 South

Thomas Stanley, Joshua Baravi, Robert Green, Joshua Watson, Todd Dawson, Eric Deisel, Christian Stanley, Lealiki Naupoto, Andre Lopez, Bryden Aerenga, Ewerton Almeida, George Sipea, Antoine Pereira-Iosefo, Elijah Alick, Addi Isaac, Alastair Berking, Dilon Torr, Matthew Canham

Remaining Home Games

Date	Competition	Time	Opposition
Saturday, 27 June 2009	Premier	4.30 PM	Norths
Saturday, 8 August 2009	Premier	4.30 PM	Gold Coast
Saturday, 29 August 2009	Premier	4.30 PM	University



Maximize Cup

A big thank you to our sponsor and game day physios 'Maximize Physiotherapy' for bringing the Maximize Cup to fruition.

This will now be an annual event held in conjunction with the first fixture in the normal BRU competition between Sunnybank and Easts. The Maximize Cup was conceived to help raise awareness for Beyond Blue Foundation and to sharpen competition between the 2 clubs on the field, promote rugby camaraderie between the 2 clubs off the field, and to highlight the south side of Brisbane as a strong Rugby force which can lead to pathways for higher honours for the players and staff involved with each club.

Thanks also to our friends at The Fox Hotel for providing the venue for a great after party in green, black and white tradition.

Sunnybank Rugby Events

Wallabies vs Springboks Function

The club has limited gold and silver tickets available in premium seats. We will be holding a pre-game function at The Fox hotel from 4:30pm and bussing everyone to the game at 7:30pm. Call the office on 3246 2500 for ticket bookings.

Annual Dinner

This year's annual dinner will be held in the Grand Ballroom at the Sebel Citigate. It is a black tie event celebrating the club's performance on and off the field with entertainment and sit down 3 course meal. More information to come. Call the office on 3246 2500 to reserve your place.

Upcoming Events

- Family Day Picnic on the Bank - Sunday July 19th
- Old Boys Day – Saturday 8th August
- U6-12 Presentation – Friday 21st August
- Ladies Day at the Rugby – Saturday August 29th
- Wallabies vs Springboks Saturday 5th September
- U13-17 Presentation – Sunday 6th September
- Sunnybank Rugby Annual Dinner – Friday 18th September
- Senior Trophy Night – Sunday 27th September

CLUB SPONSORS



2009 Team Sponsors

- | | | | | |
|---------------------------------|-------------------------------|----------------------|--------------------|--------------------------------|
| Aztec Screens | Coopers Plains Dental Surgery | CATR | CSI | Garden Bales & Rubbish Removal |
| Golden Oldies Puffin Dragons | GT Auto Country Wholesales | Healy Homes | Heat Treatment | HSC Floor Coverings |
| Integrated Technology Services | Just Cuts Sunnybank Plaza | Keepa Cabinets | Liquor Legends | Matrix Certification |
| Maximize Physiotherapy | MDI Engineering | Oasis Medical Centre | Oz Sports Trophies | Ping Refrigeration |
| Ray White Sunnybank Hills Group | Rebel Sport Garden City | Secutor Security | Shady Characters | Sharman's Property Services |
| Sunnybank Signs | TAA Connect | Teys Bros | The Fox Hotel | Verticon |
| VSS | Yatala Boats | | | |



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range of
Winter
specials

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Eaglehawk
Range
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Diamond label
Cellars Range
\$12.99



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Douglas
Scotch
700ml
\$29.99

SUPER CLUB SPECIALS



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6pks
\$14.99



VB Stubbies
6 pack
\$10.99



Carlton Mid
6pk
\$8.99



Pure Blonde
6pks
\$11.99



XXXX Bitter
Stubbies
carton
\$38.99

Black Douglas
Cola and Dry
6pks
\$17.99



(Valid to 31st July)