

SUNNYBANK AND DISTRICT COMMUNITY MEN'S SHED

MEN WORKING SHOULDER TO SHOULDER BUILDING COMMUNITIES



SHED NEWS

APRIL 2019

Benches R Us



Annette from Conductive Education Qld Acacia Ridge dropped by on Friday 15 March to pick up four finished benches. These will be used to help with physiotherapy for people with neurological disorders, mainly cerebral palsy. The individuals are generally aged between 15 and 50.

Brian S., Tim B. and Ted A. have been busy making these benches. They are now working on another batch of six benches.

Keep up the good work, men. No sleeping on the job!
You'll soon be able to put this job to bed.

Men's Sheds to receive Tax Deductible Charity Status (DGR)

Ted O'Brien, Federal Member for Fairfax, has worked tirelessly on behalf of AMSA to enable Sheds to receive DGR Status. On 24 March the Federal Treasurer, The Hon Josh Frydenberg MP, announced that the Government would introduce new legislation that will allow Men's Sheds to be eligible for DGR as of July 1st 2020.

What this means is that from 1 July 2020 anyone who donates \$2 or more to a Shed can claim an income tax deduction. Men's Sheds rely on grants as well as their fundraising activities and donations from within their communities. Until now most have been precluded from accessing significant funds through corporate or philanthropic entities as they do not have DGR status. With Sheds being eligible to access DGR, this will allow them to apply for a broader range of funding opportunities than before.



Listen to the Band

We have 22 music members on the books, but we had 9 guitarists, a drummer and a keyboardist at our gathering on Saturday 23 March, as well as 5 audience members singing along.

Sam R. has made his PA system available for use at the sessions. It makes a big difference to the sounds of vocals and acoustic instruments. Join us on Saturday 6 April at 10 a.m.



R.O.F.L.

I have kleptomania. But when it gets bad, I take something for it.

I wanted to buy some camouflage trousers the other day, but I couldn't find any.

I walked into a shop and I said, 'Can someone sell me a kettle?' The bloke said, 'Kenwood?' I said, 'Where is he?'

I went to my doctor. I said to him, 'I'm frightened of lapels.' He said, 'You've got cholera.'

I've decided to sell my Hoover – it was just collecting dust.

How Do You Mend A Broken Heart?

Neville and Saalihah from the Heart Foundation dropped by on Friday 29 March. Cardiovascular disease is the no. 1 killer of all Australians, taking one life every 51 minutes. Risk factors include high cholesterol, high blood pressure, smoking, being inactive, diabetes, being overweight, unhealthy diet and depression and social isolation.



If you feel any symptoms such as tightness or pain in your chest, neck or arms, do this:

1. STOP and rest
2. TELL someone how you feel
3. CALL 000

(or 112 on any mobile phone)
Go to myheathforlife.com.au

Hear! Hear!



The Hearing Van pulled up at the Shed on Wednesday 20 March. A number of men took advantage of a free hearing check.

Peta informed us about hearing aids. The first step is to get a referral from an audiologist. Hearing Australia has cheaper hearing aids for pensioners and veterans. Once fitted, you have a four week trial to try listening in as many different places as possible. Then you may need small adjustments or to upgrade to higher technology.

There's an online hearing test at www.hearing.com.au

From The Committee

- ☞ The members attending the AMSA National Gathering in Adelaide on 10 - 12 September are Geoff C., Maurice M. & Warwick V.
- ☞ There's a barbecue at Bunnings Rocklea on Tuesday 16 April. Put your name on the board if you can help.
- ☞ Officeworks are calculating the "rounding up" amount (e.g. 66c. becomes 70c.) on all purchases made during June & donating that to our Shed. THANK YOU!
- ☞ The gardens near the morning tea area have been spruced up.
- ☞ Mike L., Ron B. & Ken T. have applied for a grant for new equipment for the Music Group.
- ☞ A BIG THANK YOU to Peter S. for purchasing Morning Tea goodies for the last 18 months! Well Done Gordon W. for stepping up to take it on.
- ☞ Wyn J. & Des B. are managing some minor repairs to the Church Manse.

On APRIL

2nd - Tony P. 3rd - Brian P.

4th - John B.J., Greg T.,

David W., Rob J.

30th - Ewen M.



New Faces

Shu-Yin W.

Hobbies: Gardening, Reading

Recent Holiday: Coffs Harbour

Previous Job: Court Bailiff



Aaron D.

Hobbies: Computer, Philosophy

Recent Holiday: New Zealand

Previous Job: Army



DATES for 2019

SHED B-B-Q DAY - \$5 LUNCH

next one - 26 APRIL

**Committee Meeting 2ND FRIDAY this month
April 12 at 11:30 a.m.**

Contacts : Des Broom - Chairman 0407 018 037

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Rob de Martin - Treasurer 0411 759 203

Wyn Jones - Shed Manager 0412 043 795

Website: www.sunnybankshed.org

Find us on **Facebook** - Sunnybank Men's Shed

Location : Car park area adjacent to Sunnybank Uniting Church, Hillcrest St, Sunnybank Hills

Postal Address : Unit 5 / 62 Pinelands Road, Sunnybank Hills. QLD. 4109

Sunnybank Men's Shed is the initiative of **Sunnybank Uniting Church** and **Sunnybank RSL Sub Branch**

Shed News is printed by the office of **Kim Marx, Councillor for Runcorn**, who proudly supports us.

